



2023 PNA AND ZONES CHAMPIONSHIP

Saturday, April 15th and Sunday, April 16th

Sanctioned by Pacific Northwest Association of Masters Swimming

For United States Masters Swimming, Sanction # 363-S004

Weyerhaeuser King County Aquatic Center

Federal Way, Washington

Meet Personnel

Meet Director	Steve Freeborn	206-940-7442
Meet Referee	Mike Murphy	swimoff@gmail.com , 206-316-0234

Officials – Special thanks to the Officials from Pacific Northwest Swimming

Meet Support

Registrar	Angela Turley	Safety Marshalls	Western Washington U Team
Announcer	Hillary Smith / Steve Freeborn	Timers	PLU Swim Team / Girl Scout Troup
National Anthem	Courtney Smith	Hospitality	Kim Mellick
T-Shirt Design	Mary Ann White.	Meet Program / Hytek	Angela Turley

Order of Events

Saturday, April 15 th		Sunday, April 16 th	
1	1000 Free*	13	500 Free*
2	50 Breast	14	100 Back
3	100 Fly	15	50 Free
4	200 Free	16	200 Breast
5	100 IM	17	200 IM
Break 10 Minutes		Break 10 Minutes	
6	100 Breast	18	50 Back
7	200 Back	19	200 Fly
8	50 Fly	20	100 Free
9	Women's 200 Medley Relay	21	Women's 200 Free Relay
10	Men's 200 Medley Relay	22	Men's 200 Free Relay
11	Mixed 200 Free Relay	23	Mixed 200 Medley Relay
12	400 IM	24	1650 Free*
PNA Social Event			

Schedule: Saturday and Sunday

- Warm-up 9:00 – 9:50 AM
- Meet starts at 10:00 AM

Check-In Deadlines: Swimmers who do not check in by the deadline may be scratched:

- 1000 Free by 9:30 AM
- 400 IM by end of event #6
- 500 Free by 9:30 AM
- 1650 by the end of event #20

Relay form Deadlines: Noon each Day

- Saturday - #9, 10, 11
- Sunday - #21, 22 & 23

SEEDING: Two courses will be used for the 500, 1000 and 1650 Free, depending on entries the 400 IM may be swim in two courses. A single course will be used for all other events. All events are seeded slow to fast. Pre-seeding except for the asterisked events.

PNA Teams (Scores Team Points In PNA Champs)			Non- PNA Teams
Large Teams	Bainbridge Aquatics	North End Otters	Lewis Clark Neptunes
Lake Washington Masters	Bellevue Club	Orca Swim Team	Mesa Aquatics Club
Medium Teams	CG Sports Management	Snohomish Aquatics	Nashville Aquatics Club
Blue Wave Aquatics	Everett Family YMCA	Team Walker International	New Albany Aquatics
Bernardo's All Stars	425 Masters	Thunderbird Aquatic Club	Novaquatics Masters
Cascade Masters	Harbor Aquatics Club	Tom Taylor Family YMCA	Canada:
Puget Sound Masters	Husky Masters	Western Washington Univ	Langley Olympians
Small Teams	Mercer Island Beach Club		UBC Masters Swim Club

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'. Continuous warm-up available in the 7 lane 25 yard dive tank.

CONCESSIONS: Concessions is not available for this meet.

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 16th, 2023. For individual events: 18-24, 25-29, and five year increments 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 2023 USMS registered Masters swimmers or foreign registered swimmers 18 years and above as of April 16th, 2023.

ENTRY LIMITS: Swimmers are limited to a total of six individual events for the meet and may swim no more than five individual events on any day. Swimmers may swim in an unlimited number or 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 the event. PNA medals may be purchased for \$2.00 each.

SPECIAL AWARDS: The 2023 PNA Coach of the Year and 2023 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Saturday at the PNA Social Event following the conclusion of the meet. The PNA Social Event will be held in the banquet hall behind the Aquatic Center.

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

STARTS

FALSE STARTS: If the starting signal sounds before the 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 head 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 swimmer 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.

RELAYS: To avoid touching the touchpads please move towards the flags if you are staying in the water after your relay leg.

Swimming Saves Lives Foundations purpose 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.

Northwest Zones Championship Meet

The Northwest Zones includes Alaska, Idaho, Montana, Oregon, Utah and Washington. The LMSC that are included in the Northwest Zones are:

Alaska	3 clubs	239 members
Inland Northwest	11 clubs	288 members
Montana	3 clubs	178 members
Snake River	3 clubs	80 members
Oregon	4 clubs	984 members
Pacific Northwest	6 clubs	1,452 members
Utah	13 clubs	254 members

Welcome all our Zones swimmers!

Meet Timeline

#	Event	Entries	Heats	Starts At
Saturday, April 15th				
1	1000 Free	48	6	10:00 AM
2	50 Breaststroke	80	10	10:58 AM
3	100 Fly	39	5	11:15 PM
4	200 Free	62	8	11:25 PM
5	100 IM	101	13	11:57 PM
	10 Minute Break			
6	100 Breast	61	8	12:36 PM
7	200 Back	36	5	12:54 PM
8	50 Fly	92	12	1:15 PM
9	Women's 200 Medley Relay			1:33 PM
10	Men's 200 Medley Relay			1:43 PM
11	Mixed 200 Free Relay			1:53 PM
12	400 IM	26	4	2:03 PM
	Conclusion			2:37 PM
Sunday, April 16th				
#	Event	Entries	Heats	Starts At
13	500 Free	68	9	10:00 AM
14	100 Back	42	6	10:46 AM
15	50 Free	125	16	10:59 AM
16	200 Breast	33	5	11:12 AM
17	200 IM	43	6	11:32 PM
18	50 Back	50	7	12:02 PM
19	200 Fly	11	2	12:10 PM
20	100 Free	131	17	12:17 PM
21	Women's 200 Free Relay			12:43 PM
22	Men's 200 Free Relay			12:53 PM
23	Mixed 200 Medley Relay			1:03 PM
24	1650 Free	28	4	1:13 PM
	Conclusion			2:14 PM

2023 PNA and Zones Championship Meet - 4/15/2023 to 4/16/2023

2023 PNA and Zones Championship

Hosted by Blue Wave Aquatics

Meet Program

Event 1 Mixed 1000 Yard Freestyle

Event will run in 2 pools

Seeded slow to fast

Check-In by 9:30am

Name	Age	Team	Seed Time
1 Woodbury, Brian	M26	Lake Washington-36	10:30.00
2 Nygren, Mats	M56	Lake Washington-36	10:40.00
3 Doherty, Kevin	M49	Oregon Masters-37	10:40.00
4 Sumnicht, Andrew	M31	Cascade Masters-36	11:00.00
5 Sullivan, Scot	M56	Oregon Masters-37	11:10.00
6 Nelson, Kirk	M52	CG Sports Manage-36	11:15.00
7 Anderson, Sydney	W30	UC36-36	11:35.00
8 Janson, Jeremy	M30	UC36-36	11:35.00
9 McLaughlin, Danielle	W37	Mercer Island Re-36	11:50.00
10 Pound, Hallie	W26	Bernardo's All S-36	12:00.00
11 Gehrke, Bethany	W29	Cascade Masters-36	12:00.00
12 Bernhardt, Carolyn	W31	Oregon Masters-37	12:00.00
13 Kirkland, Dan	M74	Oregon Masters-37	12:12.12
14 Loeser, Jonas	M23	Western Washingt-36	12:30.00
15 Tujo, Christian	M51	Bernardo's All S-36	12:33.34
16 Jenkins, Valerie	W59	Oregon Masters-37	12:33.43
17 Reeves, Tessa	W44	Oregon Masters-37	12:40.00
18 Phipps, Tom	M69	Oregon Masters-37	12:42.70
19 Singh, Isabelle	W23	Lake Washington-36	12:45.00
20 Schwartz, Steven	M59	Team Walker Inte-36	12:58.00
21 Durban, Eric	M67	Blue Wave Aquati-36	13:00.00
22 Allison, Trenton	M23	Lake Washington-36	13:00.00
23 Simpson, Kevin	M39	Orca Swim Team-36	13:13.61
24 Aylesworth, Alison	W45	Orca Swim Team-36	13:35.00
25 Urquhart, Scott	M52	Cascade Masters-36	13:57.99
26 Hicks, Roger	M64	Bernardo's All S-36	14:00.00
27 Slobodyan, Olena	W37	425 Masters-36	14:00.00
28 Panzer, Timothy	M58	UC36-36	14:22.85
29 Rittenhouse, Jackson	M25	Bernardo's All S-36	14:50.00
30 Brunjes, Molly	W42	Cascade Masters-36	14:55.00
31 Shaw, Lucy	W64	Lake Washington-36	15:00.00
32 Sussex, Tatyana	W59	Mercer Island Re-36	15:00.00
33 Moore, Sheila	W64	Lake Washington-36	15:30.00
34 Andelin, Travis	M40	Cascade Masters-36	15:40.00
35 Belt, Barbara	W67	Bainbridge Aquat-36	15:50.18
36 Wolfe, Amy	W53	Bernardo's All S-36	16:00.00
37 Ghilarducci, Emily	W60	Bernardo's All S-36	16:22.00
38 Condotta, Robert	M59	Blue Wave Aquati-36	16:41.66
39 Schwartz, Michael	M35	Bernardo's All S-36	17:01.00
40 Hunt, Andrea	W75	Bainbridge Aquat-36	17:30.00
41 Flynn, Christi	W54	North End Otters-36	18:00.00
42 Kimball, Hugh	M76	North End Otters-36	19:00.00
43 Chen, Jing	W26	Puget Sound Mast-36	19:00.00
44 Yu, Gehua	M54	Puget Sound Mast-36	20:00.00
45 Helm, Charlie	M67	Oregon Masters-37	20:29.00
46 Hile, Laurence	M73	Bainbridge Aquat-36	21:20.87
47 Joslin, Nora	W21	Western Washingt-36	22:00.00
48 Walker, Thomas	M76	Team Walker Inte-36	30:00.00

Event 2 Mixed 50 Yard Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 10 Finals				
1	Walker, Thomas	M76	Team Walker Inte-36	1:15.00
2	King, Rachel	W29	Bernardo's All S-36	1:10.00
3	Kempe, Christine	W45	Lake Washington-36	1:00.00
4	Zappone, Peggy	W64	UC36-36	1:00.00
5	Eastlake, Emily	W30	Bernardo's All S-36	1:00.00
6	Adkins-Narte, Heather	W68	Bainbridge Aquat-36	1:10.00
7	Kreer, Kenneth	M59	Blue Wave Aquati-36	1:15.00
8	Batdorf, Casandra	W55	Bernardo's All S-36	2:30.00
Heat 2 of 10 Finals				
1	Wadey, Chuck	M45	Bernardo's All S-36	55.00
2	Pilger, Robert	M79	Tom Taylor Famil-36	54.00
3	Meyers, Kate	W74	Bainbridge Aquat-36	48.00
4	Tuche, Megan	W52	Blue Wave Aquati-36	47.00
5	Wiley, Heather	W65	Oregon Masters-37	47.00
6	Anderson, Graham	M71	Everett Family Y-36	52.14
7	Ewalt, Anne	W60	Cascade Masters-36	55.00
8	Colella, Lynn	W72	Lake Washington-36	55.00
Heat 3 of 10 Finals				
1	Hilgers, RJ	M55	Bainbridge Aquat-36	45.00
2	Gettling, Janet	W74	Oregon Masters-37	45.00
3	Rasmussen, Karen	W48	Blue Wave Aquati-36	44.56
4	Clutter, Cynthia	W63	Mesa Aquatics Cl-48	43.63
5	Wood, Jason	M45	Snohomish Aquati-36	44.21
6	Jensen-Bergren, Hillary	W41	Harbor Aquatics-36	44.98
7	Bliss, Laura	W35	Orca Swim Team-36	45.00
8	Jones, Ronald	M82	Tom Taylor Famil-36	46.00
Heat 4 of 10 Finals				
1	Manwiller-Thompson,	W35	Cascade Masters-36	43.23
2	Watson, Karen	W58	North End Otters-36	43.03
3	Ness, Kerry	M53	Team Walker Inte-36	43.00
4	Vincent, Nancy	W63	Oregon Masters-37	41.00
5	Dillan, Gloria	W63	North End Otters-36	42.50
6	Hawkins, Aaron	M44	Oregon Masters-37	43.00
7	Ramirez, Ginae	W20	Western Washingt-36	43.13
8	Kramer, Karen	W57	North End Otters-36	43.32
Heat 5 of 10 Finals				
1	Chan, Chelsea	W30	Blue Wave Aquati-36	40.00
2	Neuhaus, Scott	M68	Team Walker Inte-36	39.98
3	Adams, Emily	W19	Western Washingt-36	39.53
4	Walsh, Greg	M70	Puget Sound Mast-36	39.07
5	Chapman, Linda	W67	Lake Washington-36	39.23
6	Hayes, William	M71	Lake Washington-36	39.64
7	Chuang, Mason	M44	Orca Swim Team-36	40.00
8	Morrison, Jeffrey	M68	Thunderbird Aqua-36	40.22

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Meet Program

Heat 6 Finals (#2 Mixed 50 Yard Breaststroke)

1	Moore, Maki	W37	Blue Wave Aquati-36	38.00
2	Pusateri, Rebekah	W25	Puget Sound Mast-36	37.62
3	Lickwala, Holly	W46	Team Walker Inte-36	37.50
4	Lautman, Chris	M68	Lake Washington-36	37.00
5	Crabbe, Colette	W66	Oregon Masters-37	37.49
6	DeWard, Robert	M49	Puget Sound Mast-36	37.50
7	Peterson, Steve	M76	Bernardo's All S-36	37.90
8	Jarvis, Abby	W24	UC37	38.26

Heat 7 of 10 Finals

1	White, Robert	M74	Lake Washington-36	36.84
2	Simpson, Kevin	M39	Orca Swim Team-36	36.40
3	Stockwell, Caleb	M32	UC37	35.00
4	Smith, Daniel	M60	Blue Wave Aquati-36	34.99
5	Baker, John	M71	Bainbridge Aquat-36	35.00
6	Pearson, Jay	M61	Lake Washington-36	36.04
7	Barnes, Brent	M55	Team Walker Inte-36	36.50
8	Jennings, Lindsey	W41	Cascade Masters-36	36.86

Heat 8 of 10 Finals

1	Stark, Allen	M74	Oregon Masters-37	34.23
2	Scott, David	M56	Team Walker Inte-36	33.50
3	Wrightson, Ian	M58	UC36-36	33.00
4	Calvo, Morena	W35	CG Sports Manage-36	32.91
5	Roy, Benjamin	M50	North End Otters-36	33.00
6	Cermak, Gerald	M59	Puget Sound Mast-36	33.20
7	Janson, Jeremy	M30	UC36-36	34.00
8	Lindberg, Denise	W40	Lake Washington-36	34.50

Heat 9 of 10 Finals

1	McComish, Matthew	M23	Oregon Masters-37	32.67
2	Colella, Rodney	M55	Cascade Masters-36	32.00
3	Howell, Rick	M63	Oregon Masters-37	31.50
4	Guerrero, Ruben	M31	Puget Sound Mast-36	31.00
5	Knox, Quentin	M26	UC35	31.50
6	Haynie, Carl	M62	Team Walker Inte-36	31.52
7	Shelly, Joseph	M25	Team Walker Inte-36	32.08
8	Desancic, Boris	M51	UC36-36	32.87

Heat 10 of 10 Finals

1	Lang, Claire	W28	Bernardo's All S-36	30.00
2	Fotiou, Amanda	W35	Bernardo's All S-36	30.00
3	Hooper, James	M51	Fina	29.00
4	Conroy, Chris	M37	CG Sports Manage-36	27.43
5	Dee, Kevin	M35	Fina	29.00
6	Colella, Casey	M28	Cascade Masters-36	29.16
7	Colella, Rick	M71	Lake Washington-36	30.00
8	Easter, Patrick	M21	Western Washingt-36	30.33

Event 3 Mixed 100 Yard Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
1	Ward, Joy	W80	Oregon Masters-37	2:01.00
2	Grassman, Emily	W46	Oregon Masters-37	1:53.80
3	Andelin, Travis	M40	Cascade Masters-36	1:45.00
4	Lippold, Mary	W67	North End Otters-36	1:25.33
5	Fogg, Stephen	M74	Team Walker Inte-36	1:35.72
6	Arden, Irene	W69	North End Otters-36	1:50.00
7	High, Marjorie	W47	Cascade Masters-36	1:54.47
8				
Heat 2 of 5 Finals				
1	Stevens, Rod	M65	Bainbridge Aquat-36	1:17.00
2	Glezen, Paul	M62	North End Otters-36	1:15.00
3	Ralstin, Grace	W21	Blue Wave Aquati-36	1:13.42
4	Knott, Olivia	W19	Western Washingt-36	1:10.94
5	Hass, Katie	W43	North End Otters-36	1:11.62
6	Crabbe, Colette	W66	Oregon Masters-37	1:15.00
7	Lauzon, Chantal	W49	Novaquatics Mast-33	1:15.04
8	Sussex, Tatyana	W59	Mercer Island Re-36	1:25.00
Heat 3 of 5 Finals				
1	Smolyanov, Anthony	M25	Husky Masters-36	1:09.12
2	Tujo, Christian	M51	Bernardo's All S-36	1:08.35
3	Johnson Seller, Lucia	W27	Lake Washington-36	1:08.00
4	Cox, Gary	M45	Husky Masters-36	1:05.00
5	Latimer, Danielle	W32	Snohomish Aquati-36	1:07.48
6	McCarty, David	M58	Lake Washington-36	1:08.13
7	Delmage, Arlene	W60	Oregon Masters-37	1:09.00
8	Bush, Gabe	M45	Blue Wave Aquati-36	1:10.00
Heat 4 of 5 Finals				
1	Christensen, Douglas	M60	Oregon Masters-37	1:03.25
2	Mcclafferty, Christine	W49	Oregon Masters-37	1:01.46
3	Sumnicht, Andrew	M31	Cascade Masters-36	1:00.55
4	Bennett, John	M43	Cascade Masters-36	58.99
5	DeNise, Caitlin	W32	Oregon Masters-37	1:00.00
6	Skinner, Sonja	W46	Oregon Masters-37	1:00.86
7	Hackley, Jeff	M54	Oregon Masters-37	1:01.84
8	Loegering, Isaac	M28	Orca Swim Team-36	1:04.48
Heat 5 of 5 Finals				
1	Nussbaum, Benjamin	M26	Lake Washington-36	58.00
2	Petersen, Erik	M34	CG Sports Manage-36	54.24
3	Prieve, Aric	M22	Lake Washington-36	54.00
4	Mehta, Sivan	M28	Lake Washington-36	52.22
5	McComish, Matthew	M23	Oregon Masters-37	53.56
6	Mendez, Tomas	M31	UC36-36	54.00
7	Slanschek, Marvin	M24	UC36-36	55.00
8	McComish, John	M57	Oregon Masters-37	58.33

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Meet Program

Event 4 Mixed 200 Yard Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1				
2	Drawbaugh, Kirby	M85	Blue Wave Aquati-36	5:10.00
3	Ewalt, Anne	W60	Cascade Masters-36	4:00.00
4	Helm, Charlie	M67	Oregon Masters-37	3:38.10
5	Kimball, Hugh	M76	North End Otters-36	3:45.00
6	Lamb, Willard	M100	Oregon Masters-37	4:34.19
7	Carpenter, Kristin	W56	Cascade Masters-36	8:00.00
8				

Heat 2 of 8 Finals

1	Hunt, Andrea	W75	Bainbridge Aquat-36	3:20.00
2	Wiley, Heather	W65	Oregon Masters-37	3:10.00
3	Underbrink, Mary	W63	Lake Washington-36	3:09.00
4	Condotta, Robert	M59	Blue Wave Aquati-36	2:58.56
5	Yuan, Lei	M31	Puget Sound Mast-36	3:00.00
6	Andelin, Travis	M40	Cascade Masters-36	3:10.00
7	Ivanov, Alex	M54	Puget Sound Mast-36	3:15.05
8	Ness, Kerry	M53	Team Walker Inte-36	3:30.00

Heat 3 of 8 Finals

1	Belt, Barbara	W67	Bainbridge Aquat-36	2:53.28
2	Chuang, Mason	M44	Orca Swim Team-36	2:42.00
3	Ramirez, Ginae	W20	Western Washingt-36	2:36.53
4	Lippold, Mary	W67	North End Otters-36	2:35.00
5	Stevens, Rod	M65	Bainbridge Aquat-36	2:35.00
6	Alexander, Nick	M34	Bernardo's All S-36	2:41.50
7	Moore, Sheila	W64	Lake Washington-36	2:50.00
8	Clutter, Cynthia	W63	Mesa Aquatics Cl-48	2:54.63

Heat 4 of 8 Finals

1	Jensen-Bergren, Hillary	W41	Harbor Aquatics-36	2:34.50
2	Simpson, Kevin	M39	Orca Swim Team-36	2:30.00
3	Holzbach, John	M69	Lake Washington-36	2:30.00
4	Andrus-Hughes, Karen	W65	Oregon Masters-37	2:27.57
5	Morrison, Jeffrey	M68	Thunderbird Aqua-36	2:28.27
6	Hicks, Roger	M64	Bernardo's All S-36	2:30.00
7	Rasmussen, Karen	W48	Blue Wave Aquati-36	2:33.26
8	Beyler, Brandon	M22	UC36-36	2:34.52

Heat 5 of 8 Finals

1	Robinson, Charles	M66	Mercer Island Be-36	2:23.00
2	Williams, Jeff	M60	UC14	2:19.28
3	Reenders, Jeremiah	M31	UC36-36	2:15.10
4	Yamamoto, Jin	M48	Lake Washington-36	2:15.00
5	Bush, Gabe	M45	Blue Wave Aquati-36	2:15.00
6	Cermak, Gerald	M59	Puget Sound Mast-36	2:17.33
7	Pound, Hallie	W26	Bernardo's All S-36	2:20.00
8	Bernhardt, Carolyn	W31	Oregon Masters-37	2:25.00

Heat 6 of 8 Finals

1	Burns, Nicholas	M31	Oregon Masters-37	2:15.00
2	Urquhart, Scott	M52	Cascade Masters-36	2:11.21
3	Roy, Benjamin	M50	North End Otters-36	2:10.00
4	Hathaway, David	M62	Oregon Masters-37	2:07.03
5	Cochell, Eddie	M26	Bernardo's All S-36	2:08.71
6	Anderson, Sydney	W30	UC36-36	2:10.00
7	Geiger, Kyle	M65	425 Masters-36	2:13.63
8	Reeves, Tessa	W44	Oregon Masters-37	2:15.00

Heat 7 of 8 Finals

1	Josberger, Jim	M52	Oregon Masters-37	2:05.57
2	Thompson, Scott	M40	Lake Washington-36	2:05.00
3	Knox, Quentin	M26	UC35	2:02.50
4	Cox, Gary	M45	Husky Masters-36	2:00.00
5	McLaughlin, Danielle	W37	Mercer Island Re-36	2:01.36
6	Loeser, Jonas	M23	Western Washingt-36	2:03.43
7	Hawkins, Aaron	M44	Oregon Masters-37	2:05.50
8	Pelton, Regan	M53	UC36-36	2:06.00

Heat 8 of 8 Finals

1	Poppen-Eagan, Rowan	M23	UC36-36	1:59.32
2	Nelson, Kirk	M52	CG Sports Manage-36	1:58.00
3	Nygren, Mats	M56	Lake Washington-36	1:54.00
4	Gray, Trever	M47	Puget Sound Mast-36	1:49.62
5	Prieve, Aric	M22	Lake Washington-36	1:50.00
6	Whitbeck, Dave	M40	Lake Washington-36	1:54.00
7	Sprinkle, Baden	M35	Blue Wave Aquati-36	1:59.00
8	Hao, Yawei	M32	Mercer Island Re-36	1:59.40

Event 5 Mixed 100 Yard IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 13 Finals

1				
2	Walker, Thomas	M76	Team Walker Inte-36	3:00.00
3	Shieff, Emily	W20	Western Washingt-36	2:10.00
4	Jackson, Lucia	W19	Western Washingt-36	1:58.09
5	Milman, Ariana	W38	Bernardo's All S-36	2:10.00
6	Kimball, Hugh	M76	North End Otters-36	2:20.00
7				
8				

Heat 2 of 13 Finals

1	Underbrink, Mary	W63	Lake Washington-36	1:50.00
2	Hilgers, RJ	M55	Bainbridge Aquat-36	1:46.50
3	Wright, Charles	M53	Lake Washington-36	1:45.00
4	Grassman, Emily	W46	Oregon Masters-37	1:44.86
5	Andelin, Travis	M40	Cascade Masters-36	1:45.00
6	High, Marjorie	W47	Cascade Masters-36	1:46.07
7	Rousseau, Sandi	W75	Oregon Masters-37	1:50.00
8	Kempe, Christine	W45	Lake Washington-36	1:55.00

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Meet Program

Heat 3 Finals (#5 Mixed 100 Yard IM)

1	Colella, Lynn	W72	Lake Washington-36	1:42.00
2	Jones, Ronald	M82	Tom Taylor Famil-36	1:40.00
3	Meyers, Kate	W74	Bainbridge Aquat-36	1:36.00
4	Ringstad, Kristin	W26	Snohomish Aquati-36	1:35.00
5	Tuche, Megan	W52	Blue Wave Aquati-36	1:35.00
6	Wolfe, Amy	W53	Bernardo's All S-36	1:38.00
7	Fotiou, Amanda	W35	Bernardo's All S-36	1:40.00
8	Anderson, Graham	M71	Everett Family Y-36	1:43.28

Heat 4 of 13 Finals

1	Hair, Margaret	W68	Lewis Clark Nept-35	1:29.68
2	Hoffman, Wendy	W60	Puget Sound Mast-36	1:28.00
3	Pilger, Robert	M79	Tom Taylor Famil-36	1:26.00
4	Sussex, Tatyana	W59	Mercer Island Re-36	1:25.00
5	Vincent, Nancy	W63	Oregon Masters-37	1:25.00
6	Farmer, Samantha	W22	Western Washingt-36	1:27.08
7	Manwiller-Thompson,	W35	Cascade Masters-36	1:28.83
8	Gehrke, Bethany	W29	Cascade Masters-36	1:30.00

Heat 5 of 13 Finals

1	Phipps, Tom	M69	Oregon Masters-37	1:23.42
2	Jensen-Bergren, Hillary	W41	Harbor Aquatics-36	1:23.10
3	Troupe, Curt	M66	UC36-36	1:22.46
4	Lautman, Chris	M68	Lake Washington-36	1:22.00
5	Kramer, Karen	W57	North End Otters-36	1:22.15
6	Watson, Karen	W58	North End Otters-36	1:22.64
7	White, Robert	M74	Lake Washington-36	1:23.35
8	Wood, Jason	M45	Snohomish Aquati-36	1:24.49

Heat 6 of 13 Finals

1	Dillan, Gloria	W63	North End Otters-36	1:20.50
2	Hayes, William	M71	Lake Washington-36	1:20.00
3	Lang, Claire	W28	Bernardo's All S-36	1:20.00
4	Benson, Gary	M72	Puget Sound Mast-36	1:20.00
5	Leick, Blaine	M67	UC36-36	1:20.00
6	Kochanowski, Lauren	W30	UC37	1:20.00
7	Underbrink, Dan	M66	Team Walker Inte-36	1:20.05
8	Adams, Emily	W19	Western Washingt-36	1:21.26

Heat 7 of 13 Finals

1	Neuhaus, Scott	M68	Team Walker Inte-36	1:18.17
2	Steimel, Katherine	W30	Mercer Island Re-36	1:17.31
3	Pearson, Jay	M61	Lake Washington-36	1:16.91
4	Geiger, Kyle	M65	425 Masters-36	1:15.57
5	Hass, Katie	W43	North End Otters-36	1:16.43
6	Li, Yun	W29	Puget Sound Mast-36	1:17.00
7	Holzbach, John	M69	Lake Washington-36	1:18.00
8	Baker, John	M71	Bainbridge Aquat-36	1:20.00

Heat 8 of 13 Finals

1	Polidori, Wendy	W53	Snohomish Aquati-36	1:15.11
2	Smolyanov, Anthony	M25	Husky Masters-36	1:15.00
3	Chan, Chelsea	W30	Blue Wave Aquati-36	1:14.00
4	Ralstin, Grace	W21	Blue Wave Aquati-36	1:13.00
5	Schwartz, Steven	M59	Team Walker Inte-36	1:13.02
6	Jarvis, Abby	W24	UC37	1:15.00
7	Pusateri, Rebekah	W25	Puget Sound Mast-36	1:15.00
8	Lauzon, Chantal	W49	Novaquatics Mast-33	1:15.43

Heat 9 of 13 Finals

1	Jennings, Lindsey	W41	Cascade Masters-36	1:11.66
2	Williams, Ava	W32	Oregon Masters-37	1:11.34
3	Aitken, Kyle	M25	Cascade Masters-36	1:10.78
4	Ramirez, Ginae	W20	Western Washingt-36	1:10.56
5	Motley, Caitlin	W35	Cascade Masters-36	1:10.68
6	Stenford, Tani	W57	North End Otters-36	1:11.25
7	Jenkins, Valerie	W59	Oregon Masters-37	1:11.48
8	Chuang, Mason	M44	Orca Swim Team-36	1:12.00

Heat 10 of 13 Finals

1	Dagg, Erica	W33	Mercer Island Re-36	1:10.00
2	Yamamoto, Jin	M48	Lake Washington-36	1:10.00
3	Cermak, Gerald	M59	Puget Sound Mast-36	1:09.47
4	Woare, Matthew	M48	Mercer Island Re-36	1:08.00
5	Cox, Gary	M45	Husky Masters-36	1:08.00
6	Moore, Robert	M62	Team Walker Inte-36	1:10.00
7	Howell, Rick	M63	Oregon Masters-37	1:10.00
8	Bradley, Blaire	W38	Blue Wave Aquati-36	1:10.50

Heat 11 of 13 Finals

1	DeWard, Robert	M49	Puget Sound Mast-36	1:07.50
2	Roy, Benjamin	M50	North End Otters-36	1:06.00
3	Christensen, Douglas	M60	Oregon Masters-37	1:05.00
4	Bennett, John	M43	Cascade Masters-36	1:05.00
5	Snow, McGregor	M43	Bernardo's All S-36	1:05.00
6	Haynie, Carl	M62	Team Walker Inte-36	1:05.32
7	Ringstad, Brandon	M31	Snohomish Aquati-36	1:06.37
8	Lindberg, Denise	W40	Lake Washington-36	1:08.00

Heat 12 of 13 Finals

1	Hackley, Jeff	M54	Oregon Masters-37	1:04.17
2	Pelton, Regan	M53	UC36-36	1:04.00
3	McComish, John	M57	Oregon Masters-37	1:03.50
4	Sumnicht, Andrew	M31	Cascade Masters-36	1:02.87
5	Shelly, Joseph	M25	Team Walker Inte-36	1:03.30
6	Desancic, Boris	M51	UC36-36	1:03.64
7	Wrightson, Ian	M58	UC36-36	1:04.00
8	Steenbeeke, Alain	M61	Bernardo's All S-36	1:04.26

Heat 13 of 13 Finals

1	Whitbeck, Dave	M40	Lake Washington-36	1:01.00
2	Easter, Patrick	M21	Western Washingt-36	1:00.00
3	McComish, Matthew	M23	Oregon Masters-37	58.45
4	Slanschek, Marvin	M24	UC36-36	55.00
5	Campea, Scott	M48	CG Sports Manage-36	55.95
6	Hao, Yawei	M32	Mercer Island Re-36	59.48
7	Wu, Joanna	W28	Blue Wave Aquati-36	1:00.96
8	Colella, Casey	M28	Cascade Masters-36	1:01.32

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Meet Program

Event 6 Mixed 100 Yard Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1				
2	Walker, Thomas	M76	Team Walker Inte-36	3:00.00
3	Helm, Charlie	M67	Oregon Masters-37	2:20.00
4	Eastlake, Emily	W30	Bernardo's All S-36	2:10.00
5	Adkins-Narte, Heather	W68	Bainbridge Aquat-36	2:11.99
6	Anderson, Graham	M71	Everett Family Y-36	2:25.00
7				
8				

Heat 2 of 8 Finals

1	Gettling, Janet	W74	Oregon Masters-37	1:40.00
2	Ness, Kerry	M53	Team Walker Inte-36	1:37.00
3	Clutter, Cynthia	W63	Mesa Aquatics Cl-48	1:36.63
4	Watson, Karen	W58	North End Otters-36	1:32.14
5	Neuhaus, Scott	M68	Team Walker Inte-36	1:33.21
6	Tuche, Megan	W52	Blue Wave Aquati-36	1:37.00
7	Jensen-Bergren, Hillary	W41	Harbor Aquatics-36	1:39.98
8	Wiley, Heather	W65	Oregon Masters-37	1:46.00

Heat 3 of 8 Finals

1	Kim, Nellis	W52	Blue Wave Aquati-36	1:28.82
2	Vincent, Nancy	W63	Oregon Masters-37	1:28.00
3	Peterson, Steve	M76	Bernardo's All S-36	1:26.90
4	Chapman, Linda	W67	Lake Washington-36	1:25.89
5	Jarvis, Abby	W24	UC37	1:26.23
6	Baker, John	M71	Bainbridge Aquat-36	1:28.00
7	Morrison, Jeffrey	M68	Thunderbird Aqua-36	1:28.48
8	DeWard, Robert	M49	Puget Sound Mast-36	1:31.50

Heat 4 of 8 Finals

1	Dillan, Gloria	W63	North End Otters-36	1:25.50
2	White, Robert	M74	Lake Washington-36	1:24.89
3	Chan, Chelsea	W30	Blue Wave Aquati-36	1:24.00
4	Underbrink, Dan	M66	Team Walker Inte-36	1:23.08
5	Jennings, Lindsey	W41	Cascade Masters-36	1:23.28
6	Pusateri, Rebekah	W25	Puget Sound Mast-36	1:24.34
7	Fredlund, Emma	W19	Western Washing-36	1:25.05
8	Lang, Claire	W28	Bernardo's All S-36	1:25.84

Heat 5 of 8 Finals

1	Lauzon, Chantal	W49	Novaquatics Mast-33	1:22.05
2	McCarty, David	M58	Lake Washington-36	1:21.17
3	Barnes, Brent	M55	Team Walker Inte-36	1:20.53
4	Johnson Seller, Lucia	W27	Lake Washington-36	1:20.00
5	Stevens, Rod	M65	Bainbridge Aquat-36	1:20.00
6	Williams, Jeff	M60	UC14	1:20.87
7	Lautman, Chris	M68	Lake Washington-36	1:22.00
8	Chuang, Mason	M44	Orca Swim Team-36	1:23.00

Heat 6 of 8 Finals

1	Smith, Daniel	M60	Blue Wave Aquati-36	1:19.28
2	McLaughlin, Danielle	W37	Mercer Island Re-36	1:15.12
3	McComish, Matthew	M23	Oregon Masters-37	1:12.20
4	Petersen, Erik	M34	CG Sports Manage-36	1:12.13
5	Scott, David	M56	Team Walker Inte-36	1:12.15
6	Lindberg, Denise	W40	Lake Washington-36	1:14.00
7	Stark, Allen	M74	Oregon Masters-37	1:15.35
8	Williams, Ava	W32	Oregon Masters-37	1:20.00

Heat 7 of 8 Finals

1	Calvo, Morena	W35	CG Sports Manage-36	1:12.05
2	Roy, Benjamin	M50	North End Otters-36	1:11.00
3	Sullivan, Scot	M56	Oregon Masters-37	1:09.99
4	Guerrero, Ruben	M31	Puget Sound Mast-36	1:07.00
5	Kang, Patrick	M28	Lake Washington-36	1:08.00
6	Janson, Jeremy	M30	UC36-36	1:10.00
7	Howell, Rick	M63	Oregon Masters-37	1:11.00
8	Skinner, Sonja	W46	Oregon Masters-37	1:12.09

Heat 8 of 8 Finals

1	Colella, Casey	M28	Cascade Masters-36	1:04.74
2	Mehta, Sivan	M28	Lake Washington-36	1:03.33
3	Nussbaum, Benjamin	M26	Lake Washington-36	1:02.60
4	Campea, Scott	M48	CG Sports Manage-36	59.52
5	Conroy, Chris	M37	CG Sports Manage-36	1:00.01
6	Hooper, James	M51	Fina	1:03.00
7	Hao, Yawei	M32	Mercer Island Re-36	1:04.58
8	Cochell, Eddie	M26	Bernardo's All S-36	1:04.99

Event 7 Mixed 200 Yard Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				
2				
3	Milman, Ariana	W38	Bernardo's All S-36	4:20.00
4	Alexander, Nick	M34	Bernardo's All S-36	3:40.00
5	Hunt, Andrea	W75	Bainbridge Aquat-36	3:40.00
6	Lamb, Willard	M100	Oregon Masters-37	4:37.99
7				
8				

Heat 2 of 5 Finals

1	Belt, Barbara	W67	Bainbridge Aquat-36	3:20.26
2	Jensen-Bergren, Hillary	W41	Harbor Aquatics-36	3:14.50
3	Stonecipher, Tari	W58	North End Otters-36	3:05.90
4	Stenfjord, Tani	W57	North End Otters-36	3:00.00
5	Ramirez, Ginae	W20	Western Washing-36	3:01.71
6	Lickwala, Holly	W46	Team Walker Inte-36	3:11.45
7	Hayes, William	M71	Lake Washington-36	3:20.00
8	Hoffman, Wendy	W60	Puget Sound Mast-36	3:30.00

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Meet Program

Heat 3 Finals (#7 Mixed 200 Yard Backstroke)

1	Crabbe, Colette	W66	Oregon Masters-37	2:55.00
2	Littlefield, James	M62	Blue Wave Aquati-36	2:40.00
3	Brunjes, Molly	W42	Cascade Masters-36	2:38.40
4	Simpson, Kevin	M39	Orca Swim Team-36	2:35.36
5	Andrus-Hughes, Karen	W65	Oregon Masters-37	2:38.40
6	Rogers, Jamie	W21	Western Washingt-36	2:38.93
7	Benson, Gary	M72	Puget Sound Mast-36	2:45.00
8	Underbrink, Dan	M66	Team Walker Inte-36	2:59.88

Heat 4 of 5 Finals

1	Kirkland, Dan	M74	Oregon Masters-37	2:34.43
2	Moore, Robert	M62	Team Walker Inte-36	2:30.00
3	Colella, Rick	M71	Lake Washington-36	2:19.00
4	Wardian, Ed	M57	Puget Sound Mast-36	2:15.00
5	Sullivan, Scot	M56	Oregon Masters-37	2:19.00
6	Dagg, Erica	W33	Mercer Island Re-36	2:20.00
7	Mcclafferty, Christine	W49	Oregon Masters-37	2:32.00
8	Allison, Trenton	M23	Lake Washington-36	2:35.00

Heat 5 of 5 Finals

1	Nygren, Mats	M56	Lake Washington-36	2:12.96
2	Poppen-Eagan, Rowan	M23	UC36-36	2:10.27
3	Dee, Kevin	M35	Fina	2:05.00
4	Woodbury, Brian	M26	Lake Washington-36	1:56.90
5	Slanschek, Marvin	M24	UC36-36	2:00.00
6	Doherty, Kevin	M49	Oregon Masters-37	2:10.00
7	Josberger, Jim	M52	Oregon Masters-37	2:12.93
8	Snow, McGregor	M43	Bernardo's All S-36	2:15.00

Event 8 Mixed 50 Yard Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 12 Finals

1				
2				
3	Hile, Laurence	M73	Bainbridge Aquat-36	1:08.00
4	Grassman, Emily	W46	Oregon Masters-37	55.43
5	King, Rachel	W29	Bernardo's All S-36	1:00.00
6	Batdorf, Casandra	W55	Bernardo's All S-36	2:30.00
7				
8				

Heat 2 of 12 Finals

1	High, Marjorie	W47	Cascade Masters-36	49.80
2	Arden, Irene	W69	North End Otters-36	49.00
3	Colella, Lynn	W72	Lake Washington-36	47.00
4	Nelson, Sidney	W35	Bernardo's All S-36	45.00
5	Meyers, Kate	W74	Bainbridge Aquat-36	45.00
6	Rousseau, Sandi	W75	Oregon Masters-37	47.00
7	Wolfe, Amy	W53	Bernardo's All S-36	49.00
8	Kempe, Christine	W45	Lake Washington-36	55.00

Heat 3 of 12 Finals

1	Farmer, Samantha	W22	Western Washingt-36	41.70
2	Yuan, Lei	M31	Puget Sound Mast-36	40.00
3	Hilgers, RJ	M55	Bainbridge Aquat-36	40.00
4	Jensen-Bergren, Hillary	W41	Harbor Aquatics-36	39.40
5	Tuche, Megan	W52	Blue Wave Aquati-36	40.00
6	Fotiou, Amanda	W35	Bernardo's All S-36	40.00
7	Hair, Margaret	W68	Lewis Clark Nept-35	41.68
8	Clutter, Cynthia	W63	Mesa Aquatics Cl-48	43.63

Heat 4 of 12 Finals

1	Rittenhouse, Jackson	M25	Bernardo's All S-36	38.00
2	Vincent, Nancy	W63	Oregon Masters-37	37.50
3	Lippold, Mary	W67	North End Otters-36	36.33
4	Troupe, Curt	M66	UC36-36	35.88
5	Wright, Charles	M53	Lake Washington-36	36.00
6	Schwartz, Michael	M35	Bernardo's All S-36	36.51
7	Osborne, Rae	W20	Western Washingt-36	37.76
8	Leick, Blaine	M67	UC36-36	39.00

Heat 5 of 12 Finals

1	Bliss, Laura	W35	Orca Swim Team-36	35.00
2	Ringstad, Kristin	W26	Snohomish Aquati-36	34.34
3	Kochanowski, Lauren	W30	UC37	33.00
4	Motley, Caitlin	W35	Cascade Masters-36	32.21
5	Pilger, Robert	M79	Tom Taylor Famil-36	32.50
6	Holzbach, John	M69	Lake Washington-36	34.00
7	Geiger, Kyle	M65	425 Masters-36	35.00
8	Wood, Jason	M45	Snohomish Aquati-36	35.74

Heat 6 of 12 Finals

1	Li, Yun	W29	Puget Sound Mast-36	32.07
2	Ralstin, Grace	W21	Blue Wave Aquati-36	32.00
3	Glezen, Paul	M62	North End Otters-36	32.00
4	Polidori, Wendy	W53	Snohomish Aquati-36	31.85
5	Baker, John	M71	Bainbridge Aquat-36	32.00
6	Chuang, Mason	M44	Orca Swim Team-36	32.00
7	Phipps, Tom	M69	Oregon Masters-37	32.04
8	Lauzon, Chantal	W49	Novaquatics Mast-33	32.13

Heat 7 of 12 Finals

1	Jennings, Lindsey	W41	Cascade Masters-36	31.32
2	Lindberg, Denise	W40	Lake Washington-36	31.00
3	Nimb, Peter	M58	Bainbridge Aquat-36	30.44
4	Latimer, Danielle	W32	Snohomish Aquati-36	30.24
5	Delmage, Arlene	W60	Oregon Masters-37	30.44
6	Haynie, Carl	M62	Team Walker Inte-36	31.00
7	Bernhardt, Carolyn	W31	Oregon Masters-37	31.00
8	Hass, Katie	W43	North End Otters-36	31.43

Heat 8 of 12 Finals

1	Jenkins, Valerie	W59	Oregon Masters-37	30.03
2	Stockwell, Caleb	M32	UC37	30.00
3	Burns, Nicholas	M31	Oregon Masters-37	30.00
4	Anzilago Tesser,	M41	Team Walker Inte-36	29.70
5	Cermak, Gerald	M59	Puget Sound Mast-36	29.78
6	Cox, Gary	M45	Husky Masters-36	30.00
7	Snow, McGregor	M43	Bernardo's All S-36	30.00
8	Aitken, Kyle	M25	Cascade Masters-36	30.13

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Meet Program

Heat 9 Finals (#8 Mixed 50 Yard Butterfly)

1	Bradley, Blaire	W38	Blue Wave Aquati-36	29.50
2	Knott, Olivia	W19	Western Washingt-36	29.37
3	Smolyanov, Anthony	M25	Husky Masters-36	28.98
4	Woare, Matthew	M48	Mercer Island Re-36	28.00
5	Steenbeeke, Alain	M61	Bernardo's All S-36	28.40
6	Hawkins, Aaron	M44	Oregon Masters-37	29.18
7	Dagg, Erica	W33	Mercer Island Re-36	29.50
8	Bush, Gabe	M45	Blue Wave Aquati-36	29.59

Heat 10 of 12 Finals

1	Colella, Rick	M71	Lake Washington-36	28.00
2	Wrightson, Ian	M58	UC36-36	28.00
3	Sumnicht, Andrew	M31	Cascade Masters-36	27.99
4	Skinner, Sonja	W46	Oregon Masters-37	27.67
5	Zacharias, Reva	W25	CG Sports Manage-36	27.90
6	Hooper, James	M51	Fina	28.00
7	Yamamoto, Jin	M48	Lake Washington-36	28.00
8	Thompson, Scott	M40	Lake Washington-36	28.00

Heat 11 of 12 Finals

1	Shelly, Joseph	M25	Team Walker Inte-36	27.40
2	DeNise, Caitlin	W32	Oregon Masters-37	27.00
3	Bennett, John	M43	Cascade Masters-36	26.96
4	Sprinkle, Baden	M35	Blue Wave Aquati-36	26.80
5	Loegering, Isaac	M28	Orca Swim Team-36	26.82
6	Whitbeck, Dave	M40	Lake Washington-36	27.00
7	Desancic, Boris	M51	UC36-36	27.01
8	Hackley, Jeff	M54	Oregon Masters-37	27.59

Heat 12 of 12 Finals

1	Wu, Joanna	W28	Blue Wave Aquati-36	26.43
2	Knox, Quentin	M26	UC35	25.80
3	Petersen, Erik	M34	CG Sports Manage-36	24.55
4	McComish, Matthew	M23	Oregon Masters-37	23.58
5	Mendez, Tomas	M31	UC36-36	24.10
6	Arevalo, Alan	M22	Lake Washington-36	25.37
7	McComish, John	M57	Oregon Masters-37	26.11
8	Christensen, Douglas	M60	Oregon Masters-37	26.74

Event 9 Women 200 Yard Medley Relay

Relay cards due at noon

Team	Relay	Seed Time
---	No entries for event	

Event 10 Men 200 Yard Medley Relay

Relay cards due at noon

Team	Relay	Seed Time
---	No entries for event	

Event 11 Mixed 200 Yard Freestyle Relay

Relay cards due at noon

Team	Relay	Seed Time
---	No entries for event	

Event 12 Mixed 400 Yard IM

Event will run in 1 pool

Seeded slow to fast

Check in by end of Event #6

Name	Age	Team	Seed Time
1 Kang, Patrick	M28	Lake Washington-36	4:40.00
2 Doherty, Kevin	M49	Oregon Masters-37	4:40.00
3 Dee, Kevin	M35	Fina	4:45.00
4 McLaughlin, Danielle	W37	Mercer Island Re-36	5:02.65
5 Mcclafferty, Christine	W49	Oregon Masters-37	5:18.62
6 Hathaway, David	M62	Oregon Masters-37	5:21.97
7 Smith, Daniel	M60	Blue Wave Aquati-36	5:27.99
8 Yamamoto, Jin	M48	Lake Washington-36	5:30.00
9 Tujo, Christian	M51	Bernardo's All S-36	5:30.25
10 Delmage, Arlene	W60	Oregon Masters-37	5:40.00
11 Allison, Trenton	M23	Lake Washington-36	5:50.00
12 Hackley, Jeff	M54	Oregon Masters-37	6:00.00
13 Riedinger, Kelly	W43	Nashville Aquati-15	6:18.13
14 Chuang, Mason	M44	Orca Swim Team-36	6:20.00
15 Hoffman, Wendy	W60	Puget Sound Mast-36	6:20.00
16 Schwartz, Steven	M59	Team Walker Inte-36	6:20.00
17 Fogg, Stephen	M74	Team Walker Inte-36	6:30.73
18 Hair, Margaret	W68	Lewis Clark Nept-35	6:57.68
19 Gettling, Janet	W74	Oregon Masters-37	7:10.00
20 Furtado, Krys	W43	Blue Wave Aquati-36	7:30.00
21 Singh, Isabelle	W23	Lake Washington-36	7:40.00
22 Rasmussen, Karen	W48	Blue Wave Aquati-36	8:00.00
23 Slobodyan, Olena	W37	425 Masters-36	8:00.00
24 Ward, Joy	W80	Oregon Masters-37	8:20.00
25 Jones, Ronald	M82	Tom Taylor Famil-36	8:45.00
26 Kim, Nellis	W52	Blue Wave Aquati-36	10:00.00

Event 13 Mixed 500 Yard Freestyle

Event will run in 2 pools

Seeded slow to fast

Check-In by 9:30am

Name	Age	Team	Seed Time
1 Prieve, Aric	M22	Lake Washington-36	5:00.00
2 Holden, Blake	M46	New Albany Aquat-17	5:05.42
3 Whitbeck, Dave	M40	Lake Washington-36	5:10.80
4 Nygren, Mats	M56	Lake Washington-36	5:15.00
5 Sullivan, Scot	M56	Oregon Masters-37	5:19.99
6 Doherty, Kevin	M49	Oregon Masters-37	5:20.00
7 Petersen, Erik	M34	CG Sports Manage-36	5:25.40
8 Bennett, John	M43	Cascade Masters-36	5:33.92
9 Hathaway, David	M62	Oregon Masters-37	5:37.03
10 Easter, Patrick	M21	Western Washingt-36	5:40.44
11 McLaughlin, Danielle	W37	Mercer Island Re-36	5:44.19
12 Pound, Hallie	W26	Bernardo's All S-36	5:45.00
13 Meiss, Trevor	M30	UC36-36	5:45.00
14 Ringstad, Brandon	M31	Snohomish Aquati-36	5:48.93
15 Thompson, Scott	M40	Lake Washington-36	5:50.00
16 Tujo, Christian	M51	Bernardo's All S-36	5:50.50
17 Mcclafferty, Christine	W49	Oregon Masters-37	5:50.66
18 Alex, Casey	M50	Puget Sound Mast-36	5:55.00

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Meet Program

Event 13...(Mixed 500 Yard Freestyle)

Event	Name	Age	Team	Seed Time
19	Allison, Trenton	M23	Lake Washington-36	6:00.00
20	Praeger, Wade	M60	Lake Washington-36	6:00.00
21	Reeves, Tessa	W44	Oregon Masters-37	6:00.00
22	Walker, Jon	M48	Puget Sound Mast-36	6:00.00
23	Yamamoto, Jin	M48	Lake Washington-36	6:05.00
24	Urquhart, Scott	M52	Cascade Masters-36	6:05.54
25	Phipps, Tom	M69	Oregon Masters-37	6:09.80
26	Knittle, Brian	M49	UC36-36	6:10.00
27	Bush, Gabe	M45	Blue Wave Aquati-36	6:13.85
28	Stenford, Tani	W57	North End Otters-36	6:15.00
29	Calvo, Morena	W35	CG Sports Manage-36	6:15.67
30	Crabbe, Colette	W66	Oregon Masters-37	6:16.78
31	Polidori, Wendy	W53	Snohomish Aquati-36	6:23.68
32	Durban, Eric	M67	Blue Wave Aquati-36	6:25.00
33	Lautman, Scott	M70	Blue Wave Aquati-36	6:25.00
34	Schwartz, Steven	M59	Team Walker Inte-36	6:29.01
35	Phillips, Alex	M35	Husky Masters-36	6:30.00
36	Scott, Michael	M36	Lake Washington-36	6:30.00
37	Singh, Isabelle	W23	Lake Washington-36	6:30.00
38	Aylesworth, Alison	W45	Orca Swim Team-36	6:32.48
39	Brunjes, Molly	W42	Cascade Masters-36	6:35.75
40	Gillis, Pete	M67	425 Masters-36	6:40.00
41	Robinson, Charles	M66	Mercer Island Be-36	6:40.00
42	Underbrink, Dan	M66	Team Walker Inte-36	6:45.75
43	Stevens, Rod	M65	Bainbridge Aquat-36	7:00.00
44	Joslin, Nora	W21	Western Washingt-36	7:00.17
45	Lippold, Mary	W67	North End Otters-36	7:00.30
46	Panzer, Timothy	M58	UC36-36	7:03.84
47	Shaw, Lucy	W64	Lake Washington-36	7:05.00
48	Gordon, Claire	W67	Bellevue Club-36	7:15.00
49	Zimmerman, Stephanie	W36	Husky Masters-36	7:15.00
50	Ringstad, Kristin	W26	Snohomish Aquati-36	7:18.11
51	Stonecipher, Tari	W58	North End Otters-36	7:20.23
52	Condotta, Robert	M59	Blue Wave Aquati-36	7:28.57
53	Moore, Sheila	W64	Lake Washington-36	7:30.00
54	Barnes, Brent	M55	Team Walker Inte-36	7:32.19
55	Schwartz, Michael	M35	Bernardo's All S-36	7:51.00
56	Ghilarducci, Emily	W60	Bernardo's All S-36	8:00.00
57	Enriquez-Ortiz,	W33	UC36-36	8:15.12
58	Hunt, Andrea	W75	Bainbridge Aquat-36	8:35.00
59	Yuan, Lei	M31	Puget Sound Mast-36	9:00.00
60	Grassman, Emily	W46	Oregon Masters-37	9:03.53
61	Noffke, Wendy	W50	Blue Wave Aquati-36	9:30.00
62	Helm, Charlie	M67	Oregon Masters-37	9:52.00
63	Hile, Laurence	M73	Bainbridge Aquat-36	9:52.29
64	Bittner, Matthew	M63	UC36-36	10:00.00
65	Parker, April	W46	Blue Wave Aquati-36	12:00.00
66	Drawbaugh, Kirby	M85	Blue Wave Aquati-36	12:33.00
67	Milman, Ariana	W38	Bernardo's All S-36	13:30.00
68	Walker, Thomas	M76	Team Walker Inte-36	15:00.00

Event 14 Mixed 100 Yard Backstroke

Event	Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals					
1					
2					
3		Anderson, Graham	M71	Everett Family Y-36	2:15.00
4		Parker, April	W46	Blue Wave Aquati-36	2:00.00
5		Adkins-Narte, Heather	W68	Bainbridge Aquat-36	2:05.34
6					
7					
8					
Heat 2 of 6 Finals					
1		Peterson, Dick	M86	Puget Sound Mast-36	1:56.12
2		Hunt, Andrea	W75	Bainbridge Aquat-36	1:50.00
3		Zimmerman, Stephanie	W36	Husky Masters-36	1:25.15
4		Farmer, Samantha	W22	Western Washingt-36	1:23.75
5		Mason, Lauren	W38	Blue Wave Aquati-36	1:25.00
6		Rousseau, Sandi	W75	Oregon Masters-37	1:40.00
7		Meyers, Kate	W74	Bainbridge Aquat-36	1:50.00
8					
Heat 3 of 6 Finals					
1		Enriquez-Ortiz,	W33	UC36-36	1:23.23
2		Underbrink, Dan	M66	Team Walker Inte-36	1:21.78
3		Reenders, Jeremiah	M31	UC36-36	1:20.00
4		Benson, Gary	M72	Puget Sound Mast-36	1:18.00
5		Fogg, Stephen	M74	Team Walker Inte-36	1:18.01
6		Stribling Geldien, Gail	W42	Blue Wave Aquati-36	1:21.29
7		Cyger, Erin	W51	Bainbridge Aquat-36	1:23.00
8		Stonecipher, Tari	W58	North End Otters-36	1:23.33
Heat 4 of 6 Finals					
1		Lickwala, Holly	W46	Team Walker Inte-36	1:15.91
2		Andrus-Hughes, Karen	W65	Oregon Masters-37	1:13.42
3		DeWard, Robert	M49	Puget Sound Mast-36	1:09.50
4		Latimer, Danielle	W32	Snohomish Aquati-36	1:07.47
5		McClafferty, Christine	W49	Oregon Masters-37	1:08.83
6		McCarty, David	M58	Lake Washington-36	1:10.00
7		Littlefield, James	M62	Blue Wave Aquati-36	1:15.00
8		Phinney, Sandi	W47	Thunderbird Aqua-36	1:17.57
Heat 5 of 6 Finals					
1		Walker, Jon	M48	Puget Sound Mast-36	1:06.00
2		Pelton, Regan	M53	UC36-36	1:04.00
3		Steenbeeke, Alain	M61	Bernardo's All S-36	1:03.49
4		Sprinkle, Baden	M35	Blue Wave Aquati-36	1:03.00
5		Snow, McGregor	M43	Bernardo's All S-36	1:03.00
6		Edwards, Evan	M25	Oregon Masters-37	1:03.59
7		Alsberg, Maoz	M54	Team Walker Inte-36	1:05.01
8		Jenkins, Valerie	W59	Oregon Masters-37	1:07.08

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Meet Program

Heat 6 Finals (#14 Mixed 100 Yard Backstroke)

1	Wardian, Ed	M57	Puget Sound Mast-36	1:02.00
2	Poppen-Eagan, Rowan	M23	UC36-36	58.93
3	Slanschek, Marvin	M24	UC36-36	55.00
4	Woodbury, Brian	M26	Lake Washington-36	52.29
5	Mehta, Sivan	M28	Lake Washington-36	54.44
6	Hutchison, Tom	M27	CG Sports Manage-36	58.03
7	Josberger, Jim	M52	Oregon Masters-37	1:00.16
8	Dee, Kevin	M35	Fina	1:02.00

Event 15 Mixed 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 16 Finals

1				
2	Drawbaugh, Kirby	M85	Blue Wave Aquati-36	1:30.00
3	Carpenter, Kristin	W56	Cascade Masters-36	1:00.00
4	Towle, Jacob	M57	Bernardo's All S-36	55.00
5	Kreer, Kenneth	M59	Blue Wave Aquati-36	55.00
6	Batdorf, Casandra	W55	Bernardo's All S-36	1:06.58
7				
8				

Heat 2 of 16 Finals

1	Eastlake, Emily	W30	Bernardo's All S-36	45.00
2	Noffke, Wendy	W50	Blue Wave Aquati-36	42.00
3	Helm, Charlie	M67	Oregon Masters-37	41.50
4	Gordon, Claire	W67	Bellevue Club-36	40.00
5	Galvani, Bill	M76	Bainbridge Aquat-36	41.00
6	Shieff, Emily	W20	Western Washingt-36	42.00
7	Jackson, Lucia	W19	Western Washingt-36	42.20
8	Lamb, Willard	M100	Oregon Masters-37	51.30

Heat 3 of 16 Finals

1	High, Marjorie	W47	Cascade Masters-36	39.35
2	Arden, Irene	W69	North End Otters-36	39.00
3	Wright, Charles	M53	Lake Washington-36	38.00
4	Tuche, Megan	W52	Blue Wave Aquati-36	36.00
5	Colella, Lynn	W72	Lake Washington-36	36.50
6	Rousseau, Sandi	W75	Oregon Masters-37	38.00
7	Phillips, Sue	W63	Cascade Masters-36	39.15
8	Zappone, Peggy	W64	UC36-36	40.00

Heat 4 of 16 Finals

1	Jones, Ronald	M82	Tom Taylor Famil-36	36.00
2	Moore, Sheila	W64	Lake Washington-36	35.00
3	Wadey, Chuck	M45	Bernardo's All S-36	35.00
4	Adams, Emily	W19	Western Washingt-36	35.00
5	Wiley, Heather	W65	Oregon Masters-37	35.00
6	Niegemann, Gary	M63	Everett Family Y-36	35.00
7	Mellick, Kimberly	W44	Blue Wave Aquati-36	35.00
8	Ness, Kerry	M53	Team Walker Inte-36	36.00

Heat 5 of 16 Finals

1	Nelson, Sidney	W35	Bernardo's All S-36	35.00
2	Farmer, Samantha	W22	Western Washingt-36	34.76
3	Clutter, Cynthia	W63	Mesa Aquatics Cl-48	34.63
4	Barnes, Brent	M55	Team Walker Inte-36	33.30
5	Condotta, Robert	M59	Blue Wave Aquati-36	34.03
6	Hair, Margaret	W68	Lewis Clark Nept-35	34.68
7	Chen, Jing	W26	Puget Sound Mast-36	35.00
8	Yu, Gehua	M54	Puget Sound Mast-36	35.00

Heat 6 of 16 Finals

1	Phinney, Sandi	W47	Thunderbird Aqua-36	32.61
2	Rittenhouse, Jackson	M25	Bernardo's All S-36	32.00
3	Joslin, Nora	W21	Western Washingt-36	31.63
4	Osborne, Rae	W20	Western Washingt-36	31.35
5	Schwartz, Michael	M35	Bernardo's All S-36	31.36
6	Walsh, Greg	M70	Puget Sound Mast-36	31.79
7	Phillips, Alex	M35	Husky Masters-36	32.00
8	Mason, Lauren	W38	Blue Wave Aquati-36	33.00

Heat 7 of 16 Finals

1	Kramer, Karen	W57	North End Otters-36	31.21
2	Brunjes, Molly	W42	Cascade Masters-36	30.67
3	Morrison, Jeffrey	M68	Thunderbird Aqua-36	30.23
4	Pusateri, Rebekah	W25	Puget Sound Mast-36	30.07
5	Prud'homme, Philip	M52	Thunderbird Aqua-36	30.23
6	Neuhaus, Scott	M68	Team Walker Inte-36	30.24
7	Holzbach, John	M69	Lake Washington-36	30.68
8	Lippold, Mary	W67	North End Otters-36	31.29

Heat 8 of 16 Finals

1	Reenders, Jeremiah	M31	UC36-36	30.00
2	Pound, Hallie	W26	Bernardo's All S-36	30.00
3	Gillis, Pete	M67	425 Masters-36	30.00
4	Wood, Jason	M45	Snohomish Aquati-36	29.86
5	Delmage, Arlene	W60	Oregon Masters-37	29.99
6	Kim, Nellis	W52	Blue Wave Aquati-36	30.00
7	Aronovitz, Emily	W22	Husky Masters-36	30.00
8	Ralstin, Grace	W21	Blue Wave Aquati-36	30.00

Heat 9 of 16 Finals

1	Troupe, Curt	M66	UC36-36	29.80
2	Robinson, Charles	M66	Mercer Island Be-36	29.50
3	Li, Yun	W29	Puget Sound Mast-36	29.33
4	Fredlund, Emma	W19	Western Washingt-36	29.27
5	Lang, Claire	W28	Bernardo's All S-36	29.28
6	Andrus-Hughes, Karen	W65	Oregon Masters-37	29.49
7	Lauzon, Chantal	W49	Novaquatics Mast-33	29.77
8	Phipps, Tom	M69	Oregon Masters-37	29.85

Heat 10 of 16 Finals

1	Reeves, Tessa	W44	Oregon Masters-37	29.00
2	Pilger, Robert	M79	Tom Taylor Famil-36	28.80
3	Bush, Gabe	M45	Blue Wave Aquati-36	28.37
4	Beyler, Brandon	M22	UC36-36	28.14
5	Motley, Caitlin	W35	Cascade Masters-36	28.33
6	Riddle, Luci	W20	Western Washingt-36	28.50
7	Scott, Michael	M36	Lake Washington-36	29.00
8	Howell, Rick	M63	Oregon Masters-37	29.00

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Meet Program

Heat 11 Finals (#15 Mixed 50 Yard Freestyle)

1	Elander, Blair	M61	Lake Washington-36	28.00
2	Stenford, Tani	W57	North End Otters-36	27.98
3	Shindnes, Gabriel	M26	Husky Masters-36	27.50
4	Williams, Jeff	M60	UC14	27.27
5	DeWard, Robert	M49	Puget Sound Mast-36	27.50
6	Knott, Olivia	W19	Western Washingt-36	27.85
7	Williams, Ava	W32	Oregon Masters-37	28.00
8	Pearson, Jay	M61	Lake Washington-36	28.03

Heat 12 of 16 Finals

1	Geiger, Kyle	M65	425 Masters-36	27.12
2	Dang, Vincent	M21	UC36-36	27.00
3	Bradley, Blaire	W38	Blue Wave Aquati-36	26.75
4	Hayes, William	M71	Lake Washington-36	26.50
5	Aitken, Kyle	M25	Cascade Masters-36	26.55
6	Gehrke, Bethany	W29	Cascade Masters-36	27.00
7	Stockwell, Caleb	M32	UC37	27.00
8	Urquhart, Scott	M52	Cascade Masters-36	27.23

Heat 13 of 16 Finals

1	Haynie, Carl	M62	Team Walker Inte-36	26.40
2	Pelton, Regan	M53	UC36-36	26.00
3	Bollens, Stephen	M63	UC37	25.96
4	Hawkins, Aaron	M44	Oregon Masters-37	25.76
5	Skinner, Sonja	W46	Oregon Masters-37	25.77
6	Moore, Maki	W37	Blue Wave Aquati-36	26.00
7	Nimb, Peter	M58	Bainbridge Aquat-36	26.25
8	Cermak, Gerald	M59	Puget Sound Mast-36	26.49

Heat 14 of 16 Finals

1	Zacharias, Reva	W25	CG Sports Manage-36	25.70
2	Sanchez, Carlos	M47	Puget Sound Mast-36	25.50
3	Desancic, Boris	M51	UC36-36	25.27
4	Alsberg, Maoz	M54	Team Walker Inte-36	25.01
5	Lemos de Lima, Tatiana	W44	Lake Washington-36	25.15
6	Anzilago Tesser,	M41	Team Walker Inte-36	25.33
7	Colella, Rick	M71	Lake Washington-36	25.50
8	Colella, Casey	M28	Cascade Masters-36	25.76

Heat 15 of 16 Finals

1	Burns, Nicholas	M31	Oregon Masters-37	24.85
2	DeNise, Caitlin	W32	Oregon Masters-37	24.50
3	Sumnicht, Andrew	M31	Cascade Masters-36	24.44
4	Knox, Quentin	M26	UC35	24.30
5	Wu, Joanna	W28	Blue Wave Aquati-36	24.38
6	Nygren, Mats	M56	Lake Washington-36	24.50
7	Perry, Maxwell	M44	Cascade Masters-36	24.50
8	Bennett, John	M43	Cascade Masters-36	24.86

Heat 16 of 16 Finals

1	Whitbeck, Dave	M40	Lake Washington-36	24.28
2	Loegering, Isaac	M28	Orca Swim Team-36	23.46
3	Hutchison, Tom	M27	CG Sports Manage-36	22.99
4	Easter, Patrick	M21	Western Washingt-36	22.69
5	Cochell, Eddie	M26	Bernardo's All S-36	22.99
6	Prieve, Aric	M22	Lake Washington-36	23.22
7	Arevalo, Alan	M22	Lake Washington-36	23.65
8	Shelly, Joseph	M25	Team Walker Inte-36	24.28

Event 16 Mixed 200 Yard Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
1				
2				
3	Walker, Thomas	M76	Team Walker Inte-36	6:00.00
4	Peterson, Dick	M86	Puget Sound Mast-36	4:19.95
5	Eastlake, Emily	W30	Bernardo's All S-36	4:30.00
6				
7				
8				
Heat 2 of 5 Finals				
1				
2	Wiley, Heather	W65	Oregon Masters-37	3:55.00
3	Gettling, Janet	W74	Oregon Masters-37	3:50.00
4	Hair, Margaret	W68	Lewis Clark Nept-35	3:26.68
5	Parker, April	W46	Blue Wave Aquati-36	3:30.00
6	Galvani, Bill	M76	Bainbridge Aquat-36	3:50.00
7	Grassman, Emily	W46	Oregon Masters-37	3:57.17
8				
Heat 3 of 5 Finals				
1	Hoffman, Wendy	W60	Puget Sound Mast-36	3:18.00
2	White, Robert	M74	Lake Washington-36	3:16.30
3	Lautman, Chris	M68	Lake Washington-36	3:06.00
4	Underbrink, Dan	M66	Team Walker Inte-36	3:02.40
5	Peterson, Steve	M76	Bernardo's All S-36	3:04.20
6	Kim, Nellis	W52	Blue Wave Aquati-36	3:12.56
7	Chapman, Linda	W67	Lake Washington-36	3:16.55
8	Watson, Karen	W58	North End Otters-36	3:19.47
Heat 4 of 5 Finals				
1	Rittenhouse, Jackson	M25	Bernardo's All S-36	3:00.00
2	Smith, Daniel	M60	Blue Wave Aquati-36	2:50.90
3	Edwards, Evan	M25	Oregon Masters-37	2:49.87
4	Skinner, Sonja	W46	Oregon Masters-37	2:42.31
5	Howell, Rick	M63	Oregon Masters-37	2:44.00
6	Pusateri, Rebekah	W25	Puget Sound Mast-36	2:50.00
7	Stark, Allen	M74	Oregon Masters-37	2:58.93
8	Riedinger, Kelly	W43	Nashville Aquati-15	3:00.83
Heat 5 of 5 Finals				
1	Colella, Rodney	M55	Cascade Masters-36	2:35.00
2	Hooper, James	M51	Fina	2:30.00
3	Kang, Patrick	M28	Lake Washington-36	2:20.00
4	Campea, Scott	M48	CG Sports Manage-36	2:11.81
5	Conroy, Chris	M37	CG Sports Manage-36	2:13.40
6	Guerrero, Ruben	M31	Puget Sound Mast-36	2:30.00
7	Dee, Kevin	M35	Fina	2:30.00
8	Scott, David	M56	Team Walker Inte-36	2:40.00

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Meet Program

Event 17 Mixed 200 Yard IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

1				
2				
3	Jones, Ronald	M82	Tom Taylor Famil-36	4:06.00
4	High, Marjorie	W47	Cascade Masters-36	3:52.47
5	Galvani, Bill	M76	Bainbridge Aquat-36	4:00.00
6				
7				
8				

Heat 2 of 6 Finals

1	Slobodyan, Olena	W37	425 Masters-36	3:50.00
2	Watson, Karen	W58	North End Otters-36	3:15.00
3	Peterson, Steve	M76	Bernardo's All S-36	2:58.90
4	Holzbach, John	M69	Lake Washington-36	2:55.00
5	Fogg, Stephen	M74	Team Walker Inte-36	2:57.23
6	Troupe, Curt	M66	UC36-36	3:01.22
7	Tuche, Megan	W52	Blue Wave Aquati-36	3:15.00
8	Ward, Joy	W80	Oregon Masters-37	3:50.00

Heat 3 of 6 Finals

1	Aronovitz, Emily	W22	Husky Masters-36	2:50.00
2	Glezen, Paul	M62	North End Otters-36	2:45.00
3	Shindnes, Gabriel	M26	Husky Masters-36	2:40.00
4	Allison, Trenton	M23	Lake Washington-36	2:40.00
5	Schwartz, Steven	M59	Team Walker Inte-36	2:40.00
6	Stevens, Rod	M65	Bainbridge Aquat-36	2:45.00
7	Benson, Gary	M72	Puget Sound Mast-36	2:50.00
8	Ralstin, Grace	W21	Blue Wave Aquati-36	2:50.00

Heat 4 of 6 Finals

1	Yamamoto, Jin	M48	Lake Washington-36	2:30.00
2	Lindberg, Denise	W40	Lake Washington-36	2:28.00
3	Sprinkle, Baden	M35	Blue Wave Aquati-36	2:25.00
4	Fotiou, Amanda	W35	Bernardo's All S-36	2:20.00
5	Desancic, Boris	M51	UC36-36	2:24.70
6	Gehrke, Bethany	W29	Cascade Masters-36	2:27.31
7	McLaughlin, Danielle	W37	Mercer Island Re-36	2:28.32
8	Crabbe, Colette	W66	Oregon Masters-37	2:35.31

Heat 5 of 6 Finals

1	Cochell, Eddie	M26	Bernardo's All S-36	2:19.94
2	Edwards, Evan	M25	Oregon Masters-37	2:17.04
3	Meiss, Trevor	M30	UC36-36	2:15.00
4	Alex, Casey	M50	Puget Sound Mast-36	2:15.00
5	Snow, McGregor	M43	Bernardo's All S-36	2:15.00
6	Sullivan, Scot	M56	Oregon Masters-37	2:16.38
7	Sanchez, Carlos	M47	Puget Sound Mast-36	2:19.50
8	Knittle, Brian	M49	UC36-36	2:20.00

Heat 6 of 6 Finals

1	Petersen, Erik	M34	CG Sports Manage-36	2:11.27
2	Doherty, Kevin	M49	Oregon Masters-37	2:08.00
3	Campea, Scott	M48	CG Sports Manage-36	2:03.76
4	Slanschek, Marvin	M24	UC36-36	2:00.00
5	Holden, Blake	M46	New Albany Aquat-17	2:01.78
6	Nussbaum, Benjamin	M26	Lake Washington-36	2:05.00
7	Hao, Yawei	M32	Mercer Island Re-36	2:10.96
8	Colella, Casey	M28	Cascade Masters-36	2:11.44

Event 18 Mixed 50 Yard Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1				
2				
3	Batdorf, Casandra	W55	Bernardo's All S-36	1:06.00
4	Adkins-Narte, Heather	W68	Bainbridge Aquat-36	1:00.54
5	Kreer, Kenneth	M59	Blue Wave Aquati-36	1:05.00
6				
7				
8				

Heat 2 of 7 Finals

1	Lamb, Willard	M100	Oregon Masters-37	59.57
2	Parker, April	W46	Blue Wave Aquati-36	55.00
3	Ness, Kerry	M53	Team Walker Inte-36	50.00
4	Hunt, Andrea	W75	Bainbridge Aquat-36	50.00
5	Meyers, Kate	W74	Bainbridge Aquat-36	50.00
6	Peterson, Dick	M86	Puget Sound Mast-36	51.65
7	Jones, Ronald	M82	Tom Taylor Famil-36	58.00
8				

Heat 3 of 7 Finals

1	Phillips, Sue	W63	Cascade Masters-36	46.03
2	Rousseau, Sandi	W75	Oregon Masters-37	45.00
3	Mason, Lauren	W38	Blue Wave Aquati-36	42.00
4	Morrison, Jeffrey	M68	Thunderbird Aqua-36	39.59
5	Kramer, Karen	W57	North End Otters-36	40.00
6	Gettling, Janet	W74	Oregon Masters-37	45.00
7	Noffke, Wendy	W50	Blue Wave Aquati-36	45.00
8	Anderson, Graham	M71	Everett Family Y-36	47.50

Heat 4 of 7 Finals

1	Cyger, Erin	W51	Bainbridge Aquat-36	39.25
2	Wood, Jason	M45	Snohomish Aquati-36	38.34
3	Stribling Geldien, Gail	W42	Blue Wave Aquati-36	37.60
4	Fogg, Stephen	M74	Team Walker Inte-36	36.63
5	Lautman, Chris	M68	Lake Washington-36	37.00
6	Zimmerman, Stephanie	W36	Husky Masters-36	38.00
7	Prud'homme, Philip	M52	Thunderbird Aqua-36	39.04
8	Stonecipher, Tari	W58	North End Otters-36	39.52

2023 PNA and Zones Championship Meet - 4/15/2023 to 4/16/2023

2023 PNA and Zones Championship

Hosted by Blue Wave Aquatics

Meet Program

Heat 5 Finals (#18 Mixed 50 Yard Backstroke)

1	Hayes, William	M71	Lake Washington-36	36.00
2	Littlefield, James	M62	Blue Wave Aquati-36	35.00
3	Brunjes, Molly	W42	Cascade Masters-36	34.51
4	Andrus-Hughes, Karen	W65	Oregon Masters-37	33.70
5	Lindberg, Denise	W40	Lake Washington-36	34.00
6	Williams, Ava	W32	Oregon Masters-37	34.56
7	Li, Yun	W29	Puget Sound Mast-36	35.52
8	Phinney, Sandi	W47	Thunderbird Aqua-36	36.46

Heat 6 of 7 Finals

1	Pearson, Jay	M61	Lake Washington-36	33.12
2	Hawkins, Aaron	M44	Oregon Masters-37	31.00
3	Latimer, Danielle	W32	Snohomish Aquati-36	30.45
4	Pelton, Regan	M53	UC36-36	30.00
5	Dang, Vincent	M21	UC36-36	30.00
6	Jenkins, Valerie	W59	Oregon Masters-37	30.90
7	Knox, Quentin	M26	UC35	31.60
8	Bollens, Stephen	M63	UC37	33.33

Heat 7 of 7 Finals

1	Alsberg, Maoz	M54	Team Walker Inte-36	29.01
2	Perry, Maxwell	M44	Cascade Masters-36	29.00
3	Shelly, Joseph	M25	Team Walker Inte-36	28.71
4	Wu, Joanna	W28	Blue Wave Aquati-36	27.03
5	Haynie, Carl	M62	Team Walker Inte-36	28.69
6	Poppen-Eagan, Rowan	M23	UC36-36	28.84
7	Wardian, Ed	M57	Puget Sound Mast-36	29.00
8	Steenbeeke, Alain	M61	Bernardo's All S-36	29.85

Event 19 Mixed 200 Yard Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	Hoffman, Wendy	W60	Puget Sound Mast-36	3:25.00
4	Crabbe, Colette	W66	Oregon Masters-37	3:00.00
5	Lickwala, Holly	W46	Team Walker Inte-36	3:15.11
6				
7				
8				

Heat 2 of 2 Finals

1	Allison, Trenton	M23	Lake Washington-36	2:40.00
2	Tujo, Christian	M51	Bernardo's All S-36	2:27.70
3	Doherty, Kevin	M49	Oregon Masters-37	2:10.00
4	Woodbury, Brian	M26	Lake Washington-36	2:03.00
5	Petersen, Erik	M34	CG Sports Manage-36	2:06.63
6	Dee, Kevin	M35	Fina	2:18.00
7	Johnson Seller, Lucia	W27	Lake Washington-36	2:33.00
8	Rogers, Jamie	W21	Western Washingt-36	2:53.14

Event 20 Mixed 100 Yard Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 17 Finals

1				
2				
3	Carpenter, Kristin	W56	Cascade Masters-36	3:00.00
4	Batdorf, Casandra	W55	Bernardo's All S-36	2:30.85
5	Drawbaugh, Kirby	M85	Blue Wave Aquati-36	2:33.00
6				
7				
8				

Heat 2 of 17 Finals

1	Galvani, Bill	M76	Bainbridge Aquat-36	1:45.00
2	Grassman, Emily	W46	Oregon Masters-37	1:37.03
3	Anderson, Graham	M71	Everett Family Y-36	1:35.00
4	Rousseau, Sandi	W75	Oregon Masters-37	1:34.00
5	Eastlake, Emily	W30	Bernardo's All S-36	1:35.00
6	Ward, Joy	W80	Oregon Masters-37	1:35.00
7	Ness, Kerry	M53	Team Walker Inte-36	1:38.00
8	Jackson, Lucia	W19	Western Washingt-36	1:45.00

Heat 3 of 17 Finals

1	Parker, April	W46	Blue Wave Aquati-36	1:30.30
2	Chen, Jing	W26	Puget Sound Mast-36	1:30.00
3	High, Marjorie	W47	Cascade Masters-36	1:28.55
4	Underbrink, Mary	W63	Lake Washington-36	1:27.00
5	Arden, Irene	W69	North End Otters-36	1:28.00
6	Helm, Charlie	M67	Oregon Masters-37	1:29.00
7	Noffke, Wendy	W50	Blue Wave Aquati-36	1:30.00
8	Peterson, Dick	M86	Puget Sound Mast-36	1:31.03

Heat 4 of 17 Finals

1	Niegemann, Gary	M63	Everett Family Y-36	1:25.00
2	Gettling, Janet	W74	Oregon Masters-37	1:23.00
3	Colella, Lynn	W72	Lake Washington-36	1:21.00
4	Mason, Lauren	W38	Blue Wave Aquati-36	1:19.00
5	Moore, Sheila	W64	Lake Washington-36	1:20.00
6	Wiley, Heather	W65	Oregon Masters-37	1:22.00
7	Gordon, Claire	W67	Bellevue Club-36	1:25.00
8	Phillips, Sue	W63	Cascade Masters-36	1:26.96

Heat 5 of 17 Finals

1	Wright, Charles	M53	Lake Washington-36	1:18.00
2	Fogg, Stephen	M74	Team Walker Inte-36	1:16.83
3	Neuhaus, Scott	M68	Team Walker Inte-36	1:13.01
4	Kim, Nellis	W52	Blue Wave Aquati-36	1:12.00
5	Barnes, Brent	M55	Team Walker Inte-36	1:12.12
6	Stribling Geldien, Gail	W42	Blue Wave Aquati-36	1:16.59
7	Condotta, Robert	M59	Blue Wave Aquati-36	1:17.40
8	Schwartz, Michael	M35	Bernardo's All S-36	1:18.00

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2023 PNA and Zones Championship

Hosted by Blue Wave Aquatics

Meet Program

Heat 6 Finals (#20 Mixed 100 Yard Freestyle)

1	DeWard, Robert	M49	Puget Sound Mast-36	1:11.50
2	Wood, Jason	M45	Snohomish Aquati-36	1:10.71
3	Pound, Hallie	W26	Bernardo's All S-36	1:10.00
4	Cyger, Erin	W51	Bainbridge Aquat-36	1:10.00
5	Furtado, Krys	W43	Blue Wave Aquati-36	1:10.00
6	Prud'homme, Philip	M52	Thunderbird Aqua-36	1:10.38
7	White, Robert	M74	Lake Washington-36	1:11.46
8	Osborne, Rae	W20	Western Washing-36	1:11.79

Heat 7 of 17 Finals

1	Slobodyan, Olena	W37	425 Masters-36	1:10.00
2	Phinney, Sandi	W47	Thunderbird Aqua-36	1:09.00
3	Morrison, Jeffrey	M68	Thunderbird Aqua-36	1:08.90
4	Lauzon, Chantal	W49	Novaquatics Mast-33	1:07.00
5	Holzbach, John	M69	Lake Washington-36	1:07.00
6	Pilger, Robert	M79	Tom Taylor Famil-36	1:09.00
7	Phillips, Alex	M35	Husky Masters-36	1:10.00
8	Li, Yun	W29	Puget Sound Mast-36	1:10.00

Heat 8 of 17 Finals

1	Pusateri, Rebekah	W25	Puget Sound Mast-36	1:06.00
2	Enriquez-Ortiz,	W33	UC36-36	1:05.06
3	Bush, Gabe	M45	Blue Wave Aquati-36	1:05.00
4	Lang, Claire	W28	Bernardo's All S-36	1:05.00
5	Reenders, Jeremiah	M31	UC36-36	1:05.00
6	Phipps, Tom	M69	Oregon Masters-37	1:05.01
7	Troupe, Curt	M66	UC36-36	1:05.47
8	Fredlund, Emma	W19	Western Washing-36	1:06.51

Heat 9 of 17 Finals

1	Ralstin, Grace	W21	Blue Wave Aquati-36	1:05.00
2	Andrus-Hughes, Karen	W65	Oregon Masters-37	1:04.57
3	Robinson, Charles	M66	Mercer Island Be-36	1:03.50
4	Motley, Caitlin	W35	Cascade Masters-36	1:03.03
5	Delmage, Arlene	W60	Oregon Masters-37	1:03.06
6	Anzilago Tesser,	M41	Team Walker Inte-36	1:04.00
7	Beyler, Brandon	M22	UC36-36	1:04.72
8	Gillis, Pete	M67	425 Masters-36	1:05.00

Heat 10 of 17 Finals

1	Hayes, William	M71	Lake Washington-36	1:03.00
2	Knott, Olivia	W19	Western Washing-36	1:01.88
3	Jenkins, Valerie	W59	Oregon Masters-37	1:01.19
4	Schwartz, Steven	M59	Team Walker Inte-36	1:00.71
5	Stenford, Tani	W57	North End Otters-36	1:00.92
6	Latimer, Danielle	W32	Snohomish Aquati-36	1:01.50
7	Scott, Michael	M36	Lake Washington-36	1:02.02
8	Reeves, Tessa	W44	Oregon Masters-37	1:03.00

Heat 11 of 17 Finals

1	Urquhart, Scott	M52	Cascade Masters-36	1:00.59
2	Aitken, Kyle	M25	Cascade Masters-36	1:00.00
3	Cermak, Gerald	M59	Puget Sound Mast-36	59.94
4	Geiger, Kyle	M65	425 Masters-36	59.64
5	Calvo, Morena	W35	CG Sports Manage-36	59.77
6	Smith, Daniel	M60	Blue Wave Aquati-36	59.99
7	Williams, Jeff	M60	UC14	1:00.17
8	Mcclafferty, Christine	W49	Oregon Masters-37	1:00.70

Heat 12 of 17 Finals

1	Shindnes, Gabriel	M26	Husky Masters-36	59.00
2	Moore, Maki	W37	Blue Wave Aquati-36	59.00
3	Scott, David	M56	Team Walker Inte-36	58.69
4	Pelton, Regan	M53	UC36-36	58.00
5	Haynie, Carl	M62	Team Walker Inte-36	58.00
6	Nimb, Peter	M58	Bainbridge Aquat-36	59.00
7	Stockwell, Caleb	M32	UC37	59.00
8	McCarty, David	M58	Lake Washington-36	59.42

Heat 13 of 17 Finals

1	Steenbeeke, Alain	M61	Bernardo's All S-36	57.70
2	Skinner, Sonja	W46	Oregon Masters-37	56.53
3	Josberger, Jim	M52	Oregon Masters-37	55.50
4	Colella, Rick	M71	Lake Washington-36	55.50
5	Hawkins, Aaron	M44	Oregon Masters-37	55.50
6	Loeser, Jonas	M23	Western Washing-36	55.74
7	Walker, Jon	M48	Puget Sound Mast-36	57.00
8	Thompson, Scott	M40	Lake Washington-36	58.00

Heat 14 of 17 Finals

1	Colella, Casey	M28	Cascade Masters-36	55.25
2	Perry, Maxwell	M44	Cascade Masters-36	55.00
3	Knittle, Brian	M49	UC36-36	55.00
4	Wu, Joanna	W28	Blue Wave Aquati-36	54.63
5	Alex, Casey	M50	Puget Sound Mast-36	55.00
6	Burns, Nicholas	M31	Oregon Masters-37	55.00
7	Alsberg, Maoz	M54	Team Walker Inte-36	55.02
8	DeNise, Caitlin	W32	Oregon Masters-37	55.50

Heat 15 of 17 Finals

1	Sumnicht, Andrew	M31	Cascade Masters-36	54.45
2	Meiss, Trevor	M30	UC36-36	54.00
3	Poppen-Eagan, Rowan	M23	UC36-36	53.96
4	Knox, Quentin	M26	UC35	53.70
5	Edwards, Evan	M25	Oregon Masters-37	53.90
6	Lemos de Lima, Tatiana	W44	Lake Washington-36	53.99
7	Bennett, John	M43	Cascade Masters-36	54.05
8	Sanchez, Carlos	M47	Puget Sound Mast-36	54.50

Heat 16 of 17 Finals

1	Sullivan, Scot	M56	Oregon Masters-37	53.49
2	Whitbeck, Dave	M40	Lake Washington-36	52.91
3	Holden, Blake	M46	New Albany Aquat-17	52.42
4	Hao, Yawei	M32	Mercer Island Re-36	51.57
5	Nussbaum, Benjamin	M26	Lake Washington-36	52.00
6	Loegering, Isaac	M28	Orca Swim Team-36	52.75
7	Nygren, Mats	M56	Lake Washington-36	53.00
8	Sprinkle, Baden	M35	Blue Wave Aquati-36	53.50

Heat 17 of 17 Finals

1	Slanschek, Marvin	M24	UC36-36	50.00
2	Prieve, Aric	M22	Lake Washington-36	49.94
3	Hutchison, Tom	M27	CG Sports Manage-36	49.79
4	Mehta, Sivan	M28	Lake Washington-36	48.88
5	Conroy, Chris	M37	CG Sports Manage-36	49.01
6	Easter, Patrick	M21	Western Washing-36	49.81
7	Gray, Trever	M47	Puget Sound Mast-36	49.99
8	Cochell, Eddie	M26	Bernardo's All S-36	50.99

2023 PNA and Zones Championship Meet - 4/15/2023 to 4/16/2023**2023 PNA and Zones Championship****Hosted by Blue Wave Aquatics****Meet Program****Event 21 Women 200 Yard Freestyle Relay****Relay cards due at noon**

Team	Relay	Seed Time
---	No entries for event	

Event 22 Men 200 Yard Freestyle Relay**Relay cards due at noon**

Team	Relay	Seed Time
---	No entries for event	

Event 23 Mixed 200 Yard Medley Relay**Relay cards due at noon**

Team	Relay	Seed Time
---	No entries for event	

Event 24 Mixed 1650 Yard Freestyle**Event will run in 2 pools****Seeded slow to fast****Check-In by end of Event #20**

	Name	Age	Team	Seed Time
1	Edwards, Evan	M25	Oregon Masters-37	17:08.55
2	Gehrke, Bethany	W29	Cascade Masters-36	18:30.00
3	Colella, Rick	M71	Lake Washington-36	18:35.00
4	Hathaway, David	M62	Oregon Masters-37	19:39.97
5	Pound, Hallie	W26	Bernardo's All S-36	20:00.00
6	Kirkland, Dan	M74	Oregon Masters-37	20:10.01
7	Smith, Daniel	M60	Blue Wave Aquati-36	20:23.99
8	Tujo, Christian	M51	Bernardo's All S-36	20:55.36
9	Phillips, Alex	M35	Husky Masters-36	22:00.00
10	Hoover, David	M60	Cascade Masters-36	22:20.00
11	Delmage, Arlene	W60	Oregon Masters-37	22:29.00
12	Durban, Eric	M67	Blue Wave Aquati-36	22:30.00
13	Lautman, Scott	M70	Blue Wave Aquati-36	22:45.00
14	Urquhart, Scott	M52	Cascade Masters-36	23:21.20
15	Hoffman, Wendy	W60	Puget Sound Mast-36	23:45.00
16	Panzer, Timothy	M58	UC36-36	23:55.64
17	Rittenhouse, Jackson	M25	Bernardo's All S-36	24:00.00
18	Singh, Isabelle	W23	Lake Washington-36	24:00.00
19	Rasmussen, Karen	W48	Blue Wave Aquati-36	24:27.75
20	Condotta, Robert	M59	Blue Wave Aquati-36	26:45.60
21	Ghilarducci, Emily	W60	Bernardo's All S-36	27:11.00
22	Schwartz, Michael	M35	Bernardo's All S-36	28:00.00
23	Yu, Gehua	M54	Puget Sound Mast-36	31:00.00
24	Parker, April	W46	Blue Wave Aquati-36	33:00.00
25	Noffke, Wendy	W50	Blue Wave Aquati-36	34:00.00
26	Hile, Laurence	M73	Bainbridge Aquat-36	35:22.04
27	Anderson, Heather	W58	Bellevue Club-36	36:26.00
28	Lamb, Willard	M100	Oregon Masters-37	41:30.00