

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Women 18-24 50 Yard Freestyle**

1	Riddle, Luci	20	Western Washingt-3	27.76
2	Knott, Olivia	19	Western Washingt-3	28.35
3	Ralstin, Grace	21	Blue Wave Aquati-36	29.45
4	Fredlund, Emma	19	Western Washingt-3	30.01
5	Aronovitz, Emily	22	Husky Masters-36	30.06
6	Joslin, Nora	21	Western Washingt-3	30.80
7	Osborne, Rae	20	Western Washingt-3	32.42
8	Farmer, Samantha	22	Western Washingt-3	33.92
9	Jackson, Lucia	19	Western Washingt-3	39.36
10	Shieff, Emily	20	Western Washingt-3	41.80
---	Adams, Emily	19	Western Washingt-3	NS

**Women 18-24 100 Yard Freestyle**

1	Knott, Olivia	19	Western Washingt-3	1:04.68
	30.11	34.57		
2	Ralstin, Grace	21	Blue Wave Aquati-36	1:07.00
	32.12	34.88		
3	Fredlund, Emma	19	Western Washingt-3	1:07.85
	32.78	35.07		
4	Osborne, Rae	20	Western Washingt-3	1:14.33
	34.68	39.65		
5	Jackson, Lucia	19	Western Washingt-3	1:30.15
	44.13	46.02		

**Women 18-24 200 Yard Freestyle**

1	Ramirez, Ginae	20	Western Washingt-3	2:36.48
	34.62	40.76	41.92	39.18

**Women 18-24 500 Yard Freestyle**

1	Singh, Isabelle	23	Lake Washington-36	6:54.95
	35.28	40.95	41.19	41.34
	42.88	42.31	43.32	43.25
	42.54	41.89		
2	Joslin, Nora	21	Western Washingt-3	7:07.78
	34.47	40.57	43.34	44.90
	43.93	43.80	45.47	45.28
	44.80	41.22		

**Women 18-24 1000 Yard Freestyle**

1	Singh, Isabelle	23	Lake Washington-36	14:04.30
	36.11	40.17	41.42	41.56
	41.95	43.10	42.49	42.70
	43.45	42.79	44.19	43.74
	42.69	43.32	43.01	42.88
	42.47	42.21	43.05	41.00
2	Joslin, Nora	21	Western Washingt-3	15:16.97
	35.91	42.58	45.37	46.44
	46.15	46.96	46.44	47.41
	47.07	47.63	47.10	47.26
	47.75	47.61	46.96	47.02
	47.94	47.29	47.02	39.06

**Women 18-24 1650 Yard Freestyle**

1	Singh, Isabelle	23	Lake Washington-36	23:53.69	
	37.66	42.44	43.10	43.19	
	42.93	43.10	43.59	43.44	
	43.23	43.84	43.54	43.45	
	43.62	43.62	43.32	43.59	
	44.26	42.96	44.06	43.57	
	43.58	43.52	44.12	43.88	
	44.15	44.42	43.52	44.36	
	44.65	44.08	42.92	43.50	44.48

**Women 18-24 100 Yard Backstroke**

1	Farmer, Samantha	22	Western Washingt-3	1:24.70
	40.01	44.69		

**Women 18-24 200 Yard Backstroke**

1	Rogers, Jamie	21	Western Washingt-3	2:34.52
	35.37	38.24	40.12	40.79
2	Ramirez, Ginae	20	Western Washingt-3	3:04.26
	39.83	46.03	46.48	51.92

**Women 18-24 50 Yard Breaststroke**

1	Jarvis, Abby	24	UC37	37.39
2	Adams, Emily	19	Western Washingt-3	38.33
3	Ramirez, Ginae	20	Western Washingt-3	42.10

**Women 18-24 100 Yard Breaststroke**

1	Jarvis, Abby	24	UC37	1:24.40
	39.91	44.49		
2	Fredlund, Emma	19	Western Washingt-3	1:30.41
	40.53	49.88		

**Women 18-24 50 Yard Butterfly**

1	Knott, Olivia	19	Western Washingt-3	29.32
2	Ralstin, Grace	21	Blue Wave Aquati-36	31.58
3	Osborne, Rae	20	Western Washingt-3	39.05
4	Farmer, Samantha	22	Western Washingt-3	40.64

**Women 18-24 100 Yard Butterfly**

1	Knott, Olivia	19	Western Washingt-3	1:11.60
	31.78	39.82		
2	Ralstin, Grace	21	Blue Wave Aquati-36	1:12.93
	32.06	40.87		

**Women 18-24 200 Yard Butterfly**

1	Rogers, Jamie	21	Western Washingt-3	2:49.28
	34.62	41.65	44.67	48.34

**Women 18-24 100 Yard IM**

1	Ralstin, Grace	21	Blue Wave Aquati-36	1:13.36
	33.30	40.06		
2	Jarvis, Abby	24	UC37	1:15.20
	34.04	41.16		
3	Ramirez, Ginae	20	Western Washingt-3	1:20.23
	36.59	43.64		
4	Adams, Emily	19	Western Washingt-3	1:21.80
	39.20	42.60		
5	Farmer, Samantha	22	Western Washingt-3	1:28.06
	38.45	49.61		

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**(Women 18-24 100 Yard IM)**

6	Shieff, Emily	20	Western Washingt-3	1:45.20
	46.16	59.04		
7	Jackson, Lucia	19	Western Washingt-3	1:55.56
	51.81	1:03.75		

**Women 18-24 200 Yard IM**

1	Ralstin, Grace	21	Blue Wave Aquati-3	2:41.76
	32.95	43.04	48.21	37.56
2	Aronovitz, Emily	22	Husky Masters-36	2:47.31
	34.07	44.70	48.55	39.99

**Women 18-24 400 Yard IM**

1	Singh, Isabelle	23	Lake Washington-36	6:33.64
	45.71	56.87	48.15	48.08
	54.65	56.33	42.06	41.79

**Women 25-29 50 Yard Freestyle**

1	Wu, Joanna	28	Blue Wave Aquati-3	23.86
2	Zacharias, Reva	25	CG Sports Manage-3	24.77
3	Lang, Claire	28	Bernardo's All S-36	26.92
4	Pound, Hallie	26	Bernardo's All S-36	27.29
5	Gehrke, Bethany	29	Cascade Masters-36	27.46
6	Li, Yun	29	Puget Sound Mast-3	29.40
7	Pusateri, Rebekah	25	Puget Sound Mast-3	30.12
8	Chen, Jing	26	Puget Sound Mast-3	33.27

**Women 25-29 100 Yard Freestyle**

1	Wu, Joanna	28	Blue Wave Aquati-3	53.60
	25.62	27.98		
2	Pound, Hallie	26	Bernardo's All S-36	59.40
	28.20	31.20		
3	Lang, Claire	28	Bernardo's All S-36	1:01.37
	27.87	33.50		
4	Li, Yun	29	Puget Sound Mast-3	1:06.22
	31.92	34.30		
5	Pusateri, Rebekah	25	Puget Sound Mast-3	1:09.15
	32.01	37.14		
6	Chen, Jing	26	Puget Sound Mast-3	1:15.17
	35.23	39.94		

**Women 25-29 200 Yard Freestyle**

1	Pound, Hallie	26	Bernardo's All S-36	2:10.75
	28.88	32.46	34.54	34.87

**Women 25-29 500 Yard Freestyle**

1	Pound, Hallie	26	Bernardo's All S-36	5:56.61
	29.74	33.88	35.33	36.19
	36.91	37.00	36.93	37.33
	37.08	36.22		
---	Ringstad, Kristin	26	Snohomish Aquati-3	SCR

**Women 25-29 1000 Yard Freestyle**

1	Gehrke, Bethany	29	Cascade Masters-36	12:06.51
	30.66	33.29	34.39	35.18
	35.79	35.85	36.62	37.12
	37.38	37.53	37.11	37.41
	37.98	37.35	37.32	37.45
	37.24	36.89	37.50	36.45
2	Pound, Hallie	26	Bernardo's All S-36	12:22.17
	30.05	33.74	34.98	36.12
	36.87	37.17	37.23	37.46
	37.31	37.62	37.74	38.25
	38.80	38.86	38.65	38.59
	38.71	38.82	38.56	36.64
3	Chen, Jing	26	Puget Sound Mast-3	17:49.12
	40.98	46.11	51.19	52.89
	54.45	54.24	55.22	55.79
	55.37	55.56	54.57	55.35
	55.32	55.18	55.73	55.87
	55.37	56.28	54.55	49.10

**Women 25-29 1650 Yard Freestyle**

1	Gehrke, Bethany	29	Cascade Masters-36	20:04.12
	31.72	34.71	35.71	35.85
	36.33	36.53	37.01	37.08
	37.05	37.32	37.38	37.51
	37.20	37.52	37.33	37.41
	37.09	37.46	37.16	37.30
	36.98	37.25	37.32	36.71
	36.97	36.86	36.41	36.01
	35.72	35.73	36.03	35.90
				33.56
2	Pound, Hallie	26	Bernardo's All S-36	21:02.93
	31.97	35.52	37.27	37.85
	38.33	38.30	38.00	38.63
	38.27	38.31	38.08	38.51
	38.63	38.67	37.91	38.36
	38.86	38.34	39.04	38.75
	38.68	38.82	38.94	38.94
	39.14	39.10	38.64	38.95
	38.84	39.15	39.02	38.84
				38.27

**Women 25-29 50 Yard Backstroke**

1	Wu, Joanna	28	Blue Wave Aquati-3	26.19
2	Li, Yun	29	Puget Sound Mast-3	34.67

**Women 25-29 50 Yard Breaststroke**

1	Lang, Claire	28	Bernardo's All S-36	36.01
2	Pusateri, Rebekah	25	Puget Sound Mast-3	36.70
3	King, Rachel	29	Bernardo's All S-36	44.77

**Women 25-29 100 Yard Breaststroke**

1	Johnson Seller, Lucia	27	Lake Washington-36	1:13.54
	35.01	38.53		
2	Lang, Claire	28	Bernardo's All S-36	1:22.74
	39.00	43.74		
3	Pusateri, Rebekah	25	Puget Sound Mast-3	1:22.80
	37.83	44.97		

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**Women 25-29 200 Yard Breaststroke**

1	Pusateri, Rebekah	25	Puget Sound Mast-3	3:09.79
	41.19	47.68	50.36	50.56

**Women 25-29 50 Yard Butterfly**

1	Wu, Joanna	28	Blue Wave Aquati-3	25.28
2	Zacharias, Reva	25	CG Sports Manage-3	26.40
3	Li, Yun	29	Puget Sound Mast-3	32.24
4	Ringstad, Kristin	26	Snohomish Aquati-3	34.91
5	King, Rachel	29	Bernardo's All S-36	39.27

**Women 25-29 100 Yard Butterfly**

1	Johnson Seller, Lucia	27	Lake Washington-36	1:04.56
	30.15	34.41		

**Women 25-29 200 Yard Butterfly**

1	Johnson Seller, Lucia	27	Lake Washington-36	2:23.46
	32.34	36.90	36.61	37.61

**Women 25-29 100 Yard IM**

1	Wu, Joanna	28	Blue Wave Aquati-3	58.65
	26.26	32.39		
2	Gehrke, Bethany	29	Cascade Masters-36	1:08.87
	32.58	36.29		
3	Li, Yun	29	Puget Sound Mast-3	1:13.86
	33.97	39.89		
4	Lang, Claire	28	Bernardo's All S-36	1:15.86
	35.34	40.52		
5	Pusateri, Rebekah	25	Puget Sound Mast-3	1:16.04
	35.42	40.62		
6	Ringstad, Kristin	26	Snohomish Aquati-3	1:23.88
	39.22	44.66		

**Women 25-29 200 Yard IM**

1	Gehrke, Bethany	29	Cascade Masters-36	2:24.59
	30.44	37.95	42.16	34.04

**Women 30-34 50 Yard Freestyle**

1	Williams, Ava	32	Oregon Masters-37	26.66
2	Eastlake, Emily	30	Bernardo's All S-36	34.09
---	DeNise, Caitlin	32	Oregon Masters-37	NS

**Women 30-34 100 Yard Freestyle**

1	Enriquez-Ortiz, Elizabeth	33	UC36-36	1:19.45
	36.99	42.46		
2	Eastlake, Emily	30	Bernardo's All S-36	1:19.67
	37.97	41.70		
---	Latimer, Danielle	32	Snohomish Aquati-3	NS
---	DeNise, Caitlin	32	Oregon Masters-37	NS

**Women 30-34 200 Yard Freestyle**

1	Anderson, Sydney	30	UC36-36	2:10.22
	30.34	32.68	33.58	33.62
2	Bernhardt, Carolyn	31	Oregon Masters-37	2:17.09
	31.28	34.77	35.61	35.43

**Women 30-34 500 Yard Freestyle**

1	Enriquez-Ortiz, Elizabeth	33	UC36-36	7:48.16
	40.96	44.78	47.19	47.73
	47.88	47.73	48.39	48.39
	48.94	46.17		

**Women 30-34 1000 Yard Freestyle**

1	Anderson, Sydney	30	UC36-36	11:31.03
	31.67	33.90	34.69	34.91
	34.74	35.00	35.01	34.70
	34.88	34.71	34.77	34.80
	34.75	34.71	34.92	34.96
	34.61	34.70	34.65	33.95
2	Bernhardt, Carolyn	31	Oregon Masters-37	12:38.93
	32.35	36.44	37.52	38.01
	38.05	38.13	38.44	38.21
	38.80	38.26	38.46	38.91
	38.61	39.01	38.53	39.31
	38.76	38.52	37.89	36.72

**Women 30-34 50 Yard Backstroke**

1	Williams, Ava	32	Oregon Masters-37	32.97
---	Latimer, Danielle	32	Snohomish Aquati-3	NS

**Women 30-34 100 Yard Backstroke**

1	Enriquez-Ortiz, Elizabeth	33	UC36-36	1:36.53
	47.00	49.53		
---	Latimer, Danielle	32	Snohomish Aquati-3	NS

**Women 30-34 200 Yard Backstroke**

1	Dagg, Erica	33	Mercer Island Re-36	2:12.85
	30.41	32.88	34.99	34.57

**Women 30-34 50 Yard Breaststroke**

1	Chan, Chelsea	30	Blue Wave Aquati-3	37.03
2	Eastlake, Emily	30	Bernardo's All S-36	44.18

**Women 30-34 100 Yard Breaststroke**

1	Williams, Ava	32	Oregon Masters-37	1:19.25
	37.41	41.84		
2	Chan, Chelsea	30	Blue Wave Aquati-3	1:22.88
	40.82	42.06		
3	Eastlake, Emily	30	Bernardo's All S-36	1:38.55
	44.69	53.86		

**Women 30-34 200 Yard Breaststroke**

1	Eastlake, Emily	30	Bernardo's All S-36	3:31.49
	46.68	53.42	55.52	55.87

**Women 30-34 50 Yard Butterfly**

1	Dagg, Erica	33	Mercer Island Re-36	26.77
2	DeNise, Caitlin	32	Oregon Masters-37	27.39
3	Kochanowski, Lauren	30	UC37	32.12
---	Latimer, Danielle	32	Snohomish Aquati-3	NS
---	Bernhardt, Carolyn	31	Oregon Masters-37	NS

**Women 30-34 100 Yard Butterfly**

1	DeNise, Caitlin	32	Oregon Masters-37	1:01.15
	27.87	33.28		
---	Latimer, Danielle	32	Snohomish Aquati-3	NS

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**Women 30-34 100 Yard IM**

1	Dagg, Erica	33	Mercer Island Re-36	1:02.29
	27.49	34.80		
2	Williams, Ava	32	Oregon Masters-37	1:07.66
	30.39	37.27		
3	Chan, Chelsea	30	Blue Wave Aquati-36	1:12.89
	36.20	36.69		
4	Steimel, Katherine	30	Mercer Island Re-36	1:14.74
	34.24	40.50		
---	Kochanowski, Lauren	30	UC37	DQ
	Shoulders past vertical toward breast - back			
	33.19	40.51		

**Women 35-39 50 Yard Freestyle**

1	Motley, Caitlin	35	Cascade Masters-36	26.95
2	Mason, Lauren	38	Blue Wave Aquati-36	30.89
---	Moore, Maki	37	Blue Wave Aquati-36	NS
---	Nelson, Sidney	35	Bernardo's All S-36	NS
---	Bradley, Blaire	38	Blue Wave Aquati-36	NS

**Women 35-39 100 Yard Freestyle**

1	Motley, Caitlin	35	Cascade Masters-36	1:00.35
	28.81	31.54		
2	Calvo, Morena	35	CG Sports Manage-36	1:02.74
	29.54	33.20		
3	Slobodyan, Olena	37	425 Masters-36	1:08.04
	32.84	35.20		
4	Mason, Lauren	38	Blue Wave Aquati-36	1:09.17
	33.14	36.03		
---	Moore, Maki	37	Blue Wave Aquati-36	NS

**Women 35-39 200 Yard Freestyle**

1	McLaughlin, Danielle	37	Mercer Island Re-36	2:03.40
	27.92	31.93	32.41	31.14

**Women 35-39 500 Yard Freestyle**

1	Calvo, Morena	35	CG Sports Manage-36	6:20.43
	33.24	37.99	39.31	39.39
	39.20	38.96	38.43	38.36
	37.80	37.75		
2	Zimmerman, Stephanie	36	Husky Masters-36	7:15.70
	38.98	43.42	44.50	45.24
	45.03	44.42	44.12	44.84
	44.16	40.99		
3	Milman, Ariana	38	Bernardo's All S-36	8:06.94
	42.36	47.05	49.41	49.86
	50.65	50.21	50.91	51.16
	50.16	45.17		
---	McLaughlin, Danielle	37	Mercer Island Re-36	SCR

**Women 35-39 1000 Yard Freestyle**

1	McLaughlin, Danielle	37	Mercer Island Re-36	11:26.40
	31.66	34.72	34.87	35.51
	35.04	35.22	34.96	34.16
	34.54	34.09	34.70	34.67
	34.44	34.32	34.75	34.30
	34.38	34.14	34.31	31.62

2	Slobodyan, Olena	37	425 Masters-36	14:41.21
	42.05	39.41	41.17	42.44
	43.12	44.84	44.07	43.84
	44.36	46.10	46.23	45.43
	44.82	44.89	45.44	46.09
	44.66	44.73	44.78	42.74

**Women 35-39 50 Yard Backstroke**

1	Mason, Lauren	38	Blue Wave Aquati-36	35.87
2	Zimmerman, Stephanie	36	Husky Masters-36	40.04

**Women 35-39 100 Yard Backstroke**

1	Mason, Lauren	38	Blue Wave Aquati-36	1:18.15
	37.59	40.56		
2	Zimmerman, Stephanie	36	Husky Masters-36	1:23.27
	40.59	42.68		

**Women 35-39 200 Yard Backstroke**

1	Milman, Ariana	38	Bernardo's All S-36	3:27.25
	47.09	52.72	54.29	53.15

**Women 35-39 50 Yard Breaststroke**

1	Calvo, Morena	35	CG Sports Manage-36	33.95
2	Moore, Maki	37	Blue Wave Aquati-36	35.38
3	Bliss, Laura	35	Orca Swim Team-36	40.52
4	Fotiou, Amanda	35	Bernardo's All S-36	42.84
5	Manwiller-Thompson, Be	35	Cascade Masters-36	43.12

**Women 35-39 100 Yard Breaststroke**

1	McLaughlin, Danielle	37	Mercer Island Re-36	1:11.49
	33.79	37.70		
2	Calvo, Morena	35	CG Sports Manage-36	1:15.76
	34.60	41.16		

**Women 35-39 50 Yard Butterfly**

1	Motley, Caitlin	35	Cascade Masters-36	30.27
2	Bliss, Laura	35	Orca Swim Team-36	33.87
3	Fotiou, Amanda	35	Bernardo's All S-36	36.75
4	Nelson, Sidney	35	Bernardo's All S-36	40.93
---	Bradley, Blaire	38	Blue Wave Aquati-36	NS

**Women 35-39 100 Yard IM**

1	Motley, Caitlin	35	Cascade Masters-36	1:08.05
	30.41	37.64		
2	Fotiou, Amanda	35	Bernardo's All S-36	1:25.05
	38.86	46.19		
3	Manwiller-Thompson, Be	35	Cascade Masters-36	1:29.30
	43.29	46.01		
4	Milman, Ariana	38	Bernardo's All S-36	1:30.67
	41.39	49.28		
---	Bradley, Blaire	38	Blue Wave Aquati-36	NS

**Women 35-39 200 Yard IM**

1	Slobodyan, Olena	37	425 Masters-36	2:58.82
	37.25	52.51	49.15	39.91
2	Fotiou, Amanda	35	Bernardo's All S-36	3:08.12
	38.44	48.39	54.12	47.17
---	McLaughlin, Danielle	37	Mercer Island Re-36	NS

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## Results

**Women 35-39 400 Yard IM**

1	McLaughlin, Danielle	37	Mercer Island Re-36	4:57.85
---	Slobodyan, Olena	37	425 Masters-36	DQ
	One hand touch - breast			

**Women 40-44 50 Yard Freestyle**

1	Lemos de Lima, Tatiana	44	Lake Washington-36	24.24
2	Reeves, Tessa	44	Oregon Masters-37	27.69
3	Brunjes, Molly	42	Cascade Masters-36	29.93
4	Mellick, Kimberly	44	Blue Wave Aquati-36	33.02

**Women 40-44 100 Yard Freestyle**

1	Lemos de Lima, Tatiana	44	Lake Washington-36	52.53
2	Reeves, Tessa	44	Oregon Masters-37	1:03.09
3	Furtado, Krys	43	Blue Wave Aquati-36	1:05.86
4	Stribling Geldien, Gail	42	Blue Wave Aquati-36	1:15.34

**Women 40-44 200 Yard Freestyle**

1	Reeves, Tessa	44	Oregon Masters-37	2:19.34
2	Jensen-Bergren, Hillary	41	Harbor Aquatics-36	2:27.14

**Women 40-44 500 Yard Freestyle**

1	Reeves, Tessa	44	Oregon Masters-37	6:06.31
2	Brunjes, Molly	42	Cascade Masters-36	6:24.10

**Women 40-44 1000 Yard Freestyle**

1	Reeves, Tessa	44	Oregon Masters-37	12:42.56
2	Brunjes, Molly	42	Cascade Masters-36	12:54.07

**Women 40-44 50 Yard Backstroke**

1	Lindberg, Denise	40	Lake Washington-36	32.09
2	Brunjes, Molly	42	Cascade Masters-36	33.79

3	Stribling Geldien, Gail	42	Blue Wave Aquati-36	36.84
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**Women 40-44 100 Yard Backstroke**

1	Stribling Geldien, Gail	42	Blue Wave Aquati-36	1:22.33

**Women 40-44 200 Yard Backstroke**

1	Brunjes, Molly	42	Cascade Masters-36	2:31.65
2	Jensen-Bergren, Hillary	41	Harbor Aquatics-36	2:56.36

**Women 40-44 50 Yard Breaststroke**

1	Lindberg, Denise	40	Lake Washington-36	32.25
2	Jennings, Lindsey	41	Cascade Masters-36	34.47
3	Jensen-Bergren, Hillary	41	Harbor Aquatics-36	38.39

**Women 40-44 100 Yard Breaststroke**

1	Lindberg, Denise	40	Lake Washington-36	1:11.16
2	Jennings, Lindsey	41	Cascade Masters-36	1:17.41
3	Jensen-Bergren, Hillary	41	Harbor Aquatics-36	1:27.36

**Women 40-44 200 Yard Breaststroke**

1	Riedinger, Kelly	43	Nashville Aquati-15	3:06.10

**Women 40-44 50 Yard Butterfly**

*1	Lindberg, Denise	40	Lake Washington-36	29.77
*1	Jennings, Lindsey	41	Cascade Masters-36	29.77
3	Hass, Katie	43	North End Otters-36	31.71
4	Jensen-Bergren, Hillary	41	Harbor Aquatics-36	32.98

**Women 40-44 100 Yard Butterfly**

1	Hass, Katie	43	North End Otters-36	1:12.38

**Women 40-44 100 Yard IM**

1	Lindberg, Denise	40	Lake Washington-36	1:05.54
2	Jennings, Lindsey	41	Cascade Masters-36	1:08.33
3	Jensen-Bergren, Hillary	41	Harbor Aquatics-36	1:15.59
4	Hass, Katie	43	North End Otters-36	1:16.20

**Women 40-44 200 Yard IM**

1	Lindberg, Denise	40	Lake Washington-36	2:23.49

**Women 40-44 400 Yard IM**

1	Furtado, Krys	43	Blue Wave Aquati-36	6:08.67
2	Riedinger, Kelly	43	Nashville Aquati-15	6:13.69

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Women 45-49 50 Yard Freestyle**

1	Skinner, Sonja	46	Oregon Masters-37	26.34
2	Lauzon, Chantal	49	Novaquatics Mast-37	29.79
3	Phinney, Sandi	47	Thunderbird Aqua-37	29.81
4	High, Marjorie	47	Cascade Masters-36	37.83

**Women 45-49 100 Yard Freestyle**

1	Skinner, Sonja	46	Oregon Masters-37	58.20
	27.79	30.41		
2	Mcclafferty, Christine	49	Oregon Masters-37	58.65
	28.24	30.41		
3	Lauzon, Chantal	49	Novaquatics Mast-37	1:05.68
	31.22	34.46		
4	Phinney, Sandi	47	Thunderbird Aqua-37	1:06.11
	31.14	34.97		
5	High, Marjorie	47	Cascade Masters-36	1:25.34
	40.21	45.13		
6	Grassman, Emily	46	Oregon Masters-37	1:38.79
	46.47	52.32		
7	Parker, April	46	Blue Wave Aquatics-36	1:43.16
	48.04	55.12		

**Women 45-49 200 Yard Freestyle**

1	Rasmussen, Karen	48	Blue Wave Aquatics-36	2:46.48
	37.92	41.90	43.72	42.94

**Women 45-49 500 Yard Freestyle**

1	Mcclafferty, Christine	49	Oregon Masters-37	5:45.57
	31.05	35.14	35.16	34.67
	34.74	34.73	35.04	35.65
	35.31	34.08		
2	Aylesworth, Alison	45	Orca Swim Team-36	6:52.34
	35.68	37.83	39.65	40.46
	40.62	40.89	41.02	41.83
	53.81	40.55		
3	Grassman, Emily	46	Oregon Masters-37	9:26.05
	48.49	54.66	57.60	57.80
	57.81	58.25	58.90	58.34
	59.11	55.09		
4	Parker, April	46	Blue Wave Aquatics-36	10:10.94
	47.71	57.26	1:00.46	1:03.70
	1:04.81	1:03.66	1:03.40	1:04.03
	1:05.06	1:00.85		

**Women 45-49 1000 Yard Freestyle**

1	Aylesworth, Alison	45	Orca Swim Team-36	13:36.44
	37.24	39.04	40.84	40.66
	40.85	41.31	40.64	41.20
	41.47	41.41	41.87	41.40
	41.70	41.59	41.60	41.40
	42.02	41.21	40.96	38.03

**Women 45-49 1650 Yard Freestyle**

1	Rasmussen, Karen	48	Blue Wave Aquatics-36	25:13.66	
	41.21	44.22	46.17	46.63	
	46.68	46.65	46.65	46.65	
	46.20	46.69	46.37	45.92	
	46.16	45.87	46.48	45.97	
	46.50	46.19	46.49	46.48	
	45.72	45.68	45.90	45.96	
	46.00	45.98	46.36	45.86	
	46.14	46.08	45.70	45.21	42.89
2	Parker, April	46	Blue Wave Aquatics-36	35:39.26	
	50.31	56.00	1:01.05	1:00.86	
	1:03.15	1:02.52	1:04.76	1:01.93	
	1:04.15	1:02.76	1:05.90	1:03.40	
	1:04.26	1:05.28	1:05.32	1:05.97	
	1:05.70	1:05.94	1:04.46	1:06.77	
	1:06.31	1:05.89	1:07.70	1:09.02	
	1:06.52	1:07.18	1:07.20	1:08.15	
	1:08.65	1:08.85	1:09.25	1:08.11	1:05.94

**Women 45-49 50 Yard Backstroke**

1	Phinney, Sandi	47	Thunderbird Aqua-37	33.98
2	Parker, April	46	Blue Wave Aquatics-36	57.61

**Women 45-49 100 Yard Backstroke**

1	Lickwala, Holly	46	Team Walker Inte-36	1:11.95
	35.13	36.82		
2	Phinney, Sandi	47	Thunderbird Aqua-37	1:13.40
	34.93	38.47		
3	Parker, April	46	Blue Wave Aquatics-36	2:03.40
	59.87	1:03.53		
---	Mcclafferty, Christine	49	Oregon Masters-37	NS

**Women 45-49 200 Yard Backstroke**

1	Lickwala, Holly	46	Team Walker Inte-36	2:38.90
	37.52	39.98	40.47	40.93
---	Mcclafferty, Christine	49	Oregon Masters-37	NS

**Women 45-49 50 Yard Breaststroke**

1	Lickwala, Holly	46	Team Walker Inte-36	36.37
2	Rasmussen, Karen	48	Blue Wave Aquatics-36	46.27
3	Kempe, Christine	45	Lake Washington-36	48.71

**Women 45-49 100 Yard Breaststroke**

1	Skinner, Sonja	46	Oregon Masters-37	1:13.75
	35.19	38.56		
2	Lauzon, Chantal	49	Novaquatics Mast-37	1:21.94
	38.40	43.54		

**Women 45-49 200 Yard Breaststroke**

1	Skinner, Sonja	46	Oregon Masters-37	2:41.03
	36.63	42.01	41.34	41.05
2	Grassman, Emily	46	Oregon Masters-37	4:04.83
	56.43	1:02.69	1:03.57	1:02.14
3	Parker, April	46	Blue Wave Aquatics-36	4:32.77
	1:00.10	1:09.22	1:13.33	1:10.12

**Women 45-49 50 Yard Butterfly**

1	Skinner, Sonja	46	Oregon Masters-37	27.93
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## 2023 PNA and Zones Championship Meet - 4/15/2023 to 4/16/2023

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Women 45-49 50 Yard Butterfly)**

2	Lauzon, Chantal	49	Novaquatics Mast-3	32.48
3	High, Marjorie	47	Cascade Masters-36	45.26
4	Kempe, Christine	45	Lake Washington-36	47.13
5	Grassman, Emily	46	Oregon Masters-37	51.32

**Women 45-49 100 Yard Butterfly**

1	Mcclafferty, Christine	49	Oregon Masters-37	1:00.21
				28.54 31.67
2	Skinner, Sonja	46	Oregon Masters-37	1:02.02
				28.68 33.34
3	High, Marjorie	47	Cascade Masters-36	1:49.85
				46.07 1:03.78
4	Grassman, Emily	46	Oregon Masters-37	1:49.96
				51.08 58.88
---	Lauzon, Chantal	49	Novaquatics Mast-3	NS

**Women 45-49 200 Yard Butterfly**

1	Lickwala, Holly	46	Team Walker Inte-3	2:37.49
				35.75 39.72 40.83 41.19

**Women 45-49 100 Yard IM**

1	Lauzon, Chantal	49	Novaquatics Mast-3	1:13.78
				33.97 39.81
2	High, Marjorie	47	Cascade Masters-36	1:40.55
				47.46 53.09
3	Kempe, Christine	45	Lake Washington-36	1:44.48
				50.64 53.84
4	Grassman, Emily	46	Oregon Masters-37	1:51.13
				53.04 58.09

**Women 45-49 200 Yard IM**

1	High, Marjorie	47	Cascade Masters-36	3:55.42
				48.96 1:00.33 1:10.59 55.54

**Women 45-49 400 Yard IM**

1	Mcclafferty, Christine	49	Oregon Masters-37	5:05.43
				31.45 36.91 41.44 39.60
				43.86 42.66 35.75 33.76
2	Rasmussen, Karen	48	Blue Wave Aquati-3	7:01.45
				50.50 58.54 56.01 53.17
				57.75 57.26 45.21 43.01

**Women 50-54 50 Yard Freestyle**

1	Kim, Nellis	52	Blue Wave Aquati-3	31.86
2	Tuche, Megan	52	Blue Wave Aquati-3	36.88
3	Noffke, Wendy	50	Blue Wave Aquati-3	40.61

**Women 50-54 100 Yard Freestyle**

1	Cyger, Erin	51	Bainbridge Aquat-3	1:08.95
				33.34 35.61
2	Kim, Nellis	52	Blue Wave Aquati-3	1:11.37
				34.29 37.08
3	Noffke, Wendy	50	Blue Wave Aquati-3	1:30.56
				42.96 47.60

**Women 50-54 500 Yard Freestyle**

1	Polidori, Wendy	53	Snohomish Aquati-3	6:17.88
				35.28 38.04 38.50 38.44
				38.18 37.93 37.98 37.99
				38.02 37.52
2	Noffke, Wendy	50	Blue Wave Aquati-3	8:40.88
				44.67 49.55 51.51 53.57
				52.90 54.61 53.79 54.22
				54.20 51.86

**Women 50-54 1000 Yard Freestyle**

1	Wolfe, Amy	53	Bernardo's All S-36	15:03.55
				41.59 44.08 45.40 45.23
				45.27 45.36 45.29 45.43
				44.95 45.66 45.22 45.51
				45.50 45.53 45.87 45.56
				45.80 45.61 45.88 44.81
2	Flynn, Christi	54	North End Otters-36	16:00.86
				41.69 46.46 47.45 48.03
				48.59 48.27 48.76 49.04
				48.93 48.89 48.92 49.23
				49.16 49.17 48.90 48.29
				48.71 48.93 48.16 45.28

**Women 50-54 1650 Yard Freestyle**

1	Noffke, Wendy	50	Blue Wave Aquati-3	31:10.97
				47.30 52.54 52.82 54.54
				54.48 55.75 55.55 55.41
				55.68 56.57 55.35 56.06
				56.65 55.73 56.84 56.20
				57.09 57.12 57.88 56.93
				57.21 57.59 57.71 58.18
				58.42 58.70 58.64 59.25
				59.00 1:00.44 59.84 1:00.41 59.09

**Women 50-54 50 Yard Backstroke**

1	Cyger, Erin	51	Bainbridge Aquat-3	37.40
2	Noffke, Wendy	50	Blue Wave Aquati-3	48.37

**Women 50-54 100 Yard Backstroke**

1	Cyger, Erin	51	Bainbridge Aquat-3	1:21.07
				39.56 41.51

**Women 50-54 50 Yard Breaststroke**

1	Tuche, Megan	52	Blue Wave Aquati-3	45.80
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**Women 50-54 100 Yard Breaststroke**

1	Kim, Nellis	52	Blue Wave Aquati-3	1:27.33
				41.69 45.64
2	Tuche, Megan	52	Blue Wave Aquati-3	1:41.15
				48.47 52.68

**Women 50-54 200 Yard Breaststroke**

1	Kim, Nellis	52	Blue Wave Aquati-3	3:18.06
				41.22 49.51 53.69 53.64

**Women 50-54 50 Yard Butterfly**

1	Polidori, Wendy	53	Snohomish Aquati-3	31.59
2	Tuche, Megan	52	Blue Wave Aquati-3	41.13

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Women 50-54 50 Yard Butterfly)**

3	Wolfe, Amy	53	Bernardo's All S-36	52.34
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**Women 50-54 100 Yard IM**

1	Polidori, Wendy	53	Snohomish Aquati-3	1:14.71
	34.51	40.20		

2	Tuche, Megan	52	Blue Wave Aquati-36	1:35.35
	44.57	50.78		

3	Wolfe, Amy	53	Bernardo's All S-36	1:40.31
	47.15	53.16		

**Women 50-54 200 Yard IM**

1	Tuche, Megan	52	Blue Wave Aquati-36	3:35.72
	45.94	58.60	1:00.60	50.58

**Women 50-54 400 Yard IM**

1	Kim, Nellis	52	Blue Wave Aquati-36	6:22.23
	42.60	51.03	51.07	50.14
	51.09	51.32	44.56	40.42

**Women 55-59 50 Yard Freestyle**

1	Stenfjord, Tani	57	North End Otters-36	27.52
2	Kramer, Karen	57	North End Otters-36	31.13
3	Carpenter, Kristin	56	Cascade Masters-36	34.13
4	Batdorf, Casandra	55	Bernardo's All S-36	1:05.74

**Women 55-59 100 Yard Freestyle**

1	Stenfjord, Tani	57	North End Otters-36	1:00.06
	29.02	31.04		
2	Jenkins, Valerie	59	Oregon Masters-37	1:01.31
	29.44	31.87		
3	Carpenter, Kristin	56	Cascade Masters-36	1:17.61
	37.93	39.68		
4	Batdorf, Casandra	55	Bernardo's All S-36	2:22.89
	1:07.13	1:15.76		

**Women 55-59 200 Yard Freestyle**

1	Carpenter, Kristin	56	Cascade Masters-36	2:54.00
	39.91	44.51	44.85	44.73

**Women 55-59 500 Yard Freestyle**

1	Stenfjord, Tani	57	North End Otters-36	6:15.30
	32.61	36.97	37.87	37.65
	37.69	37.89	38.22	39.19
	39.14	38.07		
2	Stonecipher, Tari	58	North End Otters-36	6:52.01
	36.84	40.96	42.12	41.80
	42.00	41.73	42.34	41.35
	41.74	41.13		

**Women 55-59 1000 Yard Freestyle**

1	Jenkins, Valerie	59	Oregon Masters-37	12:21.24
	31.78	36.11	37.31	37.18
	37.81	36.99	37.57	37.89
	38.17	37.98	37.62	37.73
	38.01	37.35	37.54	38.45
	36.81	36.75	36.93	35.26

2	Sussex, Tatyana	59	Mercer Island Re-36	13:54.69
	38.27	41.39	41.86	42.08
	42.27	42.47	42.50	42.49
	42.62	42.43	41.75	41.82
	41.81	42.21	42.21	42.35
	41.37	41.43	41.55	39.81

**Women 55-59 1650 Yard Freestyle**

1	Anderson, Heather	58	Bellevue Club-36	35:17.26
	58.02	1:02.08	1:04.57	1:02.83
	1:04.90	1:04.64	1:03.29	1:06.11
	1:04.22	1:04.42	1:04.89	1:04.53
	1:03.86	1:03.50	1:03.95	1:03.87
	1:04.91	1:05.01	1:04.65	1:04.45
	1:04.52	1:05.54	1:04.23	1:04.27
	1:05.70	1:03.67	1:04.77	1:04.14
	1:04.90	1:05.52	1:04.74	1:04.70
				1:01.86

**Women 55-59 50 Yard Backstroke**

1	Jenkins, Valerie	59	Oregon Masters-37	31.20
2	Kramer, Karen	57	North End Otters-36	36.18
3	Stonecipher, Tari	58	North End Otters-36	39.26
4	Batdorf, Casandra	55	Bernardo's All S-36	1:11.75

**Women 55-59 100 Yard Backstroke**

1	Jenkins, Valerie	59	Oregon Masters-37	1:09.13
	33.53	35.60		
2	Stonecipher, Tari	58	North End Otters-36	1:23.11
	40.15	42.96		

**Women 55-59 200 Yard Backstroke**

1	Stenfjord, Tani	57	North End Otters-36	2:35.20
	36.59	38.89	40.50	39.22
2	Stonecipher, Tari	58	North End Otters-36	2:55.02
	40.48	44.87	45.39	44.28

**Women 55-59 50 Yard Breaststroke**

1	Watson, Karen	58	North End Otters-36	40.00
2	Kramer, Karen	57	North End Otters-36	42.52
---	Batdorf, Casandra	55	Bernardo's All S-36	DQ
	Scissors kick			

**Women 55-59 100 Yard Breaststroke**

1	Watson, Karen	58	North End Otters-36	1:26.32
	40.41	45.91		

**Women 55-59 200 Yard Breaststroke**

1	Watson, Karen	58	North End Otters-36	3:07.75
	41.60	46.86	49.68	49.61

**Women 55-59 50 Yard Butterfly**

1	Jenkins, Valerie	59	Oregon Masters-37	30.53
---	Batdorf, Casandra	55	Bernardo's All S-36	NS

**Women 55-59 100 Yard Butterfly**

1	Sussex, Tatyana	59	Mercer Island Re-36	1:23.72
	37.49	46.23		

**Women 55-59 100 Yard IM**

1	Jenkins, Valerie	59	Oregon Masters-37	1:10.25
	31.64	38.61		



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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Women 55-59 100 Yard IM)**

2	Stenfjord, Tani	57	North End Otters-36	1:11.16
	32.54	38.62		
3	Watson, Karen	58	North End Otters-36	1:18.13
	35.79	42.34		
4	Kramer, Karen	57	North End Otters-36	1:21.50
	36.73	44.77		
5	Sussex, Tatyana	59	Mercer Island Re-36	1:22.40
	37.34	45.06		

**Women 55-59 200 Yard IM**

1	Watson, Karen	58	North End Otters-36	2:54.71
	34.51	46.43	50.53	43.24

**Women 60-64 50 Yard Freestyle**

1	Delmage, Arlene	60	Oregon Masters-37	28.70
2	Moore, Sheila	64	Lake Washington-36	33.11
3	Clutter, Cynthia	63	Mesa Aquatics Cl-48	34.68
4	Zappone, Peggy	64	UC36-36	36.07
5	Phillips, Sue	63	Cascade Masters-36	39.89

**Women 60-64 100 Yard Freestyle**

1	Delmage, Arlene	60	Oregon Masters-37	1:02.82
	30.22	32.60		
2	Moore, Sheila	64	Lake Washington-36	1:12.84
	35.85	36.99		
3	Underbrink, Mary	63	Lake Washington-36	1:23.52
	39.74	43.78		
4	Phillips, Sue	63	Cascade Masters-36	1:30.17
	42.52	47.65		

**Women 60-64 200 Yard Freestyle**

1	Clutter, Cynthia	63	Mesa Aquatics Cl-48	2:56.54
	38.54	44.37	47.36	46.27
2	Underbrink, Mary	63	Lake Washington-36	3:11.30
	40.93	48.80	51.72	49.85
3	Ewalt, Anne	60	Cascade Masters-36	3:23.96
	44.90	50.88	54.99	53.19
---	Moore, Sheila	64	Lake Washington-36	NS

**Women 60-64 500 Yard Freestyle**

1	Hoffman, Wendy	60	Puget Sound Mast-36	6:49.15
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**Women 60-64 500 Yard Freestyle**

1	Moore, Sheila	64	Lake Washington-36	6:54.40
	37.96	41.04	42.55	42.43
	42.48	42.59	42.65	41.69
	41.34	39.67		
2	Ghilarducci, Emily	60	Bernardo's All S-36	7:25.57
	37.46	42.96	45.94	47.08
	46.22	45.27	45.50	45.26
	45.15	44.73		
---	Shaw, Lucy	64	Lake Washington-36	SCR

**Women 60-64 1000 Yard Freestyle**

1	Hoffman, Wendy	60	Puget Sound Mast-36	13:43.80
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**Women 60-64 1000 Yard Freestyle**

1	Shaw, Lucy	64	Lake Washington-36	13:31.91
	36.79	39.91	40.97	41.15
	41.60	41.17	41.12	41.09
	40.89	41.35	40.96	40.92
	40.80	40.75	40.65	40.46
	40.51	40.42	40.65	39.75
2	Moore, Sheila	64	Lake Washington-36	14:04.76
	39.37	42.40	42.73	42.93
	42.99	42.71	42.68	42.94
	42.33	42.35	42.63	42.47
	42.58	42.20	42.24	42.79
	42.30	42.20	41.74	40.18
3	Ghilarducci, Emily	60	Bernardo's All S-36	15:20.75
	42.85	44.67	46.42	47.30
	47.09	46.38	46.42	46.93
	46.79	46.32	46.75	46.89
	46.81	46.81	46.83	45.99
	45.91	44.99	45.16	43.44

**Women 60-64 1650 Yard Freestyle**

1	Hoffman, Wendy	60	Puget Sound Mast-36	22:46.66
	38.11	40.69	41.47	42.08
	41.41	41.17	41.19	41.23
	41.22	40.58	41.00	41.28
	41.61	41.36	41.19	41.03
	42.17	41.53	41.80	41.68
	41.63	41.95	41.96	41.37
	41.94	41.93	41.79	41.56
	42.24	41.70	42.12	41.31
				41.36
2	Ghilarducci, Emily	60	Bernardo's All S-36	26:04.00
	42.16	45.44	47.20	47.61
	47.90	47.14	47.69	48.01
	47.93	47.62	47.62	48.04
	48.28	48.18	48.17	48.55
	48.28	48.30	48.30	48.12
	48.04	47.77	47.52	47.37
	48.01	47.83	47.77	47.45
	47.39	47.41	47.07	46.86
				42.97
---	Delmage, Arlene	60	Oregon Masters-37	SCR

**Women 60-64 50 Yard Backstroke**

1	Phillips, Sue	63	Cascade Masters-36	48.68
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**Women 60-64 200 Yard Backstroke**

1	Hoffman, Wendy	60	Puget Sound Mast-36	2:59.08
	44.17	45.08	45.70	44.13

**Women 60-64 50 Yard Breaststroke**

1	Vincent, Nancy	63	Oregon Masters-37	40.36
2	Dillan, Gloria	63	North End Otters-36	42.16
3	Clutter, Cynthia	63	Mesa Aquatics Cl-48	42.29
4	Zappone, Peggy	64	UC36-36	45.56
5	Ewalt, Anne	60	Cascade Masters-36	48.34

**Women 60-64 100 Yard Breaststroke**

1	Hoffman, Wendy	60	Puget Sound Mast-36	1:32.57
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## 2023 PNA and Zones Championship Meet - 4/15/2023 to 4/16/2023

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Women 60-64 100 Yard Breaststroke**

1	Vincent, Nancy	63	Oregon Masters-37	1:29.05
	42.12	46.93		
2	Dillan, Gloria	63	North End Otters-36	1:31.22
	43.35	47.87		
3	Clutter, Cynthia	63	Mesa Aquatics Cl-48	1:38.12
	46.10	52.02		

**Women 60-64 200 Yard Breaststroke**

1	Hoffman, Wendy	60	Puget Sound Mast-36	3:12.79
	44.44	48.13	49.34	50.88

**Women 60-64 50 Yard Butterfly**

1	Delmage, Arlene	60	Oregon Masters-37	31.46
2	Vincent, Nancy	63	Oregon Masters-37	36.27
3	Clutter, Cynthia	63	Mesa Aquatics Cl-48	43.48

**Women 60-64 100 Yard Butterfly**

1	Delmage, Arlene	60	Oregon Masters-37	1:09.26
	32.46	36.80		

**Women 60-64 100 Yard Butterfly**

1	Hoffman, Wendy	60	Puget Sound Mast-36	1:29.63
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**Women 60-64 200 Yard Butterfly**

1	Hoffman, Wendy	60	Puget Sound Mast-36	3:15.36
	41.39	48.65	52.87	52.45

**Women 60-64 100 Yard IM**

1	Dillan, Gloria	63	North End Otters-36	1:22.41
	38.93	43.48		
2	Vincent, Nancy	63	Oregon Masters-37	1:25.41
	41.36	44.05		
3	Hoffman, Wendy	60	Puget Sound Mast-36	1:30.67
	41.85	48.82		
4	Underbrink, Mary	63	Lake Washington-36	1:45.06
	51.41	53.65		

**Women 60-64 400 Yard IM**

1	Delmage, Arlene	60	Oregon Masters-37	5:48.14
	35.73	40.90	48.11	46.83
	50.69	50.19	39.30	36.39
2	Hoffman, Wendy	60	Puget Sound Mast-36	6:06.37
	41.32	47.63	46.27	46.70
	50.55	50.32	42.13	41.45

**Women 65-69 50 Yard Freestyle**

1	Andrus-Hughes, Karen	65	Oregon Masters-37	28.83
2	Hair, Margaret	68	Lewis Clark Nept-35	33.34
3	Wiley, Heather	65	Oregon Masters-37	33.55
4	Gordon, Claire	67	Bellevue Club-36	34.93
5	Arden, Irene	69	North End Otters-36	37.59
---	Lippold, Mary	67	North End Otters-36	NS

**Women 65-69 100 Yard Freestyle**

1	Andrus-Hughes, Karen	65	Oregon Masters-37	1:02.55
	30.65	31.90		
2	Gordon, Claire	67	Bellevue Club-36	1:18.25
	37.17	41.08		

3	Wiley, Heather	65	Oregon Masters-37	1:18.98
	38.00	40.98		
4	Arden, Irene	69	North End Otters-36	1:27.27
	41.38	45.89		

**Women 65-69 200 Yard Freestyle**

1	Andrus-Hughes, Karen	65	Oregon Masters-37	2:20.33
	33.05	35.73	35.93	35.62
2	Lippold, Mary	67	North End Otters-36	2:35.27
	36.87	39.58	39.82	39.00
3	Belt, Barbara	67	Bainbridge Aquat-36	2:55.55
	40.27	44.60	45.82	44.86
4	Wiley, Heather	65	Oregon Masters-37	3:00.75
	41.28	46.79	47.84	44.84

**Women 65-69 500 Yard Freestyle**

1	Crabbe, Colette	66	Oregon Masters-37	6:10.99
	33.82	37.08	37.58	37.76
	37.84	37.96	37.64	37.48
	37.28	36.55		
2	Gordon, Claire	67	Bellevue Club-36	7:29.91
	40.58	43.58	45.16	46.01
	45.55	46.53	46.30	46.69
	45.84	43.67		
---	Lippold, Mary	67	North End Otters-36	SCR

**Women 65-69 1000 Yard Freestyle**

1	Belt, Barbara	67	Bainbridge Aquat-36	15:34.24
	41.64	44.98	47.16	48.12
	47.23	47.46	47.50	47.35
	47.65	47.19	47.46	47.01
	47.40	47.26	47.17	46.88
	47.11	46.51	46.42	44.74

**Women 65-69 50 Yard Backstroke**

1	Andrus-Hughes, Karen	65	Oregon Masters-37	32.58
2	Adkins-Narte, Heather	68	Bainbridge Aquat-36	1:00.08

**Women 65-69 100 Yard Backstroke**

1	Andrus-Hughes, Karen	65	Oregon Masters-37	1:11.52
	34.78	36.74		
2	Adkins-Narte, Heather	68	Bainbridge Aquat-36	2:02.85
	1:00.95	1:01.90		

**Women 65-69 200 Yard Backstroke**

1	Andrus-Hughes, Karen	65	Oregon Masters-37	2:38.01
	38.38	40.58	40.68	38.37
2	Crabbe, Colette	66	Oregon Masters-37	2:41.68
	38.13	40.95	42.04	40.56
3	Belt, Barbara	67	Bainbridge Aquat-36	3:15.53
	46.69	48.85	50.44	49.55

**Women 65-69 50 Yard Breaststroke**

1	Crabbe, Colette	66	Oregon Masters-37	36.55
2	Chapman, Linda	67	Lake Washington-36	38.74
3	Wiley, Heather	65	Oregon Masters-37	46.00
4	Adkins-Narte, Heather	68	Bainbridge Aquat-36	1:05.26

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Women 65-69 100 Yard Breaststroke**

1	Chapman, Linda	67	Lake Washington-36	1:24.71
	40.18	44.53		
2	Wiley, Heather	65	Oregon Masters-37	1:44.03
	47.47	56.56		
3	Adkins-Narte, Heather	68	Bainbridge Aquat-36	2:27.76
	1:07.46	1:20.30		

**Women 65-69 200 Yard Breaststroke**

1	Chapman, Linda	67	Lake Washington-36	3:06.44
	41.56	46.74	48.10	50.04
2	Hair, Margaret	68	Lewis Clark Nept-35	3:22.05
	46.64	51.45	52.66	51.30
3	Wiley, Heather	65	Oregon Masters-37	3:45.50
	50.31	57.28	59.48	58.43

**Women 65-69 50 Yard Butterfly**

1	Lippold, Mary	67	North End Otters-36	35.05
2	Hair, Margaret	68	Lewis Clark Nept-35	38.10
3	Arden, Irene	69	North End Otters-36	45.15

**Women 65-69 100 Yard Butterfly**

1	Crabbe, Colette	66	Oregon Masters-37	1:11.19
	34.84	36.35		
2	Lippold, Mary	67	North End Otters-36	1:24.80
	40.48	44.32		
3	Arden, Irene	69	North End Otters-36	1:43.31
	46.94	56.37		

**Women 65-69 200 Yard Butterfly**

1	Crabbe, Colette	66	Oregon Masters-37	2:44.86
	37.50	40.49	43.13	43.74

**Women 65-69 100 Yard IM**

1	Hair, Margaret	68	Lewis Clark Nept-35	1:24.34
	40.14	44.20		

**Women 65-69 200 Yard IM**

1	Crabbe, Colette	66	Oregon Masters-37	2:33.78
	33.97	39.27	45.22	35.32

**Women 65-69 400 Yard IM**

1	Hair, Margaret	68	Lewis Clark Nept-35	6:39.71
	43.62	53.27	53.05	54.15
	52.57	53.71	45.11	44.23

**Women 70-74 50 Yard Freestyle**

1	Colella, Lynn	72	Lake Washington-36	35.03
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**Women 70-74 100 Yard Freestyle**

1	Colella, Lynn	72	Lake Washington-36	1:17.44
	36.43	41.01		
---	Gettling, Janet	74	Oregon Masters-37	NS

**Women 70-74 50 Yard Backstroke**

1	Meyers, Kate	74	Bainbridge Aquat-36	43.07
---	Gettling, Janet	74	Oregon Masters-37	NS

**Women 70-74 100 Yard Backstroke**

1	Meyers, Kate	74	Bainbridge Aquat-36	1:31.08
	45.86	45.22		

**Women 70-74 50 Yard Breaststroke**

1	Meyers, Kate	74	Bainbridge Aquat-36	44.19
2	Colella, Lynn	72	Lake Washington-36	49.37
---	Gettling, Janet	74	Oregon Masters-37	NS

**Women 70-74 100 Yard Breaststroke**

---	Gettling, Janet	74	Oregon Masters-37	NS
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**Women 70-74 200 Yard Breaststroke**

---	Gettling, Janet	74	Oregon Masters-37	NS
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**Women 70-74 50 Yard Butterfly**

1	Colella, Lynn	72	Lake Washington-36	43.16
2	Meyers, Kate	74	Bainbridge Aquat-36	45.47

**Women 70-74 100 Yard IM**

1	Meyers, Kate	74	Bainbridge Aquat-36	1:33.56
	44.38	49.18		
2	Colella, Lynn	72	Lake Washington-36	1:34.21
	43.58	50.63		

**Women 70-74 400 Yard IM**

---	Gettling, Janet	74	Oregon Masters-37	SCR
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**Women 75-79 50 Yard Freestyle**

1	Rousseau, Sandi	75	Oregon Masters-37	37.53
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**Women 75-79 100 Yard Freestyle**

1	Rousseau, Sandi	75	Oregon Masters-37	1:25.73
	40.57	45.16		

**Women 75-79 200 Yard Freestyle**

1	Hunt, Andrea	75	Bainbridge Aquat-36	3:06.31
	45.32	47.27	47.40	46.32

**Women 75-79 500 Yard Freestyle**

1	Hunt, Andrea	75	Bainbridge Aquat-36	8:13.81
	46.88	48.51	49.85	49.95
	50.90	49.98	50.40	50.50
	49.64	47.20		

**Women 75-79 1000 Yard Freestyle**

1	Hunt, Andrea	75	Bainbridge Aquat-36	16:30.71
	46.85	48.23	49.40	50.17
	49.98	50.10	50.32	50.28
	50.41	50.05	50.05	49.69
	49.10	49.68	49.80	49.47
	49.11	49.79	49.68	48.55

**Women 75-79 50 Yard Backstroke**

1	Rousseau, Sandi	75	Oregon Masters-37	43.92
2	Hunt, Andrea	75	Bainbridge Aquat-36	47.00

**Women 75-79 100 Yard Backstroke**

1	Rousseau, Sandi	75	Oregon Masters-37	1:34.86
	47.17	47.69		
2	Hunt, Andrea	75	Bainbridge Aquat-36	1:38.54
	49.09	49.45		

**Women 75-79 200 Yard Backstroke**

1	Hunt, Andrea	75	Bainbridge Aquat-36	3:21.27
	49.70	51.38	50.81	49.38

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

<b>Women 75-79 50 Yard Butterfly</b>					4	Beyler, Brandon	22	UC36-36	2:30.18
1	Rousseau, Sandi	75	Oregon Masters-37	42.84					
					31.73	37.10	40.74	40.61	
<b>Women 75-79 100 Yard IM</b>					<b>Men 18-24 500 Yard Freestyle</b>				
1	Rousseau, Sandi	75	Oregon Masters-37	1:39.81	1	Prieve, Aric	22	Lake Washington-36	5:02.79
	45.92	53.89				26.48	29.62	30.25	30.58
						30.78	31.04	31.01	31.49
						31.32	30.22		
<b>Women 80-84 50 Yard Freestyle</b>					2	Allison, Trenton	23	Lake Washington-36	5:49.68
1	Ward, Joy	80	Oregon Masters-37	41.43		30.65	35.05	35.70	36.37
<b>Women 80-84 50 Yard Freestyle</b>						36.18	35.28	36.29	36.30
---	Ward, Joy	80	Oregon Masters-37	SCR		35.37	32.49		
<b>Women 80-84 100 Yard Freestyle</b>					---	Easter, Patrick	21	Western Washingt-3	NS
1	Ward, Joy	80	Oregon Masters-37	1:29.68	<b>Men 18-24 1000 Yard Freestyle</b>				
	41.43	48.25			1	Allison, Trenton	23	Lake Washington-36	12:12.52
<b>Women 80-84 50 Yard Butterfly</b>						31.29	35.54	36.79	36.86
1	Ward, Joy	80	Oregon Masters-37	52.80		37.08	37.45	36.86	37.09
<b>Women 80-84 100 Yard Butterfly</b>						37.45	37.17	37.19	36.60
1	Ward, Joy	80	Oregon Masters-37	2:00.60		37.75	37.73	37.21	37.23
	52.80	1:07.80				37.10	37.79	36.00	34.34
<b>Women 80-84 200 Yard IM</b>					2	Loeser, Jonas	23	Western Washingt-3	12:30.22
1	Ward, Joy	80	Oregon Masters-37	3:43.60		30.48	34.07	35.34	36.32
	53.98	53.27	1:05.42	50.93		36.62	38.00	38.29	39.01
						38.32	39.30	38.51	38.41
<b>Women 80-84 400 Yard IM</b>						38.42	38.33	38.29	38.84
1	Ward, Joy	80	Oregon Masters-37	7:54.93		38.96	38.89	38.21	37.61
	55.55	1:10.40	56.42	55.22	<b>Men 18-24 50 Yard Backstroke</b>				
	1:05.84	1:05.54	53.92	52.04	1	Poppen-Eagan, Rowan	23	UC36-36	26.77
<b>Men 18-24 50 Yard Freestyle</b>					2	Dang, Vincent	21	UC36-36	28.05
1	Prieve, Aric	22	Lake Washington-36	22.08	<b>Men 18-24 100 Yard Backstroke</b>				
2	Arevalo, Alan	22	Lake Washington-36	23.60	1	Slanschek, Marvin	24	UC36-36	55.28
3	Dang, Vincent	21	UC36-36	24.88		26.12	29.16		
4	Beyler, Brandon	22	UC36-36	26.69	2	Poppen-Eagan, Rowan	23	UC36-36	57.78
---	Easter, Patrick	21	Western Washingt-3	NS		27.97	29.81		
<b>Men 18-24 100 Yard Freestyle</b>					<b>Men 18-24 200 Yard Backstroke</b>				
1	Slanschek, Marvin	24	UC36-36	47.82	1	Poppen-Eagan, Rowan	23	UC36-36	2:04.70
	22.77	25.05				28.43	30.52	32.86	32.89
2	Prieve, Aric	22	Lake Washington-36	48.13	2	Slanschek, Marvin	24	UC36-36	2:04.87
	23.49	24.64				28.34	31.19	32.23	33.11
3	Poppen-Eagan, Rowan	23	UC36-36	52.69	3	Allison, Trenton	23	Lake Washington-36	2:23.06
	24.82	27.87				33.50	36.18	37.15	36.23
4	Loeser, Jonas	23	Western Washingt-3	58.34	<b>Men 18-24 50 Yard Breaststroke</b>				
	27.66	30.68			1	Easter, Patrick	21	Western Washingt-3	29.68
5	Beyler, Brandon	22	UC36-36	1:00.48	2	McComish, Matthew	23	Oregon Masters-37	32.95
	28.63	31.85			<b>Men 18-24 100 Yard Breaststroke</b>				
---	Easter, Patrick	21	Western Washingt-3	NS	1	McComish, Matthew	23	Oregon Masters-37	1:13.08
<b>Men 18-24 200 Yard Freestyle</b>						34.39	38.69		
1	Prieve, Aric	22	Lake Washington-36	1:50.02	<b>Men 18-24 50 Yard Butterfly</b>				
	25.37	28.11	28.74	27.80	1	McComish, Matthew	23	Oregon Masters-37	24.17
2	Poppen-Eagan, Rowan	23	UC36-36	1:54.84	2	Arevalo, Alan	22	Lake Washington-36	25.41
	25.62	28.23	29.96	31.03					
3	Loeser, Jonas	23	Western Washingt-3	2:09.97					
	29.07	33.04	34.42	33.44					

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Men 18-24 100 Yard Butterfly**

1	Slanschek, Marvin	24	UC36-36	52.85
	24.61	28.24		
2	Prieve, Aric	22	Lake Washington-36	53.23
	24.76	28.47		
3	McComish, Matthew	23	Oregon Masters-37	53.72
	25.27	28.45		

**Men 18-24 200 Yard Butterfly**

1	Allison, Trenton	23	Lake Washington-36	2:31.99
	32.06	38.06	41.21	40.66

**Men 18-24 100 Yard IM**

1	Slanschek, Marvin	24	UC36-36	53.97
	24.80	29.17		
2	McComish, Matthew	23	Oregon Masters-37	57.79
	25.46	32.33		
3	Easter, Patrick	21	Western Washingtn-3	57.86
	26.82	31.04		

**Men 18-24 200 Yard IM**

1	Slanschek, Marvin	24	UC36-36	1:59.36
	25.12	30.62	34.65	28.97
2	Allison, Trenton	23	Lake Washington-36	2:30.52
	31.39	37.49	48.58	33.06

**Men 18-24 400 Yard IM**

1	Allison, Trenton	23	Lake Washington-36	5:16.79
	32.82	38.51	39.66	38.45
	52.00	49.26	34.12	31.97

**Men 25-29 50 Yard Freestyle**

1	Cochell, Eddie	26	Bernardo's All S-36	22.09
2	Hutchison, Tom	27	CG Sports Manage-3	22.84
3	Loeering, Isaac	28	Orca Swim Team-36	23.34
4	Knox, Quentin	26	UC35	23.41
5	Shelly, Joseph	25	Team Walker Inte-36	24.59
6	Colella, Casey	28	Cascade Masters-36	24.60
7	Shindnes, Gabriel	26	Husky Masters-36	25.92
8	Aitken, Kyle	25	Cascade Masters-36	26.56
9	Rittenhouse, Jackson	25	Bernardo's All S-36	29.41

**Men 25-29 100 Yard Freestyle**

1	Cochell, Eddie	26	Bernardo's All S-36	48.71
	23.27	25.44		
2	Nussbaum, Benjamin	26	Lake Washington-36	48.76
	23.47	25.29		
3	Hutchison, Tom	27	CG Sports Manage-3	50.32
	24.22	26.10		
4	Knox, Quentin	26	UC35	51.36
	24.44	26.92		
5	Loeering, Isaac	28	Orca Swim Team-36	52.47
	24.77	27.70		
*6	Colella, Casey	28	Cascade Masters-36	54.52
	26.41	28.11		
*6	Edwards, Evan	25	Oregon Masters-37	54.52
	26.46	28.06		

8	Shindnes, Gabriel	26	Husky Masters-36	57.81
	27.87	29.94		
9	Aitken, Kyle	25	Cascade Masters-36	59.90
	28.36	31.54		
---	Mehta, Sivan	28	Lake Washington-36	DQ
	False start			
	22.96			

**Men 25-29 200 Yard Freestyle**

1	Cochell, Eddie	26	Bernardo's All S-36	1:54.41
	25.22	27.65	29.91	31.63
2	Knox, Quentin	26	UC35	1:57.23
	26.09	28.58	30.37	32.19

**Men 25-29 1000 Yard Freestyle**

1	Woodbury, Brian	26	Lake Washington-36	10:26.22
	27.33	30.69	30.98	31.59
	31.51	31.56	31.79	31.75
	31.72	31.68	31.52	31.66
	31.79	31.68	31.79	32.10
	31.99	31.55	31.23	30.31
2	Rittenhouse, Jackson	25	Bernardo's All S-36	14:16.27
	37.79	40.33	42.30	44.13
	43.96	44.46	44.29	44.55
	43.69	44.10	43.73	43.67
	43.73	43.32	43.36	43.12
	42.57	42.11	42.23	38.83

**Men 25-29 1650 Yard Freestyle**

1	Rittenhouse, Jackson	25	Bernardo's All S-36	26:13.80
	42.62	47.29	48.85	49.78
	50.34	48.65	49.39	48.93
	49.21	48.56	48.15	48.83
	48.64	46.67	47.52	48.49
	47.68	48.99	48.54	48.09
	47.67	48.23	47.29	46.83
	47.18	47.79	47.01	47.94
	47.21	46.17	45.86	45.64
---	Edwards, Evan	25	Oregon Masters-37	NS

**Men 25-29 50 Yard Backstroke**

1	Knox, Quentin	26	UC35	27.67
2	Shelly, Joseph	25	Team Walker Inte-36	28.84

**Men 25-29 100 Yard Backstroke**

1	Woodbury, Brian	26	Lake Washington-36	50.71
	24.46	26.25		
2	Mehta, Sivan	28	Lake Washington-36	53.93
	25.85	28.08		
3	Hutchison, Tom	27	CG Sports Manage-3	56.39
	27.01	29.38		
4	Edwards, Evan	25	Oregon Masters-37	1:04.48
	32.13	32.35		

**Men 25-29 200 Yard Backstroke**

1	Woodbury, Brian	26	Lake Washington-36	1:53.72
	26.79	28.79	29.29	28.85

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Men 25-29 50 Yard Breaststroke**

1	Knox, Quentin	26	UC35	28.90
2	Colella, Casey	28	Cascade Masters-36	28.99
3	Shelly, Joseph	25	Team Walker Inte-36	31.10

**Men 25-29 100 Yard Breaststroke**

1	Nussbaum, Benjamin	26	Lake Washington-36	58.79
				27.82 30.97
2	Cochell, Eddie	26	Bernardo's All S-36	1:02.40
				29.29 33.11
3	Mehta, Sivan	28	Lake Washington-36	1:02.91
				29.08 33.83
4	Kang, Patrick	28	Lake Washington-36	1:03.42
				29.64 33.78
5	Colella, Casey	28	Cascade Masters-36	1:03.50
				30.36 33.14

**Men 25-29 200 Yard Breaststroke**

1	Edwards, Evan	25	Oregon Masters-37	2:36.54
				35.84 39.66 40.30 40.74
2	Rittenhouse, Jackson	25	Bernardo's All S-36	2:57.54
				39.77 45.21 46.35 46.21
---	Kang, Patrick	28	Lake Washington-36	DQ
				False start
				32.18 35.66 37.66 38.57

**Men 25-29 50 Yard Butterfly**

1	Knox, Quentin	26	UC35	24.03
2	Loegering, Isaac	28	Orca Swim Team-36	26.49
3	Shelly, Joseph	25	Team Walker Inte-36	27.47
4	Smolyanov, Anthony	25	Husky Masters-36	28.98
5	Aitken, Kyle	25	Cascade Masters-36	30.14
6	Rittenhouse, Jackson	25	Bernardo's All S-36	32.11

**Men 25-29 100 Yard Butterfly**

1	Mehta, Sivan	28	Lake Washington-36	52.01
				24.36 27.65
2	Nussbaum, Benjamin	26	Lake Washington-36	52.09
				24.44 27.65
3	Loegering, Isaac	28	Orca Swim Team-36	1:00.11
				27.45 32.66
4	Smolyanov, Anthony	25	Husky Masters-36	1:07.35
				30.79 36.56

**Men 25-29 200 Yard Butterfly**

1	Woodbury, Brian	26	Lake Washington-36	1:59.31
				26.53 30.32 31.02 31.44

**Men 25-29 100 Yard IM**

1	Colella, Casey	28	Cascade Masters-36	59.80
				28.88 30.92
2	Shelly, Joseph	25	Team Walker Inte-36	1:02.19
				28.42 33.77
3	Smolyanov, Anthony	25	Husky Masters-36	1:10.41
				32.11 38.30
4	Aitken, Kyle	25	Cascade Masters-36	1:12.57
				32.71 39.86

**Men 25-29 200 Yard IM**

1	Nussbaum, Benjamin	26	Lake Washington-36	1:57.09
				24.56 29.94 33.06 29.53
2	Cochell, Eddie	26	Bernardo's All S-36	2:07.67
				27.27 34.77 36.02 29.61
3	Colella, Casey	28	Cascade Masters-36	2:13.86
				28.67 36.69 35.72 32.78
4	Edwards, Evan	25	Oregon Masters-37	2:16.81
				31.01 34.90 40.89 30.01
5	Shindnes, Gabriel	26	Husky Masters-36	2:26.87
				29.50 36.69 43.80 36.88

**Men 25-29 400 Yard IM**

1	Kang, Patrick	28	Lake Washington-36	4:45.31
				29.31 33.41 37.72 37.13
				39.39 39.48 35.01 33.86

**Men 30-34 50 Yard Freestyle**

1	Burns, Nicholas	31	Oregon Masters-37	24.12
2	Reenders, Jeremiah	31	UC36-36	25.73
---	Stockwell, Caleb	32	UC37	NS
---	Sumnicht, Andrew	31	Cascade Masters-36	NS

**Men 30-34 100 Yard Freestyle**

1	Hao, Yawei	32	Mercer Island Re-36	52.52
				25.22 27.30
2	Burns, Nicholas	31	Oregon Masters-37	53.27
				25.40 27.87
3	Meiss, Trevor	30	UC36-36	55.29
				26.04 29.25
4	Reenders, Jeremiah	31	UC36-36	57.35
				27.57 29.78
---	Stockwell, Caleb	32	UC37	NS
---	Sumnicht, Andrew	31	Cascade Masters-36	NS

**Men 30-34 200 Yard Freestyle**

1	Hao, Yawei	32	Mercer Island Re-36	1:57.71
				27.07 29.41 30.50 30.73
2	Reenders, Jeremiah	31	UC36-36	2:06.83
				28.28 31.31 33.57 33.67
3	Burns, Nicholas	31	Oregon Masters-37	2:07.50
				26.17 30.28 34.96 36.09
4	Alexander, Nick	34	Bernardo's All S-36	2:41.58
				34.91 39.48 42.21 44.98
5	Yuan, Lei	31	Puget Sound Mast-36	2:52.30
				33.71 38.99 47.34 52.26

**Men 30-34 500 Yard Freestyle**

1	Petersen, Erik	34	CG Sports Manage-36	5:17.74
				27.35 30.65 31.73 32.46
				33.14 32.94 33.13 33.23
				33.26 29.85
2	Meiss, Trevor	30	UC36-36	6:00.30
				28.74 33.26 35.37 35.57
				36.46 36.49 37.90 38.96
				39.33 38.22

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Men 30-34 500 Yard Freestyle)**

3	Yuan, Lei	31	Puget Sound Mast-3	8:56.98
	35.23	41.23	49.99	56.42
	1:00.08	59.28	1:01.19	59.56
	59.53	54.47		

--- Ringstad, Brandon 31 Snohomish Aquati-3 SCR

**Men 30-34 1000 Yard Freestyle**

1	Sumnicht, Andrew	31	Cascade Masters-36	10:49.46
	28.29	30.99	31.48	31.83
	32.20	32.41	32.77	33.08
	33.57	33.13	32.26	32.70
	33.12	33.18	33.17	33.31
	33.50	33.33	33.13	32.01

--- Janson, Jeremy 30 UC36-36 SCR

**Men 30-34 100 Yard Backstroke**

1	Reenders, Jeremiah	31	UC36-36	1:06.53
	31.89	34.64		

**Men 30-34 200 Yard Backstroke**

1	Alexander, Nick	34	Bernardo's All S-36	3:26.66
	49.99	51.74	53.06	51.87

**Men 30-34 50 Yard Breaststroke**

1	Guerrero, Ruben	31	Puget Sound Mast-3	29.49
---	Stockwell, Caleb	32	UC37	NS
---	Janson, Jeremy	30	UC36-36	NS

**Men 30-34 100 Yard Breaststroke**

1	Guerrero, Ruben	31	Puget Sound Mast-3	1:03.79
	30.46	33.33		
2	Hao, Yawei	32	Mercer Island Re-36	1:07.45
	32.05	35.40		
3	Petersen, Erik	34	CG Sports Manage-3	1:10.24
	32.67	37.57		
---	Janson, Jeremy	30	UC36-36	NS

**Men 30-34 200 Yard Breaststroke**

1	Guerrero, Ruben	31	Puget Sound Mast-3	2:20.74
	31.36	34.44	36.40	38.54

**Men 30-34 50 Yard Butterfly**

1	Mendez, Tomas	31	UC36-36	24.06
2	Petersen, Erik	34	CG Sports Manage-3	25.02
3	Sumnicht, Andrew	31	Cascade Masters-36	25.48
4	Burns, Nicholas	31	Oregon Masters-37	28.30
5	Yuan, Lei	31	Puget Sound Mast-3	36.37
---	Stockwell, Caleb	32	UC37	NS

**Men 30-34 100 Yard Butterfly**

1	Mendez, Tomas	31	UC36-36	53.87
	24.87	29.00		
2	Petersen, Erik	34	CG Sports Manage-3	55.09
	25.64	29.45		
3	Sumnicht, Andrew	31	Cascade Masters-36	56.83
	26.21	30.62		

**Men 30-34 200 Yard Butterfly**

1	Petersen, Erik	34	CG Sports Manage-3	2:07.27
	26.79	32.12	34.31	34.05

**Men 30-34 100 Yard IM**

1	Sumnicht, Andrew	31	Cascade Masters-36	59.15
	26.98	32.17		
2	Hao, Yawei	32	Mercer Island Re-36	1:01.04
	29.18	31.86		
3	Ringstad, Brandon	31	Snohomish Aquati-3	1:04.86
	30.01	34.85		

**Men 30-34 200 Yard IM**

1	Petersen, Erik	34	CG Sports Manage-3	2:08.84
	25.99	34.16	39.43	29.26
2	Meiss, Trevor	30	UC36-36	2:22.27
	28.60	34.66	44.33	34.68
---	Hao, Yawei	32	Mercer Island Re-36	NS

**Men 35-39 50 Yard Freestyle**

1	Scott, Michael	36	Lake Washington-36	27.17
2	Phillips, Alex	35	Husky Masters-36	28.65
3	Schwartz, Michael	35	Bernardo's All S-36	30.76

**Men 35-39 100 Yard Freestyle**

1	Conroy, Chris	37	CG Sports Manage-3	50.21
	23.86	26.35		
2	Sprinkle, Baden	35	Blue Wave Aquati-3	51.88
	25.10	26.78		
3	Scott, Michael	36	Lake Washington-36	1:01.60
	29.77	31.83		
4	Phillips, Alex	35	Husky Masters-36	1:05.45
	30.59	34.86		
5	Schwartz, Michael	35	Bernardo's All S-36	1:13.61
	35.21	38.40		

**Men 35-39 200 Yard Freestyle**

1	Sprinkle, Baden	35	Blue Wave Aquati-3	1:55.50
	27.04	29.25	29.70	29.51
---	Simpson, Kevin	39	Orca Swim Team-36	NS

**Men 35-39 500 Yard Freestyle**

1	Scott, Michael	36	Lake Washington-36	6:16.07
	31.75	36.41	37.21	37.56
	39.16	39.20	39.02	39.20
	39.04	37.52		
2	Phillips, Alex	35	Husky Masters-36	6:20.39
	32.31	36.31	37.96	38.47
	38.68	39.50	39.40	39.65
	39.42	38.69		
3	Schwartz, Michael	35	Bernardo's All S-36	7:23.75
	38.97	43.39	46.35	46.51
	46.48	46.01	43.85	45.55
	44.78	41.86		

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Men 35-39 1000 Yard Freestyle**

1	Schwartz, Michael	35	Bernardo's All S-36	15:06.22
	38.78	44.39	45.36	46.53
	47.13	46.85	45.52	45.73
	46.19	45.87	45.70	45.99
	46.12	46.14	46.85	46.17
	45.73	46.04	44.88	40.25
---	Simpson, Kevin	39	Orca Swim Team-36	SCR

**Men 35-39 1650 Yard Freestyle**

1	Phillips, Alex	35	Husky Masters-36	23:08.69
	33.69	39.50	41.66	41.53
	42.32	41.66	41.30	41.09
	40.89	41.49	41.44	42.04
	42.17	42.31	42.46	42.02
	42.19	42.66	42.48	42.89
	43.29	42.38	43.61	42.35
	43.67	43.21	43.60	43.51
	43.48	43.58	43.45	43.30
				41.47
2	Schwartz, Michael	35	Bernardo's All S-36	26:00.66
	41.20	46.55	47.46	48.50
	48.26	47.21	47.30	47.53
	48.05	47.13	47.29	47.08
	46.46	47.68	46.92	48.10
	47.80	47.21	47.65	47.78
	47.74	47.53	48.28	47.89
	48.62	48.12	48.04	47.94
	48.05	47.59	47.40	46.75
				43.55

**Men 35-39 100 Yard Backstroke**

1	Dee, Kevin	35	Fina	57.93
	28.00	29.93		
2	Sprinkle, Baden	35	Blue Wave Aquati-36	1:00.87
	29.50	31.37		

**Men 35-39 200 Yard Backstroke**

1	Dee, Kevin	35	Fina	2:06.03
	28.63	31.37	33.02	33.01
---	Simpson, Kevin	39	Orca Swim Team-36	NS

**Men 35-39 50 Yard Breaststroke**

1	Conroy, Chris	37	CG Sports Manage-3	28.39
2	Dee, Kevin	35	Fina	28.94
---	Simpson, Kevin	39	Orca Swim Team-36	NS

**Men 35-39 100 Yard Breaststroke**

1	Conroy, Chris	37	CG Sports Manage-3	1:01.51
	28.88	32.63		

**Men 35-39 200 Yard Breaststroke**

1	Conroy, Chris	37	CG Sports Manage-3	2:16.33
	30.68	34.68	35.08	35.89
2	Dee, Kevin	35	Fina	2:20.60
	30.74	35.37	37.01	37.48

**Men 35-39 50 Yard Butterfly**

1	Sprinkle, Baden	35	Blue Wave Aquati-36	25.85
2	Schwartz, Michael	35	Bernardo's All S-36	33.60

**Men 35-39 200 Yard Butterfly**

1	Dee, Kevin	35	Fina	2:16.59
	28.95	34.14	36.19	37.31

**Men 35-39 200 Yard IM**

1	Sprinkle, Baden	35	Blue Wave Aquati-36	2:15.60
	27.33	35.09	42.28	30.90

**Men 35-39 400 Yard IM**

1	Dee, Kevin	35	Fina	4:35.66
	29.01	34.34	35.84	34.53
	39.29	38.90	32.97	30.78

**Men 40-44 50 Yard Freestyle**

1	Perry, Maxwell	44	Cascade Masters-36	23.73
2	Bennett, John	43	Cascade Masters-36	24.07
3	Whitbeck, Dave	40	Lake Washington-36	24.30
4	Hawkins, Aaron	44	Oregon Masters-37	25.65
---	Anzilago Tesser, Guilhern	41	Team Walker Inte-36	NS

**Men 40-44 100 Yard Freestyle**

1	Perry, Maxwell	44	Cascade Masters-36	51.76
	24.48	27.28		
2	Bennett, John	43	Cascade Masters-36	52.99
	24.81	28.18		
3	Whitbeck, Dave	40	Lake Washington-36	53.59
	25.84	27.75		
4	Thompson, Scott	40	Lake Washington-36	53.93
	25.77	28.16		
5	Hawkins, Aaron	44	Oregon Masters-37	56.36
	26.75	29.61		
---	Anzilago Tesser, Guilhern	41	Team Walker Inte-36	NS

**Men 40-44 200 Yard Freestyle**

1	Whitbeck, Dave	40	Lake Washington-36	1:57.09
	26.56	28.93	30.50	31.10
2	Thompson, Scott	40	Lake Washington-36	2:00.67
	27.70	30.22	31.51	31.24
3	Hawkins, Aaron	44	Oregon Masters-37	2:10.34
	29.00	32.70	34.53	34.11
4	Chuang, Mason	44	Orca Swim Team-36	2:31.89
	33.00	39.24	42.22	37.43
5	Andelin, Travis	40	Cascade Masters-36	2:39.84
	33.20	38.67	42.76	45.21

**Men 40-44 500 Yard Freestyle**

1	Whitbeck, Dave	40	Lake Washington-36	5:14.34
	27.61	30.58	31.75	32.20
	32.35	31.86	32.07	32.10
	32.14	31.68		
2	Bennett, John	43	Cascade Masters-36	5:38.34
	26.16	29.33	31.54	33.96
	35.04	36.16	36.43	36.51
	37.00	36.21		
3	Thompson, Scott	40	Lake Washington-36	5:48.81
	30.11	33.42	34.07	35.36
	36.06	36.39	36.84	36.39
	35.95	34.22		



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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Men 40-44 1000 Yard Freestyle**

1	Andelin, Travis	40	Cascade Masters-36	15:19.21
	35.60	40.64	41.28	43.14
	44.65	45.55	47.34	45.87
	47.22	47.21	48.21	48.44
	48.05	47.90	48.40	49.68
	48.94	47.67	47.70	45.72

**Men 40-44 50 Yard Backstroke**

1	Perry, Maxwell	44	Cascade Masters-36	28.22
2	Hawkins, Aaron	44	Oregon Masters-37	31.33

**Men 40-44 100 Yard Backstroke**

1	Snow, McGregor	43	Bernardo's All S-36	59.16
	29.09	30.07		

**Men 40-44 200 Yard Backstroke**

1	Snow, McGregor	43	Bernardo's All S-36	2:12.83
	31.53	33.34	34.52	33.44

**Men 40-44 50 Yard Breaststroke**

1	Hawkins, Aaron	44	Oregon Masters-37	38.02
2	Chuang, Mason	44	Orca Swim Team-36	38.84

**Men 40-44 100 Yard Breaststroke**

1	Chuang, Mason	44	Orca Swim Team-36	1:23.31
	40.01	43.30		

**Men 40-44 50 Yard Butterfly**

1	Bennett, John	43	Cascade Masters-36	26.30
2	Whitbeck, Dave	40	Lake Washington-36	26.61
3	Snow, McGregor	43	Bernardo's All S-36	27.34
4	Thompson, Scott	40	Lake Washington-36	28.15
5	Anzilago Tesser, Guilhern	41	Team Walker Inte-36	28.84
6	Hawkins, Aaron	44	Oregon Masters-37	29.32
7	Chuang, Mason	44	Orca Swim Team-36	31.12

**Men 40-44 100 Yard Butterfly**

1	Bennett, John	43	Cascade Masters-36	58.23
	26.81	31.42		
---	Andelin, Travis	40	Cascade Masters-36	NS

**Men 40-44 100 Yard IM**

1	Snow, McGregor	43	Bernardo's All S-36	1:00.52
	27.07	33.45		
2	Whitbeck, Dave	40	Lake Washington-36	1:01.19
	28.24	32.95		
3	Bennett, John	43	Cascade Masters-36	1:01.54
	27.18	34.36		
4	Chuang, Mason	44	Orca Swim Team-36	1:09.04
	32.38	36.66		
---	Andelin, Travis	40	Cascade Masters-36	DQ
	One hand touch - breast			
	41.78	45.43		

**Men 40-44 200 Yard IM**

1	Snow, McGregor	43	Bernardo's All S-36	2:13.79
	27.80	34.83	40.97	30.19

**Men 40-44 400 Yard IM**

---	Chuang, Mason	44	Orca Swim Team-36	NS
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**Men 45-49 50 Yard Freestyle**

1	Sanchez, Carlos	47	Puget Sound Mast-36	23.84
2	DeWard, Robert	49	Puget Sound Mast-36	26.18
3	Bush, Gabe	45	Blue Wave Aquati-36	27.73
4	Wood, Jason	45	Snohomish Aquati-36	28.16
5	Wadey, Chuck	45	Bernardo's All S-36	31.77

**Men 45-49 100 Yard Freestyle**

1	Holden, Blake	46	New Albany Aquat-1	50.10
	24.02	26.08		
2	Knittle, Brian	49	UC36-36	52.68
	24.57	28.11		
3	Walker, Jon	48	Puget Sound Mast-36	56.53
	27.03	29.50		
4	DeWard, Robert	49	Puget Sound Mast-36	59.07
	28.12	30.95		
5	Bush, Gabe	45	Blue Wave Aquati-36	1:00.51
	29.19	31.32		
6	Wood, Jason	45	Snohomish Aquati-36	1:07.67
	30.43	37.24		
---	Gray, Trever	47	Puget Sound Mast-36	NS
---	Sanchez, Carlos	47	Puget Sound Mast-36	NS

**Men 45-49 200 Yard Freestyle**

1	Bush, Gabe	45	Blue Wave Aquati-36	2:16.40
	31.61	34.70	35.64	34.45
2	Yamamoto, Jin	48	Lake Washington-36	2:16.91
	32.26	35.24	35.32	34.09
---	Gray, Trever	47	Puget Sound Mast-36	NS
---	Cox, Gary	45	Husky Masters-36	NS

**Men 45-49 500 Yard Freestyle**

1	Holden, Blake	46	New Albany Aquat-1	5:06.32
	26.99	29.84	30.51	31.01
	30.84	30.78	30.85	31.45
	31.84	32.21		
2	Doherty, Kevin	49	Oregon Masters-37	5:11.12
	28.90	30.66	31.02	31.21
	31.16	31.31	31.52	31.68
	32.00	31.66		
3	Walker, Jon	48	Puget Sound Mast-36	5:45.30
	31.17	34.39	34.83	34.74
	35.21	34.68	34.92	35.35
	35.09	34.92		
4	Bush, Gabe	45	Blue Wave Aquati-36	6:01.44
	31.75	35.23	36.13	36.46
	36.42	36.56	37.24	37.28
	37.33	37.04		
5	Knittle, Brian	49	UC36-36	6:01.86
	30.88	35.14	35.75	36.50
	36.19	36.51	37.42	38.18
	38.28	37.01		

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Men 45-49 500 Yard Freestyle)**

6	Yamamoto, Jin	48	Lake Washington-36	6:05.06
	33.03	36.16	37.09	37.69
	37.24	37.14	37.53	37.26
	36.81	35.11		

**Men 45-49 1000 Yard Freestyle**

1	Doherty, Kevin	49	Oregon Masters-37	10:41.41
	29.95	32.43	32.54	32.53
	32.58	32.68	32.27	32.39
	32.53	32.50	32.50	32.14
	32.05	31.91	31.82	31.74
	31.74	31.74	32.22	31.15

**Men 45-49 50 Yard Backstroke**

1	Wood, Jason	45	Snohomish Aquati-3	37.88
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**Men 45-49 100 Yard Backstroke**

1	DeWard, Robert	49	Puget Sound Mast-3	1:04.95
	30.91	34.04		
2	Walker, Jon	48	Puget Sound Mast-3	1:07.23
	32.84	34.39		

**Men 45-49 200 Yard Backstroke**

1	Doherty, Kevin	49	Oregon Masters-37	2:10.08
	31.19	32.76	33.06	33.07

**Men 45-49 50 Yard Breaststroke**

1	DeWard, Robert	49	Puget Sound Mast-3	34.55
2	Wood, Jason	45	Snohomish Aquati-3	38.34
3	Wadey, Chuck	45	Bernardo's All S-36	38.82

**Men 45-49 100 Yard Breaststroke**

1	Campea, Scott	48	CG Sports Manage-3	1:00.89
	28.80	32.09		
2	DeWard, Robert	49	Puget Sound Mast-3	1:15.70
	35.47	40.23		

**Men 45-49 200 Yard Breaststroke**

1	Campea, Scott	48	CG Sports Manage-3	2:13.63
	30.08	34.22	34.92	34.41

**Men 45-49 50 Yard Butterfly**

1	Woare, Matthew	48	Mercer Island Re-36	27.47
2	Bush, Gabe	45	Blue Wave Aquati-3	29.43
3	Yamamoto, Jin	48	Lake Washington-36	30.35
4	Wood, Jason	45	Snohomish Aquati-3	33.86
---	Cox, Gary	45	Husky Masters-36	NS

**Men 45-49 100 Yard Butterfly**

1	Bush, Gabe	45	Blue Wave Aquati-3	1:07.54
	31.77	35.77		
---	Cox, Gary	45	Husky Masters-36	NS

**Men 45-49 200 Yard Butterfly**

---	Doherty, Kevin	49	Oregon Masters-37	NS
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**Men 45-49 100 Yard IM**

1	Campea, Scott	48	CG Sports Manage-3	55.96
	26.31	29.65		

2	DeWard, Robert	49	Puget Sound Mast-3	1:06.03
	29.91	36.12		

3	Yamamoto, Jin	48	Lake Washington-36	1:11.08
	32.40	38.68		

4	Wood, Jason	45	Snohomish Aquati-3	1:22.48
	37.11	45.37		

---	Cox, Gary	45	Husky Masters-36	NS
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---	Woare, Matthew	48	Mercer Island Re-36	NS
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**Men 45-49 200 Yard IM**

1	Holden, Blake	46	New Albany Aquat-1	2:01.22
	25.72	32.07	33.75	29.68

2	Doherty, Kevin	49	Oregon Masters-37	2:07.62
	27.59	33.32	35.97	30.74

3	Campea, Scott	48	CG Sports Manage-3	2:10.29
	27.28	33.95	36.79	32.27

4	Sanchez, Carlos	47	Puget Sound Mast-3	2:17.44
	28.83	37.53	38.46	32.62

5	Knittle, Brian	49	UC36-36	2:24.53
	30.72	35.97	44.41	33.43

6	Yamamoto, Jin	48	Lake Washington-36	2:31.12
	32.01	38.19	45.55	35.37

**Men 45-49 400 Yard IM**

1	Yamamoto, Jin	48	Lake Washington-36	5:26.26
	34.84	41.03	42.00	40.95

	46.53	46.72	38.01	36.18
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---	Doherty, Kevin	49	Oregon Masters-37	SCR
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**Men 50-54 50 Yard Freestyle**

1	Alsberg, Maoz	54	Team Walker Inte-3	24.23
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2	Desancic, Boris	51	UC36-36	25.48
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3	Pelton, Regan	53	UC36-36	25.59
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4	Prud'homme, Philip	52	Thunderbird Aqua-3	29.49
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5	Wright, Charles	53	Lake Washington-36	32.28
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6	Yu, Gehua	54	Puget Sound Mast-3	34.74
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7	Ness, Kerry	53	Team Walker Inte-3	34.81
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---	Urquhart, Scott	52	Cascade Masters-36	NS
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**Men 50-54 100 Yard Freestyle**

1	Alex, Casey	50	Puget Sound Mast-3	52.65
	25.37	27.28		

2	Josberger, Jim	52	Oregon Masters-37	55.60
	26.38	29.22		

3	Pelton, Regan	53	UC36-36	56.41
	27.69	28.72		

4	Prud'homme, Philip	52	Thunderbird Aqua-3	1:09.25
	32.90	36.35		

5	Wright, Charles	53	Lake Washington-36	1:14.32
	34.98	39.34		

6	Ness, Kerry	53	Team Walker Inte-3	1:27.32
	40.03	47.29		

---	Urquhart, Scott	52	Cascade Masters-36	NS
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---	Alsberg, Maoz	54	Team Walker Inte-3	NS
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**Men 50-54 200 Yard Freestyle**

1	Roy, Benjamin	50	North End Otters-36	1:58.97
	25.05	28.80	32.15	32.97

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Men 50-54 200 Yard Freestyle)**

2	Josberger, Jim	52	Oregon Masters-37	2:00.99
	27.97	30.33	31.25 31.44	
3	Pelton, Regan	53	UC36-36	2:05.45
	29.32	32.08	32.37 31.68	
4	Nelson, Kirk	52	CG Sports Manage-3	2:06.24
	29.39	31.72	32.58 32.55	
5	Ivanov, Alex	54	Puget Sound Mast-3	2:51.06
	35.76	41.54	46.32 47.44	
6	Ness, Kerry	53	Team Walker Inte-3	3:05.71
	40.81	44.35	49.24 51.31	
---	Urquhart, Scott	52	Cascade Masters-36	NS

**Men 50-54 500 Yard Freestyle**

1	Alex, Casey	50	Puget Sound Mast-3	5:30.05
	29.39	32.51	32.73 33.08	
	32.95	33.25	33.61 34.11	
	34.50	33.92		
---	Urquhart, Scott	52	Cascade Masters-36	SCR
---	Tujo, Christian	51	Bernardo's All S-36	SCR

**Men 50-54 1000 Yard Freestyle**

1	Nelson, Kirk	52	CG Sports Manage-3	11:37.23
	30.66	32.96	34.05 34.76	
	34.95	35.31	35.43 35.28	
	35.28	35.37	35.52 35.59	
	35.88	35.99	35.75 35.41	
	35.01	35.07	35.33 33.63	
2	Tujo, Christian	51	Bernardo's All S-36	12:22.49
	32.86	36.02	36.57 36.53	
	36.33	36.59	37.26 36.88	
	37.21	37.78	37.75 37.78	
	37.48	38.36	38.27 38.77	
	38.32	38.26	38.13 35.34	
3	Yu, Gehua	54	Puget Sound Mast-3	19:08.75
	41.91	48.38	51.13 56.62	
	56.71	57.74	59.00 1:02.39	
	1:01.52	1:00.48	1:02.20 1:01.14	
	1:01.07	59.53	59.64 59.79	
	1:00.42	1:02.02	59.88 47.18	
---	Urquhart, Scott	52	Cascade Masters-36	SCR

**Men 50-54 1650 Yard Freestyle**

1	Tujo, Christian	51	Bernardo's All S-36	21:29.33
	34.42	37.12	37.36 38.15	
	38.58	39.53	40.99 39.83	
	39.11	39.62	40.85 39.46	
	40.24	39.11	38.56 40.44	
	38.72	39.35	39.54 38.92	
	39.14	40.05	39.12 39.21	
	40.06	39.51	40.01 39.74	
	39.55	38.66	38.69 38.07	37.62

2	Yu, Gehua	54	Puget Sound Mast-3	32:26.52
	44.09	50.44	56.89 59.66	
	59.24	1:01.22	1:01.07 1:01.17	
	1:02.47	1:02.17	1:01.03 59.04	
	1:02.46	1:03.29	1:02.09 59.18	
	1:00.46	1:01.97	1:00.33 1:02.72	
	1:00.75	1:02.00	1:00.60 58.10	
	58.52	57.45	59.05 58.96	
	1:00.66	59.31	59.79 54.33	46.01
---	Urquhart, Scott	52	Cascade Masters-36	SCR

**Men 50-54 50 Yard Backstroke**

1	Alsberg, Maoz	54	Team Walker Inte-3	27.80
2	Pelton, Regan	53	UC36-36	30.87
3	Prud'homme, Philip	52	Thunderbird Aqua-3	36.99
4	Ness, Kerry	53	Team Walker Inte-3	43.79

**Men 50-54 100 Yard Backstroke**

1	Josberger, Jim	52	Oregon Masters-37	1:00.20
	29.64	30.56		
2	Pelton, Regan	53	UC36-36	1:06.85
	32.39	34.46		
---	Alsberg, Maoz	54	Team Walker Inte-3	NS

**Men 50-54 200 Yard Backstroke**

1	Josberger, Jim	52	Oregon Masters-37	2:13.13
	31.35	33.55	33.83 34.40	

**Men 50-54 50 Yard Breaststroke**

1	Hooper, James	51	Fina	28.71
2	Roy, Benjamin	50	North End Otters-36	29.05
3	Desancic, Boris	51	UC36-36	33.23
4	Ness, Kerry	53	Team Walker Inte-3	39.70

**Men 50-54 100 Yard Breaststroke**

1	Hooper, James	51	Fina	1:04.98
	30.17	34.81		
2	Roy, Benjamin	50	North End Otters-36	1:05.03
	30.75	34.28		
3	Ness, Kerry	53	Team Walker Inte-3	1:31.91
	42.51	49.40		

**Men 50-54 200 Yard Breaststroke**

1	Hooper, James	51	Fina	2:27.80
	32.90	37.13	38.38 39.39	

**Men 50-54 50 Yard Butterfly**

1	Hackley, Jeff	54	Oregon Masters-37	26.77
2	Desancic, Boris	51	UC36-36	28.33
3	Wright, Charles	53	Lake Washington-36	35.47
---	Hooper, James	51	Fina	NS

**Men 50-54 100 Yard Butterfly**

1	Hackley, Jeff	54	Oregon Masters-37	59.15
	27.42	31.73		
2	Tujo, Christian	51	Bernardo's All S-36	1:09.69
	33.45	36.24		

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Men 50-54 200 Yard Butterfly**

1	Tujo, Christian	51	Bernardo's All S-36	2:38.99
	35.83	40.91	41.81	40.44

**Men 50-54 100 Yard IM**

1	Roy, Benjamin	50	North End Otters-36	59.01
	28.18	30.83		
2	Hackley, Jeff	54	Oregon Masters-37	1:02.81
	28.61	34.20		
3	Pelton, Regan	53	UC36-36	1:06.06
	30.23	35.83		
4	Desancic, Boris	51	UC36-36	1:06.66
	31.41	35.25		
5	Wright, Charles	53	Lake Washington-36	1:29.49
	38.25	51.24		

**Men 50-54 200 Yard IM**

1	Alex, Casey	50	Puget Sound Mast-36	2:12.18
	28.01	34.56	38.40	31.21
2	Desancic, Boris	51	UC36-36	2:34.98
	33.42	40.81	46.09	34.66

**Men 50-54 400 Yard IM**

1	Hackley, Jeff	54	Oregon Masters-37	5:16.75
	31.90	35.87	46.09	45.16
	43.58	43.16	36.63	34.36
2	Tujo, Christian	51	Bernardo's All S-36	5:33.86
	35.06	40.62	46.74	46.00
	46.17	47.10	36.94	35.23

**Men 55-59 50 Yard Freestyle**

1	Nygren, Mats	56	Lake Washington-36	25.18
2	Barnes, Brent	55	Team Walker Inte-36	31.97
3	Towle, Jacob	57	Bernardo's All S-36	32.19
4	Condotta, Robert	59	Blue Wave Aquati-36	35.82
5	Kreer, Kenneth	59	Blue Wave Aquati-36	47.25
---	Nimb, Peter	58	Bainbridge Aquat-36	NS
---	Cermak, Gerald	59	Puget Sound Mast-36	NS

**Men 55-59 100 Yard Freestyle**

1	Sullivan, Scot	56	Oregon Masters-37	53.69
	26.29	27.40		
2	Nygren, Mats	56	Lake Washington-36	55.35
	26.61	28.74		
3	McCarty, David	58	Lake Washington-36	58.77
	28.57	30.20		
4	Scott, David	56	Team Walker Inte-36	59.16
	28.53	30.63		
5	Schwartz, Steven	59	Team Walker Inte-36	59.98
	29.10	30.88		
6	Barnes, Brent	55	Team Walker Inte-36	1:08.60
	33.44	35.16		
7	Condotta, Robert	59	Blue Wave Aquati-36	1:22.21
	39.29	42.92		
---	Nimb, Peter	58	Bainbridge Aquat-36	NS
---	Cermak, Gerald	59	Puget Sound Mast-36	NS

**Men 55-59 200 Yard Freestyle**

1	Nygren, Mats	56	Lake Washington-36	1:57.33
	27.15	30.03	30.63	29.52
2	Cermak, Gerald	59	Puget Sound Mast-36	2:20.96
	31.60	35.64	37.91	35.81
3	Condotta, Robert	59	Blue Wave Aquati-36	2:57.89
	40.34	45.64	46.90	45.01

**Men 55-59 500 Yard Freestyle**

1	Nygren, Mats	56	Lake Washington-36	5:18.09
	29.37	32.08	32.57	32.77
	32.71	32.34	32.47	32.07
	31.58	30.13		
2	Sullivan, Scot	56	Oregon Masters-37	5:18.22
	29.59	32.70	32.37	32.54
	32.30	31.91	31.99	31.48
	31.90	31.44		
3	Schwartz, Steven	59	Team Walker Inte-36	6:04.47
	32.69	35.28	35.84	36.25
	36.33	37.18	37.75	37.83
	38.39	36.93		
4	Panzer, Timothy	58	UC36-36	6:45.39
	34.34	37.06	39.92	42.25
	42.94	42.60	42.37	41.87
	41.67	40.37		
5	Barnes, Brent	55	Team Walker Inte-36	7:15.89
	36.61	41.01	42.44	44.12
	45.09	45.73	46.39	45.82
	44.99	43.69		
6	Condotta, Robert	59	Blue Wave Aquati-36	7:53.51
	41.81	46.26	48.37	49.01
	48.42	48.60	48.66	48.48
	47.81	46.09		

**Men 55-59 1000 Yard Freestyle**

1	Nygren, Mats	56	Lake Washington-36	10:54.28
	29.63	32.74	33.50	33.76
	34.03	33.46	33.20	32.86
	32.94	33.07	32.91	33.27
	33.11	32.94	32.71	32.96
	32.36	32.36	31.93	30.54
2	Sullivan, Scot	56	Oregon Masters-37	11:12.45
	31.01	34.28	34.58	34.33
	33.76	33.97	33.94	33.51
	33.72	33.80	33.68	33.75
	33.94	33.90	33.56	33.89
	33.47	33.60	33.08	32.68
3	Schwartz, Steven	59	Team Walker Inte-36	12:43.95
	33.00	36.39	36.88	37.34
	37.70	37.78	38.24	38.46
	38.85	39.05	39.40	39.40
	39.80	39.09	39.51	39.44
	39.22	38.69	38.67	37.04

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Men 55-59 1000 Yard Freestyle)**

4	Panzer, Timothy	58	UC36-36	13:57.36
	34.18	37.93	40.54	41.72
	42.39	43.38	43.05	42.94
	43.27	43.14	43.00	43.34
	43.41	42.76	43.58	42.52
	43.09	42.71	42.15	38.26
5	Condotta, Robert	59	Blue Wave Aquati-36	16:02.18
	42.74	45.62	48.70	46.75
	46.95	47.84	48.82	50.69
	48.99	49.75	48.84	48.52
	49.25	49.32	48.72	48.51
	48.99	48.57	48.06	46.55

**Men 55-59 1650 Yard Freestyle**

1	Panzer, Timothy	58	UC36-36	22:56.65
	34.53	38.50	40.44	41.58
	41.53	42.06	41.87	42.16
	41.82	41.73	42.31	42.23
	42.16	42.20	43.23	43.19
	41.41	43.48	43.04	41.86
	42.74	42.19	41.89	41.79
	42.67	42.55	42.27	42.25
	42.76	43.13	41.89	41.85
				37.34
2	Condotta, Robert	59	Blue Wave Aquati-36	28:14.31
	43.34	48.00	51.03	50.07
	50.80	51.10	51.89	51.94
	52.35	52.16	52.19	51.47
	52.83	52.21	52.22	52.27
	52.30	53.21	50.87	53.11
	51.92	52.87	51.31	52.59
	52.78	51.71	51.64	50.57
	51.22	52.08	50.91	50.61
				48.74

**Men 55-59 50 Yard Backstroke**

1	Wardian, Ed	57	Puget Sound Mast-36	27.48
2	Kreer, Kenneth	59	Blue Wave Aquati-36	55.77

**Men 55-59 100 Yard Backstroke**

1	Wardian, Ed	57	Puget Sound Mast-36	59.38
	28.87	30.51		
2	McCarty, David	58	Lake Washington-36	1:04.46
	32.10	32.36		

**Men 55-59 200 Yard Backstroke**

1	Wardian, Ed	57	Puget Sound Mast-36	2:11.89
	30.28	33.19	34.07	34.35
2	Sullivan, Scot	56	Oregon Masters-37	2:14.78
	32.22	33.93	34.15	34.48
3	Nygren, Mats	56	Lake Washington-36	2:18.75
	32.34	35.69	36.07	34.65

**Men 55-59 50 Yard Breaststroke**

1	Colella, Rodney	55	Cascade Masters-36	30.05
2	Wrightson, Ian	58	UC36-36	31.47
3	Cermak, Gerald	59	Puget Sound Mast-36	33.38
4	Scott, David	56	Team Walker Inte-36	33.84

5	Barnes, Brent	55	Team Walker Inte-36	35.37
6	Hilgers, RJ	55	Bainbridge Aquat-36	46.75
7	Kreer, Kenneth	59	Blue Wave Aquati-36	1:06.31

**Men 55-59 100 Yard Breaststroke**

1	Sullivan, Scot	56	Oregon Masters-37	1:10.95
	33.56	37.39		
2	Scott, David	56	Team Walker Inte-36	1:13.88
	35.31	38.57		
3	McCarty, David	58	Lake Washington-36	1:16.23
	36.12	40.11		
4	Barnes, Brent	55	Team Walker Inte-36	1:17.87
	36.20	41.67		

**Men 55-59 200 Yard Breaststroke**

1	Colella, Rodney	55	Cascade Masters-36	2:31.97
	33.34	37.37	39.73	41.53
2	Scott, David	56	Team Walker Inte-36	2:41.46
	36.59	40.65	42.83	41.39

**Men 55-59 50 Yard Butterfly**

1	McComish, John	57	Oregon Masters-37	26.24
2	Cermak, Gerald	59	Puget Sound Mast-36	30.46
3	Hilgers, RJ	55	Bainbridge Aquat-36	47.12
---	Wrightson, Ian	58	UC36-36	NS
---	Nimb, Peter	58	Bainbridge Aquat-36	NS

**Men 55-59 100 Yard Butterfly**

1	McComish, John	57	Oregon Masters-37	59.67
	26.91	32.76		
2	McCarty, David	58	Lake Washington-36	1:05.64
	31.37	34.27		

**Men 55-59 100 Yard IM**

1	McComish, John	57	Oregon Masters-37	1:02.22
	28.50	33.72		
2	Cermak, Gerald	59	Puget Sound Mast-36	1:09.54
	32.10	37.44		
3	Schwartz, Steven	59	Team Walker Inte-36	1:11.68
	33.16	38.52		
4	Hilgers, RJ	55	Bainbridge Aquat-36	1:42.48
	46.27	56.21		
---	Wrightson, Ian	58	UC36-36	NS

**Men 55-59 200 Yard IM**

1	Sullivan, Scot	56	Oregon Masters-37	2:14.87
	29.55	33.80	40.91	30.61
2	Schwartz, Steven	59	Team Walker Inte-36	2:40.69
	33.45	40.53	49.26	37.45

**Men 55-59 400 Yard IM**

1	Schwartz, Steven	59	Team Walker Inte-36	5:48.08
	34.81	42.99	45.22	44.22
	52.79	51.01	40.19	36.85

**Men 60-64 50 Yard Freestyle**

1	Haynie, Carl	62	Team Walker Inte-36	25.69
2	Bollens, Stephen	63	UC37	26.03
3	Williams, Jeff	60	UC14	27.18
4	Pearson, Jay	61	Lake Washington-36	27.85

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Men 60-64 50 Yard Freestyle)**

5 Elander, Blair	61 Lake Washington-36	28.05
6 Niegemann, Gary	63 Everett Family Y-36	35.13
--- Howell, Rick	63 Oregon Masters-37	NS

**Men 60-64 100 Yard Freestyle**

1 Steenbeeke, Alain	61 Bernardo's All S-36	55.11
26.44 28.67		
2 Haynie, Carl	62 Team Walker Inte-36	58.33
28.46 29.87		
3 Smith, Daniel	60 Blue Wave Aquati-36	1:00.40
28.96 31.44		
4 Williams, Jeff	60 UC14	1:01.60
28.88 32.72		
5 Niegemann, Gary	63 Everett Family Y-36	1:21.22
39.31 41.91		

**Men 60-64 200 Yard Freestyle**

1 Hathaway, David	62 Oregon Masters-37	2:04.70
28.88 31.62	32.47 31.73	
2 Hicks, Roger	64 Bernardo's All S-36	2:25.96
32.02 36.15	40.01 37.78	
--- Williams, Jeff	60 UC14	NS

**Men 60-64 500 Yard Freestyle**

1 Hathaway, David	62 Oregon Masters-37	5:34.32
31.66 33.67	34.02 34.09	
34.15 33.65	33.53 33.45	
33.62 32.48		
2 Praeger, Wade	60 Lake Washington-36	5:58.36
32.97 35.97	36.74 37.19	
37.23 36.93	36.00 36.26	
35.38 33.69		
3 Bittner, Matthew	63 UC36-36	9:24.30
42.23 49.18	57.77 1:01.13	
1:00.52 1:00.91	59.16 59.76	
58.86 54.78		

**Men 60-64 1000 Yard Freestyle**

1 Hicks, Roger	64 Bernardo's All S-36	13:35.20
35.32 38.27	39.59 40.61	
40.87 41.31	41.44 41.46	
41.55 42.07	41.19 41.16	
41.32 41.79	41.70 41.65	
41.98 41.44	42.80 37.68	

**Men 60-64 1650 Yard Freestyle**

1 Hathaway, David	62 Oregon Masters-37	19:42.79
32.78 35.22	35.31 35.88	
35.82 35.44	35.58 35.54	
36.14 35.70	36.04 35.96	
36.24 36.26	36.40 36.64	
36.31 36.36	36.78 36.80	
36.67 36.40	36.40 36.54	
36.65 37.07	36.08 35.64	
35.72 35.43	35.31 34.87	32.81

2 Smith, Daniel	60 Blue Wave Aquati-36	20:05.09
32.64 35.90	36.50 36.44	
36.42 36.61	36.62 36.57	
36.83 36.79	36.90 36.69	
36.46 36.88	36.60 37.28	
36.85 36.95	36.74 36.40	
36.43 37.39	37.19 36.65	
37.34 36.84	36.23 37.14	
36.79 36.64	36.62 36.25	34.51
3 Hoover, David	60 Cascade Masters-36	22:45.64
36.87 39.75	40.49 40.41	
40.88 40.93	40.66 40.98	
41.61 41.04	40.82 41.58	
41.07 41.12	41.34 41.53	
41.60 41.74	41.81 41.87	
41.48 42.22	41.68 41.73	
43.16 41.98	43.75 42.66	
43.27 43.53	42.46 41.22	38.40

**Men 60-64 50 Yard Backstroke**

1 Haynie, Carl	62 Team Walker Inte-36	28.97
2 Steenbeeke, Alain	61 Bernardo's All S-36	29.71
3 Bollens, Stephen	63 UC37	33.39
4 Pearson, Jay	61 Lake Washington-36	33.42
--- Littlefield, James	62 Blue Wave Aquati-36	NS

**Men 60-64 100 Yard Backstroke**

1 Steenbeeke, Alain	61 Bernardo's All S-36	1:03.32
30.42 32.90		
--- Littlefield, James	62 Blue Wave Aquati-36	NS

**Men 60-64 200 Yard Backstroke**

1 Moore, Robert	62 Team Walker Inte-36	2:33.70
37.00 39.36	39.01 38.33	
--- Littlefield, James	62 Blue Wave Aquati-36	NS

**Men 60-64 50 Yard Breaststroke**

1 Haynie, Carl	62 Team Walker Inte-36	31.34
2 Howell, Rick	63 Oregon Masters-37	31.96
3 Smith, Daniel	60 Blue Wave Aquati-36	33.31
4 Pearson, Jay	61 Lake Washington-36	35.74

**Men 60-64 100 Yard Breaststroke**

1 Howell, Rick	63 Oregon Masters-37	1:13.77
34.16 39.61		
2 Smith, Daniel	60 Blue Wave Aquati-36	1:14.10
34.34 39.76		
--- Williams, Jeff	60 UC14	NS

**Men 60-64 200 Yard Breaststroke**

1 Howell, Rick	63 Oregon Masters-37	2:43.87
37.04 42.44	42.74 41.65	
2 Smith, Daniel	60 Blue Wave Aquati-36	2:45.79
36.46 41.68	43.45 44.20	

**Men 60-64 50 Yard Butterfly**

1 Christensen, Douglas	60 Oregon Masters-37	26.74
2 Haynie, Carl	62 Team Walker Inte-36	28.98
3 Steenbeeke, Alain	61 Bernardo's All S-36	29.18

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Men 60-64 50 Yard Butterfly)**

4	Glezen, Paul	62	North End Otters-36	30.15
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**Men 60-64 100 Yard Butterfly**

1	Christensen, Douglas	60	Oregon Masters-37	1:02.62
	29.18	33.44		
2	Glezen, Paul	62	North End Otters-36	1:07.58
	31.82	35.76		

**Men 60-64 100 Yard IM**

1	Haynie, Carl	62	Team Walker Inte-36	1:04.28
	29.72	34.56		
2	Christensen, Douglas	60	Oregon Masters-37	1:04.45
	29.36	35.09		
3	Steenbeeke, Alain	61	Bernardo's All S-36	1:04.52
	29.58	34.94		
4	Moore, Robert	62	Team Walker Inte-36	1:11.16
	32.23	38.93		
5	Pearson, Jay	61	Lake Washington-36	1:11.54
	34.04	37.50		
6	Howell, Rick	63	Oregon Masters-37	1:12.34
	35.06	37.28		

**Men 60-64 200 Yard IM**

---	Glezen, Paul	62	North End Otters-36	NS
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**Men 60-64 400 Yard IM**

1	Smith, Daniel	60	Blue Wave Aquati-36	5:22.24
	32.75	39.15	45.40	45.37
	43.05	45.01	36.93	34.58
---	Hathaway, David	62	Oregon Masters-37	DNF
	Did not finish - Misc			

**Men 65-69 50 Yard Freestyle**

1	Geiger, Kyle	65	425 Masters-36	27.78
2	Robinson, Charles	66	Mercer Island Be-36	28.07
3	Troupe, Curt	66	UC36-36	30.04
4	Holzbach, John	69	Lake Washington-36	30.20
5	Neuhaus, Scott	68	Team Walker Inte-36	30.95
6	Morrison, Jeffrey	68	Thunderbird Aqua-3	31.98
7	Phipps, Tom	69	Oregon Masters-37	32.89
8	Helm, Charlie	67	Oregon Masters-37	44.09
---	Gillis, Pete	67	425 Masters-36	NS

**Men 65-69 100 Yard Freestyle**

1	Geiger, Kyle	65	425 Masters-36	1:00.15
	29.71	30.44		
2	Robinson, Charles	66	Mercer Island Be-36	1:01.89
	30.18	31.71		
3	Troupe, Curt	66	UC36-36	1:07.10
	32.23	34.87		
4	Holzbach, John	69	Lake Washington-36	1:07.61
	32.62	34.99		
5	Phipps, Tom	69	Oregon Masters-37	1:10.58
	33.54	37.04		
6	Morrison, Jeffrey	68	Thunderbird Aqua-3	1:12.09
	35.31	36.78		

7	Neuhaus, Scott	68	Team Walker Inte-36	1:12.63
	35.65	36.98		
8	Helm, Charlie	67	Oregon Masters-37	1:42.24
	48.73	53.51		
---	Gillis, Pete	67	425 Masters-36	NS

**Men 65-69 200 Yard Freestyle**

1	Geiger, Kyle	65	425 Masters-36	2:15.59
	31.50	34.81	35.46	33.82
2	Robinson, Charles	66	Mercer Island Be-36	2:18.32
	31.93	34.57	35.97	35.85
3	Stevens, Rod	65	Bainbridge Aquat-36	2:31.45
	35.62	38.60	39.26	37.97
4	Holzbach, John	69	Lake Washington-36	2:33.69
	32.65	37.06	41.10	42.88
5	Morrison, Jeffrey	68	Thunderbird Aqua-3	2:47.08
	39.98	41.67	43.15	42.28
6	Helm, Charlie	67	Oregon Masters-37	3:47.32
	48.95	55.53	59.90	1:02.94

**Men 65-69 500 Yard Freestyle**

1	Robinson, Charles	66	Mercer Island Be-36	6:14.81
	34.49	37.52	38.47	39.10
	38.49	38.10	37.46	37.74
	37.17	36.27		
2	Durban, Eric	67	Blue Wave Aquati-36	6:26.30
	35.06	38.35	38.73	39.25
	39.40	39.33	39.44	39.55
	39.06	38.13		
3	Phipps, Tom	69	Oregon Masters-37	6:37.65
	35.26	37.95	40.11	40.52
	40.50	40.88	40.87	41.04
	40.65	39.87		
4	Stevens, Rod	65	Bainbridge Aquat-36	6:47.43
	36.91	39.32	40.91	41.31
	41.88	41.53	41.90	41.41
	41.82	40.44		
5	Underbrink, Dan	66	Team Walker Inte-36	7:18.01
	37.07	42.41	44.40	46.03
	45.15	45.61	45.18	45.42
	44.90	41.84		
6	Helm, Charlie	67	Oregon Masters-37	10:20.00
	52.23	58.53	1:00.84	1:03.04
	1:04.43	1:04.42	1:04.19	1:04.43
	1:04.54	1:03.35		
---	Gillis, Pete	67	425 Masters-36	NS

**Men 65-69 1000 Yard Freestyle**

1	Durban, Eric	67	Blue Wave Aquati-36	13:18.53
	36.89	40.59	41.24	41.39
	40.88	40.73	40.48	40.16
	40.40	40.21	40.30	40.10
	39.83	40.15	39.94	39.25
	39.70	39.43	38.80	38.06

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Men 65-69 1000 Yard Freestyle)**

2 Phipps, Tom	69 Oregon Masters-37	13:47.21		
36.61	40.85	41.36	41.90	
41.33	40.70	41.41	41.69	
41.46	42.02	41.83	41.57	
41.75	41.58	42.12	42.25	
41.92	42.10	41.64	41.12	
--- Helm, Charlie	67 Oregon Masters-37	SCR		

**Men 65-69 1650 Yard Freestyle**

1 Durban, Eric	67 Blue Wave Aquati-36	21:56.89		
37.12	39.96	40.91	40.81	
41.10	40.83	40.87	40.46	
40.22	40.32	40.26	39.98	
40.25	40.06	40.20	40.68	
39.84	40.36	39.94	40.16	
40.14	40.09	39.79	40.09	
40.10	39.97	39.72	39.54	
39.03	39.11	38.73	38.52	37.73

**Men 65-69 50 Yard Backstroke**

1 Lautman, Chris	68 Lake Washington-36	35.34		
2 Morrison, Jeffrey	68 Thunderbird Aqua-3	40.49		

**Men 65-69 100 Yard Backstroke**

1 Underbrink, Dan	66 Team Walker Inte-36	1:30.57		
44.23	46.34			

**Men 65-69 200 Yard Backstroke**

1 Underbrink, Dan	66 Team Walker Inte-36	3:12.15		
45.34	48.42	49.67	48.72	

**Men 65-69 50 Yard Breaststroke**

1 Lautman, Chris	68 Lake Washington-36	36.45		
2 Neuhaus, Scott	68 Team Walker Inte-36	40.85		
3 Morrison, Jeffrey	68 Thunderbird Aqua-3	42.38		

**Men 65-69 100 Yard Breaststroke**

1 Stevens, Rod	65 Bainbridge Aquat-36	1:20.47		
38.30	42.17			
2 Lautman, Chris	68 Lake Washington-36	1:25.08		
41.29	43.79			
3 Underbrink, Dan	66 Team Walker Inte-36	1:29.58		
42.64	46.94			
4 Neuhaus, Scott	68 Team Walker Inte-36	1:34.50		
45.85	48.65			
5 Morrison, Jeffrey	68 Thunderbird Aqua-3	1:39.78		
46.62	53.16			
6 Helm, Charlie	67 Oregon Masters-37	2:24.10		
1:08.53	1:15.57			

**Men 65-69 200 Yard Breaststroke**

1 Underbrink, Dan	66 Team Walker Inte-36	3:11.53		
43.59	48.67	50.32	48.95	
2 Lautman, Chris	68 Lake Washington-36	3:13.81		
43.11	49.86	50.83	50.01	

**Men 65-69 50 Yard Butterfly**

1 Geiger, Kyle	65 425 Masters-36	33.34		
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2 Troupe, Curt	66 UC36-36	34.02		
3 Holzbach, John	69 Lake Washington-36	34.68		
4 Phipps, Tom	69 Oregon Masters-37	36.79		
--- Leick, Blaine	67 UC36-36	NS		

**Men 65-69 100 Yard Butterfly**

1 Stevens, Rod	65 Bainbridge Aquat-36	1:24.64		
38.72	45.92			

**Men 65-69 100 Yard IM**

1 Geiger, Kyle	65 425 Masters-36	1:16.21		
36.83	39.38			
2 Holzbach, John	69 Lake Washington-36	1:17.70		
35.68	42.02			
3 Troupe, Curt	66 UC36-36	1:21.08		
38.01	43.07			
4 Underbrink, Dan	66 Team Walker Inte-36	1:23.25		
40.43	42.82			
5 Neuhaus, Scott	68 Team Walker Inte-36	1:24.81		
39.78	45.03			
6 Phipps, Tom	69 Oregon Masters-37	1:27.32		
40.73	46.59			
7 Leick, Blaine	67 UC36-36	1:33.49		
40.82	52.67			
--- Lautman, Chris	68 Lake Washington-36	NS		

**Men 65-69 200 Yard IM**

1 Holzbach, John	69 Lake Washington-36	2:51.58		
35.96	43.83	51.76	40.03	
2 Stevens, Rod	65 Bainbridge Aquat-36	2:52.30		
40.43	46.79	45.21	39.87	
3 Troupe, Curt	66 UC36-36	3:00.22		
39.41	47.95	53.35	39.51	

**Men 70-74 50 Yard Freestyle**

1 Colella, Rick	71 Lake Washington-36	24.69		
2 Hayes, William	71 Lake Washington-36	27.25		
3 Walsh, Greg	70 Puget Sound Mast-36	30.39		

**Men 70-74 100 Yard Freestyle**

1 Colella, Rick	71 Lake Washington-36	53.90		
26.32	27.58			
2 Hayes, William	71 Lake Washington-36	1:01.98		
29.52	32.46			
3 Fogg, Stephen	74 Team Walker Inte-36	1:12.19		
35.58	36.61			
4 White, Robert	74 Lake Washington-36	1:13.77		
34.17	39.60			
--- Anderson, Graham	71 Everett Family Y-36	NS		

**Men 70-74 500 Yard Freestyle**

1 Hile, Laurence	73 Bainbridge Aquat-36	10:29.22		
56.35	1:02.50	1:05.02	1:02.64	
	1:05.86	1:09.57	1:05.03	1:04.04
	1:01.15	57.06		
--- Lautman, Scott	70 Blue Wave Aquati-36	SCR		



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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Men 70-74 1000 Yard Freestyle**

1	Kirkland, Dan	74	Oregon Masters-37	12:11.97
	33.04	35.21	36.19	36.60
	36.85	36.32	36.77	36.95
	36.93	36.93	37.10	37.37
	37.09	37.33	37.32	37.17
	37.01	37.51	36.64	35.64
2	Hile, Laurence	73	Bainbridge Aquat-36	21:18.42
	52.24	1:01.23	1:04.44	1:05.88
	1:04.43	1:04.03	1:04.60	1:04.15
	1:03.23	1:05.43	1:04.63	1:05.67
	1:02.37	1:06.46	1:04.63	1:04.81
	1:03.86	1:02.85	1:00.80	1:12.68

**Men 70-74 1000 Yard Freestyle**

1	Colella, Rick	71	Lake Washington-36	11:05.03
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**Men 70-74 1650 Yard Freestyle**

1	Colella, Rick	71	Lake Washington-36	18:30.92	
	29.55	32.27	32.69	33.03	
	33.06	32.98	32.98	33.31	
	33.48	33.40	33.59	34.09	
	33.77	33.81	33.99	33.61	
	33.72	34.10	34.04	33.56	
	33.78	34.11	34.09	34.33	
	34.52	34.34	34.07	34.40	
	34.46	35.17	34.47	35.23	32.92
2	Kirkland, Dan	74	Oregon Masters-37	20:19.64	
	33.03	36.25	36.61	36.82	
	36.15	36.85	36.72	37.12	
	36.69	36.94	36.50	37.21	
	36.94	37.14	36.90	37.44	
	36.78	37.46	37.16	37.50	
	37.17	37.61	37.25	37.43	
	37.39	37.72	37.48	37.78	
	37.30	37.09	37.63	37.19	36.39
3	Hile, Laurence	73	Bainbridge Aquat-36	36:44.41	
	57.27	1:05.37	1:07.88	1:10.61	
	1:07.43	1:05.42	1:05.93	1:07.60	
	1:05.88	1:11.95	1:08.81	1:03.35	
	1:08.50	1:07.29	1:06.72	1:05.53	
	1:08.31	1:09.77	1:07.99	1:05.47	
	1:05.25	1:08.08	1:07.86	1:06.60	
	1:09.06	1:09.24	1:07.91	1:06.00	
	1:07.17	1:07.42	1:06.61	1:03.36	1:02.77
---	Lautman, Scott	70	Blue Wave Aquat-36	SCR	

**Men 70-74 50 Yard Backstroke**

1	Hayes, William	71	Lake Washington-36	35.86
2	Fogg, Stephen	74	Team Walker Inte-36	36.09
3	Anderson, Graham	71	Everett Family Y-36	45.32

**Men 70-74 100 Yard Backstroke**

1	Benson, Gary	72	Puget Sound Mast-36	1:17.62
	38.49	39.13		
2	Fogg, Stephen	74	Team Walker Inte-36	1:17.96
	38.52	39.44		

3	Anderson, Graham	71	Everett Family Y-36	1:43.48
	48.76	54.72		

**Men 70-74 200 Yard Backstroke**

1	Colella, Rick	71	Lake Washington-36	2:12.65
	31.46	33.22	34.25	33.72
2	Kirkland, Dan	74	Oregon Masters-37	2:31.32
	36.83	37.93	39.02	37.54
3	Benson, Gary	72	Puget Sound Mast-36	2:54.41
	41.88	43.32	44.93	44.28
4	Hayes, William	71	Lake Washington-36	2:57.90
	41.07	45.46	47.81	43.56

**Men 70-74 50 Yard Breaststroke**

1	Colella, Rick	71	Lake Washington-36	29.67
2	Stark, Allen	74	Oregon Masters-37	33.76
3	Baker, John	71	Bainbridge Aquat-36	34.89
4	White, Robert	74	Lake Washington-36	36.20
5	Walsh, Greg	70	Puget Sound Mast-36	38.42
6	Hayes, William	71	Lake Washington-36	39.96
7	Anderson, Graham	71	Everett Family Y-36	49.72

**Men 70-74 100 Yard Breaststroke**

1	Stark, Allen	74	Oregon Masters-37	1:15.01
	35.51	39.50		
2	Baker, John	71	Bainbridge Aquat-36	1:21.14
	37.76	43.38		
3	White, Robert	74	Lake Washington-36	1:22.83
	38.57	44.26		
4	Anderson, Graham	71	Everett Family Y-36	1:54.20
	54.17	1:00.03		

**Men 70-74 200 Yard Breaststroke**

1	Stark, Allen	74	Oregon Masters-37	2:54.48
	39.98	44.96	45.69	43.85
2	White, Robert	74	Lake Washington-36	3:04.70
	39.81	48.13	49.27	47.49

**Men 70-74 50 Yard Butterfly**

1	Colella, Rick	71	Lake Washington-36	26.30
2	Baker, John	71	Bainbridge Aquat-36	32.82
---	Hile, Laurence	73	Bainbridge Aquat-36	DQ
	Arms underwater recovery			

**Men 70-74 100 Yard Butterfly**

1	Fogg, Stephen	74	Team Walker Inte-36	1:34.57
	43.44	51.13		

**Men 70-74 100 Yard IM**

1	Baker, John	71	Bainbridge Aquat-36	1:15.08
	34.84	40.24		
2	Benson, Gary	72	Puget Sound Mast-36	1:20.30
	37.27	43.03		
3	Hayes, William	71	Lake Washington-36	1:20.54
	38.11	42.43		
4	White, Robert	74	Lake Washington-36	1:23.38
	41.47	41.91		
---	Anderson, Graham	71	Everett Family Y-36	NS

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Men 70-74 200 Yard IM**

1	Benson, Gary	72	Puget Sound Mast-36	2:52.28
	38.70	41.79	52.82	38.97
2	Fogg, Stephen	74	Team Walker Inte-36	3:08.66
	43.71	46.48	57.59	40.88

**Men 70-74 400 Yard IM**

1	Fogg, Stephen	74	Team Walker Inte-36	6:39.71
	45.66	52.19	50.18	48.34
	59.89	59.71	43.30	40.44

**Men 75-79 50 Yard Freestyle**

1	Pilger, Robert	79	Tom Taylor Famil-36	29.04
2	Galvani, Bill	76	Bainbridge Aquat-36	36.18

**Men 75-79 100 Yard Freestyle**

1	Pilger, Robert	79	Tom Taylor Famil-36	1:08.86
	33.96	34.90		
2	Galvani, Bill	76	Bainbridge Aquat-36	1:29.42
	43.76	45.66		

**Men 75-79 200 Yard Freestyle**

1	Kimball, Hugh	76	North End Otters-36	3:34.69
	45.59	54.10	1:00.50	54.50

**Men 75-79 500 Yard Freestyle**

1	Walker, Thomas	76	Team Walker Inte-36	13:34.19
	1:12.05	1:24.81	1:29.07	1:25.88
	1:23.76	1:23.79	1:22.15	1:21.09
	1:21.49	1:10.10		

**Men 75-79 1000 Yard Freestyle**

1	Kimball, Hugh	76	North End Otters-36	19:17.84
	47.12	51.91	58.30	57.80
	58.29	59.33	59.16	59.05
	1:00.76	1:00.29	55.46	59.77
	59.81	59.69	59.45	58.19
	1:00.77	58.61	1:00.14	53.94
2	Walker, Thomas	76	Team Walker Inte-36	27:40.89
	1:19.88	1:28.81	1:27.26	1:26.66
	1:25.34	1:26.29	1:25.82	1:22.24
	1:22.79	1:23.89	1:25.18	1:21.83
	1:22.30	1:23.02	1:20.21	1:19.91
	1:23.23	1:21.40	1:21.05	1:13.78

**Men 75-79 50 Yard Breaststroke**

1	Peterson, Steve	76	Bernardo's All S-36	38.73
2	Pilger, Robert	79	Tom Taylor Famil-36	53.06
3	Walker, Thomas	76	Team Walker Inte-36	1:14.54

**Men 75-79 100 Yard Breaststroke**

1	Peterson, Steve	76	Bernardo's All S-36	1:22.16
	39.43	42.73		
2	Walker, Thomas	76	Team Walker Inte-36	2:43.48
	1:17.69	1:25.79		

**Men 75-79 200 Yard Breaststroke**

1	Peterson, Steve	76	Bernardo's All S-36	3:03.31
	41.28	47.41	48.50	46.12

2	Galvani, Bill	76	Bainbridge Aquat-36	3:45.31
	51.46	56.80	58.43	58.62
3	Walker, Thomas	76	Team Walker Inte-36	5:58.60
	1:21.05	1:35.35	1:33.29	1:28.91

**Men 75-79 50 Yard Butterfly**

1	Pilger, Robert	79	Tom Taylor Famil-36	34.41
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**Men 75-79 100 Yard IM**

1	Pilger, Robert	79	Tom Taylor Famil-36	1:26.81
	40.05	46.76		
2	Kimball, Hugh	76	North End Otters-36	1:56.59
	56.87	59.72		
3	Walker, Thomas	76	Team Walker Inte-36	2:33.47
	1:18.88	1:14.59		

**Men 75-79 200 Yard IM**

1	Peterson, Steve	76	Bernardo's All S-36	2:51.90
	40.79	46.00	46.11	39.00
2	Galvani, Bill	76	Bainbridge Aquat-36	3:41.15
	51.84	1:01.84	58.93	48.54

**Men 80-84 50 Yard Freestyle**

1	Jones, Ronald	82	Tom Taylor Famil-36	34.56
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**Men 80-84 50 Yard Backstroke**

1	Jones, Ronald	82	Tom Taylor Famil-36	42.27
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**Men 80-84 50 Yard Breaststroke**

1	Jones, Ronald	82	Tom Taylor Famil-36	45.16
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**Men 80-84 100 Yard IM**

---	Jones, Ronald	82	Tom Taylor Famil-36	DQ
	Non-simultaneous arms - fly			
	50.64	50.78		

**Men 80-84 200 Yard IM**

1	Jones, Ronald	82	Tom Taylor Famil-36	3:45.85
	49.04	57.97	1:09.09	49.75

**Men 80-84 400 Yard IM**

---	Jones, Ronald	82	Tom Taylor Famil-36	SCR
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**Men 85-89 50 Yard Freestyle**

1	Drawbaugh, Kirby	85	Blue Wave Aquati-36	57.86
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**Men 85-89 100 Yard Freestyle**

1	Peterson, Dick	86	Puget Sound Mast-36	1:37.71
	47.44	50.27		
2	Drawbaugh, Kirby	85	Blue Wave Aquati-36	2:14.23
	1:03.06	1:11.17		

**Men 85-89 200 Yard Freestyle**

1	Drawbaugh, Kirby	85	Blue Wave Aquati-36	4:49.59
	1:05.88	1:10.20	1:18.37	1:15.14

**Men 85-89 500 Yard Freestyle**

---	Drawbaugh, Kirby	85	Blue Wave Aquati-36	SCR
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**Men 85-89 50 Yard Backstroke**

1	Peterson, Dick	86	Puget Sound Mast-36	52.14
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## 2023 PNA and Zones Championship Meet - 4/15/2023 to 4/16/2023

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Men 85-89 100 Yard Backstroke**

1	Peterson, Dick	86	Puget Sound Mast-3	1:56.22
	58.69	57.53		

**Men 85-89 200 Yard Breaststroke**

1	Peterson, Dick	86	Puget Sound Mast-3	4:12.78
	57.17	1:04.38	1:05.53	1:05.70

**Men 100-104 50 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	52.18
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**Men 100-104 50 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	1:08.19
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**Men 100-104 50 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	59.94
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**Men 100-104 100 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	2:09.56
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**Men 100-104 100 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	2:18.66
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**Men 100-104 200 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	4:32.38
	59.94	1:09.62	1:13.71	1:09.11

**Men 100-104 200 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	4:44.33
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**Men 100-104 500 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	12:14.05
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**Men 100-104 1000 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	24:52.32
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**Men 100-104 1650 Yard Freestyle**

1	Lamb, Willard	100	Oregon Masters-37	41:11.26
	1:08.30	1:10.36	1:13.47	1:13.20
	1:14.04	1:13.92	1:13.95	1:15.96
	1:15.35	1:15.98	1:15.74	1:17.04
	1:16.64	1:14.38	1:15.54	1:15.54
	1:15.64	1:15.77	1:16.12	1:16.03
	1:13.50	1:15.84	1:16.05	1:16.54
	1:15.19	1:15.14	1:15.12	1:15.87
	1:16.65	1:16.36	1:16.36	1:16.84

**Men 100-104 50 Yard Backstroke**

1	Lamb, Willard	100	Oregon Masters-37	1:00.22
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**Men 100-104 50 Yard Backstroke**

1	Lamb, Willard	100	Oregon Masters-37	1:05.56
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**Men 100-104 100 Yard Backstroke**

1	Lamb, Willard	100	Oregon Masters-37	2:17.43
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**Men 100-104 200 Yard Backstroke**

1	Lamb, Willard	100	Oregon Masters-37	4:41.83
	1:06.62	1:10.65	1:14.47	1:10.09

**Women 18+ 200 Yard Freestyle Relay**

1	Lake Washington-36	A	1:51.82
	1) Lemos de Lima, Tatiana W4	2) Singh, Isabelle W23	
	3) Lindberg, Denise W40	4) Johnson Seller, Lucia W27	
	26.68	32.22	28.33
			24.59
2	Blue Wave Aquati-36	A	1:56.19
	1) Wu, Joanna W28	2) Ralstin, Grace W21	
	3) Kim, Nellis W52	4) Mason, Lauren W38	
	25.07	30.07	31.38
			29.67

**Women 18+ 200 Yard Medley Relay**

1	Blue Wave Aquati-36	A	2:05.47
	1) Wu, Joanna W28	2) Moore, Maki W37	
	3) Ralstin, Grace W21	4) Kim, Nellis W52	
	27.25	35.18	32.05
			30.99
2	Western Washingt-36	A	2:23.28
	1) Farmer, Samantha W22	2) Adams, Emily W19	
	3) Fredlund, Emma W19	4) Knott, Olivia W19	
	40.25	39.27	35.36
			28.40
3	Lake Washington-36	A	2:25.91
	1) Lindberg, Denise W40	2) Singh, Isabelle W23	
	3) Johnson Seller, Lucia W27	4) Kempe, Christine W45	
	32.24	44.20	28.93
			40.54

**Women 25+ 200 Yard Freestyle Relay**

1	Cascade Masters-36	A	1:57.41
	1) Gehrke, Bethany W29	2) Carpenter, Kristin W56	
	3) Brunjes, Molly W42	4) Motley, Caitlin W35	
	27.54	33.50	29.36
			27.01
2	Bernardo's All S-36	A	2:01.80
	1) Lang, Claire W28	2) Eastlake, Emily W30	
	3) Fotiou, Amanda W35	4) Pound, Hallie W26	
	27.09	33.85	34.24
			26.62

**Women 25+ 200 Yard Medley Relay**

1	Cascade Masters-36	A	2:06.38
	1) Brunjes, Molly W42	2) Jennings, Lindsey W41	
	3) Motley, Caitlin W35	4) Gehrke, Bethany W29	
	33.86	34.96	30.63
			26.93
2	Mercer Island Re-36	A	2:09.98
	1) Steimel, Katherine W30	2) McLaughlin, Danielle W37	
	3) Sussex, Tatyana W59	4) Dagg, Erica W33	
	34.69	32.95	37.43
			24.91
---	Bernardo's All S-36	A	DQ
	Early take-off swimmer #2		
	1) Eastlake, Emily W30	2) Lang, Claire W28	
	3) Pound, Hallie W26	4) King, Rachel W29	
	40.45	36.36	29.99
			34.66

**Women 35+ 200 Yard Freestyle Relay**

1	Blue Wave Aquati-36	B	2:16.76
	1) Furtado, Krys W43	2) Mellick, Kimberly W44	
	3) Tuche, Megan W52	4) Rasmussen, Karen W48	
	30.40	32.95	38.14
			35.27

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**Women 35+ 200 Yard Medley Relay**

1	North End Otters-36	A		2:28.65
	1) Flynn, Christi W54		2) Dillan, Gloria W63	
	3) Lippold, Mary W67		4) Hass, Katie W43	
	43.32	41.92	35.31	28.10
2	Blue Wave Aquati-36	B		2:39.24
	1) Furtado, Krys W43		2) Rasmussen, Karen W48	
	3) Tuche, Megan W52		4) Mason, Lauren W38	
	39.36	49.06	40.31	30.51
3	Bernardo's All S-36	A		2:44.39
	1) Milman, Ariana W38		2) Fotiou, Amanda W35	
	3) Nelson, Sidney W35		4) Wolfe, Amy W53	
	43.56	41.96	41.77	37.10
4	Cascade Masters-36	B		2:55.81
	1) Carpenter, Kristin W56		2) Manwiller-Thompson, Becc	
	3) High, Marjorie W47		4) Ewalt, Anne W60	
	47.66	44.78	45.60	37.77

**Women 45+ 200 Yard Freestyle Relay**

1	Bainbridge Aquat-36	A		2:47.43
	1) Cyger, Erin W51		2) Hunt, Andrea W75	
	3) Meyers, Kate W74		4) Adkins-Narte, Heather W66	
	31.44	40.43	37.54	58.02

**Women 55+ 200 Yard Freestyle Relay**

1	North End Otters-36	A		2:02.05
	1) Stonecipher, Tari W58		2) Watson, Karen W58	
	3) Kramer, Karen W57		4) Stenfjord, Tani W57	
	32.93	30.78	31.15	27.19
2	Lake Washington-36	A		2:19.28
	1) Chapman, Linda W67		2) Moore, Sheila W64	
	3) Underbrink, Mary W63		4) Colella, Lynn W72	
	33.43	33.18	37.54	35.13

**Women 55+ 200 Yard Medley Relay**

1	North End Otters-36	A		2:22.19
	1) Stonecipher, Tari W58		2) Watson, Karen W58	
	3) Stenfjord, Tani W57		4) Kramer, Karen W57	
	38.41	39.66	31.83	32.29
---	Lake Washington-36	B		DQ
	Early take-off swimmer #2			
	1) Underbrink, Mary W63		2) Chapman, Linda W67	
	3) Colella, Lynn W72		4) Moore, Sheila W64	
	48.74	39.52	45.03	33.97

**Women 65+ 200 Yard Medley Relay**

1	Bainbridge Aquat-36	A		3:23.46
	1) Hunt, Andrea W75		2) Meyers, Kate W74	
	3) Belt, Barbara W67		4) Adkins-Narte, Heather W66	
	47.81	45.33	50.91	59.41

**Men 18+ 200 Yard Freestyle Relay**

1	Lake Washington-36	A		1:28.12
	1) Woodbury, Brian M26		2) Prieve, Aric M22	
	3) Mehta, Sivan M28		4) Nussbaum, Benjamin M26	
	21.47	23.43	20.91	22.31

---	Lake Washington-36	B		DQ
	Early take-off swimmer #3			
	1) Arevalo, Alan M22		2) Thompson, Scott M40	
	3) Scott, Michael M36		4) Kang, Patrick M28	
	23.36	24.26	26.78	22.35

**Men 18+ 200 Yard Medley Relay**

1	Lake Washington-36	A		1:38.57
	1) Woodbury, Brian M26		2) Kang, Patrick M28	
	3) Nussbaum, Benjamin M26		4) Prieve, Aric M22	
	23.30	28.29	24.03	22.95
2	Lake Washington-36	D		2:10.04
	1) Allison, Trenton M23		2) Pearson, Jay M61	
	3) Praeger, Wade M60		4) Wright, Charles M53	
	31.98	35.66	29.33	33.07

**Men 25+ 200 Yard Freestyle Relay**

1	CG Sports Manage-36	A		1:34.50
	1) Campea, Scott M48		2) Conroy, Chris M37	
	3) Hutchison, Tom M27		4) Petersen, Erik M34	
	25.04	22.70	22.85	23.91
2	Cascade Masters-36	A		1:39.15
	1) Bennett, John M43		2) Colella, Casey M28	
	3) Aitken, Kyle M25		4) Perry, Maxwell M44	
	24.04	24.74	26.82	23.55
3	Team Walker Inte-36	A		1:59.52
	1) Underbrink, Dan M66		2) Fogg, Stephen M74	
	3) Neuhaus, Scott M68		4) Shelly, Joseph M25	
	31.85	32.01	30.68	24.98

**Men 25+ 200 Yard Medley Relay**

1	Cascade Masters-36	A		1:48.68
	1) Sumnicht, Andrew M31		2) Colella, Casey M28	
	3) Bennett, John M43		4) Aitken, Kyle M25	
	28.24	29.23	25.42	25.79
2	Team Walker Inte-36	A		2:08.73
	1) Underbrink, Dan M66		2) Barnes, Brent M55	
	3) Shelly, Joseph M25		4) Anzilago Tesser, Guilherme	
	40.05	35.76	27.72	25.20
3	Bernardo's All S-36	A		2:15.57
	1) Alexander, Nick M34		2) Rittenhouse, Jackson M25	
	3) Schwartz, Michael M35		4) Cochell, Eddie M26	
	42.73	38.75	32.20	21.89

**Men 35+ 200 Yard Freestyle Relay**

1	Lake Washington-36	A		1:40.99
	1) Whitbeck, Dave M40		2) McCarty, David M58	
	3) Nygren, Mats M56		4) Colella, Rick M71	
	26.19	24.64	24.68	25.48
2	Blue Wave Aquati-36	A		1:52.96
	1) Bush, Gabe M45		2) Sprinkle, Baden M35	
	3) Smith, Daniel M60		4) Durban, Eric M67	
	27.79	23.84	27.95	33.38

**Men 35+ 200 Yard Medley Relay**

1	Lake Washington-36	B		1:54.68
	1) Nygren, Mats M56		2) McCarty, David M58	
	3) Whitbeck, Dave M40		4) Thompson, Scott M40	
	29.07	34.29	26.26	25.06

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

## 2023 PNA and Zones Championship

## Hosted by Blue Wave Aquatics

## Results

**(Men 35+ 200 Yard Medley Relay)**

2	Bernardo's All S-36	A		2:01.21
	1) Steenbeeke, Alain M61	2) Peterson, Steve M76		
	3) Snow, McGregor M43	4) Tujo, Christian M51		
	30.02	37.98	26.05	27.16
3	Blue Wave Aquati-36	A		2:04.27
	1) Sprinkle, Baden M35	2) Smith, Daniel M60		
	3) Bush, Gabe M45	4) Lautman, Scott M70		
	28.33	34.43	29.24	32.27

**Men 45+ 200 Yard Freestyle Relay**

1	Team Walker Inte-36	A		1:48.51
	1) Haynie, Carl M62	2) Barnes, Brent M55		
	3) Scott, David M56	4) Alsborg, Maoz M54		
	25.73	31.26	27.05	24.47
2	Bernardo's All S-36	A		1:54.52
	1) Steenbeeke, Alain M61	2) Towle, Jacob M57		
	3) Tujo, Christian M51	4) Wadey, Chuck M45		
	25.71	30.58	27.20	31.03
3	Lake Washington-36	A		1:54.83
	1) Yamamoto, Jin M48	2) Wright, Charles M53		
	3) Elander, Blair M61	4) Praeger, Wade M60		
	27.98	31.57	27.92	27.36
4	Blue Wave Aquati-36	B		2:52.54
	1) Drawbaugh, Kirby M85	2) Kreer, Kenneth M59		
	3) Condotta, Robert M59	4) Lautman, Scott M70		
	56.65		32.04	

**Men 55+ 200 Yard Freestyle Relay**

1	Lake Washington-36	A		1:55.04
	1) Pearson, Jay M61	2) White, Robert M74		
	3) Holzbach, John M69	4) Hayes, William M71		
	28.03	29.44	29.79	27.78

**Men 55+ 200 Yard Medley Relay**

1	Team Walker Inte-36	A		2:04.53
	1) Haynie, Carl M62	2) Scott, David M56		
	3) Moore, Robert M62	4) Neuhaus, Scott M68		
	29.76	35.16	29.07	30.54
2	Bainbridge Aquat-36	A		2:49.31
	1) Stevens, Rod M65	2) Hilgers, RJ M55		
	3) Baker, John M71	4) Hile, Laurence M73		
	41.53	46.76	33.06	47.96

**Men 65+ 200 Yard Medley Relay**

1	Lake Washington-36	C		2:05.99
	1) Colella, Rick M71	2) White, Robert M74		
	3) Holzbach, John M69	4) Hayes, William M71		
	29.43	35.87	33.70	26.99

**Mixed 18+ 200 Yard Freestyle Relay**

1	Lake Washington-36	A		1:51.68
	1) Prieve, Aric M22	2) Johnson Seller, Lucia W27		
	3) Singh, Isabelle W23	4) Allison, Trenton M23		
	22.28	28.02	34.15	27.23

2	Blue Wave Aquati-36	A		2:02.18
	1) Mason, Lauren W38	2) Ralstin, Grace W21		
	3) Smith, Daniel M60	4) Durban, Eric M67		
	31.53	30.65	28.18	31.82
3	Western Washing-36	A		2:15.74
	1) Osborne, Rae W20	2) Jackson, Lucia W19		
	3) Joslin, Nora W21	4) Riddle, Luci W20		
	34.29	40.47	32.26	28.72

**Mixed 18+ 200 Yard Medley Relay**

1	Blue Wave Aquati-36	A		1:59.74
	1) Wu, Joanna W28	2) Ralstin, Grace W21		
	3) Bush, Gabe M45	4) Sprinkle, Baden M35		
	27.38	39.11	28.86	24.39
2	Husky Masters-36	A		2:13.86
	1) Zimmerman, Stephanie W3	2) Phillips, Alex M35		
	3) Shindnes, Gabriel M26	4) Aronovitz, Emily W22		
	39.37	35.66	29.36	29.47
3	Lake Washington-36	A		2:16.01
	1) Allison, Trenton M23	2) Chapman, Linda W67		
	3) Praeger, Wade M60	4) Moore, Sheila W64		
	32.32	39.61	31.27	32.81

**Mixed 25+ 200 Yard Freestyle Relay**

1	Blue Wave Aquati-36	A		1:42.97
	1) Wu, Joanna W28	2) Moore, Maki W37		
	3) Bush, Gabe M45	4) Sprinkle, Baden M35		
	24.42	27.10	27.90	23.55
2	Cascade Masters-36	A		1:43.70
	1) Sunnicht, Andrew M31	2) Motley, Caitlin W35		
	3) Gehrke, Bethany W29	4) Colella, Casey M28		
	23.69	27.89	27.66	24.46
3	Bernardo's All S-36	A		1:45.47
	1) Lang, Claire W28	2) Rittenhouse, Jackson M25		
	3) Pound, Hallie W26	4) Cochell, Eddie M26		
	27.19	29.08	26.52	22.68
4	Lake Washington-36	B		1:48.38
	1) Mehta, Sivan M28	2) Lindberg, Denise W40		
	3) Colella, Lynn W72	4) Colella, Rick M71		
	22.02	26.41	35.17	24.78
5	Puget Sound Mast-36	A		2:07.58
	1) Chen, Jing W26	2) Yuan, Lei M31		
	3) Yu, Gehua M54	4) Li, Yun W29		
	33.43	31.42	33.15	29.58
6	Bernardo's All S-36	B		2:13.05
	1) Alexander, Nick M34	2) Eastlake, Emily W30		
	3) King, Rachel W29	4) Schwartz, Michael M35		
	33.44	33.58	35.36	30.67

**Mixed 25+ 200 Yard Medley Relay**

1	Lake Washington-36	A		1:46.67
	1) Mehta, Sivan M28	2) Lindberg, Denise W40		
	3) Nussbaum, Benjamin M26	4) Lemos de Lima, Tatiana W4		
	25.50	32.05	24.80	24.32
2	CG Sports Manage-36	A		1:49.88
	1) Zacharias, Reva W25	2) Calvo, Morena W35		
	3) Petersen, Erik M34	4) Conroy, Chris M37		
	28.89	34.05	24.56	22.38

**2023 PNA and Zones Championship Meet - 4/15/2023 to 4/16/2023****2023 PNA and Zones Championship****Hosted by Blue Wave Aquatics****Results****(Mixed 25+ 200 Yard Medley Relay)**

3	Cascade Masters-36	A		1:53.18
	1) Motley, Caitlin W35	2) Colella, Casey M28		
	3) Bennett, John M43	4) Gehrke, Bethany W29		
	31.15	29.03	25.24	27.76
4	Lake Washington-36	B		2:10.64
	1) Johnson Seller, Lucia W27	2) Colella, Rick M71		
	3) Colella, Lynn W72	4) Kang, Patrick M28		
	32.59	29.94	45.16	22.95
5	Puget Sound Mast-36	A		2:30.85
	1) Li, Yun W29	2) Chen, Jing W26		
	3) Yuan, Lei M31	4) Yu, Gehua M54		
	34.96	45.90	35.10	34.89
---	Bernardo's All S-36	A		DQ
	Early take-off swimmer #3			
	1) Pound, Hallie W26	2) Lang, Claire W28		
	3) Cochell, Eddie M26	4) Rittenhouse, Jackson M25		
	34.16	38.06	24.53	29.17

**Mixed 35+ 200 Yard Freestyle Relay**

1	Cascade Masters-36	A		1:52.67
	1) Brunjes, Molly W42	2) Jennings, Lindsey W41		
	3) Bennett, John M43	4) Andelin, Travis M40		
	29.99	27.68	24.11	30.89
2	Bernardo's All S-36	A		2:03.81
	1) Fotiou, Amanda W35	2) Tujo, Christian M51		
	3) Nelson, Sidney W35	4) Snow, McGregor M43		
	34.05	27.25	20.47	42.04
3	Cascade Masters-36	C		2:05.33
	1) Manwiller-Thompson, Becc	2) High, Marjorie W47		
	3) Aitken, Kyle M25	4) Colella, Rodney M55		
	33.92	38.14	26.88	26.39
4	Bernardo's All S-36	C		2:47.57
	1) Batdorf, Casandra W55	2) Wadey, Chuck M45		
	3) Milman, Ariana W38	4) Peterson, Steve M76		
	1:07.04	32.09	35.65	32.79

**Mixed 35+ 200 Yard Medley Relay**

1	Bernardo's All S-36	A		2:26.58
	1) Milman, Ariana W38	2) Fotiou, Amanda W35		
	3) Tujo, Christian M51	4) Schwartz, Michael M35		
	44.79	40.08	25.68	36.03
2	Blue Wave Aquati-36	B		2:27.02
	1) Stribling Geldien, Gail W42	2) Mason, Lauren W38		
	3) Smith, Daniel M60	4) Durban, Eric M67		
	37.48	46.00	30.79	32.75
3	Cascade Masters-36	B		2:27.45
	1) Perry, Maxwell M44	2) Colella, Rodney M55		
	3) High, Marjorie W47	4) Phillips, Sue W63		
	30.15	29.53	47.93	39.84

**Mixed 45+ 200 Yard Freestyle Relay**

1	Lake Washington-36	C		2:05.65
	1) Pearson, Jay M61	2) Moore, Sheila W64		
	3) Wright, Charles M53	4) Chapman, Linda W67		
	28.27	33.85	31.29	32.24

2	Bernardo's All S-36	A		2:09.15
	1) Ghilarducci, Emily W60	2) Hicks, Roger M64		
	3) Wolfe, Amy W53	4) Steenbeeke, Alain M61		
	36.99	28.15	38.60	25.41
3	Blue Wave Aquati-36	B		2:21.78
	1) Rasmussen, Karen W48	2) Tuche, Megan W52		
	3) Lautman, Scott M70	4) Condotta, Robert M59		
	36.36	37.32	32.00	36.10

**Mixed 45+ 200 Yard Medley Relay**

1	Bainbridge Aquat-36	A		2:31.58
	1) Meyers, Kate W74	2) Stevens, Rod M65		
	3) Cyger, Erin W51	4) Galvani, Bill M76		
	43.29	38.01	33.61	36.67
---	Blue Wave Aquati-36	C		DQ
	Stroke Infraction swimmer #1: Multiple strokes past vertical at t			
	1) Condotta, Robert M59	2) Kim, Nellis W52		
	3) Tuche, Megan W52	4) Kreer, Kenneth M59		
	55.78	39.40	42.68	

**Mixed 55+ 200 Yard Freestyle Relay**

1	Bainbridge Aquat-36	A		3:04.97
	1) Hilgers, RJ M55	2) Hunt, Andrea W75		
	3) Adkins-Narte, Heather W66	4) Hile, Laurence M73		
	36.82	41.91	59.85	46.39

**Mixed 55+ 200 Yard Medley Relay**

1	Bernardo's All S-36	A		3:13.82
	1) Towle, Jacob M57	2) Ghilarducci, Emily W60		
	3) Peterson, Steve M76	4) Batdorf, Casandra W55		
	49.19	43.05	38.37	1:03.21

**Mixed 65+ 200 Yard Freestyle Relay**

1	Bainbridge Aquat-36	A		2:18.96
	1) Baker, John M71	2) Belt, Barbara W67		
	3) Meyers, Kate W74	4) Stevens, Rod M65		
	30.13	38.92	37.15	32.76