

## PNA LCM ESTIMATED TIMELINE – July 1, 2023

**WARM-UP: 8:30AM MEET START: 9:30AM**

- The meet may run faster or slower than shown
- Note the deadlines for positive check-in for 400 Free, 400 IM, 800 Free
- Note the deadlines for turning in Relay Cards

Event #	Event Name	Entries	Heats	Starts at	Notes
1	Mixed 400 Free	52	7u	9:30 AM	Check in by 8:50am
2	Women 200 Free Relay			10:30 AM	Relay Cards due by 8:45am
3	Men 200 Free Relay			10:35 AM	Relay Cards due by 8:45am
4	Mixed 200 Fly	11	2	10:39 AM	
5	Mixed 50 Breast	59	8	10:50 AM	Starts from scoreboard end
6	Mixed 200 Back	23	3	11:07 AM	
7	Mixed 100 Free	65	9	11:22 AM	
	~~5-Minute BREAK~~				
8	Mixed 200 Free Relay			11:46 AM	Relay cards due by 10 AM
9	Mixed 200 IM	29	4	11:54 AM	
10	Mixed 50 Fly	52	7	12:13 PM	Starts from scoreboard end
11	Mixed 100 Back	26	4	12:26 PM	
12	Mixed 200 Breast	20	3	12:38 PM	
13	Mixed 50 Free	72	9	12:55 PM	Starts from scoreboard end
14	Mixed 400 IM	12	2u	1:10 PM	Check in by end of Event #6
	~~5-Minute BREAK~~				
15	Women 200 Medley Relay			1:35 PM	Relay Cards due by end of Event #7
16	Men 200 Medley Relay			1:40 PM	Relay Cards due by end of Event #7
17	Mixed 100 Fly	11	2	1:44 PM	
18	Mixed 50 Back	38	5	1:51 PM	Starts from scoreboard end
19	Mixed 100 Breast	33	5	2:04 PM	
20	Mixed 200 Free	31	4	2:18 PM	
21	Mixed 200 Medley Relay			2:34 PM	Relay Cards due by the end of Event #14
22	Mixed 800 Free	24	3u	2:39 PM	Check in by end of Event #13
	Entry/Heat Totals:	558	77		
	Finish Time:			3:30 PM	

<b>Full Name</b>	<b>Club</b>	<b>WrkGrp</b>	<b>LMSC</b>	<b>Gen</b>	<b>Age</b>
Jennifer Carlson	<b>RMST</b>		10	W	44
John Carlson	<b>RMST</b>		10	M	52
Kelly Riedinger	<b>NASH</b>		15	W	44
Margaret Hair	<b>LCNM</b>		35	W	68
Jett Vallandigham	<b>MCM</b>		35	W	77
Tammy Fisher	<b>TCAS</b>		35	W	40
Gabe Bush	<b>BWAQ</b>		36	M	46
Chelsea Chan	<b>BWAQ</b>		36	W	31
Donatto Gallardo	<b>BWAQ</b>		36	M	33
Caralee Kohler	<b>BWAQ</b>		36	W	29
Lauren Mason	<b>BWAQ</b>		36	W	39
Tomas Mendez	<b>BWAQ</b>		36	M	31
Tyler Middleton	<b>BWAQ</b>		36	M	39
Edward Louie Quintos	<b>BWAQ</b>		36	M	26
Madeline Ralstin	<b>BWAQ</b>		36	W	22
Daniel Smith	<b>BWAQ</b>		36	M	61
Baden Sprinkle	<b>BWAQ</b>		36	M	35
Megan Tuche	<b>BWAQ</b>		36	W	53
Gregory Henzel	<b>HA</b>		36	M	54
Heather Adkins-Narte	<b>PSM</b>	<b>BAMWA</b>	36	W	69
Barbara Belt	<b>PSM</b>	<b>BAMWA</b>	36	W	68
Laurence Hile	<b>PSM</b>	<b>BAMWA</b>	36	M	73
RJ Hilgers	<b>PSM</b>	<b>BAMWA</b>	36	M	55
Quynh-Anh Nguyen	<b>PSM</b>	<b>BAMWA</b>	36	W	52
Peter Nimb	<b>PSM</b>	<b>BAMWA</b>	36	M	59
Shelley Reimer	<b>PSM</b>	<b>BAMWA</b>	36	W	54
Heather Anderson	<b>PSM</b>	<b>BCMS</b>	36	W	59
Chad Fletcher	<b>PSM</b>	<b>BCMS</b>	36	M	51
Eddie Switaj	<b>PSM</b>	<b>BCMS</b>	36	M	39
John Finke	<b>PSM</b>	<b>BERN</b>	36	M	53
Emily Ghilarducci	<b>PSM</b>	<b>BERN</b>	36	W	61
Diana Hermanson	<b>PSM</b>	<b>BERN</b>	36	W	58
Claire Lang	<b>PSM</b>	<b>BERN</b>	36	W	29
Ariana Milman	<b>PSM</b>	<b>BERN</b>	36	W	39
Timothy Panzer	<b>PSM</b>	<b>BERN</b>	36	M	59
Steve Peterson	<b>PSM</b>	<b>BERN</b>	36	M	77
Hallie Pound	<b>PSM</b>	<b>BERN</b>	36	W	27
Christian Tujo	<b>PSM</b>	<b>BERN</b>	36	M	52
Tom Weyhrauch	<b>PSM</b>	<b>BERN</b>	36	M	66
Scott Campea	<b>PSM</b>	<b>CGSM</b>	36	M	48
Erik Petersen	<b>PSM</b>	<b>CGSM</b>	36	M	35
Molly Brunjes	<b>PSM</b>	<b>CSCM</b>	36	W	43
Casey Colella	<b>PSM</b>	<b>CSCM</b>	36	M	29
Anne Ewalt	<b>PSM</b>	<b>CSCM</b>	36	W	61
Bethany Gehrke	<b>PSM</b>	<b>CSCM</b>	36	W	30
Marjorie High	<b>PSM</b>	<b>CSCM</b>	36	W	48
David Hoover	<b>PSM</b>	<b>CSCM</b>	36	M	61
Shawn Jeffery	<b>PSM</b>	<b>CSCM</b>	36	M	44
Lindsey Jennings	<b>PSM</b>	<b>CSCM</b>	36	W	42
Abigail Motley	<b>PSM</b>	<b>CSCM</b>	36	W	33
Caitlin Motley	<b>PSM</b>	<b>CSCM</b>	36	W	36
Julie Sayigh	<b>PSM</b>	<b>CSCM</b>	36	W	48
Graham Anderson	<b>PSM</b>	<b>EFY</b>	36	M	72

<b>Full Name</b>	<b>Club</b>	<b>WrkGrp</b>	<b>LMSC</b>	<b>Gen</b>	<b>Age</b>
Taylor Bailey	PSM	EFY	36	W	30
James Hessen	PSM	EFY	36	M	33
Gary Niegemann	PSM	EFY	36	M	64
Paige Seaborg	PSM	EFY	36	W	68
Danielle Woolley	PSM	EFY	36	W	34
Kyle Geiger	PSM	GEM	36	M	65
Adrien Chaussabel	PSM	HMST	36	M	24
Trenton Allison	PSM	LWM	36	M	24
Jazmyn Capron-	PSM	LWM	36	W	19
Linda Chapman	PSM	LWM	36	W	67
Ronny Cho	PSM	LWM	36	M	46
Lynn Colella	PSM	LWM	36	W	73
Rick Colella	PSM	LWM	36	M	72
Charlotte Davis	PSM	LWM	36	W	73
Christine Kempe	PSM	LWM	36	W	46
Yun Li	PSM	LWM	36	W	29
Denise Lindberg	PSM	LWM	36	W	41
Hannah Loughlin	PSM	LWM	36	W	35
Alex Repeta	PSM	LWM	36	M	25
Isabelle Singh	PSM	LWM	36	W	24
Scott Thompson	PSM	LWM	36	M	41
Dave Whitbeck	PSM	LWM	36	M	41
Robert White	PSM	LWM	36	M	75
Erica Dagg	PSM	MIR	36	W	34
Alex Goldstein	PSM	MIR	36	M	55
Brian Hannan	PSM	MIR	36	M	35
Yawei Hao	PSM	MIR	36	M	33
Danielle McLaughlin	PSM	MIR	36	W	38
Tatyana Sussex	PSM	MIR	36	W	60
Khyati Agrawal	PSM	ORCA	36	W	25
Alison Aylesworth	PSM	ORCA	36	W	46
Kevin Simpson	PSM	ORCA	36	M	39
Sarah Welch	PSM	ORCA	36	W	76
Gerald Cermak	PSM		36	M	60
Diego de Acosta	PSM		36	M	48
Trever Gray	PSM		36	M	47
Wendy Hoffman	PSM		36	W	61
Darla Long	PSM		36	W	26
Lisa Milkowski	PSM		36	W	54
Dick Peterson	PSM		36	M	86
Rowan Poppen-Eagan	PSM		36	M	24
Rebekah Pusateri	PSM		36	W	25
William Smith	PSM		36	M	78
Rick Spencer	PSM		36	M	75
Jon Walker	PSM		36	M	48
Ed Wardian	PSM		36	M	57
Ronald Jones	PSM	TTFY	36	M	83
Robert Pilger	PSM	TTFY	36	M	80
Maoz Alsberg	PSM	TWIM	36	M	55
Guilherme Anzilago	PSM	TWIM	36	M	42
Brent Barnes	PSM	TWIM	36	M	55
Stephen Fogg	PSM	TWIM	36	M	75
Ruben Guerrero	PSM	TWIM	36	M	32
Holly Lickwala	PSM	TWIM	36	W	47

<b>Full Name</b>	<b>Club</b>	<b>WrkGrp</b>	<b>LMSC</b>	<b>Gen</b>	<b>Age</b>
Scott Neuhaus	<b>PSM</b>	<b>TWIM</b>	36	M	69
David Scott	<b>PSM</b>	<b>TWIM</b>	36	M	57
Dan Underbrink	<b>PSM</b>	<b>TWIM</b>	36	M	67
Colleen Wahlstrom	<b>PSM</b>	<b>TWIM</b>	36	W	47
Thomas Walker	<b>PSM</b>	<b>TWIM</b>	36	M	76
Samantha Farmer	<b>PSM</b>	<b>WWUS</b>	36	W	23
Nora Joslin	<b>PSM</b>	<b>WWUS</b>	36	W	22
Sydney Anderson	<b>UC36</b>		36	W	31
Matthew Bittner	<b>UC36</b>		36	M	64
Brent Bode-Wagner	<b>UC36</b>		36	M	32
Bryan Buchner	<b>UC36</b>		36	M	46
Boris Desancic	<b>UC36</b>		36	M	51
Shea DeWald	<b>UC36</b>		36	W	30
John Dobson	<b>UC36</b>		36	M	42
Elizabeth Enriquez-	<b>UC36</b>		36	W	33
Kristen Hemke	<b>UC36</b>		36	W	35
Brian Knittle	<b>UC36</b>		36	M	50
Stephen Luckey	<b>UC36</b>		36	M	51
Regan Pelton	<b>UC36</b>		36	M	53
Phil Stevens	<b>UC36</b>		36	M	48
Logan Wintermute	<b>UC36</b>		36	M	27
Felicia Yu	<b>UC36</b>		36	W	34
Shilin Zhou	<b>UC36</b>		36	M	31
Jon Anderson	<b>OREG</b>		37	M	61
Karen Andrus-Hughes	<b>OREG</b>		37	W	66
Briana Balsbough	<b>OREG</b>		37	W	27
Peter Berghaus	<b>OREG</b>		37	M	82
Michelle Cary	<b>OREG</b>		37	W	42
Doug Christensen	<b>OREG</b>		37	M	60
Colette Crabbe	<b>OREG</b>		37	W	67
Evan Edwards	<b>OREG</b>		37	M	25
Janet Gettling	<b>OREG</b>		37	W	75
Francie Haffner	<b>OREG</b>		37	W	56
David Hathaway	<b>OREG</b>		37	M	63
Richard Howell	<b>OREG</b>		37	M	64
April Isa	<b>OREG</b>		37	W	34
Daniel Jorgensen	<b>OREG</b>		37	M	55
Christine Mcclafferty	<b>OREG</b>		37	W	50
Scot Sullivan	<b>OREG</b>		37	M	57
Jeanna Summers	<b>OREG</b>		37	W	69
Joy Ward	<b>OREG</b>		37	W	81
Brent Washburne	<b>OREG</b>		37	M	62
John Caelin Hickey	<b>EDSB</b>		38	M	42
Jack Fritz	<b>ARIZ</b>		48	M	90
Jill Fritz	<b>ARIZ</b>		48	W	83
Cynthia Clutter	<b>MMAC</b>		48	W	63
Joanne Menard	<b>MMAC</b>		48	W	75
Brian Johnson	<b>SAWS</b>		59	M	66
Ellen Reynolds	<b>SAWS</b>		59	W	59

Warm-up 8:30am  
Meet Starts 9:30am

PNA LCM Meet, Sanction #: 363-S005  
Hosted by the Clubs and Workout Groups of PNA  
Meet Program - Saturday

**Event 1 Mixed 400 LC Meter Freestyle**

Check in by 8:50am

	Name	Age	Team	Seed Time
1	Rowan Poppen-Eagan	M24	Puget Sound Mast-36	4:33.99
2	Evan Edwards	M25	Oregon Masters-37	4:34.51
3	Diego de Acosta	M48	Puget Sound Mast-36	4:35.31
4	Dave Whitbeck	M41	Lake Washington-36	4:40.00
5	Daniel Jorgensen	M55	Oregon Masters-37	4:40.05
6	Casey Colella	M29	Cascade Masters-36	4:44.44
7	Caitlin Motley	W36	Cascade Masters-36	4:45.00
8	Scot Sullivan	M57	Oregon Masters-37	4:49.99
9	Jon Walker	M48	Puget Sound Mast-36	4:50.00
10	Baden Sprinkle	M35	Blue Wave Aquati-36	5:00.00
11	Bethany Gehrke	W30	Cascade Masters-36	5:00.00
12	Brian Knittle	M50	UC36-36	5:00.00
13	Danielle McLaughlin	W38	Mercer Island Re-36	5:01.39
14	Sydney Anderson	W31	UC36-36	5:08.00
15	Alex Goldstein	M55	Mercer Island Re-36	5:10.00
16	Colleen Wahlstrom	W47	Team Walker Inte-36	5:10.00
17	Erica Dagg	W34	Mercer Island Re-36	5:20.00
18	Daniel Smith	M61	Blue Wave Aquati-36	5:21.15
19	Francie Haffner	W56	Oregon Masters-37	5:22.67
20	Jennifer Carlson	W44	Reston Masters S-10	5:25.33
21	Shelley Reimer	W54	Bainbridge Aquat-36	5:27.00
22	Hallie Pound	W27	Bernardo's All S-36	5:29.24
23	Danielle Woolley	W34	Everett Family Y-36	5:30.00
24	Michelle Cary	W42	Oregon Masters-37	5:34.96
25	Colette Crabbe	W67	Oregon Masters-37	5:35.00
26	Gabe Bush	M46	Blue Wave Aquati-36	5:40.00
27	Alison Aylesworth	W46	Orca Swim Team-36	5:42.00
28	Christian Tujo	M52	Bernardo's All S-36	5:45.00
29	Molly Brunjes	W43	Cascade Masters-36	5:51.92
30	Tammy Fisher	W40	Tri-City Atomic-35	6:00.00
31	Holly Lickwala	W47	Team Walker Inte-36	6:00.47
32	Timothy Panzer	M59	Bernardo's All S-36	6:01.81
33	Stephen Luckey	M51	UC36-36	6:15.00
34	Elizabeth Enriquez-Ortiz	W33	UC36-36	6:32.19
35	Brent Barnes	M55	Team Walker Inte-36	6:52.13
36	Jeanna Summers	W69	Oregon Masters-37	6:55.13
37	Nora Joslin	W22	Western Washingt-36	6:56.00
38	Barbara Belt	W68	Bainbridge Aquat-36	6:56.79
39	Megan Tuche	W53	Blue Wave Aquati-36	7:00.00
40	Emily Ghilarducci	W61	Bernardo's All S-36	7:01.00
41	Kristen Hemke	W35	UC36-36	7:14.00
42	Tom Weyhrauch	M66	Bernardo's All S-36	7:18.00
43	John Carlson	M52	Reston Masters S-10	7:19.51
44	Diana Hermanson	W58	Bernardo's All S-36	7:30.00
45	Taylor Bailey	W30	Everett Family Y-36	7:45.00
46	Robert Pilger	M80	Tom Taylor Famil-36	7:50.00
47	Eddie Switaj	M39	Bellevue Club-36	8:00.00
48	Laurence Hile	M73	Bainbridge Aquat-36	9:16.30
49	Paige Seaborg	W68	Everett Family Y-36	9:30.00
50	Jill Fritz	W83	Arizona Masters-48	9:40.00
51	Caralee Kohler	W29	Blue Wave Aquati-36	10:30.00
52	Thomas Walker	M76	Team Walker Inte-36	16:00.00

**Event 2 Women 200 LC Meter Freestyle Relay**

Relay Cards due by 8:45am

Team	Relay	Seed Time
---	No entries for event	

**Event 3 Men 200 LC Meter Freestyle Relay**

Relay Cards due by 8:45am

Team	Relay	Seed Time
---	No entries for event	

**Event 4 Mixed 200 LC Meter Butterfly**

Lane Name Age Team Seed Time

Heat	1 of 2	Finals			
1					
2					
3	John Caelin Hickey	M42	El Dorado Solar-38		4:25.00
4	Brent Washburne	M62	Oregon Masters-37		3:30.00
5	Margaret Hair	W68	Lewis Clark Nept-35		4:04.68
6					
7					
8					
Heat	2 of 2	Finals			
1	Yun Li	W29	Lake Washington-36		3:20.00
2	Christine Mcclafferty	W50	Oregon Masters-37		2:43.76
3	Shawn Jeffery	M44	Cascade Masters-36		2:30.00
4	Eddie Switaj	M39	Bellevue Club-36		2:20.00
5	Erik Petersen	M35	CG Sports Manage-36		2:29.74
6	Logan Wintermute	M27	UC36-36		2:38.52
7	Trenton Allison	M24	Lake Washington-36		2:51.30
8	Tatyana Sussex	W60	Mercer Island Re-36		3:30.00

**Event 5 Mixed 50 LC Meter Breaststroke**

Starts from scoreboard end of pool

Lane Name Age Team Seed Time

Heat	1 of 8	Finals			
1					
2					
3	Thomas Walker	M76	Team Walker Inte-36		2:00.00
4	Quynh-Anh Nguyen	W52	Bainbridge Aquat-36		1:23.00
5	Jack Fritz	M90	Arizona Masters-48		1:43.23
6					
7					
8					
Heat	2 of 8	Finals			
1	Jett Vallandigham	W77	Moscow Chinooks-35		1:09.45
2	Ronald Jones	M83	Tom Taylor Famil-36		1:05.00
3	Marjorie High	W48	Cascade Masters-36		1:00.34
4	Lynn Colella	W73	Lake Washington-36		59.00
5	Dick Peterson	M86	Puget Sound Mast-36		59.03
6	William Smith	M78	Puget Sound Mast-36		1:02.24
7	Peter Berghaus	M82	Oregon Masters-37		1:05.00
8	Heather Adkins-Narte	W69	Bainbridge Aquat-36		1:19.80

**PNA LCM Meet, Sanction #: 363-S005**  
**Hosted by the Clubs and Workout Groups of PNA**  
**Meet Program - Saturday**

**Heat 3 Finals (#5 Mixed 50 LC Meter Breaststroke)**

1	Taylor Bailey	W30	Everett Family Y-36	58.72
2	Christine Kempe	W46	Lake Washington-36	55.03
3	Chad Fletcher	M51	Bellevue Club-36	51.20
4	Janet Gettling	W75	Oregon Masters-37	50.00
5	Julie Sayigh	W48	Cascade Masters-36	50.21
6	Gregory Henzel	M54	Harbor Aquatics-36	52.00
7	Anne Ewalt	W61	Cascade Masters-36	57.00
8	Graham Anderson	M72	Everett Family Y-36	58.87

**Heat 4 of 8 Finals**

1	Margaret Hair	W68	Lewis Clark Nept-35	49.68
2	Brent Bode-Wagner	M32	UC36-36	47.60
3	Scott Neuhaus	M69	Team Walker Inte-36	46.18
4	April Isa	W34	Oregon Masters-37	45.40
5	Edward Louie Quintos	M26	Blue Wave Aquati-36	46.10
6	RJ Hilgers	M55	Bainbridge Aquat-36	46.75
7	Cynthia Clutter	W63	Mesa Aquatics Cl-48	49.63
8	Felicia Yu	W34	UC36-36	50.00

**Heat 5 of 8 Finals**

1	Charlotte Davis	W73	Lake Washington-36	45.00
2	Emily Ghilarducci	W61	Bernardo's All S-36	45.00
3	Caitlin Motley	W36	Cascade Masters-36	44.17
4	Chelsea Chan	W31	Blue Wave Aquati-36	44.00
5	Steve Peterson	M77	Bernardo's All S-36	44.00
6	Kelly Riedinger	W44	Nashville Aquati-15	44.70
7	Erica Dagg	W34	Mercer Island Re-36	45.00
8	Bryan Buchner	M46	UC36-36	45.00

**Heat 6 of 8 Finals**

1	Abigail Motley	W33	Cascade Masters-36	43.00
2	Kevin Simpson	M39	Orca Swim Team-36	42.00
3	Colette Crabbe	W67	Oregon Masters-37	41.87
4	Brent Barnes	M55	Team Walker Inte-36	40.39
5	Robert White	M75	Lake Washington-36	41.04
6	Rebekah Pusateri	W25	Puget Sound Mast-36	42.00
7	Khyati Agrawal	W25	Orca Swim Team-36	42.00
8	Linda Chapman	W67	Lake Washington-36	44.00

**Heat 7 of 8 Finals**

1	Madeline Ralstin	W22	Blue Wave Aquati-36	40.00
2	Lindsey Jennings	W42	Cascade Masters-36	39.28
3	David Scott	M57	Team Walker Inte-36	39.00
4	Briana Balsbough	W27	Oregon Masters-37	38.00
5	Gerald Cermak	M60	Puget Sound Mast-36	38.05
6	Danielle McLaughlin	W38	Mercer Island Re-36	39.00
7	Shea DeWald	W30	UC36-36	39.38
8	Bethany Gehrke	W30	Cascade Masters-36	40.00

**Heat 8 of 8 Finals**

1	Denise Lindberg	W41	Lake Washington-36	36.80
2	Scott Campea	M48	CG Sports Manage-36	33.50
3	Eddie Switaj	M39	Bellevue Club-36	32.50
4	James Hooper	M52	Ubcm Fina	32.01
5	Casey Colella	M29	Cascade Masters-36	32.11
6	Ruben Guerrero	M32	Team Walker Inte-36	33.00
7	Rick Colella	M72	Lake Washington-36	33.66
8	Richard Howell	M64	Oregon Masters-37	37.50

**Event 6 Mixed 200 LC Meter Backstroke**

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

1	Peter Berghaus	M82	Oregon Masters-37	4:55.55
2	Heather Adkins-Narte	W69	Bainbridge Aquat-36	4:45.06
3	Elizabeth Enriquez-Ortiz	W33	UC36-36	4:15.23
4	Dick Peterson	M86	Puget Sound Mast-36	4:04.33
5	Ariana Milman	W39	Bernardo's All S-36	4:15.00
6	Ronald Jones	M83	Tom Taylor Famil-36	4:20.00
7	Jill Fritz	W83	Arizona Masters-48	4:48.66
8				

**Heat 2 of 3 Finals**

1	Jeanna Summers	W69	Oregon Masters-37	3:46.54
2	Rick Spencer	M75	Puget Sound Mast-36	3:25.99
3	Kelly Riedinger	W44	Nashville Aquati-15	3:11.42
4	David Hathaway	M63	Oregon Masters-37	2:59.70
5	Karen Andrus-Hughes	W66	Oregon Masters-37	3:05.57
6	Wendy Hoffman	W61	Puget Sound Mast-36	3:25.00
7	Dan Underbrink	M67	Team Walker Inte-36	3:31.48
8	Joy Ward	W81	Oregon Masters-37	3:49.00

**Heat 3 of 3 Finals**

1	Darla Long	W26	Puget Sound Mast-36	2:45.99
2	Hannah Loughlin	W35	Lake Washington-36	2:40.00
3	Scot Sullivan	M57	Oregon Masters-37	2:34.99
4	Rowan Poppen-Eagan	M24	Puget Sound Mast-36	2:22.88
5	Diego de Acosta	M48	Puget Sound Mast-36	2:24.22
6	Ellen Reynolds	W59	Sawtooth Masters-59	2:40.00
7	John Finke	M53	Bernardo's All S-36	2:45.00
8	Francie Haffner	W56	Oregon Masters-37	2:55.67

**Event 7 Mixed 100 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

1				
2				
3	Jack Fritz	M90	Arizona Masters-48	2:10.66
4	Christine Kempe	W46	Lake Washington-36	2:00.00
5	Jill Fritz	W83	Arizona Masters-48	2:01.85
6				
7				
8				

**Heat 2 of 9 Finals**

1				
2	Laurence Hile	M73	Bainbridge Aquat-36	1:46.00
3	Gary Niegemann	M64	Everett Family Y-36	1:36.00
4	Tom Weyhrauch	M66	Bernardo's All S-36	1:35.00
5	Matthew Bittner	M64	UC36-36	1:35.00
6	Marjorie High	W48	Cascade Masters-36	1:36.50
7	Paige Seaborg	W68	Everett Family Y-36	1:50.00
8				

**PNA LCM Meet, Sanction #: 363-S005**  
**Hosted by the Clubs and Workout Groups of PNA**  
**Meet Program - Saturday**

<b>Heat 3 Finals (#7 Mixed 100 LC Meter Freestyle)</b>				
1	Megan Tuche	W53	Blue Wave Aquati-36	1:32.40
2	Stephen Fogg	M75	Team Walker Inte-36	1:26.75
3	Stephen Luckey	M51	UC36-36	1:25.00
4	Chad Fletcher	M51	Bellevue Club-36	1:21.00
5	Brent Barnes	M55	Team Walker Inte-36	1:22.00
6	Robert Pilger	M80	Tom Taylor Famil-36	1:26.00
7	Brent Bode-Wagner	M32	UC36-36	1:26.90
8	Kristen Hemke	W35	UC36-36	1:32.50

<b>Heat 4 of 9 Finals</b>				
1	Donatto Gallardo	M33	Blue Wave Aquati-36	1:20.00
2	Michelle Cary	W42	Oregon Masters-37	1:16.56
3	Bryan Buchner	M46	UC36-36	1:15.00
4	Tammy Fisher	W40	Tri-City Atomic-35	1:15.00
5	Nora Joslin	W22	Western Washingt-36	1:15.00
6	Alison Aylesworth	W46	Orca Swim Team-36	1:15.70
7	RJ Hilgers	M55	Bainbridge Aquat-36	1:20.00
8	Scott Neuhaus	M69	Team Walker Inte-36	1:20.98

<b>Heat 5 of 9 Finals</b>				
1	Chelsea Chan	W31	Blue Wave Aquati-36	1:14.00
2	Alex Goldstein	M55	Mercer Island Re-36	1:13.00
3	James Hessen	M33	Everett Family Y-36	1:10.68
4	Tatyana Sussex	W60	Mercer Island Re-36	1:10.00
5	Christian Tujo	M52	Bernardo's All S-36	1:10.20
6	John Caelin Hickey	M42	El Dorado Solar-38	1:12.00
7	Charlotte Davis	W73	Lake Washington-36	1:14.00
8	Peter Nimb	M59	Bainbridge Aquat-36	1:15.00

<b>Heat 6 of 9 Finals</b>				
1	Sydney Anderson	W31	UC36-36	1:10.00
2	Gerald Cermak	M60	Puget Sound Mast-36	1:08.13
3	Jon Anderson	M61	Oregon Masters-37	1:08.00
4	Kyle Geiger	M65	425 Masters-36	1:08.00
5	Erica Dagg	W34	Mercer Island Re-36	1:08.00
6	Hallie Pound	W27	Bernardo's All S-36	1:08.06
7	Gabe Bush	M46	Blue Wave Aquati-36	1:09.55
8	Ronny Cho	M46	Lake Washington-36	1:10.00

<b>Heat 7 of 9 Finals</b>				
1	Colleen Wahlstrom	W47	Team Walker Inte-36	1:06.50
2	Kevin Simpson	M39	Orca Swim Team-36	1:05.00
3	Ed Wardian	M57	Puget Sound Mast-36	1:04.00
4	Jazmyn Capron-Graves	W19	Lake Washington-36	1:03.84
5	Regan Pelton	M53	UC36-36	1:04.00
6	Peter Heusel	M55	Ebmsc Fina	1:04.35
7	Kelly Geisheimer	W40	Hyack Fina	1:06.00
8	Jennifer Carlson	W44	Reston Masters S-10	1:07.08

<b>Heat 8 of 9 Finals</b>				
1	Maoz Alsberg	M55	Team Walker Inte-36	1:03.00
2	Evan Edwards	M25	Oregon Masters-37	1:02.74
3	Brian Knittle	M50	UC36-36	1:02.00
4	Mark Kennedy	M51	Ubcm Fina	1:01.50
5	Shawn Jeffery	M44	Cascade Masters-36	1:02.00
6	Tyler Middleton	M39	Blue Wave Aquati-36	1:02.65
7	Brian Hannan	M35	Mercer Island Re-36	1:03.00
8	Jon Walker	M48	Puget Sound Mast-36	1:03.76

<b>Heat 9 of 9 Finals</b>				
1	Rowan Poppen-Eagan	M24	Puget Sound Mast-36	1:00.98
2	Claire Lang	W29	Bernardo's All S-36	1:00.00
3	Daniel Jorgensen	M55	Oregon Masters-37	59.01
4	Trever Gray	M47	Puget Sound Mast-36	58.46
5	Adrien Chaussabel	M24	Husky Masters-36	59.00
6	Scott Thompson	M41	Lake Washington-36	1:00.00
7	Alex Repeta	M25	Lake Washington-36	1:00.00
8	Dave Whitbeck	M41	Lake Washington-36	1:01.00

**Event 8 Mixed 200 LC Meter Freestyle Relay**

**Relay cards due by 10am**

Team	Relay	Seed Time
--- No entries for event		

**Event 9 Mixed 200 LC Meter IM**

**Lane Name Age Team Seed Time**

<b>Heat 1 of 4 Finals</b>				
1				
2	Ariana Milman	W39	Bernardo's All S-36	4:10.00
3	Phil Stevens	M48	UC36-36	4:00.00
4	John Caelin Hickey	M42	El Dorado Solar-38	3:55.00
5	Janet Gettling	W75	Oregon Masters-37	3:55.00
6	Megan Tuche	W53	Blue Wave Aquati-36	4:02.70
7				
8				

<b>Heat 2 of 4 Finals</b>				
1	Danielle Woolley	W34	Everett Family Y-36	3:30.00
2	Wendy Hoffman	W61	Puget Sound Mast-36	3:28.00
3	Dan Underbrink	M67	Team Walker Inte-36	3:23.04
4	Richard Howell	M64	Oregon Masters-37	3:05.00
5	Steve Peterson	M77	Bernardo's All S-36	3:23.00
6	Kelly Riedinger	W44	Nashville Aquati-15	3:24.31
7	Isabelle Singh	W24	Lake Washington-36	3:30.00
8	Elizabeth Enriquez-Ortiz	W33	UC36-36	3:46.73

<b>Heat 3 of 4 Finals</b>				
1	Brent Washburne	M62	Oregon Masters-37	3:00.00
2	Doug Christensen	M60	Oregon Masters-37	2:48.00
3	Ellen Reynolds	W59	Sawtooth Masters-59	2:45.00
4	Shea DeWald	W30	UC36-36	2:45.00
5	Hannah Loughlin	W35	Lake Washington-36	2:45.00
6	John Finke	M53	Bernardo's All S-36	2:45.00
7	Shelley Reimer	W54	Bainbridge Aquat-36	2:54.00
8	James Hessen	M33	Everett Family Y-36	3:03.02

<b>Heat 4 of 4 Finals</b>				
1	Denise Lindberg	W41	Lake Washington-36	2:42.47
2	Dave Whitbeck	M41	Lake Washington-36	2:30.00
3	Yawei Hao	M33	Mercer Island Re-36	2:30.00
4	Eddie Switaj	M39	Bellevue Club-36	2:25.00
5	Adrien Chaussabel	M24	Husky Masters-36	2:27.50
6	Rick Colella	M72	Lake Washington-36	2:30.00
7	Baden Sprinkle	M35	Blue Wave Aquati-36	2:33.00
8	Boris Desancic	M51	UC36-36	2:44.25

**PNA LCM Meet, Sanction #: 363-S005**  
**Hosted by the Clubs and Workout Groups of PNA**  
**Meet Program - Saturday**

**Event 10 Mixed 50 LC Meter Butterfly**

Starts from scoreboard end of pool

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

1				
2				
3	Sarah Welch	W76	Orca Swim Team-36	55.55
4	Christine Kempe	W46	Lake Washington-36	53.23
5	Barbara Belt	W68	Bainbridge Aquat-36	55.00
6	William Smith	M78	Puget Sound Mast-36	1:03.61
7				
8				

**Heat 2 of 7 Finals**

1	Donatto Gallardo	M33	Blue Wave Aquati-36	50.00
2	Cynthia Clutter	W63	Mesa Aquatics Cl-48	49.63
3	Joanne Menard	W75	Mesa Aquatics Cl-48	47.69
4	Margaret Hair	W68	Lewis Clark Nept-35	45.68
5	RJ Hilgers	M55	Bainbridge Aquat-36	47.12
6	Lynn Colella	W73	Lake Washington-36	49.00
7	Edward Louie Quintos	M26	Blue Wave Aquati-36	49.72
8	Marjorie High	W48	Cascade Masters-36	51.10

**Heat 3 of 7 Finals**

1	Caralee Kohler	W29	Blue Wave Aquati-36	45.00
2	Darla Long	W26	Puget Sound Mast-36	40.99
3	Peter Nimb	M59	Bainbridge Aquat-36	40.00
4	Rebekah Pusateri	W25	Puget Sound Mast-36	40.00
5	Tatyana Sussex	W60	Mercer Island Re-36	40.00
6	Julie Sayigh	W48	Cascade Masters-36	40.30
7	Robert Pilger	M80	Tom Taylor Famil-36	42.00
8	Felicia Yu	W34	UC36-36	45.00

**Heat 4 of 7 Finals**

1	John Carlson	M52	Reston Masters S-10	40.00
2	Kyle Geiger	M65	425 Masters-36	38.00
3	Abigail Motley	W33	Cascade Masters-36	37.00
4	Kelly Riedinger	W44	Nashville Aquati-15	36.00
5	Michelle Cary	W42	Oregon Masters-37	36.45
6	Jazmyn Capron-Graves	W19	Lake Washington-36	37.33
7	April Isa	W34	Oregon Masters-37	39.55
8	Chelsea Chan	W31	Blue Wave Aquati-36	40.00

**Heat 5 of 7 Finals**

1	Holly Lickwala	W47	Team Walker Inte-36	35.35
2	Erica Dagg	W34	Mercer Island Re-36	35.00
3	Christian Tujo	M52	Bernardo's All S-36	34.40
4	Caitlin Motley	W36	Cascade Masters-36	33.88
5	Shelley Reimer	W54	Bainbridge Aquat-36	34.00
6	Gerald Cermak	M60	Puget Sound Mast-36	34.51
7	Shilin Zhou	M31	UC36-36	35.00
8	Colleen Wahlstrom	W47	Team Walker Inte-36	35.40

**Heat 6 of 7 Finals**

1	Lindsey Jennings	W42	Cascade Masters-36	33.43
2	Guilherme Anzilago	M42	Team Walker Inte-36	32.90
3	Christine Mcclafferty	W50	Oregon Masters-37	31.59
4	Daniel Jorgensen	M55	Oregon Masters-37	31.50
5	Tyler Middleton	M39	Blue Wave Aquati-36	31.58
6	Gabe Bush	M46	Blue Wave Aquati-36	32.50
7	Briana Balsbough	W27	Oregon Masters-37	33.03
8	David Hathaway	M63	Oregon Masters-37	33.70

**Heat 7 of 7 Finals**

1	Danielle McLaughlin	W38	Mercer Island Re-36	31.50
2	Boris Desancic	M51	UC36-36	30.44
3	Shawn Jeffery	M44	Cascade Masters-36	30.00
4	Tomas Mendez	M31	Blue Wave Aquati-36	27.00
5	Erik Petersen	M35	CG Sports Manage-36	28.41
6	Doug Christensen	M60	Oregon Masters-37	30.00
7	Casey Colella	M29	Cascade Masters-36	30.92
8	Scott Campea	M48	CG Sports Manage-36	31.50

**Event 11 Mixed 100 LC Meter Backstroke**

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

1				
2				
3	Quynh-Anh Nguyen	W52	Bainbridge Aquat-36	2:37.00
4	Ronald Jones	M83	Tom Taylor Famil-36	2:20.00
5	Heather Adkins-Narte	W69	Bainbridge Aquat-36	2:21.37
6				
7				
8				

**Heat 2 of 4 Finals**

1	Jill Fritz	W83	Arizona Masters-48	2:19.37
2	Ariana Milman	W39	Bernardo's All S-36	2:05.00
3	Joy Ward	W81	Oregon Masters-37	1:47.00
4	Dan Underbrink	M67	Team Walker Inte-36	1:37.57
5	Samantha Farmer	W23	Western Washingt-36	1:40.00
6	Dick Peterson	M86	Puget Sound Mast-36	1:49.24
7	Peter Berghaus	M82	Oregon Masters-37	2:10.00
8				

**Heat 3 of 4 Finals**

1	Stephen Fogg	M75	Team Walker Inte-36	1:31.75
2	Lauren Mason	W39	Blue Wave Aquati-36	1:27.99
3	Jon Anderson	M61	Oregon Masters-37	1:25.00
4	Francie Haffner	W56	Oregon Masters-37	1:22.67
5	Madeline Ralstin	W22	Blue Wave Aquati-36	1:23.00
6	Karen Andrus-Hughes	W66	Oregon Masters-37	1:25.81
7	Alison Aylesworth	W46	Orca Swim Team-36	1:30.70
8	Rick Spencer	M75	Puget Sound Mast-36	1:36.00

**PNA LCM Meet, Sanction #: 363-S005**  
**Hosted by the Clubs and Workout Groups of PNA**  
**Meet Program - Saturday**

**Heat 4 Finals (#11 Mixed 100 LC Meter Backstroke)**

1	Abigail Motley	W33	Cascade Masters-36	1:16.00
2	Casey Colella	M29	Cascade Masters-36	1:14.14
3	Ed Wardian	M57	Puget Sound Mast-36	1:12.00
4	Rowan Poppen-Eagan	M24	Puget Sound Mast-36	58.18
5	Brian Hannan	M35	Mercer Island Re-36	1:07.00
6	Kevin Simpson	M39	Orca Swim Team-36	1:13.00
7	Regan Pelton	M53	UC36-36	1:15.00
8	Jennifer Carlson	W44	Reston Masters S-10	1:21.66

**Event 12 Mixed 200 LC Meter Breaststroke**

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

1				
2				
3	Jett Vallandigham	W77	Moscow Chinooks-35	5:54.59
4	Anne Ewalt	W61	Cascade Masters-36	4:00.00
5	Dick Peterson	M86	Puget Sound Mast-36	5:37.67
6	Thomas Walker	M76	Team Walker Inte-36	8:00.00
7				
8				

**Heat 2 of 3 Finals**

1	Robert White	M75	Lake Washington-36	3:46.29
2	Scott Neuhaus	M69	Team Walker Inte-36	3:41.11
3	Dan Underbrink	M67	Team Walker Inte-36	3:33.24
4	Steve Peterson	M77	Bernardo's All S-36	3:29.00
5	Khyati Agrawal	W25	Orca Swim Team-36	3:33.00
6	Timothy Panzer	M59	Bernardo's All S-36	3:40.00
7	Wendy Hoffman	W61	Puget Sound Mast-36	3:43.00
8	Taylor Bailey	W30	Everett Family Y-36	3:57.00

**Heat 3 of 3 Finals**

1	Christian Tujo	M52	Bernardo's All S-36	3:15.30
2	Logan Wintermute	M27	UC36-36	3:08.95
3	Shea DeWald	W30	UC36-36	2:52.00
4	Ruben Guerrero	M32	Team Walker Inte-36	2:46.00
5	Rick Colella	M72	Lake Washington-36	2:50.00
6	Danielle McLaughlin	W38	Mercer Island Re-36	2:59.08
7	David Scott	M57	Team Walker Inte-36	3:10.00
8	Daniel Smith	M61	Blue Wave Aquati-36	3:19.94

**Event 13 Mixed 50 LC Meter Freestyle**

Starts from scoreboard end of pool

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

1	Jett Vallandigham	W77	Moscow Chinooks-35	57.67
2	William Smith	M78	Puget Sound Mast-36	50.00
3	Ronald Jones	M83	Tom Taylor Famil-36	50.00
4	Elizabeth Enriquez-Ortiz	W33	UC36-36	45.54
5	Laurence Hile	M73	Bainbridge Aquat-36	46.00
6	Paige Seaborg	W68	Everett Family Y-36	50.00
7	Jack Fritz	M90	Arizona Masters-48	51.52
8	Lisa Milkowski	W54	Puget Sound Mast-36	59.00

**Heat 2 of 9 Finals**

1	Brian Johnson	M66	Sawtooth Masters-59	45.00
2	Marjorie High	W48	Cascade Masters-36	43.15
3	Edward Louie Quintos	M26	Blue Wave Aquati-36	42.01
4	RJ Hilgers	M55	Bainbridge Aquat-36	41.67
5	Megan Tuche	W53	Blue Wave Aquati-36	41.73
6	Graham Anderson	M72	Everett Family Y-36	42.22
7	Caralee Kohler	W29	Blue Wave Aquati-36	45.00
8	Donatto Gallardo	M33	Blue Wave Aquati-36	45.00

**Heat 3 of 9 Finals**

1	Felicia Yu	W34	UC36-36	40.00
2	Cynthia Clutter	W63	Mesa Aquatics Cl-48	39.63
3	Brent Barnes	M55	Team Walker Inte-36	36.74
4	Matthew Bittner	M64	UC36-36	36.00
5	Molly Brunjes	W43	Cascade Masters-36	36.27
6	Gary Niegemann	M64	Everett Family Y-36	39.00
7	Stephen Luckey	M51	UC36-36	40.00
8	Tom Weyhrauch	M66	Bernardo's All S-36	41.00

**Heat 4 of 9 Finals**

1	Tatyana Sussex	W60	Mercer Island Re-36	35.00
2	Charlotte Davis	W73	Lake Washington-36	34.50
3	Gregory Henzel	M54	Harbor Aquatics-36	34.00
4	Karen Andrus-Hughes	W66	Oregon Masters-37	33.31
5	Rebekah Pusateri	W25	Puget Sound Mast-36	34.00
6	Michelle Cary	W42	Oregon Masters-37	34.35
7	Bryan Buchner	M46	UC36-36	35.00
8	Julie Sayigh	W48	Cascade Masters-36	35.70

**Heat 5 of 9 Finals**

1	Brent Bode-Wagner	M32	UC36-36	33.20
2	April Isa	W34	Oregon Masters-37	33.00
3	Lauren Mason	W39	Blue Wave Aquati-36	32.99
4	Madeline Ralstin	W22	Blue Wave Aquati-36	32.50
5	Robert Pilger	M80	Tom Taylor Famil-36	32.80
6	Tammy Fisher	W40	Tri-City Atomic-35	33.00
7	Chelsea Chan	W31	Blue Wave Aquati-36	33.00
8	Nora Joslin	W22	Western Washingt-36	33.28

**Heat 6 of 9 Finals**

1	Hallie Pound	W27	Bernardo's All S-36	31.87
2	Lindsey Jennings	W42	Cascade Masters-36	31.30
3	Abigail Motley	W33	Cascade Masters-36	31.00
4	Gerald Cermak	M60	Puget Sound Mast-36	30.20
5	David Hathaway	M63	Oregon Masters-37	30.70
6	Kyle Geiger	M65	425 Masters-36	31.00
7	James Hessen	M33	Everett Family Y-36	31.31
8	Shilin Zhou	M31	UC36-36	32.00

**Heat 7 of 9 Finals**

1	Kelly Geisheimer	W40	Hyack Fina	30.00
2	Hannah Loughlin	W35	Lake Washington-36	30.00
3	Kevin Simpson	M39	Orca Swim Team-36	30.00
4	Briana Balsbough	W27	Oregon Masters-37	29.26
5	Jazmyn Capron-Graves	W19	Lake Washington-36	29.97
6	Peter Nimb	M59	Bainbridge Aquat-36	30.00
7	Ronny Cho	M46	Lake Washington-36	30.00
8	Christine Mcclafferty	W50	Oregon Masters-37	30.09

**PNA LCM Meet, Sanction #: 363-S005**  
**Hosted by the Clubs and Workout Groups of PNA**  
**Meet Program - Saturday**

Heat	8 Finals (#13 Mixed 50 LC Meter Freestyle)			
1	Regan Pelton	M53	UC36-36	29.00
2	Evan Edwards	M25	Oregon Masters-37	28.79
3	Boris Desanic	M51	UC36-36	28.05
4	Scott Thompson	M41	Lake Washington-36	28.00
5	Dave Whitbeck	M41	Lake Washington-36	28.00
6	Tyler Middleton	M39	Blue Wave Aquati-36	28.55
7	Doug Christensen	M60	Oregon Masters-37	29.00
8	Peter Heusel	M55	Ebmsc Fina	29.23

Heat	9 of 9 Finals			
1	Maoz Alsberg	M55	Team Walker Inte-36	27.53
2	Alex Repeta	M25	Lake Washington-36	27.00
3	Baden Sprinkle	M35	Blue Wave Aquati-36	26.90
4	Trever Gray	M47	Puget Sound Mast-36	26.51
5	Andrew Farrell	M45	Tmplg Fina	26.73
6	Claire Lang	W29	Bernardo's All S-36	27.00
7	Mark Kennedy	M51	Ubcm Fina	27.50
8	Guilherme Anzilago	M42	Team Walker Inte-36	27.90

**Event 14 Mixed 400 LC Meter IM**

Check in by end of Event #6

Name	Age	Team	Seed Time	
1	Ellen Reynolds	W59	Sawtooth Masters-59	5:40.00
2	Logan Wintermute	M27	UC36-36	5:40.52
3	Scot Sullivan	M57	Oregon Masters-37	5:49.99
4	Trenton Allison	M24	Lake Washington-36	5:58.03
5	John Finke	M53	Bernardo's All S-36	6:00.00
6	Bethany Gehrke	W30	Cascade Masters-36	6:00.00
7	Brent Washburne	M62	Oregon Masters-37	6:26.85
8	Colette Crabbe	W67	Oregon Masters-37	6:28.60
9	Isabelle Singh	W24	Lake Washington-36	7:00.00
10	Wendy Hoffman	W61	Puget Sound Mast-36	7:20.00
11	Margaret Hair	W68	Lewis Clark Nept-35	7:55.68
12	Joy Ward	W81	Oregon Masters-37	9:32.00

**Event 15 Women 200 LC Meter Medley Relay**

Relay cards due by end of Event #7

Team	Relay	Seed Time
---	No entries for event	

**Event 16 Men 200 LC Meter Medley Relay**

Relay cards due by end of Event #7

Team	Relay	Seed Time
---	No entries for event	

**Event 17 Mixed 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
Heat	1 of 2 Finals			
1				
2				
3	Donatto Gallardo	M33	Blue Wave Aquati-36	1:50.00
4	Bethany Gehrke	W30	Cascade Masters-36	1:45.00
5	Caralee Kohler	W29	Blue Wave Aquati-36	1:45.00
6				
7				
8				

Heat	2 of 2 Finals			
1	Holly Lickwala	W47	Team Walker Inte-36	1:21.99
2	Hannah Loughlin	W35	Lake Washington-36	1:14.00
3	Shawn Jeffery	M44	Cascade Masters-36	1:04.00
4	Tomas Mendez	M31	Blue Wave Aquati-36	1:02.00
5	Erik Petersen	M35	CG Sports Manage-36	1:03.87
6	Logan Wintermute	M27	UC36-36	1:09.20
7	Gabe Bush	M46	Blue Wave Aquati-36	1:14.99
8	Samantha Farmer	W23	Western Washingt-36	1:40.00

**Event 18 Mixed 50 LC Meter Backstroke**

Starts from scoreboard end of pool

Lane	Name	Age	Team	Seed Time
Heat	1 of 5 Finals			
1				
2	Jack Fritz	M90	Arizona Masters-48	1:24.27
3	Laurence Hile	M73	Bainbridge Aquat-36	1:18.00
4	Peter Berghaus	M82	Oregon Masters-37	1:04.00
5	William Smith	M78	Puget Sound Mast-36	1:05.92
6	Heather Adkins-Narte	W69	Bainbridge Aquat-36	1:20.45
7	Thomas Walker	M76	Team Walker Inte-36	2:00.00
8				

**Heat 2 of 5 Finals**

1	Ronald Jones	M83	Tom Taylor Famil-36	1:00.00
2	Robert Pilger	M80	Tom Taylor Famil-36	55.00
3	Bryan Buchner	M46	UC36-36	50.00
4	Edward Louie Quintos	M26	Blue Wave Aquati-36	48.42
5	Joy Ward	W81	Oregon Masters-37	49.00
6	Graham Anderson	M72	Everett Family Y-36	50.90
7	Marjorie High	W48	Cascade Masters-36	55.10
8	Jill Fritz	W83	Arizona Masters-48	1:01.45

**Heat 3 of 5 Finals**

1	Felicia Yu	W34	UC36-36	45.00
2	Rick Spencer	M75	Puget Sound Mast-36	44.29
3	Rebekah Pusateri	W25	Puget Sound Mast-36	41.00
4	Kevin Simpson	M39	Orca Swim Team-36	40.00
5	Stephen Fogg	M75	Team Walker Inte-36	40.53
6	David Hoover	M61	Cascade Masters-36	41.00
7	Caralee Kohler	W29	Blue Wave Aquati-36	45.00
8	Julie Sayigh	W48	Cascade Masters-36	47.00

**Heat 4 of 5 Finals**

1	Karen Andrus-Hughes	W66	Oregon Masters-37	38.64
2	Lindsey Jennings	W42	Cascade Masters-36	38.10
3	Francie Haffner	W56	Oregon Masters-37	37.67
4	Tyler Middleton	M39	Blue Wave Aquati-36	37.00
5	David Hathaway	M63	Oregon Masters-37	37.01
6	Shelley Reimer	W54	Bainbridge Aquat-36	38.00
7	Molly Brunjes	W43	Cascade Masters-36	38.52
8	Lauren Mason	W39	Blue Wave Aquati-36	39.40

**PNA LCM Meet, Sanction #: 363-S005**  
**Hosted by the Clubs and Workout Groups of PNA**  
**Meet Program - Saturday**

**Heat 5 Finals (#18 Mixed 50 LC Meter Backstroke)**

1	Doug Christensen	M60	Oregon Masters-37	36.00
2	John Finke	M53	Bernardo's All S-36	35.00
3	Caitlin Motley	W36	Cascade Masters-36	34.72
4	Maoz Alsberg	M55	Team Walker Inte-36	32.40
5	Regan Pelton	M53	UC36-36	34.00
6	Briana Balsbough	W27	Oregon Masters-37	34.95
7	Abigail Motley	W33	Cascade Masters-36	35.00
8	Kelly Geisheimer	W40	Hyack Fina	36.50

**Event 19 Mixed 100 LC Meter Breaststroke**

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

1				
2				
3	Thomas Walker	M76	Team Walker Inte-36	3:00.00
4	Dick Peterson	M86	Puget Sound Mast-36	2:23.06
5	Jett Vallandigham	W77	Moscow Chinooks-35	2:41.10
6				
7				
8				

**Heat 2 of 5 Finals**

1				
2	Christine Kempe	W46	Lake Washington-36	2:03.00
3	Janet Gettling	W75	Oregon Masters-37	1:56.00
4	Cynthia Clutter	W63	Mesa Aquatics Cl-48	1:49.63
5	Megan Tuche	W53	Blue Wave Aquati-36	1:54.27
6	Emily Ghilarducci	W61	Bernardo's All S-36	2:00.00
7	Peter Berghaus	M82	Oregon Masters-37	2:15.00
8				

**Heat 3 of 5 Finals**

1	Scott Neuhaus	M69	Team Walker Inte-36	1:38.01
2	Dan Underbrink	M67	Team Walker Inte-36	1:37.66
3	Robert White	M75	Lake Washington-36	1:37.35
4	Khyati Agrawal	W25	Orca Swim Team-36	1:36.00
5	Steve Peterson	M77	Bernardo's All S-36	1:37.00
6	Linda Chapman	W67	Lake Washington-36	1:37.50
7	Charlotte Davis	W73	Lake Washington-36	1:38.00
8	Darla Long	W26	Puget Sound Mast-36	1:40.99

**Heat 4 of 5 Finals**

1	James Hessen	M33	Everett Family Y-36	1:34.43
2	Brent Barnes	M55	Team Walker Inte-36	1:32.09
3	Daniel Smith	M61	Blue Wave Aquati-36	1:28.56
4	David Scott	M57	Team Walker Inte-36	1:25.00
5	Lindsey Jennings	W42	Cascade Masters-36	1:25.22
6	Madeline Ralstin	W22	Blue Wave Aquati-36	1:32.00
7	Colette Crabbe	W67	Oregon Masters-37	1:32.24
8	Claire Lang	W29	Bernardo's All S-36	1:35.00

**Heat 5 of 5 Finals**

1	Denise Lindberg	W41	Lake Washington-36	1:20.99
2	Ruben Guerrero	M32	Team Walker Inte-36	1:16.00
3	James Hooper	M52	Ubcn Fina	1:15.00
4	Casey Colella	M29	Cascade Masters-36	1:12.31
5	Trever Gray	M47	Puget Sound Mast-36	1:15.00
6	Rick Colella	M72	Lake Washington-36	1:15.08
7	Adrien Chaussabel	M24	Husky Masters-36	1:17.00
8	Richard Howell	M64	Oregon Masters-37	1:25.00

**Event 20 Mixed 200 LC Meter Freestyle**

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

1	Jack Fritz	M90	Arizona Masters-48	4:41.89
2	Christine Kempe	W46	Lake Washington-36	4:12.95
3	Ariana Milman	W39	Bernardo's All S-36	3:40.00
4	Tom Weyhrauch	M66	Bernardo's All S-36	3:26.00
5	Jeanna Summers	W69	Oregon Masters-37	3:27.52
6	Paige Seaborg	W68	Everett Family Y-36	4:00.00
7	Quynh-Anh Nguyen	W52	Bainbridge Aquat-36	4:15.00
8				

**Heat 2 of 4 Finals**

1	Lynn Colella	W73	Lake Washington-36	3:23.00
2	Donatto Gallardo	M33	Blue Wave Aquati-36	2:50.00
3	Holly Lickwala	W47	Team Walker Inte-36	2:40.08
4	Gerald Cermak	M60	Puget Sound Mast-36	2:39.66
5	Kyle Geiger	M65	425 Masters-36	2:40.00
6	Tammy Fisher	W40	Tri-City Atomic-35	2:50.00
7	Stephen Luckey	M51	UC36-36	3:15.00
8	Diana Hermanson	W58	Bernardo's All S-36	3:25.00

**Heat 3 of 4 Finals**

1	Michelle Cary	W42	Oregon Masters-37	2:34.60
2	Francie Haffner	W56	Oregon Masters-37	2:31.67
3	David Hathaway	M63	Oregon Masters-37	2:27.01
4	Ellen Reynolds	W59	Sawtooth Masters-59	2:25.00
5	Peter Heusel	M55	Ebmcs Fina	2:25.37
6	Christine Mcclafferty	W50	Oregon Masters-37	2:31.52
7	Hallie Pound	W27	Bernardo's All S-36	2:34.23
8	Jon Anderson	M61	Oregon Masters-37	2:35.00

**Heat 4 of 4 Finals**

1	Ronny Cho	M46	Lake Washington-36	2:20.00
2	Logan Wintermute	M27	UC36-36	2:16.52
3	Scott Thompson	M41	Lake Washington-36	2:16.00
4	Andrew Farrell	M45	Tmplg Fina	2:10.93
5	Evan Edwards	M25	Oregon Masters-37	2:14.79
6	Adrien Chaussabel	M24	Husky Masters-36	2:16.40
7	Samantha Farmer	W23	Western Washingt-36	2:20.00
8	Mark Kennedy	M51	Ubcn Fina	2:21.00

**Event 21 Mixed 200 LC Meter Medley Relay**

Relay cards due by end of Event #14

Team	Relay	Seed Time
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--- No entries for event

**PNA LCM Meet, Sanction #: 363-S005**  
**Hosted by the Clubs and Workout Groups of PNA**  
**Meet Program - Saturday**

**Event 22 Mixed 800 LC Meter Freestyle****Check in by end of Event #13**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
1	Evan Edwards	M25	Oregon Masters-37	9:26.98
2	Diego de Acosta	M48	Puget Sound Mast-36	9:30.02
3	Sydney Anderson	W31	UC36-36	10:20.00
4	Kelly Geisheimer	W40	Hyack Fina	10:38.93
5	Trenton Allison	M24	Lake Washington-36	10:53.77
6	Hallie Pound	W27	Bernardo's All S-36	11:16.62
7	Jennifer Carlson	W44	Reston Masters S-10	11:17.09
8	Gabe Bush	M46	Blue Wave Aquati-36	11:59.00
9	Timothy Panzer	M59	Bernardo's All S-36	12:26.00
10	Stephen Luckey	M51	UC36-36	12:30.00
11	Wendy Hoffman	W61	Puget Sound Mast-36	12:40.00
12	Isabelle Singh	W24	Lake Washington-36	12:46.12
13	Christian Tujo	M52	Bernardo's All S-36	12:55.00
14	Phil Stevens	M48	UC36-36	13:00.00
15	Elizabeth Enriquez-Ortiz	W33	UC36-36	13:28.04
16	Barbara Belt	W68	Bainbridge Aquat-36	14:00.00
17	Joanne Menard	W75	Mesa Aquatics Cl-48	14:14.00
18	Janet Gettling	W75	Oregon Masters-37	14:29.00
19	Emily Ghilarducci	W61	Bernardo's All S-36	15:12.00
20	John Carlson	M52	Reston Masters S-10	15:30.00
21	Tom Weyhrauch	M66	Bernardo's All S-36	15:36.00
22	Anne Ewalt	W61	Cascade Masters-36	16:00.00
23	Tammy Fisher	W40	Tri-City Atomic-35	16:00.00
24	Heather Anderson	W59	Bellevue Club-36	19:00.00

**800m Free Waitlist**

<b>Order</b>	<b>Name</b>	<b>Entry Time</b>
1	Rick Colella	10:10.00
2	Jett Vallandigham	19:00.00
3	Shelley Reimer	11:22.00