

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

Results

Women 18-24 50 LC Meter Freestyle

NATL: 25.72 N 6/19/2021 **ALY TETZLOFF**
 PNA: 28.20 P 7/8/2012 **PALOMA DINKEL**

1 Jazmyn Capron-Graves	19 Lake Washington-36	30.25
2 Madeline Ralstin	22 Blue Wave Aquati-36	33.34
3 Nora Joslin	22 Western	36.64

Women 18-24 100 LC Meter Freestyle

NATL: 56.08 N 6/17/2021 **ALY TETZLOFF**
 PNA: 59.94 P 7/8/2012 **PALOMA DINKEL**

1 Jazmyn Capron-Graves	19 Lake Washington-36	1:05.79
		30.47 35.32
2 Nora Joslin	22 Western	1:24.68
		37.37 47.31

Women 18-24 400 LC Meter Freestyle

NATL: 4:16.72 N 7/5/2003 **JULIA STOWERS**
 PNA: 4:57.46 P 8/17/2016 **SYDNEY E ANDERSON**

1 Nora Joslin	22 Western	6:38.45
		40.92 47.07 50.86 51.65
		52.54 52.34 52.69 50.38

Women 18-24 800 LC Meter Freestyle

NATL: 9:11.32 N 8/9/2013 **LUANE ROWE**
 PNA: 10:19.14 P 8/10/2003 **MARY LASSITER**

1 Isabelle Singh	24 Lake Washington-36	13:02.94
		44.47 48.67 48.51 48.73
		49.14 49.18 50.17 49.47
		50.27 49.69 49.71 49.31
		49.77 49.15 49.04 47.66

Women 18-24 100 LC Meter Backstroke

NATL: 1:04.67 N 7/20/2012 **JENNY VON JOUANNE**
 PNA: 1:15.39 P 8/19/2001 **ALISON ECKENROAD**

1 Madeline Ralstin	22 Blue Wave Aquati-36	1:27.68
		42.49 45.19
2 Samantha Farmer	23 Western	1:38.31
		48.09 50.22

Women 18-24 50 LC Meter Breaststroke

NATL: 32.92 N 8/1/2015 **LAUREN GREENBERG**
 PNA: 35.54 P 7/8/2012 **PALOMA DINKEL**

1 Madeline Ralstin	22 Blue Wave Aquati-36	41.66
--------------------	------------------------	-------

Women 18-24 50 LC Meter Butterfly

NATL: 27.83 N 8/4/2022 **ALICIA CARDIE**
 PNA: 29.27 P 8/16/2014 **JORDAN KING**

1 Jazmyn Capron-Graves	19 Lake Washington-36	31.96
------------------------	-----------------------	-------

Women 18-24 100 LC Meter Butterfly

NATL: 58.21 N 6/13/2021 **ALY TETZLOFF**
 PNA: 1:04.10 P 8/16/2014 **JORDAN KING**

1 Samantha Farmer	23 Western	1:56.15
		49.84 1:06.31

Women 18-24 200 LC Meter IM

NATL: 2:16.06 N 7/1/2008 **LAURA DAVIS**
 PNA: 2:24.97 P 8/16/2014 **JORDAN KING**

1 Isabelle Singh	24 Lake Washington-36	3:34.60
		50.77 55.07 1:01.94 46.82

Women 18-24 400 LC Meter IM

NATL: 5:04.81 N 8/7/2022 **ALICIA CARDIE**
 PNA: 5:38.30 P 8/17/2008 **DANIELLE TREVINO**

1 Isabelle Singh	24 Lake Washington-36	7:38.11
		54.31 1:05.38 57.85 57.05
		1:02.78 1:03.77 49.22 47.75

Women 25-29 50 LC Meter Freestyle

WORLD: 25.42 W 2/15/2004 **Annabel KOSTEN**
 NATL: 24.83 N 8/10/2014 **MADISON KENNEDY**
 PNA: 27.92 P 8/7/2013 **PALOMA DINKEL**

1 Briana Balsbough	27 Oregon Masters-37	29.26
2 Hallie Pound	27 Bernardo's All S-36	31.83
3 Rebekah Pusateri	25 Puget Sound Mast-36	34.47

Women 25-29 100 LC Meter Freestyle

WORLD: 56.96 W 8/11/2015 **Emma GAGE**
 NATL: 54.72 N 8/6/2014 **MADISON KENNEDY**
 PNA: 1:01.16 P 8/7/2013 **PALOMA DINKEL**

1 Hallie Pound	27 Bernardo's All S-36	1:09.22
		33.07 36.15

Women 25-29 400 LC Meter Freestyle

WORLD: 4:18.62 W 6/18/2011 **Sophie CASSON**
 NATL: 4:13.03 N 12/2/1995 **SHEILA TAORMINA**
 PNA: 4:54.05 P 8/19/2001 **COLLEEN PHILIPPS**

1 Hallie Pound	27 Bernardo's All S-36	5:21.64
		35.06 39.86 41.38 41.51
		41.55 41.81 41.32 39.15

Women 25-29 50 LC Meter Backstroke

WORLD: 28.39 W 8/2/2018 **Emi MORONUKI**
 NATL: 28.39 N 8/2/2018 **EMI MORONUKI**
 PNA: 33.72 P 7/8/2012 **BRITTANY N KUNZE**

1 Briana Balsbough	27 Oregon Masters-37	35.46
2 Rebekah Pusateri	25 Puget Sound Mast-36	42.42

Women 25-29 200 LC Meter Backstroke

WORLD: 2:13.19 W 7/30/2018 **Emi MORONUKI**
 NATL: 2:13.19 N 7/30/2018 **EMI MORONUKI**
 PNA: 2:37.72 P 8/19/2001 **TAUNYA ROBERTS**

1 Darla Long	26 Puget Sound Mast-36	2:54.42
		38.87 42.25 46.64 46.66

Women 25-29 50 LC Meter Breaststroke

WORLD: 31.60 W 7/10/2010 **Megan JENDRICK**
 NATL: 30.82 N 6/27/2016 **KATIE MEILI**
 PNA: 31.60 P 7/11/2010 **MEGAN JENDRICK**

1 Briana Balsbough	27 Oregon Masters-37	36.18
2 Rebekah Pusateri	25 Puget Sound Mast-36	42.32
3 Khyati Agrawal	25 Orca Swim Team-36	48.10

Women 25-29 100 LC Meter Breaststroke

WORLD: 1:10.56 W 7/10/2010 **Megan JENDRICK**
 NATL: 1:06.07 N 6/28/2016 **KATIE MEILI**
 PNA: 1:09.81 P 7/2/2012 **MEGAN JENDRICK**

1 Darla Long	26 Puget Sound Mast-36	1:35.95
		45.62 50.33
2 Claire Lang	29 Bernardo's All S-36	1:38.73
		44.57 54.16

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

Results

(Women 25-29 100 LC Meter Breaststroke)

3 Khyati Agrawal 25 Orca Swim Team-36 1:49.41
 50.73 58.68

Women 25-29 200 LC Meter Breaststroke

WORLD: 2:34.46 W 9/3/2022 Satori HOSOKOSHI
NATL: 2:29.90 N 6/26/2013 JUSTINE MUELLER
PNA: 2:34.09 P 7/2/2012 MEGAN JENDRICK

1 Khyati Agrawal 25 Orca Swim Team-36 3:51.69
 51.14 58.05 1:02.84 59.66

Women 25-29 50 LC Meter Butterfly

WORLD: 26.32 W 6/16/2019 Masako KUROKI
NATL: 26.78 N 8/4/2022 AI SOMA
PNA: 28.29 P 7/11/2010 MEGAN JENDRICK

1 Briana Balsbough 27 Oregon Masters-37 31.52
 2 Darla Long 26 Puget Sound Mast-36 34.35
 3 Rebekah Pusateri 25 Puget Sound Mast-36 44.79
 4 Caralee Kohler 29 Blue Wave Aquati-36 45.91

Women 25-29 100 LC Meter Butterfly

WORLD: 59.99 W 8/13/2015 Anna POLIAKOVA
NATL: 59.74 N 8/4/2017 HANNAH SAIZ
PNA: 1:06.29 P 8/7/2013 PALOMA DINKEL

1 Caralee Kohler 29 Blue Wave Aquati-36 1:45.39
 48.86 56.53

Women 25-29 200 LC Meter Butterfly

WORLD: 2:15.02 W 5/20/2017 Hannah SAIZ
NATL: 2:10.83 N 6/27/2017 HANNAH SAIZ
PNA: 2:25.60 P 8/19/2001 MAUREEN PHILIPPS

1 Yun Li 29 Lake Washington-36 3:22.33
 37.13 45.47 55.63 1:04.10

Women 30-34 50 LC Meter Freestyle

WORLD: 25.74 W 6/6/2008 Martina MORAVCOVA
NATL: 25.57 N 8/8/2009 ERIKA ERNDL
PNA: 27.43 P 7/23/2016 ERIKA R CENCI

1 Abigail Motley 33 Cascade Masters-36 30.81
 2 Chelsea Chan 31 Blue Wave Aquati-36 31.87
 3 April Isa 34 Oregon Masters-37 33.42
 4 Felicia Yu 34 UC36-36 37.95
 5 Elizabeth Enriquez-Ortiz 33 UC36-36 38.68

Women 30-34 100 LC Meter Freestyle

WORLD: 55.24 W 7/11/2009 Erika ERNDL
NATL: 54.59 N 8/5/2009 ERIKA ERNDL
PNA: 59.10 P 8/17/2016 ERIKA R CENCI

1 Erica Dagg 34 Mercer Island Re-36 1:01.83
 30.13 31.70
 2 Sydney Anderson 31 UC36-36 1:09.87
 33.79 36.08
 3 Chelsea Chan 31 Blue Wave Aquati-36 1:11.52
 34.80 36.72

Women 30-34 400 LC Meter Freestyle

WORLD: 4:18.63 W 7/16/2011 Dawn HECKMAN
NATL: 4:17.52 N 8/3/2010 DAWN HECKMAN
PNA: 4:46.38 P 8/23/1992 ZENA HERRMANN

1 Erica Dagg 34 Mercer Island Re-36 5:03.05
 33.10 36.59 38.15 39.23
 39.15 38.76 40.08 37.99
 2 Bethany Gehrke 30 Cascade Masters-36 5:08.26
 34.65 37.94 38.85 39.26
 39.28 39.63 39.65 39.00
 3 Danielle Woolley 34 Everett Family Y-36 6:06.79
 40.14 45.63 46.69 47.49
 47.91 47.65 47.08 44.20
 4 Elizabeth Enriquez-Ortiz 33 UC36-36 6:39.59
 41.32 48.03 50.54 51.81
 51.81 53.29 52.62 50.17
 5 Taylor Bailey 30 Everett Family Y-36 7:33.93
 48.73 54.07 58.58 58.72
 1:00.80 59.01 59.32 54.70

Women 30-34 800 LC Meter Freestyle

WORLD: 8:46.47 W 7/14/2011 Dawn HECKMAN
NATL: 8:46.22 N 5/30/2010 DAWN HECKMAN
PNA: 10:02.60 P 8/11/1991 ZENA HERRMANN

1 Sydney Anderson 31 UC36-36 10:26.22
 36.03 38.39 39.44 39.50
 39.55 39.62 39.57 39.75
 39.45 39.56 39.57 39.41
 39.36 39.19 39.10 38.73
 2 Elizabeth Enriquez-Ortiz 33 UC36-36 13:44.51
 40.22 49.15 51.30 52.51
 53.13 51.99 52.39 52.59
 52.40 52.60 52.10 54.00
 52.52 53.82 53.05 50.74

Women 30-34 50 LC Meter Backstroke

WORLD: 28.57 W 8/7/2012 Noriko INADA
NATL: 28.57 N 7/8/2012 NORIKO INADA
PNA: 32.83 P 8/23/1992 ZENA HERRMANN

1 Abigail Motley 33 Cascade Masters-36 35.94
 2 Felicia Yu 34 UC36-36 46.24

Women 30-34 100 LC Meter Backstroke

WORLD: 1:01.78 W 8/6/2011 Noriko INADA
NATL: 1:01.78 N 8/6/2011 NORIKO INADA
PNA: 1:09.07 P 7/26/1992 ZENA HERRMANN

1 Abigail Motley 33 Cascade Masters-36 1:17.97
 36.80 41.17

Women 30-34 200 LC Meter Backstroke

WORLD: 2:17.61 W 8/6/2009 Sarabeth METZGER
NATL: 2:17.61 N 8/6/2009 SARABETH METZGER
PNA: 2:26.99 P 8/23/1992 ZENA HERRMANN

1 Elizabeth Enriquez-Ortiz 33 UC36-36 3:41.36
 49.50 56.76 58.59 56.51

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

Results

Women 30-34 50 LC Meter Breaststroke

WORLD: 32.22 W 9/3/2013 Nicole HEIDEMANN
NATL: 31.76 N 7/17/2021 DANIELLE HERRMANN
PNA: 37.05 P 8/7/2019 MORENA CALVO

1	Bethany Gehrke	30	Cascade Masters-36	38.96
2	Erica Dagg	34	Mercer Island Re-36	41.44
3	Chelsea Chan	31	Blue Wave Aquati-36	43.46
4	Shea DeWald	30	UC36-36	43.83
5	April Isa	34	Oregon Masters-37	44.53
6	Abigail Motley	33	Cascade Masters-36	45.15
7	Taylor Bailey	30	Everett Family Y-36	52.11
8	Felicia Yu	34	UC36-36	52.32

Women 30-34 200 LC Meter Breaststroke

WORLD: 2:28.93 W 10/17/2009 Hitomi MATSUDA
NATL: 2:38.90 N 7/23/2017 MARISSA CLAPP
PNA: 2:56.72 P 8/19/2001 LINDA HEGERBERG

1	Shea DeWald	30	UC36-36	3:33.73
				45.46 52.94 57.32 58.01
2	Taylor Bailey	30	Everett Family Y-36	3:58.81
				54.57 1:01.65 1:01.54 1:01.05

Women 30-34 50 LC Meter Butterfly

WORLD: 27.48 W 6/7/2008 Martina MORAVCOVA
NATL: 27.48 N 6/7/2008 MARTINA MORAVCOVA
PNA: 30.49 P 8/11/1990 TAMI BENNETT

1	Erica Dagg	34	Mercer Island Re-36	30.44P
2	Abigail Motley	33	Cascade Masters-36	33.08
3	April Isa	34	Oregon Masters-37	38.23
4	Chelsea Chan	31	Blue Wave Aquati-36	38.69
5	Felicia Yu	34	UC36-36	42.24

Women 30-34 200 LC Meter IM

WORLD: 2:13.89 W 7/7/2009 Erika ERNDL
NATL: 2:13.72 N 8/8/2009 ERIKA ERNDL
PNA: 2:31.68 P 7/7/2016 ERICA R CENCI

1	Danielle Woolley	34	Everett Family Y-36	3:24.22
				47.70 52.53 1:01.05 42.94
2	Elizabeth Enriquez-Ortiz	33	UC36-36	3:48.03
				51.74 58.13 1:08.15 50.01
---	Shea DeWald	30	UC36-36	DQ

Did not finish on back - back

Women 30-34 400 LC Meter IM

WORLD: 4:56.08 W 11/8/2009 Hitomi MATSUDA
NATL: 4:47.06 N 6/29/2008 ERIKA ERNDL
PNA: 5:29.60 P 7/4/1992 ZENA HERRMANN

1	Bethany Gehrke	30	Cascade Masters-36	5:52.57
				34.51 41.67 47.18 46.79
				50.17 50.34 41.81 40.10

Women 35-39 50 LC Meter Freestyle

WORLD: 25.98 W 8/8/2006 Dara TORRES
NATL: 25.52 N 6/29/2013 ERIKA ERNDL
PNA: 27.18 P 8/10/2009 MEGAN D OESTING

1	Hannah Loughlin	35	Lake Washington-36	31.67
---	-----------------	----	--------------------	-------

Women 35-39 100 LC Meter Freestyle

WORLD: 57.38 W 12/1/2022 Veronica BALSANO
NATL: 55.17 N 6/25/2013 ERIKA ERNDL
PNA: 59.26 P 8/10/2009 MEGAN D OESTING

1	Kristen Hemke	35	UC36-36	1:25.83
				41.06 44.77

Women 35-39 200 LC Meter Freestyle

WORLD: 2:05.50 W 12/2/2022 Veronica BALSANO
NATL: 2:00.04 N 6/26/2013 ERIKA ERNDL
PNA: 2:14.91 P 8/8/2010 KIMBERLY JETER

1	Ariana Milman	39	Bernardo's All S-36	3:36.85
				46.20 54.84 58.13 57.68

Women 35-39 400 LC Meter Freestyle

WORLD: 4:26.17 W 8/10/1997 K.PIPES-NEILSEN
NATL: 4:16.19 N 6/1/2012 DAWN HECKMAN
PNA: 4:50.49 P 7/18/2010 KIMBERLY JETER

1	Danielle McLaughlin	38	Mercer Island Re-36	5:05.94
				34.82 38.55 39.42 39.08
				39.45 38.96 39.26 36.40
2	Caitlin Motley	36	Cascade Masters-36	5:33.98
				35.30 39.85 41.99 43.13
				43.97 43.80 43.93 42.01
3	Kristen Hemke	35	UC36-36	7:02.74
				43.10 48.92 53.11 53.93
				55.67 55.73 56.92 55.36

Women 35-39 50 LC Meter Backstroke

WORLD: 28.63 W 8/18/2016 Noriko INADA
NATL: 28.63 N 8/18/2016 NORIKO INADA
PNA: 30.17 P 8/7/2010 SHERI HART

1	Caitlin Motley	36	Cascade Masters-36	36.66
---	----------------	----	--------------------	-------

Women 35-39 100 LC Meter Backstroke

WORLD: 1:01.75 W 8/19/2017 Noriko INADA
NATL: 1:01.75 N 8/19/2017 NORIKO INADA
PNA: 1:04.99 P 8/8/2010 SHERI HART

1	Lauren Mason	39	Blue Wave Aquati-36	1:31.75
				44.47 47.28
2	Ariana Milman	39	Bernardo's All S-36	1:50.43
				52.71 57.72

Women 35-39 200 LC Meter Backstroke

WORLD: 2:18.20 W 8/10/1997 K.PIPES-NEILSEN
NATL: 2:18.20 N 8/10/1997 K.PIPES-NEILSEN
PNA: 2:38.15 P 7/8/2012 SUSAN WETSTONE

1	Hannah Loughlin	35	Lake Washington-36	2:41.13
				37.61 40.47 41.88 41.17
2	Ariana Milman	39	Bernardo's All S-36	4:03.51
				58.03 1:02.97 1:04.95 57.56

Women 35-39 50 LC Meter Breaststroke

WORLD: 31.35 W 8/7/2022 Danielle HERRMANN
NATL: 31.06 N 4/28/2022 DANIELLE HERRMANN
PNA: 38.05 P 8/24/1986 MARY BETH PHELAN

1	Danielle McLaughlin	38	Mercer Island Re-36	39.39
2	Caitlin Motley	36	Cascade Masters-36	42.79

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

Results

Women 35-39 100 LC Meter Breaststroke Time Trial Split Time

WORLD: 1:10.47 W 8/5/2022 Danielle HERRMANN
NATL: 1:09.77 N 7/29/2022 DANIELLE HERRMANN
PNA: 1:24.71 P 8/24/1986 MARY BETH PHELAN

- Time Trial

1 Danielle McLaughlin 38 Mercer Island Re-36 1:26.91

Women 35-39 200 LC Meter Breaststroke

WORLD: 2:35.40 W 6/10/2012 Hitomi MATSUDA
NATL: 2:39.78 N 8/10/2013 KATIE GLENN
PNA: 2:59.08 P 6/4/2005 RONDAMARIE SMITH

1 Danielle McLaughlin 38 Mercer Island Re-36 3:03.38
 41.01 45.90 48.50 47.97

Women 35-39 50 LC Meter Butterfly

WORLD: 27.46 W 8/5/2014 Noriko INADA
NATL: 27.46 N 8/5/2014 NORIKO INADA
PNA: 30.97 P 7/25/2004 TARA SIMSAK

1 Danielle McLaughlin 38 Mercer Island Re-36 33.65
 2 Caitlin Motley 36 Cascade Masters-36 34.84

Women 35-39 100 LC Meter Butterfly

WORLD: 1:02.04 W 7/30/2022 Carolina SARRUF
NATL: 59.52 N 6/27/2013 ERIKA ERNDL
PNA: 1:08.69 P 8/23/1992 TAMI BENNETT

1 Hannah Loughlin 35 Lake Washington-36 1:12.85
 34.97 37.88

Women 35-39 200 LC Meter IM

WORLD: 2:21.09 W 8/6/2022 Danielle HERRMANN
NATL: 2:21.09 N 8/6/2022 DANIELLE HERRMANN
PNA: 2:38.84 P 7/8/2012 SUSAN WETSTONE

1 Hannah Loughlin 35 Lake Washington-36 2:42.91
 34.28 41.76 49.20 37.67
 2 Ariana Milman 39 Bernardo's All S-36 3:53.44
 52.03 58.30 1:10.33 52.78

Women 40-44 50 LC Meter Freestyle

WORLD: 26.44 W 11/7/2009 Edith OTTERMANN
NATL: 24.25 N 7/6/2008 DARA TORRES
PNA: 27.92 P 8/15/2004 LISA DAHL

1 Kelly Geisheimer 40 Hyack Fina 30.17
 2 Lindsey Jennings 42 Cascade Masters-36 31.65
 3 Tammy Fisher 40 Tri-City Atomic-35 32.38
 4 Molly Brunjes 43 Cascade Masters-36 32.79
 5 Michelle Cary 42 Oregon Masters-37 34.81

Women 40-44 100 LC Meter Freestyle

WORLD: 58.04 W 6/8/2013 Erika BRAUN
NATL: 53.78 N 7/4/2008 DARA TORRES
PNA: 59.96 P 6/5/2011 SHERI HART

1 Jennifer Carlson 44 Reston Masters S-10 1:10.47
 34.40 36.07
 2 Tammy Fisher 40 Tri-City Atomic-35 1:11.15
 33.29 37.86
 3 Michelle Cary 42 Oregon Masters-37 1:18.22
 36.45 41.77

Women 40-44 200 LC Meter Freestyle Time Trial Split Time

WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN
NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN
PNA: 2:24.01 P 7/28/2018 ELLEN ELLA

- Time Trial

1 Jennifer Carlson 44 Reston Masters S-10 2:45.82

Women 40-44 200 LC Meter Freestyle

WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN
NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN
PNA: 2:24.01 P 7/28/2018 ELLEN ELLA

1 Tammy Fisher 40 Tri-City Atomic-35 2:45.56
 36.76 41.25 43.64 43.91
 2 Michelle Cary 42 Oregon Masters-37 2:58.66
 40.05 44.84 47.44 46.33

Women 40-44 400 LC Meter Freestyle

WORLD: 4:22.87 W 8/13/2011 Janet EVANS
NATL: 4:22.87 N 8/13/2011 JANET EVANS
PNA: 5:04.46 P 7/28/2018 ELLEN ELLA

1 Jennifer Carlson 44 Reston Masters S-10 5:36.91
 38.92 41.83 42.26 42.81
 42.88 43.13 43.11 41.97
 2 Molly Brunjes 43 Cascade Masters-36 5:41.40
 36.50 41.82 44.00 44.52
 43.52 42.21
 3 Tammy Fisher 40 Tri-City Atomic-35 6:01.73
 37.03 42.09 44.53 46.17
 46.90 48.86 48.49 47.66
 4 Michelle Cary 42 Oregon Masters-37 6:10.07
 38.06 44.42 47.10 48.40
 48.66 48.58 48.91 45.94

Women 40-44 800 LC Meter Freestyle

WORLD: 8:59.06 W 6/11/2011 Janet EVANS
NATL: 8:59.06 N 6/11/2011 JANET EVANS
PNA: 10:17.74 P 8/19/2001 ZENA COURTNEY

1 Kelly Geisheimer 40 Hyack Fina 10:08.95
 35.13 38.13 38.77 38.92
 38.61 38.41 38.62 38.12
 38.03 38.20 38.16 38.75
 38.67 38.42 38.13 35.88
 2 Jennifer Carlson 44 Reston Masters S-10 11:38.67
 38.46 42.50 43.52 43.80
 43.68 44.62 44.26 44.41
 44.12 44.39 44.22 44.94
 44.79 44.67 43.98 42.31
 3 Tammy Fisher 40 Tri-City Atomic-35 12:38.12
 39.11 44.11 46.52 48.02
 49.51 48.57 49.23 48.41
 49.01 48.80 48.46 48.57
 48.47 47.81 48.10 45.42

Women 40-44 50 LC Meter Backstroke

WORLD: 29.62 W 8/2/2018 Noriko INADA
NATL: 29.62 N 8/2/2018 NORIKO INADA
PNA: 33.69 P 8/15/2004 LISA DAHL

1 Kelly Geisheimer 40 Hyack Fina 36.89

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

Results

(Women 40-44 50 LC Meter Backstroke)

2	Lindsey Jennings	42	Cascade Masters-36	37.93
3	Molly Brunjes	43	Cascade Masters-36	38.15

Women 40-44 100 LC Meter Backstroke

WORLD: 1:04.70 W 7/31/2018 Noriko INADA
NATL: 1:04.70 N 7/31/2018 NORIKO INADA
PNA: 1:05.41 P 6/5/2011 SHERI HART

1	Jennifer Carlson	44	Reston Masters S-10	1:23.19
				41.07 42.12

Women 40-44 200 LC Meter Backstroke

WORLD: 2:23.18 W 8/6/2009 Jody SMITH
NATL: 2:23.18 N 8/6/2009 JODY SMITH
PNA: 2:34.18 P 8/1/1999 ZENA COURTNEY

1	Kelly Riedinger	44	Nashville Aquati-15	3:15.24
				46.52 50.64 51.19 46.89

Women 40-44 50 LC Meter Breaststroke

WORLD: 32.42 W 9/2/2022 Nicole HEIDEMANN
NATL: 32.47 N 8/19/2016 KATIE GLENN
PNA: 38.01 P 7/11/2010 MARY ARMSTRONG

1	Denise Lindberg	41	Lake Washington-36	36.67P
2	Lindsey Jennings	42	Cascade Masters-36	40.02
3	Kelly Riedinger	44	Nashville Aquati-15	44.22

Women 40-44 100 LC Meter Breaststroke

WORLD: 1:12.29 W 3/12/2022 Nicole HEIDEMANN
NATL: 1:12.12 N 6/30/2008 S VON DER LIPPE
PNA: 1:26.88 P 8/19/2001 TONYA BERG

1	Denise Lindberg	41	Lake Washington-36	1:24.99P
				41.65 43.34
2	Lindsey Jennings	42	Cascade Masters-36	1:30.62
				42.44 48.18

Women 40-44 50 LC Meter Butterfly

WORLD: 28.36 W 6/8/2013 Erika BRAUN
NATL: 28.36 N 6/8/2013 ERIKA BRAUN
PNA: 29.66 P 6/5/2011 SHERI HART

1	Lindsey Jennings	42	Cascade Masters-36	33.13
2	Michelle Cary	42	Oregon Masters-37	39.44
3	Kelly Riedinger	44	Nashville Aquati-15	39.93

Women 40-44 200 LC Meter IM

WORLD: 2:25.03 W 8/5/2007 S.VON DER LIPPE
NATL: 2:25.03 N 8/5/2007 S VON DER LIPPE
PNA: 2:42.41 P 8/27/1995 CAMILLE THOMPSON

1	Denise Lindberg	41	Lake Washington-36	2:43.96
				34.67 43.58 45.97 39.74
2	Kelly Riedinger	44	Nashville Aquati-15	3:19.72
				46.20 53.17 54.56 45.79

Women 45-49 50 LC Meter Freestyle

WORLD: 26.59 W 3/16/2011 Edith OTTERMANN
NATL: 27.09 N 8/5/2017 THOMAS\BRAUN
PNA: 27.77 P 8/10/2009 LISA DAHL

1	Julie Sayigh	48	Cascade Masters-36	34.32
2	Marjorie High	48	Cascade Masters-36	40.77

Women 45-49 100 LC Meter Freestyle

WORLD: 57.40 W 8/8/2015 Melanie THOMAS
NATL: 57.40 N 8/8/2015 MELANIE THOMAS
PNA: 1:03.77 P 8/10/2009 LISA A DAHL

1	Colleen Wahlstrom	47	Team Walker Inte-36	1:06.86
				31.49 35.37
2	Alison Aylesworth	46	Orca Swim Team-36	1:19.65
				37.83 41.82
3	Marjorie High	48	Cascade Masters-36	1:33.59
				43.63 49.96
4	Christine Kempe	46	Lake Washington-36	1:57.28
				56.27 1:01.01

Women 45-49 200 LC Meter Freestyle

WORLD: 2:10.09 W 6/13/2009 K.PIPES-NEILSEN
NATL: 2:10.09 N 6/13/2009 K PIPES-NEILSEN
PNA: 2:21.99 P 8/17/2016 AMY J MOORHEAD

1	Christine Kempe	46	Lake Washington-36	4:29.62
				58.16 1:11.00 1:11.11 1:09.35

Women 45-49 400 LC Meter Freestyle

WORLD: 4:31.95 W 8/7/2021 Heidi GEORGE
NATL: 4:30.64 N 4/14/2023 HEIDI GEORGE
PNA: 5:20.64 P 7/6/2019 T. KOPPELBERGER

1	Colleen Wahlstrom	47	Team Walker Inte-36	5:07.82P
				33.83 38.61 39.22 39.38
				39.88 39.24 39.05 38.61
2	Holly Lickwala	47	Team Walker Inte-36	5:36.60
				39.20 41.09 42.51 42.79
				43.20 43.79 43.30 40.72
3	Alison Aylesworth	46	Orca Swim Team-36	6:01.21
				40.36 44.24 46.06 46.53
				45.60 46.07 46.51 45.84

Women 45-49 50 LC Meter Backstroke

WORLD: 31.02 W 8/18/2016 Cindy MABEE
NATL: 31.71 N 7/7/2012 JENKINS\REYNOLDS
PNA: 34.21 P 8/10/2006 LISA DAHL

1	Julie Sayigh	48	Cascade Masters-36	42.10
2	Marjorie High	48	Cascade Masters-36	52.19

Women 45-49 100 LC Meter Backstroke

WORLD: 1:07.04 W 6/14/2019 Joanna CORBEN
NATL: 1:08.11 N 5/24/2009 K PIPES-NEILSEN
PNA: 1:15.58 P 8/10/2006 ZENA COURTNEY

1	Alison Aylesworth	46	Orca Swim Team-36	1:34.31
				45.91 48.40

Women 45-49 50 LC Meter Breaststroke

WORLD: 33.56 W 8/20/2017 Linley FRAME
NATL: 33.66 N 7/17/2010 S VON DER LIPPE
PNA: 37.21 P 8/17/2008 LISA DAHL

1	Julie Sayigh	48	Cascade Masters-36	47.81
2	Christine Kempe	46	Lake Washington-36	56.36
3	Marjorie High	48	Cascade Masters-36	1:00.55

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

Results

Women 45-49 100 LC Meter Breaststroke

WORLD: 1:12.34 W 8/14/2022 Gabrielle ROSE
NATL: 1:12.34 N 8/14/2022 GABRIELLE ROSE
PNA: 1:30.85 P 8/10/2006 TONYA BERG

1 Christine Kempe 46 Lake Washington-36 2:08.16
 58.66 1:09.50

Women 45-49 50 LC Meter Butterfly

WORLD: 28.40 W 8/5/2017 Erika BRAUN
NATL: 28.40 N 8/5/2017 ERIKA BRAUN
PNA: 29.57 P 8/10/2009 LISA A DAHL

1 Colleen Wahlstrom 47 Team Walker Inte-36 33.18
 2 Holly Lickwala 47 Team Walker Inte-36 33.50
 3 Julie Sayigh 48 Cascade Masters-36 38.57
 4 Marjorie High 48 Cascade Masters-36 50.08
 5 Christine Kempe 46 Lake Washington-36 54.44

Women 45-49 100 LC Meter Butterfly

WORLD: 1:04.96 W 8/6/2014 Wenke SEIDER
NATL: 1:04.96 N 8/6/2014 WENKE SEIDER
PNA: 1:15.42 P 8/20/2000 DEBBIE GLASSMAN

1 Holly Lickwala 47 Team Walker Inte-36 1:21.58
 38.46 43.12

Women 50-54 50 LC Meter Freestyle

WORLD: 27.09 W 6/28/2015 M.Therese FUZZATI
NATL: 27.38 N 8/6/2022 ERIKA BRAUN
PNA: 28.58 P 7/8/2012 LISA A DAHL

1 Christine Mcclafferty 50 Oregon Masters-37 29.90
 2 Megan Tuche 53 Blue Wave Aquati-36 41.74
 3 Lisa Milkowski 54 Puget Sound Mast-36 51.60

Women 50-54 100 LC Meter Freestyle

WORLD: 1:00.42 W 6/27/2015 M.Therese FUZZATI
NATL: 1:00.53 N 8/20/2022 ERIKA BRAUN
PNA: 1:06.39 P 8/10/2006 MARY LIPPOLD

1 Megan Tuche 53 Blue Wave Aquati-36 1:34.26
 43.73 50.53

Women 50-54 200 LC Meter Freestyle

WORLD: 2:13.18 W 8/8/2013 Jill HERNANDEZ
NATL: 2:13.18 N 8/8/2013 JILL HERNANDEZ
PNA: 2:25.15 P 8/9/2015 SHANNON MCINTRYE

1 Christine Mcclafferty 50 Oregon Masters-37 2:27.57
 35.00 38.19 38.54 35.84
 2 Quynh-Anh Nguyen 52 Bainbridge Aquat-36 4:11.45
 56.26 1:07.09 1:04.79 1:03.31

Women 50-54 400 LC Meter Freestyle

WORLD: 4:40.66 W 8/11/2013 Jill HERNANDEZ
NATL: 4:40.66 N 8/11/2013 JILL HERNANDEZ
PNA: 4:58.10 P 8/17/2016 SHANNON MCINTRYE

1 Shelley Reimer 54 Bainbridge Aquat-36 5:49.12
 38.44 42.29 44.16 44.96
 45.18 45.11 45.21 43.77
 2 Megan Tuche 53 Blue Wave Aquati-36 7:38.12
 46.21 53.23 57.53 59.18
 1:01.96 1:01.48 1:01.03 57.50

Women 50-54 800 LC Meter Freestyle

WORLD: 9:34.12 W 7/23/2016 Susan PRESTON
NATL: 9:34.12 N 7/23/2016 SUSAN PRESTON
PNA: 10:05.05 P 8/9/2015 SHANNON MCINTRYE

1 Shelley Reimer 54 Bainbridge Aquat-36 12:12.93
 39.69 44.16 46.08 46.49
 46.51 46.88 46.70 47.03
 46.61 46.65 46.35 46.48
 46.35 46.30 45.98 44.67

Women 50-54 50 LC Meter Backstroke

WORLD: 31.59 W 7/6/2019 Cindy MABEE
NATL: 32.30 N 8/6/2022 ERIKA BRAUN
PNA: 35.43 P 8/18/2002 BARB GUNDRED

1 Shelley Reimer 54 Bainbridge Aquat-36 42.70

Women 50-54 100 LC Meter Backstroke

WORLD: 1:07.87 W 1/21/2023 Jo CORBEN
NATL: 1:09.28 N 8/8/2014 ELLEN REYNOLDS
PNA: 1:16.93 P 8/19/2001 BARB GUNDRED

1 Quynh-Anh Nguyen 52 Bainbridge Aquat-36 DQ
 Shoulders past vertical toward breast
 1:09.51 1:13.51

Women 50-54 50 LC Meter Breaststroke

WORLD: 34.18 W 6/13/2012 Monica CORO
NATL: 36.47 N 8/20/2022 ERIKA BRAUN
PNA: 38.27 P 7/8/2012 LISA A DAHL

1 Quynh-Anh Nguyen 52 Bainbridge Aquat-36 1:13.91

Women 50-54 50 LC Meter Butterfly

WORLD: 29.47 W 8/4/2022 Erika BRAUN
NATL: 29.47 N 8/4/2022 ERIKA BRAUN
PNA: 30.34 P 7/8/2012 LISA A DAHL

1 Christine Mcclafferty 50 Oregon Masters-37 31.12
 2 Shelley Reimer 54 Bainbridge Aquat-36 40.66

Women 50-54 200 LC Meter Butterfly

WORLD: 2:31.55 W 8/18/2001 Laura VAL
NATL: 2:31.55 N 8/18/2001 LAURA VAL
PNA: 2:57.02 P 8/15/2004 DEBBIE GLASSMAN

1 Christine Mcclafferty 50 Oregon Masters-37 2:35.49
 34.99 40.84 39.52 40.14

Women 50-54 200 LC Meter IM

WORLD: 2:31.02 W 8/7/2016 Ellen REYNOLDS
NATL: 2:31.02 N 8/7/2016 ELLEN REYNOLDS
PNA: 2:40.44 P 8/17/2016 SHANNON MCINTRYE

1 Shelley Reimer 54 Bainbridge Aquat-36 3:15.89
 39.27 53.69 57.59 45.34

Women 55-59 200 LC Meter Freestyle

WORLD: 2:16.28 W 8/11/2019 Ellen REYNOLDS
NATL: 2:16.28 N 8/11/2019 VAL\REYNOLDS
PNA: 2:33.47 P 8/2/2017 ZENA COURTNEY

1 Ellen Reynolds 59 Sawtooth Masters-59 2:21.09
 34.22 36.60 36.32 33.95
 2 Diana Hermanson 58 Bernardo's All S-36 3:33.95
 48.09 55.56 55.98 54.32

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

Results

Women 55-59 400 LC Meter Freestyle

WORLD: 4:43.41 W 7/10/2016 Lynn MARSHALL
NATL: 4:46.49 N 8/10/2019 ELLEN REYNOLDS
PNA: 5:28.73 P 8/15/2006 BARB GUNDRED

1	Francie Haffner	56	Oregon Masters-37	5:21.62
	36.71	41.09	40.87	41.45
	41.02	41.11	40.56	38.81
2	Diana Hermanson	58	Bernardo's All S-36	7:06.44
	47.57	53.44	54.65	54.78
	54.59	54.12	54.82	52.47

Women 55-59 800 LC Meter Freestyle

WORLD: 9:44.76 W 2/25/2017 Lynn MARSHALL
NATL: 9:46.56 N 7/25/2015 JILL HERNANDEZ
PNA: 11:16.23 P 8/15/2006 BARB GUNDRED

1	Heather Anderson	59	Bellevue Club-36	19:15.57
	1:07.00	1:12.65	1:14.18	1:14.60
	1:14.40	1:13.97	1:13.00	1:13.12
	1:12.91	1:12.65	1:12.80	1:11.05
	1:12.36	1:11.79	1:11.20	1:07.89

Women 55-59 50 LC Meter Backstroke

WORLD: 31.99 W 8/2/2018 Holly GREEN BLAIR
NATL: 31.99 N 8/2/2018 HOLLY GREEN BLAIR
PNA: 38.34 P 8/24/2014 ZENA COURTNEY

1	Francie Haffner	56	Oregon Masters-37	37.14
---	-----------------	----	-------------------	-------

Women 55-59 100 LC Meter Backstroke

WORLD: 1:09.69 W 8/11/2019 Holly GREEN BLAIR
NATL: 1:09.69 N 8/11/2019 HOLLY GREEN BLAIR
PNA: 1:18.09 P 8/24/2014 ZENA COURTNEY

1	Francie Haffner	56	Oregon Masters-37	1:19.62
	38.45	41.17		

Women 55-59 200 LC Meter Backstroke

WORLD: 2:31.79 W 5/19/2019 Ellen REYNOLDS
NATL: 2:31.79 N 5/19/2019 ELLEN REYNOLDS
PNA: 2:49.57 P 8/24/2014 ZENA COURTNEY

1	Ellen Reynolds	59	Sawtooth Masters-59	2:39.07
	38.93	40.23	40.99	38.92
2	Francie Haffner	56	Oregon Masters-37	2:54.69
	41.18	44.22	45.92	43.37

Women 55-59 50 LC Meter Butterfly Time Trial Split Time

WORLD: 30.52 W 7/10/2016 Leslie LIVINGSTON
NATL: 30.52 N 7/10/2016 LESLIE LIVINGSTON
PNA: 33.24 P 8/17/2016 LISA A DAHL

- Time Trial

1	Ellen Reynolds	59	Sawtooth Masters-59	35.78
---	----------------	----	---------------------	-------

Women 55-59 100 LC Meter Butterfly Time Trial Split Time

WORLD: 1:08.81 W 7/24/2022 Andrea MULLER
NATL: 1:09.47 N 8/9/2009 LAURA VAL
PNA: 1:20.50 P 6/12/2013 MARY LIPPOLD

- Time Trial

1	Ellen Reynolds	59	Sawtooth Masters-59	1:19.65
---	----------------	----	---------------------	---------

Women 55-59 200 LC Meter IM

WORLD: 2:31.51 W 7/6/2019 Ellen REYNOLDS
NATL: 2:31.51 N 7/6/2019 ELLEN REYNOLDS
PNA: 2:53.15 P 8/15/2006 CHARLOTTE DAVIS

1	Ellen Reynolds	59	Sawtooth Masters-59	2:39.73
	35.78	41.43	47.65	34.87

Women 55-59 400 LC Meter IM

WORLD: 5:22.41 W 7/6/2019 Ellen REYNOLDS
NATL: 5:21.35 N 5/17/2019 ELLEN REYNOLDS
PNA: 6:07.72 P 8/15/2006 CHARLOTTE DAVIS

1	Ellen Reynolds	59	Sawtooth Masters-59	5:34.37
	37.62	42.03	45.29	41.09
	48.84	47.36	37.04	35.10

Women 60-64 50 LC Meter Freestyle

WORLD: 28.90 W 3/17/2018 Jenny WHITELEY
NATL: 29.21 N 8/4/2018 PENNY NOYES
PNA: 30.11 P 7/8/2012 CHARLOTTE M DAVIS

1	Cynthia Clutter	63	Mesa Aquatics Cl-48	40.10
---	-----------------	----	---------------------	-------

Women 60-64 200 LC Meter Freestyle Time Trial Split Time

WORLD: 2:21.03 W 3/20/2019 Jenny WHITELEY
NATL: 2:21.48 N 6/12/2012 LAURA VAL
PNA: 2:40.71 P 8/17/2016 MARY B LIPPOLD

- Time Trial

1	Wendy Hoffman	61	Puget Sound Mast-36	3:03.45
---	---------------	----	---------------------	---------

Women 60-64 400 LC Meter Freestyle Time Trial Split Time

WORLD: 4:53.58 W 6/11/2022 Lynn MARSHALL
NATL: 4:59.82 N 8/12/2012 LAURA VAL
PNA: 5:36.64 P 8/17/2016 MARY B LIPPOLD

- Time Trial

1	Wendy Hoffman	61	Puget Sound Mast-36	6:15.87
---	---------------	----	---------------------	---------

Women 60-64 400 LC Meter Freestyle

WORLD: 4:53.58 W 6/11/2022 Lynn MARSHALL
NATL: 4:59.82 N 8/12/2012 LAURA VAL
PNA: 5:36.64 P 8/17/2016 MARY B LIPPOLD

1	Emily Ghilarducci	61	Bernardo's All S-36	6:56.33
	46.64	51.65	53.28	54.00
	53.87	54.22	53.22	49.45

Women 60-64 800 LC Meter Freestyle

WORLD: 10:06.23 W 2/11/2023 Lynn MARSHALL
NATL: 10:18.82 N 6/18/2022 LYNN MARSHALL
PNA: 12:17.07 P 8/17/2016 ELIZABETH KASSEN

1	Wendy Hoffman	61	Puget Sound Mast-36	12:38.87
	42.35	45.49	47.99	47.62
	47.95	47.84	48.62	48.01
	49.46	48.51	48.80	47.47
	47.31	47.20	47.66	46.59
2	Emily Ghilarducci	61	Bernardo's All S-36	14:33.70
	49.23	54.48	55.86	55.42
	55.75	56.09	55.68	55.45
	54.63	54.68	54.66	54.65
	54.44	51.88	59.10	51.70

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

Results

(Women 60-64 800 LC Meter Freestyle)

3	Anne Ewalt	61	Cascade Masters-36	16:28.56
	49.67	56.80	1:00.52	1:00.98
	1:02.88	1:01.10	1:03.98	1:03.21
	1:04.57	1:06.76	1:04.31	1:04.22
	1:03.63	1:04.53	1:03.38	58.02

Women 60-64 200 LC Meter Backstroke

WORLD: 2:41.38 W 5/13/2022 Karlyn PIPES				
NATL: 2:41.38 N 5/13/2022 KARLYN PIPES				
PNA: 3:15.12 P 8/17/2014 BARB GUNDRED				
1	Wendy Hoffman	61	Puget Sound Mast-36	3:27.13
	50.11	52.50	53.35	51.17

Women 60-64 50 LC Meter Breaststroke

WORLD: 37.43 W 2/6/2022 Monica CORO'				
NATL: 39.02 N 8/19/2016 BETH ESTEL				
PNA: 42.16 P 8/17/2016 LINDA CHAPMAN				
1	Emily Ghilarducci	61	Bernardo's All S-36	47.63
2	Cynthia Clutter	63	Mesa Aquatics Cl-48	49.58
3	Anne Ewalt	61	Cascade Masters-36	52.43

Women 60-64 100 LC Meter Breaststroke

WORLD: 1:23.04 W 5/20/2022 Moncia CORO'				
NATL: 1:27.24 N 8/18/2016 BETH ESTEL				
PNA: 1:34.23 P 8/17/2016 LINDA CHAPMAN				
1	Emily Ghilarducci	61	Bernardo's All S-36	1:49.46
	53.74	55.72		
2	Cynthia Clutter	63	Mesa Aquatics Cl-48	1:53.87
	56.21	57.66		

Women 60-64 200 LC Meter Breaststroke

WORLD: 3:04.15 W 3/18/2018 Jenny WHITELEY				
NATL: 3:08.07 N 6/29/2014 LO KNAPP				
PNA: 3:46.12 P 8/19/2001 FRANCESCA DRUM				
1	Wendy Hoffman	61	Puget Sound Mast-36	3:44.67P
	52.81	57.02	57.73	57.11
2	Anne Ewalt	61	Cascade Masters-36	4:30.65
	1:03.76	1:09.13	1:14.16	1:03.60

Women 60-64 50 LC Meter Butterfly

WORLD: 31.11 W 8/11/2019 Traci GRANGER				
NATL: 31.11 N 8/11/2019 TRACI GRANGER				
PNA: 32.57 P 7/8/2012 CHARLOTTE M DAVIS				
1	Tatyana Sussex	60	Mercer Island Re-36	37.87
2	Cynthia Clutter	63	Mesa Aquatics Cl-48	50.74

Women 60-64 200 LC Meter Butterfly

WORLD: 2:41.03 W 8/6/2011 Laura VAL				
NATL: 2:41.03 N 8/6/2011 LAURA VAL				
PNA: 3:29.21 P 8/17/2008 SARAH WELCH				
1	Tatyana Sussex	60	Mercer Island Re-36	3:25.70P
	43.97	55.66	54.77	51.30

Women 60-64 200 LC Meter IM

WORLD: 2:44.62 W 3/20/2019 Jenny WHITELEY				
NATL: 2:47.99 N 7/14/2013 LAURA VAL				
PNA: 2:52.67 P 8/3/2010 CHARLOTTE DAVIS				
1	Wendy Hoffman	61	Puget Sound Mast-36	3:26.28
	49.27	54.08	57.24	45.69

Women 60-64 400 LC Meter IM

WORLD: 5:48.88 W 6/11/2022 Lynn MARSHALL				
NATL: 5:49.08 N 8/12/2022 KARLYN PIPES				
PNA: 6:08.99 P 8/2/2010 CHARLOTTE DAVIS				
1	Wendy Hoffman	61	Puget Sound Mast-36	7:13.11
	50.77	58.93	55.90	54.09
	58.57	57.77	48.60	48.48

Women 65-69 50 LC Meter Freestyle

WORLD: 29.10 W 8/3/2019 Penny NOYES				
NATL: 29.10 N 8/3/2019 PENNY NOYES				
PNA: 30.85 P 8/17/2016 CHARLOTTE M DAVIS				
1	Karen Andrus-Hughes	66	Oregon Masters-37	33.22
2	Paige Seaborg	68	Everett Family Y-36	47.32

Women 65-69 100 LC Meter Freestyle

WORLD: 1:04.89 W 7/30/2018 Laura VAL				
NATL: 1:04.89 N 7/30/2018 LAURA VAL				
PNA: 1:07.88 P 8/17/2016 CHARLOTTE M DAVIS				
1	Paige Seaborg	68	Everett Family Y-36	1:52.12
	49.04	1:03.08		

Women 65-69 200 LC Meter Freestyle

WORLD: 2:25.29 W 8/18/2016 Laura VAL				
NATL: 2:25.29 N 8/18/2016 LAURA VAL				
PNA: 2:35.36 P 8/9/2015 CHARLOTTE M DAVIS				
1	Jeanna Summers	69	Oregon Masters-37	3:16.89
	44.86	51.01	52.35	48.67

Women 65-69 200 LC Meter Freestyle Time Trial Split Time

WORLD: 2:25.29 W 8/18/2016 Laura VAL				
NATL: 2:25.29 N 8/18/2016 LAURA VAL				
PNA: 2:35.36 P 8/9/2015 CHARLOTTE M DAVIS				

- Time Trial

1	Colette Crabbe	67	Oregon Masters-37	2:45.09
---	----------------	----	-------------------	---------

Women 65-69 400 LC Meter Freestyle

WORLD: 5:12.80 W 8/10/2019 Laura VAL				
NATL: 5:12.80 N 8/10/2019 LAURA VAL				
PNA: 5:27.79 P 1/31/2015 CHARLOTTE M DAVIS				
1	Colette Crabbe	67	Oregon Masters-37	5:35.49
	38.06	41.23	42.62	43.18
	42.51	42.92	43.17	41.80
2	Jeanna Summers	69	Oregon Masters-37	6:41.68
	45.46	49.71	51.16	51.81
	52.04	52.79	49.70	49.01
3	Barbara Belt	68	Bainbridge Aquat-36	6:55.06
	46.47	51.80	53.39	53.79
	53.42	53.77	52.51	49.91
4	Paige Seaborg	68	Everett Family Y-36	8:11.31
	48.20	1:01.20	1:06.10	1:04.01
	1:04.33	1:04.22	1:03.79	59.46

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

Results

Women 65-69 800 LC Meter Freestyle

WORLD: 10:49.60 W 7/15/2017 Laura VAL
NATL: 10:49.60 N 7/15/2017 LAURA VAL
PNA: 11:31.53 P 8/9/2015 CHARLOTTE M DAVIS

1	Barbara Belt	68	Bainbridge Aquat-36	14:08.88
	48.04	52.91	53.71	53.96
	54.22	53.80	54.08	53.81
	53.82	54.10	53.29	54.37
	53.53	53.19	52.20	49.85

Women 65-69 50 LC Meter Backstroke

WORLD: 33.59 W 8/2/2018 Laura VAL
NATL: 33.59 N 8/2/2018 LAURA VAL
PNA: 42.60 P 8/17/2016 STELLA PREISSLER

1	Karen Andrus-Hughes	66	Oregon Masters-37	37.87
2	Heather Adkins-Narte	69	Bainbridge Aquat-36	1:06.66

Women 65-69 100 LC Meter Backstroke

WORLD: 1:14.49 W 7/31/2018 Laura VAL
NATL: 1:14.49 N 7/31/2018 LAURA VAL
PNA: 1:35.61 P 8/17/2016 STELLA PREISSLER

1	Karen Andrus-Hughes	66	Oregon Masters-37	1:24.87
	41.82	43.05		
2	Heather Adkins-Narte	69	Bainbridge Aquat-36	DQ
	Delay initiating turn after past vertical			
	1:07.31	1:11.74		

Women 65-69 200 LC Meter Backstroke

WORLD: 2:47.70 W 8/8/2019 Laura VAL
NATL: 2:47.70 N 8/8/2019 LAURA VAL
PNA: 3:27.63 P 7/8/2012 SUZANNE L DILLS

1	Karen Andrus-Hughes	66	Oregon Masters-37	3:08.69
	45.92	48.40	47.78	46.59
2	Heather Adkins-Narte	69	Bainbridge Aquat-36	4:46.30
	1:05.99	1:13.01	1:14.85	1:12.45
---	Jeanna Summers	69	Oregon Masters-37	DQ
	Delay initiating arm pull at turn			
	50.35	54.15	53.46	50.48

Women 65-69 50 LC Meter Breaststroke

WORLD: 40.11 W 9/11/2021 Dagmar FRESE
NATL: 41.87 N 10/10/2021 BETH ESTEL
PNA: 42.08 P 7/28/2018 CHARLOTTE M DAVIS

1	Colette Crabbe	67	Oregon Masters-37	41.80N
2	Linda Chapman	67	Lake Washington-36	44.67
3	Margaret Hair	68	Lewis Clark Nept-35	50.35
4	Heather Adkins-Narte	69	Bainbridge Aquat-36	1:14.53

Women 65-69 100 LC Meter Breaststroke

WORLD: 1:28.18 W 2/25/2023 Jenney WHITELEY
NATL: 1:32.24 N 8/10/2019 LO KNAPP
PNA: 1:33.32 P 7/28/2018 CHARLOTTE M DAVIS

1	Colette Crabbe	67	Oregon Masters-37	1:35.49
	44.62	50.87		
2	Linda Chapman	67	Lake Washington-36	1:38.83
	46.75	52.08		

Women 65-69 50 LC Meter Butterfly

WORLD: 32.93 W 8/4/2019 Penny NOYES
NATL: 32.93 N 8/4/2019 PENNY NOYES
PNA: 33.66 P 8/17/2016 CHARLOTTE M DAVIS

1	Margaret Hair	68	Lewis Clark Nept-35	49.06
2	Barbara Belt	68	Bainbridge Aquat-36	56.80

Women 65-69 200 LC Meter Butterfly

WORLD: 2:57.26 W 7/20/2019 Penny NOYES
NATL: 2:57.26 N 7/20/2019 PENNY NOYES
PNA: 3:45.87 P 7/8/2012 SARAH WELCH

1	Margaret Hair	68	Lewis Clark Nept-35	4:25.40
	56.92	1:06.75	1:07.93	1:13.80

Women 65-69 400 LC Meter IM

WORLD: 6:14.58 W 7/19/2019 Penny NOYES
NATL: 6:14.58 N 7/19/2019 PENNY NOYES
PNA: 6:28.60 P 8/17/2016 CHARLOTTE M DAVIS

1	Colette Crabbe	67	Oregon Masters-37	6:32.13
	40.29	50.55	51.01	51.50
	56.23	55.60	44.40	42.55
2	Margaret Hair	68	Lewis Clark Nept-35	8:08.44
	54.11	1:03.66	1:08.38	1:07.44
	1:05.75	1:05.82	52.40	50.88

Women 70-74 50 LC Meter Freestyle

WORLD: 30.73 W 10/9/2021 Laura VAL
NATL: 30.73 N 10/9/2021 LAURA VAL
PNA: 39.29 P 8/6/1983 DAWN MUSSELMAN

1	Charlotte Davis	73	Lake Washington-36	32.95P
---	-----------------	----	--------------------	--------

Women 70-74 100 LC Meter Freestyle

WORLD: 1:06.90 W 10/9/2021 Laura VAL
NATL: 1:06.90 N 10/9/2021 LAURA VAL
PNA: 1:29.70 P 8/17/2016 SALLY A DILLON

1	Charlotte Davis	73	Lake Washington-36	1:12.38P
	35.61	36.77		

Women 70-74 200 LC Meter Freestyle

WORLD: 2:29.72 W 8/14/2022 Laura VAL
NATL: 2:29.72 N 8/14/2022 LAURA VAL
PNA: 3:40.35 P 8/17/2016 SALLY A DILLON

1	Lynn Colella	73	Lake Washington-36	3:17.47P
	44.46	50.05	52.59	50.37

Women 70-74 50 LC Meter Breaststroke

WORLD: 41.67 W 6/22/2014 Monika SENFTLEBEN
NATL: 43.19 N 8/3/2018 DANA BROWN
PNA: 51.98 P 8/17/2016 SALLY A DILLON

1	Charlotte Davis	73	Lake Washington-36	44.76P
2	Lynn Colella	73	Lake Washington-36	58.14

Women 70-74 100 LC Meter Breaststroke

WORLD: 1:35.93 W 10/2/2016 Nobuko YASUDA
NATL: 1:36.91 N 7/31/2021 CHARLOTTE DAVIS
PNA: 2:11.33 P 6/4/1994 MURIEL FLYNN

1	Charlotte Davis	73	Lake Washington-36	1:41.94P
	49.08	52.86		

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

Results

Women 70-74 50 LC Meter Butterfly

WORLD: 34.93 W 7/31/2022 **Laura VAL**
NATL: 34.93 N 7/31/2022 **LAURA VAL**
PNA: 45.81 P 7/28/2018 **SARAH WELCH**
 1 Lynn Colella 73 Lake Washington-36 53.64

Women 75-79 50 LC Meter Freestyle

WORLD: 34.11 W 10/8/2021 **Diann UUSTAL**
NATL: 34.11 N 10/8/2021 **DIANN UUSTAL**
PNA: 48.04 P 8/14/2017 **SUSANNE O ZIMSEN**
 1 Jett Vallandigham 77 Moscow Chinooks-35 1:15.96

Women 75-79 100 LC Meter Freestyle Time Trial Split Time

WORLD: 1:17.38 W 10/9/2021 **Diann UUSTAL**
NATL: 1:17.38 N 10/9/2021 **DIANN UUSTAL**
PNA: 2:10.71 P 7/25/2004 **BERNICE PHILLIPS**
- Time Trial
 1 Jett Vallandigham 77 Moscow Chinooks-35 2:47.03

Women 75-79 200 LC Meter Freestyle Time Trial Split Time

WORLD: 2:54.26 W 9/27/2013 **Yoshiko OSAKI**
NATL: 2:56.07 N 8/6/2022 **DIANN UUSTAL**
PNA: 4:38.07 P 7/30/2000 **MURIEL FLYNN**
- Time Trial
 1 Janet Gettling 75 Oregon Masters-37 3:35.73
 2 Jett Vallandigham 77 Moscow Chinooks-35 6:01.26

Women 75-79 400 LC Meter Freestyle

WORLD: 6:12.25 W 7/12/2013 **Yoshiko OSAKI**
NATL: 6:27.04 N 8/21/2021 **DIANN UUSTAL**
PNA: 8:42.80 P 8/15/1998 **MURIEL FLYNN**
 1 Jett Vallandigham 77 Moscow Chinooks-35 12:13.36
 1:15.27 1:31.76 1:38.46 1:35.77
 1:34.22 1:34.19 1:33.60 1:30.09

Women 75-79 400 LC Meter Freestyle Time Trial Split Time

WORLD: 6:12.25 W 7/12/2013 **Yoshiko OSAKI**
NATL: 6:27.04 N 8/21/2021 **DIANN UUSTAL**
PNA: 8:42.80 P 8/15/1998 **MURIEL FLYNN**
- Time Trial
 1 Joanne Menard 75 Mesa Aquatics Cl-48 7:06.08
 2 Janet Gettling 75 Oregon Masters-37 7:24.44

Women 75-79 800 LC Meter Freestyle

WORLD: 12:58.94 W 10/22/2006 **Jane ASHER**
NATL: 13:22.23 N 10/7/2021 **CAROLYN BOAK**
PNA: 19:54.08 P 8/23/1992 **PAT MATTHIESEN**
 1 Joanne Menard 75 Mesa Aquatics Cl-48 14:05.57
 45.73 53.03 54.76 55.38
 54.44 54.51 54.54 53.69
 52.42 53.63 52.60 53.47
 53.05 52.87 52.18 49.27
 2 Janet Gettling 75 Oregon Masters-37 14:51.34
 46.58 54.35 58.02 56.78
 58.07 56.88 57.47 56.29
 57.09 56.58 56.89 55.78
 56.53 55.45 56.02 52.56

Women 75-79 50 LC Meter Breaststroke

WORLD: 43.95 W 3/6/2010 **Shoko YONEZAWA**
NATL: 47.10 N 7/19/2014 **JOANN LEILICH**
PNA: 1:00.02 P 8/15/1998 **MURIEL FLYNN**
 1 Janet Gettling 75 Oregon Masters-37 48.77
 2 Jett Vallandigham 77 Moscow Chinooks-35 1:32.85

Women 75-79 50 LC Meter Breaststroke Time Trial Split Time

WORLD: 43.95 W 3/6/2010 **Shoko YONEZAWA**
NATL: 47.10 N 7/19/2014 **JOANN LEILICH**
PNA: 1:00.02 P 8/15/1998 **MURIEL FLYNN**
- Time Trial
 1 Jett Vallandigham 77 Moscow Chinooks-35 1:41.40

Women 75-79 100 LC Meter Breaststroke

WORLD: 1:38.81 W 3/6/2010 **Shoko YONEZAWA**
NATL: 1:42.18 N 8/15/2014 **JOANN LEILICH**
PNA: 2:16.15 P 8/15/1998 **MURIEL FLYNN**
 1 Janet Gettling 75 Oregon Masters-37 1:54.96
 54.03 1:00.93
 2 Jett Vallandigham 77 Moscow Chinooks-35 3:34.34
 1:41.16 1:53.18

Women 75-79 100 LC Meter Breaststroke Time Trial Split Time

WORLD: 1:38.81 W 3/6/2010 **Shoko YONEZAWA**
NATL: 1:42.18 N 8/15/2014 **JOANN LEILICH**
PNA: 2:16.15 P 8/15/1998 **MURIEL FLYNN**
- Time Trial
 2 Jett Vallandigham 77 Moscow Chinooks-35 3:36.46

Women 75-79 200 LC Meter Breaststroke

WORLD: 3:40.84 W 7/19/2014 **Joann LEILICH**
NATL: 3:40.84 N 7/19/2014 **JOANN LEILICH**
PNA: 4:57.73 P 8/15/1998 **MURIEL FLYNN**
 1 Jett Vallandigham 77 Moscow Chinooks-35 7:23.14
 1:41.40 1:55.06 1:56.28 1:50.40

Women 75-79 50 LC Meter Butterfly

WORLD: 38.93 W 5/25/2019 **Judy WILSON**
NATL: 44.95 N 8/1/2004 **GAIL ROPER**
PNA: 1:14.60 P 8/11/1991 **PAT MATTHIESEN**
 1 Joanne Menard 75 Mesa Aquatics Cl-48 47.65
 2 Sarah Welch 76 Orca Swim Team-36 53.06P

Women 75-79 200 LC Meter IM

WORLD: 3:21.84 W 4/22/2022 **Kira MAKAROVA**
NATL: 3:38.23 N 7/21/2019 **DANIELA BARNEA**
PNA: 4:52.55 P 8/15/1998 **MURIEL FLYNN**
 1 Janet Gettling 75 Oregon Masters-37 3:51.71
 54.33 1:02.48 1:03.97 50.93

Women 80-84 100 LC Meter Freestyle

WORLD: 1:23.16 W 7/14/2018 **Yoshiko OSAKI**
NATL: 1:27.55 N 3/7/2009 **GAIL ROPER**
PNA: 2:07.98 P 7/8/2011 **GLORIA TOLARO**
 1 Jill Fritz 83 Arizona Masters-48 2:06.65
 59.94 1:06.71

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

Results

Women 80-84 400 LC Meter Freestyle

WORLD: 6:39.90 W 5/5/2012 Jane ASHER
NATL: 7:24.53 N 6/10/2007 JEAN TROY
PNA: 9:42.02 P 8/26/2012 GLORIA TOLARO

1	Jill Fritz	83	Arizona Masters-48	9:15.79
	1:02.79	1:09.36	1:11.19	1:08.92
	1:11.69	1:11.38	1:11.15	1:09.31

Women 80-84 50 LC Meter Backstroke

WORLD: 43.04 W 3/11/2023 Satoko TAKEUJI
NATL: 46.39 N 3/29/2002 BUNNY CEDERLUND
PNA: 59.38 P 7/8/2011 GLORIA TOLARO

1	Joy Ward	81	Oregon Masters-37	48.63
2	Jill Fritz	83	Arizona Masters-48	1:01.30

Women 80-84 100 LC Meter Backstroke

WORLD: 1:41.18 W 8/1/2021 Yoshiko OSAKI
NATL: 1:47.29 N 8/7/2009 BETTY LORENZI
PNA: 2:31.83 P 6/19/1993 MARION MUELLER

1	Joy Ward	81	Oregon Masters-37	1:46.16N
	51.33	54.83		
2	Jill Fritz	83	Arizona Masters-48	DQ
	Delay initiating arm pull at turn			
	1:04.49	1:11.34		

Women 80-84 200 LC Meter Backstroke

WORLD: 3:36.91 W 1/15/2023 Satoko TAKEUJI
NATL: 3:51.50 N 6/12/2022 JOY WARD
PNA: 5:22.19 P 8/19/2001 MAXINE CARLSON

1	Joy Ward	81	Oregon Masters-37	3:53.11
	54.99	59.55	1:00.89	57.68
---	Jill Fritz	83	Arizona Masters-48	DQ
	Shoulders past vertical toward breast			
	1:08.59	1:21.87	1:18.23	1:11.86

Women 80-84 400 LC Meter IM

WORLD: 8:21.88 W 1/30/2011 Jane ASHER
NATL: 9:32.43 N 6/10/2007 JEAN TROY

1	Joy Ward	81	Oregon Masters-37	9:12.87N
	1:17.75	1:16.72	1:03.46	1:00.69

Men 18-24 100 LC Meter Freestyle

NATL: 48.45 N 6/16/2021 COLEMAN STEWART
PNA: 56.65 P 8/17/2016 MATTHEW D GATES

1	Adrien Chaussabel	24	Husky Masters-36	58.68
	27.93	30.75		
2	Rowan Poppen-Eagan	24	Puget Sound Mast-36	1:03.29
	29.50	33.79		

Men 18-24 200 LC Meter Freestyle

NATL: 1:52.74 N 8/16/1998 JOE TRISTAN
PNA: 2:06.28 P 8/17/2016 MATTHEW D GATES

1	Adrien Chaussabel	24	Husky Masters-36	2:17.46
	32.06	35.59	35.47	34.34

Men 18-24 400 LC Meter Freestyle

NATL: 4:04.68 N 8/13/2007 HYUN SEUNG LEE
PNA: 4:34.70 P 8/14/1976 RICK COLELLA

1	Rowan Poppen-Eagan	24	Puget Sound Mast-36	4:58.36
	31.34	34.71	36.50	37.20
	38.98	39.10	40.50	40.03

Men 18-24 800 LC Meter Freestyle

NATL: 8:44.80 N 8/6/2015 RYAN ROSENBAUM
PNA: 10:39.36 P 8/14/1988 STEVE UNDERBRINK

1	Trenton Allison	24	Lake Washington-36	10:23.17P
	35.45	38.27	40.04	39.80
	39.44	39.54	39.86	39.46
	39.68	39.49	39.89	39.26
	39.14	38.63	38.75	36.47

Men 18-24 200 LC Meter Backstroke

NATL: 2:03.82 N 7/30/2018 TAKEHARU FUJIMORI
PNA: 2:26.26 P 7/22/1984 SCOTT SEELYE

1	Rowan Poppen-Eagan	24	Puget Sound Mast-36	2:37.06
	34.91	38.68	42.12	41.35

Men 18-24 100 LC Meter Breaststroke

NATL: 1:00.68 N 8/25/2016 JACOB MONTAGUE
PNA: 1:13.30 P 1976 RICK COLELLA

1	Adrien Chaussabel	24	Husky Masters-36	1:18.42
	37.46	40.96		

Men 18-24 200 LC Meter Butterfly

NATL: 1:55.09 N 8/6/2014 THOMAS SHIELDS
PNA: 2:19.31 P 8/17/2016 MATTHEW D GATES

1	Trenton Allison	24	Lake Washington-36	2:48.76
	34.16	41.21	46.92	46.47

Men 18-24 200 LC Meter IM

NATL: 2:05.80 N 6/30/2016 JACOB MONTAGUE
PNA: 2:25.08 P 7/31/1994 TODD DOHERTY

1	Adrien Chaussabel	24	Husky Masters-36	2:34.96
	30.87	43.93	44.95	35.21

Men 18-24 400 LC Meter IM

NATL: 4:44.53 N 8/21/2010 PETER GALAN
PNA: 5:03.70 P 8/14/1976 RICK COLELLA

---	Trenton Allison	24	Lake Washington-36	DQ
	Non-simultaneous touch - breast			
	34.88	40.68	44.66	41.90
	59.72	57.66	38.35	37.51

Men 25-29 50 LC Meter Freestyle

WORLD: 22.30 W 2/18/2017 A.LIUKKONEN
NATL: 21.69 N 8/10/2014 NATHAN ADRIAN
PNA: 23.92 P 7/6/2008 TROY DAVIDSON

1	Alex Repeta	25	Lake Washington-36	25.37
2	Evan Edwards	25	Oregon Masters-37	28.87
3	Edward Louie Quintos	26	Blue Wave Aquati-36	33.17

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

Results

Men 25-29 100 LC Meter Freestyle

WORLD: 50.45 W 6/7/2013 Matthew MCGINNIS
NATL: 47.96 N 6/27/2017 NATHAN ADRIAN
PNA: 52.25 P 7/6/2008 TROY DAVIDSON

1 Evan Edwards 25 Oregon Masters-37 1:01.20
 29.78 31.42

Men 25-29 200 LC Meter Freestyle

WORLD: 1:50.76 W 8/16/2017 D.DURANGO
NATL: 1:50.69 N 6/26/2013 ALEX WOLD
PNA: 2:05.81 P 8/7/2013 CHRIS CONROY

1 Evan Edwards 25 Oregon Masters-37 2:12.40
 31.99 33.63 34.11 32.67
 2 Logan Wintermute 27 UC36-36 2:29.75
 32.89 37.98 39.98 38.90

Men 25-29 400 LC Meter Freestyle

WORLD: 4:00.96 W 6/5/2022 Alexander FEDOROV
NATL: 3:55.01 N 6/28/2013 ALEX WOLD
PNA: 4:30.77 P 8/24/1990 STEVE SCHMIDT

1 Evan Edwards 25 Oregon Masters-37 4:36.02
 33.37 34.82 35.01 34.85
 34.63 34.85 34.52 33.97
 2 Casey Colella 29 Cascade Masters-36 5:09.07
 31.24 34.96 36.88 39.36
 40.63 42.13 42.36 41.51

Men 25-29 800 LC Meter Freestyle

WORLD: 8:24.46 W 8/12/2022 David HERON
NATL: 8:24.46 N 8/12/2022 DAVID HERON
PNA: 9:32.55 P 8/24/1990 STEVE SCHMIDT

1 Evan Edwards 25 Oregon Masters-37 9:38.05
 34.51 36.33 36.57 36.74
 36.67 36.86 36.75 36.86
 36.64 36.67 36.27 35.84
 35.83 35.76 35.87 33.88

Men 25-29 100 LC Meter Backstroke

WORLD: 55.09 W 11/21/2021 Ryota MAEJIMA
NATL: 55.15 N 8/3/2011 ADAM MANIA
PNA: 1:05.89 P 7/26/1998 TODD DOHERTY

1 Casey Colella 29 Cascade Masters-36 1:20.35
 38.41 41.94

Men 25-29 50 LC Meter Breaststroke

WORLD: 27.21 W 4/18/2021 Kirill STRELNIKOV
NATL: 27.83 N 8/13/2022 PAVEL ROMANOV
PNA: 30.97 P 7/8/2012 CEJIH YUNG

1 Casey Colella 29 Cascade Masters-36 35.27
 2 Edward Louie Quintos 26 Blue Wave Aquati-36 38.06

Men 25-29 100 LC Meter Breaststroke

WORLD: 1:00.39 W 4/16/2021 Kirill STRELNIKOV
NATL: 1:00.68 N 6/28/2013 BJ JOHNSON
PNA: 1:08.52 P 7/8/2012 CEJIH YUNG

1 Casey Colella 29 Cascade Masters-36 1:16.60
 37.08 39.52

Men 25-29 200 LC Meter Breaststroke

WORLD: 2:11.78 W 8/10/2013 C.BURCKLE
NATL: 2:10.09 N 6/26/2013 BJ JOHNSON
PNA: 2:28.17 P 8/7/2013 CEJIH YUNG

1 Logan Wintermute 27 UC36-36 3:19.25
 43.91 50.21 53.43 51.70

Men 25-29 100 LC Meter Butterfly

WORLD: 53.09 W 8/15/2008 Kohei KAWAMOTO
NATL: 51.20 N 7/2/2016 THOMAS SHIELDS
PNA: 56.46 P 8/7/2013 CHRIS CHAPMAN

1 Logan Wintermute 27 UC36-36 1:10.47
 33.47 37.00

Men 25-29 200 LC Meter Butterfly

WORLD: 2:00.74 W 6/5/2022 A.PRIBYTOK
NATL: 1:55.81 N 6/29/2016 THOMAS SHIELDS
PNA: 2:19.06 P 8/24/1990 STEVE SCHMIDT

1 Logan Wintermute 27 UC36-36 3:16.08
 33.65 40.18 50.46 1:11.79

Men 30-34 50 LC Meter Freestyle

WORLD: 22.13 W 7/13/2013 Roland SCHOEMAN
NATL: 21.55 N 8/10/2014 ANTHONY ERVIN
PNA: 25.05 P 7/4/1992 CRAIG MALLERY

1 Brent Bode-Wagner 32 UC36-36 29.88
 2 James Hessen 33 Everett Family Y-36 31.87
 3 Donatto Gallardo 33 Blue Wave Aquati-36 32.41

Men 30-34 100 LC Meter Freestyle

WORLD: 49.80 W 7/23/2016 Darian TOWNSEND
NATL: 48.71 N 8/6/2014 ANTHONY ERVIN
PNA: 55.79 P 7/4/1992 CRAIG MALLERY

1 James Hessen 33 Everett Family Y-36 1:07.13
 31.95 35.18
 2 Donatto Gallardo 33 Blue Wave Aquati-36 1:11.01
 33.91 37.10
 3 Brent Bode-Wagner 32 UC36-36 1:13.57
 33.36 40.21

Men 30-34 200 LC Meter Freestyle

WORLD: 1:49.56 W 8/6/2016 Darian TOWNSEND
NATL: 1:49.34 N 8/7/2014 DARIAN TOWNSEND
PNA: 2:05.86 P 8/23/1992 M. FITZGERALD

1 Donatto Gallardo 33 Blue Wave Aquati-36 2:44.79
 37.48 42.79 44.02 40.50

Men 30-34 50 LC Meter Breaststroke

WORLD: 27.74 W 3/12/2022 Kohhei TOMINAGA
NATL: 27.26 N 6/15/2019 BRANDON FISCHER
PNA: 31.15 P 8/7/2019 CHRIS CONROY

1 Ruben Guerrero 32 Team Walker Inte-36 33.49
 2 Brent Bode-Wagner 32 UC36-36 42.49

Men 30-34 100 LC Meter Breaststroke

WORLD: 1:01.25 W 8/31/2019 Ryo KOBAYASHI
NATL: 59.86 N 6/13/2019 BRANDON FISCHER
PNA: 1:11.00 P 8/7/2019 CHRIS CONROY

1 Ruben Guerrero 32 Team Walker Inte-36 1:14.44
 34.75 39.69

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

Results

Men 30-34 200 LC Meter Breaststroke

WORLD: 2:18.04 W 7/7/2012 Gary MARSHALL
NATL: 2:11.91 N 6/14/2019 BRANDON FISCHER
PNA: 2:36.33 P 8/24/1986 GREG HARRISON

1	Ruben Guerrero	32	Team Walker Inte-36	2:42.78
	36.25	40.35	43.30	42.88

Men 30-34 50 LC Meter Butterfly

WORLD: 23.26 W 7/13/2013 Roland SCHOEMAN
NATL: 23.26 N 7/13/2013 ROLAND SCHOEMAN
PNA: 26.34 P 8/17/2008 JASON GOLTZ

1	Tomas Mendez	31	Blue Wave Aquati-36	26.94
2	Donatto Gallardo	33	Blue Wave Aquati-36	38.20

Men 30-34 100 LC Meter Butterfly

WORLD: 53.10 W 4/8/2022 Henrique MARTINS
NATL: 53.36 N 8/8/2014 DARIAN TOWNSEND
PNA: 59.24 P 8/17/2008 JASON GOLTZ

1	Tomas Mendez	31	Blue Wave Aquati-36	1:01.02
	27.98	33.04		
2	Donatto Gallardo	33	Blue Wave Aquati-36	1:39.00
	44.54	54.46		

Men 30-34 200 LC Meter IM

WORLD: 2:02.18 W 5/22/2016 Darian TOWNSEND
NATL: 1:59.24 N 8/6/2017 RYAN LOCHTE
PNA: 2:17.75 P 8/24/1986 DAVE HANNULA

1	Yawei Hao	33	Mercer Island Re-36	2:28.69
	30.90	40.81	44.20	32.78
2	James Hessen	33	Everett Family Y-36	2:56.97
	37.58	45.24	54.25	39.90

Men 35-39 50 LC Meter Freestyle

WORLD: 22.76 W 8/20/2005 Mark FOSTER
NATL: 22.98 N 6/19/2021 MATT GREVERS
PNA: 25.42 P 8/23/1992 MIKE MC INTYRE

1	Baden Sprinkle	35	Blue Wave Aquati-36	26.88
2	Tyler Middleton	39	Blue Wave Aquati-36	27.69

Men 35-39 100 LC Meter Freestyle

WORLD: 50.78 W 9/27/2009 Hideaki HARA
NATL: 51.45 N 10/9/2021 ADAM RITTER
PNA: 56.22 P 8/23/1992 MARK LIST

1	Tyler Middleton	39	Blue Wave Aquati-36	1:01.82
	29.39	32.43		
2	Brian Hannan	35	Mercer Island Re-36	1:06.23
	30.60	35.63		

Men 35-39 400 LC Meter Freestyle

WORLD: 4:05.91 W 3/10/2012 Petar STOYCHEV
NATL: 4:07.64 N 7/16/1995 ROWDY GAINES
PNA: 4:29.96 P 8/17/2008 KIRK NELSON

1	Eddie Switaj	39	Bellevue Club-36	4:36.80
	31.52	34.71	35.15	35.19
	35.44	35.19	35.39	34.21
2	Baden Sprinkle	35	Blue Wave Aquati-36	4:52.87
	32.53	35.81	37.16	38.06
	38.22	38.23	36.77	36.09

Men 35-39 50 LC Meter Backstroke

WORLD: 26.18 W 5/7/2022 Stefano RAZETO
NATL: 26.54 N 8/10/2019 JEFF NATALIZIO
PNA: 28.60 P 8/23/1992 MIKE MC INTYRE

1	Tyler Middleton	39	Blue Wave Aquati-36	33.02
---	-----------------	----	---------------------	-------

Men 35-39 100 LC Meter Backstroke

WORLD: 57.91 W 8/19/2017 Ryan PINI
NATL: 53.18 N 6/14/2021 MATT GREVERS
PNA: 1:00.93 P 8/17/2014 TREVER GRAY

1	Brian Hannan	35	Mercer Island Re-36	1:18.70
	38.43	40.27		

Men 35-39 50 LC Meter Breaststroke

WORLD: 28.35 W 7/31/2022 Ryo KOBAYASHI
NATL: 28.53 N 5/25/2009 JEFF COMMINGS
PNA: 30.93 P 8/19/1998 ROBERT JACKSON

1	Eddie Switaj	39	Bellevue Club-36	34.26
---	--------------	----	------------------	-------

Men 35-39 50 LC Meter Butterfly

WORLD: 24.03 W 12/2/2022 Benjamin HOCKIN
NATL: 24.14 N 8/15/2015 KOHEI KAWAMOTO
PNA: 26.66 P 8/10/2004 AMON EMEKA

1	Erik Petersen	35	CG Sports Manage-36	28.49
2	Tyler Middleton	39	Blue Wave Aquati-36	30.89

Men 35-39 100 LC Meter Butterfly

WORLD: 53.65 W 8/2/2018 Kohei KAWAMOTO
NATL: 53.65 N 8/2/2018 KOHEI KAWAMOTO
PNA: 1:02.21 P 8/10/2004 AMON EMEKA

1	Erik Petersen	35	CG Sports Manage-36	1:03.95
	29.40	34.55		

Men 35-39 200 LC Meter Butterfly

WORLD: 2:02.54 W 4/26/2019 Nikolay SKVORTSOV
NATL: 2:04.76 N 8/1/2015 BRENT CREAGER
PNA: 2:22.28 P 6/11/2022 EDDIE SWITAJ

1	Eddie Switaj	39	Bellevue Club-36	2:23.07
	31.22	35.82	37.52	38.51
2	Erik Petersen	35	CG Sports Manage-36	2:29.75
	30.86	38.49	40.03	40.37

Men 35-39 200 LC Meter IM

WORLD: 2:05.65 W 7/7/2019 Darian TOWNSEND
NATL: 1:58.48 N 6/17/2021 RYAN LOCHTE
PNA: 2:24.14 P 8/10/2004 AMON EMEKA

1	Baden Sprinkle	35	Blue Wave Aquati-36	2:40.37
	31.70	41.51	50.70	36.46

Men 40-44 50 LC Meter Freestyle

WORLD: 23.20 W 9/2/2022 Andrejs DUDA
NATL: 22.61 N 6/19/2021 ANTHONY ERVIN
PNA: 24.69 P 8/17/2016 TREVER O GRAY

1	Scott Thompson	41	Lake Washington-36	27.91
2	Dave Whitbeck	41	Lake Washington-36	28.08

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

Results

Men 40-44 100 LC Meter Freestyle

WORLD: 51.21 W 7/14/2018 Hideaki HARA
NATL: 51.72 N 8/1/2010 VLAD PYSHNENKO
PNA: 55.96 P 8/17/2016 TREVER O GRAY

1	Scott Thompson	41	Lake Washington-36	1:02.00
	29.34	32.66		
2	Shawn Jeffery	44	Cascade Masters-36	1:02.35
	30.80	31.55		
3	Dave Whitbeck	41	Lake Washington-36	1:02.96
	30.06	32.90		

Men 40-44 200 LC Meter Freestyle

WORLD: 1:53.65 W 8/2/2010 Vladimir PYSHNENKO
NATL: 1:53.65 N 8/2/2010 VLAD PYSHNENKO
PNA: 2:05.86 P 8/27/1995 ALAN CARDWELL

1	Scott Thompson	41	Lake Washington-36	2:23.28
	34.70	37.24	36.51	34.83

Men 40-44 400 LC Meter Freestyle

WORLD: 4:06.74 W 7/24/2009 Erik HOCHSTEIN
NATL: 4:06.74 N 7/24/2009 ERIK HOCHSTEIN
PNA: 4:30.33 P 8/27/1995 ALAN CARDWELL

1	Dave Whitbeck	41	Lake Washington-36	4:48.22
	31.58	35.38	36.62	36.87
	36.42	37.21	37.26	36.88

Men 40-44 50 LC Meter Butterfly

WORLD: 24.32 W 9/1/2022 Andrejs DUDA
NATL: 25.11 N 6/9/2018 JAMES ZENYUH
PNA: 27.15 P 7/6/2019 TREVER O GRAY

1	Shawn Jeffery	44	Cascade Masters-36	29.20
---	---------------	----	--------------------	-------

Men 40-44 100 LC Meter Butterfly

WORLD: 56.17 W 9/6/2011 Serkan ATASAY
NATL: 56.43 N 8/23/2008 MICHAEL ROSS
PNA: 1:00.71 P 8/19/2001 DAVID MC ALPINE

1	Shawn Jeffery	44	Cascade Masters-36	1:06.16
	31.38	34.78		

Men 40-44 200 LC Meter Butterfly

WORLD: 2:05.55 W 7/11/2004 Dennis BAKER
NATL: 2:05.55 N 7/11/2004 DENNIS BAKER
PNA: 2:25.55 P 8/10/2012 KIRK NELSON

1	Shawn Jeffery	44	Cascade Masters-36	2:37.21
	31.39	36.17	39.57	50.08

--- John Caelin Hickey 42 El Dorado Solar-38 DNF
 Did not finish

Men 40-44 200 LC Meter IM

WORLD: 2:10.63 W 6/25/2009 Alberto MONTINI
NATL: 2:08.63 N 5/27/2023 MARKUS ROGAN
PNA: 2:18.92 P 8/23/1992 RICK COLELLA

1	Dave Whitbeck	41	Lake Washington-36	2:38.97
	31.82	42.68	47.85	36.62

Men 45-49 50 LC Meter Freestyle

WORLD: 23.55 W 8/15/2019 Hideaki HARA
NATL: 24.12 N 6/23/2018 BRIAN JACOBSON
PNA: 26.51 P 8/22/1999 DONALD GRAHAM

1	Trever Gray	47	Puget Sound Mast-36	25.95P
---	-------------	----	---------------------	--------

2	Ronny Cho	46	Lake Washington-36	32.80
---	-----------	----	--------------------	-------

Men 45-49 100 LC Meter Freestyle

WORLD: 52.24 W 8/13/2019 Hideaki HARA
NATL: 53.77 N 8/7/2016 NICOLAS GRANGER
PNA: 58.46 P 8/17/2016 TODD S DOHERTY

1	Trever Gray	47	Puget Sound Mast-36	58.03P
	27.08	30.95		
2	Jon Walker	48	Puget Sound Mast-36	1:04.95
	30.83	34.12		
3	Gabe Bush	46	Blue Wave Aquati-36	1:11.29
	33.81	37.48		
4	Ronny Cho	46	Lake Washington-36	1:12.79
	34.00	38.79		

Men 45-49 400 LC Meter Freestyle

WORLD: 4:11.07 W 8/9/2009 Keith SWITZER
NATL: 4:09.20 N 7/19/2008 DENNIS BAKER
PNA: 4:35.31 P 8/17/2016 KIRK NELSON

1	Diego de Acosta	48	Puget Sound Mast-36	4:39.62
	31.34	34.57	35.69	35.57
	35.44	35.51	35.87	35.63
2	Jon Walker	48	Puget Sound Mast-36	5:09.37
	34.98	37.83	39.04	39.38
	39.76	40.17	39.94	38.27
3	Gabe Bush	46	Blue Wave Aquati-36	5:33.26
	36.94	41.02	42.35	42.70
	42.61	42.54	42.52	42.58

Men 45-49 800 LC Meter Freestyle

WORLD: 8:40.79 W 8/10/2015 Fabio CALMASINI
NATL: 8:51.98 N 8/9/2010 JEFF ERWIN
PNA: 9:30.02 P 7/30/2000 STEVE SUSSEX

1	Gabe Bush	46	Blue Wave Aquati-36	11:30.08
	37.69	42.38	43.50	42.89
	43.63	43.83	43.76	44.37
	43.36	43.81	43.63	43.38
	43.62	43.61	43.82	42.80
2	Phil Stevens	48	UC36-36	15:07.13
	48.26	54.40	57.52	57.80
	58.22	58.08	59.82	58.96
	57.86	57.72	59.64	57.11
	57.46	56.80	55.40	52.08

Men 45-49 200 LC Meter Backstroke

WORLD: 2:11.56 W 6/7/2013 Eduardo MAROCCO
NATL: 2:13.21 N 8/5/2022 CHUCK BARNES
PNA: 2:24.22 P 6/11/2022 DIEGO A DE ACOSTA

1	Diego de Acosta	48	Puget Sound Mast-36	2:27.00
	34.61	37.47	37.85	37.07

Men 45-49 50 LC Meter Butterfly

WORLD: 25.24 W 10/10/2021 Chuck BARNES
NATL: 25.24 N 10/10/2021 CHUCK BARNES
PNA: 28.05 P 8/21/1999 DONALD GRAHAM

1	Gabe Bush	46	Blue Wave Aquati-36	33.95
---	-----------	----	---------------------	-------

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

Results

Men 45-49 100 LC Meter Butterfly

WORLD: 56.85 W 8/11/2002 Paul CARTER
NATL: 56.42 N 8/4/2002 PAUL CARTER
PNA: 1:03.90 P 5/24/2004 CAMERON GREEN

1 Gabe Bush 46 Blue Wave Aquati-36 1:23.07
 36.99 46.08

Men 45-49 200 LC Meter IM

WORLD: 2:10.09 W 8/7/2016 Nicolas GRANGER
NATL: 2:10.09 N 8/7/2016 NICOLAS GRANGER
PNA: 2:23.92 P 8/17/2016 TODD S DOHERTY

1 Phil Stevens 48 UC36-36 3:44.40
 50.16 59.75 1:03.99 50.50

Men 50-54 50 LC Meter Freestyle

WORLD: 24.08 W 6/27/2009 Brent BARNES
NATL: 24.58 N 8/9/2009 ROWDY GAINES
PNA: 25.80 P 7/10/2011 NED STACK

1 Mark Kennedy 51 Ubcm Fina 26.46
 2 Boris Desancic 51 UC36-36 28.37
 3 Regan Pelton 53 UC36-36 29.69
 4 Gregory Henzel 54 Harbor Aquatics-36 35.44
 5 Stephen Luckey 51 UC36-36 35.76

Men 50-54 100 LC Meter Freestyle

WORLD: 54.15 W 6/30/2017 Nicolas GRANGER
NATL: 54.18 N 8/4/2017 NICOLAS GRANGER
PNA: 57.60 P 8/7/2019 MATS O NYGREN

1 Mark Kennedy 51 Ubcm Fina 1:01.45
 30.11 31.34
 2 Brian Knittle 50 UC36-36 1:02.48
 28.37 34.11
 3 Regan Pelton 53 UC36-36 1:06.08
 30.64 35.44
 4 Christian Tujo 52 Bernardo's All S-36 1:09.50
 33.19 36.31
 5 Chad Fletcher 51 Bellevue Club-36 1:18.18
 37.64 40.54
 6 Stephen Luckey 51 UC36-36 1:18.82
 38.87 39.95

Men 50-54 200 LC Meter Freestyle

WORLD: 1:58.62 W 7/1/2017 Nicolas GRANGER
NATL: 2:00.34 N 8/13/2007 DAN STEPHENSON
PNA: 2:05.73 P 8/17/2016 MATS O NYGREN

1 Stephen Luckey 51 UC36-36 2:54.43
 40.25 44.05 45.47 44.66

Men 50-54 400 LC Meter Freestyle

WORLD: 4:15.93 W 8/4/2017 Nicolas GRANGER
NATL: 4:15.93 N 8/4/2017 NICOLAS GRANGER
PNA: 4:30.78 P 8/2/2017 MATS O NYGREN

1 Christian Tujo 52 Bernardo's All S-36 5:35.31
 38.10 42.13 42.39 42.53
 42.52 43.05 43.72 40.87
 2 Brian Knittle 50 UC36-36 5:42.62
 35.60 41.24 43.27 44.33
 44.40 45.49 44.75 43.54

3 Stephen Luckey 51 UC36-36 6:09.44
 42.52 44.43 46.44 47.38
 47.68 45.06
 4 John Carlson 52 Reston Masters S-10 6:27.73
 42.72 48.40 49.72 51.19
 49.89 49.25 49.75 46.81

Men 50-54 800 LC Meter Freestyle

WORLD: 8:55.05 W 7/31/2010 Marcus MATTIOLI
NATL: 8:56.31 N 8/3/2014 RICARDO VALDIVIA
PNA: 9:26.63 P 8/2/2017 MATS O NYGREN

1 Christian Tujo 52 Bernardo's All S-36 11:46.75
 39.97 43.93 45.60 44.72
 45.41 44.42 45.20 44.98
 44.97 44.38 44.65 44.39
 44.31 44.55 43.38 41.89
 2 Stephen Luckey 51 UC36-36 12:37.09
 42.98 46.30 47.68 48.29
 47.69 48.44 48.20 49.27
 48.32 48.42
 40.61

Men 50-54 50 LC Meter Backstroke

WORLD: 28.58 W 7/14/2018 Rick GOULD
NATL: 28.58 N 7/14/2018 RICK GOULD
PNA: 31.05 P 8/17/2016 MATS O NYGREN

1 Regan Pelton 53 UC36-36 35.92

Men 50-54 50 LC Meter Breaststroke

WORLD: 29.90 W 4/2/2022 Steve WEST
NATL: 29.90 N 4/2/2022 STEVE WEST
PNA: 31.93 P 8/17/2016 DANIEL PHILLIPS

1 James Hooper 52 Ubcm Fina 32.39
 2 Chad Fletcher 51 Bellevue Club-36 44.58
 3 Gregory Henzel 54 Harbor Aquatics-36 47.04

Men 50-54 100 LC Meter Breaststroke

WORLD: 1:06.12 W 7/10/2022 Steve WEST
NATL: 1:06.12 N 7/10/2022 STEVE WEST
PNA: 1:12.24 P 8/17/2016 DANIEL PHILLIPS

1 James Hooper 52 Ubcm Fina 1:14.71
 35.31 39.40

Men 50-54 50 LC Meter Butterfly

WORLD: 25.87 W 3/12/2023 Eiji NOMURA
NATL: 25.88 N 8/16/2008 PAUL CARTER
PNA: 27.98 P 6/24/2007 DONALD GRAHAM

1 Boris Desancic 51 UC36-36 31.17
 2 Christian Tujo 52 Bernardo's All S-36 33.56
 3 John Carlson 52 Reston Masters S-10 37.50

Men 55-59 50 LC Meter Freestyle

WORLD: 24.45 W 7/19/2015 Brent BARNES
NATL: 25.01 N 6/7/2009 JACK GROSELLE
PNA: 27.06 P 8/13/2011 DONALD GRAHAM

1 Maoz Alsberg 55 Team Walker Inte-36 27.90
 2 Peter Heusel 55 Ebmsc Fina 29.61
 3 Peter Nimb 59 Bainbridge Aquat-36 30.65
 4 Brent Barnes 55 Team Walker Inte-36 36.40

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

Results

Men 55-59 100 LC Meter Freestyle

WORLD: 56.00 W 2/24/2019 Calvin MAUGHAN
NATL: 56.07 N 7/10/2015 STEVE WOOD
PNA: 1:01.59 P 8/14/2011 DONALD GRAHAM

1	Daniel Jorgensen	55	Oregon Masters-37	59.73
	28.64	31.09		
2	Ed Wardian	57	Puget Sound Mast-36	1:00.06P
	28.55	31.51		
3	Maoz Alsberg	55	Team Walker Inte-36	1:03.30
	31.09	32.21		
4	Peter Heusel	55	Ebmssc Fina	1:04.97
	30.84	34.13		
5	Alex Goldstein	55	Mercer Island Re-36	1:11.25
	33.11	38.14		
6	Peter Nimb	59	Bainbridge Aquat-36	1:14.89
	33.81	41.08		
7	Brent Barnes	55	Team Walker Inte-36	1:20.44
	38.25	42.19		
8	RJ Hilgers	55	Bainbridge Aquat-36	1:31.97
	40.44	51.53		

Men 55-59 200 LC Meter Freestyle

WORLD: 2:04.01 W 7/26/2009 Michael MANN
NATL: 2:04.01 N 7/26/2009 MICHAEL MANN
PNA: 2:17.27 P 7/12/2009 ALAN BELL

1	Peter Heusel	55	Ebmssc Fina	2:27.44
	34.59	37.78	38.51	36.56

Men 55-59 400 LC Meter Freestyle

WORLD: 4:22.49 W 7/25/2009 Michael MANN
NATL: 4:22.49 N 7/25/2009 MICHAEL MANN
PNA: 4:49.85 P 7/12/2009 ALAN BELL

1	Daniel Jorgensen	55	Oregon Masters-37	4:43.26
	31.93	35.58	35.98	36.06
	36.17	36.17	36.30	35.07
2	Scot Sullivan	57	Oregon Masters-37	4:55.84
	34.55	38.21	38.45	37.86
	37.29	37.10	36.59	35.79
3	Alex Goldstein	55	Mercer Island Re-36	5:20.93
	35.21	39.16	40.74	41.28
	41.19	41.76	41.24	40.35
4	Timothy Panzer	59	Bernardo's All S-36	6:04.89
	37.77	42.65	45.63	47.64
	47.80	48.39	49.39	45.62
5	Brent Barnes	55	Team Walker Inte-36	6:45.11
	42.84		51.66	
	53.48	53.64	54.68	51.71

Men 55-59 800 LC Meter Freestyle

WORLD: 9:00.09 W 7/24/2009 Michael MANN
NATL: 9:00.09 N 7/24/2009 MICHAEL MANN
PNA: 10:03.20 P 7/12/2009 ALAN BELL

1	Timothy Panzer	59	Bernardo's All S-36	12:27.14
	39.09	44.27	46.14	47.64
	47.29	47.98	47.44	48.51
	48.28	48.22	47.39	48.78
	47.53	47.88	47.14	43.56

Men 55-59 50 LC Meter Backstroke

WORLD: 29.03 W 8/20/2016 Steve WOOD
NATL: 29.03 N 8/20/2016 STEVE WOOD
PNA: 31.87 P 8/7/2013 DONALD GRAHAM

1	Maoz Alsberg	55	Team Walker Inte-36	32.17
---	--------------	----	---------------------	-------

Men 55-59 100 LC Meter Backstroke

WORLD: 1:03.50 W 6/21/2015 Steve WOOD
NATL: 1:03.50 N 6/21/2015 STEVE WOOD
PNA: 1:09.50 P 8/17/2016 CARL HAYNIE

1	Ed Wardian	57	Puget Sound Mast-36	1:09.32P
	33.94	35.38		

Men 55-59 200 LC Meter Backstroke

WORLD: 2:20.83 W 7/20/2019 Rip ESSELSTYN
NATL: 2:20.83 N 7/20/2019 RIP ESSELSTYN
PNA: 2:34.51 P 1/28/2017 CARL HAYNIE

1	Scot Sullivan	57	Oregon Masters-37	2:39.88
	37.87	40.81	41.38	39.82

Men 55-59 50 LC Meter Breaststroke

WORLD: 30.02 W 6/2/2019 C.Arturo TRAVAINI
NATL: 30.56 N 8/6/2017 DAVID GUTHRIE
PNA: 33.84 P 8/7/2019 DANIEL L PHILLIPS

1	David Scott	57	Team Walker Inte-36	39.01
2	Brent Barnes	55	Team Walker Inte-36	40.27
3	RJ Hilgers	55	Bainbridge Aquat-36	53.34

Men 55-59 100 LC Meter Breaststroke

WORLD: 1:07.65 W 8/13/2019 C.Arturo TRAVAINI
NATL: 1:07.97 N 7/31/2015 DAVID GUTHRIE
PNA: 1:14.30 P 8/17/2008 RICK COLELLA

1	David Scott	57	Team Walker Inte-36	1:26.58
	42.09	44.49		
2	Brent Barnes	55	Team Walker Inte-36	1:34.11
	44.59	49.52		

Men 55-59 200 LC Meter Breaststroke

WORLD: 2:30.63 W 8/21/2016 David GUTHRIE
NATL: 2:30.63 N 8/21/2016 DAVID GUTHRIE
PNA: 2:38.66 P 8/17/2008 RICK COLELLA

1	David Scott	57	Team Walker Inte-36	3:05.25
	44.29	48.99	46.93	45.04
2	Timothy Panzer	59	Bernardo's All S-36	3:46.04
	52.56	56.84	59.39	57.25

Men 55-59 50 LC Meter Butterfly

WORLD: 26.56 W 10/10/2021 Steve HILTABIDDLE
NATL: 26.56 N 10/10/2021 STEVE HILTABIDDLE
PNA: 28.22 P 7/8/2012 DONALD GRAHAM

1	Daniel Jorgensen	55	Oregon Masters-37	29.89
2	Peter Nimb	59	Bainbridge Aquat-36	36.69
3	RJ Hilgers	55	Bainbridge Aquat-36	52.25

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

Results

Men 55-59 400 LC Meter IM

WORLD: 4:57.55 W 4/2/2022 Brent FOSTER
NATL: 5:04.07 N 7/26/2009 MICHAEL MANN
PNA: 5:39.16 P 5/29/2016 LYLE NALLI

1 Scot Sullivan	57 Oregon Masters-37	5:58.46
	38.28 44.43 46.29 45.13	
	54.00 53.50 39.13 37.70	

Men 60-64 50 LC Meter Freestyle

WORLD: 25.23 W 8/7/2006 Richard ABRAHAMS
NATL: 25.23 N 8/10/2006 RICHARD ABRAHAMS
PNA: 27.21 P 7/14/2017 DONALD GRAHAM

1 Doug Christensen	60 Oregon Masters-37	29.14
2 David Hathaway	63 Oregon Masters-37	30.30
3 Gerald Cermak	60 Puget Sound Mast-36	31.74
4 Matthew Bittner	64 UC36-36	39.63
5 Gary Niegemann	64 Everett Family Y-36	39.70

Men 60-64 100 LC Meter Freestyle

WORLD: 57.66 W 9/4/2022 Ahmet NAKKAS
NATL: 57.79 N 6/14/2014 JACK GROSELLE
PNA: 59.04 P 8/17/2014 RICK COLELLA

1 Jon Anderson	61 Oregon Masters-37	1:09.88
	33.91 35.97	
2 Gerald Cermak	60 Puget Sound Mast-36	1:12.26
	35.30 36.96	
3 Matthew Bittner	64 UC36-36	1:33.45
	43.47 49.98	
4 Gary Niegemann	64 Everett Family Y-36	1:40.95

Men 60-64 200 LC Meter Freestyle

WORLD: 2:07.68 W 8/6/2017 Dan STEPHENSON
NATL: 2:07.68 N 8/6/2017 DAN STEPHENSON
PNA: 2:20.55 P 8/8/2010 ALAN BELL

1 David Hathaway	63 Oregon Masters-37	2:22.27
	33.86 36.91 36.63 34.87	
2 Jon Anderson	61 Oregon Masters-37	2:44.01
	36.28 40.67 44.25 42.81	

Men 60-64 50 LC Meter Backstroke

WORLD: 30.59 W 8/10/2019 Jamie FOWLER
NATL: 30.59 N 8/10/2019 JAMIE FOWLER
PNA: 31.71 P 8/17/2014 DONALD GRAHAM

1 Doug Christensen	60 Oregon Masters-37	35.67
2 David Hoover	61 Cascade Masters-36	40.12

Men 60-64 100 LC Meter Backstroke

WORLD: 1:06.08 W 8/11/2019 Jamie FOWLER
NATL: 1:06.08 N 8/11/2019 JAMIE FOWLER
PNA: 1:10.95 P 2/2/2020 CARL HAYNIE

1 Jon Anderson	61 Oregon Masters-37	1:26.71
	42.64 44.07	

Men 60-64 200 LC Meter Backstroke

WORLD: 2:26.12 W 8/8/2019 Jamie FOWLER
NATL: 2:26.12 N 8/8/2019 JAMIE FOWLER
PNA: 2:36.53 P 2/2/2020 CARL HAYNIE

1 David Hathaway	63 Oregon Masters-37	2:50.50
	40.65 43.49 44.48 41.88	

Men 60-64 50 LC Meter Breaststroke

WORLD: 31.54 W 2/5/2023 C.Arturo TRAVAINI
NATL: 31.95 N 8/7/2022 DAVID GUTHRIE
PNA: 33.71 P 8/17/2014 RICK COLELLA

1 Richard Howell	64 Oregon Masters-37	36.10
2 Gerald Cermak	60 Puget Sound Mast-36	39.55

Men 60-64 100 LC Meter Breaststroke

WORLD: 1:11.64 W 8/5/2022 David GUTHRIE
NATL: 1:11.64 N 8/5/2022 DAVID GUTHRIE
PNA: 1:13.38 P 8/7/2013 RICK COLELLA

1 Richard Howell	64 Oregon Masters-37	1:27.15
	41.13 46.02	

Men 60-64 50 LC Meter Butterfly

WORLD: 27.65 W 5/6/2018 Hugo BREGMAN
NATL: 27.85 N 8/6/2017 TRIP HEDRICK
PNA: 28.14 P 8/17/2014 DONALD GRAHAM

1 Doug Christensen	60 Oregon Masters-37	30.42
2 David Hathaway	63 Oregon Masters-37	33.15
3 Gerald Cermak	60 Puget Sound Mast-36	35.28

Men 60-64 200 LC Meter Butterfly

WORLD: 2:23.52 W 5/4/2018 Hugo BREGMAN
NATL: 2:29.05 N 8/6/2011 LAWRENCE DAY
PNA: 2:35.33 P 7/8/2012 SCOTT LAUTMAN

1 Brent Washburne	62 Oregon Masters-37	3:37.03
	40.83 53.75 1:01.05 1:01.40	

Men 60-64 200 LC Meter IM

WORLD: 2:21.99 W 8/17/2014 Rick COLELLA
NATL: 2:21.99 N 8/17/2014 RICK COLELLA
PNA: 2:21.99 P 8/17/2014 RICK COLELLA

1 Doug Christensen	60 Oregon Masters-37	2:42.76
	31.82 42.44 49.03 39.47	
2 Brent Washburne	62 Oregon Masters-37	2:59.98
	36.27 46.25 56.64 40.82	
3 Richard Howell	64 Oregon Masters-37	3:05.95
	41.15 54.02 48.68 42.10	

Men 65-69 50 LC Meter Freestyle

WORLD: 26.21 W 7/6/2018 Doug MARTIN
NATL: 26.21 N 7/6/2018 DOUG MARTIN
PNA: 27.70 P 8/2/2017 RICK COLELLA

1 Kyle Geiger	65 425 Masters-36	31.68
2 Tom Weyhrauch	66 Bernardo's All S-36	39.52
3 Brian Johnson	66 Sawtooth Masters-59	41.19

Men 65-69 100 LC Meter Freestyle

WORLD: 59.49 W 8/9/2019 Jack GROSELLE
NATL: 59.49 N 8/9/2019 JACK GROSELLE
PNA: 1:00.86 P 8/7/2019 RICK COLELLA

1 Kyle Geiger	65 425 Masters-36	1:08.54
	33.22 35.32	
2 Scott Neuhaus	69 Team Walker Inte-36	1:25.62
	41.51 44.11	
3 Tom Weyhrauch	66 Bernardo's All S-36	1:30.68
	42.47 48.21	

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

Results

Men 65-69 200 LC Meter Freestyle

WORLD: 2:09.39 W 8/6/2017 Rick COLELLA
NATL: 2:09.39 N 8/6/2017 RICK COLELLA
PNA: 2:09.39 P 8/2/2017 RICK COLELLA

1	Kyle Geiger	65	425 Masters-36	2:42.50
	37.40	41.77	43.34	39.99
2	Tom Weyhrauch	66	Bernardo's All S-36	3:28.53
	46.75	53.11	55.10	53.57

Men 65-69 400 LC Meter Freestyle

WORLD: 4:37.70 W 8/4/2017 Rick COLELLA
NATL: 4:37.70 N 8/4/2017 RICK COLELLA
PNA: 4:37.70 P 8/2/2017 RICK COLELLA

1	Tom Weyhrauch	66	Bernardo's All S-36	7:23.88
	46.17			
		58.92	55.26	

Men 65-69 800 LC Meter Freestyle

WORLD: 10:01.92 W 8/4/2022 Dan STEPHENSON
NATL: 10:01.92 N 8/4/2022 DAN STEPHENSON
PNA: 10:39.24 P 8/9/2014 DAN KIRKLAND

1	Tom Weyhrauch	66	Bernardo's All S-36	15:48.31
	50.55	56.41	1:00.14	59.17
	59.86	58.97	1:01.39	1:00.76
	1:02.25	1:00.47	1:01.03	1:00.03
	1:00.94	1:00.11	1:00.69	55.54

Men 65-69 100 LC Meter Backstroke

WORLD: 1:08.15 W 4/22/2022 Vladimir GORKOV
NATL: 1:09.79 N 7/8/2012 HUGH WILDER
PNA: 1:18.87 P 6/2/2019 DONALD GRAHAM

1	Dan Underbrink	67	Team Walker Inte-36	1:49.12
---	----------------	----	---------------------	---------

Men 65-69 200 LC Meter Backstroke

WORLD: 2:31.62 W 4/23/2022 Vladimir GORKOV
NATL: 2:32.79 N 8/5/2022 DAN STEPHENSON
PNA: 2:48.99 P 8/23/2015 DAN KIRKLAND

1	Dan Underbrink	67	Team Walker Inte-36	3:49.00
	52.79	59.20	58.88	58.13

Men 65-69 50 LC Meter Breaststroke

WORLD: 33.30 W 8/19/2016 Rick COLELLA
NATL: 33.30 N 8/19/2016 RICK COLELLA
PNA: 33.30 P 8/17/2016 RICK COLELLA

1	Scott Neuhaus	69	Team Walker Inte-36	51.28
---	---------------	----	---------------------	-------

Men 65-69 100 LC Meter Breaststroke

WORLD: 1:14.77 W 8/5/2017 Rick COLELLA
NATL: 1:14.77 N 8/5/2017 RICK COLELLA
PNA: 1:14.77 P 8/2/2017 RICK COLELLA

1	Dan Underbrink	67	Team Walker Inte-36	1:45.53
	52.47	53.06		
2	Scott Neuhaus	69	Team Walker Inte-36	1:46.49
	52.44	54.05		

Men 65-69 200 LC Meter Breaststroke

WORLD: 2:41.54 W 8/21/2016 Rick COLELLA
NATL: 2:41.54 N 8/21/2016 RICK COLELLA
PNA: 2:41.54 P 8/17/2016 RICK COLELLA

1	Dan Underbrink	67	Team Walker Inte-36	3:42.25
	51.88	57.07	57.73	55.57
2	Scott Neuhaus	69	Team Walker Inte-36	3:55.07
	55.20	58.66	1:01.27	59.94

Men 65-69 50 LC Meter Butterfly

WORLD: 28.38 W 8/8/2021 Trip HEDRICK
NATL: 28.38 N 8/8/2021 TRIP HEDRICK
PNA: 30.15 P 8/7/2019 RICK COLELLA

1	Kyle Geiger	65	425 Masters-36	37.58
---	-------------	----	----------------	-------

Men 65-69 200 LC Meter IM

WORLD: 2:25.22 W 8/19/2016 Rick COLELLA
NATL: 2:25.22 N 8/19/2016 RICK COLELLA
PNA: 2:25.22 P 8/17/2016 RICK COLELLA

1	Dan Underbrink	67	Team Walker Inte-36	3:39.46
	49.23	58.27	1:03.41	48.55

Men 70-74 50 LC Meter Freestyle

WORLD: 27.12 W 1/20/2023 Doug MARTIN
NATL: 27.12 N 1/20/2023 DOUG MARTIN
PNA: 30.53 P 8/17/2016 ROBERT T PILGER

1	Graham Anderson	72	Everett Family Y-36	40.30
2	Laurence Hile	73	Bainbridge Aquat-36	52.88

Men 70-74 100 LC Meter Freestyle

WORLD: 1:03.32 W 8/8/2015 David QUIGGIN
NATL: 1:03.32 N 8/8/2015 DAVID QUIGGIN
PNA: 1:08.51 P 2018 DAN L KIRKLAND

1	Laurence Hile	73	Bainbridge Aquat-36	2:01.90
	56.10	1:05.80		

Men 70-74 400 LC Meter Freestyle

WORLD: 5:03.56 W 8/4/2018 Dan KIRKLAND
NATL: 5:03.56 N 8/4/2018 DAN KIRKLAND
PNA: 5:03.56 P 7/28/2018 DAN L KIRKLAND

1	Laurence Hile	73	Bainbridge Aquat-36	9:42.02
	1:00.43	1:10.76	1:16.65	1:17.06
	1:17.16	1:15.52	1:13.00	1:11.44

Men 70-74 400 LC Meter Freestyle Time Trial Split Time

WORLD: 5:03.56 W 8/4/2018 Dan KIRKLAND
NATL: 5:03.56 N 8/4/2018 DAN KIRKLAND
PNA: 5:03.56 P 7/28/2018 DAN L KIRKLAND

- Time Trial				
1	Rick Colella	72	Lake Washington-36	4:57.84W

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

Results

Men 70-74 800 LC Meter Freestyle

WORLD: 10:37.71 W 7/28/2018 Dan KIRKLAND
NATL: 10:37.71 N 7/28/2018 DAN KIRKLAND
PNA: 10:37.71 P 7/28/2018 DAN L KIRKLAND

1 Rick Colella	72 Lake Washington-36	10:12.57W
33.40	37.23	37.43 37.63
37.89	37.81	38.16 38.29
38.60	38.64	39.03 39.11
39.54	39.83	40.21 39.77

Men 70-74 50 LC Meter Backstroke

WORLD: 33.51 W 1/20/2023 Bruce WILLIAMS
NATL: 33.51 N 1/20/2023 BRUCE WILLIAMS
PNA: 36.67 P 7/28/2018 DAN L KIRKLAND

1 Graham Anderson	72 Everett Family Y-36	50.42
2 Laurence Hile	73 Bainbridge Aquat-36	1:19.09

Men 70-74 50 LC Meter Breaststroke

WORLD: 36.21 W 10/10/2021 Robert WRIGHT
NATL: 36.21 N 10/10/2021 ROBERT WRIGHT
PNA: 39.27 P 8/2/2017 STEVEN B PETERSON

1 Rick Colella	72 Lake Washington-36	34.69W
2 Graham Anderson	72 Everett Family Y-36	55.00

Men 70-74 100 LC Meter Breaststroke

WORLD: 1:21.98 W 6/15/2019 Peder DAHLBERG
NATL: 1:21.98 N 6/15/2019 PEDER DAHLBERG
PNA: 1:29.86 P 8/17/2016 STEVEN B PETERSON

1 Rick Colella	72 Lake Washington-36	1:17.80W
36.40	41.40	

Men 70-74 100 LC Meter Breaststroke Time Trial Split Time

WORLD: 1:21.98 W 6/15/2019 Peder DAHLBERG
NATL: 1:21.98 N 6/15/2019 PEDER DAHLBERG
PNA: 1:29.86 P 8/17/2016 STEVEN B PETERSON

- Time Trial		
1 Rick Colella	72 Lake Washington-36	1:21.05W

Men 70-74 200 LC Meter Breaststroke

WORLD: 3:04.79 W 3/14/2009 Michael MALONEY
NATL: 3:06.10 N 8/11/2019 ALLEN STARK
PNA: 3:17.88 P 8/2/2017 STEVEN B PETERSON

1 Rick Colella	72 Lake Washington-36	2:48.97W
37.79	43.26	43.78 44.14

Men 70-74 200 LC Meter IM

WORLD: 2:42.94 W 10/10/2021 Lawrence DAY
NATL: 2:42.94 N 10/10/2021 LAWRENCE DAY
PNA: 3:13.38 P 7/28/2018 MICHAEL MCCOLLY

1 Rick Colella	72 Lake Washington-36	2:35.97W
32.74	43.99	43.75 35.49

Men 75-79 50 LC Meter Freestyle

WORLD: 29.19 W 8/25/2019 David QUIGGIN
NATL: 29.19 N 8/25/2019 DAVID QUIGGIN
PNA: 31.61 P 7/6/2019 ROBERT PILGER

1 William Smith	78 Puget Sound Mast-36	47.33
-----------------	------------------------	-------

Men 75-79 100 LC Meter Freestyle

WORLD: 1:06.40 W 3/3/2018 Akira FUJIMAKI
NATL: 1:06.55 N 8/9/2019 RICHARD BURNS
PNA: 1:17.40 P 7/6/2019 ROBERT PILGER

1 Stephen Fogg	75 Team Walker Inte-36	1:25.34
41.29	44.05	

Men 75-79 400 LC Meter Freestyle

WORLD: 5:17.77 W 3/7/2009 David RADCLIFF
NATL: 5:17.77 N 3/7/2009 DAVID RADCLIFF
PNA: 5:59.38 P 10/7/2021 MICHAEL MCCOLLY

1 Thomas Walker	76 Team Walker Inte-36	13:59.82
1:40.03	1:55.22	1:46.01 1:48.16
1:46.11	1:50.26	1:40.01 1:34.02

Men 75-79 50 LC Meter Backstroke

WORLD: 34.45 W 8/2/2018 Richard BURNS
NATL: 34.45 N 8/2/2018 RICHARD BURNS
PNA: 42.72 P 10/7/2021 MICHAEL MCCOLLY

1 Stephen Fogg	75 Team Walker Inte-36	41.34P
2 William Smith	78 Puget Sound Mast-36	1:02.10
3 Thomas Walker	76 Team Walker Inte-36	1:38.65

Men 75-79 100 LC Meter Backstroke

WORLD: 1:17.17 W 7/31/2018 Richard BURNS
NATL: 1:17.17 N 7/31/2018 RICHARD BURNS
PNA: 1:33.34 P 10/7/2021 MICHAEL MCCOLLY

1 Stephen Fogg	75 Team Walker Inte-36	1:33.42
44.89	48.53	
2 Rick Spencer	75 Puget Sound Mast-36	1:37.12
46.26	50.86	

Men 75-79 200 LC Meter Backstroke

WORLD: 2:50.25 W 7/30/2018 Richard BURNS
NATL: 2:50.25 N 7/30/2018 RICHARD BURNS
PNA: 3:17.54 P 8/10/2006 BOB MILLER

1 Rick Spencer	75 Puget Sound Mast-36	3:28.58
48.21	51.41	1:48.96

Men 75-79 50 LC Meter Breaststroke

WORLD: 38.12 W 9/2/2022 Roberto RUGGIERI
NATL: 38.89 N 6/5/2016 MIKE FRESHLEY
PNA: 42.66 P 6/11/2022 STEVEN B PETERSON

1 Robert White	75 Lake Washington-36	41.77P
2 Steve Peterson	77 Bernardo's All S-36	43.19
3 William Smith	78 Puget Sound Mast-36	1:01.21
4 Thomas Walker	76 Team Walker Inte-36	1:35.28

Men 75-79 100 LC Meter Breaststroke

WORLD: 1:27.74 W 8/18/2016 Mike FRESHLEY
NATL: 1:27.74 N 8/18/2016 MIKE FRESHLEY
PNA: 1:35.63 P 10/7/2021 STEVEN B PETERSON

1 Robert White	75 Lake Washington-36	1:36.39
45.54	50.85	
2 Steve Peterson	77 Bernardo's All S-36	1:38.29
46.41	51.88	
3 Thomas Walker	76 Team Walker Inte-36	3:39.68
1:44.56	1:55.12	

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

Results

Men 75-79 200 LC Meter Breaststroke

WORLD: 3:13.93 W 8/21/2016 Mike FRESHLEY

NATL: 3:13.93 N 8/21/2016 MIKE FRESHLEY

PNA: 3:27.50 P 10/7/2021 STEVEN B PETERSON

1	Steve Peterson	77	Bernardo's All S-36	3:32.01
	49.85	54.78	55.25	52.13
2	Robert White	75	Lake Washington-36	3:36.07
	49.64	56.34	56.36	53.73
3	Thomas Walker	76	Team Walker Inte-36	8:02.30
	1:52.55	2:05.10	2:04.35	2:00.30

Men 75-79 50 LC Meter Butterfly

WORLD: 31.75 W 8/21/2021 Joel BURNS

NATL: 31.75 N 8/21/2021 JOEL BURNS

PNA: 37.87 P 7/6/2019 ROBERT PILGER

1	William Smith	78	Puget Sound Mast-36	1:07.46
---	---------------	----	---------------------	---------

Men 75-79 200 LC Meter IM

WORLD: 2:57.66 W 8/10/2019 Richard BURNS

NATL: 2:57.48 N 6/17/2023 JOEL WILSON

PNA: 3:21.88 P 10/7/2021 STEVEN B PETERSON

1	Steve Peterson	77	Bernardo's All S-36	3:23.20
	45.79	55.55	54.75	47.11

Men 80-84 50 LC Meter Freestyle

WORLD: 31.23 W 3/12/2023 Akira FUJIMAKI

NATL: 32.18 N 7/1/2017 JEFF FARRELL

PNA: 40.74 P 8/20/1989 JIM PENFIELD

1	Robert Pilger	80	Tom Taylor Famil-36	32.35P
2	Ronald Jones	83	Tom Taylor Famil-36	39.31P

Men 80-84 100 LC Meter Freestyle

WORLD: 1:08.76 W 3/11/2023 Akira FUJIMAKI

NATL: 1:11.82 N 8/23/2014 DAVID RADCLIFF

PNA: 1:40.62 P 8/28/1988 JIM PENFIELD

1	Robert Pilger	80	Tom Taylor Famil-36	1:21.64P
	38.00	43.64		

Men 80-84 100 LC Meter Freestyle Time Trial Split Time

WORLD: 1:08.76 W 3/11/2023 Akira FUJIMAKI

NATL: 1:11.82 N 8/23/2014 DAVID RADCLIFF

PNA: 1:40.62 P 8/28/1988 JIM PENFIELD

- Time Trial

1	Robert Pilger	80	Tom Taylor Famil-36	1:41.71
---	---------------	----	---------------------	---------

Men 80-84 200 LC Meter Freestyle Time Trial Split Time

WORLD: 2:40.22 W 8/24/2014 David RADCLIFF

NATL: 2:40.22 N 8/24/2014 DAVID RADCLIFF

PNA: 3:51.90 P 7/31/1994 GENE CROSSETT

- Time Trial

1	Robert Pilger	80	Tom Taylor Famil-36	3:31.90P
---	---------------	----	---------------------	----------

Men 80-84 400 LC Meter Freestyle

WORLD: 5:45.21 W 8/23/2015 David RADCLIFF

NATL: 5:45.21 N 8/23/2015 DAVID RADCLIFF

PNA: 7:49.85 P 11/4/2017 DICK PETERSON

1	Robert Pilger	80	Tom Taylor Famil-36	7:15.39P
	46.89	54.82	55.52	54.67
	57.18	55.47	56.01	54.83

Men 80-84 50 LC Meter Backstroke

WORLD: 38.16 W 1/20/2013 S.SEKIKAWA

NATL: 37.76 N 6/17/2023 RICHARD BURNS

PNA: 50.50 P 8/20/1989 JIM PENFIELD

1	Ronald Jones	83	Tom Taylor Famil-36	46.61P
2	Robert Pilger	80	Tom Taylor Famil-36	47.41P
3	Peter Berghaus	82	Oregon Masters-37	1:00.86

Men 80-84 100 LC Meter Backstroke

WORLD: 1:26.44 W 1/19/2013 S.SEKIKAWA

NATL: 1:25.57 N 6/17/2023 RICHARD BURNS

PNA: 2:06.13 P 8/23/1992 JIM PENFIELD

1	Ronald Jones	83	Tom Taylor Famil-36	1:49.55P
	53.09	56.46		
2	Peter Berghaus	82	Oregon Masters-37	2:17.62
	1:07.44	1:10.18		

Men 80-84 200 LC Meter Backstroke

WORLD: 3:11.43 W 1/28/2023 Jozsef CSIKANY

NATL: 3:15.04 N 8/5/2017 DAVID COSTILL

PNA: 4:25.23 P 11/3/2019 DICK PETERSON

1	Ronald Jones	83	Tom Taylor Famil-36	4:25.93
	56.05	1:06.46	1:13.53	1:09.89
2	Peter Berghaus	82	Oregon Masters-37	5:09.95
	1:16.60	1:18.98	1:22.16	1:12.21

Men 80-84 50 LC Meter Breaststroke

WORLD: 41.68 W 9/18/2006 Toshio TAJIMA

NATL: 42.84 N 6/6/2021 MIKE FRESHLEY

PNA: 52.19 P 7/31/1988 JIM PENFIELD

1	Ronald Jones	83	Tom Taylor Famil-36	51.51P
2	Peter Berghaus	82	Oregon Masters-37	58.88

Men 80-84 100 LC Meter Breaststroke

WORLD: 1:34.41 W 8/1/2021 Masaru SHINKAI

NATL: 1:38.19 N 8/21/2021 MIKE FRESHLEY

PNA: 2:10.67 P 8/28/1988 JIM PENFIELD

1	Peter Berghaus	82	Oregon Masters-37	2:23.84
	1:06.54	1:17.30		

Men 80-84 50 LC Meter Butterfly

WORLD: 34.75 W 7/3/2016 Hiroshi MATSUMOTO

NATL: 38.75 N 6/8/2013 CLARKE MITCHELL

PNA: 53.20 P 6/26/1988 JIM PENFIELD

1	Robert Pilger	80	Tom Taylor Famil-36	38.65N
---	---------------	----	---------------------	--------

Men 85-89 100 LC Meter Backstroke

WORLD: 1:31.65 W 3/2/2008 Keiji NAKAMURA

NATL: 1:38.07 N 6/17/2017 CLARKE MITCHELL

PNA: 2:07.06 P 8/1/1993 JIM PENFIELD

1	Dick Peterson	86	Puget Sound Mast-36	2:14.84
	1:04.94	1:09.90		

Men 85-89 200 LC Meter Backstroke

WORLD: 3:28.59 W 7/19/2008 Keiji NAKAMURA

NATL: 3:51.72 N 7/1/2017 CLARKE MITCHELL

PNA: 4:43.49 P 6/19/1993 JIM PENFIELD

1	Dick Peterson	86	Puget Sound Mast-36	5:04.84
	1:16.92	1:19.04	1:17.85	1:11.03

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

Results

Men 85-89 50 LC Meter Breaststroke

WORLD: 45.66 W 6/19/2010 **Toshio TAJIMA**
NATL: 49.49 N 7/24/2010 **FRANK PIEMME**
PNA: 1:02.86 P 7/16/1995 **JIM PENFIELD**

1 Dick Peterson 86 Puget Sound Mast-36 59.82P

Men 85-89 100 LC Meter Breaststroke

WORLD: 1:43.68 W 10/15/2022 **Tony GOODWIN**
NATL: 1:51.79 N 7/24/2010 **FRANK PIEMME**
PNA: 2:23.06 P 6/16/1993 **JIM PENFIELD**

1 Dick Peterson 86 Puget Sound Mast-36 2:13.61P
 1:06.23 1:07.38

Men 85-89 200 LC Meter Breaststroke

WORLD: 3:52.66 W 10/16/2022 **Tony GOODWIN**
NATL: 4:10.75 N 7/22/2010 **AL CRAIG**
PNA: 5:37.67 P 8/22/1993 **JIM PENFIELD**

1 Dick Peterson 86 Puget Sound Mast-36 4:44.89P
 1:07.79 1:13.78 1:14.13 1:09.19

Men 90-94 50 LC Meter Freestyle

WORLD: 40.72 W 8/11/2003 **Woody BOWERSOCK**
NATL: 39.19 N 6/23/2003 **WOODY BOWERSOCK**
PNA: 57.87 P 8/10/2003 **GENE CROSSETT**

1 Jack Fritz 90 Arizona Masters-48 1:06.31

Men 90-94 100 LC Meter Freestyle

WORLD: 1:36.05 W 6/26/2022 **Katsura SUZUKI**
NATL: 1:41.87 N 5/31/2014 **WILLARD LAMB**
PNA: 2:19.86 P 8/10/2003 **GENE CROSSETT**

1 Jack Fritz 90 Arizona Masters-48 2:40.32
 1:24.04 1:16.28

Men 90-94 200 LC Meter Freestyle

WORLD: 3:33.64 W 12/12/2021 **Katsura SUZUKI**
NATL: 3:41.77 N 8/8/2013 **WILLARD LAMB**
PNA: 5:06.92 P 8/10/2003 **GENE CROSSETT**

1 Jack Fritz 90 Arizona Masters-48 6:40.68

Men 90-94 50 LC Meter Backstroke

WORLD: 46.82 W 7/17/2006 **Goro KOBAYASHI**
NATL: 51.94 N 8/15/2014 **ALAN WEEDEN**
PNA: 1:03.20 P 7/26/1998 **JIM PENFIELD**

1 Jack Fritz 90 Arizona Masters-48 1:31.00

Men 90-94 50 LC Meter Breaststroke

WORLD: 50.71 W 9/13/2015 **Toshio TAJIMA**
NATL: 56.75 N 5/22/2022 **BOB BEST**
PNA: 1:09.80 P 7/26/1998 **JIM PENFIELD**

1 Jack Fritz 90 Arizona Masters-48 1:38.92

Women 120-159 200 LC Meter Freestyle Relay

WORLD: 1:49.03 W 8/14/2015 **TSUNAMI**
S KNYAGININA, A FEOKTISTOVA, L YUDINA, I SHLEMOVA
NATL: 1:50.53 N 6/9/2013 **N CAROLINA MASTERS**
RUTH JONES, CELIA WOLFF, ALICIA UHL, ERIKA BRAUN
PNA: 2:05.75 P 8/23/1992 **HUSK**

T BENNETT, M LLOYD, A HEALEY, A RUST

--- Blue Wave Aquati-36 A DQ

Early take-off swimmer #4

1) Chelsea Chan W31 2) Lauren Mason W39
 3) Caralee Kohler W29 4) Madeline Ralstin W22
 45.34 21.57 39.13 32.22

Women 120-159 200 LC Meter Medley Relay

WORLD: 2:02.35 W 12/15/2019 **DIABLO**
S KOGA, A KITAGAWA, R SHIMIZU, Y ONOGUCHI
NATL: 2:04.19 N 8/23/1998 **GOLD COAST MASTERS**
B GARDNER, S GEYER, T MOLL, J HERRINGTON
PNA: 2:11.35 P 8/17/2016 **PSM**

A L COX, J FERRIES, P DINKEL, A J MOORHEAD

1 Cascade Masters-36 A 2:24.10

1) Abigail Motley W33 2) Lindsey Jennings W42
 3) Caitlin Motley W36 4) Bethany Gehrke W30
 35.88 39.93 35.61 32.68

2 Blue Wave Aquati-36 A 2:50.96

1) Lauren Mason W39 2) Chelsea Chan W31
 3) Caralee Kohler W29 4) Megan Tuche W53
 41.66 42.80 45.33 41.17

Women 160-199 200 LC Meter Freestyle Relay

WORLD: 1:48.44 W 8/8/2006 **TEAM TYR**
S HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE
NATL: 1:48.44 N 8/8/2006 **TEAM TYR**
C HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE
PNA: 2:05.90 P 8/19/2001 **PNA**

D GLASSMAN, Z COURTNEY, C MC CAIG, A BERNHARD

1 Bernardo's All S-36 A 2:32.85

1) Emily Ghilarducci W61 2) Diana Hermanson W58
 3) Ariana Milman W39 4) Hallie Pound W27
 38.87 43.00 39.69 31.29

Women 200-239 200 LC Meter Medley Relay

WORLD: 2:08.87 W 8/4/2022 **CLUB TRIBE**
S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE
NATL: 2:08.87 N 8/4/2022 **CLUB TRIBE**
S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE
PNA: 2:18.19 P 8/17/2008 **PNA**

Z COURTNEY, L DAHL, J MOORE, D GLASSMAN

1 Cascade Masters-36 B 2:50.51

1) Molly Brunjes W43 2) Anne Ewalt W61
 3) Julie Sayigh W48 4) Marjorie High W48
 41.86 53.60 1:15.05

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

Results

Men 120-159 200 LC Meter Freestyle Relay

WORLD: 1:32.84 W 7/8/2018 GETXO

M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA

NATL: 1:34.82 N 7/26/2009 SOUTHERN CAL AQUATIC

M CORNUE, E HOCHSTEIN, E TOLMACHOFF, C BEACH

PNA: 1:40.07 P 8/24/1986 PNA

D HANNULA, C HALL, D HANNULA, D HANNULA

1	Blue Wave Aquati-36	A		1:58.59
	1) Tyler Middleton M39	2) Donatto Gallardo M33		
	3) Gabe Bush M46	4) Baden Sprinkle M35		
	27.76	32.04	32.03	26.76

Men 120-159 200 LC Meter Medley Relay

WORLD: 1:42.30 W 6/16/2019 THE STAR

T FUKUI, T OSAKI, K FUKAYA, T ONO

NATL: 1:44.88 N 8/1/2018 PHOENIX SWIM CLUB

R FERREIRA, F DOS SANTOS, B DE PAULA, R FERREIRA

PNA: 1:54.52 P 8/7/2013 PSM

D JELEN, C YUNG, C CHAPMAN, C CONROY

1	Blue Wave Aquati-36	A		2:26.71
	1) Baden Sprinkle M35	2) Edward Louie Quintos M26		
	3) Gabe Bush M46	4) Donatto Gallardo M33		
	33.69	42.24	34.03	36.75

Men 200-239 200 LC Meter Freestyle Relay

WORLD: 1:38.24 W 8/8/2006 COLORADO

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMS

NATL: 1:38.24 N 8/8/2006 COLORADO MASTERS

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMS

PNA: 1:46.88 P 8/10/2006 PNA

D GRAHAM, J BACA, S LAUTMAN, R JACOBS

1	Everett Family Y-36	A		2:28.38
	1) John Dobson M42	2) Gary Niegemann M64		
	3) Graham Anderson M72	4) James Hessen M33		
	36.85	40.29	40.43	30.81

Men 240-279 200 LC Meter Freestyle Relay

WORLD: 1:42.40 W 8/19/2016 SARASOTA Y SHARKS

S WOOD, D MARTIN, T HEDRICK, J GROSELLE

NATL: 1:42.40 N 8/19/2016 SARASOTA Y SHARKS

S WOOD, D MARTIN, T HEDRICK, J GROSELLE

PNA: 1:48.27 P 8/17/2016 PSM

D GRAHAM, D HANNULA, R COLELLA, D PHILLIPS

1	Team Walker Inte-36	A		2:19.68
	1) Stephen Fogg M75	2) Scott Neuhaus M69		
	3) Dan Underbrink M67	4) Maoz Alsberg M55		
	38.03	36.11	37.78	27.76

Mixed 100-119 200 LC Meter Freestyle Relay

WORLD: 1:41.21 W 9/5/2013 PSV

R TERINK, G LANTINK, M WUISMAN, S OOSTING

NATL: 1:41.71 N 8/5/2022 CLUB TRIBE

L BUREAU, M HEALEY, A KENNA, G MIZERAK

PNA: 1:48.54 P 7/8/2012 PNA

P DINKEL, C YUNG, C HEALY, T DOHERTY

1	Blue Wave Aquati-36	A		2:18.06
	1) Madeline Ralstin W22	2) Caralee Kohler W29		
	3) Edward Louie Quintos M26	4) Donatto Gallardo M33		
	34.16	38.71	32.55	32.64

Mixed 120-159 200 LC Meter Freestyle Relay

WORLD: 1:40.14 W 8/14/2015 TSUNAMI

A SATANOVSKIY, I SHLEMOVA, S KNYAGININA, A KRYLOV

NATL: 1:42.65 N 8/23/1998 GOLD COAST MASTERS

T PACE, T MOLL, J HERRINGTON, K WIENANTS

PNA: 1:46.44 P 8/7/2013 PSM

P DINKEL, C DAVIS, C CONROY, C CHAPMAN

1	Cascade Masters-36	A		1:57.67
	1) Caitlin Motley W36	2) Casey Colella M29		
	3) Lindsey Jennings W42	4) Shawn Jeffery M44		
	31.92	27.92	30.52	27.31
2	Blue Wave Aquati-36	B		2:05.08
	1) Chelsea Chan W31	2) Lauren Mason W39		
	3) Gabe Bush M46	4) Baden Sprinkle M35		
	32.29	34.32	31.93	26.54

Mixed 120-159 200 LC Meter Medley Relay

WORLD: 1:50.77 W 7/8/2012 PHOENIX SWIM CLUB

N INADA, J COMMINGS, M HYMAN, J PONCE

NATL: 1:50.77 N 7/8/2012 PHOENIX SWIM CLUB

N INADA, J COMMINGS, M HYMAN, J PONCE

PNA: 1:59.03 P 8/7/2013 PSM

C CHAPMAN, C YUNG, P DINKEL, C DAVIS

1	Cascade Masters-36	A		2:12.91
	1) Caitlin Motley W36	2) Casey Colella M29		
	3) Shawn Jeffery M44	4) Bethany Gehrke W30		
	37.07	34.94	29.27	31.63

Mixed 160-199 200 LC Meter Freestyle Relay

WORLD: 1:42.27 W 8/8/2006 TEAM TYR

J SMITH, R SAEGER, C SAPPEY, S HART

NATL: 1:42.27 N 8/8/2006 TEAM TYR

J SMITH, R SAEGER, C SAPPEY, S HART

PNA: 1:46.69 P 8/17/2016 PSM

A J MOORHEAD, S MCINTYRE, C CONROY, T O GRAY

1	Mercer Island Re-36	A		2:01.95
	1) Erica Dagg W34	2) Brian Hannan M35		
	3) Tatyana Sussex W60	4) Yawei Hao M33		
	28.45	29.77	35.90	27.83

Mixed 160-199 200 LC Meter Medley Relay

WORLD: 1:53.25 W 6/6/2021 MAD WAVE

A POVALIY, V BRAGIN, A POLIAKOVA, V PREDKIN

NATL: 1:56.34 N 8/10/2019 NOVAQUATICS MASTERS

J NATALIZIO, S WEST, S BENNETT, C BERTELINK

PNA: 2:02.99 P 7/8/2012 PNA

S WETSTONE, T DOHERTY, L A DAHL, K RICE

2	Everett Family Y-36	A		2:59.00
	1) Danielle Woolley W34	2) Taylor Bailey W30		
	3) John Dobson M42	4) Gary Niegemann M64		
	41.26	51.87	44.91	40.96

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

Results

Mixed 200-239 200 LC Meter Freestyle Relay

WORLD: 1:44.96 W 8/8/2006 COLORADO

T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS

NATL: 1:44.96 N 8/10/2006 COLORADO MASTERS

T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS

PNA: 1:50.44 P 8/10/2006 PNA

L DAHL, M LIPPOLD, D GRAHAM, R JACOBS

1	Everett Family Y-36	A		2:43.31
	1) Graham Anderson M72	2) Gary Niegemann M64		
	3) Paige Seaborg W68	4) Danielle Woolley W34		
	40.10	41.13	46.44	35.64

Mixed 240-279 200 LC Meter Freestyle Relay

WORLD: 1:54.54 W 8/20/2016 SARASOTA Y SHARKS

D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK

NATL: 1:54.54 N 8/20/2016 SARASOTA Y SHARKS

D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK

PNA: 1:54.67 P 8/17/2016 PSM

D GRAHAM, R COLELLA, C M DAVIS, L A DAHL

1	Bainbridge Aquat-36	A		3:07.34
	1) RJ Hilgers M55	2) Barbara Belt W68		
	3) Laurence Hile M73	4) Quynh-Anh Nguyen W52		
	39.00	43.74	53.02	51.58

Mixed 240-279 200 LC Meter Medley Relay

WORLD: 2:08.11 W 8/20/2016 PUGET SOUND MASTERS

L DAHL, R COLELLA, D GRAHAM, C DAVIS

NATL: 2:08.11 N 8/20/2016 PUGET SOUND MASTERS

L DAHL, R COLELLA, D GRAHAM, C DAVIS

PNA: 2:08.11 P 8/17/2016 PSM

L A DAHL, R COLELLA, D GRAHAM, C M DAVIS

---	Bainbridge Aquat-36	A		DQ
	Early take-off swimmer #3			
	1) Quynh-Anh Nguyen W52	2) Heather Adkins-Narte W69		
	3) Peter Nimb M59	4) Laurence Hile M73		
	1:03.63	1:18.55	1:26.80	