

2023 PSM SCM Champs and NW Zone Champs TIMELINE, HEAT SHEETS AND INFORMATION

Welcome to the 2023 PNA SCM Champs. Best wishes for a fun and successful meet.

Please read the below **SUPER IMPORTANT INFORMATION!**

- **HEAT SHEETS:** Heat Sheets will be posted at the meet. Copies available for coaches only. Please **print your own** from the [PNA website](https://www.swimpna.org/PNA/pool-meets/), (<https://www.swimpna.org/PNA/pool-meets/>) or access Meet Mobile.
- **POSITIVE CHECK-IN FOR 1500m FREE** by the end of Event #13
- **RELAY CARDS:** Blank relay cards, **COLOR CODED BY GENDER** are available from the Clerk of Course. Relays are deck entered and must be submitted by the following deadlines:
 - **Relay entry deadlines:**
 - #16 - #18: by the end of Event #6
 - #29 - #31: by the end of event #21
 - **Age-Groups** for SCM relays are SUM of Ages (as of Dec 31, 2023)

72-99	100-119	120-159
160-199	200-239	240-279
280-319	320-359	
- **Relay team letters:** Use each letter only once in a relay event – even if relay teams for your Club are in different age groups
- **SPLIT REQUESTS:** If you want an intermediate split submitted for an official time, you must complete a Split Notification Form available from the Clerk of Course.
 - Requests for individual backstroke events must be made **prior to the swim**.
 - Requests for non-backstroke events must be made before the end of the meet.
- **ONE COURSE FOR ALL EVENTS**
- **WATER:** KCAC water fountains feature a bottle fill feature. Bring your water bottle.
- **ZONE RIBBONS:** will be awarded for places 1 – 6 for all events
- **HIGH POINT:** High Point awards will be given out for each Age-Group/Gender combination.
- **MEET MOBILE:** Heat sheets and Results will be available on Meet Mobile before, during and after meet.
- **SWIMPHONE:** Heat sheets will be available on SwimPhone before and during the meet. Results will be available on SwimPhone after the meet.
- **USMS Rules on Cameras:**
 - 102.16.1 The use of cameras, including cellphone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races, including relay starts.
 - 102.16.2 The use of audio or visual recording devices, including cellphone cameras, is prohibited in changing areas, restrooms, and locker rooms.
- **No Overnight RV Parking in the KCAC parking lot**
- **COACHES MEETING:** 8:45 AM in the Officials Room. Please tell your coaches about this.

Questions?

[Meet Director: David McCarty](mailto:davidmccarty7@gmail.com); davidmccarty7@gmail.com
[Entries: Linda Chapman](mailto:PNMembership@usms.org), PNMembership@usms.org
[Meet Referee: Teri White](mailto:teriwhite53@gmail.com), teriwhite53@gmail.com

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023
Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

ESTIMATED TIMELINE

Session: 1 **Saturday**

Starts at 10:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Ev #	Event	Entries	Heats	Starts at	Comments
1	Mixed 400 Freestyle	31	4	10:00 AM	
2	Women 200 IM	11	2	10:37 AM	
3	Men 200 IM	10	2	10:46 AM	
4	Women 200 Freestyle	18	3	10:56 AM	
5	Men 200 Freestyle	33	5	11:12 AM	
6	Women 100 Breaststroke	14	2	11:31 AM	Relay cards for #16, #17, #18 due by end of this event
7	Men 100 Breaststroke	23	3	11:38 AM	
8	Women 50 Butterfly	24	3	11:47 AM	
9	Men 50 Butterfly	34	5	11:52 AM	
Break: 10 Minutes					
10	Women 200 Backstroke	14	2	12:09 PM	
11	Men 200 Backstroke	15	2	12:20 PM	
12	Women 50 Freestyle	38	5	12:31 PM	
13	Men 50 Freestyle	43	6	12:39 PM	Check in for 1500m by end of this event
14	Women 100 Butterfly	10	2	12:47 PM	
15	Men 100 Butterfly	18	3	12:53 PM	
16	Women 200 Freestyle Relay	0	0	12:59 PM	Relay cards due by end of event #6
17	Men 200 Freestyle Relay	0	0	1:04 PM	
18	Mixed 200 Medley Relay	0	0	1:13 PM	
Break: 5 Minutes					
19	Mixed 1500 Freestyle	22	3u	1:27 PM	Check in for 1500m by end of event #13
	Swimmers Counts for Warm-ups:		156		
	Entry / Heat Totals:	358	52		
	Finish Time			2:57 PM	

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

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Meet Program - Saturday

Event 1 Mixed 400 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1	Mabile, Glenn	M63	Kroc Masters	7:03.11
2	Field, Lessly	W55	Inw Y Aquatic Ma	9:19.89
3	Noffke, Wendy	W50	Blue Wave Aquati	8:30.00
4	Bittner, Matthew	M64	UC36	7:30.00
5	Ness, Kerry	M54	Puget Sound Mast	8:00.00
6	Singer, Shannon	W53	Puget Sound Mast	8:30.00
7	Helm, Charlie	M67	Oregon Masters	9:22.00
8	Walker, Thomas	M76	Puget Sound Mast	15:00.00

Heat 2 of 4 Finals

1	Willard, Mimi	W70	Tamalpais Aquati	6:59.66
2	Morrison, Jeffrey	M68	Puget Sound Mast	6:47.18
3	Singh, Isabelle	W24	Puget Sound Mast	6:30.00
4	Hoffman, Wendy	W61	Puget Sound Mast	6:10.00
5	Pettit, Jayette	W56	Oregon Masters	6:11.01
6	Wolfe, Amy	W53	Puget Sound Mast	6:38.25
7	Evans, Porche	W32	Puget Sound Mast	6:47.34
8				

Heat 3 of 4 Finals

1	Underbrink, Dan	M67	Puget Sound Mast	5:58.36
2	Martell, Beth	W51	Oregon Masters	5:45.00
3	Tujo, Christian	M52	Oregon Masters	5:37.22
4	Pelham, Kathy	W50	Puget Sound Mast	5:18.03
5	Yamamoto, Jin	M49	Puget Sound Mast	5:30.00
6	Reimer, Shelley	W54	Puget Sound Mast	5:38.50
7	Gonzalez, George	M53	Puget Sound Mast	5:55.21
8	Jensen-Bergren, Hillary	W42	Harbor Aquatics	6:05.00

Heat 4 of 4 Finals

1	Wilwerding, Geoff	M62	Puget Sound Mast	5:06.00
2	Sherwood, Robin	M51	Puget Sound Mast	5:00.00
3	Bennett, John	M44	Puget Sound Mast	4:49.00
4	Edwards, Evan	M25	Oregon Masters	4:27.26
5	de Acosta, Diego	M48	Puget Sound Mast	4:28.87
6	Jones, Brad	M57	Puget Sound Mast	4:58.00
7	Skinner, Sonja	W47	Oregon Masters	5:05.51
8	Smith, Daniel	M61	Blue Wave Aquati	5:12.99

Event 2 Women 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	Fotiou, Amanda	36	Puget Sound Mast	4:00.00
4	Cary, Michelle	42	Oregon Masters	3:30.13
5	Gettling, Janet	75	Oregon Masters	3:58.00
6				
7				
8				

Heat 2 of 2 Finals

1	Kohler, Caralee	29	Blue Wave Aquati	3:30.00
2	Phinney, Sandi	47	Puget Sound Mast	3:10.00
3	Stockstad, Danica	31	Fina	2:45.20
4	Karpeeva, Svetlana	38	Puget Sound Mast	2:25.00
5	Reynolds, Ellen	59	Team Redbird	2:39.00
6	Li, Yun	29	Puget Sound Mast	3:00.00
7	Freeman, Dale	63	Fina	3:24.45
8	Castillo, Emily	45	Puget Sound Mast	3:30.00

Event 3 Men 200 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	Galvani, Bill	76	Puget Sound Mast	4:10.00
4	Louis, Steven	70	Puget Sound Mast	3:45.00
5	Hickey, John Caelin	42	Rocklin Aquatics	4:05.00
6				
7				
8				

Heat 2 of 2 Finals

1	Schwartz, Michael	35	Puget Sound Mast	3:35.00
2	Holzbach, John	70	Puget Sound Mast	3:11.00
3	Porter, Michael	57	Puget Sound Mast	2:40.00
4	Grote, Kurt	50	Oregon Masters	2:13.00
5	Mehta, Sivan	28	Puget Sound Mast	2:22.22
6	Hawkins, Aaron	45	Oregon Masters	2:40.51
7	Fogg, Stephen	75	Puget Sound Mast	3:30.20
8				

Event 4 Women 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1				
2				
3	Singer, Shannon	53	Puget Sound Mast	4:10.00
4	Dillon, Sally	77	Puget Sound Mast	3:45.00
5	Grassman, Emily	46	Oregon Masters	3:45.34
6	Vallandigham, Jett	77	Moscow Chinooks	7:06.12
7				
8				

Heat 2 of 3 Finals

1				
2	Summers, Jeanna	69	Oregon Masters	3:05.00
3	Jensen-Bergren, Hillary	42	Harbor Aquatics	2:55.00
4	Crabbe, Colette	67	Oregon Masters	2:45.97
5	Cyger, Erin	52	Puget Sound Mast	2:51.00
6	Isa, April	34	Oregon Masters	2:56.80
7	Keegan, Caroline	58	Kroc Masters	3:10.00
8				

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Meet Program - Saturday

Heat 3 Finals (#4 Women 200 SC Meter Freestyle)

1	Reimer, Shelley	54	Puget Sound Mast	2:39.50
2	Kobelin, Kayla	29	Oregon Masters	2:30.39
3	Reynolds, Ellen	59	Team Redbird	2:21.03
4	Higlett, Lex	40	Oregon Masters	2:18.50
5	Feierabend, Ilsa	31	Oregon Masters	2:20.00
6	Cox, Allison	39	Puget Sound Mast	2:22.00
7	Pelham, Kathy	50	Puget Sound Mast	2:35.27
8	Kawaoka, Becca	32	UC36	2:45.00

Event 5 Men 200 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				
2				
3	Helm, Charlie	67	Oregon Masters	4:25.00
4	Underbrink, Dan	67	Puget Sound Mast	3:12.62
5	Bittner, Matthew	64	UC36	3:32.00
6				
7				
8				

Heat 2 of 5 Finals

1				
2	Morrison, Jeffrey	68	Puget Sound Mast	3:02.97
3	Hayes, William	72	Puget Sound Mast	3:00.00
4	Holzbach, John	70	Puget Sound Mast	2:51.00
5	Alexander, Nick	34	Puget Sound Mast	2:55.00
6	Barnes, Brent	55	Puget Sound Mast	3:01.49
7	Prudhomme, Philip	53	Puget Sound Mast	3:10.17
8				

Heat 3 of 5 Finals

1	Gonzalez, George	53	Puget Sound Mast	2:42.89
2	Piette, Jeffrey	68	Oregon Masters	2:37.04
3	Schnee, Nick	49	Puget Sound Mast	2:33.00
4	Kirkland, Dan	75	Oregon Masters	2:26.93
5	Buchner, Bryan	46	UC36	2:30.00
6	Yamamoto, Jin	49	Puget Sound Mast	2:35.00
7	Phipps, Tom	70	Oregon Masters	2:40.15
8	Gallardo, Donatto	33	Blue Wave Aquati	2:44.79

Heat 4 of 5 Finals

1	Washburne, Brent	62	Oregon Masters	2:25.00
2	Hathaway, David	63	Oregon Masters	2:21.32
3	Wilwerding, Geoff	62	Puget Sound Mast	2:19.00
4	Elliott, Corban	30	Oregon Masters	2:12.00
5	Ekstrom, Alex	33	Puget Sound Mast	2:18.01
6	Wardian, Ed	57	Puget Sound Mast	2:20.00
7	Steenbeeke, Alain	61	Puget Sound Mast	2:23.50
8	Power, Michael	55	Santa Barbara Ma	2:25.35

Heat 5 of 5 Finals

1	Sullivan, Scot	57	Oregon Masters	2:11.52
2	Thompson, Scott	41	Puget Sound Mast	2:09.90
3	Hutchison, Tom	28	Puget Sound Mast	2:05.23
4	Woodbury, Brian	27	Puget Sound Mast	1:56.00
5	Farrell, Andrew	45	Fina	2:03.33
6	Edwards, Evan	25	Oregon Masters	2:09.23
7	Mesford, Chase	33	Oregon Masters	2:10.00
8	Conroy, Chris	38	Puget Sound Mast	2:12.00

Event 6 Women 100 SC Meter Breaststroke

Relay cards for #16,#17, #18

due by the end of this event

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2	Van Dinter, Yenny	89	Arizona Masters	2:58.95
3	Field, Lessly	55	Inw Y Aquatic Ma	1:53.24
4	Hoffman, Wendy	61	Puget Sound Mast	1:50.00
5	Pettit, Jayette	56	Oregon Masters	1:52.00
6	Ward, Joy	81	Oregon Masters	2:15.00
7	Vallandigham, Jett	77	Moscow Chinooks	3:14.41
8				

Heat 2 of 2 Finals

1	Croghan, Rachel	38	UC36	1:46.60
2	Kawaoka, Becca	32	UC36	1:40.00
3	Asch, Jill	57	Oregon Masters	1:28.00
4	Kahler, Carly	20	Central Washing	1:18.20
5	Stacy, Jessica	34	Oregon Masters	1:20.50
6	Lickwala, Holly	47	Puget Sound Mast	1:32.60
7	Jensen-Bergren, Hillary	42	Harbor Aquatics	1:44.00
8	Glickfeld, Heather	36	Inw Y Aquatic Ma	1:48.81

Event 7 Men 100 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1	Walker, Thomas	76	Puget Sound Mast	4:00.00
2	Galvani, Bill	76	Puget Sound Mast	2:00.00
3	Lam, Eddie	27	Puget Sound Mast	1:50.00
4	Neuhaus, Scott	69	Puget Sound Mast	1:41.02
5	Ness, Kerry	54	Puget Sound Mast	1:44.00
6	Peterson, Dick	86	Puget Sound Mast	1:59.00
7	Berghaus, Peter	82	Oregon Masters	2:32.35
8				

Heat 2 of 3 Finals

1	Peterson, Steve	77	Puget Sound Mast	1:39.30
2	Barnes, Brent	55	Puget Sound Mast	1:30.08
3	Schnee, Nick	49	Puget Sound Mast	1:27.00
4	Williams, Eric	43	Spokane Club Mas	1:25.00
5	Rist, Atle	52	Puget Sound Mast	1:26.00
6	Payne, Brad	60	Puget Sound Mast	1:29.00
7	Krieger, Bill	69	Puget Sound Mast	1:31.00
8	Buchner, Bryan	46	UC36	1:40.00

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Meet Program - Saturday

Heat 3 Finals (#7 Men 100 SC Meter Breaststroke)

1	Scott, David	57	Puget Sound Mast	1:24.00
2	Sherwood, Robin	51	Puget Sound Mast	1:20.00
3	Harris, Nate	22	Central Washingt	1:14.59
4	Grote, Kurt	50	Oregon Masters	1:06.00
5	Bennett, John	44	Puget Sound Mast	1:11.00
6	Conroy, Chris	38	Puget Sound Mast	1:15.00
7	Howell, Richard	64	Oregon Masters	1:22.00
8	Smith, Daniel	61	Blue Wave Aquati	1:24.99

Event 8 Women 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1	Grassman, Emily	46	Oregon Masters	55.43
2	Parks, Sarah	18	Oregon Masters	50.32
3	Bruechert, Jaquie	32	Oregon Masters	50.00
4	Seidensticker, Elle	18	Central Washingt	44.40
5	Gettling, Janet	75	Oregon Masters	50.00
6	Baker, Pamela	70	Inw Y Aquatic Ma	50.17
7	Welch, Sarah	76	Puget Sound Mast	53.55
8	Carling-Smith, Heather	73	Spokane Club Mas	1:00.00

Heat 2 of 3 Finals

1	Castillo, Emily	45	Puget Sound Mast	41.38
2	Fotiou, Amanda	36	Puget Sound Mast	40.00
3	Cyger, Erin	52	Puget Sound Mast	36.84
4	da Rosa Silva, Ana Paula	39	Puget Sound Swim	36.00
5	Crabbe, Colette	67	Oregon Masters	36.24
6	Reimer, Shelley	54	Puget Sound Mast	37.50
7	Phinney, Sandi	47	Puget Sound Mast	41.37
8	Freeman, Dale	63	Fina	43.20

Heat 3 of 3 Finals

1	Martell, Beth	51	Oregon Masters	35.00
2	Stockstad, Danica	31	Fina	34.59
3	Lincoln, Alexandra	31	Puget Sound Mast	33.80
4	Karpeeva, Svetlana	38	Puget Sound Mast	28.50
5	Mcclafferty, Christine	50	Oregon Masters	30.61
6	Morgen, Cheryl	54	Oregon Masters	34.50
7	Marcott, Laci	20	Central Washingt	34.74
8	Li, Yun	29	Puget Sound Mast	35.38

Event 9 Men 50 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				
2				
3	Mabile, Glenn	63	Kroc Masters	47.63
4	Alexander, Nick	34	Puget Sound Mast	42.00
5	Ness, Kerry	54	Puget Sound Mast	45.00
6				
7				
8				

Heat 2 of 5 Finals

1	Hickey, John Caelin	42	Rocklin Aquatics	41.00
2	Troupe, Curtis	66	UC36	40.00
3	Gonzalez, George	53	Puget Sound Mast	39.33
4	Holzbach, John	70	Puget Sound Mast	38.60
5	Prudhomme, Philip	53	Puget Sound Mast	38.72
6	Pilger, Robert	80	Puget Sound Mast	39.50
7	Louis, Steven	70	Puget Sound Mast	40.00
8				

Heat 3 of 5 Finals

1	Gallardo, Donatto	33	Blue Wave Aquati	38.20
2	Wilwerding, Geoff	62	Puget Sound Mast	36.00
3	Schwartz, Michael	35	Puget Sound Mast	35.00
4	Payne, Brad	60	Puget Sound Mast	35.00
5	Zhou, Shilin	31	UC36	35.00
6	Rist, Atle	52	Puget Sound Mast	35.41
7	Nimb, Peter	59	Puget Sound Mast	36.00
8	Piette, Jeffrey	68	Oregon Masters	38.20

Heat 4 of 5 Finals

1	Hawkins, Aaron	45	Oregon Masters	33.69
2	Castle, Matt	52	Puget Sound Mast	33.00
3	Yamamoto, Jin	49	Puget Sound Mast	32.00
4	Toney, Martin	25	Oregon Masters	30.24
5	Heath, Robert	66	Spokane Club Mas	30.31
6	Anzilago Tesser, Guilherme	42	Puget Sound Mast	32.90
7	Rinehart, Elijah	18	Central Washingt	33.30
8	Allison, Trenton	24	Puget Sound Mast	34.00

Heat 5 of 5 Finals

1	Elliott, Corban	30	Oregon Masters	30.00
2	Colella, Rick	72	Puget Sound Mast	30.00
3	Swinn, Jacob	41	Oregon Masters	27.00
4	Mehta, Sivan	28	Puget Sound Mast	25.55
5	Gray, Trever	47	Puget Sound Mast	26.99
6	Power, Michael	55	Santa Barbara Ma	29.96
7	Jones, Brad	57	Puget Sound Mast	30.00
8	Williamson, Brian	31	Puget Sound Mast	30.00

Event 10 Women 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2	Casey, Kathrine	75	Puget Sound Mast	4:40.89
3	Willard, Mimi	70	Tamalpais Aquati	3:45.10
4	Freeman, Dale	63	Fina	3:33.27
5	Wolfe, Amy	53	Puget Sound Mast	3:38.35
6	Ward, Joy	81	Oregon Masters	3:46.00
7	Singer, Shannon	53	Puget Sound Mast	4:45.00
8				

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Meet Program - Saturday

Heat 2 Finals (#10 Women 200 SC Meter Backstroke)

1	Hoffman, Wendy	61	Puget Sound Mast	3:27.00
2	Cary, Michelle	42	Oregon Masters	3:20.00
3	Stockstad, Danica	31	Fina	2:59.40
4	Feierabend, Ilsa	31	Oregon Masters	2:29.14
5	Reynolds, Ellen	59	Team Redbird	2:36.00
6	Lickwala, Holly	47	Puget Sound Mast	3:10.87
7	Nelson, Sidney	35	Puget Sound Mast	3:20.00
8	Summers, Jeanna	69	Oregon Masters	3:27.00

Event 11 Men 200 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Walker, Thomas	76	Puget Sound Mast	6:00.00
2	Peterson, Dick	86	Puget Sound Mast	5:18.98
3	Underbrink, Dan	67	Puget Sound Mast	3:21.38
4	Washburne, Brent	62	Oregon Masters	2:48.00
5	Kirkland, Dan	75	Oregon Masters	2:52.87
6	Hickey, John Caelin	42	Rocklin Aquatics	4:00.00
7	Berghaus, Peter	82	Oregon Masters	5:26.00
8				

Heat 2 of 2 Finals

1	Hathaway, David	63	Oregon Masters	2:45.03
2	Sullivan, Scot	57	Oregon Masters	2:33.83
3	de Acosta, Diego	48	Puget Sound Mast	2:18.09
4	Woodbury, Brian	27	Puget Sound Mast	2:10.00
5	Grote, Kurt	50	Oregon Masters	2:15.91
6	Williamson, Brian	31	Puget Sound Mast	2:29.80
7	Ekstrom, Alex	33	Puget Sound Mast	2:40.01
8	Rinehart, Elijah	18	Central Washing	2:46.50

Event 12 Women 50 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				
2	Vallandigham, Jett	77	Moscow Chinooks	1:11.39
3	Carling-Smith, Heather	73	Spokane Club Mas	52.00
4	Dillon, Sally	77	Puget Sound Mast	48.00
5	Franchi, Carrie	71	Spokane Club Mas	50.00
6	Ryan, Sally	76	Puget Sound Mast	1:11.04
7	Hinds, Cynthia	70	Puget Sound Mast	1:20.00
8				

Heat 2 of 5 Finals

1	Noffke, Wendy	50	Blue Wave Aquati	45.00
2	Prekeges, Alison	22	Central Washing	42.45
3	Field, Lessly	55	Inw Y Aquatic Ma	40.91
4	Davies, Amanda	46	Puget Sound Mast	40.00
5	Glickfeld, Heather	36	Inw Y Aquatic Ma	40.14
6	Baker, Pamela	70	Inw Y Aquatic Ma	41.78
7	Parks, Sarah	18	Oregon Masters	44.26
8	Mena, Samantha	22	Central Washing	45.64

Heat 3 of 5 Finals

1	Bruechert, Jaquie	32	Oregon Masters	38.00
2	Croghan, Rachel	38	UC36	37.09
3	Phinney, Sandi	47	Puget Sound Mast	35.22
4	Jamieson, Hannah	20	Central Washing	34.17
5	Kawaoka, Becca	32	UC36	35.00
6	Seidensticker, Elle	18	Central Washing	35.52
7	Evans, Porche	32	Puget Sound Mast	37.91
8	Jensen-Bergren, Hillary	42	Harbor Aquatics	38.75

Heat 4 of 5 Finals

1	Crabbe, Colette	67	Oregon Masters	33.00
2	Isa, April	34	Oregon Masters	32.62
3	Li, Yun	29	Puget Sound Mast	31.51
4	Martell, Beth	51	Oregon Masters	30.00
5	da Rosa Silva, Ana Paula	39	Puget Sound Swim	31.00
6	Kobelin, Kayla	29	Oregon Masters	31.85
7	Huff, Miranda	21	Central Washing	32.77
8	Marcott, Laci	20	Central Washing	33.07

Heat 5 of 5 Finals

1	Skinner, Sonja	47	Oregon Masters	29.52
2	Lincoln, Alexandra	31	Puget Sound Mast	28.90
3	Higlett, Lex	40	Oregon Masters	28.00
4	Stacy, Jessica	34	Oregon Masters	27.74
5	Kahler, Carly	20	Central Washing	27.87
6	Judd, Madi	19	Central Washing	28.86
7	Mcclafferty, Christine	50	Oregon Masters	29.32
8	Asch, Jill	57	Oregon Masters	30.00

Event 13 Men 50 SC Meter Freestyle

Positive check in for the
1500m by the end of this event

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals

1				
2				
3	Helm, Charlie	67	Oregon Masters	48.90
4	Selby, William	59	Inw Y Aquatic Ma	40.00
5	Galvani, Bill	76	Puget Sound Mast	45.00
6				
7				
8				

Heat 2 of 6 Finals

1	Lam, Eddie	27	Puget Sound Mast	40.00
2	Barnes, Brent	55	Puget Sound Mast	36.82
3	Buchner, Bryan	46	UC36	35.00
4	Neuhaus, Scott	69	Puget Sound Mast	34.88
5	Morrison, Jeffrey	68	Puget Sound Mast	34.92
6	Louis, Steven	70	Puget Sound Mast	36.00
7	Johnson, Brian	66	Team Redbird	40.00
8	Mabile, Glenn	63	Kroc Masters	40.00

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Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Meet Program - Saturday

Heat 3 Finals (#13 Men 50 SC Meter Freestyle)

1	Piette, Jeffrey	68	Oregon Masters	34.20
2	Walsh, Greg	70	Puget Sound Mast	33.71
3	Prudhomme, Philip	53	Puget Sound Mast	32.81
4	Pilger, Robert	80	Puget Sound Mast	31.99
5	Payne, Brad	60	Puget Sound Mast	32.80
6	Allison, Trenton	24	Puget Sound Mast	33.00
7	Holzbach, John	70	Puget Sound Mast	34.00
8	Troupe, Curtis	66	UC36	34.80

Heat 4 of 6 Finals

1	Hayes, William	72	Puget Sound Mast	31.00
2	Schnee, Nick	49	Puget Sound Mast	30.25
3	Scott, David	57	Puget Sound Mast	30.00
4	Sherwood, Robin	51	Puget Sound Mast	30.00
5	Wilwerding, Geoff	62	Puget Sound Mast	30.00
6	Zhou, Shilin	31	UC36	30.00
7	Rist, Atle	52	Puget Sound Mast	30.82
8	Williams, Eric	43	Spokane Club Mas	31.91

Heat 5 of 6 Finals

1	Castle, Matt	52	Puget Sound Mast	29.31
2	Nimb, Peter	59	Puget Sound Mast	29.00
3	Toney, Martin	25	Oregon Masters	28.43
4	Wrynn, Connor	19	Central Washingt	28.12
5	Edwards, Evan	25	Oregon Masters	28.15
6	Steenbeeke, Alain	61	Puget Sound Mast	28.49
7	Hawkins, Aaron	45	Oregon Masters	29.00
8	Schwartz, Michael	35	Puget Sound Mast	30.00

Heat 6 of 6 Finals

1	Power, Michael	55	Santa Barbara Ma	27.19
2	Thompson, Scott	41	Puget Sound Mast	27.00
3	Gray, Trever	47	Puget Sound Mast	24.71
4	Woodbury, Brian	27	Puget Sound Mast	24.50
5	Mesford, Chase	33	Oregon Masters	24.50
6	Hutchison, Tom	28	Puget Sound Mast	25.81
7	Conroy, Chris	38	Puget Sound Mast	27.00
8	Anzilago Tesser, Guilherme	42	Puget Sound Mast	28.00

Event 14 Women 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	Welch, Sarah	76	Puget Sound Mast	2:02.55
4	Gettling, Janet	75	Oregon Masters	1:55.80
5	Grassman, Emily	46	Oregon Masters	2:00.00
6				
7				
8				

Heat 2 of 2 Finals

1	Decker, Laura	50	UC36	1:31.00
2	Morgen, Cheryl	54	Oregon Masters	1:24.00
3	Skinner, Sonja	47	Oregon Masters	1:09.27
4	Stacy, Jessica	34	Oregon Masters	1:04.64
5	Mcclafferty, Christine	50	Oregon Masters	1:07.79
6	Feierabend, Ilsa	31	Oregon Masters	1:20.00
7	Nelson, Sidney	35	Puget Sound Mast	1:25.00
8				

Event 15 Men 100 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1				
2				
3	Fogg, Stephen	75	Puget Sound Mast	1:45.26
4	Hickey, John Caelin	42	Rocklin Aquatics	1:42.00
5	Troupe, Curtis	66	UC36	1:44.00
6				
7				
8				

Heat 2 of 3 Finals

1	Phipps, Tom	70	Oregon Masters	1:31.36
2	Tujo, Christian	52	Oregon Masters	1:16.55
3	Heath, Robert	66	Spokane Club Mas	1:15.25
4	Sullivan, Scot	57	Oregon Masters	1:09.65
5	Porter, Michael	57	Puget Sound Mast	1:12.00
6	Hathaway, David	63	Oregon Masters	1:16.24
7	Howell, Richard	64	Oregon Masters	1:22.00
8				

Heat 3 of 3 Finals

1	Colella, Rick	72	Puget Sound Mast	1:06.84
2	Farrell, Andrew	45	Fina	1:05.00
3	Hutchison, Tom	28	Puget Sound Mast	1:03.92
4	Swinn, Jacob	41	Oregon Masters	59.00
5	Harris, Nate	22	Central Washingt	1:00.08
6	Bennett, John	44	Puget Sound Mast	1:05.00
7	Elliott, Corban	30	Oregon Masters	1:06.00
8	Jones, Brad	57	Puget Sound Mast	1:08.00

Event 16 Women 200 SC Meter Freestyle Relay

Relay cards due

by the end of event #6

Team	Relay	Seed Time
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--- No entries for event

Event 17 Men 200 SC Meter Freestyle Relay

Relay cards due

by the end of event #6

Team	Relay	Seed Time
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--- No entries for event

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Meet Program - Saturday****Event 18 Mixed 200 SC Meter Medley Relay**

Relay cards due

by the end of event #6

Team	Relay	Seed Time
---	No entries for event	

Event 19 Mixed 1500 SC Meter Freestyle

Positive check-in by

the end of Event #13

	Name	Age	Team	Seed Time
1	Edwards, Evan	M25	Oregon Masters	17:33.98
2	Lekakis, Vasileios	M40	UC36	19:00.00
3	Cox, Allison	W39	Puget Sound Mast	19:30.00
4	Higlett, Lex	W40	Oregon Masters	20:00.00
5	Smith, Daniel	M61	Blue Wave Aquati	20:00.99
6	Kirkland, Dan	M75	Oregon Masters	20:18.57
7	Pelham, Kathy	W50	Puget Sound Mast	20:47.60
8	Kawaoka, Becca	W32	UC36	23:00.00
9	Pettit, Jayette	W56	Oregon Masters	23:30.10
10	Cary, Michelle	W42	Oregon Masters	23:45.00
11	Singh, Isabelle	W24	Puget Sound Mast	23:56.84
12	Morgen, Cheryl	W54	Oregon Masters	24:00.00
13	Qian, Martin	M34	Puget Sound Mast	25:00.00
14	Summers, Jeanna	W69	Oregon Masters	25:30.00
15	Willard, Mimi	W70	Tamalpais Aquati	26:29.70
16	Keegan, Caroline	W58	Kroc Masters	29:14.61
17	Kohler, Caralee	W29	Blue Wave Aquati	30:00.00
18	Seidensticker, Elle	W18	Central Washingt	30:00.00
19	Yang, Honghua	M37	UC36	30:00.00
20	Noffke, Wendy	W50	Blue Wave Aquati	34:00.00
21	Singer, Shannon	W53	Puget Sound Mast	35:00.00
22	Shi, Xiaoxia	W36	UC36	35:00.00

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ESTIMATED TIMELINE

Session: 2 **Sunday**

Starts at 10:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Ev #	Event	Entries	Heats	Starts at	Comments
20	Mixed 400 IM	11	2	10:00 AM	
21	Women 200 Breaststroke	12	2	10:17 AM	Relay cards for #29, #30, #31 due by the end of this event
22	Men 200 Breaststroke	14	2	10:29 AM	
23	Women 100 Freestyle	29	4	10:44 AM	
24	Men 100 Freestyle	30	4	10:55 AM	
25	Women 50 Backstroke	23	3	11:03 AM	
26	Men 50 Backstroke	11	2	11:09 AM	Relay cards for #38, #39, #40 due by the end of this event
27	Women 100 IM	31	4	11:13 AM	
28	Men 100 IM	37	5	11:24 AM	
Break: 10 Minutes					
29	Women 200 Medley Relay	0	0	11:48 AM	Relay cards due by end of event #21
30	Men 200 Medley Relay	0	0	11:53 AM	
31	Mixed 200 Freestyle Relay	0	0	12:02 AM	
32	Women 200 Butterfly	9	2	12:11 PM	
33	Men 200 Butterfly	5	1	12:22 PM	
34	Women 100 Backstroke	17	3	12:27 PM	
35	Men 100 Backstroke	22	3	12:36 PM	
36	Women 50 Breaststroke	21	3	12:44 PM	
37	Men 50 Breaststroke	27	4	12:50 PM	
38	Women 400 Freestyle Relay	0	0	12:58 PM	Relay cards due by end of event #26
39	Men 400 Freestyle Relay	0	0	1:06 PM	
Break: 10 Minutes					
40	Mixed 400 Medley Relay	0	0	1:06 PM	
	Swimmers Counts for Warm-ups:		127		
	Entry / Heat Totals:	299	44		
	Finish Time			1:24 PM	

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Meet Program - Sunday

Event 20 Mixed 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	Singh, Isabelle	W24	Puget Sound Mast	7:21.63
4	Kirkland, Dan	M75	Oregon Masters	7:12.15
5	Benson, Gary	M73	Puget Sound Mast	7:15.00
6				
7				
8				

Heat 2 of 2 Finals

1	Li, Yun	W29	Puget Sound Mast	7:00.00
2	Yamamoto, Jin	M49	Puget Sound Mast	6:30.00
3	Loughlin, Hannah	W35	Puget Sound Mast	5:30.36
4	Grote, Kurt	M50	Oregon Masters	4:58.42
5	Harris, Nate	M22	Central Washingt	5:00.13
6	Higlett, Lex	W40	Oregon Masters	5:35.50
7	Nelson, Sidney	W35	Puget Sound Mast	6:35.00
8	Hoffman, Wendy	W61	Puget Sound Mast	7:12.00

Event 21 Women 200 SC Meter Breaststroke

Relay cards for #29, #30, #31

due by the end of this event

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	Singer, Shannon	53	Puget Sound Mast	5:10.00
4	Fotiou, Amanda	36	Puget Sound Mast	4:00.00
5	Willard, Mimi	70	Tamalpais Aquati	4:35.94
6	Van Dinter, Yenny	89	Arizona Masters	6:27.73
7				
8				

Heat 2 of 2 Finals

1	Croghan, Rachel	38	UC36	3:45.00
2	Crabbe, Colette	67	Oregon Masters	3:14.08
3	Reynolds, Ellen	59	Team Redbird	3:05.24
4	Skinner, Sonja	47	Oregon Masters	2:57.05
5	Mcclafferty, Christine	50	Oregon Masters	3:01.25
6	Jennings, Lindsey	42	Puget Sound Mast	3:10.00
7	Lickwala, Holly	47	Puget Sound Mast	3:22.63
8	Nimb, Peggy	57	Puget Sound Mast	4:00.00

Event 22 Men 200 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2	Helm, Charlie	67	Oregon Masters	5:48.39
3	Galvani, Bill	76	Puget Sound Mast	4:14.00
4	Hathaway, David	63	Oregon Masters	3:27.00
5	White, Robert	75	Puget Sound Mast	3:37.00
6	Berghaus, Peter	82	Oregon Masters	5:19.00
7	Walker, Thomas	76	Puget Sound Mast	10:00.00
8				

Heat 2 of 2 Finals

1	Underbrink, Dan	67	Puget Sound Mast	3:21.33
2	Washburne, Brent	62	Oregon Masters	3:10.00
3	Howell, Richard	64	Oregon Masters	3:05.00
4	Colella, Rick	72	Puget Sound Mast	2:48.00
5	Sullivan, Scot	57	Oregon Masters	2:52.77
6	Scott, David	57	Puget Sound Mast	3:06.00
7	Barnes, Brent	55	Puget Sound Mast	3:19.90
8	Krieger, Bill	69	Puget Sound Mast	3:22.00

Event 23 Women 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1				
2				
3	Parker, April	47	Blue Wave Aquati	2:10.00
4	Carling-Smith, Heather	73	Spokane Club Mas	1:49.00
5	Tuffley, Mary	75	Puget Sound Mast	1:55.00
6	Vallandigham, Jett	77	Moscow Chinooks	3:22.00
7				
8				

Heat 2 of 4 Finals

1	Grassman, Emily	46	Oregon Masters	1:43.39
2	Ward, Joy	81	Oregon Masters	1:42.00
3	Glickfeld, Heather	36	Inw Y Aquatic Ma	1:35.33
4	Parks, Sarah	18	Oregon Masters	1:29.91
5	Gettling, Janet	75	Oregon Masters	1:34.00
6	Noffke, Wendy	50	Blue Wave Aquati	1:38.00
7	Field, Lessly	55	Inw Y Aquatic Ma	1:43.00
8	Dillon, Sally	77	Puget Sound Mast	1:45.00

Heat 3 of 4 Finals

1	Evans, Porche	32	Puget Sound Mast	1:26.42
2	Jamieson, Hannah	20	Central Washingt	1:20.11
3	Li, Yun	29	Puget Sound Mast	1:16.95
4	Kawaoka, Becca	32	UC36	1:15.00
5	Cary, Michelle	42	Oregon Masters	1:15.50
6	Brunjes, Molly	43	Puget Sound Mast	1:20.00
7	Huff, Miranda	21	Central Washingt	1:21.27
8	Glassman, Debbie	70	Puget Sound Mast	1:27.00

Heat 4 of 4 Finals

1	Feierabend, Ilsa	31	Oregon Masters	1:10.00
2	Asch, Jill	57	Oregon Masters	1:08.00
3	Judd, Madi	19	Central Washingt	1:05.49
4	Stacy, Jessica	34	Oregon Masters	1:01.97
5	Skinner, Sonja	47	Oregon Masters	1:04.13
6	Martell, Beth	51	Oregon Masters	1:07.00
7	Kobelin, Kayla	29	Oregon Masters	1:08.97
8	Morgen, Cheryl	54	Oregon Masters	1:14.00

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Meet Program - Sunday

Event 24 Men 100 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1				
2	Selby, William	59	Inw Y Aquatic Ma	1:30.00
3	Pilger, Robert	80	Puget Sound Mast	1:21.00
4	Schwartz, Michael	35	Puget Sound Mast	1:20.00
5	Phipps, Tom	70	Oregon Masters	1:20.44
6	Louis, Steven	70	Puget Sound Mast	1:22.00
7	Derouillat, Emmanuel	51	Puget Sound Mast	1:30.00
8				

Heat 2 of 4 Finals

1	Morrison, Jeffrey	68	Puget Sound Mast	1:19.02
2	Fletcher, Chad	51	Puget Sound Mast	1:16.00
3	Piette, Jeffrey	68	Oregon Masters	1:13.20
4	Hayes, William	72	Puget Sound Mast	1:10.00
5	Qian, Martin	34	Puget Sound Mast	1:10.00
6	Holzbach, John	70	Puget Sound Mast	1:15.50
7	Troupe, Curtis	66	UC36	1:18.00
8	Barnes, Brent	55	Puget Sound Mast	1:19.50

Heat 3 of 4 Finals

1	Nimb, Peter	59	Puget Sound Mast	1:08.00
2	Ekstrom, Alex	33	Puget Sound Mast	1:07.01
3	Toney, Martin	25	Oregon Masters	1:03.69
4	Hawkins, Aaron	45	Oregon Masters	1:02.71
5	Power, Michael	55	Santa Barbara Ma	1:02.97
6	Porter, Michael	57	Puget Sound Mast	1:04.00
7	Williams, Eric	43	Spokane Club Mas	1:08.00
8	Gallardo, Donatto	33	Blue Wave Aquati	1:09.93

Heat 4 of 4 Finals

1	Wardian, Ed	57	Puget Sound Mast	1:02.00
2	Loegering, Isaac	29	Puget Sound Mast	1:00.00
3	Grote, Kurt	50	Oregon Masters	55.58
4	Mesford, Chase	33	Oregon Masters	54.80
5	Woodbury, Brian	27	Puget Sound Mast	55.14
6	Thompson, Scott	41	Puget Sound Mast	59.00
7	Whitbeck, Dave	41	Puget Sound Mast	1:00.62
8	Wrynn, Connor	19	Central Washingt	1:02.71

Event 25 Women 50 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1	Casey, Kathrine	75	Puget Sound Mast	1:01.63
2	Tuffley, Mary	75	Puget Sound Mast	56.35
3	Mena, Samantha	22	Central Washingt	55.00
4	Hunt, Andrea	75	Puget Sound Mast	51.20
5	Noffke, Wendy	50	Blue Wave Aquati	53.00
6	Franchi, Carrie	71	Spokane Club Mas	55.00
7	Parker, April	47	Blue Wave Aquati	1:00.00
8				

Heat 2 of 3 Finals

1	Nimb, Peggy	57	Puget Sound Mast	47.00
2	Bowman, Julie	45	Puget Sound Mast	46.00
3	Kohler, Caralee	29	Blue Wave Aquati	45.00
4	Seidensticker, Elle	18	Central Washingt	40.85
5	Evans, Porche	32	Puget Sound Mast	43.08
6	Keegan, Caroline	58	Kroc Masters	45.00
7	Phinney, Sandi	47	Puget Sound Mast	46.24
8	Bruechert, Jaquie	32	Oregon Masters	50.00

Heat 3 of 3 Finals

1	Huff, Miranda	21	Central Washingt	40.12
2	Jamieson, Hannah	20	Central Washingt	39.84
3	Jennings, Lindsey	42	Puget Sound Mast	37.50
4	Higlett, Lex	40	Oregon Masters	34.50
5	Asch, Jill	57	Oregon Masters	36.00
6	Brunjes, Molly	43	Puget Sound Mast	39.27
7	Nelson, Sidney	35	Puget Sound Mast	40.00
8	Lickwala, Holly	47	Puget Sound Mast	40.38

Event 26 Men 50 SC Meter Backstroke

Relay cards for #38, #39, #40

due by the end of this event

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	Reid, Walt	83	Puget Sound Mast	55.00
4	Underbrink, Dan	67	Puget Sound Mast	46.66
5	Ness, Kerry	54	Puget Sound Mast	50.00
6				
7				
8				

Heat 2 of 2 Finals

1	Hayes, William	72	Puget Sound Mast	41.00
2	Schwartz, Michael	35	Puget Sound Mast	40.00
3	Heath, Robert	66	Spokane Club Mas	32.14
4	Gray, Trever	47	Puget Sound Mast	29.37
5	Elliott, Corban	30	Oregon Masters	30.00
6	Castle, Matt	52	Puget Sound Mast	35.71
7	Fogg, Stephen	75	Puget Sound Mast	40.39
8	Neuhaus, Scott	69	Puget Sound Mast	43.96

Event 27 Women 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1	Parker, April	47	Blue Wave Aquati	2:30.00
2	Hunt, Andrea	75	Puget Sound Mast	2:04.04
3	Grassman, Emily	46	Oregon Masters	1:59.06
4	Willard, Mimi	70	Tamalpais Aquati	1:55.10
5	Croghan, Rachel	38	UC36	1:58.57
6	Carling-Smith, Heather	73	Spokane Club Mas	2:00.00
7	Field, Lessly	55	Inw Y Aquatic Ma	2:05.00
8				

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Meet Program - Sunday

Heat 2 Finals (#27 Women 100 SC Meter IM)

1	Baker, Pamela	70	Inw Y Aquatic Ma	1:46.30
2	Glassman, Debbie	70	Puget Sound Mast	1:42.50
3	Singh, Isabelle	24	Puget Sound Mast	1:40.00
4	Kawaoka, Becca	32	UC36	1:35.00
5	Parks, Sarah	18	Oregon Masters	1:39.60
6	Hoffman, Wendy	61	Puget Sound Mast	1:41.00
7	Evans, Porche	32	Puget Sound Mast	1:44.44
8	Nimb, Peggy	57	Puget Sound Mast	1:52.00

Heat 3 of 4 Finals

1	Fotiou, Amanda	36	Puget Sound Mast	1:30.00
2	Bowman, Julie	45	Puget Sound Mast	1:29.00
3	Marcott, Laci	20	Central Washingt	1:26.95
4	Li, Yun	29	Puget Sound Mast	1:25.00
5	Brunjes, Molly	43	Puget Sound Mast	1:26.92
6	Phinney, Sandi	47	Puget Sound Mast	1:29.00
7	Cary, Michelle	42	Oregon Masters	1:29.00
8	Isa, April	34	Oregon Masters	1:33.00

Heat 4 of 4 Finals

1	Crabbe, Colette	67	Oregon Masters	1:19.29
2	Reynolds, Ellen	59	Team Redbird	1:13.00
3	Kahler, Carly	20	Central Washingt	1:10.51
4	Karpeeva, Svetlana	38	Puget Sound Mast	1:06.00
5	Stacy, Jessica	34	Oregon Masters	1:07.06
6	Loughlin, Hannah	35	Puget Sound Mast	1:13.00
7	Martell, Beth	51	Oregon Masters	1:17.00
8	Jennings, Lindsey	42	Puget Sound Mast	1:20.27

Event 28 Men 100 SC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1				
2	Walker, Thomas	76	Puget Sound Mast	4:00.00
3	Helm, Charlie	67	Oregon Masters	2:08.50
4	Gallardo, Donatto	33	Blue Wave Aquati	1:55.00
5	Galvani, Bill	76	Puget Sound Mast	2:05.00
6	Berghaus, Peter	82	Oregon Masters	2:23.00
7				
8				

Heat 2 of 5 Finals

1	Fletcher, Chad	51	Puget Sound Mast	1:45.00
2	Mabile, Glenn	63	Kroc Masters	1:41.15
3	Derouillat, Emmanuel	51	Puget Sound Mast	1:35.00
4	Piette, Jeffrey	68	Oregon Masters	1:32.20
5	Pilger, Robert	80	Puget Sound Mast	1:32.27
6	Ness, Kerry	54	Puget Sound Mast	1:38.00
7	Louis, Steven	70	Puget Sound Mast	1:44.00
8	Selby, William	59	Inw Y Aquatic Ma	1:50.00

Heat 3 of 5 Finals

1	Kirkland, Dan	75	Oregon Masters	1:31.43
2	Benson, Gary	73	Puget Sound Mast	1:29.00
3	Smearer, Michael	49	Puget Sound Mast	1:22.78
4	Williams, Eric	43	Spokane Club Mas	1:18.00
5	Payne, Brad	60	Puget Sound Mast	1:21.00
6	Holzbach, John	70	Puget Sound Mast	1:27.00
7	White, Robert	75	Puget Sound Mast	1:30.00
8	Neuhaus, Scott	69	Puget Sound Mast	1:31.44

Heat 4 of 5 Finals

1	Hawkins, Aaron	45	Oregon Masters	1:16.50
2	Rinehart, Elijah	18	Central Washingt	1:15.00
3	Power, Michael	55	Santa Barbara Ma	1:13.90
4	Toney, Martin	25	Oregon Masters	1:13.31
5	Steenbeeke, Alain	61	Puget Sound Mast	1:13.81
6	Porter, Michael	57	Puget Sound Mast	1:14.00
7	Hathaway, David	63	Oregon Masters	1:15.17
8	Yamamoto, Jin	49	Puget Sound Mast	1:17.00

Heat 5 of 5 Finals

1	Sullivan, Scot	57	Oregon Masters	1:09.12
2	Elliott, Corban	30	Oregon Masters	1:06.00
3	Grote, Kurt	50	Oregon Masters	1:01.34
4	Swinn, Jacob	41	Oregon Masters	1:01.00
5	Mehta, Sivan	28	Puget Sound Mast	1:01.11
6	Mesford, Chase	33	Oregon Masters	1:02.00
7	Whitbeck, Dave	41	Puget Sound Mast	1:08.00
8	Loegering, Isaac	29	Puget Sound Mast	1:10.00

Event 29 Women 200 SC Meter Medley Relay

Relay cards due

by the end of event #21

Team	Relay	Seed Time
---	No entries for event	

Event 30 Men 200 SC Meter Medley Relay

Relay cards due

by the end of event #21

Team	Relay	Seed Time
---	No entries for event	

Event 31 Mixed 200 SC Meter Freestyle Relay

Relay cards due

by the end of event #21

Team	Relay	Seed Time
---	No entries for event	

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Meet Program - Sunday

Event 32 Women 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	Ward, Joy	81	Oregon Masters	6:00.00
4	Hoffman, Wendy	61	Puget Sound Mast	3:40.00
5	Gettling, Janet	75	Oregon Masters	4:08.00
6				
7				
8				

Heat 2 of 2 Finals

1				
2	Singh, Isabelle	24	Puget Sound Mast	3:30.00
3	Crabbe, Colette	67	Oregon Masters	3:05.00
4	Mcclafferty, Christine	50	Oregon Masters	2:33.89
5	Feierabend, Ilsa	31	Oregon Masters	2:40.00
6	Morgen, Cheryl	54	Oregon Masters	3:15.00
7	Kohler, Caralee	29	Blue Wave Aquati	3:30.00
8				

Event 33 Men 200 SC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

1				
2	Hickey, John Caelin	42	Rocklin Aquatics	4:30.00
3	Washburne, Brent	62	Oregon Masters	3:20.00
4	Ekstrom, Alex	33	Puget Sound Mast	2:40.01
5	Tujo, Christian	52	Oregon Masters	2:54.60
6	Phipps, Tom	70	Oregon Masters	3:47.72
7				
8				

Event 34 Women 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1				
2				
3	Casey, Kathrine	75	Puget Sound Mast	2:15.96
4	Welch, Sarah	76	Puget Sound Mast	2:03.55
5	Singer, Shannon	53	Puget Sound Mast	2:15.00
6				
7				
8				

Heat 2 of 3 Finals

1				
2	Willard, Mimi	70	Tamalpais Aquati	1:45.43
3	Glassman, Debbie	70	Puget Sound Mast	1:45.00
4	Bowman, Julie	45	Puget Sound Mast	1:30.00
5	Seidensticker, Elle	18	Central Washingt	1:30.00
6	Hunt, Andrea	75	Puget Sound Mast	1:45.40
7	Franchi, Carrie	71	Spokane Club Mas	1:56.00
8				

Heat 3 of 3 Finals

1	Phinney, Sandi	47	Puget Sound Mast	1:28.00
2	Martell, Beth	51	Oregon Masters	1:17.00
3	Reynolds, Ellen	59	Team Redbird	1:11.00
4	Karpeeva, Svetlana	38	Puget Sound Mast	1:06.00
5	Loughlin, Hannah	35	Puget Sound Mast	1:09.60
6	Higlett, Lex	40	Oregon Masters	1:14.00
7	Lickwala, Holly	47	Puget Sound Mast	1:25.18
8	Cary, Michelle	42	Oregon Masters	1:30.00

Event 35 Men 100 SC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1				
2	Schwartz, Michael	35	Puget Sound Mast	1:45.00
3	Morrison, Jeffrey	68	Puget Sound Mast	1:42.00
4	Wrynn, Connor	19	Central Washingt	1:34.35
5	Fogg, Stephen	75	Puget Sound Mast	1:35.17
6	Louis, Steven	70	Puget Sound Mast	1:44.00
7	Berghaus, Peter	82	Oregon Masters	2:21.18
8				

Heat 2 of 3 Finals

1	Piette, Jeffrey	68	Oregon Masters	1:29.20
2	Kirkland, Dan	75	Oregon Masters	1:21.43
3	Hathaway, David	63	Oregon Masters	1:16.95
4	Rinehart, Elijah	18	Central Washingt	1:14.37
5	Hawkins, Aaron	45	Oregon Masters	1:16.83
6	Yamamoto, Jin	49	Puget Sound Mast	1:17.00
7	Benson, Gary	73	Puget Sound Mast	1:27.00
8	Underbrink, Dan	67	Puget Sound Mast	1:33.95

Heat 3 of 3 Finals

1	Heath, Robert	66	Spokane Club Mas	1:12.25
2	Power, Michael	55	Santa Barbara Ma	1:10.44
3	Elliott, Corban	30	Oregon Masters	1:06.00
4	Woodbury, Brian	27	Puget Sound Mast	57.15
5	Swinn, Jacob	41	Oregon Masters	1:03.00
6	Harris, Nate	22	Central Washingt	1:06.04
7	Wardian, Ed	57	Puget Sound Mast	1:11.00
8	Steenbeeke, Alain	61	Puget Sound Mast	1:14.00

Event 36 Women 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1				
2	Vallandigham, Jett	77	Moscow Chinooks	1:30.30
3	Parker, April	47	Blue Wave Aquati	1:05.00
4	Noffke, Wendy	50	Blue Wave Aquati	1:01.00
5	Dillon, Sally	77	Puget Sound Mast	1:03.00
6	Van Dinter, Yenny	89	Arizona Masters	1:19.05
7				
8				

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Meet Program - Sunday

Heat 2 Finals (#36 Women 50 SC Meter Breaststroke)

1	Baker, Pamela	70	Inw Y Aquatic Ma	52.83
2	Field, Lessly	55	Inw Y Aquatic Ma	50.92
3	Glickfeld, Heather	36	Inw Y Aquatic Ma	49.85
4	Croghan, Rachel	38	UC36	46.23
5	Gettling, Janet	75	Oregon Masters	49.78
6	Prekeges, Alison	22	Central Washingt	50.22
7	Nimb, Peggy	57	Puget Sound Mast	52.00
8	Grassman, Emily	46	Oregon Masters	59.00

Heat 3 of 3 Finals

1	Lickwala, Holly	47	Puget Sound Mast	42.28
2	Asch, Jill	57	Oregon Masters	40.00
3	Skinner, Sonja	47	Oregon Masters	39.22
4	Kahler, Carly	20	Central Washingt	34.74
5	Stacy, Jessica	34	Oregon Masters	36.27
6	Mcclafferty, Christine	50	Oregon Masters	40.00
7	Jennings, Lindsey	42	Puget Sound Mast	40.46
8	Isa, April	34	Oregon Masters	43.53

Event 37 Men 50 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1				
2				
3	Walker, Thomas	76	Puget Sound Mast	2:00.00
4	Berghaus, Peter	82	Oregon Masters	1:01.16
5	Helm, Charlie	67	Oregon Masters	1:13.00
6				
7				
8				

Heat 2 of 4 Finals

1	Galvani, Bill	76	Puget Sound Mast	56.00
2	Morrison, Jeffrey	68	Puget Sound Mast	47.87
3	Hayes, William	72	Puget Sound Mast	45.00
4	Fletcher, Chad	51	Puget Sound Mast	44.58
5	Neuhaus, Scott	69	Puget Sound Mast	44.91
6	Ness, Kerry	54	Puget Sound Mast	46.00
7	Derouillat, Emmanuel	51	Puget Sound Mast	55.00
8	Reid, Walt	83	Puget Sound Mast	59.00

Heat 3 of 4 Finals

1	Walsh, Greg	70	Puget Sound Mast	42.64
2	Krieger, Bill	69	Puget Sound Mast	41.00
3	Barnes, Brent	55	Puget Sound Mast	39.56
4	Scott, David	57	Puget Sound Mast	39.00
5	Payne, Brad	60	Puget Sound Mast	39.00
6	Williams, Eric	43	Spokane Club Mas	40.00
7	White, Robert	75	Puget Sound Mast	41.00
8	Tujo, Christian	52	Oregon Masters	42.78

Heat 4 of 4 Finals

1	Loegering, Isaac	29	Puget Sound Mast	37.00
2	Howell, Richard	64	Oregon Masters	36.00
3	Sullivan, Scot	57	Oregon Masters	34.93
4	Gray, Trever	47	Puget Sound Mast	29.92
5	Swinn, Jacob	41	Oregon Masters	33.00
6	Whitbeck, Dave	41	Puget Sound Mast	35.00
7	Smearer, Michael	49	Puget Sound Mast	36.44
8	Castle, Matt	52	Puget Sound Mast	37.48

Event 38 Women 400 SC Meter Freestyle Relay

Relay cards due

by the end of event #26

Team	Relay	Seed Time
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--- No entries for event

Event 39 Men 400 SC Meter Freestyle Relay

Relay cards due

by the end of event #26

Team	Relay	Seed Time
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--- No entries for event

Event 40 Mixed 400 SC Meter Medley Relay

Relay cards due

by the end of event #26

Team	Relay	Seed Time
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--- No entries for event