

## 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

## Results

**Women 18-24 50 SC Meter Freestyle**

|   |                     |    |                |       |
|---|---------------------|----|----------------|-------|
| 1 | Seidensticker, Elle | 18 | Cntrl WA       | 30.26 |
| 2 | Judd, Madi          | 19 | Cntrl WA       | 30.71 |
| 3 | Kahler, Carly       | 20 | Cntrl WA       | 30.81 |
| 4 | Huff, Miranda       | 21 | Cntrl WA       | 32.88 |
| 5 | Marcott, Laci       | 20 | Cntrl WA       | 32.93 |
| 6 | Jamieson, Hannah    | 20 | Cntrl WA       | 34.12 |
| 7 | Parks, Sarah        | 18 | Oregon Masters | 36.18 |
| 8 | Prekeges, Alison    | 22 | Cntrl WA       | 40.99 |
| 9 | Mena, Samantha      | 22 | Cntrl WA       | 48.29 |

**Women 18-24 100 SC Meter Freestyle**

|   |                  |       |                |         |
|---|------------------|-------|----------------|---------|
| 1 | Judd, Madi       | 19    | Cntrl WA       | 1:13.37 |
|   | 33.23            | 40.14 |                |         |
| 2 | Huff, Miranda    | 21    | Cntrl WA       | 1:18.38 |
|   | 37.22            | 41.16 |                |         |
| 3 | Jamieson, Hannah | 20    | Cntrl WA       | 1:20.40 |
|   | 36.70            | 43.70 |                |         |
| 4 | Parks, Sarah     | 18    | Oregon Masters | 1:20.44 |
|   | 37.22            | 43.22 |                |         |

**Women 18-24 400 SC Meter Freestyle**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Singh, Isabelle | 24    | Puget Sound Mast | 5:52.18 |
|   | 38.97           | 43.06 | 43.95            | 44.82   |
|   | 45.07           | 45.54 | 45.68            | 45.09   |

**Women 18-24 1500 SC Meter Freestyle**

|   |                     |       |                  |          |
|---|---------------------|-------|------------------|----------|
| 1 | Seidensticker, Elle | 18    | Cntrl WA         | 22:55.46 |
|   | 38.34               | 44.77 | 46.35            | 47.15    |
|   | 46.94               | 46.66 | 46.74            | 46.90    |
|   | 46.04               | 45.69 | 46.97            | 46.14    |
|   | 47.21               | 46.77 | 47.13            | 46.61    |
|   | 46.55               | 47.02 | 46.08            | 46.12    |
|   | 46.38               | 45.78 | 46.69            | 47.23    |
|   | 46.65               | 45.30 | 45.24            | 43.65    |
|   | 44.92               | 41.44 |                  |          |
| 2 | Singh, Isabelle     | 24    | Puget Sound Mast | 23:38.13 |
|   | 40.50               | 45.90 | 45.96            | 46.78    |
|   | 47.22               | 47.24 | 47.60            | 47.62    |
|   | 47.43               | 47.48 | 47.12            | 47.24    |
|   | 47.14               | 46.75 | 46.91            | 47.24    |
|   | 47.17               | 47.38 | 47.90            | 48.41    |
|   | 48.37               | 48.17 | 48.97            | 48.62    |
|   | 48.92               | 48.86 | 46.60            | 47.90    |
|   | 47.81               | 46.92 |                  |          |

**Women 18-24 50 SC Meter Backstroke**

|     |  |    |          |       |
|-----|--|----|----------|-------|
| 1   | Seidensticker, Elle                    | 18 | Cntrl WA | 35.61 |
| 2   | Huff, Miranda                          | 21 | Cntrl WA | 39.89 |
| 3   | Jamieson, Hannah                       | 20 | Cntrl WA | 40.73 |
| --- | Mena, Samantha                         | 22 | Cntrl WA | DQ    |
|     | Multiple strokes past vertical at turn |    |          |       |

**Women 18-24 100 SC Meter Backstroke**

|     |                                   |       |          |    |
|-----|-----------------------------------|-------|----------|----|
| --- | Seidensticker, Elle               | 18    | Cntrl WA | DQ |
|     | Delay initiating arm pull at turn |       |          |    |
|     | 38.36                             | 42.12 |          |    |

**Women 18-24 50 SC Meter Breaststroke**

|   |                  |    |          |       |
|---|------------------|----|----------|-------|
| 1 | Kahler, Carly    | 20 | Cntrl WA | 40.36 |
| 2 | Prekeges, Alison | 22 | Cntrl WA | 49.65 |

**Women 18-24 100 SC Meter Breaststroke**

|   |               |       |          |         |
|---|---------------|-------|----------|---------|
| 1 | Kahler, Carly | 20    | Cntrl WA | 1:27.41 |
|   | 40.81         | 46.60 |          |         |

**Women 18-24 50 SC Meter Butterfly**

|   |                     |    |                |       |
|---|---------------------|----|----------------|-------|
| 1 | Seidensticker, Elle | 18 | Cntrl WA       | 33.51 |
| 2 | Marcott, Laci       | 20 | Cntrl WA       | 36.43 |
| 3 | Parks, Sarah        | 18 | Oregon Masters | 43.55 |

**Women 18-24 200 SC Meter Butterfly**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Singh, Isabelle | 24    | Puget Sound Mast | 3:52.66 |
|   | 51.00           | 59.20 | 1:00.38          | 1:02.08 |

**Women 18-24 100 SC Meter IM**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Kahler, Carly   | 20    | Cntrl WA         | 1:20.13 |
|   | 37.16           | 42.97 |                  |         |
| 2 | Marcott, Laci   | 20    | Cntrl WA         | 1:25.27 |
|   | 38.23           | 47.04 |                  |         |
| 3 | Singh, Isabelle | 24    | Puget Sound Mast | 1:38.23 |
|   | 46.63           | 51.60 |                  |         |
| 4 | Parks, Sarah    | 18    | Oregon Masters   | 1:38.54 |
|   | 45.42           | 53.12 |                  |         |

**Women 18-24 400 SC Meter IM**

|   |                 |         |                  |         |
|---|-----------------|---------|------------------|---------|
| 1 | Singh, Isabelle | 24      | Puget Sound Mast | 7:13.76 |
|   | 49.21           | 58.73   | 54.72            | 54.12   |
|   | 1:01.14         | 1:02.24 | 46.64            | 46.96   |

**Women 25-29 50 SC Meter Freestyle**

|     |                |    |                  |       |
|-----|----------------|----|------------------|-------|
| 1   | Li, Yun        | 29 | Puget Sound Mast | 32.80 |
| --- | Kobelin, Kayla | 29 | Oregon Masters   | NS    |

**Women 25-29 100 SC Meter Freestyle**

|     |                |       |                  |         |
|-----|----------------|-------|------------------|---------|
| 1   | Li, Yun        | 29    | Puget Sound Mast | 1:12.08 |
|     | 35.36          | 36.72 |                  |         |
| --- | Kobelin, Kayla | 29    | Oregon Masters   | NS      |

**Women 25-29 200 SC Meter Freestyle**

|     |                |    |                |    |
|-----|----------------|----|----------------|----|
| --- | Kobelin, Kayla | 29 | Oregon Masters | NS |
|-----|----------------|----|----------------|----|

**Women 25-29 1500 SC Meter Freestyle**

|   |                 |       |                  |          |
|---|-----------------|-------|------------------|----------|
| 1 | Kohler, Caralee | 29    | Blue Wave Aquati | 28:12.79 |
|   | 47.31           | 51.60 | 53.57            | 54.52    |
|   | 56.24           | 56.24 | 56.45            | 56.61    |
|   | 55.94           | 55.40 | 58.15            | 57.30    |
|   | 57.95           | 59.05 | 56.50            | 57.65    |
|   | 58.41           | 56.88 | 57.03            | 58.27    |
|   | 58.15           | 58.36 | 58.11            | 57.59    |
|   | 59.55           | 57.30 | 58.10            | 56.74    |
|   | 55.52           | 52.30 |                  |          |

**Women 25-29 50 SC Meter Backstroke**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Kohler, Caralee | 29 | Blue Wave Aquati | 43.65 |
|---|-----------------|----|------------------|-------|

**Women 25-29 50 SC Meter Butterfly**

|   |         |    |                  |       |
|---|---------|----|------------------|-------|
| 1 | Li, Yun | 29 | Puget Sound Mast | 34.66 |
|---|---------|----|------------------|-------|

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## Results

**Women 25-29 200 SC Meter Butterfly**

--- Kohler, Caralee 29 Blue Wave Aquati NS

**Women 25-29 100 SC Meter IM**1 Li, Yun 29 Puget Sound Mast 1:22.41  
38.82 43.59**Women 25-29 200 SC Meter IM**1 Li, Yun 29 Puget Sound Mast 3:07.43  
36.34 47.03 55.04 49.02

--- Kohler, Caralee 29 Blue Wave Aquati DQ

Non-simultaneous touch - breast

43.29 55.83 1:13.86 57.06

**Women 25-29 400 SC Meter IM**

--- Li, Yun 29 Puget Sound Mast NS

**Women 30-34 50 SC Meter Freestyle**1 Stacy, Jessica 34 Oregon Masters 28.70  
2 Lincoln, Alexandra 31 Puget Sound Mast 28.96  
3 Isa, April 34 Oregon Masters 33.29  
4 Kawaoka, Becca 32 UC36 35.58  
5 Bruechert, Jaquie 32 Oregon Masters 37.17  
6 Evans, Porche 32 Puget Sound Mast 37.25**Women 30-34 100 SC Meter Freestyle**1 Feierabend, Ilsa 31 Oregon Masters 1:02.94  
30.31 32.63  
2 Stacy, Jessica 34 Oregon Masters 1:03.83  
30.80 33.03  
3 Kawaoka, Becca 32 UC36 1:14.07  
35.62 38.45  
4 Evans, Porche 32 Puget Sound Mast 1:25.34  
39.22 46.12**Women 30-34 200 SC Meter Freestyle**1 Feierabend, Ilsa 31 Oregon Masters 2:16.50  
31.13 33.91 35.28 36.18  
2 Kawaoka, Becca 32 UC36 2:45.18  
37.60 41.63 42.93 43.02  
3 Isa, April 34 Oregon Masters 2:50.16  
39.53 44.12 43.89 42.62**Women 30-34 400 SC Meter Freestyle**1 Evans, Porche 32 Puget Sound Mast 6:56.88  
41.64 47.80 51.99 53.50  
55.75 57.82 56.21 52.17**Women 30-34 1500 SC Meter Freestyle**1 Kawaoka, Becca 32 UC36 22:51.68  
42.10 44.78 45.31 46.04  
46.12 46.54 46.07 46.71  
46.15 46.22 45.89 46.21  
46.51 46.55 46.08 46.22  
45.53 45.52 45.35 45.61  
45.66 45.47 45.79 45.87  
45.86 45.56 45.56 45.62  
45.37 45.41**Women 30-34 50 SC Meter Backstroke**

1 Evans, Porche 32 Puget Sound Mast 44.27

2 Bruechert, Jaquie 32 Oregon Masters 44.90

**Women 30-34 200 SC Meter Backstroke**1 Feierabend, Ilsa 31 Oregon Masters 2:26.55  
34.38 36.60 37.87 37.70  
2 Stockstad, Danica 31 Can-Ebsc 2:58.22  
40.51 46.14 46.75 44.82**Women 30-34 50 SC Meter Breaststroke**1 Isa, April 34 Oregon Masters 44.46  
--- Stacy, Jessica 34 Oregon Masters NS**Women 30-34 100 SC Meter Breaststroke**1 Stacy, Jessica 34 Oregon Masters 1:22.86  
39.61 43.25  
2 Kawaoka, Becca 32 UC36 1:44.48  
51.90 52.58**Women 30-34 50 SC Meter Butterfly**1 Stockstad, Danica 31 Can-Ebsc 33.30  
2 Lincoln, Alexandra 31 Puget Sound Mast 33.71  
3 Bruechert, Jaquie 32 Oregon Masters 45.91**Women 30-34 100 SC Meter Butterfly**1 Feierabend, Ilsa 31 Oregon Masters 1:13.07  
34.41 38.66  
--- Stacy, Jessica 34 Oregon Masters NS**Women 30-34 200 SC Meter Butterfly**1 Feierabend, Ilsa 31 Oregon Masters 2:42.62  
36.07 41.28 41.73 43.54**Women 30-34 100 SC Meter IM**1 Stacy, Jessica 34 Oregon Masters 1:15.49  
35.69 39.80  
2 Isa, April 34 Oregon Masters 1:29.74  
41.16 48.58  
3 Kawaoka, Becca 32 UC36 1:33.03  
46.50 46.53  
4 Evans, Porche 32 Puget Sound Mast 1:52.21  
53.10 59.11**Women 30-34 200 SC Meter IM**1 Stockstad, Danica 31 Can-Ebsc 2:46.62  
34.03 43.76 50.36 38.47**Women 35-39 50 SC Meter Freestyle**1 da Rosa Silva, Ana Paula 39 Puget Sound Swim 32.42  
2 Croghan, Rachel 38 UC36 37.36  
3 Glickfeld, Heather 36 Inw Y Aquatic Ma 43.14**Women 35-39 100 SC Meter Freestyle**1 Glickfeld, Heather 36 Inw Y Aquatic Ma 1:36.77  
46.36 50.41**Women 35-39 200 SC Meter Freestyle**1 Cox, Allison 39 Puget Sound Mast 2:21.84  
32.68 36.06 37.03 36.07

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## Results

**Women 35-39 1500 SC Meter Freestyle**

|   |              |       |                  |          |
|---|--------------|-------|------------------|----------|
| 1 | Cox, Allison | 39    | Puget Sound Mast | 19:35.09 |
|   | 34.52        | 37.51 | 37.73            | 38.27    |
|   | 38.71        | 38.60 | 38.80            | 38.94    |
|   | 39.28        | 39.92 | 39.42            | 39.43    |
|   | 39.81        | 39.82 | 39.48            | 39.46    |
|   | 39.71        | 39.79 | 40.09            | 39.99    |
|   | 39.88        | 39.70 | 40.67            | 39.88    |
|   | 39.63        | 39.36 | 40.05            | 39.95    |
|   | 39.32        | 37.37 |                  |          |

--- Shi, Xiaoxia 36 UC36 NS

**Women 35-39 50 SC Meter Backstroke**

--- Nelson, Sidney 35 Puget Sound Mast NS

**Women 35-39 100 SC Meter Backstroke**

|   |                    |       |                  |         |
|---|--------------------|-------|------------------|---------|
| 1 | Karpeeva, Svetlana | 38    | Puget Sound Mast | 1:09.59 |
|   | 33.97              | 35.62 |                  |         |
| 2 | Loughlin, Hannah   | 35    | Puget Sound Mast | 1:10.85 |
|   | 34.97              | 35.88 |                  |         |

**Women 35-39 200 SC Meter Backstroke**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Nelson, Sidney | 35    | Puget Sound Mast | 3:41.92 |
|   | 50.61          | 56.58 | 58.00            | 56.73   |

**Women 35-39 50 SC Meter Breaststroke**

|   |                    |    |                  |       |
|---|--------------------|----|------------------|-------|
| 1 | Croghan, Rachel    | 38 | UC36             | 46.92 |
| 2 | Glickfeld, Heather | 36 | Inw Y Aquatic Ma | 51.11 |

**Women 35-39 100 SC Meter Breaststroke**

|   |                    |       |                  |         |
|---|--------------------|-------|------------------|---------|
| 1 | Croghan, Rachel    | 38    | UC36             | 1:43.84 |
|   | 47.82              | 56.02 |                  |         |
| 2 | Glickfeld, Heather | 36    | Inw Y Aquatic Ma | 1:50.52 |
|   | 51.91              | 58.61 |                  |         |

**Women 35-39 200 SC Meter Breaststroke**

|     |                 |       |                  |         |
|-----|-----------------|-------|------------------|---------|
| 1   | Croghan, Rachel | 38    | UC36             | 3:48.68 |
|     | 50.76           | 58.13 | 1:00.29          | 59.50   |
| --- | Fotiou, Amanda  | 36    | Puget Sound Mast | NS      |

**Women 35-39 50 SC Meter Butterfly**

|   |                          |    |                  |       |
|---|--------------------------|----|------------------|-------|
| 1 | Karpeeva, Svetlana       | 38 | Puget Sound Mast | 30.75 |
| 2 | da Rosa Silva, Ana Paula | 39 | Puget Sound Swim | 39.19 |
| 3 | Fotiou, Amanda           | 36 | Puget Sound Mast | 45.48 |

**Women 35-39 100 SC Meter Butterfly**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Nelson, Sidney | 35    | Puget Sound Mast | 1:46.69 |
|   | 48.36          | 58.33 |                  |         |

**Women 35-39 100 SC Meter IM**

|     |                    |       |                  |         |
|-----|--------------------|-------|------------------|---------|
| 1   | Karpeeva, Svetlana | 38    | Puget Sound Mast | 1:08.30 |
|     | 31.27              | 37.03 |                  |         |
| 2   | Loughlin, Hannah   | 35    | Puget Sound Mast | 1:13.29 |
|     | 33.85              | 39.44 |                  |         |
| 3   | Croghan, Rachel    | 38    | UC36             | 1:34.84 |
|     | 43.82              | 51.02 |                  |         |
| --- | Fotiou, Amanda     | 36    | Puget Sound Mast | NS      |

**Women 35-39 200 SC Meter IM**

|   |                    |       |                  |         |
|---|--------------------|-------|------------------|---------|
| 1 | Karpeeva, Svetlana | 38    | Puget Sound Mast | 2:29.55 |
|   | 32.30              | 37.60 | 43.65            | 36.00   |

|     |   |       |                  |       |
|-----|---|-------|------------------|-------|
| --- | Fotiou, Amanda                                | 36    | Puget Sound Mast | DQ    |
|     | Multiple strokes past vertical at turn - back |       |                  |       |
|     | 47.38   | 57.80 | 1:01.82          | 53.95 |

**Women 35-39 400 SC Meter IM**

|   |                  |       |                  |         |
|---|------------------|-------|------------------|---------|
| 1 | Loughlin, Hannah | 35    | Puget Sound Mast | 5:31.95 |
|   | 34.19            | 40.19 | 41.46            | 40.98   |
|   | 49.09            | 49.55 | 39.05            | 37.44   |

--- Nelson, Sidney 35 Puget Sound Mast NS

**Women 40-44 50 SC Meter Freestyle**

|     |                         |    |                 |       |
|-----|-------------------------|----|-----------------|-------|
| 1   | Higlett, Lex            | 40 | Oregon Masters  | 28.82 |
| 2   | Jensen-Bergren, Hillary | 42 | Harbor Aquatics | 32.46 |
| --- | Geisheimer, Kelly       | 40 | Can-Hyack       | SCR   |

**Women 40-44 100 SC Meter Freestyle**

|     |                   |       |                  |         |
|-----|-------------------|-------|------------------|---------|
| 1   | Brunjes, Molly    | 43    | Puget Sound Mast | 1:12.27 |
|     | 34.79             | 37.48 |                  |         |
| 2   | Cary, Michelle    | 42    | Oregon Masters   | 1:13.71 |
|     | 35.27             | 38.44 |                  |         |
| --- | Geisheimer, Kelly | 40    | Can-Hyack        | SCR     |

**Women 40-44 200 SC Meter Freestyle**

|   |                         |       |                 |         |
|---|-------------------------|-------|-----------------|---------|
| 1 | Higlett, Lex            | 40    | Oregon Masters  | 2:16.52 |
|   | 32.28                   | 34.40 | 35.10           | 34.74   |
| 2 | Jensen-Bergren, Hillary | 42    | Harbor Aquatics | 2:41.17 |
|   | 36.14                   | 41.04 | 42.28           | 41.71   |

**Women 40-44 400 SC Meter Freestyle**

|   |                         |       |                 |         |
|---|-------------------------|-------|-----------------|---------|
| 1 | Jensen-Bergren, Hillary | 42    | Harbor Aquatics | 5:44.26 |
|   | 37.42                   | 41.93 | 44.21           | 45.19   |
|   | 44.31                   | 45.04 | 43.91           | 42.25   |

**Women 40-44 1500 SC Meter Freestyle**

|   |                |       |                |          |
|---|----------------|-------|----------------|----------|
| 1 | Higlett, Lex   | 40    | Oregon Masters | 19:19.99 |
|   | 35.86          | 38.96 | 39.32          | 39.27    |
|   | 39.36          | 39.27 | 39.45          | 39.21    |
|   | 39.08          | 39.21 | 39.23          | 39.29    |
|   | 39.31          | 38.81 | 38.73          | 39.07    |
|   | 38.84          | 38.92 | 39.01          | 38.89    |
|   | 38.70          | 38.54 | 38.76          | 38.35    |
|   | 38.57          | 38.19 | 38.02          | 38.37    |
|   | 37.85          | 35.55 |                |          |
| 2 | Cary, Michelle | 42    | Oregon Masters | 23:26.12 |
|   | 40.87          | 43.80 | 45.13          | 45.71    |
|   | 46.11          | 46.10 | 46.70          | 46.85    |
|   | 47.12          | 47.48 | 47.60          | 47.66    |
|   | 47.20          | 47.59 | 47.47          | 47.60    |
|   | 47.46          | 48.00 | 47.78          | 48.34    |
|   | 47.96          | 47.82 | 47.69          | 47.70    |
|   | 47.43          | 47.19 | 47.37          | 47.87    |
|   | 47.04          | 45.48 |                |          |

--- Geisheimer, Kelly 40 Can-Hyack SCR

**Women 40-44 50 SC Meter Backstroke**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Higlett, Lex      | 40 | Oregon Masters   | 34.84 |
| 2 | Jennings, Lindsey | 42 | Puget Sound Mast | 36.30 |
| 3 | Brunjes, Molly    | 43 | Puget Sound Mast | 36.86 |

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**Results****Women 40-44 100 SC Meter Backstroke**

|   |                |       |                |         |
|---|----------------|-------|----------------|---------|
| 1 | Higlett, Lex   | 40    | Oregon Masters | 1:12.82 |
|   | 35.98          | 36.84 |                |         |
| 2 | Cary, Michelle | 42    | Oregon Masters | 1:26.82 |
|   | 41.48          | 45.34 |                |         |

**Women 40-44 200 SC Meter Backstroke**

|   |                |       |                |         |
|---|----------------|-------|----------------|---------|
| 1 | Cary, Michelle | 42    | Oregon Masters | 3:14.77 |
|   | 43.47          | 47.49 | 51.15          | 52.66   |

**Women 40-44 50 SC Meter Breaststroke**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Jennings, Lindsey | 42 | Puget Sound Mast | 39.32 |
|---|-------------------|----|------------------|-------|

**Women 40-44 100 SC Meter Breaststroke**

|   |                         |       |                 |         |
|---|-------------------------|-------|-----------------|---------|
| 1 | Jensen-Bergren, Hillary | 42    | Harbor Aquatics | 1:34.35 |
|   | 44.87                   | 49.48 |                 |         |

**Women 40-44 200 SC Meter Breaststroke**

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Jennings, Lindsey | 42    | Puget Sound Mast | 3:06.15 |
|   | 42.33             | 46.85 | 48.97            | 48.00   |

**Women 40-44 100 SC Meter IM**

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Jennings, Lindsey | 42    | Puget Sound Mast | 1:18.16 |
|   | 36.08             | 42.08 |                  |         |
| 2 | Brunjes, Molly    | 43    | Puget Sound Mast | 1:22.04 |
|   | 37.63             | 44.41 |                  |         |
| 3 | Cary, Michelle    | 42    | Oregon Masters   | 1:26.92 |
|   | 40.10             | 46.82 |                  |         |

**Women 40-44 200 SC Meter IM**

|   |                |       |                |         |
|---|----------------|-------|----------------|---------|
| 1 | Cary, Michelle | 42    | Oregon Masters | 3:18.50 |
|   | 40.62          | 49.38 | 59.87          | 48.63   |

**Women 40-44 400 SC Meter IM**

|   |              |       |                |         |
|---|--------------|-------|----------------|---------|
| 1 | Higlett, Lex | 40    | Oregon Masters | 5:42.34 |
|   | 36.36        | 41.22 | 44.27          | 43.98   |
|   | 50.77        | 51.99 | 37.69          | 36.06   |

**Women 45-49 50 SC Meter Freestyle**

|     |                |    |                  |       |
|-----|----------------|----|------------------|-------|
| 1   | Skinner, Sonja | 47 | Oregon Masters   | 29.05 |
| 2   | Phinney, Sandi | 47 | Puget Sound Mast | 33.51 |
| --- | Davies, Amanda | 46 | Puget Sound Mast | NS    |

**Women 45-49 100 SC Meter Freestyle**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Skinner, Sonja  | 47    | Oregon Masters   | 1:03.63 |
|   | 30.37           | 33.26 |                  |         |
| 2 | Grassman, Emily | 46    | Oregon Masters   | 1:50.54 |
|   | 52.32           | 58.22 |                  |         |
| 3 | Parker, April   | 47    | Blue Wave Aquati | 1:50.58 |
|   | 52.73           | 57.85 |                  |         |

**Women 45-49 200 SC Meter Freestyle**

|   |                 |         |                |         |
|---|-----------------|---------|----------------|---------|
| 1 | Grassman, Emily | 46      | Oregon Masters | 4:02.64 |
|   | 53.53           | 1:00.68 | 1:04.73        | 1:03.70 |

**Women 45-49 400 SC Meter Freestyle**

|   |                |       |                |         |
|---|----------------|-------|----------------|---------|
| 1 | Skinner, Sonja | 47    | Oregon Masters | 5:02.91 |
|   | 32.81          | 36.64 | 37.89          | 38.47   |
|   | 39.03          | 39.25 | 39.23          | 39.59   |

**Women 45-49 50 SC Meter Backstroke**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Lickwala, Holly | 47 | Puget Sound Mast | 37.70 |
|---|-----------------|----|------------------|-------|

|     |   |    |                  |       |
|-----|---|----|------------------|-------|
| 2   | Bowman, Julie                             | 45 | Puget Sound Mast | 38.51 |
| --- | Parker, April                             | 47 | Blue Wave Aquati | DQ    |
|     | Delay initiating turn after past vertical |    |                  |       |
| --- | Phinney, Sandi                            | 47 | Puget Sound Mast | NS    |

**Women 45-49 100 SC Meter Backstroke**

|     |                 |       |                  |         |
|-----|-----------------|-------|------------------|---------|
| 1   | Bowman, Julie   | 45    | Puget Sound Mast | 1:26.82 |
|     | 41.97           | 44.85 |                  |         |
| --- | Lickwala, Holly | 47    | Puget Sound Mast | NS      |
| --- | Phinney, Sandi  | 47    | Puget Sound Mast | NS      |

**Women 45-49 200 SC Meter Backstroke**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Lickwala, Holly | 47    | Puget Sound Mast | 3:02.64 |
|   | 43.82           | 45.94 | 46.53            | 46.35   |

**Women 45-49 50 SC Meter Breaststroke**

|   |                 |    |                  |         |
|---|-----------------|----|------------------|---------|
| 1 | Skinner, Sonja  | 47 | Oregon Masters   | 37.02   |
| 2 | Lickwala, Holly | 47 | Puget Sound Mast | 41.40   |
| 3 | Grassman, Emily | 46 | Oregon Masters   | 1:00.26 |
| 4 | Parker, April   | 47 | Blue Wave Aquati | 1:01.27 |

**Women 45-49 100 SC Meter Breaststroke**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Lickwala, Holly | 47    | Puget Sound Mast | 1:28.18 |
|   | 41.90           | 46.28 |                  |         |

**Women 45-49 200 SC Meter Breaststroke**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Skinner, Sonja  | 47    | Oregon Masters   | 2:55.79 |
|   | 40.32           | 44.73 | 45.79            | 44.95   |
| 2 | Lickwala, Holly | 47    | Puget Sound Mast | 3:14.34 |
|   | 44.07           | 48.80 | 49.94            | 51.53   |

**Women 45-49 50 SC Meter Butterfly**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Phinney, Sandi  | 47 | Puget Sound Mast | 38.22 |
| 2 | Castillo, Emily | 45 | Puget Sound Mast | 40.13 |
| 3 | Grassman, Emily | 46 | Oregon Masters   | 57.59 |

**Women 45-49 100 SC Meter Butterfly**

|   |                 |         |                |         |
|---|-----------------|---------|----------------|---------|
| 1 | Skinner, Sonja  | 47      | Oregon Masters | 1:09.54 |
|   | 32.18           | 37.36   |                |         |
| 2 | Grassman, Emily | 46      | Oregon Masters | 2:07.08 |
|   | 59.10           | 1:07.98 |                |         |

**Women 45-49 100 SC Meter IM**

|     |                 |         |                  |         |
|-----|-----------------|---------|------------------|---------|
| 1   | Bowman, Julie   | 45      | Puget Sound Mast | 1:22.55 |
|     | 39.30           | 43.25   |                  |         |
| 2   | Grassman, Emily | 46      | Oregon Masters   | 2:04.56 |
|     | 59.94           | 1:04.62 |                  |         |
| 3   | Parker, April   | 47      | Blue Wave Aquati | 2:15.03 |
|     | 1:07.91         | 1:07.12 |                  |         |
| --- | Phinney, Sandi  | 47      | Puget Sound Mast | NS      |

**Women 45-49 200 SC Meter IM**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Phinney, Sandi  | 47    | Puget Sound Mast | 3:10.74 |
|   | 38.60           | 46.01 | 58.58            | 47.55   |
| 2 | Castillo, Emily | 45    | Puget Sound Mast | 3:24.81 |
|   | 40.70           | 51.84 | 1:01.80          | 50.47   |

**Women 50-54 50 SC Meter Freestyle**

|     |                        |    |                  |       |
|-----|------------------------|----|------------------|-------|
| 1   | Martell, Beth          | 51 | Oregon Masters   | 29.39 |
| 2   | Noffke, Wendy          | 50 | Blue Wave Aquati | 45.49 |
| --- | Mcclafferty, Christine | 50 | Oregon Masters   | NS    |

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

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## Results

**Women 50-54 100 SC Meter Freestyle**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Martell, Beth  | 51    | Oregon Masters   | 1:03.98 |
|   | 30.78          | 33.20 |                  |         |
| 2 | Morgen, Cheryl | 54    | Oregon Masters   | 1:12.81 |
|   | 35.05          | 37.76 |                  |         |
| 3 | Noffke, Wendy  | 50    | Blue Wave Aquati | 1:39.93 |
|   | 47.62          | 52.31 |                  |         |

**Women 50-54 200 SC Meter Freestyle**

|     |                 |       |                  |         |
|-----|-----------------|-------|------------------|---------|
| 1   | Reimer, Shelley | 54    | Puget Sound Mast | 2:38.43 |
|     | 35.18           | 39.52 | 41.91            | 41.82   |
| 2   | Pelham, Kathy   | 50    | Puget Sound Mast | 2:39.53 |
|     | 35.99           | 40.06 | 41.62            | 41.86   |
| 3   | Cyger, Erin     | 52    | Puget Sound Mast | 2:47.96 |
|     | 38.77           | 42.71 | 44.15            | 42.33   |
| --- | Singer, Shannon | 53    | Puget Sound Mast | NS      |

**Women 50-54 400 SC Meter Freestyle**

|     |                 |         |                  |         |
|-----|-----------------|---------|------------------|---------|
| 1   | Martell, Beth   | 51      | Oregon Masters   | 4:59.89 |
|     | 35.08           | 37.72   | 38.34            | 38.44   |
|     | 38.36           | 38.19   | 37.77            | 35.99   |
| 2   | Pelham, Kathy   | 50      | Puget Sound Mast | 5:30.00 |
|     | 36.21           | 40.13   | 41.24            | 42.04   |
|     | 41.81           | 42.54   | 42.75            | 43.28   |
| 3   | Reimer, Shelley | 54      | Puget Sound Mast | 5:30.33 |
|     | 36.62           | 40.93   | 41.58            | 42.57   |
|     | 42.56           | 42.52   | 42.59            | 40.96   |
| 4   | Wolfe, Amy      | 53      | Puget Sound Mast | 6:34.25 |
|     | 46.18           | 49.17   | 49.68            | 49.59   |
|     | 50.06           | 50.10   | 50.47            | 49.00   |
| 5   | Noffke, Wendy   | 50      | Blue Wave Aquati | 7:46.36 |
|     | 49.47           | 55.60   | 57.92            | 59.82   |
|     | 1:00.48         | 1:01.62 | 1:01.91          | 59.54   |
| --- | Singer, Shannon | 53      | Puget Sound Mast | NS      |

**Women 50-54 1500 SC Meter Freestyle**

|   |                |       |                  |          |
|---|----------------|-------|------------------|----------|
| 1 | Pelham, Kathy  | 50    | Puget Sound Mast | 21:46.51 |
|   | 38.17          | 42.47 | 43.39            | 43.78    |
|   | 43.82          | 43.71 | 44.16            | 43.74    |
|   | 43.95          | 43.92 | 43.59            | 43.86    |
|   | 43.60          | 44.24 | 43.97            | 43.99    |
|   | 44.07          | 43.63 | 43.73            | 43.80    |
|   | 43.89          | 44.02 | 44.09            | 44.01    |
|   | 44.14          | 44.20 | 43.53            | 44.00    |
|   | 43.31          | 41.73 |                  |          |
| 2 | Morgen, Cheryl | 54    | Oregon Masters   | 22:46.61 |
|   | 43.45          | 46.17 | 47.21            | 47.01    |
|   | 47.03          | 47.10 | 47.05            | 46.69    |
|   | 46.06          | 46.06 | 45.72            | 45.60    |
|   | 46.01          | 45.73 | 45.84            | 45.96    |
|   | 45.78          | 45.54 | 45.57            | 45.77    |
|   | 45.31          | 45.21 | 45.04            | 44.84    |
|   | 44.82          | 44.70 | 44.09            | 43.90    |
|   | 44.28          | 43.07 |                  |          |

|   |               |         |                  |          |
|---|---------------|---------|------------------|----------|
| 3 | Noffke, Wendy | 50      | Blue Wave Aquati | 32:37.53 |
|   | 55.21         | 1:01.79 | 1:01.03          | 1:02.10  |
|   | 1:04.34       | 1:01.43 | 1:04.01          | 1:02.74  |
|   | 1:04.01       | 1:05.60 | 1:05.36          | 1:04.78  |
|   | 1:04.62       | 1:04.39 | 1:05.08          | 1:04.18  |
|   | 1:07.05       | 1:07.26 | 1:07.07          | 1:06.65  |
|   | 1:07.49       | 1:07.01 | 1:06.24          | 1:09.73  |
|   | 1:07.15       | 1:08.27 | 1:09.97          | 1:07.98  |
|   | 1:09.76       | 1:05.23 |                  |          |

--- Singer, Shannon 53 Puget Sound Mast SCR

**Women 50-54 50 SC Meter Backstroke**--- Noffke, Wendy 50 Blue Wave Aquati DQ  
Delay initiating arm pull at turn**Women 50-54 100 SC Meter Backstroke**1 Martell, Beth 51 Oregon Masters 1:12.45  
35.48 36.97

--- Singer, Shannon 53 Puget Sound Mast NS

**Women 50-54 200 SC Meter Backstroke**1 Wolfe, Amy 53 Puget Sound Mast 3:40.33  
53.09 55.47 56.65 55.12

--- Singer, Shannon 53 Puget Sound Mast NS

**Women 50-54 50 SC Meter Breaststroke**1 Mcclafferty, Christine 50 Oregon Masters 38.18  
2 Noffke, Wendy 50 Blue Wave Aquati 1:02.21**Women 50-54 200 SC Meter Breaststroke**1 Mcclafferty, Christine 50 Oregon Masters 2:56.71  
41.33 44.99 44.91 45.48

--- Singer, Shannon 53 Puget Sound Mast NS

**Women 50-54 50 SC Meter Butterfly**1 Mcclafferty, Christine 50 Oregon Masters 30.38  
2 Martell, Beth 51 Oregon Masters 32.95  
3 Morgen, Cheryl 54 Oregon Masters 33.76  
4 Cyger, Erin 52 Puget Sound Mast 36.83  
5 Reimer, Shelley 54 Puget Sound Mast 37.13**Women 50-54 100 SC Meter Butterfly**1 Mcclafferty, Christine 50 Oregon Masters 1:07.72  
32.66 35.062 Morgen, Cheryl 54 Oregon Masters 1:23.27  
39.06 44.21

--- Decker, Laura 50 UC36 NS

**Women 50-54 200 SC Meter Butterfly**1 Mcclafferty, Christine 50 Oregon Masters 2:32.92  
34.73 38.79 39.27 40.132 Morgen, Cheryl 54 Oregon Masters 3:19.12  
42.74 49.11 53.24 54.03**Women 50-54 100 SC Meter IM**1 Martell, Beth 51 Oregon Masters 1:13.73  
33.79 39.94**Women 55-59 50 SC Meter Freestyle**1 Asch, Jill 57 Oregon Masters 30.07  
2 Field, Lessly 55 Inw Y Aquatic Ma 40.54

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

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**Results****Women 55-59 100 SC Meter Freestyle**

|     |               |       |                  |         |
|-----|---------------|-------|------------------|---------|
| 1   | Field, Lessly | 55    | Inw Y Aquatic Ma | 1:32.41 |
|     | 46.96         | 45.45 |                  |         |
| --- | Asch, Jill    | 57    | Oregon Masters   | NS      |

**Women 55-59 200 SC Meter Freestyle**

|   |                  |       |              |         |
|---|------------------|-------|--------------|---------|
| 1 | Reynolds, Ellen  | 59    | Team Redbird | 2:13.71 |
|   | 32.52            | 34.70 | 34.01        | 32.48   |
| 2 | Keegan, Caroline | 58    | Kroc Masters | 3:13.24 |
|   | 43.38            | 48.47 | 50.86        | 50.53   |

**Women 55-59 400 SC Meter Freestyle**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Pettit, Jayette | 56    | Oregon Masters   | 5:45.79 |
|   | 40.55           | 43.27 | 43.73            | 43.76   |
|   | 44.12           | 43.50 | 43.91            | 42.95   |
| 2 | Field, Lessly   | 55    | Inw Y Aquatic Ma | 7:18.46 |
|   | 51.38           | 54.52 | 55.60            | 54.56   |
|   | 57.48           | 57.36 | 58.37            | 49.19   |

**Women 55-59 1500 SC Meter Freestyle**

|   |                  |       |                |          |
|---|------------------|-------|----------------|----------|
| 1 | Pettit, Jayette  | 56    | Oregon Masters | 22:03.80 |
|   | 41.91            | 43.73 | 43.91          | 43.99    |
|   | 44.18            | 44.17 | 44.06          | 43.84    |
|   | 44.24            | 44.34 | 44.02          | 45.05    |
|   | 43.97            | 43.89 | 44.24          | 44.42    |
|   | 44.32            | 44.57 | 44.14          | 44.23    |
|   | 44.31            | 44.31 | 44.37          | 44.44    |
|   | 44.47            | 44.40 | 45.00          | 44.12    |
|   | 44.08            | 43.08 |                |          |
| 2 | Keegan, Caroline | 58    | Kroc Masters   | 27:27.72 |
|   | 47.75            | 52.93 | 53.74          | 54.35    |
|   | 54.60            | 54.66 | 54.19          | 55.02    |
|   | 54.87            | 54.45 | 54.48          | 55.48    |
|   | 55.29            | 55.44 | 55.46          | 55.48    |
|   | 56.04            | 55.53 | 55.71          | 56.07    |
|   | 55.95            | 56.42 | 55.23          | 55.53    |
|   | 55.75            | 56.08 | 56.56          | 55.11    |
|   | 55.41            | 54.14 |                |          |

**Women 55-59 50 SC Meter Backstroke**

|   |                  |    |                  |       |
|---|------------------|----|------------------|-------|
| 1 | Asch, Jill       | 57 | Oregon Masters   | 35.28 |
| 2 | Keegan, Caroline | 58 | Kroc Masters     | 46.94 |
| 3 | Nimb, Peggy      | 57 | Puget Sound Mast | 47.68 |

**Women 55-59 100 SC Meter Backstroke**

|   |                 |       |              |         |
|---|-----------------|-------|--------------|---------|
| 1 | Reynolds, Ellen | 59    | Team Redbird | 1:09.81 |
|   | 34.39           | 35.42 |              |         |

**Women 55-59 200 SC Meter Backstroke**

|   |                 |       |              |         |
|---|-----------------|-------|--------------|---------|
| 1 | Reynolds, Ellen | 59    | Team Redbird | 2:27.27 |
|   | 35.94           | 37.91 | 37.64        | 35.78   |

**Women 55-59 50 SC Meter Breaststroke**

|   |               |    |                  |       |
|---|---------------|----|------------------|-------|
| 1 | Asch, Jill    | 57 | Oregon Masters   | 39.42 |
| 2 | Field, Lessly | 55 | Inw Y Aquatic Ma | 50.80 |
| 3 | Nimb, Peggy   | 57 | Puget Sound Mast | 52.85 |

**Women 55-59 100 SC Meter Breaststroke**

|   |            |       |                |         |
|---|------------|-------|----------------|---------|
| 1 | Asch, Jill | 57    | Oregon Masters | 1:28.22 |
|   | 41.51      | 46.71 |                |         |

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 2 | Pettit, Jayette | 56    | Oregon Masters   | 1:41.35 |
|   | 48.78           | 52.57 |                  |         |
| 3 | Field, Lessly   | 55    | Inw Y Aquatic Ma | 1:52.73 |
|   | 54.48           | 58.25 |                  |         |

**Women 55-59 200 SC Meter Breaststroke**

|   |                 |         |                  |         |
|---|-----------------|---------|------------------|---------|
| 1 | Reynolds, Ellen | 59      | Team Redbird     | 2:52.75 |
|   | 39.74           | 44.78   | 44.28            | 43.95   |
| 2 | Nimb, Peggy     | 57      | Puget Sound Mast | 4:17.27 |
|   | 53.03           | 1:03.90 | 1:09.53          | 1:10.81 |

**Women 55-59 100 SC Meter IM**

|     |  |         |                  |         |
|-----|--|---------|------------------|---------|
| 1   | Reynolds, Ellen                              | 59      | Team Redbird     | 1:09.47 |
|     | 31.95  | 37.52   |                  |         |
| 2   | Field, Lessly                                | 55      | Inw Y Aquatic Ma | 1:49.21 |
|     | 57.88  | 51.33   |                  |         |
| --- | Nimb, Peggy                                  | 57      | Puget Sound Mast | DQ      |
|     | Shoulders past vertical toward breast - back |         |                  |         |
|     | 52.79  | 1:00.41 |                  |         |

**Women 55-59 200 SC Meter IM**

|   |                 |       |              |         |
|---|-----------------|-------|--------------|---------|
| 1 | Reynolds, Ellen | 59    | Team Redbird | 2:30.76 |
|   | 34.06           | 38.71 | 43.77        | 34.22   |

**Women 60-64 400 SC Meter Freestyle**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Hoffman, Wendy | 61    | Puget Sound Mast | 6:05.92 |
|   | 41.74          | 44.45 | 46.19            | 46.50   |
|   | 46.78          | 46.83 | 46.94            | 46.49   |

**Women 60-64 200 SC Meter Backstroke**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Freeman, Dale  | 63    | Can-Ebsc         | 3:15.59 |
|   | 45.88          | 49.32 | 50.36            | 50.03   |
| 2 | Hoffman, Wendy | 61    | Puget Sound Mast | 3:22.30 |
|   | 48.85          | 50.78 | 51.65            | 51.02   |

**Women 60-64 100 SC Meter Breaststroke**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Hoffman, Wendy | 61    | Puget Sound Mast | 1:42.85 |
|   | 49.97          | 52.88 |                  |         |

**Women 60-64 50 SC Meter Butterfly**

|   |               |    |          |       |
|---|---------------|----|----------|-------|
| 1 | Freeman, Dale | 63 | Can-Ebsc | 41.87 |
|---|---------------|----|----------|-------|

**Women 60-64 200 SC Meter Butterfly**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Hoffman, Wendy | 61    | Puget Sound Mast | 3:35.99 |
|   | 48.74          | 55.82 | 55.76            | 55.67   |

**Women 60-64 100 SC Meter IM**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Hoffman, Wendy | 61    | Puget Sound Mast | 1:35.54 |
|   | 46.74          | 48.80 |                  |         |

**Women 60-64 200 SC Meter IM**

|   |               |       |          |         |
|---|---------------|-------|----------|---------|
| 1 | Freeman, Dale | 63    | Can-Ebsc | 3:16.92 |
|   | 42.63         | 52.10 | 58.19    | 44.00   |

**Women 60-64 400 SC Meter IM**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Hoffman, Wendy | 61    | Puget Sound Mast | 6:58.72 |
|   | 46.39          | 56.65 | 52.71            | 52.97   |
|   | 57.01          | 57.96 | 47.87            | 47.16   |

**Women 65-69 50 SC Meter Freestyle**

|   |                 |    |                |       |
|---|-----------------|----|----------------|-------|
| 1 | Crabbe, Colette | 67 | Oregon Masters | 32.57 |
|---|-----------------|----|----------------|-------|

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## Results

**Women 65-69 200 SC Meter Freestyle**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Crabbe, Colette | 67    | Oregon Masters | 2:35.27 |
|   | 35.32           | 38.75 | 40.24          | 40.96   |
| 2 | Summers, Jeanna | 69    | Oregon Masters | 3:08.23 |
|   | 43.33           | 46.45 | 49.23          | 49.22   |

**Women 65-69 1500 SC Meter Freestyle**

|   |                 |       |                |          |
|---|-----------------|-------|----------------|----------|
| 1 | Summers, Jeanna | 69    | Oregon Masters | 25:50.63 |
|   | 46.43           | 50.13 | 52.53          | 51.80    |
|   | 51.95           | 52.78 | 52.19          | 52.77    |
|   | 51.67           | 52.18 | 51.98          | 52.06    |
|   | 51.62           | 52.17 | 51.53          | 51.99    |
|   | 51.96           | 52.24 | 52.32          | 52.34    |
|   | 51.87           | 52.03 | 51.69          | 51.84    |
|   | 51.75           | 51.63 | 51.58          | 51.62    |
|   | 51.60           | 50.38 |                |          |

**Women 65-69 200 SC Meter Backstroke**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Summers, Jeanna | 69    | Oregon Masters | 3:26.32 |
|   | 50.36           | 53.98 | 52.37          | 49.61   |

**Women 65-69 200 SC Meter Breaststroke**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Crabbe, Colette | 67    | Oregon Masters | 3:19.07 |
|   | 44.36           | 50.35 | 52.20          | 52.16   |

**Women 65-69 50 SC Meter Butterfly**

|   |                 |    |                |       |
|---|-----------------|----|----------------|-------|
| 1 | Crabbe, Colette | 67 | Oregon Masters | 35.24 |
|---|-----------------|----|----------------|-------|

**Women 65-69 200 SC Meter Butterfly**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Crabbe, Colette | 67    | Oregon Masters | 3:08.06 |
|   | 40.04           | 45.76 | 50.15          | 52.11   |

**Women 65-69 100 SC Meter IM**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Crabbe, Colette | 67    | Oregon Masters | 1:20.95 |
|   | 38.00           | 42.95 |                |         |

**Women 70-74 50 SC Meter Freestyle**

|   |                        |    |                  |         |
|---|------------------------|----|------------------|---------|
| 1 | Franchi, Carrie        | 71 | Spokane Club Mas | 39.17   |
| 2 | Carling-Smith, Heather | 73 | Spokane Club Mas | 42.75   |
| 3 | Baker, Pamela          | 70 | Inw Y Aquatic Ma | 43.58   |
| 4 | Hinds, Cynthia         | 70 | Puget Sound Mast | 1:16.64 |

**Women 70-74 100 SC Meter Freestyle**

|   |                        |       |                  |         |
|---|------------------------|-------|------------------|---------|
| 1 | Glassman, Debbie       | 70    | Puget Sound Mast | 1:29.90 |
|   | 42.62                  | 47.28 |                  |         |
| 2 | Carling-Smith, Heather | 73    | Spokane Club Mas | 1:34.71 |
|   | 45.85                  | 48.86 |                  |         |

**Women 70-74 400 SC Meter Freestyle**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Willard, Mimi | 70    | Tamalpais Aquati | 6:47.88 |
|   | 46.13         | 49.70 | 51.17            | 52.38   |
|   | 51.99         | 52.28 | 52.83            | 51.40   |

**Women 70-74 1500 SC Meter Freestyle**

|   |               |       |                  |          |
|---|---------------|-------|------------------|----------|
| 1 | Willard, Mimi | 70    | Tamalpais Aquati | 26:37.50 |
|   | 47.37         | 51.15 | 53.04            | 52.98    |
|   | 52.69         | 52.62 | 52.79            | 52.89    |
|   | 52.79         | 52.91 | 52.99            | 52.63    |
|   | 52.83         | 53.06 | 53.66            | 53.06    |
|   | 53.63         | 53.97 | 54.11            | 53.55    |
|   | 54.12         | 54.17 | 54.20            | 54.84    |
|   | 54.06         | 54.04 | 54.75            | 54.03    |
|   | 54.64         | 53.93 |                  |          |

**Women 70-74 50 SC Meter Backstroke**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Franchi, Carrie | 71 | Spokane Club Mas | 46.51 |
|---|-----------------|----|------------------|-------|

**Women 70-74 100 SC Meter Backstroke**

|   |                  |       |                  |         |
|---|------------------|-------|------------------|---------|
| 1 | Franchi, Carrie  | 71    | Spokane Club Mas | 1:40.00 |
|   | 50.57            | 49.43 |                  |         |
| 2 | Willard, Mimi    | 70    | Tamalpais Aquati | 1:46.53 |
|   | 52.73            | 53.80 |                  |         |
| 3 | Glassman, Debbie | 70    | Puget Sound Mast | 1:50.71 |
|   | 55.28            | 55.43 |                  |         |

**Women 70-74 200 SC Meter Backstroke**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Willard, Mimi | 70    | Tamalpais Aquati | 3:45.40 |
|   | 53.63         | 56.94 | 57.33            | 57.50   |

**Women 70-74 50 SC Meter Breaststroke**

|   |               |    |                  |       |
|---|---------------|----|------------------|-------|
| 1 | Baker, Pamela | 70 | Inw Y Aquatic Ma | 53.47 |
|---|---------------|----|------------------|-------|

**Women 70-74 200 SC Meter Breaststroke**

|   |               |         |                  |         |
|---|---------------|---------|------------------|---------|
| 1 | Willard, Mimi | 70      | Tamalpais Aquati | 4:18.65 |
|   | 59.23         | 1:06.62 | 1:06.63          | 1:06.17 |

**Women 70-74 50 SC Meter Butterfly**

|   |                        |    |                  |       |
|---|------------------------|----|------------------|-------|
| 1 | Carling-Smith, Heather | 73 | Spokane Club Mas | 49.20 |
| 2 | Baker, Pamela          | 70 | Inw Y Aquatic Ma | 50.91 |

**Women 70-74 100 SC Meter IM**

|   |                        |       |                  |         |
|---|------------------------|-------|------------------|---------|
| 1 | Glassman, Debbie       | 70    | Puget Sound Mast | 1:45.27 |
|   | 50.66                  | 54.61 |                  |         |
| 2 | Baker, Pamela          | 70    | Inw Y Aquatic Ma | 1:46.75 |
|   | 50.25                  | 56.50 |                  |         |
| 3 | Carling-Smith, Heather | 73    | Spokane Club Mas | 1:49.19 |
|   | 54.06                  | 55.13 |                  |         |
| 4 | Willard, Mimi          | 70    | Tamalpais Aquati | 1:53.52 |
|   | 56.55                  | 56.97 |                  |         |

**Women 75-79 50 SC Meter Freestyle**

|   |                    |    |                  |         |
|---|--------------------|----|------------------|---------|
| 1 | Dillon, Sally      | 77 | Puget Sound Mast | 44.90   |
| 2 | Ryan, Sally        | 76 | Puget Sound Mast | 1:12.32 |
| 3 | Vallandigham, Jett | 77 | Moscow Chinooks  | 1:12.94 |

**Women 75-79 100 SC Meter Freestyle**

|   |                    |         |                  |         |
|---|--------------------|---------|------------------|---------|
| 1 | Gettling, Janet    | 75      | Oregon Masters   | 1:28.79 |
|   | 41.59              | 47.20   |                  |         |
| 2 | Dillon, Sally      | 77      | Puget Sound Mast | 1:39.41 |
|   | 48.36              | 51.05   |                  |         |
| 3 | Tuffley, Mary      | 75      | Puget Sound Mast | 1:55.11 |
|   | 53.84              | 1:01.27 |                  |         |
| 4 | Vallandigham, Jett | 77      | Moscow Chinooks  | 2:46.42 |
|   | 1:18.60            | 1:27.82 |                  |         |

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## Results

**Women 75-79 200 SC Meter Freestyle**

|   |                    |         |                  |         |
|---|--------------------|---------|------------------|---------|
| 1 | Dillon, Sally      | 77      | Puget Sound Mast | 3:39.73 |
|   | 49.01              | 55.73   | 58.38            | 56.61   |
| 2 | Vallandigham, Jett | 77      | Moscow Chinooks  | 5:54.64 |
|   | 1:16.16            | 1:34.38 | 1:33.51          | 1:30.59 |

**Women 75-79 50 SC Meter Backstroke**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Hunt, Andrea    | 75 | Puget Sound Mast | 52.75 |
| 2 | Casey, Kathrine | 75 | Puget Sound Mast | 57.12 |
| 3 | Tuffley, Mary   | 75 | Puget Sound Mast | 58.65 |

**Women 75-79 100 SC Meter Backstroke**

|   |                 |         |                  |         |
|---|-----------------|---------|------------------|---------|
| 1 | Hunt, Andrea    | 75      | Puget Sound Mast | 1:52.98 |
|   | 56.30           | 56.68   |                  |         |
| 2 | Welch, Sarah    | 76      | Puget Sound Mast | 2:00.45 |
|   | 59.25           | 1:01.20 |                  |         |
| 3 | Casey, Kathrine | 75      | Puget Sound Mast | 2:04.67 |
|   | 1:01.41         | 1:03.26 |                  |         |

**Women 75-79 200 SC Meter Backstroke**

|   |                 |         |                  |         |
|---|-----------------|---------|------------------|---------|
| 1 | Casey, Kathrine | 75      | Puget Sound Mast | 4:32.77 |
|   | 1:02.46         | 1:09.82 | 1:11.30          | 1:09.19 |

**Women 75-79 50 SC Meter Breaststroke**

|     |                    |    |                  |         |
|-----|--------------------|----|------------------|---------|
| 1   | Gettling, Janet    | 75 | Oregon Masters   | 48.09   |
| 2   | Vallandigham, Jett | 77 | Moscow Chinooks  | 1:32.40 |
| --- | Dillon, Sally      | 77 | Puget Sound Mast | NS      |

**Women 75-79 100 SC Meter Breaststroke**

|   |                    |         |                 |         |
|---|--------------------|---------|-----------------|---------|
| 1 | Vallandigham, Jett | 77      | Moscow Chinooks | 3:27.57 |
|   | 1:39.01            | 1:48.56 |                 |         |

**Women 75-79 50 SC Meter Butterfly**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Gettling, Janet | 75 | Oregon Masters   | 46.46 |
| 2 | Welch, Sarah    | 76 | Puget Sound Mast | 52.62 |

**Women 75-79 100 SC Meter Butterfly**

|   |                 |         |                  |         |
|---|-----------------|---------|------------------|---------|
| 1 | Gettling, Janet | 75      | Oregon Masters   | 1:49.77 |
|   | 51.42           | 58.35   |                  |         |
| 2 | Welch, Sarah    | 76      | Puget Sound Mast | 2:05.36 |
|   | 58.76           | 1:06.60 |                  |         |

**Women 75-79 200 SC Meter Butterfly**

|   |                 |         |                |         |
|---|-----------------|---------|----------------|---------|
| 1 | Gettling, Janet | 75      | Oregon Masters | 4:03.31 |
|   | 54.97           | 1:01.73 | 1:03.38        | 1:03.23 |

**Women 75-79 100 SC Meter IM**

|   |              |         |                  |         |
|---|--------------|---------|------------------|---------|
| 1 | Hunt, Andrea | 75      | Puget Sound Mast | 2:00.04 |
|   | 59.08        | 1:00.96 |                  |         |

**Women 75-79 200 SC Meter IM**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Gettling, Janet | 75    | Oregon Masters | 3:46.07 |
|   | 52.72           | 59.75 | 1:02.95        | 50.65   |

**Women 80-84 100 SC Meter Freestyle**

|   |           |       |                |         |
|---|-----------|-------|----------------|---------|
| 1 | Ward, Joy | 81    | Oregon Masters | 1:40.17 |
|   | 46.84     | 53.33 |                |         |

**Women 80-84 200 SC Meter Backstroke**

|   |           |       |                |         |
|---|-----------|-------|----------------|---------|
| 1 | Ward, Joy | 81    | Oregon Masters | 3:45.16 |
|   | 53.30     | 56.76 | 58.39          | 56.71   |

**Women 80-84 100 SC Meter Breaststroke**

|   |           |         |                |         |
|---|-----------|---------|----------------|---------|
| 1 | Ward, Joy | 81      | Oregon Masters | 2:11.43 |
|   | 1:03.86   | 1:07.57 |                |         |

**Women 80-84 200 SC Meter Butterfly**

|   |           |         |                |         |
|---|-----------|---------|----------------|---------|
| 1 | Ward, Joy | 81      | Oregon Masters | 6:08.51 |
|   | 1:11.95   | 1:43.56 | 1:34.64        | 1:38.36 |

**Women 85-89 50 SC Meter Breaststroke**

|   |                   |    |                 |         |
|---|-------------------|----|-----------------|---------|
| 1 | Van Dinter, Yenny | 89 | Arizona Masters | 1:20.55 |
|---|-------------------|----|-----------------|---------|

**Women 85-89 100 SC Meter Breaststroke**

|   |                   |         |                 |         |
|---|-------------------|---------|-----------------|---------|
| 1 | Van Dinter, Yenny | 89      | Arizona Masters | 2:52.99 |
|   | 1:23.71           | 1:29.28 |                 |         |

**Women 85-89 200 SC Meter Breaststroke**

|   |                   |         |                 |         |
|---|-------------------|---------|-----------------|---------|
| 1 | Van Dinter, Yenny | 89      | Arizona Masters | 6:10.27 |
|   | 1:27.04           | 1:34.28 | 1:36.26         | 1:32.69 |

**Men 18-24 50 SC Meter Freestyle**

|   |                  |    |                  |       |
|---|------------------|----|------------------|-------|
| 1 | Wrynn, Connor    | 19 | Cntrl WA         | 26.54 |
| 2 | Allison, Trenton | 24 | Puget Sound Mast | 31.23 |

**Men 18-24 100 SC Meter Freestyle**

|   |               |       |          |         |
|---|---------------|-------|----------|---------|
| 1 | Wrynn, Connor | 19    | Cntrl WA | 1:03.49 |
|   | 29.57         | 33.92 |          |         |

**Men 18-24 100 SC Meter Backstroke**

|   |                  |       |          |         |
|---|------------------|-------|----------|---------|
| 1 | Harris, Nate     | 22    | Cntrl WA | 1:05.10 |
|   | 31.56            | 33.54 |          |         |
| 2 | Rinehart, Elijah | 18    | Cntrl WA | 1:14.66 |
|   | 36.05            | 38.61 |          |         |
| 3 | Wrynn, Connor    | 19    | Cntrl WA | 1:17.09 |
|   | 36.92            | 40.17 |          |         |

**Men 18-24 200 SC Meter Backstroke**

|   |                  |       |          |         |
|---|------------------|-------|----------|---------|
| 1 | Rinehart, Elijah | 18    | Cntrl WA | 2:46.81 |
|   | 39.00            | 42.29 | 43.26    | 42.26   |

**Men 18-24 100 SC Meter Breaststroke**

|   |              |       |          |         |
|---|--------------|-------|----------|---------|
| 1 | Harris, Nate | 22    | Cntrl WA | 1:11.94 |
|   | 34.52        | 37.42 |          |         |

**Men 18-24 50 SC Meter Butterfly**

|   |                  |    |                  |       |
|---|------------------|----|------------------|-------|
| 1 | Rinehart, Elijah | 18 | Cntrl WA         | 30.50 |
| 2 | Allison, Trenton | 24 | Puget Sound Mast | 33.26 |

**Men 18-24 100 SC Meter Butterfly**

|   |              |       |          |         |
|---|--------------|-------|----------|---------|
| 1 | Harris, Nate | 22    | Cntrl WA | 1:01.07 |
|   | 29.00        | 32.07 |          |         |

**Men 18-24 100 SC Meter IM**

|   |                  |       |          |         |
|---|------------------|-------|----------|---------|
| 1 | Rinehart, Elijah | 18    | Cntrl WA | 1:13.23 |
|   | 32.88            | 40.35 |          |         |

**Men 18-24 400 SC Meter IM**

|   |              |       |          |         |
|---|--------------|-------|----------|---------|
| 1 | Harris, Nate | 22    | Cntrl WA | 4:56.96 |
|   | 30.56        | 33.09 | 38.66    | 38.95   |
|   | 42.38        | 43.83 | 34.82    | 34.67   |

**Men 25-29 50 SC Meter Freestyle**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Woodbury, Brian | 27 | Puget Sound Mast | 24.68 |
| 2 | Hutchison, Tom  | 28 | Puget Sound Mast | 25.58 |



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## Results

**(Men 25-29 50 SC Meter Freestyle)**

|   |               |    |                  |       |
|---|---------------|----|------------------|-------|
| 3 | Edwards, Evan | 25 | Oregon Masters   | 27.52 |
| 4 | Lam, Eddie    | 27 | Puget Sound Mast | 28.06 |
| 5 | Toney, Martin | 25 | Oregon Masters   | 28.22 |

**Men 25-29 100 SC Meter Freestyle**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Woodbury, Brian | 27    | Puget Sound Mast | 54.17   |
|   | 26.19           | 27.98 |                  |         |
| 2 | Loeering, Isaac | 29    | Puget Sound Mast | 59.21   |
|   | 28.33           | 30.88 |                  |         |
| 3 | Toney, Martin   | 25    | Oregon Masters   | 1:01.47 |
|   | 29.48           | 31.99 |                  |         |

**Men 25-29 200 SC Meter Freestyle**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Woodbury, Brian | 27    | Puget Sound Mast | 2:01.69 |
|   | 27.64           | 30.80 | 31.83            | 31.42   |
| 2 | Hutchison, Tom  | 28    | Puget Sound Mast | 2:04.72 |
|   | 28.13           | 31.64 | 32.52            | 32.43   |
| 3 | Edwards, Evan   | 25    | Oregon Masters   | 2:08.13 |
|   | 31.09           | 32.61 | 32.49            | 31.94   |

**Men 25-29 400 SC Meter Freestyle**

|   |               |       |                |         |
|---|---------------|-------|----------------|---------|
| 1 | Edwards, Evan | 25    | Oregon Masters | 4:25.28 |
|   | 31.73         | 33.25 | 33.46          | 34.00   |
|   | 33.26         | 32.95 | 33.77          | 32.86   |

**Men 25-29 1500 SC Meter Freestyle**

|   |               |       |                |          |
|---|---------------|-------|----------------|----------|
| 1 | Edwards, Evan | 25    | Oregon Masters | 17:34.60 |
|   | 33.30         | 34.65 | 35.32          | 35.11    |
|   | 35.37         | 35.22 | 35.30          | 35.27    |
|   | 35.42         | 35.30 | 35.39          | 35.44    |
|   | 35.30         | 35.34 | 35.19          | 35.00    |
|   | 35.12         | 35.32 | 35.11          | 35.28    |
|   | 35.32         | 35.50 | 35.44          | 35.44    |
|   | 35.42         | 35.24 | 35.27          | 35.27    |
|   | 35.00         | 33.95 |                |          |

**Men 25-29 100 SC Meter Backstroke**

|   |                 |       |                  |       |
|---|-----------------|-------|------------------|-------|
| 1 | Woodbury, Brian | 27    | Puget Sound Mast | 59.48 |
|   | 28.83           | 30.65 |                  |       |

**Men 25-29 200 SC Meter Backstroke**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Woodbury, Brian | 27    | Puget Sound Mast | 2:16.14 |
|   | 32.40           | 34.79 | 34.84            | 34.11   |

**Men 25-29 50 SC Meter Breaststroke**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Loeering, Isaac | 29 | Puget Sound Mast | 37.77 |
|---|-----------------|----|------------------|-------|

**Men 25-29 100 SC Meter Breaststroke**

|   |            |       |                  |         |
|---|------------|-------|------------------|---------|
| 1 | Lam, Eddie | 27    | Puget Sound Mast | 1:28.58 |
|   | 39.76      | 48.82 |                  |         |

**Men 25-29 50 SC Meter Butterfly**

|   |               |    |                  |       |
|---|---------------|----|------------------|-------|
| 1 | Mehta, Sivan  | 28 | Puget Sound Mast | 26.12 |
| 2 | Toney, Martin | 25 | Oregon Masters   | 29.85 |

**Men 25-29 100 SC Meter Butterfly**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Hutchison, Tom | 28    | Puget Sound Mast | 1:04.58 |
|   | 29.48          | 35.10 |                  |         |

**Men 25-29 100 SC Meter IM**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Mehta, Sivan    | 28    | Puget Sound Mast | 1:01.10 |
|   | 27.64           | 33.46 |                  |         |
| 2 | Loeering, Isaac | 29    | Puget Sound Mast | 1:09.33 |
|   | 31.29           | 38.04 |                  |         |
| 3 | Toney, Martin   | 25    | Oregon Masters   | 1:13.23 |
|   | 32.85           | 40.38 |                  |         |

**Men 25-29 200 SC Meter IM**

|     |                                  |       |                  |       |
|-----|----------------------------------|-------|------------------|-------|
| --- | Mehta, Sivan                     | 28    | Puget Sound Mast | DQ    |
|     | Downward butterfly kick - breast |       |                  |       |
|     | 28.65                            | 36.12 | 42.23            | 33.69 |

**Men 30-34 50 SC Meter Freestyle**

|   |                |    |                |       |
|---|----------------|----|----------------|-------|
| 1 | Mesford, Chase | 33 | Oregon Masters | 24.97 |
| 2 | Zhou, Shilin   | 31 | UC36           | 34.25 |

**Men 30-34 100 SC Meter Freestyle**

|     |                   |       |                  |         |
|-----|-------------------|-------|------------------|---------|
| 1   | Mesford, Chase    | 33    | Oregon Masters   | 55.36   |
|     | 26.32             | 29.04 |                  |         |
| 2   | Ekstrom, Alex     | 33    | Puget Sound Mast | 1:00.19 |
|     | 28.64             | 31.55 |                  |         |
| 3   | Gallardo, Donatto | 33    | Blue Wave Aquati | 1:08.56 |
|     | 32.53             | 36.03 |                  |         |
| --- | Qian, Martin      | 34    | Puget Sound Mast | NS      |

**Men 30-34 200 SC Meter Freestyle**

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Mesford, Chase    | 33    | Oregon Masters   | 2:08.01 |
|   | 29.98             | 32.58 | 33.23            | 32.22   |
| 2 | Elliott, Corban   | 30    | Oregon Masters   | 2:10.18 |
|   | 28.74             | 31.91 | 33.78            | 35.75   |
| 3 | Ekstrom, Alex     | 33    | Puget Sound Mast | 2:13.70 |
|   | 30.84             | 33.46 | 34.06            | 35.34   |
| 4 | Gallardo, Donatto | 33    | Blue Wave Aquati | 2:35.11 |
|   | 34.72             | 39.66 | 40.55            | 40.18   |
| 5 | Alexander, Nick   | 34    | Puget Sound Mast | 3:12.73 |
|   | 44.71             | 49.51 | 51.48            | 47.03   |

**Men 30-34 1500 SC Meter Freestyle**

|   |              |       |                  |          |
|---|--------------|-------|------------------|----------|
| 1 | Qian, Martin | 34    | Puget Sound Mast | 25:05.54 |
|   | 41.73        | 45.14 | 48.15            | 50.20    |
|   | 51.78        | 51.52 | 51.46            | 50.17    |
|   | 50.72        | 50.99 | 50.49            | 49.64    |
|   | 52.08        | 50.31 | 51.68            | 49.13    |
|   | 49.70        | 50.46 | 50.97            | 52.59    |
|   | 51.05        | 52.69 | 51.77            | 51.90    |
|   | 51.39        | 49.75 | 50.70            | 51.26    |
|   | 49.36        | 46.76 |                  |          |

**Men 30-34 50 SC Meter Backstroke**

|   |                 |    |                |       |
|---|-----------------|----|----------------|-------|
| 1 | Elliott, Corban | 30 | Oregon Masters | 30.31 |
|---|-----------------|----|----------------|-------|

**Men 30-34 100 SC Meter Backstroke**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Elliott, Corban | 30    | Oregon Masters | 1:06.33 |
|   | 31.78           | 34.55 |                |         |

**Men 30-34 200 SC Meter Backstroke**

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Williamson, Brian | 31    | Puget Sound Mast | 2:34.95 |
|   | 36.71             | 38.87 | 39.81            | 39.56   |

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## Results

**(Men 30-34 200 SC Meter Backstroke)**

|                 |                     |             |
|-----------------|---------------------|-------------|
| 2 Ekstrom, Alex | 33 Puget Sound Mast | 2:38.50     |
| 36.79           | 39.71               | 41.38 40.62 |

**Men 30-34 50 SC Meter Butterfly**

|                     |                     |       |
|---------------------|---------------------|-------|
| 1 Elliott, Corban   | 30 Oregon Masters   | 28.90 |
| 2 Williamson, Brian | 31 Puget Sound Mast | 30.53 |
| 3 Gallardo, Donatto | 33 Blue Wave Aquati | 36.53 |
| 4 Alexander, Nick   | 34 Puget Sound Mast | 41.28 |
| --- Zhou, Shilin    | 31 UC36             | DQ    |
| One hand touch      |                     |       |

**Men 30-34 100 SC Meter Butterfly**

|                   |                   |         |
|-------------------|-------------------|---------|
| 1 Elliott, Corban | 30 Oregon Masters | 1:04.24 |
| 29.33             | 34.91             |         |

**Men 30-34 200 SC Meter Butterfly**

|                 |                     |             |
|-----------------|---------------------|-------------|
| 1 Ekstrom, Alex | 33 Puget Sound Mast | 2:38.85     |
| 34.45           | 39.39               | 41.56 43.45 |

**Men 30-34 100 SC Meter IM**

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 Elliott, Corban   | 30 Oregon Masters   | 1:09.92 |
| 30.74               | 39.18               |         |
| 2 Gallardo, Donatto | 33 Blue Wave Aquati | 1:24.12 |
| 39.06               | 45.06               |         |
| --- Mesford, Chase  | 33 Oregon Masters   | NS      |

**Men 35-39 50 SC Meter Freestyle**

|                     |                     |       |
|---------------------|---------------------|-------|
| 1 Conroy, Chris     | 38 Puget Sound Mast | 26.94 |
| 2 Schwartz, Michael | 35 Puget Sound Mast | 35.18 |

**Men 35-39 100 SC Meter Freestyle**

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 Schwartz, Michael | 35 Puget Sound Mast | 1:22.40 |
| 37.82               | 44.58               |         |

**Men 35-39 200 SC Meter Freestyle**

|                 |                     |             |
|-----------------|---------------------|-------------|
| 1 Conroy, Chris | 38 Puget Sound Mast | 2:14.18     |
| 30.38           | 34.13               | 34.63 35.04 |

**Men 35-39 400 SC Meter Freestyle**

|                   |         |     |
|-------------------|---------|-----|
| --- Yang, Honghua | 37 UC36 | SCR |
|-------------------|---------|-----|

**Men 35-39 1500 SC Meter Freestyle**

|                 |         |             |
|-----------------|---------|-------------|
| 1 Yang, Honghua | 37 UC36 | 26:37.29    |
| 45.67           | 50.17   | 52.29 53.05 |
| 53.80           | 53.59   | 51.95 52.58 |
| 53.55           | 53.87   | 54.38 55.54 |
| 54.94           | 55.17   | 54.95 54.49 |
| 55.79           | 54.86   | 53.59 53.56 |
| 54.01           | 54.04   | 53.28 53.91 |
| 53.90           | 53.65   | 53.76 53.86 |
| 53.31           | 45.78   |             |

**Men 35-39 50 SC Meter Backstroke**

|                     |                     |       |
|---------------------|---------------------|-------|
| 1 Schwartz, Michael | 35 Puget Sound Mast | 43.29 |
|---------------------|---------------------|-------|

**Men 35-39 100 SC Meter Backstroke**

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 Schwartz, Michael | 35 Puget Sound Mast | 1:34.10 |
| 45.36               | 48.74               |         |

**Men 35-39 100 SC Meter Breaststroke**

|                 |                     |         |
|-----------------|---------------------|---------|
| 1 Conroy, Chris | 38 Puget Sound Mast | 1:15.55 |
| 36.16           | 39.39               |         |

**Men 35-39 50 SC Meter Butterfly**

|                     |                     |       |
|---------------------|---------------------|-------|
| 1 Schwartz, Michael | 35 Puget Sound Mast | 37.82 |
|---------------------|---------------------|-------|

**Men 35-39 200 SC Meter IM**

|                     |                     |             |
|---------------------|---------------------|-------------|
| 1 Schwartz, Michael | 35 Puget Sound Mast | 3:24.26     |
| 41.22               | 53.48               | 57.82 51.74 |

**Men 40-44 50 SC Meter Freestyle**

|                             |                     |       |
|-----------------------------|---------------------|-------|
| 1 Anzilago Tesser, Guilhern | 42 Puget Sound Mast | 26.51 |
| 2 Thompson, Scott           | 41 Puget Sound Mast | 26.60 |
| 3 Williams, Eric            | 43 Spokane Club Mas | 29.04 |

**Men 40-44 100 SC Meter Freestyle**

|                     |                     |       |
|---------------------|---------------------|-------|
| 1 Whitbeck, Dave    | 41 Puget Sound Mast | 59.34 |
| 28.69               | 30.65               |       |
| --- Williams, Eric  | 43 Spokane Club Mas | NS    |
| --- Thompson, Scott | 41 Puget Sound Mast | NS    |

**Men 40-44 200 SC Meter Freestyle**

|                   |                     |             |
|-------------------|---------------------|-------------|
| 1 Thompson, Scott | 41 Puget Sound Mast | 2:08.58     |
| 29.85             | 32.05               | 32.78 33.90 |

**Men 40-44 400 SC Meter Freestyle**

|                 |                     |             |
|-----------------|---------------------|-------------|
| 1 Bennett, John | 44 Puget Sound Mast | 4:43.30     |
| 30.67           | 33.88               | 34.78 35.20 |
| 36.05           | 36.93               | 38.14 37.65 |

**Men 40-44 1500 SC Meter Freestyle**

|                      |         |             |
|----------------------|---------|-------------|
| 1 Lekakis, Vasileios | 40 UC36 | 20:40.67    |
| 35.65                | 39.59   | 39.79 40.00 |
| 40.22                | 40.27   | 41.16 41.29 |
| 41.40                | 41.16   | 41.47 41.12 |
| 40.81                | 40.88   | 41.03 41.10 |
| 41.76                | 42.54   | 42.30 42.35 |
| 42.14                | 42.07   | 42.69 42.84 |
| 42.71                | 42.32   | 42.93 42.70 |
| 42.60                | 41.78   |             |

**Men 40-44 100 SC Meter Backstroke**

|                  |                   |    |
|------------------|-------------------|----|
| --- Swinn, Jacob | 41 Oregon Masters | NS |
|------------------|-------------------|----|

**Men 40-44 200 SC Meter Backstroke**

|                       |                     |                 |
|-----------------------|---------------------|-----------------|
| 1 Hickey, John Caelin | 42 Rocklin Aquatics | 3:52.00         |
| 51.12                 | 57.70               | 1:02.76 1:00.42 |

**Men 40-44 50 SC Meter Breaststroke**

|                  |                     |       |
|------------------|---------------------|-------|
| 1 Whitbeck, Dave | 41 Puget Sound Mast | 35.50 |
| 2 Williams, Eric | 43 Spokane Club Mas | 36.12 |
| --- Swinn, Jacob | 41 Oregon Masters   | NS    |

**Men 40-44 100 SC Meter Breaststroke**

|                  |                     |         |
|------------------|---------------------|---------|
| 1 Bennett, John  | 44 Puget Sound Mast | 1:14.95 |
| 34.83            | 40.12               |         |
| 2 Williams, Eric | 43 Spokane Club Mas | 1:19.03 |
| 37.80            | 41.23               |         |

**Men 40-44 50 SC Meter Butterfly**

|                             |                     |       |
|-----------------------------|---------------------|-------|
| 1 Anzilago Tesser, Guilhern | 42 Puget Sound Mast | 31.40 |
|-----------------------------|---------------------|-------|

**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****Results****(Men 40-44 50 SC Meter Butterfly)**

|     |                     |    |                  |       |
|-----|---------------------|----|------------------|-------|
| 2   | Hickey, John Caelin | 42 | Rocklin Aquatics | 51.75 |
| --- | Swinn, Jacob        | 41 | Oregon Masters   | NS    |

**Men 40-44 100 SC Meter Butterfly**

|     |                     |    |                  |               |
|-----|---------------------|----|------------------|---------------|
| 1   | Bennett, John       | 44 | Puget Sound Mast | 1:06.50       |
|     |                     |    |                  | 30.59 35.91   |
| 2   | Hickey, John Caelin | 42 | Rocklin Aquatics | 2:07.59       |
|     |                     |    |                  | 58.55 1:09.04 |
| --- | Swinn, Jacob        | 41 | Oregon Masters   | NS            |

**Men 40-44 200 SC Meter Butterfly**

|   |                     |    |                  |                               |
|---|---------------------|----|------------------|-------------------------------|
| 1 | Hickey, John Caelin | 42 | Rocklin Aquatics | 4:39.69                       |
|   |                     |    |                  | 59.04 1:08.99 1:12.94 1:18.72 |

**Men 40-44 100 SC Meter IM**

|     |                |    |                  |             |
|-----|----------------|----|------------------|-------------|
| 1   | Whitbeck, Dave | 41 | Puget Sound Mast | 1:07.56     |
|     |                |    |                  | 31.57 35.99 |
| 2   | Williams, Eric | 43 | Spokane Club Mas | 1:14.33     |
|     |                |    |                  | 33.88 40.45 |
| --- | Swinn, Jacob   | 41 | Oregon Masters   | NS          |

**Men 40-44 200 SC Meter IM**

|   |                     |    |                  |                           |
|---|---------------------|----|------------------|---------------------------|
| 1 | Hickey, John Caelin | 42 | Rocklin Aquatics | 3:54.09                   |
|   |                     |    |                  | 52.57 56.84 1:09.69 54.99 |

**Men 45-49 50 SC Meter Freestyle**

|     |                |    |                  |       |
|-----|----------------|----|------------------|-------|
| 1   | Hawkins, Aaron | 45 | Oregon Masters   | 28.94 |
| 2   | Schnee, Nick   | 49 | Puget Sound Mast | 30.30 |
| 3   | Buchner, Bryan | 46 | UC36             | 33.38 |
| --- | Gray, Trever   | 47 | Puget Sound Mast | NS    |

**Men 45-49 100 SC Meter Freestyle**

|   |                |    |                |             |
|---|----------------|----|----------------|-------------|
| 1 | Hawkins, Aaron | 45 | Oregon Masters | 1:02.47     |
|   |                |    |                | 29.90 32.57 |

**Men 45-49 200 SC Meter Freestyle**

|   |                 |    |                  |                         |
|---|-----------------|----|------------------|-------------------------|
| 1 | Farrell, Andrew | 45 | Irl-Tmplg        | 2:06.24                 |
|   |                 |    |                  | 28.83 32.05 32.71 32.65 |
| 2 | Yamamoto, Jin   | 49 | Puget Sound Mast | 2:32.58                 |
|   |                 |    |                  | 35.88 39.02 38.94 38.74 |
| 3 | Schnee, Nick    | 49 | Puget Sound Mast | 2:35.42                 |
|   |                 |    |                  | 35.42 38.52 40.80 40.68 |
| 4 | Buchner, Bryan  | 46 | UC36             | 2:52.99                 |
|   |                 |    |                  | 36.98 41.86 47.38 46.77 |

**Men 45-49 400 SC Meter Freestyle**

|   |                  |    |                  |                         |
|---|------------------|----|------------------|-------------------------|
| 1 | de Acosta, Diego | 48 | Puget Sound Mast | 4:32.40                 |
|   |                  |    |                  | 30.62 33.43 33.93 34.48 |
|   |                  |    |                  | 34.30 34.92 35.55 35.17 |
| 2 | Yamamoto, Jin    | 49 | Puget Sound Mast | 5:23.13                 |
|   |                  |    |                  | 37.26 40.21 40.90 41.56 |
|   |                  |    |                  | 41.73 41.26 40.62 39.59 |

**Men 45-49 50 SC Meter Backstroke**

|     |              |    |                  |    |
|-----|--------------|----|------------------|----|
| --- | Gray, Trever | 47 | Puget Sound Mast | NS |
|-----|--------------|----|------------------|----|

**Men 45-49 100 SC Meter Backstroke**

|   |                |    |                |             |
|---|----------------|----|----------------|-------------|
| 1 | Hawkins, Aaron | 45 | Oregon Masters | 1:14.55     |
|   |                |    |                | 36.49 38.06 |

|   |               |    |                  |             |
|---|---------------|----|------------------|-------------|
| 2 | Yamamoto, Jin | 49 | Puget Sound Mast | 1:21.51     |
|   |               |    |                  | 39.96 41.55 |

**Men 45-49 200 SC Meter Backstroke**

|   |                  |    |                  |                         |
|---|------------------|----|------------------|-------------------------|
| 1 | de Acosta, Diego | 48 | Puget Sound Mast | 2:18.65                 |
|   |                  |    |                  | 33.10 34.98 35.32 35.25 |

**Men 45-49 50 SC Meter Breaststroke**

|     |                  |    |                  |       |
|-----|------------------|----|------------------|-------|
| 1   | Smearer, Michael | 49 | Puget Sound Mast | 37.35 |
| --- | Gray, Trever     | 47 | Puget Sound Mast | NS    |

**Men 45-49 100 SC Meter Breaststroke**

|     |                |    |                  |             |
|-----|----------------|----|------------------|-------------|
| 1   | Schnee, Nick   | 49 | Puget Sound Mast | 1:36.52     |
|     |                |    |                  | 44.45 52.07 |
| --- | Buchner, Bryan | 46 | UC36             | NS          |

**Men 45-49 50 SC Meter Butterfly**

|     |                |    |                  |                          |
|-----|----------------|----|------------------|--------------------------|
| 1   | Yamamoto, Jin  | 49 | Puget Sound Mast | 33.80                    |
| --- | Hawkins, Aaron | 45 | Oregon Masters   | DQ                       |
|     |                |    |                  | Arms underwater recovery |
| --- | Gray, Trever   | 47 | Puget Sound Mast | NS                       |

**Men 45-49 100 SC Meter Butterfly**

|   |                 |    |           |             |
|---|-----------------|----|-----------|-------------|
| 1 | Farrell, Andrew | 45 | Irl-Tmplg | 1:04.64     |
|   |                 |    |           | 29.58 35.06 |

**Men 45-49 100 SC Meter IM**

|   |                  |    |                  |             |
|---|------------------|----|------------------|-------------|
| 1 | Hawkins, Aaron   | 45 | Oregon Masters   | 1:13.25     |
|   |                  |    |                  | 33.89 39.36 |
| 2 | Yamamoto, Jin    | 49 | Puget Sound Mast | 1:19.71     |
|   |                  |    |                  | 36.27 43.44 |
| 3 | Smearer, Michael | 49 | Puget Sound Mast | 1:20.01     |
|   |                  |    |                  | 37.51 42.50 |

**Men 45-49 200 SC Meter IM**

|   |                |    |                |                         |
|---|----------------|----|----------------|-------------------------|
| 1 | Hawkins, Aaron | 45 | Oregon Masters | 2:43.45                 |
|   |                |    |                | 33.78 41.72 50.83 37.12 |

**Men 45-49 400 SC Meter IM**

|   |               |    |                  |                         |
|---|---------------|----|------------------|-------------------------|
| 1 | Yamamoto, Jin | 49 | Puget Sound Mast | 5:52.60                 |
|   |               |    |                  | 37.41 43.95 45.27 44.15 |
|   |               |    |                  | 50.68 50.12 41.24 39.78 |

**Men 50-54 50 SC Meter Freestyle**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Sherwood, Robin   | 51 | Puget Sound Mast | 28.20 |
| 2 | Castle, Matt      | 52 | Puget Sound Mast | 28.95 |
| 3 | Rist, Atle        | 52 | Puget Sound Mast | 30.34 |
| 4 | Prudhomme, Philip | 53 | Puget Sound Mast | 33.11 |

**Men 50-54 100 SC Meter Freestyle**

|     |                      |    |                  |             |
|-----|----------------------|----|------------------|-------------|
| 1   | Grote, Kurt          | 50 | Oregon Masters   | 56.20       |
|     |                      |    |                  | 26.87 29.33 |
| 2   | Derouillat, Emmanuel | 51 | Puget Sound Mast | 1:18.33     |
|     |                      |    |                  | 36.84 41.49 |
| --- | Fletcher, Chad       | 51 | Puget Sound Mast | NS          |

**Men 50-54 200 SC Meter Freestyle**

|   |                   |    |                  |                         |
|---|-------------------|----|------------------|-------------------------|
| 1 | Gonzalez, George  | 53 | Puget Sound Mast | 2:52.38                 |
|   |                   |    |                  | 37.61 43.63 45.77 45.37 |
| 2 | Prudhomme, Philip | 53 | Puget Sound Mast | 3:10.47                 |
|   |                   |    |                  | 40.89 50.93 50.91 47.74 |

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**Results****Men 50-54 400 SC Meter Freestyle**

|     |                  |       |                  |         |
|-----|------------------|-------|------------------|---------|
| 1   | Sherwood, Robin  | 51    | Puget Sound Mast | 5:10.22 |
|     | 32.79            | 36.54 | 38.46            | 39.82   |
|     | 40.37            | 40.73 | 40.98            | 40.53   |
| 2   | Gonzalez, George | 53    | Puget Sound Mast | 6:06.90 |
|     | 37.69            | 43.76 | 46.06            | 47.65   |
|     | 47.76            | 47.64 | 48.42            | 47.92   |
| 3   | Ness, Kerry      | 54    | Puget Sound Mast | 7:14.28 |
|     | 50.33            | 52.40 | 54.26            | 55.13   |
|     | 55.41            | 56.16 | 55.75            | 54.84   |
| --- | Tujo, Christian  | 52    | Oregon Masters   | NS      |

**Men 50-54 50 SC Meter Backstroke**

|     |              |    |                  |    |
|-----|--------------|----|------------------|----|
| --- | Castle, Matt | 52 | Puget Sound Mast | NS |
| --- | Ness, Kerry  | 54 | Puget Sound Mast | NS |

**Men 50-54 200 SC Meter Backstroke**

|   |             |       |                |         |
|---|-------------|-------|----------------|---------|
| 1 | Grote, Kurt | 50    | Oregon Masters | 2:19.03 |
|   | 33.58       | 35.25 | 35.48          | 34.72   |

**Men 50-54 50 SC Meter Breaststroke**

|     |                      |    |                  |       |
|-----|----------------------|----|------------------|-------|
| 1   | Tujo, Christian      | 52 | Oregon Masters   | 38.88 |
| 2   | Derouillat, Emmanuel | 51 | Puget Sound Mast | 42.59 |
| --- | Fletcher, Chad       | 51 | Puget Sound Mast | NS    |
| --- | Ness, Kerry          | 54 | Puget Sound Mast | NS    |
| --- | Castle, Matt         | 52 | Puget Sound Mast | NS    |

**Men 50-54 100 SC Meter Breaststroke**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Grote, Kurt     | 50    | Oregon Masters   | 1:07.09 |
|   | 31.92           | 35.17 |                  |         |
| 2 | Sherwood, Robin | 51    | Puget Sound Mast | 1:16.95 |
|   | 35.65           | 41.30 |                  |         |
| 3 | Rist, Atle      | 52    | Puget Sound Mast | 1:24.90 |
|   | 37.42           | 47.48 |                  |         |
| 4 | Ness, Kerry     | 54    | Puget Sound Mast | 1:39.83 |
|   | 47.25           | 52.58 |                  |         |

**Men 50-54 50 SC Meter Butterfly**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Castle, Matt      | 52 | Puget Sound Mast | 32.49 |
| 2 | Rist, Atle        | 52 | Puget Sound Mast | 37.83 |
| 3 | Prudhomme, Philip | 53 | Puget Sound Mast | 38.89 |
| 4 | Gonzalez, George  | 53 | Puget Sound Mast | 43.77 |
| 5 | Ness, Kerry       | 54 | Puget Sound Mast | 46.72 |

**Men 50-54 100 SC Meter Butterfly**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Tujo, Christian | 52    | Oregon Masters | 1:12.26 |
|   | 33.97           | 38.29 |                |         |

**Men 50-54 200 SC Meter Butterfly**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Tujo, Christian | 52    | Oregon Masters | 3:02.46 |
|   | 39.11           | 45.24 | 48.89          | 49.22   |

**Men 50-54 100 SC Meter IM**

|     |                      |       |                  |         |
|-----|----------------------|-------|------------------|---------|
| 1   | Grote, Kurt          | 50    | Oregon Masters   | 1:03.00 |
|     | 30.11                | 32.89 |                  |         |
| 2   | Derouillat, Emmanuel | 51    | Puget Sound Mast | 1:27.41 |
|     | 42.12                | 45.29 |                  |         |
| --- | Fletcher, Chad       | 51    | Puget Sound Mast | NS      |
| --- | Ness, Kerry          | 54    | Puget Sound Mast | NS      |

**Men 50-54 200 SC Meter IM**

|   |             |       |                |         |
|---|-------------|-------|----------------|---------|
| 1 | Grote, Kurt | 50    | Oregon Masters | 2:13.18 |
|   | 29.34       | 35.54 | 37.02          | 31.28   |

**Men 50-54 400 SC Meter IM**

|   |             |       |                |         |
|---|-------------|-------|----------------|---------|
| 1 | Grote, Kurt | 50    | Oregon Masters | 4:49.43 |
|   | 30.59       | 35.61 | 38.57          | 37.49   |
|   | 40.23       | 40.15 | 34.11          | 32.68   |

**Men 55-59 50 SC Meter Freestyle**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Power, Michael | 55 | Santa Barbara Ma | 26.49 |
| 2 | Nimb, Peter    | 59 | Puget Sound Mast | 28.93 |
| 3 | Scott, David   | 57 | Puget Sound Mast | 29.92 |
| 4 | Selby, William | 59 | Inw Y Aquatic Ma | 35.63 |
| 5 | Barnes, Brent  | 55 | Puget Sound Mast | 36.79 |

**Men 55-59 100 SC Meter Freestyle**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Power, Michael  | 55    | Santa Barbara Ma | 58.21   |
|   | 27.74           | 30.47 |                  |         |
| 2 | Wardian, Ed     | 57    | Puget Sound Mast | 59.32   |
|   | 28.74           | 30.58 |                  |         |
| 3 | Porter, Michael | 57    | Puget Sound Mast | 1:05.42 |
|   | 31.92           | 33.50 |                  |         |
| 4 | Nimb, Peter     | 59    | Puget Sound Mast | 1:09.20 |
|   | 30.85           | 38.35 |                  |         |
| 5 | Barnes, Brent   | 55    | Puget Sound Mast | 1:19.25 |
|   | 38.42           | 40.83 |                  |         |
| 6 | Selby, William  | 59    | Inw Y Aquatic Ma | 1:20.46 |
|   | 38.25           | 42.21 |                  |         |

**Men 55-59 200 SC Meter Freestyle**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Sullivan, Scot | 57    | Oregon Masters   | 2:08.89 |
|   | 30.12          | 32.85 | 33.02            | 32.90   |
| 2 | Wardian, Ed    | 57    | Puget Sound Mast | 2:10.50 |
|   | 29.25          | 32.56 | 34.43            | 34.26   |
| 3 | Power, Michael | 55    | Santa Barbara Ma | 2:40.89 |
|   | 26.08          | 47.96 | 44.10            | 42.75   |
| 4 | Barnes, Brent  | 55    | Puget Sound Mast | 2:54.23 |
|   | 39.21          | 41.92 | 45.90            | 47.20   |

**Men 55-59 400 SC Meter Freestyle**

|   |             |       |                  |         |
|---|-------------|-------|------------------|---------|
| 1 | Jones, Brad | 57    | Puget Sound Mast | 4:38.06 |
|   | 31.82       | 34.37 | 34.78            | 34.89   |
|   | 35.06       | 35.62 | 36.00            | 35.52   |

**Men 55-59 100 SC Meter Backstroke**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Wardian, Ed    | 57    | Puget Sound Mast | 1:05.60 |
|   | 32.04          | 33.56 |                  |         |
| 2 | Power, Michael | 55    | Santa Barbara Ma | 1:12.19 |
|   | 35.33          | 36.86 |                  |         |

**Men 55-59 200 SC Meter Backstroke**

|   |                |       |                |         |
|---|----------------|-------|----------------|---------|
| 1 | Sullivan, Scot | 57    | Oregon Masters | 2:28.48 |
|   | 35.03          | 37.37 | 38.11          | 37.97   |

**Men 55-59 50 SC Meter Breaststroke**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Sullivan, Scot | 57 | Oregon Masters   | 35.31 |
| 2 | Scott, David   | 57 | Puget Sound Mast | 37.87 |
| 3 | Barnes, Brent  | 55 | Puget Sound Mast | 39.59 |

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**Results****Men 55-59 100 SC Meter Breaststroke**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Scott, David  | 57    | Puget Sound Mast | 1:21.72 |
|   | 39.44         | 42.28 |                  |         |
| 2 | Barnes, Brent | 55    | Puget Sound Mast | 1:29.37 |
|   | 43.06         | 46.31 |                  |         |

**Men 55-59 200 SC Meter Breaststroke**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Sullivan, Scot | 57    | Oregon Masters   | 2:49.00 |
|   | 38.94          | 44.10 | 43.17            | 42.79   |
| 2 | Scott, David   | 57    | Puget Sound Mast | 2:55.17 |
|   | 41.59          | 44.76 | 45.21            | 43.61   |
| 3 | Barnes, Brent  | 55    | Puget Sound Mast | 3:16.42 |
|   | 44.61          | 49.86 | 51.72            | 50.23   |

**Men 55-59 50 SC Meter Butterfly**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Jones, Brad    | 57 | Puget Sound Mast | 28.95 |
| 2 | Power, Michael | 55 | Santa Barbara Ma | 29.43 |
| 3 | Nimb, Peter    | 59 | Puget Sound Mast | 34.61 |

**Men 55-59 100 SC Meter Butterfly**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Jones, Brad     | 57    | Puget Sound Mast | 1:04.53 |
|   | 30.43           | 34.10 |                  |         |
| 2 | Sullivan, Scot  | 57    | Oregon Masters   | 1:12.32 |
|   | 34.17           | 38.15 |                  |         |
| 3 | Porter, Michael | 57    | Puget Sound Mast | 1:14.03 |
|   | 34.05           | 39.98 |                  |         |

**Men 55-59 100 SC Meter IM**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Sullivan, Scot  | 57    | Oregon Masters   | 1:06.32 |
|   | 30.55           | 35.77 |                  |         |
| 2 | Power, Michael  | 55    | Santa Barbara Ma | 1:09.16 |
|   | 31.49           | 37.67 |                  |         |
| 3 | Porter, Michael | 57    | Puget Sound Mast | 1:15.63 |
|   | 35.35           | 40.28 |                  |         |
| 4 | Selby, William  | 59    | Inw Y Aquatic Ma | 1:40.24 |
|   | 47.83           | 52.41 |                  |         |

**Men 55-59 200 SC Meter IM**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Porter, Michael | 57    | Puget Sound Mast | 2:42.47 |
|   | 34.04           | 42.83 | 48.34            | 37.26   |

**Men 60-64 50 SC Meter Freestyle**

|     |                   |    |                  |       |
|-----|-------------------|----|------------------|-------|
| 1   | Steenbeeke, Alain | 61 | Puget Sound Mast | 28.53 |
| 2   | Payne, Brad       | 60 | Puget Sound Mast | 33.98 |
| 3   | Mabile, Glenn     | 63 | Kroc Masters     | 38.17 |
| --- | Wilwerding, Geoff | 62 | Puget Sound Mast | NS    |

**Men 60-64 200 SC Meter Freestyle**

|     |                   |       |                  |         |
|-----|-------------------|-------|------------------|---------|
| 1   | Hathaway, David   | 63    | Oregon Masters   | 2:18.59 |
|     | 32.56             | 35.47 | 35.78            | 34.78   |
| 2   | Steenbeeke, Alain | 61    | Puget Sound Mast | 2:24.43 |
|     | 30.72             | 34.72 | 38.56            | 40.43   |
| 3   | Washburne, Brent  | 62    | Oregon Masters   | 2:30.04 |
|     | 33.54             | 37.45 | 39.18            | 39.87   |
| 4   | Bittner, Matthew  | 64    | UC36             | 3:45.96 |
|     | 46.00             | 56.91 | 1:02.48          | 1:00.57 |
| --- | Wilwerding, Geoff | 62    | Puget Sound Mast | NS      |

**Men 60-64 400 SC Meter Freestyle**

|     |                   |         |                  |         |
|-----|-------------------|---------|------------------|---------|
| 1   | Smith, Daniel     | 61      | Blue Wave Aquati | 5:06.69 |
|     | 34.48             | 37.90   | 38.75            | 39.18   |
|     | 39.22             | 39.58   | 39.45            | 38.13   |
| 2   | Mabile, Glenn     | 63      | Kroc Masters     | 6:33.97 |
|     | 44.61             | 48.66   | 50.90            | 51.43   |
|     | 51.60             | 50.92   | 49.29            | 46.56   |
| 3   | Bittner, Matthew  | 64      | UC36             | 8:08.18 |
|     | 49.73             | 57.40   | 1:01.04          | 1:03.37 |
|     | 1:03.82           | 1:04.46 | 1:05.12          | 1:03.24 |
| --- | Wilwerding, Geoff | 62      | Puget Sound Mast | NS      |

**Men 60-64 1500 SC Meter Freestyle**

|   |               |       |                  |          |
|---|---------------|-------|------------------|----------|
| 1 | Smith, Daniel | 61    | Blue Wave Aquati | 20:06.96 |
|   | 36.03         | 39.41 | 40.27            | 39.92    |
|   | 40.28         | 40.25 | 40.17            | 40.27    |
|   | 40.18         | 40.07 | 40.60            | 40.40    |
|   | 40.55         | 41.22 | 40.18            | 40.40    |
|   | 40.63         | 40.68 | 40.54            | 40.75    |
|   | 40.59         | 40.88 | 40.76            | 40.94    |
|   | 41.14         | 41.55 | 40.11            | 40.48    |
|   | 39.73         | 37.98 |                  |          |

**Men 60-64 100 SC Meter Backstroke**

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Steenbeeke, Alain | 61    | Puget Sound Mast | 1:12.56 |
|   | 35.10             | 37.46 |                  |         |
| 2 | Hathaway, David   | 63    | Oregon Masters   | 1:13.91 |
|   | 36.69             | 37.22 |                  |         |

**Men 60-64 200 SC Meter Backstroke**

|     |                  |       |                |         |
|-----|------------------|-------|----------------|---------|
| 1   | Washburne, Brent | 62    | Oregon Masters | 2:55.01 |
|     | 39.80            | 44.19 | 46.48          | 44.54   |
| --- | Hathaway, David  | 63    | Oregon Masters | NS      |

**Men 60-64 50 SC Meter Breaststroke**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Howell, Richard | 64 | Oregon Masters   | 37.36 |
| 2 | Payne, Brad     | 60 | Puget Sound Mast | 41.30 |

**Men 60-64 100 SC Meter Breaststroke**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Howell, Richard | 64    | Oregon Masters   | 1:23.31 |
|   | 38.88           | 44.43 |                  |         |
| 2 | Smith, Daniel   | 61    | Blue Wave Aquati | 1:24.00 |
|   | 38.82           | 45.18 |                  |         |
| 3 | Payne, Brad     | 60    | Puget Sound Mast | 1:30.33 |
|   | 42.78           | 47.55 |                  |         |

**Men 60-64 200 SC Meter Breaststroke**

|   |                  |       |                |         |
|---|------------------|-------|----------------|---------|
| 1 | Howell, Richard  | 64    | Oregon Masters | 3:08.64 |
|   | 41.91            | 48.22 | 49.59          | 48.92   |
| 2 | Hathaway, David  | 63    | Oregon Masters | 3:12.29 |
|   | 43.53            | 49.55 | 50.11          | 49.10   |
| 3 | Washburne, Brent | 62    | Oregon Masters | 3:17.31 |
|   | 42.85            | 49.87 | 52.43          | 52.16   |

**Men 60-64 50 SC Meter Butterfly**

|     |                   |    |                  |       |
|-----|-------------------|----|------------------|-------|
| 1   | Payne, Brad       | 60 | Puget Sound Mast | 37.32 |
| 2   | Mabile, Glenn     | 63 | Kroc Masters     | 47.67 |
| --- | Wilwerding, Geoff | 62 | Puget Sound Mast | NS    |

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**Results****Men 60-64 100 SC Meter Butterfly**

|   |                 |       |                |         |
|---|-----------------|-------|----------------|---------|
| 1 | Hathaway, David | 63    | Oregon Masters | 1:12.92 |
|   | 34.01           | 38.91 |                |         |
| 2 | Howell, Richard | 64    | Oregon Masters | 1:25.39 |
|   | 38.84           | 46.55 |                |         |

**Men 60-64 200 SC Meter Butterfly**

|   |                  |       |                |         |
|---|------------------|-------|----------------|---------|
| 1 | Washburne, Brent | 62    | Oregon Masters | 3:27.86 |
|   | 41.71            | 52.47 | 58.66          | 55.02   |

**Men 60-64 100 SC Meter IM**

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Steenbeeke, Alain | 61    | Puget Sound Mast | 1:11.85 |
|   | 32.59             | 39.26 |                  |         |
| 2 | Hathaway, David   | 63    | Oregon Masters   | 1:13.53 |
|   | 34.10             | 39.43 |                  |         |
| 3 | Payne, Brad       | 60    | Puget Sound Mast | 1:25.08 |
|   | 40.56             | 44.52 |                  |         |
| 4 | Mabile, Glenn     | 63    | Kroc Masters     | 1:42.13 |
|   | 48.10             | 54.03 |                  |         |

**Men 65-69 50 SC Meter Freestyle**

|     |                   |    |                  |       |
|-----|-------------------|----|------------------|-------|
| 1   | Neuhaus, Scott    | 69 | Puget Sound Mast | 34.03 |
| 2   | Morrison, Jeffrey | 68 | Puget Sound Mast | 34.84 |
| 3   | Troupe, Curtis    | 66 | UC36             | 34.88 |
| 4   | Johnson, Brian    | 66 | Team Redbird     | 41.44 |
| 5   | Helm, Charlie     | 67 | Oregon Masters   | 55.47 |
| --- | Piette, Jeffrey   | 68 | Oregon Masters   | NS    |

**Men 65-69 100 SC Meter Freestyle**

|     |                   |       |                  |         |
|-----|-------------------|-------|------------------|---------|
| 1   | Troupe, Curtis    | 66    | UC36             | 1:16.35 |
|     | 35.77             | 40.58 |                  |         |
| 2   | Morrison, Jeffrey | 68    | Puget Sound Mast | 1:17.78 |
|     | 37.46             | 40.32 |                  |         |
| --- | Piette, Jeffrey   | 68    | Oregon Masters   | NS      |

**Men 65-69 200 SC Meter Freestyle**

|     |                   |         |                  |         |
|-----|-------------------|---------|------------------|---------|
| 1   | Morrison, Jeffrey | 68      | Puget Sound Mast | 2:51.03 |
|     | 39.16             | 42.61   | 44.25            | 45.01   |
| 2   | Underbrink, Dan   | 67      | Puget Sound Mast | 3:08.14 |
|     | 41.66             | 48.13   | 50.30            | 48.05   |
| 3   | Helm, Charlie     | 67      | Oregon Masters   | 4:27.33 |
|     | 58.56             | 1:06.36 | 1:11.45          | 1:10.96 |
| --- | Piette, Jeffrey   | 68      | Oregon Masters   | NS      |

**Men 65-69 400 SC Meter Freestyle**

|   |                   |         |                  |         |
|---|-------------------|---------|------------------|---------|
| 1 | Morrison, Jeffrey | 68      | Puget Sound Mast | 6:16.60 |
|   | 42.32             | 46.46   | 48.11            | 48.65   |
|   | 48.44             | 48.50   | 47.72            | 46.40   |
| 2 | Underbrink, Dan   | 67      | Puget Sound Mast | 6:39.83 |
|   | 43.16             | 49.76   | 50.92            | 51.71   |
|   | 51.67             | 52.83   | 51.08            | 48.70   |
| 3 | Helm, Charlie     | 67      | Oregon Masters   | 9:24.52 |
|   | 1:02.06           | 1:06.59 | 1:09.60          | 1:12.31 |
|   | 1:13.79           | 1:14.56 | 1:13.64          | 1:11.97 |

**Men 65-69 50 SC Meter Backstroke**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Heath, Robert   | 66 | Spokane Club Mas | 33.15 |
| 2 | Neuhaus, Scott  | 69 | Puget Sound Mast | 41.99 |
| 3 | Underbrink, Dan | 67 | Puget Sound Mast | 46.91 |

**Men 65-69 100 SC Meter Backstroke**

|     |                   |       |                  |         |
|-----|-------------------|-------|------------------|---------|
| 1   | Heath, Robert     | 66    | Spokane Club Mas | 1:14.06 |
|     | 36.65             | 37.41 |                  |         |
| 2   | Morrison, Jeffrey | 68    | Puget Sound Mast | 1:41.33 |
|     | 49.27             | 52.06 |                  |         |
| 3   | Underbrink, Dan   | 67    | Puget Sound Mast | 1:48.29 |
|     | 52.81             | 55.48 |                  |         |
| --- | Piette, Jeffrey   | 68    | Oregon Masters   | NS      |

**Men 65-69 200 SC Meter Backstroke**

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Underbrink, Dan | 67    | Puget Sound Mast | 3:43.41 |
|   | 52.50           | 57.70 | 58.12            | 55.09   |

**Men 65-69 50 SC Meter Breaststroke**

|     |                   |    |                  |         |
|-----|-------------------|----|------------------|---------|
| 1   | Neuhaus, Scott    | 69 | Puget Sound Mast | 44.33   |
| 2   | Morrison, Jeffrey | 68 | Puget Sound Mast | 48.17   |
| 3   | Helm, Charlie     | 67 | Oregon Masters   | 1:15.90 |
| --- | Krieger, Bill     | 69 | Puget Sound Mast | DQ      |
|     | Alternating Kick  |    |                  |         |

**Men 65-69 100 SC Meter Breaststroke**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Krieger, Bill  | 69    | Puget Sound Mast | 1:30.38 |
|   | 42.62          | 47.76 |                  |         |
| 2 | Neuhaus, Scott | 69    | Puget Sound Mast | 1:39.33 |
|   | 47.08          | 52.25 |                  |         |

**Men 65-69 200 SC Meter Breaststroke**

|   |                 |         |                  |         |
|---|-----------------|---------|------------------|---------|
| 1 | Krieger, Bill   | 69      | Puget Sound Mast | 3:27.29 |
|   | 45.49           | 51.84   | 55.46            | 54.50   |
| 2 | Underbrink, Dan | 67      | Puget Sound Mast | 3:46.78 |
|   | 52.18           | 59.16   | 58.60            | 56.84   |
| 3 | Helm, Charlie   | 67      | Oregon Masters   | 6:03.23 |
|   | 1:18.78         | 1:29.45 | 1:32.17          | 1:42.83 |

**Men 65-69 50 SC Meter Butterfly**

|     |                 |    |                  |       |
|-----|-----------------|----|------------------|-------|
| 1   | Heath, Robert   | 66 | Spokane Club Mas | 30.73 |
| 2   | Troupe, Curtis  | 66 | UC36             | 41.88 |
| --- | Piette, Jeffrey | 68 | Oregon Masters   | NS    |

**Men 65-69 100 SC Meter Butterfly**

|     |                |       |                  |         |
|-----|----------------|-------|------------------|---------|
| 1   | Troupe, Curtis | 66    | UC36             | 1:47.23 |
|     | 49.87          | 57.36 |                  |         |
| --- | Heath, Robert  | 66    | Spokane Club Mas | NS      |

**Men 65-69 100 SC Meter IM**

|     |                 |         |                  |         |
|-----|-----------------|---------|------------------|---------|
| 1   | Neuhaus, Scott  | 69      | Puget Sound Mast | 1:33.04 |
|     | 43.39           | 49.65   |                  |         |
| 2   | Helm, Charlie   | 67      | Oregon Masters   | 2:30.21 |
|     | 1:08.62         | 1:21.59 |                  |         |
| --- | Piette, Jeffrey | 68      | Oregon Masters   | NS      |

**Men 70-74 50 SC Meter Freestyle**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Hayes, William | 72 | Puget Sound Mast | 30.72 |
| 2 | Walsh, Greg    | 70 | Puget Sound Mast | 32.98 |
| 3 | Holzbach, John | 70 | Puget Sound Mast | 34.29 |
| 4 | Louis, Steven  | 70 | Puget Sound Mast | 35.74 |

**Men 70-74 100 SC Meter Freestyle**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Hayes, William | 72    | Puget Sound Mast | 1:10.63 |
|   | 33.06          | 37.57 |                  |         |

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## Results

**(Men 70-74 100 SC Meter Freestyle)**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 2 | Holzbach, John | 70    | Puget Sound Mast | 1:16.71 |
|   | 35.85          | 40.86 |                  |         |
| 3 | Phipps, Tom    | 70    | Oregon Masters   | 1:17.55 |
|   | 37.51          | 40.04 |                  |         |
| 4 | Louis, Steven  | 70    | Puget Sound Mast | 1:22.33 |
|   | 38.65          | 43.68 |                  |         |

**Men 70-74 200 SC Meter Freestyle**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Holzbach, John | 70    | Puget Sound Mast | 2:48.74 |
|   | 37.56          | 42.37 | 44.44            | 44.37   |
| 2 | Phipps, Tom    | 70    | Oregon Masters   | 2:52.65 |
|   | 40.25          | 43.46 | 44.90            | 44.04   |
| 3 | Hayes, William | 72    | Puget Sound Mast | 2:52.68 |
|   | 38.24          | 44.90 | 46.29            | 43.25   |

**Men 70-74 50 SC Meter Backstroke**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Hayes, William | 72 | Puget Sound Mast | 40.11 |
|---|----------------|----|------------------|-------|

**Men 70-74 100 SC Meter Backstroke**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Benson, Gary  | 73    | Puget Sound Mast | 1:28.68 |
|   | 43.85         | 44.83 |                  |         |
| 2 | Louis, Steven | 70    | Puget Sound Mast | 1:44.03 |
|   | 48.16         | 55.87 |                  |         |

**Men 70-74 50 SC Meter Breaststroke**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Walsh, Greg    | 70 | Puget Sound Mast | 43.91 |
| 2 | Hayes, William | 72 | Puget Sound Mast | 48.71 |

**Men 70-74 200 SC Meter Breaststroke**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Colella, Rick | 72    | Puget Sound Mast | 2:45.56 |
|   | 37.74         | 42.14 | 42.57            | 43.11   |

**Men 70-74 50 SC Meter Butterfly**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Colella, Rick  | 72 | Puget Sound Mast | 30.30 |
| 2 | Holzbach, John | 70 | Puget Sound Mast | 38.33 |
| 3 | Louis, Steven  | 70 | Puget Sound Mast | 41.09 |

**Men 70-74 100 SC Meter Butterfly**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Colella, Rick | 72    | Puget Sound Mast | 1:08.30 |
|   | 30.94         | 37.36 |                  |         |
| 2 | Phipps, Tom   | 70    | Oregon Masters   | 1:38.24 |
|   | 46.06         | 52.18 |                  |         |

**Men 70-74 200 SC Meter Butterfly**

|   |             |       |                |         |
|---|-------------|-------|----------------|---------|
| 1 | Phipps, Tom | 70    | Oregon Masters | 3:42.98 |
|   | 52.03       | 58.85 | 59.91          | 52.19   |

**Men 70-74 100 SC Meter IM**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Holzbach, John | 70    | Puget Sound Mast | 1:24.79 |
|   | 38.57          | 46.22 |                  |         |
| 2 | Benson, Gary   | 73    | Puget Sound Mast | 1:32.13 |
|   | 42.97          | 49.16 |                  |         |
| 3 | Louis, Steven  | 70    | Puget Sound Mast | 1:34.80 |
|   | 45.33          | 49.47 |                  |         |

**Men 70-74 200 SC Meter IM**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Holzbach, John | 70    | Puget Sound Mast | 3:11.52 |
|   | 40.27          | 47.90 | 57.95            | 45.40   |
| 2 | Louis, Steven  | 70    | Puget Sound Mast | 3:36.07 |
|   | 45.50          | 57.27 | 1:04.76          | 48.54   |

**Men 70-74 400 SC Meter IM**

|   |              |         |                  |         |
|---|--------------|---------|------------------|---------|
| 1 | Benson, Gary | 73      | Puget Sound Mast | 7:03.50 |
|   | 47.03        | 56.29   | 51.38            | 50.86   |
|   | 1:01.92      | 1:01.57 | 47.15            | 47.30   |

**Men 75-79 50 SC Meter Freestyle**

|   |               |    |                  |       |
|---|---------------|----|------------------|-------|
| 1 | Galvani, Bill | 76 | Puget Sound Mast | 40.60 |
|---|---------------|----|------------------|-------|

**Men 75-79 200 SC Meter Freestyle**

|   |               |       |                |         |
|---|---------------|-------|----------------|---------|
| 1 | Kirkland, Dan | 75    | Oregon Masters | 2:26.87 |
|   | 34.74         | 36.86 | 37.69          | 37.58   |

**Men 75-79 400 SC Meter Freestyle**

|   |                |         |                  |          |
|---|----------------|---------|------------------|----------|
| 1 | Walker, Thomas | 76      | Puget Sound Mast | 13:45.00 |
|   | 1:32.06        | 1:42.94 | 1:47.85          | 1:43.88  |
|   | 1:49.95        | 5:08.32 |                  |          |

**Men 75-79 1500 SC Meter Freestyle**

|   |               |       |                |          |
|---|---------------|-------|----------------|----------|
| 1 | Kirkland, Dan | 75    | Oregon Masters | 20:22.80 |
|   | 36.97         | 40.45 | 40.51          | 40.22    |
|   | 40.57         | 40.75 | 40.91          | 40.71    |
|   | 40.84         | 40.82 | 40.98          | 40.69    |
|   | 40.93         | 40.88 | 41.00          | 40.84    |
|   | 41.06         | 40.90 | 40.93          | 40.99    |
|   | 41.04         | 41.51 | 41.28          | 41.38    |
|   | 41.30         | 41.27 | 40.97          | 41.04    |
|   | 41.13         | 39.93 |                |          |

**Men 75-79 50 SC Meter Backstroke**

|   |               |    |                  |       |
|---|---------------|----|------------------|-------|
| 1 | Fogg, Stephen | 75 | Puget Sound Mast | 39.87 |
|---|---------------|----|------------------|-------|

**Men 75-79 100 SC Meter Backstroke**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Kirkland, Dan | 75    | Oregon Masters   | 1:19.05 |
|   | 39.09         | 39.96 |                  |         |
| 2 | Fogg, Stephen | 75    | Puget Sound Mast | 1:34.12 |
|   | 1:34.12       |       |                  |         |

**Men 75-79 200 SC Meter Backstroke**

|   |                |         |                  |         |
|---|----------------|---------|------------------|---------|
| 1 | Kirkland, Dan  | 75      | Oregon Masters   | 2:46.03 |
|   | 39.75          | 42.32   | 42.68            | 41.28   |
| 2 | Walker, Thomas | 76      | Puget Sound Mast | 6:27.44 |
|   | 1:39.47        | 1:38.18 | 1:36.34          | 1:33.45 |

**Men 75-79 50 SC Meter Breaststroke**

|   |                |    |                  |         |
|---|----------------|----|------------------|---------|
| 1 | White, Robert  | 75 | Puget Sound Mast | 41.20   |
| 2 | Galvani, Bill  | 76 | Puget Sound Mast | 51.41   |
| 3 | Walker, Thomas | 76 | Puget Sound Mast | 1:41.22 |

**Men 75-79 100 SC Meter Breaststroke**

|   |                 |         |                  |         |
|---|-----------------|---------|------------------|---------|
| 1 | Peterson, Steve | 77      | Puget Sound Mast | 1:35.17 |
|   | 44.93           | 50.24   |                  |         |
| 2 | Galvani, Bill   | 76      | Puget Sound Mast | 1:57.95 |
|   | 55.97           | 1:01.98 |                  |         |
| 3 | Walker, Thomas  | 76      | Puget Sound Mast | 3:31.86 |
|   | 1:42.12         | 1:49.74 |                  |         |

**Men 75-79 200 SC Meter Breaststroke**

|   |               |         |                  |         |
|---|---------------|---------|------------------|---------|
| 1 | White, Robert | 75      | Puget Sound Mast | 3:31.25 |
|   | 46.21         | 53.48   | 56.47            | 55.09   |
| 2 | Galvani, Bill | 76      | Puget Sound Mast | 4:08.64 |
|   | 56.31         | 1:02.79 | 1:03.34          | 1:06.20 |

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## Results

**(Men 75-79 200 SC Meter Breaststroke)**

|   |                |         |                  |         |
|---|----------------|---------|------------------|---------|
| 3 | Walker, Thomas | 76      | Puget Sound Mast | 8:10.44 |
|   | 1:54.68        | 2:10.04 | 2:06.74          | 1:58.98 |

**Men 75-79 100 SC Meter Butterfly**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Fogg, Stephen | 75    | Puget Sound Mast | 1:46.00 |
|   | 50.64         | 55.36 |                  |         |

**Men 75-79 100 SC Meter IM**

|   |               |       |                |         |
|---|---------------|-------|----------------|---------|
| 1 | Kirkland, Dan | 75    | Oregon Masters | 1:22.22 |
|   | 38.79         | 43.43 |                |         |

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 2 | White, Robert | 75    | Puget Sound Mast | 1:33.75 |
|   | 46.83         | 46.92 |                  |         |

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 3 | Galvani, Bill | 76    | Puget Sound Mast | 1:53.51 |
|   | 57.45         | 56.06 |                  |         |

|     |                             |         |                  |    |
|-----|-----------------------------|---------|------------------|----|
| --- | Walker, Thomas              | 76      | Puget Sound Mast | DQ |
|     | Non-simultaneous arms - fly |         |                  |    |
|     | 1:54.59                     | 1:42.30 |                  |    |

**Men 75-79 200 SC Meter IM**

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Fogg, Stephen | 75    | Puget Sound Mast | 3:41.79 |
|   | 50.32         | 49.56 | 1:13.01          | 48.90   |

|     |   |         |                  |         |
|-----|---|---------|------------------|---------|
| --- | Galvani, Bill   | 76      | Puget Sound Mast | DQ      |
|     | Shoulders not at or past vertical towards breast off the wall - fly |         |                  |         |
|     | 55.02   | 1:09.69 | 1:11.40          | 1:04.59 |

**Men 75-79 400 SC Meter IM**

|   |               |       |                |         |
|---|---------------|-------|----------------|---------|
| 1 | Kirkland, Dan | 75    | Oregon Masters | 6:29.51 |
|   | 45.24         | 52.81 | 48.04          | 46.88   |

|  |       |       |       |       |
|--|-------|-------|-------|-------|
|  | 56.96 | 58.66 | 41.31 | 39.61 |
|--|-------|-------|-------|-------|

**Men 80-84 50 SC Meter Freestyle**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Pilger, Robert | 80 | Puget Sound Mast | 33.46 |
|---|----------------|----|------------------|-------|

**Men 80-84 100 SC Meter Freestyle**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Pilger, Robert | 80    | Puget Sound Mast | 1:14.12 |
|   | 35.82          | 38.30 |                  |         |

**Men 80-84 50 SC Meter Backstroke**

|   |            |    |                  |       |
|---|------------|----|------------------|-------|
| 1 | Reid, Walt | 83 | Puget Sound Mast | 51.83 |
|---|------------|----|------------------|-------|

**Men 80-84 100 SC Meter Backstroke**

|   |                 |         |                |         |
|---|-----------------|---------|----------------|---------|
| 1 | Berghaus, Peter | 82      | Oregon Masters | 2:16.50 |
|   | 1:06.34         | 1:10.16 |                |         |

**Men 80-84 200 SC Meter Backstroke**

|   |                 |         |                |         |
|---|-----------------|---------|----------------|---------|
| 1 | Berghaus, Peter | 82      | Oregon Masters | 5:15.72 |
|   | 1:14.11         | 1:19.45 | 1:24.38        | 1:17.78 |

**Men 80-84 50 SC Meter Breaststroke**

|   |                 |    |                  |         |
|---|-----------------|----|------------------|---------|
| 1 | Reid, Walt      | 83 | Puget Sound Mast | 58.27   |
| 2 | Berghaus, Peter | 82 | Oregon Masters   | 1:01.30 |

**Men 80-84 100 SC Meter Breaststroke**

|   |                 |         |                |         |
|---|-----------------|---------|----------------|---------|
| 1 | Berghaus, Peter | 82      | Oregon Masters | 2:13.51 |
|   | 1:01.70         | 1:11.81 |                |         |

**Men 80-84 200 SC Meter Breaststroke**

|   |                 |         |                |         |
|---|-----------------|---------|----------------|---------|
| 1 | Berghaus, Peter | 82      | Oregon Masters | 5:34.75 |
|   | 1:08.89         | 1:21.86 | 1:32.38        | 1:31.62 |

**Men 80-84 50 SC Meter Butterfly**

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Pilger, Robert | 80 | Puget Sound Mast | 38.99 |
|---|----------------|----|------------------|-------|

**Men 80-84 100 SC Meter IM**

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Pilger, Robert | 80    | Puget Sound Mast | 1:32.77 |
|   | 42.19          | 50.58 |                  |         |

|   |                 |         |                |         |
|---|-----------------|---------|----------------|---------|
| 2 | Berghaus, Peter | 82      | Oregon Masters | 2:22.36 |
|   | 1:06.55         | 1:15.81 |                |         |

**Men 85-89 200 SC Meter Backstroke**

|   |                |         |                  |         |
|---|----------------|---------|------------------|---------|
| 1 | Peterson, Dick | 86      | Puget Sound Mast | 5:16.62 |
|   | 1:16.14        | 1:20.56 | 1:23.45          | 1:16.47 |

**Men 85-89 100 SC Meter Breaststroke**

|   |                |         |                  |         |
|---|----------------|---------|------------------|---------|
| 1 | Peterson, Dick | 86      | Puget Sound Mast | 2:13.88 |
|   | 1:06.48        | 1:07.40 |                  |         |

**Women 72-99 200 SC Meter Freestyle Relay**

|   |                      |                            |       |         |
|---|----------------------|----------------------------|-------|---------|
| 1 | Cntrl WA             | A                          |       | 2:07.99 |
|   | 1) Marcott, Laci W20 | 2) Huff, Miranda W21       |       |         |
|   | 3) Judd, Madi W19    | 4) Seidensticker, Elle W18 |       |         |
|   | 32.84                | 33.20                      | 31.63 | 30.32   |

**Women 72-99 200 SC Meter Medley Relay**

|   |                      |                      |       |         |
|---|----------------------|----------------------|-------|---------|
| 1 | Cntrl WA             | A                    |       | 2:30.99 |
|   | 1) Judd, Madi W19    | 2) Kahler, Carly W20 |       |         |
|   | 3) Marcott, Laci W20 | 4) Huff, Miranda W21 |       |         |
|   | 38.49                | 39.90                | 37.76 | 34.84   |

**Women 120-159 200 SC Meter Freestyle Relay**

|   |                       |                           |       |         |
|---|-----------------------|---------------------------|-------|---------|
| 1 | Puget Sound Mast      | A                         |       | 2:17.54 |
|   | 1) Cox, Allison W39   | 2) Evans, Porche W32      |       |         |
|   | 3) Nelson, Sidney W35 | 4) Lincoln, Alexandra W31 |       |         |
|   | 30.49                 | 37.66                     | 40.93 | 28.46   |

|   |                       |                          |       |         |
|---|-----------------------|--------------------------|-------|---------|
| 2 | Oregon Masters        | A                        |       | 2:25.52 |
|   | 1) Cary, Michelle W42 | 2) Isa, April W34        |       |         |
|   | 3) Parks, Sarah W18   | 4) Bruechert, Jaquie W32 |       |         |
|   | 34.73                 | 36.00                    | 37.53 | 37.26   |

**Women 120-159 200 SC Meter Medley Relay**

|   |                         |                          |       |         |
|---|-------------------------|--------------------------|-------|---------|
| 1 | Puget Sound Mast        | A                        |       | 2:54.52 |
|   | 1) Davies, Amanda W46   | 2) Jennings, Lindsey W42 |       |         |
|   | 3) Loughlin, Hannah W35 | 4) Singh, Isabelle W24   |       |         |
|   | 1:06.66                 | 39.38                    | 31.75 | 36.73   |

|   |                     |                          |       |         |
|---|---------------------|--------------------------|-------|---------|
| 2 | Oregon Masters      | A                        |       | 2:55.57 |
|   | 1) Isa, April W34   | 2) Bruechert, Jaquie W32 |       |         |
|   | 3) Parks, Sarah W18 | 4) Cary, Michelle W42    |       |         |
|   | 42.59               | 52.80                    | 47.19 | 32.99   |

**Women 160-199 200 SC Meter Freestyle Relay**

|   |                        |                        |       |         |
|---|------------------------|------------------------|-------|---------|
| 1 | Puget Sound Mast       | A                      |       | 2:11.96 |
|   | 1) Lickwala, Holly W47 | 2) Li, Yun W29         |       |         |
|   | 3) Phinney, Sandi W47  | 4) Castillo, Emily W45 |       |         |
|   | 30.94                  | 32.82                  | 32.58 | 35.62   |

**Women 200-239 200 SC Meter Freestyle Relay**

|   |                    |                        |       |         |
|---|--------------------|------------------------|-------|---------|
| 1 | Puget Sound Mast   | B                      |       | 2:23.98 |
|   | 1) Cyger, Erin W52 | 2) Reimer, Shelley W54 |       |         |
|   | 3) Wolfe, Amy W53  | 4) Pelham, Kathy W50   |       |         |
|   | 34.31              | 32.32                  | 42.72 | 34.63   |



**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

**Results****Women 280-319 200 SC Meter Medley Relay**

|   |                     |                      |         |       |
|---|---------------------|----------------------|---------|-------|
| 1 | Puget Sound Mast    | A                    | 3:36.18 |       |
|   | 1) Hunt, Andrea W75 | 2) Dillon, Sally W77 |         |       |
|   | 3) Welch, Sarah W76 | 4) Tuffley, Mary W75 |         |       |
|   | 53.13               | 1:00.65              | 53.60   | 48.80 |

**Men 120-159 200 SC Meter Freestyle Relay**

|   |                          |                               |         |       |
|---|--------------------------|-------------------------------|---------|-------|
| 1 | Puget Sound Mast         | A                             | 1:56.13 |       |
|   | 1) Qian, Martin M34      | 2) Alexander, Nick M34        |         |       |
|   | 3) Williamson, Brian M31 | 4) Ekstrom, Alex M33          |         |       |
|   | 24.74                    | 38.45                         | 26.03   | 26.91 |
| 2 | Puget Sound Mast         | B                             | 1:58.29 |       |
|   | 1) Schwartz, Michael M35 | 2) Lam, Eddie M27             |         |       |
|   | 3) Bennett, John M44     | 4) Anzilago Tesser, Guilherme |         |       |
|   | 34.88                    | 28.04                         | 26.89   | 28.48 |

**Men 200-239 200 SC Meter Freestyle Relay**

|   |                    |                     |         |       |
|---|--------------------|---------------------|---------|-------|
| 1 | Puget Sound Mast   | A                   | 1:57.32 |       |
|   | 1) Rist, Atle M52  | 2) Schnee, Nick M49 |         |       |
|   | 3) Jones, Brad M57 | 4) Nimb, Peter M59  |         |       |
|   | 30.59              | 30.66               | 27.14   | 28.93 |

**Men 200-239 400 SC Meter Freestyle Relay**

|   |                        |                    |         |         |
|---|------------------------|--------------------|---------|---------|
| 1 | Puget Sound Mast       | A                  | 4:41.86 |         |
|   | 1) Scott, David M57    | 2) Nimb, Peter M59 |         |         |
|   | 3) Porter, Michael M57 | 4) Payne, Brad M60 |         |         |
|   | 32.66                  | 1:09.46            | 32.40   | 1:11.32 |
|   | 31.62                  | 1:06.12            | 35.20   | 1:14.96 |

**Men 200-239 200 SC Meter Medley Relay**

|   |                          |                             |         |       |
|---|--------------------------|-----------------------------|---------|-------|
| 1 | Puget Sound Mast         | A                           | 2:19.88 |       |
|   | 1) Steenbeeke, Alain M61 | 2) Thompson, Scott M41      |         |       |
|   | 3) Yamamoto, Jin M49     | 4) Derouillat, Emmanuel M51 |         |       |
|   | 34.07                    | 38.82                       | 32.99   | 34.00 |

**Men 240-279 200 SC Meter Freestyle Relay**

|     |                        |                     |    |  |
|-----|------------------------|---------------------|----|--|
| --- | Puget Sound Mast       | A                   | NS |  |
|     | 1) Porter, Michael M57 | 2) Payne, Brad M60  |    |  |
|     | 3) Neuhaus, Scott M69  | 4) Scott, David M57 |    |  |

**Men 280-319 200 SC Meter Freestyle Relay**

|   |                       |                       |         |       |
|---|-----------------------|-----------------------|---------|-------|
| 1 | Puget Sound Mast      | A                     | 2:06.51 |       |
|   | 1) Hayes, William M72 | 2) Walsh, Greg M70    |         |       |
|   | 3) Holzbach, John M70 | 4) Colella, Rick M72  |         |       |
|   | 31.23                 | 33.13                 | 33.63   | 28.52 |
| 2 | Puget Sound Mast      | B                     | 2:39.24 |       |
|   | 1) Louis, Steven M70  | 2) Peterson, Dick M86 |         |       |
|   | 3) Galvani, Bill M76  | 4) Pilger, Robert M80 |         |       |
|   | 36.11                 | 53.93                 | 35.46   | 33.74 |

**Men 280-319 400 SC Meter Freestyle Relay**

|   |                       |                        |         |         |
|---|-----------------------|------------------------|---------|---------|
| 1 | Puget Sound Mast      | A                      | 5:36.78 |         |
|   | 1) Neuhaus, Scott M69 | 2) Underbrink, Dan M67 |         |         |
|   | 3) Louis, Steven M70  | 4) Fogg, Stephen M75   |         |         |
|   | 39.65                 | 1:21.98                | 40.62   | 1:24.63 |
|   | 40.05                 | 1:25.98                | 41.12   | 1:24.19 |

**Men 280-319 200 SC Meter Medley Relay**

|   |                       |                       |         |       |
|---|-----------------------|-----------------------|---------|-------|
| 1 | Puget Sound Mast      | A                     | 2:28.02 |       |
|   | 1) Hayes, William M72 | 2) Walsh, Greg M70    |         |       |
|   | 3) Colella, Rick M72  | 4) Holzbach, John M70 |         |       |
|   | 40.00                 | 43.80                 | 30.49   | 33.73 |

**Mixed 72-99 200 SC Meter Medley Relay**

|   |                         |                      |         |       |
|---|-------------------------|----------------------|---------|-------|
| 1 | Cntrl WA                | A                    | 2:17.01 |       |
|   | 1) Rinehart, Elijah M18 | 2) Kahler, Carly W20 |         |       |
|   | 3) Marcott, Laci W20    | 4) Wrynn, Connor M19 |         |       |
|   | 33.28                   | 39.65                | 36.72   | 27.36 |

**Mixed 72-99 400 SC Meter Medley Relay**

|   |                         |                            |         |         |
|---|-------------------------|----------------------------|---------|---------|
| 1 | Cntrl WA                | A                          | 4:56.21 |         |
|   | 1) Rinehart, Elijah M18 | 2) Kahler, Carly W20       |         |         |
|   | 3) Harris, Nate M22     | 4) Seidensticker, Elle W18 |         |         |
|   | 37.51                   | 1:15.52                    | 40.99   | 1:29.57 |
|   | 28.28                   | 1:01.46                    | 32.50   | 1:09.66 |

**Mixed 100-119 200 SC Meter Medley Relay**

|   |                         |                        |         |       |
|---|-------------------------|------------------------|---------|-------|
| 1 | Puget Sound Mast        | A                      | 2:27.17 |       |
|   | 1) Allison, Trenton M24 | 2) Singh, Isabelle W24 |         |       |
|   | 3) Li, Yun W29          | 4) Hutchison, Tom M28  |         |       |
|   | 35.24                   | 48.84                  | 36.25   | 26.84 |

**Mixed 120-159 200 SC Meter Freestyle Relay**

|   |                      |                     |         |       |
|---|----------------------|---------------------|---------|-------|
| 1 | Puget Sound Mast     | A                   | 2:02.48 |       |
|   | 1) Ekstrom, Alex M33 | 2) Li, Yun W29      |         |       |
|   | 3) Evans, Porche W32 | 4) Mehta, Sivan M28 |         |       |
|   | 27.33                | 32.51               | 38.20   | 24.44 |

**Mixed 120-159 200 SC Meter Medley Relay**

|   |                        |                       |         |       |
|---|------------------------|-----------------------|---------|-------|
| 1 | Oregon Masters         | A                     | 2:17.12 |       |
|   | 1) Cary, Michelle W42  | 2) Isa, April W34     |         |       |
|   | 3) Elliott, Corban M30 | 4) Mesford, Chase M33 |         |       |
|   | 38.91                  | 44.47                 | 28.68   | 25.06 |

**Mixed 120-159 400 SC Meter Medley Relay**

|   |                           |                          |         |         |
|---|---------------------------|--------------------------|---------|---------|
| 1 | Puget Sound Mast          | A                        | 5:23.04 |         |
|   | 1) Loughlin, Hannah W35   | 2) Smearer, Michael M49  |         |         |
|   | 3) Karpeeva, Svetlana W38 | 4) Schwartz, Michael M35 |         |         |
|   | 35.39                     | 1:11.71                  | 40.24   | 1:25.92 |
|   | 35.96                     | 1:23.84                  | 37.23   | 1:21.57 |
| 2 | Puget Sound Mast          | B                        | 5:35.74 |         |
|   | 1) Li, Yun W29            | 2) Evans, Porche W32     |         |         |
|   | 3) Ekstrom, Alex M33      | 4) Steenbeeke, Alain M61 |         |         |
|   | 39.75                     | 1:24.48                  | 52.89   | 1:58.91 |
|   | 30.25                     | 1:08.35                  | 30.45   | 1:04.00 |

**Mixed 160-199 200 SC Meter Freestyle Relay**

|   |                             |                        |         |       |
|---|-----------------------------|------------------------|---------|-------|
| 1 | Puget Sound Mast            | A                      | 2:04.39 |       |
|   | 1) Whitbeck, Dave M41       | 2) Bowman, Julie W45   |         |       |
|   | 3) Derouillat, Emmanuel M51 | 4) Lickwala, Holly W47 |         |       |
|   | 27.00                       | 32.52                  | 34.70   | 30.17 |

**Mixed 160-199 400 SC Meter Medley Relay**

|   |                       |                        |         |         |
|---|-----------------------|------------------------|---------|---------|
| 1 | Puget Sound Mast      | A                      | 5:11.25 |         |
|   | 1) Bowman, Julie W45  | 2) Lickwala, Holly W47 |         |         |
|   | 3) Whitbeck, Dave M41 | 4) Yamamoto, Jin M49   |         |         |
|   | 41.86                 | 1:26.55                | 43.89   | 1:30.56 |
|   | 30.29                 | 1:04.34                | 32.88   | 1:09.80 |

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|   |                        |                     |       |       |         |
|---|------------------------|---------------------|-------|-------|---------|
| 1 | Puget Sound Mast       | A                   |       |       | 2:27.10 |
|   | 1) Reimer, Shelley W54 | 2) Rist, Atle M52   |       |       |         |
|   | 3) Cyger, Erin W52     | 4) Schnee, Nick M49 |       |       |         |
|   | 40.51                  | 39.47               | 37.02 | 30.10 |         |

**Mixed 240-279 200 SC Meter Freestyle Relay**

|   |                        |                       |       |       |         |
|---|------------------------|-----------------------|-------|-------|---------|
| 1 | Puget Sound Mast       | A                     |       |       | 2:29.99 |
|   | 1) Underbrink, Dan M67 | 2) Nimb, Peggy W57    |       |       |         |
|   | 3) Hoffman, Wendy W61  | 4) Neuhaus, Scott M69 |       |       |         |
|   | 36.99                  | 40.70                 | 38.73 | 33.57 |         |

**Mixed 240-279 200 SC Meter Medley Relay**

|   |                        |                              |       |       |         |
|---|------------------------|------------------------------|-------|-------|---------|
| 1 | Spokane Club Mas       | A                            |       |       | 2:36.28 |
|   | 1) Franchi, Carrie W71 | 2) Williams, Eric M43        |       |       |         |
|   | 3) Heath, Robert M66   | 4) Carling-Smith, Heather W7 |       |       |         |
|   | 48.61                  | 34.02                        | 30.51 | 43.14 |         |

**Mixed 280-319 200 SC Meter Medley Relay**

|   |                      |                        |       |       |         |
|---|----------------------|------------------------|-------|-------|---------|
| 1 | Puget Sound Mast     | A                      |       |       | 3:00.96 |
|   | 1) Fogg, Stephen M75 | 2) Peterson, Steve M77 |       |       |         |
|   | 3) Welch, Sarah W76  | 4) Dillon, Sally W77   |       |       |         |
|   | 40.22                | 42.55                  | 54.69 | 43.50 |         |

**Mixed 280-319 400 SC Meter Medley Relay**

|   |                     |                       |       |         |         |
|---|---------------------|-----------------------|-------|---------|---------|
| 1 | Puget Sound Mast    | A                     |       |         | 6:28.63 |
|   | 1) Hunt, Andrea W75 | 2) Colella, Rick M72  |       |         |         |
|   | 3) Welch, Sarah W76 | 4) Hayes, William M72 |       |         |         |
|   | 56.61               | 1:52.60               | 35.98 | 1:16.54 |         |
|   | 58.80               | 2:06.95               | 34.85 | 1:12.54 |         |

**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****Individual Rankings - Through Event 37****18-24 Women - Individual Scores - Region not Assigned**

| Place | Name                | Age | Team                          | Points |
|-------|---------------------|-----|-------------------------------|--------|
| 1     | Singh, Isabelle     | 24  | Puget Sound Masters           | 93     |
| 2     | Seidensticker, Elle | 18  | Central Washington University | 80     |
| 3     | Kahler, Carly       | 20  | Central Washington University | 76     |
| 4     | Parks, Sarah        | 18  | Oregon Masters                | 58     |
| 5     | Huff, Miranda       | 21  | Central Washington University | 49     |
| 6     | Marcott, Laci       | 20  | Central Washington University | 48     |
| 7     | Jamieson, Hannah    | 20  | Central Washington University | 45     |
| 8     | Judd, Madi          | 19  | Central Washington University | 37     |
| 9     | Prekeges, Alison    | 22  | Central Washington University | 28     |
| 10    | Mena, Samantha      | 22  | Central Washington University | 9      |

**18-24 Men - Individual Scores - Region not Assigned**

| Place | Name             | Age | Team                          | Points |
|-------|------------------|-----|-------------------------------|--------|
| 1     | Harris, Nate     | 22  | Central Washington University | 80     |
| 2     | Rinehart, Elijah | 18  | Central Washington University | 77     |
| 3     | Wrynn, Connor    | 19  | Central Washington University | 56     |
| 4     | Allison, Trenton | 24  | Puget Sound Masters           | 34     |

**25-29 Women - Individual Scores - Region not Assigned**

| Place | Name            | Age | Team                | Points |
|-------|-----------------|-----|---------------------|--------|
| 1     | Li, Yun         | 29  | Puget Sound Masters | 100    |
| 2     | Kohler, Caralee | 29  | Blue Wave Aquatics  | 40     |

**25-29 Men - Individual Scores - Region not Assigned**

| Place | Name             | Age | Team                | Points |
|-------|------------------|-----|---------------------|--------|
| 1     | Woodbury, Brian  | 27  | Puget Sound Masters | 100    |
| 2     | Edwards, Evan    | 25  | Oregon Masters      | 72     |
| 3     | Toney, Martin    | 25  | Oregon Masters      | 63     |
| 4     | Loegering, Isaac | 29  | Puget Sound Masters | 54     |
| 4     | Hutchison, Tom   | 28  | Puget Sound Masters | 54     |
| 6     | Mehta, Sivan     | 28  | Puget Sound Masters | 40     |
| 7     | Lam, Eddie       | 27  | Puget Sound Masters | 35     |

**30-34 Women - Individual Scores - Region not Assigned**

| Place | Name               | Age | Team                | Points |
|-------|--------------------|-----|---------------------|--------|
| 1     | Kawaoka, Becca     | 32  | Uc36                | 101    |
| 2     | Feierabend, Ilsa   | 31  | Oregon Masters      | 100    |
| 3     | Evans, Porche      | 32  | Puget Sound Masters | 83     |
| 4     | Stacy, Jessica     | 34  | Oregon Masters      | 77     |
| 5     | Isa, April         | 34  | Oregon Masters      | 69     |
| 6     | Stockstad, Danica  | 31  | Canada Ebsc         | 57     |
| 7     | Bruechert, Jaquie  | 32  | Oregon Masters      | 47     |
| 8     | Lincoln, Alexandra | 31  | Puget Sound Masters | 34     |

**30-34 Men - Individual Scores - Region not Assigned**

| Place | Name            | Age | Team           | Points |
|-------|-----------------|-----|----------------|--------|
| 1     | Elliott, Corban | 30  | Oregon Masters | 117    |

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| Place | Name              | Age | Team                | Points |
|-------|-------------------|-----|---------------------|--------|
| 2     | Ekstrom, Alex     | 33  | Puget Sound Masters | 70     |
| 3     | Gallardo, Donatto | 33  | Blue Wave Aquatics  | 64     |
| 4     | Mesford, Chase    | 33  | Oregon Masters      | 60     |
| 5     | Williamson, Brian | 31  | Puget Sound Masters | 37     |
| 6     | Alexander, Nick   | 34  | Puget Sound Masters | 29     |
| 7     | Qian, Martin      | 34  | Puget Sound Masters | 20     |
| 8     | Zhou, Shilin      | 31  | Uc36                | 17     |

**35-39 Women - Individual Scores - Region not Assigned**

| Place | Name                     | Age | Team                           | Points |
|-------|--------------------------|-----|--------------------------------|--------|
| 1     | Croghan, Rachel          | 38  | Uc36                           | 93     |
| 2     | Karpeeva, Svetlana       | 38  | Puget Sound Masters            | 80     |
| 3     | Glickfeld, Heather       | 36  | Inw Y Aquatic Masters          | 70     |
| 4     | Loughlin, Hannah         | 35  | Puget Sound Masters            | 54     |
| 5     | Nelson, Sidney           | 35  | Puget Sound Masters            | 40     |
| 5     | Cox, Allison             | 39  | Puget Sound Masters            | 40     |
| 7     | da Rosa Silva, Ana Paula | 39  | Puget Sound Swim Club - Master | 37     |
| 8     | Fotiou, Amanda           | 36  | Puget Sound Masters            | 16     |

**35-39 Men - Individual Scores - Region not Assigned**

| Place | Name              | Age | Team                | Points |
|-------|-------------------|-----|---------------------|--------|
| 1     | Schwartz, Michael | 35  | Puget Sound Masters | 117    |
| 2     | Conroy, Chris     | 38  | Puget Sound Masters | 60     |
| 3     | Yang, Honghua     | 37  | Uc36                | 20     |

**40-44 Women - Individual Scores - Region not Assigned**

| Place | Name                    | Age | Team                 | Points |
|-------|-------------------------|-----|----------------------|--------|
| 1     | Higlett, Lex            | 40  | Oregon Masters       | 120    |
| 2     | Cary, Michelle          | 42  | Oregon Masters       | 107    |
| 3     | Jennings, Lindsey       | 42  | Puget Sound Masters  | 77     |
| 4     | Jensen-Bergren, Hillary | 42  | Harbor Aquatics Club | 74     |
| 5     | Brunjes, Molly          | 43  | Puget Sound Masters  | 53     |

**40-44 Men - Individual Scores - Region not Assigned**

| Place | Name                       | Age | Team                     | Points |
|-------|----------------------------|-----|--------------------------|--------|
| 1     | Hickey, John Caelin        | 42  | Rocklin Aquatics Masters | 94     |
| 2     | Williams, Eric             | 43  | Spokane Club Masters     | 67     |
| 3     | Whitbeck, Dave             | 41  | Puget Sound Masters      | 60     |
| 3     | Bennett, John              | 44  | Puget Sound Masters      | 60     |
| 5     | Anzilago Tesser, Guilherme | 42  | Puget Sound Masters      | 40     |
| 6     | Thompson, Scott            | 41  | Puget Sound Masters      | 37     |
| 7     | Lekakis, Vasileios         | 40  | Uc36                     | 20     |

**45-49 Women - Individual Scores - Region not Assigned**

| Place | Name            | Age | Team                | Points |
|-------|-----------------|-----|---------------------|--------|
| 1     | Skinner, Sonja  | 47  | Oregon Masters      | 120    |
| 2     | Grassman, Emily | 46  | Oregon Masters      | 103    |
| 3     | Lickwala, Holly | 47  | Puget Sound Masters | 94     |

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| Place | Name            | Age | Team                | Points |
|-------|-----------------|-----|---------------------|--------|
| 4     | Phinney, Sandi  | 47  | Puget Sound Masters | 57     |
| 4     | Bowman, Julie   | 45  | Puget Sound Masters | 57     |
| 6     | Parker, April   | 47  | Blue Wave Aquatics  | 47     |
| 7     | Castillo, Emily | 45  | Puget Sound Masters | 34     |

**45-49 Men - Individual Scores - Region not Assigned**

| Place | Name             | Age | Team                | Points |
|-------|------------------|-----|---------------------|--------|
| 1     | Yamamoto, Jin    | 49  | Puget Sound Masters | 108    |
| 2     | Hawkins, Aaron   | 45  | Oregon Masters      | 100    |
| 3     | Schnee, Nick     | 49  | Puget Sound Masters | 53     |
| 4     | Farrell, Andrew  | 45  | Ireland-TMPLG       | 40     |
| 4     | de Acosta, Diego | 48  | Puget Sound Masters | 40     |
| 6     | Smearer, Michael | 49  | Puget Sound Masters | 36     |
| 7     | Buchner, Bryan   | 46  | Uc36                | 31     |

**50-54 Women - Individual Scores - Region not Assigned**

| Place | Name                   | Age | Team                | Points |
|-------|------------------------|-----|---------------------|--------|
| 1     | Martell, Beth          | 51  | Oregon Masters      | 117    |
| 2     | Mcclafferty, Christine | 50  | Oregon Masters      | 100    |
| 3     | Morgen, Cheryl         | 54  | Oregon Masters      | 84     |
| 4     | Noffke, Wendy          | 50  | Blue Wave Aquatics  | 80     |
| 5     | Pelham, Kathy          | 50  | Puget Sound Masters | 54     |
| 6     | Reimer, Shelley        | 54  | Puget Sound Masters | 50     |
| 7     | Wolfe, Amy             | 53  | Puget Sound Masters | 35     |
| 8     | Cyger, Erin            | 52  | Puget Sound Masters | 31     |

**50-54 Men - Individual Scores - Region not Assigned**

| Place | Name                 | Age | Team                | Points |
|-------|----------------------|-----|---------------------|--------|
| 1     | Grote, Kurt          | 50  | Oregon Masters      | 120    |
| 2     | Tujo, Christian      | 52  | Oregon Masters      | 60     |
| 3     | Sherwood, Robin      | 51  | Puget Sound Masters | 57     |
| 4     | Gonzalez, George     | 53  | Puget Sound Masters | 52     |
| 5     | Derouillat, Emmanuel | 51  | Puget Sound Masters | 51     |
| 6     | Rist, Atle           | 52  | Puget Sound Masters | 49     |
| 7     | Prudhomme, Philip    | 53  | Puget Sound Masters | 48     |
| 8     | Ness, Kerry          | 54  | Puget Sound Masters | 45     |
| 9     | Castle, Matt         | 52  | Puget Sound Masters | 37     |

**55-59 Women - Individual Scores - Region not Assigned**

| Place | Name             | Age | Team                  | Points |
|-------|------------------|-----|-----------------------|--------|
| 1     | Reynolds, Ellen  | 59  | Team Redbird          | 120    |
| 2     | Field, Lessly    | 55  | Inw Y Aquatic Masters | 104    |
| 3     | Asch, Jill       | 57  | Oregon Masters        | 80     |
| 4     | Pettit, Jayette  | 56  | Oregon Masters        | 57     |
| 5     | Keegan, Caroline | 58  | Kroc Masters          | 51     |
| 6     | Nimb, Peggy      | 57  | Puget Sound Masters   | 49     |

**55-59 Men - Individual Scores - Region not Assigned**

| Place | Name | Age | Team | Points |
|-------|------|-----|------|--------|
|-------|------|-----|------|--------|

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|   |                 |    |                                |     |
|---|-----------------|----|--------------------------------|-----|
| 1 | Sullivan, Scot  | 57 | Oregon Masters                 | 117 |
| 2 | Power, Michael  | 55 | Santa Barbara Masters Swimming | 107 |
| 3 | Barnes, Brent   | 55 | Puget Sound Masters            | 92  |
| 4 | Scott, David    | 57 | Puget Sound Masters            | 70  |
| 5 | Porter, Michael | 57 | Puget Sound Masters            | 68  |
| 6 | Jones, Brad     | 57 | Puget Sound Masters            | 60  |
| 7 | Wardian, Ed     | 57 | Puget Sound Masters            | 54  |
| 8 | Nimb, Peter     | 59 | Puget Sound Masters            | 48  |
| 9 | Selby, William  | 59 | Inw Y Aquatic Masters          | 43  |

**60-64 Women - Individual Scores - Region not Assigned**

| Place | Name           | Age | Team                | Points |
|-------|----------------|-----|---------------------|--------|
| 1     | Hoffman, Wendy | 61  | Puget Sound Masters | 117    |
| 2     | Freeman, Dale  | 63  | Canada Ebosc        | 60     |

**60-64 Men - Individual Scores - Region not Assigned**

| Place | Name              | Age | Team                | Points |
|-------|-------------------|-----|---------------------|--------|
| 1     | Hathaway, David   | 63  | Oregon Masters      | 91     |
| 2     | Payne, Brad       | 60  | Puget Sound Masters | 86     |
| 3     | Steenbeeke, Alain | 61  | Puget Sound Masters | 77     |
| 3     | Howell, Richard   | 64  | Oregon Masters      | 77     |
| 5     | Washburne, Brent  | 62  | Oregon Masters      | 72     |
| 6     | Mabile, Glenn     | 63  | Kroc Masters        | 65     |
| 7     | Smith, Daniel     | 61  | Blue Wave Aquatics  | 57     |
| 8     | Bittner, Matthew  | 64  | Uc36                | 31     |

**65-69 Women - Individual Scores - Region not Assigned**

| Place | Name            | Age | Team           | Points |
|-------|-----------------|-----|----------------|--------|
| 1     | Crabbe, Colette | 67  | Oregon Masters | 120    |
| 2     | Summers, Jeanna | 69  | Oregon Masters | 57     |

**65-69 Men - Individual Scores - Region not Assigned**

| Place | Name              | Age | Team                 | Points |
|-------|-------------------|-----|----------------------|--------|
| 1     | Morrison, Jeffrey | 68  | Puget Sound Masters  | 108    |
| 2     | Underbrink, Dan   | 67  | Puget Sound Masters  | 103    |
| 3     | Helm, Charlie     | 67  | Oregon Masters       | 95     |
| 4     | Neuhaus, Scott    | 69  | Puget Sound Masters  | 94     |
| 5     | Troupe, Curtis    | 66  | Uc36                 | 73     |
| 6     | Heath, Robert     | 66  | Spokane Club Masters | 60     |
| 7     | Krieger, Bill     | 69  | Puget Sound Masters  | 40     |
| 8     | Johnson, Brian    | 66  | Team Redbird         | 15     |

**70-74 Women - Individual Scores - Region not Assigned**

| Place | Name                   | Age | Team                      | Points |
|-------|------------------------|-----|---------------------------|--------|
| 1     | Willard, Mimi          | 70  | Tamalpais Aquatic Masters | 112    |
| 2     | Baker, Pamela          | 70  | Inw Y Aquatic Masters     | 70     |
| 2     | Carling-Smith, Heather | 73  | Spokane Club Masters      | 70     |
| 4     | Franchi, Carrie        | 71  | Spokane Club Masters      | 60     |
| 5     | Glassman, Debbie       | 70  | Puget Sound Masters       | 56     |

**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****Individual Rankings - Through Event 37**

| Place | Name           | Age | Team                | Points |
|-------|----------------|-----|---------------------|--------|
| 6     | Hinds, Cynthia | 70  | Puget Sound Masters | 15     |

**70-74 Men - Individual Scores - Region not Assigned**

| Place | Name           | Age | Team                | Points |
|-------|----------------|-----|---------------------|--------|
| 1     | Holzbach, John | 70  | Puget Sound Masters | 110    |
| 2     | Louis, Steven  | 70  | Puget Sound Masters | 96     |
| 3     | Hayes, William | 72  | Puget Sound Masters | 93     |
| 4     | Phipps, Tom    | 70  | Oregon Masters      | 70     |
| 5     | Colella, Rick  | 72  | Puget Sound Masters | 60     |
| 6     | Benson, Gary   | 73  | Puget Sound Masters | 57     |
| 7     | Walsh, Greg    | 70  | Puget Sound Masters | 37     |

**75-79 Women - Individual Scores - Region not Assigned**

| Place | Name               | Age | Team                           | Points |
|-------|--------------------|-----|--------------------------------|--------|
| 1     | Gettling, Janet    | 75  | Oregon Masters                 | 120    |
| 2     | Vallandigham, Jett | 77  | Moscow Chinooks Masters Swimmi | 85     |
| 3     | Hunt, Andrea       | 75  | Puget Sound Masters            | 60     |
| 4     | Dillon, Sally      | 77  | Puget Sound Masters            | 57     |
| 5     | Casey, Kathrine    | 75  | Puget Sound Masters            | 53     |
| 6     | Welch, Sarah       | 76  | Puget Sound Masters            | 51     |
| 7     | Tuffley, Mary      | 75  | Puget Sound Masters            | 32     |
| 8     | Ryan, Sally        | 76  | Puget Sound Masters            | 17     |

**75-79 Men - Individual Scores - Region not Assigned**

| Place | Name            | Age | Team                | Points |
|-------|-----------------|-----|---------------------|--------|
| 1     | Kirkland, Dan   | 75  | Oregon Masters      | 120    |
| 2     | Galvani, Bill   | 76  | Puget Sound Masters | 87     |
| 3     | Walker, Thomas  | 76  | Puget Sound Masters | 85     |
| 4     | Fogg, Stephen   | 75  | Puget Sound Masters | 77     |
| 5     | White, Robert   | 75  | Puget Sound Masters | 57     |
| 6     | Peterson, Steve | 77  | Puget Sound Masters | 20     |

**80-84 Women - Individual Scores - Region not Assigned**

| Place | Name      | Age | Team           | Points |
|-------|-----------|-----|----------------|--------|
| 1     | Ward, Joy | 81  | Oregon Masters | 80     |

**80-84 Men - Individual Scores - Region not Assigned**

| Place | Name            | Age | Team                | Points |
|-------|-----------------|-----|---------------------|--------|
| 1     | Berghaus, Peter | 82  | Oregon Masters      | 114    |
| 2     | Pilger, Robert  | 80  | Puget Sound Masters | 80     |
| 3     | Reid, Walt      | 83  | Puget Sound Masters | 40     |

**85-89 Women - Individual Scores - Region not Assigned**

| Place | Name              | Age | Team                          | Points |
|-------|-------------------|-----|-------------------------------|--------|
| 1     | Van Dinter, Yenny | 89  | Arizona Masters Swim Club Inc | 60     |

**85-89 Men - Individual Scores - Region not Assigned**

| Place | Name           | Age | Team                | Points |
|-------|----------------|-----|---------------------|--------|
| 1     | Peterson, Dick | 86  | Puget Sound Masters | 40     |