**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**

**Split Sheets - Sunday**

**Arizona Masters Swim Club Inc-48**

| **#21 Women 200 Breast** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Van Dinter, Yenny W89 | 6:27.73S | 1/6 | | | | | | | | | | |

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Van Dinter, Yenny W89 | 1:19.05S | 1/6 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Blue Wave Aquatics-36**

| **#23 Women 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Parker, April W47 | 2:10.00S | 1/3 | | | | | | | | | | |
| Noffke, Wendy W50 | 1:38.00S | 2/6 | | | | | | | | | | |

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Gallardo, Donatto M33 | 1:09.93S | 3/8 | | | | | | | | | | |

| **#25 Women 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Noffke, Wendy W50 | 53.00S | 1/5 | | | | | | | | | | |
| Parker, April W47 | 1:00.00S | 1/7 | | | | | | | | | | |
| Kohler, Caralee W29 | 45.00S | 2/3 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Parker, April W47 | 2:30.00S | 1/1 | | | | | | | | | | |

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Gallardo, Donatto M33 | 1:55.00S | 1/4 | | | | | | | | | | |

| **#32 Women 200 Fly** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Kohler, Caralee W29 | 3:30.00S | 2/7 | | | | | | | | | | |

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Parker, April W47 | 1:05.00S | 1/3 | | | | | | | | | | |
| Noffke, Wendy W50 | 1:01.00S | 1/4 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Central Washington University-35**

| **#20 Mixed 400 IM** | | | **50** | **100** | **150** | **200** | **250** | **300** | **350** | **400** | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Harris, Nate M22 | 5:00.13S | 2/5 | | | | | | | | | | |

| **#23 Women 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Jamieson, Hannah W20 | 1:20.11S | 3/2 | | | | | | | | | | |
| Huff, Miranda W21 | 1:21.27S | 3/7 | | | | | | | | | | |
| Judd, Madi W19 | 1:05.49S | 4/3 | | | | | | | | | | |

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Wrynn, Connor M19 | 1:02.71S | 4/8 | | | | | | | | | | |

| **#25 Women 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mena, Samantha W22 | 55.00S | 1/3 | | | | | | | | | | |
| Seidensticker, Elle W18 | 40.85S | 2/4 | | | | | | | | | | |
| Huff, Miranda W21 | 40.12S | 3/1 | | | | | | | | | | |
| Jamieson, Hannah W20 | 39.84S | 3/2 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Marcott, Laci W20 | 1:26.95S | 3/3 | | | | | | | | | | |
| Kahler, Carly W20 | 1:10.51S | 4/3 | | | | | | | | | | |

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Rinehart, Elijah M18 | 1:15.00S | 4/2 | | | | | | | | | | |

| **#34 Women 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Seidensticker, Elle W18 | 1:30.00S | 2/5 | | | | | | | | | | |

| **#35 Men 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Wrynn, Connor M19 | 1:34.35S | 1/4 | | | | | | | | | | |
| Rinehart, Elijah M18 | 1:14.37S | 2/4 | | | | | | | | | | |
| Harris, Nate M22 | 1:06.04S | 3/6 | | | | | | | | | | |

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Prekeges, Alison W22 | 50.22S | 2/6 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Central Washington University-35**

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Kahler, Carly W20 | 34.74S | 3/4 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**INW Y Aquatic Masters-35**

| **#23 Women 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Glickfeld, Heather W36 | 1:35.33S | 2/3 | | | | | | | | | | |
| Field, Lessly W55 | 1:43.00S | 2/7 | | | | | | | | | | |

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Selby, William M59 | 1:30.00S | 1/2 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Field, Lessly W55 | 2:05.00S | 1/7 | | | | | | | | | | |
| Baker, Pamela W70 | 1:46.30S | 2/1 | | | | | | | | | | |

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Selby, William M59 | 1:50.00S | 2/8 | | | | | | | | | | |

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Baker, Pamela W70 | 52.83S | 2/1 | | | | | | | | | | |
| Field, Lessly W55 | 50.92S | 2/2 | | | | | | | | | | |
| Glickfeld, Heather W36 | 49.85S | 2/3 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Kroc Masters-35**

| **#25 Women 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Keegan, Caroline W58 | 45.00S | 2/6 | | | | | | | | | | |

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mabile, Glenn M63 | 1:41.15S | 2/2 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Moscow Chinooks Masters Swimmi-35**

| **#23 Women 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vallandigham, Jett W77 | 3:22.00S | 1/6 | | | | | | | | | | |

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Vallandigham, Jett W77 | 1:30.30S | 1/2 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Oregon Masters-37**

| **#20 Mixed 400 IM** | | | **50** | **100** | **150** | **200** | **250** | **300** | **350** | **400** | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Kirkland, Dan M75 | 7:12.15S | 1/4 | | | | | | | | | | |
| Grote, Kurt M50 | 4:58.42S | 2/4 | | | | | | | | | | |
| Higlett, Lex W40 | 5:35.50S | 2/6 | | | | | | | | | | |

| **#21 Women 200 Breast** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Crabbe, Colette W67 | 3:14.08S | 2/2 | | | | | | | | | | |
| Skinner, Sonja W47 | 2:57.05S | 2/4 | | | | | | | | | | |
| Mcclafferty, Christine W50 | 3:01.25S | 2/5 | | | | | | | | | | |

| **#22 Men 200 Breast** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Helm, Charlie M67 | 5:48.39S | 1/2 | | | | | | | | | | |
| Hathaway, David M63 | 3:27.00S | 1/4 | | | | | | | | | | |
| Berghaus, Peter M82 | 5:19.00S | 1/6 | | | | | | | | | | |
| Washburne, Brent M62 | 3:10.00S | 2/2 | | | | | | | | | | |
| Howell, Richard M64 | 3:05.00S | 2/3 | | | | | | | | | | |
| Sullivan, Scot M57 | 2:52.77S | 2/5 | | | | | | | | | | |

| **#23 Women 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Grassman, Emily W46 | 1:43.39S | 2/1 | | | | | | | | | | |
| Ward, Joy W81 | 1:42.00S | 2/2 | | | | | | | | | | |
| Parks, Sarah W18 | 1:29.91S | 2/4 | | | | | | | | | | |
| Gettling, Janet W75 | 1:34.00S | 2/5 | | | | | | | | | | |
| Cary, Michelle W42 | 1:15.50S | 3/5 | | | | | | | | | | |
| Feierabend, Ilsa W31 | 1:10.00S | 4/1 | | | | | | | | | | |
| Asch, Jill W57 | 1:08.00S | 4/2 | | | | | | | | | | |
| Stacy, Jessica W34 | 1:01.97S | 4/4 | | | | | | | | | | |
| Skinner, Sonja W47 | 1:04.13S | 4/5 | | | | | | | | | | |
| Martell, Beth W51 | 1:07.00S | 4/6 | | | | | | | | | | |
| Kobelin, Kayla W29 | 1:08.97S | 4/7 | | | | | | | | | | |
| Morgen, Cheryl W54 | 1:14.00S | 4/8 | | | | | | | | | | |

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Phipps, Tom M70 | 1:20.44S | 1/5 | | | | | | | | | | |

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

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**Split Sheets - Sunday**

**Oregon Masters-37**

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Piette, Jeffrey M68 | 1:13.20S | 2/3 | | | | | | | | | | |
| Toney, Martin M25 | 1:03.69S | 3/3 | | | | | | | | | | |
| Hawkins, Aaron M45 | 1:02.71S | 3/4 | | | | | | | | | | |
| Grote, Kurt M50 | 55.58S | 4/3 | | | | | | | | | | |
| Mesford, Chase M33 | 54.80S | 4/4 | | | | | | | | | | |

| **#25 Women 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Bruechert, Jaquie W32 | 50.00S | 2/8 | | | | | | | | | | |
| Higlett, Lex W40 | 34.50S | 3/4 | | | | | | | | | | |
| Asch, Jill W57 | 36.00S | 3/5 | | | | | | | | | | |

| **#26 Men 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Elliott, Corban M30 | 30.00S | 2/5 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Grassman, Emily W46 | 1:59.06S | 1/3 | | | | | | | | | | |
| Parks, Sarah W18 | 1:39.60S | 2/5 | | | | | | | | | | |
| Cary, Michelle W42 | 1:29.00S | 3/7 | | | | | | | | | | |
| Isa, April W34 | 1:33.00S | 3/8 | | | | | | | | | | |
| Crabbe, Colette W67 | 1:19.29S | 4/1 | | | | | | | | | | |
| Stacy, Jessica W34 | 1:07.06S | 4/5 | | | | | | | | | | |
| Martell, Beth W51 | 1:17.00S | 4/7 | | | | | | | | | | |

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Helm, Charlie M67 | 2:08.50S | 1/3 | | | | | | | | | | |
| Berghaus, Peter M82 | 2:23.00S | 1/6 | | | | | | | | | | |
| Piette, Jeffrey M68 | 1:32.20S | 2/4 | | | | | | | | | | |
| Kirkland, Dan M75 | 1:31.43S | 3/1 | | | | | | | | | | |
| Hawkins, Aaron M45 | 1:16.50S | 4/1 | | | | | | | | | | |
| Toney, Martin M25 | 1:13.31S | 4/4 | | | | | | | | | | |
| Hathaway, David M63 | 1:15.17S | 4/7 | | | | | | | | | | |
| Sullivan, Scot M57 | 1:09.12S | 5/1 | | | | | | | | | | |
| Elliott, Corban M30 | 1:06.00S | 5/2 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Oregon Masters-37**

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Grote, Kurt M50 | 1:01.34S | 5/3 | | | | | | | | | | |
| Swinn, Jacob M41 | 1:01.00S | 5/4 | | | | | | | | | | |
| Mesford, Chase M33 | 1:02.00S | 5/6 | | | | | | | | | | |

| **#32 Women 200 Fly** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Ward, Joy W81 | 6:00.00S | 1/3 | | | | | | | | | | |
| Gettling, Janet W75 | 4:08.00S | 1/5 | | | | | | | | | | |
| Crabbe, Colette W67 | 3:05.00S | 2/3 | | | | | | | | | | |
| Mcclafferty, Christine W50 | 2:33.89S | 2/4 | | | | | | | | | | |
| Feierabend, Ilsa W31 | 2:40.00S | 2/5 | | | | | | | | | | |
| Morgen, Cheryl W54 | 3:15.00S | 2/6 | | | | | | | | | | |

| **#33 Men 200 Fly** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Washburne, Brent M62 | 3:20.00S | 1/3 | | | | | | | | | | |
| Tujo, Christian M52 | 2:54.60S | 1/5 | | | | | | | | | | |
| Phipps, Tom M70 | 3:47.72S | 1/6 | | | | | | | | | | |

| **#34 Women 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Martell, Beth W51 | 1:17.00S | 3/2 | | | | | | | | | | |
| Higlett, Lex W40 | 1:14.00S | 3/6 | | | | | | | | | | |
| Cary, Michelle W42 | 1:30.00S | 3/8 | | | | | | | | | | |

| **#35 Men 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Berghaus, Peter M82 | 2:21.18S | 1/7 | | | | | | | | | | |
| Piette, Jeffrey M68 | 1:29.20S | 2/1 | | | | | | | | | | |
| Kirkland, Dan M75 | 1:21.43S | 2/2 | | | | | | | | | | |
| Hathaway, David M63 | 1:16.95S | 2/3 | | | | | | | | | | |
| Hawkins, Aaron M45 | 1:16.83S | 2/5 | | | | | | | | | | |
| Elliott, Corban M30 | 1:06.00S | 3/3 | | | | | | | | | | |
| Swinn, Jacob M41 | 1:03.00S | 3/5 | | | | | | | | | | |

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Gettling, Janet W75 | 49.78S | 2/5 | | | | | | | | | | |

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

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**Split Sheets - Sunday**

**Oregon Masters-37**

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Grassman, Emily W46 | 59.00S | 2/8 | | | | | | | | | | |
| Asch, Jill W57 | 40.00S | 3/2 | | | | | | | | | | |
| Skinner, Sonja W47 | 39.22S | 3/3 | | | | | | | | | | |
| Stacy, Jessica W34 | 36.27S | 3/5 | | | | | | | | | | |
| Mcclafferty, Christine W50 | 40.00S | 3/6 | | | | | | | | | | |
| Isa, April W34 | 43.53S | 3/8 | | | | | | | | | | |

| **#37 Men 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Berghaus, Peter M82 | 1:01.16S | 1/4 | | | | | | | | | | |
| Helm, Charlie M67 | 1:13.00S | 1/5 | | | | | | | | | | |
| Tujo, Christian M52 | 42.78S | 3/8 | | | | | | | | | | |
| Howell, Richard M64 | 36.00S | 4/2 | | | | | | | | | | |
| Sullivan, Scot M57 | 34.93S | 4/3 | | | | | | | | | | |
| Swinn, Jacob M41 | 33.00S | 4/5 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Puget Sound Masters-36**

| **#20 Mixed 400 IM** | | | **50** | **100** | **150** | **200** | **250** | **300** | **350** | **400** | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Singh, Isabelle W24 | 7:21.63S | 1/3 | | | | | | | | | | |
| Benson, Gary M73 | 7:15.00S | 1/5 | | | | | | | | | | |
| Li, Yun W29 | 7:00.00S | 2/1 | | | | | | | | | | |
| Yamamoto, Jin M49 | 6:30.00S | 2/2 | | | | | | | | | | |
| Loughlin, Hannah W35 | 5:30.36S | 2/3 | | | | | | | | | | |
| Nelson, Sidney W35 | 6:35.00S | 2/7 | | | | | | | | | | |
| Hoffman, Wendy W61 | 7:12.00S | 2/8 | | | | | | | | | | |

| **#21 Women 200 Breast** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Singer, Shannon W53 | 5:10.00S | 1/3 | | | | | | | | | | |
| Fotiou, Amanda W36 | 4:00.00S | 1/4 | | | | | | | | | | |
| Jennings, Lindsey W42 | 3:10.00S | 2/6 | | | | | | | | | | |
| Lickwala, Holly W47 | 3:22.63S | 2/7 | | | | | | | | | | |
| Nimb, Peggy W57 | 4:00.00S | 2/8 | | | | | | | | | | |

| **#22 Men 200 Breast** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Galvani, Bill M76 | 4:14.00S | 1/3 | | | | | | | | | | |
| White, Robert M75 | 3:37.00S | 1/5 | | | | | | | | | | |
| Walker, Thomas M76 | 10:00.00S | 1/7 | | | | | | | | | | |
| Underbrink, Dan M67 | 3:21.33S | 2/1 | | | | | | | | | | |
| Colella, Rick M72 | 2:48.00S | 2/4 | | | | | | | | | | |
| Scott, David M57 | 3:06.00S | 2/6 | | | | | | | | | | |
| Barnes, Brent M55 | 3:19.90S | 2/7 | | | | | | | | | | |
| Krieger, Bill M69 | 3:22.00S | 2/8 | | | | | | | | | | |

| **#23 Women 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Tuffley, Mary W75 | 1:55.00S | 1/5 | | | | | | | | | | |
| Dillon, Sally W77 | 1:45.00S | 2/8 | | | | | | | | | | |
| Evans, Porche W32 | 1:26.42S | 3/1 | | | | | | | | | | |
| Li, Yun W29 | 1:16.95S | 3/3 | | | | | | | | | | |
| Brunjes, Molly W43 | 1:20.00S | 3/6 | | | | | | | | | | |
| Glassman, Debbie W70 | 1:27.00S | 3/8 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Puget Sound Masters-36**

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pilger, Robert M80 | 1:21.00S | 1/3 | | | | | | | | | | |
| Schwartz, Michael M35 | 1:20.00S | 1/4 | | | | | | | | | | |
| Louis, Steven M70 | 1:22.00S | 1/6 | | | | | | | | | | |
| Derouillat, Emmanuel M51 | 1:30.00S | 1/7 | | | | | | | | | | |
| Morrison, Jeffrey M68 | 1:19.02S | 2/1 | | | | | | | | | | |
| Fletcher, Chad M51 | 1:16.00S | 2/2 | | | | | | | | | | |
| Hayes, William M72 | 1:10.00S | 2/4 | | | | | | | | | | |
| Qian, Martin M34 | 1:10.00S | 2/5 | | | | | | | | | | |
| Holzbach, John M70 | 1:15.50S | 2/6 | | | | | | | | | | |
| Barnes, Brent M55 | 1:19.50S | 2/8 | | | | | | | | | | |
| Nimb, Peter M59 | 1:08.00S | 3/1 | | | | | | | | | | |
| Ekstrom, Alex M33 | 1:07.01S | 3/2 | | | | | | | | | | |
| Porter, Michael M57 | 1:04.00S | 3/6 | | | | | | | | | | |
| Wardian, Ed M57 | 1:02.00S | 4/1 | | | | | | | | | | |
| Loegering, Isaac M29 | 1:00.00S | 4/2 | | | | | | | | | | |
| Woodbury, Brian M27 | 55.14S | 4/5 | | | | | | | | | | |
| Thompson, Scott M41 | 59.00S | 4/6 | | | | | | | | | | |
| Whitbeck, Dave M41 | 1:00.62S | 4/7 | | | | | | | | | | |

| **#25 Women 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Casey, Kathrine W75 | 1:01.63S | 1/1 | | | | | | | | | | |
| Tuffley, Mary W75 | 56.35S | 1/2 | | | | | | | | | | |
| Hunt, Andrea W75 | 51.20S | 1/4 | | | | | | | | | | |
| Nimb, Peggy W57 | 47.00S | 2/1 | | | | | | | | | | |
| Bowman, Julie W45 | 46.00S | 2/2 | | | | | | | | | | |
| Evans, Porche W32 | 43.08S | 2/5 | | | | | | | | | | |
| Phinney, Sandi W47 | 46.24S | 2/7 | | | | | | | | | | |
| Jennings, Lindsey W42 | 37.50S | 3/3 | | | | | | | | | | |
| Brunjes, Molly W43 | 39.27S | 3/6 | | | | | | | | | | |
| Nelson, Sidney W35 | 40.00S | 3/7 | | | | | | | | | | |
| Lickwala, Holly W47 | 40.38S | 3/8 | | | | | | | | | | |

| **#26 Men 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|

**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**

**Split Sheets - Sunday**

**Puget Sound Masters-36**

| **#26 Men 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Reid, Walt M83 | 55.00S | 1/3 | | | | | | | | | | |
| Underbrink, Dan M67 | 46.66S | 1/4 | | | | | | | | | | |
| Ness, Kerry M54 | 50.00S | 1/5 | | | | | | | | | | |
| Hayes, William M72 | 41.00S | 2/1 | | | | | | | | | | |
| Schwartz, Michael M35 | 40.00S | 2/2 | | | | | | | | | | |
| Gray, Trever M47 | 29.37S | 2/4 | | | | | | | | | | |
| Castle, Matt M52 | 35.71S | 2/6 | | | | | | | | | | |
| Fogg, Stephen M75 | 40.39S | 2/7 | | | | | | | | | | |
| Neuhaus, Scott M69 | 43.96S | 2/8 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hunt, Andrea W75 | 2:04.04S | 1/2 | | | | | | | | | | |
| Glassman, Debbie W70 | 1:42.50S | 2/2 | | | | | | | | | | |
| Singh, Isabelle W24 | 1:40.00S | 2/3 | | | | | | | | | | |
| Hoffman, Wendy W61 | 1:41.00S | 2/6 | | | | | | | | | | |
| Evans, Porche W32 | 1:44.44S | 2/7 | | | | | | | | | | |
| Nimb, Peggy W57 | 1:52.00S | 2/8 | | | | | | | | | | |
| Fotiou, Amanda W36 | 1:30.00S | 3/1 | | | | | | | | | | |
| Bowman, Julie W45 | 1:29.00S | 3/2 | | | | | | | | | | |
| Li, Yun W29 | 1:25.00S | 3/4 | | | | | | | | | | |
| Brunjes, Molly W43 | 1:26.92S | 3/5 | | | | | | | | | | |
| Phinney, Sandi W47 | 1:29.00S | 3/6 | | | | | | | | | | |
| Karpeeva, Svetlana W38 | 1:06.00S | 4/4 | | | | | | | | | | |
| Loughlin, Hannah W35 | 1:13.00S | 4/6 | | | | | | | | | | |
| Jennings, Lindsey W42 | 1:20.27S | 4/8 | | | | | | | | | | |

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Walker, Thomas M76 | 4:00.00S | 1/2 | | | | | | | | | | |
| Galvani, Bill M76 | 2:05.00S | 1/5 | | | | | | | | | | |
| Fletcher, Chad M51 | 1:45.00S | 2/1 | | | | | | | | | | |
| Derouillat, Emmanuel M51 | 1:35.00S | 2/3 | | | | | | | | | | |
| Pilger, Robert M80 | 1:32.27S | 2/5 | | | | | | | | | | |
| Ness, Kerry M54 | 1:38.00S | 2/6 | | | | | | | | | | |

**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**

**Split Sheets - Sunday**

**Puget Sound Masters-36**

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Louis, Steven M70 | 1:44.00S | 2/7 | | | | | | | | | | |
| Benson, Gary M73 | 1:29.00S | 3/2 | | | | | | | | | | |
| Smearer, Michael M49 | 1:22.78S | 3/3 | | | | | | | | | | |
| Payne, Brad M60 | 1:21.00S | 3/5 | | | | | | | | | | |
| Holzbach, John M70 | 1:27.00S | 3/6 | | | | | | | | | | |
| White, Robert M75 | 1:30.00S | 3/7 | | | | | | | | | | |
| Neuhaus, Scott M69 | 1:31.44S | 3/8 | | | | | | | | | | |
| Steenbeeke, Alain M61 | 1:13.81S | 4/5 | | | | | | | | | | |
| Porter, Michael M57 | 1:14.00S | 4/6 | | | | | | | | | | |
| Yamamoto, Jin M49 | 1:17.00S | 4/8 | | | | | | | | | | |
| Mehta, Sivan M28 | 1:01.11S | 5/5 | | | | | | | | | | |
| Whitbeck, Dave M41 | 1:08.00S | 5/7 | | | | | | | | | | |
| Loegering, Isaac M29 | 1:10.00S | 5/8 | | | | | | | | | | |

| **#32 Women 200 Fly** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hoffman, Wendy W61 | 3:40.00S | 1/4 | | | | | | | | | | |
| Singh, Isabelle W24 | 3:30.00S | 2/2 | | | | | | | | | | |

| **#33 Men 200 Fly** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Ekstrom, Alex M33 | 2:40.01S | 1/4 | | | | | | | | | | |

| **#34 Women 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Casey, Kathrine W75 | 2:15.96S | 1/3 | | | | | | | | | | |
| Welch, Sarah W76 | 2:03.55S | 1/4 | | | | | | | | | | |
| Singer, Shannon W53 | 2:15.00S | 1/5 | | | | | | | | | | |
| Glassman, Debbie W70 | 1:45.00S | 2/3 | | | | | | | | | | |
| Bowman, Julie W45 | 1:30.00S | 2/4 | | | | | | | | | | |
| Hunt, Andrea W75 | 1:45.40S | 2/6 | | | | | | | | | | |
| Phinney, Sandi W47 | 1:28.00S | 3/1 | | | | | | | | | | |
| Karpeeva, Svetlana W38 | 1:06.00S | 3/4 | | | | | | | | | | |
| Loughlin, Hannah W35 | 1:09.60S | 3/5 | | | | | | | | | | |
| Lickwala, Holly W47 | 1:25.18S | 3/7 | | | | | | | | | | |

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**Split Sheets - Sunday**

**Puget Sound Masters-36**

| **#35 Men 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Schwartz, Michael M35 | 1:45.00S | 1/2 | | | | | | | | | | |
| Morrison, Jeffrey M68 | 1:42.00S | 1/3 | | | | | | | | | | |
| Fogg, Stephen M75 | 1:35.17S | 1/5 | | | | | | | | | | |
| Louis, Steven M70 | 1:44.00S | 1/6 | | | | | | | | | | |
| Yamamoto, Jin M49 | 1:17.00S | 2/6 | | | | | | | | | | |
| Benson, Gary M73 | 1:27.00S | 2/7 | | | | | | | | | | |
| Underbrink, Dan M67 | 1:33.95S | 2/8 | | | | | | | | | | |
| Woodbury, Brian M27 | 57.15S | 3/4 | | | | | | | | | | |
| Wardian, Ed M57 | 1:11.00S | 3/7 | | | | | | | | | | |
| Steenbeeke, Alain M61 | 1:14.00S | 3/8 | | | | | | | | | | |

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Dillon, Sally W77 | 1:03.00S | 1/5 | | | | | | | | | | |
| Nimb, Peggy W57 | 52.00S | 2/7 | | | | | | | | | | |
| Lickwala, Holly W47 | 42.28S | 3/1 | | | | | | | | | | |
| Jennings, Lindsey W42 | 40.46S | 3/7 | | | | | | | | | | |

| **#37 Men 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Walker, Thomas M76 | 2:00.00S | 1/3 | | | | | | | | | | |
| Galvani, Bill M76 | 56.00S | 2/1 | | | | | | | | | | |
| Morrison, Jeffrey M68 | 47.87S | 2/2 | | | | | | | | | | |
| Hayes, William M72 | 45.00S | 2/3 | | | | | | | | | | |
| Fletcher, Chad M51 | 44.58S | 2/4 | | | | | | | | | | |
| Neuhaus, Scott M69 | 44.91S | 2/5 | | | | | | | | | | |
| Ness, Kerry M54 | 46.00S | 2/6 | | | | | | | | | | |
| Derouillat, Emmanuel M51 | 55.00S | 2/7 | | | | | | | | | | |
| Reid, Walt M83 | 59.00S | 2/8 | | | | | | | | | | |
| Walsh, Greg M70 | 42.64S | 3/1 | | | | | | | | | | |
| Krieger, Bill M69 | 41.00S | 3/2 | | | | | | | | | | |
| Barnes, Brent M55 | 39.56S | 3/3 | | | | | | | | | | |
| Scott, David M57 | 39.00S | 3/4 | | | | | | | | | | |
| Payne, Brad M60 | 39.00S | 3/5 | | | | | | | | | | |
| White, Robert M75 | 41.00S | 3/7 | | | | | | | | | | |

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**Split Sheets - Sunday**

**Puget Sound Masters-36**

| **#37 Men 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Loegering, Isaac M29 | 37.00S | 4/1 | | | | | | | | | | |
| Gray, Trever M47 | 29.92S | 4/4 | | | | | | | | | | |
| Whitbeck, Dave M41 | 35.00S | 4/6 | | | | | | | | | | |
| Smearer, Michael M49 | 36.44S | 4/7 | | | | | | | | | | |
| Castle, Matt M52 | 37.48S | 4/8 | | | | | | | | | | |

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**Split Sheets - Sunday**

**Rocklin Aquatics Masters-38**

| **#33 Men 200 Fly** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hickey, John Caelin M42 | 4:30.00S | 1/2 | | | | | | | | | | |

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**Split Sheets - Sunday**

**Santa Barbara Masters Swimming-33**

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Power, Michael M55 | 1:02.97S | 3/5 | | | | | | | | | | |

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Power, Michael M55 | 1:13.90S | 4/3 | | | | | | | | | | |

| **#35 Men 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Power, Michael M55 | 1:10.44S | 3/2 | | | | | | | | | | |

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**Split Sheets - Sunday**

**Spokane Club Masters-35**

| **#23 Women 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Carling-Smith, Heather W73 | 1:49.00S | 1/4 | | | | | | | | | | |

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Williams, Eric M43 | 1:08.00S | 3/7 | | | | | | | | | | |

| **#25 Women 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Franchi, Carrie W71 | 55.00S | 1/6 | | | | | | | | | | |

| **#26 Men 50 Back** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Heath, Robert M66 | 32.14S | 2/3 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Carling-Smith, Heather W73 | 2:00.00S | 1/6 | | | | | | | | | | |

| **#28 Men 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Williams, Eric M43 | 1:18.00S | 3/4 | | | | | | | | | | |

| **#34 Women 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Franchi, Carrie W71 | 1:56.00S | 2/7 | | | | | | | | | | |

| **#35 Men 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Heath, Robert M66 | 1:12.25S | 3/1 | | | | | | | | | | |

| **#37 Men 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Williams, Eric M43 | 40.00S | 3/6 | | | | | | | | | | |

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**Split Sheets - Sunday**

**Tamalpais Aquatic Masters-38**

| **#21 Women 200 Breast** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Willard, Mimi W70 | 4:35.94S | 1/5 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Willard, Mimi W70 | 1:55.10S | 1/4 | | | | | | | | | | |

| **#34 Women 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Willard, Mimi W70 | 1:45.43S | 2/2 | | | | | | | | | | |

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**Split Sheets - Sunday**

**Team Redbird-33**

| **#21 Women 200 Breast** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Reynolds, Ellen W59 | 3:05.24S | 2/3 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Reynolds, Ellen W59 | 1:13.00S | 4/2 | | | | | | | | | | |

| **#34 Women 100 Back** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Reynolds, Ellen W59 | 1:11.00S | 3/3 | | | | | | | | | | |

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**Split Sheets - Sunday**

**UC36-3**

| **#21 Women 200 Breast** | | | **50** | **100** | **150** | **200** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Croghan, Rachel W38 | 3:45.00S | 2/1 | | | | | | | | | | |

| **#23 Women 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Kawaoka, Becca W32 | 1:15.00S | 3/4 | | | | | | | | | | |

| **#24 Men 100 Free** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Troupe, Curtis M66 | 1:18.00S | 2/7 | | | | | | | | | | |

| **#27 Women 100 IM** | | | **25** | **50** | **75** | **100** | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Croghan, Rachel W38 | 1:58.57S | 1/5 | | | | | | | | | | |
| Kawaoka, Becca W32 | 1:35.00S | 2/4 | | | | | | | | | | |

| **#36 Women 50 Breast** | | | **25** | **50** | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Croghan, Rachel W38 | 46.23S | 2/4 | | | | | | | | | | |