

PNA LCM Summer Meet Estimated Timeline – Saturday, July 6, 2024

WARM-UP: 9:00 – 9:50 AM

MEET STARTS: 10:00 AM

- The meet may run faster or slower than shown.
- Note the deadlines for positive check-in for 400 Free and 1500 Free
- Note the deadlines for turning in Relay Cards.

Event #	Event Name	Entries	Heats	Starts	Notes
1	400 Free	23	3u	10:00 AM	Check-in by 9:20 am
2	200 IM	23	3	10:35 AM	
3	200 Free	28	4	10:48 AM	
4	100 Breast	30	4	11:06 AM	
5	50 Fly	43	6	11:23 AM	Starts from scoreboard end
	~15 min BREAK				
6	200 Free Relay (W/M)			11:47 AM	Relay Cards due by 10:00 am
7	200 Back	15	2	11:57 AM	
8	50 Free	57	8	12:13 PM	Starts from scoreboard end
9	100 Fly	24	3	12:28 PM	
	~15 min BREAK				
10	200 Medley Relay (Mixed)			12:50 PM	Relay Cards due by end of Event 5
11	1500 Free	23	3u	1:00 PM	Check-in by end of Event 5
	Swimmer Counts: 108				
	Entry/Heat Totals:	266	36		
	Finish Time:			2:25 PM	

PNA LCM Meet, Sanction #: 364-S005
Hosted by the Clubs and Workout Groups of PNA
Meet Program - Saturday

Event 1 Mixed 400 LC Meter Freestyle Check-in by 9:20 am

Name	Age	Team	Seed Time
1 Eddie Switaj	M40	Bellevue Club-36	4:30.00
2 David Curtiss	M38	Mesa Aquatics Cl-48	4:33.63
3 Evan Edwards	M26	Oregon Masters-37	4:34.51
4 Diego de Acosta	M49	Puget Sound Mast-36	4:39.62
5 John Bennett	M45	Cascade Masters-36	4:51.24
6 Adam Trexler	M46	Oregon Masters-37	5:00.00
7 Trenton Allison	M25	Lake Washington-36	5:10.00
8 Dan Kirkland	M76	Oregon Masters-37	5:22.17
9 Christian Tujo	M53	Oregon Masters-37	5:23.80
10 Doug Jelen	M51	Puget Sound Mast-36	5:30.00
11 Kathy Pelham	W51	Team Walker Inte-36	5:35.00
12 James Kralj	M31	Orca Swim Team-36	6:00.00
13 Timothy Panzer	M60	Bernardo's All S-36	6:12.00
14 Isabelle Singh	W25	Cascade Masters-36	6:30.56
15 Dan Underbrink	M68	Team Walker Inte-36	6:39.23
16 Elizabeth Enriquez-Orti	W34	UC36	6:39.59
17 Emily Ghilarducci	W62	Bernardo's All S-36	7:06.00
18 Carrie Franchi	W72	Spokane Club Mas-35	7:15.00
19 Shuxu Huffman	W30	Orca Swim Team-36	7:51.00
20 Laurence (Larry) Hile	M74	Bainbridge Aquat-36	9:16.30
21 Sandie Easton	W55	University of Ha-39	10:07.07
22 Jett Vallandigham	W78	Moscow Chinooks-35	12:13.36
23 Thomas Walker	M77	Team Walker Inte-36	20:00.00

Event 2 Mixed 200 LC Meter IM

Lane Name	Age	Team	Seed Time
Heat 1 of 3 Finals			
1 Sarah Welch	W77	Orca Swim Team-36	4:40.55
2 Elizabeth Enriquez-Orti	W34	UC36	3:48.03
3 Leah Gustitus	W40	Orca Swim Team-36	3:40.00
4 Steve Peterson	M78	Bernardo's All S-36	3:23.30
5 Yun Li	W30	Lake Washington-36	3:25.00
6 Robert White	M76	Lake Washington-36	3:42.85
7 Lani Schepler	W44	Blue Wave Aquati-36	4:20.85
8			
Heat 2 of 3 Finals			
1 Sandie Easton	W55	University of Ha-39	3:17.07
2 Kevin Jones	M36	Orca Swim Team-36	3:00.00
3 Carl Haynie	M64	Team Walker Inte-36	2:52.50
4 William Long	M25	Orca Swim Team-36	2:50.00
5 Maureen Rea	W48	Puget Sound Mast-36	2:50.00
6 Alain Steenbeeke	M62	Bernardo's All S-36	2:55.00
7 Richard Howell	M65	Oregon Masters-37	3:05.95
8 Emmanuel Derouillat	M52	Lake Washington-36	3:20.00
Heat 3 of 3 Finals			
1 David Hathaway	M64	Oregon Masters-37	2:48.00
2 Aaron Samms	M22	UC37	2:45.01
3 Rob Charland	M49	Fina	2:41.69
4 Erik Petersen	M36	CG Sports Manage-36	2:35.37
5 Nicholas Swenson	M33	Orca Swim Team-36	2:40.00
6 Denise Lindberg	W42	Lake Washington-36	2:43.96
7 Adam Weiss	M50	Excel Swimming-7	2:47.77
8 Christine Mcclafferty	W51	Oregon Masters-37	2:49.80

Event 3 Mixed 200 LC Meter Freestyle

Lane Name	Age	Team	Seed Time
Heat 1 of 4 Finals			
1			
2			
3 Andrea Hunt	W76	Bainbridge Aquat-36	4:30.00
4 Erin Kennedy	W34	Orca Swim Team-36	3:20.00
5 Lani Schepler	W44	Blue Wave Aquati-36	3:39.00
6 Jett Vallandigham	W78	Moscow Chinooks-35	6:01.26
7			
8			
Heat 2 of 4 Finals			
1 Cynthia Clutter	W64	Mesa Aquatics Cl-48	3:15.65
2 Robert Pilger	M81	Bernardo's All S-36	3:05.00
3 James Kralj	M31	Orca Swim Team-36	3:00.00
4 Mason Chuang	M45	Orca Swim Team-36	2:58.00
5 Timothy Panzer	M60	Bernardo's All S-36	2:59.00
6 Claire Lang	W30	Bernardo's All S-36	3:00.00
7 Brent Barnes	M56	Team Walker Inte-36	3:07.20
8 Carrie Franchi	W72	Spokane Club Mas-35	3:18.00
Heat 3 of 4 Finals			
1 Isabelle Singh	W25	Cascade Masters-36	2:52.08
2 Colette Crabbe	W68	Oregon Masters-37	2:45.00
3 Adam Weiss	M50	Excel Swimming-7	2:33.38
4 Doug Jelen	M51	Puget Sound Mast-36	2:30.00
5 Benjamin Lane	M32	Orca Swim Team-36	2:30.00
6 Eric Ryden	M44	Orca Swim Team-36	2:40.00
7 Ryan Humphreys	M30	UC36	2:46.44
8 Jeffrey Piette	M69	Oregon Masters-37	2:55.79
Heat 4 of 4 Finals			
1 David McCarty	M60	Lake Washington-36	2:25.84
2 John Bennett	M45	Cascade Masters-36	2:14.97
3 Evan Edwards	M26	Oregon Masters-37	2:12.40
4 Eddie Switaj	M40	Bellevue Club-36	2:10.00
5 Tomas Mendez	M32	Blue Wave Aquati-36	2:10.99
6 Baden Sprinkle	M36	Blue Wave Aquati-36	2:14.00
7 Rowan Poppen-Eagan	M25	Puget Sound Mast-36	2:15.00
8 William Long	M25	Orca Swim Team-36	2:30.00

Event 4 Mixed 100 LC Meter Breaststroke

Lane Name	Age	Team	Seed Time
Heat 1 of 4 Finals			
1			
2 Graham Anderson	M73	Snoco YMCA Barra-36	2:22.00
3 Janet Gettling	W76	Oregon Masters-37	1:58.00
4 Miguel Olivares	M52	Orca Swim Team-36	1:54.00
5 Emily Ghilarducci	W62	Bernardo's All S-36	1:56.00
6 Margaret Hair	W69	Lewis Clark Nept-35	2:13.69
7 Thomas Walker	M77	Team Walker Inte-36	5:00.00
8			

PNA LCM Meet, Sanction #: 364-S005
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Meet Program - Saturday

Heat 2 Finals (#4 Mixed 100 LC Meter Breaststroke)

1	Lani Schepler	W44	Blue Wave Aquati-36	1:43.81
2	Greg Walsh	M71	Puget Sound Mast-36	1:41.58
3	Robert White	M76	Lake Washington-36	1:39.69
4	Steve Peterson	M78	Bernardo's All S-36	1:38.30
5	Chris Lautman	M70	Lake Washington-36	1:39.11
6	Xiangbo Meng	M31	Lake Washington-36	1:40.00
7	Nancy Vincent	W65	Oregon Masters-37	1:43.20
8	Charlotte Davis	W74	Lake Washington-36	1:45.00

Heat 3 of 4 Finals

1	Holly Lickwala	W48	Team Walker Inte-36	1:31.85
2	Emmanuel Derouillat	M52	Lake Washington-36	1:30.00
3	Michael Smearer	M50	Puget Sound Mast-36	1:28.00
4	Kevin Jones	M36	Orca Swim Team-36	1:25.00
5	Jae Seon Kim	M44	Bellevue Club-36	1:27.00
6	Meredith Weisshaar	W48	Oregon Masters-37	1:28.50
7	Adam Weiss	M50	Excel Swimming-7	1:31.27
8	Dan Underbrink	M68	Team Walker Inte-36	1:37.66

Heat 4 of 4 Finals

1	David Scott	M58	Team Walker Inte-36	1:23.50
2	Kevin Esko	M58	Mercer Island Re-36	1:20.28
3	Nolan Jenks	M21	UC35	1:20.00
4	Rob Charland	M49	Fina	1:16.95
5	Katarina English	W36	Blue Wave Aquati-36	1:17.00
6	Michael Xu	M23	UC36	1:20.00
7	Reilly Kompaniet	M28	Team Eugene Mast-37	1:22.58
8	Denise Lindberg	W42	Lake Washington-36	1:24.99

Event 5 Mixed 50 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 6 Finals Starts from scoreboard end

1				
2				
3	Laurence (Larry) Hile	M74	Bainbridge Aquat-36	1:16.00
4	Lani Schepler	W44	Blue Wave Aquati-36	1:03.49
5	Miguel Olivares	M52	Orca Swim Team-36	1:15.00
6				
7				
8				

Heat 2 of 6 Finals

1	Emmanuel Derouillat	M52	Lake Washington-36	55.00
2	Cynthia Clutter	W64	Mesa Aquatics Cl-48	50.65
3	Joanne Menard	W76	Mesa Aquatics Cl-48	46.89
4	Kathy Pelham	W51	Team Walker Inte-36	45.00
5	Clinton White	M65	UC38	45.00
6	Erin Kennedy	W34	Orca Swim Team-36	50.00
7	Sarah Welch	W77	Orca Swim Team-36	53.55
8	Joy Ward	W82	Oregon Masters-37	1:01.22

Heat 3 of 6 Finals

1	Leah Gustitus	W40	Orca Swim Team-36	42.00
2	Nancy Vincent	W65	Oregon Masters-37	40.60
3	William Long	M25	Orca Swim Team-36	40.00
4	Ethan Felicetti	M19	UC35	38.00
5	Mason Chuang	M45	Orca Swim Team-36	40.00
6	Benjamin Lane	M32	Orca Swim Team-36	40.00
7	Emily Castillo	W46	Team Walker Inte-36	40.83
8	Jeffrey Piette	M69	Oregon Masters-37	43.55

Heat 4 of 6 Finals

1	Colette Crabbe	W68	Oregon Masters-37	37.27
2	Ryan Humphreys	M30	UC36	35.11
3	Nolan Jenks	M21	UC35	35.00
4	Adam Weiss	M50	Excel Swimming-7	34.22
5	David McCarty	M60	Lake Washington-36	34.85
6	Chris Greiner	M43	UC36	35.09
7	Eric Ryden	M44	Orca Swim Team-36	36.00
8	Laura Decker	W51	UC36	37.45

Heat 5 of 6 Finals

1	Caitlin Switaj	W35	UC36	33.12
2	Guilherme Anzilago Tes	M43	Team Walker Inte-36	32.90
3	Christine Mcclafferty	W51	Oregon Masters-37	32.50
4	Regan Pelton	M54	UC36	32.00
5	Eddie Lam	M28	Orca Swim Team-36	32.00
6	Maureen Rea	W48	Puget Sound Mast-36	32.50
7	Yun Li	W30	Lake Washington-36	33.00
8	David Hathaway	M64	Oregon Masters-37	33.70

Heat 6 of 6 Finals

1	Doug Jelen	M51	Puget Sound Mast-36	31.00
2	Eddie Switaj	M40	Bellevue Club-36	29.00
3	Erik Petersen	M36	CG Sports Manage-36	28.41
4	Tomas Mendez	M32	Blue Wave Aquati-36	26.94
5	George Ramsay	M25	Fina	27.13
6	Kurt Ouchi	M49	Fina	28.50
7	Ryan Nickell	M39	The Bay Club-38	30.28
8	Brandon Couch	M28	Bernardo's All S-36	31.51

Event 6 Mixed 200 LC Meter Freestyle Relay

Team	Relay	Seed Time
---	No entries for event	Relay Cards due by 10:00 AM

Event 7 Mixed 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Thomas Walker	M77	Team Walker Inte-36	7:00.00
2	Sarah Welch	W77	Orca Swim Team-36	4:35.55
3	Joy Ward	W82	Oregon Masters-37	3:55.00
4	Dan Underbrink	M68	Team Walker Inte-36	3:31.48
5	Carrie Franchi	W72	Spokane Club Mas-35	3:39.00
6	Leah Carroll	W63	Albany Armada Aq-38	4:07.07
7	Andrea Hunt	W76	Bainbridge Aquat-36	5:00.00
8				

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Meet Program - Saturday

Heat 2 Finals (#7 Mixed 200 LC Meter Backstroke)

1	Dan Kirkland	M76	Oregon Masters-37	3:01.83
2	David Kilburn	M47	Oregon Masters-37	2:51.25
3	Rowan Poppen-Eagan	M25	Puget Sound Mast-36	2:37.06
4	Diego de Acosta	M49	Puget Sound Mast-36	2:24.22
5	Evan Edwards	M26	Oregon Masters-37	2:34.84
6	Carl Haynie	M64	Team Walker Inte-36	2:42.00
7	Benjamin Lane	M32	Orca Swim Team-36	3:00.00
8	Mason Chuang	M45	Orca Swim Team-36	3:15.00

Event 8 Mixed 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals Starts from scoreboard end

1				
2				
3	Jett Vallandigham	W78	Moscow Chinooks-35	1:11.19
4	Laurence (Larry) Hile	M74	Bainbridge Aquat-36	52.88
5	Andrea Hunt	W76	Bainbridge Aquat-36	1:00.00
6				
7				
8				

Heat 2 of 8 Finals

1				
2	Sarah Welch	W77	Orca Swim Team-36	48.10
3	Margaret Hair	W69	Lewis Clark Nept-35	42.30
4	Shuxu Huffman	W30	Orca Swim Team-36	41.00
5	Janet Gettling	W76	Oregon Masters-37	41.00
6	Susan Devoto	W61	UC36	45.00
7	Miguel Olivares	M52	Orca Swim Team-36	51.06
8				

Heat 3 of 8 Finals

1	Leah Gustitus	W40	Orca Swim Team-36	40.00
2	William Long	M25	Orca Swim Team-36	40.00
3	Elizabeth Enriquez-Ortiz	W34	UC36	38.68
4	Jae Seon Kim	M44	Bellevue Club-36	37.00
5	Emily Castillo	W46	Team Walker Inte-36	38.53
6	Erin Kennedy	W34	Orca Swim Team-36	40.00
7	Clinton White	M65	UC38	40.00
8	Cynthia Clutter	W64	Mesa Aquatics Cl-48	40.65

Heat 4 of 8 Finals

1	Brent Barnes	M56	Team Walker Inte-36	36.40
2	Yasushi Sasaki	M61	UC36	36.00
3	Laura Decker	W51	UC36	35.32
4	Daniel Sanchez	M31	Orca Swim Team-36	35.00
5	Charlotte Davis	W74	Lake Washington-36	35.00
6	Jennell Fuglvog	W57	UC36	35.90
7	Steve Peterson	M78	Bernardo's All S-36	36.30
8	Nancy Vincent	W65	Oregon Masters-37	37.00

Heat 5 of 8 Finals

1	Robert White	M76	Lake Washington-36	34.28
2	Robert Pilger	M81	Bernardo's All S-36	32.50
3	Ryan Humphreys	M30	UC36	31.62
4	Denise Lindberg	W42	Lake Washington-36	30.77
5	Meredith Weisshaar	W48	Oregon Masters-37	31.00
6	Eric Ryden	M44	Orca Swim Team-36	32.00
7	Greg Walsh	M71	Puget Sound Mast-36	33.65
8	Mason Chuang	M45	Orca Swim Team-36	35.00

Heat 6 of 8 Finals

1	Stephen Bollens	M65	UC37	30.11
2	Doug Jelen	M51	Puget Sound Mast-36	30.00
3	Xiangbo Meng	M31	Lake Washington-36	30.00
4	Nolan Jenks	M21	UC35	30.00
5	Ethan Felicetti	M19	UC35	30.00
6	Jake Ni	M31	Puget Sound Mast-36	30.00
7	Michael Xu	M23	UC36	30.00
8	Chris Greiner	M43	UC36	30.69

Heat 7 of 8 Finals

1	David Kilburn	M47	Oregon Masters-37	29.98
2	Reilly Kompaniet	M28	Team Eugene Mast-37	29.12
3	Rob Charland	M49	Fina	29.00
4	Evan Edwards	M26	Oregon Masters-37	28.79
5	Nicholas Swenson	M33	Orca Swim Team-36	29.00
6	Eddie Lam	M28	Orca Swim Team-36	29.00
7	David Scott	M58	Team Walker Inte-36	29.67
8	Alain Steenbeeke	M62	Bernardo's All S-36	30.00

Heat 8 of 8 Finals

1	David McCarty	M60	Lake Washington-36	28.48
2	Guilherme Anzilago Tes	M43	Team Walker Inte-36	27.50
3	Claire Lang	W30	Bernardo's All S-36	27.30
4	Tomas Mendez	M32	Blue Wave Aquati-36	26.25
5	Baden Sprinkle	M36	Blue Wave Aquati-36	26.88
6	Ryan Nickell	M39	The Bay Club-38	27.42
7	Brandon Couch	M28	Bernardo's All S-36	28.06
8	Regan Pelton	M54	UC36	28.50

Event 9 Mixed 100 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1	Janet Gettling	W76	Oregon Masters-37	2:00.00
2	Jake Ni	M31	Puget Sound Mast-36	1:45.00
3	Sandie Easton	W55	University of Ha-39	1:22.07
4	Holly Lickwala	W48	Team Walker Inte-36	1:20.99
5	Richard Howell	M65	Oregon Masters-37	1:21.00
6	Aaron Samms	M22	UC37	1:25.01
7	Leah Carroll	W63	Albany Armada Aq-38	1:53.85
8	Joy Ward	W82	Oregon Masters-37	2:15.00

PNA LCM Meet, Sanction #: 364-S005
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Meet Program - Saturday

Heat 2 Finals (#9 Mixed 100 LC Meter Butterfly)

1	Michael Smearer	M50	Puget Sound Mast-36	1:18.00
2	Ryan Nickell	M39	The Bay Club-38	1:13.33
3	Caitlin Switaj	W35	UC36	1:12.69
4	Maureen Rea	W48	Puget Sound Mast-36	1:10.00
5	Christine McClafferty	W51	Oregon Masters-37	1:12.00
6	Christian Tujo	M53	Oregon Masters-37	1:13.13
7	Trenton Allison	M25	Lake Washington-36	1:18.00
8	Christopher Liu	M54	Team Eugene Mast-37	1:20.00

Heat 3 of 3 Finals

1	Brandon Couch	M28	Bernardo's All S-36	1:08.48
2	Kurt Ouchi	M49	Fina	1:04.00
3	Eddie Switaj	M40	Bellevue Club-36	1:02.00
4	George Ramsay	M25	Fina	1:02.00
5	Katarina English	W36	Blue Wave Aquati-36	1:02.00
6	Erik Petersen	M36	CG Sports Manage-36	1:03.87
7	Adam Trexler	M46	Oregon Masters-37	1:07.00
8	John Bennett	M45	Cascade Masters-36	1:09.07

Event 10 Mixed 200 LC Meter Medley Relay

Team	Relay	Seed Time
---	No entries for event Relay Cards due by end of Event 5	

Event 11 Mixed 1500 LC Meter Freestyle

Name	Age	Team	Seed Time	
1	Stephanie McNicol	W35	Mesa Aquatics Cl-48	18:48.18
2	Ellen Reynolds	W60	Team Redbird-33	19:23.50
3	Trenton Allison	M25	Lake Washington-36	19:30.00
4	Adam Trexler	M46	Oregon Masters-37	19:30.00
5	David Hathaway	M64	Oregon Masters-37	20:17.00
6	Caitlin Switaj	W35	UC36	20:50.64
7	Dan Kirkland	M76	Oregon Masters-37	21:18.12
8	Colette Crabbe	W68	Oregon Masters-37	22:30.00
9	Christopher Liu	M54	Team Eugene Mast-37	22:30.00
10	Brent Washburne	M63	Oregon Masters-37	23:00.00
11	Timothy Panzer	M60	Bernardo's All S-36	23:48.00
12	Jeffrey Piette	M69	Oregon Masters-37	23:57.32
13	Sandie Easton	W55	University of Ha-39	24:07.07
14	Isabelle Singh	W25	Cascade Masters-36	24:21.35
15	Jeanna Summers	W70	Oregon Masters-37	26:45.00
16	Joanne Menard	W76	Mesa Aquatics Cl-48	26:52.28
17	Dan Underbrink	M68	Team Walker Inte-36	26:56.90
18	Emily Ghilarducci	W62	Bernardo's All S-36	27:00.00
19	Cynthia Clutter	W64	Mesa Aquatics Cl-48	27:47.65
20	Stephen Brown	M62	Puget Sound Mast-36	30:00.00
21	Elizabeth Enriquez-Ortiz	W34	UC36	30:45.33
22	Shuxu Huffman	W30	Orca Swim Team-36	32:00.00
23	Leah Carroll	W63	Albany Armada Aq-38	33:20.43

Check-in by end of Event 5