

## PNA LCM Summer Meet Estimated Timeline – Sunday, July 7, 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 IM.
- Note the deadlines for turning in Relay Cards.

Event #	Event Name	Entries	Heats	Starts	Notes
12	400 IM	7	1 u	10:00 AM	Check-in by 9:20 am
13	200 Breast	25	4	10:09 AM	
14	100 Free	47	6	10:34 AM	
15	50 Back	30	4	10:51 AM	Starts from scoreboard end
	~15 min BREAK				
16	200 Medley Relay (W/M)			11:14 AM	Relay Cards due by 10:00 am
17	200 Fly	11	2	11:24 AM	
18	100 Back	24	3	11:34 AM	
19	50 Breast	42	6	11:47 AM	Starts from scoreboard end
	~15 min BREAK				
20	200 Free Relay (Mixed)			12:15 PM	Relay Cards due by end of Event 15
	Swimmer Counts: 89				
	Entry/Heat Totals:	186	26		
	Finish Time:			12:25 PM	

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

**Event 12 Mixed 400 LC Meter IM** Check-in by 9:20am

Name	Age	Team	Seed Time
1 Adam Trexler	M46	Oregon Masters-37	5:30.00
2 Stephanie McNicol	W35	Mesa Aquatics Cl-48	5:30.35
3 Trenton Allison	M25	Lake Washington-36	5:50.00
4 Christian Tujo	M53	Oregon Masters-37	6:13.07
5 Maureen Rea	W48	Puget Sound Mast-36	6:15.00
6 David Hathaway	M64	Oregon Masters-37	6:21.07
7 Isabelle Singh	W25	Cascade Masters-36	7:38.11

**Event 13 Mixed 200 LC Meter Breaststroke**

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>			
1			
2			
3 Thomas Walker	M77	Team Walker Inte-36	10:00.00
4 Jett Vallandigham	W78	Moscow Chinooks-35	5:54.59
5 Jennifer Tran	W29	Orca Swim Team-36	6:00.00
6			
7			
8			
<b>Heat 2 of 4 Finals</b>			
1			
2 Leah Carroll	W63	Albany Armada Aq-38	4:26.91
3 Sandie Easton	W55	University of Ha-39	3:57.07
4 Emily Ghilarducci	W62	Bernardo's All S-36	3:56.00
5 Timothy Panzer	M60	Bernardo's All S-36	3:57.00
6 Cynthia Clutter	W64	Mesa Aquatics Cl-48	4:15.65
7 Graham Anderson	M73	Snoco YMCA Barra-36	5:05.00
8			
<b>Heat 3 of 4 Finals</b>			
1 Miguel Olivares	M52	Orca Swim Team-36	3:45.00
2 Steve Peterson	M78	Bernardo's All S-36	3:33.30
3 Colette Crabbe	W68	Oregon Masters-37	3:25.00
4 Brent Barnes	M56	Team Walker Inte-36	3:21.72
5 Holly Lickwala	W48	Team Walker Inte-36	3:23.93
6 Dan Underbrink	M68	Team Walker Inte-36	3:33.24
7 Robert White	M76	Lake Washington-36	3:43.10
8 Nancy Vincent	W65	Oregon Masters-37	3:46.00
<b>Heat 4 of 4 Finals</b>			
1 Jae Seon Kim	M44	Bellevue Club-36	3:14.00
2 Kevin Esko	M58	Mercer Island Re-36	3:01.32
3 Joseph Shelly	M27	Team Walker Inte-36	2:50.00
4 Camille McClafferty	W18	Oregon Masters-37	2:43.81
5 Rob Charland	M49	Fina	2:49.08
6 Denise Lindberg	W42	Lake Washington-36	2:55.00
7 David Scott	M58	Team Walker Inte-36	3:02.96
8 Meredith Weisshaar	W48	Oregon Masters-37	3:15.00

**Event 14 Mixed 100 LC Meter Freestyle**

Lane Name	Age	Team	Seed Time
<b>Heat 1 of 6 Finals</b>			
1 Jett Vallandigham	W78	Moscow Chinooks-35	2:47.03
2 Joy Ward	W82	Oregon Masters-37	1:45.00
3 Janet Gettling	W76	Oregon Masters-37	1:35.00
4 Emmanuel Derouillat	M52	Lake Washington-36	1:30.00
5 Miguel Olivares	M52	Orca Swim Team-36	1:32.72
6 Erin Kennedy	W34	Orca Swim Team-36	1:35.00
7 Jennifer Tran	W29	Orca Swim Team-36	2:30.00
8			
<b>Heat 2 of 6 Finals</b>			
1 Nancy Vincent	W65	Oregon Masters-37	1:25.00
2 Lani Schepler	W44	Blue Wave Aquati-36	1:23.59
3 Jeffrey Piette	M69	Oregon Masters-37	1:22.15
4 Steve Peterson	M78	Bernardo's All S-36	1:21.30
5 Rachel Wang	W26	Orca Swim Team-36	1:22.00
6 Joanne Menard	W76	Mesa Aquatics Cl-48	1:23.36
7 Emily Castillo	W46	Team Walker Inte-36	1:24.85
8 Timothy Panzer	M60	Bernardo's All S-36	1:25.00
<b>Heat 3 of 6 Finals</b>			
1 Mariah Spannbauer	W31	UC36	1:20.00
2 Chad Fletcher	M52	Bellevue Club-36	1:18.18
3 Charlotte Davis	W74	Lake Washington-36	1:15.50
4 Yun Li	W30	Lake Washington-36	1:15.00
5 Dan Kirkland	M76	Oregon Masters-37	1:15.37
6 Jennell Fuglvog	W57	UC36	1:18.00
7 Robert Pilger	M81	Bernardo's All S-36	1:19.00
8 Brent Barnes	M56	Team Walker Inte-36	1:20.44
<b>Heat 4 of 6 Finals</b>			
1 Ryan Humphreys	M30	UC36	1:14.14
2 Morena Calvo	W37	CG Sports Manage-36	1:12.00
3 Eric Ryden	M44	Orca Swim Team-36	1:11.00
4 Dino Maccari	M37	Bernardo's All S-36	1:10.00
5 Aaron Samms	M22	UC37	1:10.01
6 Yasushi Sasaki	M61	UC36	1:12.00
7 Richard Howell	M65	Oregon Masters-37	1:13.01
8 Xiangbo Meng	M31	Lake Washington-36	1:15.00
<b>Heat 5 of 6 Finals</b>			
1 Christopher Liu	M54	Team Eugene Mast-37	1:10.00
2 George Ramsay	M25	Fina	1:09.50
3 Maureen Rea	W48	Puget Sound Mast-36	1:04.50
4 Ellen Reynolds	W60	Team Redbird-33	1:04.00
5 Alain Steenbeeke	M62	Bernardo's All S-36	1:04.20
6 Reilly Kompaniet	M28	Team Eugene Mast-37	1:04.94
7 Nolan Jenks	M21	UC35	1:10.00
8 William Long	M25	Orca Swim Team-36	1:10.00

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**Heat 6 Finals (#14 Mixed 100 LC Meter Freestyle)**

1	Tatiana Lemos de Lima	W46	Lake Washington-36	1:01.50
2	Brandon Couch	M28	Bernardo's All S-36	1:00.02
3	Jake Ni	M31	Puget Sound Mast-36	1:00.00
4	David Curtiss	M38	Mesa Aquatics Cl-48	59.92
5	Baden Sprinkle	M36	Blue Wave Aquati-36	59.19
6	Chris Conroy	M39	CG Sports Manage-36	1:00.00
7	Evan Edwards	M26	Oregon Masters-37	1:01.20
8	Rob Charland	M49	Fina	1:02.00

**Event 15 Mixed 50 LC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals Starts from scoreboard end**

1				
2	Andrea Hunt	W76	Bainbridge Aquat-36	1:20.00
3	Margaret Hair	W69	Lewis Clark Nept-35	53.50
4	Janet Gettling	W76	Oregon Masters-37	50.00
5	Erin Kennedy	W34	Orca Swim Team-36	50.00
6	Susan Devoto	W61	UC36	55.00
7	Brian Johnson	M67	Team Redbird-33	1:20.00
8				

**Heat 2 of 4 Finals**

1	Robert Pilger	M81	Bernardo's All S-36	47.41
2	Carrie Franchi	W72	Spokane Club Mas-35	46.00
3	Jeffrey Piette	M69	Oregon Masters-37	45.06
4	Stephen Fogg	M76	Team Walker Inte-36	42.57
5	Emmanuel Derouillat	M52	Lake Washington-36	45.00
6	Jeanna Summers	W70	Oregon Masters-37	45.28
7	Robert White	M76	Lake Washington-36	47.30
8	Clinton White	M65	UC38	50.00

**Heat 3 of 4 Finals**

1	Chris Lautman	M70	Lake Washington-36	41.90
2	Dan Kirkland	M76	Oregon Masters-37	41.01
3	Francis Killory	M72	UC36	38.07
4	David Hathaway	M64	Oregon Masters-37	37.00
5	Chris Greiner	M43	UC36	37.95
6	Ryan Humphreys	M30	UC36	38.39
7	Morena Calvo	W37	CG Sports Manage-36	41.31
8	Rachel Wang	W26	Orca Swim Team-36	42.00

**Heat 4 of 4 Finals**

1	Denise Lindberg	W42	Lake Washington-36	35.07
2	Ethan Felicetti	M19	UC35	35.00
3	Regan Pelton	M54	UC36	34.00
4	Rowan Poppen-Eagan	M25	Puget Sound Mast-36	32.50
5	Ellen Reynolds	W60	Team Redbird-33	33.70
6	Joseph Shelly	M27	Team Walker Inte-36	34.61
7	Carl Haynie	M64	Team Walker Inte-36	35.00
8	Christine Mcclafferty	W51	Oregon Masters-37	36.03

**Event 16 Mixed 200 LC Meter Medley Relay**

Team	Relay	Seed Time
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--- No entries for event **Relay Cards due by 10:00 am****Event 17 Mixed 200 LC Meter Butterfly**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2				
3	Cynthia Clutter	W64	Mesa Aquatics Cl-48	4:30.65
4	Jake Ni	M31	Puget Sound Mast-36	4:00.00
5	Leah Carroll	W63	Albany Armada Aq-38	4:04.09
6				
7				
8				

**Heat 2 of 2 Finals**

1	Colette Crabbe	W68	Oregon Masters-37	3:25.00
2	Sandie Easton	W55	University of Ha-39	2:57.07
3	Trenton Allison	M25	Lake Washington-36	2:48.76
4	Adam Trexler	M46	Oregon Masters-37	2:40.00
5	Christine Mcclafferty	W51	Oregon Masters-37	2:46.00
6	Maureen Rea	W48	Puget Sound Mast-36	2:50.00
7	Christian Tujo	M53	Oregon Masters-37	3:01.58
8	Christopher Liu	M54	Team Eugene Mast-37	3:30.00

**Event 18 Mixed 100 LC Meter Backstroke**

Lane Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1	Brian Johnson	M67	Team Redbird-33	2:40.00
2	Erin Kennedy	W34	Orca Swim Team-36	2:00.00
3	Leah Carroll	W63	Albany Armada Aq-38	1:59.04
4	Jeanna Summers	W70	Oregon Masters-37	1:44.91
5	Joy Ward	W82	Oregon Masters-37	1:48.00
6	Lani Schepler	W44	Blue Wave Aquati-36	1:59.61
7	Andrea Hunt	W76	Bainbridge Aquat-36	2:30.00
8	Thomas Walker	M77	Team Walker Inte-36	4:00.00

**Heat 2 of 3 Finals**

1	Carrie Franchi	W72	Spokane Club Mas-35	1:38.00
2	Richard Howell	M65	Oregon Masters-37	1:35.05
3	Rachel Wang	W26	Orca Swim Team-36	1:33.00
4	Ryan Humphreys	M30	UC36	1:26.00
5	Holly Lickwala	W48	Team Walker Inte-36	1:27.84
6	Yun Li	W30	Lake Washington-36	1:35.00
7	Dan Underbrink	M68	Team Walker Inte-36	1:37.57
8	Mariah Spannbaauer	W31	UC36	1:40.00

**Heat 3 of 3 Finals**

1	Aaron Samms	M22	UC37	1:20.01
2	David Hathaway	M64	Oregon Masters-37	1:18.07
3	Alain Steenbeeke	M62	Bernardo's All S-36	1:14.20
4	Rowan Poppen-Eagan	M25	Puget Sound Mast-36	1:10.00
5	Carl Haynie	M64	Team Walker Inte-36	1:13.00
6	Evan Edwards	M26	Oregon Masters-37	1:14.61
7	Ethan Felicetti	M19	UC35	1:20.00
8	Dan Kirkland	M76	Oregon Masters-37	1:24.14

**PNA LCM Meet, Sanction #: 364-S005**  
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**Meet Program - Sunday**

**Event 19 Mixed 50 LC Meter Breaststroke**

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

1				
2				
3	Thomas Walker	M77	Team Walker Inte-36	3:00.00
4	Jett Vallandigham	W78	Moscow Chinooks-35	1:30.97
5	Jennifer Tran	W29	Orca Swim Team-36	2:00.00
6				
7				
8				

**Heat 2 of 6 Finals**

1	Andrea Hunt	W76	Bainbridge Aquat-36	1:30.00
2	Graham Anderson	M73	Snoco YMCA Barra-36	58.00
3	Stephen Fogg	M76	Team Walker Inte-36	55.03
4	Jeffrey Piette	M69	Oregon Masters-37	53.55
5	Rachel Wang	W26	Orca Swim Team-36	54.00
6	Dino Maccari	M37	Bernardo's All S-36	57.00
7	Miguel Olivares	M52	Orca Swim Team-36	59.00
8				

**Heat 3 of 6 Finals**

1	Emily Ghilarducci	W62	Bernardo's All S-36	48.00
2	Charlotte Davis	W74	Lake Washington-36	46.00
3	Yishu Xu	W38	Lake Washington-36	45.00
4	Steve Peterson	M78	Bernardo's All S-36	44.90
5	Emmanuel Derouillat	M52	Lake Washington-36	45.00
6	William Long	M25	Orca Swim Team-36	45.00
7	Nancy Vincent	W65	Oregon Masters-37	46.85
8	Janet Gettling	W76	Oregon Masters-37	51.00

**Heat 4 of 6 Finals**

1	Chad Fletcher	M52	Bellevue Club-36	44.58
2	Chris Greiner	M43	UC36	43.93
3	Robert White	M76	Lake Washington-36	41.54
4	Meredith Weisshaar	W48	Oregon Masters-37	41.00
5	Chris Lautman	M70	Lake Washington-36	41.27
6	Greg Walsh	M71	Puget Sound Mast-36	42.52
7	Colette Crabbe	W68	Oregon Masters-37	43.94
8	Linda Chapman	W68	Lake Washington-36	44.67

**Heat 5 of 6 Finals**

1	Brent Barnes	M56	Team Walker Inte-36	40.27
2	Regan Pelton	M54	UC36	40.00
3	Jae Seon Kim	M44	Bellevue Club-36	40.00
4	David Scott	M58	Team Walker Inte-36	37.94
5	Reilly Kompaniet	M28	Team Eugene Mast-37	38.82
6	Xiangbo Meng	M31	Lake Washington-36	40.00
7	Morena Calvo	W37	CG Sports Manage-36	40.00
8	Christine Mcclafferty	W51	Oregon Masters-37	40.32

**Heat 6 of 6 Finals**

1	Joseph Shelly	M27	Team Walker Inte-36	36.76
2	Nolan Jenks	M21	UC35	35.00
3	Rob Charland	M49	Fina	34.13
4	George Ramsay	M25	Fina	31.68
5	Chris Conroy	M39	CG Sports Manage-36	34.00
6	Kevin Esko	M58	Mercer Island Re-36	34.76
7	Denise Lindberg	W42	Lake Washington-36	36.67
8	Camille McClafferty	W18	Oregon Masters-37	36.88

**Event 20 Mixed 200 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	No entries for event	Relay Cards due by end of Event 15