

Colonies Zone Short Course Yards Championship April 5 - 7, 2019

**Hosted by: Patriot Masters & George Mason University Swimming & Diving
Fairfax, Virginia**

Sanctioned by Potomac Valley LMSC for USMS, INC. # 109-S001

MEET DIRECTOR:	Cheryl Ward – 4123 Virginia St, Fairfax, VA 22032 cherylaward@yahoo.com	
MEET REFEREE:	Jack Neill	Mike Rubin
OFFICIALS:	Paul Jampole	Roy Soller
	John Kost	Rich McMillen
	Spencer Quinn	Robert Stevens
	Joe Tiaigo	Scott Witkin
	Steed Edwards	
HY-TEK:	Carolyn Kotarski	Bob Brofft

USMS RECORDS BROKEN

Women 18-24

Catherine Mulquin (Club Tribe) – 50 Back 25.92

Total number of swimmers in the meet: 446

Licensed to George Mason University HY-TEK's MEET MANAGER 6.0 4/17/2019
 2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001
 George Mason University, Fairfax, VA
 Team Rankings - Through Event 56

Combined Team Scores - Small Team

Place	Team		Points
=====			
1	SPRING VALLEY YMCA MASTERS	SVY	411
2	GARDEN STATE MASTERS	GSM	227
3	CENTRAL MARYLAND YMCA MASTERS	CMYM	179
4	MERRITT MARLINS	MERR	174
5	UC08	UC08	172
6	GERMANTOWN MARYLAND MASTERS	GERM	136
7	GOLD COAST MASTERS	GOLD	126
8	TIDE SWIMMING	TIDE	122
9	UC09	UC09	121
10	YMCA RESTON WATER WOLVES	RWW	118
11	LIFE TIME SWIM DELAWARE VALLEY	LTDV	116
12	WARRENTON FAUQUIER AQUATIC CLU	WFAC	114
13	RIPTIDE MASTERS	RIPM	108
14	SWIM FORT LAUDERDALE	SFTL	101

15	NEW ENGLAND MASTERS SWIM CLUB	NEM	97
16	MONTGOMERY ANCIENT MARINERS	ANCM	86
17	FAIRPORT AREA SWIM TEAM MASTER	FAIR	81
18	AGUA MASTERS	AGUA	79
19	UC12	UC12	68
20	CENTRAL BUCKS FAMILY YMCA	CBFY	59
21	MASTERS AQUATICS AT SPRING HIL	MASH	57
22	SOMERSET COUNTY YMCA MASTERS	SCYM	55
23	CONNECTICUT MASTERS	CONN	54
24	UC06	UC06	52
25	MARYLAND MASTERS	MARY	51
26	DUMPSTER FISH	DFSH	45
27	EXCEL SWIMMING	XCL	44
28	COLUMBIA MASTERS SWIM TEAM	COLU	41
29	CHESTER RIVER AQUATIC BLUES	CRAB	39
30	FINS AQUATIC CLUB	FINS	34
31	CHELSEA PIERS FITNESS NY/BK	CHEL	33
32	UC50	UC50	32
33	TSUNAMI MASTERS	NAMI	29
34	UC11	UC11	27
35	TEAM NEW YORK AQUATICS	TNYA	25
36	BERKELEY (NJ) AQUATIC MASTERS	BERK	22
36	SARASOTA SHARKS MASTERS	SHARK	22
38	CHINN AQUATICS AND FITNESS CEN	CAFC	20
38	DC DEPT OF RECREATION & PARKS	DCRP	20
40	FREDRICKSBURG AMERICAN FAMILY	FAFF	19
41	ALASKA MASTERS SWIM CLUB	AKMS	17
41	MONOCACY AQUATIC CLUB MASTERS	MACM	17
43	KEYSTONE AQUATICS	KA	15
44	RAPPAHANNOCK YMCA MASTER'S SWI	RRY	14
44	ROCHESTER AREA MASTERS SWIMMIN	ROCH	14
46	MASTERS OF SOUTH TEXAS	MOST	9
47	LIFE TIME SWIM MID-ATLANTIC (P	LMAC	8
48	WARRIOR TEAM CONSIDINE	WTC	7
48	DC TRIATHLON CLUB	DCTC	7
50	SANTA BARBARA MASTERS	SBM	6
51	ATHLETES WITHOUT LIMITS	AWLM	1

Combined Team Scores - Medium Team

Place	Team		Points
1	COLONIALS 1776	1776	939
2	LANDSHARK MASTERS	LASH	574
3	ALEXANDRIA MASTERS SWIMMING	ALEX	355
4	PATRIOT MASTERS SWIM TEAM	GMUP	354
5	UMAC-TERRAPIN MASTERS	UMAC	336
6	DISTRICT OF COLUMBIA AQUATICS	DCAC	287
7	E TEAM	ETM	225
8	FREEDOM AQUATIC CLUB	FAC	156
9	ARLINGTON MASTERS	ARMS	145
10	UC10	UC10	88

Combined Team Scores - Large Team

Place	Team		Points
1	CLUB TRIBE	1693	1756
2	VIRGINIA MASTERS SWIM TEAM	VMST	1227
3	RESTON MASTERS SWIM TEAM	RMST	1036
4	LANE 4 SWIMMING	L4S	785

Licensed to George Mason University

George Mason University, Fairfax, VA
Results

Women 18-24 50 Yard Freestyle

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=====
ZONE: Z 23.96    4/13/2003 Petra Adamkova
NATL: ! 22.21   1/31/2015 VANDERPOOL-WALLAC
Name           Age Club           Finals
=====
1 Mulquin, Catherine    24 CLUB TRIBE           25.06
2 Wujciak, Anna         24 CLUB TRIBE           25.13
3 Schaffling, Staci     24 COLONIALS 1776      28.66
4 Wooley, Samantha     23 CLUB TRIBE           31.33
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Women 18-24 100 Yard Freestyle

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ZONE: Z 51.99    4/11/2015 Harumi Katsuyama, Lane 4 Swimming
NATL: ! 48.18   12/6/2014 KATIE MEILI
Name           Age Club           Finals
=====
1 Moyer, Caroline      24 LIFE TIME SWIM D     55.99
    26.88             55.99 (29.11)
2 Burke, Rebecca       23 LANE 4 SWIMMING      56.95
    27.40             56.95 (29.55)
3 Schaffling, Staci    24 COLONIALS 1776      1:04.32
    29.55             1:04.32 (34.77)
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Women 18-24 200 Yard Freestyle

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=====
ZONE: Z 1:54.63  4/10/2016 Gabrielle Mizerak, Club Tribe Alumn
NATL: ! 1:43.28  11/8/2009 DANA VOLLMER
Name           Age Club           Finals
=====
1 MacDonald, Emilie    19 E TEAM           2:08.36
    30.11             1:02.67 (32.56)    1:35.63 (32.96)    2:08.36 (32.73)
2 Basham, Abby         23 CHINN AQUATICS A   2:43.27
    36.59             1:17.86 (41.27)    2:00.63 (42.77)    2:43.27 (42.64)
3 Sours, Kate          20 LANE 4 SWIMMING    2:49.86
    37.66             1:19.60 (41.94)    2:04.25 (44.65)    2:49.86 (45.61)
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Women 18-24 200 Yard Freestyle Time Trial

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=====
ZONE: Z 1:55.38  4/4/2004 Kelly Bowman
NATL: ! 1:43.28  11/8/2009 DANA VOLLMER
Name           Age Club           Finals
=====
- Time Trial
1 Wujciak, Anna       24 CLUB TRIBE           1:55.70
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Women 18-24 500 Yard Freestyle

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=====
ZONE: Z 5:12.23  4/4/2004 Kelly Bowman, TERR
NATL: ! 4:49.97  10/25/2003 JESSICA FOSCHI
Name           Age Club           Finals
=====
1 Wujciak, Anna       24 CLUB TRIBE           5:13.39
    28.62             59.90 (31.28)    1:31.88 (31.98)    2:03.82 (31.94)
    2:35.75 (31.93)    3:07.24 (31.49)    3:38.78 (31.54)    4:10.32 (31.54)
    4:42.05 (31.73)    5:13.39 (31.34)
2 MacDonald, Emilie   19 E TEAM           5:46.63
    31.58             1:06.59 (35.01)    1:41.69 (35.10)    2:17.21 (35.52)
    2:52.67 (35.46)    3:28.08 (35.41)    4:03.37 (35.29)    4:38.49 (35.12)
    5:13.01 (34.52)    5:46.63 (33.62)
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3	Bade, Marian	24 ALEXANDRIA MASTE	6:04.23
	32.99	1:08.88 (35.89)	1:45.66 (36.78)
	2:59.64 (36.96)	3:36.57 (36.93)	4:13.36 (36.79)
	5:27.87 (37.09)	6:04.23 (36.36)	4:50.78 (37.42)
4	Schaffling, Staci	24 COLONIALS 1776	6:19.92
	32.12	1:08.28 (36.16)	1:45.56 (37.28)
	3:02.46 (38.63)	3:41.68 (39.22)	4:21.13 (39.45)
	5:42.28 (40.93)	6:19.92 (37.64)	5:01.35 (40.22)
5	Basham, Abby	23 CHINN AQUATICS A	7:15.52
	37.39	1:19.34 (41.95)	2:02.68 (43.34)
	3:31.21 (44.41)	4:16.40 (45.19)	5:01.70 (45.30)
	6:31.47 (44.67)	7:15.52 (44.05)	2:46.80 (44.12)
			5:46.80 (45.10)
6	Sours, Kate	20 LANE 4 SWIMMING	7:28.50
	39.64	1:21.57 (41.93)	2:05.54 (43.97)
	3:36.61 (46.25)	4:22.04 (45.43)	5:09.14 (47.10)
	6:42.48 (46.25)	7:28.50 (46.02)	2:50.36 (44.82)
			5:56.23 (47.09)

Women 18-24 1000 Yard Freestyle

=====			
	ZONE: Z 10:52.83	4/8/2016 Kaley Gregory, UC12	
	NATL: ! 10:12.42	3/31/2012 LUANE ROWE	
	Name	Age Club	Finals
=====			
1	Sours, Kate	20 LANE 4 SWIMMING	15:47.55
	40.27	1:23.76 (43.49)	2:09.38 (45.62)
	3:43.33 (47.49)	4:31.52 (48.19)	5:19.82 (48.30)
	6:56.28 (47.41)	7:46.36 (50.08)	8:33.67 (47.31)
	10:10.27 (48.57)	10:59.30 (49.03)	11:47.78 (48.48)
	13:25.46 (49.30)	14:13.45 (47.99)	15:01.49 (48.04)
			2:55.84 (46.46)
			6:08.87 (49.05)
			9:21.70 (48.03)
			12:36.16 (48.38)
			15:47.55 (46.06)

Women 18-24 1650 Yard Freestyle

=====			
	ZONE: Z 18:41.96	4/23/2006 Eliz. Schlicher, NBAC	
	NATL: ! 16:53.46	5/4/2017 GENEVIEVE MILLER	
	Name	Age Club	Finals
=====			
1	Bade, Marian	24 ALEXANDRIA MASTE	21:08.69
	34.94	1:12.79 (37.85)	1:50.78 (37.99)
	3:08.53 (39.03)	3:47.46 (38.93)	4:26.66 (39.20)
	5:44.87 (38.97)	6:23.40 (38.53)	7:02.17 (38.77)
	8:20.02 (39.13)	8:59.26 (39.24)	9:37.55 (38.29)
	10:55.08 (38.84)	11:33.99 (38.91)	12:12.85 (38.86)
	13:30.52 (38.73)	14:09.19 (38.67)	14:47.91 (38.72)
	16:04.49 (38.13)	16:42.39 (37.90)	17:20.50 (38.11)
	18:37.12 (38.27)	19:15.10 (37.98)	19:53.44 (38.34)
	21:08.69 (37.45)		20:31.24 (37.80)
2	Wei, Laurie	24 DC TRIATHLON CLU	21:16.92
	32.20	1:07.65 (35.45)	1:44.36 (36.71)
	2:59.74 (37.90)	3:38.52 (38.78)	4:17.23 (38.71)
	5:35.76 (39.42)	6:15.16 (39.40)	6:54.61 (39.45)
	8:14.89 (40.42)	8:54.47 (39.58)	9:34.15 (39.68)
	10:53.10 (39.25)	11:32.58 (39.48)	12:12.72 (40.14)
	13:31.87 (39.30)	14:11.44 (39.57)	14:50.85 (39.41)
	16:09.59 (39.80)	16:48.63 (39.04)	17:28.29 (39.66)
	18:46.73 (39.26)	19:25.00 (38.27)	20:03.00 (38.00)
	21:16.92 (35.93)		2:21.84 (37.48)
			4:56.34 (39.11)
			7:34.47 (39.86)
			10:13.85 (39.70)
			12:52.57 (39.85)
			15:29.79 (38.94)
			18:07.47 (39.18)
			20:40.99 (37.99)

Women 18-24 50 Yard Backstroke

=====			
	ZONE: Z 27.46	4/10/2016 Gabrielle Mizerak, Club Tribe Alumn	
	NATL: ! 26.14	5/12/2018 JULIA MIKOTA	
	Name	Age Club	Finals
=====			

1	Mulquin, Catherine	24 CLUB TRIBE	25.92!
2	Burke, Rebecca	23 LANE 4 SWIMMING	29.63
3	Schaffling, Staci	24 COLONIALS 1776	34.88

Women 18-24 50 Yard Backstroke Time Trial

ZONE: Z 27.60 4/23/2006 Stacy Peterson
 NATL: ! 26.14 5/12/2018 JULIA MIKOTA

Name	Age Club	Finals
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- Time Trial

1	Mulquin, Catherine	24 CLUB TRIBE	27.38Z
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Women 18-24 100 Yard Backstroke

ZONE: Z 56.80 4/17/2011 Kellyanne Tomasula, 1776
 NATL: ! 55.90 5/23/2010 EMILE EWING

Name	Age Club	Finals
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1	Mulquin, Catherine	24 CLUB TRIBE	58.33
	28.36	58.33 (29.97)	
2	Burke, Rebecca	23 LANE 4 SWIMMING	1:02.43
	30.63	1:02.43 (31.80)	

Women 18-24 200 Yard Backstroke

ZONE: Z 2:02.91 4/17/2011 Kellyanne Tomasula, 1776
 NATL: ! 1:59.22 4/30/2000 SARA SCHWEITZER

Name	Age Club	Finals
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1	Wujciak, Anna	24 CLUB TRIBE	2:14.29
	32.08	1:06.81 (34.73) 1:41.02 (34.21)	2:14.29 (33.27)

Women 18-24 50 Yard Breaststroke

ZONE: Z 30.06 4/13/2003 Petra Adamkova
 NATL: ! 27.76 12/5/2014 KATIE MEILI

Name	Age Club	Finals
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1	Moyer, Caroline	24 LIFE TIME SWIM D	30.41
2	Burke, Rebecca	23 LANE 4 SWIMMING	32.42
3	Wooley, Samantha	23 CLUB TRIBE	40.18

Women 18-24 100 Yard Breaststroke

ZONE: Z 1:06.88 4/4/2004 Jillian Martin, TERR
 NATL: ! 58.71 12/5/2014 KATIE MEILI

Name	Age Club	Finals
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1	Schwartz, Laura	24 CLUB TRIBE	1:06.03Z
	31.07	1:06.03 (34.96)	
2	Moyer, Caroline	24 LIFE TIME SWIM D	1:06.27Z
	31.29	1:06.27 (34.98)	
3	Basham, Abby	23 CHINN AQUATICS A	1:36.55
	45.69	1:36.55 (50.86)	

Women 18-24 200 Yard Breaststroke

ZONE: Z 2:24.53 4/14/2018 Laura Schwartz, Club Tribe
 NATL: ! 2:06.59 12/6/2014 MICAH LAWRENCE

Name	Age Club	Finals
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1	Schwartz, Laura	24 CLUB TRIBE	2:23.56Z
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	32.73	1:09.00 (36.27)	1:46.64 (37.64)	2:23.56 (36.92)
2 Moyer, Caroline		24 LIFE TIME SWIM D		2:24.57
	32.60	1:09.38 (36.78)	1:46.94 (37.56)	2:24.57 (37.63)

Women 18-24 50 Yard Butterfly

=====			
	ZONE: Z 25.56	4/9/2016 Gabrielle Mizerak, Club Tribe Alumn	
	NATL: ! 24.54	11/8/2009 DANA VOLLMER	
Name		Age Club	Finals
=====			
1 Mulquin, Catherine		24 CLUB TRIBE	25.16Z
2 Burke, Rebecca		23 LANE 4 SWIMMING	27.44
3 Schaffling, Staci		24 COLONIALS 1776	31.66

Women 18-24 100 Yard Butterfly

=====			
	ZONE: Z 57.38	4/12/2015 Harumi Katsuyama, Lane 4 Swimming	
	NATL: ! 52.30	11/8/2009 DANA VOLLMER	
Name		Age Club	Finals
=====			
1 Wujciak, Anna		24 CLUB TRIBE	58.99
	27.85	58.99 (31.14)	
2 MacDonald, Emilie		19 E TEAM	1:04.11
	29.61	1:04.11 (34.50)	
3 Schaffling, Staci		24 COLONIALS 1776	1:15.29
	34.06	1:15.29 (41.23)	

Women 18-24 100 Yard IM

=====			
	ZONE: Z 59.66	4/15/2018 Laura Schwartz, Club Tribe	
	NATL: ! 53.02	12/21/2014 KATIE MEILI	
Name		Age Club	Finals
=====			
1 Schwartz, Laura		24 CLUB TRIBE	59.87
	27.70	59.87 (32.17)	
2 Moyer, Caroline		24 LIFE TIME SWIM D	1:01.99
	29.73	1:01.99 (32.26)	
3 Burke, Rebecca		23 LANE 4 SWIMMING	1:02.68
	28.71	1:02.68 (33.97)	
4 Schaffling, Staci		24 COLONIALS 1776	1:16.18
	33.36	1:16.18 (42.82)	
5 Wooley, Samantha		23 CLUB TRIBE	1:20.32
	37.64	1:20.32 (42.68)	
6 Basham, Abby		23 CHINN AQUATICS A	1:26.74
	39.93	1:26.74 (46.81)	

Women 18-24 200 Yard IM

=====			
	ZONE: Z 2:09.53	4/14/2018 Laura Schwartz, Club Tribe	
	NATL: ! 1:54.20	12/4/2014 KATIE MEILI	
Name		Age Club	Finals
=====			
1 Schwartz, Laura		24 CLUB TRIBE	2:10.35
	27.80	1:01.39 (33.59)	1:38.49 (37.10)
2 Moyer, Caroline		24 LIFE TIME SWIM D	2:18.73
	28.95	1:09.58 (40.63)	1:46.31 (36.73)
			2:18.73 (32.42)

Women 25-29 50 Yard Freestyle

=====			
	ZONE: Z 23.16	4/24/2005 Petra Martin, TERR	
	NATL: ! 22.45	5/13/2018 KATARZYNA WILK	
Name		Age Club	Finals
=====			

1 Ryczek, Emily	25 CLUB TRIBE	25.03
2 Kulczycki, Shaina	25 CLUB TRIBE	26.15
3 Maqueda, Victoria	26 CLUB TRIBE	27.56
4 Duarte, Ana	29 ARLINGTON MASTER	27.94
5 Mateja, Taylor	25 LIFE TIME SWIM D	29.13

Women 25-29 100 Yard Freestyle

=====

ZONE: Z 52.00 4/8/2017 Marina Falcone, Club Tribe
 NATL: ! 48.58 5/12/2018 KATARZYNA WILK

Name	Age Club	Finals
1 Ryczek, Emily	25 CLUB TRIBE	53.88
	25.50 53.88 (28.38)	
2 Kulczycki, Shaina	25 CLUB TRIBE	56.44
	26.89 56.44 (29.55)	
3 Maqueda, Victoria	26 CLUB TRIBE	57.83
	27.35 57.83 (30.48)	

Women 25-29 200 Yard Freestyle

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ZONE: Z 1:52.76 4/9/2017 Marina Falcone, Club Tribe Alumn
 NATL: ! 1:48.80 5/20/2001 LIMIN LIU

Name	Age Club	Finals
1 Ryczek, Emily	25 CLUB TRIBE	1:59.16
	27.50 57.27 (29.77) 1:27.59 (30.32)	1:59.16 (31.57)

Women 25-29 500 Yard Freestyle

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ZONE: Z 5:12.74 4/20/2013 Katie Gilmore, Alexandria Maste
 NATL: ! 4:49.88 1/3/1996 SHEILA TAORMINA

Name	Age Club	Finals
1 VanDoren, Sarah	27 RESTON MASTERS S	6:06.28
	33.12 1:09.61 (36.49) 1:46.14 (36.53)	2:23.25 (37.11)
	3:00.11 (36.86) 3:37.60 (37.49)	4:14.74 (37.14) 4:52.12 (37.38)
	5:29.15 (37.03) 6:06.28 (37.13)	
2 Adams, Gail	25 VIRGINIA MASTERS	6:58.35
	34.17 1:13.05 (38.88) 1:54.39 (41.34)	2:38.18 (43.79)
	3:20.89 (42.71) 4:04.84 (43.95)	4:49.24 (44.40) 5:34.21 (44.97)
	6:17.41 (43.20) 6:58.35 (40.94)	

Women 25-29 50 Yard Backstroke

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ZONE: Z 27.35 4/15/2018 Anna Macedonia, Alexandria Maste
 NATL: ! 25.26 5/22/2010 TANICA JAMISON

Name	Age Club	Finals
1 Mizerak, Gabrielle	27 CLUB TRIBE	27.98
2 Kulczycki, Shaina	25 CLUB TRIBE	28.94
3 Mateja, Taylor	25 LIFE TIME SWIM D	31.58
4 Adams, Gail	25 VIRGINIA MASTERS	33.93

Women 25-29 50 Yard Backstroke Time Trial

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ZONE: Z 28.15 4/15/2007 Stacy Peterson
 NATL: ! 25.26 5/22/2010 TANICA JAMISON

Name	Age Club	Finals
- Time Trial		
3 Mizerak, Gabrielle	27 CLUB TRIBE	28.32
4 Kulczycki, Shaina	25 CLUB TRIBE	28.94

Women 25-29 100 Yard Backstroke Time Trial

Name	Age	Club	Finals
=====			
ZONE: Z 59.56 4/15/2007 Stacey Peterson			
NATL: ! 54.06 5/23/2010 TANICA JAMISON			
Name	Age	Club	Finals
=====			
1 Mizerak, Gabrielle	27	CLUB TRIBE	1:01.50

Women 25-29 100 Yard Backstroke

Name	Age	Club	Finals
=====			
ZONE: Z 58.87 4/14/2018 Anna Macedonia, Alexandria Maste			
NATL: ! 54.06 5/23/2010 TANICA JAMISON			
Name	Age	Club	Finals
=====			
1 Ryczek, Emily	25	CLUB TRIBE	1:03.27
	31.03	1:03.27 (32.24)	
2 Kulczycki, Shaina	25	CLUB TRIBE	1:03.33
	30.70	1:03.33 (32.63)	

Women 25-29 200 Yard Backstroke

Name	Age	Club	Finals
=====			
ZONE: Z 2:08.40 4/25/2009 Alyssa Lengle, ARMS			
NATL: ! 1:56.87 2/28/2015 F PELLEGRINI			
Name	Age	Club	Finals
=====			
1 Adams, Gail	25	VIRGINIA MASTERS	2:36.83
	36.31	1:15.16 (38.85) 1:55.29 (40.13)	2:36.83 (41.54)

Women 25-29 50 Yard Breaststroke

Name	Age	Club	Finals
=====			
ZONE: Z 30.03 4/24/2005 Petra Martin, TERR			
NATL: ! 27.10 4/30/2016 KATIE MEILI			
Name	Age	Club	Finals
=====			
1 Maqueda, Victoria	26	CLUB TRIBE	31.90
2 Mizerak, Gabrielle	27	CLUB TRIBE	34.55

Women 25-29 100 Yard Breaststroke

Name	Age	Club	Finals
=====			
ZONE: Z 1:08.30 4/25/2010 Jen Brielmaier, Reston Masters S			
NATL: ! 59.58 2/6/2010 MEGAN JENDRICK			
Name	Age	Club	Finals
=====			
1 Maqueda, Victoria	26	CLUB TRIBE	1:08.57
	32.10	1:08.57 (36.47)	

Women 25-29 200 Yard Breaststroke

Name	Age	Club	Finals
=====			
ZONE: Z 2:28.64 4/14/2018 Denise Letendre, Virginia Masters			
NATL: ! 2:09.05 2/6/2010 MEGAN JENDRICK			
Name	Age	Club	Finals
=====			
1 Maqueda, Victoria	26	CLUB TRIBE	2:45.97
	35.44	1:16.08 (40.64) 2:00.26 (44.18)	2:45.97 (45.71)

Women 25-29 50 Yard Butterfly

Name	Age	Club	Finals
=====			
ZONE: Z 25.83 4/24/2005 Petra Martin, TERR			
NATL: ! 24.19 4/28/2017 DANIELLE HERRMANN			
Name	Age	Club	Finals
=====			
1 Mizerak, Gabrielle	27	CLUB TRIBE	25.90

2 Mateja, Taylor 25 LIFE TIME SWIM D 31.47

Women 25-29 100 Yard IM

=====

ZONE: Z 59.53 4/24/2005 Petra Martin, TERR
NATL: ! 54.40 4/29/2017 DANIELLE HERRMANN

Name	Age	Club	Finals
1 Kulczycki, Shaina	25	CLUB TRIBE	1:03.71
	28.86	1:03.71 (34.85)	
2 Maqueda, Victoria	26	CLUB TRIBE	1:06.74
	32.89	1:06.74 (33.85)	
3 Mateja, Taylor	25	LIFE TIME SWIM D	1:13.91
	32.51	1:13.91 (41.40)	

=====

Women 30-34 50 Yard Freestyle

=====

ZONE: Z 24.04 4/26/2009 Petra Martin, GMUP
NATL: ! 22.48 11/29/2012 ERIKA ERNDL

Name	Age	Club	Finals
1 Greenawalt, Anne	34	DUMPSTER FISH	25.78
2 Letendre, Claire	33	VIRGINIA MASTERS	28.84
3 Talty, Leah	30	FAIRPORT AREA SW	30.07
4 Gordon, Stephanie	31	YMCA RESTON WATE	30.32
5 DeVito, Christina	34	FREEDOM AQUATIC	35.68

=====

Women 30-34 100 Yard Freestyle

=====

ZONE: Z 52.34 4/25/2009 Petra Martin, GMUP
NATL: ! 48.03 2/23/2013 ERIKA ERNDL

Name	Age	Club	Finals
1 Greenawalt, Anne	34	DUMPSTER FISH	56.10
	26.72	56.10 (29.38)	
2 Minzenmayer, Ellen	30	CLUB TRIBE	58.86
	27.97	58.86 (30.89)	
3 Talty, Leah	30	FAIRPORT AREA SW	1:05.87
	31.01	1:05.87 (34.86)	
4 Gordon, Stephanie	31	YMCA RESTON WATE	1:10.56
	33.65	1:10.56 (36.91)	

=====

Women 30-34 100 Yard Freestyle Time Trial

=====

ZONE: Z 54.22 5/1/1994 Liz Hobbs
NATL: ! 48.03 2/23/2013 ERIKA ERNDL

Name	Age	Club	Finals
- Time Trial			
3 Minzenmayer, Ellen	30	CLUB TRIBE	1:00.14

=====

Women 30-34 200 Yard Freestyle Time Trial

=====

ZONE: Z 1:57.76 5/2/1999 Laurie Hug
NATL: ! 1:43.46 11/30/2012 ERIKA ERNDL

Name	Age	Club	Finals
2 Greene, Shannon	33	CLUB TRIBE	2:06.83

=====

Women 30-34 200 Yard Freestyle

=====

ZONE: Z 1:55.16 4/6/2014 Katie McWilliams, Alexandria Maste
NATL: ! 1:43.46 11/30/2012 ERIKA ERNDL

=====

Name	Age	Club	Finals	
1 Greenawalt, Anne	34	DUMPSTER FISH		2:01.91
	27.94	58.88 (30.94)	1:30.23 (31.35)	2:01.91 (31.68)
2 Greene, Shannon	33	CLUB TRIBE		2:05.84
	28.96	1:00.31 (31.35)	1:32.93 (32.62)	2:05.84 (32.91)
3 Letendre, Claire	33	VIRGINIA MASTERS		2:17.96
	31.75	1:06.47 (34.72)	1:42.13 (35.66)	2:17.96 (35.83)
4 Talty, Leah	30	FAIRPORT AREA SW		2:26.79
	32.79	1:09.03 (36.24)	1:48.12 (39.09)	2:26.79 (38.67)
5 DeVito, Christina	34	FREEDOM AQUATIC		2:43.18
	38.26	1:19.42 (41.16)	2:01.74 (42.32)	2:43.18 (41.44)

Women 30-34 500 Yard Freestyle

Name	Age	Club	Finals	
ZONE: Z 5:11.06 4/2/2000 Laurie Hug				
NATL: ! 4:46.92 4/14/2012 DAWN HECKMAN				
1 Greenawalt, Anne	34	DUMPSTER FISH		5:31.24
	29.54	1:02.29 (32.75)	1:35.59 (33.30)	2:09.17 (33.58)
	2:42.77 (33.60)	3:16.72 (33.95)	3:50.61 (33.89)	4:24.41 (33.80)
	4:58.36 (33.95)	5:31.24 (32.88)		
2 Greene, Shannon	33	CLUB TRIBE		5:37.62
	30.11	1:02.48 (32.37)	1:35.52 (33.04)	2:09.08 (33.56)
	2:43.08 (34.00)	3:17.61 (34.53)	3:52.26 (34.65)	4:27.36 (35.10)
	5:02.51 (35.15)	5:37.62 (35.11)		
3 Letendre, Claire	33	VIRGINIA MASTERS		6:09.81
	33.37	1:10.33 (36.96)	1:47.50 (37.17)	2:24.69 (37.19)
	3:02.15 (37.46)	3:39.91 (37.76)	4:17.60 (37.69)	4:55.55 (37.95)
	5:32.94 (37.39)	6:09.81 (36.87)		
4 Talty, Leah	30	FAIRPORT AREA SW		6:26.44
	33.17	1:10.29 (37.12)	1:49.11 (38.82)	2:28.86 (39.75)
	3:08.35 (39.49)	3:47.67 (39.32)	4:28.20 (40.53)	5:08.33 (40.13)
	5:48.18 (39.85)	6:26.44 (38.26)		
5 Plimpton, Hannah	33	COLONIALS 1776		6:50.87
	36.83	1:17.80 (40.97)	2:00.40 (42.60)	2:43.08 (42.68)
	3:25.13 (42.05)	4:07.45 (42.32)	4:48.70 (41.25)	5:29.86 (41.16)
	6:11.10 (41.24)	6:50.87 (39.77)		
6 Purnell-Sayle, Richena	33	FREEDOM AQUATIC		10:44.61
	54.52	1:53.78 (59.26)	2:56.81 (1:03.03)	4:03.63 (1:06.82)
	5:14.00 (1:10.37)	6:19.85 (1:05.85)	7:26.86 (1:07.01)	8:34.15 (1:07.29)
	9:40.36 (1:06.21)	10:44.61 (1:04.25)		

Women 30-34 1000 Yard Freestyle

Name	Age	Club	Finals	
ZONE: Z 10:32.92 4/2/2000 Laurie Hug				
NATL: ! 9:51.93 4/15/2012 DAWN HECKMAN				
1 Talty, Leah	30	FAIRPORT AREA SW		13:22.80
	34.99	1:13.80 (38.81)	1:53.29 (39.49)	2:33.67 (40.38)
	3:13.70 (40.03)	3:54.67 (40.97)	4:36.03 (41.36)	5:17.45 (41.42)
	5:58.39 (40.94)	6:39.93 (41.54)	7:21.55 (41.62)	8:02.85 (41.30)
	8:43.85 (41.00)	9:24.47 (40.62)	10:04.92 (40.45)	10:45.05 (40.13)
	11:25.92 (40.87)	12:06.23 (40.31)	12:45.55 (39.32)	13:22.80 (37.25)
2 McDonald, Megan	30	FREDRICKSBURG AM		13:38.43
	35.72	1:15.99 (40.27)	1:56.99 (41.00)	2:37.65 (40.66)
	3:18.28 (40.63)	3:59.25 (40.97)	4:40.33 (41.08)	5:21.31 (40.98)
	6:02.35 (41.04)	6:43.62 (41.27)	7:24.87 (41.25)	8:06.66 (41.79)
	8:47.87 (41.21)	9:29.11 (41.24)	10:11.12 (42.01)	10:52.74 (41.62)
	11:34.60 (41.86)	12:15.96 (41.36)	12:57.90 (41.94)	13:38.43 (40.53)

Women 30-34 1650 Yard Freestyle

ZONE: Z 17:27.45		4/2/2000 Laurie Hug	
NATL: ! 17:07.52		5/23/1993 KAREN BURTON	
Name	Age Club	Finals	
=====			
1 Godesky, Alyssa	33 E TEAM	20:58.77	
33.95	1:11.80 (37.85)	1:50.48 (38.68)	2:28.44 (37.96)
3:06.77 (38.33)	3:45.14 (38.37)	4:23.48 (38.34)	5:02.08 (38.60)
5:40.64 (38.56)	6:19.29 (38.65)	6:58.10 (38.81)	7:36.47 (38.37)
8:15.52 (39.05)	8:54.13 (38.61)	9:32.55 (38.42)	10:11.12 (38.57)
10:49.88 (38.76)	11:27.98 (38.10)	12:06.61 (38.63)	12:44.84 (38.23)
13:23.76 (38.92)	14:01.81 (38.05)	14:39.89 (38.08)	15:18.31 (38.42)
15:56.69 (38.38)	16:35.08 (38.39)	17:13.45 (38.37)	17:51.44 (37.99)
18:28.86 (37.42)	19:06.88 (38.02)	19:44.75 (37.87)	20:22.33 (37.58)
20:58.77 (36.44)			
2 Plimpton, Hannah	33 COLONIALS 1776	23:34.59	
36.70	1:17.44 (40.74)	1:59.25 (41.81)	2:41.25 (42.00)
3:23.39 (42.14)	4:05.54 (42.15)	4:48.16 (42.62)	5:31.06 (42.90)
6:13.67 (42.61)	6:56.13 (42.46)	7:39.14 (43.01)	8:22.00 (42.86)
9:05.36 (43.36)	9:48.50 (43.14)	10:32.41 (43.91)	11:16.56 (44.15)
12:00.19 (43.63)	12:44.64 (44.45)	13:28.58 (43.94)	14:12.43 (43.85)
14:56.92 (44.49)	15:40.83 (43.91)	16:24.14 (43.31)	17:08.37 (44.23)
17:52.89 (44.52)	18:37.50 (44.61)	19:21.51 (44.01)	20:04.97 (43.46)
20:47.44 (42.47)	21:30.18 (42.74)	22:13.01 (42.83)	22:54.69 (41.68)
23:34.59 (39.90)			
3 Goldberg, Marci	34 LANE 4 SWIMMING	27:15.59	
45.01	1:33.94 (48.93)	2:22.79 (48.85)	3:11.77 (48.98)
4:01.59 (49.82)	4:51.44 (49.85)	5:41.40 (49.96)	6:30.65 (49.25)
7:19.76 (49.11)	8:08.94 (49.18)	8:58.68 (49.74)	9:48.05 (49.37)
10:37.82 (49.77)	11:27.40 (49.58)	12:17.03 (49.63)	13:06.30 (49.27)
13:55.30 (49.00)	14:44.89 (49.59)	15:34.72 (49.83)	16:24.27 (49.55)
17:14.01 (49.74)	18:03.68 (49.67)	18:53.01 (49.33)	19:42.76 (49.75)
20:33.30 (50.54)	21:23.94 (50.64)	22:15.17 (51.23)	23:05.60 (50.43)
23:56.31 (50.71)	24:46.95 (50.64)	25:37.45 (50.50)	26:27.47 (50.02)
27:15.59 (48.12)			

Women 30-34 50 Yard Backstroke Time Trial

ZONE: Z 28.15		5/1/1994 Liz Hobbs	
NATL: ! 24.96		5/1/2011 NORIKO INADA	
Name	Age Club	Finals	
=====			
- Time Trial			
5 Wittsack, Hayley	33 CLUB TRIBE	32.93	

Women 30-34 50 Yard Backstroke

ZONE: Z 28.15		5/1/1994 Liz Hobbs	
NATL: ! 24.96		5/1/2011 NORIKO INADA	
Name	Age Club	Finals	
=====			
1 Wittsack, Hayley	33 CLUB TRIBE	33.20	
2 Gordon, Stephanie	31 YMCA RESTON WATE	33.90	

Women 30-34 100 Yard Backstroke

ZONE: Z 1:00.05		5/9/1993 Zena Herrmann	
NATL: ! 54.60		4/30/2011 NORIKO INADA	
Name	Age Club	Finals	
=====			
1 Wittsack, Hayley	33 CLUB TRIBE	1:07.42	
32.75	1:07.42 (34.67)		

Women 30-34 200 Yard Backstroke

```

=====
ZONE: Z 2:07.61    5/9/1993 Zena Herrmann
NATL: ! 1:59.93   2/19/1996 K PIPES-NEILSEN
Name              Age Club              Finals
=====
1 Wittsack, Hayley      33 CLUB TRIBE          2:28.42
   34.35             1:11.33 (36.98)      1:49.64 (38.31)      2:28.42 (38.78)
2 Letendre, Claire     33 VIRGINIA MASTERS    2:32.52
   35.88             1:14.36 (38.48)      1:53.35 (38.99)      2:32.52 (39.17)
3 Plimpton, Hannah     33 COLONIALS 1776      2:55.64
   42.84             1:27.00 (44.16)      2:11.85 (44.85)      2:55.64 (43.79)
=====

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Women 30-34 50 Yard Breaststroke

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=====
ZONE: Z 29.62     4/25/2009 Petra Martin, GMUP
NATL: ! 28.48     5/4/2008 KATIE MCCLELLAND
Name              Age Club              Finals
=====
1 Minzenmayer, Ellen   30 CLUB TRIBE          32.58
2 Rose, Laura          32 UMAC-TERRAPIN MA    34.70
3 Talty, Leah          30 FAIRPORT AREA SW    40.53
4 Gordon, Stephanie    31 YMCA RESTON WATE     42.95
=====

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Women 30-34 100 Yard Breaststroke

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=====
ZONE: Z 1:10.00   4/13/2003 Cheryl Conlin
NATL: ! 1:02.08   5/4/2008 KATIE MCCLELLAND
Name              Age Club              Finals
=====
1 Minzenmayer, Ellen   30 CLUB TRIBE          1:09.78Z
   33.34             1:09.78 (36.44)
2 Letendre, Denise    30 VIRGINIA MASTERS    1:11.15
   33.72             1:11.15 (37.43)
3 Rose, Laura          32 UMAC-TERRAPIN MA    1:16.30
   35.64             1:16.30 (40.66)
4 Plimpton, Hannah    33 COLONIALS 1776      1:28.95
   42.76             1:28.95 (46.19)
=====

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Women 30-34 200 Yard Breaststroke

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=====
ZONE: Z 2:33.28   4/22/2001 Belinda Martin
NATL: ! 2:15.99   1/20/2013 ERIKA ERNDL
Name              Age Club              Finals
=====
1 Letendre, Denise    30 VIRGINIA MASTERS    2:28.53Z
   33.71             1:11.11 (37.40)      1:49.57 (38.46)      2:28.53 (38.96)
2 Minzenmayer, Ellen   30 CLUB TRIBE          2:33.54
   34.75             1:12.57 (37.82)      1:52.76 (40.19)      2:33.54 (40.78)
3 Plimpton, Hannah    33 COLONIALS 1776      3:07.79
   42.05             1:29.80 (47.75)      2:19.80 (50.00)      3:07.79 (47.99)
=====

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Women 30-34 50 Yard Butterfly

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=====
ZONE: Z 26.43     4/26/2009 Petra Martin, GMUP
NATL: ! 24.18     4/15/2000 ANGEL MARTINO
Name              Age Club              Finals
=====
1 Greene, Shannon      33 CLUB TRIBE          29.57
2 Rose, Laura          32 UMAC-TERRAPIN MA    30.07
3 Letendre, Claire    33 VIRGINIA MASTERS    30.83
4 Gordon, Stephanie    31 YMCA RESTON WATE     33.59
=====

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Women 30-34 100 Yard Butterfly

ZONE: Z 59.11 4/15/2012 Yun Qu, Binghamton Univ			
NATL: ! 55.01 5/16/1999 ANGEL MARTINO			
Name	Age	Club	Finals
1 Greenawalt, Anne	34	DUMPSTER FISH	1:03.81
	29.55	1:03.81 (34.26)	
2 Rose, Laura	32	UMAC-TERRAPIN MA	1:07.06
	31.46	1:07.06 (35.60)	

Women 30-34 200 Yard Butterfly

ZONE: Z 2:11.83 4/14/2012 Yun Qu, Binghamton Univ			
NATL: ! 2:03.46 5/12/1996 K PIPES-NEILSEN			
Name	Age	Club	Finals
1 Letendre, Denise	30	VIRGINIA MASTERS	2:11.98
	29.01	1:02.30 (33.29) 1:36.77 (34.47)	2:11.98 (35.21)
2 Plimpton, Hannah	33	COLONIALS 1776	3:15.38
	42.07	1:31.41 (49.34) 2:23.29 (51.88)	3:15.38 (52.09)

Women 30-34 100 Yard IM

ZONE: Z 1:02.24 4/14/1991 Tray Rossa			
NATL: ! 57.01 4/15/2000 ANGEL MARTINO			
Name	Age	Club	Finals
1 Wittsack, Hayley	33	CLUB TRIBE	1:07.23
	30.84	1:07.23 (36.39)	
2 Minzenmayer, Ellen	30	CLUB TRIBE	1:07.34
	33.40	1:07.34 (33.94)	
3 Gordon, Stephanie	31	YMCA RESTON WATE	1:19.39
	36.97	1:19.39 (42.42)	
4 Plimpton, Hannah	33	COLONIALS 1776	1:19.59
	38.22	1:19.59 (41.37)	
5 DeVito, Christina	34	FREEDOM AQUATIC	1:31.42
	46.50	1:31.42 (44.92)	

Women 30-34 200 Yard IM

ZONE: Z 2:13.54 5/9/1993 Zena Herrmann			
NATL: ! 1:58.80 3/11/2009 ERIKA ERNDL			
Name	Age	Club	Finals
1 Letendre, Denise	30	VIRGINIA MASTERS	2:11.73Z
	28.67	1:01.95 (33.28) 1:40.55 (38.60)	2:11.73 (31.18)
2 Wittsack, Hayley	33	CLUB TRIBE	2:31.49
	32.42	1:09.66 (37.24) 1:54.66 (45.00)	2:31.49 (36.83)

Women 30-34 400 Yard IM

ZONE: Z 4:37.99 5/2/1999 Laurie Hug			
NATL: ! 4:14.84 1/20/2013 ERIKA ERNDL			
Name	Age	Club	Finals
1 Letendre, Denise	30	VIRGINIA MASTERS	4:40.46
	29.14	1:02.47 (33.33) 1:38.57 (36.10)	2:14.06 (35.49)
	2:54.24 (40.18)	3:34.47 (40.23) 4:07.79 (33.32)	4:40.46 (32.67)
2 Greene, Shannon	33	CLUB TRIBE	5:13.53
	31.30	1:07.05 (35.75) 1:49.66 (42.61)	2:31.72 (42.06)

3:17.46 (45.74)	4:04.59 (47.13)	4:39.75 (35.16)	5:13.53 (33.78)
3 Plimpton, Hannah	33 COLONIALS 1776		6:13.98
40.08	1:26.74 (46.66)	2:16.88 (50.14)	3:05.98 (49.10)
3:56.78 (50.80)	4:48.84 (52.06)	5:32.56 (43.72)	6:13.98 (41.42)

Women 35-39 50 Yard Freestyle

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=====
ZONE: Z 24.11    4/9/2017 Katie Grier, Club Tribe
NATL: ! 22.34   2/25/2007 DARA TORRES
Name            Age Club                Finals
=====
1 Grover, Mollie      38 UMAC-TERRAPIN MA      25.67
2 Thomas, Ruth Anne  38 CLUB TRIBE            26.53
3 Roberts, Cynthia   37 LANDSHARK MASTER     27.66
4 Bobbin, Esther     36 E TEAM                30.86
5 Bozeman, Lesley    37 LANE 4 SWIMMING      34.90
=====

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Women 35-39 50 Yard Freestyle Time Trial

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=====
ZONE: Z 24.62    4/21/2002 Fall Willeboordse
NATL: ! 22.34   2/25/2007 DARA TORRES
Name            Age Club                Finals
=====
- Time Trial
1 Thomas, Ruth Anne  38 CLUB TRIBE            26.34
2 Roberts, Cynthia   37 LANDSHARK MASTER     27.50
=====

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Women 35-39 100 Yard Freestyle

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=====
ZONE: Z 51.91    4/14/2018 Katie Grier, Club Tribe
NATL: ! 49.72   2/25/2007 DARA TORRES
Name            Age Club                Finals
=====
1 McWilliams, Katie  35 ALEXANDRIA MASTE     57.59
   27.93           57.59 (29.66)
2 Orben, Erin        35 LANDSHARK MASTER     58.24
   27.93           58.24 (30.31)
3 Roberts, Cynthia   37 LANDSHARK MASTER     1:00.47
   29.01           1:00.47 (31.46)
4 Jakubchak, Lindsey 36 ALEXANDRIA MASTE     1:01.06
   29.35           1:01.06 (31.71)
5 Hufford, Ellen     36 ARLINGTON MASTER     1:23.00
   41.17           1:23.00 (41.83)
-- Bozeman, Lesley   37 LANE 4 SWIMMING      DQ
   Did not finish
=====

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Women 35-39 100 Yard Freestyle Time Trial

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=====
ZONE: Z 54.14    5/8/1990 Jacki Hirsty
NATL: ! 49.72   2/25/2007 DARA TORRES
Name            Age Club                Finals
=====
- Time Trial
2 Orben, Erin        35 LANDSHARK MASTER     58.88
=====

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Women 35-39 200 Yard Freestyle Time Trial

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=====
ZONE: Z 1:57.03  4/22/2001 Andrea Luallen
NATL: ! 1:51.55  5/3/1997 K PIPES-NEILSEN
Name            Age Club                Finals
=====
4 Orben, Erin        35 LANDSHARK MASTER     2:12.36
=====

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Women 35-39 200 Yard Freestyle

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=====
ZONE: Z 1:57.03 4/22/2001 Andrea Luallen
NATL: ! 1:51.55 5/3/1997 K PIPES-NEILSEN
Name Age Club Finals
=====
1 Jakubchak, Lindsey 36 ALEXANDRIA MASTE 2:10.94
30.25 1:02.96 (32.71) 1:36.54 (33.58) 2:10.94 (34.40)
2 Roberts, Cynthia 37 LANDSHARK MASTER 2:10.96
29.66 1:02.57 (32.91) 1:36.89 (34.32) 2:10.96 (34.07)
3 Bozeman, Lesley 37 LANE 4 SWIMMING 2:51.22
39.39 1:22.06 (42.67) 2:06.65 (44.59) 2:51.22 (44.57)
4 Hufford, Ellen 36 ARLINGTON MASTER 2:55.65
41.23 1:26.60 (45.37) 2:12.30 (45.70) 2:55.65 (43.35)
5 Duquette, Michelle 36 LANE 4 SWIMMING 3:35.36
50.22 1:43.04 (52.82) 2:39.40 (56.36) 3:35.36 (55.96)
=====

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Women 35-39 500 Yard Freestyle

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=====
ZONE: Z 5:11.87 4/21/2002 Laurie Hug
NATL: ! 4:56.09 5/3/1997 K PIPES-NEILSEN
Name Age Club Finals
=====
1 Fox, Amy 36 ALEXANDRIA MASTE 5:48.64
32.75 1:06.91 (34.16) 1:42.06 (35.15) 2:16.95 (34.89)
2:51.05 (34.10) 3:25.79 (34.74) 4:01.13 (35.34) 4:36.98 (35.85)
5:13.08 (36.10) 5:48.64 (35.56)
2 Geskos, Evangeline 35 PATRIOT MASTERS 5:54.98
31.28 1:05.15 (33.87) 1:39.99 (34.84) 2:15.36 (35.37)
2:51.34 (35.98) 3:27.86 (36.52) 4:04.85 (36.99) 4:41.94 (37.09)
5:19.22 (37.28) 5:54.98 (35.76)
3 Taylor, Alaina 37 ALEXANDRIA MASTE 6:47.26
36.53 1:16.23 (39.70) 1:56.61 (40.38) 2:37.66 (41.05)
3:19.00 (41.34) 4:00.31 (41.31) 4:41.84 (41.53) 5:24.28 (42.44)
6:06.67 (42.39) 6:47.26 (40.59)
4 Latimer, Rebecca 37 VIRGINIA MASTERS 6:52.56
35.37 1:15.42 (40.05) 1:57.36 (41.94) 2:39.45 (42.09)
3:21.94 (42.49) 4:04.62 (42.68) 4:47.34 (42.72) 5:29.77 (42.43)
6:12.09 (42.32) 6:52.56 (40.47)
5 Duquette, Michelle 36 LANE 4 SWIMMING 9:45.80
55.27 1:56.50 (1:01.23) 2:55.93 (59.43) 3:55.36 (59.43)
4:54.28 (58.92) 5:54.27 (59.99) 6:54.23 (59.96) 7:53.50 (59.27)
8:51.42 (57.92) 9:45.80 (54.38)
=====

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Women 35-39 500 Yard Freestyle Time Trial

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=====
ZONE: Z 5:11.87 4/21/2002 Laurie Hug
NATL: ! 4:56.09 5/3/1997 K PIPES-NEILSEN
Name Age Club Finals
=====
- Time Trial
3 Roberts, Cynthia 37 LANDSHARK MASTER 6:11.24
=====

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Women 35-39 1000 Yard Freestyle Time Trial

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=====
ZONE: Z 10:37.40 4/22/2001 Laurie Hug
NATL: ! 10:11.23 11/15/2014 HEIDI GEORGE
Name Age Club Finals
=====
3 Roberts, Cynthia 37 LANDSHARK MASTER 12:23.45
=====

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Women 35-39 1650 Yard Freestyle

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ZONE: Z 17:45.08 4/22/2001 Laurie Hug
 NATL: ! 16:46.85 11/15/2014 HEIDI GEORGE

Name	Age Club	Finals			
=====					
1 Roberts, Cynthia	37 LANDSHARK MASTER	20:21.03			
31.61	1:07.79 (36.18)	1:45.37 (37.58)	2:23.39 (38.02)		
3:01.88 (38.49)	3:40.46 (38.58)	4:18.53 (38.07)	4:56.23 (37.70)		
5:33.64 (37.41)	6:11.24 (37.60)	6:48.04 (36.80)	7:25.05 (37.01)		
8:03.01 (37.96)	8:40.56 (37.55)	9:17.95 (37.39)	9:54.66 (36.71)		
10:31.83 (37.17)	11:09.13 (37.30)	11:46.17 (37.04)	12:23.45 (37.28)		
13:00.93 (37.48)	13:38.28 (37.35)	14:15.54 (37.26)	14:52.50 (36.96)		
15:29.57 (37.07)	16:06.30 (36.73)	16:43.19 (36.89)	17:20.07 (36.88)		
17:56.66 (36.59)	18:33.30 (36.64)	19:10.22 (36.92)	19:46.59 (36.37)		
20:21.03 (34.44)					
2 Taylor, Alaina	37 ALEXANDRIA MASTE	22:58.29			
36.78	1:17.40 (40.62)	1:59.00 (41.60)	2:40.67 (41.67)		
3:22.35 (41.68)	4:04.16 (41.81)	4:46.59 (42.43)	5:28.50 (41.91)		
6:11.05 (42.55)	6:52.99 (41.94)	7:35.37 (42.38)	8:17.74 (42.37)		
8:59.95 (42.21)	9:43.11 (43.16)	10:25.12 (42.01)	11:07.13 (42.01)		
11:49.45 (42.32)	12:31.90 (42.45)	13:13.82 (41.92)	13:55.62 (41.80)		
14:37.54 (41.92)	15:19.91 (42.37)	16:01.72 (41.81)	16:43.58 (41.86)		
17:25.42 (41.84)	18:07.48 (42.06)	18:49.50 (42.02)	19:31.30 (41.80)		
20:13.85 (42.55)	20:56.10 (42.25)	21:37.72 (41.62)	22:18.75 (41.03)		
22:58.29 (39.54)					
3 Benjamin, Alexis	38 LANE 4 SWIMMING	30:37.01			
46.73	1:40.05 (53.32)	2:39.56 (59.51)	3:38.58 (59.02)		
4:32.81 (54.23)	5:29.25 (56.44)	6:25.16 (55.91)	7:21.51 (56.35)		
8:18.11 (56.60)	9:13.98 (55.87)	10:09.63 (55.65)	11:05.08 (55.45)		
12:00.34 (55.26)	12:55.66 (55.32)	13:50.71 (55.05)	14:46.11 (55.40)		
15:41.77 (55.66)	16:37.97 (56.20)	17:33.28 (55.31)	18:29.28 (56.00)		
19:25.09 (55.81)	20:22.47 (57.38)	21:19.60 (57.13)	22:15.95 (56.35)		
23:12.59 (56.64)	24:09.51 (56.92)	25:07.82 (58.31)	26:04.17 (56.35)		
26:59.40 (55.23)	27:55.41 (56.01)	28:50.95 (55.54)	29:45.64 (54.69)		
30:37.01 (51.37)					

Women 35-39 50 Yard Backstroke

Name	Age Club	Finals
=====		
ZONE: Z 27.81 4/9/2017 Katie Grier, Club Tribe Alumn		
NATL: ! 24.71 4/29/2017 NORIKO INADA		
1 Grover, Mollie	38 UMAC-TERRAPIN MA	29.99
2 Thomas, Ruth Anne	38 CLUB TRIBE	30.73
3 McWilliams, Katie	35 ALEXANDRIA MASTE	30.75
4 Gauzens, Stephanie	35 ALEXANDRIA MASTE	32.41
5 King, Sarah	35 CONNECTICUT MAST	1:10.57

Women 35-39 100 Yard Backstroke

Name	Age Club	Finals
=====		
ZONE: Z 59.32 5/2/1999 Vibeke Swanson		
NATL: ! 53.58 4/30/2017 NORIKO INADA		
1 Grover, Mollie	38 UMAC-TERRAPIN MA	1:02.13
31.30	1:02.13 (30.83)	
2 King, Sarah	35 CONNECTICUT MAST	2:35.12
1:14.79	2:35.12 (1:20.33)	

Women 35-39 200 Yard Backstroke

Name	Age Club	Finals
=====		
ZONE: Z 2:09.32 4/15/2018 Mollie Grover, UMAC-Terrapin Ma		
NATL: ! 2:00.54 3/14/1998 K PIPES-NEILSEN		

1	Grover, Mollie	38	UMAC-TERRAPIN MA	2:15.10
	33.31	1:07.58 (34.27)	1:41.63 (34.05)	2:15.10 (33.47)
2	Stakem, Meredith	37	DISTRICT OF COLU	2:29.65
	34.92	1:13.79 (38.87)	1:52.74 (38.95)	2:29.65 (36.91)
3	Taylor, Alaina	37	ALEXANDRIA MASTE	2:43.98
	39.69	1:20.90 (41.21)	2:02.67 (41.77)	2:43.98 (41.31)
4	King, Sarah	35	CONNECTICUT MAST	5:19.50
	1:16.35	2:35.88 (1:19.53)	3:57.40 (1:21.52)	5:19.50 (1:22.10)

Women 35-39 50 Yard Breaststroke

ZONE: Z 31.56				4/9/2016 Kristen Harris, Club Tribe Alumn
NATL: ! 28.51				5/2/2014 KATIE GLENN
Name	Age	Club	Finals	
1	Thomas, Ruth Anne	38	CLUB TRIBE	32.50
2	Jakubchak, Lindsey	36	ALEXANDRIA MASTE	34.37
3	Bozeman, Lesley	37	LANE 4 SWIMMING	43.89
4	Hufford, Ellen	36	ARLINGTON MASTER	52.53

Women 35-39 100 Yard Breaststroke

ZONE: Z 1:09.80				4/10/2016 Kristen Harris, Club Tribe Alumn
NATL: ! 1:01.88				4/25/2015 KATIE GLENN
Name	Age	Club	Finals	
1	Thomas, Ruth Anne	38	CLUB TRIBE	1:11.31
	33.70	1:11.31 (37.61)		
2	Jakubchak, Lindsey	36	ALEXANDRIA MASTE	1:15.87
	35.88	1:15.87 (39.99)		
3	Geskos, Evangeline	35	PATRIOT MASTERS	1:16.20
	35.43	1:16.20 (40.77)		
4	Stakem, Meredith	37	DISTRICT OF COLU	1:21.16
	38.65	1:21.16 (42.51)		
5	Pierce, Jennifer	35	FREEDOM AQUATIC	1:27.25
	39.75	1:27.25 (47.50)		
6	Bozeman, Lesley	37	LANE 4 SWIMMING	1:35.24
	44.32	1:35.24 (50.92)		
7	King, Sarah	35	CONNECTICUT MAST	3:21.89
	1:34.22	3:21.89 (1:47.67)		

Women 35-39 200 Yard Breaststroke

ZONE: Z 2:33.76				4/24/2005 Cheryl Conlin, VMST
NATL: ! 2:17.51				4/26/2015 KATIE GLENN
Name	Age	Club	Finals	
1	King, Sarah	35	CONNECTICUT MAST	6:55.16
	1:34.03	3:17.93 (1:43.90)	6:55.16 (3:37.23)	

Women 35-39 50 Yard Butterfly

ZONE: Z 26.26				4/8/2017 Katie Grier, Club Tribe
NATL: ! 25.04				4/28/2017 NORIKO INADA
Name	Age	Club	Finals	
1	Grover, Mollie	38	UMAC-TERRAPIN MA	28.64
2	Sovik-Johnston, Amanda	38	E TEAM	28.80
3	Orben, Erin	35	LANDSHARK MASTER	29.40
4	Geskos, Evangeline	35	PATRIOT MASTERS	29.52
5	Roberts, Cynthia	37	LANDSHARK MASTER	29.66
6	Fox, Amy	36	ALEXANDRIA MASTE	29.67

7 Gauzens, Stephanie	35 ALEXANDRIA MASTE	30.67
8 Grammas, Amy	38 CENTRAL MARYLAND	32.78
9 Pierce, Jennifer	35 FREEDOM AQUATIC	33.27
10 Latimer, Rebecca	37 VIRGINIA MASTERS	34.16
11 Hufford, Ellen	36 ARLINGTON MASTER	42.50

Women 35-39 100 Yard Butterfly

=====		
ZONE: Z	59.38	5/2/1999 Beth Baker
NATL: !	55.78	5/18/2003 S VON DER LIPPE
Name	Age Club	Finals
=====		
1 Roberts, Cynthia	37 LANDSHARK MASTER	1:06.90
	31.55 1:06.90 (35.35)	
2 Orben, Erin	35 LANDSHARK MASTER	1:07.55
	31.59 1:07.55 (35.96)	
3 Grammas, Amy	38 CENTRAL MARYLAND	1:11.92
	33.90 1:11.92 (38.02)	
4 Bobbin, Esther	36 E TEAM	1:15.69
	34.31 1:15.69 (41.38)	
5 King, Sarah	35 CONNECTICUT MAST	3:12.53
	1:24.53 3:12.53 (1:48.00)	

Women 35-39 200 Yard Butterfly

=====		
ZONE: Z	2:16.89	4/13/2003 Laurie Hug
NATL: !	2:03.48	5/22/2005 S VON DER LIPPE
Name	Age Club	Finals
=====		
1 Sovik-Johnston, Amanda	38 E TEAM	2:28.25
	32.23 1:09.36 (37.13) 1:48.12 (38.76)	2:28.25 (40.13)
2 Grammas, Amy	38 CENTRAL MARYLAND	2:45.24
	35.82 1:17.24 (41.42) 2:00.94 (43.70)	2:45.24 (44.30)
3 King, Sarah	35 CONNECTICUT MAST	7:11.56
	1:26.50 3:15.94 (1:49.44) 5:12.48 (1:56.54)	7:11.56 (1:59.08)

Women 35-39 100 Yard IM

=====		
ZONE: Z	1:01.43	5/2/1999 Beth Baker
NATL: !	57.25	4/29/2017 GABRIELLE CHANG
Name	Age Club	Finals
=====		
1 Grover, Mollie	38 UMAC-TERRAPIN MA	1:04.69
	29.92 1:04.69 (34.77)	
2 Thomas, Ruth Anne	38 CLUB TRIBE	1:05.57
	30.26 1:05.57 (35.31)	
3 Roberts, Cynthia	37 LANDSHARK MASTER	1:09.83
	32.64 1:09.83 (37.19)	
4 Grammas, Amy	38 CENTRAL MARYLAND	1:15.28
	34.21 1:15.28 (41.07)	
5 Bobbin, Esther	36 E TEAM	1:19.13
	35.04 1:19.13 (44.09)	
6 King, Sarah	35 CONNECTICUT MAST	2:29.73
	1:15.61 2:29.73 (1:14.12)	

Women 35-39 200 Yard IM

=====		
ZONE: Z	2:13.08	5/2/1999 Beth Baker
NATL: !	2:05.24	3/14/1998 K PIPES-NEILSEN
Name	Age Club	Finals
=====		
1 Thomas, Ruth Anne	38 CLUB TRIBE	2:26.38
	31.28 1:09.61 (38.33) 1:51.04 (41.43)	2:26.38 (35.34)

2 Stakem, Meredith	37 DISTRICT OF COLU	2:31.70
31.79	1:10.15 (38.36) 1:58.58 (48.43)	2:31.70 (33.12)
3 Roberts, Cynthia	37 LANDSHARK MASTER	2:32.56
31.68	1:11.64 (39.96) 1:57.64 (46.00)	2:32.56 (34.92)
4 King, Sarah	35 CONNECTICUT MAST	5:28.09
1:25.05	2:51.14 (1:26.09) 4:28.30 (1:37.16)	5:28.09 (59.79)

Women 35-39 400 Yard IM

=====		
ZONE: Z	4:37.56	5/2/1999 Vibeke Swanson
NATL: !	4:24.18	3/14/1998 K PIPES-NEILSEN
Name	Age Club	Finals
=====		
1 King, Sarah	35 CONNECTICUT MAST	12:21.77
1:29.05	3:25.57 (1:56.52) 4:59.42 (1:33.85)	6:33.37 (1:33.95)
8:13.04 (1:39.67)	10:00.10 (1:47.06) 11:09.14 (1:09.04)	12:21.77 (1:12.63)

Women 40-44 50 Yard Freestyle

=====		
ZONE: Z	24.84	4/15/2012 Michelle Chow, Dallas Aquatic M
NATL: !	21.91	4/15/2007 DARA TORRES
Name	Age Club	Finals
=====		
1 Grier, Katie	40 CLUB TRIBE	24.02Z
2 Congdon, Heather	40 SWIM FORT LAUDER	25.77
3 Gass, Krista	40 CLUB TRIBE	26.06
4 Choe, Michele	41 CLUB TRIBE	26.72
5 Messenlehner, Carina	43 LANDSHARK MASTER	27.75
6 Comune, Tracey	40 FREEDOM AQUATIC	29.94
7 Flickinger, Erica	40 LANDSHARK MASTER	30.23
8 Algera, Bonnie	42 FREEDOM AQUATIC	30.73
9 Gibson, Rebecca	41 YMCA RESTON WATE	35.67
10 van Iersel, Miranda	43 UMAC-TERRAPIN MA	39.29
11 Ayvaz, Meliha	42 RESTON MASTERS S	40.27

Women 40-44 100 Yard Freestyle Time Trial

=====		
ZONE: Z	55.91	4/20/1997 Jacki Hirsty
NATL: !	48.34	4/15/2007 DARA TORRES
Name	Age Club	Finals
=====		
- Time Trial		
1 Krause, Mary Kay	41 LANDSHARK MASTER	58.26

Women 40-44 100 Yard Freestyle

=====		
ZONE: Z	54.52	4/24/2010 Susan Wager, Red Tide
NATL: !	48.34	4/15/2007 DARA TORRES
Name	Age Club	Finals
=====		
1 Grier, Katie	40 CLUB TRIBE	51.49Z
24.43	51.49 (27.06)	
2 Congdon, Heather	40 SWIM FORT LAUDER	57.59
27.52	57.59 (30.07)	
3 Gass, Krista	40 CLUB TRIBE	57.60
27.48	57.60 (30.12)	
4 Krause, Mary Kay	41 LANDSHARK MASTER	58.74
27.91	58.74 (30.83)	
5 Shapiro, Margaret	42 RESTON MASTERS S	1:00.64
29.12	1:00.64 (31.52)	
6 Flickinger, Erica	40 LANDSHARK MASTER	1:04.90
31.52	1:04.90 (33.38)	
7 Algera, Bonnie	42 FREEDOM AQUATIC	1:06.95

	32.03	1:06.95 (34.92)	
8 Gibson, Rebecca		41 YMCA RESTON WATE	1:20.61
	37.68	1:20.61 (42.93)	

Women 40-44 200 Yard Freestyle

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=====
ZONE: Z 1:57.72 4/25/2010 Kristin Gary, Red Tide
NATL: ! 1:51.06 12/22/2002 K PIPES-NEILSEN
Name Age Club Finals
=====
1 Gross, Jennifer 41 UC09 2:07.48
30.89 1:03.69 (32.80) 1:35.19 (31.50) 2:07.48 (32.29)
2 Shapiro, Margaret 42 RESTON MASTERS S 2:12.33
30.22 1:03.29 (33.07) 1:37.98 (34.69) 2:12.33 (34.35)
3 Flickinger, Erica 40 LANDSHARK MASTER 2:21.45
32.59 1:08.12 (35.53) 1:45.22 (37.10) 2:21.45 (36.23)
4 van Iersel, Miranda 43 UMAC-TERRAPIN MA 3:04.18
41.74 1:27.93 (46.19) 2:16.88 (48.95) 3:04.18 (47.30)
=====

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Women 40-44 200 Yard Freestyle Time Trial

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=====
ZONE: Z 1:58.53 4/21/2002 Vibeke Swanson
NATL: ! 1:51.06 12/22/2002 K PIPES-NEILSEN
Name Age Club Finals
=====
- Time Trial
3 Krause, Mary Kay 41 LANDSHARK MASTER 2:08.65
=====

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Women 40-44 500 Yard Freestyle

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=====
ZONE: Z 5:20.75 4/25/2009 Laurie Hug, 1776
NATL: ! 4:58.98 10/5/2002 K PIPES-NEILSEN
Name Age Club Finals
=====
1 Congdon, Heather 40 SWIM FORT LAUDER 5:45.67
30.56 1:04.38 (33.82) 1:39.06 (34.68) 2:13.98 (34.92)
2:48.86 (34.88) 3:24.41 (35.55) 3:59.82 (35.41) 4:35.21 (35.39)
5:10.79 (35.58) 5:45.67 (34.88)
2 Shapiro, Margaret 42 RESTON MASTERS S 5:55.63
31.66 1:07.06 (35.40) 1:42.92 (35.86) 2:18.88 (35.96)
2:54.46 (35.58) 3:30.02 (35.56) 4:06.30 (36.28) 4:42.98 (36.68)
5:19.63 (36.65) 5:55.63 (36.00)
3 Flickinger, Erica 40 LANDSHARK MASTER 6:16.77
34.40 1:11.01 (36.61) 1:48.24 (37.23) 2:26.21 (37.97)
3:04.41 (38.20) 3:42.89 (38.48) 4:21.55 (38.66) 5:00.60 (39.05)
5:39.47 (38.87) 6:16.77 (37.30)
=====

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Women 40-44 500 Yard Freestyle Time Trial

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=====
ZONE: Z 5:21.07 4/15/2007 Laurie Hug
NATL: ! 4:58.98 10/5/2002 K PIPES-NEILSEN
Name Age Club Finals
=====
- Time Trial
2 Krause, Mary Kay 41 LANDSHARK MASTER 5:50.83
5 Flickinger, Erica 40 LANDSHARK MASTER 6:31.49
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Women 40-44 1000 Yard Freestyle Time Trial

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=====
ZONE: Z 10:57.76 4/11/2008 Laurie Hug, 1776-DV
NATL: ! 10:20.45 12/21/2003 K PIPES-NEILSEN
Name Age Club Finals
=====

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2 Krause, Mary Kay	41 LANDSHARK MASTER	11:55.33
5 Flickinger, Erica	40 LANDSHARK MASTER	13:15.86

Women 40-44 1000 Yard Freestyle

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=====
ZONE: Z 10:57.76 4/11/2008 Laurie Hug, 1776
NATL: ! 10:20.45 12/21/2003 K PIPES-NEILSEN
Name Age Club Finals
=====
1 Congdon, Heather 40 SWIM FORT LAUDER 11:55.32
 31.40 1:06.01 (34.61) 1:41.20 (35.19) 2:16.80 (35.60)
 2:52.48 (35.68) 3:28.29 (35.81) 4:04.18 (35.89) 4:40.14 (35.96)
 5:16.15 (36.01) 5:52.06 (35.91) 6:27.98 (35.92) 7:04.16 (36.18)
 7:40.27 (36.11) 8:16.63 (36.36) 8:53.13 (36.50) 9:29.95 (36.82)
10:06.55 (36.60) 10:43.06 (36.51) 11:19.28 (36.22) 11:55.32 (36.04)
2 Shapiro, Margaret 42 RESTON MASTERS S 12:13.51
 33.31 1:09.89 (36.58) 1:46.86 (36.97) 2:23.94 (37.08)
 3:00.62 (36.68) 3:37.73 (37.11) 4:14.91 (37.18) 4:51.71 (36.80)
 5:28.82 (37.11) 6:05.87 (37.05) 6:42.77 (36.90) 7:20.00 (37.23)
 7:56.72 (36.72) 8:33.67 (36.95) 9:10.70 (37.03) 9:47.62 (36.92)
10:24.26 (36.64) 11:01.02 (36.76) 11:38.01 (36.99) 12:13.51 (35.50)
3 Butler, Maura 42 LANE 4 SWIMMING 15:21.95
 38.75 1:21.71 (42.96) 2:06.62 (44.91) 2:52.45 (45.83)
 3:38.75 (46.30) 4:25.30 (46.55) 5:13.33 (48.03) 6:00.83 (47.50)
 6:48.00 (47.17) 7:35.34 (47.34) 8:22.60 (47.26) 9:09.49 (46.89)
 9:56.13 (46.64) 10:43.10 (46.97) 11:30.20 (47.10) 12:17.62 (47.42)
13:04.89 (47.27) 13:51.71 (46.82) 14:38.38 (46.67) 15:21.95 (43.57)
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Women 40-44 1650 Yard Freestyle

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=====
ZONE: Z 18:00.35 4/15/2007 Laurie Hug, 1776
NATL: ! 17:06.37 11/4/2018 HEIDI GEORGE
Name Age Club Finals
=====
1 Krause, Mary Kay 41 LANDSHARK MASTER 19:38.89
 32.63 1:07.48 (34.85) 1:42.80 (35.32) 2:18.40 (35.60)
 2:54.04 (35.64) 3:29.17 (35.13) 4:04.57 (35.40) 4:39.69 (35.12)
 5:15.05 (35.36) 5:50.83 (35.78) 6:26.90 (36.07) 7:03.41 (36.51)
 7:39.51 (36.10) 8:15.63 (36.12) 8:52.22 (36.59) 9:28.90 (36.68)
10:05.80 (36.90) 10:42.83 (37.03) 11:19.00 (36.17) 11:55.33 (36.33)
12:31.26 (35.93) 13:06.41 (35.15) 13:41.79 (35.38) 14:16.77 (34.98)
14:52.24 (35.47) 15:28.09 (35.85) 16:04.53 (36.44) 16:40.77 (36.24)
17:16.78 (36.01) 17:53.05 (36.27) 18:28.72 (35.67) 19:04.54 (35.82)
19:38.89 (34.35)
2 Flickinger, Erica 40 LANDSHARK MASTER 22:05.51
 35.09 1:13.61 (38.52) 1:52.66 (39.05) 2:32.21 (39.55)
 3:11.68 (39.47) 3:51.32 (39.64) 4:31.18 (39.86) 5:11.59 (40.41)
 5:51.65 (40.06) 6:31.49 (39.84) 7:11.87 (40.38) 7:51.90 (40.03)
 8:31.75 (39.85) 9:12.11 (40.36) 9:52.46 (40.35) 10:33.14 (40.68)
11:13.64 (40.50) 11:54.19 (40.55) 12:35.03 (40.84) 13:15.86 (40.83)
13:56.59 (40.73) 14:37.30 (40.71) 15:18.32 (41.02) 15:59.67 (41.35)
16:40.30 (40.63) 17:21.11 (40.81) 18:01.97 (40.86) 18:42.77 (40.80)
19:23.85 (41.08) 20:05.09 (41.24) 20:46.05 (40.96) 21:26.50 (40.45)
22:05.51 (39.01)
=====

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Women 40-44 50 Yard Backstroke

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=====
ZONE: Z 27.69 4/24/2010 Kristin Gary, Red Tide
NATL: ! 26.12 5/1/2011 SHERI HART
Name Age Club Finals
=====
1 Choe, Michele 41 CLUB TRIBE 31.83
2 Messenlehner, Carina 43 LANDSHARK MASTER 33.28
=====

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3 Ayvaz, Meliha

42 RESTON MASTERS S

46.04

Women 40-44 50 Yard Backstroke Time Trial

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=====
      ZONE: Z 28.72   4/21/2002 L. VanPelt-Diller
      NATL: ! 26.12   5/1/2011 SHERI HART
Name           Age Club           Finals
=====
- Time Trial
2 Grier, Katie      40 CLUB TRIBE      28.23Z
6 Krause, Mary Kay  41 LANDSHARK MASTER 33.25
=====
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Women 40-44 100 Yard Backstroke Time Trial

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=====
      ZONE: Z 58.87   4/23/2006 K. Pipes-Neilsen
      NATL: ! 56.03   4/30/2011 SHERI HART
Name           Age Club           Finals
=====
3 Krause, Mary Kay  41 LANDSHARK MASTER 1:09.11
=====
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Women 40-44 100 Yard Backstroke

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=====
      ZONE: Z 58.33   4/25/2010 Kristin Gary, Red Tide
      NATL: ! 56.03   4/30/2011 SHERI HART
Name           Age Club           Finals
=====
1 Grier, Katie      40 CLUB TRIBE      1:02.33
   30.78          1:02.33 (31.55)
2 Shapiro, Margaret 42 RESTON MASTERS S 1:10.87
   34.77          1:10.87 (36.10)
=====
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Women 40-44 50 Yard Breaststroke

```
=====
      ZONE: Z 31.34   4/8/2017 Kristen Harris, Club Tribe
      NATL: ! 28.71   5/11/2018 KATIE GLENN
Name           Age Club           Finals
=====
1 Harris, Kristen   42 CLUB TRIBE      31.98
2 Gass, Krista      40 CLUB TRIBE      34.85
3 Lovett, Mandy     44 LANDSHARK MASTER 38.47
4 Algera, Bonnie    42 FREEDOM AQUATIC 41.28
5 Comune, Tracey    40 FREEDOM AQUATIC 41.31
6 Gibson, Rebecca   41 YMCA RESTON WATE 46.23
7 van Iersel, Miranda 43 UMAC-TERRAPIN MA 46.88
-- Ayvaz, Meliha    42 RESTON MASTERS S   DQ
   Butterfly kick
=====
```

Women 40-44 50 Yard Breaststroke Time Trial

```
=====
      ZONE: Z 33.16   4/20/1997 Lisa Bennett
      NATL: ! 28.71   5/11/2018 KATIE GLENN
Name           Age Club           Finals
=====
- Time Trial
1 Lovett, Mandy     44 LANDSHARK MASTER 38.59
=====
```

Women 40-44 100 Yard Breaststroke

```
=====
      ZONE: Z 1:09.86  4/9/2017 Kristen Harris, Club Tribe
      NATL: ! 1:02.70  5/13/2018 KATIE GLENN
Name           Age Club           Finals
=====
1 Lovett, Mandy     44 LANDSHARK MASTER 1:22.80
=====
```

	38.59	1:22.80 (44.21)	
2 Algera, Bonnie		42 FREEDOM AQUATIC	1:29.66
	41.67	1:29.66 (47.99)	

Women 40-44 200 Yard Breaststroke

```

=====
ZONE: Z 2:32.09    4/8/2017 Kristen Harris, Club Tribe
NATL: ! 2:17.06   5/14/2006 S VON DER LIPPE
Name              Age Club              Finals
=====
1 Gross, Jennifer    41 UC09              2:39.03
    36.55            1:17.19 (40.64)    1:57.41 (40.22)    2:39.03 (41.62)
2 Harris, Kristen    42 CLUB TRIBE        2:40.53
    37.00            1:17.69 (40.69)    1:59.18 (41.49)    2:40.53 (41.35)
3 Lovett, Mandy      44 LANDSHARK MASTER  2:56.77
    40.66            1:25.37 (44.71)    2:10.37 (45.00)    2:56.77 (46.40)
=====

```

Women 40-44 50 Yard Butterfly

```

=====
ZONE: Z 26.72     4/20/2013 Margaret Conze, Montgomery Ancie
NATL: ! 25.14     5/10/2009 S VON DER LIPPE
Name              Age Club              Finals
=====
1 Grier, Katie       40 CLUB TRIBE        26.34Z
2 Gass, Krista       40 CLUB TRIBE        28.36
3 Congdon, Heather   40 SWIM FORT LAUDER  28.73
4 Choe, Michele      41 CLUB TRIBE        29.38
5 Messenlehner, Carina 43 LANDSHARK MASTER  30.01
6 Lovett, Mandy      44 LANDSHARK MASTER  33.76
7 Ayvaz, Meliha     42 RESTON MASTERS S  49.57
=====

```

Women 40-44 100 Yard Butterfly

```

=====
ZONE: Z 59.12     4/23/2006 K. Pipes-Neilsen, SDSM
NATL: ! 54.83     5/10/2009 S VON DER LIPPE
Name              Age Club              Finals
=====
1 Congdon, Heather   40 SWIM FORT LAUDER  1:04.66
    29.90            1:04.66 (34.76)
=====

```

Women 40-44 100 Yard Butterfly Time Trial

```

=====
ZONE: Z 59.12     4/23/2006 K. Pipes-Neilsen
NATL: ! 54.83     5/10/2009 S VON DER LIPPE
Name              Age Club              Finals
=====
- Time Trial
2 Krause, Mary Kay   41 LANDSHARK MASTER  1:14.63
=====

```

Women 40-44 100 Yard IM

```

=====
ZONE: Z 59.62     4/23/2006 K. Pipes-Neilsen, SDSM
NATL: ! 57.95     4/28/2012 ERIKA BRAUN
Name              Age Club              Finals
=====
1 Grier, Katie       40 CLUB TRIBE        1:00.53
    27.63            1:00.53 (32.90)
2 Gass, Krista       40 CLUB TRIBE        1:05.82
    29.85            1:05.82 (35.97)
3 Krause, Mary Kay   41 LANDSHARK MASTER  1:07.43
    31.35            1:07.43 (36.08)
4 Choe, Michele      41 CLUB TRIBE        1:07.80
    30.38            1:07.80 (37.42)
=====

```

5 Lovett, Mandy	36.22	44 LANDSHARK MASTER	1:17.20 (40.98)	1:17.20
6 Algera, Bonnie	37.27	42 FREEDOM AQUATIC	1:18.10 (40.83)	1:18.10
7 Gibson, Rebecca	44.11	41 YMCA RESTON WATE	1:35.16 (51.05)	1:35.16

Women 40-44 200 Yard IM

=====				
ZONE: Z 2:11.32		4/23/2006 K. Pipes-Neilsen, SDSM		
NATL: ! 2:04.85		5/4/2008 S VON DER LIPPE		
Name		Age Club		Finals
=====				
1 Krause, Mary Kay	33.12	41 LANDSHARK MASTER	1:08.91 (35.79)	2:26.30 (32.95)
			1:53.35 (44.44)	2:26.30 (32.95)

Women 40-44 400 Yard IM

=====				
ZONE: Z 4:34.29		4/21/2002 Vibeke Swanson		
NATL: ! 4:28.43		5/4/2008 S VON DER LIPPE		
Name		Age Club		Finals
=====				
1 Gross, Jennifer	33.32	41 UC09	1:11.04 (37.72)	5:02.83 (36.73)
	3:06.88 (43.00)		1:47.15 (36.11)	2:23.88 (36.73)
			3:51.53 (44.65)	5:02.83 (35.03)
2 Krause, Mary Kay	32.87	41 LANDSHARK MASTER	1:14.63 (41.76)	5:15.28 (39.66)
	3:19.89 (45.86)		1:54.37 (39.74)	2:34.03 (39.66)
			4:05.35 (45.46)	5:15.28 (34.64)
			4:40.64 (35.29)	5:15.28 (34.64)

Women 45-49 50 Yard Freestyle

=====				
ZONE: Z 24.20		4/15/2012 Fall Willeboordse, Bearcat Masters		
NATL: ! 23.80		4/8/2017 ERIKA BRAUN		
Name		Age Club		Finals
=====				
1 Sheppard, Rosie		49 UC09		25.49
2 Bass, Amy		48 RESTON MASTERS S		27.46
3 Garcia, Pauline		46 RESTON MASTERS S		27.89
4 Davidson, Michelle		48 GARDEN STATE MAS		28.13
5 Hayden, Alison		47 SOMERSET COUNTY		28.24
6 Layton, Katie		46 PATRIOT MASTERS		29.03
7 Shang, Xueqin (Alice)		48 ARLINGTON MASTER		47.59

Women 45-49 100 Yard Freestyle

=====				
ZONE: Z 52.66		4/14/2012 Fall Willeboordse, Bearcat Masters		
NATL: ! 51.99		4/9/2017 ERIKA BRAUN		
Name		Age Club		Finals
=====				
1 Davidson, Michelle	29.01	48 GARDEN STATE MAS	1:00.54 (31.53)	1:00.54
2 Bass, Amy	29.71	48 RESTON MASTERS S	1:01.91 (32.20)	1:01.91
3 Hayden, Alison	29.99	47 SOMERSET COUNTY	1:02.30 (32.31)	1:02.30
4 Donahue, Kendall	41.16	46 RESTON MASTERS S	1:24.83 (43.67)	1:24.83
5 Nelson, Tanja		49 RESTON MASTERS S		1:29.96

Women 45-49 200 Yard Freestyle

=====				
ZONE: Z 2:04.12		5/2/1999 Jacki Hirsty		
NATL: ! 1:53.28		12/16/2007 K PIPES-NEILSEN		

Name	Age	Club	Finals
1 Davidson, Michelle	48	GARDEN STATE MAS	2:13.45
30.27	1:03.50 (33.23)	1:38.39 (34.89)	2:13.45 (35.06)
2 Hayden, Alison	47	SOMERSET COUNTY	2:14.37
30.86	1:04.59 (33.73)	1:39.21 (34.62)	2:14.37 (35.16)
3 Bass, Amy	48	RESTON MASTERS S	2:23.02
32.12	1:07.69 (35.57)	1:45.08 (37.39)	2:23.02 (37.94)
4 Layton, Katie	46	PATRIOT MASTERS	2:30.07
32.00	1:09.33 (37.33)	1:49.71 (40.38)	2:30.07 (40.36)
5 Donahue, Kendall	46	RESTON MASTERS S	3:13.51
44.03	1:31.93 (47.90)	2:23.34 (51.41)	3:13.51 (50.17)

Women 45-49 500 Yard Freestyle

Name	Age	Club	Finals
ZONE: Z 5:23.32 4/14/2012 Laurie Hug, Colonials 1776			
NATL: ! 5:04.13 4/11/2009 K PIPES-NEILSEN			
1 Pellegrini, Traci	49	COLUMBIA MASTERS	6:01.87
31.57	1:06.53 (34.96)	1:42.40 (35.87)	2:19.25 (36.85)
2:56.36 (37.11)	3:33.46 (37.10)	4:10.67 (37.21)	4:48.38 (37.71)
5:25.68 (37.30)	6:01.87 (36.19)		
2 Donahue, Kendall	46	RESTON MASTERS S	9:02.63
45.15	1:32.73 (47.58)	2:23.72 (50.99)	3:16.34 (52.62)
4:40.54 (1:24.20)	5:33.66 (53.12)	6:26.96 (53.30)	7:19.39 (52.43)
8:12.98 (53.59)	9:02.63 (49.65)		

Women 45-49 1000 Yard Freestyle

Name	Age	Club	Finals
ZONE: Z 10:57.88 4/17/2011 Laurie Hug, 1776			
NATL: ! 10:32.91 4/19/2009 K PIPES-NEILSEN			
1 Murphy, Ruth	49	LANE 4 SWIMMING	44:52.81
2 Fairchild, KC	47	LANE 4 SWIMMING	49:37.21

Women 45-49 50 Yard Backstroke

Name	Age	Club	Finals
ZONE: Z 27.61 4/21/2013 Susan Williams, Montgomery Ancie			
NATL: ! 27.35 12/21/2008 K PIPES-NEILSEN			
1 Davidson, Michelle	48	GARDEN STATE MAS	30.95
2 Brown, Lesley	45	RAPPAHANNOCK YMC	36.53
3 Bowman, Christina	46	E TEAM	37.44

Women 45-49 200 Yard Backstroke

Name	Age	Club	Finals
ZONE: Z 2:15.03 4/15/2007 Vibeke Swanson, 1776			
NATL: ! 2:04.65 4/19/2009 K PIPES-NEILSEN			
1 Davidson, Michelle	48	GARDEN STATE MAS	2:24.93
33.83	1:10.57 (36.74)	1:47.52 (36.95)	2:24.93 (37.41)
2 Pellegrini, Traci	49	COLUMBIA MASTERS	2:27.83
34.49	1:12.10 (37.61)	1:50.44 (38.34)	2:27.83 (37.39)
3 Ihrig, Ylva	49	LANE 4 SWIMMING	2:43.80
40.89	1:21.98 (41.09)	2:03.97 (41.99)	2:43.80 (39.83)

Women 45-49 50 Yard Breaststroke

ZONE: Z 32.24 4/20/2013 Fall Willeboordse, Bearcat Masters			
--	--	--	--

NATL: ! 30.17 5/20/2007 CAROLINE KRATTLI

Name	Age Club	Finals
1 Sheppard, Rosie	49 UC09	33.51
2 Hayden, Alison	47 SOMERSET COUNTY	37.25
3 Layton, Katie	46 PATRIOT MASTERS	38.02
4 Shang, Xueqin (Alice)	48 ARLINGTON MASTER	54.22

Women 45-49 100 Yard Breaststroke

ZONE: Z 1:12.86 4/21/2013 Lisa Groves, Machine Aquatics

NATL: ! 1:05.85 3/27/2011 S VON DER LIPPE

Name	Age Club	Finals
1 Hayden, Alison	47 SOMERSET COUNTY	1:21.38
	38.80 1:21.38 (42.58)	
2 Brown, Lesley	45 RAPPAHANNOCK YMC	1:25.16
	40.17 1:25.16 (44.99)	
3 Shang, Xueqin (Alice)	48 ARLINGTON MASTER	1:58.58
	55.41 1:58.58 (1:03.17)	

Women 45-49 200 Yard Breaststroke

ZONE: Z 2:41.10 4/14/2018 Traci Pellegrini, Columbia Masters

NATL: ! 2:22.76 5/1/2011 S VON DER LIPPE

Name	Age Club	Finals
1 Hayden, Alison	47 SOMERSET COUNTY	2:54.01
	39.44 1:24.03 (44.59) 2:09.62 (45.59) 2:54.01 (44.39)	

Women 45-49 50 Yard Butterfly

ZONE: Z 25.96 4/20/2013 Susan Williams, Montgomery Ancie

NATL: ! 25.64 4/9/2017 ERIKA BRAUN

Name	Age Club	Finals
1 Bass, Amy	48 RESTON MASTERS S	31.19
2 Bowman, Christina	46 E TEAM	33.90

Women 45-49 100 Yard Butterfly

ZONE: Z 59.28 4/15/2012 Fall Willeboordse, Bearcat Masters

NATL: ! 56.97 5/1/2011 S VON DER LIPPE

Name	Age Club	Finals
1 Sheppard, Rosie	49 UC09	1:01.01
	28.99 1:01.01 (32.02)	
2 Davidson, Michelle	48 GARDEN STATE MAS	1:06.03
	30.35 1:06.03 (35.68)	

Women 45-49 200 Yard Butterfly

ZONE: Z 2:18.52 4/17/2011 Laurie Hug, 1776

NATL: ! 2:07.39 12/26/2008 K PIPES-NEILSEN

Name	Age Club	Finals
1 Davidson, Michelle	48 GARDEN STATE MAS	2:32.46
	33.24 1:11.99 (38.75) 1:52.69 (40.70) 2:32.46 (39.77)	
2 Hayden, Alison	47 SOMERSET COUNTY	2:44.47
	36.03 1:17.72 (41.69) 2:01.55 (43.83) 2:44.47 (42.92)	

Women 45-49 100 Yard IM

ZONE: Z 59.81 4/15/2012 Fall Willeboordse, Bearcat Masters
 NATL: ! 59.39 4/28/2012 FALL WILLEBOORDSE

Name	Age Club	Finals
1 Sheppard, Rosie	49 UC09	1:02.96
	28.30 1:02.96 (34.66)	
2 Davidson, Michelle	48 GARDEN STATE MAS	1:10.19
	31.43 1:10.19 (38.76)	
3 Ihrig, Ylva	49 LANE 4 SWIMMING	1:16.43
	35.20 1:16.43 (41.23)	

Women 45-49 200 Yard IM

ZONE: Z 2:15.19 4/15/2007 Vibeke Swanson, 1776
 NATL: ! 2:07.26 12/16/2007 K PIPES-NEILSEN

Name	Age Club	Finals
1 Pellegrini, Traci	49 COLUMBIA MASTERS	2:26.44
	31.29 1:09.12 (37.83) 1:52.72 (43.60) 2:26.44 (33.72)	
2 Davidson, Michelle	48 GARDEN STATE MAS	2:31.81
	32.82 1:09.25 (36.43) 1:56.38 (47.13) 2:31.81 (35.43)	
3 Hayden, Alison	47 SOMERSET COUNTY	2:35.25
	32.13 1:14.03 (41.90) 1:59.60 (45.57) 2:35.25 (35.65)	

Women 45-49 400 Yard IM

ZONE: Z 4:49.51 4/15/2007 Vibeke Swanson, 1776
 NATL: ! 4:32.87 12/26/2009 K PIPES-NEILSEN

Name	Age Club	Finals
1 Davidson, Michelle	48 GARDEN STATE MAS	5:25.79
	32.61 1:10.86 (38.25) 1:51.36 (40.50) 2:31.28 (39.92)	
	3:20.33 (49.05) 4:09.00 (48.67) 4:47.77 (38.77) 5:25.79 (38.02)	

Women 50-54 50 Yard Freestyle

ZONE: Z 24.84 4/10/2016 Fall Willeboordse, Bearcat Masters
 NATL: ! 24.53 3/18/2016 FALL WILLEBOORDSE

Name	Age Club	Finals
1 Willeboordse, Fall	53 UC06	25.32
2 Krause, Dori	50 LANE 4 SWIMMING	27.26
3 McNamara, Beth	53 RESTON MASTERS S	30.13
4 Becker, Marlene	54 LANE 4 SWIMMING	32.19
5 Cameron, Terri	54 FREEDOM AQUATIC	33.68
6 Mintling, Michele	50 LANE 4 SWIMMING	52.00

Women 50-54 100 Yard Freestyle

ZONE: Z 54.51 4/9/2016 Fall Willeboordse, Bearcat Masters
 NATL: ! 53.60 4/29/2016 FALL WILLEBOORDSE

Name	Age Club	Finals
1 Willeboordse, Fall	53 UC06	56.01
	26.64 56.01 (29.37)	
2 Krause, Dori	50 LANE 4 SWIMMING	1:02.42
	29.30 1:02.42 (33.12)	
3 Cantilina, Amy	50 RIPTIDE MASTERS	1:02.65
	30.02 1:02.65 (32.63)	
4 Becker, Marlene	54 LANE 4 SWIMMING	1:11.43
	34.06 1:11.43 (37.37)	
5 Wiseman, Kathryn	54 MASTERS AQUATICS	1:13.04
	35.79 1:13.04 (37.25)	

Women 50-54 200 Yard Freestyle

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=====
ZONE: Z 2:05.65 4/12/2015 Kelly Parker Palace, Virginia Masters
NATL: ! 1:58.34 4/10/2016 ELLEN REYNOLDS
Name Age Club Finals
=====
1 Hug, Laurie 53 COLONIALS 1776 2:09.21
30.46 1:03.46 (33.00) 1:36.58 (33.12) 2:09.21 (32.63)
2 Dustin, Kim 50 DC DEPT OF RECRE 2:17.76
31.25 1:05.41 (34.16) 1:41.39 (35.98) 2:17.76 (36.37)
3 Gregory, Barbie 50 VIRGINIA MASTERS 2:18.46
32.86 1:07.56 (34.70) 1:43.22 (35.66) 2:18.46 (35.24)
4 McNamara, Beth 53 RESTON MASTERS S 2:33.81
34.25 1:13.39 (39.14) 1:53.81 (40.42) 2:33.81 (40.00)
5 Wiseman, Kathryn 54 MASTERS AQUATICS 2:42.06
37.32 1:18.05 (40.73) 2:00.38 (42.33) 2:42.06 (41.68)
6 Cameron, Terri 54 FREEDOM AQUATIC 2:45.78
38.50 1:20.43 (41.93) 2:04.35 (43.92) 2:45.78 (41.43)
7 Bowman, Branka 53 LANE 4 SWIMMING 3:16.66
43.51 1:33.15 (49.64) 2:25.72 (52.57) 3:16.66 (50.94)
=====

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Women 50-54 500 Yard Freestyle Time Trial

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=====
ZONE: Z 5:53.51 4/15/2007 Tracy Grilli
NATL: ! 5:14.56 5/12/2013 JILL HERNANDEZ
Name Age Club Finals
=====
- Time Trial
1 Hug, Laurie 53 COLONIALS 1776 5:35.31Z
=====

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Women 50-54 500 Yard Freestyle

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=====
ZONE: Z 5:32.11 4/8/2017 Laurie Hug, Colonials 1776
NATL: ! 5:14.56 5/12/2013 JILL HERNANDEZ
Name Age Club Finals
=====
1 Hug, Laurie 53 COLONIALS 1776 5:34.02
31.20 1:05.08 (33.88) 1:39.27 (34.19) 2:13.37 (34.10)
2:46.98 (33.61) 3:20.88 (33.90) 3:54.23 (33.35) 4:27.35 (33.12)
5:00.95 (33.60) 5:34.02 (33.07)
2 Willeboordse, Fall 53 UC06 5:36.54
29.64 1:02.51 (32.87) 1:36.35 (33.84) 2:10.11 (33.76)
2:43.95 (33.84) 3:17.95 (34.00) 3:51.77 (33.82) 4:25.99 (34.22)
5:01.11 (35.12) 5:36.54 (35.43)
3 Uppstrom, Noreen 54 COLONIALS 1776 6:35.83
35.01 1:13.28 (38.27) 1:52.68 (39.40) 2:32.96 (40.28)
3:13.70 (40.74) 3:54.43 (40.73) 4:35.53 (41.10) 5:16.27 (40.74)
5:57.33 (41.06) 6:35.83 (38.50)
4 Gainor, Cathy 51 MONTGOMERY ANCIE 6:41.02
38.62 1:19.24 (40.62) 2:00.05 (40.81) 2:40.75 (40.70)
3:21.28 (40.53) 4:01.96 (40.68) 4:42.43 (40.47) 5:22.59 (40.16)
6:02.37 (39.78) 6:41.02 (38.65)
5 Becker, Marlene 54 LANE 4 SWIMMING 6:41.42
36.82 1:16.51 (39.69) 1:57.28 (40.77) 2:38.38 (41.10)
3:19.22 (40.84) 3:59.72 (40.50) 4:40.11 (40.39) 5:20.85 (40.74)
6:01.18 (40.33) 6:41.42 (40.24)
6 Wiseman, Kathryn 54 MASTERS AQUATICS 6:58.56
37.24 1:17.75 (40.51) 1:59.89 (42.14) 2:42.75 (42.86)
3:25.92 (43.17) 4:08.73 (42.81) 4:51.48 (42.75) 5:33.99 (42.51)
6:16.31 (42.32) 6:58.56 (42.25)
=====

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Women 50-54 1000 Yard Freestyle Time Trial

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ZONE: Z 12:10.44 4/15/2007 Tracy Grilli
NATL: ! 10:58.56 4/23/2015 JILL HERNANDEZ

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Name	Age Club	Finals
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- Time Trial

1 Hug, Laurie 53 COLONIALS 1776 11:15.19Z

Women 50-54 1000 Yard Freestyle

=====

ZONE: Z 11:14.62 4/9/2017 Laurie Hug, 1776
NATL: ! 10:58.56 4/23/2015 JILL HERNANDEZ

=====

Name	Age Club	Finals
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=====

1 Gainor, Cathy 51 MONTGOMERY ANCIE 13:31.12
38.32 1:19.38 (41.06) 2:01.02 (41.64) 2:42.48 (41.46)
3:23.86 (41.38) 4:04.90 (41.04) 4:46.05 (41.15) 5:26.95 (40.90)
6:07.71 (40.76) 6:48.83 (41.12) 7:29.53 (40.70) 8:10.21 (40.68)
8:51.03 (40.82) 9:31.98 (40.95) 10:12.59 (40.61) 10:52.90 (40.31)
11:33.08 (40.18) 12:13.22 (40.14) 12:52.87 (39.65) 13:31.12 (38.25)

2 Murrell, Christy 50 RIPTIDE MASTERS 17:00.86
42.17 1:27.78 (45.61) 2:17.56 (49.78) 3:08.73 (51.17)
3:59.77 (51.04) 4:52.09 (52.32) 5:45.05 (52.96) 6:37.68 (52.63)
7:29.92 (52.24) 8:22.12 (52.20) 9:13.84 (51.72) 10:06.49 (52.65)
10:59.19 (52.70) 11:51.59 (52.40) 12:43.78 (52.19) 13:35.65 (51.87)
14:28.01 (52.36) 15:19.53 (51.52) 16:11.12 (51.59) 17:00.86 (49.74)

3 Johnson, Kathleen 50 LANE 4 SWIMMING 17:46.39
42.74 1:30.82 (48.08) 2:22.42 (51.60) 3:15.27 (52.85)
4:09.95 (54.68) 5:03.49 (53.54) 5:59.37 (55.88) 6:54.06 (54.69)
7:49.10 (55.04) 8:43.62 (54.52) 9:38.74 (55.12) 10:33.90 (55.16)
11:29.08 (55.18) 12:23.31 (54.23) 13:18.62 (55.31) 14:13.10 (54.48)
15:07.55 (54.45) 16:02.47 (54.92) 16:56.49 (54.02) 17:46.39 (49.90)

Women 50-54 1650 Yard Freestyle

=====

ZONE: Z 18:37.93 4/7/2017 Laurie Hug, Colonials 1776
NATL: ! 18:16.11 4/15/2018 ELLEN REYNOLDS

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Name	Age Club	Finals
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=====

1 Hug, Laurie 53 COLONIALS 1776 18:37.20Z
30.95 1:04.63 (33.68) 1:38.69 (34.06) 2:12.59 (33.90)
2:46.60 (34.01) 3:20.55 (33.95) 3:54.12 (33.57) 4:27.73 (33.61)
5:01.79 (34.06) 5:35.31 (33.52) 6:09.27 (33.96) 6:43.19 (33.92)
7:17.05 (33.86) 7:51.20 (34.15) 8:25.22 (34.02) 8:59.30 (34.08)
9:33.44 (34.14) 10:07.72 (34.28) 10:41.65 (33.93) 11:15.19 (33.54)
11:49.89 (34.70) 12:24.09 (34.20) 12:57.99 (33.90) 13:32.13 (34.14)
14:05.94 (33.81) 14:39.96 (34.02) 15:13.50 (33.54) 15:47.70 (34.20)
16:21.85 (34.15) 16:56.20 (34.35) 17:30.42 (34.22) 18:04.64 (34.22)
18:37.20 (32.56)

2 Dustin, Kim 50 DC DEPT OF RECRE 21:19.88
33.18 1:09.13 (35.95) 1:46.61 (37.48) 2:25.05 (38.44)
3:03.60 (38.55) 3:42.17 (38.57) 4:20.94 (38.77) 4:59.77 (38.83)
5:38.99 (39.22) 6:18.02 (39.03) 6:57.19 (39.17) 7:36.43 (39.24)
8:15.38 (38.95) 8:54.94 (39.56) 9:34.02 (39.08) 10:13.00 (38.98)
10:52.67 (39.67) 11:32.32 (39.65) 12:11.88 (39.56) 12:50.88 (39.00)
13:30.23 (39.35) 14:08.85 (38.62) 14:47.86 (39.01) 15:26.96 (39.10)
16:06.57 (39.61) 16:45.66 (39.09) 17:25.43 (39.77) 18:04.70 (39.27)
18:44.13 (39.43) 19:23.47 (39.34) 20:02.78 (39.31) 20:41.88 (39.10)
21:19.88 (38.00)

3 Bowman, Branka 53 LANE 4 SWIMMING 30:13.91
46.83 1:38.51 (51.68) 2:31.30 (52.79) 3:24.53 (53.23)
4:18.57 (54.04) 5:13.05 (54.48) 6:07.33 (54.28) 7:02.86 (55.53)
7:57.27 (54.41) 8:52.56 (55.29) 9:47.33 (54.77) 10:42.96 (55.63)

11:38.49 (55.53)	12:34.07 (55.58)	13:29.22 (55.15)	14:24.76 (55.54)
15:20.40 (55.64)	16:16.61 (56.21)	17:12.45 (55.84)	18:08.88 (56.43)
19:03.42 (54.54)	19:58.69 (55.27)	20:54.78 (56.09)	21:50.36 (55.58)
22:45.28 (54.92)	23:41.68 (56.40)	24:38.37 (56.69)	25:34.43 (56.06)
26:31.16 (56.73)	27:28.35 (57.19)	28:24.38 (56.03)	29:20.43 (56.05)
30:13.91 (53.48)			
4 Christopher, Jody	53 LANE 4 SWIMMING		35:29.04
56.68	1:59.22 (1:02.54)	3:02.74 (1:03.52)	4:05.49 (1:02.75)
5:08.39 (1:02.90)		7:17.07 ()	8:20.68 (1:03.61)
9:23.96 (1:03.28)	10:30.04 (1:06.08)	11:33.68 (1:03.64)	12:38.30 (1:04.62)
13:45.58 (1:07.28)	14:48.30 (1:02.72)	15:54.60 (1:06.30)	16:58.93 (1:04.33)
18:04.24 (1:05.31)	19:10.97 (1:06.73)	20:15.14 (1:04.17)	21:19.98 (1:04.84)
22:28.25 (1:08.27)	23:35.10 (1:06.85)		25:46.03 ()
26:50.60 (1:04.57)	27:56.39 (1:05.79)	29:01.59 (1:05.20)	30:07.87 (1:06.28)
31:12.03 (1:04.16)	32:17.00 (1:04.97)	33:21.09 (1:04.09)	35:29.04 (2:07.95)

Women 50-54 50 Yard Backstroke Time Trial

=====

ZONE: Z 33.29	4/15/2007 N.Steadman-Martin	
NATL: ! 27.04	5/10/2013 LESLIE LIVINGSTON	
Name	Age Club	Finals

=====

- Time Trial

7 Cameron, Terri	54 FREEDOM AQUATIC	41.02
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Women 50-54 50 Yard Backstroke

=====

ZONE: Z 27.27	4/21/2013 Leslie Livingston, GMUP	
NATL: ! 27.04	5/10/2013 LESLIE LIVINGSTON	
Name	Age Club	Finals

=====

1 Wetzal, Denise	53 RESTON MASTERS S	32.84
2 Cantilina, Amy	50 RIPTIDE MASTERS	32.94
3 Uppstrom, Noreen	54 COLONIALS 1776	35.84
4 Cameron, Terri	54 FREEDOM AQUATIC	40.29

Women 50-54 100 Yard Backstroke

=====

ZONE: Z 1:02.11	4/20/2013 Leslie Livingston, GMUP	
NATL: ! 59.19	3/18/2016 FALL WILLEBOORDSE	
Name	Age Club	Finals

=====

1 Wetzal, Denise	53 RESTON MASTERS S	1:12.13
34.79	1:12.13 (37.34)	
2 Gregory, Barbie	50 VIRGINIA MASTERS	1:13.83
36.73	1:13.83 (37.10)	
3 Jin, Yimin	54 MASTERS AQUATICS	1:14.60
36.35	1:14.60 (38.25)	
4 Uppstrom, Noreen	54 COLONIALS 1776	1:15.01
36.91	1:15.01 (38.10)	
5 Cameron, Terri	54 FREEDOM AQUATIC	1:26.74
43.42	1:26.74 (43.32)	
6 Bowman, Branka	53 LANE 4 SWIMMING	1:45.81
51.51	1:45.81 (54.30)	

Women 50-54 100 Yard Backstroke Time Trial

=====

ZONE: Z 1:10.71	4/15/2007 N.Steadman-Martin	
NATL: ! 59.19	3/18/2016 FALL WILLEBOORDSE	
Name	Age Club	Finals

=====

- Time Trial

4 Cameron, Terri	54 FREEDOM AQUATIC	1:24.72
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Women 50-54 200 Yard Backstroke

ZONE: Z 2:21.72 4/21/2013 Vibeke Swanson, Colonials 1776
 NATL: ! 2:07.51 11/22/2014 ELLEN REYNOLDS

Name	Age	Club	Finals
1 Hug, Laurie	35.31	53 COLONIALS 1776	2:27.67
		1:12.26 (36.95)	1:50.28 (38.02)
2 Cantilina, Amy	35.85	50 RIPTIDE MASTERS	2:32.25
		1:13.81 (37.96)	1:53.07 (39.26)
3 Dustin, Kim	36.57	50 DC DEPT OF RECRE	2:38.61
		1:16.07 (39.50)	1:57.18 (41.11)
4 Wetzal, Denise	36.05	53 RESTON MASTERS S	2:40.51
		1:16.21 (40.16)	1:58.10 (41.89)
5 Gainor, Cathy	45.72	51 MONTGOMERY ANCIE	3:05.78
		1:32.61 (46.89)	2:19.61 (47.00)
6 Cameron, Terri		54 FREEDOM AQUATIC	3:08.86
			3:55.40 ()
			3:08.86 ()

Women 50-54 50 Yard Breaststroke

ZONE: Z 34.06 4/11/2015 Leslie Livingston, Rockwall Aquatic
 NATL: ! 31.61 4/14/2018 S VON DER LIPPE

Name	Age	Club	Finals
1 Groves, Lisa		53 RESTON MASTERS S	37.64
2 Wetzal, Denise		53 RESTON MASTERS S	37.92
3 Uppstrom, Noreen		54 COLONIALS 1776	39.62
4 McNamara, Beth		53 RESTON MASTERS S	43.49
5 Greenfield Sheehe, Heath		52 RESTON MASTERS S	47.49

Women 50-54 100 Yard Breaststroke

ZONE: Z 1:09.87 4/10/2016 Fall Willeboordse, Bearcat Masters
 NATL: ! 1:09.21 2/18/2012 CAROLINE KRATTLI

Name	Age	Club	Finals
1 Willeboordse, Fall	35.59	53 UC06	1:15.44
		1:15.44 (39.85)	
2 Groves, Lisa	38.33	53 RESTON MASTERS S	1:22.44
		1:22.44 (44.11)	

Women 50-54 200 Yard Breaststroke

ZONE: Z 2:43.75 4/8/2017 Laurie Hug, Colonials 1776
 NATL: ! 2:29.92 2/20/2012 CAROLINE KRATTLI

Name	Age	Club	Finals
1 Hug, Laurie	38.47	53 COLONIALS 1776	2:46.27
		1:20.56 (42.09)	2:04.08 (43.52)
2 Groves, Lisa	40.76	53 RESTON MASTERS S	3:03.31
		1:27.04 (46.28)	2:14.69 (47.65)
			3:03.31 (48.62)

Women 50-54 50 Yard Butterfly

ZONE: Z 25.90 4/20/2013 Leslie Livingston, Patriot Masters
 NATL: ! 25.70 5/11/2013 LESLIE LIVINGSTON

Name	Age	Club	Finals
1 Willeboordse, Fall		53 UC06	27.88
2 Krause, Dori		50 LANE 4 SWIMMING	31.22
3 Cantilina, Amy		50 RIPTIDE MASTERS	32.24

4 Uppstrom, Noreen	54 COLONIALS 1776	34.99
5 Gainor, Cathy	51 MONTGOMERY ANCIE	37.50
6 Wiseman, Kathryn	54 MASTERS AQUATICS	39.00

Women 50-54 100 Yard Butterfly

=====		
ZONE: Z 1:00.81	4/21/2013 Leslie Livingston, Patriot Masters	
NATL: ! 1:00.17	5/12/2013 JILL HERNANDEZ	
Name	Age Club	Finals
=====		
1 Willeboordse, Fall	53 UC06	1:01.74
29.04	1:01.74 (32.70)	
2 Gregory, Barbie	50 VIRGINIA MASTERS	1:09.42
32.50	1:09.42 (36.92)	

Women 50-54 100 Yard Butterfly Time Trial

=====		
ZONE: Z 1:08.25	4/13/2008 Katherine Branch, NEM-NE	
NATL: ! 1:00.17	5/12/2013 JILL HERNANDEZ	
Name	Age Club	Finals
=====		
- Time Trial		
1 Hug, Laurie	53 COLONIALS 1776	1:08.72

Women 50-54 200 Yard Butterfly

=====				
ZONE: Z 2:20.77	4/8/2017 Laurie Hug, Colonials 1776			
NATL: ! 2:15.18	5/17/2002 LAURA VAL			
Name	Age Club	Finals		
=====				
1 Hug, Laurie	53 COLONIALS 1776	2:24.99		
32.39	1:09.32 (36.93)	1:47.99 (38.67)	2:24.99 (37.00)	

Women 50-54 100 Yard IM

=====		
ZONE: Z 1:01.41	4/10/2016 Fall Willeboordse, Bearcat Masters	
NATL: ! 1:01.28	4/29/2016 FALL WILLEBOORDSE	
Name	Age Club	Finals
=====		
1 Wetzels, Denise	53 RESTON MASTERS S	1:14.43
33.58	1:14.43 (40.85)	
2 Uppstrom, Noreen	54 COLONIALS 1776	1:15.80
35.62	1:15.80 (40.18)	
3 Jin, Yimin	54 MASTERS AQUATICS	1:16.14
33.85	1:16.14 (42.29)	
4 Becker, Marlene	54 LANE 4 SWIMMING	1:24.17
41.06	1:24.17 (43.11)	
5 McNamara, Beth	53 RESTON MASTERS S	1:27.64
43.32	1:27.64 (44.32)	

Women 50-54 200 Yard IM

=====				
ZONE: Z 2:15.51	4/9/2016 Fall Willeboordse, Bearcat Masters			
NATL: ! 2:12.57	4/15/2018 ELLEN REYNOLDS			
Name	Age Club	Finals		
=====				
1 Hug, Laurie	53 COLONIALS 1776	2:26.94		
32.06	1:09.81 (37.75)	1:54.09 (44.28)	2:26.94 (32.85)	
2 Wetzels, Denise	53 RESTON MASTERS S	2:43.81		
35.31	1:17.31 (42.00)	2:04.74 (47.43)	2:43.81 (39.07)	

Women 50-54 400 Yard IM

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ZONE: Z 4:59.57 4/9/2017 Laurie Hug, Colonials 1776
 NATL: ! 4:43.11 4/9/2016 ELLEN REYNOLDS

Name	Age Club	Finals	
1 Hug, Laurie	53 COLONIALS 1776	5:08.91	
31.93	1:08.72 (36.79)	1:49.12 (40.40)	2:29.39 (40.27)
3:13.53 (44.14)	3:59.44 (45.91)	4:34.78 (35.34)	5:08.91 (34.13)

Women 55-59 50 Yard Freestyle

ZONE: Z 27.03 5/8/1990 Jane Bruner
 NATL: ! 25.16 4/8/2017 SUE WALSH

Name	Age Club	Finals
1 Johnson, Mindy	55 RESTON MASTERS S	28.77
2 Brightwell, Kim	59 RESTON MASTERS S	28.85
3 Toner, Karlin	57 PATRIOT MASTERS	31.58
4 Goldberg, Hillary	59 E TEAM	33.05
5 Mackall, Suni	56 VIRGINIA MASTERS	35.06
6 Weigand, Elizabeth	56 RESTON MASTERS S	37.13

Women 55-59 100 Yard Freestyle

ZONE: Z 1:02.32 4/8/2017 Vibeke Swanson, Colonials 1776
 NATL: ! 54.72 5/4/2008 LAURA VAL

Name	Age Club	Finals
1 Johnson, Mindy	55 RESTON MASTERS S	1:04.72
30.87	1:04.72 (33.85)	
2 Brightwell, Kim	59 RESTON MASTERS S	1:04.81
31.23	1:04.81 (33.58)	
3 Lachney, Fay	57 ALEXANDRIA MASTE	1:05.96
32.00	1:05.96 (33.96)	
4 Miller, Patricia	58 VIRGINIA MASTERS	1:09.06
32.99	1:09.06 (36.07)	
5 RO, Duk	59 FREEDOM AQUATIC	1:46.74
48.81	1:46.74 (57.93)	

Women 55-59 200 Yard Freestyle

ZONE: Z 2:19.58 4/10/2016 Kim Brightwell, Reston Masters S
 NATL: ! 1:57.90 4/30/2017 KARLYN PIPES

Name	Age Club	Finals	
1 Saucy, Stephanie	55 COLONIALS 1776	2:14.94Z	
31.85	1:05.47 (33.62)	1:40.27 (34.80)	2:14.94 (34.67)
2 Johnson, Mindy	55 RESTON MASTERS S	2:23.66	
32.37	1:08.87 (36.50)	1:46.36 (37.49)	2:23.66 (37.30)
3 Brown, Ann	56 MERRITT MARLINS	2:43.23	
37.35	1:18.60 (41.25)	2:01.39 (42.79)	2:43.23 (41.84)
4 Mackall, Suni	56 VIRGINIA MASTERS	2:51.93	
39.94	1:23.89 (43.95)	2:09.05 (45.16)	2:51.93 (42.88)

Women 55-59 500 Yard Freestyle

ZONE: Z 5:54.39 4/17/2011 Shirley Loftus-Charley, VMST
 NATL: ! 5:20.68 4/29/2017 JILL HERNANDEZ

Name	Age Club	Finals	
1 Saucy, Stephanie	55 COLONIALS 1776	6:05.50	
32.12	1:07.35 (35.23)	1:43.06 (35.71)	2:19.52 (36.46)
2:55.68 (36.16)	3:32.85 (37.17)	4:10.15 (37.30)	4:48.31 (38.16)
5:26.88 (38.57)	6:05.50 (38.62)		

2 Lachney, Fay	57 ALEXANDRIA MASTE	6:12.84
33.64	1:10.69 (37.05)	1:48.58 (37.89)
3:04.08 (37.87)	3:42.37 (38.29)	4:20.54 (38.17)
5:36.22 (37.54)	6:12.84 (36.62)	4:58.68 (38.14)
3 Johnson, Mindy	55 RESTON MASTERS S	6:37.33
34.86	1:13.07 (38.21)	1:52.48 (39.41)
3:13.53 (40.99)	3:54.45 (40.92)	4:35.52 (41.07)
5:57.10 (40.78)	6:37.33 (40.23)	5:16.32 (40.80)
4 Miller, Patricia	58 VIRGINIA MASTERS	6:45.91
37.11	1:16.51 (39.40)	1:57.18 (40.67)
3:19.57 (41.34)	4:01.63 (42.06)	4:43.72 (42.09)
6:07.04 (41.33)	6:45.91 (38.87)	5:25.71 (41.99)
5 Brown, Ann	56 MERRITT MARLINS	7:03.59
37.09	1:17.93 (40.84)	2:00.64 (42.71)
3:27.84 (44.21)	4:10.68 (42.84)	4:53.87 (43.19)
6:19.00 (42.30)	7:03.59 (44.59)	5:36.70 (42.83)
6 Moyer, Michelle	56 RESTON MASTERS S	7:06.50
38.78	1:20.34 (41.56)	2:04.04 (43.70)
3:31.29 (43.81)	4:15.08 (43.79)	4:58.55 (43.47)
6:24.41 (42.74)	7:06.50 (42.09)	5:41.67 (43.12)
7 Flynn, Merri	59 RESTON MASTERS S	7:36.86
42.28	1:27.68 (45.40)	2:13.65 (45.97)
3:46.35 (46.09)	4:32.70 (46.35)	5:19.48 (46.78)
6:52.12 (46.60)	7:36.86 (44.74)	3:00.26 (46.61)
8 Dewing, Maria	55 RIPTIDE MASTERS	7:38.32
40.39	1:25.45 (45.06)	2:12.28 (46.83)
3:46.22 (47.07)	4:33.50 (47.28)	5:20.73 (47.23)
6:54.01 (46.36)	7:38.32 (44.31)	6:07.65 (46.92)
9 RO, Duk	59 FREEDOM AQUATIC	9:58.73
49.44	1:48.06 (58.62)	2:50.65 (1:02.59)
4:55.77 (1:02.68)	5:57.30 (1:01.53)	6:59.13 (1:01.83)
9:01.36 (1:01.03)	9:58.73 (57.37)	3:53.09 (1:02.44)
		8:00.33 (1:01.20)

Women 55-59 1000 Yard Freestyle

=====			
ZONE: Z 11:49.98	4/17/2011 Shirley Loftus-Charley, VMST		
NATL: ! 11:19.85	2/5/2017 K PARKER PALACE		
Name	Age Club	Finals	
=====			
1 Swanson, Vibeke	57 COLONIALS 1776	12:31.13	
32.60	1:08.51 (35.91)	1:45.32 (36.81)	2:22.65 (37.33)
3:00.58 (37.93)	3:38.66 (38.08)	4:16.84 (38.18)	4:55.08 (38.24)
5:33.37 (38.29)	6:11.86 (38.49)	6:50.26 (38.40)	7:28.35 (38.09)
8:06.39 (38.04)	8:44.54 (38.15)	9:22.76 (38.22)	10:00.86 (38.10)
10:38.95 (38.09)	11:17.49 (38.54)	11:55.11 (37.62)	12:31.13 (36.02)
2 Lachney, Fay	57 ALEXANDRIA MASTE	12:35.69	
34.67	1:11.75 (37.08)	1:49.50 (37.75)	2:27.18 (37.68)
3:05.13 (37.95)	3:43.12 (37.99)	4:21.34 (38.22)	4:59.25 (37.91)
5:37.30 (38.05)	6:15.51 (38.21)	6:53.65 (38.14)	7:32.03 (38.38)
8:10.22 (38.19)	8:48.85 (38.63)	9:27.33 (38.48)	10:05.53 (38.20)
10:43.84 (38.31)	11:22.11 (38.27)	11:59.97 (37.86)	12:35.69 (35.72)
3 Burke, Barbara	57 COLONIALS 1776	13:12.81	
33.94	1:11.56 (37.62)	1:50.70 (39.14)	2:29.99 (39.29)
3:09.59 (39.60)	3:49.51 (39.92)	4:30.02 (40.51)	5:11.13 (41.11)
5:51.50 (40.37)	6:31.78 (40.28)	7:12.02 (40.24)	7:52.40 (40.38)
8:33.09 (40.69)	9:13.54 (40.45)	9:54.06 (40.52)	10:34.05 (39.99)
11:14.50 (40.45)	11:54.67 (40.17)	12:34.65 (39.98)	13:12.81 (38.16)
4 Dewing, Maria	55 RIPTIDE MASTERS	15:22.99	
39.27	1:22.86 (43.59)	2:08.06 (45.20)	2:54.16 (46.10)
3:40.44 (46.28)	4:27.24 (46.80)	5:13.97 (46.73)	6:01.07 (47.10)
6:48.48 (47.41)	7:35.37 (46.89)	8:22.52 (47.15)	9:09.15 (46.63)
9:56.22 (47.07)	10:42.88 (46.66)	11:31.25 (48.37)	12:18.02 (46.77)
13:04.95 (46.93)	13:52.24 (47.29)	14:38.30 (46.06)	15:22.99 (44.69)

Women 55-59 1650 Yard Freestyle

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=====
ZONE: Z 20:57.48 4/13/2018 Denise Landers, Warrenton Fauqui
NATL: ! 18:56.04 4/16/2010 LAURA VAL
Name Age Club Finals
=====
1 Saucy, Stephanie 55 COLONIALS 1776 20:44.26Z
 33.41 1:09.35 (35.94) 1:46.08 (36.73) 2:23.46 (37.38)
 3:00.74 (37.28) 3:38.42 (37.68) 4:15.60 (37.18) 4:52.58 (36.98)
 5:30.13 (37.55) 6:07.84 (37.71) 6:45.25 (37.41) 7:22.92 (37.67)
 8:00.90 (37.98) 8:38.62 (37.72) 9:15.91 (37.29) 9:54.02 (38.11)
10:31.57 (37.55) 11:09.61 (38.04) 11:47.30 (37.69) 12:25.18 (37.88)
13:03.02 (37.84) 13:41.19 (38.17) 14:19.15 (37.96) 14:57.12 (37.97)
15:35.04 (37.92) 16:13.43 (38.39) 16:52.01 (38.58) 17:30.26 (38.25)
18:08.75 (38.49) 18:48.31 (39.56) 19:27.95 (39.64) 20:07.38 (39.43)
20:44.26 (36.88)

2 Brown, Ann 56 MERRITT MARLINS 23:49.32
 39.10 1:21.92 (42.82) 2:05.36 (43.44) 2:48.59 (43.23)
 3:31.89 (43.30) 4:15.05 (43.16) 4:58.57 (43.52) 5:42.31 (43.74)
 6:25.93 (43.62) 7:08.79 (42.86) 7:52.59 (43.80) 8:36.68 (44.09)
 9:20.52 (43.84) 10:04.13 (43.61) 10:48.17 (44.04) 11:32.01 (43.84)
12:15.69 (43.68) 12:58.86 (43.17) 13:41.99 (43.13) 14:25.73 (43.74)
15:09.01 (43.28) 15:52.65 (43.64) 16:36.32 (43.67) 17:20.81 (44.49)
18:03.47 (42.66) 18:46.36 (42.89) 19:29.62 (43.26) 20:13.34 (43.72)
20:57.49 (44.15) 21:41.74 (44.25) 22:25.52 (43.78) 23:49.32 (1:23.80)

3 Flynn, Merri 59 RESTON MASTERS S 25:56.39
 42.97 1:28.54 (45.57) 2:16.27 (47.73) 3:03.91 (47.64)
 3:51.46 (47.55) 4:39.26 (47.80) 5:26.79 (47.53) 6:14.04 (47.25)
 7:01.22 (47.18) 7:49.24 (48.02) 8:36.15 (46.91) 9:22.73 (46.58)
10:10.08 (47.35) 10:57.62 (47.54) 11:45.16 (47.54) 12:33.06 (47.90)
13:20.93 (47.87) 14:08.21 (47.28) 14:55.74 (47.53) 15:43.03 (47.29)
16:30.44 (47.41) 17:18.12 (47.68) 18:05.57 (47.45) 18:52.14 (46.57)
19:39.44 (47.30) 20:26.39 (46.95) 21:13.46 (47.07) 22:01.13 (47.67)
22:48.91 (47.78) 23:36.50 (47.59) 24:23.69 (47.19) 25:11.23 (47.54)
25:56.39 (45.16)

4 Barras, Shannon 56 E TEAM 33:13.82
 50.08 1:48.08 (58.00) 2:51.09 (1:03.01) 3:53.52 (1:02.43)
 4:54.78 (1:01.26) 5:57.20 (1:02.42) 6:58.20 (1:01.00) 7:58.68 (1:00.48)
 9:00.22 (1:01.54) 10:00.78 (1:00.56) 11:01.75 (1:00.97) 12:02.63 (1:00.88)
13:03.64 (1:01.01) 14:05.03 (1:01.39) 15:06.87 (1:01.84) 16:07.47 (1:00.60)
17:07.55 (1:00.08) 18:07.61 (1:00.06) 20:09.45 ( )
21:09.70 (1:00.25) 22:10.60 (1:00.90) 23:11.03 (1:00.43) 24:11.36 (1:00.33)
25:12.84 (1:01.48) 26:13.73 (1:00.89) 27:13.98 (1:00.25) 28:14.88 (1:00.90)
29:15.11 (1:00.23) 30:15.43 (1:00.32) 31:16.72 (1:01.29) 32:16.83 (1:00.11)
33:13.82 (56.99)

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Women 55-59 50 Yard Backstroke

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=====
ZONE: Z 31.03 4/10/2016 Kim Brightwell, Reston Masters S
NATL: ! 28.14 10/30/2016 LESLIE LIVINGSTON
Name Age Club Finals
=====
1 Brightwell, Kim 59 RESTON MASTERS S 32.03
2 Swanson, Vibeke 57 COLONIALS 1776 32.25
3 Saucy, Stephanie 55 COLONIALS 1776 32.41
4 Elshafei, Donna 55 UMAC-TERRAPIN MA 37.21
5 Jaeger, Debbie 56 VIRGINIA MASTERS 37.39
6 Goldberg, Hillary 59 E TEAM 42.08

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Women 55-59 100 Yard Backstroke

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=====
ZONE: Z 1:08.59 4/9/2017 Vibeke Swanson, 1776

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NATL: ! 1:00.80 4/30/2017 KARLYN PIPES

Name	Age Club	Finals
1 Saucy, Stephanie	55 COLONIALS 1776	1:08.98
34.25	1:08.98 (34.73)	
2 Swanson, Vibeke	57 COLONIALS 1776	1:09.89
34.29	1:09.89 (35.60)	
3 Brightwell, Kim	59 RESTON MASTERS S	1:10.34
35.11	1:10.34 (35.23)	
4 Goldberg, Hillary	59 E TEAM	1:28.65
43.88	1:28.65 (44.77)	
-- Li, Eileen	58 RESTON MASTERS S	DQ
Shoulders past vertical toward breast		
56.36	DQ (1:00.29)	

Women 55-59 100 Yard Backstroke Time Trial

ZONE: Z 1:14.98 4/15/2007 Denise Kirwan

NATL: ! 1:00.80 4/30/2017 KARLYN PIPES

Name	Age Club	Finals
- Time Trial		
2 Swanson, Vibeke	57 COLONIALS 1776	1:09.01Z

Women 55-59 200 Yard Backstroke

ZONE: Z 2:29.03 4/9/2017 Vibeke Swanson, Colonials 1776

NATL: ! 2:11.29 4/28/2017 KARLYN PIPES

Name	Age Club	Finals
1 Saucy, Stephanie	55 COLONIALS 1776	2:28.73Z
34.99	1:12.94 (37.95)	1:51.88 (38.94) 2:28.73 (36.85)
2 Swanson, Vibeke	57 COLONIALS 1776	2:30.52
35.02	1:12.51 (37.49)	1:51.55 (39.04) 2:30.52 (38.97)
3 Elshafei, Donna	55 UMAC-TERRAPIN MA	2:53.72
40.87	1:24.74 (43.87)	2:10.20 (45.46) 2:53.72 (43.52)
4 Jaeger, Debbie	56 VIRGINIA MASTERS	2:57.67
42.16	1:27.02 (44.86)	2:13.16 (46.14) 2:57.67 (44.51)
5 Goldberg, Hillary	59 E TEAM	3:17.00
45.01	1:35.18 (50.17)	2:28.67 (53.49) 3:17.00 (48.33)

Women 55-59 50 Yard Breaststroke

ZONE: Z 35.79 4/11/2015 Kim Brightwell, Reston Masters S

NATL: ! 32.13 4/30/2017 CAROLINE KRATTLI

Name	Age Club	Finals
1 Miller, Patricia	58 VIRGINIA MASTERS	37.91
2 Toner, Karlin	57 PATRIOT MASTERS	39.46
3 Flynn, Merri	59 RESTON MASTERS S	43.80
4 Weigand, Elizabeth	56 RESTON MASTERS S	49.59
5 Li, Eileen	58 RESTON MASTERS S	53.61

Women 55-59 100 Yard Breaststroke

ZONE: Z 1:19.05 4/9/2017 Jenny Cook, UC06

NATL: ! 1:10.55 4/28/2017 CAROLINE KRATTLI

Name	Age Club	Finals
1 Swanson, Vibeke	57 COLONIALS 1776	1:20.33
39.62	1:20.33 (40.71)	
2 Miller, Patricia	58 VIRGINIA MASTERS	1:23.34
39.47	1:23.34 (43.87)	

3 Elshafei, Donna 55 UMAC-TERRAPIN MA 1:36.07
 46.54 1:36.07 (49.53)

Women 55-59 200 Yard Breaststroke

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=====
ZONE: Z 2:51.27 4/14/2018 Vibeke Swanson, Colonials 1776
NATL: ! 2:40.19 5/10/2009 CATHERINE KOHN
Name Age Club Finals
=====
1 Swanson, Vibeke 57 COLONIALS 1776 2:51.91
40.09 1:23.80 (43.71) 2:08.12 (44.32) 2:51.91 (43.79)
  
```

Women 55-59 50 Yard Butterfly

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=====
ZONE: Z 30.74 4/8/2017 Kim Brightwell, Reston Masters S
NATL: ! 27.04 10/30/2016 LESLIE LIVINGSTON
Name Age Club Finals
=====
1 Brightwell, Kim 59 RESTON MASTERS S 31.96
2 Burke, Barbara 57 COLONIALS 1776 32.65
3 Johnson, Mindy 55 RESTON MASTERS S 32.68
4 Flynn, Merri 59 RESTON MASTERS S 41.46
5 Brown, Ann 56 MERRITT MARLINS 42.46
  
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Women 55-59 200 Yard Butterfly

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=====
ZONE: Z 2:38.25 4/20/2013 Jeanne Lappin, Germantown Maryl
NATL: ! 2:16.28 5/10/2009 LAURA VAL
Name Age Club Finals
=====
1 Burke, Barbara 57 COLONIALS 1776 2:56.71
39.31 1:24.60 (45.29) 2:11.85 (47.25) 2:56.71 (44.86)
  
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Women 55-59 100 Yard IM

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=====
ZONE: Z 1:09.37 4/10/2016 Kim Brightwell, Reston Masters S
NATL: ! 1:02.34 4/29/2017 KARLYN PIPES
Name Age Club Finals
=====
1 Swanson, Vibeke 57 COLONIALS 1776 1:10.50
32.77 1:10.50 (37.73)
2 Brightwell, Kim 59 RESTON MASTERS S 1:12.95
33.34 1:12.95 (39.61)
3 Burke, Barbara 57 COLONIALS 1776 1:14.20
35.83 1:14.20 (38.37)
4 Miller, Patricia 58 VIRGINIA MASTERS 1:18.19
39.26 1:18.19 (38.93)
5 Mackall, Suni 56 VIRGINIA MASTERS 1:30.66
44.08 1:30.66 (46.58)
6 Dewing, Maria 55 RIPTIDE MASTERS 1:31.03
43.14 1:31.03 (47.89)
7 Flynn, Merri 59 RESTON MASTERS S 1:31.49
44.95 1:31.49 (46.54)
  
```

Women 55-59 200 Yard IM

```

=====
ZONE: Z 2:31.35 4/8/2017 Vibeke Swanson, Colonials 1776
NATL: ! 2:15.70 4/28/2017 JILL HERNANDEZ
Name Age Club Finals
=====
1 Swanson, Vibeke 57 COLONIALS 1776 2:34.99
35.72 1:14.33 (38.61) 1:59.85 (45.52) 2:34.99 (35.14)
2 Burke, Barbara 57 COLONIALS 1776 2:43.77
  
```

35.50 1:19.39 (43.89) 2:06.53 (47.14) 2:43.77 (37.24)
 3 Kidd, Sally 57 RESTON MASTERS S 4:25.08
 2:10.37 () 3:27.69 (1:17.32) 4:25.08 (57.39)

Women 55-59 400 Yard IM

=====

ZONE: Z 5:29.09 4/25/2010 Shirley Loftus-Charley, Virginia Masters
 NATL: ! 4:49.56 4/30/2017 JILL HERNANDEZ

Name	Age Club	Finals			
1 Saucy, Stephanie	55 COLONIALS 1776	5:29.15			
	33.60	1:12.23 (38.63)	1:53.91 (41.68)	2:34.60 (40.69)	
	3:22.81 (48.21)	4:11.85 (49.04)	4:51.41 (39.56)	5:29.15 (37.74)	
2 Burke, Barbara	57 COLONIALS 1776	5:48.76			
	36.76	1:20.88 (44.12)	2:07.16 (46.28)	2:54.16 (47.00)	
	3:41.72 (47.56)	4:32.55 (50.83)	5:11.33 (38.78)	5:48.76 (37.43)	

Women 60-64 50 Yard Freestyle

=====

ZONE: Z 28.09 4/12/2015 Melinda Wolff, Colonials 1776
 NATL: ! 26.20 5/11/2018 PENNY NOYES

Name	Age Club	Finals
1 Panagacos, Nancy	61 UC08	29.52
2 Steadman Martin, Nancy	64 GARDEN STATE MAS	29.69
3 Pennington, Catherine	60 LANE 4 SWIMMING	31.67
4 Watts, Sue	64 COLONIALS 1776	32.64
5 Figenshu, Susan	64 COLONIALS 1776	32.82
6 Adams, Blanca	61 WARRENTON FAUQUI	34.19
7 Pratt, Lisa	61 DISTRICT OF COLU	47.00
8 Clark, Debra	64 FREEDOM AQUATIC	1:12.96

Women 60-64 100 Yard Freestyle

=====

ZONE: Z 1:03.63 4/11/2015 Nancy Steadman Martin, Garden State Mas
 NATL: ! 56.45 4/29/2012 LAURA VAL

Name	Age Club	Finals
1 Steadman Martin, Nancy	64 GARDEN STATE MAS	1:03.49Z
	30.72	1:03.49 (32.77)
2 Panagacos, Nancy	61 UC08	1:08.22
	33.28	1:08.22 (34.94)
3 Figenshu, Susan	64 COLONIALS 1776	1:14.12
	35.01	1:14.12 (39.11)
4 Calobong-Pierce, Carol L	61 FREEDOM AQUATIC	1:16.86
	36.53	1:16.86 (40.33)
5 Adams, Blanca	61 WARRENTON FAUQUI	1:17.37
	36.36	1:17.37 (41.01)
6 Lampe, Betty	63 UC08	1:21.34
	38.71	1:21.34 (42.63)
7 White, Maureen	63 CHESTER RIVER AQ	1:21.58
	37.86	1:21.58 (43.72)
8 Clark, Debra	64 FREEDOM AQUATIC	2:41.23
	1:15.52	2:41.23 (1:25.71)

Women 60-64 200 Yard Freestyle

=====

ZONE: Z 2:15.58 4/12/2015 Nancy Steadman Martin, Garden State Mas
 NATL: ! 2:05.75 5/22/2016 LAURA VAL

Name	Age Club	Finals
1 Steadman Martin, Nancy	64 GARDEN STATE MAS	2:19.42
	31.75	1:06.92 (35.17) 1:43.50 (36.58) 2:19.42 (35.92)

2 Figenshu, Susan	64 COLONIALS 1776	2:55.51
38.36	1:23.49 (45.13) 2:09.79 (46.30)	2:55.51 (45.72)
3 Adams, Blanca	61 WARRENTON FAUQUI	2:59.93
37.96	1:22.03 (44.07) 2:11.69 (49.66)	2:59.93 (48.24)
4 White, Maureen	63 CHESTER RIVER AQ	3:07.55
40.11	1:27.06 (46.95) 3:07.55 (1:40.49)	

Women 60-64 500 Yard Freestyle

=====		
ZONE: Z	5:59.61	4/11/2015 Nancy Steadman Martin, Garden State Mas
NATL: !	5:39.00	1/26/2014 LAURA VAL
Name	Age Club	Finals
=====		
1 Steadman Martin, Nancy	64 GARDEN STATE MAS	6:01.19
32.43	1:08.09 (35.66) 1:44.28 (36.19)	2:20.94 (36.66)
2:57.12 (36.18)	3:33.40 (36.28) 4:10.51 (37.11)	4:48.06 (37.55)
5:24.77 (36.71)	6:01.19 (36.42)	
2 Panagacos, Nancy	61 UC08	7:05.37
36.74	1:16.64 (39.90) 1:59.18 (42.54)	2:42.96 (43.78)
3:27.60 (44.64)	4:12.70 (45.10) 4:56.82 (44.12)	5:40.62 (43.80)
6:24.55 (43.93)	7:05.37 (40.82)	
3 Figenshu, Susan	64 COLONIALS 1776	8:07.05
41.30	1:27.78 (46.48) 2:17.07 (49.29)	3:08.10 (51.03)
3:58.91 (50.81)	4:49.75 (50.84) 5:39.99 (50.24)	6:30.36 (50.37)
7:20.09 (49.73)	8:07.05 (46.96)	

Women 60-64 1000 Yard Freestyle

=====		
ZONE: Z	12:22.20	4/8/2016 Shirley Loftus-Charley, Virginia Masters
NATL: !	11:41.77	3/30/2012 LAURA VAL
Name	Age Club	Finals
=====		
1 Calobong-Pierce, Carol L	61 FREEDOM AQUATIC	14:52.41
37.88	1:20.43 (42.55) 2:05.57 (45.14)	2:51.22 (45.65)
3:37.06 (45.84)	4:22.90 (45.84) 5:08.28 (45.38)	5:52.95 (44.67)
6:37.51 (44.56)	7:22.06 (44.55) 8:07.36 (45.30)	8:52.60 (45.24)
9:37.23 (44.63)	10:21.69 (44.46) 11:06.74 (45.05)	11:51.80 (45.06)
12:37.15 (45.35)	13:22.53 (45.38) 14:08.33 (45.80)	14:52.41 (44.08)
2 Perfall, Betty	61 LANE 4 SWIMMING	14:53.25
37.16	1:18.48 (41.32) 2:02.64 (44.16)	2:47.76 (45.12)
3:32.29 (44.53)	4:17.76 (45.47) 5:03.01 (45.25)	5:48.91 (45.90)
6:34.51 (45.60)	7:20.66 (46.15) 8:06.41 (45.75)	8:52.40 (45.99)
9:38.13 (45.73)	10:23.54 (45.41) 11:08.99 (45.45)	11:54.28 (45.29)
12:40.42 (46.14)	13:25.22 (44.80) 14:53.25 (1:28.03)	
3 Smith, Tamara	60 LANE 4 SWIMMING	19:17.11
51.57	1:46.63 (55.06) 2:43.22 (56.59)	3:40.07 (56.85)
4:36.50 (56.43)	5:34.07 (57.57) 6:31.35 (57.28)	7:29.46 (58.11)
8:27.94 (58.48)	9:26.75 (58.81) 10:24.11 (57.36)	11:22.95 (58.84)
12:21.80 (58.85)	13:20.63 (58.83) 14:20.63 (1:00.00)	15:20.48 (59.85)
16:20.18 (59.70)	17:20.06 (59.88) 18:19.98 (59.92)	19:17.11 (57.13)
4 Slaughter, Jodie	62 LANE 4 SWIMMING	23:08.43
56.53	2:04.69 (1:08.16) 3:16.06 (1:11.37)	4:25.40 (1:09.34)
5:35.57 (1:10.17)	6:45.90 (1:10.33) 7:54.93 (1:09.03)	9:05.47 (1:10.54)
10:13.56 (1:08.09)	11:21.77 (1:08.21) 12:32.22 (1:10.45)	13:43.06 (1:10.84)
14:53.48 (1:10.42)	16:04.66 (1:11.18) 17:15.23 (1:10.57)	18:26.06 (1:10.83)
19:38.21 (1:12.15)	20:50.54 (1:12.33) 23:08.43 (2:17.89)	

Women 60-64 1650 Yard Freestyle

=====		
ZONE: Z	20:30.03	4/10/2015 Nancy Steadman Martin, Garden State Mas
NATL: !	19:43.99	3/30/2012 LAURA VAL
Name	Age Club	Finals
=====		

1 Watts, Sue	64 COLONIALS 1776	24:37.06
39.11	1:22.35 (43.24)	2:06.71 (44.36)
3:36.57 (45.06)	4:21.66 (45.09)	5:06.66 (45.00)
6:36.70 (45.19)	7:21.83 (45.13)	8:07.27 (45.44)
9:37.76 (45.48)	10:22.89 (45.13)	11:07.87 (44.98)
12:38.66 (45.36)	13:23.74 (45.08)	14:08.55 (44.81)
15:39.13 (45.42)	16:24.56 (45.43)	17:09.61 (45.05)
18:40.32 (45.35)	19:25.63 (45.31)	20:10.79 (45.16)
21:41.29 (45.20)	22:26.14 (44.85)	23:10.62 (44.48)
24:37.06 (42.18)		23:54.88 (44.26)

2 Stewart, Linda	61 LANE 4 SWIMMING	40:31.32
1:03.67	2:14.05 (1:10.38)	3:27.09 (1:13.04)
5:49.27 (1:10.50)	6:59.70 (1:10.43)	8:12.54 (1:12.84)
	11:50.65 ()	13:05.22 (1:14.57)
15:29.58 (1:12.46)	16:44.05 (1:14.47)	17:56.87 (1:12.82)
20:24.84 (1:13.96)	21:39.75 (1:14.91)	22:54.85 (1:15.10)
26:36.94 (2:28.49)		27:53.69 ()
30:26.18 (1:16.05)	31:42.20 (1:16.02)	32:57.00 (1:14.80)
35:28.52 (1:16.50)	36:43.88 (1:15.36)	38:00.55 (1:16.67)
40:31.32 (1:13.62)		39:17.70 (1:17.15)

Women 60-64 50 Yard Backstroke

=====		
ZONE: Z 32.43	4/9/2017 Joan Pfinsgraff, Maryland Masters	
NATL: ! 29.58	4/26/2015 LAURA VAL	
Name	Age Club	Finals
=====		
1 Steadman Martin, Nancy	64 GARDEN STATE MAS	35.11
2 Watts, Sue	64 COLONIALS 1776	38.11
3 Figenshu, Susan	64 COLONIALS 1776	39.62
4 Adams, Blanca	61 WARRENTON FAUQUI	43.69
5 Clark, Debra	64 FREEDOM AQUATIC	1:29.66

Women 60-64 100 Yard Backstroke

=====		
ZONE: Z 1:10.39	4/11/2015 Joan Pfinsgraff, Terrapin Masters	
NATL: ! 1:03.72	5/12/2013 LAURA VAL	
Name	Age Club	Finals
=====		
1 Figenshu, Susan	64 COLONIALS 1776	1:24.85
42.30	1:24.85 (42.55)	

Women 60-64 200 Yard Backstroke

=====		
ZONE: Z 2:29.39	4/9/2017 Joan Pfinsgraff, Maryland Masters	
NATL: ! 2:19.36	4/7/2018 BONNIE BILICH	
Name	Age Club	Finals
=====		
1 Steadman Martin, Nancy	64 GARDEN STATE MAS	2:39.10
37.65	1:17.80 (40.15)	1:58.98 (41.18)
		2:39.10 (40.12)

Women 60-64 50 Yard Breaststroke

=====		
ZONE: Z 36.77	4/20/2013 Melinda Wolff, Colonials 1776	
NATL: ! 33.79	5/7/2017 MELINDA MANN	
Name	Age Club	Finals
=====		
1 White, Maureen	63 CHESTER RIVER AQ	43.45
2 Pennington, Catherine	60 LANE 4 SWIMMING	44.03
3 Pratt, Lisa	61 DISTRICT OF COLU	56.08

Women 60-64 100 Yard Breaststroke

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ZONE: Z 1:19.00 4/21/2013 Melinda Wolff, Colonials 1776
NATL: ! 1:16.55 5/6/2017 MELINDA MANN

Name	Age Club	Finals
1 Calobong-Pierce, Carol L	61 FREEDOM AQUATIC	1:34.79
	43.97 1:34.79 (50.82)	
2 White, Maureen	63 CHESTER RIVER AQ	1:37.62
	47.66 1:37.62 (49.96)	
3 Lampe, Betty	63 UC08	1:43.18
	48.68 1:43.18 (54.50)	
4 Palfey, Janet	60 LANE 4 SWIMMING	1:51.11
	54.25 1:51.11 (56.86)	

Women 60-64 200 Yard Breaststroke

ZONE: Z 2:56.39 5/2/1999 Joann Leilich
NATL: ! 2:44.73 4/26/2015 LO KNAPP

Name	Age Club	Finals
1 White, Maureen	63 CHESTER RIVER AQ	3:34.32
	46.58 1:43.44 (56.86) 2:39.83 (56.39)	3:34.32 (54.49)
2 Lampe, Betty	63 UC08	3:43.69
	49.70 1:47.31 (57.61) 2:45.35 (58.04)	3:43.69 (58.34)
3 Palfey, Janet	60 LANE 4 SWIMMING	4:01.97
	53.30 1:53.12 (59.82) 2:57.20 (1:04.08)	4:01.97 (1:04.77)

Women 60-64 50 Yard Butterfly

ZONE: Z 32.07 4/11/2015 Melinda Wolff, Colonials 1776
NATL: ! 27.93 5/13/2018 TRACI GRANGER

Name	Age Club	Finals
1 Panagacos, Nancy	61 UC08	32.84
2 Figenshu, Susan	64 COLONIALS 1776	35.10
3 Calobong-Pierce, Carol L	61 FREEDOM AQUATIC	41.77
4 Lampe, Betty	63 UC08	42.02

Women 60-64 100 Yard Butterfly

ZONE: Z 1:16.83 4/10/2016 Shirley Loftus-Charley, Virginia Masters
NATL: ! 1:04.27 4/27/2012 LAURA VAL

Name	Age Club	Finals
1 Steadman Martin, Nancy	64 GARDEN STATE MAS	1:17.86
	36.10 1:17.86 (41.76)	
2 Lampe, Betty	63 UC08	1:36.75
	44.63 1:36.75 (52.12)	
3 Corbett, Alice	60 WARRENTON FAUQUI	1:39.11
	47.15 1:39.11 (51.96)	

Women 60-64 200 Yard Butterfly

ZONE: Z 2:43.12 4/11/2015 Nancy Steadman Martin, Garden State Mas
NATL: ! 2:24.30 5/10/2013 LAURA VAL

Name	Age Club	Finals
1 Steadman Martin, Nancy	64 GARDEN STATE MAS	2:42.91Z
	36.35 1:17.12 (40.77) 1:59.37 (42.25)	2:42.91 (43.54)

Women 60-64 100 Yard IM

ZONE: Z 1:14.02 4/12/2015 Nancy Steadman Martin, Garden State Mas
NATL: ! 1:06.74 9/15/2018 PENNY NOYES

Name	Age	Club	Finals
1 Steadman Martin, Nancy	64	GARDEN STATE MAS	1:16.05
34.70	1:16.05	(41.35)	
2 Panagacos, Nancy	61	UC08	1:17.70
35.88	1:17.70	(41.82)	
3 Watts, Sue	64	COLONIALS 1776	1:23.42
38.97	1:23.42	(44.45)	
4 Corbett, Alice	60	WARRENTON FAUQUI	1:33.75
44.61	1:33.75	(49.14)	
-- Clark, Debra	64	FREEDOM AQUATIC	DQ
Non-simultaneous arms - fly			
2:20.06	DQ	(1:44.66)	

Women 60-64 200 Yard IM

Name	Age	Club	Finals
ZONE: Z 2:36.65 4/14/2012 Shirley Loftus-Charley, Virginia Masters			
NATL: ! 2:25.40 3/4/2012 LAURA VAL			
1 Watts, Sue	64	COLONIALS 1776	3:07.22
42.00	1:29.82	(47.82)	2:26.90 (57.08) 3:07.22 (40.32)
2 White, Maureen	63	CHESTER RIVER AQ	3:31.90
49.51	1:47.98	(58.47)	2:42.11 (54.13) 3:31.90 (49.79)

Women 60-64 400 Yard IM

Name	Age	Club	Finals
ZONE: Z 5:36.46 4/6/2014 Shirley Loftus-Charley, Virginia Masters			
NATL: ! 5:16.18 3/15/2014 LAURA VAL			
1 Steadman Martin, Nancy	64	GARDEN STATE MAS	5:39.90
35.81	1:17.76	(41.95)	2:01.87 (44.11) 2:44.25 (42.38)
3:35.55 (51.30)	4:26.36	(50.81)	5:04.72 (38.36) 5:39.90 (35.18)

Women 65-69 50 Yard Freestyle

Name	Age	Club	Finals
ZONE: Z 28.91 4/15/2018 Melinda Wolff, Colonials 1776			
NATL: ! 26.55 5/13/2018 LAURA VAL			
1 Wolff, Melinda	66	COLONIALS 1776	28.87Z
2 Duquette, Bobbe	65	LANE 4 SWIMMING	36.33

Women 65-69 50 Yard Freestyle Time Trial

Name	Age	Club	Finals
ZONE: Z 31.33 5/1/1994 Clara Walker			
NATL: ! 26.55 5/13/2018 LAURA VAL			
- Time Trial			
3 Wolff, Melinda	66	COLONIALS 1776	28.90Z

Women 65-69 100 Yard Freestyle

Name	Age	Club	Finals
ZONE: Z 1:06.27 4/14/2018 Melinda Wolff, Colonials 1776			
NATL: ! 57.88 5/12/2018 LAURA VAL			
1 McCloskey, Cecilia	69	SWIM FORT LAUDER	1:04.65Z
30.79	1:04.65	(33.86)	
2 Wolff, Melinda	66	COLONIALS 1776	1:04.99Z
31.60	1:04.99	(33.39)	

3 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 1:06.93
 32.65 1:06.93 (34.28)

Women 65-69 200 Yard Freestyle

```

=====
ZONE: Z 2:25.05 4/9/2017 Shirley Loftus-Charley, Virginia Masters
NATL: ! 2:07.23 5/11/2018 LAURA VAL
Name Age Club Finals
=====
1 Tourtual, Dorothy 67 E TEAM 2:35.53
35.88 1:14.57 (38.69) 1:55.78 (41.21) 2:35.53 (39.75)
  
```

Women 65-69 200 Yard Freestyle Time Trial

```

=====
ZONE: Z 2:35.59 5/9/1993 Clara Walker
NATL: ! 2:07.23 5/11/2018 LAURA VAL
Name Age Club Finals
=====
- Time Trial
5 Boslego, Barbara 67 VIRGINIA MASTERS 2:49.25
  
```

Women 65-69 500 Yard Freestyle

```

=====
ZONE: Z 6:57.63 5/9/1993 Clara Walker
NATL: ! 5:52.39 5/21/2017 LAURA VAL
Name Age Club Finals
=====
1 Tourtual, Dorothy 67 E TEAM 6:58.24
37.86 1:18.78 (40.92) 2:01.33 (42.55) 2:44.01 (42.68)
3:26.82 (42.81) 4:09.55 (42.73) 4:52.52 (42.97) 5:35.07 (42.55)
6:17.90 (42.83) 6:58.24 (40.34)
  
```

Women 65-69 500 Yard Freestyle Time Trial

```

=====
ZONE: Z 6:57.63 5/9/1993 Clara Walker
NATL: ! 5:52.39 5/21/2017 LAURA VAL
Name Age Club Finals
=====
- Time Trial
4 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 6:16.73Z
  
```

Women 65-69 1000 Yard Freestyle

```

=====
ZONE: Z 12:44.58 4/7/2017 Shirley Loftus-Charley, Virginia Masters
NATL: ! 11:59.50 4/9/2017 LAURA VAL
Name Age Club Finals
=====
1 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 12:35.99Z
35.11 1:12.31 (37.20) 1:50.08 (37.77) 2:27.59 (37.51)
3:05.56 (37.97) 3:43.85 (38.29) 4:22.05 (38.20) 5:00.50 (38.45)
5:38.70 (38.20) 6:16.73 (38.03) 6:54.84 (38.11) 7:32.91 (38.07)
8:10.86 (37.95) 8:49.09 (38.23) 9:27.20 (38.11) 10:05.85 (38.65)
10:43.84 (37.99) 11:22.20 (38.36) 12:00.15 (37.95) 12:35.99 (35.84)
2 Tourtual, Dorothy 67 E TEAM 14:14.76
36.71 1:16.60 (39.89) 1:58.32 (41.72) 2:40.24 (41.92)
3:23.11 (42.87) 4:06.73 (43.62) 4:50.31 (43.58) 5:34.23 (43.92)
6:18.01 (43.78) 7:01.93 (43.92) 7:45.63 (43.70) 8:29.42 (43.79)
9:13.01 (43.59) 9:56.20 (43.19) 10:39.59 (43.39) 11:22.88 (43.29)
12:06.13 (43.25) 12:50.23 (44.10) 13:33.55 (43.32) 14:14.76 (41.21)
3 Lim-Sharpe, Judy 68 MONTGOMERY ANCIE 15:53.46
43.10 1:28.96 (45.86) 2:16.47 (47.51) 3:04.89 (48.42)
3:53.12 (48.23) 4:41.47 (48.35) 5:29.43 (47.96) 6:17.32 (47.89)
7:05.42 (48.10) 7:53.61 (48.19) 8:42.09 (48.48) 9:30.91 (48.82)
  
```

10:18.99 (48.08)	11:07.70 (48.71)	11:55.86 (48.16)	12:44.20 (48.34)
13:32.47 (48.27)	14:20.36 (47.89)	15:07.89 (47.53)	15:53.46 (45.57)

Women 65-69 1650 Yard Freestyle

=====			
ZONE: Z 22:54.57		4/13/2018 Joan Craffey, UC06	
NATL: ! 20:43.29		11/12/2016 S LOFTUS-CHARLEY	
Name	Age Club	Finals	
=====			
1 Wagner, Cheryl	66 UMAC-TERRAPIN MA	28:49.26	
46.11	1:36.79 (50.68)	2:28.41 (51.62)	3:20.83 (52.42)
4:13.74 (52.91)	5:06.44 (52.70)	6:00.42 (53.98)	6:53.56 (53.14)
7:46.91 (53.35)	8:40.03 (53.12)	9:33.05 (53.02)	10:26.07 (53.02)
11:19.67 (53.60)	12:12.72 (53.05)	13:05.53 (52.81)	13:58.23 (52.70)
14:50.64 (52.41)	15:42.32 (51.68)	16:34.29 (51.97)	17:26.46 (52.17)
18:19.75 (53.29)	19:12.62 (52.87)	20:05.70 (53.08)	20:57.74 (52.04)
21:50.61 (52.87)	22:43.38 (52.77)	23:36.73 (53.35)	24:29.55 (52.82)
25:22.69 (53.14)	26:14.87 (52.18)	27:07.07 (52.20)	27:59.10 (52.03)
28:49.26 (50.16)			

Women 65-69 50 Yard Backstroke

=====			
ZONE: Z 32.49		4/12/2015 Cecilia McCloskey, Colonials 1776	
NATL: ! 29.65		5/12/2018 LAURA VAL	
Name	Age Club	Finals	
=====			
1 McCloskey, Cecilia	69 SWIM FORT LAUDER	32.40Z	
2 Wolff, Melinda	66 COLONIALS 1776	35.55	
3 Kirwan, Denise	67 RESTON MASTERS S	37.65	
4 Duquette, Bobbe	65 LANE 4 SWIMMING	50.09	

Women 65-69 100 Yard Backstroke

=====			
ZONE: Z 1:10.15		4/11/2015 Cecilia McCloskey, Colonials 1776	
NATL: ! 1:03.96		5/11/2018 LAURA VAL	
Name	Age Club	Finals	
=====			
1 McCloskey, Cecilia	69 SWIM FORT LAUDER	1:09.21Z	
33.76	1:09.21 (35.45)		
2 Kirwan, Denise	67 RESTON MASTERS S	1:20.52	
39.83	1:20.52 (40.69)		
3 Tourtual, Dorothy	67 E TEAM	1:23.85	
41.64	1:23.85 (42.21)		

Women 65-69 200 Yard Backstroke

=====			
ZONE: Z 2:35.00		4/12/2015 Cecilia McCloskey, Colonials 1776	
NATL: ! 2:23.88		5/13/2018 LAURA VAL	
Name	Age Club	Finals	
=====			
1 Kirwan, Denise	67 RESTON MASTERS S	2:52.53	
40.33	1:23.15 (42.82)	2:08.17 (45.02)	2:52.53 (44.36)
2 Tourtual, Dorothy	67 E TEAM	2:58.52	
41.65	1:26.83 (45.18)	2:13.77 (46.94)	2:58.52 (44.75)

Women 65-69 50 Yard Breaststroke

=====			
ZONE: Z 37.33		4/14/2018 Melinda Wolff, Colonials 1776	
NATL: ! 36.58		5/11/2018 MELINDA WOLFF	
Name	Age Club	Finals	
=====			
1 Wolff, Melinda	66 COLONIALS 1776	37.40	
2 Kirwan, Denise	67 RESTON MASTERS S	40.49	

3	Loftus-Charley, Shirley	67	VIRGINIA MASTERS	41.13
4	Boslego, Barbara	67	VIRGINIA MASTERS	44.32
5	Duquette, Bobbe	65	LANE 4 SWIMMING	51.74

Women 65-69 100 Yard Breaststroke

```

=====
ZONE: Z 1:23.04 4/15/2018 Melinda Wolff, Colonials 1776
NATL: ! 1:20.27 4/28/2017 CHARLOTTE DAVIS
Name Age Club Finals
=====
1 Wolff, Melinda 66 COLONIALS 1776 1:21.78Z
38.65 1:21.78 (43.13)

```

Women 65-69 200 Yard Breaststroke

```

=====
ZONE: Z 3:01.50 4/4/2004 Joann Leilich, VMST
NATL: ! 3:01.50 4/4/2004 JOANN LEILICH
Name Age Club Finals
=====
1 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 3:10.03
44.18 1:31.30 (47.12) 2:20.92 (49.62) 3:10.03 (49.11)

```

Women 65-69 50 Yard Butterfly

```

=====
ZONE: Z 32.41 4/11/2015 Cecilia McCloskey, Colonials 1776
NATL: ! 29.58 3/19/2017 LAURA VAL
Name Age Club Finals
=====
1 McCloskey, Cecilia 69 SWIM FORT LAUDER 31.83Z
2 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 34.79

```

Women 65-69 100 Yard Butterfly

```

=====
ZONE: Z 1:17.52 4/9/2017 Shirley Loftus-Charley, Virginia Masters
NATL: ! 1:06.70 4/29/2017 LAURA VAL
Name Age Club Finals
=====
1 McCloskey, Cecilia 69 SWIM FORT LAUDER 1:12.46Z
32.81 1:12.46 (39.65)
2 Tourtual, Dorothy 67 E TEAM 1:36.14
44.73 1:36.14 (51.41)

```

Women 65-69 200 Yard Butterfly

```

=====
ZONE: Z 3:11.03 4/14/2012 Margot Pettijohn, Montgomery Ancie
NATL: ! 2:29.12 4/9/2017 LAURA VAL
Name Age Club Finals
=====
1 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 2:53.00Z
37.65 1:21.60 (43.95) 2:08.45 (46.85) 2:53.00 (44.55)

```

Women 65-69 100 Yard IM

```

=====
ZONE: Z 1:12.22 4/12/2015 Cecilia McCloskey, Colonials 1776
NATL: ! 1:09.44 2/4/2017 LAURA VAL
Name Age Club Finals
=====
1 McCloskey, Cecilia 69 SWIM FORT LAUDER 1:12.52
31.83 1:12.52 (40.69)
2 Wolff, Melinda 66 COLONIALS 1776 1:15.86
35.37 1:15.86 (40.49)
3 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 1:17.97
37.99 1:17.97 (39.98)

```

4 Kirwan, Denise 67 RESTON MASTERS S 1:19.91
 38.24 1:19.91 (41.67)

Women 65-69 200 Yard IM

```

=====
ZONE: Z 2:37.07 4/11/2015 Cecilia McCloskey, Colonials 1776
NATL: ! 2:30.60 5/21/2017 LAURA VAL
Name Age Club Finals
=====
1 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 2:44.68
35.99 1:19.03 (43.04) 2:08.13 (49.10) 2:44.68 (36.55)
2 Kirwan, Denise 67 RESTON MASTERS S 2:58.84
41.35 1:27.41 (46.06) 2:16.90 (49.49) 2:58.84 (41.94)
3 Boslego, Barbara 67 VIRGINIA MASTERS 3:20.33
46.30 1:39.35 (53.05) 2:36.74 (57.39) 3:20.33 (43.59)
=====
  
```

Women 65-69 400 Yard IM

```

=====
ZONE: Z 5:46.46 4/9/2017 Shirley Loftus-Charley, Virginia Masters
NATL: ! 5:21.70 5/21/2017 LAURA VAL
Name Age Club Finals
=====
1 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 5:40.18Z
37.11 1:21.27 (44.16) 2:04.75 (43.48) 2:48.80 (44.05)
3:36.12 (47.32) 4:26.24 (50.12) 5:04.44 (38.20) 5:40.18 (35.74)
=====
  
```

Women 70-74 50 Yard Freestyle

```

=====
ZONE: Z 32.12 4/17/2011 Beth Schreiner, VMST
NATL: ! 28.72 5/11/2018 MARGARET TOPPEL
Name Age Club Finals
=====
1 Hayes, Christie 71 NEW ENGLAND MAST 31.87Z
2 Lyttle, Ann 71 VIRGINIA MASTERS 33.46
3 Barry, Marcia 70 VIRGINIA MASTERS 33.89
4 Bennett, Ruth 72 RESTON MASTERS S 35.55
5 Tartt, Judith 70 WARRENTON FAUQUI 38.39
6 Warren, Barbara 72 UC12 46.11
=====
  
```

Women 70-74 100 Yard Freestyle

```

=====
ZONE: Z 1:12.64 4/14/2018 Ann Lyttle, Virginia Masters
NATL: ! 1:06.41 5/7/2017 DIANN UUSTAL
Name Age Club Finals
=====
1 Hayes, Christie 71 NEW ENGLAND MAST 1:09.32Z
33.35 1:09.32 (35.97)
2 Lyttle, Ann 71 VIRGINIA MASTERS 1:13.51
34.58 1:13.51 (38.93)
3 Bennett, Ruth 72 RESTON MASTERS S 1:21.08
38.87 1:21.08 (42.21)
4 Warren, Barbara 72 UC12 1:59.34
52.49 1:59.34 (1:06.85)
=====
  
```

Women 70-74 200 Yard Freestyle

```

=====
ZONE: Z 2:39.48 4/15/2018 Ann Lyttle, Virginia Masters
NATL: ! 2:27.55 5/11/2018 CHRISTIE HAYES
Name Age Club Finals
=====
1 Hayes, Christie 71 NEW ENGLAND MAST 2:32.06Z
35.21 1:13.83 (38.62) 1:53.25 (39.42) 2:32.06 (38.81)
2 Lyttle, Ann 71 VIRGINIA MASTERS 2:40.07
=====
  
```

	36.42	1:17.64 (41.22)	1:59.48 (41.84)	2:40.07 (40.59)
3 Barry, Marcia		70 VIRGINIA MASTERS		2:44.16
	37.88	1:19.27 (41.39)	2:01.60 (42.33)	2:44.16 (42.56)
4 Bennett, Ruth		72 RESTON MASTERS S		2:56.75
	40.80	1:26.04 (45.24)	2:11.62 (45.58)	2:56.75 (45.13)

Women 70-74 500 Yard Freestyle

=====				
	ZONE: Z 7:34.77	4/17/2011 Beth Schreiner, VMST		
	NATL: ! 6:42.57	5/12/2018 CHRISTIE HAYES		
Name		Age Club		Finals
=====				
1 Hayes, Christie		71 NEW ENGLAND MAST		6:51.35Z
	36.10	1:15.78 (39.68)	1:56.86 (41.08)	2:38.75 (41.89)
	3:20.37 (41.62)	4:02.53 (42.16)	4:44.87 (42.34)	5:27.39 (42.52)
	6:10.49 (43.10)	6:51.35 (40.86)		
2 Barry, Marcia		70 VIRGINIA MASTERS		7:03.95Z
	38.55	1:20.22 (41.67)	2:02.82 (42.60)	2:45.93 (43.11)
	3:28.81 (42.88)	4:12.05 (43.24)	4:55.26 (43.21)	5:38.37 (43.11)
	6:21.64 (43.27)	7:03.95 (42.31)		
3 Lyttle, Ann		71 VIRGINIA MASTERS		7:13.25Z
	38.49	1:21.28 (42.79)	2:05.72 (44.44)	2:50.00 (44.28)
	3:34.18 (44.18)	4:18.38 (44.20)	5:02.50 (44.12)	5:46.60 (44.10)
	6:30.78 (44.18)	7:13.25 (42.47)		
4 Bennett, Ruth		72 RESTON MASTERS S		7:57.05
	41.13	1:27.47 (46.34)	2:15.69 (48.22)	3:04.40 (48.71)
	3:52.88 (48.48)	4:42.05 (49.17)	5:31.40 (49.35)	6:20.81 (49.41)
	7:09.89 (49.08)	7:57.05 (47.16)		

Women 70-74 1650 Yard Freestyle

=====				
	ZONE: Z 28:19.91	4/20/1997 Petey Smith		
	NATL: ! 23:07.52	5/10/2018 CHRISTIE HAYES		
Name		Age Club		Finals
=====				
1 Johnston, Jennifer		71 LANE 4 SWIMMING		55:28.86
	1:30.31	3:09.23 (1:38.92)	4:50.13 (1:40.90)	6:31.21 (1:41.08)
	8:13.75 (1:42.54)	9:54.68 (1:40.93)	11:36.03 (1:41.35)	13:18.37 (1:42.34)
	14:58.01 (1:39.64)	16:40.04 (1:42.03)	18:21.92 (1:41.88)	20:03.45 (1:41.53)
	21:46.23 (1:42.78)	23:27.87 (1:41.64)	25:09.51 (1:41.64)	26:50.87 (1:41.36)
	28:33.35 (1:42.48)	30:14.89 (1:41.54)	31:56.47 (1:41.58)	33:38.63 (1:42.16)
	35:21.01 (1:42.38)	37:01.26 (1:40.25)	38:43.16 (1:41.90)	40:24.42 (1:41.26)
	42:06.71 (1:42.29)	43:48.85 (1:42.14)	45:31.62 (1:42.77)	47:11.97 (1:40.35)
	48:52.47 (1:40.50)	50:32.94 (1:40.47)	52:14.25 (1:41.31)	53:54.27 (1:40.02)
	55:28.86 (1:34.59)			

Women 70-74 50 Yard Backstroke

=====				
	ZONE: Z 39.48	4/23/2006 Nancy Brown, MARY		
	NATL: ! 34.60	5/12/2018 MARGARET TOPPEL		
Name		Age Club		Finals
=====				
1 Barry, Marcia		70 VIRGINIA MASTERS		40.62
2 Tartt, Judith		70 WARRENTON FAUQUI		49.70
3 Burns, Suzi		71 E TEAM		53.60
4 Warren, Barbara		72 UC12		59.36

Women 70-74 100 Yard Backstroke

=====				
	ZONE: Z 1:23.67	4/23/2006 Nancy Brown, MARY		
	NATL: ! 1:14.57	5/11/2018 MARGARET TOPPEL		
Name		Age Club		Finals
=====				

1 Barry, Marcia	43.22	70 VIRGINIA MASTERS	1:27.91 (44.69)	1:27.91
2 Tartt, Judith	50.84	70 WARRENTON FAUQUI	1:48.74 (57.90)	1:48.74
3 Warren, Barbara	1:03.14	72 UC12	2:19.46 (1:16.32)	2:19.46
4 Johnston, Jennifer		71 LANE 4 SWIMMING		3:44.82

Women 70-74 200 Yard Backstroke

=====				
	ZONE: Z 3:11.90	3/29/1998 Doris Steadman		
	NATL: ! 2:47.52	4/28/2017 DIANN UUSTAL		
Name		Age Club		Finals
=====				
1 Barry, Marcia	44.84	70 VIRGINIA MASTERS	1:32.50 (47.66) 2:20.75 (48.25)	3:08.28Z 3:08.28 (47.53)
2 Tartt, Judith		70 WARRENTON FAUQUI		4:11.23 3:07.91 () 4:11.23 (1:03.32)
3 Johnston, Jennifer	1:45.16	71 LANE 4 SWIMMING	3:39.74 (1:54.58) 7:29.38 (3:49.64)	7:29.38

Women 70-74 50 Yard Breaststroke

=====				
	ZONE: Z 46.87	4/13/2008 Johnnie Detrick, VMST		
	NATL: ! 39.44	9/16/2017 DALE BARNHARD		
Name		Age Club		Finals
=====				
1 Hayes, Christie		71 NEW ENGLAND MAST		41.22Z
2 Burns, Suzi		71 E TEAM		51.54
3 Warren, Barbara		72 UC12		1:08.05

Women 70-74 100 Yard Breaststroke

=====				
	ZONE: Z 1:31.27	4/15/2018 Margot Pettijohn, Montgomery Ancie		
	NATL: ! 1:25.63	5/13/2018 DANA BROWN		
Name		Age Club		Finals
=====				
1 Hayes, Christie	43.17	71 NEW ENGLAND MAST	1:30.64 (47.47)	1:30.64Z
2 Burns, Suzi		71 E TEAM		1:53.51
3 Johnston, Jennifer	1:54.42	71 LANE 4 SWIMMING	3:57.92 (2:03.50)	3:57.92

Women 70-74 200 Yard Breaststroke

=====				
	ZONE: Z 3:18.26	4/14/2018 Margot Pettijohn, Montgomery Ancie		
	NATL: ! 3:07.28	2/2/2009 JOANN LEILICH		
Name		Age Club		Finals
=====				
1 Burns, Suzi	58.04	71 E TEAM	2:00.97 (1:02.93) 3:07.96 (1:06.99)	4:11.14 4:11.14 (1:03.18)
2 Johnston, Jennifer	1:51.92	71 LANE 4 SWIMMING	3:58.74 (2:06.82) 6:05.86 (2:07.12)	8:14.31 8:14.31 (2:08.45)

Women 70-74 50 Yard Butterfly

=====				
	ZONE: Z 41.77	5/9/1993 Jeanne Merryman		
	NATL: ! 32.41	5/5/2017 DIANN UUSTAL		
Name		Age Club		Finals
=====				
-- Warren, Barbara		72 UC12		DQ
Arms underwater recovery				

Women 70-74 100 Yard IM

Name	Age	Club	Finals
=====			
ZONE: Z	1:25.11	4/15/2018 Margot Pettijohn, Montgomery Ancie	
NATL: !	1:14.73	6/9/2018 MARGARET TOPPEL	
1 Hayes, Christie	71	NEW ENGLAND MAST	1:23.21Z
	40.77	1:23.21 (42.44)	
2 Warren, Barbara	72	UC12	2:10.02
	59.62	2:10.02 (1:10.40)	
3 Johnston, Jennifer	71	LANE 4 SWIMMING	3:56.76
	2:10.09	3:56.76 (1:46.67)	

Women 70-74 200 Yard IM

Name	Age	Club	Finals
=====			
ZONE: Z	3:05.22	4/14/2018 Margot Pettijohn, Montgomery Ancie	
NATL: !	2:51.31	5/7/2017 DIANN UUSTAL	
1 Hayes, Christie	71	NEW ENGLAND MAST	2:59.53Z
	41.77	1:29.06 (47.29) 2:19.49 (50.43)	2:59.53 (40.04)
2 Warren, Barbara	72	UC12	5:33.80
	1:13.34	4:19.66 () 5:33.80 (1:14.14)	

Women 70-74 400 Yard IM

Name	Age	Club	Finals
=====			
ZONE: Z	8:03.68	4/26/2009 Barbara Zaremski, VMST	
NATL: !	6:15.30	5/1/2016 KATHY SLIFER	
1 Hayes, Christie	71	NEW ENGLAND MAST	6:34.52Z
	45.36	1:45.02 (59.66) 2:33.70 (48.68)	3:24.17 (50.47)
	4:15.10 (50.93)	5:08.59 (53.49) 5:52.41 (43.82)	6:34.52 (42.11)

Women 75-79 50 Yard Freestyle

Name	Age	Club	Finals
=====			
ZONE: Z	35.17	4/10/2016 Beth Schreiner, Virginia Masters	
NATL: !	33.87	4/3/2005 GAIL ROPER	
1 Schreiner, Beth	78	VIRGINIA MASTERS	36.30
2 Manheim, Lucy	76	RESTON MASTERS S	46.03

Women 75-79 100 Yard Freestyle

Name	Age	Club	Finals
=====			
ZONE: Z	1:17.32	4/17/2011 Johnnie Detrick, VMST	
NATL: !	1:16.23	4/24/2005 GAIL ROPER	
1 Schreiner, Beth	78	VIRGINIA MASTERS	1:23.68
	40.70	1:23.68 (42.98)	
2 Manheim, Lucy	76	RESTON MASTERS S	1:45.74
	51.23	1:45.74 (54.51)	
3 Hannam, Karen	78	LANE 4 SWIMMING	2:33.69
	1:12.45	2:33.69 (1:21.24)	

Women 75-79 200 Yard Freestyle

Name	Age	Club	Finals
=====			
ZONE: Z	2:59.85	4/10/2016 Beth Schreiner, Virginia Masters	
NATL: !	2:53.05	3/8/2009 RONNIE KAMPHAUSEN	
1 Schreiner, Beth	78	VIRGINIA MASTERS	3:06.25

42.21 1:29.60 (47.39) 2:18.41 (48.81) 3:06.25 (47.84)

Women 75-79 1000 Yard Freestyle

=====

ZONE: Z 19:54.95 4/15/2007 Lesley Francis, MARY
NATL: ! 15:47.72 3/18/2009 RONNIE KAMPHAUSEN

Name	Age	Club	Finals
1 Manheim, Lucy	76	RESTON MASTERS S	21:02.41
	57.17	1:58.58 (1:01.41)	3:00.18 (1:01.60) 4:03.79 (1:03.61)
	5:06.71 (1:02.92)	6:12.68 (1:05.97)	7:17.78 (1:05.10) 8:21.19 (1:03.41)
	9:24.52 (1:03.33)	10:27.28 (1:02.76)	11:30.81 (1:03.53) 12:34.02 (1:03.21)
	13:37.59 (1:03.57)	14:41.53 (1:03.94)	15:44.70 (1:03.17) 16:50.26 (1:05.56)
	17:54.45 (1:04.19)	18:58.31 (1:03.86)	20:01.33 (1:03.02) 21:02.41 (1:01.08)

Women 75-79 1650 Yard Freestyle

=====

ZONE: Z 35:00.06 4/20/1997 Billie A. Burrill
NATL: ! 26:47.55 4/1/2017 SARAH KOPSKY

Name	Age	Club	Finals
1 Hannam, Karen	78	LANE 4 SWIMMING	44:03.70
	1:16.49	2:38.43 (1:21.94)	3:59.84 (1:21.41) 5:22.43 (1:22.59)
	6:45.84 (1:23.41)	8:08.25 (1:22.41)	9:30.83 (1:22.58) 10:54.49 (1:23.66)
		12:18.94 ()	13:44.37 (1:25.43) 15:05.84 (1:21.47)
	16:29.68 (1:23.84)	17:52.55 (1:22.87)	19:15.44 (1:22.89) 22:04.62 (2:49.18)
	23:29.90 (1:25.28)	24:50.56 (1:20.66)	26:11.21 ()
	27:34.97 (1:23.76)	28:57.80 (1:22.83)	30:22.65 (1:24.85) 31:45.08 (1:22.43)
	33:05.76 (1:20.68)	34:29.80 (1:24.04)	35:53.40 (1:23.60) 37:15.20 (1:21.80)
	38:38.32 (1:23.12)	39:58.92 (1:20.60)	41:23.02 (1:24.10) 42:45.05 (1:22.03)
	44:03.70 (1:18.65)		

Women 75-79 50 Yard Backstroke

=====

ZONE: Z 43.32 4/10/2016 Beth Schreiner, Virginia Masters
NATL: ! 40.25 4/30/2000 DORIS STEADMAN

Name	Age	Club	Finals
1 Schreiner, Beth	78	VIRGINIA MASTERS	44.22
2 Hannam, Karen	78	LANE 4 SWIMMING	1:24.95

Women 75-79 100 Yard Backstroke

=====

ZONE: Z 1:36.73 4/9/2016 Beth Schreiner, Virginia Masters
NATL: ! 1:27.70 4/15/2011 NANCY BROWN

Name	Age	Club	Finals
1 Schreiner, Beth	78	VIRGINIA MASTERS	1:38.93
	48.00	1:38.93 (50.93)	
2 Manheim, Lucy	76	RESTON MASTERS S	2:06.29
	1:02.69	2:06.29 (1:03.60)	

Women 75-79 200 Yard Backstroke

=====

ZONE: Z 3:31.02 5/2/1999 Ruth Morrill
NATL: ! 3:15.04 4/15/2011 NANCY BROWN

Name	Age	Club	Finals
1 Manheim, Lucy	76	RESTON MASTERS S	4:31.42
	1:07.02	2:15.39 (1:08.37)	3:25.16 (1:09.77) 4:31.42 (1:06.26)

Women 75-79 100 Yard Breaststroke

=====

ZONE: Z 1:37.18 4/15/2018 Joann Leilich, Woodlands Master
NATL: ! 1:29.24 4/11/2014 JOANN LEILICH

Name Age Club Finals

1 Hannam, Karen 78 LANE 4 SWIMMING 3:04.38

Women 75-79 100 Yard IM

ZONE: Z 1:42.40 4/15/2018 Joann Leilich, Woodlands Master
NATL: ! 1:27.31 4/24/2005 GAIL ROPER

Name Age Club Finals

-- Manheim, Lucy 76 RESTON MASTERS S DQ
Shoulders past vertical toward breast - back
1:13.00 DQ (1:19.58)

Women 85-89 100 Yard Freestyle

ZONE: Z 1:45.80 5/7/1995 Julia Dolce
NATL: ! 1:31.20 4/12/2014 NAN BOHL

Name Age Club Finals

1 Francis, Lesley 87 VIRGINIA MASTERS 2:14.85
1:06.74 2:14.85 (1:08.11)

Women 85-89 200 Yard Freestyle

ZONE: Z 4:08.61 5/7/1995 Julia Dolce
NATL: ! 3:26.89 3/23/2013 JEAN TROY

Name Age Club Finals

1 Francis, Lesley 87 VIRGINIA MASTERS 4:53.75
1:10.97 2:27.90 (1:16.93) 3:42.83 (1:14.93) 4:53.75 (1:10.92)

Women 85-89 500 Yard Freestyle

ZONE: Z 11:37.61 4/8/2017 Lesley Francis, Virginia Masters
NATL: ! 9:07.55 4/13/2013 BETTY LORENZI

Name Age Club Finals

1 Francis, Lesley 87 VIRGINIA MASTERS 12:41.90
2:30.64 () 3:47.19 (1:16.55) 5:03.39 (1:16.20)
6:19.92 (1:16.53) 7:39.37 (1:19.45) 8:56.25 (1:16.88) 10:12.96 (1:16.71)
11:29.07 (1:16.11) 12:41.90 (1:12.83)

Men 18-24 50 Yard Freestyle Time Trial

ZONE: Z 21.04 4/15/2007 Geoffrey Meyer Jr
NATL: ! 19.36 4/28/2012 JOSH SCHNEIDER

Name Age Club Finals

- Time Trial
3 Glover, Bob 24 CLUB TRIBE 22.25

Men 18-24 50 Yard Freestyle

ZONE: Z 21.02 4/25/2010 Yannick Van Heers, Terrapin Masters
NATL: ! 19.36 4/28/2012 JOSH SCHNEIDER

Name Age Club Finals

1 Montes de Oca, Alex 24 CLUB TRIBE 21.34
2 Wang, Chris 23 CLUB TRIBE 21.94
3 Xu, Ben 24 ARLINGTON MASTER 22.08

4	Greenhalgh, Andrew	23	CLUB TRIBE	22.32
5	Henderson, James	24	CLUB TRIBE	22.36
6	Hain, Cameron	18	UC08	22.79
7	Fisher, Alex	24	UC11	22.94
8	Czerwinski, Michael	24	ARLINGTON MASTER	23.63
9	Straka, Ryan	20	UC10	23.84
10	Meek, Parker	22	CENTRAL MARYLAND	24.12
11	Glover, Josh	23	PATRIOT MASTERS	24.37
12	Murphy, Eric	23	ALEXANDRIA MASTE	25.19
13	Gellerman, Jack	24	TSUNAMI MASTERS	26.49
14	Veatch, Richard	24	PATRIOT MASTERS	28.95
15	Guo, Yifan	24	ARLINGTON MASTER	31.59

Men 18-24 100 Yard Freestyle

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ZONE: Z 43.97 4/14/2018 Lucas Bureau, Club Tribe
NATL: ! 42.59 12/1/2012 EUGENE GODSOE
Name Age Club Finals
=====
1 Pierce, Harrison 23 TIDE SWIMMING 47.21
22.60 47.21 (24.61)
2 Camp, Cory 24 CLUB TRIBE 48.11
22.87 48.11 (25.24)
3 Wang, Chris 23 CLUB TRIBE 48.17
23.22 48.17 (24.95)
4 Xu, Ben 24 ARLINGTON MASTER 48.61
23.27 48.61 (25.34)
5 Czerwinski, Michael 24 ARLINGTON MASTER 50.17
23.80 50.17 (26.37)
6 Franklin, Ryan 22 MONOCACY AQUATIC 51.38
24.27 51.38 (27.11)
7 Ledecky, Michael 24 LANE 4 SWIMMING 51.58
24.65 51.58 (26.93)
8 Hain, Cameron 18 UC08 51.79
24.93 51.79 (26.86)
9 Straka, Ryan 20 UC10 52.35
25.23 52.35 (27.12)
10 Meek, Parker 22 CENTRAL MARYLAND 54.01
25.07 54.01 (28.94)
11 Murphy, Eric 23 ALEXANDRIA MASTE 54.67
26.39 54.67 (28.28)
12 Glover, Josh 23 PATRIOT MASTERS 56.49
13 Westbrooks, Francis 18 GERMANTOWN MARYL 58.16
27.16 58.16 (31.00)
14 Gellerman, Jack 24 TSUNAMI MASTERS 1:01.66
29.76 1:01.66 (31.90)
15 Messaros, Joey 21 PATRIOT MASTERS 1:11.64
32.95 1:11.64 (38.69)
16 Guo, Yifan 24 ARLINGTON MASTER 1:19.36
37.26 1:19.36 (42.10)
17 Donovan, Glenn 22 ATHLETES WITHOUT 1:22.01
39.48 1:22.01 (42.53)
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Men 18-24 100 Yard Freestyle Time Trial

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ZONE: Z 44.96 4/23/2006 William Liscinsky
NATL: ! 42.59 12/1/2012 EUGENE GODSOE
Name Age Club Finals
=====
- Time Trial
1 Camp, Cory 24 CLUB TRIBE 48.31
2 Glass, Austin 24 CLUB TRIBE 48.42
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Men 18-24 200 Yard Freestyle Time Trial

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=====
ZONE: Z 1:42.51 4/15/2007 Geoffrey Meyer Jr
NATL: ! 1:35.02 11/8/2009 ANDY GRANT
Name Age Club Finals
=====
1 Greenhalgh, Andrew 23 CLUB TRIBE 1:40.59Z
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Men 18-24 200 Yard Freestyle

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=====
ZONE: Z 1:42.51 4/15/2007 Geoffrey Meyer Jr, PAFC
NATL: ! 1:35.02 11/8/2009 ANDY GRANT
Name Age Club Finals
=====
1 Arrieta, Alex 21 UC50 1:41.36Z
23.70 49.64 (25.94) 1:15.92 (26.28) 1:41.36 (25.44)
2 Meek, Parker 22 CENTRAL MARYLAND 2:03.28
28.16 59.97 (31.81) 1:31.91 (31.94) 2:03.28 (31.37)
3 Gellerman, Jack 24 TSUNAMI MASTERS 2:18.77
31.53 1:05.87 (34.34) 1:42.75 (36.88) 2:18.77 (36.02)
4 Messaros, Joey 21 PATRIOT MASTERS 2:49.62
32.50 1:14.04 (41.54) 2:02.20 (48.16) 2:49.62 (47.42)
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Men 18-24 500 Yard Freestyle

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=====
ZONE: Z 4:29.09 4/14/2018 Andrew Greenhalgh, Club Tribe
NATL: ! 4:24.81 1/24/2010 ANDY GRANT
Name Age Club Finals
=====
1 Greenhalgh, Andrew 23 CLUB TRIBE 4:30.54
24.81 51.32 (26.51) 1:18.18 (26.86) 1:45.29 (27.11)
2:12.36 (27.07) 2:39.55 (27.19) 3:07.02 (27.47) 3:34.77 (27.75)
4:02.87 (28.10) 4:30.54 (27.67)
2 Arrieta, Alex 21 UC50 4:40.11
24.81 51.63 (26.82) 1:19.41 (27.78) 1:47.60 (28.19)
2:16.11 (28.51) 2:44.68 (28.57) 3:13.82 (29.14) 3:42.97 (29.15)
4:12.04 (29.07) 4:40.11 (28.07)
3 Callaway, Jack 24 RESTON MASTERS S 7:15.82
33.81 1:12.73 (38.92) 1:53.82 (41.09) 2:38.04 (44.22)
3:23.35 (45.31) 4:09.29 (45.94) 4:55.87 (46.58) 5:42.50 (46.63)
6:30.09 (47.59) 7:15.82 (45.73)
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Men 18-24 50 Yard Backstroke

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=====
ZONE: Z 23.22 4/15/2007 Chris Gibson, CUBU
NATL: ! 22.33 5/10/2013 ANDREW ELLIOTT
Name Age Club Finals
=====
1 Burton, Logan 23 TIDE SWIMMING 22.62Z
2 Pierce, Harrison 23 TIDE SWIMMING 24.25
3 Glover, Bob 24 CLUB TRIBE 24.74
4 Murphy, Eric 23 ALEXANDRIA MASTE 28.84
5 Westbrook, Francis 18 GERMANTOWN MARYL 30.90
6 Veatch, Richard 24 PATRIOT MASTERS 35.89
7 Callaway, Jack 24 RESTON MASTERS S 36.95
8 Guo, Yifan 24 ARLINGTON MASTER 41.86
9 Donovan, Glenn 22 ATHLETES WITHOUT 52.78
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Men 18-24 50 Yard Backstroke Time Trial

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=====
ZONE: Z 23.22 4/15/2007 Chris Gibson
NATL: ! 22.33 5/10/2013 ANDREW ELLIOTT
Name Age Club Finals
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- Time Trial

2 Glover, Bob	24 CLUB TRIBE	24.33
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Men 18-24 100 Yard Backstroke Time Trial

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ZONE: Z 49.19 4/15/2007 Chris Gibson
 NATL: ! 45.36 11/30/2012 EUGENE GODSOE

Name	Age Club	Finals
1 Glass, Austin	24 CLUB TRIBE	50.96
2 Glover, Bob	24 CLUB TRIBE	53.61

Men 18-24 100 Yard Backstroke

=====

ZONE: Z 49.19 4/15/2007 Chris Gibson, CUBU
 NATL: ! 45.36 11/30/2012 EUGENE GODSOE

Name	Age Club	Finals
1 Burton, Logan	23 TIDE SWIMMING	49.46
	23.42 49.46 (26.04)	
2 Glass, Austin	24 CLUB TRIBE	51.82
	25.00 51.82 (26.82)	
3 Glover, Bob	24 CLUB TRIBE	53.23
	25.67 53.23 (27.56)	
4 Murphy, Eric	23 ALEXANDRIA MASTE	1:01.30
	30.37 1:01.30 (30.93)	
-- Greenhalgh, Andrew	23 CLUB TRIBE	DQ
	Head did not break the surface by 15 meters	
	28.14 DQ (30.37)	

Men 18-24 200 Yard Backstroke

=====

ZONE: Z 1:50.23 4/12/2015 Jeffrey Gomez, UC07
 NATL: ! 1:44.18 5/11/2013 ANDREW ELLIOTT

Name	Age Club	Finals
1 Burton, Logan	23 TIDE SWIMMING	1:49.09Z
	24.88 51.99 (27.11) 1:20.40 (28.41)	1:49.09 (28.69)
2 Murphy, Eric	23 ALEXANDRIA MASTE	2:12.43
	32.34 1:05.70 (33.36) 1:39.72 (34.02)	2:12.43 (32.71)

Men 18-24 50 Yard Breaststroke

=====

ZONE: Z 25.32 4/23/2006 William Liscinsky, CUBU
 NATL: ! 24.53 2/1/2015 ROSTYSLAV FEDYNA

Name	Age Club	Finals
1 Fisher, Alex	24 UC11	26.69
2 Dean, Deion	23 TIDE SWIMMING	27.08
3 Glover, Josh	23 PATRIOT MASTERS	30.80
4 Veatch, Richard	24 PATRIOT MASTERS	35.11
5 Guo, Yifan	24 ARLINGTON MASTER	38.53

Men 18-24 100 Yard Breaststroke

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ZONE: Z 56.37 4/23/2006 William Liscinsky, CUBU
 NATL: ! 52.63 2/3/2018 JOSH PRENOT

Name	Age Club	Finals
1 Dean, Deion	23 TIDE SWIMMING	59.80
	27.47 59.80 (32.33)	
2 Fisher, Alex	24 UC11	1:00.44

	27.13	1:00.44 (33.31)	
3 Hain, Cameron		18 UC08	1:02.24
	29.21	1:02.24 (33.03)	
4 Czerwinski, Michael		24 ARLINGTON MASTER	1:02.86
	29.76	1:02.86 (33.10)	
5 Glover, Josh		23 PATRIOT MASTERS	1:10.38
	32.53	1:10.38 (37.85)	
6 Guo, Yifan		24 ARLINGTON MASTER	1:27.23
	41.55	1:27.23 (45.68)	
7 Messaros, Joey		21 PATRIOT MASTERS	1:42.79
	44.90	1:42.79 (57.89)	
8 Donovan, Glenn		22 ATHLETES WITHOUT	1:54.26
	56.15	1:54.26 (58.11)	

Men 18-24 50 Yard Butterfly

ZONE: Z 21.95 4/14/2018 Lucas Bureau, Club Tribe
 NATL: ! 21.13 4/26/2015 HENRIK LINDAU

Name	Age	Club	Finals
1 Pierce, Harrison	23	TIDE SWIMMING	22.92
2 Wang, Chris	23	CLUB TRIBE	23.69
3 Xu, Ben	24	ARLINGTON MASTER	24.02
4 Czerwinski, Michael	24	ARLINGTON MASTER	24.74
5 Glover, Bob	24	CLUB TRIBE	25.20
6 Fisher, Alex	24	UC11	25.73
7 Franklin, Ryan	22	MONOCACY AQUATIC	25.97
8 Straka, Ryan	20	UC10	26.10
9 Ledecy, Michael	24	LANE 4 SWIMMING	26.18
10 Meek, Parker	22	CENTRAL MARYLAND	26.72
11 Glover, Josh	23	PATRIOT MASTERS	26.86
12 Westbrook, Francis	18	GERMANTOWN MARYL	27.84
13 Veatch, Richard	24	PATRIOT MASTERS	30.31
14 Gellerman, Jack	24	TSUNAMI MASTERS	32.46
15 Guo, Yifan	24	ARLINGTON MASTER	37.40
16 Donovan, Glenn	22	ATHLETES WITHOUT	54.46

Men 18-24 100 Yard Butterfly

ZONE: Z 47.41 4/15/2018 Lucas Bureau, Club Tribe
 NATL: ! 46.65 11/30/2012 EUGENE GODSOE

Name	Age	Club	Finals
1 Czerwinski, Michael	24	ARLINGTON MASTER	53.25
	24.55	53.25 (28.70)	
2 Straka, Ryan	20	UC10	57.49
	26.88	57.49 (30.61)	
3 Meek, Parker	22	CENTRAL MARYLAND	59.07
	27.43	59.07 (31.64)	

Men 18-24 200 Yard Butterfly

ZONE: Z 1:58.91 4/5/2014 John Guiffre, Arlington Master
 NATL: ! 1:48.74 3/19/2017 MICKEY MOWRY

Name	Age	Club	Finals
1 Arrieta, Alex	21	UC50	1:55.56Z
	26.10	55.87 (29.77)	1:25.23 (29.36) 1:55.56 (30.33)

Men 18-24 100 Yard IM

ZONE: Z 49.23 4/15/2018 Lucas Bureau, Club Tribe
 NATL: ! 49.23 4/15/2018 LUCAS BUREAU

Name	Age	Club	Finals
1 Montes de Oca, Alex	24	CLUB TRIBE	52.20
	23.62	52.20 (28.58)	
2 Henderson, James	24	CLUB TRIBE	55.21
	24.83	55.21 (30.38)	
3 Fisher, Alex	24	UC11	55.41
	25.96	55.41 (29.45)	
4 Xu, Ben	24	ARLINGTON MASTER	55.48
	25.22	55.48 (30.26)	
5 Hain, Cameron	18	UC08	55.59
	26.42	55.59 (29.17)	
6 Czerwinski, Michael	24	ARLINGTON MASTER	56.67
	26.64	56.67 (30.03)	
7 Veatch, Richard	24	PATRIOT MASTERS	1:14.77
	34.39	1:14.77 (40.38)	
8 Guo, Yifan	24	ARLINGTON MASTER	1:24.69
	40.91	1:24.69 (43.78)	

Men 18-24 200 Yard IM

Name	Age	Club	Finals
ZONE: Z 1:56.71 4/15/2007 Geoffrey Meyer Jr, PAFC			
NATL: ! 1:49.30 4/26/2015 COLIN BABCOCK			
1 Camp, Cory	24	CLUB TRIBE	1:59.99
	24.83	54.70 (29.87)	1:30.15 (35.45) 1:59.99 (29.84)
2 Franklin, Ryan	22	MONOCACY AQUATIC	2:17.06
	28.04	1:04.74 (36.70)	1:45.38 (40.64) 2:17.06 (31.68)
3 Meek, Parker	22	CENTRAL MARYLAND	2:23.87
	27.77	1:04.54 (36.77)	1:50.56 (46.02) 2:23.87 (33.31)
4 Westbrooks, Francis	18	GERMANTOWN MARYL	2:28.99
	30.09	1:09.30 (39.21)	1:55.84 (46.54) 2:28.99 (33.15)
5 Veatch, Richard	24	PATRIOT MASTERS	2:44.74
	31.89	1:16.91 (45.02)	2:03.13 (46.22) 2:44.74 (41.61)

Men 18-24 400 Yard IM

Name	Age	Club	Finals
ZONE: Z 4:17.87 4/6/2014 John Guiffre, Arlington Master			
NATL: ! 3:50.12 2/13/2010 RUSSELL PAYNE			
1 Greenhalgh, Andrew	23	CLUB TRIBE	4:09.99Z
	25.77	55.69 (29.92)	1:31.26 (35.57) 2:05.05 (33.79)
	2:41.18 (36.13)	3:17.65 (36.47)	3:44.43 (26.78) 4:09.99 (25.56)
2 Arrieta, Alex	21	UC50	4:10.23Z
	26.14	55.81 (29.67)	1:29.07 (33.26) 2:01.68 (32.61)
	2:38.58 (36.90)	3:15.07 (36.49)	3:44.86 (29.79) 4:10.23 (25.37)

Men 25-29 50 Yard Freestyle

Name	Age	Club	Finals
ZONE: Z 20.49 4/6/2014 Jarryd Botha, UC10-10			
NATL: ! 18.67 12/20/2014 BOUSQUET\ADRIAN			
1 Gibson, Justin	25	PATRIOT MASTERS	21.31
2 McGuire, Daniel	28	CLUB TRIBE	22.24
3 McKenzie, Shane	25	FINS	23.35
4 VanRoden, Jack	28	MERRITT MARLINS	24.17
5 Schaffling, Eric	27	COLONIALS 1776	24.34
6 Stamps, Nathan	27	CLUB TRIBE	24.38
7 Blutfield, Matthew	28	LIFE TIME SWIM D	24.66
8 Moyer, Matthew	29	LIFE TIME SWIM D	25.11

9 Connell, Allan	29 MERRITT MARLINS	25.28
10 Vaughan, Max	25 LANE 4 SWIMMING	25.46
11 Magd, Basem	25 UC09	25.90

Men 25-29 50 Yard Freestyle Time Trial

ZONE: Z 21.18 5/2/1999 David Lawson
 NATL: ! 18.67 12/20/2014 BOUSQUET\ADRIAN

Name	Age Club	Finals
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- Time Trial

1 Stamps, Nathan	27 CLUB TRIBE	24.33
6 Martinez, Tylor	25 CLUB TRIBE	26.15

Men 25-29 100 Yard Freestyle

ZONE: Z 45.53 4/8/2017 Gallagher/ Loughran/Liscinsky, 1693/FXCM/CUBU
 NATL: ! 41.13 5/3/2014 NATHAN ADRIAN

Name	Age Club	Finals
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1 Verheul, Dirk	25 TIDE SWIMMING	47.52
	23.17 47.52 (24.35)	
2 McGuire, Daniel	28 CLUB TRIBE	49.69
	23.28 49.69 (26.41)	
3 Smith, Walter	28 LANE 4 SWIMMING	50.22
	24.11 50.22 (26.11)	
4 Buchanan, Blake	26 VIRGINIA MASTERS	51.66
	24.19 51.66 (27.47)	
5 Meadows, William	29 DISTRICT OF COLU	52.78
	26.06 52.78 (26.72)	
6 Walker, Adam	28 CENTRAL MARYLAND	53.14
	25.56 53.14 (27.58)	
7 Schaffling, Eric	27 COLONIALS 1776	53.43
	25.17 53.43 (28.26)	
8 VanRoden, Jack	28 MERRITT MARLINS	54.44
	25.66 54.44 (28.78)	
9 Blutfield, Matthew	28 LIFE TIME SWIM D	54.50
	25.70 54.50 (28.80)	
10 Connell, Allan	29 MERRITT MARLINS	55.43
	26.52 55.43 (28.91)	
11 Moyer, Matthew	29 LIFE TIME SWIM D	56.44
	26.66 56.44 (29.78)	
12 Martinez, Tylor	25 CLUB TRIBE	57.35
	27.68 57.35 (29.67)	
13 Magd, Basem	25 UC09	58.55
	27.36 58.55 (31.19)	

Men 25-29 100 Yard Freestyle Time Trial

ZONE: Z 45.61 4/15/2007 William Liscinsky
 NATL: ! 41.13 5/3/2014 NATHAN ADRIAN

Name	Age Club	Finals
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- Time Trial

3 Berger, Christoph	28 CLUB TRIBE	50.40
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Men 25-29 200 Yard Freestyle

ZONE: Z 1:41.97 4/22/2001 Marc Grabish
 NATL: ! 1:31.93 12/6/2013 DARIAN TOWNSEND

Name	Age Club	Finals
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1 Verheul, Dirk	25 TIDE SWIMMING	1:43.30
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	24.29	50.08 (25.79)	1:16.64 (26.56)	1:43.30 (26.66)
2 Koons, Andrew		26 RESTON MASTERS S		2:00.38
	27.92	58.13 (30.21)	1:29.16 (31.03)	2:00.38 (31.22)

Men 25-29 500 Yard Freestyle

=====				
	ZONE: Z 4:39.22	4/12/1992 Bruce Hayes		
	NATL: ! 4:20.82	4/17/2010 ANDY GRANT		
Name		Age Club		Finals
=====				
1 Walker, Adam		28 CENTRAL MARYLAND		5:24.09
	29.22	1:01.22 (32.00)	1:34.38 (33.16)	2:07.50 (33.12)
	2:40.37 (32.87)	3:13.52 (33.15)	3:46.50 (32.98)	4:19.85 (33.35)
	4:52.28 (32.43)	5:24.09 (31.81)		
2 Koons, Andrew		26 RESTON MASTERS S		5:25.14
	30.11	1:02.55 (32.44)	1:35.61 (33.06)	2:09.03 (33.42)
	2:42.09 (33.06)	3:15.30 (33.21)	3:48.81 (33.51)	4:21.80 (32.99)
	4:54.76 (32.96)	5:25.14 (30.38)		
3 Moyer, Matthew		29 LIFE TIME SWIM D		6:07.18
	30.48	1:06.69 (36.21)	1:45.35 (38.66)	2:23.77 (38.42)
	3:01.74 (37.97)	3:40.13 (38.39)	4:18.06 (37.93)	4:55.83 (37.77)
	5:32.53 (36.70)	6:07.18 (34.65)		

Men 25-29 1000 Yard Freestyle

=====				
	ZONE: Z 9:55.05	4/14/1991 Steve Fisher		
	NATL: ! 9:19.61	3/15/2014 TOBIAS WORK		
Name		Age Club		Finals
=====				
1 Kertesz, Kristof		25 UC10		10:36.93
	27.95	57.98 (30.03)	1:28.80 (30.82)	2:00.27 (31.47)
	2:31.88 (31.61)	3:03.81 (31.93)	3:35.80 (31.99)	4:07.71 (31.91)
	4:39.49 (31.78)	5:11.27 (31.78)	5:43.08 (31.81)	6:15.28 (32.20)
	6:47.75 (32.47)	7:20.28 (32.53)	7:52.96 (32.68)	8:25.96 (33.00)
	8:58.78 (32.82)	9:32.28 (33.50)	10:05.09 (32.81)	10:36.93 (31.84)

Men 25-29 1650 Yard Freestyle

=====				
	ZONE: Z 16:19.50	4/14/1991 Garrow Kerr		
	NATL: ! 15:44.70	5/3/1998 ALEX KOSTICH		
Name		Age Club		Finals
=====				
1 Koons, Andrew		26 RESTON MASTERS S		18:36.56
	29.98	1:02.73 (32.75)	1:36.26 (33.53)	2:09.86 (33.60)
	2:43.44 (33.58)	3:17.48 (34.04)	3:51.41 (33.93)	4:25.31 (33.90)
	4:58.94 (33.63)	5:32.98 (34.04)	6:06.89 (33.91)	6:40.92 (34.03)
	7:14.86 (33.94)	7:48.93 (34.07)	8:22.91 (33.98)	8:57.09 (34.18)
	9:31.02 (33.93)	10:05.36 (34.34)	10:39.61 (34.25)	11:13.46 (33.85)
	11:48.04 (34.58)	12:22.65 (34.61)	12:57.19 (34.54)	13:31.67 (34.48)
	14:06.32 (34.65)	14:40.88 (34.56)	15:15.37 (34.49)	15:49.75 (34.38)
	16:24.52 (34.77)	16:59.20 (34.68)	17:33.82 (34.62)	18:06.51 (32.69)
	18:36.56 (30.05)			

Men 25-29 50 Yard Backstroke

=====				
	ZONE: Z 23.28	4/6/2014 Jarryd Botha, UC10-10		
	NATL: ! 21.46	4/16/2010 ADAM MANIA		
Name		Age Club		Finals
=====				
1 Gibson, Justin		25 PATRIOT MASTERS		25.69
2 Connell, Allan		29 MERRITT MARLINS		28.35
3 Tran, William		27 ARLINGTON MASTER		28.57
4 VanRoden, Jack		28 MERRITT MARLINS		28.99

5 Schaffling, Eric	27 COLONIALS 1776	29.28
6 Moyer, Matthew	29 LIFE TIME SWIM D	31.81
7 Stamps, Nathan	27 CLUB TRIBE	32.47
8 Martinez, Tylor	25 CLUB TRIBE	33.95
9 Vaughan, Max	25 LANE 4 SWIMMING	34.27

Men 25-29 100 Yard Backstroke Time Trial

=====

ZONE: Z 52.28 4/22/2001 Peter Hezky
 NATL: ! 45.95 4/15/2010 ADAM MANIA

Name	Age Club	Finals
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=====

- Time Trial

3 Berger, Christoph	28 CLUB TRIBE	58.35
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Men 25-29 100 Yard Backstroke

=====

ZONE: Z 50.56 4/5/2014 Jarryd Botha, UC10-10
 NATL: ! 45.95 4/15/2010 ADAM MANIA

Name	Age Club	Finals
------	----------	--------

=====

1 Berger, Christoph	28 CLUB TRIBE	58.80
28.63	58.80 (30.17)	
2 Buchanan, Blake	26 VIRGINIA MASTERS	1:00.02
28.72	1:00.02 (31.30)	
3 Tran, William	27 ARLINGTON MASTER	1:00.04
29.36	1:00.04 (30.68)	
4 Connell, Allan	29 MERRITT MARLINS	1:01.30
29.57	1:01.30 (31.73)	
5 Koons, Andrew	26 RESTON MASTERS S	1:04.86
32.19	1:04.86 (32.67)	
6 Schaffling, Eric	27 COLONIALS 1776	1:05.41
30.89	1:05.41 (34.52)	
7 Moyer, Matthew	29 LIFE TIME SWIM D	1:11.88
33.23	1:11.88 (38.65)	

Men 25-29 200 Yard Backstroke

=====

ZONE: Z 1:53.99 4/22/2001 Peter Hezky
 NATL: ! 1:45.77 3/20/2016 DAVID RUSSELL

Name	Age Club	Finals
------	----------	--------

=====

1 Tran, William	27 ARLINGTON MASTER	2:11.57
31.43	1:04.61 (33.18) 1:37.87 (33.26)	2:11.57 (33.70)
2 Koons, Andrew	26 RESTON MASTERS S	2:16.77
33.38	1:07.99 (34.61) 1:43.14 (35.15)	2:16.77 (33.63)

Men 25-29 50 Yard Breaststroke

=====

ZONE: Z 25.23 4/15/2007 William Liscinsky, CUBU
 NATL: ! 23.87 5/21/2010 MARK GANGLOFF

Name	Age Club	Finals
------	----------	--------

=====

1 Verheul, Dirk	25 TIDE SWIMMING	27.61
2 McGuire, Daniel	28 CLUB TRIBE	28.14
3 Meadows, William	29 DISTRICT OF COLU	30.07
4 VanRoden, Jack	28 MERRITT MARLINS	31.38
5 Magd, Basem	25 UC09	31.43
6 Connell, Allan	29 MERRITT MARLINS	31.79
7 Stamps, Nathan	27 CLUB TRIBE	32.90

Men 25-29 100 Yard Breaststroke

=====

ZONE: Z 56.76 4/25/2010 William Liscinsky, Curl-Burke Swim
NATL: ! 51.57 4/25/2015 MARCUS TITUS

Name	Age Club	Finals
1 Taylor, Austin	25 COLUMBIA MASTERS	58.34
27.17	58.34 (31.17)	
2 Walker, Adam	28 CENTRAL MARYLAND	1:03.53
30.37	1:03.53 (33.16)	
3 Meadows, William	29 DISTRICT OF COLU	1:08.39
31.71	1:08.39 (36.68)	
4 VanRoden, Jack	28 MERRITT MARLINS	1:08.42
31.28	1:08.42 (37.14)	
5 Blutfield, Matthew	28 LIFE TIME SWIM D	1:11.92
33.53	1:11.92 (38.39)	
6 Connell, Allan	29 MERRITT MARLINS	1:12.40
33.05	1:12.40 (39.35)	
7 Magd, Basem	25 UC09	1:12.70
33.11	1:12.70 (39.59)	

Men 25-29 200 Yard Breaststroke

ZONE: Z 2:07.48 4/23/2006 Ethan Bassett, CUBU
NATL: ! 1:53.04 12/21/2013 BJ JOHNSON

Name	Age Club	Finals
1 Meadows, William	29 DISTRICT OF COLU	2:32.01
33.47	1:11.36 (37.89) 1:50.93 (39.57)	2:32.01 (41.08)

Men 25-29 50 Yard Butterfly

ZONE: Z 22.24 4/5/2014 Jarryd Botha, UC10-10
NATL: ! 21.11 11/30/2012 DAVIS TARWATER

Name	Age Club	Finals
1 Gibson, Justin	25 PATRIOT MASTERS	23.83
2 Taylor, Austin	25 COLUMBIA MASTERS	23.86
3 McGuire, Daniel	28 CLUB TRIBE	24.67
4 McKenzie, Shane	25 FINS	24.81
5 Buchanan, Blake	26 VIRGINIA MASTERS	24.96
6 Smith, Walter	28 LANE 4 SWIMMING	25.01
7 Schaffling, Eric	27 COLONIALS 1776	25.38
8 Meadows, William	29 DISTRICT OF COLU	25.92
9 VanRoden, Jack	28 MERRITT MARLINS	26.31
10 Connell, Allan	29 MERRITT MARLINS	26.94
11 Blutfield, Matthew	28 LIFE TIME SWIM D	27.01
12 Martinez, Tylor	25 CLUB TRIBE	27.82
13 Stamps, Nathan	27 CLUB TRIBE	28.31
14 Vaughan, Max	25 LANE 4 SWIMMING	28.32

Men 25-29 100 Yard Butterfly

ZONE: Z 49.79 4/6/2014 Jarryd Botha, UC10-10
NATL: ! 45.32 11/30/2012 DAVIS TARWATER

Name	Age Club	Finals
1 McKenzie, Shane	25 FINS	55.67
26.00	55.67 (29.67)	
2 Buchanan, Blake	26 VIRGINIA MASTERS	56.22
25.90	56.22 (30.32)	
3 Schaffling, Eric	27 COLONIALS 1776	57.16
26.30	57.16 (30.86)	
4 Meadows, William	29 DISTRICT OF COLU	59.99
28.06	59.99 (31.93)	

5	VanRoden, Jack	28	MERRITT MARLINS	1:00.36
	27.56		1:00.36 (32.80)	
6	Connell, Allan	29	MERRITT MARLINS	1:01.29
	27.85		1:01.29 (33.44)	

Men 25-29 200 Yard Butterfly

=====				
	ZONE: Z	1:53.82	4/2/2000	Curtis Sawin
	NATL: !	1:47.62	5/20/2007	ERIK SCALISE
	Name		Age Club	Finals
=====				
1	Kertesz, Kristof	25	UC10	2:01.63
	26.50		56.14 (29.64)	1:27.24 (31.10) 2:01.63 (34.39)
2	McKenzie, Shane	25	FINS	2:10.06
	28.09		1:00.49 (32.40)	1:34.39 (33.90) 2:10.06 (35.67)
3	Walker, Adam	28	CENTRAL MARYLAND	2:15.70
	30.04		1:03.86 (33.82)	1:40.09 (36.23) 2:15.70 (35.61)
4	Schaffling, Eric	27	COLONIALS 1776	2:27.48
	29.32		1:04.94 (35.62)	1:44.77 (39.83) 2:27.48 (42.71)

Men 25-29 100 Yard IM

=====				
	ZONE: Z	50.51	4/15/2007	William Liscinsky, CUBU
	NATL: !	47.77	5/3/2014	DARIAN TOWNSEND
	Name		Age Club	Finals
=====				
1	Berger, Christoph	28	CLUB TRIBE	57.17
	26.44		57.17 (30.73)	
2	McKenzie, Shane	25	FINS	58.05
	26.42		58.05 (31.63)	
3	Buchanan, Blake	26	VIRGINIA MASTERS	58.50
	26.54		58.50 (31.96)	
4	Tran, William	27	ARLINGTON MASTER	1:00.40
	28.05		1:00.40 (32.35)	
5	VanRoden, Jack	28	MERRITT MARLINS	1:00.54
	27.59		1:00.54 (32.95)	
6	Connell, Allan	29	MERRITT MARLINS	1:02.17
	27.95		1:02.17 (34.22)	
7	Schaffling, Eric	27	COLONIALS 1776	1:03.08
	28.03		1:03.08 (35.05)	
8	Blutfield, Matthew	28	LIFE TIME SWIM D	1:03.65
	28.58		1:03.65 (35.07)	
9	Moyer, Matthew	29	LIFE TIME SWIM D	1:07.91
	30.05		1:07.91 (37.86)	
--	Vaughan, Max	25	LANE 4 SWIMMING	DQ
	Shoulders past vertical toward breast - back			
	31.73		DQ (37.38)	

Men 25-29 200 Yard IM

=====				
	ZONE: Z	1:55.03	4/4/2004	Frank Byskov, VMST
	NATL: !	1:41.79	12/21/2013	DARIAN TOWNSEND
	Name		Age Club	Finals
=====				
1	Verheul, Dirk	25	TIDE SWIMMING	1:56.08
	25.14		55.11 (29.97)	1:28.88 (33.77) 1:56.08 (27.20)
2	Berger, Christoph	28	CLUB TRIBE	2:07.83
	26.55		57.61 (31.06)	1:37.46 (39.85) 2:07.83 (30.37)
3	Walker, Adam	28	CENTRAL MARYLAND	2:08.53
	27.13		1:00.70 (33.57)	1:37.17 (36.47) 2:08.53 (31.36)
4	Tran, William	27	ARLINGTON MASTER	2:13.77
	28.69		1:01.98 (33.29)	1:42.75 (40.77) 2:13.77 (31.02)
5	Koons, Andrew	26	RESTON MASTERS S	2:16.92

	30.76	1:06.21 (35.45)	1:45.91 (39.70)	2:16.92 (31.01)
6 Meadows, William		29 DISTRICT OF COLU		2:17.35
	28.10	1:05.69 (37.59)	1:43.79 (38.10)	2:17.35 (33.56)

Men 25-29 400 Yard IM

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=====
ZONE: Z 4:07.19 4/22/2001 Peter Hezky
NATL: ! 3:41.85 12/20/2013 DARIAN TOWNSEND
Name Age Club Finals
=====
1 Koons, Andrew 26 RESTON MASTERS S 4:56.83
32.57 1:11.11 (38.54) 1:48.85 (37.74) 2:26.76 (37.91)
3:09.74 (42.98) 3:52.87 (43.13) 4:25.59 (32.72) 4:56.83 (31.24)

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Men 30-34 50 Yard Freestyle Time Trial

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=====
ZONE: Z 21.83 3/29/1998 Billy Barr
NATL: ! 19.33 5/3/2014 ERVIN\ERVIN
Name Age Club Finals
=====
- Time Trial
1 Bulakul, Sirin 31 CLUB TRIBE 22.01
2 Elsaesser, Evan 34 CLUB TRIBE 22.20

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Men 30-34 50 Yard Freestyle

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=====
ZONE: Z 20.65 4/15/2018 Kevin Gallagher, Club Tribe
NATL: ! 19.33 5/3/2014 ERVIN\ERVIN
Name Age Club Finals
=====
1 Bulakul, Sirin 31 CLUB TRIBE 21.72
2 Compton, Taylor 30 LANE 4 SWIMMING 22.10
3 Elsaesser, Evan 34 CLUB TRIBE 22.20
4 Summers, Dan 32 ARLINGTON MASTER 24.44
5 Swift, Rory 33 RESTON MASTERS S 24.57

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Men 30-34 100 Yard Freestyle

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=====
ZONE: Z 45.67 4/14/2018 Kevin Gallagher, Club Tribe
NATL: ! 42.75 12/21/2014 DARIAN TOWNSEND
Name Age Club Finals
=====
1 Bulakul, Sirin 31 CLUB TRIBE 48.90
23.70 48.90 (25.20)
2 Elsaesser, Evan 34 CLUB TRIBE 49.78
23.88 49.78 (25.90)
3 Compton, Taylor 30 LANE 4 SWIMMING 50.01
23.59 50.01 (26.42)
4 Donohue, Matthew 33 MONOCACY AQUATIC 52.58
25.15 52.58 (27.43)
5 Swift, Rory 33 RESTON MASTERS S 54.17
26.81 54.17 (27.36)
6 Pan, Harry 31 DISTRICT OF COLU 1:24.52
39.65 1:24.52 (44.87)

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Men 30-34 100 Yard Freestyle Time Trial

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=====
ZONE: Z 47.40 4/23/2006 Troy Johnson
NATL: ! 42.75 12/21/2014 DARIAN TOWNSEND
Name Age Club Finals
=====
- Time Trial

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Men 30-34 200 Yard Freestyle

ZONE: Z 1:43.00 4/21/2013 Michael Bazylewicz, Fairfax County M

NATL: ! 1:34.00 12/19/2014 DARIAN TOWNSEND

Name Age Club Finals

1 Laplante, Brett 30 UMAC-TERRAPIN MA 1:54.20
25.76 53.42 (27.66) 1:22.68 (29.26) 1:54.20 (31.52)

Men 30-34 1000 Yard Freestyle

ZONE: Z 10:12.02 4/13/2012 Stephen Michaels, Binghamton Univ

NATL: ! 9:26.93 3/23/2003 JOSHUA WOODRUFF

Name Age Club Finals

1 Taylor, Tim 32 ALEXANDRIA MASTE 12:26.16
32.29 1:07.82 (35.53) 1:44.12 (36.30) 2:20.59 (36.47)
2:57.46 (36.87) 3:35.09 (37.63) 4:12.52 (37.43) 4:50.19 (37.67)
5:27.85 (37.66) 6:05.70 (37.85) 6:43.79 (38.09) 7:21.66 (37.87)
7:59.49 (37.83) 8:37.47 (37.98) 9:15.64 (38.17) 9:54.36 (38.72)
10:32.86 (38.50) 11:11.65 (38.79) 11:49.73 (38.08) 12:26.16 (36.43)

2 Cintron, Luis 32 UC12 20:45.43
48.15 1:42.66 (54.51) 2:41.03 (58.37) 3:44.72 (1:03.69)
4:47.39 (1:02.67) 5:49.19 (1:01.80) 7:59.33 (2:10.14) 9:03.04 (1:03.71)
10:06.99 (1:03.95) 11:13.98 (1:06.99) 12:20.25 (1:06.27) 13:25.71 (1:05.46)
14:28.63 (1:02.92) 15:34.27 (1:05.64) 16:36.03 ()
17:45.01 (1:08.98) 18:47.19 (1:02.18) 19:54.36 (1:07.17) 20:45.43 (51.07)

3 Pan, Harry 31 DISTRICT OF COLU 21:21.06
46.15 1:39.16 (53.01) 2:31.72 (52.56)
6:25.25 () 7:26.99 (1:01.74) 8:22.51 (55.52) 9:25.92 (1:03.41)
10:24.06 (58.14) 11:23.80 (59.74) 12:26.86 (1:03.06) 13:24.71 (57.85)
14:30.85 (1:06.14) 15:32.79 (1:01.94) 16:33.16 (1:00.37) 17:36.68 (1:03.52)
18:34.90 (58.22) 19:29.16 (54.26) 21:21.06 (1:51.90) 21:21.06 ()

Men 30-34 50 Yard Backstroke

ZONE: Z 24.35 4/23/2006 Troy Johnson, VMST

NATL: ! 21.51 4/26/2015 MATT GREVERS

Name Age Club Finals

1 Bulakul, Sirin 31 CLUB TRIBE 25.81
2 Swift, Rory 33 RESTON MASTERS S 28.09
3 Taylor, Tim 32 ALEXANDRIA MASTE 30.06
4 Thomasian, Aram 33 RESTON MASTERS S 35.04
5 Folgar, Javier 33 TSUNAMI MASTERS 37.57
-- Pan, Harry 31 DISTRICT OF COLU DQ
Not on back off wall

Men 30-34 100 Yard Backstroke

ZONE: Z 51.93 4/20/2013 Michael Bazylewicz, Fairfax County M

NATL: ! 46.34 12/21/2013 ADAM MANIA

Name Age Club Finals

1 Thomasian, Aram 33 RESTON MASTERS S 1:11.29
34.57 1:11.29 (36.72)

Men 30-34 50 Yard Breaststroke

ZONE: Z 26.54 4/17/2011 Joe Nagy, Red Tide

NATL: ! 24.35 4/24/2015 MATT GREVERS

Name	Age Club	Finals
1 Macedonia, Nicholas	32 LANE 4 SWIMMING	28.60
2 Maguire, Andrew	30 UC10	28.96
3 Summers, Dan	32 ARLINGTON MASTER	31.00
4 Swift, Rory	33 RESTON MASTERS S	32.33
5 Taylor, Tim	32 ALEXANDRIA MASTE	32.52
6 Folgar, Javier	33 TSUNAMI MASTERS	37.24

Men 30-34 100 Yard Breaststroke

ZONE: Z 57.93 4/17/2011 Joe Nagy, REDT
 NATL: ! 53.44 4/29/2011 ED MOSES

Name	Age Club	Finals
1 Macedonia, Nicholas	32 LANE 4 SWIMMING	1:04.23
	30.04 1:04.23 (34.19)	
2 Swift, Rory	33 RESTON MASTERS S	1:10.27
	33.65 1:10.27 (36.62)	
3 Thomasian, Aram	33 RESTON MASTERS S	1:14.99
	35.13 1:14.99 (39.86)	
4 Folgar, Javier	33 TSUNAMI MASTERS	1:22.42
	39.04 1:22.42 (43.38)	

Men 30-34 50 Yard Butterfly

ZONE: Z 22.73 4/14/2012 Terrence Fenningham, UNAT
 NATL: ! 21.11 4/26/2015 MATT GREVERS

Name	Age Club	Finals
1 Elsaesser, Evan	34 CLUB TRIBE	23.18
2 Bulakul, Sirin	31 CLUB TRIBE	23.69
3 Macedonia, Nicholas	32 LANE 4 SWIMMING	24.92
4 Swift, Rory	33 RESTON MASTERS S	26.53
5 Taylor, Tim	32 ALEXANDRIA MASTE	27.67
6 Folgar, Javier	33 TSUNAMI MASTERS	34.48

Men 30-34 100 Yard Butterfly

ZONE: Z 51.08 4/13/2003 Curtis Sawin
 NATL: ! 47.28 12/20/2013 ADAM MANIA

Name	Age Club	Finals
1 Elsaesser, Evan	34 CLUB TRIBE	51.95
	24.17 51.95 (27.78)	
2 Maguire, Andrew	30 UC10	1:03.81
3 Thomasian, Aram	33 RESTON MASTERS S	1:05.69
	30.59 1:05.69 (35.10)	

Men 30-34 200 Yard Butterfly

ZONE: Z 1:56.82 4/11/2015 Gregory Danner, Fairport Area Sw
 NATL: ! 1:45.01 4/12/2015 DARIAN TOWNSEND

Name	Age Club	Finals
1 Laplante, Brett	30 UMAC-TERRAPIN MA	2:18.29
	27.51 1:00.33 (32.82) 1:37.10 (36.77)	2:18.29 (41.19)
-- Thomasian, Aram	33 RESTON MASTERS S	DQ
	Did not finish	
	30.64 1:13.58 (42.94) 2:20.43 (1:06.85)	DQ (23.99)

Men 30-34 100 Yard IM

ZONE: Z 52.94 4/15/2018 Kevin Gallagher, Club Tribe
NATL: ! 47.71 4/29/2017 RYAN LOCHTE

Name	Age Club	Finals
1 Bulakul, Sirin	31 CLUB TRIBE	57.24
25.56	57.24 (31.68)	
2 Macedonia, Nicholas	32 LANE 4 SWIMMING	59.55
27.43	59.55 (32.12)	
3 Swift, Rory	33 RESTON MASTERS S	1:00.56
27.50	1:00.56 (33.06)	
4 Maguire, Andrew	30 UC10	1:01.82
27.98	1:01.82 (33.84)	
5 Summers, Dan	32 ARLINGTON MASTER	1:03.76
29.02	1:03.76 (34.74)	
6 Thomasian, Aram	33 RESTON MASTERS S	1:06.60
29.96	1:06.60 (36.64)	
7 Folgar, Javier	33 TSUNAMI MASTERS	1:15.19
36.22	1:15.19 (38.97)	

Men 30-34 200 Yard IM

ZONE: Z 1:55.50 4/13/2003 Curtis Sawin
NATL: ! 1:42.03 12/20/2014 DARIAN TOWNSEND

Name	Age Club	Finals
1 Laplante, Brett	30 UMAC-TERRAPIN MA	2:06.77
26.64	58.55 (31.91) 1:35.66 (37.11)	2:06.77 (31.11)

Men 30-34 400 Yard IM

ZONE: Z 4:14.93 4/12/2015 Gregory Danner, Fairport Area Sw
NATL: ! 3:40.98 12/19/2014 DARIAN TOWNSEND

Name	Age Club	Finals
1 Taylor, Tim	32 ALEXANDRIA MASTE	5:14.73
32.98	1:12.48 (39.50) 1:54.12 (41.64)	2:34.45 (40.33)
3:17.48 (43.03)	4:01.38 (43.90) 4:38.62 (37.24)	5:14.73 (36.11)
2 Thomasian, Aram	33 RESTON MASTERS S	5:26.71
33.60	1:11.47 (37.87) 1:55.23 (43.76)	2:38.24 (43.01)
3:23.85 (45.61)	4:08.96 (45.11) 4:50.31 (41.35)	5:26.71 (36.40)

Men 35-39 50 Yard Freestyle

ZONE: Z 21.05 4/23/2006 Michael Ross, NEM
NATL: ! 20.01 3/25/2018 ROLAND SCHOEMAN

Name	Age Club	Finals
1 Barrett, Patrick	38 DISTRICT OF COLU	23.52
2 Strahota, Jeffrey	38 UMAC-TERRAPIN MA	25.05
3 Gass, Kraig	39 CLUB TRIBE	25.22
4 Shaw, Chris	36 ALASKA MASTERS S	27.11
5 Fenwick, Darren	39 DISTRICT OF COLU	31.31

Men 35-39 100 Yard Freestyle Time Trial

ZONE: Z 45.54 4/23/2006 Michael Ross
NATL: ! 44.24 4/20/2009 VLAD PYSHNENKO

Name	Age Club	Finals
- Time Trial		
7 Gass, Kraig	39 CLUB TRIBE	56.67

Men 35-39 100 Yard Freestyle

=====

ZONE: Z 45.54 4/23/2006 Michael Ross, NEM

NATL: ! 44.24 4/20/2009 VLAD PYSHNENKO

Name Age Club Finals

=====

1	Helfers, Edward	36 UC09	50.12
	24.34	50.12 (25.78)	
2	Denrich, David	39 TEAM NEW YORK AQ	53.25
	25.50	53.25 (27.75)	
3	Oloughlin, Jonathan	35 UMAC-TERRAPIN MA	56.29
	27.09	56.29 (29.20)	
4	Strahota, Jeffrey	38 UMAC-TERRAPIN MA	57.04
	27.38	57.04 (29.66)	
5	Hanford, Jeremy	37 RESTON MASTERS S	59.53
	28.07	59.53 (31.46)	
6	Shaw, Chris	36 ALASKA MASTERS S	1:03.12
	29.20	1:03.12 (33.92)	

Men 35-39 200 Yard Freestyle

=====

ZONE: Z 1:39.90 4/24/2005 Michael Ross, NEM

NATL: ! 1:36.56 5/4/2008 JOSH DAVIS

Name Age Club Finals

=====

1	Helfers, Edward	36 UC09	1:48.92
	25.68	53.01 (27.33) 1:20.81 (27.80)	1:48.92 (28.11)
2	Bellamy, Robert	37 UC09	1:48.99
	25.26	52.51 (27.25) 1:20.36 (27.85)	1:48.99 (28.63)
3	Barrett, Patrick	38 DISTRICT OF COLU	2:05.24
	28.71	1:01.04 (32.33) 1:34.08 (33.04)	2:05.24 (31.16)
4	Boris, Joseph	39 SPRING VALLEY YM	2:08.00
	29.32	1:01.59 (32.27) 1:35.33 (33.74)	2:08.00 (32.67)
5	Cantwell, Andrew	38 LANE 4 SWIMMING	2:15.86
	30.74	1:04.22 (33.48) 1:39.60 (35.38)	2:15.86 (36.26)
6	Shaw, Chris	36 ALASKA MASTERS S	2:23.26
	30.27	1:05.48 (35.21) 1:43.90 (38.42)	2:23.26 (39.36)

Men 35-39 500 Yard Freestyle

=====

ZONE: Z 4:43.62 4/25/2009 Mark Matheson, NIAG

NATL: ! 4:33.97 5/17/2002 RONALD KARNAUGH

Name Age Club Finals

=====

1	Denrich, David	39 TEAM NEW YORK AQ	5:15.88
	28.34	59.35 (31.01) 1:30.50 (31.15)	2:02.40 (31.90)
	2:34.59 (32.19)	3:06.78 (32.19) 3:38.92 (32.14)	4:11.26 (32.34)
	4:43.68 (32.42)	5:15.88 (32.20)	
2	Oloughlin, Jonathan	35 UMAC-TERRAPIN MA	5:39.03
	30.83	1:04.55 (33.72) 1:39.26 (34.71)	2:13.91 (34.65)
	2:48.34 (34.43)	3:22.82 (34.48) 3:57.17 (34.35)	4:31.78 (34.61)
	5:06.21 (34.43)	5:39.03 (32.82)	
3	Boris, Joseph	39 SPRING VALLEY YM	5:46.26
	30.88	1:05.55 (34.67) 1:41.13 (35.58)	2:16.23 (35.10)
	2:51.73 (35.50)	3:27.32 (35.59) 4:02.94 (35.62)	4:38.37 (35.43)
	5:13.31 (34.94)	5:46.26 (32.95)	

Men 35-39 1000 Yard Freestyle

=====

ZONE: Z 9:50.85 4/13/2012 Frederik Hviid, Germantown Maryl

NATL: ! 9:27.97 5/20/2010 ERIC CHRISTENSEN

Name Age Club Finals

=====

1	Denrich, David	39 TEAM NEW YORK AQ	10:55.09
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	28.84	1:00.95 (32.11)	1:33.80 (32.85)	2:06.66 (32.86)
	2:39.61 (32.95)	3:12.06 (32.45)	3:44.72 (32.66)	4:17.79 (33.07)
	4:50.56 (32.77)	5:23.93 (33.37)	5:56.82 (32.89)	6:29.82 (33.00)
	7:02.96 (33.14)	7:36.36 (33.40)	8:09.57 (33.21)	8:42.65 (33.08)
	9:15.80 (33.15)	9:49.07 (33.27)	10:22.23 (33.16)	10:55.09 (32.86)
2 Boris, Joseph		39 SPRING VALLEY YM		11:56.34
	31.00	1:06.29 (35.29)	1:42.51 (36.22)	2:18.74 (36.23)
	2:54.95 (36.21)	3:31.31 (36.36)	4:07.98 (36.67)	4:44.12 (36.14)
	5:20.41 (36.29)	5:56.87 (36.46)	6:33.08 (36.21)	7:09.47 (36.39)
	7:45.97 (36.50)	8:22.53 (36.56)	8:59.69 (37.16)	9:36.04 (36.35)
	10:12.37 (36.33)	10:48.03 (35.66)	11:22.74 (34.71)	11:56.34 (33.60)

Men 35-39 1650 Yard Freestyle

=====				
	ZONE: Z 16:25.58	4/19/2013 Frederik Hviid, Germantown Maryl		
	NATL: ! 15:53.88	5/18/2003 JEFF ERWIN		
Name		Age Club		Finals
=====				
1 Palavecino, Matias		37 ALEXANDRIA MASTE		19:44.05
	30.57	1:04.38 (33.81)	1:38.96 (34.58)	2:14.12 (35.16)
	2:49.31 (35.19)	3:24.80 (35.49)	4:00.25 (35.45)	4:35.77 (35.52)
	5:11.54 (35.77)	5:47.40 (35.86)	6:23.73 (36.33)	6:59.97 (36.24)
	7:36.28 (36.31)	8:12.70 (36.42)	8:49.02 (36.32)	9:25.77 (36.75)
	10:02.60 (36.83)	10:39.35 (36.75)	11:15.88 (36.53)	11:52.86 (36.98)
	12:29.43 (36.57)	13:05.96 (36.53)	13:42.50 (36.54)	14:19.30 (36.80)
	14:55.73 (36.43)	15:32.44 (36.71)	16:09.04 (36.60)	16:45.80 (36.76)
	17:22.20 (36.40)	17:58.54 (36.34)	18:34.30 (35.76)	19:10.29 (35.99)
	19:44.05 (33.76)			

Men 35-39 50 Yard Backstroke

=====				
	ZONE: Z 23.06	4/23/2006 Michael Ross, NEM		
	NATL: ! 22.62	4/29/2017 JEFF NATALIZIO		
Name		Age Club		Finals
=====				
1 Orben, Chris		35 LANDSHARK MASTER		29.07
2 Gass, Kraig		39 CLUB TRIBE		29.31
3 Strahota, Jeffrey		38 UMAC-TERRAPIN MA		31.37

Men 35-39 100 Yard Backstroke

=====				
	ZONE: Z 49.62	4/24/2005 Michael Ross, NEM		
	NATL: ! 47.86	4/30/2017 JEFF NATALIZIO		
Name		Age Club		Finals
=====				
1 Barrett, Patrick		38 DISTRICT OF COLU		1:00.36
	29.24	1:00.36 (31.12)		
2 Orben, Chris		35 LANDSHARK MASTER		1:02.21
	29.96	1:02.21 (32.25)		
3 Gass, Kraig		39 CLUB TRIBE		1:04.59
	30.91	1:04.59 (33.68)		

Men 35-39 200 Yard Backstroke

=====				
	ZONE: Z 1:52.89	4/24/2005 Michael Ross, NEM		
	NATL: ! 1:47.72	5/4/2008 JOSH DAVIS		
Name		Age Club		Finals
=====				
1 Boris, Joseph		39 SPRING VALLEY YM		2:31.70
	35.82	1:14.00 (38.18)	1:52.89 (38.89)	2:31.70 (38.81)

Men 35-39 50 Yard Breaststroke

=====				
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ZONE: Z 26.29 4/22/2001 Wally Dicks
NATL: ! 25.35 5/21/2010 STEVE WEST

Name	Age Club	Finals
1 Orben, Chris	35 LANDSHARK MASTER	31.34
2 Strahota, Jeffrey	38 UMAC-TERRAPIN MA	33.61
-- Hanford, Jeremy	37 RESTON MASTERS S	DQ
False start		

Men 35-39 100 Yard Breaststroke

ZONE: Z 55.84 4/22/2001 Wally Dicks
NATL: ! 54.98 3/28/2015 JAMES SHEEHAN

Name	Age Club	Finals
1 Helfers, Edward	36 UC09	1:02.44
	29.27 1:02.44 (33.17)	
2 Orben, Chris	35 LANDSHARK MASTER	1:07.64
	32.03 1:07.64 (35.61)	
3 Hanford, Jeremy	37 RESTON MASTERS S	1:10.22
	33.68 1:10.22 (36.54)	
4 Strahota, Jeffrey	38 UMAC-TERRAPIN MA	1:12.77
	34.36 1:12.77 (38.41)	

Men 35-39 200 Yard Breaststroke

ZONE: Z 2:06.40 4/22/2001 Wally Dicks
NATL: ! 1:59.23 12/16/2001 RON KARNAUGH

Name	Age Club	Finals
1 Helfers, Edward	36 UC09	2:16.56
	30.70 1:05.12 (34.42) 1:40.33 (35.21)	2:16.56 (36.23)
2 Hanford, Jeremy	37 RESTON MASTERS S	2:36.48
	34.39 1:13.69 (39.30) 1:55.28 (41.59)	2:36.48 (41.20)
3 Boris, Joseph	39 SPRING VALLEY YM	2:44.61
	38.74 1:20.15 (41.41) 2:03.08 (42.93)	2:44.61 (41.53)

Men 35-39 50 Yard Butterfly

ZONE: Z 22.86 4/23/2006 Michael Ross, NEM
NATL: ! 21.24 3/25/2018 ROLAND SCHOEMAN

Name	Age Club	Finals
1 Orben, Chris	35 LANDSHARK MASTER	26.35
2 Gass, Kraig	39 CLUB TRIBE	26.71
3 Shaw, Chris	36 ALASKA MASTERS S	37.10

Men 35-39 100 Yard Butterfly

ZONE: Z 50.06 4/23/2006 Michael Ross, NEM
NATL: ! 47.62 3/25/2018 ROLAND SCHOEMAN

Name	Age Club	Finals
1 Gass, Kraig	39 CLUB TRIBE	59.77
	27.74 59.77 (32.03)	
2 Strahota, Jeffrey	38 UMAC-TERRAPIN MA	1:01.21
	27.74 1:01.21 (33.47)	

Men 35-39 200 Yard Butterfly

ZONE: Z 1:52.21 5/9/1993 Bill Specht
NATL: ! 1:50.74 5/16/1999 BOBBY PATTEN

Name	Age Club	Finals
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=====
1 Cantwell, Andrew          38 LANE 4 SWIMMING          3:05.02
      38.30      1:23.86 (45.56)      2:14.15 (50.29)      3:05.02 (50.87)

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Men 35-39 100 Yard IM

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=====
      ZONE: Z 53.98      4/13/2008 Jeffrey Roddin, ANCM
      NATL: ! 49.01      4/29/2017 JEFF NATALIZIO
Name          Age Club          Finals
=====
1 Strahota, Jeffrey        38 UMAC-TERRAPIN MA        1:02.45
      28.18      1:02.45 (34.27)
2 Gass, Kraig              39 CLUB TRIBE              1:04.48
      28.12      1:04.48 (36.36)
3 Hanford, Jeremy         37 RESTON MASTERS S        1:06.43
      32.03      1:06.43 (34.40)

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Men 35-39 200 Yard IM

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=====
      ZONE: Z 1:58.94      4/15/2007 Jeffrey Roddin, ANCM
      NATL: ! 1:48.74      12/22/2002 RONALD KARNAUGH
Name          Age Club          Finals
=====
1 Helfers, Edward         36 UC09                   2:02.14
      25.83      58.47 (32.64)      1:33.57 (35.10)      2:02.14 (28.57)
2 Strahota, Jeffrey        38 UMAC-TERRAPIN MA        2:21.03
      28.67      1:06.10 (37.43)      1:48.08 (41.98)      2:21.03 (32.95)
3 Boris, Joseph           39 SPRING VALLEY YM        2:23.43
      31.74      1:09.82 (38.08)      1:50.98 (41.16)      2:23.43 (32.45)
4 Hanford, Jeremy         37 RESTON MASTERS S        2:30.36
      31.00      1:11.26 (40.26)      1:53.40 (42.14)      2:30.36 (36.96)
5 Cantwell, Andrew        38 LANE 4 SWIMMING         2:37.95
      32.39      1:12.36 (39.97)      2:01.43 (49.07)      2:37.95 (36.52)

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Men 35-39 400 Yard IM

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=====
      ZONE: Z 4:25.68      4/22/2001 Danilo Vicioso
      NATL: ! 3:56.76      12/16/2001 RON KARNAUGH
Name          Age Club          Finals
=====
1 Boris, Joseph           39 SPRING VALLEY YM        5:11.88
      34.27      1:14.77 (40.50)      1:56.65 (41.88)      2:37.54 (40.89)
      3:20.44 (42.90)      4:03.79 (43.35)      4:38.69 (34.90)      5:11.88 (33.19)
2 Cantwell, Andrew        38 LANE 4 SWIMMING         5:49.28
      36.72      1:21.99 (45.27)      2:06.54 (44.55)      2:51.18 (44.64)
      3:42.62 (51.44)      4:33.70 (51.08)      5:12.23 (38.53)      5:49.28 (37.05)

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Men 40-44 50 Yard Freestyle

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=====
      ZONE: Z 20.84      4/26/2009 Michael Ross, MESC
      NATL: ! 20.67      12/20/2014 JOSH DAVIS
Name          Age Club          Finals
=====
1 Zenyuh, James           42 RIPTIDE MASTERS         21.63
2 Stull, Eric             44 SPRING VALLEY YM        22.60
3 Lovett, Brian           44 LANDSHARK MASTER        23.37
4 Bell, David             43 CLUB TRIBE              23.50
5 Bower, Matthew          44 LANE 4 SWIMMING         23.73
6 Baldwin, Craig          44 RESTON MASTERS S        23.83
7 Krause, Matthew         42 LANDSHARK MASTER        24.51
8 Bingaman, Cory          44 ALEXANDRIA MASTE        24.69
9 Grasha, Eric            43 DISTRICT OF COLU        25.03
10 Carsner, James         43 LANE 4 SWIMMING         25.08

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11 Houchins, Bradford	41 SPRING VALLEY YM	25.29
12 Cramer, Jason	40 YMCA RESTON WATE	25.97
13 Andrew, Jason	42 LANE 4 SWIMMING	26.82
14 Thomas, Joel	42 CLUB TRIBE	26.97
15 Dowell, Noah	40 UMAC-TERRAPIN MA	27.48
16 Vannier, David	42 UC10	29.22
17 Weaver, Aaron	41 YMCA RESTON WATE	31.36
18 McCready, Matthew	43 ALEXANDRIA MASTE	45.91

Men 40-44 50 Yard Freestyle Time Trial

ZONE: Z 21.78 4/21/2002 Michael Fell
 NATL: ! 20.67 12/20/2014 JOSH DAVIS

Name	Age Club	Finals
- Time Trial		
1 Maholchic, Adrian	42 CLUB TRIBE	23.79
2 Rockwell, John	44 CLUB TRIBE	25.70

Men 40-44 100 Yard Freestyle

ZONE: Z 45.61 4/25/2009 Michael Ross, MESC
 NATL: ! 45.15 5/3/2014 JOSH DAVIS

Name	Age Club	Finals
1 Zenyuh, James	42 RIPTIDE MASTERS	48.34
22.83	48.34 (25.51)	
2 Stull, Eric	44 SPRING VALLEY YM	49.54
23.41	49.54 (26.13)	
3 Lovett, Brian	44 LANDSHARK MASTER	51.21
24.40	51.21 (26.81)	
4 Krajewski, Thomas	40 PATRIOT MASTERS	52.00
24.86	52.00 (27.14)	
5 Baldwin, Craig	44 RESTON MASTERS S	52.19
24.97	52.19 (27.22)	
6 Bower, Matthew	44 LANE 4 SWIMMING	52.72
25.25	52.72 (27.47)	
7 Grasha, Eric	43 DISTRICT OF COLU	54.49
25.80	54.49 (28.69)	
8 Melinson, Timothy	43 LANE 4 SWIMMING	55.10
26.07	55.10 (29.03)	
9 Bingaman, Cory	44 ALEXANDRIA MASTE	55.19
26.40	55.19 (28.79)	
10 Turner, George	42 UC08	55.22
26.56	55.22 (28.66)	
11 Rooney, Tim	41 ARLINGTON MASTER	56.14
27.17	56.14 (28.97)	
12 Houchins, Bradford	41 SPRING VALLEY YM	56.74
26.85	56.74 (29.89)	
13 Cramer, Jason	40 YMCA RESTON WATE	58.01
28.02	58.01 (29.99)	
14 Carsner, James	43 LANE 4 SWIMMING	58.14
27.56	58.14 (30.58)	
15 Dowell, Noah	40 UMAC-TERRAPIN MA	59.54
28.82	59.54 (30.72)	
16 Gwilliam, Glenn	40 RESTON MASTERS S	59.77
28.41	59.77 (31.36)	
17 Sutton, Marshall	41 ALEXANDRIA MASTE	1:20.90
37.62	1:20.90 (43.28)	

Men 40-44 100 Yard Freestyle Time Trial

ZONE: Z 47.63 4/21/2002 Michael Fell

NATL: ! 45.15 5/3/2014 JOSH DAVIS

Name Age Club Finals

- Time Trial

1 Rockwell, John 44 CLUB TRIBE 57.05
5 Krause, Matthew 42 LANDSHARK MASTER 54.66

Men 40-44 200 Yard Freestyle Time Trial

ZONE: Z 1:49.32 4/24/2005 Michael Schmidt

NATL: ! 1:38.23 4/24/2015 JOSH DAVIS

Name Age Club Finals

2 Rockwell, John 44 CLUB TRIBE 2:04.86

Men 40-44 200 Yard Freestyle

ZONE: Z 1:47.76 4/26/2009 William Segal, JAM

NATL: ! 1:38.23 4/24/2015 JOSH DAVIS

Name Age Club Finals

1 Stull, Eric 44 SPRING VALLEY YM 1:51.26
25.08 52.81 (27.73) 1:21.17 (28.36) 1:51.26 (30.09)
2 Baldwin, Craig 44 RESTON MASTERS S 1:54.33
26.44 55.40 (28.96) 1:24.30 (28.90) 1:54.33 (30.03)
3 Bower, Matthew 44 LANE 4 SWIMMING 1:57.09
26.47 55.86 (29.39) 1:26.23 (30.37) 1:57.09 (30.86)
4 Grasha, Eric 43 DISTRICT OF COLU 2:00.43
27.34 57.98 (30.64) 1:29.54 (31.56) 2:00.43 (30.89)
5 Rooney, Tim 41 ARLINGTON MASTER 2:04.36
28.33 58.58 (30.25) 1:30.64 (32.06) 2:04.36 (33.72)
6 Houchins, Bradford 41 SPRING VALLEY YM 2:08.59
29.52 1:01.84 (32.32) 1:35.68 (33.84) 2:08.59 (32.91)
7 Dragon, Tony 42 UC10 2:11.27
29.71 1:02.09 (32.38) 1:36.27 (34.18) 2:11.27 (35.00)
8 Hanneschlager, Michael 44 UC10 2:12.84
28.48 1:01.79 (33.31) 1:37.85 (36.06) 2:12.84 (34.99)
9 Dowell, Noah 40 UMAC-TERRAPIN MA 2:13.28
30.53 1:04.48 (33.95) 1:39.11 (34.63) 2:13.28 (34.17)
10 Weaver, Aaron 41 YMCA RESTON WATE 2:42.79
35.90 1:16.15 (40.25) 1:59.30 (43.15) 2:42.79 (43.49)
11 McCready, Matthew 43 ALEXANDRIA MASTE 3:32.01
51.88 1:45.94 (54.06) 2:39.12 (53.18) 3:32.01 (52.89)

Men 40-44 500 Yard Freestyle

ZONE: Z 4:46.18 4/12/2008 Chris Stevenson, VMST

NATL: ! 4:33.36 4/25/2015 JOSH DAVIS

Name Age Club Finals

1 Stull, Eric 44 SPRING VALLEY YM 5:20.13
28.09 59.55 (31.46) 1:31.55 (32.00) 2:03.75 (32.20)
2:36.50 (32.75) 3:09.91 (33.41) 3:42.97 (33.06) 4:16.14 (33.17)
4:48.57 (32.43) 5:20.13 (31.56)
2 Bower, Matthew 44 LANE 4 SWIMMING 5:25.05
27.91 57.95 (30.04) 1:29.54 (31.59) 2:01.72 (32.18)
2:34.50 (32.78) 3:07.84 (33.34) 3:41.40 (33.56) 4:16.28 (34.88)
4:51.40 (35.12) 5:25.05 (33.65)
3 Grasha, Eric 43 DISTRICT OF COLU 5:32.82
30.23 1:03.77 (33.54) 1:37.69 (33.92) 2:11.84 (34.15)
2:45.92 (34.08) 3:19.69 (33.77) 3:53.40 (33.71) 4:26.86 (33.46)
5:00.26 (33.40) 5:32.82 (32.56)
4 Rooney, Tim 41 ARLINGTON MASTER 5:39.11

	30.53	1:02.87 (32.34)	1:36.37 (33.50)	2:10.55 (34.18)
	2:45.50 (34.95)	3:20.59 (35.09)	3:55.85 (35.26)	4:31.21 (35.36)
	5:05.91 (34.70)	5:39.11 (33.20)		
5 McNelis, Michael		43 FAIRPORT AREA SW		5:58.15
	32.38	1:08.10 (35.72)	1:44.71 (36.61)	2:21.21 (36.50)
	2:58.20 (36.99)	3:35.16 (36.96)	4:11.63 (36.47)	4:47.83 (36.20)
	5:23.63 (35.80)	5:58.15 (34.52)		
6 Houchins, Bradford		41 SPRING VALLEY YM		6:00.76
	30.32	1:04.80 (34.48)	1:42.03 (37.23)	2:19.29 (37.26)
	2:57.26 (37.97)	3:33.57 (36.31)	4:10.68 (37.11)	4:48.78 (38.10)
	5:25.09 (36.31)	6:00.76 (35.67)		
7 Dragon, Tony		42 UC10		6:06.34
	32.83	1:08.36 (35.53)	1:44.59 (36.23)	2:21.40 (36.81)
	2:58.74 (37.34)	3:36.25 (37.51)	4:13.77 (37.52)	4:51.95 (38.18)
	5:29.93 (37.98)	6:06.34 (36.41)		
8 Hanneschlager, Michael		44 UC10		6:07.77
	31.28	1:06.78 (35.50)	1:43.64 (36.86)	2:20.99 (37.35)
	2:58.24 (37.25)	3:36.16 (37.92)	4:14.32 (38.16)	4:52.49 (38.17)
	5:30.57 (38.08)	6:07.77 (37.20)		
9 Gwilliam, Glenn		40 RESTON MASTERS S		6:26.09
	33.59	1:11.25 (37.66)	1:50.20 (38.95)	2:29.70 (39.50)
	3:09.82 (40.12)	3:49.60 (39.78)	4:28.92 (39.32)	5:07.61 (38.69)
	5:46.77 (39.16)	6:26.09 (39.32)		

Men 40-44 1000 Yard Freestyle

=====				
	ZONE: Z 10:19.02	4/24/2009 Rob Jones, UNAT		
	NATL: ! 9:32.66	5/7/2010 ALEX KOSTICH		
Name		Age Club		Finals
=====				
1 Houchins, Bradford		41 SPRING VALLEY YM		12:13.60
	30.01	1:03.83 (33.82)	1:39.07 (35.24)	2:14.78 (35.71)
	2:50.77 (35.99)	3:26.73 (35.96)	4:03.60 (36.87)	4:41.64 (38.04)
	5:19.60 (37.96)	5:57.14 (37.54)	6:35.18 (38.04)	7:12.93 (37.75)
	7:52.32 (39.39)	8:31.37 (39.05)	9:09.54 (38.17)	9:47.07 (37.53)
	10:24.24 (37.17)	11:02.09 (37.85)	11:38.92 (36.83)	12:13.60 (34.68)
2 Dragon, Tony		42 UC10		13:12.21
	36.07	1:13.64 (37.57)	1:52.37 (38.73)	2:31.65 (39.28)
	3:11.55 (39.90)	3:51.79 (40.24)	4:31.59 (39.80)	5:11.60 (40.01)
	5:51.74 (40.14)	6:32.11 (40.37)	7:12.69 (40.58)	7:53.89 (41.20)
	8:34.48 (40.59)	9:14.65 (40.17)	9:55.09 (40.44)	10:35.49 (40.40)
	11:15.48 (39.99)	11:55.84 (40.36)	12:35.01 (39.17)	13:12.21 (37.20)
3 Connell, Warren		41 LANE 4 SWIMMING		28:29.13
	1:05.39	2:13.34 (1:07.95)	3:30.42 (1:17.08)	
	6:18.70 ()	9:14.19 (2:55.49)	10:45.23 (1:31.04)	12:19.55 (1:34.32)
	13:30.29 (1:10.74)	15:09.32 (1:39.03)	16:24.94 (1:15.62)	16:41.58 (16.64)
	18:11.15 (1:29.57)	19:24.56 (1:13.41)	19:48.72 (24.16)	
			27:13.55 ()	28:29.13 (1:15.58)

Men 40-44 1650 Yard Freestyle

=====				
	ZONE: Z 17:42.09	4/23/2006 Scott Brown, SVM		
	NATL: ! 15:51.52	5/9/2010 ALEX KOSTICH		
Name		Age Club		Finals
=====				
1 Full, Patrick		44 LANE 4 SWIMMING		20:38.87
	32.13	1:07.74 (35.61)	1:45.01 (37.27)	2:23.21 (38.20)
	3:02.18 (38.97)	3:41.18 (39.00)	4:19.66 (38.48)	4:58.08 (38.42)
	5:36.08 (38.00)	6:13.97 (37.89)	6:51.84 (37.87)	7:29.51 (37.67)
	8:07.12 (37.61)	8:45.11 (37.99)	9:23.16 (38.05)	10:00.87 (37.71)
	10:38.72 (37.85)	11:16.38 (37.66)	11:53.84 (37.46)	12:31.39 (37.55)
	13:09.13 (37.74)	13:47.47 (38.34)	14:25.29 (37.82)	15:03.00 (37.71)
	15:41.07 (38.07)	16:19.16 (38.09)	16:56.39 (37.23)	17:34.05 (37.66)

18:11.78 (37.73)	18:48.59 (36.81)	19:26.03 (37.44)	20:03.25 (37.22)
20:38.87 (35.62)			
2 Ahlgren, Kyle	43 CLUB TRIBE		23:03.81
38.85	1:21.22 (42.37)	2:04.33 (43.11)	2:46.74 (42.41)
3:29.07 (42.33)	4:11.59 (42.52)	4:53.97 (42.38)	5:36.27 (42.30)
6:18.45 (42.18)	7:00.85 (42.40)	7:43.15 (42.30)	8:25.40 (42.25)
9:07.83 (42.43)	9:50.14 (42.31)	10:32.40 (42.26)	11:14.83 (42.43)
11:56.86 (42.03)	12:39.11 (42.25)	13:21.13 (42.02)	14:03.19 (42.06)
14:45.01 (41.82)	15:27.04 (42.03)	16:08.60 (41.56)	16:50.76 (42.16)
17:32.19 (41.43)	18:14.13 (41.94)	18:56.08 (41.95)	19:38.24 (42.16)
20:20.13 (41.89)	21:02.13 (42.00)	21:43.94 (41.81)	22:25.18 (41.24)
23:03.81 (38.63)			

Men 40-44 50 Yard Backstroke

=====			
ZONE: Z	22.77	4/25/2009 Michael Ross, MESC	
NATL: !	22.77	4/26/2009 MICHAEL ROSS	
Name	Age	Club	Finals
=====			
1 Zenyuh, James	42	RIPTIDE MASTERS	23.31
2 Bell, David	43	CLUB TRIBE	26.36
3 Krajewski, Thomas	40	PATRIOT MASTERS	27.11
4 Stull, Eric	44	SPRING VALLEY YM	28.94
5 Rockwell, John	44	CLUB TRIBE	28.99
6 Krause, Matthew	42	LANDSHARK MASTER	29.57
7 Grasha, Eric	43	DISTRICT OF COLU	29.69
8 Cramer, Jason	40	YMCA RESTON WATE	29.81
9 Sutton, Marshall	41	ALEXANDRIA MASTE	45.54

Men 40-44 50 Yard Backstroke Time Trial

=====			
ZONE: Z	24.45	4/13/2008 Chris Stevenson, VMST-VA	
NATL: !	22.77	4/26/2009 MICHAEL ROSS	
Name	Age	Club	Finals
=====			
- Time Trial			
1 Zenyuh, James	42	RIPTIDE MASTERS	23.46Z
3 Bell, David	43	CLUB TRIBE	25.68
6 Krause, Matthew	42	LANDSHARK MASTER	29.39

Men 40-44 100 Yard Backstroke Time Trial

=====			
ZONE: Z	51.88	4/13/2008 Chris Stevenson, VMST-VA	
NATL: !	48.49	4/26/2009 MICHAEL ROSS	
Name	Age	Club	Finals
=====			
6 Krause, Matthew	42	LANDSHARK MASTER	1:01.54

Men 40-44 100 Yard Backstroke

=====			
ZONE: Z	48.49	4/26/2009 Michael Ross, MESC	
NATL: !	48.49	4/26/2009 MICHAEL ROSS	
Name	Age	Club	Finals
=====			
1 Rockwell, John	44	CLUB TRIBE	59.42
29.12	59.42 (30.30)		
2 Grasha, Eric	43	DISTRICT OF COLU	1:03.37
30.76	1:03.37 (32.61)		
3 Zenyuh, James	42	RIPTIDE MASTERS	1:03.91
23.46	1:03.91 (40.45)		
4 McCready, Matthew	43	ALEXANDRIA MASTE	2:07.07
1:03.29	2:07.07 (1:03.78)		

Men 40-44 200 Yard Backstroke

ZONE: Z 1:53.29 4/12/2008 Chris Stevenson, VMST
 NATL: ! 1:50.09 5/4/2008 MICHAEL ROSS

Name	Age	Club	Finals
1 Rockwell, John	44	CLUB TRIBE	2:10.91
	29.32	1:01.75 (32.43)	1:35.85 (34.10) 2:10.91 (35.06)
2 Krause, Matthew	42	LANDSHARK MASTER	2:17.34
	31.82	1:06.69 (34.87)	1:41.81 (35.12) 2:17.34 (35.53)

Men 40-44 50 Yard Breaststroke

ZONE: Z 27.42 5/2/1999 Benn Doyle
 NATL: ! 25.02 3/12/2016 JARROD MARRS

Name	Age	Club	Finals
1 Houchins, Bradford	41	SPRING VALLEY YM	29.46
2 Stull, Eric	44	SPRING VALLEY YM	29.59
3 Bower, Matthew	44	LANE 4 SWIMMING	30.03
4 McNelis, Michael	43	FAIRPORT AREA SW	30.08
5 Bingaman, Cory	44	ALEXANDRIA MASTE	31.03
6 Andrew, Jason	42	LANE 4 SWIMMING	33.62
7 Vannier, David	42	UC10	41.08

Men 40-44 100 Yard Breaststroke

ZONE: Z 58.39 4/26/2009 Jim Tuchler, CUBU
 NATL: ! 55.37 4/25/2015 JEFF COMMINGS

Name	Age	Club	Finals
1 Lovett, Brian	44	LANDSHARK MASTER	1:04.70
	30.32	1:04.70 (34.38)	
2 Houchins, Bradford	41	SPRING VALLEY YM	1:04.82
	30.47	1:04.82 (34.35)	
3 McNelis, Michael	43	FAIRPORT AREA SW	1:06.53
	31.18	1:06.53 (35.35)	
4 Turner, George	42	UC08	1:08.51
	32.69	1:08.51 (35.82)	
5 Bingaman, Cory	44	ALEXANDRIA MASTE	1:08.94
	32.45	1:08.94 (36.49)	
6 Andrew, Jason	42	LANE 4 SWIMMING	1:14.82
	35.73	1:14.82 (39.09)	
7 Dowell, Noah	40	UMAC-TERRAPIN MA	1:14.89
	35.46	1:14.89 (39.43)	

Men 40-44 200 Yard Breaststroke

ZONE: Z 2:08.34 4/25/2009 Jim Tuchler, CUBU
 NATL: ! 2:00.53 5/3/2014 STEVE WEST

Name	Age	Club	Finals
1 Baldwin, Craig	44	RESTON MASTERS S	2:19.27
	33.01	1:08.86 (35.85)	1:44.15 (35.29) 2:19.27 (35.12)
2 McNelis, Michael	43	FAIRPORT AREA SW	2:28.35
	33.61	1:12.39 (38.78)	1:51.19 (38.80) 2:28.35 (37.16)
3 Houchins, Bradford	41	SPRING VALLEY YM	2:29.07
	33.37	1:11.02 (37.65)	1:49.88 (38.86) 2:29.07 (39.19)

Men 40-44 50 Yard Butterfly

ZONE: Z 22.60 4/14/2018 James Zenyuh, Riptide Masters

NATL: ! 22.60 4/14/2018 JAMES ZENYUH

Name	Age Club	Finals
1 Zenyuh, James	42 RIPTIDE MASTERS	22.65
2 Bell, David	43 CLUB TRIBE	24.97
3 Lovett, Brian	44 LANDSHARK MASTER	24.98
4 Krajewski, Thomas	40 PATRIOT MASTERS	25.26
5 Stull, Eric	44 SPRING VALLEY YM	25.28
6 Melinson, Timothy	43 LANE 4 SWIMMING	26.42
7 Torgesen, Harald	40 ALEXANDRIA MASTE	26.90
8 Grasha, Eric	43 DISTRICT OF COLU	26.98
9 Houchins, Bradford	41 SPRING VALLEY YM	28.98
10 Krause, Matthew	42 LANDSHARK MASTER	29.21
11 Thomas, Joel	42 CLUB TRIBE	29.55
12 Cramer, Jason	40 YMCA RESTON WATE	29.72
13 Carsner, James	43 LANE 4 SWIMMING	29.96
14 Gwilliam, Glenn	40 RESTON MASTERS S	32.16
15 Sutton, Marshall	41 ALEXANDRIA MASTE	42.35

Men 40-44 100 Yard Butterfly

ZONE: Z 50.75 4/15/2018 James Zenyuh, Riptide Masters
 NATL: ! 49.27 5/4/2008 MICHAEL ROSS

Name	Age Club	Finals
1 Zenyuh, James	42 RIPTIDE MASTERS	50.78
2 Lovett, Brian	44 LANDSHARK MASTER	55.50
3 Bell, David	43 CLUB TRIBE	56.05
4 Rockwell, John	44 CLUB TRIBE	1:00.04
5 Torgesen, Harald	40 ALEXANDRIA MASTE	1:00.78
6 Cramer, Jason	40 YMCA RESTON WATE	1:05.13
-- McCready, Matthew	43 ALEXANDRIA MASTE	DQ
One hand touch		

Men 40-44 200 Yard Butterfly

ZONE: Z 1:57.61 4/12/2008 Chris Stevenson, VMST
 NATL: ! 1:50.61 4/14/2002 DENNIS BAKER

Name	Age Club	Finals
1 McNelis, Michael	43 FAIRPORT AREA SW	2:27.22
33.59	1:11.03 (37.44) 1:49.48 (38.45)	2:27.22 (37.74)

Men 40-44 100 Yard IM

ZONE: Z 53.51 4/26/2009 Jim Tuchler
 NATL: ! 51.07 4/25/2015 JEFF COMMINGS

Name	Age Club	Finals
1 Bell, David	43 CLUB TRIBE	57.36
26.30	57.36 (31.06)	
2 Lovett, Brian	44 LANDSHARK MASTER	58.29
26.80	58.29 (31.49)	
3 Rockwell, John	44 CLUB TRIBE	59.64
28.17	59.64 (31.47)	
4 Grasha, Eric	43 DISTRICT OF COLU	1:04.64
28.87	1:04.64 (35.77)	

5	Houchins, Bradford	41	SPRING VALLEY YM	1:06.05
	33.03	1:06.05	(33.02)	
6	Stull, Eric	44	SPRING VALLEY YM	1:06.72
	30.32	1:06.72	(36.40)	
7	Carsner, James	43	LANE 4 SWIMMING	1:06.76
	30.60	1:06.76	(36.16)	
8	Cramer, Jason	40	YMCA RESTON WATE	1:07.02
	30.28	1:07.02	(36.74)	
9	Dowell, Noah	40	UMAC-TERRAPIN MA	1:08.92
	33.53	1:08.92	(35.39)	
10	Gwilliam, Glenn	40	RESTON MASTERS S	1:09.54
	32.14	1:09.54	(37.40)	
11	Vannier, David	42	UC10	1:15.88
	35.71	1:15.88	(40.17)	

Men 40-44 200 Yard IM

=====				
ZONE: Z		1:51.85	4/25/2009	Michael Ross, MESC
NATL: !		1:51.85	4/26/2009	MICHAEL ROSS
Name	Age	Club	Finals	
=====				
1	Lovett, Brian	44	LANDSHARK MASTER	2:09.58
	26.51	1:01.31	(34.80)	1:38.59 (37.28) 2:09.58 (30.99)
2	Rockwell, John	44	CLUB TRIBE	2:14.30
	29.01	1:02.50	(33.49)	1:41.43 (38.93) 2:14.30 (32.87)
3	Turner, George	42	UC08	2:15.91
	28.57	1:04.96	(36.39)	1:44.14 (39.18) 2:15.91 (31.77)
4	Dowell, Noah	40	UMAC-TERRAPIN MA	2:29.16
	31.32	1:11.52	(40.20)	1:54.54 (43.02) 2:29.16 (34.62)
5	Cramer, Jason	40	YMCA RESTON WATE	2:29.83
	31.44	1:07.71	(36.27)	1:54.11 (46.40) 2:29.83 (35.72)

Men 40-44 400 Yard IM

=====				
ZONE: Z		4:18.94	4/26/2009	Jim Tuchler, CUBU
NATL: !		4:01.87	4/19/2009	ROQUE SANTOS
Name	Age	Club	Finals	
=====				
1	McNelis, Michael	43	FAIRPORT AREA SW	4:53.50
	31.92	1:08.86	(36.94)	1:47.84 (38.98) 2:25.82 (37.98)
	3:05.76 (39.94)	3:46.09 (40.33)	4:20.67 (34.58)	4:53.50 (32.83)

Men 45-49 50 Yard Freestyle

=====				
ZONE: Z		21.95	4/15/2018	Jeremy Gross, Spring Valley YM
NATL: !		21.06	5/21/2010	RICHARD HUGHEY
Name	Age	Club	Finals	
=====				
1	Gross, Jeremy	47	SPRING VALLEY YM	21.85Z
2	Rees, Greg	49	SPRING VALLEY YM	23.02
3	Doane, Michael	48	UMAC-TERRAPIN MA	23.06
4	Kelliher, Sean	45	UC10	23.62
5	Sangmeister, Gary	48	SPRING VALLEY YM	23.76
6	Gambale, Michael	47	CENTRAL BUCKS FA	24.91
7	Hain, Michael	48	UC08	25.91
8	Lucie, Quin	45	E TEAM	26.03
9	Gill, Thomas	48	CLUB TRIBE	26.58
10	Gay, Arturo	48	YMCA RESTON WATE	32.77

Men 45-49 50 Yard Freestyle Time Trial

=====				
ZONE: Z		23.21	5/9/1993	Daniel Rogacki
NATL: !		21.06	5/21/2010	RICHARD HUGHEY

Name	Age	Club	Finals
- Time Trial			
1 Sangmeister, Gary	48	SPRING VALLEY YM	23.66

Men 45-49 100 Yard Freestyle

Name	Age	Club	Finals
ZONE: Z 47.99 4/9/2016 Michael Ross, Maine Masters Sw			
NATL: ! 46.21 4/26/2015 NICOLAS GRANGER			
1 Gross, Jeremy	47	SPRING VALLEY YM	49.23
23.63		49.23 (25.60)	
2 Rees, Greg	49	SPRING VALLEY YM	50.73
24.12		50.73 (26.61)	
3 Sangmeister, Gary	48	SPRING VALLEY YM	52.08
24.85		52.08 (27.23)	
4 Delaney, Ryan	46	MARYLAND MASTERS	54.11
25.16		54.11 (28.95)	
5 Gambale, Michael	47	CENTRAL BUCKS FA	55.29
26.41		55.29 (28.88)	
6 Hain, Michael	48	UC08	59.09
28.37		59.09 (30.72)	
7 Hinz, Brian	45	CENTRAL MARYLAND	1:00.81
28.09		1:00.81 (32.72)	
8 Wynes, Anthony	49	RESTON MASTERS S	1:13.00
35.37		1:13.00 (37.63)	
9 Gay, Arturo	48	YMCA RESTON WATE	1:13.23
34.06		1:13.23 (39.17)	

Men 45-49 100 Yard Freestyle Time Trial

Name	Age	Club	Finals
ZONE: Z 51.49 4/13/2003 Bradford Gandee			
NATL: ! 46.21 4/26/2015 NICOLAS GRANGER			
6 Earle, Daniel	47	CLUB TRIBE	55.83

Men 45-49 200 Yard Freestyle

Name	Age	Club	Finals
ZONE: Z 1:48.05 4/25/2010 William Segal, Jersey Area Mult			
NATL: ! 1:41.69 5/21/2010 DAVID SIMS			
1 Rees, Greg	49	SPRING VALLEY YM	1:56.93
25.49		54.79 (29.30)	1:25.75 (30.96)
2 Earle, Daniel	47	CLUB TRIBE	2:02.28
29.21		1:00.13 (30.92)	1:31.41 (31.28)
3 Joubert, Kevin	46	MERRITT MARLINS	2:08.00
30.38		1:02.73 (32.35)	1:35.92 (33.19)
4 Wynes, Anthony	49	RESTON MASTERS S	2:39.25
37.30		1:16.37 (39.07)	1:58.14 (41.77)
5 Gay, Arturo	48	YMCA RESTON WATE	2:51.48
36.20		1:18.00 (41.80)	2:04.46 (46.46)
			2:51.48 (47.02)

Men 45-49 500 Yard Freestyle

Name	Age	Club	Finals
ZONE: Z 4:51.53 4/25/2009 Neil Brophy, NIAG			
NATL: ! 4:39.10 5/20/2007 DENNIS BAKER			
1 Higgins, Anthony	49	GERMANTOWN MARYL	5:22.45

	30.19	1:03.27 (33.08)	1:35.95 (32.68)	2:08.65 (32.70)
	2:40.93 (32.28)	3:13.51 (32.58)	3:46.52 (33.01)	4:19.18 (32.66)
	4:51.34 (32.16)	5:22.45 (31.11)		
2 Earle, Daniel		47 CLUB TRIBE		5:38.00
	31.00	1:05.13 (34.13)	1:38.91 (33.78)	2:13.53 (34.62)
	2:48.41 (34.88)	3:23.05 (34.64)	3:57.78 (34.73)	4:32.00 (34.22)
	5:05.97 (33.97)	5:38.00 (32.03)		
3 Gambale, Michael		47 CENTRAL BUCKS FA		5:44.65
	30.22	1:03.78 (33.56)	1:37.99 (34.21)	2:12.58 (34.59)
	2:47.43 (34.85)	3:22.42 (34.99)	3:57.77 (35.35)	4:34.00 (36.23)
	5:09.53 (35.53)	5:44.65 (35.12)		
4 Joubert, Kevin		46 MERRITT MARLINS		5:55.29
	31.70	1:06.20 (34.50)	1:41.44 (35.24)	2:17.41 (35.97)
	2:53.39 (35.98)	3:29.36 (35.97)	4:05.92 (36.56)	4:42.94 (37.02)
	5:19.61 (36.67)	5:55.29 (35.68)		
5 Anthes, Peter		48 LANE 4 SWIMMING		6:15.09
	34.45	1:10.21 (35.76)	1:48.03 (37.82)	2:26.47 (38.44)
	3:04.62 (38.15)	3:42.18 (37.56)	4:20.65 (38.47)	5:00.13 (39.48)
	5:38.36 (38.23)	6:15.09 (36.73)		
6 Wynes, Anthony		49 RESTON MASTERS S		7:05.83
	38.41	1:18.67 (40.26)	2:00.93 (42.26)	2:44.05 (43.12)
	3:27.95 (43.90)	4:12.51 (44.56)	4:56.93 (44.42)	5:40.88 (43.95)
	6:23.98 (43.10)	7:05.83 (41.85)		

Men 45-49 1000 Yard Freestyle

=====				
	ZONE: Z 9:58.64	4/24/2009 Neil Brophy, NIAG		
	NATL: ! 9:43.93	5/20/2010 KEITH SWITZER		
Name		Age Club		Finals
=====				
1 Gambale, Michael		47 CENTRAL BUCKS FA		11:51.58
	29.79	1:03.12 (33.33)	1:37.32 (34.20)	2:12.42 (35.10)
	2:47.51 (35.09)	3:22.85 (35.34)	3:58.58 (35.73)	4:34.72 (36.14)
	5:11.01 (36.29)	5:47.53 (36.52)	6:23.35 (35.82)	7:00.03 (36.68)
	7:37.01 (36.98)	8:13.84 (36.83)	8:50.11 (36.27)	9:26.77 (36.66)
	10:03.18 (36.41)	10:39.86 (36.68)	11:16.04 (36.18)	11:51.58 (35.54)
2 Earle, Daniel		47 CLUB TRIBE		12:17.31
	33.48	1:09.79 (36.31)	1:47.10 (37.31)	2:24.82 (37.72)
	3:02.42 (37.60)	3:40.47 (38.05)	4:18.52 (38.05)	4:56.31 (37.79)
	5:33.85 (37.54)	6:11.66 (37.81)	6:49.40 (37.74)	7:27.07 (37.67)
	8:04.64 (37.57)	8:41.87 (37.23)	9:19.43 (37.56)	9:55.38 (35.95)
	10:31.30 (35.92)	11:07.18 (35.88)	11:42.77 (35.59)	12:17.31 (34.54)

Men 45-49 1650 Yard Freestyle

=====				
	ZONE: Z 18:08.53	4/21/2002 John Hudson		
	NATL: ! 16:08.05	5/20/2010 JEFF ERWIN		
Name		Age Club		Finals
=====				
1 Anthes, Peter		48 LANE 4 SWIMMING		21:47.08
	35.23	1:12.78 (37.55)	1:50.87 (38.09)	2:29.22 (38.35)
	3:07.90 (38.68)	3:46.75 (38.85)	4:26.88 (40.13)	5:06.76 (39.88)
	5:46.79 (40.03)	6:26.65 (39.86)	7:06.36 (39.71)	7:46.23 (39.87)
	8:26.51 (40.28)	9:06.79 (40.28)	9:46.59 (39.80)	10:26.86 (40.27)
	11:07.40 (40.54)	11:47.49 (40.09)	12:27.45 (39.96)	13:07.53 (40.08)
	13:48.74 (41.21)	14:28.84 (40.10)	15:09.28 (40.44)	15:49.03 (39.75)
	16:29.52 (40.49)	17:10.21 (40.69)	17:50.48 (40.27)	18:30.96 (40.48)
	19:10.87 (39.91)	19:51.10 (40.23)	20:31.22 (40.12)	21:10.53 (39.31)
	21:47.08 (36.55)			

Men 45-49 50 Yard Backstroke Time Trial

=====				
	ZONE: Z 25.06	4/23/2006 Clay Britt		

NATL: ! 23.58 4/26/2015 MICHAEL ROSS
 Name Age Club Finals

- Time Trial

4 Rees, Greg 49 SPRING VALLEY YM 26.00

Men 45-49 50 Yard Backstroke

ZONE: Z 24.18 4/10/2016 Michael Ross, Maine Masters Sw
 NATL: ! 23.58 4/26/2015 MICHAEL ROSS

Name Age Club Finals

1 Rees, Greg 49 SPRING VALLEY YM 25.83
 2 Kelliher, Sean 45 UC10 28.35
 3 Mirt, Chad 45 ALEXANDRIA MASTE 28.44
 4 Gross, Jeremy 47 SPRING VALLEY YM 28.69
 5 Earle, Daniel 47 CLUB TRIBE 29.73
 6 Sangmeister, Gary 48 SPRING VALLEY YM 30.37
 7 Gambale, Michael 47 CENTRAL BUCKS FA 31.86
 8 Hinz, Brian 45 CENTRAL MARYLAND 34.78

Men 45-49 100 Yard Backstroke

ZONE: Z 52.03 4/9/2016 Michael Ross, Maine Masters Sw
 NATL: ! 51.55 4/30/2011 CHRIS STEVENSON

Name Age Club Finals

1 Mirt, Chad 45 ALEXANDRIA MASTE 59.86
 29.03 59.86 (30.83)
 2 Rees, Greg 49 SPRING VALLEY YM 59.93
 28.57 59.93 (31.36)
 3 Earle, Daniel 47 CLUB TRIBE 1:04.15
 31.25 1:04.15 (32.90)
 4 Gay, Arturo 48 YMCA RESTON WATE 1:25.79
 39.95 1:25.79 (45.84)

Men 45-49 200 Yard Backstroke

ZONE: Z 2:06.85 5/2/1999 Paul Fetters
 NATL: ! 1:53.97 5/1/2016 SAEGER\GRANGER

Name Age Club Finals

1 Mirt, Chad 45 ALEXANDRIA MASTE 2:16.06
 31.12 1:05.13 (34.01) 1:40.99 (35.86) 2:16.06 (35.07)
 2 Earle, Daniel 47 CLUB TRIBE 2:16.10
 31.80 1:05.86 (34.06) 1:41.25 (35.39) 2:16.10 (34.85)

Men 45-49 50 Yard Breaststroke Time Trial

ZONE: Z 28.64 4/4/2004 Benn Doyle
 NATL: ! 26.05 4/30/2017 STEVE WEST

Name Age Club Finals

- Time Trial

1 Gross, Jeremy 47 SPRING VALLEY YM 29.10

Men 45-49 50 Yard Breaststroke

ZONE: Z 28.09 4/9/2016 Neill Williams, District Of Colu
 NATL: ! 26.05 4/30/2017 STEVE WEST

Name Age Club Finals

1 Sangmeister, Gary 48 SPRING VALLEY YM 28.77

2 Doane, Michael	48 UMAC-TERRAPIN MA	28.93
3 Goodison, Michael	47 UMAC-TERRAPIN MA	29.99
4 Lucie, Quin	45 E TEAM	33.61

Men 45-49 100 Yard Breaststroke

=====		
ZONE: Z	1:00.59	4/26/2009 Jon Blank, NCMS
NATL: !	55.69	5/13/2018 STEVE WEST
Name	Age Club	Finals
=====		
1 Sangmeister, Gary	48 SPRING VALLEY YM	1:05.03
	30.04 1:05.03 (34.99)	
2 Goodison, Michael	47 UMAC-TERRAPIN MA	1:05.20
	30.98 1:05.20 (34.22)	
3 Doane, Michael	48 UMAC-TERRAPIN MA	1:05.64
	30.89 1:05.64 (34.75)	
4 Gross, Jeremy	47 SPRING VALLEY YM	1:11.80
	29.10 1:11.80 (42.70)	

Men 45-49 200 Yard Breaststroke

=====		
ZONE: Z	2:17.87	4/25/2009 Jon Blank, NCMS
NATL: !	2:02.42	4/29/2017 STEVE WEST
Name	Age Club	Finals
=====		
1 Goodison, Michael	47 UMAC-TERRAPIN MA	2:27.60
	33.64 1:11.12 (37.48) 1:49.23 (38.11)	2:27.60 (38.37)
2 Wynes, Anthony	49 RESTON MASTERS S	3:24.00
	47.53 1:39.72 (52.19) 2:32.82 (53.10)	3:24.00 (51.18)

Men 45-49 50 Yard Butterfly

=====		
ZONE: Z	23.55	4/14/2018 Jeremy Gross, Spring Valley YM
NATL: !	22.67	5/4/2008 PAUL SMITH
Name	Age Club	Finals
=====		
1 Gross, Jeremy	47 SPRING VALLEY YM	23.75
2 Rees, Greg	49 SPRING VALLEY YM	24.00
3 Sangmeister, Gary	48 SPRING VALLEY YM	24.74
4 Doane, Michael	48 UMAC-TERRAPIN MA	24.80
5 Kelliher, Sean	45 UC10	25.07
6 Delaney, Ryan	46 MARYLAND MASTERS	26.35
7 Gill, Thomas	48 CLUB TRIBE	28.51
8 Hinz, Brian	45 CENTRAL MARYLAND	29.39
9 Joubert, Kevin	46 MERRITT MARLINS	29.81
10 Hain, Michael	48 UC08	30.19

Men 45-49 100 Yard Butterfly

=====		
ZONE: Z	52.58	4/25/2009 Scott Carpenter, JAM
NATL: !	50.90	5/21/2010 DAVID SIMS
Name	Age Club	Finals
=====		
1 Gross, Jeremy	47 SPRING VALLEY YM	53.71
	25.05 53.71 (28.66)	
2 Rees, Greg	49 SPRING VALLEY YM	55.33
	25.21 55.33 (30.12)	
3 Gill, Thomas	48 CLUB TRIBE	1:04.28
	29.90 1:04.28 (34.38)	
4 Joubert, Kevin	46 MERRITT MARLINS	1:09.41
	32.35 1:09.41 (37.06)	

Men 45-49 200 Yard Butterfly


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=====
ZONE: Z 1:59.22 4/26/2009 Michael Schmidt, MESC
NATL: ! 1:50.73 12/6/2008 DENNIS BAKER
Name Age Club Finals
=====
1 Delaney, Ryan 46 MARYLAND MASTERS 2:40.37
28.79 1:04.39 (35.60) 1:48.98 (44.59) 2:40.37 (51.39)
2 Joubert, Kevin 46 MERRITT MARLINS 2:46.14
37.48 1:20.45 (42.97) 2:03.99 (43.54) 2:46.14 (42.15)
3 Wynes, Anthony 49 RESTON MASTERS S 3:49.80
51.07 1:49.70 (58.63) 2:50.70 (1:01.00) 3:49.80 (59.10)
=====

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Men 45-49 100 Yard IM

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=====
ZONE: Z 54.88 4/12/2015 Jeffrey Roddin, Montgomery Ancie
NATL: ! 52.14 5/23/2010 RICHARD HUGHEY
Name Age Club Finals
=====
1 Gross, Jeremy 47 SPRING VALLEY YM 56.56
25.93 56.56 (30.63)
2 Sangmeister, Gary 48 SPRING VALLEY YM 59.36
27.68 59.36 (31.68)
3 Goodison, Michael 47 UMAC-TERRAPIN MA 1:00.95
29.19 1:00.95 (31.76)
4 Delaney, Ryan 46 MARYLAND MASTERS 1:02.06
28.60 1:02.06 (33.46)
5 Gambale, Michael 47 CENTRAL BUCKS FA 1:03.09
28.89 1:03.09 (34.20)
6 Gill, Thomas 48 CLUB TRIBE 1:06.67
=====

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Men 45-49 200 Yard IM

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=====
ZONE: Z 2:02.31 4/11/2015 Jeffrey Roddin, Montgomery Ancie
NATL: ! 1:51.44 4/26/2015 NICOLAS GRANGER
Name Age Club Finals
=====
1 Goodison, Michael 47 UMAC-TERRAPIN MA 2:14.71
28.51 1:05.35 (36.84) 1:42.45 (37.10) 2:14.71 (32.26)
2 Gill, Thomas 48 CLUB TRIBE 2:27.89
30.02 1:10.90 (40.88) 1:53.81 (42.91) 2:27.89 (34.08)
=====

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Men 45-49 400 Yard IM

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=====
ZONE: Z 4:24.92 4/12/2015 Jerome Frentsos, Maryland Masters
NATL: ! 4:01.32 4/24/2015 NICOLAS GRANGER
Name Age Club Finals
=====
1 Sangmeister, Gary 48 SPRING VALLEY YM 5:02.40
28.96 1:03.09 (34.13) 1:44.07 (40.98) 2:24.32 (40.25)
3:07.28 (42.96) 3:50.93 (43.65) 4:28.08 (37.15) 5:02.40 (34.32)
2 Joubert, Kevin 46 MERRITT MARLINS 5:32.19
36.73 1:18.37 (41.64) 2:04.06 (45.69) 2:48.39 (44.33)
3:35.33 (46.94) 4:21.68 (46.35) 4:58.64 (36.96) 5:32.19 (33.55)
-- Wynes, Anthony 49 RESTON MASTERS S DQ
Did not finish - Misc
48.93 1:40.96 (52.03) 2:34.13 (53.17) 3:25.41 (51.28)
4:18.59 (53.18) 5:02.82 (44.23)
=====

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Men 50-54 50 Yard Freestyle

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=====
ZONE: Z 22.03 4/13/2003 Paul Trevisan
NATL: ! 21.36 4/29/2011 ROWDY GAINES
Name Age Club Finals
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1	Hiltabiddle, Steve	52	COLONIALS 1776	22.10
2	Ruckdeschel, Jonathan	50	CENTRAL MARYLAND	23.20
3	Tingstrom, Michael	51	CLUB TRIBE	24.40
4	Clear, Kirk	51	VIRGINIA MASTERS	25.29
5	Reynolds, Sean	50	CENTRAL BUCKS FA	25.95
6	Kimball, Joe	50	CLUB TRIBE	26.00
7	Toy, Raymond	52	CENTRAL MARYLAND	28.92
8	Shinaishin, Ahmed	51	FREEDOM AQUATIC	30.11
9	Harper, Bill	51	CLUB TRIBE	35.93

Men 50-54 50 Yard Freestyle Time Trial

ZONE: Z 22.03 4/13/2003 Paul Trevisan
 NATL: ! 21.36 4/29/2011 ROWDY GAINES

Name	Age Club	Finals
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- Time Trial

1	Tingstrom, Michael	51	CLUB TRIBE	24.34
5	Brennan, Edward	52	LANDSHARK MASTER	25.80
8	Hiltabiddle, Steve	52	COLONIALS 1776	28.58

Men 50-54 100 Yard Freestyle

ZONE: Z 49.28 4/24/2005 Paul Trevisan, 1776
 NATL: ! 46.59 5/10/2009 ROWDY GAINES

Name	Age Club	Finals
------	----------	--------

1	Hiltabiddle, Steve	52	COLONIALS 1776	48.26Z
	23.22		48.26 (25.04)	
2	Ruckdeschel, Jonathan	50	CENTRAL MARYLAND	53.38
	24.59		53.38 (28.79)	
3	Brennan, Edward	52	LANDSHARK MASTER	56.17
	27.04		56.17 (29.13)	
4	Clear, Kirk	51	VIRGINIA MASTERS	56.70
	27.14		56.70 (29.56)	
5	Ellis, Brian	51	LANE 4 SWIMMING	57.49
	27.30		57.49 (30.19)	
6	Kimball, Joe	50	CLUB TRIBE	57.77
	27.28		57.77 (30.49)	
7	Reynolds, Sean	50	CENTRAL BUCKS FA	58.04
	27.04		58.04 (31.00)	
8	Tingstrom, Michael	51	CLUB TRIBE	58.11
	26.71		58.11 (31.40)	
9	Toy, Raymond	52	CENTRAL MARYLAND	1:06.01
	32.57		1:06.01 (33.44)	
10	Zemo, David	53	WARRENTON FAUQUI	1:07.16
	31.93		1:07.16 (35.23)	
11	Purcell, Frank	53	LANE 4 SWIMMING	1:12.57
	33.48		1:12.57 (39.09)	
12	Harper, Bill	51	CLUB TRIBE	1:23.43
	38.05		1:23.43 (45.38)	
13	Bamford, Sherman	54	VIRGINIA MASTERS	1:40.11
	47.79		1:40.11 (52.32)	

Men 50-54 200 Yard Freestyle

ZONE: Z 1:49.90 4/15/2018 Lou Dearstyne, Connecticut Mast
 NATL: ! 1:43.76 5/10/2009 ROWDY GAINES

Name	Age Club	Finals
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1	Ruckdeschel, Jonathan	50	CENTRAL MARYLAND	2:03.29
	27.21		57.53 (30.32) 1:29.82 (32.29)	2:03.29 (33.47)

2 Brennan, Edward	52 LANDSHARK MASTER	2:05.79
28.99	1:00.22 (31.23) 1:32.81 (32.59)	2:05.79 (32.98)
3 Reynolds, Sean	50 CENTRAL BUCKS FA	2:08.21
28.44	59.84 (31.40) 1:33.84 (34.00)	2:08.21 (34.37)
4 Irwin, Christopher	50 MASTERS AQUATICS	2:32.72
34.30	1:13.69 (39.39) 1:54.16 (40.47)	2:32.72 (38.56)
5 Kenny, Phillip	52 MASTERS AQUATICS	2:51.98
36.27	1:18.33 (42.06) 2:06.10 (47.77)	2:51.98 (45.88)
6 Hiltabiddle, Steve	52 COLONIALS 1776	2:58.96
22.05	1:17.66 (55.61) 2:07.25 (49.59)	2:58.96 (51.71)
7 Harper, Bill	51 CLUB TRIBE	3:07.55
39.09	1:25.13 (46.04) 2:16.66 (51.53)	3:07.55 (50.89)

Men 50-54 500 Yard Freestyle

=====			
ZONE: Z 5:07.41		4/23/2006 Bradford Gandee, UNAT	
NATL: ! 4:47.57		5/20/2001 JIM MCCONICA	
Name	Age Club	Finals	
=====			
1 Brennan, Edward	52 LANDSHARK MASTER	5:37.54	
30.68	1:04.26 (33.58) 1:38.42 (34.16)	2:12.87 (34.45)	
2:47.59 (34.72)	3:22.26 (34.67) 3:57.11 (34.85)	4:31.10 (33.99)	
5:04.61 (33.51)	5:37.54 (32.93)		
2 Reynolds, Sean	50 CENTRAL BUCKS FA	5:51.89	
30.87	1:04.88 (34.01) 1:40.33 (35.45)	2:16.48 (36.15)	
2:52.72 (36.24)	3:28.88 (36.16) 4:05.13 (36.25)	4:41.76 (36.63)	
5:17.62 (35.86)	5:51.89 (34.27)		
3 Kovacs, John	51 YMCA RESTON WATE	6:04.79	
33.67	1:09.52 (35.85) 1:45.88 (36.36)	2:22.70 (36.82)	
2:59.56 (36.86)	3:36.75 (37.19) 4:13.71 (36.96)	4:50.90 (37.19)	
5:28.41 (37.51)	6:04.79 (36.38)		
4 Zemo, David	53 WARRENTON FAUQUI	7:04.67	
35.31	1:16.39 (41.08) 1:59.58 (43.19)	2:46.13 (46.55)	
3:30.10 (43.97)	4:14.91 (44.81) 4:58.75 (43.84)	5:42.80 (44.05)	
6:25.59 (42.79)	7:04.67 (39.08)		

Men 50-54 1000 Yard Freestyle

=====			
ZONE: Z 10:36.39		4/10/2016 Rob Jones, UC12	
NATL: ! 9:55.84		4/6/2013 KEITH SWITZER	
Name	Age Club	Finals	
=====			
1 Elshafei, Emad	53 UMAC-TERRAPIN MA	11:18.34	
31.26	1:04.86 (33.60) 1:39.18 (34.32)	2:13.66 (34.48)	
2:48.28 (34.62)	3:22.83 (34.55) 3:57.57 (34.74)	4:32.24 (34.67)	
5:06.99 (34.75)	5:40.93 (33.94) 6:15.24 (34.31)	6:49.50 (34.26)	
7:23.50 (34.00)	7:57.80 (34.30) 8:31.85 (34.05)	9:05.69 (33.84)	
9:39.54 (33.85)	10:13.12 (33.58) 10:46.33 (33.21)	11:18.34 (32.01)	
2 Dever, Frederick	53 DISTRICT OF COLU	12:05.78	
31.84	1:07.03 (35.19) 1:43.14 (36.11)	2:19.00 (35.86)	
2:55.43 (36.43)	3:31.79 (36.36) 4:08.08 (36.29)	4:44.52 (36.44)	
5:21.00 (36.48)	5:57.67 (36.67) 6:34.09 (36.42)	7:10.55 (36.46)	
7:47.52 (36.97)	8:24.80 (37.28) 9:01.64 (36.84)	9:39.18 (37.54)	
10:16.57 (37.39)	10:53.67 (37.10) 11:30.91 (37.24)	12:05.78 (34.87)	
3 Reynolds, Sean	50 CENTRAL BUCKS FA	12:07.59	
30.66	1:04.80 (34.14) 1:40.91 (36.11)	2:17.30 (36.39)	
2:54.01 (36.71)	3:30.78 (36.77) 4:07.12 (36.34)	4:44.03 (36.91)	
5:20.76 (36.73)	5:57.87 (37.11) 6:35.83 (37.96)	7:13.62 (37.79)	
7:50.89 (37.27)	8:28.13 (37.24) 9:05.83 (37.70)	9:43.74 (37.91)	
10:21.38 (37.64)	10:58.95 (37.57) 11:34.54 (35.59)	12:07.59 (33.05)	
4 Segmuller, Hermann	53 FREEDOM AQUATIC	18:14.71	
43.20	1:33.83 (50.63) 2:25.22 (51.39)	3:18.39 (53.17)	
4:10.77 (52.38)	5:04.54 (53.77) 6:01.35 (56.81)	6:53.84 (52.49)	

7:50.63 (56.79)	8:47.68 (57.05)	9:45.22 (57.54)	10:42.63 (57.41)
11:40.79 (58.16)	12:40.35 (59.56)	13:38.05 (57.70)	14:35.04 (56.99)
15:31.83 (56.79)	16:28.20 (56.37)	17:23.99 (55.79)	18:14.71 (50.72)

Men 50-54 1650 Yard Freestyle

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=====
ZONE: Z 17:41.21    4/8/2016 Rob Jones, UC12
NATL: ! 16:28.77   4/23/2015 JEFF ERWIN
Name                Age Club                Finals
=====
1 Murray, James     50 ALEXANDRIA MASTE     19:22.78
    31.70             1:05.94 (34.24)        1:41.00 (35.06)        2:16.27 (35.27)
    2:51.94 (35.67)   3:27.77 (35.83)        4:03.38 (35.61)        4:38.84 (35.46)
    5:14.75 (35.91)   5:50.31 (35.56)        6:25.78 (35.47)        7:01.62 (35.84)
    7:37.19 (35.57)   8:12.94 (35.75)        8:48.79 (35.85)        9:24.37 (35.58)
    9:59.75 (35.38)  10:35.29 (35.54)       11:10.78 (35.49)       11:45.81 (35.03)
    12:21.18 (35.37) 12:56.62 (35.44)       13:31.88 (35.26)       14:07.50 (35.62)
    14:42.71 (35.21) 15:17.99 (35.28)       15:53.50 (35.51)       16:28.81 (35.31)
    17:04.19 (35.38) 17:39.51 (35.32)       18:14.53 (35.02)       18:49.41 (34.88)
    19:22.78 (33.37)
=====

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Men 50-54 50 Yard Backstroke

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=====
ZONE: Z 25.24    4/15/2012 Clay Britt, Montgomery Ancie
NATL: ! 24.57    5/4/2014 FRITZ BEDFORD
Name                Age Club                Finals
=====
1 Hiltabiddle, Steve 52 COLONIALS 1776      26.06
2 Williams, Neill    51 DISTRICT OF COLU    26.43
3 Evans, Jeffrey     53 SPRING VALLEY YM    26.88
4 Clear, Kirk        51 VIRGINIA MASTERS    28.78
5 Jacobson, Michael  50 CENTRAL MARYLAND    30.89
6 Czander, Eric     53 DISTRICT OF COLU    32.75
7 Kimball, Joe      50 CLUB TRIBE          33.24
8 Krall, Corey      50 E TEAM              34.20
9 Reynolds, Sean    50 CENTRAL BUCKS FA    34.37
10 Bamford, Sherman 54 VIRGINIA MASTERS    1:15.03
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Men 50-54 50 Yard Backstroke Time Trial

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=====
ZONE: Z 27.54    5/2/1999 Bob Kolonkowski
NATL: ! 24.57    5/4/2014 FRITZ BEDFORD
Name                Age Club                Finals
=====
- Time Trial
5 Clear, Kirk        51 VIRGINIA MASTERS    28.20
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Men 50-54 100 Yard Backstroke Time Trial

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=====
ZONE: Z 59.93    4/13/2003 Rick Stringer
NATL: ! 52.72    3/21/2015 FRITZ BEDFORD
Name                Age Club                Finals
=====
4 Williams, Neill    51 DISTRICT OF COLU    59.48Z
=====

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Men 50-54 100 Yard Backstroke

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=====
ZONE: Z 53.77    4/14/2012 Clay Britt, Montgomery Ancie
NATL: ! 52.72    3/21/2015 FRITZ BEDFORD
Name                Age Club                Finals
=====
1 Roddin, Jeffrey    50 MONTGOMERY ANCIE    57.04
    27.45             57.04 (29.59)
=====

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2	Evans, Jeffrey	53	SPRING VALLEY YM	58.01
	28.27		58.01 (29.74)	
3	Hiltabiddle, Steve	52	COLONIALS 1776	59.95
	29.06		59.95 (30.89)	
4	Clear, Kirk	51	VIRGINIA MASTERS	1:03.46
	30.36		1:03.46 (33.10)	
5	Toy, Raymond	52	CENTRAL MARYLAND	1:26.98
	41.48		1:26.98 (45.50)	
6	Shinaishin, Ahmed	51	FREEDOM AQUATIC	1:33.37

Men 50-54 200 Yard Backstroke

=====

ZONE: Z 2:04.91 4/17/2011 Clay Britt, ANCM
 NATL: ! 1:59.04 4/25/2015 JIM TUCHLER

Name	Age	Club	Finals
1 Evans, Jeffrey	53	SPRING VALLEY YM	2:08.02
	30.72	1:02.77 (32.05)	1:35.72 (32.95) 2:08.02 (32.30)
2 Elshafei, Emad	53	UMAC-TERRAPIN MA	2:12.58
	31.32	1:04.91 (33.59)	1:38.92 (34.01) 2:12.58 (33.66)
3 Czander, Eric	53	DISTRICT OF COLU	2:24.25
	34.49	1:10.49 (36.00)	1:47.20 (36.71) 2:24.25 (37.05)
4 Jacobson, Michael	50	CENTRAL MARYLAND	2:28.24
	33.53	1:09.20 (35.67)	1:47.42 (38.22) 2:28.24 (40.82)
5 Krall, Corey	50	E TEAM	2:42.75
	39.04	1:20.19 (41.15)	2:01.65 (41.46) 2:42.75 (41.10)

Men 50-54 50 Yard Breaststroke

=====

ZONE: Z 27.96 4/20/2013 Wally Dicks, Montgomery Ancie
 NATL: ! 26.45 3/30/2014 DAVID GUTHRIE

Name	Age	Club	Finals
1 Williams, Neill	51	DISTRICT OF COLU	28.21
2 Farello, Paul	51	PATRIOT MASTERS	31.55
3 Reynolds, Sean	50	CENTRAL BUCKS FA	34.48

Men 50-54 100 Yard Breaststroke

=====

ZONE: Z 1:02.07 4/15/2018 Neill Williams, District Of Colu
 NATL: ! 58.41 3/29/2014 DAVID GUTHRIE

Name	Age	Club	Finals
1 Williams, Neill	51	DISTRICT OF COLU	1:02.35
	28.90	1:02.35 (33.45)	
2 Ruckdeschel, Jonathan	50	CENTRAL MARYLAND	1:09.16
	32.14	1:09.16 (37.02)	
3 Farello, Paul	51	PATRIOT MASTERS	1:09.27
	33.18	1:09.27 (36.09)	
4 Czander, Eric	53	DISTRICT OF COLU	1:16.05
	36.61	1:16.05 (39.44)	
5 Purcell, Frank	53	LANE 4 SWIMMING	1:42.27
	49.79	1:42.27 (52.48)	

Men 50-54 200 Yard Breaststroke

=====

ZONE: Z 2:18.34 4/24/2010 Benn Doyle, Garden State Mas
 NATL: ! 2:07.25 3/30/2014 DAVID GUTHRIE

Name	Age	Club	Finals
1 Williams, Neill	51	DISTRICT OF COLU	2:21.42
	31.64	1:07.51 (35.87)	1:44.44 (36.93) 2:21.42 (36.98)
2 Kovacs, John	51	YMCA RESTON WATE	3:00.04

41.37 1:26.96 (45.59) 2:13.62 (46.66) 3:00.04 (46.42)

Men 50-54 50 Yard Butterfly

=====

ZONE: Z 24.14 4/14/2018 Steve Hiltabiddle, Colonials 1776
NATL: ! 23.19 4/25/2004 TRIP HEDRICK

Name	Age Club	Finals
1 Hiltabiddle, Steve	52 COLONIALS 1776	23.27Z
2 Williams, Neill	51 DISTRICT OF COLU	24.92
3 Ruckdeschel, Jonathan	50 CENTRAL MARYLAND	26.42
4 Farello, Paul	51 PATRIOT MASTERS	26.53
5 Tingstrom, Michael	51 CLUB TRIBE	27.74
6 Clear, Kirk	51 VIRGINIA MASTERS	27.78
7 Ellis, Brian	51 LANE 4 SWIMMING	27.96
8 Dever, Frederick	53 DISTRICT OF COLU	28.35
9 Kimball, Joe	50 CLUB TRIBE	29.22
10 Toy, Raymond	52 CENTRAL MARYLAND	34.16
11 Krall, Corey	50 E TEAM	35.15
12 Purcell, Frank	53 LANE 4 SWIMMING	35.33

Men 50-54 50 Yard Butterfly Time Trial

=====

ZONE: Z 24.24 4/15/2007 Donald Graham
NATL: ! 23.19 4/25/2004 TRIP HEDRICK

Name	Age Club	Finals
- Time Trial		
1 Hiltabiddle, Steve	52 COLONIALS 1776	23.37Z
2 Roddin, Jeffrey	50 MONTGOMERY ANCIE	24.87

Men 50-54 100 Yard Butterfly Time Trial

=====

ZONE: Z 55.19 4/24/2005 Jim O'Connor
NATL: ! 51.73 5/12/2013 DAVID SIMS

Name	Age Club	Finals
1 Hiltabiddle, Steve	52 COLONIALS 1776	54.05Z

Men 50-54 100 Yard Butterfly

=====

ZONE: Z 55.19 4/24/2005 Jim O'Connor, MARY
NATL: ! 51.73 5/12/2013 DAVID SIMS

Name	Age Club	Finals
1 Roddin, Jeffrey	50 MONTGOMERY ANCIE	54.16Z
	24.87 54.16 (29.29)	
2 Evans, Jeffrey	53 SPRING VALLEY YM	56.13
	26.18 56.13 (29.95)	
3 Ruckdeschel, Jonathan	50 CENTRAL MARYLAND	59.61
	27.73 59.61 (31.88)	
4 Ellis, Brian	51 LANE 4 SWIMMING	1:03.16
	29.42 1:03.16 (33.74)	
5 Kovacs, John	51 YMCA RESTON WATE	1:12.38
	33.28 1:12.38 (39.10)	
6 Hiltabiddle, Steve	52 COLONIALS 1776	2:00.15

Men 50-54 200 Yard Butterfly

=====

ZONE: Z 2:02.75 4/24/2005 Jim O'Connor, MARY
NATL: ! 1:58.49 4/29/2016 DAVID SIMS

Name	Age Club	Finals
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1	Roddin, Jeffrey	50 MONTGOMERY ANCIE	2:06.19
	27.38	59.15 (31.77) 1:31.11 (31.96)	2:06.19 (35.08)
2	Dever, Frederick	53 DISTRICT OF COLU	2:19.99
	32.13	1:08.05 (35.92) 1:44.07 (36.02)	2:19.99 (35.92)
3	Ellis, Brian	51 LANE 4 SWIMMING	2:25.81
	32.35	1:09.30 (36.95) 1:46.09 (36.79)	2:25.81 (39.72)
4	Kovacs, John	51 YMCA RESTON WATE	2:48.48
	37.60	1:20.46 (42.86) 2:04.26 (43.80)	2:48.48 (44.22)
5	Hiltabiddle, Steve	52 COLONIALS 1776	3:31.73
	24.78	54.05 (29.27) 2:26.79 (1:32.74)	3:31.73 (1:04.94)

Men 50-54 100 Yard IM

=====			
	ZONE: Z 55.06	4/15/2012 Clay Britt, Montgomery Ancie	
	NATL: ! 53.60	4/29/2017 MIKE IRVIN	
	Name	Age Club	Finals
=====			
1	Roddin, Jeffrey	50 MONTGOMERY ANCIE	55.67
	25.60	55.67 (30.07)	
2	Williams, Neill	51 DISTRICT OF COLU	56.73
	26.10	56.73 (30.63)	
3	Evans, Jeffrey	53 SPRING VALLEY YM	58.44
	26.50	58.44 (31.94)	
4	Farello, Paul	51 PATRIOT MASTERS	1:03.23
	29.82	1:03.23 (33.41)	
5	Tingstrom, Michael	51 CLUB TRIBE	1:06.27
	30.19	1:06.27 (36.08)	
6	Kovacs, John	51 YMCA RESTON WATE	1:11.99
	33.02	1:11.99 (38.97)	
7	Toy, Raymond	52 CENTRAL MARYLAND	1:21.59
	37.67	1:21.59 (43.92)	
8	Shinaishin, Ahmed	51 FREEDOM AQUATIC	1:24.69
	40.21	1:24.69 (44.48)	
9	Bamford, Sherman	54 VIRGINIA MASTERS	2:04.53

Men 50-54 200 Yard IM

=====			
	ZONE: Z 2:07.91	4/8/2017 Jeffrey Evans, Spring Valley YM	
	NATL: ! 1:58.19	3/11/2017 MIKE IRVIN	
	Name	Age Club	Finals
=====			
1	Roddin, Jeffrey	50 MONTGOMERY ANCIE	2:03.44Z
	25.72	57.30 (31.58) 1:33.82 (36.52)	2:03.44 (29.62)
2	Evans, Jeffrey	53 SPRING VALLEY YM	2:08.84
	27.00	59.97 (32.97) 1:38.55 (38.58)	2:08.84 (30.29)
3	Jacobson, Michael	50 CENTRAL MARYLAND	2:30.86
	32.33	1:10.05 (37.72) 1:56.11 (46.06)	2:30.86 (34.75)
4	Kovacs, John	51 YMCA RESTON WATE	2:36.22
	32.50	1:13.26 (40.76) 1:59.15 (45.89)	2:36.22 (37.07)
5	Hiltabiddle, Steve	52 COLONIALS 1776	3:11.05
	23.37	1:26.75 (1:03.38) 2:28.31 (1:01.56)	3:11.05 (42.74)
6	Bamford, Sherman	54 VIRGINIA MASTERS	4:33.37
	54.18	2:22.18 (1:28.00) 4:33.37 (2:11.19)	

Men 50-54 400 Yard IM

=====			
	ZONE: Z 4:42.34	4/10/2016 Emad Elshafei, UMAC-Terrapin Ma	
	NATL: ! 4:16.57	5/2/2014 DARREN PHELAN	
	Name	Age Club	Finals
=====			
1	Kovacs, John	51 YMCA RESTON WATE	5:25.89
	35.80	1:16.63 (40.83) 1:58.31 (41.68)	2:38.58 (40.27)
	3:24.80 (46.22)	4:12.01 (47.21) 4:49.84 (37.83)	5:25.89 (36.05)

2 Purcell, Frank	53 LANE 4 SWIMMING	7:24.30
44.55	1:37.01 (52.46)	2:42.63 (1:05.62)
3:49.59 (1:06.96)		
4:49.28 (59.69)	5:50.02 (1:00.74)	6:37.37 (47.35)
		7:24.30 (46.93)

Men 55-59 50 Yard Freestyle Time Trial

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=====
ZONE: Z 24.13 4/22/2001 Richard Arluck
NATL: ! 21.82 4/30/2000 RICHARD ABRAHAMS
Name Age Club Finals
=====
- Time Trial
4 Harris, Gregory 55 VIRGINIA MASTERS 23.67Z

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Men 55-59 50 Yard Freestyle

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=====
ZONE: Z 22.24 4/25/2010 Paul Trevisan, Colonials 1776
NATL: ! 21.82 4/30/2000 RICHARD ABRAHAMS
Name Age Club Finals
=====
1 Harris, Gregory 55 VIRGINIA MASTERS 23.16
2 Kress, Jay 56 LANE 4 SWIMMING 25.18
3 Laiti, Chris 58 LIFE TIME SWIM M 25.97
4 Richey, Steven 58 MASTERS OF SOUTH 26.01
5 Clark, Ted 56 MASTERS AQUATICS 26.25
6 Hennessy, William 58 EXCEL SWIMMING 26.29
7 Bender, William 57 CLUB TRIBE 26.51
8 Golden, Scott 55 GERMANTOWN MARYL 26.82
9 Jones, Mark 56 PATRIOT MASTERS 26.94
10 Shipp, Bill 58 UMAC-TERRAPIN MA 27.38
11 Wong, John 55 SANTA BARBARA MA 27.99
12 Linehan, Sean 58 LANE 4 SWIMMING 29.27
13 Belyea, David 58 RESTON MASTERS S 30.58
14 Hong, Chun 58 RESTON MASTERS S 30.71
15 Osinovsky, Alex 55 RESTON MASTERS S 31.14

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Men 55-59 100 Yard Freestyle Time Trial

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=====
ZONE: Z 53.39 4/22/2001 Richard Arluck
NATL: ! 48.37 4/30/2000 RICHARD ABRAHAMS
Name Age Club Finals
=====
- Time Trial
8 Bender, William 57 CLUB TRIBE 59.50

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Men 55-59 100 Yard Freestyle

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=====
ZONE: Z 50.24 4/24/2010 Paul Trevisan, Colonials 1776
NATL: ! 48.37 4/30/2000 RICHARD ABRAHAMS
Name Age Club Finals
=====
1 Harris, Gregory 55 VIRGINIA MASTERS 51.21
24.41 51.21 (26.80)
2 Hennessy, William 58 EXCEL SWIMMING 56.92
27.91 56.92 (29.01)
3 Shipp, Bill 58 UMAC-TERRAPIN MA 59.15
28.82 59.15 (30.33)
4 Jones, Mark 56 PATRIOT MASTERS 1:00.02
29.29 1:00.02 (30.73)
5 Chenault, Robert 56 VIRGINIA MASTERS 1:00.17
29.19 1:00.17 (30.98)
6 Golden, Scott 55 GERMANTOWN MARYL 1:00.69
28.52 1:00.69 (32.17)
7 Laiti, Chris 58 LIFE TIME SWIM M 1:01.11

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	29.35	1:01.11 (31.76)	
8 Arnold, Scott		59 FREEDOM AQUATIC	1:02.79
	29.81	1:02.79 (32.98)	
9 Wong, John		55 SANTA BARBARA MA	1:05.10
	31.16	1:05.10 (33.94)	
10 Belyea, David		58 RESTON MASTERS S	1:06.64
	32.14	1:06.64 (34.50)	
11 Linehan, Sean		58 LANE 4 SWIMMING	1:10.03
	32.32	1:10.03 (37.71)	

Men 55-59 200 Yard Freestyle

=====			
	ZONE: Z 1:54.89	4/25/2010 James Thornton, Team Pittsburgh	
	NATL: ! 1:48.79	4/10/2010 MICHAEL MANN	
Name	Age	Club	Finals
=====			
1 Harris, Gregory		55 VIRGINIA MASTERS	1:56.14
	26.10	55.49 (29.39)	1:26.05 (30.56) 1:56.14 (30.09)
2 Hennessy, William		58 EXCEL SWIMMING	2:05.78
	28.95	1:00.26 (31.31)	1:33.10 (32.84) 2:05.78 (32.68)
3 Jones, Mark		56 PATRIOT MASTERS	2:08.43
	30.25	1:02.89 (32.64)	1:36.05 (33.16) 2:08.43 (32.38)
4 Shipp, Bill		58 UMAC-TERRAPIN MA	2:09.76
	30.55	1:03.93 (33.38)	1:37.15 (33.22) 2:09.76 (32.61)
5 Richey, Steven		58 MASTERS OF SOUTH	2:20.56
	30.32	1:05.26 (34.94)	1:42.35 (37.09) 2:20.56 (38.21)
6 Osinovsky, Alex		55 RESTON MASTERS S	2:37.14
	35.04	1:14.57 (39.53)	1:56.68 (42.11) 2:37.14 (40.46)

Men 55-59 500 Yard Freestyle

=====			
	ZONE: Z 5:23.18	4/24/2010 James Thornton, Team Pittsburgh	
	NATL: ! 4:56.82	4/11/2010 MICHAEL MANN	
Name	Age	Club	Finals
=====			
1 Hennessy, William		58 EXCEL SWIMMING	5:48.52
	32.24	1:07.46 (35.22)	1:43.20 (35.74) 2:18.88 (35.68)
	2:55.08 (36.20)	3:30.62 (35.54)	4:05.96 (35.34) 4:40.93 (34.97)
	5:15.25 (34.32)	5:48.52 (33.27)	
2 Junta, Donald		56 PATRIOT MASTERS	7:12.51
	39.57	1:24.64 (45.07)	2:07.56 (42.92) 2:51.34 (43.78)
	3:34.93 (43.59)	4:19.04 (44.11)	5:02.12 (43.08) 5:46.05 (43.93)
	6:29.87 (43.82)	7:12.51 (42.64)	

Men 55-59 1000 Yard Freestyle

=====			
	ZONE: Z 11:22.39	4/23/2010 James Thornton, Team Pittsburgh	
	NATL: ! 10:07.36	5/14/2006 JIM MC CONICA	
Name	Age	Club	Finals
=====			
1 Hennessy, William		58 EXCEL SWIMMING	12:06.86
	33.44	1:09.30 (35.86)	1:45.94 (36.64) 2:22.93 (36.99)
	3:00.08 (37.15)	3:36.71 (36.63)	4:13.86 (37.15) 4:50.99 (37.13)
	5:27.54 (36.55)	6:04.06 (36.52)	6:40.25 (36.19) 7:16.91 (36.66)
	7:53.59 (36.68)	8:30.45 (36.86)	9:07.29 (36.84) 9:45.03 (37.74)
	10:21.95 (36.92)	10:58.47 (36.52)	11:33.87 (35.40) 12:06.86 (32.99)
2 Brown, Ray		55 FREDRICKSBURG AM	16:08.54
	38.79	1:21.40 (42.61)	2:08.13 (46.73) 2:55.99 (47.86)
	3:44.49 (48.50)	4:33.33 (48.84)	5:23.08 (49.75) 6:13.53 (50.45)
	7:03.62 (50.09)	7:54.31 (50.69)	8:45.03 (50.72) 9:34.82 (49.79)
	10:24.84 (50.02)	11:14.77 (49.93)	12:03.85 (49.08) 12:54.44 (50.59)
	13:45.10 (50.66)	14:34.92 (49.82)	15:23.40 (48.48) 16:08.54 (45.14)

Men 55-59 1650 Yard Freestyle

=====				
ZONE: Z 18:46.55		4/10/2015 Jerry De Muro, Lane 4 Swimming		
NATL: ! 17:11.12		5/20/2007 JIM MC CONICA		
Name	Age	Club	Finals	
=====				
1 Grecco, Paul	57	PATRIOT MASTERS	21:54.65	
36.44	1:15.29 (38.85)	1:54.85 (39.56)	2:34.31 (39.46)	
3:13.31 (39.00)	3:52.86 (39.55)	4:33.18 (40.32)	5:13.01 (39.83)	
5:52.64 (39.63)	6:32.10 (39.46)	7:11.61 (39.51)	7:51.61 (40.00)	
8:31.99 (40.38)	9:11.77 (39.78)	9:52.39 (40.62)	10:32.42 (40.03)	
11:12.97 (40.55)	11:53.12 (40.15)	12:33.29 (40.17)	13:13.32 (40.03)	
13:53.57 (40.25)	14:33.66 (40.09)	15:14.31 (40.65)	15:54.97 (40.66)	
16:34.99 (40.02)	17:15.51 (40.52)	17:56.21 (40.70)	18:37.00 (40.79)	
19:17.02 (40.02)	19:57.48 (40.46)	20:38.08 (40.60)	21:17.59 (39.51)	
21:54.65 (37.06)				
2 Junta, Donald	56	PATRIOT MASTERS	24:22.47	
39.96	1:24.82 (44.86)	2:10.39 (45.57)	2:56.03 (45.64)	
3:41.79 (45.76)	4:16.34 (34.55)	5:10.90 (54.56)	5:55.15 (44.25)	
6:41.02 (45.87)	7:25.04 (44.02)	8:09.76 (44.72)	8:55.13 (45.37)	
9:39.75 (44.62)	10:24.43 (44.68)	11:08.52 (44.09)	11:52.88 (44.36)	
12:37.80 (44.92)	13:22.38 (44.58)	14:06.58 (44.20)	14:50.88 (44.30)	
15:35.08 (44.20)	16:19.56 (44.48)	17:03.82 (44.26)	17:47.62 (43.80)	
18:31.46 (43.84)	19:15.41 (43.95)	19:59.62 (44.21)	20:44.47 (44.85)	
21:28.86 (44.39)	22:12.49 (43.63)	22:56.90 (44.41)	23:40.42 (43.52)	
24:22.47 (42.05)				
3 Porter, Erford	56	TSUNAMI MASTERS	24:36.51	
40.64	1:25.99 (45.35)	2:12.50 (46.51)	2:59.34 (46.84)	
3:46.51 (47.17)	4:32.13 (45.62)	5:16.81 (44.68)	6:03.51 (46.70)	
6:48.68 (45.17)	7:34.27 (45.59)	8:20.12 (45.85)	9:05.46 (45.34)	
9:49.43 (43.97)	10:35.08 (45.65)	11:20.83 (45.75)	12:05.76 (44.93)	
12:51.15 (45.39)	13:36.00 (44.85)	14:19.90 (43.90)	15:04.71 (44.81)	
15:50.01 (45.30)	16:34.09 (44.08)	17:19.41 (45.32)	18:02.72 (43.31)	
18:47.35 (44.63)	19:32.20 (44.85)	20:16.54 (44.34)	21:01.50 (44.96)	
21:45.01 (43.51)	22:28.19 (43.18)	23:11.18 (42.99)	23:54.88 (43.70)	
24:36.51 (41.63)				
4 McGroarty, Patrick	55	FREDRICKSBURG AM	25:14.50	
43.26	1:32.25 (48.99)	2:21.14 (48.89)	3:09.03 (47.89)	
3:56.52 (47.49)	4:43.95 (47.43)	5:31.79 (47.84)	6:19.32 (47.53)	
7:06.87 (47.55)	7:54.10 (47.23)	8:40.55 (46.45)	9:27.06 (46.51)	
10:13.33 (46.27)	10:59.35 (46.02)	11:45.71 (46.36)	12:32.47 (46.76)	
13:18.37 (45.90)	14:04.29 (45.92)	14:50.17 (45.88)	15:35.66 (45.49)	
16:20.10 (44.44)	17:05.47 (45.37)	17:51.88 (46.41)	18:38.52 (46.64)	
19:24.01 (45.49)	20:10.50 (46.49)	20:55.58 (45.08)	21:40.49 (44.91)	
22:25.85 (45.36)	23:08.84 (42.99)	23:51.74 (42.90)	24:34.46 (42.72)	
25:14.50 (40.04)				
5 Allen, Donald	56	UC10	26:26.59	
42.95	1:28.05 (45.10)	2:15.42 (47.37)	3:50.63 (1:35.21)	
4:38.12 (47.49)	5:26.15 (48.03)	6:13.80 (47.65)	7:01.92 (48.12)	
7:49.87 (47.95)	8:37.80 (47.93)	9:25.38 (47.58)	10:13.13 (47.75)	
11:01.39 (48.26)	11:49.86 (48.47)	12:38.45 (48.59)	13:27.00 (48.55)	
	14:14.82 ()	15:03.34 (48.52)	15:51.64 (48.30)	
16:40.22 (48.58)	17:28.92 (48.70)	19:07.01 (1:38.09)	19:56.84 (49.83)	
	20:46.16 ()	21:34.21 (48.05)	22:22.66 (48.45)	
23:11.46 (48.80)	24:01.07 (49.61)	24:51.18 (50.11)	25:39.96 (48.78)	
26:26.59 (46.63)				

Men 55-59 50 Yard Backstroke

=====				
ZONE: Z 27.73		4/17/2011 Pete Reider, TERR		
NATL: ! 25.66		4/10/2016 STEVE WOOD		
Name	Age	Club	Finals	
=====				

1	Harris, Gregory	55	VIRGINIA MASTERS	28.49
2	Gittins, Tom	57	LANE 4 SWIMMING	31.12
3	Bender, William	57	CLUB TRIBE	31.96
4	Jones, Mark	56	PATRIOT MASTERS	33.52
5	Chenault, Robert	56	VIRGINIA MASTERS	34.16
6	Arnold, Scott	59	FREEDOM AQUATIC	36.99
7	Linehan, Sean	58	LANE 4 SWIMMING	38.76
8	Belyea, David	58	RESTON MASTERS S	39.33

Men 55-59 100 Yard Backstroke

=====

ZONE: Z 1:01.77 4/13/2008 Mark Pugliese, ANCM
 NATL: ! 53.81 2/25/2017 STEVE WOOD

Name	Age	Club	Finals
1	Gittins, Tom	57 LANE 4 SWIMMING	1:08.20
	32.80	1:08.20 (35.40)	
2	Bender, William	57 CLUB TRIBE	1:08.25
	33.31	1:08.25 (34.94)	
3	Linehan, Sean	58 LANE 4 SWIMMING	1:28.55
	41.98	1:28.55 (46.57)	

Men 55-59 200 Yard Backstroke

=====

ZONE: Z 2:18.02 4/25/2009 David Bright, NEM
 NATL: ! 2:03.14 3/31/2012 TOM BARTON

Name	Age	Club	Finals
1	Gittins, Tom	57 LANE 4 SWIMMING	2:29.69
	34.37	1:11.43 (37.06) 1:50.38 (38.95)	2:29.69 (39.31)

Men 55-59 50 Yard Breaststroke

=====

ZONE: Z 29.15 4/11/2015 Gregory Oxley, Colonials 1776
 NATL: ! 26.72 5/11/2018 CARLO TRAVAINI

Name	Age	Club	Finals
1	Harris, Gregory	55 VIRGINIA MASTERS	29.18
2	Chenault, Robert	56 VIRGINIA MASTERS	30.99
3	Kress, Jay	56 LANE 4 SWIMMING	32.91
4	Hennessy, William	58 EXCEL SWIMMING	34.78
5	Wong, John	55 SANTA BARBARA MA	35.14
6	Shipp, Bill	58 UMAC-TERRAPIN MA	35.59
7	Hong, Chun	58 RESTON MASTERS S	38.24
8	Osinovsky, Alex	55 RESTON MASTERS S	39.08
9	Belyea, David	58 RESTON MASTERS S	41.50

Men 55-59 100 Yard Breaststroke

=====

ZONE: Z 1:04.36 4/12/2015 Gregory Oxley, Colonials 1776
 NATL: ! 57.95 5/13/2018 CARLO TRAVAINI

Name	Age	Club	Finals
1	Harris, Gregory	55 VIRGINIA MASTERS	1:02.98Z
	29.76	1:02.98 (33.22)	
2	Chenault, Robert	56 VIRGINIA MASTERS	1:09.80
	33.55	1:09.80 (36.25)	
3	Hellmann, Ralph	57 SARASOTA SHARKS	1:10.31
	33.24	1:10.31 (37.07)	
4	Kress, Jay	56 LANE 4 SWIMMING	1:13.17
	34.37	1:13.17 (38.80)	
5	Hennessy, William	58 EXCEL SWIMMING	1:15.28
	35.53	1:15.28 (39.75)	

6 Shipp, Bill		58 UMAC-TERRAPIN MA	1:18.36
	37.49	1:18.36 (40.87)	
7 Wong, John		55 SANTA BARBARA MA	1:20.14
	38.24	1:20.14 (41.90)	
8 Belyea, David		58 RESTON MASTERS S	1:30.30
	43.41	1:30.30 (46.89)	

Men 55-59 200 Yard Breaststroke

=====

ZONE: Z 2:33.69 4/14/2018 Robert Chenault, Virginia Masters
 NATL: ! 2:07.80 5/12/2018 CARLO TRAVAINI

Name	Age Club	Finals
1 Harris, Gregory	55 VIRGINIA MASTERS	2:26.32Z
	32.63 1:09.80 (37.17)	1:47.87 (38.07) 2:26.32 (38.45)
2 Chenault, Robert	56 VIRGINIA MASTERS	2:35.93
	35.46 1:15.38 (39.92)	1:56.37 (40.99) 2:35.93 (39.56)
3 Osinovsky, Alex	55 RESTON MASTERS S	3:06.16
	42.17 1:30.05 (47.88)	2:17.97 (47.92) 3:06.16 (48.19)

Men 55-59 50 Yard Butterfly

=====

ZONE: Z 26.05 4/12/2008 Mark Pugliese, ANCM
 NATL: ! 24.00 5/1/2016 BRUCE KONE

Name	Age Club	Finals
1 Harris, Gregory	55 VIRGINIA MASTERS	26.37
2 Hellmann, Ralph	57 SARASOTA SHARKS	27.29
3 Chenault, Robert	56 VIRGINIA MASTERS	28.01
4 Golden, Scott	55 GERMANTOWN MARYL	28.87
5 Jones, Mark	56 PATRIOT MASTERS	29.81
6 Bender, William	57 CLUB TRIBE	29.85
7 Shipp, Bill	58 UMAC-TERRAPIN MA	30.88
8 Linehan, Sean	58 LANE 4 SWIMMING	33.29

Men 55-59 100 Yard Butterfly

=====

ZONE: Z 59.53 4/13/2008 Mark Pugliese, ANCM
 NATL: ! 53.68 5/11/2018 DAVID SIMS

Name	Age Club	Finals
1 Hellmann, Ralph	57 SARASOTA SHARKS	1:01.70
	28.90 1:01.70 (32.80)	
2 Jones, Mark	56 PATRIOT MASTERS	1:04.78
	30.65 1:04.78 (34.13)	
3 Golden, Scott	55 GERMANTOWN MARYL	1:05.26
	30.50 1:05.26 (34.76)	

Men 55-59 200 Yard Butterfly

=====

ZONE: Z 2:21.96 3/29/1998 Jack Geoghegan
 NATL: ! 2:01.59 5/12/2018 DAVID SIMS

Name	Age Club	Finals
1 Grecco, Paul	57 PATRIOT MASTERS	2:49.99
	35.33 1:17.79 (42.46)	2:03.72 (45.93) 2:49.99 (46.27)
2 McComas, Tom	57 WARRIOR TEAM CON	2:57.22
	34.60 1:17.73 (43.13)	2:04.72 (46.99) 2:57.22 (52.50)
3 Junta, Donald	56 PATRIOT MASTERS	3:57.77
	47.91 1:51.45 (1:03.54)	2:56.72 (1:05.27) 3:57.77 (1:01.05)

Men 55-59 100 Yard IM

=====

ZONE: Z 1:00.94 4/25/2010 Paul Trevisan, Colonials 1776
 NATL: ! 55.85 4/9/2016 STEVE WOOD

Name	Age Club	Finals
1 Harris, Gregory	55 VIRGINIA MASTERS	58.80Z
27.70	58.80 (31.10)	
2 Chenault, Robert	56 VIRGINIA MASTERS	1:05.95
31.50	1:05.95 (34.45)	
3 Bender, William	57 CLUB TRIBE	1:07.68
31.20	1:07.68 (36.48)	
4 Gittins, Tom	57 LANE 4 SWIMMING	1:08.62
30.81	1:08.62 (37.81)	
5 Clark, Ted	56 MASTERS AQUATICS	1:10.31
32.58	1:10.31 (37.73)	
6 Belyea, David	58 RESTON MASTERS S	1:20.87
38.75	1:20.87 (42.12)	

Men 55-59 200 Yard IM

ZONE: Z 2:16.49 4/17/2011 Jamie Hemmerle, 1776
 NATL: ! 2:02.25 5/13/2018 DAVID SIMS

Name	Age Club	Finals
1 Harris, Gregory	55 VIRGINIA MASTERS	2:10.48Z
27.97	1:03.33 (35.36) 1:41.06 (37.73)	2:10.48 (29.42)
2 Bender, William	57 CLUB TRIBE	2:29.06
30.41	1:08.12 (37.71) 1:54.22 (46.10)	2:29.06 (34.84)
3 Gittins, Tom	57 LANE 4 SWIMMING	2:33.06
33.64	1:11.89 (38.25) 1:58.56 (46.67)	2:33.06 (34.50)
4 Junta, Donald	56 PATRIOT MASTERS	3:18.52
44.00	1:42.10 (58.10) 2:36.43 (54.33)	3:18.52 (42.09)

Men 55-59 400 Yard IM

ZONE: Z 4:53.50 4/21/2013 Robert Kannegieser, Fins Aquatics Cl
 NATL: ! 4:28.66 5/2/2014 JIM SAUER

Name	Age Club	Finals
1 Gittins, Tom	57 LANE 4 SWIMMING	5:33.33
37.59	1:21.85 (44.26) 2:04.19 (42.34)	2:46.06 (41.87)
3:33.20 (47.14)	4:21.84 (48.64) 4:59.55 (37.71)	5:33.33 (33.78)
2 Grecco, Paul	57 PATRIOT MASTERS	5:57.99
37.23	1:20.22 (42.99) 2:04.24 (44.02)	2:46.83 (42.59)
3:35.58 (48.75)	4:28.54 (52.96) 5:14.01 (45.47)	5:57.99 (43.98)
3 Junta, Donald	56 PATRIOT MASTERS	7:09.72
45.31	1:48.11 (1:02.80) 2:51.61 (1:03.50)	3:52.49 (1:00.88)
4:48.18 (55.69)	5:44.75 (56.57) 6:26.51 (41.76)	7:09.72 (43.21)

Men 60-64 50 Yard Freestyle Time Trial

ZONE: Z 24.53 4/23/2006 Jim Dragon
 NATL: ! 22.30 5/22/2005 RICHARD ABRAHAMS

Name	Age Club	Finals
- Time Trial		
7 Meade, Thomas	61 LANDSHARK MASTER	26.25

Men 60-64 50 Yard Freestyle

ZONE: Z 24.32 4/13/2008 Jim Dragon, GSM
 NATL: ! 22.30 5/22/2005 RICHARD ABRAHAMS

Name	Age Club	Finals
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1 Oxley, Gregory	60 LANDSHARK MASTER	23.86Z
2 Slater, Douglas	61 CLUB TRIBE	24.34
3 Seaman, Bruce	61 KEYSTONE AQUATIC	24.90
4 Bales, Paul	60 ALEXANDRIA MASTE	25.87
5 Watson, Jon	61 YMCA RESTON WATE	27.35
6 Eppink, Jeffrey	64 LANE 4 SWIMMING	29.67
7 Massonneau, Christopher	60 CLUB TRIBE	31.05

Men 60-64 100 Yard Freestyle

=====			
ZONE: Z 54.02		4/20/2013 James Thornton, Colonials 1776	
NATL: ! 49.14		5/22/2005 RICHARD ABRAHAMS	
Name	Age Club	Finals	
=====			
1 Seaman, Bruce	61 KEYSTONE AQUATIC	54.31	
	25.96	54.31 (28.35)	
2 Gandee, Brad	64 PATRIOT MASTERS	58.17	
	27.93	58.17 (30.24)	
3 Bales, Paul	60 ALEXANDRIA MASTE	58.55	
	27.95	58.55 (30.60)	
4 Meade, Thomas	61 LANDSHARK MASTER	58.71	
	27.61	58.71 (31.10)	
5 Watson, Jon	61 YMCA RESTON WATE	1:01.50	
	28.84	1:01.50 (32.66)	
6 Rickard, Alan	62 RIPTIDE MASTERS	1:01.51	
	29.06	1:01.51 (32.45)	
7 Denes, Thomas	61 MONTGOMERY ANCIE	1:02.41	
	30.18	1:02.41 (32.23)	
8 Massonneau, Christopher	60 CLUB TRIBE	1:09.78	
	33.65	1:09.78 (36.13)	
9 Weidner, Robert	62 PATRIOT MASTERS	1:23.16	

Men 60-64 200 Yard Freestyle

=====			
ZONE: Z 1:58.43		4/21/2013 James Thornton, Colonials 1776	
NATL: ! 1:51.08		4/24/2015 RICK COLELLA	
Name	Age Club	Finals	
=====			
1 Kannegieser, Robert	61 UC08	2:02.55	
	28.02	58.75 (30.73) 1:30.76 (32.01) 2:02.55 (31.79)	
2 Chambers, John	63 CHELSEA PIERS FI	2:07.75	
	29.65	1:02.32 (32.67) 1:35.44 (33.12) 2:07.75 (32.31)	
3 Eppink, Jeffrey	64 LANE 4 SWIMMING	2:27.82	
	31.97	1:08.97 (37.00) 1:48.29 (39.32) 2:27.82 (39.53)	

Men 60-64 500 Yard Freestyle

=====			
ZONE: Z 5:32.86		4/20/2013 James Thornton, Colonials 1776	
NATL: ! 5:11.17		4/29/2012 JIM MC CONICA	
Name	Age Club	Finals	
=====			
1 Weidner, Robert	62 PATRIOT MASTERS	8:40.02	
	42.00	2:20.15 () 3:13.06 (52.91)	
	4:07.36 (54.30)	5:01.23 (53.87) 5:55.55 (54.32) 6:49.59 (54.04)	
	7:45.12 (55.53)	8:40.02 (54.90)	

Men 60-64 1650 Yard Freestyle

=====			
ZONE: Z 20:01.66		5/2/1999 David Harrison	
NATL: ! 17:48.66		2/10/2019 ANDREW BRAY	
Name	Age Club	Finals	
=====			
1 Kannegieser, Robert	61 UC08	19:08.47Z	

30.96	1:05.31 (34.35)	1:40.49 (35.18)	2:15.42 (34.93)
2:50.74 (35.32)	3:25.86 (35.12)	4:01.07 (35.21)	4:36.17 (35.10)
5:11.33 (35.16)	5:46.30 (34.97)	6:21.10 (34.80)	6:55.93 (34.83)
7:30.92 (34.99)	8:05.72 (34.80)	8:41.06 (35.34)	9:16.30 (35.24)
9:51.16 (34.86)	10:26.07 (34.91)	11:01.22 (35.15)	11:36.19 (34.97)
12:11.12 (34.93)	12:46.41 (35.29)	13:21.32 (34.91)	13:56.12 (34.80)
14:30.94 (34.82)	15:05.95 (35.01)	15:40.64 (34.69)	16:15.63 (34.99)
16:50.74 (35.11)	17:25.71 (34.97)	18:00.35 (34.64)	18:35.01 (34.66)
19:08.47 (33.46)			

2 Chambers, John 63 CHELSEA PIERS FI 20:18.08

32.18	1:07.00 (34.82)	1:42.99 (35.99)	2:19.79 (36.80)
2:56.73 (36.94)	3:33.98 (37.25)	4:11.07 (37.09)	4:47.98 (36.91)
5:24.85 (36.87)	6:02.27 (37.42)	6:39.58 (37.31)	7:16.90 (37.32)
7:54.53 (37.63)	8:32.14 (37.61)	9:09.64 (37.50)	9:47.31 (37.67)
10:24.91 (37.60)	11:02.32 (37.41)	11:39.75 (37.43)	12:17.34 (37.59)
12:54.85 (37.51)	13:32.44 (37.59)	14:09.81 (37.37)	14:47.26 (37.45)
15:24.63 (37.37)	16:01.95 (37.32)	16:39.23 (37.28)	17:16.32 (37.09)
17:53.44 (37.12)	18:30.14 (36.70)	19:06.73 (36.59)	19:43.19 (36.46)
20:18.08 (34.89)			

3 Rickard, Alan 62 RIPTIDE MASTERS 22:43.13

34.15	1:13.42 (39.27)	1:54.24 (40.82)	2:35.39 (41.15)
3:17.19 (41.80)	3:58.79 (41.60)	4:40.62 (41.83)	5:22.21 (41.59)
6:05.24 (43.03)	6:47.61 (42.37)	7:29.28 (41.67)	8:11.83 (42.55)
8:52.96 (41.13)	9:34.53 (41.57)	10:16.35 (41.82)	10:58.38 (42.03)
11:39.39 (41.01)	12:20.74 (41.35)	13:01.98 (41.24)	13:44.44 (42.46)
14:26.09 (41.65)	15:07.56 (41.47)	15:48.69 (41.13)	16:30.53 (41.84)
17:11.76 (41.23)	17:52.90 (41.14)	18:34.03 (41.13)	19:16.01 (41.98)
19:57.71 (41.70)	20:39.11 (41.40)	21:21.27 (42.16)	22:03.49 (42.22)
22:43.13 (39.64)			

4 Viellieu, Benjamin 64 LANE 4 SWIMMING 24:57.62

42.10	1:23.21 (41.11)	2:06.85 (43.64)	2:51.43 (44.58)
3:35.79 (44.36)	4:20.65 (44.86)	5:05.15 (44.50)	5:49.44 (44.29)
6:33.94 (44.50)	7:18.43 (44.49)	8:02.94 (44.51)	8:47.94 (45.00)
9:32.56 (44.62)	10:17.61 (45.05)	11:02.82 (45.21)	11:48.43 (45.61)
12:33.55 (45.12)	13:18.61 (45.06)	14:04.19 (45.58)	14:49.52 (45.33)
15:35.35 (45.83)	16:22.66 (47.31)	17:09.82 (47.16)	17:56.61 (46.79)
18:43.25 (46.64)	19:30.59 (47.34)	20:17.63 (47.04)	21:04.38 (46.75)
21:51.29 (46.91)	22:38.06 (46.77)	23:25.07 (47.01)	24:11.62 (46.55)
24:57.62 (46.00)			

Men 60-64 50 Yard Backstroke

=====

ZONE: Z 28.02 4/15/2018 Douglas Slater, Club Tribe
 NATL: ! 26.60 4/7/2018 BRUCE KONE

Name	Age Club	Finals
1 Slater, Douglas	61 CLUB TRIBE	28.27
2 Romo, Robert	60 VIRGINIA MASTERS	35.61
3 Massonneau, Christopher	60 CLUB TRIBE	39.47
4 Weidner, Robert	62 PATRIOT MASTERS	48.47

Men 60-64 100 Yard Backstroke Time Trial

=====

ZONE: Z 1:06.22 4/23/2006 Richard Alexander
 NATL: ! 57.46 4/30/2016 TOM BARTON

Name	Age Club	Finals
- Time Trial		
5 Slater, Douglas	61 CLUB TRIBE	1:01.48Z

Men 60-64 100 Yard Backstroke

=====

ZONE: Z 1:00.29 4/14/2018 Douglas Slater, Club Tribe

NATL: ! 57.46 4/30/2016 TOM BARTON

Name	Age	Club	Finals
1 Slater, Douglas	61	CLUB TRIBE	1:00.66
	29.43	1:00.66 (31.23)	
2 Massonneau, Christopher	60	CLUB TRIBE	1:23.32
	41.63	1:23.32 (41.69)	

Men 60-64 200 Yard Backstroke

ZONE: Z 2:14.89 4/15/2018 Douglas Slater, Club Tribe

NATL: ! 2:07.91 5/1/2016 TOM BARTON

Name	Age	Club	Finals
1 Slater, Douglas	61	CLUB TRIBE	2:13.15Z
	30.85	1:04.73 (33.88) 1:39.02 (34.29)	2:13.15 (34.13)
2 Denes, Thomas	61	MONTGOMERY ANCIE	2:47.52
	38.85	1:21.50 (42.65) 2:04.76 (43.26)	2:47.52 (42.76)
3 Romo, Robert	60	VIRGINIA MASTERS	2:54.08
	43.05	1:27.18 (44.13) 2:11.83 (44.65)	2:54.08 (42.25)

Men 60-64 50 Yard Breaststroke

ZONE: Z 31.51 4/14/2018 Brian Keyser, Colonials 1776

NATL: ! 28.30 2/11/2018 BRUCE KONE

Name	Age	Club	Finals
1 Oxley, Gregory	60	LANDSHARK MASTER	29.66Z
2 Slater, Douglas	61	CLUB TRIBE	31.83
3 Neubauer, Kenneth	61	UC12	32.87
4 Heinemann, William	60	UC08	35.08
5 Massonneau, Christopher	60	CLUB TRIBE	46.24

Men 60-64 100 Yard Breaststroke

ZONE: Z 1:09.83 4/15/2018 Brian Keyser, Colonials 1776

NATL: ! 1:02.61 5/2/2014 RICK COLELLA

Name	Age	Club	Finals
1 Oxley, Gregory	60	LANDSHARK MASTER	1:04.66Z
	30.37	1:04.66 (34.29)	
2 Neubauer, Kenneth	61	UC12	1:10.68
	33.35	1:10.68 (37.33)	
3 Heinemann, William	60	UC08	1:18.34
	36.63	1:18.34 (41.71)	
4 Massonneau, Christopher	60	CLUB TRIBE	1:40.08
	46.90	1:40.08 (53.18)	

Men 60-64 200 Yard Breaststroke

ZONE: Z 2:38.50 4/5/2014 Berry Hamilton, Longhorn Aquatic

NATL: ! 2:16.71 5/3/2014 RICK COLELLA

Name	Age	Club	Finals
1 Neubauer, Kenneth	61	UC12	2:37.08Z
	37.12	1:17.81 (40.69) 1:57.90 (40.09)	2:37.08 (39.18)
2 Heinemann, William	60	UC08	2:57.83
	40.56	1:26.90 (46.34) 2:12.82 (45.92)	2:57.83 (45.01)

Men 60-64 50 Yard Butterfly

ZONE: Z 26.13 4/12/2008 Jim Dragon, GSM

NATL: ! 24.36 2/10/2018 BRUCE KONE

Name	Age Club	Finals
1 Slater, Douglas	61 CLUB TRIBE	27.19
2 Bales, Paul	60 ALEXANDRIA MASTE	28.75
3 Meade, Thomas	61 LANDSHARK MASTER	29.14
4 Chambers, John	63 CHELSEA PIERS FI	30.53
5 Denes, Thomas	61 MONTGOMERY ANCIE	31.28
6 Romo, Robert	60 VIRGINIA MASTERS	32.82
7 Massonneau, Christopher	60 CLUB TRIBE	33.61

Men 60-64 200 Yard Butterfly

Name	Age Club	Finals
ZONE: Z 2:26.29 4/14/2018 Robert Kannegieser, Fins Aquatics Cl		
NATL: ! 2:07.49 4/30/2017 JIM SAUER		
1 Kannegieser, Robert	61 UC08	2:21.58Z
30.81	1:06.20 (35.39)	1:44.19 (37.99)
2 Chambers, John	63 CHELSEA PIERS FI	2:30.28
33.52	1:10.91 (37.39)	1:50.19 (39.28)
		2:30.28 (40.09)

Men 60-64 100 Yard IM

Name	Age Club	Finals
ZONE: Z 1:00.09 4/15/2018 Douglas Slater, Club Tribe		
NATL: ! 57.23 5/11/2013 RICK COLELLA		
1 Oxley, Gregory	60 LANDSHARK MASTER	1:00.00Z
28.29	1:00.00 (31.71)	
2 Slater, Douglas	61 CLUB TRIBE	1:01.84
28.47	1:01.84 (33.37)	
3 Bales, Paul	60 ALEXANDRIA MASTE	1:07.41
30.92	1:07.41 (36.49)	
4 Heinemann, William	60 UC08	1:10.50
33.76	1:10.50 (36.74)	
5 Watson, Jon	61 YMCA RESTON WATE	1:15.46
36.41	1:15.46 (39.05)	
6 Massonneau, Christopher	60 CLUB TRIBE	1:23.22
38.25	1:23.22 (44.97)	

Men 60-64 200 Yard IM

Name	Age Club	Finals
ZONE: Z 2:19.80 4/14/2018 Robert Kannegieser, Fins Aquatics Cl		
NATL: ! 2:03.26 5/4/2014 RICK COLELLA		
1 Kannegieser, Robert	61 UC08	2:19.10Z
29.04	1:03.56 (34.52)	1:46.23 (42.67)
2 Heinemann, William	60 UC08	2:39.35
33.99	1:17.53 (43.54)	2:01.05 (43.52)
		2:39.35 (38.30)

Men 60-64 400 Yard IM

Name	Age Club	Finals
ZONE: Z 4:59.55 4/15/2018 Robert Kannegieser, Fins Aquatics Cl		
NATL: ! 4:24.24 5/2/2014 RICK COLELLA		
1 Kannegieser, Robert	61 UC08	4:59.71
31.17	1:07.64 (36.47)	1:45.94 (38.30)
3:08.14 (43.88)	3:52.70 (44.56)	4:26.97 (34.27)
2 Chambers, John	63 CHELSEA PIERS FI	5:19.05
33.09	1:10.02 (36.93)	1:51.66 (41.64)
3:22.26 (48.82)	4:11.99 (49.73)	4:46.09 (34.10)
		5:19.05 (32.96)

Men 65-69 50 Yard Freestyle

ZONE: Z 24.54 4/25/2010 Jim Dragon, Garden State Mas
 NATL: ! 22.10 5/23/2010 RICHARD ABRAHAMS

Name	Age Club	Finals
1 Meyer, Geoffrey	67 COLONIALS 1776	27.32
2 Dearfield, Kerry	66 LANE 4 SWIMMING	29.76
3 Belanger, Donald	66 MARYLAND MASTERS	30.53
4 Levine, Steven	66 BERKELEY (NJ) AQ	30.70
5 Walters, Mark	66 GERMANTOWN MARYL	31.84
6 Miller, Jim	68 VIRGINIA MASTERS	33.67

Men 65-69 100 Yard Freestyle

ZONE: Z 59.39 4/14/2018 Geoffrey Meyer, Colonials 1776
 NATL: ! 49.42 5/22/2010 RICHARD ABRAHAMS

Name	Age Club	Finals
1 Meyer, Geoffrey	67 COLONIALS 1776	1:00.79
29.86	1:00.79 (30.93)	
2 Franz, Craig	65 DISTRICT OF COLU	1:03.18
30.80	1:03.18 (32.38)	
3 Dearfield, Kerry	66 LANE 4 SWIMMING	1:05.70
31.26	1:05.70 (34.44)	
4 Ryan, James	66 GARDEN STATE MAS	1:07.09
32.21	1:07.09 (34.88)	
5 Edgell, Don	66 LANE 4 SWIMMING	1:08.72
32.52	1:08.72 (36.20)	
6 Wright, Stephen	69 GERMANTOWN MARYL	1:09.07
32.93	1:09.07 (36.14)	
7 Belanger, Donald	66 MARYLAND MASTERS	1:10.66
33.34	1:10.66 (37.32)	
8 Grayson, Cab	65 UC10	1:11.14
35.07	1:11.14 (36.07)	
9 Levine, Steven	66 BERKELEY (NJ) AQ	1:13.82
33.62	1:13.82 (40.20)	
10 Miller, Jim	68 VIRGINIA MASTERS	1:16.29
36.18	1:16.29 (40.11)	

Men 65-69 200 Yard Freestyle

ZONE: Z 2:09.58 4/13/2003 David Harrison
 NATL: ! 1:52.57 4/30/2017 RICK COLELLA

Name	Age Club	Finals
1 Franz, Craig	65 DISTRICT OF COLU	2:19.87
30.67	1:05.82 (35.15) 1:43.84 (38.02)	2:19.87 (36.03)
2 Walters, Mark	66 GERMANTOWN MARYL	2:37.33
36.02	1:16.04 (40.02) 1:56.97 (40.93)	2:37.33 (40.36)
3 Levine, Steven	66 BERKELEY (NJ) AQ	2:49.82
38.21	1:22.97 (44.76) 2:10.08 (47.11)	2:49.82 (39.74)

Men 65-69 500 Yard Freestyle Time Trial

ZONE: Z 5:53.27 4/13/2003 David Harrison
 NATL: ! 5:05.44 4/9/2017 RICK COLELLA

Name	Age Club	Finals
- Time Trial		
1 Ryan, James	66 GARDEN STATE MAS	6:32.07

Men 65-69 500 Yard Freestyle

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ZONE: Z 5:53.27    4/13/2003 David Harrison
NATL: ! 5:05.44   4/9/2017 RICK COLELLA
Name              Age Club              Finals
=====
1 Franz, Craig    65 DISTRICT OF COLU    6:13.07
    32.28          1:07.99 (35.71)      1:45.84 (37.85)      2:24.20 (38.36)
    3:02.92 (38.72) 3:41.56 (38.64)      4:20.34 (38.78)      4:58.40 (38.06)
    5:36.43 (38.03) 6:13.07 (36.64)
2 Ryan, James     66 GARDEN STATE MAS    6:20.78
    35.57          1:12.96 (37.39)      1:51.15 (38.19)      2:29.50 (38.35)
    3:08.22 (38.72) 3:47.45 (39.23)      4:26.19 (38.74)      5:04.88 (38.69)
    5:43.20 (38.32) 6:20.78 (37.58)
3 Mandour, Saleh  65 MERRITT MARLINS     6:57.15
    37.61          1:17.96 (40.35)      2:00.15 (42.19)      2:43.10 (42.95)
    3:25.13 (42.03) 4:08.37 (43.24)      4:51.47 (43.10)      5:34.45 (42.98)
    6:16.33 (41.88) 6:57.15 (40.82)
4 Edgell, Don     66 LANE 4 SWIMMING     7:08.21
    37.89          1:19.69 (41.80)      2:02.34 (42.65)      2:45.66 (43.32)
    3:29.58 (43.92) 4:13.25 (43.67)      4:57.31 (44.06)      5:40.78 (43.47)
    6:25.24 (44.46) 7:08.21 (42.97)
5 Levine, Steven  66 BERKELEY (NJ) AQ    7:29.03
    39.64          1:25.17 (45.53)      2:12.34 (47.17)      2:59.48 (47.14)
    3:45.95 (46.47) 6:03.60 (2:17.65)    6:48.24 (44.64)
    7:29.03 ( )     7:29.03 ( )
6 Conway, Raleigh 66 WARRENTON FAUQUI    8:55.31
    49.16          2:35.38 (1:46.22)
    4:24.24 (55.60) 5:18.48 (54.24)      6:12.61 (54.13)      7:05.71 (53.10)
    8:00.09 (54.38) 8:55.31 (55.22)
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Men 65-69 1000 Yard Freestyle

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ZONE: Z 12:26.16   4/4/2004 David Harrison, 1776
NATL: ! 11:23.13  4/16/2016 JIM MC CONICA
Name              Age Club              Finals
=====
1 Franz, Craig    65 DISTRICT OF COLU    12:51.64
    34.21          1:11.39 (37.18)      1:49.28 (37.89)      2:28.13 (38.85)
    3:06.80 (38.67) 3:46.23 (39.43)      4:25.69 (39.46)      5:04.84 (39.15)
    5:44.66 (39.82) 6:23.73 (39.07)      7:03.07 (39.34)      7:42.03 (38.96)
    8:20.37 (38.34) 8:59.97 (39.60)      9:39.57 (39.60)      10:18.72 (39.15)
    10:58.31 (39.59) 11:37.63 (39.32)    12:16.64 (39.01)    12:51.64 (35.00)
2 Mandour, Saleh  65 MERRITT MARLINS     14:18.99
    36.92          1:19.67 (42.75)      2:02.79 (43.12)      2:47.55 (44.76)
    3:31.79 (44.24) 4:15.61 (43.82)      4:58.39 (42.78)      5:43.18 (44.79)
    6:27.13 (43.95) 7:09.58 (42.45)      7:53.61 (44.03)      8:38.34 (44.73)
    9:20.98 (42.64) 10:06.09 (45.11)    10:48.69 (42.60)    11:32.01 (43.32)
    12:15.23 (43.22) 12:58.22 (42.99)    13:40.75 (42.53)    14:18.99 (38.24)
=====

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Men 65-69 1000 Yard Freestyle Time Trial

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=====
ZONE: Z 12:26.16   4/4/2004 David Harrison
NATL: ! 11:23.13  4/16/2016 JIM MC CONICA
Name              Age Club              Finals
=====
- Time Trial
4 Ryan, James     66 GARDEN STATE MAS    13:13.52
6 Levine, Steven  66 BERKELEY (NJ) AQ    15:56.44
=====

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Men 65-69 1650 Yard Freestyle

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=====
ZONE: Z 21:26.41   4/13/2018 James Ryan, Garden State Mas
=====

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NATL: ! 19:07.81 4/23/2015 JIM CLEMMONS

Name	Age Club	Finals			
1 Ryan, James	66 GARDEN STATE MAS	21:50.00			
37.18	1:15.88 (38.70)	1:55.37 (39.49)	2:34.93 (39.56)		
3:14.09 (39.16)	3:53.62 (39.53)	4:33.51 (39.89)	5:13.01 (39.50)		
5:52.40 (39.39)	6:32.07 (39.67)	7:12.46 (40.39)	7:52.56 (40.10)		
8:32.59 (40.03)	9:12.77 (40.18)	9:52.58 (39.81)	10:32.59 (40.01)		
11:13.04 (40.45)	11:53.40 (40.36)	12:33.10 (39.70)	13:13.52 (40.42)		
13:53.42 (39.90)	14:33.46 (40.04)	15:13.25 (39.79)	15:53.09 (39.84)		
16:33.05 (39.96)	17:12.31 (39.26)	17:51.70 (39.39)	18:31.54 (39.84)		
19:11.25 (39.71)	19:51.11 (39.86)	20:30.88 (39.77)	21:10.82 (39.94)		
21:50.00 (39.18)					
2 Levine, Steven	66 BERKELEY (NJ) AQ	26:12.38			
43.78	1:33.66 (49.88)	2:24.58 (50.92)	3:14.83 (50.25)		
4:01.49 (46.66)	4:48.76 (47.27)	5:35.86 (47.10)	6:23.20 (47.34)		
7:11.25 (48.05)	7:59.98 (48.73)	8:48.37 (48.39)	9:36.85 (48.48)		
10:25.67 (48.82)	11:14.32 (48.65)	12:02.76 (48.44)	12:50.66 (47.90)		
13:38.41 (47.75)	14:23.43 (45.02)	15:10.03 (46.60)	15:56.44 (46.41)		
16:45.16 (48.72)	17:33.06 (47.90)	18:21.75 (48.69)	19:08.74 (46.99)		
19:56.50 (47.76)	20:44.22 (47.72)	21:30.94 (46.72)	22:17.50 (46.56)		
23:05.79 (48.29)	23:54.50 (48.71)	24:42.85 (48.35)	25:29.79 (46.94)		
26:12.38 (42.59)					

Men 65-69 50 Yard Backstroke

ZONE: Z 30.20 4/15/2018 Geoffrey Meyer, Colonials 1776
 NATL: ! 27.74 5/23/2010 RICHARD ABRAHAMS

Name	Age Club	Finals
1 Meyer, Geoffrey	67 COLONIALS 1776	30.86
2 Wardle, William	67 E TEAM	33.65
3 Dougherty, Stephen	67 COLONIALS 1776	35.31
4 Wright, Stephen	69 GERMANTOWN MARYL	35.92
5 Meyer, Jerry	69 CENTRAL MARYLAND	40.01
6 Miller, Jim	68 VIRGINIA MASTERS	41.49
7 Swenson, Richard	66 CENTRAL MARYLAND	41.75
8 Grayson, Cab	65 UC10	43.34
9 Conway, Raleigh	66 WARRENTON FAUQUI	59.63

Men 65-69 100 Yard Backstroke

ZONE: Z 1:07.00 4/14/2018 Geoffrey Meyer, Colonials 1776
 NATL: ! 59.62 5/12/2013 HUGH WILDER

Name	Age Club	Finals
1 Meyer, Geoffrey	67 COLONIALS 1776	1:07.69
33.67	1:07.69 (34.02)	
2 Wardle, William	67 E TEAM	1:11.89
35.55	1:11.89 (36.34)	

Men 65-69 200 Yard Backstroke

ZONE: Z 2:33.09 4/15/2018 Geoffrey Meyer, Colonials 1776
 NATL: ! 2:15.61 1/14/2018 LAWRENCE DAY

Name	Age Club	Finals
1 Wardle, William	67 E TEAM	2:35.18
35.52	1:13.64 (38.12)	1:54.83 (41.19)
		2:35.18 (40.35)
2 Wright, Stephen	69 GERMANTOWN MARYL	2:55.29
40.64	1:24.51 (43.87)	2:10.17 (45.66)
		2:55.29 (45.12)
3 Mccorkle, John	67 VIRGINIA MASTERS	2:59.78
43.62	1:29.17 (45.55)	2:15.60 (46.43)
		2:59.78 (44.18)

4 Meyer, Jerry		69 CENTRAL MARYLAND		3:00.00
	41.22	1:26.98 (45.76)	2:13.69 (46.71)	3:00.00 (46.31)
5 Miller, Jim		68 VIRGINIA MASTERS		3:17.20
	46.89	1:35.41 (48.52)	2:26.56 (51.15)	3:17.20 (50.64)
6 Grayson, Cab		65 UC10		3:19.66
	45.81	1:34.80 (48.99)	2:26.97 (52.17)	3:19.66 (52.69)

Men 65-69 50 Yard Breaststroke

=====

ZONE: Z 31.35 4/24/2010 Jim Dragon, Garden State Mas
 NATL: ! 28.88 5/11/2018 RICK COLELLA

Name	Age Club	Finals
1 Dougherty, Stephen	67 COLONIALS 1776	36.22
2 Hoffman, Charles	68 COLONIALS 1776	37.17
3 Meyer, Geoffrey	67 COLONIALS 1776	37.36
4 Haddan, Barry	68 DISTRICT OF COLU	37.75
5 Long, Bob	69 MARYLAND MASTERS	38.43
6 Walters, Mark	66 GERMANTOWN MARYL	39.52
7 Belanger, Donald	66 MARYLAND MASTERS	42.21

Men 65-69 100 Yard Breaststroke

=====

ZONE: Z 1:14.03 4/12/2008 Louis Kronfeld, NEM
 NATL: ! 1:02.75 4/28/2017 RICK COLELLA

Name	Age Club	Finals
1 Dougherty, Stephen	67 COLONIALS 1776	1:18.63
	37.44 1:18.63 (41.19)	
2 Haddan, Barry	68 DISTRICT OF COLU	1:21.41
	38.27 1:21.41 (43.14)	
3 Hoffman, Charles	68 COLONIALS 1776	1:22.59
	39.53 1:22.59 (43.06)	
4 Long, Bob	69 MARYLAND MASTERS	1:27.44
	40.77 1:27.44 (46.67)	
5 Ryan, James	66 GARDEN STATE MAS	1:30.21
	43.29 1:30.21 (46.92)	
6 Grayson, Cab	65 UC10	1:33.67
	44.82 1:33.67 (48.85)	
7 Belanger, Donald	66 MARYLAND MASTERS	1:37.36
	46.49 1:37.36 (50.87)	

Men 65-69 200 Yard Breaststroke

=====

ZONE: Z 2:50.63 4/8/2017 Stephen Dougherty, Colonials 1776
 NATL: ! 2:16.70 4/29/2017 RICK COLELLA

Name	Age Club	Finals
1 Dougherty, Stephen	67 COLONIALS 1776	2:53.62
	38.89 1:22.49 (43.60) 2:07.82 (45.33)	2:53.62 (45.80)
2 Hoffman, Charles	68 COLONIALS 1776	3:03.05
	42.73 1:28.34 (45.61) 2:15.13 (46.79)	3:03.05 (47.92)
3 Haddan, Barry	68 DISTRICT OF COLU	3:06.08
	39.63 1:27.81 (48.18) 2:18.26 (50.45)	3:06.08 (47.82)

Men 65-69 50 Yard Butterfly

=====

ZONE: Z 25.93 4/25/2010 Jim Dragon, Garden State Mas
 NATL: ! 24.94 5/22/2010 RICHARD ABRAHAMS

Name	Age Club	Finals
1 Meyer, Geoffrey	67 COLONIALS 1776	31.07
2 Mandour, Saleh	65 MERRITT MARLINS	31.89

3	Hoffman, Charles	68	COLONIALS 1776	31.97
4	Dearfield, Kerry	66	LANE 4 SWIMMING	32.96
5	Belanger, Donald	66	MARYLAND MASTERS	33.06
6	Edgell, Don	66	LANE 4 SWIMMING	36.80
7	Swenson, Richard	66	CENTRAL MARYLAND	39.23
8	Ryan, James	66	GARDEN STATE MAS	40.29
--	Meyer, Jerry	69	CENTRAL MARYLAND	DQ

Arms underwater recovery

Men 65-69 100 Yard Butterfly

=====			
ZONE: Z	1:12.52	4/9/2017	Stephen Dougherty, Colonials 1776
NATL: !	56.36	5/21/2010	RICHARD ABRAHAMS
Name		Age Club	Finals
=====			
1	Walters, Mark	66	GERMANTOWN MARYL
	34.51	1:14.66	(40.15)
			1:14.66

Men 65-69 200 Yard Butterfly

=====			
ZONE: Z	2:47.86	4/17/2011	Hugh Roddin, ANCM
NATL: !	2:08.94	4/9/2017	RICK COLELLA
Name		Age Club	Finals
=====			
1	Mccorkle, John	67	VIRGINIA MASTERS
	34.87	1:16.29	(41.42)
		1:59.54	(43.25)
			2:45.15 (45.61)
--	Mandour, Saleh	65	MERRITT MARLINS
			DQ
			Arms underwater recovery
	41.21	1:29.62	(48.41)
		2:21.18	(51.56)
			DQ (43.69)

Men 65-69 100 Yard IM

=====			
ZONE: Z	1:06.90	4/15/2018	Geoffrey Meyer, Colonials 1776
NATL: !	57.45	4/29/2017	RICK COLELLA
Name		Age Club	Finals
=====			
1	Meyer, Geoffrey	67	COLONIALS 1776
	30.98	1:08.40	(37.42)
2	Dougherty, Stephen	67	COLONIALS 1776
	33.85	1:11.67	(37.82)
3	Wardle, William	67	E TEAM
	33.94	1:14.16	(40.22)
4	Walters, Mark	66	GERMANTOWN MARYL
	38.05	1:20.56	(42.51)
5	Belanger, Donald	66	MARYLAND MASTERS
	38.47	1:22.28	(43.81)
6	Miller, Jim	68	VIRGINIA MASTERS
	43.78	1:35.12	(51.34)

Men 65-69 200 Yard IM

=====			
ZONE: Z	2:33.77	4/8/2017	Stephen Dougherty, Colonials 1776
NATL: !	2:03.63	4/28/2017	RICK COLELLA
Name		Age Club	Finals
=====			
1	Dougherty, Stephen	67	COLONIALS 1776
	32.85	1:13.01	(40.16)
		1:58.40	(45.39)
			2:36.21 (37.81)
2	Mccorkle, John	67	VIRGINIA MASTERS
	34.53	1:20.03	(45.50)
		2:06.05	(46.02)
			2:42.89 (36.84)

Men 70-74 50 Yard Freestyle

=====			
ZONE: Z	26.15	4/12/2015	Jim Dragon, Garden State Mas

NATL: ! 24.13 5/4/2008 JEFF FARRELL

Name	Age Club	Finals
1 Dragon, Jim	74 GARDEN STATE MAS	27.55
2 Fisher, Bruce	70 CLUB TRIBE	31.95
3 Snowwhite, Larry	72 RESTON MASTERS S	40.22

Men 70-74 100 Yard Freestyle

ZONE: Z 1:03.73 4/4/2004 Walter Lincoln, NEM
NATL: ! 54.58 4/26/2015 RICHARD ABRAHAMS

Name	Age Club	Finals
1 Fisher, Bruce	70 CLUB TRIBE	1:09.19
2 Lowe, Jet	72 MERRITT MARLINS	1:20.15
3 Romano, Vince	72 CLUB TRIBE	1:25.65
4 Snowwhite, Larry	72 RESTON MASTERS S	1:29.24

Men 70-74 200 Yard Freestyle

ZONE: Z 2:17.89 4/13/2008 David Harrison, 1776
NATL: ! 2:06.63 5/8/2015 DAVID QUIGGIN

Name	Age Club	Finals
1 Fisher, Bruce	70 CLUB TRIBE	2:40.80
2 Bernstein, Rich	73 AGUA MASTERS	2:44.48
3 Lowe, Jet	72 MERRITT MARLINS	3:00.33
4 Romano, Vince	72 CLUB TRIBE	3:08.31
5 Snowwhite, Larry	72 RESTON MASTERS S	3:13.59

Men 70-74 500 Yard Freestyle Time Trial

ZONE: Z 6:15.86 4/12/2008 David Harrison, 1776-DV
NATL: ! 5:41.21 11/4/2018 DAN KIRKLAND

Name	Age Club	Finals
- Time Trial		
2 Bernstein, Rich	73 AGUA MASTERS	6:59.72

Men 70-74 500 Yard Freestyle

ZONE: Z 6:15.86 4/12/2008 David Harrison, 1776
NATL: ! 5:41.21 11/4/2018 DAN KIRKLAND

Name	Age Club	Finals
1 Bernstein, Rich	73 AGUA MASTERS	7:08.21
2 Fisher, Bruce	70 CLUB TRIBE	7:27.97
3 Romano, Vince	72 CLUB TRIBE	8:14.41

	39.84	1:26.96 (47.12)	2:16.45 (49.49)	3:07.25 (50.80)
	3:59.16 (51.91)	4:51.31 (52.15)	5:43.35 (52.04)	6:34.71 (51.36)
	7:27.83 (53.12)	8:14.41 (46.58)		
4 Lowe, Jet		72 MERRITT MARLINS		8:25.74
	43.74	1:33.92 (50.18)	2:26.58 (52.66)	4:12.98 (1:46.40)
		5:04.88 ()	5:56.40 (51.52)	6:48.29 (51.89)
	7:40.22 (51.93)	8:25.74 (45.52)		
5 Snowwhite, Larry		72 RESTON MASTERS S		8:36.68
	46.12	1:35.08 (48.96)	2:26.84 (51.76)	3:20.19 (53.35)
	4:12.64 (52.45)	5:06.69 (54.05)	6:00.46 (53.77)	6:53.36 (52.90)
	7:46.01 (52.65)	8:36.68 (50.67)		

Men 70-74 1000 Yard Freestyle

=====				
	ZONE: Z 12:50.23	4/11/2008 David Harrison, 1776		
	NATL: ! 11:52.71	1/27/2019 DAN KIRKLAND		
Name		Age Club		Finals
=====				
1 Bernstein, Rich		73 AGUA MASTERS		14:00.99
	39.11	1:20.67 (41.56)	2:03.18 (42.51)	2:45.46 (42.28)
	3:28.11 (42.65)	4:10.97 (42.86)	4:53.24 (42.27)	5:35.27 (42.03)
	6:17.44 (42.17)	6:59.72 (42.28)	7:41.65 (41.93)	8:24.08 (42.43)
	9:06.22 (42.14)	9:48.83 (42.61)	10:31.20 (42.37)	11:13.96 (42.76)
	11:56.21 (42.25)	12:38.70 (42.49)	13:20.46 (41.76)	14:00.99 (40.53)
2 Romano, Vince		72 CLUB TRIBE		16:44.28
	41.30	1:27.54 (46.24)	2:17.04 (49.50)	3:07.86 (50.82)
	3:58.77 (50.91)	4:50.34 (51.57)	5:42.24 (51.90)	6:33.42 (51.18)
	7:26.42 (53.00)	8:18.58 (52.16)	9:10.40 (51.82)	10:02.51 (52.11)
	10:55.03 (52.52)	11:45.79 (50.76)	12:37.24 (51.45)	13:28.49 (51.25)
	14:18.83 (50.34)	15:10.44 (51.61)	16:00.84 (50.40)	16:44.28 (43.44)
3 Griffith, Lee		70 RIPTIDE MASTERS		17:35.06
	43.14	1:29.29 (46.15)	2:20.27 (50.98)	3:15.07 (54.80)
	4:10.16 (55.09)	5:03.26 (53.10)	5:58.33 (55.07)	6:53.17 (54.84)
	7:47.89 (54.72)	8:41.33 (53.44)	9:35.78 (54.45)	10:29.67 (53.89)
	11:23.75 (54.08)	12:17.43 (53.68)	13:10.98 (53.55)	14:04.72 (53.74)
	14:58.39 (53.67)	15:51.64 (53.25)	16:44.37 (52.73)	17:35.06 (50.69)

Men 70-74 1650 Yard Freestyle

=====				
	ZONE: Z 22:41.59	3/29/1998 Roger Franks		
	NATL: ! 20:29.18	5/20/2001 GRAHAM JOHNSTON		
Name		Age Club		Finals
=====				
1 Snowwhite, Larry		72 RESTON MASTERS S		28:44.05
	46.40	1:37.11 (50.71)	2:30.51 (53.40)	3:23.84 (53.33)
	4:17.60 (53.76)	5:10.74 (53.14)	6:04.29 (53.55)	6:56.41 (52.12)
	7:48.21 (51.80)	8:40.71 (52.50)	10:26.62 (1:45.91)	11:19.09 (52.47)
	12:11.13 (52.04)		13:04.44 ()	13:56.40 (51.96)
	14:47.90 (51.50)		16:30.89 ()	17:22.77 (51.88)
	18:16.70 (53.93)	19:08.72 (52.02)	20:01.89 (53.17)	20:55.46 (53.57)
	21:48.08 (52.62)	22:39.67 (51.59)	23:32.63 (52.96)	24:25.19 (52.56)
	25:18.69 (53.50)	26:12.33 (53.64)	27:04.22 (51.89)	27:55.94 (51.72)
	28:44.05 (48.11)			
2 Lowe, Jet		72 MERRITT MARLINS		28:50.22
	45.48	1:37.10 (51.62)	2:30.21 (53.11)	3:25.28 (55.07)
	4:18.48 (53.20)	5:11.38 (52.90)	6:04.25 (52.87)	6:58.31 (54.06)
	7:49.59 (51.28)	8:43.03 (53.44)	9:35.77 (52.74)	10:28.34 (52.57)
	11:20.24 (51.90)	12:14.21 (53.97)	13:06.83 (52.62)	13:58.18 (51.35)
	14:49.86 (51.68)	15:41.20 (51.34)	16:33.78 (52.58)	17:26.67 (52.89)
	18:19.63 (52.96)	19:12.88 (53.25)	20:05.40 (52.52)	20:59.78 (54.38)
	21:53.11 (53.33)	22:44.83 (51.72)	23:38.37 (53.54)	24:31.48 (53.11)
	25:24.96 (53.48)	26:17.71 (52.75)	27:09.80 (52.09)	28:03.71 (53.91)
	28:50.22 (46.51)			

3 Wallace, Richard	71 GARDEN STATE MAS	28:55.65
44.41	1:35.56 (51.15)	2:28.75 (53.19)
3:20.83 (52.08)	4:14.10 (53.27)	5:06.74 (52.64)
5:59.20 (52.46)	6:51.82 (52.62)	7:44.93 (53.11)
8:37.34 (52.41)	9:29.99 (52.65)	10:23.62 (53.63)
11:16.20 (52.58)	12:08.32 (52.12)	13:01.41 (53.09)
13:54.48 (53.07)	14:47.87 (53.39)	15:41.31 (53.44)
16:34.38 (53.07)	17:28.03 (53.65)	18:21.19 (53.16)
19:15.51 (54.32)	20:09.04 (53.53)	21:02.42 (53.38)
22:50.58 (53.96)	23:43.97 (53.39)	24:37.35 (53.38)
25:31.03 (53.68)	26:23.95 (52.92)	27:15.93 (51.98)
28:07.57 (51.64)	28:55.65 (48.08)	

Men 70-74 50 Yard Backstroke

=====		
ZONE: Z	33.75	4/21/2013 John Snooks, New England Mast
NATL: !	29.72	4/26/2015 RICHARD BURNS
Name	Age Club	Finals
=====		
1 Bernstein, Rich	73 AGUA MASTERS	44.45
2 Walters, Dan	73 ROCHESTER AREA M	46.47

Men 70-74 100 Yard Backstroke

=====		
ZONE: Z	1:13.47	5/2/1999 Roger Franks
NATL: !	1:05.25	5/11/2018 HUGH WILDER
Name	Age Club	Finals
=====		
1 Bernstein, Rich	73 AGUA MASTERS	1:34.03
47.20	1:34.03 (46.83)	
2 Paulson, Laurence	70 RESTON MASTERS S	1:38.41
48.43	1:38.41 (49.98)	

Men 70-74 200 Yard Backstroke

=====		
ZONE: Z	2:40.19	5/2/1999 Roger Franks
NATL: !	2:23.68	5/2/2014 RICHARD BURNS
Name	Age Club	Finals
=====		
1 Bernstein, Rich	73 AGUA MASTERS	3:13.25
45.97	1:34.93 (48.96)	2:24.44 (49.51)
		3:13.25 (48.81)

Men 70-74 50 Yard Breaststroke

=====		
ZONE: Z	33.58	4/11/2015 Jim Dragon, Garden State Mas
NATL: !	31.70	4/30/2016 ROBERT STRAND
Name	Age Club	Finals
=====		
1 Dragon, Jim	74 GARDEN STATE MAS	35.85
2 Greger, Ronald	74 GERMANTOWN MARYL	45.09

Men 70-74 100 Yard Breaststroke

=====		
ZONE: Z	1:19.39	4/25/2010 Hans Reichelt, Wasserfreunde
NATL: !	1:09.47	5/1/2016 ROBERT STRAND
Name	Age Club	Finals
=====		
1 Greger, Ronald	74 GERMANTOWN MARYL	1:39.36
48.82	1:39.36 (50.54)	
2 Lowe, Jet	72 MERRITT MARLINS	1:45.65
47.80	1:45.65 (57.85)	

Men 70-74 200 Yard Breaststroke

=====		
ZONE: Z	2:55.54	4/24/2010 Hans Reichelt, Wasserfreunde

NATL: ! 2:35.66 4/29/2016 ROBERT STRAND

Name	Age	Club	Finals	
1 Bernstein, Rich	73	AGUA MASTERS	3:25.16	
	46.37	1:38.94 (52.57)	2:32.35 (53.41)	3:25.16 (52.81)
2 Greger, Ronald	74	GERMANTOWN MARYL	3:44.39	
	50.78	1:46.78 (56.00)	2:46.69 (59.91)	3:44.39 (57.70)

Men 70-74 50 Yard Butterfly

ZONE: Z 28.27 4/11/2015 Jim Dragon, Garden State Mas

NATL: ! 26.92 4/26/2015 RICHARD ABRAHAMS

Name	Age	Club	Finals
1 Dragon, Jim	74	GARDEN STATE MAS	29.74
2 Walters, Dan	73	ROCHESTER AREA M	44.57

Men 70-74 100 Yard Butterfly

ZONE: Z 1:23.28 5/9/1993 Birch Davidson

NATL: ! 1:00.77 4/24/2015 RICHARD ABRAHAMS

Name	Age	Club	Finals
1 Paulson, Laurence	70	RESTON MASTERS S	1:48.93
	48.92	1:48.93 (1:00.01)	

Men 70-74 100 Yard IM

ZONE: Z 1:15.35 4/25/2010 Hans Reichelt, Wasserfreunde

NATL: ! 1:04.77 4/29/2017 ANDREW MCPHERSON

Name	Age	Club	Finals
1 Paulson, Laurence	70	RESTON MASTERS S	1:44.25
	44.62	1:44.25 (59.63)	

Men 70-74 200 Yard IM

ZONE: Z 2:51.62 4/20/1997 Roger Franks

NATL: ! 2:26.42 4/30/2016 ROBERT STRAND

Name	Age	Club	Finals	
1 Bernstein, Rich	73	AGUA MASTERS	3:16.60	
	53.08	1:41.79 (48.71)	2:34.90 (53.11)	3:16.60 (41.70)

Men 70-74 400 Yard IM

ZONE: Z 6:16.23 5/2/1999 Roger Franks

NATL: ! 5:28.47 6/5/2017 DOUGLAS SPRINGER

Name	Age	Club	Finals	
1 Bernstein, Rich	73	AGUA MASTERS	6:50.28	
	57.04	2:00.15 (1:03.11)	2:51.83 (51.68)	3:42.01 (50.18)
	4:33.12 (51.11)	5:26.61 (53.49)	6:09.55 (42.94)	6:50.28 (40.73)
2 Paulson, Laurence	70	RESTON MASTERS S	8:14.24	
	51.16	1:55.00 (1:03.84)	2:55.70 (1:00.70)	3:55.88 (1:00.18)
	5:12.83 (1:16.95)	6:28.49 (1:15.66)	7:22.54 (54.05)	8:14.24 (51.70)

Men 75-79 50 Yard Freestyle

ZONE: Z 28.89 4/15/2018 Harry Sober, Virginia Masters

NATL: ! 25.58 3/4/2012 JEFF FARRELL

Name	Age	Club	Finals
------	-----	------	--------

1 Sober, Harry	76 VIRGINIA MASTERS	29.05
2 Novell, Ken	76 VIRGINIA MASTERS	30.02
3 Zamon, Frederick	77 PATRIOT MASTERS	32.02
4 Frogley, Christopher	75 VIRGINIA MASTERS	37.97
5 Pilette, Sterling	77 RESTON MASTERS S	39.19
6 Hatchette, Michael	78 NEW ENGLAND MAST	46.48

Men 75-79 100 Yard Freestyle

=====		
ZONE: Z	1:04.67	4/14/2018 Harry Sober, Virginia Masters
NATL: !	58.68	5/10/2009 DAVID RADCLIFF
Name	Age Club	Finals
=====		
1 Sober, Harry	76 VIRGINIA MASTERS	1:07.02
31.18	1:07.02 (35.84)	
2 Novell, Ken	76 VIRGINIA MASTERS	1:08.01
32.97	1:08.01 (35.04)	
3 Zamon, Frederick	77 PATRIOT MASTERS	1:13.77
34.63	1:13.77 (39.14)	
4 Robinson, David	75 GERMANTOWN MARYL	1:17.04
36.65	1:17.04 (40.39)	
5 Pilette, Sterling	77 RESTON MASTERS S	1:27.78
41.36	1:27.78 (46.42)	
6 Frogley, Christopher	75 VIRGINIA MASTERS	1:27.90
41.78	1:27.90 (46.12)	
7 Middleton, Paul	75 WARRENTON FAUQUI	1:54.54
51.00	1:54.54 (1:03.54)	

Men 75-79 200 Yard Freestyle

=====		
ZONE: Z	2:29.42	4/10/2016 Howard Rolston, Gold Coast Maste
NATL: !	2:08.77	5/10/2009 DAVID RADCLIFF
Name	Age Club	Finals
=====		
1 Novell, Ken	76 VIRGINIA MASTERS	2:47.39
35.32	1:16.05 (40.73)	2:02.21 (46.16)
2 Gaulrapp, Edward	76 VIRGINIA MASTERS	3:20.37
47.17	1:37.52 (50.35)	2:28.38 (50.86)
3 Frogley, Christopher	75 VIRGINIA MASTERS	3:22.13
45.86	1:37.76 (51.90)	2:30.59 (52.83)
4 Pilette, Sterling	77 RESTON MASTERS S	3:33.30
46.73	1:42.20 (55.47)	2:40.31 (58.11)
5 Hatchette, Michael	78 NEW ENGLAND MAST	4:12.12
53.70	1:57.28 (1:03.58)	3:04.73 (1:07.45)
		4:12.12 (1:07.39)

Men 75-79 500 Yard Freestyle

=====		
ZONE: Z	6:43.59	4/21/2002 Roger Franks
NATL: !	6:03.87	5/8/2010 DAVID RADCLIFF
Name	Age Club	Finals
=====		
1 Brundage, Warner	76 VIRGINIA MASTERS	7:32.99
37.30	1:18.72 (41.42)	2:02.61 (43.89)
3:34.62 (46.42)	4:21.78 (47.16)	5:09.73 (47.95)
6:45.71 (48.14)	7:32.99 (47.28)	
2 Robinson, David	75 GERMANTOWN MARYL	8:18.43
44.03	1:34.18 (50.15)	2:26.51 (52.33)
4:11.27 (51.88)	5:03.31 (52.04)	5:55.61 (52.30)
7:35.67 (49.02)	8:18.43 (42.76)	
3 Frogley, Christopher	75 VIRGINIA MASTERS	9:21.50
49.64	1:45.51 (55.87)	2:44.06 (58.55)
4:39.12 (58.43)	5:36.75 (57.63)	6:35.08 (58.33)
8:29.69 (57.35)	9:21.50 (51.81)	

Men 75-79 1650 Yard Freestyle

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=====
ZONE: Z 23:50.03 4/21/2002 Roger Franks
NATL: ! 20:25.49 5/10/2009 DAVID RADCLIFF
Name Age Club Finals
=====
1 Kelleher, Joseph 77 VIRGINIA MASTERS 35:40.47
53.28 1:55.22 (1:01.94) 2:58.98 (1:03.76) 4:03.18 (1:04.20)
5:06.75 (1:03.57) 6:09.79 (1:03.04) 7:16.50 (1:06.71) 8:20.32 (1:03.82)
9:24.21 (1:03.89) 10:29.61 (1:05.40) 11:35.30 (1:05.69) 13:47.27 (2:11.97)
14:51.77 ( ) 15:56.04 (1:04.27) 17:01.03 (1:04.99)
18:07.36 (1:06.33) 19:11.94 (1:04.58) 20:15.77 (1:03.83) 21:21.72 (1:05.95)
22:27.92 (1:06.20) 23:34.15 (1:06.23) 24:42.02 (1:07.87) 25:47.12 (1:05.10)
26:52.86 (1:05.74) 27:59.59 (1:06.73) 29:05.17 (1:05.58) 30:11.91 (1:06.74)
32:26.85 ( ) 33:32.09 (1:05.24) 34:37.76 (1:05.67)
35:40.47 (1:02.71)

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Men 75-79 50 Yard Backstroke

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=====
ZONE: Z 35.98 4/15/2018 Howard Rolston, Gold Coast Maste
NATL: ! 31.47 1/12/2019 RICHARD BURNS
Name Age Club Finals
=====
1 Rolston, Howard 78 GOLD COAST MASTE 36.47
2 Sober, Harry 76 VIRGINIA MASTERS 36.96
3 Novell, Ken 76 VIRGINIA MASTERS 40.70
4 Brundage, Warner 76 VIRGINIA MASTERS 41.29
5 Robinson, David 75 GERMANTOWN MARYL 42.40
6 Pilette, Sterling 77 RESTON MASTERS S 56.28

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Men 75-79 100 Yard Backstroke

```

=====
ZONE: Z 1:17.17 4/21/2002 Roger Franks
NATL: ! 1:08.55 4/19/2009 BURWELL JONES
Name Age Club Finals
=====
1 Novell, Ken 76 VIRGINIA MASTERS 1:28.32
43.01 1:28.32 (45.31)
2 Brundage, Warner 76 VIRGINIA MASTERS 1:29.50
43.95 1:29.50 (45.55)
3 Hatchette, Michael 78 NEW ENGLAND MAST 2:29.28
1:09.71 2:29.28 (1:19.57)

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Men 75-79 200 Yard Backstroke

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=====
ZONE: Z 2:54.61 4/13/2003 Roger Franks
NATL: ! 2:31.41 4/17/2010 BURWELL JONES
Name Age Club Finals
=====
1 Brundage, Warner 76 VIRGINIA MASTERS 3:04.37
42.70 1:28.99 (46.29) 2:16.48 (47.49) 3:04.37 (47.89)
2 Robinson, David 75 GERMANTOWN MARYL 3:27.32
48.96 1:40.72 (51.76) 2:35.47 (54.75) 3:27.32 (51.85)
3 Horne, David 76 WARRENTON FAUQUI 5:08.70
1:12.04 3:54.16 ( ) 5:08.70 (1:14.54)

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Men 75-79 50 Yard Breaststroke

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=====
ZONE: Z 40.92 4/5/2014 Jerry Katz, Garden State Mas
NATL: ! 34.58 3/5/2017 MIKE FRESHLEY
Name Age Club Finals
=====

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1	Brundage, Warner	76	VIRGINIA MASTERS	45.03
2	Frogley, Christopher	75	VIRGINIA MASTERS	53.69
--	Pilette, Sterling	77	RESTON MASTERS S	DQ

One hand touch

Men 75-79 100 Yard Breaststroke

=====				
	ZONE: Z	1:37.14	4/12/2015	Louis Diamond, Montgomery Ancie
	NATL: !	1:16.74	9/18/2016	MIKE FRESHLEY
	Name		Age Club	Finals
=====				
1	Frogley, Christopher	75	VIRGINIA MASTERS	2:04.70
		1:00.01	2:04.70 (1:04.69)	

Men 75-79 50 Yard Butterfly

=====				
	ZONE: Z	33.48	4/14/2018	Harry Sober, Virginia Masters
	NATL: !	28.99	1/14/2017	MIKE FRESHLEY
	Name		Age Club	Finals
=====				
1	Sober, Harry	76	VIRGINIA MASTERS	34.76
2	Novell, Ken	76	VIRGINIA MASTERS	38.46
3	Zamon, Frederick	77	PATRIOT MASTERS	40.70
4	Pilette, Sterling	77	RESTON MASTERS S	56.90
5	Middleton, Paul	75	WARRENTON FAUQUI	1:02.68

Men 75-79 100 Yard Butterfly

=====				
	ZONE: Z	1:29.57	4/6/2014	Ahmed Hamada, Gold Coast Maste
	NATL: !	1:10.58	2/2/2019	RICHARD BURNS
	Name		Age Club	Finals
=====				
1	Zamon, Frederick	77	PATRIOT MASTERS	1:44.55
		47.03	1:44.55 (57.52)	

Men 75-79 200 Yard Butterfly

=====				
	ZONE: Z	3:36.42	4/5/2014	Ahmed Hamada, Gold Coast Maste
	NATL: !	2:58.65	4/2/2016	MIKE FRESHLEY
	Name		Age Club	Finals
=====				
--	Zamon, Frederick	77	PATRIOT MASTERS	DQ
	Alternating Kick			
		52.04	1:54.53 (1:02.49)	DQ (2:39.40)

Men 75-79 100 Yard IM

=====				
	ZONE: Z	1:18.91	4/9/2017	Howard Rolston, Gold Coast Maste
	NATL: !	1:08.68	9/18/2016	MIKE FRESHLEY
	Name		Age Club	Finals
=====				
1	Rolston, Howard	78	GOLD COAST MASTE	1:20.44
		35.80	1:20.44 (44.64)	
2	Sober, Harry	76	VIRGINIA MASTERS	1:20.80
		34.93	1:20.80 (45.87)	
3	Brundage, Warner	76	VIRGINIA MASTERS	1:28.66
		41.90	1:28.66 (46.76)	
4	Novell, Ken	76	VIRGINIA MASTERS	1:28.86
		40.57	1:28.86 (48.29)	
5	Zamon, Frederick	77	PATRIOT MASTERS	1:32.55
		42.24	1:32.55 (50.31)	
6	Hatchette, Michael	78	NEW ENGLAND MAST	2:24.08
		1:11.98	2:24.08 (1:12.10)	

Men 75-79 200 Yard IM

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=====
ZONE: Z 2:53.87 4/9/2016 Howard Rolston, Gold Coast Maste
NATL: ! 2:35.67 4/30/2016 MIKE FRESHLEY
Name Age Club Finals
=====
1 Rolston, Howard 78 GOLD COAST MASTE 3:05.21
38.33 1:26.67 (48.34) 2:21.69 (55.02) 3:05.21 (43.52)
2 Zamon, Frederick 77 PATRIOT MASTERS 3:32.28
46.11 1:40.15 (54.04) 2:44.43 (1:04.28) 3:32.28 (47.85)
3 Gaulrapp, Edward 76 VIRGINIA MASTERS 4:11.27
57.06 2:02.43 (1:05.37) 3:19.11 (1:16.68) 4:11.27 (52.16)
=====

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Men 80-84 50 Yard Freestyle

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=====
ZONE: Z 32.97 4/20/1997 Robert Knapp
NATL: ! 28.68 4/30/2017 FARRELL\FARRELL
Name Age Club Finals
=====
1 Hamada, Ahmed 80 GOLD COAST MASTE 32.74Z
2 Nicholas, David 82 VIRGINIA MASTERS 40.37
3 Nobbe, Nick 80 RESTON MASTERS S 46.25
=====

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Men 80-84 100 Yard Freestyle

```

=====
ZONE: Z 1:18.22 4/24/2010 Nickolas Demas, Garden State Mas
NATL: ! 1:04.60 5/3/2014 DAVID RADCLIFF
Name Age Club Finals
=====
1 Hamada, Ahmed 80 GOLD COAST MASTE 1:13.45Z
34.86 1:13.45 (38.59)
2 Nicholas, David 82 VIRGINIA MASTERS 1:32.74
3 Nobbe, Nick 80 RESTON MASTERS S 1:46.99
50.99 1:46.99 (56.00)
=====

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Men 80-84 200 Yard Freestyle

```

=====
ZONE: Z 3:10.55 4/20/1997 Robert Knapp
NATL: ! 2:23.60 4/12/2015 DAVID RADCLIFF
Name Age Club Finals
=====
1 Hamada, Ahmed 80 GOLD COAST MASTE 2:54.81Z
38.41 1:23.93 (45.52) 2:11.51 (47.58) 2:54.81 (43.30)
2 Nicholas, David 82 VIRGINIA MASTERS 3:23.56
44.78 1:36.26 (51.48) 2:29.44 (53.18) 3:23.56 (54.12)
3 Nobbe, Nick 80 RESTON MASTERS S 3:49.68
53.42 1:53.10 (59.68) 2:52.25 (59.15) 3:49.68 (57.43)
=====

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Men 80-84 500 Yard Freestyle

```

=====
ZONE: Z 8:04.31 4/15/2007 Roger Franks, 1776
NATL: ! 6:27.81 5/1/2014 DAVID RADCLIFF
Name Age Club Finals
=====
1 Hamada, Ahmed 80 GOLD COAST MASTE 8:23.40
1:27.98 ( ) 2:20.90 (52.92) 3:13.22 (52.32)
4:06.33 (53.11) 4:59.37 (53.04) 5:53.23 (53.86) 6:44.15 (50.92)
7:36.56 (52.41) 8:23.40 (46.84)
2 Nicholas, David 82 VIRGINIA MASTERS 9:34.99
50.36 1:43.84 (53.48) 2:42.02 (58.18) 3:40.14 (58.12)
4:38.65 (58.51) 5:38.59 (59.94) 6:37.87 (59.28) 7:36.43 (58.56)
8:36.98 (1:00.55) 9:34.99 (58.01)
=====

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3 Nobbe, Nick 80 RESTON MASTERS S 10:26.99
 59.03 2:04.47 (1:05.44) 3:11.96 (1:07.49) 4:16.80 (1:04.84)
 5:21.10 (1:04.30) 6:23.02 (1:01.92) 7:25.37 (1:02.35) 8:27.79 (1:02.42)
 9:29.31 (1:01.52) 10:26.99 (57.68)

Men 80-84 1000 Yard Freestyle

=====

ZONE: Z 17:49.00 4/26/1988 Gus Langner
 NATL: ! 13:10.14 5/1/2014 DAVID RADCLIFF

Name	Age	Club	Finals
1 Hamada, Ahmed	80	GOLD COAST MASTE	17:14.77Z
	41.43	2:23.13 (1:41.70)	3:15.59 ()
	4:07.09 (51.50)	4:59.92 (52.83)	5:53.09 (53.17)
	7:40.89 (54.61)	8:35.25 (54.36)	9:28.87 (53.62)
	11:13.74 (51.60)	12:05.22 (51.48)	12:58.67 (53.45)
	14:45.17 (53.08)	15:38.06 (52.89)	16:29.57 (51.51)
2 Nobbe, Nick	80	RESTON MASTERS S	20:18.49
	56.67	1:58.42 (1:01.75)	3:00.60 (1:02.18)
	5:05.74 (1:02.35)	6:07.24 (1:01.50)	7:09.07 (1:01.83)
	9:12.51 (1:01.73)	10:14.40 (1:01.89)	11:16.06 (1:01.66)
	13:19.19 (1:01.59)	14:20.60 (1:01.41)	15:20.99 (1:00.39)
	17:22.07 (1:00.24)	18:22.62 (1:00.55)	19:22.41 (59.79)
			20:18.49 (56.08)

Men 80-84 1650 Yard Freestyle

=====

ZONE: Z 30:18.27 5/2/1999 Jim Pendergrass
 NATL: ! 21:54.87 5/1/2014 DAVID RADCLIFF

Name	Age	Club	Finals
1 Nicholas, David	82	VIRGINIA MASTERS	35:17.18
	49.81	1:45.26 (55.45)	2:43.07 (57.81)
	4:40.40 (56.67)	5:38.67 (58.27)	6:39.10 (1:00.43)
	8:34.61 (56.79)	9:33.63 (59.02)	10:33.93 (1:00.30)
	13:44.90 ()	14:45.32 (1:00.42)	15:46.15 (1:00.83)
	17:57.32 (1:04.30)	19:58.60 (2:01.28)	21:06.06 (1:07.46)
	23:14.19 (1:02.09)	24:21.65 (1:07.46)	25:26.99 (1:05.34)
	27:31.30 (1:02.31)		29:45.23 ()
	30:56.73 ()	32:01.82 (1:05.09)	33:09.44 (1:07.62)
			35:17.18 (2:07.74)

Men 80-84 50 Yard Backstroke

=====

ZONE: Z 40.87 4/15/2007 Roger Franks, 1776
 NATL: ! 34.49 4/29/2016 YOSHI OYAKAWA

Name	Age	Club	Finals
1 Hamada, Ahmed	80	GOLD COAST MASTE	45.87
2 Nobbe, Nick	80	RESTON MASTERS S	1:04.19

Men 80-84 100 Yard Backstroke

=====

ZONE: Z 1:37.71 4/14/2012 Frank Manheim, Reston Masters S
 NATL: ! 1:15.69 3/11/2017 DAVID COSTILL

Name	Age	Club	Finals
1 Hamada, Ahmed	80	GOLD COAST MASTE	1:40.14
	47.75	1:40.14 (52.39)	

Men 80-84 50 Yard Breaststroke

=====

ZONE: Z 46.09 4/9/2016 David Nicholas, Lane 4 Swimming
 NATL: ! 37.74 3/12/2016 DAVID COSTILL

Name	Age	Club	Finals
------	-----	------	--------

1	Nicholas, David	82	VIRGINIA MASTERS	49.16
2	Nobbe, Nick	80	RESTON MASTERS S	1:09.26

Men 80-84 100 Yard Breaststroke

ZONE: Z 1:41.66 4/10/2016 David Nicholas, Lane 4 Swimming				
NATL: ! 1:24.10 2/14/2016 DAVID COSTILL				
	Name		Age Club	Finals
1	Nicholas, David	82	VIRGINIA MASTERS	1:56.48

Men 80-84 50 Yard Butterfly

ZONE: Z 46.45 4/20/1997 Robert Knapp				
NATL: ! 33.32 3/11/2017 DAVID COSTILL				
	Name		Age Club	Finals
1	Hamada, Ahmed	80	GOLD COAST MASTE	39.30Z

Men 80-84 100 Yard Butterfly

ZONE: Z 2:02.73 5/2/1999 Jim Pendergrass				
NATL: ! 1:22.34 4/8/2017 DAVID COSTILL				
	Name		Age Club	Finals
1	Hamada, Ahmed	80	GOLD COAST MASTE	1:41.01Z
		49.13	1:41.01 (51.88)	

Men 80-84 200 Yard Butterfly

ZONE: Z 5:18.37 5/9/1993 Jesse Coon				
NATL: ! 3:25.55 4/23/2006 THOMAS MAINE				
	Name		Age Club	Finals
1	Hamada, Ahmed	80	GOLD COAST MASTE	3:55.04Z
			1:52.46 () 2:55.66 (1:03.20)	3:55.04 (59.38)

Men 80-84 100 Yard IM

ZONE: Z 1:37.06 4/15/2012 Frank Manheim, Reston Masters S				
NATL: ! 1:14.86 4/16/2016 DAVID COSTILL				
	Name		Age Club	Finals
1	Hamada, Ahmed	80	GOLD COAST MASTE	1:30.44Z
		41.57	1:30.44 (48.87)	
2	Nobbe, Nick	80	RESTON MASTERS S	2:22.26
		1:10.40	2:22.26 (1:11.86)	

Women 18+ 200 Yard Freestyle Relay

ZONE: Z 1:41.60 2006 Terrapin Masters				
NATL: ! 1:35.66 4/30/2016 CLUB TRIBE ALUM				
G MIZERAK, S SHANER, C HURTUBISE, K GRIER				
	Club			Finals
--	E TEAM 'A'			DQ
	Early take-off swimmer #3			
	1) Sovik-Johnston, Amanda W38		2) Tourtual, Dorothy W67	
	3) Goldberg, Hillary W59		4) MacDonald, Emilie W19	
		29.15	1:02.40 (33.25)	DQ (1:00.05)

Women 18+ 400 Yard Freestyle Relay

=====
 ZONE: Z 3:35.45 4/10/2016 Club Tribe Alumni, Club Tribe Alumn
 C Hurtubise, K Grier, G Mizerak, S Shaner
 NATL: ! 3:35.45 4/10/2016 CLUB TRIBE ALUM
 C HURTUBISE, K GRIER, G MIZERAK, S SHANER
 =====

Club Finals

=====
 1 CLUB TRIBE 'A' 4:13.56
 1) Minzenmayer, Ellen W30 2) Wittsack, Hayley W33
 3) Wooley, Samantha W23 4) Maqueda, Victoria W26
 28.69 1:00.14 (1:00.14) 1:29.68 (29.54) 2:03.11 (1:02.97)
 2:34.80 (31.69) 3:12.17 (1:09.06) 3:40.48 (28.31) 4:13.56 (1:01.39)
 2 COLONIALS 1776 'B' 4:25.47
 1) Hug, Laurie W53 2) Uppstrom, Noreen W54
 3) Plimpton, Hannah W33 4) Schaffling, Staci W24
 30.57 1:03.35 (1:03.35) 1:37.07 (33.72) 2:13.42 (1:10.07)
 2:46.98 (33.56) 3:23.30 (1:09.88) 3:52.17 (28.87) 4:25.47 (1:02.17)
 =====

Women 18+ 800 Yard Freestyle Relay

=====
 ZONE: Z 8:01.73 4/14/2018 Club Tribe, Club Tribe
 A Wujciak, L Schwartz, E Ryczek, S Greene
 NATL: ! 7:55.34 3/29/2009 RED TIDE OF NYC
 K MOUGHTY, S UPTON, J KELSEY, K GARY
 =====

Club Finals

=====
 1 CLUB TRIBE 'A' 7:59.09Z
 1) Wujciak, Anna W24 2) Grier, Katie W40
 3) Ryczek, Emily W25 4) Mulquin, Catherine W24
 27.09 56.30 (56.30) 1:26.07 (1:26.07) 1:55.70 (1:55.70)
 2:22.89 (27.19) 2:52.75 (57.05) 3:23.54 (1:27.84) 3:53.55 (1:57.85)
 4:20.75 (27.20) 4:51.69 (58.14) 5:23.11 (1:29.56) 5:54.61 (2:01.06)
 6:22.15 (27.54) 6:53.42 (58.81) 7:26.36 (1:31.75) 7:59.09 (2:04.48)
 =====

Women 18+ 200 Yard Medley Relay

=====
 ZONE: Z 1:52.82 4/7/2018 Club Tribe
 A Wujciak, L Schwartz, K Gass, E Ryczek
 NATL: ! 1:45.34 4/24/2015 THE OLYMPIC CLU
 A SENKO, K MCGRAW, K KASTES, K MURPHY
 =====

Club Finals

=====
 1 CLUB TRIBE 'A' 1:48.40Z
 1) Mulquin, Catherine W24 2) Schwartz, Laura W24
 3) Mizerak, Gabrielle W27 4) Wujciak, Anna W24
 27.38 58.25 (30.87) 1:24.06 (25.81) 1:48.40 (24.34)
 2 E TEAM 'A' 2:23.54
 1) Goldberg, Hillary W59 2) Bobbin, Esther W36
 3) MacDonald, Emilie W19 4) Tourtual, Dorothy W67
 42.98 1:23.56 (40.58) 1:51.52 (27.96) 2:23.54 (32.02)
 =====

Women 18+ 400 Yard Medley Relay

=====
 ZONE: Z 4:03.73 4/4/2004 Terrapin Masters
 NATL: ! 3:56.63 4/8/2017 MARCIA'S ENTHUS
 T CHOY, P YAMAUCHI, A SIMS, C BREED
 =====

Club Finals

=====
 1 CLUB TRIBE 'A' 4:14.87
 1) Mizerak, Gabrielle W27 2) Schwartz, Laura W24
 3) Greene, Shannon W33 4) Maqueda, Victoria W26
 29.30 1:01.50 (1:01.50) 1:33.33 (31.83) 2:09.44 (1:07.94)
 2:40.26 (30.82) 3:15.37 (1:05.93) 3:43.57 (28.20) 4:14.87 (59.50)
 =====

2 COLONIALS 1776 'A' 5:20.72
 1) Uppstrom, Noreen W54 2) Plimpton, Hannah W33
 3) Schaffling, Staci W24 4) Watts, Sue W64
 37.91 1:17.71 (1:17.71) 1:59.14 (41.43) 2:44.98 (1:27.27)
 3:21.83 (36.85) 4:06.41 (1:21.43) 4:42.49 (36.08) 5:20.72 (1:14.31)

Women 25+ 200 Yard Freestyle Relay

=====

ZONE: Z 1:38.28 4/14/2018 Club Tribe, Club Tribe
 G Miserak, S Shaner, K Gass, K Grier
 NATL: ! 1:35.01 4/25/2015 THE OLYMPIC CLU
 O'DONNELL-MCCARTH, K KASTES, M GILL, K RAATZ

Club Finals

=====

1 VIRGINIA MASTERS SWIM TEAM 'A' 2:00.27
 1) Adams, Gail W25 2) Letendre, Denise W30
 3) Latimer, Rebecca W37 4) Letendre, Claire W33
 32.37 59.21 (26.84) 1:30.72 (31.51) 2:00.27 (29.55)
 2 FREEDOM AQUATIC CLUB 'A' 3:23.95
 1) Purnell-Sayle, Richena W33 2) RO, Duk W59
 3) Pierce, Jennifer W35 4) Clark, Debra W64
 58.84 1:39.22 (40.38) 2:11.13 (31.91) 3:23.95 (1:12.82)

Women 25+ 800 Yard Freestyle Relay

=====

ZONE: Z 8:03.09 4/24/2010 Red Tide
 J Kelsey, T Shpaizer, S Wager, K Gary
 NATL: ! 7:43.29 2/23/2013 RED TIDE OF NYC
 B O'CONNOR, W SPRAGUE, K GARY, K VANDENBERG

Club Finals

=====

1 CLUB TRIBE 'B' 8:48.97
 1) Greene, Shannon W33 2) Minzenmayer, Ellen W30
 3) Wittsack, Hayley W33 4) Kulczycki, Shaina W25
 29.07 1:00.88 (1:00.88) 1:33.73 (1:33.73) 2:06.83 (2:06.83)
 2:36.58 (29.75) 3:10.05 (1:03.22) 3:45.14 (1:38.31) 4:19.95 (2:13.12)
 4:51.08 (31.13) 5:26.09 (1:06.14) 6:03.16 (1:43.21) 6:41.19 (2:21.24)
 7:10.00 (28.81) 7:42.86 (1:01.67) 8:16.48 (1:35.29) 8:48.97 (2:07.78)
 2 VIRGINIA MASTERS SWIM TEAM 'A' 10:01.10
 1) Latimer, Rebecca W37 2) Miller, Patricia W58
 3) Letendre, Denise W30 4) Jaeger, Debbie W56
 33.91 1:13.21 (1:13.21) 1:54.94 (1:54.94) 2:36.59 (2:36.59)
 3:12.72 (36.13) 3:52.94 (1:16.35) 4:33.66 (1:57.07) 5:13.41 (2:36.82)
 5:42.74 (29.33) 6:15.51 (1:02.10) 6:48.95 (1:35.54) 7:22.04 (2:08.63)
 7:58.16 (36.12) 8:38.72 (1:16.68) 9:20.42 (1:58.38) 10:01.10 (2:39.06)

Women 25+ 200 Yard Medley Relay

=====

ZONE: Z 1:50.68 4/15/2007 Curl-Burke Swim Club
 S Peterson, E Betts, A Adams, L Lauwaert
 NATL: ! 1:45.01 5/4/2008 SOUTHERN METHOD
 L OBERSTAR-BROWN, K MCCLELLAND, L HOLT, D DIEZI

Club Finals

=====

1 CLUB TRIBE 'B' 1:54.38
 1) Kulczycki, Shaina W25 2) Thomas, Ruth Anne W38
 3) Greene, Shannon W33 4) Ryczek, Emily W25
 28.94 1:00.53 (31.59) 1:29.50 (28.97) 1:54.38 (24.88)
 2 FREEDOM AQUATIC CLUB 'A' 2:30.07
 1) Cameron, Terri W54 2) Comune, Tracey W40
 3) Algera, Bonnie W42 4) DeVito, Christina W34
 41.02 1:20.36 (39.34) 1:56.27 (35.91) 2:30.07 (33.80)

Women 25+ 400 Yard Medley Relay

ZONE: Z 4:00.63 4/8/2017 Club Tribe, Club Tribe
 A Czaplicki, K Harris, M Falcone, K Grier
 NATL: ! 4:00.63 4/8/2017 CLUB TRIBE
 A CZAPLICKI, K HARRIS, M FALCONE, K GRIER

Club Finals

1 VIRGINIA MASTERS SWIM TEAM 'A'					4:45.45
1) Adams, Gail W25			2) Miller, Patricia W58		
3) Letendre, Denise W30			4) Letendre, Claire W33		
	34.86	1:12.64 (1:12.64)		1:52.29 (39.65)	2:36.16 (1:23.52)
	3:05.78 (29.62)	3:39.69 (1:03.53)		4:10.76 (31.07)	4:45.45 (1:05.76)
-- RESTON MASTERS SWIM TEAM 'B'					DQ
Other					
1) Shapiro, Margaret W42			2) Wetzell, Denise W53		
3) Bass, Amy W48			4) VanDoren, Sarah W27		
	35.38	1:12.23 (1:12.23)		1:51.46 (39.23)	2:35.51 (1:23.28)
	3:07.87 (32.36)	3:48.49 (1:12.98)		4:05.66 (17.17)	DQ (1:05.54)

Women 35+ 200 Yard Freestyle Relay

ZONE: Z 1:46.45 2001 Metro
 NATL: ! 1:36.42 2/1/2015 NCMS
 K LINDAUER, A UHL, J STRINGER, E BRAUN

Club Finals

1 CLUB TRIBE 'A'					1:41.49Z
1) Thomas, Ruth Anne W38			2) Choe, Michele W41		
3) Gass, Krista W40			4) Grier, Katie W40		
	26.34	52.58 (26.24)		1:18.00 (25.42)	1:41.49 (23.49)
2 ALEXANDRIA MASTERS SWIMMING 'A'					1:50.67
1) Gauzens, Stephanie W35			2) Jakubchak, Lindsey W36		
3) Fox, Amy W36			4) McWilliams, Katie W35		
	28.10	56.31 (28.21)		1:24.33 (28.02)	1:50.67 (26.34)
3 LANDSHARK MASTERS 'A'					1:52.29
1) Roberts, Cynthia W37			2) Flickinger, Erica W40		
3) Orben, Erin W35			4) Messenlehner, Carina W43		
	27.50	56.96 (29.46)		1:23.84 (26.88)	1:52.29 (28.45)
4 LANE 4 SWIMMING 'A'					2:09.09
1) Duquette, Bobbe W65			2) Becker, Marlene W54		
3) Bozeman, Lesley W37			4) Krause, Dori W50		
	35.51	1:06.90 (31.39)		1:41.86 (34.96)	2:09.09 (27.23)
5 RESTON MASTERS SWIM TEAM 'A'					2:54.23
1) Donahue, Kendall W46			2) Manheim, Lucy W76		
3) Ayvaz, Meliha W42			4) Kidd, Sally W57		
	40.29	1:28.67 (48.38)		2:08.95 (40.28)	2:54.23 (45.28)

Women 35+ 400 Yard Freestyle Relay

ZONE: Z 3:55.51 2000 Colonials 1776
 NATL: ! 3:34.28 3/29/2014 NORTH CAROLINA
 K LINDAUER, J STRINGER, A UHL, E BRAUN

Club Finals

1 LANDSHARK MASTERS 'A'					3:57.47
1) Krause, Mary Kay W41			2) Messenlehner, Carina W43		
3) Roberts, Cynthia W37			4) Orben, Erin W35		
	28.03	58.26 (58.26)		1:27.16 (28.90)	1:59.59 (1:01.33)
	2:28.28 (28.69)	2:59.61 (1:00.02)		3:27.40 (27.79)	3:57.47 (57.86)
2 RESTON MASTERS SWIM TEAM 'B'					4:21.36
1) Shapiro, Margaret W42			2) Bass, Amy W48		
3) Wetzell, Denise W53			4) McNamara, Beth W53		

30.11 1:02.09 (1:02.09) 1:32.59 (30.50) 2:04.71 (1:02.62)
 2:37.36 (32.65) 3:14.54 (1:09.83) 3:46.57 (32.03) 4:21.36 (1:06.82)

Women 35+ 800 Yard Freestyle Relay

=====

ZONE: Z 8:37.23 2002 Virginia
 NATL: ! 7:58.40 1/31/2015 NCMS
 E BRAUN, J STRINGER, A UHL, K LINDAUER

Club Finals

=====

1 LANDSHARK MASTERS 'A' 9:07.97
 1) Krause, Mary Kay W41 2) Lovett, Mandy W44
 3) Flickinger, Erica W40 4) Roberts, Cynthia W37
 29.99 1:02.32 (1:02.32) 1:35.45 (1:35.45) 2:08.65 (2:08.65)
 2:42.43 (33.78) 3:19.34 (1:10.69) 3:56.97 (1:48.32) 4:33.62 (2:24.97)
 5:06.49 (32.87) 5:42.22 (1:08.60) 6:19.16 (1:45.54) 6:55.58 (2:21.96)
 7:25.02 (29.44) 7:59.24 (1:03.66) 8:34.24 (1:38.66) 9:07.97 (2:12.39)

2 LANE 4 SWIMMING 'A' 10:29.81
 1) Butler, Maura W42 2) Janas, Janet W58
 3) Becker, Marlene W54 4) Ihrig, Ylva W49
 37.85 1:20.45 (1:20.45) 2:04.87 (2:04.87) 2:48.67 (2:48.67)
 3:27.05 (38.38) 4:07.87 (1:19.20) 4:50.77 (2:02.10) 5:40.12 (2:51.45)
 6:47.32 (1:07.20) 7:26.45 (1:46.33) 8:05.00 (2:24.88)
 8:38.06 (33.06) 9:14.67 (1:09.67) 9:52.88 (1:47.88) 10:29.81 (2:24.81)

Women 35+ 200 Yard Medley Relay

=====

ZONE: Z 1:58.26 2000 Colonials 1776
 NATL: ! 1:48.55 5/14/2006 COLORADO MASTER
 S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER

Club Finals

=====

1 CLUB TRIBE 'C' 1:55.50Z
 1) Grier, Katie W40 2) Harris, Kristen W42
 3) Choe, Michele W41 4) Gass, Krista W40
 28.23 1:00.27 (32.04) 1:28.79 (28.52) 1:55.50 (26.71)

2 LANDSHARK MASTERS 'A' 2:09.42
 1) Krause, Mary Kay W41 2) Lovett, Mandy W44
 3) Roberts, Cynthia W37 4) Messenlehner, Carina W43
 33.25 1:11.20 (37.95) 1:40.95 (29.75) 2:09.42 (28.47)

3 LANE 4 SWIMMING 'A' 2:41.53
 1) Bowman, Branka W53 2) Palfey, Janet W60
 3) Krause, Dori W50 4) Bozeman, Lesley W37
 47.19 1:34.94 (47.75) 2:06.67 (31.73) 2:41.53 (34.86)

4 RESTON MASTERS SWIM TEAM 'A' 3:19.71
 1) Manheim, Lucy W76 2) Donahue, Kendall W46
 3) Ayvaz, Meliha W42 4) Weigand, Elizabeth W56
 1:02.80 1:55.23 (52.43) 2:47.35 (52.12) 3:19.71 (32.36)

Women 35+ 400 Yard Medley Relay

=====

ZONE: Z 4:15.70 2000 Colonials 1776
 NATL: ! 4:04.48 2/1/2015 NCMS
 J STRINGER, K LINDAUER, A UHL, E BRAUN

Club Finals

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1 ALEXANDRIA MASTERS SWIMMING 'A' 4:27.12
 1) Gauzens, Stephanie W35 2) Jakubchak, Lindsey W36
 3) Fox, Amy W36 4) McWilliams, Katie W35
 33.41 1:08.78 (1:08.78) 1:44.06 (35.28) 2:24.00 (1:15.22)
 2:53.93 (29.93) 3:29.47 (1:05.47) 3:57.06 (27.59) 4:27.12 (57.65)

2 LANDSHARK MASTERS 'A' 4:36.55
 1) Krause, Mary Kay W41 2) Lovett, Mandy W44

3) Orben, Erin W35	4) Messenlehner, Carina W43				
34.32	1:09.11 (1:09.11)	1:47.69 (38.58)	2:30.81 (1:21.70)		
3:00.96 (30.15)	3:35.59 (1:04.78)	4:04.09 (28.50)	4:36.55 (1:00.96)		
3 FREEDOM AQUATIC CLUB 'A'			5:33.38		
1) Cameron, Terri W54	2) Calobong-Pierce, Carol Lynn W61				
3) Pierce, Jennifer W35	4) Algera, Bonnie W42				
41.62	1:24.72 (1:24.72)	2:09.02 (44.30)	3:00.43 (1:35.71)		
3:37.42 (36.99)	4:26.60 (1:26.17)	4:58.70 (32.10)	5:33.38 (1:06.78)		

Women 45+ 200 Yard Freestyle Relay

=====					
ZONE: Z	1:51.84	2003 Virginia			
NATL: !	1:40.44	4/30/2011 COLORADO MASTER			
		K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE			
Club					Finals
=====					
1 COLONIALS 1776 'B'					2:07.23
1) Figenshu, Susan W64	2) Watts, Sue W64				
3) Uppstrom, Noreen W54	4) Hug, Laurie W53				
33.48	1:05.79 (32.31)	1:37.42 (31.63)	2:07.23 (29.81)		
2 RESTON MASTERS SWIM TEAM 'B'					2:28.38
1) Kirwan, Denise W67	2) Bennett, Ruth W72				
3) Nelson, Tanja W49	4) Flynn, Merri W59				
32.54	1:09.04 (36.50)	2:28.38 (1:19.34)			

Women 45+ 400 Yard Freestyle Relay

=====					
ZONE: Z	4:13.71	4/12/2015 Reston Masters Swim Team, Reston Masters S			
		K Brightwell, L Groves, M Johnson, M Dawson			
NATL: !	3:53.33	5/9/2015 SARASOTA YMCA			
		S BUXTON, L CARMICHAEL, J TAFUTO, S TAORMINA			
Club					Finals
=====					
1 RESTON MASTERS SWIM TEAM 'A'					4:20.53
1) Garcia, Pauline W46	2) Groves, Lisa W53				
3) Brightwell, Kim W59	4) Johnson, Mindy W55				
29.84	1:02.65 (1:02.65)	1:19.51 (16.86)	2:09.47 (1:06.82)		
2:42.22 (32.75)	3:18.38 (1:08.91)	3:48.64 (30.26)	4:20.53 (1:02.15)		

Women 45+ 800 Yard Freestyle Relay

=====					
ZONE: Z	9:19.05	4/8/2017 Colonials 1776, Colonials 1776			
		S Saucy, V Swanson, B Burke, L Hug			
NATL: !	8:39.13	4/13/2008 WALNUT CREEK MA			
		M CURRAN, L VIDAL, L SULLIVAN, C O'BRIEN			
Club					Finals
=====					
1 COLONIALS 1776 'A'					9:39.12
1) Hug, Laurie W53	2) Burke, Barbara W57				
3) Swanson, Vibeke W57	4) Saucy, Stephanie W55				
31.77	1:07.54 (1:07.54)	1:43.82 (1:43.82)	2:18.95 (2:18.95)		
2:53.20 (34.25)	3:32.61 (1:13.66)	4:12.72 (1:53.77)	5:00.31 (2:41.36)		
5:24.75 (24.44)	6:01.39 (1:01.08)	6:39.27 (1:38.96)	7:15.68 (2:15.37)		
7:47.79 (32.11)	8:24.16 (1:08.48)	9:01.88 (1:46.20)	9:39.12 (2:23.44)		

Women 45+ 200 Yard Medley Relay

=====					
ZONE: Z	2:03.64	4/15/2012 Patriot Masters Swim Team			
		B Clifford-Dicks, K Toner, L Livingston, C Ward			
NATL: !	1:51.83	5/12/2018 NORTH CAROLINA			
		J BUCKLEY, S DUNN, E BRAUN, A HOLLAND			
Club					Finals
=====					

1 COLONIALS 1776 'B'		2:20.12
1) Uppstrom, Noreen W54	2) Hug, Laurie W53	
3) Figenshu, Susan W64	4) Watts, Sue W64	
34.91	1:12.46 (37.55)	1:47.90 (35.44) 2:20.12 (32.22)
2 RESTON MASTERS SWIM TEAM 'B'		2:52.77
1) Kirwan, Denise W67	2) Greenfield Sheehee, Heather W52	
3) Flynn, Merri W59	4) Li, Eileen W58	
38.69	1:24.49 (45.80)	2:09.48 (44.99) 2:52.77 (43.29)

Women 45+ 400 Yard Medley Relay

=====

ZONE: Z 4:41.88 4/11/2015 Reston Masters Swim Team
 K Brightwell, L Groves, M Johnson, M Dawson

NATL: ! 4:12.53 4/11/2010 OREGON REIGN MA
 V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES

Club Finals

=====

1 RESTON MASTERS SWIM TEAM 'A'		4:54.41
1) Brightwell, Kim W59	2) Groves, Lisa W53	
3) Johnson, Mindy W55	4) Garcia, Pauline W46	
35.38	1:10.93 (1:10.93)	1:49.20 (38.27) 2:33.86 (1:22.93)
3:09.85 (35.99)	3:51.05 (1:17.19)	4:21.46 (30.41) 4:54.41 (1:03.36)

Women 55+ 200 Yard Freestyle Relay

=====

ZONE: Z 2:00.30 4/14/2018 Colonials 1776, Colonials 1776
 M Wolff, B Burke, S Watts, V Swanson

NATL: ! 1:45.60 4/29/2017 PALM BEACH MAST
 K PIPES, E JONES, K TREIBLE SLATON, C WENZEL

Club Finals

=====

1 COLONIALS 1776 'A'		1:57.33Z
1) Wolff, Melinda W66	2) Burke, Barbara W57	
3) Saucy, Stephanie W55	4) Swanson, Vibeke W57	
28.90	59.11 (30.21)	1:28.28 (29.17) 1:57.33 (29.05)

Women 55+ 400 Yard Freestyle Relay

=====

ZONE: Z 4:42.36 1997 DC Masters

NATL: ! 4:04.74 2/13/2016 UCLA BRUIN MAST
 J HIRSTY, C CIRAULO, J COOK, V HIBBEN

Club Finals

=====

1 COLONIALS 1776 'A'		4:26.59Z
1) Burke, Barbara W57	2) Watts, Sue W64	
3) Swanson, Vibeke W57	4) Saucy, Stephanie W55	
31.67	1:06.69 (1:06.69)	1:41.01 (34.32) 2:18.04 (1:11.35)
2:49.08 (31.04)	3:22.98 (1:04.94)	3:52.95 (29.97) 4:26.59 (1:03.61)

Women 55+ 200 Yard Medley Relay

=====

ZONE: Z 2:17.75 4/12/2015 Colonials 1776
 C Mccloskey, M Wolff, S Figenshu, S Watts

NATL: ! 1:59.24 4/29/2017 PALM BEACH MAST
 K PIPES, C WENZEL, E JONES, K TREIBLE SLATON

Club Finals

=====

1 COLONIALS 1776 'A'		2:12.18Z
1) Swanson, Vibeke W57	2) Wolff, Melinda W66	
3) Burke, Barbara W57	4) Saucy, Stephanie W55	
33.10	1:10.94 (37.84)	1:43.25 (32.31) 2:12.18 (28.93)

Women 65+ 200 Yard Freestyle Relay

=====
ZONE: Z 2:20.56 2008 Virginia
NATL: ! 2:09.98 4/25/2015 PUGET SOUND MAS
S PREISSLER, T LECLERCQ, K CARRUTHERS, S WELCH
Club Finals

1 VIRGINIA MASTERS SWIM TEAM 'B' 2:13.33Z
1) Lyttle, Ann W71 2) Loftus-Charley, Shirley W67
3) Barry, Marcia W70 4) Boslego, Barbara W67
33.57 1:04.96 (31.39) 1:39.24 (34.28) 2:13.33 (34.09)

Women 65+ 400 Yard Freestyle Relay

=====
ZONE: Z 5:19.35 4/13/2008 Virginia
NATL: ! 4:45.12 5/6/2017 VIRGINIA MASTER
S LOFTUS-CHARLEY, K UMBDENSTOCK, B BOSLEGO, M BARR
Club Finals

1 VIRGINIA MASTERS SWIM TEAM 'A' 4:57.29Z
1) Barry, Marcia W70 2) Boslego, Barbara W67
3) Loftus-Charley, Shirley W67 4) Lyttle, Ann W71
36.56 1:15.95 (1:15.95) 1:52.61 (36.66) 2:36.42 (1:20.47)
3:07.53 (31.11) 3:44.33 (1:07.91) 4:19.50 (35.17) 4:57.29 (1:12.96)

Women 65+ 800 Yard Freestyle Relay

=====
ZONE: Z 12:03.97 2008 Virginia
NATL: ! 10:23.97 5/6/2017 VIRGINIA MASTER
B BOSLEGO, M BARRY, K UMBDENSTOCK, S LOFTUS-CHARLE
Club Finals

1 VIRGINIA MASTERS SWIM TEAM 'B' 10:42.29Z
1) Boslego, Barbara W67 2) Barry, Marcia W70
3) Lyttle, Ann W71 4) Loftus-Charley, Shirley W67
38.13 1:21.55 (1:21.55) 2:05.73 (2:05.73) 2:49.25 (2:49.25)
3:16.90 (27.65) 4:08.08 (1:18.83) 4:50.03 (2:00.78) 5:30.72 (2:41.47)
6:07.36 (36.64) 6:49.09 (1:18.37) 7:30.90 (2:00.18) 8:13.09 (2:42.37)
8:47.23 (34.14) 9:25.58 (1:12.49) 10:04.39 (1:51.30) 10:42.29 (2:29.20)

Women 65+ 200 Yard Medley Relay

=====
ZONE: Z 2:35.40 4/23/2005 Virginia Masters Swim Team
L Adams, J Leilich, L Griffin, J Detrick
NATL: ! 2:28.14 2/4/2017 VIRGINIA MASTER
M BARRY, B BOSLEGO, S LOFTUS-CHARLEY, K UMBDENSTOC
Club Finals

1 VIRGINIA MASTERS SWIM TEAM 'A' 2:37.25
1) Barry, Marcia W70 2) Boslego, Barbara W67
3) Loftus-Charley, Shirley W67 4) Lyttle, Ann W71
40.77 1:26.53 (45.76) 2:03.14 (36.61) 2:37.25 (34.11)

Women 65+ 400 Yard Medley Relay

=====
ZONE: Z 5:54.65 4/24/2005 Virginia Masters SwimTeam
NATL: ! 5:27.83 5/6/2017 VIRGINIA MASTER
M BARRY, B BOSLEGO, S LOFTUS-CHARLEY, K UMBDENSTOC
Club Finals

1 VIRGINIA MASTERS SWIM TEAM 'B' 5:44.60Z
1) Barry, Marcia W70 2) Boslego, Barbara W67
3) Loftus-Charley, Shirley W67 4) Lyttle, Ann W71
43.93 1:29.02 (1:29.02) 2:17.16 (48.14) 3:10.59 (1:41.57)

3:48.85 (38.26) 4:32.64 (1:22.05) 5:07.10 (34.46) 5:44.60 (1:11.96)

Men 18+ 200 Yard Freestyle Relay

=====

ZONE: Z 1:26.42 1991 TA "A"
NATL: ! 1:18.32 5/22/2010 NORTH CAROLINA
N BRUNELLI, C JONES, N WESTBY, J SKUBA

Club	Finals
1 TIDE SWIMMING 'A'	1:26.28Z
1) Verheul, Dirk M25	2) Burton, Logan M23
3) Dean, Deion M23	4) Pierce, Harrison M23
22.01 42.97 (20.96)	1:05.35 (22.38)
	1:26.28 (20.93)
2 CLUB TRIBE 'A'	1:30.89
1) Bulakul, Sirin M31	2) Wang, Chris M23
3) Stamps, Nathan M27	4) Bell, David M43
22.01 43.91 (21.90)	1:08.22 (24.31)
	1:30.89 (22.67)
3 LANE 4 SWIMMING 'A'	1:37.07
1) Ledecy, Michael M24	2) Andrew, Jason M42
3) Vaughan, Max M25	4) Compton, Taylor M30
23.69 49.99 (26.30)	1:15.23 (25.24)
	1:37.07 (21.84)
4 CENTRAL MARYLAND YMCA MASTERS 'A'	1:39.21
1) Ruckdeschel, Jonathan M50	2) Walker, Adam M28
3) Meek, Parker M22	4) Hinz, Brian M45
23.60 47.89 (24.29)	1:12.48 (24.59)
	1:39.21 (26.73)
5 ALEXANDRIA MASTERS SWIMMING 'A'	1:40.27
1) Bingaman, Cory M44	2) Bales, Paul M60
3) Murphy, Eric M23	4) Taylor, Tim M32
25.15 50.68 (25.53)	1:15.04 (24.36)
	1:40.27 (25.23)
6 PATRIOT MASTERS SWIM TEAM 'A'	1:51.11
1) Gibson, Justin M25	2) Glover, Josh M23
3) Veatch, Richard M24	4) Messaros, Joey M21
24.80 49.55 (24.75)	1:18.14 (28.59)
	1:51.11 (32.97)

Men 18+ 400 Yard Freestyle Relay

=====

ZONE: Z 3:04.86 4/15/2018 Club Tribe, Club Tribe
A Greenhalgh, L Bureau, K Loughran, K Gallagher
NATL: ! 3:01.60 2/13/2016 GOLDEN ROAD AQU
M MARSHALL, N KORTH, M JABEN, T COX

Club	Finals
1 CLUB TRIBE 'A'	3:13.23
1) Henderson, James M24	2) Wang, Chris M23
3) Glass, Austin M24	4) Bulakul, Sirin M31
23.22 48.42 (48.42)	1:10.79 (22.37)
1:58.74 (23.13)	2:25.01 (49.40)
	2:47.96 (22.95)
	3:13.23 (48.22)
2 LANE 4 SWIMMING 'A'	3:30.42
1) Ledecy, Michael M24	2) Bower, Matthew M44
3) Vaughan, Max M25	4) Compton, Taylor M30
24.32 51.13 (51.13)	1:16.09 (24.96)
2:11.78 (28.20)	2:41.76 (58.18)
	3:04.40 (22.64)
	3:30.42 (48.66)
3 ALEXANDRIA MASTERS SWIMMING 'A'	3:46.72
1) Taylor, Tim M32	2) Bingaman, Cory M44
3) Murphy, Eric M23	4) Bales, Paul M60
26.95 58.01 (58.01)	1:24.17 (26.16)
2:19.07 (26.14)	2:47.69 (54.76)
	3:15.93 (28.24)
	3:46.72 (59.03)

Men 18+ 200 Yard Medley Relay

=====

ZONE: Z 1:36.73 4/7/2018 Club Tribe
J Henderson, C Head, a Glass, L Bureau
NATL: ! 1:26.71 5/2/2014 THE OLYMPIC CLU

A SAETA, N KOON, N ADRIAN, A ERVIN

Club					Finals
1 CLUB TRIBE 'A'					1:34.56Z
1) Glover, Bob M24			2) Montes de Oca, Alex M24		
3) Elsaesser, Evan M34	24.33	50.46 (26.13)	4) Greenhalgh, Andrew M23	1:12.78 (22.32)	1:34.56 (21.78)
2 ALEXANDRIA MASTERS SWIMMING 'A'					1:57.70
1) Mirt, Chad M45			2) Taylor, Tim M32		
3) Bingaman, Cory M44	29.64	1:03.65 (34.01)	4) Murphy, Eric M23	1:31.58 (27.93)	1:57.70 (26.12)
3 PATRIOT MASTERS SWIM TEAM 'A'					2:00.05
1) Grecco, Paul M57			2) Glover, Josh M23		
3) Veatch, Richard M24	33.67	1:03.69 (30.02)	4) Farello, Paul M51	1:34.65 (30.96)	2:00.05 (25.40)

Men 18+ 400 Yard Medley Relay

Club					Finals
ZONE: Z 3:39.04 4/24/2005 Terrapin Masters					
NATL: ! 3:24.55 4/2/2016 ARIZONA MASTERS					
D ADALSTEINSSON, D KNITTLE, B CREAGER, Z DALBY					
1 CLUB TRIBE 'A'					3:36.99Z
1) Glover, Bob M24			2) McGuire, Daniel M28		
3) Elsaesser, Evan M34	25.98	53.61 (53.61)	4) Greenhalgh, Andrew M23	1:22.90 (29.29)	1:58.25 (1:04.64)
	2:22.25 (24.00)	2:50.34 (52.09)		3:12.86 (22.52)	3:36.99 (46.65)
2 RESTON MASTERS SWIM TEAM 'B'					4:40.22
1) Koons, Andrew M26			2) Callaway, Jack M24		
3) Thomasian, Aram M33	32.22	1:05.66 (1:05.66)	4) Belyea, David M58	1:42.67 (37.01)	2:25.67 (1:20.01)
	2:56.87 (31.20)	3:34.11 (1:08.44)		4:04.90 (30.79)	4:40.22 (1:06.11)

Men 25+ 200 Yard Freestyle Relay

Club					Finals
ZONE: Z 1:24.75 4/14/2018 Club Tribe, Club Tribe					
K Gallagher, K Loughran, C Fay, S Glass					
NATL: ! 1:19.71 4/7/2018 RICE AQUATICS					
W WAGNER, A SURHOFF, D HILL, B COLLINS					
1 MERRITT MARLINS 'A'					1:49.96
1) Mandour, Saleh M65			2) Joubert, Kevin M46		
3) Connell, Allan M29	35.38	1:01.39 (26.01)	4) VanRoden, Jack M28	1:26.60 (25.21)	1:49.96 (23.36)
2 COLONIALS 1776 'A'					1:53.89
1) Meyer, Geoffrey M67			2) Hoffman, Charles M68		
3) Dougherty, Stephen M67	28.58	59.12 (30.54)	4) Schaffling, Eric M27	1:28.79 (29.67)	1:53.89 (25.10)
3 CLUB TRIBE 'D'					2:10.58
1) Martinez, Tylor M25			2) Massonneau, Christopher M60		
3) Romano, Vince M72	26.15	58.32 (32.17)	4) Harper, Bill M51	1:35.22 (36.90)	2:10.58 (35.36)

Men 25+ 400 Yard Freestyle Relay

Club					Finals
ZONE: Z 3:09.74 4/21/2013 Fairfax County Masters					
M Bazylewicz, M Veintimilla, K Loughran, S Bulakul					
NATL: ! 2:56.95 4/8/2018 RICE AQUATICS					
W WAGNER, A SURHOFF, B COLLINS, D HILL					
1 MERRITT MARLINS 'A'					1:49.96
1) Mandour, Saleh M65			2) Joubert, Kevin M46		
3) Connell, Allan M29	35.38	1:01.39 (26.01)	4) VanRoden, Jack M28	1:26.60 (25.21)	1:49.96 (23.36)
2 COLONIALS 1776 'A'					1:53.89
1) Meyer, Geoffrey M67			2) Hoffman, Charles M68		
3) Dougherty, Stephen M67	28.58	59.12 (30.54)	4) Schaffling, Eric M27	1:28.79 (29.67)	1:53.89 (25.10)
3 CLUB TRIBE 'D'					2:10.58
1) Martinez, Tylor M25			2) Massonneau, Christopher M60		
3) Romano, Vince M72	26.15	58.32 (32.17)	4) Harper, Bill M51	1:35.22 (36.90)	2:10.58 (35.36)

1	RESTON MASTERS SWIM TEAM 'B'				3:40.21
	1) Thomasian, Aram M33		2) Swift, Rory M33		
	3) Koons, Andrew M26		4) Baldwin, Craig M44		
	28.19	58.63 (58.63)	1:24.75 (26.12)	1:52.67 (54.04)	
	2:18.90 (26.23)	2:48.01 (55.34)	3:12.89 (24.88)	3:40.21 (52.20)	
2	UMAC-TERRAPIN MASTERS 'A'				3:44.78
	1) Laplante, Brett M30		2) Shipp, Bill M58		
	3) Dowell, Noah M40		4) Strahota, Jeffrey M38		
	25.19	52.37 (52.37)	1:20.34 (27.97)	1:51.20 (58.83)	
	2:19.27 (28.07)	2:50.55 (59.35)	3:16.40 (25.85)	3:44.78 (54.23)	

Men 25+ 800 Yard Freestyle Relay

=====					
	ZONE: Z 7:14.89		1991 Empire		
	NATL: ! 6:33.89		4/7/2018 RICE AQUATICS		
			B COLLINS, W WAGNER, D HILL, A SURHOFF		
	Club				Finals
=====					
1	CLUB TRIBE 'A'				8:04.79
	1) Rockwell, John M44		2) Earle, Daniel M47		
	3) Gass, Kraig M39		4) Berger, Christoph M28		
	28.98	1:00.77 (1:00.77)	1:32.85 (1:32.85)	2:04.86 (2:04.86)	
	2:33.31 (28.45)	3:04.32 (59.46)	3:36.59 (1:31.73)	4:08.53 (2:03.67)	
	4:37.74 (29.21)	5:08.94 (1:00.41)	5:40.25 (1:31.72)	6:13.09 (2:04.56)	
	6:38.02 (24.93)	7:06.13 (53.04)	7:35.28 (1:22.19)	8:04.79 (1:51.70)	

Men 25+ 200 Yard Medley Relay

=====					
	ZONE: Z 1:34.71		4/7/2018 Club Tribe		
	NATL: ! 1:27.81		4/29/2017 GOLDEN ROAD AQU		
			R LOCHTE, M ALEXANDROV, T COX, L PECHMANN		
	Club				Finals
=====					
1	CLUB TRIBE 'B'				1:43.54
	1) Bell, David M43		2) McGuire, Daniel M28		
	3) Berger, Christoph M28		4) Stamps, Nathan M27		
	26.07	54.70 (28.63)	1:19.74 (25.04)	1:43.54 (23.80)	
2	DISTRICT OF COLUMBIA AQUATICS 'A'				1:46.14
	1) Barrett, Patrick M38		2) Meadows, William M29		
	3) Williams, Neill M51		4) Grasha, Eric M43		
	27.75	56.76 (29.01)	1:21.78 (25.02)	1:46.14 (24.36)	
3	RESTON MASTERS SWIM TEAM 'A'				1:59.48
	1) Baldwin, Craig M44		2) Hanford, Jeremy M37		
	3) Thomasian, Aram M33		4) Swift, Rory M33		
	31.70	1:03.53 (31.83)	1:34.14 (30.61)	1:59.48 (25.34)	

Men 25+ 400 Yard Medley Relay

=====					
	ZONE: Z 3:30.45		1999 Ancient Mariners		
	NATL: ! 3:17.17		4/7/2018 RICE AQUATICS		
			A SURHOFF, E FRIEDLAND, B COLLINS, W WAGNER		
	Club				Finals
=====					
1	DISTRICT OF COLUMBIA AQUATICS 'A'				4:02.59
	1) Williams, Neill M51		2) Meadows, William M29		
	3) Dever, Frederick M53		4) Grasha, Eric M43		
	28.98	59.48 (59.48)	1:30.20 (30.72)	2:07.36 (1:07.88)	
	2:35.98 (28.62)	3:10.15 (1:02.79)	3:34.28 (24.13)	4:02.59 (52.44)	
2	PATRIOT MASTERS SWIM TEAM 'A'				4:04.60
	1) Krajewski, Thomas M40		2) Farello, Paul M51		
	3) Jones, Mark M56		4) Gibson, Justin M25		
	28.90	59.32 (59.32)	1:16.74 (17.42)	2:08.73 (1:09.41)	

	2:38.75 (30.02)	3:13.64 (1:04.91)	3:36.79 (23.15)	4:04.60 (50.96)
3 LANE 4 SWIMMING 'A'				4:05.96
1) Kress, Jay M56			2) Macedonia, Nicholas M32	
3) Ellis, Brian M51			4) Bower, Matthew M44	
	31.58	1:04.86 (1:04.86)	1:35.12 (30.26)	2:09.84 (1:04.98)
	2:38.65 (28.81)	3:12.57 (1:02.73)	3:37.74 (25.17)	4:05.96 (53.39)
4 RESTON MASTERS SWIM TEAM 'A'				4:23.06
1) Swift, Rory M33			2) Hanford, Jeremy M37	
3) Gwilliam, Glenn M40			4) Baldwin, Craig M44	
	29.47	1:01.21 (1:01.21)	1:33.80 (32.59)	2:10.86 (1:09.65)
	2:44.12 (33.26)	3:29.61 (1:18.75)	3:55.00 (25.39)	4:23.06 (53.45)
5 COLONIALS 1776 'A'				4:46.22
1) Meyer, Geoffrey M67			2) Hoffman, Charles M68	
3) Schaffling, Eric M27			4) Dougherty, Stephen M67	
	36.33	1:13.97 (1:13.97)	1:33.30 (19.33)	
	3:07.19 ()	3:41.88 ()	4:12.73 (30.85)	4:46.22 (1:04.34)

Men 35+ 200 Yard Freestyle Relay

=====				
	ZONE: Z 1:28.05	4/25/2009 Jersey Area Masters		
	NATL: ! 1:23.32	5/29/2010 LONGHORN AQUATI		
		T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN		
Club				Finals
=====				
1 LANDSHARK MASTERS 'A'				1:37.39
1) Meade, Thomas M61			2) Orben, Chris M35	
3) Lovett, Brian M44			4) Brennan, Edward M52	
	26.25	49.63 (23.38)	1:12.21 (22.58)	1:37.39 (25.18)
2 LANE 4 SWIMMING 'B'				1:41.68
1) Gittins, Tom M57			2) Kress, Jay M56	
3) Bower, Matthew M44			4) Ellis, Brian M51	
	26.60	52.17 (25.57)	1:15.86 (23.69)	1:41.68 (25.82)
3 CLUB TRIBE 'C'				1:48.62
1) Rockwell, John M44			2) Thomas, Joel M42	
3) Fisher, Bruce M70			4) Gill, Thomas M48	
	25.70	51.99 (26.29)	1:22.00 (30.01)	1:48.62 (26.62)

Men 35+ 400 Yard Freestyle Relay

=====				
	ZONE: Z 3:15.40	4/26/2009 Jersey Area Masters		
	NATL: ! 3:06.12	5/30/2010 LONGHORN AQUATI		
		T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN		
Club				Finals
=====				
1 LANDSHARK MASTERS 'A'				3:33.07
1) Krause, Matthew M42			2) Oxley, Gregory M60	
3) Lovett, Brian M44			4) Brennan, Edward M52	
	25.49	54.66 (54.66)	1:19.47 (24.81)	1:47.07 (52.41)
	2:10.58 (23.51)	2:37.66 (50.59)	3:04.20 (26.54)	3:33.07 (55.41)
2 SPRING VALLEY YMCA MASTERS 'A'				3:56.71
1) Stull, Eric M44			2) Gross, Jeremy M47	
3) Houchins, Bradford M41			4) Boris, Joseph M39	
	27.06	55.18 (55.18)	1:23.64 (28.46)	1:54.87 (59.69)
	2:24.91 (30.04)	2:55.78 (1:00.91)	3:25.19 (29.41)	3:56.71 (1:00.93)
3 CLUB TRIBE 'B'				4:17.35
1) Gass, Kraig M39			2) Rockwell, John M44	
3) Thomas, Joel M42			4) Harper, Bill M51	
	27.02	56.67 (56.67)	1:24.35 (27.68)	1:55.37 (58.70)
	2:23.16 (27.79)	2:55.59 (1:00.22)	3:32.64 (37.05)	4:17.35 (1:21.76)

Men 35+ 800 Yard Freestyle Relay

=====				
	ZONE: Z 7:09.04	2001 Badger		

NATL: ! 6:56.69 5/4/2007 TEAM TYR
D WEGNER, S HUBBARD, C BEACH, E HOCHSTEIN

Club	Finals
1 SPRING VALLEY YMCA MASTERS 'A'	8:34.39
1) Stull, Eric M44	2) Evans, Jeffrey M53
3) Houchins, Bradford M41	4) Boris, Joseph M39
28.75 1:00.44 (1:00.44) 1:31.77 (1:31.77)	2:02.72 (2:02.72)
2:32.17 (29.45) 3:04.83 (1:02.11) 3:37.55 (1:34.83)	4:08.16 (2:05.44)
4:37.93 (29.77) 5:10.98 (1:02.82) 5:46.95 (1:38.79)	6:23.09 (2:14.93)
6:53.61 (30.52) 7:27.03 (1:03.94) 8:01.22 (1:38.13)	8:34.39 (2:11.30)

Men 35+ 200 Yard Medley Relay

ZONE: Z 1:41.88	1994 Colonials 1776
NATL: ! 1:33.66	5/12/2018 THE OLYMPIC CLU
	T WANG, T HOLSMAN, M MARSHALL, S GREENWOOD
Club	Finals
1 LANDSHARK MASTERS 'A'	1:48.37
1) Krause, Matthew M42	2) Oxley, Gregory M60
3) Lovett, Brian M44	4) Orben, Chris M35
30.95 1:00.47 (29.52) 1:25.16 (24.69)	1:48.37 (23.21)

Men 35+ 400 Yard Medley Relay

ZONE: Z 3:45.77	4/8/2017 Club Tribe, Club Tribe
	J Rockwell, R Williams, M Nilson, M Lovett
NATL: ! 3:28.46	3/5/2009 LONGHORN AQUATI
	A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA
Club	Finals
1 LANDSHARK MASTERS 'A'	4:01.04
1) Krause, Matthew M42	2) Oxley, Gregory M60
3) Lovett, Brian M44	4) Brennan, Edward M52
30.33 1:02.28 (1:02.28) 1:32.37 (30.09)	2:08.77 (1:06.49)
2:34.87 (26.10) 3:05.51 (56.74) 3:31.96 (26.45)	4:01.04 (55.53)

Men 45+ 200 Yard Freestyle Relay

ZONE: Z 1:32.30	4/14/2018 Spring Valley YMCA Masters, Spring Valley Y
	J Gross, G Sangmeister, J Evans, G Rees
NATL: ! 1:27.70	5/4/2008 ARIZONA MASTERS
	JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH
Club	Finals
1 SPRING VALLEY YMCA MASTERS 'A'	1:30.85Z
1) Sangmeister, Gary M48	2) Rees, Greg M49
3) Evans, Jeffrey M53	4) Gross, Jeremy M47
23.66 46.17 (22.51) 1:09.24 (23.07)	1:30.85 (21.61)
2 CLUB TRIBE 'B'	1:39.88
1) Tingstrom, Michael M51	2) Kimball, Joe M50
3) Bender, William M57	4) Slater, Douglas M61
24.34 50.04 (25.70) 1:16.08 (26.04)	1:39.88 (23.80)
3 LANE 4 SWIMMING 'C'	1:59.94
1) Edgell, Don M66	2) Linehan, Sean M58
3) Anthes, Peter M48	4) Dearfield, Kerry M66
31.77 1:02.62 (30.85) 1:30.65 (28.03)	1:59.94 (29.29)
4 RESTON MASTERS SWIM TEAM 'A'	2:38.06
1) Wynes, Anthony M49	2) Nobbe, Nick M80
3) Pilette, Sterling M77	4) Snowwhite, Larry M72
41.97 1:19.72 (37.75) 1:58.98 (39.26)	2:38.06 (39.08)
5 WARRENTON FAUQUIER AQUATIC CLU 'A'	3:02.51

1) Horne, David M76	2) Conway, Raleigh M66		
3) Middleton, Paul M75	4) Zemo, David M53		
59.75	1:42.45 (42.70)	2:31.26 (48.81)	3:02.51 (31.25)

Men 45+ 400 Yard Freestyle Relay

ZONE: Z 3:35.09 4/13/2008 Binghamton Univ Masters Swimmi
 NATL: ! 3:18.25 5/7/2010 WILDCAT ALUMNI
 A JAEGER, T HARVILL, M VOLZING, D CUNNIFF

Club Finals

1 CLUB TRIBE 'C'	3:46.87		
1) Earle, Daniel M47	2) Gill, Thomas M48		
3) Kimball, Joe M50	4) Tingstrom, Michael M51		
26.91 55.83 (55.83)	1:23.47 (27.64)	1:53.54 (57.71)	
2:20.64 (27.10)	2:51.17 (57.63)	3:16.87 (25.70)	3:46.87 (55.70)
2 RESTON MASTERS SWIM TEAM 'C'	4:36.51		
1) Hong, Chun M58	2) Osinovsky, Alex M55		
3) Wynes, Anthony M49	4) Belyea, David M58		
31.92 1:07.19 (1:07.19)	1:39.01 (31.82)	2:17.39 (1:10.20)	
2:51.58 (34.19)	3:29.67 (1:12.28)	4:00.92 (31.25)	4:36.51 (1:06.84)

Men 45+ 800 Yard Freestyle Relay

ZONE: Z 8:04.45 2008 Binghamton U
 NATL: ! 7:22.85 5/8/2010 WILDCAT ALUMNI
 A JAEGER, S TRIMBLE, M VOLZING, D CUNNIFF

Club Finals

1 CENTRAL MARYLAND YMCA MASTERS 'A'	10:26.80		
1) Hinz, Brian M45	2) Meyer, Jerry M69		
3) Swenson, Richard M66	4) Jacobson, Michael M50		
31.83 1:07.70 (1:07.70)	1:45.07 (1:45.07)	2:22.16 (2:22.16)	
3:01.77 (39.61)	3:48.89 (1:26.73)	4:37.33 (2:15.17)	5:23.92 (3:01.76)
6:01.98 (38.06)	6:45.09 (1:21.17)	7:29.27 (2:05.35)	8:12.84 (2:48.92)
8:43.38 (30.54)	9:17.08 (1:04.24)	9:51.89 (1:39.05)	10:26.80 (2:13.96)

Men 45+ 200 Yard Medley Relay

ZONE: Z 1:42.32 4/7/2018 Spring Valley YMCA Masters
 G Rees, G Sangmeister, J Evans, J Gross
 NATL: ! 1:36.56 5/23/2010 GEORGIA MASTERS
 E ERICSON, C WEISSMAN, B BUGG, M ELLISON

Club Finals

1 SPRING VALLEY YMCA MASTERS 'A'	1:41.51Z	
1) Rees, Greg M49	2) Sangmeister, Gary M48	
3) Evans, Jeffrey M53	4) Gross, Jeremy M47	
26.00 54.35 (28.35)	1:19.02 (24.67)	1:41.51 (22.49)
2 LANE 4 SWIMMING 'A'	2:00.78	
1) Gittins, Tom M57	2) Kress, Jay M56	
3) Ellis, Brian M51	4) Eppink, Jeffrey M64	
30.89 1:03.86 (32.97)	1:31.74 (27.88)	2:00.78 (29.04)
3 VIRGINIA MASTERS SWIM TEAM 'A'	2:02.37	
1) Clear, Kirk M51	2) Harris, Gregory M55	
3) Chenault, Robert M56	4) Frogley, Christopher M75	
28.42 57.70 (29.28)	1:26.05 (28.35)	2:02.37 (36.32)

Men 55+ 200 Yard Freestyle Relay

ZONE: Z 1:42.82 4/5/2014 Colonials 1776
 D Keith, G Meyer, T Steel, J Thornton
 NATL: ! 1:32.18 4/11/2009 OREGON MASTERS

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

Club Finals

1 VIRGINIA MASTERS SWIM TEAM 'A'					1:52.07
1) Harris, Gregory M55	2) Chenault, Robert M56				
3) Mccorkle, John M67	4) Miller, Jim M68				
23.67	50.24 (26.57)	1:19.92 (29.68)	1:52.07 (32.15)		
2 PATRIOT MASTERS SWIM TEAM 'B'					2:04.04
1) Jones, Mark M56	2) Junta, Donald M56				
3) Grecco, Paul M57	4) Weidner, Robert M62				
27.75	1:03.63 (35.88)	1:36.74 (33.11)	2:04.04 (27.30)		

Men 55+ 400 Yard Freestyle Relay

ZONE: Z 3:43.13 4/17/2011 Colonials 1776
 J Martin, S Dougherty, G Meyer, P Trevisan
 NATL: ! 3:28.26 3/28/2015 CMS
 K ANDERSON, M MANN, C PETERSEN, G SCOTT

Club Finals

1 CLUB TRIBE 'D'					4:17.83
1) Bender, William M57	2) Massonneau, Christopher M60				
3) Fisher, Bruce M70	4) Slater, Douglas M61				
28.20	59.50 (59.50)	1:33.40 (33.90)	2:10.32 (1:10.82)		
2:44.11 (33.79)	3:21.08 (1:10.76)	3:47.60 (26.52)	4:17.83 (56.75)		
2 PATRIOT MASTERS SWIM TEAM 'A'					4:42.00
1) Jones, Mark M56	2) Grecco, Paul M57				
3) Junta, Donald M56	4) Zamon, Frederick M77				
29.22	59.89 (59.89)	1:29.51 (29.62)	2:03.26 (1:03.37)		
2:41.54 (38.28)	3:23.95 (1:20.69)	4:01.04 (37.09)	4:42.00 (1:18.05)		

Men 55+ 400 Yard Medley Relay

ZONE: Z 4:19.39 4/17/2011 Colonials 1776
 NATL: ! 3:57.13 3/28/2015 CMS
 C PETERSEN, G SCOTT, M MANN, K ANDERSON

Club Finals

1 VIRGINIA MASTERS SWIM TEAM 'A'					4:52.95
1) Romo, Robert M60	2) Harris, Gregory M55				
3) Chenault, Robert M56	4) Miller, Jim M68				
38.93	1:18.57 (1:18.57)	1:49.87 (31.30)	2:25.70 (1:07.13)		
2:58.65 (32.95)	3:35.40 (1:09.70)	4:12.64 (37.24)	4:52.95 (1:17.55)		
2 GERMANTOWN MARYLAND MASTERS 'A'					5:47.59
1) Wright, Stephen M69	2) Greger, Ronald M74				
3) Golden, Scott M55	4) Robinson, David M75				
38.11	1:19.08 (1:19.08)	2:06.86 (47.78)	2:58.13 (1:39.05)		
3:34.74 (36.61)	4:25.47 (1:27.34)	5:02.77 (37.30)	5:47.59 (1:22.12)		

Men 65+ 400 Yard Freestyle Relay

ZONE: Z 4:26.84 4/13/2008 Virginia Masters Swim Team
 NATL: ! 3:48.65 4/16/2016 VENTURA COUNTY
 G GRUBER, J MC CONICA, H KERNS, B ROLLINS

Club Finals

1 RESTON MASTERS SWIM TEAM 'A'					6:12.54
1) Pilette, Sterling M77	2) Snowwhite, Larry M72				
3) Paulson, Laurence M70	4) Nobbe, Nick M80				
43.21	1:31.52 (1:31.52)	2:15.35 (43.83)	3:01.18 (1:29.66)		
3:41.88 (40.70)	4:25.99 (1:24.81)	5:18.25 (52.26)	6:12.54 (1:46.55)		

Men 75+ 200 Yard Freestyle Relay

=====
ZONE: Z 2:07.86 4/14/2018 Virginia Masters Swim Team, Virginia Master
H Sober, E Gaulrapp, K Novell, R Wise
NATL: ! 1:57.74 4/11/2014 GOLD COAST MAST
A MORROW, D MCINTYRE, A HAMADA, D PAINTER
Club Finals
=====

1 VIRGINIA MASTERS SWIM TEAM 'B' 2:18.39
1) Sober, Harry M76 2) Nicholas, David M82
3) Brundage, Warner M76 4) Novell, Ken M76
30.23 1:47.05 (1:16.82) 2:18.39 (31.34)

Men 75+ 400 Yard Freestyle Relay

=====
ZONE: Z 4:53.92 4/15/2018 Virginia Masters Swim Team, Virginia Master
H Sober, E Gaulrapp, R Wise, K Novell
NATL: ! 4:53.92 4/15/2018 VIRGINIA MASTER
H SOBER, E GAULRAPP, R WISE, K NOVELL
Club Finals
=====

1 VIRGINIA MASTERS SWIM TEAM 'A' 5:06.41
1) Sober, Harry M76 2) Frogley, Christopher M75
3) Brundage, Warner M76 4) Novell, Ken M76
32.04 1:08.90 (1:08.90) 1:50.94 (42.04) 2:37.37 (1:28.47)
3:14.92 (37.55) 3:54.87 (1:17.50) 4:28.52 (33.65) 5:06.41 (1:11.54)

Men 75+ 800 Yard Freestyle Relay

=====
NATL: ! 11:03.44 5/3/2008 ILLINOIS MASTER
W LEENGRAN, F LEHMAN, S MULLINS, T BANFIELD
Club Finals
=====

1 VIRGINIA MASTERS SWIM TEAM 'A' 11:55.36
1) Gaulrapp, Edward M76 2) Sober, Harry M76
3) Brundage, Warner M76 4) Novell, Ken M76
49.33 1:41.72 (1:41.72) 2:34.74 (2:34.74) 3:28.01 (3:28.01)
4:04.28 (36.27) 4:47.12 (1:19.11) 5:33.47 (2:05.46) 6:21.30 (2:53.29)
6:58.44 (37.14) 7:39.93 (1:18.63) 8:24.22 (2:02.92) 9:08.34 (2:47.04)
9:44.18 (35.84) 10:25.74 (1:17.40) 11:11.10 (2:02.76) 11:55.36 (2:47.02)

Men 75+ 200 Yard Medley Relay

=====
ZONE: Z 2:23.92 4/7/2018 Virginia Masters Swim Team
H Sober, E Gaulrapp, R Wise, K Novell
NATL: ! 2:17.11 4/12/2014 SARASOTA Y SHAR
B JONES, M SANGUILY, J SMITH, T VERTH
Club Finals
=====

1 VIRGINIA MASTERS SWIM TEAM 'B' 2:43.38
1) Sober, Harry M76 2) Nicholas, David M82
3) Novell, Ken M76 4) Brundage, Warner M76
38.53 1:28.17 (49.64) 2:08.64 (40.47) 2:43.38 (34.74)

Mixed 18+ 200 Yard Freestyle Relay

=====
ZONE: Z 1:29.21 4/15/2018 Club Tribe, Club Tribe
L Bureau, S Shaner, K Gallagher, G Mizerak
NATL: ! 1:24.76 5/2/2014 THE OLYMPIC CLU
N ADRIAN, K RAATZ, K KASTES, A ERVIN
Club Finals
=====

1 CLUB TRIBE 'A' 1:32.04
1) Glover, Bob M24 2) Mulquin, Catherine W24

3) Mizerak, Gabrielle W27	4) Montes de Oca, Alex M24			
22.25	46.92 (24.67)	1:11.20 (24.28)	1:32.04 (20.84)	
2 LIFE TIME SWIM DELAWARE VALLEY 'A'			1:42.70	
1) Moyer, Caroline W24	2) Moyer, Matthew M29			
3) Mateja, Taylor W25	4) Blutfield, Matthew M28			
25.37	50.24 (24.87)	1:18.93 (28.69)	1:42.70 (23.77)	
3 CLUB TRIBE 'B'			1:47.25	
1) Stamps, Nathan M27	2) Wooley, Samantha W23			
3) Gass, Kraig M39	4) Wittsack, Hayley W33			
24.33	55.06 (30.73)	1:20.10 (25.04)	1:47.25 (27.15)	
4 PATRIOT MASTERS SWIM TEAM 'A'			1:49.60	
1) Gibson, Justin M25	2) Glover, Josh M23			
3) Toner, Karlin W57	4) Layton, Katie W46			
25.20	49.60 (24.40)	1:20.59 (30.99)	1:49.60 (29.01)	

Mixed 18+ 400 Yard Freestyle Relay

=====				
ZONE: Z 3:27.67	4/14/2018 Club Tribe, Club Tribe			
	J Henderson, A Wujciak, S Greene, K Gallagher			
NATL: ! 3:14.92	4/29/2016 CLUB TRIBE ALUM			
	K GALLAGHER, K LOUGHRAN, K GRIER, G MIZERAK			
Club	Finals			
=====				
1 CLUB TRIBE 'A'	3:20.12Z			
1) Camp, Cory M24	2) Mulquin, Catherine W24			
3) Wujciak, Anna W24	4) Greenhalgh, Andrew M23			
22.90	48.31 (48.31)	1:13.42 (25.11)	1:40.32 (52.01)	
2:05.78 (25.46)	2:33.24 (52.92)	2:55.88 (22.64)	3:20.12 (46.88)	
2 COLONIALS 1776 'A'	4:12.84			
1) Meyer, Geoffrey M67	2) Schaffling, Staci W24			
3) Hug, Laurie W53	4) Schaffling, Eric M27			
31.99	1:06.02 (1:06.02)	1:36.70 (30.68)	2:11.90 (1:05.88)	
2:43.60 (31.70)	3:17.55 (1:05.65)	3:43.31 (25.76)	4:12.84 (55.29)	

Mixed 18+ 800 Yard Freestyle Relay

=====				
ZONE: Z 7:21.24	4/15/2018 Club Tribe, Club Tribe			
	A Greenhalgh, E Ryczek, J Henderson, A Wujciak			
NATL: ! 7:21.24	4/15/2018 CLUB TRIBE			
	A GREENHALGH, E RYCZEK, J HENDERSON, A WUJCIAK			
Club	Finals			
=====				
1 CLUB TRIBE 'A'	7:24.82			
1) Greenhalgh, Andrew M23	2) Ryczek, Emily W25			
3) Wujciak, Anna W24	4) Henderson, James M24			
23.81	49.03 (49.03)	1:14.72 (1:14.72)	1:40.59 (1:40.59)	
2:07.12 (26.53)	2:36.48 (55.89)	3:06.62 (1:26.03)	3:36.48 (1:55.89)	
4:03.84 (27.36)	4:33.74 (57.26)	5:04.07 (1:27.59)	5:34.69 (1:58.21)	
5:59.77 (25.08)	6:27.76 (53.07)	6:56.39 (1:21.70)	7:24.82 (1:50.13)	

Mixed 18+ 200 Yard Medley Relay

=====				
ZONE: Z 1:40.03	4/14/2007 Curl-Burke Swim Club			
NATL: ! 1:35.89	4/30/2016 THE OLYMPIC CLU			
	A SAETA, C BABCOCK, A SENKO, M STIPE			
Club	Finals			
=====				
1 CLUB TRIBE 'A'	1:42.52			
1) Glover, Bob M24	2) Schwartz, Laura W24			
3) Wang, Chris M23	4) Ryczek, Emily W25			
24.37	54.73 (30.36)	1:17.54 (22.81)	1:42.52 (24.98)	
2 LIFE TIME SWIM DELAWARE VALLEY 'A'	1:52.98			
1) Mateja, Taylor W25	2) Moyer, Caroline W24			

3) Blutfield, Matthew M28	4) Moyer, Matthew M29		
31.29	1:01.57 (30.28)	1:27.56 (25.99)	1:52.98 (25.42)
3 COLONIALS 1776 'A'			2:07.11
1) Meyer, Geoffrey M67	2) Plimpton, Hannah W33		
3) Schaffling, Eric M27	4) Schaffling, Staci W24		
32.77	1:12.99 (40.22)	1:38.67 (25.68)	2:07.11 (28.44)
4 RESTON MASTERS SWIM TEAM 'B'			2:40.92
1) Kidd, Sally W57	2) Callaway, Jack M24		
3) Koons, Andrew M26	4) Donahue, Kendall W46		
	1:33.76 ()	2:03.12 (29.36)	2:40.92 (37.80)

Mixed 18+ 400 Yard Medley Relay

=====

ZONE: Z 3:41.42 4/15/2018 Club Tribe, Club Tribe
 S Glass, L Schwartz, A Glass, K Grier

NATL: ! 3:41.42 4/15/2018 CLUB TRIBE
 S GLASS, L SCHWARTZ, A GLASS, K GRIER

Club				Finals
1 CLUB TRIBE 'A'				3:44.55
1) Glass, Austin M24	2) Schwartz, Laura W24			
3) Wang, Chris M23	4) Kulczycki, Shaina W25			
24.56	50.96 (50.96)	1:22.02 (31.06)	1:57.66 (1:06.70)	
2:21.70 (24.04)	2:48.31 (50.65)	3:14.73 (26.42)	3:44.55 (56.24)	
2 COLONIALS 1776 'A'			4:34.33	
1) Swanson, Vibeke W57	2) Dougherty, Stephen M67			
3) Schaffling, Eric M27	4) Schaffling, Staci W24			
33.56	1:09.01 (1:09.01)	1:45.87 (36.86)	2:27.28 (1:18.27)	
2:55.33 (28.05)	3:28.09 (1:00.81)	3:58.99 (30.90)	4:34.33 (1:06.24)	

Mixed 25+ 200 Yard Freestyle Relay

=====

ZONE: Z 1:34.48 4/26/2009 Curl-Burke Swim Club

NATL: ! 1:27.70 4/28/2017 THE OLYMPIC CLU
 M BALLENGER, K RAATZ, M MARSHALL, S GREENWOOD

Club				Finals
1 CLUB TRIBE 'C'				1:39.43
1) Elsaesser, Evan M34	2) Minzenmayer, Ellen W30			
3) Greene, Shannon W33	4) Tingstrom, Michael M51			
22.20	48.65 (26.45)	1:15.28 (26.63)	1:39.43 (24.15)	
2 LANE 4 SWIMMING 'B'			1:46.61	
1) Krause, Dori W50	2) Bower, Matthew M44			
3) Bozeman, Lesley W37	4) Compton, Taylor M30			
27.65	51.20 (23.55)	1:25.18 (33.98)	1:46.61 (21.43)	
3 UMAC-TERRAPIN MASTERS 'A'			1:57.51	
1) Dowell, Noah M40	2) van Iersel, Miranda W43			
3) Rose, Laura W32	4) Laplante, Brett M30			
27.80	1:06.16 (38.36)	1:33.63 (27.47)	1:57.51 (23.88)	
4 YMCA RESTON WATER WOLVES 'A'			2:08.72	
1) Gordon, Stephanie W31	2) Gay, Arturo M48			
3) Gibson, Rebecca W41	4) Weaver, Aaron M41			
30.72	1:02.51 (31.79)	1:38.02 (35.51)	2:08.72 (30.70)	

Mixed 25+ 400 Yard Freestyle Relay

=====

ZONE: Z 3:19.84 4/8/2017 Club Tribe, Club Tribe
 M Falcone, K Loughran, S Shaner, K Gallagher

NATL: ! 3:16.12 4/29/2016 THE OLYMPIC CLU
 A SAETA, O'DONNELL-MCCARTH, K KASTES, C BURCKLE

Club				Finals
1 CLUB TRIBE 'B'				3:34.03

1) Berger, Christoph M28	2) Kulczycki, Shaina W25				
3) Greene, Shannon W33	4) Bulakul, Sirin M31				
24.16	50.40 (50.40)	1:16.94 (26.54)	1:46.77 (56.37)		
2:14.32 (27.55)	2:44.95 (58.18)	3:08.38 (23.43)	3:34.03 (49.08)		
2 ALEXANDRIA MASTERS SWIMMING 'A'			3:59.90		
1) Bales, Paul M60	2) Lachney, Fay W57				
3) McWilliams, Katie W35	4) Taylor, Tim M32				
29.04	1:00.96 (1:00.96)	1:18.34 (17.38)	2:06.45 (1:05.49)		
2:34.04 (27.59)	3:04.68 (58.23)	3:30.52 (25.84)	3:59.90 (55.22)		

Mixed 25+ 800 Yard Freestyle Relay

=====					
ZONE: Z	7:20.49	4/9/2017	Club Tribe, Club Tribe		
			M Falcone, K Grier, L Robbins, K Gallagher		
NATL: !	7:20.49	4/9/2017	CLUB TRIBE		
			M FALCONE, K GRIER, L ROBBINS, K GALLAGHER		
Club				Finals	
=====					
1	RESTON MASTERS SWIM TEAM 'A'			8:28.53	
1)	Baldwin, Craig M44	2)	Bass, Amy W48		
3)	Shapiro, Margaret W42	4)	Koons, Andrew M26		
	26.26	55.17 (55.17)	1:24.26 (1:24.26)	1:54.35 (1:54.35)	
	2:26.74 (32.39)	3:02.75 (1:08.40)	3:40.71 (1:46.36)	4:16.73 (2:22.38)	
	4:47.00 (30.27)	5:20.02 (1:03.29)	5:53.66 (1:36.93)	6:27.45 (2:10.72)	
	6:55.48 (28.03)	7:26.15 (58.70)	7:57.29 (1:29.84)	8:28.53 (2:01.08)	

Mixed 25+ 200 Yard Medley Relay

=====					
ZONE: Z	1:39.63	4/14/2018	Club Tribe, Club Tribe		
			S Glass, C Fay, G Mizerak, S Shaner		
NATL: !	1:35.20	4/26/2015	ARIZONA MASTERS		
			M GREVERS, A GREVERS, T DEBERRY, C VORRASI		
Club				Finals	
=====					
1	CLUB TRIBE 'B'			1:46.21	
1)	Mizerak, Gabrielle W27	2)	McGuire, Daniel M28		
3)	Elsaesser, Evan M34	4)	Maqueda, Victoria W26		
	28.32	56.95 (28.63)	1:19.58 (22.63)	1:46.21 (26.63)	
2	CLUB TRIBE 'D'			1:55.22	
1)	Wittsack, Hayley W33	2)	Minzenmayer, Ellen W30		
3)	Gass, Kraig M39	4)	Stamps, Nathan M27		
	32.93	1:05.09 (32.16)	1:31.17 (26.08)	1:55.22 (24.05)	
3	ALEXANDRIA MASTERS SWIMMING 'A'			1:58.21	
1)	Taylor, Tim M32	2)	Bingaman, Cory M44		
3)	Fox, Amy W36	4)	McWilliams, Katie W35		
	30.69	1:02.26 (31.57)	1:31.84 (29.58)	1:58.21 (26.37)	
4	RESTON MASTERS SWIM TEAM 'A'			2:02.53	
1)	Baldwin, Craig M44	2)	Shapiro, Margaret W42		
3)	Thomasian, Aram M33	4)	VanDoren, Sarah W27		
	28.42	1:05.00 (36.58)	1:33.10 (28.10)	2:02.53 (29.43)	
5	VIRGINIA MASTERS SWIM TEAM 'B'			2:31.67	
1)	Clear, Kirk M51	2)	Bamford, Sherman M54		
3)	Letendre, Denise W30	4)	Letendre, Claire W33		
	28.20	1:31.63 (1:03.43)	2:01.21 (29.58)	2:31.67 (30.46)	

Mixed 25+ 400 Yard Medley Relay

=====					
ZONE: Z	3:45.13	4/25/2010	Red Tide		
			K Gary, N Werner, T Shpaizer, D Lippin		
NATL: !	3:45.13	4/25/2010	RED TIDE OF NYC		
			K GARY, N WERNER, T SHPAIZER, D LIPPIN		
Club				Finals	
=====					

1 CLUB TRIBE 'B' 3:55.30
 1) Berger, Christoph M28 2) Maqueda, Victoria W26
 3) Bulakul, Sirin M31 4) Grier, Katie W40
 28.39 58.35 (58.35) 1:30.79 (32.44) 2:09.59 (1:11.24)
 2:34.11 (24.52) 3:03.45 (53.86) 3:28.16 (24.71) 3:55.30 (51.85)

Mixed 35+ 200 Yard Freestyle Relay

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ZONE: Z 1:34.00 4/10/2016 Club Tribe Alumni
 C Hurtubise, R Williams, M Lovett, K Grier
 NATL: ! 1:30.17 4/25/2004 ROCKY MOUNTAIN
 K GARNIER, S VON DER LIPPE, J SMITH, P SMITH

Club Finals

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1 CLUB TRIBE 'D' 1:39.24
 1) Maholchic, Adrian M42 2) Harris, Kristen W42
 3) Gass, Krista W40 4) Bell, David M43
 23.79 50.44 (26.65) 1:16.34 (25.90) 1:39.24 (22.90)
 2 LANDSHARK MASTERS 'A' 1:45.54
 1) Brennan, Edward M52 2) Orben, Erin W35
 3) Messenlehner, Carina W43 4) Krause, Matthew M42
 25.80 52.94 (27.14) 1:20.09 (27.15) 1:45.54 (25.45)
 -- RESTON MASTERS SWIM TEAM 'A' DQ
 Early take-off swimmer #3
 1) Gwilliam, Glenn M40 2) Donahue, Kendall W46
 3) Bennett, Ruth W72 4) Wynes, Anthony M49
 26.88 1:05.86 (38.98) 1:42.01 (36.15) DQ (32.53)

Mixed 35+ 400 Yard Freestyle Relay

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ZONE: Z 3:36.79 1997 Colonials 1776
 NATL: ! 3:26.42 4/29/2016 NORTH CAROLINA
 H STEWART, E BRAUN, K LINDAUER, V FLETCHER

Club Finals

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1 LANDSHARK MASTERS 'A' 3:48.69
 1) Orben, Erin W35 2) Lovett, Mandy W44
 3) Lovett, Brian M44 4) Orben, Chris M35
 28.35 58.88 (58.88) 1:30.66 (31.78) 2:05.88 (1:07.00)
 2:29.69 (23.81) 2:56.92 (51.04) 3:21.33 (24.41) 3:48.69 (51.77)
 2 CLUB TRIBE 'C' 3:54.73
 1) Rockwell, John M44 2) Choe, Michele W41
 3) Tingstrom, Michael M51 4) Gass, Krista W40
 26.98 57.05 (57.05) 1:24.92 (27.87) 1:56.98 (59.93)
 2:24.08 (27.10) 2:55.36 (58.38) 3:23.05 (27.69) 3:54.73 (59.37)

Mixed 35+ 800 Yard Freestyle Relay

=====

ZONE: Z 7:52.32 1997 Colonials 1776
 NATL: ! 7:24.36 4/17/2005 ILLINOIS MASTER
 L DILLMANN, J RIDGE, R KURZA, M KELLER

Club Finals

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1 LANDSHARK MASTERS 'A' 8:44.22
 1) Orben, Erin W35 2) Orben, Chris M35
 3) Flickinger, Erica W40 4) Brennan, Edward M52
 30.30 1:03.53 (1:03.53) 1:37.89 (1:37.89) 2:12.36 (2:12.36)
 2:39.12 (26.76) 3:09.08 (56.72) 3:41.15 (1:28.79) 4:14.03 (2:01.67)
 4:46.80 (32.77) 5:22.67 (1:08.64) 5:59.98 (1:45.95) 6:37.05 (2:23.02)
 7:06.24 (29.19) 7:38.37 (1:01.32) 8:11.52 (1:34.47) 8:44.22 (2:07.17)

Mixed 35+ 200 Yard Medley Relay

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ZONE: Z 1:45.00 4/20/2013 Montgomery Ancient Mariners
 S Williams, W Dicks, M Conze, D Conze
 NATL: ! 1:39.85 5/22/2010 COLORADO MASTER
 S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY

Club	Finals
1 CLUB TRIBE 'C'	1:46.40
1) Bell, David M43	2) Thomas, Ruth Anne W38
3) Grier, Katie W40	4) Maholchic, Adrian M42
25.68 57.22 (31.54) 1:23.16 (25.94)	1:46.40 (23.24)
2 LANDSHARK MASTERS 'A'	1:54.52
1) Krause, Matthew M42	2) Oxley, Gregory M60
3) Messenlehner, Carina W43	4) Krause, Mary Kay W41
29.39 58.43 (29.04) 1:28.11 (29.68)	1:54.52 (26.41)
3 ALEXANDRIA MASTERS SWIMMING 'B'	2:17.73
1) Gauzens, Stephanie W35	2) Taylor, Alaina W37
3) Torgesen, Harald M40	4) Sutton, Marshall M41
32.59 1:13.55 (40.96) 1:40.68 (27.13)	2:17.73 (37.05)

Mixed 35+ 400 Yard Medley Relay

ZONE: Z 4:00.75 1997 Colonials 1776
 NATL: ! 3:48.70 4/19/2009 WALNUT CREEK MA
 D SANTOS, R SANTOS, A ZAMANIAN, D BOATWRIGHT

Club	Finals
1 CLUB TRIBE 'C'	4:13.02
1) Slater, Douglas M61	2) Thomas, Ruth Anne W38
3) Rockwell, John M44	4) Choe, Michele W41
29.66 1:01.48 (1:01.48) 1:34.53 (33.05)	2:12.54 (1:11.06)
2:40.26 (27.72) 3:12.86 (1:00.32) 3:40.90 (28.04)	4:13.02 (1:00.16)
2 LANDSHARK MASTERS 'A'	4:24.89
1) Krause, Matthew M42	2) Orben, Chris M35
3) Roberts, Cynthia W37	4) Flickinger, Erica W40
29.97 1:01.54 (1:01.54) 1:35.01 (33.47)	2:12.80 (1:11.26)
2:43.81 (31.01) 3:19.75 (1:06.95) 3:50.75 (31.00)	4:24.89 (1:05.14)

Mixed 45+ 200 Yard Freestyle Relay

ZONE: Z 1:41.19 4/9/2017 Spring Valley YMCA Masters, Spring Valley Y
 J Della Guardia, G Sangmeister, T Henion, J Gross
 NATL: ! 1:34.48 5/4/2008 ARIZONA MASTERS
 J SMITH, M BAILEY, S ROLLINS, P SMITH

Club	Finals
1 LANE 4 SWIMMING 'A'	2:00.56
1) Ihrig, Ylva W49	2) Becker, Marlene W54
3) Linehan, Sean M58	4) Dearfield, Kerry M66
30.50 1:01.71 (31.21) 1:30.72 (29.01)	2:00.56 (29.84)
2 MASTERS AQUATICS AT SPRING HIL 'A'	2:00.74
1) Irwin, Christopher M50	2) Wiseman, Kathryn W54
3) Jin, Yimin W54	4) Clark, Ted M56
30.88 1:03.36 (32.48) 2:00.79 (57.43)	2:00.74 ()

Mixed 45+ 400 Yard Freestyle Relay

ZONE: Z 4:03.93 4/4/2004 Virginia Masters SwimTeam
 NATL: ! 3:33.66 4/29/2016 NEW YORK ATHLET
 C BLAZE, T GLEASON, S WAGER, K GARY

Club	Finals
1 RESTON MASTERS SWIM TEAM 'A'	5:17.25
1) Moyer, Michelle W56	2) Nelson, Tanja W49

3) Wynes, Anthony M49	4) Belyea, David M58			
36.89	1:59.49 ()			
3:31.40 ()	4:09.16 ()	4:41.39 (32.23)	5:17.25 (1:08.09)	
2 WARRENTON FAUQUIER AQUATIC CLU 'A' 5:26.18				
1) Conway, Raleigh M66	2) Zemo, David M53			
3) Corbett, Alice W60	4) Adams, Blanca W61			
46.00	1:35.64 (1:35.64)	2:09.84 (34.20)	2:46.79 (1:11.15)	
3:26.75 (39.96)	4:08.76 (1:21.97)	4:45.18 (36.42)	5:26.18 (1:17.42)	

Mixed 45+ 800 Yard Freestyle Relay

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ZONE: Z 8:30.46 4/17/2011 Colonials 1776
 NATL: ! 7:51.33 4/17/2009 WALNUT CREEK MA
 D BOATWRIGHT, C O'BRIEN, M CURRAN, B GOTHBURG

Club	Finals
=====	=====
1 LANE 4 SWIMMING 'A'	10:03.30
1) Dearfield, Kerry M66	2) Ihrig, Ylva W49
3) Becker, Marlene W54	4) Eppink, Jeffrey M64
32.60	1:09.75 (1:09.75)
1:50.73 (1:50.73)	2:34.95 (2:34.95)
3:45.77 (1:10.82)	4:24.10 (1:49.15)
5:01.94 (2:26.99)	5:37.80 (3:02.85)
6:17.05 (39.25)	6:57.07 (1:19.27)
7:36.05 (1:58.25)	
8:07.40 ()	8:45.68 ()
	9:24.49 ()
	10:03.30 ()

Mixed 45+ 200 Yard Medley Relay

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ZONE: Z 1:54.82 4/8/2017 Spring Valley YMCA Masters, Spring Valley Y
 J Della Guardia, G Sangmeister, J Gross, T Henion
 NATL: ! 1:44.02 5/4/2008 ARIZONA MASTERS
 J SMITH, G MILLS, S ROLLINS, M BAILEY

Club	Finals
=====	=====
1 WARRENTON FAUQUIER AQUATIC CLU 'A'	3:01.80
1) Conway, Raleigh M66	2) Zemo, David M53
3) Corbett, Alice W60	4) Adams, Blanca W61
58.90	1:41.59 (42.69)
	2:25.62 (44.03)
	3:01.80 (36.18)

Mixed 55+ 200 Yard Freestyle Relay

=====

ZONE: Z 2:01.83 1990 New England
 NATL: ! 1:38.64 4/9/2017 NORTH CAROLINA
 F MCEACHRAN, N CLARK, S WALSH, J KLEIN

Club	Finals
=====	=====
1 COLONIALS 1776 'A'	1:55.60Z
1) Dougherty, Stephen M67	2) Burke, Barbara W57
3) Saucy, Stephanie W55	4) Meyer, Geoffrey M67
30.51	59.63 (29.12)
	1:28.92 (29.29)
	1:55.60 (26.68)

Mixed 55+ 400 Yard Freestyle Relay

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ZONE: Z 4:26.21 4/4/2004 DC Masters
 NATL: ! 3:48.60 4/1/2012 PLANO WETCATS
 T BARTON, J GOODING, L MORRISON, K MACCURDY

Club	Finals
=====	=====
1 VIRGINIA MASTERS SWIM TEAM 'A'	4:41.64
1) Frogley, Christopher M75	2) Jaeger, Debbie W56
3) Miller, Patricia W58	4) Harris, Gregory M55
41.95	1:28.05 (1:28.05)
2:02.19 (34.14)	2:39.31 (1:11.26)
3:12.88 (33.57)	3:49.00 (1:09.69)
	4:14.08 (25.08)
	4:41.64 (52.64)

Mixed 55+ 200 Yard Medley Relay

=====
 ZONE: Z 2:12.79 4/14/2018 Virginia Masters Swim Team, Virginia Master
 D Jaeger, P Miller, R Chenault, R Romo
 NATL: ! 1:50.70 4/8/2017 NORTH CAROLINA
 F MCEACHRAN, N VESTAL, J KLEIN, S WALSH
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Club Finals

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 1 VIRGINIA MASTERS SWIM TEAM 'A' 2:08.58Z
 1) Jaeger, Debbie W56 2) Miller, Patricia W58
 3) Chenault, Robert M56 4) Harris, Gregory M55
38.17 1:16.76 (38.59) 1:44.83 (28.07) 2:08.58 (23.75)
 2 COLONIALS 1776 'B' 2:10.02Z
 1) Swanson, Vibeke W57 2) Hoffman, Charles M68
 3) Dougherty, Stephen M67 4) Saucy, Stephanie W55
32.92 1:09.94 (37.02) 1:41.50 (31.56) 2:10.02 (28.52)
 =====

Mixed 65+ 200 Yard Freestyle Relay

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 ZONE: Z 2:10.43 4/12/2015 Colonials 1776
 T Tulenko, C Mccloskey, N Puckett, J Amundsen
 NATL: ! 1:49.23 4/28/2017 PUGET SOUND MAS
 C DAVIS, S PREISSLER, W HAYES, R COLELLA
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Club Finals

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 1 VIRGINIA MASTERS SWIM TEAM 'A' 2:14.58
 1) Frogley, Christopher M75 2) Loftus-Charley, Shirley W67
 3) Miller, Jim M68 4) Lyttle, Ann W71
37.50 1:08.75 (31.25) 1:41.84 (33.09) 2:14.58 (32.74)
 =====

Mixed 65+ 400 Yard Freestyle Relay

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 ZONE: Z 4:36.77 4/12/2008 Virginia Masters Swim Team
 NATL: ! 4:19.23 3/11/2017 PALM BEACH MAST
 D QUIGGIN, B JOHNSTON, F HARE, L CHILDS
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Club Finals

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 1 VIRGINIA MASTERS SWIM TEAM 'B' 4:48.75
 1) Mccorkle, John M67 2) Loftus-Charley, Shirley W67
 3) Miller, Jim M68 4) Boslego, Barbara W67
31.80 1:06.20 (1:06.20) 1:39.06 (32.86) 2:15.29 (1:09.09)
2:52.01 (36.72) 3:32.28 (1:16.99) 4:09.55 (37.27) 4:48.75 (1:16.47)
 2 RESTON MASTERS SWIM TEAM 'B' 6:26.35
 1) Kirwan, Denise W67 2) Nobbe, Nick M80
 3) Manheim, Lucy W76 4) Snowwhite, Larry M72
36.09 1:16.18 (1:16.18) 2:11.69 (55.51) 3:09.31 (1:53.13)
4:01.37 (52.06) 5:00.64 (1:51.33) 5:40.85 (40.21) 6:26.35 (1:25.71)
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