

DC Masters Long Course Meet

August 11, 1996

Meet Name: DC Masters 11th Long Course Meet
 Meet Location: Robert Bickford Natatorium
 Price Georges County Community College, Maryland, USA
 Meet Date: August 11, 1996
 Meet Director: Teresa Martin
 Officials:
 Referee: Mrs. Marie Beth Hall
 Starter: Dick Griffith
 Stroke & Turn Judges: James Carey, Megan Hall
 Sanctioned by Potomac Valley LMSC for USMS, Inc. #106-006

WOMEN

--- Ages 19 Through 24 ---

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	MARGARET HOWELL	23	DCAC	33.10
Mixed 100 Free				
1	NATHALIE DEVIGNE	21	UNAT	1:06.55
2	MARGARET HOWELL	23	DCAC	1:15.90
Mixed 200 Free				
1	NATHALIE DEVIGNE	21	UNAT	2:20.39
Mixed 400 Free				
1	NATHALIE DEVIGNE	21	UNAT	4:54.16
Mixed 800 Free				
Sponsor: Ann Svanson				
1	NATHALIE DEVIGNE	21	UNAT	10:08.72
Mixed 50 Back				
1	MARGARET HOWELL	23	DCAC	45.33
Mixed 100 Back				
1	MARGARET HOWELL	23	DCAC	1:34.96

--- Ages 25 Through 29 ---

PL	Name	Age	Team	Finals
Mixed 50 Free				
1	SUZANNE HELMERICH	25	PCFC	38.41
2	JENNIFER BUYNITZKY	26	PCFC	39.50
Mixed 100 Free				
1	TERESA MARTIN	29	DCM	1:14.82
2	SUZANNE HELMERICH	25	PCFC	1:29.58
3	JENNIFER BUYNITZKY	26	PCFC	1:32.51
Mixed 200 Free				
1	PATTY COLLINS	28	TDEL	2:39.22
Mixed 400 Free				
1	TERESA MARTIN	29	DCM	5:51.44
2	MOLLIE MCGROARTY	28	TERR	5:54.14
Mixed 50 Back				
1	JENNIFER BUYNITZKY	26	PCFC	46.92
Mixed 100 Back				
-	JENNIFER BUYNITZKY	26	PCFC	DQ
Mixed 200 Back				
1	SHEILA WALSH	26	DCAC	3:04.76
Mixed 50 Breast				
1	SUZANNE HELMERICH	25	PCFC	46.76
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1	SHEILA WALSH	26	DCAC	1:31.86
2	SUZANNE HELMERICH	25	PCFC	1:42.89
Mixed 200 Breast				
1	SHEILA WALSH	26	DCAC	3:14.76

Mixed 50 Fly				
1	MARY RYAN	25	RUBA	33.56
2	TERESA MARTIN	29	DCM	40.70
Mixed 200 Fly				
1	MARY RYAN	25	RUBA	2:53.62
Mixed 200 IM				
1	SHEILA WALSH	26	DCAC	2:56.52
2	PATTY COLLINS	28	TDEL	3:03.61
3	MOLLIE MCGROARTY	28	TERR	3:13.84
4	ANDREA GAUZZA	26	ANCM	3:25.89

--- Ages 30 Through 34 ---

PL	Name	Age	Team	Finals
Mixed 100 Free				
1	JANE KLEINE	31	TERR	1:05.76
Mixed 200 Free				
1	ELLEN MACGREGOR	30	FXCM	2:27.22
Mixed 400 Free				
1	JANE KLEINE	31	TERR	4:48.94
2	DEBORAH ZIMIC	34	MARY	4:50.50
3	ELLEN MACGREGOR	30	FXCM	5:04.70
4	KRISTEN CORBETT	30	MARY	5:10.48
5	SHAWN RODRIGUES	31	HAGY	5:46.44
6	WENDY SHEAY	31	RUBA	6:56.48
Mixed 50 Back				
1	SHAWN RODRIGUES	31	HAGY	37.99
2	SUSAN WILLIAMS	32	DCRP	53.25
Mixed 100 Back				
1	KRISTEN CORBETT	30	MARY	1:13.83
Mixed 200 Back				
1	KRISTEN CORBETT	30	MARY	2:40.38
2	SHAWN RODRIGUES	31	HAGY	2:58.25
Mixed 50 Breast				
1	SUSAN WILLIAMS	32	DCRP	56.15
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1	DEBORAH MORRIN	33	TERR	1:38.52
2	SUSAN WILLIAMS	32	DCRP	2:01.47
Mixed 200 Breast				
1	DEBORAH MORRIN	33	TERR	3:34.42
Mixed 200 IM				
1	DEBORAH ZIMIC	34	MARY	2:37.08
2	JANE KLEINE	31	TERR	2:42.69
3	ELLEN MACGREGOR	30	FXCM	2:53.25
Mixed 400 IM				
Sponsor: Mary Lathram				
1	DEBORAH ZIMIC	34	MARY	5:33.56

--- Ages 35 Through 39 ---

PL	Name	Age	Team	Finals
Mixed 50 Free				

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1	CYNTHIA HYLAND	36	RMST	30.88
2	CHERYL BRUNER	37	DCM	33.64
Mixed 100 Free				
1	CHERYL BRUNER	37	DCM	1:18.25
Mixed 400 Free				
1	KAREN SULLIVAN	39	UNAT	5:09.89
2	BARBARA HILL	36	DCAC	5:59.87
Mixed 800 Free				
Sponsor: Ann Svanson				
1	PENNY BATES	35	RMST	10:46.50
2	KAREN SULLIVAN	39	UNAT	10:49.33
Mixed 50 Back				
1	PENNY BATES	35	RMST	38.13
2	SUSAN BLEISTEIN	38	VMST	53.43
Mixed 100 Back				
1	PENNY BATES	35	RMST	1:21.83
Mixed 200 Back				
1	BARBARA HILL	36	DCAC	3:08.04
Mixed 50 Breast				
1	CHERYL BRUNER	37	DCM	46.01
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1	CHERYL BRUNER	37	DCM	1:38.21
Mixed 50 Fly				
1	SUSAN BLEISTEIN	38	VMST	43.99
Mixed 100 Fly				
Sponsor: Jayne Bruner				
1	CYNTHIA HYLAND	36	RMST	1:15.11
Mixed 200 Fly				
1	CYNTHIA HYLAND	36	RMST	2:49.37
2	PENNY BATES	35	RMST	3:00.59
Mixed 200 IM				
1	PENNY BATES	35	RMST	2:50.11
Mixed 400 IM				
Sponsor: Mary Lathram				
1	BARBARA HILL	36	DCAC	6:52.15
2	CHERYL BRUNER	37	DCM	7:16.57
--- Ages 40 Through 44 ---				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	MEG CLUTE	41	UNAT	32.85
2	BARBARA PROTZMAN	41	MARY	33.46
3	CAROL VARGAS	43	TDEL	51.76
Mixed 100 Free				
1	DENISE KIRWAN	44	DCM	1:10.34
2	MEG CLUTE	41	UNAT	1:14.72
3	CAROL VARGAS	43	TDEL	1:55.08
Mixed 200 Free				
1	ELAINE FINCHAM	41	MARY	2:34.64
2	KITTEN BRAATEN	41	VMST	2:46.17
3	BARBARA PROTZMAN	41	MARY	2:47.40
Mixed 400 Free				
1	BARBARA PROTZMAN	41	MARY	5:43.29
2	KITTEN BRAATEN	41	VMST	5:45.53
Mixed 50 Back				
1	DENISE KIRWAN	44	DCM	38.05
2	MEG CLUTE	41	UNAT	42.04
3	NANCY FALK	40	JCCN	43.36
4	CAROL VARGAS	43	TDEL	57.59
Mixed 100 Back				
1	DENISE KIRWAN	44	DCM	1:21.87
Mixed 200 Back				
1	DENISE KIRWAN	44	DCM	2:54.66
Mixed 50 Breast				
1	MEG CLUTE	41	UNAT	44.99
2	NANCY FALK	40	JCCN	48.08
Mixed 50 Fly				
1	ELAINE FINCHAM	41	MARY	33.09

2	KITTEN BRAATEN	41	VMST	38.31
Mixed 100 Fly				
Sponsor: Jayne Bruner				
1	ELAINE FINCHAM	41	MARY	1:17.81
2	KITTEN BRAATEN	41	VMST	1:24.73
3	BARBARA PROTZMAN	41	MARY	1:26.22
Mixed 200 Fly				
1	ELAINE FINCHAM	41	MARY	2:56.10
--- Ages 45 Through 49 ---				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	ANN LYTTLE	48	DCM	32.98
2	CAROL GALBRAITH	46	DCAC	35.20
3	MYRIAM PERO	46	TERR	37.03
Mixed 100 Free				
1	ANN LYTTLE	48	DCM	1:13.20
2	CAROL GALBRAITH	46	DCAC	1:21.29
3	MYRIAM PERO	46	TERR	1:22.66
Mixed 200 Free				
1	ANN LYTTLE	48	DCM	2:40.26
Mixed 400 Free				
1	ANN LYTTLE	48	DCM	5:35.33
2	NANCY MILLER	46	VMST	6:14.60
3	MYRIAM PERO	46	TERR	6:31.57
Mixed 800 Free				
Sponsor: Ann Svanson				
1	ANN LYTTLE	48	DCM	11:40.90
2	MYRIAM PERO	46	TERR	13:23.60
Mixed 50 Back				
1	CAROL GALBRAITH	46	DCAC	44.60
2	CAROLE SOCKS	49	HAGY	1:05.26
Mixed 100 Back				
1	MARGARET CONOMOS	46	DCM	2:50.26
Mixed 200 Back				
1	MARGARET CONOMOS	46	DCM	5:52.80
Mixed 50 Breast				
1	NANCY MILLER	46	VMST	45.98
Mixed 50 Fly				
1	NANCY MILLER	46	VMST	39.32
2	MARGARET CONOMOS	46	DCM	1:07.64
Mixed 100 Fly				
Sponsor: Jayne Bruner				
1	MARGARET CONOMOS	46	DCM	2:50.87
Mixed 200 Fly				
1	MARGARET CONOMOS	46	DCM	6:10.92
--- Ages 50 Through 54 ---				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	BARBARA WANDEL	52	MARY	49.20
Mixed 100 Free				
1	BARBARA FRID	54	DCM	1:19.73
2	BARBARA WANDEL	52	MARY	1:52.75
Mixed 200 Free				
1	NANCY KIRKENDALL	53	DCM	3:04.15
Mixed 400 Free				
1	JANE KATZ	53	EMP	6:17.58
2	JUDITH MARTIN	54	VMST	6:44.36
3	JUDY MICHEL	50	DCM	6:59.16
Mixed 800 Free				
Sponsor: Ann Svanson				
1	NANCY KIRKENDALL	53	DCM	13:02.37
2	JUDY MICHEL	50	DCM	14:07.97
Mixed 50 Back				
1	JANE KATZ	53	EMP	41.01
2	BARBARA FRID	54	DCM	41.91
3	BETSY DURRANT	54	VMST	43.73

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4	NANCY KIRKENDALL	53	DCM	43.86
5	JUDITH MARTIN	54	VMST	43.90
Mixed 100 Back				
1	JANE KATZ	53	EMP	1:31.79
2	BARBARA FRID	54	DCM	1:33.71
3	JUDITH MARTIN	54	VMST	1:40.70
4	NANCY KIRKENDALL	53	DCM	1:40.87
Mixed 200 Back				
1	JUDITH MARTIN	54	VMST	3:27.69
2	NANCY KIRKENDALL	53	DCM	3:34.18
-	JANE KATZ	53	EMP	DQ
Mixed 50 Breast				
1	MARGOT PETTIJOHN	50	ANCM	44.67
2	BETSY DURRANT	54	VMST	45.70
3	JUDITH MARTIN	54	VMST	48.26
4	JUDY MICHEL	50	DCM	52.92
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1	BETSY DURRANT	54	VMST	1:41.83
2	JUDY MICHEL	50	DCM	1:53.04
Mixed 200 Breast				
1	MARGOT PETTIJOHN	50	ANCM	3:29.49
2	JUDY MICHEL	50	DCM	4:12.54
Mixed 50 Fly				
1	BARBARA FRID	54	DCM	37.11
2	MARGOT PETTIJOHN	50	ANCM	39.89
3	JANE KATZ	53	EMP	44.19
Mixed 400 IM				
Sponsor: Mary Lathram				
1	MARGOT PETTIJOHN	50	ANCM	7:13.53
--- Ages 55 Through 59 ---				
PL	Name	Age	Team	Finals

Mixed 400 Free				
1	KAREN HANNAM	56	DCM	8:46.65
Mixed 50 Breast				
1	KAREN HANNAM	56	DCM	1:01.18
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1	JOANN LEILICH	57	DCM	1:32.54
Mixed 200 Breast				
1	JOANN LEILICH	57	DCM	3:20.24
2	KAREN HANNAM	56	DCM	4:33.46
Mixed 200 IM				
1	KAREN HANNAM	56	DCM	4:46.31
Mixed 400 IM				
Sponsor: Mary Lathram				
1	JOANN LEILICH	57	DCM	7:07.40
2	KAREN HANNAM	56	DCM	9:56.76
--- Ages 60 Through 64 ---				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	JAYNE BRUNER	62	DCM	33.75
2	JANE PHARIS	63	VMST	49.92
Mixed 100 Free				
1	JAYNE BRUNER	62	DCM	1:18.65
Mixed 200 Free				
1	JAYNE BRUNER	62	DCM	3:04.37
Mixed 50 Back				
1	NANCY BROWN	60	MARY	44.95
2	JANE PHARIS	63	VMST	58.53
Mixed 100 Back				
1	JANE PHARIS	63	VMST	2:13.12
Mixed 100 Fly				
Sponsor: Jayne Bruner				
1	JAYNE BRUNER	62	DCM	1:34.10
Mixed 200 Fly				

1	NANCY BROWN	60	MARY	3:46.55
Mixed 200 IM				
1	JAYNE BRUNER	62	DCM	3:19.20
Mixed 400 IM				
Sponsor: Mary Lathram				
1	NANCY BROWN	60	MARY	7:15.90
--- Ages 65 Through 69 ---				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	BETTY GRIFFIN	65	DCM	51.85
2	LUCY BROWN	65	DCM	1:02.43
Mixed 100 Free				
1	BETTY GRIFFIN	65	DCM	2:00.48
2	LUCY BROWN	65	DCM	2:35.26
Mixed 400 Free				
1	LUCY BROWN	65	DCM	11:27.14
Mixed 800 Free				
Sponsor: Ann Svanson				
1	LUCY BROWN	65	DCM	23:35.20
Mixed 50 Back				
1	BETTY GRIFFIN	65	DCM	1:04.74
Mixed 100 Back				
1	BETTY GRIFFIN	65	DCM	2:25.93
--- Ages 70 Through 74 ---				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	JEANNE MERRYMAN	73	C177	44.06
Mixed 100 Free				
1	JEANNE MERRYMAN	73	C177	1:45.12
Mixed 50 Back				
1	JEANNE MERRYMAN	73	C177	51.28
Mixed 100 Back				
1	JEANNE MERRYMAN	73	C177	2:00.05
Mixed 50 Fly				
1	JEANNE MERRYMAN	73	C177	1:00.24
--- Ages 75 Through 79 ---				
PL	Name	Age	Team	Finals

Mixed 50 Free				
1	RUTH THORSEN	76	DCM	1:00.46
Mixed 100 Free				
1	MIMI LEE	76	DCM	2:11.80
2	RUTH THORSEN	76	DCM	2:22.22
Mixed 200 Free				
1	RUTH THORSEN	76	DCM	5:23.55
Mixed 400 Free				
1	RUTH THORSEN	76	DCM	11:07.23
Mixed 50 Back				
1	RUTH THORSEN	76	DCM	1:28.72
Mixed 50 Breast				
1	MIMI LEE	76	DCM	1:04.36
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1	MIMI LEE	76	DCM	2:33.79
Mixed 50 Fly				
1	MIMI LEE	76	DCM	1:11.70
2	ROBERTA SUGDEN	79	VMST	1:36.00
Mixed 200 IM				
1	MIMI LEE	76	DCM	5:32.33
2	ROBERTA SUGDEN	79	VMST	7:17.67
--- Ages 80 Through 84 ---				
PL	Name	Age	Team	Finals

Mixed 50 Free				

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1 ANNE WALKER	80	DCM	49.34
2 MARY LATHRAM	81	DCM	1:06.89
Mixed 100 Free			
1 ANNE WALKER	80	DCM	2:01.51
2 MARY LATHRAM	81	DCM	2:36.75
Mixed 800 Free			
Sponsor: Ann Svanson			
1 MARY LATHRAM	81	DCM	24:03.09
Mixed 50 Back			
1 ANNE WALKER	80	DCM	59.06
2 MARY LATHRAM	81	DCM	1:10.09
Mixed 100 Back			
1 ANNE WALKER	80	DCM	2:10.28
Mixed 200 Back			
1 ANNE WALKER	80	DCM	4:33.50
2 MARY LATHRAM	81	DCM	5:30.24

MEN

--- Ages 19 Through 24 ---

PL	Name	Age	Team	Finals

Mixed 50 Free				
1 CHRIS COLBURN	24	TDEL		26.93
2 JOSEPH RACH	23	PCFC		30.74
Mixed 100 Free				
1 CHRIS COLBURN	24	TDEL		1:01.01
2 JOHN DIEHL	19	TERR		1:04.27
Mixed 50 Breast				
1 JOSEPH RACH	23	PCFC		38.44
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1 JOSEPH RACH	23	PCFC		1:26.44
Mixed 50 Fly				
1 JOHN DIEHL	19	TERR		29.37
Mixed 100 Fly				
Sponsor: Jayne Bruner				
1 JOHN DIEHL	19	TERR		1:11.67

--- Ages 25 Through 29 ---

PL	Name	Age	Team	Finals

Mixed 50 Free				
1 SEAN WEST	27	FXCM		26.57
2 MATTHEW KINNEY	26	DCAC		26.83
3 WILLIAM CLEMSON	29	DCAC		31.87
4 BRETT LAMMERS	28	RMST		32.13
Mixed 100 Free				
1 JEFFREY RODDIN	27	ANCM		58.29
2 SEAN WEST	27	FXCM		58.68
3 COREY CARLISLE	25	DCAC		59.14
4 BRETT LAMMERS	28	RMST		1:12.35
5 WILLIAM CLEMSON	29	DCAC		1:12.46
6 RON KAPLAN	25	DCAC		1:27.93
Mixed 200 Free				
1 NEILL WILLIAMS	28	DCAC		2:13.85
2 BRIAN ELLIS	28	FXCM		2:21.75
3 WILLIAM CLEMSON	29	DCAC		3:05.47
4 JEFFREY LOOMIS	26	DCAC		3:09.47
5 RON KAPLAN	25	DCAC		3:14.72
Mixed 400 Free				
1 NEILL WILLIAMS	28	DCAC		4:54.52
2 MIKE FLYNN	26	DCAC		5:43.47
3 JEFFREY LOOMIS	26	DCAC		7:10.68
Mixed 50 Back				
1 NEILL WILLIAMS	28	DCAC		31.10
2 MIKE FLYNN	26	DCAC		38.14
Mixed 100 Back				

1 COREY CARLISLE	25	DCAC	1:10.71
Mixed 200 Back			
1 JEFFREY RODDIN	27	ANCM	2:24.38
Mixed 50 Breast			
1 MIKE FLYNN	26	DCAC	38.98
2 RON KAPLAN	25	DCAC	46.96
Mixed 100 Breast			
Sponsor: Kenneth Flynn			
1 MATTHEW KINNEY	26	DCAC	1:09.36
2 RON KAPLAN	25	DCAC	1:40.16
Mixed 200 Breast			
1 MATTHEW KINNEY	26	DCAC	2:31.62
Mixed 50 Fly			
1 NEILL WILLIAMS	28	DCAC	27.09
2 COREY CARLISLE	25	DCAC	28.70
Mixed 100 Fly			
Sponsor: Jayne Bruner			
1 JEFFREY RODDIN	27	ANCM	1:01.15
2 MATTHEW KINNEY	26	DCAC	1:02.78
3 BRIAN ELLIS	28	FXCM	1:05.40
Mixed 200 IM			
1 SEAN WEST	27	FXCM	2:30.53
2 BRIAN ELLIS	28	FXCM	2:33.19
Mixed 400 IM			
Sponsor: Mary Lathram			
1 MATTHEW KINNEY	26	DCAC	5:04.97
2 JEFFREY RODDIN	27	ANCM	5:13.12

--- Ages 30 Through 34 ---

PL	Name	Age	Team	Finals

Mixed 50 Free				
1 CHUCK GRAF	30	UNAT		25.77
2 DANIEL PERELES	34	ANCM		26.98
3 MICHAEL CIALDELLA	33	CHIN		27.13
4 TOM CAPRIO	31	MARY		27.74
5 PATRICK MCGROARTY	33	TRIM		29.82
6 STEVE GURNEY	30	RMST		29.95
7 CHARLES MCMANUS	34	DCAC		30.56
Mixed 100 Free				
1 CHUCK GRAF	30	UNAT		1:00.68
2 MICHAEL CIALDELLA	33	CHIN		1:00.73
3 TOM CAPRIO	31	MARY		1:02.65
4 DOUGLAS PRINCE	34	FXCM		1:08.37
5 STEVE GURNEY	30	RMST		1:10.32
6 EDWARD GUEDEZ	34	DCAC		1:19.95
7 PATRICK MCGROARTY	33	TRIM		1:26.82
Mixed 800 Free				
Sponsor: Ann Svanson				
1 ROBBIE ALLEN	30	RMST		9:27.32
Mixed 50 Back				
1 ROBERT WASILOWSKI	31	DCAC		38.18
Mixed 100 Back				
1 DOUGLAS PRINCE	34	FXCM		1:26.20
2 EDWARD GUEDEZ	34	DCAC		1:42.18
Mixed 200 Back				
- ROBERT WASILOWSKI	31	DCAC		DQ
Mixed 50 Breast				
1 CHARLES MCMANUS	34	DCAC		38.94
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1 CHARLES MCMANUS	34	DCAC		1:27.15
2 EDWARD GUEDEZ	34	DCAC		1:39.11
Mixed 200 Breast				
1 MANABU TAKASAWA	32	DCAC		3:25.53
2 EDWARD GUEDEZ	34	DCAC		3:43.21
Mixed 50 Fly				
1 DANIEL PERELES	34	ANCM		30.10
2 DAVID CORAY	33	DCAC		31.94
3 PATRICK MCGROARTY	33	TRIM		33.31

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Mixed 200 IM
 1 MANABU TAKASAWA 32 DCAC 3:12.94

--- Ages 35 Through 39 ---

PL Name Age Team Finals

Mixed 50 Free
 1 JIM MCFARLAND 38 VMST 27.85
 2 ROBIN SIMMONS 37 FXCM 28.85
 3 TERENCE GILBERT 35 VMST 34.37
 4 JEFFREY GRAF 37 PCFC 34.87

Mixed 100 Free
 1 EDWARD LUSSIER 38 GLD 1:01.64
 2 JIM MCFARLAND 38 VMST 1:01.81
 3 FRED MUNSON 38 DCM 1:02.82
 4 ROBIN SIMMONS 37 FXCM 1:08.98
 5 TERENCE GILBERT 35 VMST 1:22.02
 6 JEFFREY GRAF 37 PCFC 1:25.55

Mixed 200 Free
 1 JOHN LOWE 35 VMST 2:08.73
 2 JIM MCFARLAND 38 VMST 2:16.16
 3 FRED MUNSON 38 DCM 2:19.06
 4 WILSON RUMBLE 35 DCAC 2:44.94
 5 TERENCE GILBERT 35 VMST 3:09.01

Mixed 400 Free
 1 JOHN LOWE 35 VMST 4:36.58
 2 JIM MCFARLAND 38 VMST 4:51.24
 3 LEONARDO ESPINOSA 36 DCAC 4:52.60
 4 THOMAS DENES 38 ANCM 5:09.26
 5 JAMES ACKER 36 MARY 5:23.56
 6 WILSON RUMBLE 35 DCAC 5:50.88
 7 TERENCE GILBERT 35 VMST 6:47.18

Mixed 800 Free
 Sponsor: Ann Svanson
 1 JOHN LOWE 35 VMST 9:38.27
 2 WILSON RUMBLE 35 DCAC 12:03.03

Mixed 50 Back
 1 EDWARD LUSSIER 38 GLD 32.34
 2 JEFFREY GRAF 37 PCFC 52.39

Mixed 200 Back
 1 LEONARDO ESPINOSA 36 DCAC 2:36.57
 2 FRED MUNSON 38 DCM 2:48.41

Mixed 50 Breast
 1 LEONARDO ESPINOSA 36 DCAC 36.30
 2 JEFFREY GRAF 37 PCFC 55.08

Mixed 200 Breast
 1 JAMES ACKER 36 MARY 3:02.86
 2 WILSON RUMBLE 35 DCAC 3:32.03
 3 THOMAS DENES 38 ANCM 3:32.31

Mixed 50 Fly
 1 EDWARD LUSSIER 38 GLD 29.61
 2 DAVID FRIEDLAND 39 UNAT 35.31
 3 ROBIN SIMMONS 37 FXCM 36.18

Mixed 100 Fly
 Sponsor: Jayne Bruner
 1 EDWARD LUSSIER 38 GLD 1:09.38
 2 THOMAS DENES 38 ANCM 1:10.22
 3 MARK BRAIMAN 39 VMST 1:25.09

Mixed 200 Fly
 1 MARK BRAIMAN 39 VMST 3:36.33

Mixed 200 IM
 1 JOHN LOWE 35 VMST 2:31.71
 2 LEONARDO ESPINOSA 36 DCAC 2:32.74
 3 JAMES ACKER 36 MARY 2:45.44
 4 THOMAS DENES 38 ANCM 2:49.98
 5 MARK SHIMADA 38 DCAC 3:04.93
 6 ROBIN SIMMONS 37 FXCM 3:08.96

Mixed 400 IM
 Sponsor: Mary Lathram
 1 JAMES ACKER 36 MARY 5:55.98

2 THOMAS DENES 38 ANCM 6:08.61

--- Ages 40 Through 44 ---

PL Name Age Team Finals

Mixed 50 Free
 1 GRIFF THOMPSON 41 UNAT 27.27
 2 JACK MARKEY 43 DCAC 29.64
 3 WARREN FRIEDLAND 40 ANCM 30.53
 4 MARTIN ARASE 43 FXCM 33.82
 5 ROB DOBRY 41 MARY 38.50

Mixed 100 Free
 1 WARREN FRIEDLAND 40 ANCM 1:07.29
 2 MARTIN ARASE 43 FXCM 1:18.38
 - GRIFF THOMPSON 41 UNAT DQ

Mixed 200 Free
 1 ROB DOBRY 41 MARY 3:27.21

Mixed 400 Free
 1 JOSEPH SVATOS 41 DCM 5:30.22

Mixed 50 Back
 1 KEN GARRISON 44 JCCN 39.85
 2 MARTIN ARASE 43 FXCM 42.75

Mixed 100 Back
 1 KEN GARRISON 44 JCCN 1:34.09

Mixed 50 Breast
 1 JACK MARKEY 43 DCAC 39.97
 2 RAY NOVITSKE 41 UNAT 42.38
 3 MARTIN ARASE 43 FXCM 44.84
 4 ROB DOBRY 41 MARY 48.47

Mixed 100 Breast
 Sponsor: Kenneth Flynn
 1 JACK MARKEY 43 DCAC 1:29.27
 2 RAY NOVITSKE 41 UNAT 1:36.23
 3 ROB DOBRY 41 MARY 1:49.46

Mixed 200 Breast
 1 JACK MARKEY 43 DCAC 3:19.82
 2 ROB DOBRY 41 MARY 3:59.25

Mixed 50 Fly
 1 GRIFF THOMPSON 41 UNAT 29.41
 2 WARREN FRIEDLAND 40 ANCM 30.88
 3 JOSEPH SVATOS 41 DCM 32.65

Mixed 100 Fly
 Sponsor: Jayne Bruner
 1 GRIFF THOMPSON 41 UNAT 1:09.17

Mixed 200 Fly
 1 RONALD KANE 44 C177 2:33.05

Mixed 200 IM
 1 JOSEPH SVATOS 41 DCM 2:44.87

--- Ages 45 Through 49 ---

PL Name Age Team Finals

Mixed 50 Free
 1 DAVID HARMON 46 ANCM 30.08
 2 JIM MILLER 45 VMST 30.26
 3 ERIC MILLER 49 VMST 31.27
 4 WILLIAM PHARIS 49 VMST 32.52
 5 TOBY SHANNON 47 MARY 32.83
 6 LARRY KILBOURNE 45 GLD 33.59
 7 KENNETH GROVE, JR 48 HAGY 44.05
 8 DAN BRANDENBURG 46 TCSD 44.19
 9 KENNETH CHERTOFF 46 EMP 46.43

Mixed 100 Free
 1 DAVID HARMON 46 ANCM 1:08.73
 2 JIM MILLER 45 VMST 1:10.83
 3 ERIC MILLER 49 VMST 1:12.11
 4 LARRY KILBOURNE 45 GLD 1:16.71
 5 KENNETH CHERTOFF 46 EMP 1:45.37

Mixed 800 Free
 Sponsor: Ann Svanson

DC Masters Long Course Meet

August 11, 1996

1 KEN BEIER	46	DCAC	12:01.68
Mixed 50 Back			
1 WILLIAM PHARIS	49	VMST	40.51
2 ERIC MILLER	49	VMST	41.25
Mixed 100 Back			
1 JIM MILLER	45	VMST	1:26.33
2 WILLIAM PHARIS	49	VMST	1:34.85
3 KEN BEIER	46	DCAC	1:40.52
Mixed 200 Back			
1 KEN BEIER	46	DCAC	3:34.51
Mixed 50 Breast			
1 BARRY HADDAN	45	DCAC	41.08
2 LARRY KILBOURNE	45	GLD	43.52
Mixed 100 Breast			
Sponsor: Kenneth Flynn			
1 BARRY HADDAN	45	DCAC	1:33.55
2 DAN BRANDENBURG	46	TCSO	1:46.09
3 KENNETH GROVE, JR	48	HAGY	1:58.93
Mixed 200 Breast			
1 BARRY HADDAN	45	DCAC	3:22.40
Mixed 50 Fly			
1 ERIC MILLER	49	VMST	34.23
2 TOBY SHANNON	47	MARY	38.75
Mixed 100 Fly			
Sponsor: Jayne Bruner			
1 KEN BEIER	46	DCAC	1:34.89
Mixed 200 IM			
1 BARRY HADDAN	45	DCAC	3:04.01
Mixed 400 IM			
Sponsor: Mary Lathram			
1 BARRY HADDAN	45	DCAC	6:45.78
--- Ages 50 Through 54 ---			
PL	Name	Age	Team Finals

Mixed 50 Free			
1 NED DALY	51	MARY	30.13
2 LOUIS KOZLOFF	52	ANCM	30.98
3 KENT BERTHOLD	50	UNAT	33.05
Mixed 100 Free			
1 WILLIAM BACON	50	GLD	1:05.49
2 NED DALY	51	MARY	1:08.57
3 LOUIS KOZLOFF	52	ANCM	1:12.49
4 KENT BERTHOLD	50	UNAT	1:21.45
5 RICHARD KEISER	52	DCAC	1:21.90
6 HAL PONDER	54	DCAC	1:39.48
Mixed 200 Free			
1 RICHARD KEISER	52	DCAC	3:09.20
Mixed 400 Free			
1 ROBERT WILLIAMS	54	DCM	5:23.63
2 WALTER MEARES	53	DCRP	5:43.66
3 HAL PONDER	54	DCAC	7:43.34
Mixed 50 Back			
1 WILLIAM BACON	50	GLD	32.87
2 NED DALY	51	MARY	38.22
3 DAVID DIEHL	54	TERR	38.97
4 L CLAY BEALL	50	DCM	40.23
5 HAL PONDER	54	DCAC	1:01.83
Mixed 100 Back			
1 WILLIAM BACON	50	GLD	1:15.36
2 L CLAY BEALL	50	DCM	1:29.82
3 NED DALY	51	MARY	1:31.65
4 HAL PONDER	54	DCAC	2:20.79
Mixed 200 Back			
1 WILLIAM BACON	50	GLD	2:51.20
2 DAVID DIEHL	54	TERR	3:37.63
Mixed 50 Breast			
1 WALTER MEARES	53	DCRP	39.44
Mixed 100 Breast			
Sponsor: Kenneth Flynn			

1 DAVID DIEHL	54	TERR	1:45.47
Mixed 200 Breast			
1 EDWARD GAULRAPP	53	DCM	3:25.92
Mixed 50 Fly			
1 KENT BERTHOLD	50	UNAT	36.73
Mixed 100 Fly			
Sponsor: Jayne Bruner			
1 ROBERT WILLIAMS	54	DCM	1:23.25
Mixed 200 Fly			
1 EDWARD GAULRAPP	53	DCM	3:42.82
Mixed 200 IM			
1 ROBERT WILLIAMS	54	DCM	2:52.11
2 L CLAY BEALL	50	DCM	3:09.21
3 RICHARD KEISER	52	DCAC	3:41.63
Mixed 400 IM			
Sponsor: Mary Lathram			
1 ROBERT WILLIAMS	54	DCM	6:11.89

--- Ages 55 Through 59 ---

PL	Name	Age	Team	Finals

Mixed 50 Free				
1 HOWARD BUTTS	55	VMST		35.95
2 DONALD HANNAM	56	DCM		45.34
Mixed 100 Free				
1 LEE BETTIS	58	DCM		1:11.48
2 WILLIAM CUMMINGS	57	DCM		1:28.34
3 HOWARD BUTTS	55	VMST		1:30.67
4 DONALD HANNAM	56	DCM		1:44.60
Mixed 200 Free				
1 WILLIAM CUMMINGS	57	DCM		3:18.19
2 DONALD HANNAM	56	DCM		4:00.65
Mixed 800 Free				
Sponsor: Ann Svanson				
1 DONALD HANNAM	56	DCM		17:11.26
Mixed 50 Back				
1 LEE BETTIS	58	DCM		38.85
Mixed 100 Back				
1 LEE BETTIS	58	DCM		1:24.57
Mixed 200 Back				
1 LEE BETTIS	58	DCM		3:01.92
Mixed 50 Breast				
1 WILLIAM CUMMINGS	57	DCM		46.78
2 HOWARD BUTTS	55	VMST		46.96
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1 HOWARD BUTTS	55	VMST		1:50.87
Mixed 200 IM				
- WILLIAM CUMMINGS	57	DCM		DQ

--- Ages 60 Through 64 ---

PL	Name	Age	Team	Finals

Mixed 50 Free				
1 CHUCK WILMORE	61	VMST		36.32
2 JOHN PADAN	63	UMCY		36.90
3 GILBERT WHEELER	61	VMST		41.21
Mixed 100 Free				
1 GILBERT WHEELER	61	VMST		1:38.19
Mixed 200 Free				
1 DONALD WALTER	60	DCM		3:43.58
2 GILBERT WHEELER	61	VMST		4:15.39
Mixed 400 Free				
1 DONALD WALTER	60	DCM		7:34.78
Mixed 800 Free				
Sponsor: Ann Svanson				
1 DONALD WALTER	60	DCM		15:21.15
2 DAVID GLADFELTER	60	C177		18:01.35
Mixed 50 Back				
1 JOHN PADAN	63	UMCY		43.34

DC Masters Long Course Meet

August 11, 1996

2	CHUCK WILMORE	61	VMST	45.51
3	GILBERT WHEELER	61	VMST	50.72
Mixed 100 Back				
1	DAVID GLADFELTER	60	C177	1:50.81
Mixed 200 Back				
1	DAVID GLADFELTER	60	C177	4:06.33
Mixed 50 Breast				
1	CHUCK WILMORE	61	VMST	46.82
2	JOHN PADAN	63	UMCY	47.82
3	DAVID GLADFELTER	60	C177	51.47
4	GILBERT WHEELER	61	VMST	56.25
Mixed 100 Breast				
Sponsor: Kenneth Flynn				
1	CHUCK WILMORE	61	VMST	1:46.27
Mixed 200 Breast				
1	DAVID GLADFELTER	60	C177	4:15.23
2	DONALD WALTER	60	DCM	4:45.71
Mixed 50 Fly				
1	DONALD RICE	62	MARY	41.01
Mixed 200 IM				
1	DONALD RICE	62	MARY	3:40.06

--- Ages 65 Through 69 ---

PL	Name	Age	Team	Finals

Mixed 50 Free				
1	THOMAS DEWEY	65	UNAT	43.93
Mixed 100 Free				
1	THOMAS DEWEY	65	UNAT	1:40.48
Mixed 200 Free				
1	THOMAS DEWEY	65	UNAT	3:45.06
Mixed 400 Free				
1	THOMAS DEWEY	65	UNAT	7:48.97
Mixed 200 Back				
1	FRED BARTLETT	66	C177	3:28.72
Mixed 50 Breast				
1	KENNETH FLYNN	66	DCM	44.05
Mixed 200 Breast				
1	KENNETH FLYNN	66	DCM	3:45.27
Mixed 200 IM				
1	FRED BARTLETT	66	C177	3:33.77

RELAYS

PL	Name	Team	Finals

Womens 200 R-Medley <i>120-159</i>			
1	DC Aquatics Club 1	DCAC	2:42.46

PL	Name	Team	Finals

Mens 200 R-Free			
1	DC Aquatics Club <i>160-199</i>	DCAC	2:12.23
2	DC Aquatics Club <i>100-119</i>	DCAC	2:21.80

PL	Name	Team	Finals

Mens 200 R-Medley			
1	DC Aquatics Club <i>120-59</i>	DCAC	2:17.46

PL	Name	Team	Finals

Mixed 200 R-Free			
1	Pike Creek M <i>100-119</i>	PCFC	2:29.36

DC MASTERS LONG COURSE CHAMPIONSHIP MEET RECORDS - WOMEN

EVENT/ AGE GP	FREESTYLE				BACKSTROKE			BREASTSTROKE			BUTTERFLY			INDIVIDUAL MILE	
	50 Meters	100 Meters	200 Meters	400 Meters	800 Meters	50 Meters	100 Meters	200 Meters	50 Meters	100 Meters	200 Meters	50 Meters	100 Meters	200 Meters	400 Meters
19-24	28.74 S Brennan 1991	1:03.33 M David 1991	2:20.39 N Devigne 1996	4:54.16 N Devigne 1996	10:08.72 N Devigne 1996	34.01 M Cardinale 1991	1:13.72 P Locke 1986	2:38.41 M Cardinale 1991	31.10 B Wood 1994	1:20.72 B Wood 1994	3:27.75 F Rannath 1988	31.10 M David 1991	1:10.51 S Brennan 1991	3:21.73 F Rannath 1987	2:41.00 A Leib 1988
25-29	28.70 B O'Connor 1987	1:03.77 N Hall 1992	2:22.84 K Frazer 1989	5:04.01 D Ware 1990	10:23.21 D Ware 1990	32.90 B O'Connor 1987	1:12.63 B O'Connor 1987	2:43.73 A Forster 1991	37.14 W Gray 1986	1:24.90 C Conlin 1994	3:03.02 D Crossmore 1993	29.99 B O'Connor 1987	1:09.08 C Wais 1986	2:52.89 K Sullivan 1986	2:35.98 B O'Connor 1987
30-34	29.38 M McDoughlin 1995	1:05.63 K Branch 1988	2:19.36 K Branch 1988	4:48.94 J Kaine 1996	9:53.80 D Landers 1995	35.18 S Skiff 1986	1:13.83 K Corbett 1996	2:40.38 K Corbett 1996	36.05 L Bennett 1989	1:21.33 L Bennett 1988	3:04.20 L Bennett 1991	31.61 S Skiff 1986	1:11.44 L Bennett 1989	2:40.26 D Daymond 1988	2:57.08 D Zanic 1996
35-39	28.62 J Henry 1989	1:03.51 J Henry 1989	2:16.26 J Henry 1989	4:55.22 J Henry 1989	10:14.18 K Branch 1994	36.08 L Hasselquist 1995	1:13.01 Z Herrmann 1994	2:32.94 Z Herrmann 1994	42.85 L Bennett 1995	1:35.24 S Walsh 1992	3:21.52 S Walsh 1990	33.09 E Fuchs 1996	1:17.78 S Walsh 1990	2:55.07 S Walsh 1990	2:57.20 S Harrington 1989
40-44	31.21 S Harrington 1987	1:07.95 S Harrington 1989	2:34.24 A Lytle 1992	5:31.31 A Lytle 1992	11:18.88 T Gault 1991	38.05 D Kirwan 1996	1:21.87 D Kirwan 1996	2:47.96 E Roberts 1993	43.70 A Lytle 1993	1:38.57 B Durant 1990	3:11.24 J Leilich 1986	37.07 I David 1991	1:24.31 S Walsh 1995	3:38.27 I David 1991	2:46.99 C McCauley 1995
45-49	32.17 A Lytle 1993	1:10.78 A Lytle 1995	2:34.20 A Lytle 1994	5:26.78 A Lytle 1993	11:25.49 A Lytle 1994	39.29 L Griffin 1986	1:39.21 B Durant 1990	3:11.85 L Griffin 1986	41.28 J Leilich 1990	1:29.02 J Leilich 1990	3:15.76 J Leilich 1989	37.11 B Field 1996	1:35.34 L Griffin 1990	3:46.22 L Griffin 1990	3:22.56 J Bruner 1987
50-54	34.64 L Griffin 1990	1:16.66 B Field 1992	2:48.02 B Field 1992	5:56.36 B Field 1992	11:51.30 B Field 1992	41.01 J Katz 1996	1:30.45 B Field 1992	3:19.91 J Decker 1992	42.02 J Bruner 1992	1:32.54 J Leilich 1996	3:20.24 J Leilich 1996	36.28 J Bruner 1992	1:27.66 J Bruner 1989	3:49.03 L Griffin 1995	3:15.57 J Bruner 1992
55-59	32.59 J Bruner 1991	1:18.86 J Bruner 1992	3:11.56 J Troy 1986	6:48.09 J Troy 1986	14:25.49 J Troy 1986	41.04 J Bruner 1992	1:36.88 N Brown 1995	3:45.01 E Grobe 1991	42.65 J Bruner 1992	1:34.10 J Leilich 1996	3:20.24 J Leilich 1996	38.22 J Bruner 1995	1:36.71 J Bruner 1994	4:14.69 M Hagen 1989	3:19.10 J Bruner 1995
60-64	33.77 J Bruner 1996	1:18.65 J Bruner 1996	3:04.37 J Bruner 1996	6:43.09 J Troy 1988	13:46.63 J Troy 1991	44.95 N Brown 1996	1:42.07 C Williams 1986	3:48.13 C Williams 1986	42.85 J Bruner 1994	1:39.23 S Allnut 1989	4:13.15 M Hagen 1989	45.80 J Bruner 1995	2:05.46 J Bruner 1994	4:39.34 M Hagen 1989	3:32.53 J Bruner 1995
65-69	39.17 J Troy 1993	1:26.60 J Troy 1993	3:15.27 J Troy 1993	8:00.16 M Lee 1986	15:40.68 M Lee 1986	47.19 C Williams 1989	1:46.74 C Williams 1989	3:50.68 C Williams 1989	48.95 J Troy 1993	1:59.23 S Allnut 1989	4:24.85 S Allnut 1989	45.80 C Williams 1989	2:05.46 M Lee 1986	4:39.34 M Lee 1986	3:32.53 J Deugberry 1990
70-74	40.31 J Meryman 1993	1:35.47 J Meryman 1993	3:42.67 J Meryman 1993	8:34.50 J Russell 1992	17:30.75 H Hamner 1989	49.36 J Meryman 1993	1:47.43 J Meryman 1993	4:12.97 A Walker 1990	1:50.24 J Meryman 1996	2:20.93 J Deugberry 1994	4:52.06 J Deugberry 1994	55.00 J Meryman 1994	2:24.12 H Hamner 1989	-	4:49.76 J Deugberry 1994
75-79	45.04 N Clark 1990	1:43.22 N Clark 1989	3:56.19 N Clark 1990	8:51.30 A Walker 1992	17:50.76 A Walker 1992	52.70 A Walker 1992	2:01.13 A Walker 1994	4:08.00 A Walker 1993	1:04.36 M Lee 1996	2:33.79 M Lee 1996	5:23.45 E Martilla 1987	1:11.70 M Lee 1996	3:02.12 E Martilla 1989	6:31.23 E Martilla 1989	5:07.08 E Martilla 1986
80-84	49.34 A Walker 1996	1:56.29 N Clark 1994	5:13.33 E Martilla 1992	10:38.64 E Martilla 1990	24:04.09 M Laitram 1996	59.06 A Walker 1996	2:10.28 A Walker 1996	4:33.50 A Walker 1996	2:43.41 E Martilla 1991	2:52.33 E Martilla 1990	6:20.44 E Martilla 1990	2:52.33 E Martilla 1990	11:20.90 E Martilla 1990	-	11:20.90 E Martilla 1990

DC MASTERS LONG COURSE CHAMPIONSHIP MEET RECORDS - MEN

EVENT/ AGE GP	FREESTYLE				BACKSTROKE				BREASTSTROKE				BUTTERFLY				INDIVIDUAL MEDLEY	
	50 Meters	100 Meters	200 Meters	400 Meters	800 Meters	50 Meters	100 Meters	200 Meters	50 Meters	100 Meters	200 Meters	50 Meters	100 Meters	200 Meters	50 Meters	100 Meters	200 Meters	400 Meters
19-24	25.40 A Thomas 1994	55.68 A Thomas 1994	2:06.59 M Moore 1992	4:29.75 M Moore 1992	9:19.77 M Moore 1992	28.94 C Krupfutz 1990	1:06.00 C Krupfutz 1990	2:30.39 C Krupfutz 1990	33.48 C Brady 1991	1:14.27 A Geisler 1991	2:51.37 A Geisler 1992	26.38 R Beville 1995	58.14 R Beville 1995	2:09.39 R Beville 1995	2:22.80 J Roddin 1992	5:07.53 J Roddin 1993		
25-29	24.04 J Matson 1992	52.45 J Matson 1992	2:03.26 J Matson 1991	4:30.57 J Jewell 1990	9:15.37 S Fisher 1991	27.48 C Britt 1989	1:00.82 C Britt 1990	2:19.26 E Eshakel 1993	32.66 N Williams 1995	1:09.36 M Kinney 1996	2:31.62 M Kinney 1996	26.92 C Britt 1989	1:00.54 J Roddin 1994	2:26.27 J Tucker 1989	2:20.45 E Eshakel 1993	5:04.97 M Kinney 1996		
30-34	25.61 C Britt 1993	57.51 S Beiler 1988	2:05.06 S Beiler 1988	4:28.98 S Beiler 1988	9:24.05 T Karamine 1986	28.38 C Britt 1993	1:01.20 C Britt 1993	2:26.87 D Herrigan 1986	33.02 D Maltebury 1991	1:16.36 T Karamine 1987	2:49.24 K Neubauer 1988	26.02 C Britt 1992	1:00.05 C Johnson 1995	2:16.26 T Karamine 1986	2:22.04 T Karamine 1986	5:06.34 T Karamine 1987		
35-39	25.82 R Krobe 1991	58.16 R Krobe 1991	2:08.73 J Lowe 1996	4:29.63 E Brown 1989	9:19.68 E Brown 1989	28.88 T Wolf 1990	1:01.85 T Wolf 1990	2:13.83 T Wolf 1990	32.94 M Slowey 1994	1:14.25 M Clark 1993	2:47.74 M Slowey 1994	28.69 J Curdungham 1995	1:02.98 E Brown 1989	2:19.80 E Brown 1989	2:19.17 T Wolf 1990	5:02.43 T Wolf 1990		
40-44	26.88 D Lyons 1986	58.89 D Lyons 1986	2:12.15 D Audley 1987	4:29.69 E Brown 1993	9:23.61 E Brown 1993	32.38 S Morgan 1989	1:09.89 L Harrison 1992	2:42.31 S Morgan 1989	36.70 S Webb 1992	1:24.15 S Webb 1992	2:55.26 J Calvert 1989	28.79 D Lyons 1986	1:03.41 E Brown 1993	2:20.81 E Brown 1993	2:29.22 J Calvert 1989	5:21.34 J Calvert 1989		
45-49	27.59 R Casey 1993	1:02.28 G Brown 1992	2:14.33 J Calvert 1991	4:52.50 E Crossmore 1993	10:09.80 E Crossmore 1993	33.61 R Alexander 1992	1:11.19 J Calvert 1991	2:27.76 J Calvert 1991	35.92 P Oroszlan 1991	1:21.62 H Reichelt 1986	2:59.13 H Reichelt 1986	29.83 L Heves 1990	1:10.22 R Bennett 1990	2:59.26 R Bennett 1990	2:32.83 J Calvert 1991	5:13.26 J Calvert 1991		
50-54	29.80 T Burgess 1992	1:05.49 W Bacon 1996	2:24.18 D Harrison 1990	5:39.03 W Meares 1994	10:44.38 D Harrison 1990	35.25 D McGinley 1988	1:15.36 W Bacon 1996	2:49.50 P Butzer 1993	35.96 P Oroszlan 1995	1:20.23 J Mc Coy 1992	3:05.15 J Mc Coy 1992	30.64 R Bennett 1993	1:13.76 R Bennett 1993	3:04.02 H Roddin 1992	2:51.51 H Roddin 1992	6:11.89 R Willmard 1996		
55-59	28.86 H Beigel 1986	1:05.74 H Beigel 1986	2:33.34 C Lebourgeois 1993	5:28.93 C Lebourgeois 1993	11:13.70 C Lebourgeois 1992	36.29 M Geer 1994	1:20.65 H Beigel 1986	2:57.90 R Franks 1986	43.33 C Willmore 1992	1:42.83 T Lyons 1989	3:39.70 F Barten 1987	31.10 H Beigel 1986	1:16.31 H Beigel 1986	3:19.19 C Lebourgeois 1993	3:08.05 R Franks 1986	6:49.42 R Franks 1986		
60-64	32.00 E Emes 1990	1:12.21 R Klages 1991	2:49.73 R Franks 1988	5:53.16 R Klages 1991	12:22.32 R Klages 1991	38.53 R Franks 1987	1:23.01 R Franks 1987	3:00.23 R Franks 1987	37.58 J Kurtzman 1990	1:30.28 J Kurtzman 1990	3:38.70 K Eym 1993	34.75 E Emes 1990	1:22.67 J Kurtzman 1990	3:39.83 R Franks 1988	3:09.70 R Franks 1987	6:53.67 R Franks 1987		
65-69	32.73 B Davidson 1986	1:16.68 B Davidson 1987	2:45.46 R Franks 1992	6:10.33 B Davidson 1986	13:37.52 F Murphy 1986	39.56 R Franks 1994	1:29.67 R Franks 1994	3:02.58 R Franks 1994	38.95 J Kurtzman 1991	1:31.10 J Kurtzman 1991	3:34.55 J Kurtzman 1991	35.62 J Kurtzman 1991	1:22.88 J Kurtzman 1991	3:20.60 J Kurtzman 1992	3:12.62 B Davidson 1987	7:01.25 R Franks 1993		
70-74	33.32 H Rawstrom 1987	1:20.72 H Rawstrom 1987	2:53.40 B Davidson 1989	6:41.75 F Murphy 1990	14:04.31 N Fluke 1989	45.38 C Barnes 1995	1:39.19 N Fluke 1991	3:32.93 N Fluke 1991	48.01 H Rawstrom 1987	1:48.90 C Johnson 1991	4:10.77 N Fluke 1989	37.00 B Davidson 1989	1:38.24 B Davidson 1989	3:54.41 B Davidson 1989	3:21.91 B Davidson 1989	7:12.02 B Davidson 1989		
75-79	33.12 K Lemmon 1987	1:17.13 K Lemmon 1987	3:05.29 K Lemmon 1987	6:55.18 N Fluke 1993	13:38.76 D Woodford 1989	48.02 N Fluke 1994	1:39.26 N Fluke 1992	3:36.30 N Fluke 1992	58.27 W Sompayrac 1988	1:47.39 K Lemmon 1990	5:03.62 C Roy 1991	42.77 K Lemmon 1987	1:48.44 K Lemmon 1987	4:04.13 K Lemmon 1987	3:49.27 N Fluke 1992	8:13.65 N Fluke 1993		
80-84	37.21 K Lemmon 1993	1:29.01 K Lemmon 1993	3:32.27 D McAfee 1990	7:42.35 D McAfee 1990	16:09.16 D McAfee 1990	59.11 D McAfee 1992	2:14.66 D McAfee 1991	4:43.21 D McAfee 1991	50.26 K Lemmon 1993	1:56.14 K Lemmon 1993	-	-	-	-	-	11:43.32 S Chalge 1987		