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HY-TEK's MEET MANAGER 3.0

VMST David Gregg III Memorial Meet, Sanction #: 121-02

February 12-13, 2011 -- 25Y Course

Results

**Women 18-24 50 Yard Freestyle**

=====			
Name	Age	Team	Finals
=====			
1 Nelson, Rachel A	19	VMST-VA	25.63

**Women 18-24 100 Yard Freestyle**

=====			
Name	Age	Team	Finals
=====			
1 Nelson, Rachel A	19	VMST-VA	56.26
27.17	56.26		
2 Warren-Shriner, Lindsey	22	DCAC-PV	1:02.00
30.03	1:02.00		
3 Bush, Alexandra	18	UNAT-VA	1:04.76
30.37	1:04.76		

**Women 18-24 200 Yard Freestyle**

=====			
Name	Age	Team	Finals
=====			
1 Warren-Shriner, Lindsey	22	DCAC-PV	2:14.38
31.60	1:06.03	1:40.77	2:14.38

**Women 18-24 500 Yard Freestyle**

=====							
Name	Age	Team	Finals				
=====							
1 Warren-Shriner, Lindsey	22	DCAC-PV	5:46.06				
31.65	1:05.50	1:40.60	2:16.17	2:51.40	3:26.55	4:01.84	4:37.21
5:12.16	5:46.06						

**Women 18-24 1000 Yard Freestyle**

=====			
Name	Age	Team	Finals
=====			
VA: V 10:56.04	5/7/2009	Anne Muir	

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=====
1 Warren-Shriner, Lindsey  22 DCAC-PV 11:42.19
  32.69 1:07.87 1:43.48 2:18.84 2:54.14 3:29.22 4:04.52 4:40.22
  5:15.73 5:51.10 6:26.04 7:01.21 7:36.86 8:12.39 8:47.74 9:23.08
  9:58.49 10:33.79 11:08.49 11:42.19
2 Rechel, Julie 22 VMST-VA 12:00.40
  32.70 1:07.44 1:42.86 2:18.86 2:55.23 3:31.52 4:07.91 4:44.53
  5:20.82 5:57.31 6:33.29 7:09.75 7:45.88 8:22.78 8:59.36 9:35.85
 10:12.57 10:49.16 11:25.41 12:00.40
=====

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**Women 18-24 100 Yard Backstroke**

```

=====
VA: V 1:01.67 5/20/1993 Heather Moore
Name Age Team Finals
=====
1 Nelson, Rachel A 19 VMST-VA 1:03.56
  31.14 1:03.56
=====

```

**Women 18-24 200 Yard Backstroke**

```

=====
VA: V 2:15.20 1/1/1996 Shannon Hutcherson
Name Age Team Finals
=====
1 Leitzinger, Lori 24 VMST-VA 2:07.40V
  30.70 1:02.80 1:35.23 2:07.40
=====

```

**Women 18-24 100 Yard Breaststroke**

```

=====
VA: V 1:10.76 2/9/2008 Sarah Hunt
Name Age Team Finals
=====
1 Bush, Alexandra 18 UNAT-VA 1:18.60
  38.26 1:18.60
=====

```

**Women 18-24 50 Yard Butterfly**

```

=====
VA: V 27.60 2/14/2009 Lucy Carrig
Name Age Team Finals
=====
-- Nelson, Rachel A 19 VMST-VA DQ
=====

```

**Women 18-24 100 Yard Butterfly**

```

=====
VA: V 1:00.84 5/20/1993 Heather Coulson-Moore
Name Age Team Finals
=====
1 Nelson, Rachel A 19 VMST-VA 1:01.96
=====

```

28.96 1:01.96

**Women 18-24 100 Yard IM**

=====			
VA: V 1:02.86 5/20/1993 Heather Coulson-Moore			
Name	Age	Team	Finals
=====			
1 Bush, Alexandra	18	UNAT-VA	1:12.23
34.10	1:12.23		

**Women 18-24 400 Yard IM**

=====			
VA: V 4:48.20 5/7/2009 Anne Muir			
Name	Age	Team	Finals
=====			
1 Leitzinger, Lori	24	VMST-VA	4:53.10
31.22	1:06.38	1:42.57	2:19.61 3:03.15 3:46.85 4:21.61 4:53.10

**Women 25-29 50 Yard Freestyle**

=====			
VA: V 25.28 Jeanne Bonner			
Name	Age	Team	Finals
=====			
1 Carrig, Lucy B	26	VMST-VA	25.03V
2 Golles, Michele T	28	UNAT-VA	31.51
3 Johnston, Elizabeth A	26	QMST-VA	31.85
4 Cohen, Elizabeth I	29	VMST-VA	32.87

**Women 25-29 50 Yard Freestyle Novice**

=====			
VA: V 25.28 Jeanne Bonner			
Name	Age	Team	Finals
=====			
1 Butler, Stacy	29	UNAT-VA	26.44
26.44	26.44		

**Women 25-29 100 Yard Freestyle**

=====			
VA: V 53.75 5/20/1993 Beth Gardner			
Name	Age	Team	Finals
=====			
1 Hibbard, Kate	26	VMST-VA	57.69
28.18	57.69		
2 Butler, Stacy	29	UNAT-VA	58.02
28.11	58.02		
3 Galan, Juliana M	27	TERR-MD	1:01.00
29.45	1:01.00		

4 Johnston, Elizabeth A	26 QMST-VA	1:07.30
32.01 1:07.30		
5 Cohen, Elizabeth I	29 VMST-VA	1:11.50
34.82 1:11.50		

**Women 25-29 200 Yard Freestyle**

```

=====
VA: V 2:00.31          Deborah Cain
Name                   Age Team                   Finals
=====
1 Hibbard, Kate        26 VMST-VA                   2:04.23
  29.53 1:01.12 1:33.34 2:04.23
2 Myers, Danielle E    26 VMST-VA                   2:07.21
  29.75 1:01.57 1:34.41 2:07.21
=====

```

**Women 25-29 500 Yard Freestyle**

```

=====
VA: V 5:22.19      5/9/1985 Deborah Cain
Name                   Age Team                   Finals
=====
1 Thomas, Lillian M    27 TERR-MD                   5:28.27
  30.49 1:02.90 1:35.85 2:09.21 2:42.31 3:15.83 3:49.39 4:23.06
  4:56.51 5:28.27
2 Myers, Danielle E    26 VMST-VA                   5:41.77
  30.72 1:03.24 1:36.63 2:10.77 2:45.46 3:20.70 3:56.51 4:32.31
  5:07.91 5:41.77
3 Russo, Claire C      27 VMST-VA                   5:50.10
  31.25 1:05.69 1:41.32 2:17.65 2:53.95 3:29.92 4:05.93 4:41.39
  5:16.38 5:50.10
=====

```

**Women 25-29 1000 Yard Freestyle**

```

=====
VA: V 11:05.34     6/1/1985 Deborah Cain
Name                   Age Team                   Finals
=====
1 Turner, Betsy        26 VMST-VA                   12:12.31
  31.73 1:06.55 1:42.37 2:18.74 2:55.08 3:31.02 4:07.43 4:44.10
  5:21.46 5:58.47 6:35.71 7:12.77 7:50.35 8:27.85 9:05.50 9:42.45
  10:19.67 10:57.16 11:35.12 12:12.31
=====

```

**Women 25-29 1650 Yard Freestyle**

```

=====
VA: V 18:24.07     6/1/1985 Deborah Cain
Name                   Age Team                   Finals
=====
1 Thomas, Lillian M    27 TERR-MD                   18:32.56
  30.51 1:02.75 1:35.53 2:08.82 2:42.27 3:15.72 3:49.67 4:23.26
=====

```

4:57.06 5:30.86 6:04.26 6:38.04 7:12.05 7:46.08 8:20.04 8:54.05  
 9:28.01 10:02.03 10:36.20 11:10.19 11:43.90 12:17.91 12:51.95 13:26.19  
 14:00.31 14:34.44 15:08.59 15:42.91 16:17.26 16:51.10 17:25.33 17:59.40  
 18:32.56  
 2 Cohen, Elizabeth I 29 VMST-VA 23:37.05  
 38.24 1:18.75 2:00.35 2:42.64 3:25.74 4:08.47 4:51.70 5:34.72  
 6:17.86 7:01.11 7:44.20 8:27.48 9:10.57 9:53.81 10:37.06 11:19.91  
 12:02.89 12:45.69 13:28.85 14:11.92 14:55.38 15:38.58 16:21.20 17:05.03  
 17:48.81 18:34.14 19:18.89 20:02.32 20:45.77 21:28.87 22:12.28 22:55.45  
 23:37.05

**Women 25-29 50 Yard Backstroke Novice**

=====			
VA: V 28.22 5/20/2010 Kate Hibbard			
Name	Age	Team	Finals
=====			
1 Butler, Stacy	29	UNAT-VA	34.11

**Women 25-29 50 Yard Backstroke**

=====			
VA: V 28.22 5/20/2010 Kate Hibbard			
Name	Age	Team	Finals
=====			
1 Cohen, Elizabeth I	29	VMST-VA	37.44
2 Johnston, Elizabeth A	26	QMST-VA	37.51

**Women 25-29 100 Yard Backstroke**

=====			
VA: V 59.21 5/20/2010 Kate Hibbard			
Name	Age	Team	Finals
=====			
1 Hibbard, Kate	26	VMST-VA	1:03.63
31.55	1:03.63		
2 Galan, Juliana M	27	TERR-MD	1:07.76
32.96	1:07.76		
3 Cohen, Elizabeth I	29	VMST-VA	1:19.06
39.04	1:19.06		

**Women 25-29 200 Yard Backstroke**

=====			
VA: V 2:07.06 5/20/2010 Kate Hibbard			
Name	Age	Team	Finals
=====			
1 Hibbard, Kate	26	VMST-VA	2:11.76
31.91	1:05.13	1:38.87	2:11.76
2 Carrig, Lucy B	26	VMST-VA	2:12.34
31.50	1:04.00	1:37.94	2:12.34

3 Galan, Juliana M 27 TERR-MD 2:24.75  
33.68 1:09.61 1:47.16 2:24.75

**Women 25-29 50 Yard Breaststroke**

=====			
Name	VA: V 32.04	5/1/1985 Lisa Tubergen	Finals
		Age Team	
=====			
1 Myers, Danielle E		26 VMST-VA	33.77
2 Russo, Claire C		27 VMST-VA	34.16
3 Golles, Michele T		28 UNAT-VA	38.34

**Women 25-29 100 Yard Breaststroke**

=====			
Name	VA: V 1:09.79	1/1/1996 Cheryl Conlin	Finals
		Age Team	
=====			
1 Russo, Claire C		27 VMST-VA	1:14.07
	35.31 1:14.07		
2 Turner, Betsy		26 VMST-VA	1:20.20
	38.24 1:20.20		
3 Golles, Michele T		28 UNAT-VA	1:21.48
	39.06 1:21.48		

**Women 25-29 200 Yard Breaststroke**

=====			
Name	VA: V 2:34.19	5/20/1993 Kathy Waggoner	Finals
		Age Team	
=====			
1 Myers, Danielle E		26 VMST-VA	2:37.46
	35.73 1:14.81 1:55.26 2:37.46		
2 Russo, Claire C		27 VMST-VA	2:41.61
	36.89 1:17.93 1:59.47 2:41.61		

**Women 25-29 50 Yard Butterfly**

=====			
Name	VA: V 28.46	5/1/1985 Lisa Tubergen	Finals
		Age Team	
=====			
1 Carrig, Lucy B		26 VMST-VA	26.59V
2 Golles, Michele T		28 UNAT-VA	31.56
-- Johnston, Elizabeth A		26 QMST-VA	DQ

**Women 25-29 50 Yard Butterfly Novice**

=====			
Name	VA: V 28.46	5/1/1985 Lisa Tubergen	Finals
		Age Team	
=====			

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=====
1 Butler, Stacy                29 UNAT-VA                29.88
```

**Women 25-29 100 Yard Butterfly**

```
=====
VA: V 1:00.80    5/16/1994 Alice Phillips
Name            Age Team                Finals
=====
1 Carrig, Lucy B          26 VMST-VA                1:00.48V
  27.19  1:00.48
2 Myers, Danielle E      26 VMST-VA                1:04.89
  30.92  1:04.89
3 Turner, Betsy          26 VMST-VA                1:10.27
  32.02  1:10.27
```

**Women 25-29 200 Yard Butterfly**

```
=====
VA: V 2:14.85    5/26/1984 Diane Cayce
Name            Age Team                Finals
=====
1 Turner, Betsy          26 VMST-VA                2:31.11
  32.39  1:09.97  1:49.93  2:31.11
```

**Women 25-29 100 Yard IM**

```
=====
VA: V 1:01.88    5/20/2010 Kate Hibbard
Name            Age Team                Finals
=====
1 Hibbard, Kate          26 VMST-VA                1:04.11
  29.52  1:04.11
2 Russo, Claire C        27 VMST-VA                1:07.91
  32.86  1:07.91
3 Galan, Juliana M       27 TERR-MD                1:11.47
  33.47  1:11.47
4 Golles, Michele T     28 UNAT-VA                1:14.74
  35.73  1:14.74
5 Johnston, Elizabeth A  26 QMST-VA                1:21.57
  36.59  1:21.57
```

**Women 25-29 200 Yard IM**

```
=====
VA: V 2:10.89    5/20/2010 Kate Hibbard
Name            Age Team                Finals
=====
1 Hibbard, Kate          26 VMST-VA                2:16.57
  14.94  53.91  1:25.42  2:16.57
2 Myers, Danielle E      26 VMST-VA                2:19.63
```

30.39	1:08.30	1:47.19	2:19.63	
3 Russo, Claire C		27	VMST-VA	2:23.34
31.58	1:09.54	1:50.31	2:23.34	
4 Turner, Betsy		26	VMST-VA	2:28.63
30.95	1:09.50	1:53.37	2:28.63	

**Women 30-34 50 Yard Freestyle**

=====				
	VA: V 25.19	1/1/1994	Beth Scheimann	
Name		Age	Team	Finals
=====				
1 Carlson, Jennifer M		31	RMST-PV	26.71
2 Adelman, Jocelyn C		33	VMST-VA	30.55
3 Clay, Dana C		30	UNAT-VA	32.50

**Women 30-34 100 Yard Freestyle**

=====				
	VA: V 54.78	1/1/1994	Beth Scheimann	
Name		Age	Team	Finals
=====				
1 Carlson, Jennifer M		31	RMST-PV	58.11
	28.27	58.11		
2 Adelman, Jocelyn C		33	VMST-VA	1:04.36
	31.23	1:04.36		
3 Hewitt, Sara		30	DCAC-PV	1:06.52
	30.99	1:06.52		
4 Erskine, Kara S		31	TERR-MD	1:10.27
	33.13	1:10.27		
5 Clay, Dana C		30	UNAT-VA	1:14.18
	35.63	1:14.18		

**Women 30-34 200 Yard Freestyle**

=====				
	VA: V 1:59.85	1/1/1994	Beth Scheimann	
Name		Age	Team	Finals
=====				
1 Carlson, Jennifer M		31	RMST-PV	2:05.36
	30.02	1:01.69	1:34.03	2:05.36
2 Adelman, Jocelyn C		33	VMST-VA	2:21.33
	33.39	1:09.23	1:45.50	2:21.33
3 Erskine, Kara S		31	TERR-MD	2:42.37
	36.57	1:18.15	2:00.34	2:42.37
4 Clay, Dana C		30	UNAT-VA	2:55.70
	38.30	1:21.48	2:08.81	2:55.70

**Women 30-34 500 Yard Freestyle**

=====



VA: V 5:16.60

Deborah Reed

Name	Age	Team	Finals
1 Adelman, Jocelyn C	33	VMST-VA	6:19.82
	34.78	1:13.21	1:52.19 2:31.27 3:10.34 3:49.28 4:27.82 5:06.05
	5:43.59	6:19.82	
2 Robbins, Emily R	31	VMST-VA	6:39.51
	33.48	1:10.04	1:48.18 2:28.22 3:08.50 3:49.69 4:32.08 5:15.29
	5:57.93	6:39.51	

**Women 30-34 200 Yard Backstroke**

VA: V 2:24.14

2/13/2010 Deanne Moosman

Name	Age	Team	Finals
1 Erskine, Kara S	31	TERR-MD	3:01.47
	41.23	1:26.82	2:14.41 3:01.47

**Women 30-34 50 Yard Breaststroke Novice**

VA: V 31.21

5/1/1989 Lisa Bennett

Name	Age	Team	Finals
1 Hewitt, Sara	30	DCAC-PV	41.05

**Women 30-34 50 Yard Breaststroke**

VA: V 31.21

5/1/1989 Lisa Bennett

Name	Age	Team	Finals
1 Clay, Dana C	30	UNAT-VA	45.95

**Women 30-34 200 Yard Breaststroke**

VA: V 2:33.76

4/11/2003 Cheryl Conlin

Name	Age	Team	Finals
1 Robbins, Emily R	31	VMST-VA	3:05.26

**Women 30-34 50 Yard Butterfly**

VA: V 27.85

1/1/1993 Beth Scheimann

Name	Age	Team	Finals
1 Adelman, Jocelyn C	33	VMST-VA	32.93
2 Clay, Dana C	30	UNAT-VA	36.56

**Women 30-34 100 Yard Butterfly**

=====

VA: V 1:00.43		Diane Cayce		
Name	Age	Team		Finals
1 Carlson, Jennifer M	31	RMST-PV		1:06.65
31.38	1:06.65			

=====

**Women 30-34 200 Yard Butterfly**

=====

VA: V 2:17.12		1/1/1993 Maria Velikonja		
Name	Age	Team		Finals
1 Carlson, Jennifer M	31	RMST-PV		2:29.54
34.07	1:12.05	1:50.85	2:29.54	

=====

**Women 30-34 100 Yard IM**

=====

VA: V 1:02.99		1/1/1995 Beth O'Connor		
Name	Age	Team		Finals
1 Adelman, Jocelyn C	33	VMST-VA		1:15.49
34.61	1:15.49			
2 Erskine, Kara S	31	TERR-MD		1:28.32
41.89	1:28.32			

=====

**Women 30-34 200 Yard IM**

=====

VA: V 2:17.29		1/1/1994 Beth Scheimann		
Name	Age	Team		Finals
1 Carlson, Jennifer M	31	RMST-PV		2:23.85
16.75	59.65	1:32.70	2:23.85	
2 Hewitt, Sara	30	DCAC-PV		2:52.65
35.69	1:20.03	2:10.33	2:52.65	

=====

**Women 30-34 400 Yard IM**

=====

VA: V 5:00.12		5/1/1988 Lisa Bennett		
Name	Age	Team		Finals
1 Carlson, Jennifer M	31	RMST-PV		5:01.44
32.78	1:10.71	1:50.29	2:28.07	3:11.93
			3:55.83	4:29.63
				5:01.44

=====

**Women 35-39 50 Yard Freestyle**

=====

VA: V 24.52		4/27/2000 Beth Baker		
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Name	Age Team	Finals
1 Blowe, Shawna	39 VMST-VA	27.55
2 Jacobson, Kristan N	38 QMST-VA	30.36

**Women 35-39 100 Yard Freestyle**

VA: V 54.72 4/30/1999 Beth Baker		
Name	Age Team	Finals
1 Blowe, Shawna	39 VMST-VA	59.23
28.74 59.23		
2 Jacobson, Kristan N	38 QMST-VA	1:04.81
30.48 1:04.81		
3 Norrgard, Karen J	39 MAC-VA	1:06.16
31.98 1:06.16		
4 Latell, Andrea T	37 VMST-VA	1:11.65
34.72 1:11.65		

**Women 35-39 500 Yard Freestyle**

VA: V 5:26.91 1/1/1999 Kelly Parker		
Name	Age Team	Finals
1 Blowe, Shawna	39 VMST-VA	6:13.93
33.73 1:10.35 1:47.50 2:24.80 3:02.73 3:40.75 4:19.06 4:57.83		
5:36.63 6:13.93		

**Women 35-39 1650 Yard Freestyle**

VA: V 18:29.19 1/1/1999 Kelly Parker		
Name	Age Team	Finals
1 Latell, Andrea T	37 VMST-VA	25:14.82

**Women 35-39 50 Yard Backstroke**

VA: V 28.41 4/27/2000 Beth Baker		
Name	Age Team	Finals
1 Blowe, Shawna	39 VMST-VA	32.40

**Women 35-39 100 Yard Backstroke**

VA: V 59.87 4/27/2000 Beth Baker		
Name	Age Team	Finals

1 Blowe, Shawna 39 VMST-VA 1:10.04  
35.03 1:10.04

**Women 35-39 200 Yard Backstroke**

=====  
VA: V 2:15.55 6/1/2001 Beth Baker  
Name Age Team Finals  
=====  
1 Blowe, Shawna 39 VMST-VA 2:35.48

**Women 35-39 50 Yard Breaststroke**

=====  
VA: V 31.45 5/15/1991 Lisa Bennett  
Name Age Team Finals  
=====  
1 Norrgard, Karen J 39 MAC-VA 38.29  
2 Jacobson, Kristan N 38 QMST-VA 39.02

**Women 35-39 50 Yard Breaststroke Novice**

=====  
VA: V 31.45 5/15/1991 Lisa Bennett  
Name Age Team Finals  
=====  
1 Sena, Erica J 36 MAC-VA 1:00.63

**Women 35-39 100 Yard Breaststroke**

=====  
VA: V 1:10.37 5/15/1991 Lisa Bennett  
Name Age Team Finals  
=====  
1 Norrgard, Karen J 39 MAC-VA 1:24.36  
40.30 1:24.36

**Women 35-39 50 Yard Butterfly**

=====  
VA: V 26.68 4/27/2000 Beth Baker  
Name Age Team Finals  
=====  
1 Jacobson, Kristan N 38 QMST-VA 32.84  
2 Latell, Andrea T 37 VMST-VA 35.89  
3 Sena, Erica J 36 MAC-VA 50.84

**Women 35-39 100 Yard Butterfly**

=====  
VA: V 57.89 Beth Baker  
Name Age Team Finals  
=====

1 Latell, Andrea T 37 VMST-VA 1:22.24  
36.78 1:22.24

**Women 35-39 200 Yard Butterfly**

=====  
VA: V 2:11.41 1/1/2001 Beth Baker  
Name Age Team Finals  
=====  
1 Latell, Andrea T 37 VMST-VA 3:13.69  
37.82 1:24.70 2:17.72 3:13.69

**Women 35-39 100 Yard IM**

=====  
VA: V 1:01.35 4/27/2000 Beth Baker  
Name Age Team Finals  
=====  
1 Jacobson, Kristan N 38 QMST-VA 1:15.03  
35.47 1:15.03  
2 Latell, Andrea T 37 VMST-VA 1:19.19  
37.66 1:19.19  
3 Sena, Erica J 36 MAC-VA 1:45.09  
47.54 1:45.09

**Women 35-39 200 Yard IM**

=====  
VA: V 2:13.08 4/30/1999 Beth Baker  
Name Age Team Finals  
=====  
1 Jacobson, Kristan N 38 QMST-VA 2:40.55  
32.45 1:14.09 2:01.76 2:40.55  
2 Norrgard, Karen J 39 MAC-VA 2:43.89  
34.84 1:19.17 2:05.80 2:43.89  
3 Latell, Andrea T 37 VMST-VA 2:58.47  
38.18 1:24.13 2:16.57 2:58.47

**Women 35-39 400 Yard IM**

=====  
VA: V 4:48.65 4/30/1999 Beth Baker  
Name Age Team Finals  
=====  
1 Latell, Andrea T 37 VMST-VA 6:21.41

**Women 40-44 50 Yard Freestyle Novice**

=====  
VA: V 24.65 5/14/2002 Beth Baker  
Name Age Team Finals  
=====

1 Pohnert, Anne                      43 RMST-PV                      53.55  
     53.55      53.55

**Women 40-44 50 Yard Freestyle**

```
=====
                VA: V 24.65   5/14/2002 Beth Baker
Name           Age Team           Finals
=====
1 Franklin, Rebecca L      42 VMST-VA           29.97
2 Ayala, Jennifer D       41 VMST-VA           32.13
3 Maly, Cleary            40 QMST-VA           33.80
4 Moore, Alison B         40 VMST-VA           34.94
=====
```

**Women 40-44 100 Yard Freestyle**

```
=====
                VA: V 54.79   5/14/2002 Beth Baker
Name           Age Team           Finals
=====
1 Alsup, Carolyn H        42 VMST-VA           1:01.22
   29.31  1:01.22
2 Moore, Alison B         40 VMST-VA           1:03.09
   30.78  1:03.09
3 Franklin, Rebecca L    42 VMST-VA           1:04.77
   31.34  1:04.77
4 Ayala, Jennifer D      41 VMST-VA           1:09.17
   32.04  1:09.17
5 Maly, Cleary           40 QMST-VA           1:18.21
   36.74  1:18.21
=====
```

**Women 40-44 200 Yard Freestyle**

```
=====
                VA: V 1:59.41   6/1/2001 Beth Baker
Name           Age Team           Finals
=====
1 Franklin, Rebecca L    42 VMST-VA           2:25.82
   34.15  1:11.09  1:48.41  2:25.82
=====
```

**Women 40-44 500 Yard Freestyle**

```
=====
                VA: V 5:33.24   4/2/2004 Kelly Parker
Name           Age Team           Finals
=====
1 Alsup, Carolyn H        42 VMST-VA           6:02.21
   32.91  1:07.21  1:42.64  2:19.58  2:56.42  3:33.79  4:11.21  4:48.84
   5:25.83  6:02.21
2 Moore, Alison B         40 VMST-VA           6:03.64
   33.04  1:08.98  1:45.87  2:22.64  2:59.72  3:36.74  4:13.57  4:50.65
=====
```

5:28.16 6:03.64  
 3 Milam, Gabrielle E 41 UNAT-VA 7:11.96  
 39.38 1:22.00 2:05.18 2:48.98 3:33.94 4:18.43 5:02.14 5:45.84  
 6:29.48 7:11.96  
 4 Maly, Cleary 40 QMST-VA 8:10.74  
 41.11 1:27.35 2:15.68 3:06.47 3:58.04 4:49.36 5:40.69 6:32.38  
 7:22.99 8:10.74

**Women 40-44 1000 Yard Freestyle**

=====

VA: V 11:24.44		6/1/2001 Beth Baker						
Name	Age	Team	Finals					
=====								
1 Franklin, Rebecca L	42	VMST-VA	12:42.96					
	34.46	1:11.70	1:49.48	2:27.75	3:05.78	3:44.20	4:22.81	5:01.26
	5:40.13	6:19.09	6:57.46	7:35.78	8:14.39	8:53.17	9:31.54	10:10.33
	10:48.81	11:27.33	12:05.67	12:42.96				

**Women 40-44 1650 Yard Freestyle**

=====

VA: V 19:17.63		4/2/2004 Kelly Parker						
Name	Age	Team	Finals					
=====								
1 Milam, Gabrielle E	41	UNAT-VA	23:48.82					
	39.68	1:22.25	2:05.17	2:48.56	3:32.38	4:15.89	4:59.86	5:43.47
	6:27.50	7:10.85	7:54.50	8:37.99	9:21.43	10:04.69	10:48.08	11:31.28
	12:14.32	12:57.67	13:40.91	14:24.56	15:08.13	15:51.47	16:34.87	17:17.97
	18:01.54	18:44.96	19:28.65	20:12.48	20:56.23	21:39.71	22:23.01	23:06.22
	23:48.82							

**Women 40-44 50 Yard Backstroke Novice**

=====

VA: V 28.95		4/19/2002 Beth Baker				
Name	Age	Team	Finals			
=====						
1 Maly, Cleary	40	QMST-VA	42.95			
2 Pohnert, Anne	43	RMST-PV	1:06.66			

**Women 40-44 100 Yard Backstroke**

=====

VA: V 1:00.71		4/19/2002 Beth Baker				
Name	Age	Team	Finals			
=====						
1 Alsup, Carolyn H	42	VMST-VA	1:11.78			
	35.39	1:11.78				
2 Moore, Alison B	40	VMST-VA	1:13.61			
	36.21	1:13.61				

3 Glover, Esther 40 VMST-VA 1:29.07  
44.35 1:29.07

**Women 40-44 200 Yard Backstroke**

=====			
VA: V 2:11.40 5/17/2001 Beth Baker			
Name	Age	Team	Finals
=====			
1 Moore, Alison B	40	VMST-VA	2:35.08
37.39	1:15.98	1:55.70	2:35.08
2 Glover, Esther	40	VMST-VA	3:08.08
44.78	1:31.97	2:20.09	3:08.08

**Women 40-44 50 Yard Breaststroke**

=====			
VA: V 32.73 6/1/1996 Lisa Bennett			
Name	Age	Team	Finals
=====			
1 Ayala, Jennifer D	41	VMST-VA	38.52
2 Pohnert, Anne	43	RMST-PV	56.92

**Women 40-44 100 Yard Breaststroke**

=====			
VA: V 1:11.73 4/2/2004 Patricia Powis			
Name	Age	Team	Finals
=====			
1 Alsop, Carolyn H	42	VMST-VA	1:20.28
38.75	1:20.28		
2 Ayala, Jennifer D	41	VMST-VA	1:27.50
40.07	1:27.50		
3 Glover, Esther	40	VMST-VA	1:41.69
48.64	1:41.69		

**Women 40-44 200 Yard Breaststroke**

=====			
VA: V 2:38.33 5/17/2001 Patricia Powis			
Name	Age	Team	Finals
=====			
1 Streater, Barbara A	40	VMST-VA	3:04.60
41.42	1:27.72	2:16.00	3:04.60

**Women 40-44 50 Yard Butterfly**

=====			
VA: V 26.42 5/17/2001 Beth Baker			
Name	Age	Team	Finals
=====			
1 Ayala, Jennifer D	41	VMST-VA	35.51



2 Streater, Barbara A            40 VMST-VA                            36.28

**Women 40-44 100 Yard Butterfly**

=====

VA: V 58.56      6/1/2001 Beth Baker		
Name	Age Team	Finals
1 Alsup, Carolyn H	42 VMST-VA	1:12.31
33.90 1:12.31		
2 Glover, Esther	40 VMST-VA	1:36.49
44.40 1:36.49		

=====

**Women 40-44 200 Yard Butterfly**

=====

VA: V 2:09.63      5/17/2001 Beth Baker		
Name	Age Team	Finals
1 Hodgert, Donna M	43 VMST-VA	2:29.78
33.50 1:12.68 1:51.13 2:29.78		

=====

**Women 40-44 100 Yard IM**

=====

VA: V 1:01.22      5/17/2001 Beth Baker		
Name	Age Team	Finals
1 Alsup, Carolyn H	42 VMST-VA	1:09.82
32.97 1:09.82		
2 Streater, Barbara A	40 VMST-VA	1:16.29
35.66 1:16.29		
3 Glover, Esther	40 VMST-VA	1:30.06
41.71 1:30.06		
4 Maly, Cleary	40 QMST-VA	1:40.52
46.55 1:40.52		

=====

**Women 40-44 200 Yard IM**

=====

VA: V 2:15.17      4/21/2001 Beth Baker		
Name	Age Team	Finals
1 Alsup, Carolyn H	42 VMST-VA	2:29.59
31.39 1:08.73 1:53.77 2:29.59		
2 Moore, Alison B	40 VMST-VA	2:32.29
22.26 1:05.32 1:41.14 2:32.29		
3 Franklin, Rebecca L	42 VMST-VA	2:37.96
24.60 1:10.61 1:46.81 2:37.96		

=====

**Women 40-44 400 Yard IM**

=====							
VA: V 4:49.61 2/24/2001 Beth Baker							
Name	Age Team						Finals
=====							
1 Hodgert, Donna M	43 VMST-VA						5:20.40
	33.72	1:12.88	1:53.90	2:35.74	3:22.10	4:08.20	4:45.05 5:20.40

**Women 45-49 50 Yard Freestyle**

=====							
VA: V 27.89 3/6/2010 Charlotte Hollings							
Name	Age Team						Finals
=====							
1 Van Horn Pate, Val R	48 VMST-VA						28.69
2 Krongaard, Kim M	45 VMST-VA						28.93
3 Rhodes, Kelly S	49 VMST-VA						32.93

**Women 45-49 100 Yard Freestyle**

=====							
VA: V 59.46 1/31/2010 Charlotte Hollings							
Name	Age Team						Finals
=====							
1 Phillips, Alice W	45 VMST-VA						59.19V
	29.05	59.19					
2 Hollings, Charlotte	46 VMST-VA						59.40V
	28.62	59.40					
3 Van Horn Pate, Val R	48 VMST-VA						1:03.02
	30.23	1:03.02					
4 Cleary, Kelly	47 QMST-VA						1:03.33
	30.57	1:03.33					
5 Buscaglia, Caycee P	46 QMST-VA						1:04.76
	30.29	1:04.76					
6 Krongaard, Kim M	45 VMST-VA						1:06.69
	32.18	1:06.69					

**Women 45-49 200 Yard Freestyle**

=====							
VA: V 2:09.71 1/31/2010 Charlotte Hollings							
Name	Age Team						Finals
=====							
1 Hollings, Charlotte	46 VMST-VA						2:10.24
	29.67	1:02.26	1:36.08	2:10.24			
2 Krongaard, Kim M	45 VMST-VA						2:37.72
	36.23	1:16.35	1:57.36	2:37.72			
3 Jones, Laura S	45 UNAT-VA						2:41.66
	38.25	1:19.16	2:00.51	2:41.66			
4 Rhodes, Kelly S	49 VMST-VA						2:58.49
	40.77	1:25.26	2:12.24	2:58.49			

**Women 45-49 500 Yard Freestyle**

=====

VA: V 5:42.89 1/30/2011 Charlotte Hollings

Name	Age	Team	Finals
1 Cleary, Kelly	47	QMST-VA	6:15.24
2 Speer, Nancy K	48	VMST-VA	6:49.23
	37.49	1:17.98	2:00.06
	2:41.97	3:23.34	4:04.90
	4:46.50	5:28.49	
	6:09.55	6:49.23	

=====

**Women 45-49 1000 Yard Freestyle**

=====

VA: V 12:05.68 5/19/2005 Lisa Bennett

Name	Age	Team	Finals
1 Jones, Laura S	45	UNAT-VA	14:19.07
	38.30	1:19.55	2:02.18
	2:44.72	3:27.32	4:10.38
	4:53.10	5:36.44	
	6:20.03	7:03.90	7:47.78
	8:31.26	9:14.73	9:58.64
	10:42.61	11:25.75	
	12:08.86	12:52.12	13:35.80
	14:19.07		
2 Guenther, Kim L	49	VMST-VA	15:02.41
	41.32	1:23.16	15:02.41

=====

**Women 45-49 1650 Yard Freestyle**

=====

VA: V 20:14.84 4/30/1999 Terry Sue Gault

Name	Age	Team	Finals
1 Hollings, Charlotte	46	VMST-VA	20:12.10V
	31.68	1:05.36	1:40.22
	2:15.54	2:51.66	3:27.92
	4:04.35	4:41.01	
	5:17.75	5:54.61	6:31.38
	7:08.29	7:45.34	8:22.32
	8:59.24	9:36.10	
	10:13.15	10:50.72	11:28.20
	12:05.51	12:42.92	13:20.37
	13:58.18	14:36.17	
	15:13.90	15:51.87	16:29.77
	17:07.73	17:45.37	18:23.02
	19:00.01	19:36.51	
	20:12.10		
2 Jones, Laura S	45	UNAT-VA	24:18.07
	39.10	1:21.14	2:04.10
	2:47.71	3:31.50	4:15.20
	4:59.18	5:42.92	
	6:27.27	7:11.55	7:55.41
	8:39.96	9:24.39	10:08.94
	10:53.29	11:37.36	
	12:21.36	13:05.93	13:50.25
	14:34.58	15:19.39	16:04.36
	16:48.98	17:33.59	
	18:18.22	19:03.01	19:47.54
	20:32.62	21:17.51	22:02.87
	22:48.01	23:33.16	
	24:18.07		

=====

**Women 45-49 50 Yard Backstroke**

=====

VA: V 34.30 Angela Howsmon

Name	Age	Team	Finals
1 Buscaglia, Caycee P	46	QMST-VA	31.34V

=====

**Women 45-49 100 Yard Backstroke**

VA: V 1:10.17 2/13/2010 Caycee Buscaglia			
Name	Age	Team	Finals
1 Buscaglia, Caycee P	46	QMST-VA	1:11.15
34.01	1:11.15		

**Women 45-49 200 Yard Backstroke**

VA: V 2:32.97 2/13/2010 Caycee Buscaglia			
Name	Age	Team	Finals
1 Buscaglia, Caycee P	46	QMST-VA	2:32.67V
34.58	1:13.05	1:53.81	2:32.67
2 Cleary, Kelly	47	QMST-VA	2:40.39
39.71	1:20.59	2:01.48	2:40.39

**Women 45-49 50 Yard Breaststroke**

VA: V 33.96 Patricia Miller			
Name	Age	Team	Finals
1 Krongaard, Kim M	45	VMST-VA	38.42

**Women 45-49 200 Yard Breaststroke**

VA: V 2:42.13 Patricia Miller			
Name	Age	Team	Finals
1 Speer, Nancy K	48	VMST-VA	3:04.51

**Women 45-49 50 Yard Butterfly**

VA: V 30.65 10/28/2007 Cindy Dobyms			
Name	Age	Team	Finals
1 Cleary, Kelly	47	QMST-VA	33.37

**Women 45-49 100 Yard Butterfly**

VA: V 1:08.83 5/12/1996 Terry Sue Gault			
Name	Age	Team	Finals
1 Hollings, Charlotte	46	VMST-VA	1:14.61
35.30	1:14.61		

**Women 45-49 100 Yard IM**

=====

VA: V 1:09.61 10/28/2007 Cindy Dobyys

Name	Age	Team	Finals
1 Phillips, Alice W	45	VMST-VA	1:06.41V
30.54 1:06.41			
2 Hollings, Charlotte	46	VMST-VA	1:11.82
34.04 1:11.82			
3 Buscaglia, Caycee P	46	QMST-VA	1:13.36
32.52 1:13.36			
4 Cleary, Kelly	47	QMST-VA	1:14.32
34.50 1:14.32			
5 Jones, Laura S	45	UNAT-VA	1:22.81
39.33 1:22.81			

**Women 45-49 200 Yard IM**

=====

VA: V 2:31.12 4/22/2004 Lisa Bennett

Name	Age	Team	Finals
1 Phillips, Alice W	45	VMST-VA	2:23.82V
30.23 1:07.91 1:50.20 2:23.82			
2 Hollings, Charlotte	46	VMST-VA	2:35.57
33.43 1:14.13 2:01.46 2:35.57			
3 Buscaglia, Caycee P	46	QMST-VA	2:35.83
19.74 1:08.76 1:44.68 2:35.83			
4 Cleary, Kelly	47	QMST-VA	2:40.18
23.87 1:12.94 1:49.03 2:40.18			
-- Rhodes, Kelly S	49	VMST-VA	DQ
41.70 1:33.11			

**Women 45-49 400 Yard IM**

=====

VA: V 5:33.47 1/31/2010 Charlotte Hollings

Name	Age	Team	Finals
1 Buscaglia, Caycee P	46	QMST-VA	5:35.05
34.68 1:16.51 2:00.15 2:41.91 3:31.49 4:20.04 4:58.28 5:35.05			

**Women 50-54 50 Yard Freestyle**

=====

VA: V 26.35 5/20/2010 Lisa Bennett

Name	Age	Team	Finals
1 Osmun, Maybeth	51	VMST-VA	30.65

**Women 50-54 100 Yard Freestyle**

=====			
Name	VA: V 58.86	5/7/2009 Lisa Bennett	Finals
=====			
1 Osmun, Maybeth	51	VMST-VA	1:09.17
33.78	1:09.17		

**Women 50-54 200 Yard Freestyle**

=====			
Name	VA: V 2:08.58	5/7/2009 Lisa Bennett	Finals
=====			
1 Bennett, Lisa A	54	VMST-VA	2:18.88
31.02	1:05.60	1:42.13	2:18.88

**Women 50-54 500 Yard Freestyle**

=====			
Name	VA: V 5:49.53	4/24/2009 Lisa Bennett	Finals
=====			
1 Bennett, Lisa A	54	VMST-VA	6:04.91
33.13	1:08.66	1:44.61	2:20.96
2:57.85	3:35.00	4:12.57	4:50.52
5:28.43	6:04.91		
2 Betts, Nancy R	54	VMST-VA	7:09.69
37.68	1:19.22	2:01.49	2:44.34
3:27.94	4:11.46	4:55.90	5:40.70
6:25.65	7:09.69		

**Women 50-54 1000 Yard Freestyle**

=====			
Name	VA: V 12:12.17	2/14/2009 Lisa Bennett	Finals
=====			
1 Howsmon, Angela V	50	QMST-VA	13:27.25
36.81	1:17.21	1:57.77	2:39.68
3:20.01	4:00.82	4:41.57	5:22.27
6:03.53	6:44.11	7:24.48	8:05.03
8:45.66	9:26.20	10:07.12	10:47.87
11:28.65	12:09.21	12:49.33	13:27.25

**Women 50-54 50 Yard Backstroke**

=====			
Name	VA: V 33.56	10/24/2010 Suzanne Newell	Finals
=====			
1 Newell, Suzanne P	52	VMST-VA	32.77V
2 Bennett, Lisa A	54	VMST-VA	34.04
3 Howsmon, Angela V	50	QMST-VA	35.71

**Women 50-54 100 Yard Backstroke**

VA: V 1:14.32 3/15/2009 Lisa Bennett			
Name	Age	Team	Finals
1 Newell, Suzanne P	52	VMST-VA	1:11.68V
35.34	1:11.68		
2 Howsmon, Angela V	50	QMST-VA	1:15.68
37.58	1:15.68		

**Women 50-54 200 Yard Backstroke**

VA: V 2:39.09 3/15/2009 Lisa Bennett			
Name	Age	Team	Finals
1 Howsmon, Angela V	50	QMST-VA	2:41.07
41.34	1:21.23	2:00.95	2:41.07
2 Newell, Suzanne P	52	VMST-VA	2:41.14
35.76	1:14.64	1:57.91	2:41.14

**Women 50-54 50 Yard Breaststroke**

VA: V 32.83 5/20/2010 Lisa Bennett			
Name	Age	Team	Finals
1 Bennett, Lisa A	54	VMST-VA	36.18
2 Miller, Patricia M	50	VMST-VA	36.31
3 Newell, Suzanne P	52	VMST-VA	36.95

**Women 50-54 100 Yard Breaststroke**

VA: V 1:12.46 5/20/2010 Lisa Bennett			
Name	Age	Team	Finals
1 Miller, Patricia M	50	VMST-VA	1:18.93
37.39	1:18.93		
2 Bennett, Lisa A	54	VMST-VA	1:19.27
36.80	1:19.27		

**Women 50-54 200 Yard Breaststroke**

VA: V 2:45.89 5/11/2006 Lisa Bennett			
Name	Age	Team	Finals
1 Bennett, Lisa A	54	VMST-VA	2:54.69

**Women 50-54 50 Yard Butterfly**

VA: V 29.71 5/20/2010 Lisa Bennett			
Name	Age	Team	Finals
1 Newell, Suzanne P	52	VMST-VA	30.46
2 Howsmon, Angela V	50	QMST-VA	35.41

**Women 50-54 100 Yard IM**

VA: V 1:06.15 5/20/2010 Lisa Bennett			
Name	Age	Team	Finals
1 Newell, Suzanne P	52	VMST-VA	1:08.81
33.13 1:08.81			
2 Miller, Patricia M	50	VMST-VA	1:15.79
38.67 1:15.79			

**Women 50-54 200 Yard IM**

VA: V 2:31.86 5/11/2006 Lisa Bennett			
Name	Age	Team	Finals
1 Bennett, Lisa A	54	VMST-VA	2:37.02
25.16 1:09.47 1:45.87 2:37.02			
2 Miller, Patricia M	50	VMST-VA	2:41.81
36.37 1:21.17 2:03.36 2:41.81			

**Women 55-59 50 Yard Freestyle**

VA: V 29.55 4/23/2010 Shirley Loftus-Charley			
Name	Age	Team	Finals
1 Benn, Cheryl E	57	VMST-VA	38.32
2 Galan, Christine	57	TERR-MD	40.10

**Women 55-59 100 Yard Freestyle**

VA: V 1:03.80 4/23/2010 Shirley Loftus-Charley			
Name	Age	Team	Finals
1 Benn, Cheryl E	57	VMST-VA	1:27.04
40.78 1:27.04			
2 Galan, Christine	57	TERR-MD	1:32.69
42.11 1:32.69			

**Women 55-59 200 Yard Freestyle**



```

=====
VA: V 2:16.25 3/28/2010 Shirley Loftus-Charley
Name Age Team Finals
=====
1 Braaten, Kitten 55 VMST-VA 2:46.11
39.36 1:21.51 2:04.11 2:46.11
2 Benn, Cheryl E 57 VMST-VA 3:18.39
1:37.73 2:29.77 3:18.39

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**Women 55-59 1000 Yard Freestyle**

```

=====
VA: V 12:40.56 2/13/2010 Shirley Loftus-Charley
Name Age Team Finals
=====
1 Braaten, Kitten 55 VMST-VA 14:45.23
40.45 1:23.83 2:07.87 2:52.04 3:36.27 4:20.69 5:05.13 5:49.67
6:34.36 7:18.75 8:03.16 8:47.52 9:32.54 10:17.08 11:01.82 11:46.55
12:31.18 13:16.19 14:01.68 14:45.23

```

**Women 55-59 1650 Yard Freestyle**

```

=====
VA: V 21:00.04 2/13/2010 Shirley Loftus-Charley
Name Age Team Finals
=====
1 Loftus-Charley, Shirley 59 VMST-VA 19:49.87V
32.85 1:08.46 1:44.61 2:20.68 2:56.90 3:33.29 4:09.77 4:46.13
5:22.56 5:58.64 6:34.91 7:11.08 7:47.18 8:23.37 8:59.63 9:35.66
10:11.77 10:47.95 11:24.16 12:00.23 12:36.39 13:12.74 13:48.63 14:24.87
15:01.13 15:37.22 16:13.38 16:49.81 17:26.33 18:02.53 18:38.65 19:14.65
19:49.87

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**Women 55-59 50 Yard Backstroke Novice**

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=====
VA: V 37.34 5/19/2005 Marcia Barry
Name Age Team Finals
=====
1 Galan, Christine 57 TERR-MD 54.88

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**Women 55-59 200 Yard Backstroke**

```

=====
VA: V 2:41.81 1/30/2011 Shirley Loftus-Charley
Name Age Team Finals
=====
1 Braaten, Kitten 55 VMST-VA 3:14.82
46.20 1:35.00 2:25.53 3:14.82

```

**Women 55-59 50 Yard Breaststroke**

Name	Age	Team	Finals
1 Mickunas, Karen P	55	VMST-VA	45.84

**Women 55-59 100 Yard Breaststroke**

Name	Age	Team	Finals
1 Mickunas, Karen P	55	VMST-VA	1:35.63

**Women 55-59 200 Yard Breaststroke**

Name	Age	Team	Finals
1 Mickunas, Karen P	55	VMST-VA	3:23.75

**Women 55-59 50 Yard Butterfly**

Name	Age	Team	Finals
1 Braaten, Kitten	55	VMST-VA	40.30

**Women 55-59 100 Yard Butterfly**

Name	Age	Team	Finals
1 Braaten, Kitten	55	VMST-VA	1:30.53

**Women 55-59 200 Yard Butterfly**

Name	Age	Team	Finals
1 Braaten, Kitten	55	VMST-VA	3:14.07

**Women 55-59 200 Yard IM**

Name	Age	Team	Finals
1 Loftus-Charley, Shirley	59	VMST-VA	2:36.87
	34.02	1:15.58 2:01.55	2:36.87

**Women 55-59 400 Yard IM**

Name	Age	Team	Finals
1 Loftus-Charley, Shirley	59	VMST-VA	5:28.24V
	34.38	1:15.18 1:59.70 2:41.98 3:28.60 4:15.98 4:52.97	5:28.24

**Women 60-64 50 Yard Backstroke**

Name	Age	Team	Finals
1 Gregory, Kathryn S	64	VMST-VA	43.94

**Women 60-64 100 Yard Backstroke**

Name	Age	Team	Finals
1 Gregory, Kathryn S	64	VMST-VA	1:36.97
	47.25	1:36.97	

**Women 60-64 200 Yard Backstroke**

Name	Age	Team	Finals
1 Gregory, Kathryn S	64	VMST-VA	3:28.36
	48.07	1:41.11 2:35.97	3:28.36

**Women 60-64 100 Yard Breaststroke**

Name	Age	Team	Finals
-- Gregory, Kathryn S	64	VMST-VA	DQ

**Women 60-64 100 Yard IM**

VA: V 1:24.92 5/20/2010 Pam Dameron

Name	Age Team	Finals
1 Gregory, Kathryn S 48.68 1:40.53	64 VMST-VA	1:40.53

**Women 65-69 50 Yard Freestyle**

Name	Age Team	Finals
1 Niles, Dorothy K	69 VMST-VA	42.97

**Women 65-69 100 Yard Freestyle**

Name	Age Team	Finals
1 Niles, Dorothy K 45.44 1:40.00	69 VMST-VA	1:40.00

**Women 65-69 200 Yard Freestyle**

Name	Age Team	Finals
1 Dameron, Pam D 40.47 1:24.17 2:09.79	65 QMST-VA	2:53.79
2 Durrant, Betsy 41.21 1:25.56 2:10.62	69 VMST-VA	2:58.55

**Women 65-69 50 Yard Backstroke**

Name	Age Team	Finals
1 Dameron, Pam D	65 QMST-VA	44.08
2 Durrant, Betsy	69 VMST-VA	45.74

**Women 65-69 100 Yard Backstroke**

Name	Age Team	Finals
1 Martin, Judy 50.28 1:46.09	68 VMST-VA	1:46.09

**Women 65-69 200 Yard Backstroke**

```

=====
                VA: V 3:14.58    5/7/2009 Betsy Durrant
Name                Age Team                Finals
=====
1 Durrant, Betsy          69 VMST-VA                3:33.64
  49.65  1:43.28  2:38.28  3:33.64
2 Martin, Judy            68 VMST-VA                3:45.49
  51.21  1:48.12  2:47.34  3:45.49
=====

```

**Women 65-69 50 Yard Breaststroke**

```

=====
                VA: V 37.74    4/22/2004 Joann Leilich
Name                Age Team                Finals
=====
1 Dameron, Pam D          65 QMST-VA                44.86
2 Niles, Dorothy K        69 VMST-VA                50.40
=====

```

**Women 65-69 100 Yard Breaststroke**

```

=====
                VA: V 1:23.95    4/22/2004 Joann Leilich
Name                Age Team                Finals
=====
1 Dameron, Pam D          65 QMST-VA                1:38.20
  46.70  1:38.20
2 Durrant, Betsy          69 VMST-VA                1:42.31
  47.22  1:42.31
3 Niles, Dorothy K        69 VMST-VA                1:52.49
  52.22  1:52.49
=====

```

**Women 65-69 200 Yard Breaststroke**

```

=====
                VA: V 3:01.50    4/2/2004 Joann Leilich
Name                Age Team                Finals
=====
1 Dameron, Pam D          65 QMST-VA                3:31.46
=====

```

**Women 70-74 100 Yard Freestyle**

```

=====
                VA: V 1:15.58    4/21/2006 Johnnie Detrick
Name                Age Team                Finals
=====
1 Broderick, Kathleen M   72 VMST-VA                1:44.89
  48.98  1:44.89
=====

```

**Women 70-74 200 Yard Freestyle**

```

=====
                VA: V 2:59.43    5/1/2008 Barbara Zaremski
=====

```

Name	Age Team	Finals
1 Broderick, Kathleen M	72 VMST-VA	3:52.04
53.40 1:51.83 2:51.52 3:52.04		

**Women 75-79 50 Yard Freestyle**

Name	Age Team	Finals
1 Detrick, Johnnie	75 VMST-VA	34.85V
VA: V 42.80	Marianna Berkley	

**Women 75-79 100 Yard Freestyle**

Name	Age Team	Finals
1 Detrick, Johnnie	75 VMST-VA	1:19.89V
38.40 1:19.89		
VA: V 1:40.66	4/24/2009 Lesley Francis	

**Women 75-79 200 Yard Freestyle**

Name	Age Team	Finals
1 Detrick, Johnnie	75 VMST-VA	3:09.62V
2:21.51 3:09.62		
VA: V 3:37.85	4/24/2009 Lesley Francis	

**Women 75-79 500 Yard Freestyle**

Name	Age Team	Finals
1 Detrick, Johnnie	75 VMST-VA	8:44.59V
42.79 1:32.68 2:24.64 3:17.89 4:11.32 5:04.87 5:59.00 6:53.57 7:48.46 8:44.59		
VA: V 9:39.50	4/24/2009 Lesley Francis	

**Women 75-79 50 Yard Backstroke**

Name	Age Team	Finals
1 Detrick, Johnnie	75 VMST-VA	49.27V
VA: V 54.66	6/1/1998 Marianna Berkley	

**Women 75-79 50 Yard Breaststroke**

VA: V 53.33	1/1/2002 Miriam Tuovila	
-------------	-------------------------	--

Name	Age Team	Finals
1 Detrick, Johnnie	75 VMST-VA	48.17V

**Women 75-79 200 Yard IM**

VA: V 4:16.63 6/1/2002 Marianna Berkley		
Name	Age Team	Finals
1 Detrick, Johnnie	75 VMST-VA	3:37.74V
54.26 1:50.31 2:49.25 3:37.74		

**Women 80-84 500 Yard Freestyle**

VA: V 11:08.67 2/14/2004 Marianna Berkley		
Name	Age Team	Finals
1 Sokolik, Terry	83 VMST-VA	12:07.74
1:04.73 2:16.80 3:30.39 4:44.76 5:58.93 7:13.84 8:28.32 9:41.08 10:55.05 12:07.74		

**Women 80-84 200 Yard Backstroke**

VA: V 4:51.99 4/2/2004 Marianna Berkley		
Name	Age Team	Finals
1 Sokolik, Terry	83 VMST-VA	5:25.05
1:15.99 2:39.01 4:02.92 5:25.05		

**Women 80-84 200 Yard IM**

VA: V 4:24.18 6/1/2003 Marianna Berkley		
Name	Age Team	Finals
-- Sokolik, Terry	83 VMST-VA	DQ
1:23.79 3:06.67		

**Women 85-89 200 Yard Freestyle**

VA: V 4:21.41 5/7/1998 Marie Kelleher		
Name	Age Team	Finals
1 Berkley, Marianna	88 VMST-VA	5:04.76
1:06.69 2:26.96 3:50.87 5:04.76		

**Women 85-89 50 Yard Backstroke**

Name	Age Team	Finals
1 Berkley, Marianna	88 VMST-VA	1:10.28

**Women 85-89 200 Yard Breaststroke**

Name	Age Team	Finals
1 Berkley, Marianna	88 VMST-VA	5:42.92
	1:18.00 2:46.79 4:17.76 5:42.92	

**Women 85-89 100 Yard IM**

Name	Age Team	Finals
1 Berkley, Marianna	88 VMST-VA	2:31.68
	1:16.17 2:31.68	

**Women 85-89 200 Yard IM**

Name	Age Team	Finals
1 Berkley, Marianna	88 VMST-VA	5:26.56
	1:33.69 2:55.04 4:19.32 5:26.56	

**Women 95-99 50 Yard Freestyle**

Name	Age Team	Finals
1 Kelleher, Marie K	98 VMST-VA	1:39.68

**Women 95-99 100 Yard Freestyle**

Name	Age Team	Finals
1 Kelleher, Marie K	98 VMST-VA	3:23.90
	1:39.86 3:23.90	

**Men 18-24 200 Yard Freestyle**

	VA: V 1:44.34	5/19/2005 Benjamin Garrett
--	---------------	----------------------------



Name	Age	Team	Finals
1 Galan, Peter A	21	TERR-MD	1:46.45
25.47	52.17	1:19.78	1:46.45

**Men 18-24 500 Yard Freestyle**

Name	Age	Team	Finals
1 Galan, Peter A	21	TERR-MD	4:49.89
27.29	56.23	1:25.02	1:54.21
2:23.50	2:53.08	3:22.61	3:52.02
4:21.81	4:49.89		

**Men 18-24 100 Yard Breaststroke**

Name	Age	Team	Finals
1 Arencibia, Jordan	21	VMST-VA	1:00.03
27.71	1:00.03		

**Men 18-24 200 Yard Breaststroke**

Name	Age	Team	Finals
1 Arencibia, Jordan	21	VMST-VA	2:13.64
28.81	1:02.13	1:37.42	2:13.64

**Men 18-24 100 Yard IM**

Name	Age	Team	Finals
1 Galan, Peter A	21	TERR-MD	57.46
26.21	57.46		

**Men 18-24 200 Yard IM**

Name	Age	Team	Finals
1 Galan, Peter A	21	TERR-MD	2:00.79
25.66	56.44	1:33.53	2:00.79

**Men 18-24 400 Yard IM**

=====							
VA: V 4:07.94 5/19/2005 Benjamin Garrett							
Name	Age Team						Finals
=====							
1 Galan, Peter A	21 TERR-MD						4:14.88
	26.42	56.39	1:29.39	2:01.26	2:39.31	3:17.13	3:47.15 4:14.88

**Men 25-29 50 Yard Freestyle**

=====							
VA: V 20.94 4/22/2004 Troy Johnson							
Name	Age Team						Finals
=====							
1 Rhodes, Scott M	27 VMST-VA						22.60
2 Orr, Boyd A	25 VMST-VA						25.05

**Men 25-29 100 Yard Freestyle**

=====							
VA: V 45.70 4/22/2004 Troy Johnson							
Name	Age Team						Finals
=====							
1 Gaines, Billy	29 VMST-VA						48.49
	23.88	48.49					
2 Rhodes, Scott M	27 VMST-VA						48.58
	23.69	48.58					
3 Orr, Boyd A	25 VMST-VA						54.95
	25.49	54.95					
4 Cheatham, Josh	29 UNAT-VA						55.60
	26.32	55.60					
5 Tubman, Patrick	25 VMST-VA						55.88
	26.67	55.88					

**Men 25-29 200 Yard Freestyle**

=====							
VA: V 1:41.48 4/22/2004 Troy Johnson							
Name	Age Team						Finals
=====							
1 Gaines, Billy	29 VMST-VA						1:45.59
	24.89	51.78	1:18.66	1:45.59			
2 Rhodes, Scott M	27 VMST-VA						1:50.83
	25.01	52.22	1:21.05	1:50.83			
3 Koch, Gregory J	28 DCAC-PV						2:01.48
	28.88	59.21	1:30.64	2:01.48			
4 Tubman, Patrick	25 VMST-VA						2:06.15
	29.02	1:00.51	1:33.24	2:06.15			

**Men 25-29 500 Yard Freestyle**

=====

VA: V 4:42.26 4/2/2004 Frank Byskov

Name	Age	Team	Finals						
1 Koch, Gregory J	28	DCAC-PV	5:37.21						
	28.55	1:00.30	1:32.37	2:06.24	2:40.70	3:15.64	3:51.52	4:27.34	
	5:02.64	5:37.21							

**Men 25-29 1000 Yard Freestyle**

VA: V 10:14.97 6/1/1992 Scott Robinson

Name	Age	Team	Finals							
1 Gaines, Billy	29	VMST-VA	10:07.29V							
	26.55	57.13	1:28.42	1:58.94	2:30.03	3:00.35	3:30.54	4:01.04		
	4:31.69	5:02.43	5:33.56	6:04.05	6:34.86	7:05.71	7:36.66	8:07.32		
	8:38.31	9:08.71	9:38.81	10:07.29						

**Men 25-29 1650 Yard Freestyle**

VA: V 17:46.68 2/13/2010 Adam Barley

Name	Age	Team	Finals									
1 Barley, Adam S	29	VMST-VA	17:05.57V									
	28.34	59.04	1:30.09	2:01.26	2:32.54	3:03.75	3:34.69	4:05.79				
	4:36.53	5:07.93	5:39.13	6:10.12	6:41.02	7:12.12	7:43.24	8:14.56				
	8:45.95	9:17.37	9:48.70	10:19.90	10:51.21	11:22.35	11:53.70	12:25.10				
	12:56.64	13:28.07	13:59.66	14:31.46	15:02.85	15:34.28	16:05.41	16:36.25				
	17:05.57											

**Men 25-29 50 Yard Backstroke**

VA: V 23.97 4/22/2004 Troy Johnson

Name	Age	Team	Finals	
1 Gaines, Billy	29	VMST-VA	25.75	
2 Koch, Gregory J	28	DCAC-PV	28.73	

**Men 25-29 100 Yard Backstroke**

VA: V 51.99 3/9/2007 Lee Jewell

Name	Age	Team	Finals	
1 Gaines, Billy	29	VMST-VA	1:03.27	
	29.74	1:03.27		
2 Cheatham, Josh	29	UNAT-VA	1:06.80	
	32.98	1:06.80		

**Men 25-29 200 Yard Backstroke**

Name	VA: V	Age	Team	Finals
1 Koch, Gregory J	1:53.60	28	DCAC-PV	2:15.00
	30.63	1:04.44	1:39.65	2:15.00

**Men 25-29 100 Yard Breaststroke**

Name	VA: V	Age	Team	Finals
1 Barley, Adam S	57.49	29	VMST-VA	1:04.67
	30.68	1:04.67		

**Men 25-29 50 Yard Butterfly**

Name	VA: V	Age	Team	Finals
1 Koch, Gregory J	23.49	28	DCAC-PV	27.48

**Men 25-29 100 Yard Butterfly**

Name	VA: V	Age	Team	Finals
1 Barley, Adam S	50.52	29	VMST-VA	53.98
	25.67	53.98		

**Men 25-29 200 Yard Butterfly**

Name	VA: V	Age	Team	Finals
1 Barley, Adam S	1:54.52	29	VMST-VA	1:59.20
	26.92	56.87	1:27.80	1:59.20

**Men 25-29 100 Yard IM**

Name	VA: V	Age	Team	Finals
1 Koch, Gregory J	52.26	28	DCAC-PV	1:02.16
	27.85	1:02.16		

**Men 25-29 200 Yard IM**

=====  
VA: V 1:55.03 4/2/2004 Frank Byskov  
Name Age Team Finals  
=====  
1 Barley, Adam S 29 VMST-VA 2:02.06  
26.03 57.54 1:33.35 2:02.06  
2 Gaines, Billy 29 VMST-VA 2:02.96  
25.84 57.44 1:34.78 2:02.96  
3 Rhodes, Scott M 27 VMST-VA 2:06.31  
25.61 56.80 1:36.18 2:06.31

**Men 25-29 400 Yard IM**

=====  
VA: V 4:16.15 3/11/2004 Frank Byskov  
Name Age Team Finals  
=====  
1 Gaines, Billy 29 VMST-VA 4:24.28  
27.18 58.39 1:32.74 2:06.20 2:45.68 3:25.34 3:55.64 4:24.28

**Men 30-34 50 Yard Freestyle**

=====  
VA: V 20.93 1/27/2007 Daniel Summerlin  
Name Age Team Finals  
=====  
1 Quinn, Joshua J 30 URMS-VA 23.07

**Men 30-34 100 Yard Freestyle**

=====  
VA: V 46.38 4/11/2008 Troy Johnson  
Name Age Team Finals  
=====  
1 Quinn, Joshua J 30 URMS-VA 51.37  
24.60 51.37  
2 Bender, Thomas John 34 UNAT-VA 56.31  
27.24 56.31  
3 Richardson, Kevin E 34 VMST-VA 1:01.21  
30.22 1:01.21  
4 Crowe, John F 33 DCAC-PV 1:03.12  
30.69 1:03.12

**Men 30-34 200 Yard Freestyle**

=====  
VA: V 1:44.90 5/21/1995 Chris Stevenson  
Name Age Team Finals  
=====  
1 Parker, Cliff A 34 VMST-VA 1:57.60

	27.84	57.41	1:27.43	1:57.60	
2 Quinn, Joshua J			30	URMS-VA	1:58.51
	26.41	56.25	1:28.65	1:58.51	
3 Richard, Jean-Philippe			34	DCAC-PV	1:59.38
	27.73	57.71	1:28.38	1:59.38	
4 Richardson, Kevin E			34	VMST-VA	2:13.35
	30.48	1:04.35	1:39.22	2:13.35	
5 Crowe, John F			33	DCAC-PV	2:14.55
	32.05	1:05.96	1:40.16	2:14.55	

### Men 30-34 500 Yard Freestyle

=====								
VA: V 4:43.29 5/21/1995 Chris Stevenson								
Name	Age Team			Finals				
=====								
1 Bender, Thomas John	34 UNAT-VA			5:50.28				
	28.42	1:01.28	1:37.28	2:13.76	2:50.11	3:26.45	4:03.34	4:39.92
	5:17.14	5:50.28						
2 Crowe, John F	33 DCAC-PV			6:08.34				
	33.11	1:08.63	1:45.74	2:23.37	3:01.54	3:39.17	4:16.91	4:54.20
	5:31.63	6:08.34						
3 Foster, Brad	32 VMST-VA			6:44.29				
	34.01	1:10.03	1:48.78	2:29.23	3:10.86	3:53.40	4:36.37	5:19.61
	6:02.48	6:44.29						

### Men 30-34 1000 Yard Freestyle

=====								
VA: V 10:30.44 John Lowe								
Name	Age Team			Finals				
=====								
1 Robbins, Michael W	30 VMST-VA			13:12.80				
	33.07	1:10.52	1:49.69	2:29.34	3:10.33	3:51.50	4:32.23	5:12.71
	5:52.71	6:33.22	7:14.10	7:54.96	8:36.50	9:18.57	9:59.45	10:40.47
	11:21.82	12:02.72	12:40.35	13:12.80				

### Men 30-34 1650 Yard Freestyle

=====								
VA: V 17:31.33 5/16/1994 John Lowe								
Name	Age Team			Finals				
=====								
1 Richard, Jean-Philippe	34 DCAC-PV			19:21.84				
	31.33	1:04.94	1:39.78	2:14.96	2:50.97	3:27.18	4:03.33	4:40.04
	5:17.16	5:53.59	6:29.26	7:04.21	7:40.25	8:16.42	8:52.53	9:28.70
	10:04.41	10:39.85	11:15.77	11:51.33	12:26.22	13:00.90	13:35.66	14:10.35
	14:45.22	15:20.31	15:55.41	16:30.46	17:05.18	17:40.01	18:14.96	18:49.17
	19:21.84							

**Men 30-34 50 Yard Backstroke**

=====			
Name	VA: V	Age Team	Finals
=====			
1 Crowe, John F	24.18	5/21/1995 Chris Stevenson	34.10

**Men 30-34 200 Yard Backstroke**

=====			
Name	VA: V	Age Team	Finals
=====			
1 Crowe, John F	1:54.10	5/21/1995 Chris Stevenson	2:30.83
	36.42	1:13.87 1:52.61	2:30.83

**Men 30-34 50 Yard Breaststroke**

=====			
Name	VA: V	Age Team	Finals
=====			
1 Richardson, Kevin E	27.31	5/8/1998 Coll Haddon	35.97

**Men 30-34 100 Yard Breaststroke**

=====			
Name	VA: V	Age Team	Finals
=====			
1 Parker, Cliff A	1:00.14	5/14/2002 Neill Williams	1:06.66
	31.83	1:06.66	
2 Richard, Jean-Philippe		34 DCAC-PV	1:08.74
	32.47	1:08.74	
3 Richardson, Kevin E		34 VMST-VA	1:19.91
	37.71	1:19.91	

**Men 30-34 200 Yard Breaststroke**

=====			
Name	VA: V	Age Team	Finals
=====			
1 Parker, Cliff A	2:15.57	5/14/2002 Neill Williams	2:24.38
	33.43	1:10.23 1:47.65	2:24.38
2 Richard, Jean-Philippe		34 DCAC-PV	2:26.85
	33.19	1:11.06 1:49.63	2:26.85

**Men 30-34 100 Yard Butterfly**

=====			
Name	VA: V	Age Team	Finals
=====			
	50.08	12/2/2010 Matt Haupt	

Name	Age Team	Finals
1 Parker, Cliff A	34 VMST-VA	59.87
28.29 59.87		

**Men 30-34 200 Yard Butterfly**

VA: V 1:49.63 12/2/2010 Matt Haupt		
Name	Age Team	Finals
1 Robbins, Michael W	30 VMST-VA	2:24.64
29.70 1:04.28 1:41.37 2:24.64		

**Men 30-34 100 Yard IM**

VA: V 53.09 1/27/2007 Daniel Summerlin		
Name	Age Team	Finals
1 Richard, Jean-Philippe	34 DCAC-PV	1:02.17
29.72 1:02.17		

**Men 30-34 200 Yard IM**

VA: V 1:57.59 1/27/2007 Daniel Summerlin		
Name	Age Team	Finals
1 Parker, Cliff A	34 VMST-VA	2:08.92
27.54 1:01.67 1:38.37 2:08.92		
2 Crowe, John F	33 DCAC-PV	2:35.68
35.27 1:13.78 2:01.15 2:35.68		

**Men 30-34 400 Yard IM**

VA: V 4:29.25 4/23/2010 Peter De Hart		
Name	Age Team	Finals
1 Parker, Cliff A	34 VMST-VA	4:41.68

**Men 35-39 50 Yard Freestyle**

VA: V 21.18 1/26/2008 Daniel Summerlin		
Name	Age Team	Finals
1 Curtis, Brian H	39 UNAT-VA	25.24

**Men 35-39 50 Yard Freestyle Novice**



VA: V 21.18 1/26/2008 Daniel Summerlin

Name	Age	Team	Finals
1 Kelly, Brendan F	37	VMST-VA	30.82

**Men 35-39 100 Yard Freestyle**

VA: V 47.78 1/26/2008 Daniel Summerlin

Name	Age	Team	Finals
1 Martin, Andrew	36	YOTA-NC	52.16
25.88 52.16			
2 Curtis, Brian H	39	UNAT-VA	55.56
26.42 55.56			
3 Moon, WonKee	36	DCAC-PV	55.70
27.32 55.70			
4 Seay, Matt R	38	QMST-VA	57.05
26.02 57.05			
5 Kelly, Brendan F	37	VMST-VA	1:08.23
32.30 1:08.23			

**Men 35-39 200 Yard Freestyle**

VA: V 1:47.91 4/1/2000 Chris Stevenson

Name	Age	Team	Finals
1 Carlson, John	39	RMST-PV	2:13.55
29.98 1:03.83 1:39.06 2:13.55			
2 Kelly, Brendan F	37	VMST-VA	2:34.45
35.14 1:14.17 1:55.15 2:34.45			

**Men 35-39 500 Yard Freestyle**

VA: V 4:50.41 4/1/2000 Chris Stevenson

Name	Age	Team	Finals
1 Carlson, John	39	RMST-PV	6:17.19
34.39 1:12.16 1:50.50 2:29.25 3:07.33 3:46.80 4:25.23 5:03.74 6:17.19			

**Men 35-39 1000 Yard Freestyle**

VA: V 10:20.44 1/1/1996 John Lowe

Name	Age	Team	Finals
1 Carlson, John	39	RMST-PV	12:41.68
35.10 1:12.87 1:50.67 2:28.55 3:06.62 3:44.87 4:23.21 5:01.79			

5:40.47 6:19.18 6:57.58 7:35.18 8:13.91 8:51.56 9:29.64 10:08.19  
10:46.44 11:24.93 12:03.67 12:41.68

**Men 35-39 1650 Yard Freestyle**

=====			
Name	VA: V 17:13.17	1/1/1996 John Lowe	Finals
	Age	Team	
1 Carlson, John	39	RMST-PV	21:30.96
	6:22.77	21:30.96	4:26.80 5:05.34

**Men 35-39 200 Yard Backstroke**

=====			
Name	VA: V 1:55.48	4/1/2000 Chris Stevenson	Finals
	Age	Team	
1 Martin, Andrew	36	YOTA-NC	2:10.15
	31.13 1:03.77 1:37.18	2:10.15	

**Men 35-39 50 Yard Breaststroke**

=====			
Name	VA: V 28.20	1/1/1993 Michael Slowey	Finals
	Age	Team	
1 Goodison, Michael R	38	TERR-MD	29.35
2 Seay, Matt R	38	QMST-VA	31.33
3 Moon, WonKee	36	DCAC-PV	32.64
4 Kelly, Brendan F	37	VMST-VA	39.45

**Men 35-39 100 Yard Breaststroke**

=====			
Name	VA: V 1:01.50	1/1/1993 Michael Slowey	Finals
	Age	Team	
1 Goodison, Michael R	38	TERR-MD	1:04.53
	30.73 1:04.53		
2 Moon, WonKee	36	DCAC-PV	1:09.09
	31.96 1:09.09		
3 Martin, Andrew	36	YOTA-NC	1:09.65
	33.65 1:09.65		
4 Seay, Matt R	38	QMST-VA	1:10.50
	32.76 1:10.50		

**Men 35-39 200 Yard Breaststroke**

=====			
Name	VA: V 2:15.38	6/1/1993 Michael Slowey	Finals
	Age	Team	

Name	Age	Team	Finals
1 Goodison, Michael R	38	TERR-MD	2:25.44
	33.25	1:10.96 1:48.60	2:25.44
2 Moon, WonKee	36	DCAC-PV	2:29.33
	34.54	1:12.14 1:50.33	2:29.33

**Men 35-39 50 Yard Butterfly**

Name	Age	Team	Finals
VA: V 23.85 1/26/2008 Daniel Summerlin			
1 Carlson, John	39	RMST-PV	28.20
2 Curtis, Brian H	39	UNAT-VA	28.72

**Men 35-39 100 Yard Butterfly**

Name	Age	Team	Finals
VA: V 51.69 1/26/2008 Daniel Summerlin			
1 Carlson, John	39	RMST-PV	1:05.65
	31.33	1:05.65	

**Men 35-39 200 Yard Butterfly**

Name	Age	Team	Finals
VA: V 1:58.92 4/1/2000 Chris Stevenson			
1 Martin, Andrew	36	YOTA-NC	2:13.29
	29.96	1:03.22 1:37.50	2:13.29
2 Carlson, John	39	RMST-PV	2:46.86
	35.75	1:18.76 2:04.15	2:46.86

**Men 35-39 100 Yard IM**

Name	Age	Team	Finals
VA: V 56.15 4/21/2001 David Malsbury			
1 Seay, Matt R	38	QMST-VA	1:06.04
	31.31	1:06.04	
2 Kelly, Brendan F	37	VMST-VA	1:19.91
	37.96	1:19.91	
-- Moon, WonKee	36	DCAC-PV	DQ
	30.06	DQ	

**Men 35-39 200 Yard IM**

VA: V 1:59.02 1/26/2008 Daniel Summerlin

Name	Age	Team	Finals
1 Moon, WonKee	36	DCAC-PV	2:16.72
28.56	1:04.25	1:44.04	2:16.72

**Men 35-39 400 Yard IM**

VA: V 4:24.06 6/1/2004 Robert St. Jean

Name	Age	Team	Finals
1 Martin, Andrew	36	YOTA-NC	4:39.11
28.75	1:01.42	1:36.37	2:10.92 2:51.85 3:33.18 4:06.92 4:39.11
2 Moon, WonKee	36	DCAC-PV	4:52.44
30.33	1:06.92	1:46.20	2:24.73 3:05.48 3:46.37 4:20.20 4:52.44
3 Carlson, John	39	RMST-PV	6:16.67
37.61	1:21.37	2:08.92	2:54.25 3:57.38 4:58.34 5:38.22 6:16.67

**Men 40-44 50 Yard Freestyle Novice**

VA: V 21.79 John Tudor

Name	Age	Team	Finals
1 Fahr, John	42	DCAC-PV	25.97

**Men 40-44 50 Yard Freestyle**

VA: V 21.79 John Tudor

Name	Age	Team	Finals
1 Ridgway, William R	42	UNAT-VA	33.17

**Men 40-44 100 Yard Freestyle**

VA: V 47.58 4/27/2000 John Tudor

Name	Age	Team	Finals
1 Williams, Neill	42	DCAC-PV	54.14
25.85	54.14		
2 Eliasek, Steven	42	QMST-VA	54.89
26.31	54.89		
3 Fahr, John	42	DCAC-PV	57.25
28.23	57.25		

**Men 40-44 200 Yard Freestyle**

VA: V 1:44.37 3/6/2009 Chris Stevenson

Name	Age	Team	Finals
1 Pohnert, Steven C	40	RMST-PV	2:07.21
29.52	1:02.03	1:34.67	2:07.21
2 Fahr, John	42	DCAC-PV	2:07.27
28.42	1:00.31	1:34.32	2:07.27
3 Eliasek, Steven	42	QMST-VA	2:11.46
30.03	1:01.74	1:35.50	2:11.46
4 Newsome, Mike	40	DCAC-PV	2:21.27
32.45	1:08.06	1:44.00	2:21.27

#### Men 40-44 500 Yard Freestyle

Name	Age	Team	Finals
VA: V 4:42.67 5/7/2009 Chris Stevenson			
1 Newsome, Mike	40	DCAC-PV	6:40.86
32.06	1:07.99	1:46.77	2:27.56
6:01.36	6:40.86	3:08.93	3:52.13
		4:35.29	5:18.44

#### Men 40-44 1000 Yard Freestyle

Name	Age	Team	Finals
VA: V 9:50.25 4/18/2009 Chris Stevenson			
1 Bradley, Patrick J	44	STON-VA	13:09.80
34.10	1:11.88	1:51.24	2:31.32
5:50.90	6:30.95	7:10.60	7:49.76
11:11.83	11:51.23	12:31.23	13:09.80
		3:11.18	3:51.20
		4:30.69	5:10.47
		8:29.61	9:09.67
		9:49.83	10:31.06

#### Men 40-44 1650 Yard Freestyle

Name	Age	Team	Finals
VA: V 17:40.34 4/10/2010 Rob St Jean			
1 Holland, Dave	43	VMST-VA	18:43.07
31.92	1:06.57	1:41.71	2:17.00
5:09.77	5:44.03	6:17.74	6:51.46
9:42.83	10:16.61	10:50.43	11:24.36
14:14.46	14:48.47	15:22.85	15:56.68
18:43.07		16:30.26	17:03.74
		17:37.73	18:10.78
		2:52.04	3:26.69
		4:01.10	4:35.50
		7:59.96	8:34.43
		9:08.65	

#### Men 40-44 50 Yard Backstroke

Name	Age	Team	Finals
VA: V 24.45 4/11/2008 Chris Stevenson			

1 Newsome, Mike 40 DCAC-PV 36.62

**Men 40-44 200 Yard Backstroke**

=====			
VA: V 1:51.10 5/7/2009 Chris Stevenson			
Name	Age	Team	Finals
=====			
1 Pohnert, Steven C	40	RMST-PV	2:45.04
39.30	1:20.22	2:02.29	2:45.04

**Men 40-44 100 Yard Breaststroke**

=====			
VA: V 1:02.36 5/7/1998 Michael Slowey			
Name	Age	Team	Finals
=====			
1 Holland, Dave	43	VMST-VA	1:13.56
34.44	1:13.56		
-- Ridgway, William R	42	UNAT-VA	DQ
45.39	DQ		

**Men 40-44 200 Yard Breaststroke**

=====			
VA: V 2:18.21 5/7/1998 Michael Slowey			
Name	Age	Team	Finals
=====			
1 Williams, Neill	42	DCAC-PV	2:25.90
31.95	1:09.14	1:47.36	2:25.90
2 Bradley, Patrick J	44	STON-VA	2:51.25
38.49	1:22.18	2:06.38	2:51.25

**Men 40-44 50 Yard Butterfly**

=====			
VA: V 23.82 5/7/2009 Chris Stevenson			
Name	Age	Team	Finals
=====			
-- Ridgway, William R	42	UNAT-VA	DQ

**Men 40-44 50 Yard Butterfly Novice**

=====			
VA: V 23.82 5/7/2009 Chris Stevenson			
Name	Age	Team	Finals
=====			
1 Fahr, John	42	DCAC-PV	30.79

**Men 40-44 100 Yard Butterfly**

=====			
VA: V 50.81 5/7/2009 Chris Stevenson			

Name	Age Team	Finals
1 Williams, Neill 26.49 57.60	42 DCAC-PV	57.60
2 Eliasek, Steven 29.29 1:05.63	42 QMST-VA	1:05.63

**Men 40-44 200 Yard Butterfly**

VA: V 1:54.85 5/7/2009 Chris Stevenson		
Name	Age Team	Finals
1 Holland, Dave 29.77 1:03.42 1:38.26 2:13.94	43 VMST-VA	2:13.94

**Men 40-44 100 Yard IM**

VA: V 55.67 5/8/1998 John Tudor		
Name	Age Team	Finals
1 Williams, Neill 26.65 58.06	42 DCAC-PV	58.06
2 Eliasek, Steven 28.78 1:02.79	42 QMST-VA	1:02.79
3 Holland, Dave 29.39 1:03.34	43 VMST-VA	1:03.34
4 Newsome, Mike 33.97 1:12.89	40 DCAC-PV	1:12.89

**Men 40-44 200 Yard IM**

VA: V 2:03.51 4/27/2000 John Tudor		
Name	Age Team	Finals
1 Williams, Neill 26.84 1:01.88 1:39.96 2:12.65	42 DCAC-PV	2:12.65
2 Newsome, Mike 33.42 1:14.86 2:04.12 2:41.15	40 DCAC-PV	2:41.15

**Men 40-44 400 Yard IM**

VA: V 4:23.70 2/9/2008 Chris Stevenson		
Name	Age Team	Finals
1 Holland, Dave 30.48 1:05.13 1:43.10 2:20.33 3:01.37 3:42.42 4:15.66 4:48.20	43 VMST-VA	4:48.20
2 Bradley, Patrick J	44 STON-VA	5:40.93

36.50 1:22.68 2:07.65 2:50.97 3:37.40 4:23.96 5:03.16 5:40.93

**Men 45-49 50 Yard Freestyle**

=====  
VA: V 22.91 5/17/2007 David Malsbury  
Name Age Team Finals  
=====  
1 Robinson, Jim D 47 VMST-VA 25.46  
2 Torney, Chris 47 VMST-VA 28.32  
=====

**Men 45-49 100 Yard Freestyle**

=====  
VA: V 50.97 5/17/2007 Todd Cooke  
Name Age Team Finals  
=====  
1 Jones, Rob 45 UNAT-VA 51.84  
25.25 51.84  
2 Quinones, Enrique 47 DCAC-PV 53.98  
26.48 53.98  
3 Robinson, Jim D 47 VMST-VA 55.52  
4 Czander, Eric W 45 DCAC-PV 59.07  
28.39 59.07  
5 Torney, Chris 47 VMST-VA 1:02.48  
31.28 1:02.48  
=====

**Men 45-49 200 Yard Freestyle**

=====  
VA: V 1:45.92 3/5/2010 Chris Stevenson  
Name Age Team Finals  
=====  
1 Quinones, Enrique 47 DCAC-PV 2:01.46  
29.12 59.61 1:31.05 2:01.46  
2 Dever, Frederick E 45 DCAC-PV 2:05.38  
29.16 1:00.18 1:32.73 2:05.38  
3 Brown, David 49 UNAT-VA 2:21.96  
32.04 1:07.37 1:45.11 2:21.96  
=====

**Men 45-49 500 Yard Freestyle**

=====  
VA: V 5:08.29 1/7/2011 Chris Stevenson  
Name Age Team Finals  
=====  
1 Torney, Chris 47 VMST-VA 6:13.34  
33.05 1:08.58 3:02.90 3:41.77 5:01.36  
6:13.34  
=====

**Men 45-49 1000 Yard Freestyle**



=====										
VA: V 10:24.07 1/7/2011 Chris Stevenson										
Name	Age Team							Finals		
=====										
1	Dever, Frederick E	45 DCAC-PV							11:41.40	
	30.76	1:04.55	1:39.08	2:13.94	2:48.41	3:23.02	3:57.81	4:32.79		
	5:08.33	5:43.55	6:19.31	6:54.95	7:30.80	8:06.47	8:42.61	9:18.71		
	9:54.83	10:31.44	11:07.70	11:41.40						
2	Sushkoff, George A	45 VMST-VA							11:43.75	
	31.62	1:06.16	1:41.40	2:16.76	2:51.87	3:27.34	4:03.05	4:38.59		
	5:13.88	5:49.46	6:25.05	7:00.35	7:35.66	8:11.09	8:46.72	9:22.37		
	9:57.88	10:33.53	11:09.35	11:43.75						

**Men 45-49 1650 Yard Freestyle**

=====										
VA: V 17:20.40 1/7/2011 Chris Stevenson										
Name	Age Team							Finals		
=====										
1	Jones, Rob	45 UNAT-VA							18:10.32	
	29.29	1:01.11	1:33.60	2:06.28	2:38.49	3:10.92	3:43.61	4:16.21		
	4:49.14	5:22.15	5:55.03	6:27.95	7:00.97	7:33.95	8:07.40	8:40.56		
	9:13.79	9:47.13	10:20.71	10:54.27	11:27.97	12:01.16	12:35.06	13:08.58		
	13:42.14	14:15.55	14:49.33	15:23.35	15:56.95	16:30.64	17:04.47	17:37.97		
	18:10.32									
2	Brown, David	49 UNAT-VA							21:40.71	
	35.29	1:13.09	1:52.25	2:31.57	3:11.59	3:51.62	4:31.24	5:11.17		
	5:51.03	6:30.95	7:10.78	7:50.87	8:30.72	9:10.12	9:49.73	10:29.48		
	11:09.31	11:49.31	12:28.86	13:08.74	13:48.63	14:28.39	15:07.99	15:47.94		
	16:27.62	17:07.55	17:47.00	18:26.88	19:06.26	19:45.34	20:24.58	21:03.29		
	21:40.71									

**Men 45-49 50 Yard Backstroke**

=====										
VA: V 24.28 5/20/2010 Chris Stevenson										
Name	Age Team							Finals		
=====										
1	Stevenson, Chris	46 VMST-VA							25.32	
2	Robinson, Jim D	47 VMST-VA							30.83	
3	Czander, Eric W	45 DCAC-PV							32.17	

**Men 45-49 50 Yard Backstroke Novice**

=====										
VA: V 24.28 5/20/2010 Chris Stevenson										
Name	Age Team							Finals		
=====										
1	Quinones, Enrique	47 DCAC-PV							31.02	

**Men 45-49 100 Yard Backstroke**

VA: V 51.74 3/5/2010 Chris Stevenson			
Name	Age	Team	Finals
1 Stevenson, Chris	46	VMST-VA	53.58
26.10	53.58		
2 Jones, Rob	45	UNAT-VA	1:01.73
30.41	1:01.73		
3 Sushkoff, George A	45	VMST-VA	1:05.64
32.05	1:05.64		
4 Robinson, Jim D	47	VMST-VA	1:05.84
32.56	1:05.84		
5 Czander, Eric W	45	DCAC-PV	1:07.90
33.39	1:07.90		

**Men 45-49 200 Yard Backstroke**

VA: V 1:55.05 3/5/2010 Chris Stevenson			
Name	Age	Team	Finals
1 Stevenson, Chris	46	VMST-VA	2:00.01
28.51	58.90	1:29.65	2:00.01
2 Czander, Eric W	45	DCAC-PV	2:23.70
34.66	1:10.31	1:46.96	2:23.70

**Men 45-49 200 Yard Breaststroke**

VA: V 2:25.42 Michael Slowey			
Name	Age	Team	Finals
1 Sushkoff, George A	45	VMST-VA	2:39.89
36.63	1:17.40	1:58.49	2:39.89

**Men 45-49 50 Yard Butterfly**

VA: V 23.89 3/5/2010 Chris Stevenson			
Name	Age	Team	Finals
1 Stevenson, Chris	46	VMST-VA	24.62
2 Robinson, Jim D	47	VMST-VA	28.59
2 Torney, Chris	47	VMST-VA	34.39

**Men 45-49 100 Yard Butterfly**

VA: V 51.36 3/5/2010 Chris Stevenson			
Name	Age	Team	Finals

1	Stevenson, Chris	46	VMST-VA	53.67
	25.38 53.67			
2	Dever, Frederick E	45	DCAC-PV	1:02.36
	29.24 1:02.36			
3	Torney, Chris	47	VMST-VA	1:20.67
	37.68 1:20.67			

#### Men 45-49 200 Yard Butterfly

VA: V 1:57.08 3/5/2010 Chris Stevenson				
Name	Age	Team	Finals	
1	Stevenson, Chris	46	VMST-VA	2:03.37
	27.56 58.84 1:30.64			2:03.37
2	Dever, Frederick E	45	DCAC-PV	2:21.02
	31.27 1:06.64 1:42.33			2:21.02

#### Men 45-49 100 Yard IM

VA: V 54.99 5/20/2010 Chris Stevenson				
Name	Age	Team	Finals	
1	Jones, Rob	45	UNAT-VA	1:00.13
	27.12 1:00.13			
2	Sushkoff, George A	45	VMST-VA	1:05.86
	31.50 1:05.86			
3	Czander, Eric W	45	DCAC-PV	1:06.68
	31.40 1:06.68			

#### Men 45-49 400 Yard IM

VA: V 4:17.52 5/20/2010 Chris Stevenson								
Name	Age	Team	Finals					
1	Stevenson, Chris	46	VMST-VA	4:28.46				
	27.65 58.95 1:32.58 2:05.40 2:45.57 3:26.61 3:58.05			4:28.46				
2	Czander, Eric W	45	DCAC-PV	5:08.12				
	33.62 1:12.20 1:52.72 2:32.17 3:14.60 3:57.54 4:33.73			5:08.12				

#### Men 50-54 50 Yard Freestyle

VA: V 23.66 4/21/2006 Louis Tudor			
Name	Age	Team	Finals
1	Wren, Mike M	54	VMST-VA 26.51
2	Rickard, Alan K	53	FXCM-PV 26.92

**Men 50-54 50 Yard Freestyle Novice**

=====  
VA: V 23.66 4/21/2006 Louis Tudor  
Name Age Team Finals  
=====  
1 Trenz, Tom 50 UNAT-VA 26.20  
2 Bullard, John B 51 VMST-VA 29.60

**Men 50-54 100 Yard Freestyle**

=====  
VA: V 52.75 4/21/2006 Louis Tudor  
Name Age Team Finals  
=====  
1 Wren, Mike M 54 VMST-VA 57.85  
28.11 57.85  
2 Rickard, Alan K 53 FXCM-PV 58.70  
28.32 58.70  
3 Sealey, Thomas B 50 GAJA-GA 1:02.75  
29.49 1:02.75

**Men 50-54 200 Yard Freestyle**

=====  
VA: V 2:01.15 4/23/2010 Mark Jarosz  
Name Age Team Finals  
=====  
1 Kutz, Mark D 54 VMST-VA 2:15.70  
33.22 1:08.26 1:41.87 2:15.70  
2 Rickard, Alan K 53 FXCM-PV 2:18.63  
32.01 1:07.09 1:43.54 2:18.63

**Men 50-54 500 Yard Freestyle**

=====  
VA: V 5:23.90 2/14/2009 Jim McFarland  
Name Age Team Finals  
=====  
1 Sealey, Thomas B 50 GAJA-GA 6:21.73  
5:51.55 6:21.73  
2 Swiger, Ralph B 54 VMST-VA 7:22.17  
38.38 1:21.09 2:05.05 2:49.55 3:34.53 4:19.73 5:05.92 5:52.19  
6:38.00 7:22.17  
3 Stone, Bryan A 54 VMST-VA 8:06.78  
39.60 1:26.00 2:16.81 3:07.75 3:58.48 4:48.25 5:39.44 6:30.00  
7:19.07 8:06.78

**Men 50-54 1000 Yard Freestyle**

=====

VA: V 11:23.54 4/24/2009 Jim McFarland

Name	Age Team	Finals
1 Sealey, Thomas B	50 GAJA-GA	12:47.17
		34.16 1:12.11 1:50.62 2:29.28 3:07.81 3:46.21 4:25.11 5:03.95
		5:42.82 6:21.73 7:00.53 7:39.43 8:18.48 8:57.02 9:35.50 10:14.44
		10:52.97 11:32.71 12:11.35 12:47.17
2 Swiger, Ralph B	54 VMST-VA	15:09.59
		38.76 1:21.94 2:05.86 2:50.67 3:36.87 4:22.87 5:08.29 5:54.35
		6:40.30 7:27.36 8:13.57 8:59.66 9:45.68 10:32.47 11:19.26 12:06.62
		12:53.22 13:39.66 14:26.21 15:09.59
3 Stone, Bryan A	54 VMST-VA	16:04.98
		1:54.35 2:57.93
		6:13.70
		7:03.66 16:04.98

Men 50-54 1650 Yard Freestyle

VA: V 18:52.71 2/14/2009 Jim McFarland

Name	Age Team	Finals
1 McFarland, Jim	52 VMST-VA	20:14.77
		32.58 1:07.77 1:43.97 2:20.23 2:56.70 3:33.31 4:09.91 4:46.63
		5:23.44 6:00.19 6:37.32 7:13.92 7:50.96 8:27.97 9:05.24 9:42.76
		10:19.50 10:56.82 11:34.34 12:11.39 12:48.92 13:26.12 14:03.56 14:41.14
		15:18.18 15:55.44 16:32.51 17:09.46 17:46.94 18:24.55 19:02.01 19:39.27
		20:14.77
2 Sealey, Thomas B	50 GAJA-GA	21:34.83
		33.57 1:10.10 1:48.74 2:27.70 3:07.51 3:46.89 4:26.50 5:05.98
		5:45.91 6:26.29 7:06.42 7:46.58 8:26.56 9:06.40 9:47.40 10:27.68
		11:06.79 11:46.63 12:26.70 13:06.45 13:46.91 14:26.76 15:06.20 15:45.61
		16:25.35 17:04.95 17:44.11 18:23.29 19:02.25 19:40.77 20:20.04 20:58.03
		21:34.83
3 Stone, Bryan A	54 VMST-VA	27:44.93
		42.08 1:29.70 2:19.69 3:08.88 3:58.04 4:49.53 5:41.35 6:31.99
		7:23.52 8:14.52 9:05.47 9:56.61 10:47.16 11:38.14 12:28.80 13:19.75
		14:10.38 15:01.32 15:52.37 16:43.56 17:34.48 18:25.19 19:16.13 20:06.07
		20:56.52 21:48.34 22:39.37 23:30.45 24:21.12 25:12.78 26:02.08 26:53.55
		27:44.93

Men 50-54 100 Yard Backstroke

VA: V 59.07 4/27/2000 Rick Stringer

Name	Age Team	Finals
1 Swiger, Ralph B	54 VMST-VA	1:27.80
		43.14 1:27.80

**Men 50-54 50 Yard Breaststroke Novice**

=====			
Name	VA: V 29.31	5/1/2008 Michael Slowey	Finals
	Age	Team	
=====			
1 Wren, Mike M	54	VMST-VA	35.80
2 Bullard, John B	51	VMST-VA	37.16

**Men 50-54 50 Yard Breaststroke**

=====			
Name	VA: V 29.31	5/1/2008 Michael Slowey	Finals
	Age	Team	
=====			
1 Swiger, Ralph B	54	VMST-VA	42.33

**Men 50-54 100 Yard Breaststroke**

=====			
Name	VA: V 1:03.10	6/1/2008 Michael Slowey	Finals
	Age	Team	
=====			
1 Sealey, Thomas B	50	GAJA-GA	1:25.41
	39.61	1:25.41	
2 Swiger, Ralph B	54	VMST-VA	1:30.28
	42.97	1:30.28	

**Men 50-54 200 Yard Breaststroke**

=====			
Name	VA: V 2:26.69	5/1/2008 Michael Slowey	Finals
	Age	Team	
=====			
1 Swiger, Ralph B	54	VMST-VA	3:18.73
	45.31	1:35.76	2:27.28
			3:18.73

**Men 50-54 50 Yard Butterfly**

=====			
Name	VA: V 26.07	4/21/2006 Louis Tudor	Finals
	Age	Team	
=====			
1 Kutz, Mark D	54	VMST-VA	30.53
2 Rickard, Alan K	53	FXCM-PV	32.24

**Men 50-54 50 Yard Butterfly Novice**

=====			
Name	VA: V 26.07	4/21/2006 Louis Tudor	Finals
	Age	Team	
=====			
1 Bullard, John B	51	VMST-VA	32.88

**Men 50-54 100 Yard Butterfly**

VA: V 59.29 4/21/2006 Louis Tudor			
Name	Age	Team	Finals
1 Kutz, Mark D	54	VMST-VA	1:13.91
35.13	1:13.91		
2 Swiger, Ralph B	54	VMST-VA	1:33.85
42.72	1:33.85		

**Men 50-54 200 Yard Butterfly**

VA: V 2:28.46 2/13/2010 Bill Grawe			
Name	Age	Team	Finals
1 Kutz, Mark D	54	VMST-VA	2:43.96
37.13	1:19.10	2:01.00	2:43.96
2 Sealey, Thomas B	50	GAJA-GA	2:54.21
36.57	1:19.95	2:06.90	2:54.21
3 Swiger, Ralph B	54	VMST-VA	3:31.62
44.20	1:36.84	2:33.54	3:31.62

**Men 50-54 100 Yard IM**

VA: V 1:00.43 4/27/2000 Rick Stringer			
Name	Age	Team	Finals
1 Kutz, Mark D	54	VMST-VA	1:09.09
32.18	1:09.09		
2 Wren, Mike M	54	VMST-VA	1:11.93
34.84	1:11.93		
3 Rickard, Alan K	53	FXCM-PV	1:15.13
36.42	1:15.13		
4 Bullard, John B	51	VMST-VA	1:16.57
35.35	1:16.57		

**Men 50-54 200 Yard IM**

VA: V 2:12.77 5/19/2005 Lang Meem			
Name	Age	Team	Finals
1 Kutz, Mark D	54	VMST-VA	2:31.70
33.27	1:12.01	1:56.53	2:31.70
2 Sealey, Thomas B	50	GAJA-GA	2:40.26
35.07	1:15.37	2:03.85	2:40.26
3 Stone, Bryan A	54	VMST-VA	3:05.88

41.31 1:28.38 2:20.09 3:05.88

**Men 50-54 400 Yard IM**

=====  
VA: V 4:51.62 4/27/2000 Rick Stringer  
=====  
Name Age Team Finals  
=====  
1 Kutz, Mark D 54 VMST-VA 5:32.92  
35.89 1:17.33 1:59.77 2:41.42 3:29.40 4:17.44 4:56.60 5:32.92  
2 Sealey, Thomas B 50 GAJA-GA 5:36.06  
36.55 1:19.53 2:03.49 2:44.93 3:32.32 4:20.71 4:59.58 5:36.06  
3 Swiger, Ralph B 54 VMST-VA 6:31.17  
42.75 1:33.58 2:25.17 3:15.69 4:09.13 5:04.33 5:48.91 6:31.17  
4 Stone, Bryan A 54 VMST-VA 7:16.46  
49.79 1:49.96 2:45.21 3:38.95 4:39.52 7:16.46  
=====

**Men 55-59 50 Yard Freestyle Novice**

=====  
VA: V 24.62 5/20/2010 Charles Tupitza  
=====  
Name Age Team Finals  
=====  
1 Elliott, Tim 57 WMS-VA 26.17  
=====

**Men 55-59 50 Yard Freestyle**

=====  
VA: V 24.62 5/20/2010 Charles Tupitza  
=====  
Name Age Team Finals  
=====  
1 Franz, Craig J 57 DCAC-PV 27.58  
2 Murphy, John F 57 MAC-VA 27.96  
=====

**Men 55-59 100 Yard Freestyle**

=====  
VA: V 54.06 4/11/2008 Dave Oates  
=====  
Name Age Team Finals  
=====  
1 Franz, Craig J 57 DCAC-PV 59.62  
27.78 59.62  
2 Elliott, Tim 57 WMS-VA 1:00.14  
29.82 1:00.14  
3 Murphy, John F 57 MAC-VA 1:03.08  
30.38 1:03.08  
4 Tupitza, Charles 56 WAVA-VA 1:08.36  
32.00 1:08.36  
=====

**Men 55-59 200 Yard Freestyle**

=====



Name	Age	Team	Finals
1 Tupitza, Charles	56	WAVA-VA	2:11.28
	30.45	1:04.55	1:39.21
			2:11.28

**Men 55-59 500 Yard Freestyle**

Name	Age	Team	Finals
1 Tupitza, Charles	56	WAVA-VA	7:43.46
	34.98	1:17.23	2:01.71
		2:49.47	3:36.87
		4:26.37	5:16.39
		6:07.05	6:57.87
			7:43.46

**Men 55-59 1650 Yard Freestyle**

Name	Age	Team	Finals
1 Franz, Craig J	57	DCAC-PV	21:39.18
	33.13	1:08.61	1:46.28
		2:25.78	3:04.78
		3:44.24	4:23.71
		5:03.95	5:42.62
		6:21.89	7:02.06
		7:41.61	8:21.81
		9:02.00	9:42.90
		10:23.63	11:04.40
		11:45.42	12:25.90
		13:05.99	13:46.31
		14:26.33	15:06.69
		15:45.62	16:26.25
		17:05.98	17:45.92
		18:25.96	19:06.39
		19:45.37	20:24.42
			21:03.58
			21:39.18

**Men 55-59 50 Yard Backstroke**

Name	Age	Team	Finals
1 Murphy, John F	57	MAC-VA	36.04

**Men 55-59 100 Yard Backstroke**

Name	Age	Team	Finals
1 Murphy, John F	57	MAC-VA	1:21.72
	39.67		1:21.72

**Men 55-59 50 Yard Butterfly**

Name	Age	Team	Finals

1 Franz, Craig J                      57 DCAC-PV                      31.91

**Men 55-59 100 Yard Butterfly**

=====

VA: V 1:02.27    10/26/2008 Dave Oates

Name	Age	Team	Finals
1 Tupitza, Charles	56	WAVA-VA	1:08.42
32.08	1:08.42		
2 Franz, Craig J	57	DCAC-PV	1:18.47
37.65	1:18.47		

=====

**Men 55-59 200 Yard Butterfly**

=====

VA: V 2:22.76    5/20/2010 Charles Tupitza

Name	Age	Team	Finals
1 Tupitza, Charles	56	WAVA-VA	2:42.04
33.85	1:13.99	1:57.72	2:42.04

=====

**Men 55-59 100 Yard IM**

=====

VA: V 1:01.50    5/19/2005 Rick Stringer

Name	Age	Team	Finals
1 Elliott, Tim	57	WMS-VA	1:12.63
34.11	1:12.63		
2 Murphy, John F	57	MAC-VA	1:18.96
36.22	1:18.96		

=====

**Men 55-59 200 Yard IM**

=====

VA: V 2:17.43    5/19/2005 Rick Stringer

Name	Age	Team	Finals
1 Elliott, Tim	57	WMS-VA	2:43.18
31.03	1:12.38	2:05.42	2:43.18

=====

**Men 60-64 50 Yard Freestyle**

=====

VA: V 25.42    1/1/2003 Jack Schiltz

Name	Age	Team	Finals
1 Kauffman, Scott D	60	VMST-VA	25.46
2 Holswade, Hank C	64	VMST-VA	26.58
3 Frisch, David J	61	VMST-VA	26.91
4 Miller, Jim W	60	VMST-VA	30.69

=====

5 Bryson, Gene 61 MAC-VA 33.13

**Men 60-64 100 Yard Freestyle**

=====  
VA: V 57.48 11/27/2010 Scott Kauffman  
=====  
Name Age Team Finals  
=====  
1 Kauffman, Scott D 60 VMST-VA 56.20V  
26.95 56.20  
2 Holswade, Hank C 64 VMST-VA 59.83  
29.40 59.83  
3 Macionis, Bob 62 ACAM-VA 59.87  
29.15 59.87  
4 Miller, Jim W 60 VMST-VA 1:10.61  
33.93 1:10.61  
5 Holcomb, Bill 64 UNAT-VA 1:11.20  
34.25 1:11.20

**Men 60-64 200 Yard Freestyle**

=====  
VA: V 2:12.68 4/11/2003 Jack Schiltz  
=====  
Name Age Team Finals  
=====  
1 Holcomb, Bill 64 UNAT-VA 2:40.83  
36.45 1:16.78 1:59.31 2:40.83

**Men 60-64 500 Yard Freestyle**

=====  
VA: V 6:00.57 5/15/2003 Warner Brundage  
=====  
Name Age Team Finals  
=====  
1 Holcomb, Bill 64 UNAT-VA 7:24.08  
38.44 1:21.37 2:06.61 2:52.43 3:38.79 4:25.60 5:11.71 5:56.93  
6:41.97 7:24.08

**Men 60-64 100 Yard Backstroke**

=====  
VA: V 1:09.84 2/10/2007 William Bacon  
=====  
Name Age Team Finals  
=====  
1 Holswade, Hank C 64 VMST-VA 1:16.08  
37.86 1:16.08  
2 Miller, Jim W 60 VMST-VA 1:23.81  
41.17 1:23.81

**Men 60-64 200 Yard Backstroke**

=====

VA: V 2:36.99 6/27/2007 William Bacon

Name	Age	Team	Finals
1 Miller, Jim W	60	VMST-VA	3:04.30
45.42 1:32.37 2:19.08 3:04.30			
2 Holcomb, Bill	64	UNAT-VA	3:05.49
2:04.63 3:05.49			

**Men 60-64 50 Yard Breaststroke**

VA: V 31.47 5/15/2003 Jack Schiltz

Name	Age	Team	Finals
1 Frisch, David J	61	VMST-VA	33.99
2 Bryson, Gene	61	MAC-VA	47.32

**Men 60-64 200 Yard Breaststroke**

VA: V 2:39.51 5/15/2003 Jack Schiltz

Name	Age	Team	Finals
1 Mierzwa, Hank S	60	STON-VA	2:44.41
36.88 1:17.76 2:01.05 2:44.41			

**Men 60-64 50 Yard Butterfly**

VA: V 28.33 4/11/2003 Jack Schiltz

Name	Age	Team	Finals
1 Kauffman, Scott D	60	VMST-VA	28.72
2 Frisch, David J	61	VMST-VA	30.58

**Men 60-64 400 Yard IM**

VA: V 5:23.02 5/15/2003 Warner Brundage

Name	Age	Team	Finals
1 Mierzwa, Hank S	60	STON-VA	5:31.95
33.45 1:15.23 1:59.25 2:42.95 3:27.56 4:13.04 4:53.91 5:31.95			

**Men 65-69 50 Yard Freestyle**

VA: V 26.47 4/11/2008 Harry Sober

Name	Age	Team	Finals
1 Finz, Samuel A	66	UNAT-VA	35.26

**Men 65-69 1000 Yard Freestyle**

=====

VA: V 13:34.58		5/7/2009 Sandy Galletly							
Name		Age	Team	Finals					
1 Miller, Frank H		69	VMST-VA	22:50.86					
	49.12	1:54.02	3:07.04	4:27.98	5:42.43	6:55.04	8:06.67	9:17.29	
	10:28.68	11:40.40	12:49.79	13:56.95	15:04.19	16:12.90	17:19.13	18:29.26	
	19:37.26	20:44.12	21:51.55	22:50.86					

**Men 65-69 1650 Yard Freestyle**

=====

VA: V 22:36.37		5/7/2009 Sandy Galletly							
Name		Age	Team	Finals					
1 Kelleher, Joseph		69	VMST-VA	30:35.19					
	47.78	1:40.51	2:35.32	3:29.52	4:24.54	5:20.82	6:17.09	7:12.28	
	8:08.08	9:03.57	9:59.34	10:55.28	11:50.99	12:46.79	13:42.49	14:37.72	
	15:33.84	16:30.15	17:25.85	18:21.42	19:17.46	20:13.44	21:10.84	22:06.39	
	23:02.72	23:58.85	24:55.02	25:50.26	26:47.34	27:44.11	28:42.20	29:39.23	
	30:35.19								

**Men 65-69 50 Yard Breaststroke**

=====

VA: V 36.02		5/1/2008 Warner Brundage						
Name		Age	Team	Finals				
1 Brundage, Warner F		67	VMST-VA	38.65				
2 Finz, Samuel A		66	UNAT-VA	44.70				

**Men 65-69 100 Yard Breaststroke**

=====

VA: V 1:18.36		4/18/2009 Warner Brundage							
Name		Age	Team	Finals					
1 Brundage, Warner F		67	VMST-VA	1:22.51					
	38.32	1:22.51							

**Men 65-69 200 Yard Breaststroke**

=====

VA: V 2:52.59		4/18/2009 Warner Brundage							
Name		Age	Team	Finals					
1 Brundage, Warner F		67	VMST-VA	2:55.95					
	38.77	1:23.47	2:09.15	2:55.95					

**Men 65-69 100 Yard IM**

Name	Age	Team	Finals
1 Brundage, Warner F	67	VMST-VA	1:15.79
35.63	1:15.79		

**Men 65-69 200 Yard IM**

Name	Age	Team	Finals
1 Brundage, Warner F	67	VMST-VA	2:44.63
34.88	1:19.64	2:06.73	2:44.63

**Men 70-74 50 Yard Backstroke**

Name	Age	Team	Finals
1 Stevenson, Stuart M	73	NCMS-NC	55.54

**Men 70-74 200 Yard Breaststroke**

Name	Age	Team	Finals
1 Durham, Richard S	70	VMST-VA	3:53.84

**Men 75-79 50 Yard Freestyle**

Name	Age	Team	Finals
1 Maher, Owen	76	VMST-VA	35.46

**Men 75-79 100 Yard Freestyle**

Name	Age	Team	Finals
1 Maher, Owen	76	VMST-VA	1:19.57
37.01	1:19.57		

**Men 75-79 200 Yard Freestyle**

VA: V 2:58.53	6/1/1985	Patrick Frank	
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Name	Age	Team	Finals
1 Maher, Owen	76	VMST-VA	3:06.79
	42.26	1:27.83 2:17.32	3:06.79

**Men 75-79 50 Yard Backstroke**

Name	Age	Team	Finals
1 Newbury, Alfred C	77	VMST-VA	50.33

**Men 75-79 100 Yard Backstroke**

Name	Age	Team	Finals
1 Newbury, Alfred C	77	VMST-VA	1:51.09

**Men 75-79 200 Yard Backstroke**

Name	Age	Team	Finals
1 Newbury, Alfred C	77	VMST-VA	3:56.56
	57.94	2:57.93 3:56.56	3:56.56

**Men 75-79 50 Yard Breaststroke**

Name	Age	Team	Finals
1 Scott, Richard A	75	VMST-VA	49.00
2 Lyons, Thomas	77	VMST-VA	54.46

**Men 75-79 100 Yard Breaststroke**

Name	Age	Team	Finals
1 Scott, Richard A	75	VMST-VA	1:49.11
	51.36	1:49.11	
2 Lyons, Thomas	77	VMST-VA	2:05.55

**Men 75-79 200 Yard Breaststroke**

VA: V 3:46.29	1/1/2004	Norman Rainer	
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Name	Age Team	Finals
1 Scott, Richard A	75 VMST-VA	4:02.36
54.45 1:56.52 2:59.85 4:02.36		

**Men 75-79 50 Yard Butterfly**

Name	Age Team	Finals
1 Maher, Owen	76 VMST-VA	42.26
2 Newbury, Alfred C	77 VMST-VA	57.98

**Men 75-79 100 Yard Butterfly**

Name	Age Team	Finals
1 Maher, Owen	76 VMST-VA	1:47.77
49.80 1:47.77		

**Men 75-79 200 Yard Butterfly**

Name	Age Team	Finals
1 Scott, Richard A	75 VMST-VA	4:43.67
57.88 2:06.69 3:22.54 4:43.67		

**Men 75-79 100 Yard IM**

Name	Age Team	Finals
1 Scott, Richard A	75 VMST-VA	1:47.53
51.12 1:47.53		

**Men 75-79 400 Yard IM**

Name	Age Team	Finals
1 Scott, Richard A	75 VMST-VA	8:47.06
1:02.52 2:13.22 3:14.99 4:19.08 5:28.70 6:38.88 7:46.07 8:47.06		

**Men 85-89 200 Yard Freestyle**

Name	Age Team	Finals
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1 Barnes, Calvin W 87 VMST-VA 3:54.01  
53.45 1:52.00 2:52.32 3:54.01

**Men 85-89 1650 Yard Freestyle**

Name	Age Team	Finals
1 Barnes, Calvin W	87 VMST-VA	34:40.45
54.90	1:50.54	2:48.77
3:48.23	4:49.04	5:50.50
6:52.67	7:55.28	8:57.70
10:00.36	11:03.78	12:06.52
13:08.55	14:12.45	15:15.69
16:19.75	17:22.06	18:26.17
19:31.67	20:36.49	21:40.91
22:44.98	23:50.15	24:56.00
26:00.89	27:05.71	28:10.83
29:16.32	30:21.35	31:26.01
32:31.10	33:36.89	34:40.45

**Men 85-89 200 Yard Backstroke**

Name	Age Team	Finals
1 Barnes, Calvin W	87 VMST-VA	4:12.92
59.29	2:04.55	3:09.10
4:12.92		

**Women 18+ 200 Yard Medley Relay**

Team	Finals
1 VIRGINIA MASTERS SWIM TEAM-VA 'A'	1:54.17
1) Hibbard, Kate W26	2) Myers, Danielle E W26
3) Carrig, Lucy B W26	4) Nelson, Rachel A W19
29.20	1:02.40
1:28.98	1:54.17

**Women 25+ 200 Yard Freestyle Relay**

Team	Finals
1 QUEST MASTERS SWIM TEAM-VA 'A'	2:09.07
1) Maly, Cleary W40	2) Howsmon, Angela V W50
3) Johnston, Elizabeth A W26	4) Jacobson, Kristan N W38
34.41	1:06.52
1:38.65	2:09.07

**Women 35+ 200 Yard Medley Relay**

Team	Finals
1 QUEST MASTERS SWIM TEAM-VA 'A'	1:56.54

B Baker, P Powis, A Phillips, M Dean

Team	Finals
1 VIRGINIA MASTERS SWIM TEAM-VA 'A'	2:20.06
1) Glover, Esther W40	2) Alsup, Carolyn H W42
3) Latell, Andrea T W37	4) Hollings, Charlotte W46
40.51 1:17.15 1:52.70 2:20.06	

**Men 25+ 200 Yard Medley Relay**

Team	Finals
VA: V 1:39.34 12/2000 VMST	
C Stevenson, N Williams, J Smith, D Malsbury	
1 DISTRICT OF COLUMBIA AQUATIC C-PV 'A'	1:54.94
1) Koch, Gregory J M28	2) Moon, WonKee M36
3) Richard, Jean-Philippe M34	4) Newsome, Mike M40
29.06 1:00.48 1:27.03 1:54.94	

**Men 45+ 200 Yard Medley Relay**

Team	Finals
VA: V 1:51.39 4/7/2000 VMST	
R Stringer, W Brundage, L Meem, J Miller	
1 DISTRICT OF COLUMBIA AQUATIC C-PV 'A'	2:00.89
1) Quinones, Enrique M47	2) Czander, Eric W M45
3) Dever, Frederick E M45	4) Franz, Craig J M57
31.12 1:05.52 1:33.67 2:00.89	

**Mixed 18+ 200 Yard Freestyle Relay**

Team	Finals
VA: V 1:33.02 5/1993 VMST	
B Gardner, N Williams, J Wolfle, A Phillips	
1 DISTRICT OF COLUMBIA AQUATIC C-PV 'A'	1:53.96
1) Fahr, John M42	2) Hewitt, Sara W30
3) Warren-Shriner, Lindsey W22	4) Crowe, John F M33
25.85 54.65 1:25.15 1:53.96	

**Mixed 35+ 200 Yard Freestyle Relay**

Team	Finals
VA: V 1:35.21 4/7/2000 VMST	
J Tudor, B Baker, D Malsbury, P Powis	

1 MIDLOTHIAN AQUATIC CLUB-VA 'A' 2:12.24  
1) Bryson, Gene M61 2) Norrgard, Karen J W39  
3) Sena, Erica J W36 4) Murphy, John F M57  
32.85 1:02.75 1:42.78 2:12.24

**Mixed 35+ 200 Yard Medley Relay**

=====  
VA: V 1:48.00 1/6/2008 VMST  
C John, S Summerlin, D Summerlin, J John  
Team Finals  
=====

1 QUEST MASTERS SWIM TEAM-VA 'A' 2:00.43  
1) Buscaglia, Caycee P W46 2) Seay, Matt R M38  
3) Eliasek, Steven M42 4) Jacobson, Kristan N W38  
32.81 47.07 1:03.35 2:00.43

**Mixed 55+ 200 Yard Medley Relay**

=====  
VA: V 2:14.82 1/2004 VMST  
B Durrant, J Leilich, W Brundage, D Frisch  
Team Finals  
=====

1 VIRGINIA MASTERS SWIM TEAM-VA 'A' 2:50.45  
1) Gregory, Kathryn S W64 2) Scott, Richard A M75  
3) Kauffman, Scott D M60 4) Broderick, Kathleen M W72  
45.74 1:33.14 2:00.07 2:50.45