

**DCRP MASTERS SWIM TEAM  
20<sup>th</sup> ANNUAL LONG COURSE MEET  
RESULTS**



**SANCTION NUMBER 100-006  
SUNDAY, JULY 16TH, 2000  
HAINS POINT POOL  
WASHINGTON, DC**

**Meet Director: Meredith Gardner**

**Starter: Jim Carey**

**Referee: Betsey Stevenson**

**Stroke and Turn Judges: Ellen Carey, Mary Ann Treiber, Rita Page**

## 2000 Long - 7/16/00

## Results

Women 19-24 50 LC Meter Freestyle					Women 25-29 50 LC Meter Backstroke				
Name	Age Team	Finals Time							
1 White, Meghan	21 UNAT	30.55	20		2 Peani, Caroline	27 DCAC	6:15.25	17	
2 Hopkins, Joanne	24 FXCM	33.04	17		1 Dickie, Shannon	26 DCRP	37.35	20	
3 Loubeau, Alexandra	24 ALEX	33.78	16		2 Peani, Caroline	27 DCAC	40.74	17	
4 Ackerman, Allison	22 DCAC	39.75	15		3 Howell, Margaret	28 DCAC	44.38	16	
Women 19-24 100 LC Meter Freestyle					Women 25-29 100 LC Meter Backstroke				
1 White, Meghan	21 UNAT	1:09.51	20		1 Jespersen, Michelle	26 DCAC	1:17.44	20	
2 Ackerman, Allison	22 DCAC	1:30.36	17		2 Peani, Caroline	27 DCAC	1:28.96	17	
Women 19-24 200 LC Meter Freestyle					Women 25-29 200 LC Meter Backstroke				
1 Hopkins, Joanne	24 FXCM	2:41.02	20		1 Johnson, Anne	26 DCAC	3:44.74	20	
Women 19-24 400 LC Meter Freestyle					Women 25-29 50 LC Meter Breaststroke				
1 Hopkins, Joanne	24 FXCM	5:44.08	20		1 Dickie, Shannon	26 DCRP	40.64	20	
2 Jones, Jennifer	23 DCAC	6:40.15	17		2 Herr, Rachel	28 NCYM	46.22	17	
Women 19-24 50 LC Meter Backstroke					Women 25-29 100 LC Meter Breaststroke				
1 Loubeau, Alexandra	24 ALEX	37.99	20		1 Herr, Rachel	28 NCYM	1:39.64	20	
Women 19-24 50 LC Meter Breaststroke					Women 25-29 200 LC Meter Breaststroke				
1 White, Meghan	21 UNAT	42.14	20		1 Herr, Rachel	28 NCYM	3:33.70	20	
2 Loubeau, Alexandra	24 ALEX	43.38	17		2 Johnson, Anne	26 DCAC	3:51.77	17	
3 Hopkins, Joanne	24 FXCM	46.02	16		Women 25-29 50 LC Meter Butterfly				
4 West, Christina	24 DCAC	47.41	15		1 Jespersen, Michelle	26 DCAC	32.04	20	
5 Jones, Jennifer	23 DCAC	51.15	14		2 Dickie, Shannon	26 DCRP	34.98	17	
6 Ackerman, Allison	22 DCAC	51.24	13		3 Johnson, Anne	26 DCAC	44.38	16	
Women 19-24 100 LC Meter Breaststroke					Women 25-29 200 LC Meter IM				
1 West, Christina	24 DCAC	1:41.70	20		1 Jespersen, Michelle	26 DCAC	2:39.00	20	
2 Ackerman, Allison	22 DCAC	1:55.94	17		2 Frentsos, Rachel	29 DCAC	2:47.96	17	
Women 19-24 200 LC Meter Breaststroke					Women 25-29 400 LC Meter IM				
1 West, Christina	24 DCAC	3:39.38	20		1 Johnson, Anne	26 DCAC	7:44.60	20	
Women 19-24 50 LC Meter Butterfly					Women 30-34 50 LC Meter Freestyle				
1 White, Meghan	21 UNAT	32.90	20		1 Clifford, Barbara	34 ANCM	31.89	20	
2 Loubeau, Alexandra	24 ALEX	37.29	17		2 Scott, Tracey	33 ALEX	34.73	17	
3 West, Christina	24 DCAC	43.10	16		3 Westerman Koback, Beth	33 GERM	34.74	16	
Women 19-24 100 LC Meter Butterfly					Women 30-34 100 LC Meter Freestyle				
1 White, Meghan	21 UNAT	1:16.10	20		1 Oggel, Amy	30 DCAC	1:11.25	20	
Women 19-24 200 LC Meter IM					Women 30-34 200 LC Meter Freestyle				
1 Hopkins, Joanne	24 FXCM	3:07.11	20		1 Fehrenkamp, Kirsten	33 DCRP	2:30.34	20	
Women 25-29 50 LC Meter Freestyle					Women 30-34 400 LC Meter Freestyle				
1 Frentsos, Rachel	29 DCAC	31.01	20		1 Oggel, Amy	30 DCAC	5:23.53	20	
2 Dickie, Shannon	26 DCRP	31.90	17		2 Brooks, Lynette	32 DCAC	6:09.81	17	
3 Howell, Margaret	28 DCAC	34.60	16		Women 30-34 50 LC Meter Backstroke				
Women 25-29 100 LC Meter Freestyle					Women 30-34 50 LC Meter Backstroke				
1 St Jean, Alicia	29 UNAT	1:08.69	20		1 Clifford, Barbara	34 ANCM	37.49	20	
2 Herr, Rachel	28 NCYM	1:14.97	17		2 Scott, Tracey	33 ALEX	39.57	17	
3 Howell, Margaret	28 DCAC	1:18.41	16		Women 25-29 400 LC Meter Freestyle				
Women 25-29 200 LC Meter Freestyle					Women 25-29 400 LC Meter Freestyle				
1 Jespersen, Michelle	26 DCAC	2:22.07	20		1 St Jean, Alicia	29 UNAT	5:13.54	20	
2 Frentsos, Rachel	29 DCAC	2:26.47	17						
3 St Jean, Alicia	29 UNAT	2:28.42	16						

## 2000 Long - 7/16/00

## Results

**Women 30-34 100 LC Meter Backstroke**

1 Clifford, Barbara	34 ANCM	1:23.11	20
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**Women 30-34 200 LC Meter Backstroke**

1 Clifford, Barbara	34 ANCM	2:58.27	20
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**Women 30-34 100 LC Meter Breaststroke**

1 Shafa, Atossa	30 NCYM	1:54.93	20
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**Women 30-34 50 LC Meter Butterfly**

1 Clifford, Barbara	34 ANCM	34.13	20
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2 Westerman Koback, Beth	33 GERM	40.36	17
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**Women 30-34 100 LC Meter Butterfly**

1 Fehrenkamp, Kirsten	33 DCRP	1:15.71	20
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2 Shafa, Atossa	30 NCYM	2:11.16	17
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**Women 30-34 200 LC Meter IM**

1 Fehrenkamp, Kirsten	33 DCRP	2:49.60	20
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2 Blumenthal, Pam	33 TERR	4:08.41	17
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**Women 35-39 50 LC Meter Freestyle**

1 Berry, Anne	36 AAMST	34.28	20
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2 Carapellucci, Cindy	38 DCRP	35.16	17
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3 Page, Dana	39 DCRP	36.46	16
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4 Ruseski, Jane	37 UNAT	44.72	15
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**Women 35-39 100 LC Meter Freestyle**

1 Page, Dana	39 DCRP	1:20.29	20
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2 Snyder, Kathleen	37 DCRP	1:21.43	17
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3 Ruseski, Jane	37 UNAT	1:39.83	16
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**Women 35-39 200 LC Meter Freestyle**

1 Bates, Penny	39 ANCM	2:37.96	20
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**Women 35-39 400 LC Meter Freestyle**

1 West, Jane	35 TERR	4:56.98	20
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2 Bates, Penny	39 ANCM	5:30.66	17
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**Women 35-39 50 LC Meter Backstroke**

1 Haegeli, Marianne	38 DCAC	38.01	20
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2 Berry, Anne	36 AAMST	41.01	17
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3 Morrin, Deborah	38 TERR	49.44	16
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**Women 35-39 100 LC Meter Backstroke**

1 Haegeli, Marianne	38 DCAC	1:23.98	20
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2 Berry, Anne	36 AAMST	1:31.33	17
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**Women 35-39 200 LC Meter Backstroke**

1 Bates, Penny	39 ANCM	3:02.83	20
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2 Berry, Anne	36 AAMST	3:20.43	17
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3 Morrin, Deborah	38 TERR	3:51.10	16
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**Women 35-39 50 LC Meter Breaststroke**

1 Morrin, Deborah	38 TERR	50.35	20
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**Women 35-39 100 LC Meter Breaststroke**

1 Morrin, Deborah	38 TERR	1:50.12	20
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**Women 35-39 200 LC Meter Breaststroke**

1 Bates, Penny	39 ANCM	3:26.79	20
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2 Morrin, Deborah	38 TERR	3:48.76	17
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**Women 35-39 50 LC Meter Butterfly**

1 Berry, Anne	36 AAMST	39.74	20
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2 Page, Dana	39 DCRP	43.14	17
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**Women 35-39 100 LC Meter Butterfly**

1 Page, Dana	39 DCRP	1:39.19	20
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**Women 35-39 200 LC Meter IM**

1 West, Jane	35 TERR	2:51.15	20
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2 Haegeli, Marianne	38 DCAC	3:09.81	17
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3 Ruseski, Jane	37 UNAT	4:07.66	16
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**Women 35-39 400 LC Meter IM**

1 Bates, Penny	39 ANCM	6:17.26	20
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**Women 40-44 50 LC Meter Freestyle**

1 Pennington, Catherine	42 FXCM	32.45	20
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2 Michalakakis, Marianne	42 DCRP	36.12	17
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3 Bleistein, Susan	43 VMST	43.05	16
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**Women 40-44 100 LC Meter Freestyle**

1 Callahan, Anita	43 GMUP	1:12.66	20
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**Women 40-44 200 LC Meter Freestyle**

1 Callahan, Anita	43 GMUP	2:40.78	20
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2 Hill, Barbara	41 DCAC	2:42.34	17
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**Women 40-44 50 LC Meter Backstroke**

1 Hill, Barbara	41 DCAC	38.94	20
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2 Pennington, Catherine	42 FXCM	46.24	17
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**Women 40-44 100 LC Meter Backstroke**

1 Hill, Barbara	41 DCAC	1:28.17	20
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**Women 40-44 200 LC Meter Backstroke**

1 Hill, Barbara	41 DCAC	3:04.95	20
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2 Callahan, Anita	43 GMUP	3:06.54	17
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**Women 40-44 50 LC Meter Breaststroke**

1 Redman, Marilyn	44 DCAC	1:06.23	20
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**Women 40-44 100 LC Meter Breaststroke**

1 Redman, Marilyn	44 DCAC	2:23.33	20
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**Women 40-44 200 LC Meter Breaststroke**

1 Redman, Marilyn	44 DCAC	4:56.22	20
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**Women 40-44 50 LC Meter Butterfly**

1 Pennington, Catherine	42 FXCM	41.65	20
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**Women 40-44 100 LC Meter Butterfly**

1 Callahan, Anita	43 GMUP	1:23.77	20
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2 Halbe, Rebecca	41 DCAC	1:47.45	17
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**Women 40-44 200 LC Meter IM**

1 Hill, Barbara	41 DCAC	3:07.20	20
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2 Halbe, Rebecca	41 DCAC	3:42.63	17
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**Women 40-44 400 LC Meter IM**

1 Halbe, Rebecca	41 DCAC	7:51.32	20
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**Women 45-49 400 LC Meter Freestyle**

1 Vache, Bridget	45 GERM	5:37.00	20
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2 Campbell, Valerie	49 DCAC	5:52.24	17
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## 2000 Long - 7/16/00

## Results

<b>Women 45-49 50 LC Meter Breaststroke</b>				<b>Women 55-59 50 LC Meter Backstroke</b>			
1	Oshiver, Sherry	48 DCM	52.56 20	1	Kirkendall, Nancy	57 DCM	48.41 20
<b>Women 45-49 100 LC Meter Breaststroke</b>				<b>Women 55-59 200 LC Meter Backstroke</b>			
1	Oshiver, Sherry	48 DCM	1:57.19 20	1	Kirkendall, Nancy	57 DCM	4:01.76 20
<b>Women 45-49 200 LC Meter Breaststroke</b>				<b>Men 25-29 50 LC Meter Freestyle</b>			
1	Vache, Bridget	45 GERM	3:15.66 20	1	Gorman, Darren	29 DCAC	26.37 20
2	Oshiver, Sherry	48 DCM	4:11.59 17	2	Pinson, Robert	25 DCAC	28.29 17
<b>Women 45-49 50 LC Meter Butterfly</b>				3	Grimshaw, Glenn	26 DCAC	33.38 16
1	Krueger, Carol	47 DCAC	56.04 20	<b>Men 25-29 100 LC Meter Freestyle</b>			
<b>Women 45-49 100 LC Meter Butterfly</b>				1	Pinson, Robert	25 DCAC	1:01.95 20
1	Krueger, Carol	47 DCAC	2:16.07 20	<b>Men 25-29 400 LC Meter Freestyle</b>			
<b>Women 45-49 200 LC Meter Butterfly</b>				1	Leo, Greg	28 DCAC	5:12.33 20
1	Krueger, Carol	47 DCAC	4:55.77 20	2	Badinger, Craig	26 DCAC	5:21.00 17
<b>Women 50-54 50 LC Meter Freestyle</b>				<b>Men 25-29 50 LC Meter Backstroke</b>			
1	Galbraith, Carol	50 DCAC	37.01 20	1	Carlisle, Corey	29 DCAC	31.92 20
2	Vail, Ellyn	51 DCAC	38.24 17	2	Rudolph, Daniel	29 ANCM	34.42 17
<b>Women 50-54 100 LC Meter Freestyle</b>				3	Pinson, Robert	25 DCAC	35.77 16
1	Galbraith, Carol	50 DCAC	1:23.19 20	<b>Men 25-29 50 LC Meter Breaststroke</b>			
2	Bennett, Ruth	54 DCM	1:23.70 17	1	Gorman, Darren	29 DCAC	33.40 20
<b>Women 50-54 200 LC Meter Freestyle</b>				2	Leo, Greg	28 DCAC	37.83 17
1	Bennett, Ruth	54 DCM	3:04.51 20	3	Grimshaw, Glenn	26 DCAC	41.93 16
<b>Women 50-54 50 LC Meter Backstroke</b>				<b>Men 25-29 100 LC Meter Breaststroke</b>			
1	Galbraith, Carol	50 DCAC	45.45 20	1	Gorman, Darren	29 DCAC	1:16.75 20
2	Vail, Ellyn	51 DCAC	50.71 17	2	Badinger, Craig	26 DCAC	1:23.14 17
<b>Women 50-54 100 LC Meter Backstroke</b>				<b>Men 25-29 50 LC Meter Butterfly</b>			
1	Conomos, Margaret	50 DCM	3:18.08 20	1	Leo, Greg	28 DCAC	32.20 20
<b>Women 50-54 200 LC Meter Backstroke</b>				<b>Men 25-29 200 LC Meter IM</b>			
1	Conomos, Margaret	50 DCM	7:02.62 20	1	Carlisle, Corey	29 DCAC	2:29.70 20
<b>Women 50-54 200 LC Meter Breaststroke</b>				2	Rudolph, Daniel	29 ANCM	2:42.74 17
1	Vail, Ellyn	51 DCAC	4:11.95 20	3	Leo, Greg	28 DCAC	2:44.35 16
<b>Women 50-54 50 LC Meter Butterfly</b>				4	Badinger, Craig	26 DCAC	2:48.44 15
1	Conomos, Margaret	50 DCM	1:30.45 20	<b>Men 25-29 400 LC Meter IM</b>			
<b>Women 50-54 100 LC Meter Butterfly</b>				1	Leo, Greg	28 DCAC	5:56.29 20
--	Conomos, Margaret	50 DCM	DQ	<b>Men 30-34 50 LC Meter Freestyle</b>			
<b>Women 50-54 200 LC Meter Butterfly</b>				1	Koback, Peter	32 GERM	28.16 20
1	Conomos, Margaret	50 DCM	7:03.84 20	2	Toy, Raymond	33 MARY	29.02 17
<b>Women 55-59 50 LC Meter Freestyle</b>				2	Switzer, Ed	32 SWIM	29.02 17
1	Schreiner, Beth	59 DCM	35.11 20	4	Williams, Neill	32 DCAC	29.13 15
2	Kirkendall, Nancy	57 DCM	40.72 17	5	Lamson, John	32 DCRP	30.18 14
<b>Women 55-59 100 LC Meter Freestyle</b>				6	Gomez, Peter	34 CHIN	33.46 13
1	Schreiner, Beth	59 DCM	1:24.67 20	<b>Men 30-34 100 LC Meter Freestyle</b>			
<b>Women 55-59 200 LC Meter Freestyle</b>				1	Crilly, Brian	32 ANCM	1:01.09 20
1	Schreiner, Beth	59 DCM	3:15.27 20	2	Kukoy, Max	32 DCRP	1:04.82 17
<b>Women 55-59 400 LC Meter Freestyle</b>				3	Toy, Raymond	33 MARY	1:05.75 16
1	Schreiner, Beth	59 DCM	6:58.15 20	4	Lamson, John	32 DCRP	1:07.41 15
2	Kirkendall, Nancy	57 DCM	7:09.75 17	5	Loomis, Jeff	30 DCAC	1:13.96 14
				6	Gomez, Peter	34 CHIN	1:14.23 13
				<b>Men 30-34 200 LC Meter Freestyle</b>			
				1	Loomis, Jeff	30 DCAC	2:51.12 20

## 2000 Long - 7/16/00

## Results

**Men 30-34 400 LC Meter Freestyle**

1	Kinney, Matthew	30	DCAC	4:50.41	20
2	Switzer, Ed	32	SWIM	4:59.66	17
3	Koizumi, Kei	32	DCAC	5:56.22	16
4	Loomis, Jeff	30	DCAC	6:09.68	15
5	Lari, Marco	33	FXCM	6:28.36	14

**Men 30-34 50 LC Meter Backstroke**

1	Kaufman, Joseph	33	DCAC	34.80	20
2	Lari, Marco	33	FXCM	40.64	17

**Men 30-34 100 LC Meter Backstroke**

1	Williams, Neill	32	DCAC	1:10.45	20
2	Toy, Raymond	33	MARY	1:26.56	17
3	Lari, Marco	33	FXCM	1:31.36	16

**Men 30-34 200 LC Meter Backstroke**

1	Koizumi, Kei	32	DCAC	3:15.55	20
2	Lari, Marco	33	FXCM	3:25.33	17

**Men 30-34 50 LC Meter Breaststroke**

1	Downie, John	33	DCAC	33.80	20
2	Koback, Peter	32	GERM	33.98	17
3	Jones, Dwayne	33	DCAC	42.00	16

**Men 30-34 100 LC Meter Breaststroke**

1	Koback, Peter	32	GERM	1:18.58	20
2	Kukoy, Max	32	DCRP	1:18.60	17
3	Downie, John	33	DCAC	1:20.35	16
4	Koizumi, Kei	32	DCAC	1:30.63	15

**Men 30-34 200 LC Meter Breaststroke**

1	Kinney, Matthew	30	DCAC	2:45.21	20
2	Elshafei, Emad	34	TERR	2:53.42	17
3	Koback, Peter	32	GERM	2:55.86	16
4	Kukoy, Max	32	DCRP	2:58.86	15
5	Downie, John	33	DCAC	3:01.21	14
6	Koizumi, Kei	32	DCAC	3:14.36	13

**Men 30-34 50 LC Meter Butterfly**

1	Williams, Neill	32	DCAC	27.59	20
2	Toy, Raymond	33	MARY	32.00	17
3	Jones, Dwayne	33	DCAC	32.08	16
4	Lari, Marco	33	FXCM	38.28	15

**Men 30-34 100 LC Meter Butterfly**

1	Roddin, Jeff	31	ANCM	1:02.47	20
2	Williams, Neill	32	DCAC	1:02.86	17
3	Crilly, Brian	32	ANCM	1:06.60	16
4	Toy, Raymond	33	MARY	1:15.98	15

**Men 30-34 200 LC Meter Butterfly**

1	Roddin, Jeff	31	ANCM	2:28.64	20
2	Kinney, Matthew	30	DCAC	2:35.23	17
---	Elshafei, Emad	34	TERR	DQ	

**Men 30-34 200 LC Meter IM**

1	Williams, Neill	32	DCAC	2:31.45	20
2	Crilly, Brian	32	ANCM	2:36.79	17
3	Kaufman, Joseph	33	DCAC	2:45.08	16

**Men 30-34 400 LC Meter IM**

1	Roddin, Jeff	31	ANCM	5:18.27	20
2	Kinney, Matthew	30	DCAC	5:25.60	17
3	Koizumi, Kei	32	DCAC	6:41.28	16

**Men 35-39 50 LC Meter Freestyle**

1	Quinones, Enrique	37	DCAC	27.69	20
2	Nordlund, Eric	37	MICH	28.06	17
3	Vanderzon, Jim	39	DCRP	28.40	16
4	Hallinan, Ted	36	DCRP	33.70	15

**Men 35-39 100 LC Meter Freestyle**

1	Quinones, Enrique	37	DCAC	1:01.10	20
2	Amato, David	36	NBAC	1:02.38	17
3	Czander, Eric	35	DCAC	1:07.18	16
4	Hallinan, Ted	36	DCRP	1:13.99	15

**Men 35-39 200 LC Meter Freestyle**

1	Amato, David	36	NBAC	2:15.12	20
2	Barrows, Scott	39	DCAC	3:05.53	17

**Men 35-39 400 LC Meter Freestyle**

1	Quinones, Enrique	37	DCAC	4:53.99	20
2	Fetters, Matt	39	DCRP	4:59.70	17
3	Nordlund, Eric	37	MICH	5:03.49	16
4	Wunderlich, Karl	35	GERM	5:31.56	15

**Men 35-39 50 LC Meter Backstroke**

1	Malsbury, David	39	VMST	32.35	20
2	Nordlund, Eric	37	MICH	35.29	17
3	Stroud, Tim	37	DCAC	40.01	16

**Men 35-39 100 LC Meter Backstroke**

1	Malsbury, David	39	VMST	1:10.93	20
2	Nordlund, Eric	37	MICH	1:22.21	17

**Men 35-39 200 LC Meter Backstroke**

1	Frentsos, Jerome	35	DCAC	2:19.78	20
2	Malsbury, David	39	VMST	2:40.07	17
3	Czander, Eric	35	DCAC	2:46.37	16
4	Stroud, Tim	37	DCAC	3:03.36	15

**Men 35-39 50 LC Meter Breaststroke**

1	Malsbury, David	39	VMST	35.27	20
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**Men 35-39 100 LC Meter Breaststroke**

1	Amato, David	36	NBAC	1:16.09	20
2	Czander, Eric	35	DCAC	1:23.57	17

**Men 35-39 200 LC Meter Breaststroke**

1	Amato, David	36	NBAC	2:46.04	20
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**Men 35-39 50 LC Meter Butterfly**

1	Frensisos, Paul	39	DCAC	28.32	20
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**Men 35-39 100 LC Meter Butterfly**

1	Frensisos, Paul	39	DCAC	1:06.84	20
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**Men 35-39 200 LC Meter IM**

1	Frentsos, Jerome	35	DCAC	2:19.74	20
2	Frensisos, Paul	39	DCAC	2:34.57	17
3	Malsbury, David	39	VMST	2:38.38	16
4	Stroud, Tim	37	DCAC	3:06.74	15

## 2000 Long - 7/16/00

## Results

**(Men 35-39 200 LC Meter IM)**

5	Blumenthal, Dan	37	TERR	4:09.03	14
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**Men 35-39 400 LC Meter IM**

1	Frentsos, Jerome	35	DCAC	4:50.49	20
2	Czander, Eric	35	DCAC	5:52.04	17

**Men 40-44 50 LC Meter Freestyle**

1	Cunningham, Jose	44	DCAC	26.46	20
2	Friedland, Warren	44	ANCM	32.54	17
3	Smiler, Hal	41	DCAC	36.61	16

**Men 40-44 100 LC Meter Freestyle**

1	Friedland, Warren	44	ANCM	1:12.97	20
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**Men 40-44 200 LC Meter Freestyle**

1	Smiler, Hal	41	DCAC	3:26.09	20
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**Men 40-44 50 LC Meter Breaststroke**

1	Cunningham, Jose	44	DCAC	33.20	20
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**Men 40-44 100 LC Meter Breaststroke**

1	Cunningham, Jose	44	DCAC	1:16.17	20
2	Garfield, James	42	UNAT	1:33.31	17

**Men 40-44 200 LC Meter Breaststroke**

1	Garfield, James	42	UNAT	3:27.38	20
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**Men 40-44 50 LC Meter Butterfly**

1	Friedland, Warren	44	ANCM	31.92	20
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**Men 40-44 100 LC Meter Butterfly**

1	Denes, Tom	43	ANCM	1:11.82	20
2	Daniel, Luke	44	MARY	1:13.39	17
3	Friedland, Warren	44	ANCM	1:15.44	16

**Men 40-44 200 LC Meter Butterfly**

1	Denes, Tom	43	ANCM	2:50.59	20
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**Men 40-44 200 LC Meter IM**

1	Daniel, Luke	44	MARY	2:56.84	20
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**Men 40-44 400 LC Meter IM**

1	Denes, Tom	43	ANCM	6:05.15	20
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**Men 45-49 50 LC Meter Freestyle**

1	MacDonald, Tony	47	DCAC	29.30	20
2	Markey, Jack	48	DCAC	29.39	17
3	Mathis, Stephen	46	FXCM	33.41	16
4	Coulton, Bob	47	DCAC	36.18	15

**Men 45-49 100 LC Meter Freestyle**

1	Hudson, John	45	GMUP	1:03.04	20
2	Kirchner, Kevin	45	DCRP	1:06.27	17
3	Hoge, Philip	45	MARY	1:10.10	16
4	Wells, Leon	45	DCRP	1:11.58	15
5	Mathis, Stephen	46	FXCM	1:14.21	14
6	Lockard, Michael	47	TERR	1:55.95	13

**Men 45-49 200 LC Meter Freestyle**

1	Hudson, John	45	GMUP	2:12.98	20
2	Bigelow, Rob	47	DCAC	2:50.09	17
3	Wells, Leon	45	DCRP	2:58.97	16

**Men 45-49 400 LC Meter Freestyle**

1	Hudson, John	45	GMUP	4:58.12	20
2	Edgell, Don	48	DCM	5:51.78	17
3	Mathis, Stephen	46	FXCM	5:55.35	16
4	Wells, Leon	45	DCRP	6:21.40	15
5	Nash, Dawson	47	DCAC	6:31.34	14
6	Crane, David	45	DCAC	6:41.00	13

**Men 45-49 50 LC Meter Backstroke**

1	Markey, Jack	48	DCAC	38.42	20
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**Men 45-49 100 LC Meter Backstroke**

1	Nash, Dawson	47	DCAC	1:36.63	20
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**Men 45-49 200 LC Meter Backstroke**

1	Nash, Dawson	47	DCAC	3:28.80	20
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**Men 45-49 50 LC Meter Breaststroke**

1	Fetters, Paul	47	DCRP	38.66	20
2	MacDonald, Tony	47	DCAC	38.92	17
3	Hoge, Philip	45	MARY	39.40	16
3	Markey, Jack	48	DCAC	39.40	16
5	Novitske, Ray	45	ALEX	41.22	14
6	Mathis, Stephen	46	FXCM	41.49	13
7	Bigelow, Rob	47	DCAC	42.56	12
8	Coulton, Bob	47	DCAC	42.85	11

**Men 45-49 100 LC Meter Breaststroke**

1	Markey, Jack	48	DCAC	1:29.93	20
2	Bigelow, Rob	47	DCAC	1:33.56	17
3	Novitske, Ray	45	ALEX	1:34.56	16
4	Mathis, Stephen	46	FXCM	1:36.10	15

**Men 45-49 200 LC Meter Breaststroke**

1	Hadden, Barry	49	DCAC	3:18.90	20
2	Novitske, Ray	45	ALEX	3:27.33	17

**Men 45-49 50 LC Meter Butterfly**

1	Hansen, Robert	46	GMUP	31.32	20
2	Hoge, Philip	45	MARY	34.97	17
3	Nash, Dawson	47	DCAC	38.79	16

**Men 45-49 100 LC Meter Butterfly**

1	Hoge, Philip	45	MARY	1:24.86	20
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**Men 45-49 200 LC Meter IM**

1	Hansen, Robert	46	GMUP	2:47.65	20
2	Hoge, Philip	45	MARY	2:58.60	17

**Men 50-54 50 LC Meter Freestyle**

1	Enterline, John	53	MARY	28.41	20
2	Harmon, David	51	ANCM	31.26	17

**Men 50-54 100 LC Meter Freestyle**

1	Sloan, Larry	53	GMUP	1:03.85	20
2	Grueneberger, Paul	54	DCM	1:09.65	17
3	Harmon, David	51	ANCM	1:11.32	16

**Men 50-54 200 LC Meter Freestyle**

1	Grueneberger, Paul	54	DCM	2:40.00	20
2	Harmon, David	51	ANCM	2:45.53	17
3	Vail, John	52	DCAC	3:11.37	16

## 2000 Long - 7/16/00

## Results

**Men 50-54 400 LC Meter Freestyle**

1	Sloan, Larry	53 GMUP	5:22.30	20
2	Timmons, Tim	54 UNAT	5:56.04	17
3	Harmon, David	51 ANCM	5:56.43	16
4	Vail, John	52 DCAC	6:38.99	15

**Men 50-54 50 LC Meter Backstroke**

1	Enterline, John	53 MARY	36.15	20
2	Timmons, Tim	54 UNAT	37.55	17

**Men 50-54 100 LC Meter Backstroke**

1	Timmons, Tim	54 UNAT	1:22.87	20
2	Vail, John	52 DCAC	1:43.21	17

**Men 50-54 200 LC Meter Backstroke**

1	Timmons, Tim	54 UNAT	3:06.00	20
2	Vail, John	52 DCAC	3:35.04	17

**Men 50-54 100 LC Meter Breaststroke**

1	Beier, Ken	51 DCAC	1:48.43	20
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**Men 50-54 50 LC Meter Butterfly**

1	Sloan, Larry	53 GMUP	31.80	20
2	Timmons, Tim	54 UNAT	35.85	17

**Men 50-54 100 LC Meter Butterfly**

1	Beier, Ken	51 DCAC	1:33.57	20
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**Men 50-54 200 LC Meter IM**

1	Beier, Ken	51 DCAC	3:24.27	20
2	Vail, John	52 DCAC	3:34.09	17

**Men 55-59 50 LC Meter Freestyle**

1	Parsons, Donald	59 ALEX	33.00	20
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**Men 55-59 100 LC Meter Freestyle**

1	Davey, Michael	56 ALEX	1:25.15	20
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**Men 55-59 400 LC Meter Freestyle**

1	Parsons, Donald	59 ALEX	6:29.75	20
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**Men 55-59 50 LC Meter Backstroke**

1	Davey, Michael	56 ALEX	43.84	20
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**Men 55-59 50 LC Meter Breaststroke**

1	Parsons, Donald	59 ALEX	43.83	20
2	Davey, Michael	56 ALEX	50.59	17

**Men 55-59 100 LC Meter Breaststroke**

1	Davey, Michael	56 ALEX	1:54.63	20
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**Men 55-59 50 LC Meter Butterfly**

1	Bennett, Robert	57 GMUP	32.84	20
2	Parsons, Donald	59 ALEX	36.50	17

**Men 55-59 100 LC Meter Butterfly**

1	Bennett, Robert	57 GMUP	1:28.87	20
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**Men 55-59 200 LC Meter IM**

1	Parsons, Donald	59 ALEX	3:20.40	20
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**Men 60-64 50 LC Meter Freestyle**

1	Parke, Robert	62 DCM	43.59	20
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**Men 60-64 100 LC Meter Freestyle**

1	Bettis, Lee	62 DCM	1:13.75	20
2	Parke, Robert	62 DCM	1:41.92	17

**Men 60-64 400 LC Meter Freestyle**

1	Parke, Robert	62 DCM	8:27.78	20
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**Men 60-64 50 LC Meter Backstroke**

1	Bettis, Lee	62 DCM	39.25	20
2	Greer, Marshall	64 ANCM	39.77	17

**Men 60-64 200 LC Meter Backstroke**

1	Bettis, Lee	62 DCM	3:16.84	20
2	Greer, Marshall	64 ANCM	3:33.85	17

**Men 65-69 50 LC Meter Freestyle**

1	Padan, John	67 DCM	38.80	20
2	Banks, Tazwell	68 DCRP	58.15	17

**Men 65-69 100 LC Meter Freestyle**

1	Banks, Tazwell	68 DCRP	2:13.93	20
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**Men 65-69 400 LC Meter Freestyle**

1	Banks, Tazwell	68 DCRP	10:08.57	20
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**Men 65-69 50 LC Meter Backstroke**

1	Padan, John	67 DCM	46.00	20
2	Banks, Tazwell	68 DCRP	1:06.59	17

**Men 65-69 50 LC Meter Butterfly**

1	Messer, Don	69 DCRP	42.91	20
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**Men 65-69 100 LC Meter Butterfly**

1	Messer, Don	69 DCRP	1:50.13	20
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**Men 65-69 200 LC Meter Butterfly**

1	Messer, Don	69 DCRP	4:35.23	20
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