

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 18-24 50 LC Meter Freestyle****PAC: 26.75 # 8/8/2015 Caitlin DeNise****NATL: 26.22 \$ 7/26/2009 KARA DENBY**

Name	Age	Team	Seed Time	Finals Time	Points
1 Krovetz, Laurel	19	Davis Aquatic Masters-38	30.00	29.59	21
2 Crow, Vivian	22	Davis Aquatic Masters-38	34.34	31.65	19
3 Vanderpoel, Victoria L	23	Ucsf Masters-38	33.00	32.33	18
4 Gross, Laura L	24	Walnut Creek Masters-38	37.00	34.17	17
5 Gesell, Madeleine	19	University of San Francisco Ma-38	50.00	34.83	16

**Women 18-24 100 LC Meter Freestyle****PAC: 57.05 # 6/30/2016 Elizabeth Pelton****NATL: 57.90 \$ 8/14/2014 RACHAEL BURNETT**

1 Krovetz, Laurel	19	Davis Aquatic Masters-38	1:05.00	1:07.37	21
2 Gross, Laura L	24	Walnut Creek Masters-38	1:20.00	1:15.15	19
3 Chen, Heather	23	University of San Francisco Ma-38	1:08.00	1:19.15	18

**Women 18-24 800 LC Meter Freestyle****PAC: 9:11.32 # 8/7/2013 Luane Rowe****NATL: 9:11.32 \$ 8/9/2013 LUANE ROWE**

1 Vanderpoel, Victoria L	23	Ucsf Masters-38	10:30.00	10:42.20	21
			1:16.81	2:39.03 (1:22.22)	4:01.01 (1:21.98)
			6:43.73 (1:21.40)	8:04.47 (1:20.74)	9:24.52 (1:20.05)
					10:42.20 (1:17.68)
2 Chen, Heather	23	University of San Francisco Ma-38	10:00.00	13:12.59	19
			1:26.38	3:06.34 (1:39.96)	4:47.82 (1:41.48)
			8:12.74 (1:42.54)	9:54.85 (1:42.11)	11:34.99 (1:40.14)
					13:12.59 (1:37.60)

**Women 18-24 1500 LC Meter Freestyle****PAC: 17:22.39 # 12/31/2012 Luane Rowe****NATL: 17:22.39 \$ 7/5/2012 LUANE ROWE**

1 Schafle, Kathleen	21	Walnut Creek Masters-38	21:39.08	21:39.78	21
			1:13.28	2:35.07 (1:21.79)	4:01.43 (1:26.36)
			6:58.14 (1:28.85)	8:26.36 (1:28.22)	9:54.64 (1:28.28)
			12:52.09 (1:28.19)	14:20.38 (1:28.29)	15:48.42 (1:28.04)
			18:44.31 (1:27.70)	20:12.62 (1:28.31)	21:39.78 (1:27.16)

**Women 18-24 50 LC Meter Backstroke****PAC: 31.41 # 7/11/2010 Fiona O'Donnell-M****NATL: 30.84 \$ 8/5/2011 EMILE EWING**

1 Crow, Vivian	22	Davis Aquatic Masters-38	45.45	36.00	21
2 Chen, Heather	23	University of San Francisco Ma-38	38.00	38.40	19
3 Gesell, Madeleine	19	University of San Francisco Ma-38	1:00.00	44.60	18

**Women 18-24 100 LC Meter Backstroke****PAC: 1:01.73 # 6/27/2016 Elizabeth Pelton****NATL: 1:04.67 \$ 7/20/2012 JENNY VON JOUANNE**

1 Crow, Vivian	22	Davis Aquatic Masters-38	1:25.50	1:15.67	21
2 Chen, Heather	23	University of San Francisco Ma-38	1:27.00	1:22.73	19

**Women 18-24 200 LC Meter Backstroke****PAC: 2:15.69 # 7/1/2016 Elizabeth Pelton****NATL: 2:19.70 \$ 8/20/2000 S SCHWEITZER**

1 Vanderpoel, Victoria L	23	Ucsf Masters-38	2:40.00	2:49.56	21
			1:23.94	2:49.56 (1:25.62)	
2 Chen, Heather	23	University of San Francisco Ma-38	2:57.00	3:01.32	19
			1:26.66	3:01.32 (1:34.66)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 18-24 50 LC Meter Breaststroke****PAC: 36.01 # 12/31/1988 Liz Scheetz****NATL: 32.92 \$ 8/1/2015 LAUREN GREENBERG**

1	Crow, Vivian	22	Davis Aquatic Masters-38	48.52	39.89	21
2	Gross, Laura L	24	Walnut Creek Masters-38	48.00	45.18	19

**Women 18-24 100 LC Meter Breaststroke****PAC: 1:15.12 # 7/12/2013 Danae Petrakis****NATL: 1:10.32 \$ 7/30/2011 BREEJA LARSON**

1	Quintana, Heaven	21	Uc38-38	1:12.24	1:19.04	21
2	Gross, Laura L	24	Walnut Creek Masters-38	2:15.00	1:42.56	19
3	Gesell, Madeleine	19	University of San Francisco Ma-38	3:00.00	1:50.69	18

**Women 18-24 50 LC Meter Butterfly****PAC: 28.62 # 12/31/2009 Meg Gill****NATL: 28.62 \$ 7/12/2009 MEG GILL**

1	Krovetz, Laurel	19	Davis Aquatic Masters-38	31.00	32.25	21
2	Gross, Laura L	24	Walnut Creek Masters-38	46.00	36.07	19

**Women 18-24 100 LC Meter Butterfly****PAC: 1:01.04 # 7/6/2008 Laura M Davis****NATL: 1:01.04 \$ 6/29/2008 LAURA DAVIS**

1	Quintana, Heaven	21	Uc38-38	1:01.68	1:05.99	21
2	Krovetz, Laurel	19	Davis Aquatic Masters-38	1:15.00	1:11.43	19
3	Vanderpoel, Victoria L	23	Ucsf Masters-38	1:20.00	1:20.42	18
4	Gross, Laura L	24	Walnut Creek Masters-38	1:30.00	1:27.02	17
5	Gesell, Madeleine	19	University of San Francisco Ma-38	3:00.00	1:34.51	16

**Women 18-24 200 LC Meter IM****PAC: 2:16.06 # 7/6/2008 Laura M Davis****NATL: 2:16.06 \$ 7/1/2008 LAURA DAVIS**

1	Krovetz, Laurel	19	Davis Aquatic Masters-38	2:40.00	2:40.70	21
				1:15.96	2:40.70 (1:24.74)	
2	Gross, Laura L	24	Walnut Creek Masters-38	3:00.00	3:11.22	19
				1:29.77	3:11.22 (1:41.45)	
3	Chen, Heather	23	University of San Francisco Ma-38	2:50.00	3:11.43	18
				1:26.07	3:11.43 (1:45.36)	

**Women 25-29 50 LC Meter Freestyle****PAC: 26.64 # 8/9/2015 Marie A Ballenger****NATL: 24.83 \$ 8/10/2014 MADISON KENNEDY**

1	Doi, Stephanie	25	University of San Francisco Ma-38	30.00	29.52	21
2	Skoda, Anette	28	Los Altos Mountain View Master-38	29.42	29.72	19
3	Hwang, Jenn	27	Uc38-38	30.29	30.65	18
4	Sunier, Sheridan	27	Marcia's Enthusiastic Masters-38	35.00	35.60	17

**Women 25-29 100 LC Meter Freestyle****PAC: 58.34 # 12/31/1989 Sara Shand****NATL: 54.72 \$ 8/6/2014 MADISON KENNEDY**

1	Petrakis, Danae	27	University of San Francisco Ma-38	1:04.79	1:02.82	21
2	Skoda, Anette	28	Los Altos Mountain View Master-38	1:05.22	1:05.01	19
3	Hwang, Jenn	27	Uc38-38	1:08.23	1:09.48	18
4	Heffley, Caitlin	27	Richmond Plunge Masters-38	1:20.00	1:20.88	17

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 25-29 200 LC Meter Freestyle****PAC: 2:07.11 # 12/31/1989 Sara Shand****NATL: 2:02.06 \$ 12/2/1995 SHEILA TAORMINA**

1	Siedband, Kyla	27	University of San Francisco Ma-38	3:20.00	3:28.00	21
	1:36.86		3:28.00 (1:51.14)			

**Women 25-29 400 LC Meter Freestyle****PAC: 4:27.53 # 12/31/1989 Sara Shand****NATL: 4:13.03 \$ 12/2/1995 SHEILA TAORMINA**

1	Chu, Christine	26	University of San Francisco Ma-38	6:00.00	5:34.09	21
	1:17.73		2:42.46 (1:24.73)	4:09.40 (1:26.94)	5:34.09 (1:24.69)	
2	Hwang, Jenn	27	Uc38-38	6:00.00	5:37.40	19
	1:12.67		2:36.14 (1:23.47)	4:10.06 (1:33.92)	5:37.40 (1:27.34)	

**Women 25-29 1500 LC Meter Freestyle****PAC: 17:41.64 # 12/31/2004 Linda Gallo****NATL: 16:39.77 \$ 7/19/2001 RACHEL KOMISARZ**

1	Petrakis, Danae	27	University of San Francisco Ma-38	21:00.00	20:51.12	21
	1:18.86		2:43.01 (1:24.15)	4:08.07 (1:25.06)	5:32.95 (1:24.88)	
	6:57.70 (1:24.75)		8:21.55 (1:23.85)	9:45.57 (1:24.02)	11:09.97 (1:24.40)	
	12:33.69 (1:23.72)		13:57.32 (1:23.63)	15:21.84 (1:24.52)	16:46.05 (1:24.21)	
	18:08.39 (1:22.34)		19:29.72 (1:21.33)	20:51.12 (1:21.40)		
2	Mohn, Jennifer	28	Davis Aquatic Masters-38	20:53.67	21:08.97	19
	1:21.18		2:48.53 (1:27.35)	4:15.33 (1:26.80)	5:41.41 (1:26.08)	
	7:05.91 (1:24.50)		8:29.28 (1:23.37)	9:52.95 (1:23.67)	11:16.85 (1:23.90)	
	12:40.83 (1:23.98)		14:04.88 (1:24.05)	15:29.21 (1:24.33)	16:54.03 (1:24.82)	
	18:19.17 (1:25.14)		19:44.80 (1:25.63)	21:08.97 (1:24.17)		
3	Teasdale-Schafle, Corinne	27	Walnut Creek Masters-38	21:45.71	21:45.87	18
	1:19.35		2:46.26 (1:26.91)	4:13.13 (1:26.87)	5:40.85 (1:27.72)	
	7:08.85 (1:28.00)		8:36.72 (1:27.87)	10:05.17 (1:28.45)	11:33.74 (1:28.57)	
	13:02.09 (1:28.35)		14:31.06 (1:28.97)	15:59.41 (1:28.35)	17:28.19 (1:28.78)	
	18:57.45 (1:29.26)		20:25.71 (1:28.26)	21:45.87 (1:20.16)		

**Women 25-29 50 LC Meter Backstroke****PAC: 31.10 # 4/24/2017 Anna K Senko****NATL: 28.39 \$ 8/2/2018 EMI MORONUKI**

1	Doi, Stephanie	25	University of San Francisco Ma-38	37.00	35.37	21
2	Greer, Fiona	26	East Bay Bat Rays Masters-38	41.27	39.18	19

**Women 25-29 100 LC Meter Backstroke****PAC: 1:06.85 # 4/23/2017 Anna K Senko****NATL: 1:01.60 \$ 7/31/2018 EMI MORONUKI**

1	Skoda, Anette	28	Los Altos Mountain View Master-38	1:15.10	1:15.66	21
2	Greer, Fiona	26	East Bay Bat Rays Masters-38	1:25.00	1:24.36	19
3	Heffley, Caitlin	27	Richmond Plunge Masters-38	1:30.00	1:29.97	18

**Women 25-29 200 LC Meter Backstroke****PAC: 2:26.62 # 12/31/1994 Martie McKinney****NATL: 2:13.19 \$ 7/30/2018 EMI MORONUKI**

1	Greer, Fiona	26	East Bay Bat Rays Masters-38	3:05.00	3:04.78	21
	1:29.92		3:04.78 (1:34.86)			

**Women 25-29 50 LC Meter Breaststroke****PAC: 33.39 # 8/17/2014 Marie A Ballenger****NATL: 30.82 \$ 6/27/2016 KATIE MEILI**

1	Petrakis, Danae	27	University of San Francisco Ma-38	35.23	35.70	21
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2	Skoda, Anette	28	Los Altos Mountain View Master-38	38.11	36.62	19
3	Chu, Christine	26	University of San Francisco Ma-38	41.17	39.58	18
4	Hwang, Jenn	27	Uc38-38	39.67	40.47	17
5	Heffley, Caitlin	27	Richmond Plunge Masters-38	45.00	48.73	16

**Women 25-29 100 LC Meter Breaststroke**PAC: 1:15.48 # 12/31/2002 **Helen Salcedo**NATL: 1:06.07 \$ 6/28/2016 **KATIE MEILI**

1	Petrakis, Danae	27	University of San Francisco Ma-38	1:17.80	1:18.37	21
2	Skoda, Anette	28	Los Altos Mountain View Master-38	1:24.72	1:24.48	19
3	Doi, Stephanie	25	University of San Francisco Ma-38	1:30.00	1:26.07	18
4	Chu, Christine	26	University of San Francisco Ma-38	1:30.05	1:28.57	17
5	Hwang, Jenn	27	Uc38-38	1:28.55	1:30.17	16

**Women 25-29 200 LC Meter Breaststroke**PAC: 2:44.76 # 4/27/2017 **Christine A Olson**NATL: 2:29.90 \$ 6/26/2013 **JUSTINE MUELLER**

1	Chu, Christine	26	University of San Francisco Ma-38	3:19.25	3:10.48	21
				1:31.17	3:10.48 (1:39.31)	

**Women 25-29 50 LC Meter Butterfly**PAC: 28.82 # 12/31/1992 **Anna Pettis-Scott**NATL: 27.37 \$ 6/28/2017 **HANNAH SAIZ**

1	Hwang, Jenn	27	Uc38-38	34.42	34.58	21
2	Heffley, Caitlin	27	Richmond Plunge Masters-38	38.00	40.86	19

**Women 25-29 100 LC Meter Butterfly**PAC: 1:04.47 # 7/26/2015 **Katie C Kastes**NATL: 59.74 \$ 8/4/2017 **HANNAH SAIZ**

1	Petrakis, Danae	27	University of San Francisco Ma-38	1:09.40	1:09.66	21
2	Doi, Stephanie	25	University of San Francisco Ma-38	1:20.00	1:11.70	19
3	Chu, Christine	26	University of San Francisco Ma-38	1:20.71	1:20.79	18
4	Sunier, Sheridan	27	Marcia's Enthusiastic Masters-38	1:50.00	1:36.53	17

**Women 25-29 200 LC Meter IM**PAC: 2:21.98 # 12/31/2005 **Allison Wagner**NATL: 2:14.03 \$ 6/29/2013 **JUSTINE MUELLER**

1	Skoda, Anette	28	Los Altos Mountain View Master-38	2:43.17	2:41.06	21
				1:15.58	2:41.06 (1:25.48)	
2	Chu, Christine	26	University of San Francisco Ma-38	2:55.80	2:50.53	19
				1:21.87	2:50.53 (1:28.66)	
3	Hwang, Jenn	27	Uc38-38	2:53.28	2:57.82	18
				1:25.45	2:57.82 (1:32.37)	
4	Greer, Fiona	26	East Bay Bat Rays Masters-38	3:05.00	3:02.17	17
				1:23.88	3:02.17 (1:38.29)	

**Women 25-29 400 LC Meter IM**PAC: 5:06.34 # 12/31/1989 **Sara Shand**NATL: 5:06.34 \$ 7/30/1989 **SARA SHAND**

1	Chu, Christine	26	University of San Francisco Ma-38	6:21.13	6:02.56	21
				1:22.68	2:59.11 (1:36.43)	
					4:38.64 (1:39.53)	
					6:02.56 (1:23.92)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 30-34 50 LC Meter Freestyle****PAC: 26.16 # 6/18/2016 Marie A Ballenger****NATL: 25.57 \$ 8/8/2009 ERIKA ERNDL**

1	Petrakis, Kristina	30	University of San Francisco Ma-38	30.00	31.26	21
2	Greer, Margaret	31	East Bay Bat Rays Masters-38	31.90	31.56	19
3	Stokes, Claire	30	University of San Francisco Ma-38	32.00	32.66	18

**Women 30-34 100 LC Meter Freestyle****PAC: 59.76 # 4/16/2016 Marie A Ballenger****NATL: 54.59 \$ 8/5/2009 ERIKA ERNDL**

1	Stokes, Claire	30	University of San Francisco Ma-38	1:15.00	1:12.17	21
2	Greer, Margaret	31	East Bay Bat Rays Masters-38	1:11.17	1:13.77	19
3	Weltzin, Brooke	32	California Gold Masters-38	1:25.00	1:14.19	18
4	Cohen, Rivkah	31	Marcia's Enthusiastic Masters-38	1:34.23	1:34.96	17

**Women 30-34 200 LC Meter Freestyle****PAC: 2:10.99 # 6/18/1994 Susan Porter****NATL: 1:58.92 \$ 8/7/2009 ERIKA ERNDL**

1	Weltzin, Brooke	32	California Gold Masters-38	3:00.00	2:38.78	21
				1:16.76	2:38.78 (1:22.02)	

**Women 30-34 400 LC Meter Freestyle****PAC: 4:31.93 # 12/31/1994 Susan Porter****NATL: 4:17.52 \$ 8/3/2010 DAWN HECKMAN**

1	Gaudinier, Lindsay	30	Walnut Creek Masters-38	4:54.02	4:56.74	21
				1:11.74	2:27.68 (1:15.94)	
				3:43.63 (1:15.95)	4:56.74 (1:13.11)	

**Women 30-34 800 LC Meter Freestyle****PAC: 9:07.46 # 12/31/2009 Heidi S George****NATL: 8:46.22 \$ 5/30/2010 DAWN HECKMAN**

1	Alwon-Mount, Georgia	34	University of San Francisco Ma-38	14:00.00	13:04.32	21
				1:29.31	3:07.09 (1:37.78)	
				4:48.08 (1:40.99)	6:30.82 (1:42.74)	
				8:12.03 (1:41.21)	9:51.71 (1:39.68)	
				11:29.41 (1:37.70)	13:04.32 (1:34.91)	

**Women 30-34 1500 LC Meter Freestyle****PAC: 17:11.25 # 12/31/2009 Heidi S George****NATL: 17:07.54 \$ 4/25/2010 DAWN HECKMAN**

1	Petrakis, Kristina	30	University of San Francisco Ma-38	22:50.00	22:31.13	21
				1:23.18	2:51.42 (1:28.24)	
				4:21.35 (1:29.93)	5:52.07 (1:30.72)	
				7:23.41 (1:31.34)	8:53.01 (1:29.60)	
				10:23.26 (1:30.25)	11:54.57 (1:31.31)	
				13:25.38 (1:30.81)	14:56.02 (1:30.64)	
				16:27.17 (1:31.15)	17:57.47 (1:30.30)	
				19:28.96 (1:31.49)	21:00.59 (1:31.63)	
				22:31.13 (1:30.54)		
2	Alwon-Mount, Georgia	34	University of San Francisco Ma-38	28:00.00	25:13.94	19
				1:35.44	3:15.52 (1:40.08)	
				4:55.98 (1:40.46)	6:37.86 (1:41.88)	
				8:20.68 (1:42.82)	10:03.22 (1:42.54)	
				11:46.66 (1:43.44)	13:30.68 (1:44.02)	
				15:13.36 (1:42.68)	16:55.96 (1:42.60)	
				18:38.19 (1:42.23)	20:19.96 (1:41.77)	
				21:59.09 (1:39.13)	23:39.83 (1:40.74)	
				25:13.94 (1:34.11)		

**Women 30-34 50 LC Meter Backstroke****PAC: 32.21 # 12/31/1986 Kathy Neill****NATL: 28.57 \$ 7/8/2012 NORIKO INADA**

1	Greer, Margaret	31	East Bay Bat Rays Masters-38	36.54	36.75	21
2	Petrakis, Kristina	30	University of San Francisco Ma-38	38.00	39.64	19

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PAC: 1:03.78 # 12/31/2009 Sarabeth Metzger

NATL: 1:01.78 \$ 8/6/2011 NORIKO INADA

1	Stokes, Claire	30	University of San Francisco Ma-38	1:25.00	1:24.95	21
2	Alwon-Mount, Georgia	34	University of San Francisco Ma-38	1:30.00	1:25.04	19
3	Petrakis, Kristina	30	University of San Francisco Ma-38	1:30.00	1:25.92	18

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

PAC: 2:17.61 # 12/31/2009 Sarabeth Metzger

NATL: 2:17.61 \$ 8/6/2009 SARABETH METZGER

1	Alwon-Mount, Georgia	34	University of San Francisco Ma-38	3:30.00	3:03.90	21
				1:30.39	3:03.90 (1:33.51)	

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

PAC: 34.99 # 8/19/2016 Kathleen E McGraw

NATL: 33.20 \$ 8/15/2008 KATIE MCCLELLAND

1	Petrakis, Kristina	30	University of San Francisco Ma-38	40.00	40.93	21
2	Stokes, Claire	30	University of San Francisco Ma-38	43.00	42.41	19
3	Weltzin, Brooke	32	California Gold Masters-38	50.00	45.71	18

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

PAC: 1:16.71 # 8/5/2017 Katy Houston

NATL: 1:13.29 \$ 8/16/2008 KATIE MCCLELLAND

1	Petrakis, Kristina	30	University of San Francisco Ma-38	1:33.00	1:29.91	21
2	Stokes, Claire	30	University of San Francisco Ma-38	1:35.00	1:36.20	19

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

PAC: 29.86 # 12/31/2009 Sarabeth Metzger

NATL: 27.48 \$ 6/7/2008 MARTINA MORAVCOVA

1	Greer, Margaret	31	East Bay Bat Rays Masters-38	38.00	34.04	21
2	Weltzin, Brooke	32	California Gold Masters-38	45.00	38.09	19
3	Alwon-Mount, Georgia	34	University of San Francisco Ma-38	40.00	38.69	18

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

PAC: 1:04.67 # 12/31/2009 Sarabeth Metzger

NATL: 58.81 \$ 6/7/2008 MARTINA MORAVCOVA

1	Alwon-Mount, Georgia	34	University of San Francisco Ma-38	1:40.00	1:31.62	21
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**Women 30-34 200 LC Meter IM**

PAC: 2:23.50 # 12/31/2009 Sarabeth Metzger

NATL: 2:13.72 \$ 8/8/2009 ERIKA ERNDL

1	Weltzin, Brooke	32	California Gold Masters-38	3:50.00	3:08.46	21
				1:29.01	3:08.46 (1:39.45)	
2	Alwon-Mount, Georgia	34	University of San Francisco Ma-38	3:00.00	3:10.02	19
				1:27.93	3:10.02 (1:42.09)	

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

PAC: 5:13.97 # 12/31/1994 Susan Porter

NATL: 4:47.06 \$ 6/29/2008 ERIKA ERNDL

1	Gaudinier, Lindsay	30	Walnut Creek Masters-38	5:35.01	5:51.52	21
				1:21.07	2:53.11 (1:32.04)	
				4:34.77 (1:41.66)	5:51.52 (1:16.75)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 35-39 50 LC Meter Freestyle****PAC: 26.89 # 12/31/1993 Sandy Neilson-Bel****NATL: 25.52 \$ 6/29/2013 ERIKA ERNDL**

1	Nehrebecki, Helene	39	Davis Aquatic Masters-38	32.49	31.99	21
2	Flecker, Donita L	37	Sebastopol Masters Aquatic Clu-38	36.00	35.85	19

**Women 35-39 100 LC Meter Freestyle****PAC: 1:00.31 # 12/31/2002 Lauren K Welting****NATL: 55.17 \$ 6/25/2013 ERIKA ERNDL**

1	Lawrence, Laura	39	Walnut Creek Masters-38	1:05.33	1:05.23	21
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**Women 35-39 200 LC Meter Freestyle****PAC: 2:10.28 # 12/31/1999 Jill S Hernandez****NATL: 2:00.04 \$ 6/26/2013 ERIKA ERNDL**

1	Lawrence, Laura	39	Walnut Creek Masters-38	2:30.11	2:22.89	21
	1:09.78		2:22.89 (1:13.11)			

**Women 35-39 400 LC Meter Freestyle****PAC: 4:37.34 # 12/31/1999 Jill S Hernandez****NATL: 4:16.19 \$ 6/1/2012 DAWN HECKMAN**

1	Nehrebecki, Helene	39	Davis Aquatic Masters-38	5:44.79	5:31.08	21
	1:17.10		2:42.03 (1:24.93)	4:07.36 (1:25.33)	5:31.08 (1:23.72)	
2	Rueda, Marcela	37	Santa Rosa Masters-38	5:40.00	5:38.64	19
	1:18.50		2:43.81 (1:25.31)	4:11.80 (1:27.99)	5:38.64 (1:26.84)	

**Women 35-39 800 LC Meter Freestyle****PAC: 9:29.55 # 12/31/1999 Jill S Hernandez****NATL: 8:47.28 \$ 6/3/2012 DAWN HECKMAN**

1	Rueda, Marcela	37	Santa Rosa Masters-38	11:20.00	11:41.37	21
	1:21.33		2:48.79 (1:27.46)	4:17.52 (1:28.73)	5:46.59 (1:29.07)	
	7:16.18 (1:29.59)		8:45.86 (1:29.68)	10:15.35 (1:29.49)	11:41.37 (1:26.02)	
2	Flecker, Donita L	37	Sebastopol Masters Aquatic Clu-38	14:00.00	14:11.07	19
	1:34.85		3:20.87 (1:46.02)	5:09.04 (1:48.17)	6:58.00 (1:48.96)	
	8:47.25 (1:49.25)		10:35.91 (1:48.66)	12:24.51 (1:48.60)	14:11.07 (1:46.56)	
3	Chaiyasane, Koung	35	Marcia's Enthusiastic Masters-38	20:00.00	16:38.85	18
	2:00.50		4:06.23 (2:05.73)	6:15.09 (2:08.86)	8:20.24 (2:05.15)	
	10:26.43 (2:06.19)		12:30.92 (2:04.49)	14:34.31 (2:03.39)	16:38.85 (2:04.54)	

**Women 35-39 1500 LC Meter Freestyle****PAC: 17:17.22 # 8/6/2015 Heidi S George****NATL: 17:17.22 \$ 8/6/2015 HEIDI GEORGE**

1	Lawrence, Laura	39	Walnut Creek Masters-38	21:17.84	20:03.06	21
	1:15.32		2:34.13 (1:18.81)	3:53.33 (1:19.20)	5:12.46 (1:19.13)	
	6:31.79 (1:19.33)		7:51.30 (1:19.51)	9:11.52 (1:20.22)	10:32.77 (1:21.25)	
	11:54.08 (1:21.31)		13:15.35 (1:21.27)	14:37.09 (1:21.74)	15:59.65 (1:22.56)	
	17:21.49 (1:21.84)		18:43.27 (1:21.78)	20:03.06 (1:19.79)		
2	Nehrebecki, Helene	39	Davis Aquatic Masters-38	22:36.71	21:49.78	19
	1:19.44		2:45.00 (1:25.56)	4:12.49 (1:27.49)	5:41.11 (1:28.62)	
	7:09.51 (1:28.40)		8:37.84 (1:28.33)	10:05.34 (1:27.50)	11:33.34 (1:28.00)	
	13:02.20 (1:28.86)		14:30.73 (1:28.53)	15:59.93 (1:29.20)	17:28.08 (1:28.15)	
	18:56.61 (1:28.53)		20:24.34 (1:27.73)	21:49.78 (1:25.44)		

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3	Rueda, Marcela	37	Santa Rosa Masters-38	22:00.00	21:55.23	18
	1:20.85	2:47.45 (1:26.60)	4:14.88 (1:27.43)	5:42.44 (1:27.56)		
	7:10.50 (1:28.06)	8:39.26 (1:28.76)	10:07.60 (1:28.34)	11:36.01 (1:28.41)		
	13:04.37 (1:28.36)	14:33.35 (1:28.98)	16:02.05 (1:28.70)	17:31.08 (1:29.03)		
	18:59.82 (1:28.74)	20:28.39 (1:28.57)	21:55.23 (1:26.84)			
4	Chin McCormick, Melissa	39	Walnut Creek Masters-38	25:30.00	27:24.73	17
	1:36.43	3:24.55 (1:48.12)	5:14.33 (1:49.78)	7:04.65 (1:50.32)		
	8:54.92 (1:50.27)	10:46.58 (1:51.66)	12:36.89 (1:50.31)	14:28.99 (1:52.10)		
	16:19.61 (1:50.62)	18:10.55 (1:50.94)	20:02.65 (1:52.10)	21:54.68 (1:52.03)		
	23:45.84 (1:51.16)	25:37.12 (1:51.28)	27:24.73 (1:47.61)			

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

PAC: 31.71 # 12/31/2008 Jody Smith

NATL: 28.63 \$ 8/18/2016 NORIKO INADA

1	Flecker, Donita L	37	Sebastopol Masters Aquatic Clu-38	45.00	41.81	21
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**Women 35-39 200 LC Meter Backstroke**

PAC: 2:22.07 # 12/31/2008 Jody Smith

NATL: 2:18.20 \$ 8/10/1997 K PIPES-NEILSEN

1	Lawrence, Laura	39	Walnut Creek Masters-38	2:55.01	2:51.78	21
	1:26.00	2:51.78 (1:25.78)				
2	Flecker, Donita L	37	Sebastopol Masters Aquatic Clu-38	3:35.00	3:33.72	19
	1:42.72	3:33.72 (1:51.00)				

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

PAC: 32.86 # 8/7/2013 Katie Glenn

NATL: 32.86 \$ 8/9/2013 KATIE GLENN

1	Rueda, Marcela	37	Santa Rosa Masters-38	40.15	40.58	21
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**Women 35-39 100 LC Meter Breaststroke**

PAC: 1:12.34 # 8/7/2013 Katie Glenn

NATL: 1:12.30 \$ 5/27/2012 CYNTHIA LEWIS

1	Rueda, Marcela	37	Santa Rosa Masters-38	1:28.39	1:30.64	21
2	Nehrebecki, Helene	39	Davis Aquatic Masters-38	1:33.23	1:34.26	19

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

PAC: 2:39.78 # 8/7/2013 Katie Glenn

NATL: 2:39.78 \$ 8/10/2013 KATIE GLENN

1	Rueda, Marcela	37	Santa Rosa Masters-38	3:10.80	3:11.41	21
	1:31.91	3:11.41 (1:39.50)				
2	Nehrebecki, Helene	39	Davis Aquatic Masters-38	3:24.65	3:22.47	19
	1:37.69	3:22.47 (1:44.78)				

**Women 35-39 100 LC Meter Butterfly**

PAC: 1:06.19 # 12/31/1989 Laura B Val

NATL: 59.52 \$ 6/27/2013 ERIKA ERNDL

1	Lawrence, Laura	39	Walnut Creek Masters-38	1:15.61	1:14.55	21
2	Nehrebecki, Helene	39	Davis Aquatic Masters-38	1:21.84	1:21.96	19

**Women 35-39 200 LC Meter IM**

PAC: 2:29.30 # 12/31/1989 Jill S Hernandez

NATL: 2:22.42 \$ 7/19/1997 K PIPES-NEILSEN

1	Lawrence, Laura	39	Walnut Creek Masters-38	2:43.04	2:44.82	21
	1:18.40	2:44.82 (1:26.42)				



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PAC: 5:18.43 # 12/31/1989 Jill S Hernandez

NATL: 5:02.67 \$ 8/15/1998 K PIPES-NEILSEN

1	Lawrence, Laura	39	Walnut Creek Masters-38	5:58.01	5:44.60	21
	1:16.09	2:47.38 (1:31.29)	4:27.85 (1:40.47)	5:44.60 (1:16.75)		
2	Rueda, Marcela	37	Santa Rosa Masters-38	6:39.90	6:16.44	19
	1:30.92	3:08.83 (1:37.91)	4:52.70 (1:43.87)	6:16.44 (1:23.74)		
3	Nehrebecki, Helene	39	Davis Aquatic Masters-38	6:32.46	6:24.54	18
	1:25.07	3:13.09 (1:48.02)	4:58.80 (1:45.71)	6:24.54 (1:25.74)		

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

PAC: 28.05 # 12/31/1992 Laura B Val

NATL: 24.25 \$ 7/6/2008 DARA TORRES

1	Schulz, Tara	42	Uc38-38	33.99	32.48	21
2	Chow, Jackie	41	Davis Aquatic Masters-38	33.79	33.32	19
3	Belluomini, Melanie	42	Davis Aquatic Masters-38	33.43	34.01	18

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

PAC: 1:00.68 # 7/24/2016 Katie Glenn

NATL: 53.78 \$ 7/4/2008 DARA TORRES

1	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	1:20.84	1:19.11	21
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**Women 40-44 400 LC Meter Freestyle**

PAC: 4:34.33 # 12/31/2006 Susan H Preston

NATL: 4:22.87 \$ 8/13/2011 JANET EVANS

1	Keeler, Susan	41	Stanford Masters Swimming-38	5:03.54	5:25.59	21
	1:16.08	2:39.06 (1:22.98)	4:02.30 (1:23.24)	5:25.59 (1:23.29)		
2	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	6:27.87	6:27.39	19
	1:31.90	3:12.99 (1:41.09)	4:53.40 (1:40.41)	6:27.39 (1:33.99)		

**Women 40-44 800 LC Meter Freestyle**

PAC: 9:25.95 # 12/31/2006 Susan H Preston

NATL: 8:59.06 \$ 6/11/2011 JANET EVANS

1	Keeler, Susan	41	Stanford Masters Swimming-38	10:25.32	11:06.31	21
	1:19.59	2:43.77 (1:24.18)	4:08.20 (1:24.43)	5:32.25 (1:24.05)		
	6:56.30 (1:24.05)	8:20.61 (1:24.31)	9:44.72 (1:24.11)	11:06.31 (1:21.59)		

**Women 40-44 1500 LC Meter Freestyle**

PAC: 17:29.43 # 6/30/2017 Heidi S George

NATL: 17:17.59 \$ 4/30/2017 HEIDI GEORGE

1	Profumo, Tesla	42	Santa Cruz Masters Aquatics-38	19:35.00	19:37.18	21
	1:13.12	2:31.15 (1:18.03)	3:50.39 (1:19.24)	5:09.73 (1:19.34)		
	6:28.98 (1:19.25)	7:47.88 (1:18.90)	9:06.81 (1:18.93)	10:25.65 (1:18.84)		
	11:44.76 (1:19.11)	13:03.68 (1:18.92)	14:22.98 (1:19.30)	15:42.31 (1:19.33)		
	17:01.48 (1:19.17)	18:20.93 (1:19.45)	19:37.18 (1:16.25)			
2	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	24:10.00	25:45.50	19
	1:37.96	3:22.17 (1:44.21)	5:07.54 (1:45.37)	6:52.48 (1:44.94)		
	8:36.26 (1:43.78)	10:20.54 (1:44.28)	12:04.04 (1:43.50)	13:47.43 (1:43.39)		
	15:31.81 (1:44.38)	17:15.72 (1:43.91)	18:58.53 (1:42.81)	20:40.35 (1:41.82)		
	22:24.39 (1:44.04)	24:06.85 (1:42.46)	25:45.50 (1:38.65)			

**Women 40-44 50 LC Meter Backstroke**

PAC: 31.63 # 12/31/2009 Jody Smith

NATL: 29.62 \$ 8/2/2018 NORIKO INADA

1	Chow, Jackie	41	Davis Aquatic Masters-38	42.99	41.99	21
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**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 40-44 100 LC Meter Backstroke**

PAC: 1:07.21 # 12/31/2009 Jody Smith

NATL: 1:04.70 \$ 7/31/2018 NORIKO INADA

1	Chow, Jackie	41	Davis Aquatic Masters-38	1:35.38	1:30.78	21
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**Women 40-44 200 LC Meter Backstroke**

PAC: 2:23.18 # 12/31/2009 Jody Smith

NATL: 2:23.18 \$ 8/6/2009 JODY SMITH

1	Chow, Jackie	41	Davis Aquatic Masters-38	3:26.99	3:17.58	21
				1:37.83	3:17.58 (1:39.75)	

**Women 40-44 50 LC Meter Breaststroke**

PAC: 32.47 # 8/19/2016 Katie Glenn

NATL: 32.47 \$ 8/19/2016 KATIE GLENN

1	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	42.69	40.99	21
2	Schulz, Tara	42	Uc38-38	41.96	41.74	19

**Women 40-44 100 LC Meter Breaststroke**

PAC: 1:13.57 # 8/18/2016 Katie Glenn

NATL: 1:12.12 \$ 6/30/2008 S VON DER LIPPE

1	Schulz, Tara	42	Uc38-38	1:22.92	1:34.68	21
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**Women 40-44 200 LC Meter Breaststroke**

PAC: 2:47.92 # 7/24/2016 Katie Glenn

NATL: 2:38.44 \$ 8/9/2006 S VON DER LIPPE

1	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	3:28.63	3:30.94	21
				1:40.59	3:30.94 (1:50.35)	

**Women 40-44 50 LC Meter Butterfly**

PAC: 29.89 # 12/31/1994 Laura B Val

NATL: 28.36 \$ 6/8/2013 ERIKA BRAUN

1	Belluomini, Melanie	42	Davis Aquatic Masters-38	34.06	35.26	21
2	Chow, Jackie	41	Davis Aquatic Masters-38	39.60	36.50	19

**Women 40-44 100 LC Meter Butterfly**

PAC: 1:06.27 # 12/31/1992 Laura B Val

NATL: 1:02.47 \$ 6/29/2008 S VON DER LIPPE

1	Schulz, Tara	42	Uc38-38	1:15.66	1:25.26	21
2	Belluomini, Melanie	42	Davis Aquatic Masters-38	1:20.94	1:27.25	19

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

PAC: 2:25.15 # 12/31/2006 Susan H Preston

NATL: 2:24.77 \$ 8/17/2003 K PIPES-NEILSEN

1	Belluomini, Melanie	42	Davis Aquatic Masters-38	3:12.68	3:24.39	21
				1:34.40	3:24.39 (1:49.99)	

**Women 40-44 200 LC Meter IM**

PAC: 2:30.96 # 12/31/2000 Jill S Hernandez

NATL: 2:25.03 \$ 8/5/2007 S VON DER LIPPE

1	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	3:14.74	3:16.93	21
				1:36.31	3:16.93 (1:40.62)	

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PAC: 5:21.32 # 12/31/2000 Jill S Hernandez

NATL: 5:09.83 \$ 8/1/2004 K PIPES-NEILSEN

1	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	7:15.00	7:02.98	21
	1:45.24	3:33.88 (1:48.64)	5:25.81 (1:51.93)	7:02.98 (1:37.17)		
2	Belluomini, Melanie	42	Davis Aquatic Masters-38	6:59.00	7:04.56	19
	1:29.84	3:21.13 (1:51.29)	5:20.62 (1:59.49)	7:04.56 (1:43.94)		

**Women 45-49 50 LC Meter Freestyle**

PAC: 28.56 # 12/31/2006 Suzanne M Heim-Bo

NATL: 27.09 \$ 8/5/2017 THOMAS\BRAUN

1	Rublein, Susanne	49	Manatee Aquatic Masters Inc-38	31.40	30.86	21
2	Smith, Angela	45	San Ramon Valley Livermore Aqu-38	32.50	32.13	19
3	Ongerth, Ann Michelle	45	Walnut Creek Masters-38	36.00	37.01	18
4	Duggan, Karen	49	Walnut Creek Masters-38	45.00	38.53	17
5	Fu, Sandra	48	Walnut Creek Masters-38	42.98	41.55	16
6	Vasquez, Monica G	48	University of San Francisco Ma-38	2:15.00	1:24.06	15

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

PAC: 1:02.11 # 12/31/2003 Suzanne M Heim-Bo

NATL: 57.40 \$ 8/8/2015 MELANIE THOMAS

1	Rublein, Susanne	49	Manatee Aquatic Masters Inc-38	1:09.44	1:07.53	21
2	Denison, Stephanie	49	Davis Aquatic Masters-38	1:16.13	1:16.64	19
3	Tannehill, Aimee	46	Davis Aquatic Masters-38	1:18.61	1:18.38	18
4	Duggan, Karen	49	Walnut Creek Masters-38	1:45.00	1:25.25	17
5	Ongerth, Ann Michelle	45	Walnut Creek Masters-38	1:20.00	1:27.65	16
6	Vasquez, Monica G	48	University of San Francisco Ma-38	6:00.00	2:50.16	15

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

PAC: 2:13.17 # 12/31/2003 Suzanne M Heim-Bo

NATL: 2:10.09 \$ 6/13/2009 K PIPES-NEILSEN

1	Denison, Stephanie	49	Davis Aquatic Masters-38	2:40.13	2:43.04	21
	1:18.73	2:43.04 (1:24.31)				
2	Tannehill, Aimee	46	Davis Aquatic Masters-38	2:56.94	2:52.14	19
	1:24.11	2:52.14 (1:28.03)				

**Women 45-49 800 LC Meter Freestyle**

PAC: 9:24.53 # 12/31/2003 Suzanne M Heim-Bo

NATL: 9:24.11 \$ 8/5/2007 K PIPES-NEILSEN

1	Tannehill, Aimee	46	Davis Aquatic Masters-38	12:27.29	12:25.43	21
	1:29.48	3:03.05 (1:33.57)	4:37.44 (1:34.39)	6:11.60 (1:34.16)		
	7:44.63 (1:33.03)	9:18.55 (1:33.92)	10:52.73 (1:34.18)	12:25.43 (1:32.70)		
2	Maze, Ghislaine	45	University of San Francisco Ma-38	13:44.26	14:04.67	19
	1:39.55	3:26.90 (1:47.35)	5:14.45 (1:47.55)	7:02.67 (1:48.22)		
	8:50.50 (1:47.83)	10:38.26 (1:47.76)	12:23.98 (1:45.72)	14:04.67 (1:40.69)		

**Women 45-49 1500 LC Meter Freestyle**

PAC: 17:55.83 # 12/31/2003 Suzanne M Heim-Bo

NATL: 17:55.83 \$ 8/17/2003 S HEIM-BOWEN

1	Zamanian, Alison	49	Walnut Creek Masters-38	19:00.00	18:27.15	21
	1:08.58	2:22.18 (1:13.60)	3:36.59 (1:14.41)	4:51.06 (1:14.47)		
	6:05.14 (1:14.08)	7:19.45 (1:14.31)	8:33.83 (1:14.38)	9:48.36 (1:14.53)		
	11:02.82 (1:14.46)	12:16.93 (1:14.11)	13:31.23 (1:14.30)	14:46.25 (1:15.02)		
	16:01.32 (1:15.07)	17:16.03 (1:14.71)	18:27.15 (1:11.12)			

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2	Tannehill, Aimee	46	Davis Aquatic Masters-38	24:05.31	23:33.71	19
	1:29.26	3:02.97 (1:33.71)	4:37.94 (1:34.97)	6:12.75 (1:34.81)		
	7:47.63 (1:34.88)	9:23.30 (1:35.67)	10:59.65 (1:36.35)	12:35.92 (1:36.27)		
	14:11.10 (1:35.18)	15:44.75 (1:33.65)	17:18.40 (1:33.65)	18:52.50 (1:34.10)		
	20:27.82 (1:35.32)	22:02.58 (1:34.76)	23:33.71 (1:31.13)			
3	Maze, Ghislaine	45	University of San Francisco Ma-38	27:30.00	27:05.56	18
	1:38.82	3:26.43 (1:47.61)	5:17.05 (1:50.62)	7:09.26 (1:52.21)		
	8:58.47 (1:49.21)	10:48.19 (1:49.72)	12:38.60 (1:50.41)	14:28.08 (1:49.48)		
	16:18.46 (1:50.38)	18:08.44 (1:49.98)	19:57.73 (1:49.29)	21:47.61 (1:49.88)		
	23:36.06 (1:48.45)	25:22.68 (1:46.62)	27:05.56 (1:42.88)			

**Women 45-49 50 LC Meter Backstroke**PAC: 32.93 # 12/31/1997 **Laura B Val**NATL: 31.71 \$ 7/7/2012 **JENKINS\REYNOLDS\**

1	Rublein, Susanne	49	Manatee Aquatic Masters Inc-38	37.71	38.19	21
2	Smith, Angela	45	San Ramon Valley Livermore Aqu-38	42.50	39.25	19
3	Tannehill, Aimee	46	Davis Aquatic Masters-38	41.40	40.98	18
4	Duggan, Karen	49	Walnut Creek Masters-38	55.00	43.97	17
5	Fu, Sandra	48	Walnut Creek Masters-38	49.81	49.11	16
6	Ongerth, Ann Michelle	45	Walnut Creek Masters-38	50.33	51.51	15

**Women 45-49 100 LC Meter Backstroke**PAC: 1:11.34 # 12/31/2009 **Lisa A Ward**NATL: 1:08.11 \$ 5/24/2009 **K PIPES-NEILSEN**

1	Tannehill, Aimee	46	Davis Aquatic Masters-38	1:29.72	1:30.77	21
2	Duggan, Karen	49	Walnut Creek Masters-38	1:55.00	1:38.18	19
3	Vasquez, Monica G	48	University of San Francisco Ma-38	8:00.00	3:10.04	18

**Women 45-49 200 LC Meter Backstroke**PAC: 2:31.93 # 12/31/2009 **Lisa A Ward**NATL: 2:26.06 \$ 5/22/2009 **K PIPES-NEILSEN**

1	Smith, Angela	45	San Ramon Valley Livermore Aqu-38	3:15.00	3:05.94	21
	1:29.47	3:05.94 (1:36.47)				
2	Tannehill, Aimee	46	Davis Aquatic Masters-38	3:12.34	3:14.98	19
	1:35.66	3:14.98 (1:39.32)				

**Women 45-49 50 LC Meter Breaststroke**PAC: 36.97 # 12/31/1994 **Susan Roy**NATL: 33.66 \$ 7/17/2010 **S VON DER LIPPE**

1	Rublein, Susanne	49	Manatee Aquatic Masters Inc-38	40.62	39.82	21
2	Duggan, Karen	49	Walnut Creek Masters-38	1:00.00	46.89	19

**Women 45-49 100 LC Meter Breaststroke**PAC: 1:21.30 # 12/31/2009 **Lisa A Ward**NATL: 1:14.41 \$ 7/17/2010 **S VON DER LIPPE**

1	Rublein, Susanne	49	Manatee Aquatic Masters Inc-38	1:26.69	1:27.15	21
2	de la Torre, Yasuko	49	Marcia's Enthusiastic Masters-38	1:45.00	1:40.85	19
3	Duggan, Karen	49	Walnut Creek Masters-38	1:55.00	1:44.64	18
4	Maze, Ghislaine	45	University of San Francisco Ma-38	1:50.00	1:44.69	17

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 45-49 200 LC Meter Breaststroke**

PAC: 2:59.80 # 12/31/2009 Lisa A Ward

NATL: 2:45.20 \$ 8/5/2007 CAROLINE KRATTLI

1	Duggan, Karen	49	Walnut Creek Masters-38	3:55.00	3:48.94	21
	1:48.89	3:48.94 (2:00.05)				

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

PAC: 30.01 # 12/31/2009 Lisa A Ward

NATL: 28.40 \$ 8/5/2017 ERIKA BRAUN

1	Ongerth, Ann Michelle	45	Walnut Creek Masters-38	43.00	43.60	21
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**Women 45-49 100 LC Meter Butterfly**

PAC: 1:07.30 # 12/31/2005 Jill S Hernandez

NATL: 1:04.96 \$ 8/6/2014 WENKE SEIDER

1	de la Torre, Yasuko	49	Marcia's Enthusiastic Masters-38	1:30.00	1:27.46	21
2	Ongerth, Ann Michelle	45	Walnut Creek Masters-38	1:42.00	1:43.79	19
3	Maze, Ghislaine	45	University of San Francisco Ma-38	1:47.00	1:45.87	18

**Women 45-49 200 LC Meter Butterfly**

PAC: 2:31.37 # 12/31/1998 Laura B Val

NATL: 2:24.34 \$ 6/20/2009 K PIPES-NEILSEN

1	Ongerth, Ann Michelle	45	Walnut Creek Masters-38	3:53.00	4:03.10	21
	1:52.79	4:03.10 (2:10.31)				

**Women 45-49 200 LC Meter IM**

PAC: 2:32.46 # 12/31/2005 Jill S Hernandez

NATL: 2:27.57 \$ 8/16/2008 K PIPES-NEILSEN

1	Rublein, Susanne	49	Manatee Aquatic Masters Inc-38	2:53.41	2:54.68	21
	1:27.07	2:54.68 (1:27.61)				
2	Ongerth, Ann Michelle	45	Walnut Creek Masters-38	3:30.00	3:42.39	19
	1:53.30	3:42.39 (1:49.09)				

**Women 45-49 400 LC Meter IM**

PAC: 5:27.67 # 12/31/2005 Jill S Hernandez

NATL: 5:13.85 \$ 9/5/2008 K PIPES-NEILSEN

1	Rublein, Susanne	49	Manatee Aquatic Masters Inc-38	6:20.43	6:25.42	21
	1:28.17	3:10.47 (1:42.30)	4:59.73 (1:49.26)	6:25.42 (1:25.69)		
2	de la Torre, Yasuko	49	Marcia's Enthusiastic Masters-38	7:00.00	6:52.65	19
	1:29.46	3:18.92 (1:49.46)	5:15.69 (1:56.77)	6:52.65 (1:36.96)		

**Women 50-54 50 LC Meter Freestyle**

PAC: 28.22 # 12/31/2001 Laura B Val

NATL: 28.17 \$ 7/9/2016 FALL WILLEBOORDSE

1	Houts, Jennifer	54	Rolling Hills Mud Sharks-38	36.00	33.24	21
2	Nelson, Sheila	51	Santa Rosa Masters-38	35.00	34.62	19
3	Juson, Justine	51	University of San Francisco Ma-38	42.37	35.17	18
4	Chachkin, Myra	51	Manatee Aquatic Masters Inc-38	46.00	43.21	17
5	Cervantes, Wendy	52	Ladera Oaks Masters-38	46.51	48.59	16

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

PAC: 1:01.13 # 12/31/2001 Laura B Val

NATL: 1:01.13 \$ 8/19/2001 LAURA VAL

1	Cox, Juliet	51	Manatee Aquatic Masters Inc-38	1:11.10	1:13.54	21
2	Juson, Justine	51	University of San Francisco Ma-38	1:22.95	1:20.98	19
3	Harris, Karen	53	Richmond Plunge Masters-38	1:18.18	1:22.05	18

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 50-54 100 LC Meter Freestyle)**

4	Cooper, Carla N	52	University of San Francisco Ma-38	1:25.00	1:29.11	17
5	Cervantes, Wendy	52	Ladera Oaks Masters-38	1:35.00	1:47.25	16

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

**PAC: 2:13.18 # 8/7/2013 Jill S Hernandez**  
**NATL: 2:13.18 \$ 8/8/2013 JILL HERNANDEZ**

1	Cox, Juliet	51	Manatee Aquatic Masters Inc-38	2:33.50	2:32.34	21
	1:15.16		2:32.34 (1:17.18)			
2	Jones, Sara	51	Santa Rosa Masters-38	2:35.58	2:38.63	19
	1:16.50		2:38.63 (1:22.13)			
3	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	2:50.86	2:41.95	18
	1:18.66		2:41.95 (1:23.29)			
4	Harris, Karen	53	Richmond Plunge Masters-38	3:01.69	2:59.71	17
	1:27.68		2:59.71 (1:32.03)			
5	Cooper, Carla N	52	University of San Francisco Ma-38	3:09.00	3:20.38	16
	1:33.54		3:20.38 (1:46.84)			
6	Chachkin, Myra	51	Manatee Aquatic Masters Inc-38	3:50.00	3:39.45	15
	1:42.97		3:39.45 (1:56.48)			
7	Cervantes, Wendy	52	Ladera Oaks Masters-38	3:43.42	3:54.78	14
	1:54.44		3:54.78 (2:00.34)			

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

**PAC: 4:40.66 # 8/7/2013 Jill S Hernandez**  
**NATL: 4:40.66 \$ 8/11/2013 JILL HERNANDEZ**

1	Garforth, Emma	51	Davis Aquatic Masters-38	5:41.72	5:45.90	21
	1:24.09		2:52.81 (1:28.72)	4:19.31 (1:26.50)	5:45.90 (1:26.59)	
2	Nelson, Sheila	51	Santa Rosa Masters-38	6:10.00	5:58.39	19
	1:25.35		2:56.92 (1:31.57)	4:29.34 (1:32.42)	5:58.39 (1:29.05)	
3	Cannon, Lindsey	53	Walnut Creek Masters-38	7:00.00	6:21.70	18
	1:31.12		3:09.59 (1:38.47)	4:46.53 (1:36.94)	6:21.70 (1:35.17)	

**Women 50-54 800 LC Meter Freestyle**

**PAC: 9:34.12 # 7/23/2016 Susan H Preston**  
**NATL: 9:34.12 \$ 7/23/2016 SUSAN PRESTON**

1	Cox, Juliet	51	Manatee Aquatic Masters Inc-38	10:55.00	10:56.30	21
	1:19.77		2:43.93 (1:24.16)	4:07.32 (1:23.39)	5:30.00 (1:22.68)	
	6:52.06 (1:22.06)		8:14.46 (1:22.40)	9:36.93 (1:22.47)	10:56.30 (1:19.37)	
2	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	11:55.58	11:50.71	19
	1:31.26		3:00.22 (1:28.96)	4:28.85 (1:28.63)	5:58.43 (1:29.58)	
	7:28.20 (1:29.77)		8:57.74 (1:29.54)	10:25.13 (1:27.39)	11:50.71 (1:25.58)	
3	Bulman, Robin	54	Santa Rosa Masters-38	11:47.95	12:01.34	18
	1:24.67		2:55.59 (1:30.92)	4:27.15 (1:31.56)	5:59.24 (1:32.09)	
	7:31.20 (1:31.96)		9:02.61 (1:31.41)	10:35.12 (1:32.51)	12:01.34 (1:26.22)	

**Women 50-54 1500 LC Meter Freestyle**

**PAC: 18:32.76 # 12/31/2008 Suzanne M Heim-Bo**  
**NATL: 18:32.76 \$ 8/14/2008 S HEIM-BOWEN**

1	Boone, Danielle	54	Walnut Creek Masters-38	22:31.88	22:43.47	21
	1:24.24		2:56.84 (1:32.60)	4:28.78 (1:31.94)	6:01.26 (1:32.48)	
	7:33.85 (1:32.59)		9:06.17 (1:32.32)	10:38.62 (1:32.45)	12:11.36 (1:32.74)	
	13:43.80 (1:32.44)		15:15.34 (1:31.54)	16:46.05 (1:30.71)	18:17.76 (1:31.71)	
	19:48.63 (1:30.87)		21:18.58 (1:29.95)	22:43.47 (1:24.89)		

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2	Bulman, Robin	54	Santa Rosa Masters-38	22:23.16	23:56.14	19
	1:25.13	2:59.54 (1:34.41)	4:33.53 (1:33.99)	6:09.68 (1:36.15)		
	7:45.81 (1:36.13)	9:22.05 (1:36.24)	10:58.67 (1:36.62)	12:35.90 (1:37.23)		
	14:11.82 (1:35.92)	15:49.59 (1:37.77)	17:26.91 (1:37.32)	19:05.32 (1:38.41)		
	20:43.13 (1:37.81)	22:20.53 (1:37.40)	23:56.14 (1:35.61)			
3	Cavalli, Christina	51	Marcia's Enthusiastic Masters-38	24:30.01	25:00.66	18
	1:29.15	3:07.75 (1:38.60)	4:48.13 (1:40.38)	6:28.53 (1:40.40)		
	8:08.82 (1:40.29)	9:48.63 (1:39.81)	11:29.53 (1:40.90)	13:09.97 (1:40.44)		
	14:52.81 (1:42.84)	16:33.78 (1:40.97)	18:16.09 (1:42.31)	19:58.33 (1:42.24)		
	21:41.61 (1:43.28)	23:21.94 (1:40.33)	25:00.66 (1:38.72)			
4	Saylor, Alison L	53	University of San Francisco Ma-38	35:00.00	34:48.84	17
	2:01.43	4:16.20 (2:14.77)	6:30.96 (2:14.76)	8:48.98 (2:18.02)		
	11:09.83 (2:20.85)	13:33.44 (2:23.61)	15:47.42 (2:13.98)	18:07.21 (2:19.79)		
	20:27.79 (2:20.58)	22:48.24 (2:20.45)	25:08.68 (2:20.44)	27:33.64 (2:24.96)		
	30:03.18 (2:29.54)	32:30.37 (2:27.19)	34:48.84 (2:18.47)			
5	Asta, Lisa	54	Walnut Creek Masters-38	37:57.96	38:31.47	16
	2:26.22	4:56.59 (2:30.37)	7:31.38 (2:34.79)	10:08.84 (2:37.46)		
	12:44.20 (2:35.36)	15:21.12 (2:36.92)	17:56.78 (2:35.66)	20:33.57 (2:36.79)		
	23:11.04 (2:37.47)	25:48.72 (2:37.68)	28:24.21 (2:35.49)	31:00.06 (2:35.85)		
	33:36.57 (2:36.51)	35:24.77 (1:48.20)	38:31.47 (3:06.70)			

**Women 50-54 50 LC Meter Backstroke****PAC: 33.45 # 12/31/2009 Bonnie M Bilich****NATL: 32.41 \$ 6/22/2013 LESLIE LIVINGSTON**

1	Cox, Juliet	51	Manatee Aquatic Masters Inc-38	37.50	38.51	21
2	Jones, Sara	51	Santa Rosa Masters-38	39.24	39.04	19
3	Garforth, Emma	51	Davis Aquatic Masters-38	40.51	39.87	18
4	Houts, Jennifer	54	Rolling Hills Mud Sharks-38	45.00	44.11	17
5	Juson, Justine	51	University of San Francisco Ma-38	48.56	46.23	16
6	Harris, Karen	53	Richmond Plunge Masters-38	45.72	48.16	15
7	Cervantes, Wendy	52	Ladera Oaks Masters-38	1:09.14	58.67	14
8	Chachkin, Myra	51	Manatee Aquatic Masters Inc-38	58.00	58.94	13
9	Fukushi, Yoriko	50	University of San Francisco Ma-38	52.88	59.99	12

**Women 50-54 100 LC Meter Backstroke****PAC: 1:13.76 # 12/31/2009 Bonnie M Bilich****NATL: 1:09.28 \$ 8/8/2014 ELLEN REYNOLDS**

1	Jones, Sara	51	Santa Rosa Masters-38	1:22.02	1:23.97	21
2	Cox, Juliet	51	Manatee Aquatic Masters Inc-38	1:23.00	1:24.72	19
3	Nelson, Sheila	51	Santa Rosa Masters-38	1:35.00	1:33.55	18
4	Harris, Karen	53	Richmond Plunge Masters-38	1:47.42	1:48.13	17
---	Cervantes, Wendy	52	Ladera Oaks Masters-38	2:16.42	DQ	

**Women 50-54 200 LC Meter Backstroke****PAC: 2:39.40 # 12/31/2009 Bonnie M Bilich****NATL: 2:26.64 \$ 8/4/2014 ELLEN REYNOLDS**

1	Jones, Sara	51	Santa Rosa Masters-38	2:55.23	2:57.52	21
	1:27.26	2:57.52 (1:30.26)				
2	Cox, Juliet	51	Manatee Aquatic Masters Inc-38	2:59.90	2:59.56	19
	1:30.09	2:59.56 (1:29.47)				
3	Nelson, Sheila	51	Santa Rosa Masters-38	3:25.00	3:21.98	18
	1:39.52	3:21.98 (1:42.46)				

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1	Bulman, Robin	54	Santa Rosa Masters-38	43.52	41.81	21
2	Garforth, Emma	51	Davis Aquatic Masters-38	41.89	42.01	19
3	Juson, Justine	51	University of San Francisco Ma-38	45.00	44.46	18
4	Jones, Sara	51	Santa Rosa Masters-38	43.73	44.90	17

**Women 50-54 100 LC Meter Breaststroke****PAC: 1:24.61 # 8/8/2013 Sharon M Weiss****NATL: 1:22.23 \$ 8/4/2014 CORRIN POPPS**

1	Garforth, Emma	51	Davis Aquatic Masters-38	1:32.29	1:32.73	21
2	Bulman, Robin	54	Santa Rosa Masters-38	1:38.73	1:33.96	19
3	Juson, Justine	51	University of San Francisco Ma-38	1:41.67	1:40.04	18
4	Houts, Jennifer	54	Rolling Hills Mud Sharks-38	1:45.00	1:45.67	17

**Women 50-54 200 LC Meter Breaststroke****PAC: 3:05.00 # 8/10/2013 Sharon M Weiss****NATL: 2:54.00 \$ 8/6/2016 ELLEN REYNOLDS**

1	Garforth, Emma	51	Davis Aquatic Masters-38	3:18.34	3:18.15	21
				1:39.30	3:18.15 (1:38.85)	
2	Bulman, Robin	54	Santa Rosa Masters-38	3:30.71	3:24.73	19
				1:39.41	3:24.73 (1:45.32)	
3	Juson, Justine	51	University of San Francisco Ma-38	3:50.11	3:35.14	18
				1:46.24	3:35.14 (1:48.90)	
4	Cooper, Carla N	52	University of San Francisco Ma-38	3:43.00	3:50.66	17
				1:51.02	3:50.66 (1:59.64)	

**Women 50-54 50 LC Meter Butterfly****PAC: 30.72 # 12/31/2001 Laura B Val****NATL: 29.82 \$ 7/24/2016 SUSAN WILLIAMS**

1	Cox, Juliet	51	Manatee Aquatic Masters Inc-38	37.90	39.31	21
2	Cervantes, Wendy	52	Ladera Oaks Masters-38	1:10.00	1:18.33	19

**Women 50-54 100 LC Meter Butterfly****PAC: 1:07.80 # 12/31/2011 Jill S Hernandez****NATL: 1:07.80 \$ 8/13/2011 JILL HERNANDEZ**

1	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	1:28.16	1:24.74	21
2	Fukushi, Yoriko	50	University of San Francisco Ma-38	1:50.00	2:07.59	19
3	Cervantes, Wendy	52	Ladera Oaks Masters-38	3:15.00	3:00.58	18

**Women 50-54 200 LC Meter Butterfly****PAC: 2:31.55 # 12/31/2001 Laura B Val****NATL: 2:31.55 \$ 8/18/2001 LAURA VAL**

1	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	3:14.31	3:11.41	21
				1:30.82	3:11.41 (1:40.59)	
2	Bulman, Robin	54	Santa Rosa Masters-38	3:44.69	3:30.71	19
				1:39.80	3:30.71 (1:50.91)	

**Women 50-54 200 LC Meter IM****PAC: 2:36.05 # 7/24/2016 Susan H Preston****NATL: 2:31.02 \$ 8/7/2016 ELLEN REYNOLDS**

1	Jones, Sara	51	Santa Rosa Masters-38	2:54.77	2:59.20	21
				1:27.93	2:59.20 (1:31.27)	



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2	Garforth, Emma	51	Davis Aquatic Masters-38	2:56.64	3:00.63	19
	1:29.14	3:00.63 (1:31.49)				
3	Juson, Justine	51	University of San Francisco Ma-38	3:50.23	3:25.03	18
	1:41.23	3:25.03 (1:43.80)				
4	Cooper, Carla N	52	University of San Francisco Ma-38	4:10.00	3:41.03	17
	1:45.67	3:41.03 (1:55.36)				

**Women 50-54 400 LC Meter IM****PAC: 5:30.32 # 8/10/2013 Jill S Hernandez****NATL: 5:20.68 \$ 8/5/2014 ELLEN REYNOLDS**

1	Jones, Sara	51	Santa Rosa Masters-38	6:08.80	6:13.34	21
	1:32.10	3:04.83 (1:32.73)	4:50.91 (1:46.08)	6:13.34 (1:22.43)		
2	Garforth, Emma	51	Davis Aquatic Masters-38	6:24.29	6:23.59	19
	1:34.60	3:12.99 (1:38.39)	4:57.09 (1:44.10)	6:23.59 (1:26.50)		
3	Bulman, Robin	54	Santa Rosa Masters-38	7:18.43	6:46.73	18
	1:38.66	3:26.99 (1:48.33)	5:13.86 (1:46.87)	6:46.73 (1:32.87)		
4	Cannon, Lindsey	53	Walnut Creek Masters-38	7:32.50	7:20.51	17
	1:42.31	3:39.98 (1:57.67)	5:42.85 (2:02.87)	7:20.51 (1:37.66)		

**Women 55-59 50 LC Meter Freestyle****PAC: 28.69 # 12/31/2008 Laura B Val****NATL: 28.69 \$ 7/16/2017 VAL\PIPES**

1	Roberts, Julie	55	Davis Aquatic Masters-38	31.94	33.04	21
2	Cook, Amy	55	Walnut Creek Masters-38	34.13	33.86	19
3	Connolly, Cindi	55	Sebastopol Masters Aquatic Clu-38	34.00	34.20	18
4	Taylor, Catherine	56	Walnut Creek Masters-38	35.85	34.73	17
5	Crow, Joan	55	Davis Aquatic Masters-38	40.55	38.49	16

**Women 55-59 100 LC Meter Freestyle****PAC: 1:02.02 # 12/31/2007 Laura B Val****NATL: 1:02.02 \$ 8/13/2007 VAL\VAL**

1	Quick, Sarah	55	North Bay Aquatics-38	1:05.17	1:07.39	21
2	Dodd, Dina	56	Rocklin Aquatics Masters-38	1:12.59	1:16.68	19
3	Sullivan, Lynda	55	University of San Francisco Ma-38	1:35.00	1:24.75	18
4	Macleod, Pascale	55	University of San Francisco Ma-38	1:52.68	1:53.73	17

**Women 55-59 200 LC Meter Freestyle****PAC: 2:16.28 # 12/31/2009 Laura B Val****NATL: 2:16.28 \$ 8/6/2009 LAURA VAL**

1	Quick, Sarah	55	North Bay Aquatics-38	2:22.00	2:25.08	21
	1:10.69	2:25.08 (1:14.39)				
2	Taylor, Catherine	56	Walnut Creek Masters-38	2:57.22	2:55.48	19
	1:24.71	2:55.48 (1:30.77)				
3	Dodd, Dina	56	Rocklin Aquatics Masters-38	2:54.85	3:00.42	18
	1:24.21	3:00.42 (1:36.21)				
4	Sullivan, Lynda	55	University of San Francisco Ma-38	3:15.00	3:01.95	17
	1:24.30	3:01.95 (1:37.65)				
5	Kavalauskas, Alita	56	Jellies Aquatic Masters of Mon-38	3:10.00	3:15.50	16
	1:36.19	3:15.50 (1:39.31)				
6	Adler, Felicia	57	Walnut Creek Masters-38	3:18.00	3:21.26	15
	1:36.03	3:21.26 (1:45.23)				

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1	Gerhan, Martha	58	University of San Francisco Ma-38	6:30.00	6:10.46	21
	1:29.14	3:05.11 (1:35.97)	4:39.76 (1:34.65)	6:10.46 (1:30.70)		
2	Taylor, Catherine	56	Walnut Creek Masters-38	6:35.01	6:16.42	19
	1:28.84	3:04.46 (1:35.62)	4:40.97 (1:36.51)	6:16.42 (1:35.45)		
3	Zipp, Frederika	58	University of San Francisco Ma-38	7:04.67	7:19.95	18
	1:44.46	3:38.56 (1:54.10)	5:30.86 (1:52.30)	7:19.95 (1:49.09)		

**Women 55-59 800 LC Meter Freestyle****PAC: 9:46.56 # 7/26/2015 Jill S Hernandez****NATL: 9:46.56 \$ 7/25/2015 JILL HERNANDEZ**

1	Couch, Stephanie	55	Menlo Masters-38	11:17.12	11:21.81	21
	1:21.21	2:46.87 (1:25.66)	4:13.22 (1:26.35)	5:40.07 (1:26.85)		
	7:06.69 (1:26.62)	8:32.93 (1:26.24)	9:58.25 (1:25.32)	11:21.81 (1:23.56)		
2	Cook, Amy	55	Walnut Creek Masters-38	12:09.23	12:13.14	19
	1:27.57	2:58.70 (1:31.13)	4:31.46 (1:32.76)	6:04.39 (1:32.93)		
	7:37.51 (1:33.12)	9:10.65 (1:33.14)	10:43.51 (1:32.86)	12:13.14 (1:29.63)		
3	Gerhan, Martha	58	University of San Francisco Ma-38	12:30.00	12:18.85	18
	1:29.60	3:04.74 (1:35.14)	4:38.68 (1:33.94)	6:11.63 (1:32.95)		
	7:43.91 (1:32.28)	9:15.75 (1:31.84)	10:48.67 (1:32.92)	12:18.85 (1:30.18)		
4	Zipp, Frederika	58	University of San Francisco Ma-38	15:00.00	14:55.77	17
	1:45.63	3:38.90 (1:53.27)	5:32.97 (1:54.07)	7:26.86 (1:53.89)		
	9:19.32 (1:52.46)	11:12.69 (1:53.37)	13:05.67 (1:52.98)	14:55.77 (1:50.10)		

**Women 55-59 1500 LC Meter Freestyle****PAC: 19:14.70 # 12/31/2007 Laura B Val****NATL: 19:14.70 \$ 7/8/2007 LAURA VAL**

1	Quick, Sarah	55	North Bay Aquatics-38	22:00.00	20:49.44	21
	1:16.88	2:40.51 (1:23.63)	4:04.40 (1:23.89)	5:29.11 (1:24.71)		
	6:53.43 (1:24.32)	8:17.41 (1:23.98)	9:42.07 (1:24.66)	11:07.17 (1:25.10)		
	12:31.44 (1:24.27)	13:54.90 (1:23.46)	16:43.99 (2:49.09)	18:07.45 (1:23.46)		
	19:30.00 (1:22.55)	20:49.44 (1:19.44)				
2	Couch, Stephanie	55	Menlo Masters-38	21:28.20	21:34.49	19
	1:22.35	2:49.14 (1:26.79)	4:15.92 (1:26.78)	5:42.88 (1:26.96)		
	7:09.66 (1:26.78)	8:36.61 (1:26.95)	10:03.84 (1:27.23)	11:30.96 (1:27.12)		
	12:57.99 (1:27.03)	14:24.43 (1:26.44)	15:50.75 (1:26.32)	17:17.04 (1:26.29)		
	18:43.76 (1:26.72)	20:10.18 (1:26.42)	21:34.49 (1:24.31)			
3	Cook, Amy	55	Walnut Creek Masters-38	22:44.57	22:57.67	18
	1:24.45	2:56.31 (1:31.86)	4:28.69 (1:32.38)	6:01.03 (1:32.34)		
	7:33.50 (1:32.47)	9:05.50 (1:32.00)	10:37.49 (1:31.99)	12:09.43 (1:31.94)		
	13:41.23 (1:31.80)	15:12.63 (1:31.40)	16:44.43 (1:31.80)	18:17.55 (1:33.12)		
	19:51.20 (1:33.65)	21:25.04 (1:33.84)	22:57.67 (1:32.63)			
4	Gerhan, Martha	58	University of San Francisco Ma-38	24:00.00	23:35.94	17
	1:30.26	3:06.68 (1:36.42)	4:42.92 (1:36.24)	6:17.93 (1:35.01)		
	7:52.98 (1:35.05)	9:28.08 (1:35.10)	11:03.16 (1:35.08)	12:37.89 (1:34.73)		
	14:11.42 (1:33.53)	15:45.38 (1:33.96)	17:19.58 (1:34.20)	18:54.09 (1:34.51)		
	20:28.88 (1:34.79)	22:03.59 (1:34.71)	23:35.94 (1:32.35)			
5	Phalen, Jennifer	55	Davis Aquatic Masters-38	25:17.26	24:39.15	16
	1:32.27	3:10.63 (1:38.36)	4:48.94 (1:38.31)	6:26.80 (1:37.86)		
	8:06.27 (1:39.47)	9:45.40 (1:39.13)	11:26.07 (1:40.67)	13:05.80 (1:39.73)		
	14:44.04 (1:38.24)	16:24.19 (1:40.15)	18:01.78 (1:37.59)	19:41.94 (1:40.16)		
	21:22.15 (1:40.21)	23:02.75 (1:40.60)	24:39.15 (1:36.40)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 55-59 1500 LC Meter Freestyle)**

6	Sullivan, Lynda	55	University of San Francisco Ma-38	27:00.00	25:01.01	15
	1:31.93	3:12.14 (1:40.21)	4:53.42 (1:41.28)	6:34.62 (1:41.20)		
	8:15.49 (1:40.87)	9:56.12 (1:40.63)	11:37.64 (1:41.52)	13:18.34 (1:40.70)		
	14:59.25 (1:40.91)	16:40.65 (1:41.40)	18:22.09 (1:41.44)	20:03.46 (1:41.37)		
	21:44.11 (1:40.65)	23:24.33 (1:40.22)	25:01.01 (1:36.68)			
7	Adler, Felicia	57	Walnut Creek Masters-38	28:45.00	27:35.31	14
	1:47.17	3:36.65 (1:49.48)	5:27.51 (1:50.86)	7:18.09 (1:50.58)		
	9:08.36 (1:50.27)	10:59.67 (1:51.31)	12:50.38 (1:50.71)	14:41.38 (1:51.00)		
	16:32.02 (1:50.64)	18:23.84 (1:51.82)	20:14.72 (1:50.88)	22:06.71 (1:51.99)		
	23:58.44 (1:51.73)	25:47.27 (1:48.83)	27:35.31 (1:48.04)			
8	Chin, Jian	55	University of San Francisco Ma-38	27:35.00	27:45.67	13
	1:40.26	3:33.50 (1:53.24)	5:26.87 (1:53.37)	7:20.28 (1:53.41)		
	9:16.24 (1:55.96)	11:07.91 (1:51.67)	13:01.76 (1:53.85)	14:54.86 (1:53.10)		
	16:49.51 (1:54.65)	18:40.86 (1:51.35)	20:33.12 (1:52.26)	22:23.23 (1:50.11)		
	24:13.04 (1:49.81)	26:00.25 (1:47.21)	27:45.67 (1:45.42)			
9	Zipp, Frederika	58	University of San Francisco Ma-38	27:52.01	27:51.16	12
	1:43.73	3:36.29 (1:52.56)	5:27.75 (1:51.46)	7:19.67 (1:51.92)		
	9:11.85 (1:52.18)	11:03.30 (1:51.45)	12:55.34 (1:52.04)	14:47.12 (1:51.78)		
	16:39.02 (1:51.90)	18:31.72 (1:52.70)	20:24.77 (1:53.05)	22:17.30 (1:52.53)		
	24:09.98 (1:52.68)	26:01.75 (1:51.77)	27:51.16 (1:49.41)			
10	Schafle, Laura	58	Walnut Creek Masters-38	28:31.22	27:52.95	11
	1:45.63	3:37.94 (1:52.31)	5:30.95 (1:53.01)	7:23.53 (1:52.58)		
	9:16.08 (1:52.55)	11:08.71 (1:52.63)	13:00.66 (1:51.95)	14:52.55 (1:51.89)		
	16:44.66 (1:52.11)	18:36.44 (1:51.78)	20:28.36 (1:51.92)	22:19.75 (1:51.39)		
	24:11.17 (1:51.42)	26:03.27 (1:52.10)	27:52.95 (1:49.68)			
11	Carroll, Leah	58	Albany Armada Aquatics Masters-38	30:29.17	31:29.30	10
	2:02.64	4:08.47 (2:05.83)	6:14.64 (2:06.17)	8:20.74 (2:06.10)		
	10:27.19 (2:06.45)	12:34.80 (2:07.61)	14:40.19 (2:05.39)	16:46.90 (2:06.71)		
	18:53.03 (2:06.13)	20:58.22 (2:05.19)	23:05.86 (2:07.64)	25:12.86 (2:07.00)		
	27:19.41 (2:06.55)	29:24.50 (2:05.09)	31:29.30 (2:04.80)			

**Women 55-59 50 LC Meter Backstroke**PAC: 33.75 # 12/31/2010 **Laura B Val**NATL: 31.99 \$ 8/2/2018 **HOLLY GREEN BLAIR**

1	Roberts, Julie	55	Davis Aquatic Masters-38	36.57	37.74	21
2	Russell, Jane	56	Davis Aquatic Masters-38	38.83	39.36	19
3	McNamara, Kathleen	59	University of San Francisco Ma-38	37.70	39.84	18
4	Connolly, Cindi	55	Sebastopol Masters Aquatic Clu-38	39.00	40.47	17
5	Couch, Stephanie	55	Menlo Masters-38	41.80	41.64	16
6	Cook, Amy	55	Walnut Creek Masters-38	43.25	42.02	15

**Women 55-59 100 LC Meter Backstroke**PAC: 1:12.45 # 7/16/2017 **Bonnie M Bilich**NATL: 1:11.23 \$ 7/9/2017 **KARLYN PIPES**

1	Russell, Jane	56	Davis Aquatic Masters-38	1:24.26	1:26.86	21
2	Couch, Stephanie	55	Menlo Masters-38	1:28.96	1:29.83	19
3	Carroll, Leah	58	Albany Armada Aquatics Masters-38	1:53.31	1:55.28	18

**Women 55-59 200 LC Meter Backstroke**PAC: 2:40.84 # 7/15/2017 **Bonnie M Bilich**NATL: 2:31.79 \$ 5/19/2019 **ELLEN REYNOLDS**

1	Couch, Stephanie	55	Menlo Masters-38	3:02.49	3:05.61	21
	1:32.08	3:05.61 (1:33.53)				

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 55-59 200 LC Meter Backstroke)**

2	Roberts, Julie	55	Davis Aquatic Masters-38	3:20.00	3:08.48	19
	1:34.42		3:08.48 (1:34.06)			
3	Cook, Amy	55	Walnut Creek Masters-38	3:08.62	3:10.28	18
	1:31.47		3:10.28 (1:38.81)			
4	Russell, Jane	56	Davis Aquatic Masters-38	3:02.51	3:15.51	17
	1:35.70		3:15.51 (1:39.81)			
5	McNamara, Kathleen	59	University of San Francisco Ma-38	3:10.87	3:21.42	16
	1:37.59		3:21.42 (1:43.83)			
6	Carroll, Leah	58	Albany Armada Aquatics Masters-38	3:55.50	4:04.09	15
	2:00.46		4:04.09 (2:03.63)			

**Women 55-59 50 LC Meter Breaststroke**

PAC: 41.31 # 7/16/2017 Jana Matena

NATL: 37.13 \$ 7/16/2017 CAROLINE KRATTLI

1	Dodd, Dina	56	Rocklin Aquatics Masters-38	42.88	44.74	21
2	McVarish, Caitlin	59	Tamalpais Aquatic Masters-38	50.00	45.71	19
3	Taylor, Catherine	56	Walnut Creek Masters-38	47.18	46.17	18
4	McNamara, Kathleen	59	University of San Francisco Ma-38	45.45	46.22	17
5	Phalen, Jennifer	55	Davis Aquatic Masters-38	45.80	47.69	16
6	Crow, Joan	55	Davis Aquatic Masters-38	49.55	47.93	15
7	Macleod, Pascale	55	University of San Francisco Ma-38	59.15	53.20	14

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

PAC: 1:31.56 # 8/9/2014 Barbara C Wheeler

NATL: 1:21.21 \$ 7/15/2017 CAROLINE KRATTLI

1	Connolly, Cindi	55	Sebastopol Masters Aquatic Clu-38	1:35.00	1:36.65	21
2	Phalen, Jennifer	55	Davis Aquatic Masters-38	1:41.71	1:43.25	19
3	Taylor, Catherine	56	Walnut Creek Masters-38	1:47.65	1:44.48	18
4	Crow, Joan	55	Davis Aquatic Masters-38	1:59.55	1:49.40	17
5	Gerhan, Martha	58	University of San Francisco Ma-38	1:55.00	1:49.58	16
6	Carroll, Leah	58	Albany Armada Aquatics Masters-38	1:58.13	2:01.33	15

**Women 55-59 200 LC Meter Breaststroke**

PAC: 3:20.21 # 7/16/2017 Merrie E Walts

NATL: 2:59.27 \$ 5/19/2019 ELLEN REYNOLDS

1	Phalen, Jennifer	55	Davis Aquatic Masters-38	3:36.17	3:39.50	21
	1:46.43		3:39.50 (1:53.07)			
2	Dodd, Dina	56	Rocklin Aquatics Masters-38	3:43.52	3:47.63	19
	1:49.70		3:47.63 (1:57.93)			
3	Sullivan, Lynda	55	University of San Francisco Ma-38	4:05.00	3:51.30	18
	1:52.23		3:51.30 (1:59.07)			
4	Gerhan, Martha	58	University of San Francisco Ma-38	3:55.00	3:51.75	17
	1:52.60		3:51.75 (1:59.15)			
5	Adler, Felicia	57	Walnut Creek Masters-38	4:13.00	4:15.39	16
	2:05.15		4:15.39 (2:10.24)			
6	Macleod, Pascale	55	University of San Francisco Ma-38	4:27.75	4:33.56	15
	2:10.35		4:33.56 (2:23.21)			

**Women 55-59 50 LC Meter Butterfly**

PAC: 31.42 # 12/31/2009 Laura B Val

NATL: 30.52 \$ 7/10/2016 LESLIE LIVINGSTON

1	Quick, Sarah	55	North Bay Aquatics-38	33.03	34.02	21
2	Russell, Jane	56	Davis Aquatic Masters-38	34.89	35.94	19

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 55-59 50 LC Meter Butterfly)**

3	Kavalauskas, Alita	56	Jellies Aquatic Masters of Mon-38	39.94	38.56	18
4	McNamara, Kathleen	59	University of San Francisco Ma-38	40.39	41.49	17

**Women 55-59 100 LC Meter Butterfly**PAC: 1:09.47 # 12/31/2009 **Laura B Val**NATL: 1:09.47 \$ 8/9/2009 **LAURA VAL**

1	Russell, Jane	56	Davis Aquatic Masters-38	1:21.21	1:24.35	21
2	Phalen, Jennifer	55	Davis Aquatic Masters-38	1:50.78	1:53.50	19
3	Carroll, Leah	58	Albany Armada Aquatics Masters-38	1:52.21	1:53.99	18

**Women 55-59 200 LC Meter Butterfly**PAC: 2:41.51 # 12/31/2007 **Laura B Val**NATL: 2:41.51 \$ 7/8/2007 **LAURA VAL**

1	Couch, Stephanie	55	Menlo Masters-38	3:13.93	3:23.64	21
				1:38.46	3:23.64 (1:45.18)	
2	Gerhan, Martha	58	University of San Francisco Ma-38	4:15.00	3:59.43	19
				1:55.00	3:59.43 (2:04.43)	
3	Carroll, Leah	58	Albany Armada Aquatics Masters-38	3:57.40	4:04.63	18
				1:57.86	4:04.63 (2:06.77)	

**Women 55-59 200 LC Meter IM**PAC: 2:38.74 # 7/26/2015 **Jill S Hernandez**NATL: 2:34.92 \$ 5/19/2019 **ELLEN REYNOLDS**

1	Couch, Stephanie	55	Menlo Masters-38	3:07.13	3:09.67	21
				1:28.45	3:09.67 (1:41.22)	
2	Russell, Jane	56	Davis Aquatic Masters-38	3:01.84	3:10.58	19
				1:28.34	3:10.58 (1:42.24)	
3	Taylor, Catherine	56	Walnut Creek Masters-38	3:28.69	3:27.39	18
				1:43.82	3:27.39 (1:43.57)	
4	Sullivan, Lynda	55	University of San Francisco Ma-38	3:45.00	3:33.64	17
				1:44.05	3:33.64 (1:49.59)	
5	Phalen, Jennifer	55	Davis Aquatic Masters-38	3:36.17	3:37.29	16
				1:55.08	3:37.29 (1:42.21)	
6	Adler, Felicia	57	Walnut Creek Masters-38	3:41.00	4:05.07	15
				2:05.48	4:05.07 (1:59.59)	

**Women 55-59 400 LC Meter IM**PAC: 5:49.40 # 12/31/2009 **Laura B Val**NATL: 5:21.35 \$ 5/17/2019 **ELLEN REYNOLDS**

1	Russell, Jane	56	Davis Aquatic Masters-38	6:26.67	6:44.68	21
				1:30.17	3:14.50 (1:44.33)	
					5:14.50 (2:00.00)	
					6:44.68 (1:30.18)	
2	Taylor, Catherine	56	Walnut Creek Masters-38	7:50.56	7:25.56	19
				3:44.98	5:48.25 (2:03.27)	
					7:26.61 (1:38.36)	
					7:25.56 ( )	
3	Gerhan, Martha	58	University of San Francisco Ma-38	8:00.00	7:35.76	18
				1:52.37	3:57.47 (2:05.10)	
					6:00.64 (2:03.17)	
					7:35.76 (1:35.12)	
4	Phalen, Jennifer	55	Davis Aquatic Masters-38	7:41.27	7:36.27	17
5	Carroll, Leah	58	Albany Armada Aquatics Masters-38	8:36.54	8:42.13	16
				1:58.52	4:08.13 (2:09.61)	
					6:26.40 (2:18.27)	
					8:42.13 (2:15.73)	

**Women 60-64 50 LC Meter Freestyle**PAC: 29.31 # 12/31/2011 **Laura B Val**NATL: 29.21 \$ 8/4/2018 **PENNY NOYES**

1	Bilich, Bonnie	61	Walnut Creek Masters-38	31.50	31.89	21
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**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 60-64 50 LC Meter Freestyle)**

2	Klatzkin, Amy	63	University of San Francisco Ma-38	36.00	36.11	19
3	Cericola, Patricia	62	University of San Francisco Ma-38	36.00	37.37	18
4	Sprouse, Cecily	63	Davis Aquatic Masters-38	35.52	37.53	17
5	Benjamin, Marcia	63	Marcia's Enthusiastic Masters-38	35.76	38.63	16
6	Stevens, Nina	61	Uc38-38	34.90	39.63	15
7	Nip, Carol	62	Albany Armada Aquatics Masters-38	42.41	42.67	14
8	Lai, Denise	63	Marcia's Enthusiastic Masters-38	1:00.00	46.96	13

**Women 60-64 100 LC Meter Freestyle****PAC: 1:03.83 # 12/31/2011 Laura B Val****NATL: 1:03.83 \$ 8/5/2011 LAURA VAL**

1	Bilich, Bonnie	61	Walnut Creek Masters-38	1:07.50	1:08.82	21
2	Ogilvie, Carol	64	University of San Francisco Ma-38	1:25.00	1:18.34	19
3	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	1:17.00	1:18.41	18
4	Klatzkin, Amy	63	University of San Francisco Ma-38	1:20.00	1:19.70	17
5	Hayes-Rupp, Cynthia	62	Rolling Hills Mud Sharks-38	1:25.00	1:26.03	16
6	Kaiser, Amy	60	University of San Francisco Ma-38	1:28.00	1:29.44	15
7	Stevens, Nina	61	Uc38-38	1:21.00	1:34.00	14

**Women 60-64 200 LC Meter Freestyle****PAC: 2:21.48 # 12/31/2012 Laura B Val****NATL: 2:21.48 \$ 6/12/2012 LAURA VAL**

1	Heim-Bowen, Suzanne M	61	Walnut Creek Masters-38	2:29.13	2:31.72	21
				1:14.70	2:31.72 (1:17.02)	
2	O'Brien, Charlene	63	Walnut Creek Masters-38	2:43.72	2:38.34	19
				1:17.47	2:38.34 (1:20.87)	
3	Klatzkin, Amy	63	University of San Francisco Ma-38	2:53.00	2:53.78	18
				1:21.98	2:53.78 (1:31.80)	
4	Kaiser, Amy	60	University of San Francisco Ma-38	3:20.00	3:15.93	17
				1:34.17	3:15.93 (1:41.76)	
5	Chu, Regina	62	Get Fit Davis Swim Masters-38	4:15.00	4:24.13	16
				2:02.54	4:24.13 (2:21.59)	

**Women 60-64 400 LC Meter Freestyle****PAC: 4:59.82 # 12/31/2012 Laura B Val****NATL: 4:59.82 \$ 8/12/2012 LAURA VAL**

1	Heim-Bowen, Suzanne M	61	Walnut Creek Masters-38	5:07.00	5:15.34	21
				1:15.00	2:35.09 (1:20.09)	
					3:55.25 (1:20.16)	
					5:15.34 (1:20.09)	
2	O'Brien, Charlene	63	Walnut Creek Masters-38	5:32.00	5:29.28	19
				1:20.54	2:45.26 (1:24.72)	
					4:08.60 (1:23.34)	
					5:29.28 (1:20.68)	
3	Ogilvie, Carol	64	University of San Francisco Ma-38	6:15.00	6:14.12	18
				1:28.22	3:04.53 (1:36.31)	
					4:41.14 (1:36.61)	
					6:14.12 (1:32.98)	
4	Quinn, Phyllis	64	The Olympic Club-38	6:28.38	6:26.06	17
				1:32.87	3:12.85 (1:39.98)	
					4:51.20 (1:38.35)	
					6:26.06 (1:34.86)	
5	Benjamin, Marcia	63	Marcia's Enthusiastic Masters-38	6:30.07	6:34.23	16
				1:33.16	3:12.94 (1:39.78)	
					4:53.30 (1:40.36)	
					6:34.23 (1:40.93)	
6	Byrnes, Barbara	63	University of San Francisco Ma-38	7:25.00	7:36.17	15
				1:49.63	3:46.21 (1:56.58)	
					5:42.91 (1:56.70)	
					7:36.17 (1:53.26)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 60-64 800 LC Meter Freestyle****PAC: 10:27.71 # 12/31/2011 Laura B Val****NATL: 10:27.71 \$ 7/8/2011 LAURA VAL**

1	Heim-Bowen, Suzanne M	61	Walnut Creek Masters-38	10:29.00	10:43.62	21
	1:16.99	2:38.24 (1:21.25)	3:59.18 (1:20.94)	5:20.67 (1:21.49)		
	6:42.03 (1:21.36)	8:02.94 (1:20.91)	9:23.90 (1:20.96)	10:43.62 (1:19.72)		
2	Quinn, Phyllis	64	The Olympic Club-38	13:25.17	13:26.68	19
	1:38.54	3:22.31 (1:43.77)	5:05.59 (1:43.28)	6:46.28 (1:40.69)		
	8:27.36 (1:41.08)	10:08.28 (1:40.92)	11:49.24 (1:40.96)	13:26.68 (1:37.44)		
3	Byrnes, Barbara	63	University of San Francisco Ma-38	15:50.73	15:22.87	18
	1:50.31	3:48.47 (1:58.16)	5:45.57 (1:57.10)	7:40.15 (1:54.58)		
	9:35.78 (1:55.63)	11:31.42 (1:55.64)	13:27.25 (1:55.83)	15:22.87 (1:55.62)		
4	Johnson, Margo	64	University of San Francisco Ma-38	22:00.00	21:21.87	17
	2:32.82	5:17.44 (2:44.62)	8:01.29 (2:43.85)	10:40.56 (2:39.27)		
	13:21.51 (2:40.95)		18:45.14 ( )	21:21.87 (2:36.73)		

**Women 60-64 1500 LC Meter Freestyle****PAC: 19:52.85 # 12/31/2011 Laura B Val****NATL: 19:52.85 \$ 7/8/2011 LAURA VAL**

1	Heim-Bowen, Suzanne M	61	Walnut Creek Masters-38	20:06.32	20:10.84	21
	1:16.52	2:37.27 (1:20.75)	3:57.14 (1:19.87)	5:16.90 (1:19.76)		
	6:36.63 (1:19.73)	7:57.26 (1:20.63)	9:18.18 (1:20.92)	10:39.75 (1:21.57)		
	12:01.34 (1:21.59)	13:23.17 (1:21.83)	14:45.09 (1:21.92)	16:06.66 (1:21.57)		
	17:28.59 (1:21.93)	18:50.51 (1:21.92)	20:10.84 (1:20.33)			
2	Meyer, Marguerite	60	The Olympic Club-38	22:15.00	21:31.76	19
	1:21.93	2:48.34 (1:26.41)	4:14.87 (1:26.53)	5:41.15 (1:26.28)		
	7:07.80 (1:26.65)	8:33.97 (1:26.17)	10:00.51 (1:26.54)	11:27.32 (1:26.81)		
	12:53.87 (1:26.55)	14:20.60 (1:26.73)	15:47.46 (1:26.86)	17:13.85 (1:26.39)		
	18:41.06 (1:27.21)	20:08.09 (1:27.03)	21:31.76 (1:23.67)			
3	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	24:10.00	24:15.19	18
	1:30.91	3:07.45 (1:36.54)	4:44.43 (1:36.98)	6:21.56 (1:37.13)		
	7:58.69 (1:37.13)	9:36.33 (1:37.64)	11:13.35 (1:37.02)	12:50.43 (1:37.08)		
	14:27.97 (1:37.54)	16:06.09 (1:38.12)	17:44.01 (1:37.92)	19:22.08 (1:38.07)		
	21:00.80 (1:38.72)	22:39.87 (1:39.07)	24:15.19 (1:35.32)			
4	Haufler, Susan	62	Marcia's Enthusiastic Masters-38	27:00.00	24:53.92	17
	1:27.70	3:05.48 (1:37.78)	4:48.44 (1:42.96)	6:28.93 (1:40.49)		
	8:09.71 (1:40.78)	9:49.96 (1:40.25)	11:30.91 (1:40.95)	13:11.73 (1:40.82)		
	14:52.70 (1:40.97)	16:32.45 (1:39.75)	18:13.43 (1:40.98)	19:54.62 (1:41.19)		
	21:35.40 (1:40.78)	23:16.06 (1:40.66)	24:53.92 (1:37.86)			
5	Quinn, Phyllis	64	The Olympic Club-38	24:38.58	25:31.96	16
	1:36.10	3:19.66 (1:43.56)	5:03.53 (1:43.87)	6:46.13 (1:42.60)		
	8:28.64 (1:42.51)	10:11.57 (1:42.93)	11:54.00 (1:42.43)	13:36.53 (1:42.53)		
	15:18.65 (1:42.12)	17:01.29 (1:42.64)	18:44.19 (1:42.90)	20:27.15 (1:42.96)		
	22:10.53 (1:43.38)	23:53.09 (1:42.56)	25:31.96 (1:38.87)			
6	Klatzkin, Amy	63	University of San Francisco Ma-38	25:00.00	25:38.83	15
	1:34.68	3:17.25 (1:42.57)	5:01.34 (1:44.09)	6:45.69 (1:44.35)		
	8:28.70 (1:43.01)	10:12.59 (1:43.89)	11:56.38 (1:43.79)	13:40.58 (1:44.20)		
	15:23.70 (1:43.12)	17:06.74 (1:43.04)	18:49.68 (1:42.94)	20:34.29 (1:44.61)		
	22:17.79 (1:43.50)	23:59.73 (1:41.94)	25:38.83 (1:39.10)			
7	Benjamin, Marcia	63	Marcia's Enthusiastic Masters-38	26:01.56	26:02.47	14
	1:38.48	3:20.16 (1:41.68)	5:03.24 (1:43.08)	6:47.89 (1:44.65)		
	8:32.99 (1:45.10)	10:17.90 (1:44.91)	12:03.28 (1:45.38)	13:50.26 (1:46.98)		
	15:35.55 (1:45.29)	17:20.48 (1:44.93)	19:05.89 (1:45.41)	20:50.64 (1:44.75)		
	22:36.12 (1:45.48)	24:19.84 (1:43.72)	26:02.47 (1:42.63)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 60-64 1500 LC Meter Freestyle)**

8	Sprouse, Cecily	63	Davis Aquatic Masters-38	32:24.53	26:47.40	13
	1:49.23	3:43.50 (1:54.27)	5:38.50 (1:55.00)	7:29.28 (1:50.78)		
	9:19.23 (1:49.95)	11:07.93 (1:48.70)	12:55.92 (1:47.99)	14:43.03 (1:47.11)		
	16:30.34 (1:47.31)	18:17.09 (1:46.75)	20:01.37 (1:44.28)	21:48.29 (1:46.92)		
	23:29.03 (1:40.74)	25:08.83 (1:39.80)	26:47.40 (1:38.57)			
9	Nip, Carol	62	Albany Armada Aquatics Masters-38	30:29.17	30:53.75	12
	1:56.05	4:00.83 (2:04.78)	6:05.00 (2:04.17)	8:16.00 (2:11.00)		
	10:19.27 (2:03.27)	12:20.81 (2:01.54)	14:32.80 (2:11.99)	16:35.40 (2:02.60)		
	18:47.86 (2:12.46)	20:49.09 (2:01.23)	23:00.68 (2:11.59)	25:01.61 (2:00.93)		
	27:02.36 (2:00.75)	28:59.62 (1:57.26)	30:53.75 (1:54.13)			

**Women 60-64 50 LC Meter Backstroke**

PAC: 33.86 # 8/9/2015 Laura B Val

NATL: 33.86 \$ 8/9/2015 LAURA VAL

1	Bilich, Bonnie	61	Walnut Creek Masters-38	35.00	35.08	21
2	Stevens, Nina	61	Uc38-38	43.50	46.80	19
3	Klatzkin, Amy	63	University of San Francisco Ma-38	45.77	46.91	18
4	Lai, Denise	63	Marcia's Enthusiastic Masters-38	1:10.00	57.97	17
5	Chu, Regina	62	Get Fit Davis Swim Masters-38	1:07.00	1:02.79	16
6	Johnson, Margo	64	University of San Francisco Ma-38	1:45.00	1:18.39	15

**Women 60-64 100 LC Meter Backstroke**

PAC: 1:14.76 # 8/9/2015 Laura B Val

NATL: 1:14.50 \$ 7/15/2018 BONNIE BILICH

1	Bilich, Bonnie	61	Walnut Creek Masters-38	1:14.50	1:14.65 #	21
2	Kahn, Mary	60	Davis Aquatic Masters-38	1:34.20	1:30.77	19
3	Quinn, Phyllis	64	The Olympic Club-38	1:45.00	1:41.69	18
4	Nip, Carol	62	Albany Armada Aquatics Masters-38	1:53.31	1:51.08	17
5	Kaiser, Amy	60	University of San Francisco Ma-38	1:42.00	1:54.94	16
---	Chu, Regina	62	Get Fit Davis Swim Masters-38	2:15.00	DQ	

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

PAC: 2:44.38 # 7/12/2013 Laura B Val

NATL: 2:42.42 \$ 7/14/2018 BONNIE BILICH

1	Bilich, Bonnie	61	Walnut Creek Masters-38	2:42.50	2:45.44	21
	1:21.05	2:45.44 (1:24.39)				
2	O'Brien, Charlene	63	Walnut Creek Masters-38	3:18.45	3:11.70	19
	1:33.04	3:11.70 (1:38.66)				
3	Kahn, Mary	60	Davis Aquatic Masters-38	3:23.88	3:15.09	18
	1:37.30	3:15.09 (1:37.79)				
4	Quinn, Phyllis	64	The Olympic Club-38	3:35.00	3:38.69	17
	1:50.42	3:38.69 (1:48.27)				
5	Byrnes, Barbara	63	University of San Francisco Ma-38	4:00.00	3:58.82	16
	1:58.53	3:58.82 (2:00.29)				
6	Chu, Regina	62	Get Fit Davis Swim Masters-38	4:15.00	4:39.69	15
	2:14.13	4:39.69 (2:25.56)				
7	Johnson, Margo	64	University of San Francisco Ma-38	6:00.00	5:47.85	14
	2:52.17	5:47.85 (2:55.68)				

**Women 60-64 50 LC Meter Breaststroke**

PAC: 42.80 # 8/20/2017 Barbara C Wheeler

NATL: 39.02 \$ 8/19/2016 BETH ESTEL

1	Wheeler, Barbara	62	Tamalpais Aquatic Masters-38	45.00	42.70 #	21
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## 2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019

Sanction #: 389-S012

## Results

**(Women 60-64 50 LC Meter Breaststroke)**

2	Jakobi, Jessica	61	Tamalpais Aquatic Masters-38	50.00	45.11	19
3	Hayes-Rupp, Cynthia	62	Rolling Hills Mud Sharks-38	45.12	46.04	18
4	Sprouse, Cecily	63	Davis Aquatic Masters-38	45.60	48.73	17
5	Ogilvie, Carol	64	University of San Francisco Ma-38	54.00	49.47	16
6	Cericola, Patricia	62	University of San Francisco Ma-38	49.00	49.72	15
7	Stevens, Nina	61	Uc38-38	47.00	51.66	14

**Women 60-64 100 LC Meter Breaststroke**

PAC: 1:33.71 # 8/20/2017 Barbara C Wheeler

NATL: 1:27.24 \$ 8/18/2016 BETH ESTEL

1	Klein, Maria V	61	Mountain View Masters-38	2:01.50	1:45.00	21
2	Sprouse, Cecily	63	Davis Aquatic Masters-38	1:44.84	1:50.54	19
3	Nip, Carol	62	Albany Armada Aquatics Masters-38	1:52.28	1:51.34	18
4	Cericola, Patricia	62	University of San Francisco Ma-38	1:48.00	1:52.08	17
5	Johnson, Margo	64	University of San Francisco Ma-38	3:30.00	2:54.93	16

**Women 60-64 200 LC Meter Breaststroke**

PAC: 3:30.17 # 8/20/2017 Barbara C Wheeler

NATL: 3:08.07 \$ 6/29/2014 LO KNAPP

1	Bilich, Bonnie	61	Walnut Creek Masters-38	3:10.00	3:20.45 #	21
				1:36.78	3:20.45 (1:43.67)	
2	Ogilvie, Carol	64	University of San Francisco Ma-38	4:05.00	3:56.89	19
				1:55.14	3:56.89 (2:01.75)	
3	Sprouse, Cecily	63	Davis Aquatic Masters-38	3:56.18	3:59.75	18
				1:57.41	3:59.75 (2:02.34)	

**Women 60-64 50 LC Meter Butterfly**

PAC: 32.27 # 12/31/2012 Laura B Val

NATL: 31.27 \$ 7/31/2018 TRACI GRANGER

1	O'Brien, Charlene	63	Walnut Creek Masters-38	35.00	35.17	21
2	Klatzkin, Amy	63	University of San Francisco Ma-38	38.00	37.98	19
3	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	38.00	39.29	18
4	Ogilvie, Carol	64	University of San Francisco Ma-38	42.00	40.86	17
5	Klein, Maria V	61	Mountain View Masters-38	55.20	41.60	16
6	Cericola, Patricia	62	University of San Francisco Ma-38	44.00	44.64	15
7	Sprouse, Cecily	63	Davis Aquatic Masters-38	44.09	45.30	14
8	Stevens, Nina	61	Uc38-38	43.50	51.86	13
9	Kaiser, Amy	60	University of San Francisco Ma-38	45.00	51.93	12

**Women 60-64 100 LC Meter Butterfly**

PAC: 1:12.06 # 12/31/2011 Laura B Val

NATL: 1:12.06 \$ 8/4/2011 LAURA VAL

1	Klein, Maria V	61	Mountain View Masters-38	1:47.80	1:36.74	21
2	Sprouse, Cecily	63	Davis Aquatic Masters-38	1:52.02	1:47.33	19
3	Cericola, Patricia	62	University of San Francisco Ma-38	1:50.00	1:52.29	18

**Women 60-64 200 LC Meter Butterfly**

PAC: 2:41.03 # 12/31/2011 Laura B Val

NATL: 2:41.03 \$ 8/6/2011 LAURA VAL

1	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	3:45.58	3:48.74	21
				1:50.36	3:48.74 (1:58.38)	
2	Benjamin, Marcia	63	Marcia's Enthusiastic Masters-38	4:25.00	4:11.44	19
				2:02.20	4:11.44 (2:09.24)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 60-64 200 LC Meter Butterfly)**

3	Quinn, Phyllis	64	The Olympic Club-38	4:25.43	4:24.01	18
	2:10.04		4:24.01 (2:13.97)			

**Women 60-64 200 LC Meter IM**

PAC: 2:47.99 # 7/12/2013 Laura B Val

NATL: 2:47.99 \$ 7/14/2013 LAURA VAL

1	Bilich, Bonnie	61	Walnut Creek Masters-38	2:48.50	2:52.37	21
	1:19.08		2:52.37 (1:33.29)			
2	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	3:15.00	3:16.65	19
	1:31.96		3:16.65 (1:44.69)			
3	Klein, Maria V	61	Mountain View Masters-38	3:46.70	3:26.89	18
	1:41.66		3:26.89 (1:45.23)			
4	Ogilvie, Carol	64	University of San Francisco Ma-38	3:21.00	3:27.08	17
	1:43.17		3:27.08 (1:43.91)			
5	Cericola, Patricia	62	University of San Francisco Ma-38	3:20.00	3:42.41	16
	1:50.08		3:42.41 (1:52.33)			

**Women 60-64 400 LC Meter IM**

PAC: 5:56.27 # 12/31/2011 Laura B Val

NATL: 5:56.27 \$ 7/8/2011 LAURA VAL

1	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	7:08.00	7:06.02	21
	1:39.23		3:28.38 (1:49.15)	5:31.38 (2:03.00)	7:06.02 (1:34.64)	
2	Ogilvie, Carol	64	University of San Francisco Ma-38	7:25.00	7:18.29	19
	1:43.23		3:40.57 (1:57.34)	5:44.24 (2:03.67)	7:18.29 (1:34.05)	
3	Quinn, Phyllis	64	The Olympic Club-38	7:39.72	7:41.60	18
	1:56.15		3:55.53 (1:59.38)	6:03.92 (2:08.39)	7:41.60 (1:37.68)	
4	Byrnes, Barbara	63	University of San Francisco Ma-38	8:30.00	8:26.00	17
	2:08.30		4:13.77 (2:05.47)	6:34.07 (2:20.30)	8:26.00 (1:51.93)	

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

PAC: 29.92 # 8/21/2016 Laura B Val

NATL: 29.17 \$ 7/29/2018 LAURA VAL

1	Val, Laura	68	Tamalpais Aquatic Masters-38	33.00	30.35	21
2	Knapp, Lo D	65	Swim Utah-34	34.30	33.04	19
3	Taylor, Barbara G	65	Kona Aquatics-39	36.66	35.16	18
4	Guthrie, Sally	69	Davis Aquatic Masters-38	38.00	36.21	17
5	Hepworth, Linda	66	Rolling Hills Mud Sharks-38	35.78	37.21	16
6	Kessinger, Katy	65	Swim Utah-34	43.00	40.13	15
7	Singer, Molly	65	Marcia's Enthusiastic Masters-38	59.00	42.37	14
8	Thomas, Elaine	65	Mountain View Masters-38	48.00	43.90	13
9	Cohn, Darcy	68	University of San Francisco Ma-38	50.00	46.65	12

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

PAC: 1:05.00 # 8/20/2017 Laura B Val

NATL: 1:04.89 \$ 7/30/2018 LAURA VAL

1	Knapp, Lo D	65	Swim Utah-34	1:15.00	1:12.42	21
2	Guthrie, Sally	69	Davis Aquatic Masters-38	1:23.63	1:21.02	19
3	Hepworth, Linda	66	Rolling Hills Mud Sharks-38	1:23.09	1:24.73	18
4	Kessinger, Katy	65	Swim Utah-34	1:35.00	1:28.15	17
5	Zlotoff, Mara	67	Quicksilver-38	1:50.00	1:40.46	16
6	Thomas, Elaine	65	Mountain View Masters-38	1:46.75	1:41.46	15
7	Kloos, Michelle D	69	Walnut Creek Masters-38	1:40.00	1:44.25	14
8	Niccolls, Dorothy	66	University of San Francisco Ma-38	2:30.00	2:08.12	13

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 65-69 100 LC Meter Freestyle)**

9	Taub, Pamela	69	Walnut Creek Masters-38	2:25.00	2:15.84	12
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**Women 65-69 200 LC Meter Freestyle**

<b>PAC:</b>	<b>2:25.29</b>	<b>#</b>	<b>8/18/2016</b>	<b>Laura B Val</b>
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<b>NATL:</b>	<b>2:25.29</b>	<b>\$</b>	<b>8/18/2016</b>	<b>LAURA VAL</b>
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1	Guthrie, Sally	69	Davis Aquatic Masters-38	3:00.00	2:57.29	21
	1:26.05		2:57.29 (1:31.24)			
2	Zlotoff, Mara	67	Quicksilver-38	3:45.00	3:36.11	19
	1:41.54		3:36.11 (1:54.57)			
3	Dunn, Audrey J	66	University of San Francisco Ma-38	4:00.00	3:49.93	18
	1:54.39		3:49.93 (1:55.54)			

**Women 65-69 400 LC Meter Freestyle**

<b>PAC:</b>	<b>5:20.83</b>	<b>#</b>	<b>7/16/2017</b>	<b>Laura B Val</b>
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<b>NATL:</b>	<b>5:18.04</b>	<b>\$</b>	<b>7/15/2018</b>	<b>LAURA VAL</b>
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1	Val, Laura	68	Tamalpais Aquatic Masters-38	5:45.00	5:18.58#	21
	1:12.52		2:33.35 (1:20.83)	3:56.11 (1:22.76)	5:18.58 (1:22.47)	
2	Knapp, Lo D	65	Swim Utah-34	5:48.00	5:34.47	19
	1:19.64		2:45.73 (1:26.09)	4:11.03 (1:25.30)	5:34.47 (1:23.44)	
3	Guthrie, Sally	69	Davis Aquatic Masters-38	6:16.08	6:16.84	18
	1:29.72		3:06.41 (1:36.69)	4:42.53 (1:36.12)	6:16.84 (1:34.31)	
4	Kessinger, Katy	65	Swim Utah-34	7:00.00	6:27.95	17
	1:34.87		3:13.52 (1:38.65)	4:50.85 (1:37.33)	6:27.95 (1:37.10)	
5	Zlotoff, Mara	67	Quicksilver-38	7:40.00	7:17.22	16
	1:42.02		3:34.24 (1:52.22)	5:28.37 (1:54.13)	7:17.22 (1:48.85)	
6	Dunn, Audrey J	66	University of San Francisco Ma-38	8:00.00	7:54.74	15
	1:57.65		3:57.85 (2:00.20)	5:57.02 (1:59.17)	7:54.74 (1:57.72)	
7	Cohn, Darcy	68	University of San Francisco Ma-38	9:00.00	8:53.11	14
	2:05.35		4:23.25 (2:17.90)	6:40.13 (2:16.88)	8:53.11 (2:12.98)	
8	Niccolls, Dorothy	66	University of San Francisco Ma-38	10:00.00	9:18.86	13
	2:10.85		4:33.39 (2:22.54)	6:58.49 (2:25.10)	9:18.86 (2:20.37)	
9	Litman, Jacklyn	69	Ucsf Masters-38	10:30.00	9:45.46	12
	2:18.79		4:49.46 (2:30.67)	7:19.81 (2:30.35)	9:45.46 (2:25.65)	

**Women 65-69 800 LC Meter Freestyle**

<b>PAC:</b>	<b>10:49.60</b>	<b>#</b>	<b>7/16/2017</b>	<b>Laura B Val</b>
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<b>NATL:</b>	<b>10:49.60</b>	<b>\$</b>	<b>7/15/2017</b>	<b>LAURA VAL</b>
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1	Kessinger, Katy	65	Swim Utah-34	14:21.06	12:58.95	21
	1:35.42		3:13.72 (1:38.30)	4:52.11 (1:38.39)	6:30.46 (1:38.35)	
	8:08.66 (1:38.20)		9:46.87 (1:38.21)	11:24.31 (1:37.44)	12:58.95 (1:34.64)	
2	Finch, Merry	65	Kona Aquatics-39	12:14.46	13:05.93	19
	1:30.50		3:17.53 (1:47.03)	4:55.19 (1:37.66)	6:33.65 (1:38.46)	
	8:12.44 (1:38.79)		9:51.12 (1:38.68)	11:29.28 (1:38.16)	13:05.93 (1:36.65)	
3	Dunn, Audrey J	66	University of San Francisco Ma-38	16:00.00	16:05.18	18
	1:57.99		3:58.26 (2:00.27)	5:57.61 (1:59.35)	7:58.65 (2:01.04)	
	10:01.68 (2:03.03)		12:04.93 (2:03.25)	14:06.33 (2:01.40)	16:05.18 (1:58.85)	
4	Niccolls, Dorothy	66	University of San Francisco Ma-38	20:00.00	19:17.51	17
	2:11.92		4:38.13 (2:26.21)	7:05.08 (2:26.95)	9:31.13 (2:26.05)	
	11:56.77 (2:25.64)		14:25.82 (2:29.05)	16:52.61 (2:26.79)	19:17.51 (2:24.90)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 65-69 1500 LC Meter Freestyle****PAC: 21:00.15 # 7/24/2016 Laura B Val****NATL: 21:00.15 \$ 7/22/2016 LAURA VAL**

1	Guthrie, Sally	69	Davis Aquatic Masters-38	24:36.84	24:31.61	21
	1:31.55	3:07.97 (1:36.42)	4:46.11 (1:38.14)	6:24.91 (1:38.80)		
	8:02.50 (1:37.59)	9:41.48 (1:38.98)	11:20.05 (1:38.57)	12:58.94 (1:38.89)		
	14:38.21 (1:39.27)	16:17.10 (1:38.89)	17:56.40 (1:39.30)	19:36.53 (1:40.13)		
	21:16.51 (1:39.98)	22:55.88 (1:39.37)	24:31.61 (1:35.73)			
2	Willard, Mimi	66	Uc38-38	26:24.15	26:30.58	19
	1:38.38	3:24.23 (1:45.85)	5:10.72 (1:46.49)	6:57.81 (1:47.09)		
	8:45.71 (1:47.90)	10:32.49 (1:46.78)	12:18.77 (1:46.28)	14:05.44 (1:46.67)		
	15:52.05 (1:46.61)	17:38.86 (1:46.81)	19:25.67 (1:46.81)	21:12.75 (1:47.08)		
	23:00.06 (1:47.31)	24:45.85 (1:45.79)	26:30.58 (1:44.73)			
3	Zlotoff, Mara	67	Quicksilver-38	28:10.00	28:42.81	18
	1:44.79	3:39.76 (1:54.97)	5:34.52 (1:54.76)	7:29.73 (1:55.21)		
	9:24.55 (1:54.82)	11:19.96 (1:55.41)	13:14.62 (1:54.66)	15:10.88 (1:56.26)		
	17:06.15 (1:55.27)	19:01.70 (1:55.55)	20:58.39 (1:56.69)	22:55.72 (1:57.33)		
	24:52.07 (1:56.35)	26:49.10 (1:57.03)	28:42.81 (1:53.71)			
4	Dunn, Audrey J	66	University of San Francisco Ma-38	31:00.00	30:41.73	17
	1:55.03	3:56.48 (2:01.45)	5:57.59 (2:01.11)	7:59.54 (2:01.95)		
	10:02.12 (2:02.58)	12:05.62 (2:03.50)	14:08.80 (2:03.18)	16:13.32 (2:04.52)		
	18:18.54 (2:05.22)	20:22.88 (2:04.34)	22:28.06 (2:05.18)	24:32.01 (2:03.95)		
	26:36.81 (2:04.80)	28:40.45 (2:03.64)	30:41.73 (2:01.28)			
5	Kloos, Michelle D	69	Walnut Creek Masters-38	32:57.13	33:07.68	16
	2:00.14	4:09.79 (2:09.65)	6:19.45 (2:09.66)	8:30.15 (2:10.70)		
	10:42.20 (2:12.05)	12:56.79 (2:14.59)	15:10.02 (2:13.23)	17:24.27 (2:14.25)		
	19:40.88 (2:16.61)	21:55.82 (2:14.94)	24:11.35 (2:15.53)	26:27.31 (2:15.96)		
	28:43.81 (2:16.50)	30:56.40 (2:12.59)	33:07.68 (2:11.28)			
6	Nakell, Linda	68	Walnut Creek Masters-38	40:00.00	37:23.62	15
	2:14.55	4:43.87 (2:29.32)	7:13.07 (2:29.20)	9:42.96 (2:29.89)		
	12:10.40 (2:27.44)	14:37.16 (2:26.76)	17:03.14 (2:25.98)	19:30.24 (2:27.10)		
	21:59.97 (2:29.73)	24:30.29 (2:30.32)	27:00.71 (2:30.42)	29:32.55 (2:31.84)		
	32:14.28 (2:41.73)	34:48.92 (2:34.64)	37:23.62 (2:34.70)			
7	Niccolls, Dorothy	66	University of San Francisco Ma-38	38:00.00	38:33.95	14
	2:17.38	4:50.15 (2:32.77)	7:24.89 (2:34.74)	9:59.09 (2:34.20)		
	12:32.74 (2:33.65)	15:06.12 (2:33.38)	17:40.29 (2:34.17)	20:15.66 (2:35.37)		
	22:54.17 (2:38.51)	25:30.87 (2:36.70)	28:09.88 (2:39.01)	30:47.47 (2:37.59)		
	33:24.60 (2:37.13)	36:00.87 (2:36.27)	38:33.95 (2:33.08)			

**Women 65-69 50 LC Meter Backstroke****PAC: 34.46 # 8/20/2017 Laura B Val****NATL: 33.59 \$ 8/2/2018 LAURA VAL**

1	Knapp, Lo D	65	Swim Utah-34	42.00	40.83	21
2	Hepworth, Linda	66	Rolling Hills Mud Sharks-38	47.44	45.73	19
3	Cohn, Darcy	68	University of San Francisco Ma-38	1:10.00	1:02.69	18

**Women 65-69 100 LC Meter Backstroke****PAC: 1:15.66 # 8/20/2017 Laura B Val****NATL: 1:14.49 \$ 7/31/2018 LAURA VAL**

1	Hepworth, Linda	66	Rolling Hills Mud Sharks-38	1:36.25	1:39.58	21
2	Willard, Mimi	66	Uc38-38	1:46.10	1:48.04	19
3	Thomas, Elaine	65	Mountain View Masters-38	2:05.00	1:57.50	18
4	Dunn, Audrey J	66	University of San Francisco Ma-38	3:00.00	2:18.86	17
5	Niccolls, Dorothy	66	University of San Francisco Ma-38	2:50.00	2:22.75	16
6	Taub, Pamela	69	Walnut Creek Masters-38	2:40.00	2:32.11	15

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 65-69 200 LC Meter Backstroke****PAC: 2:49.39 # 8/21/2016 Laura B Val****NATL: 2:49.39 \$ 8/21/2016 LAURA VAL**

1	Val, Laura	68	Tamalpais Aquatic Masters-38	3:05.00	2:53.52	21
	1:23.33	2:53.52 (1:30.19)				
2	Hepworth, Linda	66	Rolling Hills Mud Sharks-38	3:32.45	3:38.33	19
	1:47.51	3:38.33 (1:50.82)				
3	Thomas, Elaine	65	Mountain View Masters-38	4:21.84	4:10.26	18
	2:03.11	4:10.26 (2:07.15)				
4	Dunn, Audrey J	66	University of San Francisco Ma-38	5:00.00	4:46.22	17

**Women 65-69 50 LC Meter Breaststroke****PAC: 43.95 # 12/31/2009 Daniela Barnea****NATL: 41.93 \$ 8/19/2016 DOT MUNGER**

1	Knapp, Lo D	65	Swim Utah-34	43.50	43.42 #	21
2	Val, Laura	68	Tamalpais Aquatic Masters-38	46.00	45.19	19
3	Hepworth, Linda	66	Rolling Hills Mud Sharks-38	1:01.74	57.17	18
4	Cohn, Darcy	68	University of San Francisco Ma-38	1:15.00	59.78	17
5	Kloos, Michelle D	69	Walnut Creek Masters-38	57.97	59.84	16

**Women 65-69 100 LC Meter Breaststroke****PAC: 1:40.69 # 12/31/2009 Daniela Barnea****NATL: 1:33.32 \$ 8/4/2018 CHARLOTTE DAVIS**

1	Knapp, Lo D	65	Swim Utah-34	1:35.50	1:32.30 \$	21
2	Finch, Merry	65	Kona Aquatics-39	1:44.93	1:54.61	19
3	Cohn, Darcy	68	University of San Francisco Ma-38	2:40.00	2:20.02	18

**Women 65-69 200 LC Meter Breaststroke****PAC: 3:32.45 # 12/31/2009 Daniela Barnea****NATL: 3:26.98 \$ 8/28/2005 JOANN LEILICH**

1	Knapp, Lo D	65	Swim Utah-34	3:24.00	3:19.08 \$	21
	1:37.25	3:19.08 (1:41.83)				
2	Willard, Mimi	66	Uc38-38	4:14.30	4:19.97	19
	2:06.47	4:19.97 (2:13.50)				
3	Zlotoff, Mara	67	Quicksilver-38	4:45.00	4:49.46	18
	2:20.36	4:49.46 (2:29.10)				
4	Dunn, Audrey J	66	University of San Francisco Ma-38	5:00.00	5:19.71	17
	2:38.69	5:19.71 (2:41.02)				

**Women 65-69 50 LC Meter Butterfly****PAC: 33.68 # 8/3/2017 Laura B Val****NATL: 33.34 \$ 7/15/2018 LAURA VAL**

1	Val, Laura	68	Tamalpais Aquatic Masters-38	35.00	34.02	21
2	Kessinger, Katy	65	Swim Utah-34	50.00	45.25	19
3	Hepworth, Linda	66	Rolling Hills Mud Sharks-38	45.13	45.30	18
4	Palmer, Teddy	65	Manatee Aquatic Masters Inc-38	56.47	57.42	17
5	Taub, Pamela	69	Walnut Creek Masters-38	1:25.00	1:21.84	16

**Women 65-69 100 LC Meter Butterfly****PAC: 1:13.70 # 8/18/2016 Laura B Val****NATL: 1:13.70 \$ 8/18/2016 LAURA VAL**

1	Val, Laura	68	Tamalpais Aquatic Masters-38	1:22.00	1:15.88	21
2	Guthrie, Sally	69	Davis Aquatic Masters-38	1:41.97	1:41.38	19
3	Taylor, Barbara G	65	Kona Aquatics-39	1:40.97	1:44.53	18

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 65-69 200 LC Meter IM****PAC: 2:54.16 # 7/24/2016 Laura B Val****NATL: 2:54.16 \$ 7/24/2016 LAURA VAL**

1	Willard, Mimi	66	Uc38-38	4:05.10	3:56.00	21
	1:58.82	3:56.00 (1:57.18)				
2	Thomas, Elaine	65	Mountain View Masters-38	4:35.00	4:28.71	19
	2:07.22	4:28.71 (2:21.49)				
3	Cohn, Darcy	68	University of San Francisco Ma-38	5:10.00	4:56.55	18
	2:33.21	4:56.55 (2:23.34)				
4	Taub, Pamela	69	Walnut Creek Masters-38	5:50.00	5:43.25	17
	2:43.38	5:43.25 (2:59.87)				

**Women 65-69 400 LC Meter IM****PAC: 7:13.98 # 12/31/2009 Daniela Barnea****NATL: 6:27.46 \$ 5/17/2019 PENNY NOYES**

1	Val, Laura	68	Tamalpais Aquatic Masters-38	6:50.00	6:15.15\$	21
	1:18.72	2:53.63 (1:34.91)	4:52.73 (1:59.10)	6:15.15 (1:22.42)		
2	Guthrie, Sally	69	Davis Aquatic Masters-38	7:31.82	7:44.64	19
	1:48.72	3:51.12 (2:02.40)	6:04.51 (2:13.39)	7:44.64 (1:40.13)		

**Women 70-74 50 LC Meter Freestyle****PAC: 34.45 # 8/20/2017 Ruth Y Shaps****NATL: 32.89 \$ 7/22/2018 MARGARET TOPPEL**

1	Shaps, Ruth	72	Manatee Aquatic Masters Inc-38	36.00	35.75	21
2	Boettler, Lori	73	Walnut Creek Masters-38	41.16	41.24	19
3	Tevis, Maggie	71	Rolling Hills Mud Sharks-38	43.44	43.00	18
4	Rothrock, Gretchen A	70	Walnut Creek Masters-38	48.00	50.43	17
5	Iwamoto, Mizuho	71	Davis Aquatic Masters-38	50.94	52.13	16
6	Thursby, Nancy L	72	Walnut Creek Masters-38	51.93	53.13	15

**Women 70-74 100 LC Meter Freestyle****PAC: 1:17.96 # 7/16/2017 Ruth Y Shaps****NATL: 1:15.30 \$ 8/4/2017 UUSTAL\UUSTAL**

1	Shaps, Ruth	72	Manatee Aquatic Masters Inc-38	1:21.00	1:20.30	21
2	Boettler, Lori	73	Walnut Creek Masters-38	1:36.52	1:38.06	19
3	Coholan, Annette	71	Rolling Hills Mud Sharks-38	1:48.84	1:47.73	18
4	Rothrock, Gretchen A	70	Walnut Creek Masters-38	1:45.00	1:55.64	17
5	Iwamoto, Mizuho	71	Davis Aquatic Masters-38	1:58.71	2:00.16	16

**Women 70-74 200 LC Meter Freestyle****PAC: 2:55.91 # 7/15/2017 Ruth Y Shaps****NATL: 2:46.63 \$ 8/27/2016 DIANN UUSTAL**

1	Shaps, Ruth	72	Manatee Aquatic Masters Inc-38	3:00.00	3:06.97	21
	1:29.89	3:06.97 (1:37.08)				
2	Coholan, Annette	71	Rolling Hills Mud Sharks-38	3:45.00	3:45.09	19
	1:51.30	3:45.09 (1:53.79)				
3	Iwamoto, Mizuho	71	Davis Aquatic Masters-38	4:19.29	4:22.78	18
	2:10.33	4:22.78 (2:12.45)				

**Women 70-74 400 LC Meter Freestyle****PAC: 6:36.90 # 12/31/1999 Gail Roper****NATL: 6:06.16 \$ 8/4/2018 CAROLYN BOAK**

1	Shaps, Ruth	72	Manatee Aquatic Masters Inc-38	6:35.00	6:27.90 #	21
	1:31.69	3:12.69 (1:41.00)	4:51.63 (1:38.94)	6:27.90 (1:36.27)		

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 70-74 400 LC Meter Freestyle)**

2	Scott, Stephanie	72	Walnut Creek Masters-38	7:14.00	7:15.18	19
	1:40.20	3:33.60 (1:53.40)	5:26.48 (1:52.88)	7:15.18 (1:48.70)		
3	Coholan, Annette	71	Rolling Hills Mud Sharks-38	7:45.44	7:37.13	18
	1:49.50	3:45.36 (1:55.86)	5:43.17 (1:57.81)	7:37.13 (1:53.96)		
4	Iwamoto, Mizuho	71	Davis Aquatic Masters-38	9:11.70	9:15.28	17
	2:16.08	4:37.55 (2:21.47)	6:57.09 (2:19.54)	9:15.28 (2:18.19)		
5	Campbell, Martha	71	University of San Francisco Ma-38	12:00.00	11:14.45	16
	2:42.49	5:30.98 (2:48.49)	8:23.40 (2:52.42)	11:14.45 (2:51.05)		

**Women 70-74 800 LC Meter Freestyle****PAC: 13:54.25 # 8/20/2017 Linda R Shoenberg****NATL: 12:35.14 \$ 8/15/2004 LAVELLE STOINOFF**

1	Scott, Stephanie	72	Walnut Creek Masters-38	14:45.74	14:35.92	21
	1:40.91	3:34.62 (1:53.71)	5:27.14 (1:52.52)	7:17.74 (1:50.60)		
	9:08.62 (1:50.88)	11:00.12 (1:51.50)	12:49.19 (1:49.07)	14:35.92 (1:46.73)		
2	Coholan, Annette	71	Rolling Hills Mud Sharks-38	16:10.44	16:03.55	19
	1:55.23	3:55.82 (2:00.59)	5:58.01 (2:02.19)	7:59.78 (2:01.77)		
	10:01.57 (2:01.79)	12:03.72 (2:02.15)	14:05.17 (2:01.45)	16:03.55 (1:58.38)		
3	Iwamoto, Mizuho	71	Davis Aquatic Masters-38	20:00.00	19:19.38	18
	2:21.25	4:48.92 (2:27.67)	7:13.90 (2:24.98)	9:40.01 (2:26.11)		
	12:05.86 (2:25.85)	14:32.44 (2:26.58)	16:56.16 (2:23.72)	19:19.38 (2:23.22)		

**Women 70-74 1500 LC Meter Freestyle****PAC: 26:42.94 # 12/31/2002 Gail Roper****NATL: 24:14.23 \$ 7/14/2018 MARCIA BARRY**

1	Scott, Stephanie	72	Walnut Creek Masters-38	27:43.00	27:36.63	21
	1:40.49	3:32.15 (1:51.66)	5:24.24 (1:52.09)	7:18.40 (1:54.16)		
	9:10.40 (1:52.00)	11:02.69 (1:52.29)	12:52.33 (1:49.64)	14:43.50 (1:51.17)		
	16:32.95 (1:49.45)	18:24.37 (1:51.42)	20:14.90 (1:50.53)	22:04.79 (1:49.89)		
	23:55.29 (1:50.50)	25:45.75 (1:50.46)	27:36.63 (1:50.88)			
2	Coholan, Annette	71	Rolling Hills Mud Sharks-38	30:00.00	30:12.50	19
	1:52.02	3:50.39 (1:58.37)	5:49.25 (1:58.86)	7:48.56 (1:59.31)		
	9:48.53 (1:59.97)	11:48.63 (2:00.10)	13:49.35 (2:00.72)	15:51.81 (2:02.46)		
	17:54.88 (2:03.07)	19:58.27 (2:03.39)	22:02.01 (2:03.74)	24:04.90 (2:02.89)		
	26:08.90 (2:04.00)	28:13.05 (2:04.15)	30:12.50 (1:59.45)			
3	Pashelinsky, Erin	72	University of San Francisco Ma-38	36:00.00	34:06.45	18
	2:00.97	4:14.70 (2:13.73)	6:29.51 (2:14.81)	8:44.21 (2:14.70)		
	10:59.58 (2:15.37)	13:15.08 (2:15.50)	15:31.26 (2:16.18)	17:48.14 (2:16.88)		
	20:05.87 (2:17.73)	22:22.61 (2:16.74)	24:41.22 (2:18.61)	27:00.22 (2:19.00)		
	29:28.50 (2:28.28)	31:49.78 (2:21.28)	34:06.45 (2:16.67)			

**Women 70-74 50 LC Meter Backstroke****PAC: 42.94 # 8/20/2017 Ruth Y Shaps****NATL: 39.11 \$ 8/4/2017 DIANN UUSTAL**

1	Shaps, Ruth	72	Manatee Aquatic Masters Inc-38	49.00	46.59	21
2	Tevis, Maggie	71	Rolling Hills Mud Sharks-38	53.00	55.53	19
3	Rothrock, Gretchen A	70	Walnut Creek Masters-38	1:08.00	1:06.47	18
4	Campbell, Martha	71	University of San Francisco Ma-38	1:15.00	1:12.84	17
5	Thursby, Nancy L	72	Walnut Creek Masters-38	1:10.80	1:15.46	16
6	Iwamoto, Mizuho	71	Davis Aquatic Masters-38	1:10.22	1:19.09	15

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1	Shaps, Ruth	72	Manatee Aquatic Masters Inc-38	1:45.00	1:39.09 #	21
2	Tevis, Maggie	71	Rolling Hills Mud Sharks-38	2:02.85	2:05.66	19
3	Waksberg, Arlene	74	University of San Francisco Ma-38	2:05.00	2:06.41	18
4	Campbell, Martha	71	University of San Francisco Ma-38	2:31.00	2:29.46	17

**Women 70-74 200 LC Meter Backstroke****PAC: 3:47.59 # 12/31/2006 Ann Kay****NATL: 3:14.66 \$ 8/5/2017 DIANN UUSTAL**

1	Shaps, Ruth	72	Manatee Aquatic Masters Inc-38	3:55.00	3:37.55 #	21
	1:47.88		3:37.55 (1:49.67)			
2	Tevis, Maggie	71	Rolling Hills Mud Sharks-38	4:14.00	4:29.41	19
	2:14.12		4:29.41 (2:15.29)			
3	Campbell, Martha	71	University of San Francisco Ma-38	5:30.00	5:34.50	18
	2:44.20		5:34.50 (2:50.30)			

**Women 70-74 50 LC Meter Breaststroke****PAC: 47.11 # 8/8/2015 Daniela Barnea****NATL: 43.19 \$ 8/3/2018 DANA BROWN**

1	Waksberg, Arlene	74	University of San Francisco Ma-38	1:05.00	1:01.69	21
2	Tevis, Maggie	71	Rolling Hills Mud Sharks-38	55.00	1:04.98	19
3	Iwamoto, Mizuho	71	Davis Aquatic Masters-38	1:05.15	1:12.10	18

**Women 70-74 100 LC Meter Breaststroke****PAC: 1:43.02 # 8/9/2014 Daniela Barnea****NATL: 1:38.78 \$ 7/18/2009 JOANN LEILICH**

1	Coholan, Annette	71	Rolling Hills Mud Sharks-38	2:08.75	2:19.05	21
2	Thursby, Nancy L	72	Walnut Creek Masters-38	2:41.01	2:45.57	19
3	Campbell, Martha	71	University of San Francisco Ma-38	3:30.00	3:27.34	18

**Women 70-74 200 LC Meter Breaststroke****PAC: 3:46.33 # 8/8/2015 Daniela Barnea****NATL: 3:34.49 \$ 8/20/2011 JOANN LEILICH**

1	Scott, Stephanie	72	Walnut Creek Masters-38	4:23.00	4:33.29	21
	2:12.23		4:33.29 (2:21.06)			
2	Coholan, Annette	71	Rolling Hills Mud Sharks-38	4:40.12	4:54.51	19
	2:22.61		4:54.51 (2:31.90)			

**Women 70-74 50 LC Meter Butterfly****PAC: 40.00 # 8/20/2017 Ruth Y Shaps****NATL: 35.02 \$ 8/5/2017 DIANN UUSTAL**

1	Boettler, Lori	73	Walnut Creek Masters-38	49.29	51.88	21
2	Tevis, Maggie	71	Rolling Hills Mud Sharks-38	58.90	1:00.18	19

**Women 70-74 200 LC Meter Butterfly****PAC: 3:47.65 # 6/29/2014 Daniela Barnea****NATL: 3:37.41 \$ 7/24/2016 MARGOT PETTIJOHN**

1	Scott, Stephanie	72	Walnut Creek Masters-38	5:17.84	5:17.45	21
	2:31.22		5:17.45 (2:46.23)			



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1	Scott, Stephanie	72	Walnut Creek Masters-38	4:15.00	4:14.44	21
	2:09.99		4:14.44 (2:04.45)			

**Women 70-74 400 LC Meter IM****PAC: 7:32.26 # 6/28/2014 Daniela Barnea****NATL: 7:16.18 \$ 6/26/2016 MARGOT PETTIJOHN**

1	Scott, Stephanie	72	Walnut Creek Masters-38	8:48.30	8:59.33	21
	2:24.52		4:44.00 (2:19.48)	7:09.83 (2:25.83)	8:59.33 (1:49.50)	

**Women 75-79 50 LC Meter Freestyle****PAC: 39.79 # 8/20/2017 Nancy J Ridout****NATL: 36.87 \$ 8/15/2005 GAIL ROPER**

1	Ridout, Nancy	77	Tamalpais Aquatic Masters-38	40.59	42.69	21
2	Westergaard, Leslie M	76	Davis Aquatic Masters-38	51.58	53.24	19
3	Norris, Roswita	77	Davis Aquatic Masters-38	1:20.01	1:13.04	18

**Women 75-79 100 LC Meter Freestyle****PAC: 1:33.25 # 12/31/1998 Margery Meyer****NATL: 1:26.36 \$ 7/31/2005 GAIL ROPER**

1	Westergaard, Leslie M	76	Davis Aquatic Masters-38	1:49.26	1:54.29	21
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**Women 75-79 200 LC Meter Freestyle****PAC: 3:24.84 # 12/31/1998 Margery Meyer****NATL: 3:13.24 \$ 7/31/2005 GAIL ROPER**

1	Ridout, Nancy	77	Tamalpais Aquatic Masters-38	3:42.50	3:47.83	21
	1:49.47		3:47.83 (1:58.36)			
2	Westergaard, Leslie M	76	Davis Aquatic Masters-38	3:55.29	4:06.77	19
	1:58.90		4:06.77 (2:07.87)			

**Women 75-79 400 LC Meter Freestyle****PAC: 7:16.82 # 12/31/1998 Margery Meyer****NATL: 6:55.62 \$ 8/11/2002 JEAN TROY**

1	Ridout, Nancy	77	Tamalpais Aquatic Masters-38	7:58.00	8:03.20	21
	1:55.09		3:59.24 (2:04.15)	6:04.55 (2:05.31)	8:03.20 (1:58.65)	
2	Long, Anne B	77	University of San Francisco Ma-38	7:50.00	8:43.18	19
	2:08.82		4:22.67 (2:13.85)	6:36.32 (2:13.65)	8:43.18 (2:06.86)	

**Women 75-79 1500 LC Meter Freestyle****PAC: 28:38.34 # 12/31/1998 Margery Meyer****NATL: 27:09.75 \$ 8/17/2003 JEAN TROY**

1	Long, Anne B	77	University of San Francisco Ma-38	35:10.00	32:27.84	21
	2:03.45		4:12.09 (2:08.64)	6:20.96 (2:08.87)	8:31.22 (2:10.26)	
	10:41.32 (2:10.10)		12:52.80 (2:11.48)	15:03.35 (2:10.55)	17:13.34 (2:09.99)	
	19:23.75 (2:10.41)		21:33.96 (2:10.21)	23:44.75 (2:10.79)	25:55.75 (2:11.00)	
	28:07.93 (2:12.18)		30:19.68 (2:11.75)	32:27.84 (2:08.16)		
2	Westergaard, Leslie M	76	Davis Aquatic Masters-38	33:30.89	33:04.82	19
	2:02.44		4:16.18 (2:13.74)	6:29.13 (2:12.95)	8:43.26 (2:14.13)	
	10:56.48 (2:13.22)		13:10.23 (2:13.75)	15:23.18 (2:12.95)	17:36.29 (2:13.11)	
	19:48.27 (2:11.98)		22:01.32 (2:13.05)	24:13.99 (2:12.67)	26:27.19 (2:13.20)	
	28:40.61 (2:13.42)		30:52.75 (2:12.14)	33:04.82 (2:12.07)		

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 75-79 50 LC Meter Backstroke**

PAC: 49.98 # 12/31/1999 Margery Meyer

NATL: 44.43 \$ 8/23/1999 DORIS STEADMAN

1	Westergaard, Leslie M	76	Davis Aquatic Masters-38	52.25	56.24	21
2	Chaitkin, Lauren	75	University of San Francisco Ma-38	1:10.00	1:06.86	19

**Women 75-79 100 LC Meter Backstroke**

PAC: 1:55.08 # 12/31/2008 Ann M Hirsch

NATL: 1:39.06 \$ 8/23/1999 DORIS STEADMAN

1	Westergaard, Leslie M	76	Davis Aquatic Masters-38	1:53.51	1:59.01	21
2	Norris, Roswita	77	Davis Aquatic Masters-38	2:27.79	2:30.89	19

**Women 75-79 200 LC Meter Backstroke**

PAC: 4:08.98 # 12/31/2006 Ann M Hirsch

NATL: 3:39.41 \$ 8/23/1999 DORIS STEADMAN

1	Westergaard, Leslie M	76	Davis Aquatic Masters-38	4:04.80	4:02.85 #	21
	1:59.24		4:02.85 (2:03.61)			
2	Chaitkin, Lauren	75	University of San Francisco Ma-38	5:25.00	5:12.51	19
	2:33.27		5:12.51 (2:39.24)			
3	Norris, Roswita	77	Davis Aquatic Masters-38	5:11.76	5:16.20	18
	2:35.57		5:16.20 (2:40.63)			

**Women 75-79 50 LC Meter Breaststroke**

PAC: 51.55 # 12/31/2008 Ann M Hirsch

NATL: 47.10 \$ 7/19/2014 JOANN LEILICH

1	Barnea, Daniela	75	Stanford Masters Swimming-38	54.15	47.25 #	21
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**Women 75-79 100 LC Meter Breaststroke**

PAC: 1:50.28 # 12/31/2006 Ann M Hirsch

NATL: 1:42.18 \$ 8/15/2014 JOANN LEILICH

1	Barnea, Daniela	75	Stanford Masters Swimming-38	1:54.15	1:44.40 #	21
---	Norris, Roswita	77	Davis Aquatic Masters-38	2:51.25	DQ	

**Women 75-79 200 LC Meter Breaststroke**

PAC: 3:59.30 # 12/31/2006 Ann M Hirsch

NATL: 3:40.84 \$ 7/19/2014 JOANN LEILICH

1	Barnea, Daniela	75	Stanford Masters Swimming-38	3:55.35	3:51.01 #	21
	1:53.32		3:51.01 (1:57.69)			
2	Norris, Roswita	77	Davis Aquatic Masters-38	5:48.89	5:59.18	19
	3:00.35		5:59.18 (2:58.83)			

**Women 75-79 100 LC Meter Butterfly**

PAC: 1:58.90 # 12/31/2004 Ann M Hirsch

NATL: 1:52.12 \$ 8/6/2014 MARY ANN CASE

1	Barnea, Daniela	75	Stanford Masters Swimming-38	1:58.30	1:50.84 \$	21
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**Women 75-79 200 LC Meter Butterfly**

PAC: 4:29.94 # 12/31/2006 Ann M Hirsch

NATL: 4:10.69 \$ 6/24/2001 JUNE KRAUSER

1	Barnea, Daniela	75	Stanford Masters Swimming-38	4:05.10	4:00.75 \$	21
	1:54.22		4:00.75 (2:06.53)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 75-79 200 LC Meter IM**

PAC: 3:57.16 # 12/31/2008 Ann M Hirsch

NATL: 3:48.34 \$ 6/22/2014 JOANN LEILICH

1	Barnea, Daniela	75	Stanford Masters Swimming-38	3:48.20	3:38.23\$	21
	1:47.80	3:38.23 (1:50.43)				
2	Norris, Roswita	77	Davis Aquatic Masters-38	5:58.54	6:04.76	19
	3:13.24	6:04.76 (2:51.52)				

**Women 75-79 400 LC Meter IM**

PAC: 8:10.16 # 12/31/2006 Ann M Hirsch

NATL: 7:51.71 \$ 6/10/2001 JUNE KRAUSER

1	Barnea, Daniela	75	Stanford Masters Swimming-38	8:05.10	7:47.09\$	21
2	Long, Anne B	77	University of San Francisco Ma-38	10:30.00	10:03.29	19
	2:48.12	5:19.45 (2:31.33)	7:58.31 (2:38.86)	10:03.29 (2:04.98)		
3	Norris, Roswita	77	Davis Aquatic Masters-38	11:44.43	12:29.20	18
	3:37.57	6:25.72 (2:48.15)	9:40.46 (3:14.74)	12:29.20 (2:48.74)		

**Women 80-84 50 LC Meter Freestyle**

PAC: 42.29 # 12/31/2002 Margery Meyer

NATL: 38.64 \$ 3/7/2009 GAIL ROPER

1	Wood, Caroline	84	Walnut Creek Masters-38	58.74	53.14	21
2	Munn, Susan	81	Davis Aquatic Masters-38	1:40.09	58.26	19
3	Hagiwara, Tanako	81	University of San Francisco Ma-38	1:30.00	1:10.43	18

**Women 80-84 100 LC Meter Freestyle**

PAC: 1:37.78 # 12/31/2002 Margery Meyer

NATL: 1:27.55 \$ 3/7/2009 GAIL ROPER

1	Munn, Susan	81	Davis Aquatic Masters-38	2:04.03	1:55.81	21
2	Hagiwara, Tanako	81	University of San Francisco Ma-38	3:15.00	2:32.66	19
3	Olson, Jeannine	80	Rinconada Masters-38	2:29.44	2:34.21	18

**Women 80-84 200 LC Meter Freestyle**

PAC: 3:37.14 # 12/31/2003 Margery Meyer

NATL: 3:27.26 \$ 6/10/2007 JEAN TROY

1	Munn, Susan	81	Davis Aquatic Masters-38	4:50.20	4:13.86	21
	2:01.65	4:13.86 (2:12.21)				

**Women 80-84 400 LC Meter Freestyle**

PAC: 7:38.37 # 12/31/2002 Margery Meyer

NATL: 7:24.53 \$ 6/10/2007 JEAN TROY

1	Hagiwara, Tanako	81	University of San Francisco Ma-38	11:00.00	10:50.44	21
	2:38.69	5:24.37 (2:45.68)	8:09.04 (2:44.67)	10:50.44 (2:41.40)		

**Women 80-84 50 LC Meter Backstroke**

PAC: 49.40 # 8/18/2002 Margery Meyer

NATL: 46.39 \$ 3/29/2002 BUNNY CEDERLUND

1	Munn, Susan	81	Davis Aquatic Masters-38	1:15.15	1:09.07	21
2	Hagiwara, Tanako	81	University of San Francisco Ma-38	2:00.00	1:30.16	19

**Women 80-84 100 LC Meter Backstroke**

PAC: 2:01.67 # 12/31/1999 Marjorie Sharpe

NATL: 1:47.29 \$ 8/7/2009 BETTY LORENZI

1	Munn, Susan	81	Davis Aquatic Masters-38	2:40.05	2:28.38	21
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**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 80-84 200 LC Meter Backstroke**

PAC: 4:18.32 # 7/23/2016 Miek Mc Cubbin

NATL: 3:53.12 \$ 3/13/2010 BETTY LORENZI

---	Munn, Susan	81	Davis Aquatic Masters-38	4:24.55		DQ
	2:40.24		DQ (2:48.12)			

**Women 80-84 50 LC Meter Breaststroke**

PAC: 53.40 # 12/31/2011 Ann M Hirsch

NATL: 51.37 \$ 8/11/2018 ANNE WILLIAMS

1	Olson, Jeannine	80	Rinconada Masters-38	1:26.56	1:35.04	21
2	Hagiwara, Tanako	81	University of San Francisco Ma-38	2:30.00	1:39.94	19

**Women 80-84 200 LC Meter Breaststroke**

PAC: 4:17.64 # 12/31/2011 Ann M Hirsch

NATL: 4:01.19 \$ 6/30/2019 JOANN LEILICH

1	Olson, Jeannine	80	Rinconada Masters-38	6:09.86	7:13.29	21
	3:32.43		7:13.29 (3:40.86)			

**Women 80-84 50 LC Meter Butterfly**

PAC: 57.63 # 12/31/2012 Ann M Hirsch

NATL: 47.37 \$ 3/7/2009 GAIL ROPER

1	Munn, Susan	81	Davis Aquatic Masters-38	1:40.40	1:08.41	21
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**Women 80-84 200 LC Meter IM**

PAC: 4:18.27 # 12/31/2011 Ann M Hirsch

NATL: 4:18.27 \$ 7/10/2011 ANN HIRSCH

---	Olson, Jeannine	80	Rinconada Masters-38	5:49.78		DQ
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**Women 85-89 50 LC Meter Freestyle**

PAC: 46.72 # 12/31/2009 Margery Meyer

NATL: 44.97 \$ 7/15/2012 JEAN TROY

1	Kay, Ann	85	Menlo Masters-38	57.14	53.16	21
2	Hirsch, Ann	88	Walnut Creek Masters-38	1:15.00	1:12.96	19

**Women 85-89 100 LC Meter Freestyle**

PAC: 1:48.02 # 12/31/2007 Margery Meyer

NATL: 1:43.68 \$ 6/9/2012 JEAN TROY

1	Callison, Barbara	86	Rinconada Masters-38	2:10.00	2:12.48	21
2	Hirsch, Ann	88	Walnut Creek Masters-38	2:44.00	2:35.80	19

**Women 85-89 50 LC Meter Backstroke**

PAC: 58.34 # 12/31/2008 Margery Meyer

NATL: 51.81 \$ 7/7/2012 BETTY LORENZI

1	Kay, Ann	85	Menlo Masters-38	1:10.00	59.75	21
2	Hirsch, Ann	88	Walnut Creek Masters-38	1:14.00	1:16.00	19

**Women 85-89 100 LC Meter Backstroke**

PAC: 2:15.50 # 12/31/2002 Marjorie Sharpe

NATL: 1:53.28 \$ 3/10/2012 BETTY LORENZI

1	Hirsch, Ann	88	Walnut Creek Masters-38	2:55.00	2:46.94	21
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**Women 85-89 200 LC Meter Backstroke**

PAC: 4:44.76 # 12/31/2002 Marjorie Sharpe

NATL: 4:01.09 \$ 3/9/2013 BETTY LORENZI

1	Kay, Ann	85	Menlo Masters-38	5:05.00	4:45.65	21
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**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 85-89 50 LC Meter Breaststroke**

PAC: 1:03.35 # 8/19/2016 Ann M Hirsch

NATL: 1:01.45 \$ 7/19/2014 NAN BOHL

1	Callison, Barbara	86	Rinconada Masters-38	1:12.00	1:15.02	21
2	Hirsch, Ann	88	Walnut Creek Masters-38	1:25.00	1:15.65	19

**Women 85-89 100 LC Meter Breaststroke**

PAC: 2:25.44 # 7/23/2016 Ann M Hirsch

NATL: 2:20.49 \$ 7/12/2014 NAN BOHL

1	Hirsch, Ann	88	Walnut Creek Masters-38	2:55.00	2:49.06	21
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**Women 85-89 200 LC Meter Breaststroke**

PAC: 5:04.17 # 8/6/2016 Ann M Hirsch

NATL: 5:04.17 \$ 8/6/2016 ANN HIRSCH

1	Hirsch, Ann	88	Walnut Creek Masters-38	6:30.00	5:59.09	21
				3:00.18	5:59.09 (2:58.91)	

**Women 85-89 50 LC Meter Butterfly**

PAC: 1:11.58 # 12/31/1999 Jean Durston

NATL: 1:01.94 \$ 6/7/2009 LOIS KIVI NOCHMAN

1	Callison, Barbara	86	Rinconada Masters-38	1:05.00	1:16.80	21
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**Men 18-24 50 LC Meter Freestyle**

PAC: 23.62 # 8/3/2017 Alex Ngan

NATL: 21.78 \$ 7/1/2012 JOSH SCHNEIDER

1	Cook, Ian	19	Walnut Creek Masters-38	29.00	27.73	21
2	Kosminskii, Maksim	22	Los Altos Mountain View Master-38	29.10	28.55	19
3	Beseris, Ethan	24	Uc38-38	27.83	28.59	18
4	Tavares, Gerard	20	University of San Francisco Ma-38	36.00	37.18	17

**Men 18-24 100 LC Meter Freestyle**

PAC: 53.35 # 8/7/2013 Kevin Ferguson

NATL: 49.37 \$ 6/28/2012 JOSH SCHNEIDER

1	Beseris, Ethan	24	Uc38-38	1:01.96	1:01.53	21
2	Kosminskii, Maksim	22	Los Altos Mountain View Master-38	1:04.00	1:06.54	19

**Men 18-24 200 LC Meter Freestyle**

PAC: 1:56.99 # 12/31/1989 Tony Batis

NATL: 1:52.74 \$ 8/16/1998 JOE TRISTAN

1	Pluemer, Aaron	23	Stanford Masters Swimming-38	2:21.00	2:16.67	21
				1:05.98	2:16.67 (1:10.69)	
2	Beseris, Ethan	24	Uc38-38	2:30.00	2:22.11	19
				1:07.65	2:22.11 (1:14.46)	

**Men 18-24 800 LC Meter Freestyle**

PAC: 8:47.65 # 12/31/1995 Brad Winsor

NATL: 8:44.80 \$ 8/6/2015 RYAN ROSENBAUM

1	Palabrica, Juan Pablo	22	University of San Francisco Ma-38	12:30.00	11:23.41	21
				1:18.45	2:44.27 (1:25.82)	
				7:10.18 (1:29.00)	8:38.65 (1:28.47)	
				4:12.68 (1:28.41)	5:41.18 (1:28.50)	
				10:07.91 (1:29.26)	11:23.41 (1:15.50)	

**Men 18-24 50 LC Meter Backstroke**

PAC: 27.51 # 12/31/2008 John McCallen

NATL: 26.91 \$ 8/15/2005 DAVE ROLLINS

1	Palabrica, Juan Pablo	22	University of San Francisco Ma-38	35.00	34.02	21
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**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 18-24 50 LC Meter Backstroke)**

2	Tavares, Gerard	20	University of San Francisco Ma-38	38.00	48.24	19
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**Men 18-24 100 LC Meter Backstroke**

<b>PAC:</b>	<b>1:00.39</b>	<b>#</b>	<b>8/7/2013</b>	<b>Wilfred R Garcia</b>
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<b>NATL:</b>	<b>53.61</b>	<b>\$</b>	<b>6/27/2012</b>	<b>EUGENE GODSOE</b>
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1	Pluemer, Aaron	23	Stanford Masters Swimming-38	1:13.00	1:14.41	21
2	Palabrica, Juan Pablo	22	University of San Francisco Ma-38	1:12.00	1:17.65	19
3	Beseris, Ethan	24	Uc38-38	1:19.00	1:18.29	18

**Men 18-24 50 LC Meter Breaststroke**

<b>PAC:</b>	<b>30.60</b>	<b>#</b>	<b>12/31/2008</b>	<b>Rick Eddy</b>
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<b>NATL:</b>	<b>28.87</b>	<b>\$</b>	<b>8/15/2005</b>	<b>DAVE ROLLINS</b>
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1	Palabrica, Juan Pablo	22	University of San Francisco Ma-38	35.00	35.45	21
2	Kosminskii, Maksim	22	Los Altos Mountain View Master-38	35.50	35.50	19

**Men 18-24 100 LC Meter Breaststroke**

<b>PAC:</b>	<b>1:03.35</b>	<b>#</b>	<b>12/31/2012</b>	<b>BJ Johnson</b>
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<b>NATL:</b>	<b>1:00.68</b>	<b>\$</b>	<b>8/25/2016</b>	<b>JACOB MONTAGUE</b>
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1	Palabrica, Juan Pablo	22	University of San Francisco Ma-38	1:19.00	1:16.52	21
2	Kosminskii, Maksim	22	Los Altos Mountain View Master-38	1:18.00	1:18.80	19
3	Tavares, Gerard	20	University of San Francisco Ma-38	1:35.00	1:39.00	18

**Men 18-24 200 LC Meter Breaststroke**

<b>PAC:</b>	<b>2:18.83</b>	<b>#</b>	<b>11/17/2011</b>	<b>BJ Johnson</b>
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<b>NATL:</b>	<b>2:11.10</b>	<b>\$</b>	<b>6/29/2012</b>	<b>ELLIOT KEEFER</b>
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1	Kosminskii, Maksim	22	Los Altos Mountain View Master-38	2:50.00	2:54.85	21
				1:24.45	2:54.85 (1:30.40)	
2	Palabrica, Juan Pablo	22	University of San Francisco Ma-38	2:50.00	3:03.17	19
				1:27.41	3:03.17 (1:35.76)	

**Men 18-24 50 LC Meter Butterfly**

<b>PAC:</b>	<b>24.20</b>	<b>#</b>	<b>8/10/2014</b>	<b>Thomas A Shields</b>
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<b>NATL:</b>	<b>24.20</b>	<b>\$</b>	<b>8/8/2014</b>	<b>THOMAS SHIELDS</b>
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1	Pluemer, Aaron	23	Stanford Masters Swimming-38	32.00	29.30	21
2	Beseris, Ethan	24	Uc38-38	29.85	31.05	19

**Men 18-24 100 LC Meter Butterfly**

<b>PAC:</b>	<b>51.29</b>	<b>#</b>	<b>8/17/2014</b>	<b>Thomas A Shields</b>
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<b>NATL:</b>	<b>51.29</b>	<b>\$</b>	<b>8/8/2014</b>	<b>THOMAS SHIELDS</b>
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1	Cook, Ian	19	Walnut Creek Masters-38	1:20.00	1:08.48	21
2	Beseris, Ethan	24	Uc38-38	1:11.00	1:14.31	19

**Men 18-24 200 LC Meter IM**

<b>PAC:</b>	<b>2:01.72</b>	<b>#</b>	<b>6/30/2016</b>	<b>Adam J Hinshaw</b>
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<b>NATL:</b>	<b>2:05.80</b>	<b>\$</b>	<b>6/30/2016</b>	<b>JACOB MONTAGUE</b>
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1	Palabrica, Juan Pablo	22	University of San Francisco Ma-38	2:36.00	2:37.09	21
				1:15.07	2:37.09 (1:22.02)	

**Men 25-29 50 LC Meter Freestyle**

<b>PAC:</b>	<b>21.69</b>	<b>#</b>	<b>8/10/2014</b>	<b>Nathan Adrian</b>
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<b>NATL:</b>	<b>21.69</b>	<b>\$</b>	<b>8/10/2014</b>	<b>NATHAN ADRIAN</b>
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1	Seeburger, William	25	Stanford Masters Swimming-38	27.16	27.62	21
2	Vu, Erin	25	University of San Francisco Ma-38	28.17	28.11	19
3	Leber, Nathan	27	University of San Francisco Ma-38	28.92	28.81	18

## 2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019

Sanction #: 389-S012

## Results

**(Men 25-29 50 LC Meter Freestyle)**

4	Lung, Leo	29	University of San Francisco Ma-38	30.00	29.07	17
5	Liberman, David	25	University of San Francisco Ma-38	28.00	30.47	16
6	Bardales, Christopher	29	San Francisco Tsunami Masters-38	34.00	30.85	15

**Men 25-29 100 LC Meter Freestyle**

PAC: 47.96 # 7/1/2017 Nathan Adrian

NATL: 47.96 \$ 6/27/2017 NATHAN ADRIAN

1	Greer, George	29	East Bay Bat Rays Masters-38	57.84	57.65	21
2	Vu, Erin	25	University of San Francisco Ma-38	1:03.80	1:02.39	19
3	Leber, Nathan	27	University of San Francisco Ma-38	1:02.48	1:03.45	18
4	Liberman, David	25	University of San Francisco Ma-38	1:05.00	1:09.07	17

**Men 25-29 200 LC Meter Freestyle**

PAC: 1:50.69 # 6/25/2013 Alex Wold

NATL: 1:50.69 \$ 6/26/2013 ALEX WOLD

1	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	2:23.00	2:21.87	21
				1:10.30	2:21.87 (1:11.57)	

**Men 25-29 400 LC Meter Freestyle**

PAC: 3:55.01 # 6/28/2013 Alex Wold

NATL: 3:55.01 \$ 6/28/2013 ALEX WOLD

1	Cline, Bradley	25	University of San Francisco Ma-38	4:30.50	4:27.04	21
				1:04.07	2:13.48 (1:09.41)	
					3:22.41 (1:08.93)	
					4:27.04 (1:04.63)	
2	Thomas, Michael	27	Mountain View Masters-38	5:10.00	5:28.65	19
				1:18.42	2:43.59 (1:25.17)	
					4:08.31 (1:24.72)	
					5:28.65 (1:20.34)	

**Men 25-29 800 LC Meter Freestyle**

PAC: 8:35.91 # 12/31/1994 Chip L Hobson

NATL: 8:24.67 \$ 6/29/1997 ALEX KOSTICH

1	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	10:15.00	11:14.33	21
				1:17.22	2:40.50 (1:23.28)	
					4:04.17 (1:23.67)	
					5:30.83 (1:26.66)	
					6:57.46 (1:26.63)	
					8:24.59 (1:27.13)	
					9:50.28 (1:25.69)	
					11:14.33 (1:24.05)	
2	Vu, Erin	25	University of San Francisco Ma-38	11:37.88	11:31.01	19
				1:15.45	2:41.90 (1:26.45)	
					4:11.30 (1:29.40)	
					5:41.66 (1:30.36)	
					7:11.41 (1:29.75)	
					8:41.01 (1:29.60)	
					10:09.82 (1:28.81)	
					11:31.01 (1:21.19)	
3	Thomas, Michael	27	Mountain View Masters-38	11:14.87	11:37.32	18
				1:21.28	2:51.34 (1:30.06)	
					4:21.84 (1:30.50)	
					5:51.86 (1:30.02)	
					7:20.10 (1:28.24)	
					8:48.23 (1:28.13)	
					10:15.06 (1:26.83)	
					11:37.32 (1:22.26)	

**Men 25-29 1500 LC Meter Freestyle**

PAC: 16:28.69 # 12/31/1987 Cameron D Reid

NATL: 16:13.89 \$ 8/10/1997 ALEX KOSTICH

1	Cline, Bradley	25	University of San Francisco Ma-38	17:30.00	18:14.14	21
				1:06.55	2:18.65 (1:12.10)	
					3:32.15 (1:13.50)	
					4:46.02 (1:13.87)	
					5:59.84 (1:13.82)	
					7:13.14 (1:13.30)	
					8:26.21 (1:13.07)	
					9:39.86 (1:13.65)	
					10:53.60 (1:13.74)	
					12:07.22 (1:13.62)	
					13:21.28 (1:14.06)	
					14:35.62 (1:14.34)	
					15:49.52 (1:13.90)	
					17:03.84 (1:14.32)	
					18:14.14 (1:10.30)	
2	Lamb, James	26	Santa Cruz Masters Aquatics-38	20:00.00	20:02.81	19
				1:13.93	2:34.15 (1:20.22)	
					3:53.81 (1:19.66)	
					5:13.40 (1:19.59)	
					6:32.30 (1:18.90)	
					7:50.87 (1:18.57)	
					9:11.10 (1:20.23)	
					10:31.59 (1:20.49)	
					11:53.44 (1:21.85)	
					13:15.66 (1:22.22)	
					14:38.26 (1:22.60)	
					16:01.22 (1:22.96)	
					17:21.65 (1:20.43)	
					18:41.80 (1:20.15)	
					20:02.81 (1:21.01)	

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3	Thomas, Michael	27	Mountain View Masters-38	21:30.00	22:15.03	18
	1:19.57	2:48.79 (1:29.22)	4:19.86 (1:31.07)	5:49.60 (1:29.74)		
	7:18.57 (1:28.97)	8:47.13 (1:28.56)	10:15.84 (1:28.71)	11:44.39 (1:28.55)		
	13:14.55 (1:30.16)	14:46.04 (1:31.49)	16:17.39 (1:31.35)	17:48.58 (1:31.19)		
	19:19.57 (1:30.99)	20:49.78 (1:30.21)	22:15.03 (1:25.25)			
4	Harding, Keevan	28	Marcia's Enthusiastic Masters-38	23:10.00	23:04.18	17
	1:23.47	2:57.69 (1:34.22)	4:33.53 (1:35.84)	6:08.32 (1:34.79)		
	7:41.89 (1:33.57)	9:15.67 (1:33.78)	10:48.25 (1:32.58)	12:20.93 (1:32.68)		
	13:53.32 (1:32.39)	15:26.16 (1:32.84)	16:57.86 (1:31.70)	18:29.95 (1:32.09)		
	20:01.38 (1:31.43)	21:34.66 (1:33.28)	23:04.18 (1:29.52)			

**Men 25-29 50 LC Meter Backstroke**

PAC: 27.34 # 4/24/2017 Andrew Saeta

NATL: 26.05 \$ 5/22/2011 ADAM MANIA

1	Muonio, Karl	25	Uc38-38	38.00	32.53	21
2	Leber, Nathan	27	University of San Francisco Ma-38	34.02	33.52	19
3	Seeburger, William	25	Stanford Masters Swimming-38	33.87	33.86	18
4	Bardales, Christopher	29	San Francisco Tsunami Masters-38	40.00	37.30	17
5	Vu, Erin	25	University of San Francisco Ma-38	39.05	37.48	16
---	Liberman, David	25	University of San Francisco Ma-38	38.00	DQ	

**Men 25-29 100 LC Meter Backstroke**

PAC: 1:00.02 # 8/20/2016 Benjamin S Hinsha

NATL: 55.15 \$ 8/3/2011 ADAM MANIA

1	Muonio, Karl	25	Uc38-38	1:08.00	1:10.00	21
2	Leber, Nathan	27	University of San Francisco Ma-38	1:12.49	1:14.68	19
3	Vu, Erin	25	University of San Francisco Ma-38	1:25.00	1:25.56	18

**Men 25-29 200 LC Meter Backstroke**

PAC: 2:12.40 # 7/15/2017 Peter R Kline

NATL: 2:03.61 \$ 6/24/2017 HAYES JOHNSON

1	Leber, Nathan	27	University of San Francisco Ma-38	2:41.52	2:41.03	21
	1:19.31	2:41.03 (1:21.72)				
2	Thomas, Michael	27	Mountain View Masters-38	2:50.00	2:53.16	19
	1:26.30	2:53.16 (1:26.86)				
---	Bardales, Christopher	29	San Francisco Tsunami Masters-38	2:58.00	DQ	
	1:22.99	DQ (1:27.04)				

**Men 25-29 50 LC Meter Breaststroke**

PAC: 28.70 # 4/26/2017 Colin B Babcock

NATL: 27.96 \$ 8/4/2011 MARK GANGLOFF

1	Liberman, David	25	University of San Francisco Ma-38	38.28	40.21	21
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**Men 25-29 100 LC Meter Breaststroke**

PAC: 1:00.68 # 6/25/2013 BJ Johnson

NATL: 1:00.68 \$ 6/28/2013 BJ JOHNSON

1	Cobleigh, Hunter	25	Albany Armada Aquatics Masters-38	1:06.50	1:04.30	21
2	Lung, Leo	29	University of San Francisco Ma-38	1:23.30	1:22.84	19
3	Seeburger, William	25	Stanford Masters Swimming-38	1:24.04	1:26.86	18
4	Muonio, Karl	25	Uc38-38	1:20.00	1:27.09	17
5	Liberman, David	25	University of San Francisco Ma-38	1:29.85	1:31.44	16



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1	Thomas, Michael	27	Mountain View Masters-38	3:15.68	3:18.91	21
	1:35.96		3:18.91 (1:42.95)			
---	Liberman, David	25	University of San Francisco Ma-38	3:25.48	DQ	
	1:37.86		DQ (1:55.74)			

**Men 25-29 50 LC Meter Butterfly****PAC: 23.90 # 7/1/2017 Thomas A Shields****NATL: 23.71 \$ 8/16/2008 KOHEI KAWAMOTO**

1	Vu, Erin	25	University of San Francisco Ma-38	29.82	28.90	21
2	Leber, Nathan	27	University of San Francisco Ma-38	31.90	33.06	19

**Men 25-29 100 LC Meter Butterfly****PAC: 51.20 # 7/2/2016 Thomas A Shields****NATL: 51.20 \$ 7/2/2016 THOMAS SHIELDS**

1	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	1:10.00	1:11.85	21
2	Vu, Erin	25	University of San Francisco Ma-38	1:13.44	1:12.17	19

**Men 25-29 200 LC Meter Butterfly****PAC: 1:55.81 # 6/29/2016 Thomas A Shields****NATL: 1:55.81 \$ 6/29/2016 THOMAS SHIELDS**

1	Thomas, Michael	27	Mountain View Masters-38	2:56.72	2:56.73	21
	1:25.76		2:56.73 (1:30.97)			
2	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	2:50.00	2:56.92	19
	1:25.10		2:56.92 (1:31.82)			

**Men 25-29 200 LC Meter IM****PAC: 2:07.67 # 4/22/2017 Colin B Babcock****NATL: 2:04.40 \$ 7/14/2013 ADAM RITTER**

1	Muonio, Karl	25	Uc38-38	2:25.00	2:38.13	21
	1:12.74		2:38.13 (1:25.39)			
2	Leber, Nathan	27	University of San Francisco Ma-38	2:43.56	2:45.01	19
	1:15.13		2:45.01 (1:29.88)			
3	Liberman, David	25	University of San Francisco Ma-38	2:56.84	2:57.27	18
	1:21.93		2:57.27 (1:35.34)			

**Men 25-29 400 LC Meter IM****PAC: 4:20.83 # 6/25/2013 Alex Wold****NATL: 4:20.83 \$ 6/27/2013 ALEX WOLD**

1	Cline, Bradley	25	University of San Francisco Ma-38	4:50.99	5:00.03	21
	1:05.75		2:24.70 (1:18.95) 3:50.72 (1:26.02) 5:00.03 (1:09.31)			
2	Thomas, Michael	27	Mountain View Masters-38	5:50.00	6:09.55	19
	1:20.83		2:58.05 (1:37.22) 4:44.66 (1:46.61) 6:09.55 (1:24.89)			

**Men 30-34 50 LC Meter Freestyle****PAC: 21.55 # 8/10/2014 Anthony L Ervin****NATL: 21.55 \$ 8/10/2014 ANTHONY ERVIN**

1	Iwamoto, Satori	33	Davis Aquatic Masters-38	26.35	26.71	21
2	Singh, Jason	30	San Francisco Tsunami Masters-38	27.27	27.15	19
3	Frink, Stephen	34	Richmond Plunge Masters-38	29.66	27.23	18
4	Stinson, Ian C	33	Mountain View Masters-38	30.00	28.39	17
5	Revelli, Reid	34	Uc38-38	28.28	28.47	16
6	Law, David	34	Manatee Aquatic Masters Inc-38	29.50	28.74	15

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## Results

**(Men 30-34 50 LC Meter Freestyle)**

7	Jefferies, Matt	30	Stanford Masters Swimming-38	28.00	29.04	14
8	Pereira, Ed	34	Mountain View Masters-38	29.70	29.05	13
9	Torres, Emmanuel	33	Marcia's Enthusiastic Masters-38	30.00	29.20	12
10	Ganiyev, Doston	32	University of San Francisco Ma-38	31.00	29.44	11
11	Kononov, Dmitri	34	University of San Francisco Ma-38	35.00	30.40	10

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

PAC: 48.71 # 8/6/2014 Anthony L Ervin

NATL: 48.71 \$ 8/6/2014 ANTHONY ERVIN

1	Torres, Emmanuel	33	Marcia's Enthusiastic Masters-38	1:02.00	1:05.64	21
2	Revelli, Reid	34	Uc38-38	1:04.00	1:05.74	19

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

PAC: 1:57.42 # 12/31/2002 Erik Hochstein

NATL: 1:49.34 \$ 8/7/2014 DARIAN TOWNSEND

1	Iwamoto, Satori	33	Davis Aquatic Masters-38	2:12.02	2:20.57	21
				1:08.93	2:20.57 (1:11.64)	
2	Law, David	34	Manatee Aquatic Masters Inc-38	2:26.30	2:23.69	19
				1:09.80	2:23.69 (1:13.89)	
3	Olivares, Christopher	31	Cal Aquatic Masters-38	2:22.00	2:25.12	18
				1:06.12	2:25.12 (1:19.00)	
4	Revelli, Reid	34	Uc38-38	2:20.00	2:36.35	17
				1:11.16	2:36.35 (1:25.19)	

**Men 30-34 1500 LC Meter Freestyle**

PAC: 17:10.80 # 12/31/1982 Randy Williams

NATL: 16:36.06 \$ 8/22/1993 BOBBY PATTEN

1	Law, David	34	Manatee Aquatic Masters Inc-38	21:20.00	21:05.61	21
				1:16.65	2:40.65 (1:24.00)	
				6:55.48 (1:25.04)	8:21.27 (1:25.79)	
				12:37.14 (1:24.86)	14:02.42 (1:25.28)	
				18:18.23 (1:25.09)	19:43.48 (1:25.25)	
					21:05.61 (1:22.13)	
2	Pereira, Ed	34	Mountain View Masters-38	22:10.50	22:49.73	19
				1:21.53	2:52.43 (1:30.90)	
				7:29.88 (1:32.10)	9:03.52 (1:33.64)	
				13:39.98 (1:32.17)	15:12.52 (1:32.54)	
				19:48.28 (1:32.43)	21:20.93 (1:32.65)	
					22:49.73 (1:28.80)	
3	Coin, Jake	33	Marin Aquatic Masters-38	23:00.00	23:56.77	18
				1:35.19	3:13.51 (1:38.32)	
				8:05.33 (1:36.64)	9:42.70 (1:37.37)	
				14:31.18 (1:35.56)	16:06.89 (1:35.71)	
				20:52.72 (1:34.74)	22:25.50 (1:32.78)	
					23:56.77 (1:31.27)	
4	Teasdale-Schafle, Nolan	30	Walnut Creek Masters-38	30:00.00	30:07.28	17
				1:49.57	3:46.50 (1:56.93)	
				9:48.39 (2:03.03)	11:51.85 (2:03.46)	
				17:57.92 (2:02.94)	20:01.15 (2:03.23)	
				26:10.17 (2:03.12)	28:11.57 (2:01.40)	
					30:07.28 (1:55.71)	

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

PAC: 27.26 # 12/31/1994 Sean Murphy

NATL: 24.67 \$ 6/29/2017 MATT GREVERS

1	Singh, Jason	30	San Francisco Tsunami Masters-38	30.37	32.37	21
2	Frink, Stephen	34	Richmond Plunge Masters-38	35.56	35.33	19
3	Pereira, Ed	34	Mountain View Masters-38	35.95	35.82	18

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4	Green, Zachary	30	Mountain View Masters-38	38.00	36.54	17
5	Ganiyev, Doston	32	University of San Francisco Ma-38	36.00	37.02	16
6	Revelli, Reid	34	Uc38-38	37.86	37.12	15

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

PAC: 58.66 # 12/31/1994 Sean Murphy

NATL: 52.71 \$ 6/30/2017 MATT GREVERS

1	Gouvea, Arthur	31	University of San Francisco Ma-38	1:15.00	1:05.01	21
2	Iwamoto, Satori	33	Davis Aquatic Masters-38	1:10.41	1:12.76	19

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

PAC: 2:05.62 # 12/31/1994 Sean Murphy

NATL: 2:05.62 \$ 7/9/1994 SEAN MURPHY

1	Gouvea, Arthur	31	University of San Francisco Ma-38	2:32.57	2:26.38	21
	1:11.42		2:26.38 (1:14.96)			
2	Singh, Jason	30	San Francisco Tsunami Masters-38	2:25.59	2:34.31	19
	1:15.60		2:34.31 (1:18.71)			
3	Iwamoto, Satori	33	Davis Aquatic Masters-38	2:34.84	2:40.42	18
	1:18.96		2:40.42 (1:21.46)			
4	Pereira, Ed	34	Mountain View Masters-38	2:51.00	2:52.71	17
	1:26.67		2:52.71 (1:26.04)			
5	Green, Zachary	30	Mountain View Masters-38	3:00.00	2:55.37	16
	1:23.15		2:55.37 (1:32.22)			

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

PAC: 29.25 # 12/31/2012 Gary N Marshall

NATL: 27.73 \$ 6/27/2016 MARCUS TITUS

1	Ganiyev, Doston	32	University of San Francisco Ma-38	36.00	35.77	21
2	Gouvea, Arthur	31	University of San Francisco Ma-38	35.00	35.98	19
3	Law, David	34	Manatee Aquatic Masters Inc-38	37.10	36.67	18
4	Stinson, Ian C	33	Mountain View Masters-38	40.00	39.03	17

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

PAC: 1:03.59 # 8/7/2013 Gary N Marshall

NATL: 1:00.19 \$ 6/26/2016 MARCUS TITUS

1	Gouvea, Arthur	31	University of San Francisco Ma-38	1:17.87	1:18.26	21
2	Green, Zachary	30	Mountain View Masters-38	1:30.00	1:22.71	19
3	Ganiyev, Doston	32	University of San Francisco Ma-38	1:24.00	1:22.83	18
4	Law, David	34	Manatee Aquatic Masters Inc-38	1:24.50	1:24.15	17
5	Frink, Stephen	34	Richmond Plunge Masters-38	1:20.93	1:28.41	16
6	Kononov, Dmitri	34	University of San Francisco Ma-38	1:50.00	1:39.91	15

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

PAC: 2:18.04 # 12/31/2012 Gary N Marshall

NATL: 2:18.04 \$ 7/7/2012 GARY MARSHALL

1	Olivares, Christopher	31	Cal Aquatic Masters-38	2:43.00	3:10.13	21
	1:27.78		3:10.13 (1:42.35)			
2	Ganiyev, Doston	32	University of San Francisco Ma-38	3:15.00	3:10.37	19
	1:32.51		3:10.37 (1:37.86)			
3	Law, David	34	Manatee Aquatic Masters Inc-38	3:10.00	3:10.89	18
	1:29.58		3:10.89 (1:41.31)			

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1	Ganiyev, Doston	32	University of San Francisco Ma-38	32.00	30.96	21
2	Stinson, Ian C	33	Mountain View Masters-38	35.00	31.26	19
3	Torres, Emmanuel	33	Marcia's Enthusiastic Masters-38	31.00	34.01	18
4	Revelli, Reid	34	Uc38-38	32.61	35.01	17

**Men 30-34 100 LC Meter Butterfly****PAC: 55.49 # 7/6/2008 Erik L Scalise****NATL: 53.36 \$ 8/8/2014 DARIAN TOWNSEND**

1	Iwamoto, Satori	33	Davis Aquatic Masters-38	1:07.66	1:11.28	21
2	Frink, Stephen	34	Richmond Plunge Masters-38	1:12.44	1:13.86	19
3	Torres, Emmanuel	33	Marcia's Enthusiastic Masters-38	1:12.00	1:18.76	18
4	Pereira, Ed	34	Mountain View Masters-38	1:11.50	1:21.35	17

**Men 30-34 200 LC Meter Butterfly****PAC: 2:09.37 # 12/31/1994 Sean Murphy****NATL: 2:03.76 \$ 8/12/2010 MATT HAUPT**

1	Torres, Emmanuel	33	Marcia's Enthusiastic Masters-38	2:50.00	3:05.48	21
	1:23.54		3:05.48 (1:41.94)			

**Men 30-34 200 LC Meter IM****PAC: 2:09.69 # 12/31/1991 David Lundberg****NATL: 1:59.24 \$ 8/6/2017 RYAN LOCHTE**

1	Iwamoto, Satori	33	Davis Aquatic Masters-38	2:33.21	2:41.38	21
	1:13.81		2:41.38 (1:27.57)			
2	Olivares, Christopher	31	Cal Aquatic Masters-38	2:35.00	2:44.40	19
	1:16.30		2:44.40 (1:28.10)			

**Men 30-34 400 LC Meter IM****PAC: 4:40.22 # 12/31/1994 Sean Murphy****NATL: 4:20.81 \$ 7/23/2016 DARIAN TOWNSEND**

1	Iwamoto, Satori	33	Davis Aquatic Masters-38	5:30.08	5:45.20	21
	1:13.50		2:39.71 (1:26.21)	4:26.97 (1:47.26)	5:45.20 (1:18.23)	
2	Green, Zachary	30	Mountain View Masters-38	6:09.00	6:10.36	19
	1:23.42		3:02.99 (1:39.57)	4:41.27 (1:38.28)	6:10.36 (1:29.09)	
3	Ganiyev, Doston	32	University of San Francisco Ma-38	7:30.00	8:29.63	18
	1:18.31		1:34.30 (15.99)	1:58.53 (24.23)	8:29.63 (6:31.10)	

**Men 35-39 50 LC Meter Freestyle****PAC: 23.95 # 8/7/2013 Mike Pyle****NATL: 23.35 \$ 6/30/2012 BRIAN JACOBSON**

1	Samotyj, John	38	University of San Francisco Ma-38	27.00	25.56	21
2	Salcedo, Jonathan E	37	University of San Francisco Ma-38	26.97	26.83	19
3	Winfield, Matthew	38	San Francisco Tsunami Masters-38	27.95	26.95	18
4	De Voss, Christopher	38	California Gold Masters-38	28.08	28.42	17
5	Wans, David	39	Santa Clara Swim Club Masters-38	29.77	29.28	16
6	Roper, Matt	38	Davis Aquatic Masters-38	27.83	29.34	15
7	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	31.34	32.70	14
8	Ojeras, Paulius	35	University of San Francisco Ma-38	40.00	33.53	13

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 35-39 100 LC Meter Freestyle****PAC: 53.51 # 6/30/2017 Tamas Kerekjarto****NATL: 51.49 \$ 7/16/1995 ROWDY GAINES**

1	Samotyj, John	38	University of San Francisco Ma-38	1:00.00	56.19	21
2	Salcedo, Jonathan E	37	University of San Francisco Ma-38	58.58	57.61	19
3	De Voss, Christopher	38	California Gold Masters-38	1:01.70	1:03.00	18
4	Lothian, John	36	East Bay Bat Rays Masters-38	1:06.00	1:06.69	17
5	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	1:10.33	1:11.15	16

**Men 35-39 200 LC Meter Freestyle****PAC: 1:59.99 # 12/31/2008 Michael McWhorter****NATL: 1:52.84 \$ 8/6/2006 VLAD PYSHNENKO**

1	Samotyj, John	38	University of San Francisco Ma-38	2:20.00	2:08.04	21
				1:01.92	2:08.04 (1:06.12)	
2	Salcedo, Jonathan E	37	University of San Francisco Ma-38	2:14.99	2:13.28	19
				1:03.57	2:13.28 (1:09.71)	

**Men 35-39 400 LC Meter Freestyle****PAC: 4:16.20 # 12/31/2000 Dan Veatch****NATL: 4:07.64 \$ 7/16/1995 ROWDY GAINES**

1	Lemke, Zebron	39	Alameda Aquatic Masters-38	4:50.00	4:45.61	21
				1:08.70	2:21.88 (1:13.18)	
					3:34.74 (1:12.86)	
					4:45.61 (1:10.87)	

**Men 35-39 800 LC Meter Freestyle****PAC: 8:56.10 # 12/31/2003 Dan Veatch****NATL: 8:38.73 \$ 11/12/1995 ROWDY GAINES**

1	Salcedo, Jonathan E	37	University of San Francisco Ma-38	9:59.99	10:20.46	21
				1:08.83	2:24.54 (1:15.71)	
					3:43.46 (1:18.92)	
					5:03.36 (1:19.90)	
				6:24.43 (1:21.07)	7:45.58 (1:21.15)	
					9:04.75 (1:19.17)	
					10:20.46 (1:15.71)	
2	Roper, Matt	38	Davis Aquatic Masters-38	10:23.81	10:32.79	19
				1:17.83	2:42.05 (1:24.22)	
					4:05.70 (1:23.65)	
					5:26.94 (1:21.24)	
				6:45.19 (1:18.25)	8:02.48 (1:17.29)	
					9:19.06 (1:16.58)	
					10:32.79 (1:13.73)	
3	Wans, David	39	Santa Clara Swim Club Masters-38	12:40.00	11:53.12	18
				1:21.06	2:51.05 (1:29.99)	
					4:22.34 (1:31.29)	
					5:53.08 (1:30.74)	
				7:24.13 (1:31.05)	8:55.50 (1:31.37)	
					10:26.38 (1:30.88)	
					11:53.12 (1:26.74)	
4	Gibbons, Kevin Y	35	Marcia's Enthusiastic Masters-38	14:35.97	13:47.91	17
				1:37.55	3:23.40 (1:45.85)	
					5:09.12 (1:45.72)	
					6:53.84 (1:44.72)	
				8:41.51 (1:47.67)	10:26.53 (1:45.02)	
					12:11.44 (1:44.91)	
					13:47.91 (1:36.47)	

**Men 35-39 1500 LC Meter Freestyle****PAC: 16:59.46 # 12/31/2001 Dan Veatch****NATL: 16:32.72 \$ 8/14/2008 CHRISTOPHER DERKS**

1	Lemke, Zebron	39	Alameda Aquatic Masters-38	19:05.00	18:35.77	21
				1:09.82	2:24.31 (1:14.49)	
					3:39.10 (1:14.79)	
					4:54.57 (1:15.47)	
				6:10.07 (1:15.50)	7:25.81 (1:15.74)	
					8:41.28 (1:15.47)	
					9:56.52 (1:15.24)	
				11:11.74 (1:15.22)	12:26.68 (1:14.94)	
					13:41.12 (1:14.44)	
					14:55.50 (1:14.38)	
				16:09.41 (1:13.91)	17:23.28 (1:13.87)	
					18:35.77 (1:12.49)	
2	Roper, Matt	38	Davis Aquatic Masters-38	19:23.55	19:39.93	19
				1:15.47	2:37.06 (1:21.59)	
					3:58.17 (1:21.11)	
					5:18.51 (1:20.34)	
				6:37.95 (1:19.44)	7:57.15 (1:19.20)	
					9:15.84 (1:18.69)	
					10:33.98 (1:18.14)	
				11:52.13 (1:18.15)	13:10.43 (1:18.30)	
					14:28.73 (1:18.30)	
					15:47.79 (1:19.06)	
				17:06.94 (1:19.15)	18:25.09 (1:18.15)	
					19:39.93 (1:14.84)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 35-39 1500 LC Meter Freestyle)**

3	Gawlick, Craig	38	San Francisco Tsunami Masters-38	20:21.42	21:08.61	18
	1:13.97	2:35.72 (1:21.75)	3:59.54 (1:23.82)	5:23.94 (1:24.40)		
	6:49.74 (1:25.80)	8:15.46 (1:25.72)	9:41.97 (1:26.51)	11:08.63 (1:26.66)		
	12:34.55 (1:25.92)	14:00.78 (1:26.23)	15:26.28 (1:25.50)	16:51.83 (1:25.55)		
	18:18.00 (1:26.17)	19:43.19 (1:25.19)	21:08.61 (1:25.42)			
4	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	22:26.70	23:36.14	17
	1:31.41	3:08.05 (1:36.64)	4:44.00 (1:35.95)	6:19.87 (1:35.87)		
	7:56.66 (1:36.79)	9:32.31 (1:35.65)	11:07.45 (1:35.14)	12:42.11 (1:34.66)		
	14:16.39 (1:34.28)	15:51.27 (1:34.88)	17:24.69 (1:33.42)	18:58.81 (1:34.12)		
	20:32.91 (1:34.10)	22:06.77 (1:33.86)	23:36.14 (1:29.37)			

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

PAC: 27.68 # 12/31/2006 Rick Gould

NATL: 26.81 \$ 6/21/2019 JEFF NATALIZIO

1	Wans, David	39	Santa Clara Swim Club Masters-38	37.37	37.94	21
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**Men 35-39 100 LC Meter Backstroke**

PAC: 1:00.00 # 12/31/2006 Rick Gould

NATL: 59.18 \$ 8/10/2006 MICHAEL ROSS

1	Salcedo, Jonathan E	37	University of San Francisco Ma-38	1:09.99	1:09.77	21
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**Men 35-39 50 LC Meter Breaststroke**

PAC: 30.47 # 12/31/1998 David Lundberg

NATL: 28.53 \$ 5/25/2009 JEFF COMMINGS

1	Winfield, Matthew	38	San Francisco Tsunami Masters-38	32.91	31.87	21
2	De Voss, Christopher	38	California Gold Masters-38	33.95	33.30	19
3	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	38.12	37.40	18

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

PAC: 1:07.52 # 12/31/1998 David Lundberg

NATL: 1:03.76 \$ 7/14/2013 JEFF COMMINGS

1	Winfield, Matthew	38	San Francisco Tsunami Masters-38	1:13.36	1:11.70	21
2	De Voss, Christopher	38	California Gold Masters-38	1:13.45	1:15.67	19
3	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	1:23.12	1:24.90	18
4	Ojeras, Paulius	35	University of San Francisco Ma-38	1:40.00	1:33.61	17
5	Gibbons, Kevin Y	35	Marcia's Enthusiastic Masters-38	1:32.75	1:34.95	16

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

PAC: 2:27.55 # 12/31/2006 Roque J Santos

NATL: 2:20.34 \$ 8/6/2011 STEVE WEST

1	Winfield, Matthew	38	San Francisco Tsunami Masters-38	2:44.21	2:45.12	21
	1:20.13	2:45.12 (1:24.99)				
2	De Voss, Christopher	38	California Gold Masters-38	2:46.03	2:51.87	19
	1:20.51	2:51.87 (1:31.36)				
3	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	2:56.69	3:00.77	18
	1:27.83	3:00.77 (1:32.94)				

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

PAC: 25.77 # 6/29/2014 Adam M Conway

NATL: 24.14 \$ 8/15/2015 KOHEI KAWAMOTO

1	Samotyj, John	38	University of San Francisco Ma-38	30.00	27.43	21
2	Salcedo, Jonathan E	37	University of San Francisco Ma-38	28.27	27.45	19
3	Roper, Matt	38	Davis Aquatic Masters-38	30.69	31.55	18

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 35-39 100 LC Meter Butterfly**PAC: 56.21 # 7/15/2017 **Tamas Kerekjarto**NATL: 53.65 \$ 8/2/2018 **KOHEI KAWAMOTO**

1	Salcedo, Jonathan E	37	University of San Francisco Ma-38	1:04.91	1:02.34	21
2	Samotyj, John	38	University of San Francisco Ma-38	1:05.00	1:05.79	19
3	Roper, Matt	38	Davis Aquatic Masters-38	1:09.00	1:16.06	18
4	Gibbons, Kevin Y	35	Marcia's Enthusiastic Masters-38	1:26.83	1:28.04	17

**Men 35-39 200 LC Meter IM**PAC: 2:14.87 # 12/31/2009 **Derek Guffey**NATL: 2:05.64 \$ 12/7/2002 **RONALD KARNAUGH**

1	Roper, Matt	38	Davis Aquatic Masters-38	2:34.34	2:38.81	21
				1:11.33	2:38.81 (1:27.48)	

**Men 35-39 400 LC Meter IM**PAC: 4:45.47 # 12/31/2009 **Derek Guffey**NATL: 4:34.10 \$ 7/29/2001 **RON KARNAUGH**

1	Lemke, Zebron	39	Alameda Aquatic Masters-38	5:45.00	5:32.13	21
				1:15.78	2:42.89 (1:27.11)	
					4:20.07 (1:37.18)	
					5:32.13 (1:12.06)	
2	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	6:30.00	6:26.40	19
				1:27.49	3:18.47 (1:50.98)	
					4:55.35 (1:36.88)	
					6:26.40 (1:31.05)	

**Men 40-44 50 LC Meter Freestyle**PAC: 24.14 # 12/31/2003 **David E Boatwright**NATL: 23.31 \$ 8/13/2014 **BRIAN JACOBSON**

1	Waterson, Kevin	40	Davis Aquatic Masters-38	30.20	31.38	21
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**Men 40-44 100 LC Meter Freestyle**PAC: 54.26 # 12/31/2003 **David E Boatwright**NATL: 51.72 \$ 8/1/2010 **VLAD PYSHNENKO**

1	Ritter, Justin	43	El Cerrito Aquatic Masters-38	1:03.00	1:05.20	21
2	Bucy, John	41	University of San Francisco Ma-38	1:17.00	1:16.23	19

**Men 40-44 200 LC Meter Freestyle**PAC: 2:01.15 # 12/31/2003 **David E Boatwright**NATL: 1:53.65 \$ 8/2/2010 **VLAD PYSHNENKO**

1	Ritter, Justin	43	El Cerrito Aquatic Masters-38	2:25.00	2:27.38	21
				1:10.27	2:27.38 (1:17.11)	
2	Solberg, Sean	41	Richmond Plunge Masters-38	2:26.00	2:38.31	19
				1:16.52	2:38.31 (1:21.79)	
3	Bucy, John	41	University of San Francisco Ma-38	3:05.00	2:50.85	18
				1:22.77	2:50.85 (1:28.08)	

**Men 40-44 400 LC Meter Freestyle**PAC: 4:16.50 # 12/31/2010 **Alex Kostich**NATL: 4:06.74 \$ 7/24/2009 **ERIK HOCHSTEIN**

1	Bucy, John	41	University of San Francisco Ma-38	6:30.00	6:14.91	21
				1:28.05	3:04.05 (1:36.00)	
					4:40.31 (1:36.26)	
					6:14.91 (1:34.60)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 40-44 1500 LC Meter Freestyle****PAC: 16:36.91 # 12/31/2010 Alex Kostich****NATL: 16:36.91 \$ 7/23/2010 ALEX KOSTICH**

1	Donlon, Kevin	41	University of San Francisco Ma-38	21:00.00	21:05.50	21
	1:17.23	2:40.52 (1:23.29)	4:04.56 (1:24.04)	5:29.26 (1:24.70)		
	6:53.63 (1:24.37)	8:18.50 (1:24.87)	9:44.55 (1:26.05)	11:09.88 (1:25.33)		
	12:35.94 (1:26.06)	14:03.81 (1:27.87)	15:31.33 (1:27.52)	16:58.41 (1:27.08)		
	18:23.87 (1:25.46)	19:47.40 (1:23.53)	21:05.50 (1:18.10)			
2	Hanley, Nicholas	40	Vacaville Swim Club-38	19:50.84	21:06.27	19
	1:13.41	2:31.48 (1:18.07)	3:51.96 (1:20.48)	5:14.60 (1:22.64)		
	6:37.64 (1:23.04)	8:02.96 (1:25.32)	9:29.30 (1:26.34)	10:56.64 (1:27.34)		
	12:24.12 (1:27.48)	13:51.69 (1:27.57)	15:19.55 (1:27.86)	16:48.52 (1:28.97)		
	18:16.28 (1:27.76)	19:39.96 (1:23.68)	21:06.27 (1:26.31)			

**Men 40-44 50 LC Meter Backstroke****PAC: 28.59 # 12/31/2006 Sean Murphy****NATL: 27.47 \$ 8/23/2008 MICHAEL ROSS**

1	Waterson, Kevin	40	Davis Aquatic Masters-38	36.00	38.03	21
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**Men 40-44 100 LC Meter Backstroke****PAC: 1:00.95 # 12/31/2006 Sean Murphy****NATL: 59.08 \$ 8/7/2009 MICHAEL ROSS**

1	Waterson, Kevin	40	Davis Aquatic Masters-38	1:18.00	1:21.43	21
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**Men 40-44 200 LC Meter Backstroke****PAC: 2:22.02 # 7/8/2007 Rick M Hamilton****NATL: 2:11.13 \$ 8/16/2014 FREDERIK HVIID**

1	Waterson, Kevin	40	Davis Aquatic Masters-38	2:50.74	3:01.64	21
	1:28.05	3:01.64 (1:33.59)				

**Men 40-44 50 LC Meter Breaststroke****PAC: 30.78 # 12/31/2009 Jonathan T Manson****NATL: 29.02 \$ 7/27/2014 JEFF COMMINGS**

1	Ritter, Justin	43	El Cerrito Aquatic Masters-38	37.50	36.95	21
2	Waterson, Kevin	40	Davis Aquatic Masters-38	41.50	41.91	19

**Men 40-44 200 LC Meter Breaststroke****PAC: 2:24.19 # 12/31/2008 Roque J Santos****NATL: 2:18.57 \$ 7/11/2015 STEVE WEST**

1	Ritter, Justin	43	El Cerrito Aquatic Masters-38	2:50.00	2:57.59	21
	1:25.81	2:57.59 (1:31.78)				
2	Solberg, Sean	41	Richmond Plunge Masters-38	3:12.00	3:31.37	19
	1:43.50	3:31.37 (1:47.87)				
3	Waterson, Kevin	40	Davis Aquatic Masters-38	3:15.87	3:33.36	18
	1:40.56	3:33.36 (1:52.80)				

**Men 40-44 50 LC Meter Butterfly****PAC: 26.41 # 12/31/2012 Greg Tull****NATL: 25.11 \$ 6/9/2018 JAMES ZENYUH**

1	Matsumura, Naoki	42	Santa Clara Swim Club Masters-38	30.00	30.49	21
2	Solberg, Sean	41	Richmond Plunge Masters-38	32.00	33.47	19
3	Bucy, John	41	University of San Francisco Ma-38	37.00	35.15	18



**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 40-44 200 LC Meter Butterfly****PAC: 2:19.18 # 12/31/2006 Darren D Phalen****NATL: 2:05.55 \$ 7/11/2004 DENNIS BAKER**

1	Matsumura, Naoki	42	Santa Clara Swim Club Masters-38	3:10.00	3:04.71	21
	1:34.15		3:04.71 (1:30.56)			
2	Solberg, Sean	41	Richmond Plunge Masters-38	3:06.00	3:11.72	19
	1:34.15		3:11.72 (1:37.57)			

**Men 40-44 200 LC Meter IM****PAC: 2:19.31 # 12/31/2006 Stephen M Smith****NATL: 2:13.71 \$ 7/23/2016 JEFF COMMINGS**

1	Waterson, Kevin	40	Davis Aquatic Masters-38	2:50.93	2:57.89	21
	1:21.84		2:57.89 (1:36.05)			
2	Bucy, John	41	University of San Francisco Ma-38	3:25.00	3:14.83	19
	1:36.59		3:14.83 (1:38.24)			

**Men 40-44 400 LC Meter IM****PAC: 4:56.57 # 8/7/2013 David A Sway****NATL: 4:47.82 \$ 7/29/2018 ERIC CHRISTENSEN**

1	Bucy, John	41	University of San Francisco Ma-38	7:40.00	7:14.30	21
	1:40.00		3:31.64 (1:51.64) 5:36.14 (2:04.50) 7:14.30 (1:38.16)			

**Men 45-49 50 LC Meter Freestyle****PAC: 24.69 # 8/7/2013 Greg Tull****NATL: 24.12 \$ 6/23/2018 BRIAN JACOBSON**

1	Parker, Aron	49	Marcia's Enthusiastic Masters-38	26.00	26.36	21
2	Fahlen, Mark	48	Modesto Area Aquatic Club-38	29.23	29.53	19
3	Wright, Eric	46	California Gold Masters-38	29.90	30.53	18
4	Iverson, Kirt	49	Bay Club-38	30.86	30.84	17
5	El-Awady, Khalid	49	University of San Francisco Ma-38	45.00	38.84	16

**Men 45-49 50 LC Meter Freestyle****PAC: 24.69 # 8/7/2013 Greg Tull****NATL: 24.12 \$ 6/23/2018 BRIAN JACOBSON**

1	Parker, Aron	49	Marcia's Enthusiastic Masters-38	NT	26.03	
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**Men 45-49 100 LC Meter Freestyle****PAC: 54.83 # 12/31/2006 David E Boatwright****NATL: 53.77 \$ 8/7/2016 NICOLAS GRANGER**

1	Parker, Aron	49	Marcia's Enthusiastic Masters-38	58.00	59.59	21
2	Fahlen, Mark	48	Modesto Area Aquatic Club-38	1:02.51	1:03.58	19
3	Wright, Eric	46	California Gold Masters-38	1:08.50	1:06.75	18
4	Iverson, Kirt	49	Bay Club-38	1:08.96	1:09.89	17
5	Lehnert, Ahren	46	Marcia's Enthusiastic Masters-38	1:17.81	1:14.78	16

**Men 45-49 200 LC Meter Freestyle****PAC: 2:03.71 # 12/31/1996 Tim Broderick****NATL: 1:57.89 \$ 8/6/2009 KEITH SWITZER**

1	Parker, Aron	49	Marcia's Enthusiastic Masters-38	2:20.00	2:18.49	21
	1:04.63		2:18.49 (1:13.86)			
2	Fahlen, Mark	48	Modesto Area Aquatic Club-38	2:17.50	2:19.82	19
	1:08.95		2:19.82 (1:10.87)			
3	Wright, Eric	46	California Gold Masters-38	2:31.50	2:29.84	18
	1:09.96		2:29.84 (1:19.88)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 45-49 200 LC Meter Freestyle)**

4	Lehnert, Ahren	46	Marcia's Enthusiastic Masters-38	2:57.42	2:52.80	17
	1:23.83			2:52.80 (1:28.97)		

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

<b>PAC:</b>	<b>4:23.49</b>	<b>#</b>	<b>12/31/2005</b>	<b>George F Tidmarsh</b>
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<b>NATL:</b>	<b>4:09.20</b>	<b>\$</b>	<b>7/19/2008</b>	<b>DENNIS BAKER</b>
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1	Parker, Aron	49	Marcia's Enthusiastic Masters-38	5:00.00	5:07.82	21
	1:10.62			2:29.13 (1:18.51)	3:49.27 (1:20.14)	5:07.82 (1:18.55)
2	Wright, Eric	46	California Gold Masters-38	5:40.00	5:26.93	19
	1:17.05			2:40.48 (1:23.43)	4:06.00 (1:25.52)	5:26.93 (1:20.93)
3	Lehnert, Ahren	46	Marcia's Enthusiastic Masters-38	6:21.17	6:09.83	18
	1:29.30			3:05.33 (1:36.03)	4:41.37 (1:36.04)	6:09.83 (1:28.46)

**Men 45-49 800 LC Meter Freestyle**

<b>PAC:</b>	<b>9:07.99</b>	<b>#</b>	<b>12/31/2006</b>	<b>George F Tidmarsh</b>
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<b>NATL:</b>	<b>8:51.98</b>	<b>\$</b>	<b>8/9/2010</b>	<b>JEFF ERWIN</b>
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1	Fahlen, Mark	48	Modesto Area Aquatic Club-38	10:17.07	10:24.12	21
	1:14.95			2:34.39 (1:19.44)	3:54.17 (1:19.78)	5:13.11 (1:18.94)
	6:31.28 (1:18.17)			7:49.52 (1:18.24)	9:07.46 (1:17.94)	10:24.12 (1:16.66)
2	Wright, Eric	46	California Gold Masters-38	11:50.00	11:35.25	19
	1:20.20			2:46.43 (1:26.23)	4:14.91 (1:28.48)	5:44.04 (1:29.13)
	7:13.67 (1:29.63)			8:43.36 (1:29.69)	10:11.66 (1:28.30)	11:35.25 (1:23.59)
3	Lehnert, Ahren	46	Marcia's Enthusiastic Masters-38	13:24.40	13:18.90	18
	1:29.45			3:13.52 (1:44.07)	4:56.33 (1:42.81)	6:37.92 (1:41.59)
	8:21.41 (1:43.49)			10:04.16 (1:42.75)	11:44.84 (1:40.68)	13:18.90 (1:34.06)

**Men 45-49 1500 LC Meter Freestyle**

<b>PAC:</b>	<b>17:10.90</b>	<b>#</b>	<b>12/31/2005</b>	<b>George F Tidmarsh</b>
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<b>NATL:</b>	<b>16:38.81</b>	<b>\$</b>	<b>8/10/2009</b>	<b>JEFF ERWIN</b>
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1	Ghilardi, Nico	49	San Mateo Masters-38	20:00.00	18:46.61	21
	1:09.28			2:24.02 (1:14.74)	3:39.07 (1:15.05)	4:54.15 (1:15.08)
	6:08.62 (1:14.47)			7:23.39 (1:14.77)	8:38.89 (1:15.50)	9:54.13 (1:15.24)
	11:09.89 (1:15.76)			12:26.42 (1:16.53)	13:42.51 (1:16.09)	14:59.26 (1:16.75)
	16:15.83 (1:16.57)			17:32.81 (1:16.98)	18:46.61 (1:13.80)	
2	Fahlen, Mark	48	Modesto Area Aquatic Club-38	20:01.39	20:07.27	19
	1:18.64			2:40.53 (1:21.89)	4:02.33 (1:21.80)	5:23.72 (1:21.39)
	6:43.90 (1:20.18)			8:04.28 (1:20.38)	9:24.38 (1:20.10)	10:45.31 (1:20.93)
	12:06.16 (1:20.85)			13:26.34 (1:20.18)	14:46.36 (1:20.02)	16:06.27 (1:19.91)
	17:26.82 (1:20.55)			18:47.80 (1:20.98)	20:07.27 (1:19.47)	
3	Connolly, Darrin T	48	South End Rowing Club-38	20:19.71	20:36.69	18
	1:16.85			2:40.65 (1:23.80)	4:03.83 (1:23.18)	5:26.69 (1:22.86)
	6:50.01 (1:23.32)			8:12.33 (1:22.32)	9:34.70 (1:22.37)	10:56.69 (1:21.99)
	12:18.89 (1:22.20)			13:41.68 (1:22.79)	15:05.32 (1:23.64)	16:29.54 (1:24.22)
	17:52.65 (1:23.11)			19:16.10 (1:23.45)	20:36.69 (1:20.59)	
4	Wehmann, Todd	47	Marcia's Enthusiastic Masters-38	21:50.00	22:00.72	17
	1:19.74			2:48.27 (1:28.53)	4:15.05 (1:26.78)	5:41.50 (1:26.45)
	7:09.98 (1:28.48)			8:38.76 (1:28.78)	10:07.82 (1:29.06)	11:37.91 (1:30.09)
	13:07.36 (1:29.45)			14:36.31 (1:28.95)	16:06.00 (1:29.69)	17:35.52 (1:29.52)
	19:05.46 (1:29.94)			20:35.12 (1:29.66)	22:00.72 (1:25.60)	
5	Morgan, Preston	47	Davis Aquatic Masters-38	22:36.70	22:37.19	16
	1:21.85			2:53.11 (1:31.26)	4:27.26 (1:34.15)	6:00.94 (1:33.68)
	7:34.09 (1:33.15)			9:06.30 (1:32.21)	10:38.86 (1:32.56)	12:11.52 (1:32.66)
	13:44.19 (1:32.67)			15:15.56 (1:31.37)	16:46.61 (1:31.05)	18:17.76 (1:31.15)
	19:46.33 (1:28.57)			21:13.71 (1:27.38)	22:37.19 (1:23.48)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 45-49 1500 LC Meter Freestyle)**

6	Lehnert, Ahren	46	Marcia's Enthusiastic Masters-38	24:37.74	26:49.15	15
	1:32.28	3:14.43 (1:42.15)	4:58.77 (1:44.34)	6:44.71 (1:45.94)		
	8:30.81 (1:46.10)	10:18.57 (1:47.76)	12:07.44 (1:48.87)	13:57.83 (1:50.39)		
	15:46.35 (1:48.52)	17:37.60 (1:51.25)	19:29.89 (1:52.29)	21:21.74 (1:51.85)		
	23:12.39 (1:50.65)	25:04.28 (1:51.89)	26:49.15 (1:44.87)			

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

**PAC: 29.22 # 12/31/2008 John Ends**  
**NATL: 28.05 \$ 6/7/2008 STEVE WOOD**

1	Parker, Aron	49	Marcia's Enthusiastic Masters-38	36.00	35.93	21
2	Mai, Ping	49	University of San Francisco Ma-38	1:00.00	44.27	19
3	El-Awady, Khalid	49	University of San Francisco Ma-38	1:00.00	55.33	18

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

**PAC: 1:01.40 # 5/10/2015 Rick Gould**  
**NATL: 1:00.13 \$ 6/8/2008 STEVE WOOD**

1	Mai, Ping	49	University of San Francisco Ma-38	2:30.00	1:57.21	21
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**Men 45-49 200 LC Meter Backstroke**

**PAC: 2:18.66 # 12/31/2008 John A Engs**  
**NATL: 2:13.37 \$ 8/12/2012 RICH SAEGER**

1	Fahlen, Mark	48	Modesto Area Aquatic Club-38	2:53.31	2:51.00	21
	1:24.87	2:51.00 (1:26.13)				
2	Carter, Brandon	48	Santa Cruz Masters Aquatics-38	3:10.00	2:58.95	19
	1:26.93	2:58.95 (1:32.02)				
3	Mai, Ping	49	University of San Francisco Ma-38	5:00.00	4:11.17	18
	1:58.05	4:11.17 (2:13.12)				
4	El-Awady, Khalid	49	University of San Francisco Ma-38	4:00.00	4:28.39	17
	2:12.83	4:28.39 (2:15.56)				

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

**PAC: 32.48 # 12/31/1994 Robert Strand**  
**NATL: 29.61 \$ 8/3/2018 STEVE WEST**

1	Parker, Aron	49	Marcia's Enthusiastic Masters-38	35.00	36.54	21
2	Wright, Eric	46	California Gold Masters-38	38.50	39.08	19
3	Sway, David	46	Walnut Creek Masters-38	38.99	39.29	18
4	Iverson, Kirt	49	Bay Club-38	41.50	40.76	17
5	Rolando, Franco	48	University of San Francisco Ma-38	50.00	46.78	16

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

**PAC: 1:12.83 # 12/31/2001 Spencer Eldred**  
**NATL: 1:04.84 \$ 6/23/2019 STEVE WEST**

1	Wright, Eric	46	California Gold Masters-38	1:28.00	1:26.50	21
2	Iverson, Kirt	49	Bay Club-38	1:32.21	1:34.64	19
3	Carter, Brandon	48	Santa Cruz Masters Aquatics-38	1:45.00	1:36.79	18
4	Lehnert, Ahren	46	Marcia's Enthusiastic Masters-38	1:40.93	1:37.60	17
5	Mai, Ping	49	University of San Francisco Ma-38	2:00.00	1:53.35	16
6	El-Awady, Khalid	49	University of San Francisco Ma-38	2:00.00	1:56.77	15

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

**PAC: 2:35.26 # 6/29/2014 Sergey Mariniuk**  
**NATL: 2:19.44 \$ 6/22/2018 STEVE WEST**

1	Fahlen, Mark	48	Modesto Area Aquatic Club-38	3:15.00	3:14.09	21
	1:33.34	3:14.09 (1:40.75)				

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 45-49 200 LC Meter Breaststroke)**

2	Lehnert, Ahren	46	Marcia's Enthusiastic Masters-38	3:37.82	3:33.60	19
	1:44.12		3:33.60 (1:49.48)			
3	Rolando, Franco	48	University of San Francisco Ma-38	4:05.00	4:01.25	18
	1:50.76		4:01.25 (2:10.49)			

**Men 45-49 50 LC Meter Butterfly**PAC: 26.40 # 8/7/2013 **Greg Tull**NATL: 25.65 \$ 7/8/2012 **NICHOLAS DECKER**

1	Parker, Aron	49	Marcia's Enthusiastic Masters-38	30.00	29.98	21
2	Rolando, Franco	48	University of San Francisco Ma-38	51.00	48.63	19

**Men 45-49 100 LC Meter Butterfly**PAC: 59.64 # 12/31/2008 **John A Engs**NATL: 56.42 \$ 8/4/2002 **PAUL CARTER**

1	Mai, Ping	49	University of San Francisco Ma-38	2:00.00	2:20.85	21
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**Men 45-49 200 LC Meter Butterfly**PAC: 2:18.80 # 6/9/2004 **Barton S Wells**NATL: 2:04.07 \$ 7/19/2008 **DENNIS BAKER**

1	Mai, Ping	49	University of San Francisco Ma-38	5:00.00	5:06.68	21
	2:25.55		5:06.68 (2:41.13)			

**Men 50-54 50 LC Meter Freestyle**PAC: 25.57 # 12/31/2008 **Paul V Carter**NATL: 24.58 \$ 8/9/2009 **ROWDY GAINES**

1	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	28.69	27.78	21
2	Krovetz, Ted	53	Davis Aquatic Masters-38	29.90	30.64	19
3	Davis, Brian	51	Mountain View Masters-38	30.00	33.20	18
4	Potter, Donald	54	Walnut Creek Masters-38	33.00	33.22	17
5	Wu, Long	54	Marcia's Enthusiastic Masters-38	38.74	40.63	16
6	Abegg, Michael	54	Vallejo Aquatic Club-PC	37.00	41.13	15

**Men 50-54 100 LC Meter Freestyle**PAC: 55.93 # 12/31/2012 **David E Boatwright**NATL: 54.18 \$ 8/4/2017 **NICOLAS GRANGER**

1	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	59.01	1:00.80	21
2	Smith, Stephen	53	Sacramento Masters-38	1:02.15	1:02.27	19
3	Krovetz, Ted	53	Davis Aquatic Masters-38	1:07.93	1:07.53	18
4	Potter, Donald	54	Walnut Creek Masters-38	1:15.00	1:12.61	17
5	Dooley, Paul	51	Marcia's Enthusiastic Masters-38	1:14.00	1:12.78	16
6	Paris, Lorenzo	53	University of San Francisco Ma-38	1:30.00	1:13.99	15
7	Carter, Paul	51	Walnut Creek Masters-38	1:15.74	1:14.49	14
8	Levin, Alexander	53	University of San Francisco Ma-38	1:50.00	1:38.83	13

**Men 50-54 200 LC Meter Freestyle**PAC: 2:05.68 # 7/12/2013 **Darren D Phalen**NATL: 2:00.34 \$ 8/13/2007 **DAN STEPHENSON**

1	Smith, Stephen	53	Sacramento Masters-38	2:19.13	2:20.03	21
	1:08.92		2:20.03 (1:11.11)			
2	Krovetz, Ted	53	Davis Aquatic Masters-38	2:25.74	2:28.34	19
	1:11.32		2:28.34 (1:17.02)			
3	Dooley, Paul	51	Marcia's Enthusiastic Masters-38	2:36.00	2:37.92	18
	1:15.45		2:37.92 (1:22.47)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 50-54 200 LC Meter Freestyle)**

4	Paris, Lorenzo	53	University of San Francisco Ma-38	3:00.00	2:42.82	17
	1:17.43	2:42.82 (1:25.39)				
5	Alperin, Peter	51	University of San Francisco Ma-38	3:10.00	2:48.91	16
	1:19.82	2:48.91 (1:29.09)				

**Men 50-54 400 LC Meter Freestyle****PAC: 4:24.57 # 8/7/2013 Darren D Phalen****NATL: 4:15.93 \$ 8/4/2017 NICOLAS GRANGER**

1	Smith, Stephen	53	Sacramento Masters-38	4:55.50	4:56.70	21
	1:12.02	2:27.63 (1:15.61)	3:43.48 (1:15.85)	4:56.70 (1:13.22)		
2	Krovetz, Ted	53	Davis Aquatic Masters-38	5:12.78	5:11.09	19
	1:16.03	2:36.48 (1:20.45)	3:55.40 (1:18.92)	5:11.09 (1:15.69)		
3	Paris, Lorenzo	53	University of San Francisco Ma-38	5:48.36	5:57.36	18
	1:27.56	3:01.17 (1:33.61)	4:31.61 (1:30.44)	5:57.36 (1:25.75)		
4	Abegg, Michael	54	Vallejo Aquatic Club-PC	7:35.00	8:13.32	17
	1:49.14	3:54.89 (2:05.75)	6:06.76 (2:11.87)	8:13.32 (2:06.56)		

**Men 50-54 800 LC Meter Freestyle****PAC: 9:24.93 # 12/31/2006 Sandy MacDonald****NATL: 8:56.31 \$ 8/3/2014 RICARDO VALDIVIA**

1	Krovetz, Ted	53	Davis Aquatic Masters-38	10:46.00	10:44.02	21
	1:19.77	2:42.95 (1:23.18)	4:04.52 (1:21.57)	5:25.66 (1:21.14)		
	6:46.08 (1:20.42)	8:06.31 (1:20.23)	9:25.95 (1:19.64)	10:44.02 (1:18.07)		
2	Craven, Rob	54	Manatee Aquatic Masters Inc-38	12:04.00	12:01.22	19
	1:26.75	2:58.62 (1:31.87)	4:30.87 (1:32.25)	6:03.16 (1:32.29)		
	7:34.48 (1:31.32)	9:05.64 (1:31.16)	10:36.50 (1:30.86)	12:01.22 (1:24.72)		

**Men 50-54 1500 LC Meter Freestyle****PAC: 17:50.94 # 8/2/2017 Barton S Wells****NATL: 17:08.33 \$ 8/20/2000 JIM MC CONICA**

1	Arris, Todd	54	The Olympic Club-38	19:55.00	19:15.32	21
	1:13.21	2:31.13 (1:17.92)	3:48.87 (1:17.74)	5:06.19 (1:17.32)		
	6:23.54 (1:17.35)	7:41.05 (1:17.51)	8:58.43 (1:17.38)	10:15.92 (1:17.49)		
	11:33.11 (1:17.19)	12:50.12 (1:17.01)	14:08.03 (1:17.91)	15:25.70 (1:17.67)		
	16:42.92 (1:17.22)	18:00.61 (1:17.69)	19:15.32 (1:14.71)			
2	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	20:09.84	20:06.32	19
	1:12.56	2:31.74 (1:19.18)	3:52.94 (1:21.20)	5:15.64 (1:22.70)		
	6:37.91 (1:22.27)	7:59.97 (1:22.06)	9:21.31 (1:21.34)	10:42.78 (1:21.47)		
	12:04.51 (1:21.73)	13:26.05 (1:21.54)	14:46.82 (1:20.77)	16:07.84 (1:21.02)		
	17:27.99 (1:20.15)	18:47.87 (1:19.88)	20:06.32 (1:18.45)			
3	Bond, Chris	52	Manatee Aquatic Masters Inc-38	20:00.00	20:12.05	18
	1:14.53	2:34.23 (1:19.70)	3:53.74 (1:19.51)	5:13.42 (1:19.68)		
	6:33.05 (1:19.63)	7:53.08 (1:20.03)	9:13.86 (1:20.78)	10:35.64 (1:21.78)		
	11:57.19 (1:21.55)	13:19.48 (1:22.29)	14:42.72 (1:23.24)	16:05.59 (1:22.87)		
	17:28.49 (1:22.90)	18:51.51 (1:23.02)	20:12.05 (1:20.54)			
4	Dooley, Paul	51	Marcia's Enthusiastic Masters-38	22:45.00	23:00.18	17
	1:21.87	2:52.49 (1:30.62)	4:25.68 (1:33.19)	5:59.56 (1:33.88)		
	7:33.40 (1:33.84)	9:06.83 (1:33.43)	10:40.81 (1:33.98)	12:14.97 (1:34.16)		
	13:48.22 (1:33.25)	15:22.05 (1:33.83)	16:55.67 (1:33.62)	18:29.08 (1:33.41)		
	20:02.11 (1:33.03)	21:34.58 (1:32.47)	23:00.18 (1:25.60)			

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5	Paris, Lorenzo	53	University of San Francisco Ma-38	22:33.16	23:11.78	16
	1:29.39	3:02.14 (1:32.75)	4:35.61 (1:33.47)	6:09.05 (1:33.44)		
	7:43.21 (1:34.16)	9:17.01 (1:33.80)	10:50.09 (1:33.08)	12:23.33 (1:33.24)		
	13:56.66 (1:33.33)	15:30.76 (1:34.10)	17:04.22 (1:33.46)	18:37.54 (1:33.32)		
	20:09.75 (1:32.21)	21:42.77 (1:33.02)	23:11.78 (1:29.01)			
6	Arias, Bernard	50	University of San Francisco Ma-38	24:35.65	23:59.03	15
	1:24.87	3:00.04 (1:35.17)	4:38.69 (1:38.65)	6:17.29 (1:38.60)		
	7:55.52 (1:38.23)	9:33.44 (1:37.92)	11:10.70 (1:37.26)	12:47.06 (1:36.36)		
	14:23.01 (1:35.95)	15:59.83 (1:36.82)	17:35.97 (1:36.14)	19:12.31 (1:36.34)		
	20:49.29 (1:36.98)	22:26.44 (1:37.15)	23:59.03 (1:32.59)			
7	Levin, Alexander	53	University of San Francisco Ma-38	36:00.00	30:42.11	14
	1:46.95	3:49.38 (2:02.43)	5:54.19 (2:04.81)	7:58.31 (2:04.12)		
	10:02.58 (2:04.27)	12:06.00 (2:03.42)	14:11.72 (2:05.72)	16:17.89 (2:06.17)		
	18:23.77 (2:05.88)	20:28.18 (2:04.41)	22:33.89 (2:05.71)	24:38.71 (2:04.82)		
	26:43.82 (2:05.11)	28:49.24 (2:05.42)	30:42.11 (1:52.87)			

**Men 50-54 50 LC Meter Backstroke****PAC: 30.38 # 4/24/2017 Anthony R Mosse****NATL: 28.58 \$ 7/14/2018 RICK GOULD**

1	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	31.21	32.23	21
2	Smith, Stephen	53	Sacramento Masters-38	36.35	35.21	19
3	Potter, Donald	54	Walnut Creek Masters-38	48.00	43.85	18
4	Carter, Paul	51	Walnut Creek Masters-38	45.00	45.59	17

**Men 50-54 100 LC Meter Backstroke****PAC: 1:04.63 # 7/16/2017 Rick M Hamilton****NATL: 1:01.57 \$ 8/6/2017 NICOLAS GRANGER**

1	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	1:04.55	1:07.97	21
2	Smith, Stephen	53	Sacramento Masters-38	1:12.95	1:15.15	19
3	Dooley, Paul	51	Marcia's Enthusiastic Masters-38	1:31.00	1:30.48	18

**Men 50-54 200 LC Meter Backstroke****PAC: 2:23.16 # 8/7/2013 Darren D Phalen****NATL: 2:14.53 \$ 8/5/2017 NICOLAS GRANGER**

1	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	2:21.86	2:28.23	21
	1:12.43	2:28.23 (1:15.80)				

**Men 50-54 50 LC Meter Breaststroke****PAC: 30.97 # 12/31/2009 Gary L Patterson****NATL: 30.48 \$ 8/9/2013 DAVID GUTHRIE**

1	Manson, Jonathan	50	Uc38-38	33.00	32.28	21
2	Mc Bride, Patrick	50	University of San Francisco Ma-38	39.50	40.19	19
3	Wu, Long	54	Marcia's Enthusiastic Masters-38	40.49	42.08	18
4	Carter, Paul	51	Walnut Creek Masters-38	40.96	44.41	17
5	Levin, Alexander	53	University of San Francisco Ma-38	48.00	47.23	16

**Men 50-54 100 LC Meter Breaststroke****PAC: 1:09.36 # 12/31/2009 Gary L Patterson****NATL: 1:06.98 \$ 8/15/2014 DAVID GUTHRIE**

1	Collazos, Daniel	50	Marcia's Enthusiastic Masters-38	1:18.00	1:16.99	21
2	Finney, Peter	52	Manatee Aquatic Masters Inc-38	1:18.58	1:22.75	19
3	Wu, Long	54	Marcia's Enthusiastic Masters-38	1:33.43	1:33.50	18

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1	Mc Bride, Patrick	50	University of San Francisco Ma-38	3:07.50	3:07.64	21
	1:30.63		3:07.64 (1:37.01)			
2	Wu, Long	54	Marcia's Enthusiastic Masters-38	3:29.48	3:29.14	19
	1:41.92		3:29.14 (1:47.22)			
3	Levin, Alexander	53	University of San Francisco Ma-38	3:56.00	3:46.77	18
	1:49.09		3:46.77 (1:57.68)			

**Men 50-54 50 LC Meter Butterfly****PAC: 25.88 # 12/31/2008 Paul V Carter****NATL: 25.88 \$ 8/16/2008 PAUL CARTER**

1	Smith, Stephen	53	Sacramento Masters-38	31.33	30.66	21
2	Mc Bride, Patrick	50	University of San Francisco Ma-38	33.50	33.63	19
3	Krovetz, Ted	53	Davis Aquatic Masters-38	33.78	34.49	18
4	Potter, Donald	54	Walnut Creek Masters-38	50.00	37.38	17
5	Paris, Lorenzo	53	University of San Francisco Ma-38	37.15	37.94	16

**Men 50-54 100 LC Meter Butterfly****PAC: 57.23 # 12/31/2008 Paul V Carter****NATL: 57.23 \$ 8/15/2008 PAUL CARTER**

1	Collazos, Daniel	50	Marcia's Enthusiastic Masters-38	1:08.00	1:03.62	21
2	Smith, Stephen	53	Sacramento Masters-38	1:07.07	1:09.07	19
3	Finney, Peter	52	Manatee Aquatic Masters Inc-38	1:10.01	1:10.77	18

**Men 50-54 200 LC Meter Butterfly****PAC: 2:18.57 # 12/31/2008 Paul V Carter****NATL: 2:13.80 \$ 7/9/2011 DENNIS BAKER**

---	Finney, Peter	52	Manatee Aquatic Masters Inc-38	2:43.23	DQ	
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**Men 50-54 200 LC Meter IM****PAC: 2:19.45 # 8/7/2013 Darren D Phalen****NATL: 2:11.15 \$ 8/6/2017 NICOLAS GRANGER**

1	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	2:26.69	2:32.53	21
	1:09.61		2:32.53 (1:22.92)			
2	Finney, Peter	52	Manatee Aquatic Masters Inc-38	2:39.88	2:46.03	19
	1:21.71		2:46.03 (1:24.32)			
3	Krovetz, Ted	53	Davis Aquatic Masters-38	2:52.28	2:53.89	18
	1:24.28		2:53.89 (1:29.61)			
4	Mc Bride, Patrick	50	University of San Francisco Ma-38	2:46.50	2:57.05	17
	1:26.86		2:57.05 (1:30.19)			
5	Carter, Paul	51	Walnut Creek Masters-38	3:17.08	3:17.71	16
	1:35.80		3:17.71 (1:41.91)			
6	Levin, Alexander	53	University of San Francisco Ma-38	3:56.00	3:50.02	15
	1:50.66		3:50.02 (1:59.36)			
---	Paris, Lorenzo	53	University of San Francisco Ma-38	3:13.51	DQ	
	1:30.63		DQ (1:51.51)			

**Men 50-54 400 LC Meter IM****PAC: 4:57.93 # 8/7/2013 Darren D Phalen****NATL: 4:45.61 \$ 8/3/2017 NICOLAS GRANGER**

1	Finney, Peter	52	Manatee Aquatic Masters Inc-38	5:37.18	6:00.09	21
	1:17.06		2:55.44 (1:38.38)	4:35.92 (1:40.48)	6:00.09 (1:24.17)	

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2	Mc Bride, Patrick	50	University of San Francisco Ma-38	6:15.50	6:19.27	19
	1:21.67	3:07.53 (1:45.86)	4:49.30 (1:41.77)	6:19.27 (1:29.97)		
3	Paris, Lorenzo	53	University of San Francisco Ma-38	7:11.36	7:43.84	18
	1:38.86	3:36.63 (1:57.77)	6:10.01 (2:33.38)	7:43.84 (1:33.83)		
4	Levin, Alexander	53	University of San Francisco Ma-38	8:30.00	8:14.12	17
	1:50.79	4:03.49 (2:12.70)	6:15.22 (2:11.73)	8:14.12 (1:58.90)		

**Men 55-59 50 LC Meter Freestyle****PAC: 25.87 # 8/3/2016 David E Boatwright****NATL: 25.01 \$ 6/7/2009 JACK GROSELE**

1	Keating, Kevin	56	Sebastopol Masters Aquatic Clu-38	28.94	30.13	21
2	Cook, Doug	56	Walnut Creek Masters-38	30.50	31.09	19
3	Laudenslager, Greg	58	Rolling Hills Mud Sharks-38	32.10	31.38	18
4	Romdhane, Bechir	55	Walnut Creek Masters-38	40.00	34.62	17
5	Osborne, Glen	55	Sebastopol Masters Aquatic Clu-38	32.30	35.12	16

**Men 55-59 100 LC Meter Freestyle****PAC: 56.96 # 7/16/2017 David E Boatwright****NATL: 56.07 \$ 7/10/2015 STEVE WOOD**

1	Gothberg, Brad	57	Walnut Creek Masters-38	1:05.10	1:02.65	21
2	Keating, Kevin	56	Sebastopol Masters Aquatic Clu-38	1:06.00	1:06.85	19
3	Flegel, Michael	56	Livermore Valley Tennis Club-38	1:05.60	1:10.62	18
4	King, Ian	57	Walnut Creek Masters-38	1:09.69	1:11.79	17
5	Romdhane, Bechir	55	Walnut Creek Masters-38	1:18.00	1:14.72	16
6	Campbell, Chris	58	Mountain View Masters-38	1:16.00	1:23.71	15

**Men 55-59 200 LC Meter Freestyle****PAC: 2:05.88 # 8/3/2016 David E Boatwright****NATL: 2:04.01 \$ 7/26/2009 MICHAEL MANN**

1	Riblet, Jean-Philippe	56	Santa Rosa Masters-38	2:13.00	2:17.62	21
	1:08.61	2:17.62 (1:09.01)				
2	Gothberg, Brad	57	Walnut Creek Masters-38	2:22.90	2:23.43	19
	1:08.41	2:23.43 (1:15.02)				
3	Campbell, Chris	58	Mountain View Masters-38	2:52.00	3:01.12	18
	1:26.77	3:01.12 (1:34.35)				

**Men 55-59 400 LC Meter Freestyle****PAC: 4:36.62 # 7/24/2016 David E Boatwright****NATL: 4:22.49 \$ 7/25/2009 MICHAEL MANN**

1	Chao, Hector	55	Walnut Creek Masters-38	5:30.00	5:06.88	21
	1:14.97	2:34.09 (1:19.12)	3:51.57 (1:17.48)	5:06.88 (1:15.31)		
2	Gothberg, Brad	57	Walnut Creek Masters-38	5:30.00	5:09.50	19
	1:14.97	2:35.31 (1:20.34)	3:54.20 (1:18.89)	5:09.50 (1:15.30)		
3	King, Ian	57	Walnut Creek Masters-38	5:29.75	5:30.09	18
	1:18.23	2:42.75 (1:24.52)	4:06.99 (1:24.24)	5:30.09 (1:23.10)		
4	Gregor, Eugene	59	University of San Francisco Ma-38	6:10.00	5:59.43	17
	1:23.72	2:56.12 (1:32.40)	4:29.34 (1:33.22)	5:59.43 (1:30.09)		
5	Campbell, Chris	58	Mountain View Masters-38	6:10.00	6:22.19	16
	1:30.55	3:07.49 (1:36.94)	4:45.56 (1:38.07)	6:22.19 (1:36.63)		
6	Inchausti, Robert	57	Marcia's Enthusiastic Masters-38	7:00.00	6:44.79	15
	1:39.36	3:24.84 (1:45.48)	5:08.50 (1:43.66)	6:44.79 (1:36.29)		



**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 55-59 800 LC Meter Freestyle****PAC: 9:40.68 # 12/31/2003 R Tod Spieker****NATL: 9:00.09 \$ 7/24/2009 MICHAEL MANN**

1	Gregor, Eugene	59	University of San Francisco Ma-38	12:08.00	12:01.72	21
	1:24.42	2:55.40 (1:30.98)	4:28.06 (1:32.66)	6:00.56 (1:32.50)		
	7:32.76 (1:32.20)	9:05.40 (1:32.64)	10:36.64 (1:31.24)	12:01.72 (1:25.08)		
2	Cook, Doug	56	Walnut Creek Masters-38	11:26.66	12:11.45	19
	1:23.66	2:57.87 (1:34.21)	4:31.40 (1:33.53)	6:05.15 (1:33.75)		
	7:37.69 (1:32.54)	9:08.76 (1:31.07)	10:40.22 (1:31.46)	12:11.45 (1:31.23)		
3	Romdhane, Bechir	55	Walnut Creek Masters-38	14:00.00	12:45.81	18
	1:27.89	3:04.03 (1:36.14)	4:41.18 (1:37.15)	6:19.31 (1:38.13)		
	7:57.15 (1:37.84)	9:33.94 (1:36.79)	11:10.54 (1:36.60)	12:45.81 (1:35.27)		
4	Campbell, Chris	58	Mountain View Masters-38	13:30.00	13:13.97	17
	1:33.27	3:12.74 (1:39.47)	4:52.73 (1:39.99)	6:34.00 (1:41.27)		
	8:14.75 (1:40.75)	9:54.87 (1:40.12)	11:34.39 (1:39.52)	13:13.97 (1:39.58)		
5	Inchausti, Robert	57	Marcia's Enthusiastic Masters-38	13:20.00	13:46.30	16
	1:35.44	3:16.85 (1:41.41)	5:00.64 (1:43.79)	6:45.47 (1:44.83)		
	8:29.70 (1:44.23)	10:16.21 (1:46.51)	12:03.08 (1:46.87)	13:46.30 (1:43.22)		

**Men 55-59 1500 LC Meter Freestyle****PAC: 18:34.42 # 7/24/2016 David E Boatwright****NATL: 17:22.61 \$ 8/10/2009 MICHAEL MANN**

1	Boone, Jon	56	Walnut Creek Masters-38	21:06.25	21:15.86	21
	1:16.95	2:41.92 (1:24.97)	4:07.56 (1:25.64)	5:31.84 (1:24.28)		
	6:56.99 (1:25.15)	8:22.03 (1:25.04)	9:47.66 (1:25.63)	11:13.42 (1:25.76)		
	12:39.17 (1:25.75)	14:06.02 (1:26.85)	15:32.79 (1:26.77)	16:59.14 (1:26.35)		
	18:27.32 (1:28.18)	19:54.38 (1:27.06)	21:15.86 (1:21.48)			
2	Kennedy, Jeff	56	University of San Francisco Ma-38	23:00.00	22:23.87	19
	1:18.77	2:46.46 (1:27.69)	4:16.48 (1:30.02)	5:47.16 (1:30.68)		
	7:17.76 (1:30.60)	8:48.75 (1:30.99)	10:19.33 (1:30.58)	11:49.80 (1:30.47)		
	13:20.78 (1:30.98)	14:51.15 (1:30.37)	16:22.44 (1:31.29)	17:53.57 (1:31.13)		
	19:24.15 (1:30.58)	20:55.15 (1:31.00)	22:23.87 (1:28.72)			
3	Inchausti, Robert	57	Marcia's Enthusiastic Masters-38	24:11.00	25:59.06	18
	1:35.90	3:18.91 (1:43.01)	5:02.68 (1:43.77)	6:46.29 (1:43.61)		
	8:29.50 (1:43.21)	10:13.12 (1:43.62)	11:57.29 (1:44.17)	13:42.30 (1:45.01)		
	15:28.64 (1:46.34)	17:14.88 (1:46.24)	18:59.07 (1:44.19)	20:44.39 (1:45.32)		
	22:30.35 (1:45.96)	24:17.12 (1:46.77)	25:59.06 (1:41.94)			
4	Gendreau, David	59	University of San Francisco Ma-38	45:00.00	40:56.54	17
	2:21.88	5:00.28 (2:38.40)	7:45.12 (2:44.84)	10:28.12 (2:43.00)		
	13:10.01 (2:41.89)	15:50.48 (2:40.47)	18:38.15 (2:47.67)	21:26.10 (2:47.95)		
	24:09.57 (2:43.47)	26:58.00 (2:48.43)	29:46.84 (2:48.84)	32:27.32 (2:40.48)		
	35:18.04 (2:50.72)	38:09.90 (2:51.86)	40:56.54 (2:46.64)			

**Men 55-59 50 LC Meter Backstroke****PAC: 31.71 # 12/31/2000 Tim A Birnie****NATL: 29.03 \$ 8/20/2016 STEVE WOOD**

1	Riblet, Jean-Philippe	56	Santa Rosa Masters-38	31.18	32.40	21
2	Chao, Hector	55	Walnut Creek Masters-38	33.90	33.65	19
3	Frentsos, Paul	58	San Francisco Tsunami Masters-38	33.50	34.66	18
4	Taylor, Ron	59	Richmond Plunge Masters-38	33.44	35.04	17
5	Gregor, Eugene	59	University of San Francisco Ma-38	40.00	38.03	16
6	Laudenslager, Greg	58	Rolling Hills Mud Sharks-38	39.40	39.05	15
7	Osborne, Glen	55	Sebastopol Masters Aquatic Clu-38	39.00	40.28	14
8	Campbell, Chris	58	Mountain View Masters-38	47.00	44.69	13

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1	Riblet, Jean-Philippe	56	Santa Rosa Masters-38	1:10.68	1:10.55	21
2	Chao, Hector	55	Walnut Creek Masters-38	1:11.50	1:11.16	19
3	Taylor, Ron	59	Richmond Plunge Masters-38	1:15.49	1:16.46	18
4	Laudenslager, Greg	58	Rolling Hills Mud Sharks-38	1:25.64	1:24.27	17
5	Keating, Kevin	56	Sebastopol Masters Aquatic Clu-38	1:17.00	1:25.11	16
6	Campbell, Chris	58	Mountain View Masters-38	1:39.00	1:48.42	15
---	King, Ian	57	Walnut Creek Masters-38	1:26.61	DQ	

**Men 55-59 200 LC Meter Backstroke****PAC: 2:27.49 # 12/31/2008 Fred Ferroggiaro****NATL: 2:21.72 \$ 6/30/2019 RIP ESSELSTYN**

1	Riblet, Jean-Philippe	56	Santa Rosa Masters-38	2:30.00	2:33.49	21
				1:16.61	2:33.49 (1:16.88)	
2	Chao, Hector	55	Walnut Creek Masters-38	2:35.50	2:33.63	19
				1:13.81	2:33.63 (1:19.82)	
3	Taylor, Ron	59	Richmond Plunge Masters-38	2:48.21	2:49.07	18
				1:21.47	2:49.07 (1:27.60)	
4	Gregor, Eugene	59	University of San Francisco Ma-38	3:00.00	3:02.65	17
				1:28.40	3:02.65 (1:34.25)	
5	Laudenslager, Greg	58	Rolling Hills Mud Sharks-38	3:06.82	3:05.50	16
				1:32.42	3:05.50 (1:33.08)	
6	King, Ian	57	Walnut Creek Masters-38	3:13.58	3:09.25	15
				1:32.67	3:09.25 (1:36.58)	
7	Osborne, Glen	55	Sebastopol Masters Aquatic Clu-38	3:10.00	3:23.02	14
				1:39.91	3:23.02 (1:43.11)	
8	Campbell, Chris	58	Mountain View Masters-38	3:50.00	3:48.09	13
				1:51.92	3:48.09 (1:56.17)	
9	Inchausti, Robert	57	Marcia's Enthusiastic Masters-38	3:43.00	3:52.24	12
				1:54.65	3:52.24 (1:57.59)	

**Men 55-59 50 LC Meter Breaststroke****PAC: 33.32 # 12/31/2002 Robert Strand****NATL: 30.56 \$ 8/6/2017 DAVID GUTHRIE**

1	Flegel, Michael	56	Livermore Valley Tennis Club-38	37.70	37.20	21
2	Laudenslager, Greg	58	Rolling Hills Mud Sharks-38	37.62	37.45	19
3	Chao, Hector	55	Walnut Creek Masters-38	45.50	37.89	18
4	Taylor, Ron	59	Richmond Plunge Masters-38	39.78	40.66	17
5	Romdhane, Bechir	55	Walnut Creek Masters-38	45.00	42.31	16

**Men 55-59 100 LC Meter Breaststroke****PAC: 1:14.80 # 12/31/2001 Robert Strand****NATL: 1:07.97 \$ 7/31/2015 DAVID GUTHRIE**

1	Laudenslager, Greg	58	Rolling Hills Mud Sharks-38	1:25.12	1:24.72	21
2	Gregor, Eugene	59	University of San Francisco Ma-38	1:31.00	1:30.72	19
3	Taylor, Ron	59	Richmond Plunge Masters-38	1:30.88	1:31.23	18
4	Romdhane, Bechir	55	Walnut Creek Masters-38	1:35.00	1:31.30	17
5	Ewing, Jack	59	University of San Francisco Ma-38	1:30.35	1:31.59	16
6	Inchausti, Robert	57	Marcia's Enthusiastic Masters-38	2:05.00	1:50.37	15

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1	Flegel, Michael	56	Livermore Valley Tennis Club-38	3:04.30	3:05.07	21
	1:28.08	3:05.07 (1:36.99)				
2	Laudenslager, Greg	58	Rolling Hills Mud Sharks-38	3:12.80	3:11.87	19
	1:32.96	3:11.87 (1:38.91)				
3	Romdhane, Bechir	55	Walnut Creek Masters-38	3:30.00	3:28.08	18
	1:34.61	3:28.08 (1:53.47)				

**Men 55-59 50 LC Meter Butterfly****PAC: 27.31 # 12/31/2012 Paul V Carter****NATL: 26.86 \$ 8/6/2009 GARY HALL**

1	Keating, Kevin	56	Sebastopol Masters Aquatic Clu-38	29.58	30.05	21
2	Chao, Hector	55	Walnut Creek Masters-38	30.50	30.09	19
3	Frentsos, Paul	58	San Francisco Tsunami Masters-38	30.50	30.11	18
4	Riblet, Jean-Philippe	56	Santa Rosa Masters-38	30.82	30.53	17
5	Taylor, Ron	59	Richmond Plunge Masters-38	30.84	31.22	16

**Men 55-59 100 LC Meter Butterfly****PAC: 1:00.56 # 12/31/2012 Paul V Carter****NATL: 1:00.56 \$ 8/11/2012 PAUL CARTER**

1	Riblet, Jean-Philippe	56	Santa Rosa Masters-38	1:06.91	1:09.04	21
2	Frentsos, Paul	58	San Francisco Tsunami Masters-38	1:09.00	1:10.50	19
3	Keating, Kevin	56	Sebastopol Masters Aquatic Clu-38	1:09.00	1:13.15	18
4	Cook, Doug	56	Walnut Creek Masters-38	1:21.48	1:25.23	17
5	Ewing, Jack	59	University of San Francisco Ma-38	1:32.19	1:40.48	16

**Men 55-59 200 LC Meter IM****PAC: 2:27.18 # 12/31/2012 Paul V Carter****NATL: 2:20.83 \$ 8/9/2009 MICHAEL MANN**

1	Chao, Hector	55	Walnut Creek Masters-38	2:36.00	2:37.65	21
	1:13.35	2:37.65 (1:24.30)				
2	Frentsos, Paul	58	San Francisco Tsunami Masters-38	2:38.00	2:37.84	19
	1:13.32	2:37.84 (1:24.52)				
3	Flegel, Michael	56	Livermore Valley Tennis Club-38	2:49.80	2:59.49	18
	1:26.88	2:59.49 (1:32.61)				
4	King, Ian	57	Walnut Creek Masters-38	3:01.84	3:12.09	17
	1:33.30	3:12.09 (1:38.79)				

**Men 55-59 400 LC Meter IM****PAC: 5:30.36 # 12/30/2009 Jim Clemmons****NATL: 5:04.07 \$ 7/26/2009 MICHAEL MANN**

1	Frentsos, Paul	58	San Francisco Tsunami Masters-38	5:45.00	5:40.80	21
	1:16.10	2:44.71 (1:28.61)	4:22.54 (1:37.83)	5:40.80 (1:18.26)		
2	Smith, Curtice	55	University of San Francisco Ma-38	5:55.05	6:13.35	19
	1:24.24	3:03.82 (1:39.58)	4:50.29 (1:46.47)	6:13.35 (1:23.06)		
3	Gregor, Eugene	59	University of San Francisco Ma-38	6:35.00	6:51.74	18
	1:27.64	3:16.01 (1:48.37)	5:18.15 (2:02.14)	6:51.74 (1:33.59)		
4	Inchausti, Robert	57	Marcia's Enthusiastic Masters-38	7:40.00	7:59.94	17
	2:04.98	4:12.70 (2:07.72)	6:23.23 (2:10.53)	7:59.94 (1:36.71)		

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 60-64 50 LC Meter Freestyle****PAC: 26.92 # 8/9/2014 Steve Baxter****NATL: 25.23 \$ 8/10/2006 RICHARD ABRAHAMS**

1	Druz, Loren	63	Walnut Creek Masters-38	28.50	27.93	21
2	Morales, John	61	Santa Rosa Masters-38	32.55	31.33	19
3	Maritzen, Michael A	63	Rolling Hills Mud Sharks-38	35.00	33.43	18
4	O'Brien, Kerry	62	Walnut Creek Masters-38	32.00	34.39	17
5	Lee, Stanley H	63	Kona Aquatics-39	33.80	34.42	16

**Men 60-64 100 LC Meter Freestyle****PAC: 59.66 # 12/31/2006 James R DeLacy****NATL: 57.79 \$ 6/14/2014 JACK GROSELLE**

1	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	1:06.62	1:05.04	21
2	Cottingham, John	60	Los Gatos Swim And Racquet Clu-38	59.50	1:07.36	19
3	Spellberg, Geoff	63	North Bay Aquatics-38	1:08.50	1:08.55	18
4	Woodruff, David	63	Davis Aquatic Masters-38	1:11.03	1:14.91	17
5	Pinto, Harlan	62	Menlo Masters-38	1:18.36	1:18.64	16
6	Tsugawa, Peter	61	Marcia's Enthusiastic Masters-38	1:24.55	1:23.12	15
7	Deltorchio, Fred	62	Cal Maritime Academy Masters-38	1:30.00	1:24.12	14
8	Diers, Phil	62	San Francisco Tsunami Masters-38	2:12.29	1:53.68	13

**Men 60-64 200 LC Meter Freestyle****PAC: 2:13.32 # 12/31/2006 James R DeLacy****NATL: 2:07.68 \$ 8/6/2017 DAN STEPHENSON**

1	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	2:28.01	2:24.43	21
	1:11.08		2:24.43 (1:13.35)			
2	O'Brien, Kerry	62	Walnut Creek Masters-38	2:40.00	2:38.46	19
	1:18.28		2:38.46 (1:20.18)			
3	Spellberg, Geoff	63	North Bay Aquatics-38	2:35.10	2:39.16	18
	1:17.72		2:39.16 (1:21.44)			
4	Hamza, Alex	60	Livermore Valley Tennis Club-38	2:45.00	2:46.77	17
	1:21.11		2:46.77 (1:25.66)			
5	Deltorchio, Fred	62	Cal Maritime Academy Masters-38	3:20.00	3:13.05	16
	1:29.72		3:13.05 (1:43.33)			

**Men 60-64 400 LC Meter Freestyle****PAC: 4:51.99 # 8/7/2013 Michael G McCaffe****NATL: 4:36.85 \$ 8/4/2017 DAN STEPHENSON**

1	Morales, John	61	Santa Rosa Masters-38	5:12.99	5:09.51	21
	1:16.01		2:34.55 (1:18.54)	3:52.58 (1:18.03)	5:09.51 (1:16.93)	
2	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	5:28.00	5:17.64	19
	1:16.21		2:37.61 (1:21.40)	3:58.71 (1:21.10)	5:17.64 (1:18.93)	
3	O'Brien, Kerry	62	Walnut Creek Masters-38	5:40.00	5:49.03	18
	1:22.55		2:51.69 (1:29.14)	4:22.05 (1:30.36)	5:49.03 (1:26.98)	
4	Pinto, Harlan	62	Menlo Masters-38	6:02.61	6:05.98	17
	1:23.96		2:57.21 (1:33.25)	4:32.58 (1:35.37)	6:05.98 (1:33.40)	
5	Coad, David	61	University of San Francisco Ma-38	7:15.00	6:06.28	16
	1:26.55		2:59.96 (1:33.41)	4:34.76 (1:34.80)	6:06.28 (1:31.52)	
6	Woodruff, David	63	Davis Aquatic Masters-38	5:50.00	6:09.47	15
	1:31.72		3:08.35 (1:36.63)	4:41.25 (1:32.90)	6:09.47 (1:28.22)	
7	Tsugawa, Peter	61	Marcia's Enthusiastic Masters-38	7:00.00	6:46.42	14
8	Young, Stephen	61	University of San Francisco Ma-38	8:20.00	8:24.42	13
	1:55.43		4:07.84 (2:12.41)	6:19.87 (2:12.03)	8:24.42 (2:04.55)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 60-64 800 LC Meter Freestyle**

PAC: 10:01.23 # 8/7/2013 Michael G McCaffe

NATL: 9:29.70 \$ 8/12/2018 ANDREW BRAY

1	Morales, John	61	Santa Rosa Masters-38	10:40.88	10:51.96	21
	1:18.99	2:40.86 (1:21.87)	4:02.83 (1:21.97)	5:25.49 (1:22.66)		
	6:48.02 (1:22.53)	8:09.85 (1:21.83)	9:31.53 (1:21.68)	10:51.96 (1:20.43)		
2	Coad, David	61	University of San Francisco Ma-38	13:30.00	12:43.76	19
	1:27.08	3:02.24 (1:35.16)	4:39.45 (1:37.21)	6:17.86 (1:38.41)		
	7:56.30 (1:38.44)	9:33.92 (1:37.62)	11:10.57 (1:36.65)	12:43.76 (1:33.19)		
3	Young, Stephen	61	University of San Francisco Ma-38	16:40.00	17:03.45	18
	1:52.85	4:02.77 (2:09.92)	6:13.77 (2:11.00)	8:25.13 (2:11.36)		
	10:33.93 (2:08.80)	12:41.90 (2:07.97)	14:53.95 (2:12.05)	17:03.45 (2:09.50)		

**Men 60-64 1500 LC Meter Freestyle**

PAC: 19:06.93 # 8/7/2013 Michael G McCaffe

NATL: 18:01.45 \$ 7/22/2018 ANDREW BRAY

1	Morales, John	61	Santa Rosa Masters-38	20:29.00	20:30.93	21
	1:18.17	2:42.17 (1:24.00)	4:06.15 (1:23.98)	5:29.53 (1:23.38)		
	6:53.02 (1:23.49)	8:15.83 (1:22.81)	9:37.81 (1:21.98)	10:59.70 (1:21.89)		
	12:21.29 (1:21.59)	13:42.49 (1:21.20)	15:04.56 (1:22.07)	16:26.68 (1:22.12)		
	17:48.74 (1:22.06)	19:10.51 (1:21.77)	20:30.93 (1:20.42)			
2	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	21:01.99	21:05.92	19
	1:21.06	2:46.67 (1:25.61)	4:12.17 (1:25.50)	5:37.49 (1:25.32)		
	7:02.87 (1:25.38)	8:28.44 (1:25.57)	9:53.85 (1:25.41)	11:19.02 (1:25.17)		
	12:44.08 (1:25.06)	14:09.39 (1:25.31)	15:34.62 (1:25.23)	16:58.81 (1:24.19)		
	18:22.80 (1:23.99)	19:46.81 (1:24.01)	21:05.92 (1:19.11)			
3	Spellberg, Geoff	63	North Bay Aquatics-38	22:02.22	22:06.34	18
	1:25.40	2:55.56 (1:30.16)	4:26.12 (1:30.56)	5:56.31 (1:30.19)		
	7:26.32 (1:30.01)	8:55.36 (1:29.04)	10:24.65 (1:29.29)	11:53.06 (1:28.41)		
	13:21.79 (1:28.73)	14:50.07 (1:28.28)	16:17.97 (1:27.90)	17:46.20 (1:28.23)		
	19:14.45 (1:28.25)	20:41.84 (1:27.39)	22:06.34 (1:24.50)			
4	Citron, Jeffrey M	64	Marcia's Enthusiastic Masters-38	24:01.88	23:06.31	17
	1:28.17	3:02.16 (1:33.99)	4:36.91 (1:34.75)	6:10.45 (1:33.54)		
	7:43.45 (1:33.00)	9:16.51 (1:33.06)	10:49.88 (1:33.37)	12:22.69 (1:32.81)		
	13:55.32 (1:32.63)	15:27.62 (1:32.30)	17:00.42 (1:32.80)	18:32.89 (1:32.47)		
	20:06.15 (1:33.26)	21:39.41 (1:33.26)	23:06.31 (1:26.90)			
5	Pinto, Harlan	62	Menlo Masters-38	23:27.88	24:09.73	16
	1:28.30	3:02.87 (1:34.57)	4:38.36 (1:35.49)	6:12.17 (1:33.81)		
	7:46.59 (1:34.42)	9:21.51 (1:34.92)	10:58.68 (1:37.17)	12:36.67 (1:37.99)		
	14:15.99 (1:39.32)	15:55.13 (1:39.14)	17:34.18 (1:39.05)	19:13.63 (1:39.45)		
	20:53.20 (1:39.57)	22:34.19 (1:40.99)	24:09.73 (1:35.54)			
6	Coad, David	61	University of San Francisco Ma-38	25:20.00	24:20.86	15
	1:29.52	3:05.06 (1:35.54)	4:43.10 (1:38.04)	6:21.66 (1:38.56)		
	7:59.81 (1:38.15)	9:38.20 (1:38.39)	11:16.13 (1:37.93)	12:54.75 (1:38.62)		
	14:32.72 (1:37.97)	16:11.24 (1:38.52)	17:50.55 (1:39.31)	19:29.07 (1:38.52)		
	21:08.76 (1:39.69)	22:46.59 (1:37.83)	24:20.86 (1:34.27)			
7	Young, Stephen	61	University of San Francisco Ma-38	32:00.00	32:10.35	14
	1:54.30	3:59.57 (2:05.27)	6:07.16 (2:07.59)	8:17.47 (2:10.31)		
	10:26.04 (2:08.57)	12:36.14 (2:10.10)	14:44.25 (2:08.11)	16:51.86 (2:07.61)		
	19:01.29 (2:09.43)	21:12.56 (2:11.27)	23:26.56 (2:14.00)	25:35.97 (2:09.41)		
	27:50.08 (2:14.11)	30:02.27 (2:12.19)	32:10.35 (2:08.08)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 60-64 1500 LC Meter Freestyle)**

8	Morreale, Vincent	64	University of San Francisco Ma-38	33:02.12	34:17.91	13
	2:16.76	4:33.94 (2:17.18)	6:50.72 (2:16.78)	9:07.29 (2:16.57)		
	11:24.12 (2:16.83)	13:42.17 (2:18.05)	15:56.38 (2:14.21)	18:08.89 (2:12.51)		
	20:22.73 (2:13.84)	22:36.73 (2:14.00)	24:55.69 (2:18.96)	27:15.99 (2:20.30)		
	29:39.55 (2:23.56)	32:00.38 (2:20.83)	34:17.91 (2:17.53)			

**Men 60-64 50 LC Meter Backstroke**PAC: 32.11 # 12/31/2003 **Richard Burns**NATL: 30.63 \$ 8/2/2018 **ANDRE STEYNBERG**

1	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	36.61	35.97	21
2	Maritzen, Michael A	63	Rolling Hills Mud Sharks-38	40.00	43.16	19

**Men 60-64 100 LC Meter Backstroke**PAC: 1:11.48 # 8/7/2013 **Fred Ferroggiaro**NATL: 1:07.85 \$ 7/31/2016 **TOM BARTON**

1	Volpp, Bryan	62	Walnut Creek Masters-38	1:18.80	1:16.09	21
2	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	1:19.62	1:16.34	19

**Men 60-64 200 LC Meter Backstroke**PAC: 2:33.09 # 8/7/2013 **Fred Ferroggiaro**NATL: 2:28.37 \$ 7/30/2016 **TOM BARTON**

1	Volpp, Bryan	62	Walnut Creek Masters-38	2:48.70	2:44.92	21
	1:19.75	2:44.92 (1:25.17)				
2	Morales, John	61	Santa Rosa Masters-38	2:50.88	2:51.13	19
	1:23.41	2:51.13 (1:27.72)				

**Men 60-64 50 LC Meter Breaststroke**PAC: 33.41 # 12/31/2008 **Robert Strand**NATL: 32.87 \$ 6/13/2012 **TIMOTHY SHEAD**

1	Volpp, Bryan	62	Walnut Creek Masters-38	37.40	36.54	21
2	Seligmann, William	63	Santa Cruz Masters Aquatics-38	40.00	40.71	19
3	Pinto, Harlan	62	Menlo Masters-38	38.85	40.85	18
4	Woodruff, David	63	Davis Aquatic Masters-38	42.00	42.41	17
5	Diers, Phil	62	San Francisco Tsunami Masters-38	1:04.27	58.99	16
6	Deltorchio, Fred	62	Cal Maritime Academy Masters-38	1:05.00	1:03.63	15

**Men 60-64 100 LC Meter Breaststroke**PAC: 1:15.42 # 12/31/2008 **Robert Strand**NATL: 1:13.38 \$ 8/8/2013 **RICK COLELLA**

1	Volpp, Bryan	62	Walnut Creek Masters-38	1:25.10	1:24.61	21
2	Tsugawa, Peter	61	Marcia's Enthusiastic Masters-38	1:57.09	1:55.00	19
3	Young, Stephen	61	University of San Francisco Ma-38	2:45.00	2:45.02	18

**Men 60-64 200 LC Meter Breaststroke**PAC: 2:50.77 # 12/31/2008 **Robert Strand**NATL: 2:40.46 \$ 8/17/2014 **RICK COLELLA**

1	Volpp, Bryan	62	Walnut Creek Masters-38	3:08.00	3:04.20	21
	1:28.55	3:04.20 (1:35.65)				
2	Hamza, Alex	60	Livermore Valley Tennis Club-38	3:20.04	3:23.61	19
	1:39.74	3:23.61 (1:43.87)				
3	Pinto, Harlan	62	Menlo Masters-38	3:29.54	3:41.58	18
	1:46.58	3:41.58 (1:55.00)				
4	Williams, Syd	64	University of San Francisco Ma-38	4:00.00	3:54.17	17
	1:53.29	3:54.17 (2:00.88)				

## 2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019

Sanction #: 389-S012

## Results

**(Men 60-64 200 LC Meter Breaststroke)**

5	Young, Stephen	61	University of San Francisco Ma-38	5:20.00	5:49.25	16
	2:48.17		5:49.25 (3:01.08)			

**Men 60-64 50 LC Meter Butterfly**

PAC: 28.58 # 8/9/2014 Steve Baxter

NATL: 27.85 \$ 8/6/2017 TRIP HEDRICK

1	Spellberg, Geoff	63	North Bay Aquatics-38	32.50	32.74	21
2	Cottingham, John	60	Los Gatos Swim And Racquet Clu-38	31.00	33.62	19
3	O'Brien, Kerry	62	Walnut Creek Masters-38	33.00	34.77	18
4	Seligmann, William	63	Santa Cruz Masters Aquatics-38	35.00	36.73	17
5	Pinto, Harlan	62	Menlo Masters-38	39.60	42.82	16

**Men 60-64 100 LC Meter Butterfly**

PAC: 1:09.11 # 12/31/2006 James R DeLacy

NATL: 1:03.03 \$ 8/15/2005 RICHARD ABRAHAMS

1	Morales, John	61	Santa Rosa Masters-38	1:13.44	1:14.48	21
2	Tsugawa, Peter	61	Marcia's Enthusiastic Masters-38	1:47.10	1:48.13	19

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

PAC: 2:42.84 # 8/6/2016 Peter M Guadagni

NATL: 2:29.05 \$ 8/6/2011 LAWRENCE DAY

1	Tsugawa, Peter	61	Marcia's Enthusiastic Masters-38	4:22.48	4:24.39	21
	2:07.42		4:24.39 (2:16.97)			

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

PAC: 2:32.63 # 12/31/2011 Tim Broderick

NATL: 2:21.99 \$ 8/17/2014 RICK COLELLA

1	Volpp, Bryan	62	Walnut Creek Masters-38	2:47.50	2:42.48	21
	1:16.26		2:42.48 (1:26.22)			
2	Tsugawa, Peter	61	Marcia's Enthusiastic Masters-38	3:45.46	3:45.82	19
	1:47.39		3:45.82 (1:58.43)			
3	Williams, Syd	64	University of San Francisco Ma-38	4:30.00	3:58.61	18
	2:03.47		3:58.61 (1:55.14)			
4	Diers, Phil	62	San Francisco Tsunami Masters-38	5:15.98	5:02.42	17
	2:37.98		5:02.42 (2:24.44)			
5	Young, Stephen	61	University of San Francisco Ma-38	4:45.00	5:04.53	16
	2:34.45		5:04.53 (2:30.08)			

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

PAC: 5:37.64 # 12/31/2010 Jim Clemmons

NATL: 5:08.20 \$ 8/15/2014 RICK COLELLA

1	Morales, John	61	Santa Rosa Masters-38	5:59.99	5:55.47	21
	1:18.44		2:52.39 (1:33.95)	4:36.29 (1:43.90)	5:55.47 (1:19.18)	
2	Volpp, Bryan	62	Walnut Creek Masters-38	5:58.00	5:56.87	19
	1:20.24		2:51.43 (1:31.19)	4:33.91 (1:42.48)	5:56.87 (1:22.96)	
3	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	6:10.62	6:04.77	18
	1:22.80		2:59.26 (1:36.46)	4:42.92 (1:43.66)	6:04.77 (1:21.85)	
4	Tsugawa, Peter	61	Marcia's Enthusiastic Masters-38	7:57.19	8:06.20	17
	1:58.18		4:15.58 (2:17.40)	6:26.79 (2:11.21)	8:06.20 (1:39.41)	
5	Williams, Syd	64	University of San Francisco Ma-38	9:00.00	8:40.88	16
	2:10.93		4:41.93 (2:31.00)	6:46.16 (2:04.23)	8:40.88 (1:54.72)	
6	Young, Stephen	61	University of San Francisco Ma-38	10:30.00	11:16.88	15
	2:54.06		5:50.94 (2:56.88)	9:01.41 (3:10.47)	11:16.88 (2:15.47)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 65-69 50 LC Meter Freestyle****PAC: 27.38 # 7/24/2016 Tate Holt****NATL: 26.21 \$ 7/6/2018 DOUG MARTIN**

1	Holt, Tate	68	Tamalpais Aquatic Masters-38	28.00	28.43	21
2	Van Boer, Eric	65	Rolling Hills Mud Sharks-38	29.00	29.94	19
3	Ottersen, Craig M	67	Sacramento Masters-38	29.56	30.29	18
4	McKenzie, Bob	69	California Capital Aquatics Ma-38	31.97	32.16	17
5	Welco, Alan	65	Uc38-38	32.10	33.38	16
6	Fogarty, Peter	68	Tuolumne County Aquatic Master-38	37.75	38.06	15
7	Burke, Bill	65	University of San Francisco Ma-38	1:00.00	52.19	14

**Men 65-69 100 LC Meter Freestyle****PAC: 1:01.69 # 7/24/2016 Tate Holt****NATL: 59.88 \$ 6/8/2019 JACK GROSELLE**

1	Van Boer, Eric	65	Rolling Hills Mud Sharks-38	1:07.00	1:09.08	21
2	Foote, John	69	Tamalpais Aquatic Masters-38	1:09.50	1:12.91	19
3	Cort, Doug	69	Cal Maritime Academy Masters-38	1:40.12	1:18.85	18
4	Ridinger, Kim	68	University of San Francisco Ma-38	1:20.00	1:22.47	17

**Men 65-69 200 LC Meter Freestyle****PAC: 2:18.51 # 7/24/2016 Tim Broderick****NATL: 2:09.39 \$ 8/6/2017 RICK COLELLA**

1	Broderick, Tim	68	Stanford Masters Swimming-38	2:28.00	2:25.75	21
	1:11.57		2:25.75 (1:14.18)			
2	Ryder, Mike J	65	Rocklin Aquatics Masters-38	2:36.18	2:33.77	19
	1:14.46		2:33.77 (1:19.31)			
3	Kahn, Stuart	66	Davis Aquatic Masters-38	2:34.12	2:37.74	18
	1:17.62		2:37.74 (1:20.12)			
4	Ferroggiaro, Fred	66	The Olympic Club-38	2:43.00	2:47.22	17
	1:22.40		2:47.22 (1:24.82)			
5	Ridinger, Kim	68	University of San Francisco Ma-38	2:58.00	2:53.90	16
	1:24.86		2:53.90 (1:29.04)			
6	Cort, Doug	69	Cal Maritime Academy Masters-38	3:20.12	3:00.49	15
	1:29.82		3:00.49 (1:30.67)			
7	Moore, Michael	69	University of San Francisco Ma-38	3:30.00	4:00.99	14
	1:56.12		4:00.99 (2:04.87)			

**Men 65-69 400 LC Meter Freestyle****PAC: 5:06.67 # 6/29/2004 Joel R Wilson****NATL: 4:37.70 \$ 8/4/2017 RICK COLELLA**

1	Broderick, Tim	68	Stanford Masters Swimming-38	5:30.00	5:15.98	21
	1:16.84		2:38.52 (1:21.68)	3:59.35 (1:20.83)	5:15.98 (1:16.63)	
2	Ryder, Mike J	65	Rocklin Aquatics Masters-38	5:34.15	5:20.71	19
	1:16.90		2:38.97 (1:22.07)	4:01.01 (1:22.04)	5:20.71 (1:19.70)	
3	Kahn, Stuart	66	Davis Aquatic Masters-38	6:05.22	5:43.36	18
	1:24.69		2:53.12 (1:28.43)	4:19.20 (1:26.08)	5:43.36 (1:24.16)	
4	Andrews, Bryan	68	University of San Francisco Ma-38	9:20.00	8:21.77	17
	2:06.46		4:15.88 (2:09.42)	6:22.30 (2:06.42)	8:21.77 (1:59.47)	
5	Moore, Michael	69	University of San Francisco Ma-38	8:30.00	8:49.28	16
	2:05.00		4:21.09 (2:16.09)	6:34.22 (2:13.13)	8:49.28 (2:15.06)	



**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 65-69 800 LC Meter Freestyle**

PAC: 10:47.65 # 8/9/2014 Mike Sherrill

NATL: 10:11.30 \$ 6/14/2015 JIM MC CONICA

1	Broderick, Tim	68	Stanford Masters Swimming-38	11:40.00	11:00.86	21
	1:19.49	2:43.90 (1:24.41)	4:08.73 (1:24.83)	5:33.27 (1:24.54)		
	6:56.59 (1:23.32)	8:19.18 (1:22.59)	9:41.36 (1:22.18)	11:00.86 (1:19.50)		
2	Ryder, Mike J	65	Rocklin Aquatics Masters-38	11:22.67	11:01.05	19
	1:18.65	2:42.37 (1:23.72)	4:05.86 (1:23.49)	5:29.10 (1:23.24)		
	6:52.06 (1:22.96)	8:15.64 (1:23.58)	9:39.44 (1:23.80)	11:01.05 (1:21.61)		
3	Bell, Gordon	67	Walnut Creek Masters-38	11:30.00	11:33.79	18
	1:26.95	2:55.56 (1:28.61)	4:22.98 (1:27.42)	5:50.95 (1:27.97)		
	7:18.08 (1:27.13)	8:45.39 (1:27.31)	10:11.58 (1:26.19)	11:33.79 (1:22.21)		
4	Burke, Bill	65	University of San Francisco Ma-38	17:00.00	18:50.18	17
	2:07.73	4:26.98 (2:19.25)	6:48.33 (2:21.35)	9:09.87 (2:21.54)		
	11:34.31 (2:24.44)	14:00.54 (2:26.23)	16:27.62 (2:27.08)	18:50.18 (2:22.56)		

**Men 65-69 1500 LC Meter Freestyle**

PAC: 20:29.63 # 8/7/2013 Joel R Wilson

NATL: 19:33.36 \$ 6/14/2015 JIM MC CONICA

1	Ferroggiaro, Fred	66	The Olympic Club-38	22:00.00	21:04.14	21
	1:21.89	2:47.56 (1:25.67)	4:13.05 (1:25.49)	5:37.81 (1:24.76)		
	7:02.05 (1:24.24)	8:26.43 (1:24.38)	9:51.08 (1:24.65)	11:15.72 (1:24.64)		
	12:40.46 (1:24.74)	14:05.56 (1:25.10)	15:30.10 (1:24.54)	16:54.30 (1:24.20)		
	18:18.67 (1:24.37)	19:42.06 (1:23.39)	21:04.14 (1:22.08)			
2	Broderick, Tim	68	Stanford Masters Swimming-38	23:00.00	21:06.26	19
	1:19.34	2:43.15 (1:23.81)	4:07.08 (1:23.93)	5:30.97 (1:23.89)		
	6:54.44 (1:23.47)	8:18.94 (1:24.50)	9:43.90 (1:24.96)	11:08.88 (1:24.98)		
	12:34.23 (1:25.35)	13:59.66 (1:25.43)	15:25.71 (1:26.05)	16:51.60 (1:25.89)		
	18:17.93 (1:26.33)	19:43.68 (1:25.75)	21:06.26 (1:22.58)			
3	Ryder, Mike J	65	Rocklin Aquatics Masters-38	21:31.06	21:19.51	18
	1:20.18	2:46.47 (1:26.29)	4:12.33 (1:25.86)	5:37.58 (1:25.25)		
	7:03.13 (1:25.55)	8:28.43 (1:25.30)	9:54.29 (1:25.86)	11:19.89 (1:25.60)		
	12:45.41 (1:25.52)	14:10.90 (1:25.49)	15:36.68 (1:25.78)	17:02.53 (1:25.85)		
	18:28.35 (1:25.82)	19:54.31 (1:25.96)	21:19.51 (1:25.20)			
4	Kahn, Stuart	66	Davis Aquatic Masters-38	23:03.94	23:16.74	17
	1:27.37	2:59.19 (1:31.82)	4:32.17 (1:32.98)	6:04.84 (1:32.67)		
	7:37.66 (1:32.82)	9:10.42 (1:32.76)	10:43.52 (1:33.10)	12:17.21 (1:33.69)		
	13:51.07 (1:33.86)	15:25.48 (1:34.41)	17:00.22 (1:34.74)	18:36.02 (1:35.80)		
	20:10.99 (1:34.97)	21:45.51 (1:34.52)	23:16.74 (1:31.23)			
5	Small, Stephen	67	Marcia's Enthusiastic Masters-38	24:30.30	23:23.60	16
	1:26.64	3:00.48 (1:33.84)	4:34.04 (1:33.56)	6:07.45 (1:33.41)		
	7:41.94 (1:34.49)	9:16.47 (1:34.53)	10:50.99 (1:34.52)	12:25.87 (1:34.88)		
	14:00.06 (1:34.19)	15:34.18 (1:34.12)	17:08.35 (1:34.17)	18:43.12 (1:34.77)		
	20:18.14 (1:35.02)	21:52.59 (1:34.45)	23:23.60 (1:31.01)			
6	Winterrowd, Dan	69	Sierra Marlins Masters-38	24:23.09	24:14.53	15
	1:30.88	3:07.27 (1:36.39)	4:44.86 (1:37.59)	6:21.72 (1:36.86)		
	7:58.87 (1:37.15)	9:36.00 (1:37.13)	11:13.46 (1:37.46)	12:50.95 (1:37.49)		
	14:29.04 (1:38.09)	16:07.88 (1:38.84)	17:45.95 (1:38.07)	19:23.53 (1:37.58)		
	21:01.76 (1:38.23)	22:41.14 (1:39.38)	24:14.53 (1:33.39)			
7	Ridinger, Kim	68	University of San Francisco Ma-38	24:25.50	24:34.19	14
	1:27.65	3:02.63 (1:34.98)	4:40.04 (1:37.41)	6:18.70 (1:38.66)		
	7:58.11 (1:39.41)	9:38.16 (1:40.05)	11:18.64 (1:40.48)	12:58.01 (1:39.37)		
	14:39.11 (1:41.10)	17:59.47 (3:20.36)	19:39.16 (1:39.69)	21:20.01 (1:40.85)		
	22:59.00 (1:38.99)	24:34.19 (1:35.19)	24:34.19 ( )			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 65-69 50 LC Meter Backstroke****PAC: 30.95 # 12/31/2012 Hugh Wilder****NATL: 30.95 \$ 7/12/2012 HUGH WILDER**

1	Van Boer, Eric	65	Rolling Hills Mud Sharks-38	35.50	37.06	21
2	Fogarty, Peter	68	Tuolumne County Aquatic Master-38	53.00	48.58	19
3	Andrews, Bryan	68	University of San Francisco Ma-38	55.00	50.78	18
4	Moore, Michael	69	University of San Francisco Ma-38	1:05.00	1:06.37	17
5	Burke, Bill	65	University of San Francisco Ma-38	1:20.00	1:08.81	16

**Men 65-69 100 LC Meter Backstroke****PAC: 1:09.79 # 12/31/2012 Hugh Wilder****NATL: 1:09.79 \$ 7/8/2012 HUGH WILDER**

1	Ferroggiaro, Fred	66	The Olympic Club-38	1:15.00	1:17.60	21
2	Van Boer, Eric	65	Rolling Hills Mud Sharks-38	1:17.00	1:20.86	19
3	Andrews, Bryan	68	University of San Francisco Ma-38	2:05.00	1:46.97	18
4	Ridinger, Kim	68	University of San Francisco Ma-38	1:45.00	1:49.53	17

**Men 65-69 200 LC Meter Backstroke****PAC: 2:41.76 # 12/31/2009 Richard Burns****NATL: 2:37.16 \$ 6/16/2018 LAWRENCE DAY**

1	Van Boer, Eric	65	Rolling Hills Mud Sharks-38	3:04.82	3:07.44	21
				1:32.09	3:07.44 (1:35.35)	
2	Kahn, Stuart	66	Davis Aquatic Masters-38	3:04.22	3:13.10	19
				1:36.02	3:13.10 (1:37.08)	
3	Andrews, Bryan	68	University of San Francisco Ma-38	4:30.00	4:02.07	18
				2:04.10	4:02.07 (1:57.97)	

**Men 65-69 50 LC Meter Breaststroke****PAC: 35.00 # 12/31/2009 Kenneth A Frost****NATL: 33.30 \$ 8/19/2016 RICK COLELLA**

1	Ottersen, Craig M	67	Sacramento Masters-38	37.50	36.82	21
2	Van Boer, Eric	65	Rolling Hills Mud Sharks-38	37.00	41.53	19
3	Foote, John	69	Tamalpais Aquatic Masters-38	44.60	42.64	18
4	McKenzie, Bob	69	California Capital Aquatics Ma-38	43.19	43.60	17
5	Cort, Doug	69	Cal Maritime Academy Masters-38	49.18	47.34	16
6	Ridinger, Kim	68	University of San Francisco Ma-38	48.50	47.44	15

**Men 65-69 100 LC Meter Breaststroke****PAC: 1:18.11 # 12/31/2009 Kenneth A Frost****NATL: 1:14.77 \$ 8/5/2017 RICK COLELLA**

1	Ottersen, Craig M	67	Sacramento Masters-38	1:26.00	1:25.01	21
2	Kahn, Stuart	66	Davis Aquatic Masters-38	1:39.88	1:39.39	19
3	Fogarty, Peter	68	Tuolumne County Aquatic Master-38	1:43.92	1:40.35	18
4	Burke, Bill	65	University of San Francisco Ma-38	2:20.00	2:12.43	17
5	Andrews, Bryan	68	University of San Francisco Ma-38	2:45.00	2:26.53	16

**Men 65-69 200 LC Meter Breaststroke****PAC: 2:59.54 # 12/31/2009 Kenneth A Frost****NATL: 2:41.54 \$ 8/21/2016 RICK COLELLA**

1	Broderick, Tim	68	Stanford Masters Swimming-38	3:20.00	3:15.15	21
				1:30.48	3:15.15 (1:44.67)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 65-69 50 LC Meter Butterfly****PAC: 30.13 # 12/31/2009 Robert H Olson****NATL: 28.68 \$ 8/16/2008 KEEFE LODWIG**

1	Van Boer, Eric	65	Rolling Hills Mud Sharks-38	32.00	32.01	21
2	Holt, Tate	68	Tamalpais Aquatic Masters-38	32.50	32.79	19
3	Foote, John	69	Tamalpais Aquatic Masters-38	32.35	33.43	18
4	Welco, Alan	65	Uc38-38	34.00	35.04	17
5	Levine, Arnold	66	Oakland Barracuda Masters-38	34.66	35.99	16
6	Cort, Doug	69	Cal Maritime Academy Masters-38	39.14	37.01	15
7	Andrews, Bryan	68	University of San Francisco Ma-38	1:05.00	52.87	14

**Men 65-69 100 LC Meter Butterfly****PAC: 1:13.29 # 8/9/2014 Alek I Shestakov****NATL: 1:05.83 \$ 8/6/2017 RICK COLELLA**

1	Kahn, Stuart	66	Davis Aquatic Masters-38	1:16.72	1:33.05	21
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**Men 65-69 200 LC Meter Butterfly****PAC: 2:49.73 # 7/26/2015 Joel R Wilson****NATL: 2:33.40 \$ 6/12/2016 LAWRENCE DAY**

1	Kahn, Stuart	66	Davis Aquatic Masters-38	3:33.33	3:46.66	21
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1:52.23 3:46.66 (1:54.43)

**Men 65-69 200 LC Meter IM****PAC: 2:41.20 # 8/9/2014 Alek I Shestakov****NATL: 2:25.22 \$ 8/19/2016 RICK COLELLA**

1	Broderick, Tim	68	Stanford Masters Swimming-38	2:50.00	2:48.54	21
				1:20.92	2:48.54 (1:27.62)	
2	Ottersen, Craig M	67	Sacramento Masters-38	2:56.50	2:54.37	19
				1:23.96	2:54.37 (1:30.41)	
3	Andrews, Bryan	68	University of San Francisco Ma-38	4:30.00	4:15.71	18
				2:04.08	4:15.71 (2:11.63)	

**Men 65-69 400 LC Meter IM****PAC: 5:50.98 # 8/9/2014 Alek I Shestakov****NATL: 5:13.36 \$ 8/3/2017 RICK COLELLA**

1	Broderick, Tim	68	Stanford Masters Swimming-38	6:10.00	6:01.37	21
				1:19.72	2:59.19 (1:39.47)	
					4:40.09 (1:40.90)	
					6:01.37 (1:21.28)	
2	Ottersen, Craig M	67	Sacramento Masters-38	6:40.00	6:38.18	19
				1:27.60	3:17.54 (1:49.94)	
					5:08.55 (1:51.01)	
					6:38.18 (1:29.63)	

**Men 70-74 50 LC Meter Freestyle****PAC: 28.55 # 5/9/2013 James E Elder****NATL: 27.71 \$ 8/7/2015 RICHARD ABRAHAMS**

1	McPherson, Andrew	72	Davis Aquatic Masters-38	32.00	31.03	21
2	DeLacy, James	73	Walnut Creek Masters-38	32.00	31.13	19
3	Bernard, Alan	70	Tamalpais Aquatic Masters-38	31.34	31.17	18
4	Sapirstein, Julian	70	University of San Francisco Ma-38	30.60	31.24	17
5	Meyerhoff, Rick	72	Tamalpais Aquatic Masters-38	34.00	34.52	16
6	Smith, Kirby	73	Tuolumne County Aquatic Master-38	39.00	39.16	15
7	Schiller, Randy	71	University of San Francisco Ma-38	40.00	40.94	14
8	Wiscomb, Lance J	74	University of San Francisco Ma-38	45.00	42.93	13

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 70-74 100 LC Meter Freestyle****PAC: 1:04.85 # 8/7/2013****Richard Burns****NATL: 1:03.32 \$ 8/8/2015****DAVID QUIGGIN**

1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	1:08.99	1:08.05	21
2	DeLacy, James	73	Walnut Creek Masters-38	1:13.00	1:10.06	19
3	Sapirstein, Julian	70	University of San Francisco Ma-38	1:07.37	1:10.26	18
4	McPherson, Andrew	72	Davis Aquatic Masters-38	1:09.00	1:13.88	17
5	Stratte-McClure, Joel	71	West Hollywood Aquatics-33	1:41.00	1:30.99	16
6	Murray, Ed	70	University of San Francisco Ma-38	2:30.00	2:28.68	15

**Men 70-74 200 LC Meter Freestyle****PAC: 2:27.83 # 8/7/2013****Richard Burns****NATL: 2:23.30 \$ 7/31/2018****FRED SCHLICHER**

1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	2:29.99	2:31.56	21
				1:15.40	2:31.56 (1:16.16)	
2	Sapirstein, Julian	70	University of San Francisco Ma-38	2:33.59	2:41.18	19
				1:17.44	2:41.18 (1:23.74)	
3	DeLacy, James	73	Walnut Creek Masters-38	2:50.00	2:42.16	18
				1:20.60	2:42.16 (1:21.56)	
4	Stratte-McClure, Joel	71	West Hollywood Aquatics-33	2:59.00	3:34.55	17
				1:33.05	3:34.55 (2:01.50)	
5	Wiscomb, Lance J	74	University of San Francisco Ma-38	4:15.00	4:12.32	16
				1:59.65	4:12.32 (2:12.67)	
6	Schiller, Randy	71	University of San Francisco Ma-38	3:45.00	4:30.16	15
				2:04.89	4:30.16 (2:25.27)	
7	Murray, Ed	70	University of San Francisco Ma-38	5:20.00	5:05.56	14
				2:35.61	5:05.56 (2:29.95)	

**Men 70-74 400 LC Meter Freestyle****PAC: 5:28.21 # 8/4/2017****Edward Rudloff****NATL: 5:03.56 \$ 8/4/2018****DAN KIRKLAND**

1	Shestakov, Alek	70	Oakwood Athletic Club Masters-38	5:35.00	5:28.33	21
				1:21.69	2:47.28 (1:25.59)	
					4:09.66 (1:22.38)	
					5:28.33 (1:18.67)	
2	Bernard, Alan	70	Tamalpais Aquatic Masters-38	5:36.99	5:33.48	19
				1:21.07	2:48.41 (1:27.34)	
					4:13.84 (1:25.43)	
					5:33.48 (1:19.64)	
3	Sapirstein, Julian	70	University of San Francisco Ma-38	5:47.61	6:00.14	18
				1:26.55	3:00.59 (1:34.04)	
					4:32.26 (1:31.67)	
					6:00.14 (1:27.88)	
4	DeLacy, James	73	Walnut Creek Masters-38	6:40.00	6:30.20	17
				1:38.55	3:19.77 (1:41.22)	
					4:58.89 (1:39.12)	
					6:30.20 (1:31.31)	
5	Schiller, Randy	71	University of San Francisco Ma-38	10:00.00	9:31.77	16
				2:14.29	4:41.86 (2:27.57)	
					7:10.55 (2:28.69)	
					9:31.77 (2:21.22)	

**Men 70-74 800 LC Meter Freestyle****PAC: 11:27.87 # 4/21/2017****Edward Rudloff****NATL: 10:37.71 \$ 7/28/2018****DAN KIRKLAND**

1	Sapirstein, Julian	70	University of San Francisco Ma-38	12:22.11	13:12.27	21
				1:33.30	3:16.51 (1:43.21)	
					4:58.86 (1:42.35)	
					6:39.20 (1:40.34)	
				8:20.44 (1:41.24)	10:01.06 (1:40.62)	
					11:38.62 (1:37.56)	
					13:12.27 (1:33.65)	
2	Benjamin, David	70	Marcia's Enthusiastic Masters-38	14:15.00	14:53.41	19
				1:47.80	3:40.72 (1:52.92)	
					5:33.74 (1:53.02)	
					7:26.40 (1:52.66)	
				9:19.50 (1:53.10)	11:12.07 (1:52.57)	
					13:04.14 (1:52.07)	
					14:53.41 (1:49.27)	
3	Wiscomb, Lance J	74	University of San Francisco Ma-38	16:00.00	17:57.08	18
				2:10.18	4:26.77 (2:16.59)	
					6:44.32 (2:17.55)	
					9:00.85 (2:16.53)	
				11:15.82 (2:14.97)	13:32.22 (2:16.40)	
					15:47.39 (2:15.17)	
					17:57.08 (2:09.69)	

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4	Schiller, Randy	71	University of San Francisco Ma-38	20:00.00	18:58.24	17
	2:11.85	4:38.42 (2:26.57)	7:02.58 (2:24.16)	9:24.98 (2:22.40)		
	11:51.14 (2:26.16)	14:15.35 (2:24.21)	16:39.05 (2:23.70)	18:58.24 (2:19.19)		

**Men 70-74 1500 LC Meter Freestyle****PAC: 22:08.38 # 8/2/2017 Edward Rudloff****NATL: 20:26.12 \$ 7/20/2018 DAN KIRKLAND**

1	Sapirstein, Julian	70	University of San Francisco Ma-38	25:00.00	24:48.39	21
	1:30.22	3:08.53 (1:38.31)	4:47.71 (1:39.18)	6:26.92 (1:39.21)		
	8:07.26 (1:40.34)	9:47.42 (1:40.16)	11:28.60 (1:41.18)	13:09.54 (1:40.94)		
	14:51.04 (1:41.50)	16:33.42 (1:42.38)	18:13.89 (1:40.47)	19:56.29 (1:42.40)		
	21:38.27 (1:41.98)	23:16.33 (1:38.06)	24:48.39 (1:32.06)			
2	Crockett, Robert	71	Menlo Masters-38	32:50.94	32:46.39	19
	2:00.20	4:11.19 (2:10.99)	6:24.10 (2:12.91)	8:34.94 (2:10.84)		
	10:45.04 (2:10.10)	12:55.24 (2:10.20)	15:05.86 (2:10.62)	17:16.93 (2:11.07)		
	19:30.91 (2:13.98)	21:42.44 (2:11.53)	23:55.16 (2:12.72)	26:12.76 (2:17.60)		
	28:25.79 (2:13.03)	30:39.88 (2:14.09)	32:46.39 (2:06.51)			
3	Feiring, Keith	72	Walnut Creek Masters-38	31:51.28	33:06.33	18
	2:02.41	4:15.22 (2:12.81)	6:28.71 (2:13.49)	8:42.95 (2:14.24)		
	10:55.05 (2:12.10)	13:08.85 (2:13.80)	15:22.59 (2:13.74)	17:35.41 (2:12.82)		
	19:48.10 (2:12.69)	22:01.80 (2:13.70)	24:16.11 (2:14.31)	26:29.82 (2:13.71)		
	28:44.39 (2:14.57)	30:57.44 (2:13.05)	33:06.33 (2:08.89)			
4	Wiscomb, Lance J	74	University of San Francisco Ma-38	33:00.00	34:17.02	17
	2:09.42	4:30.21 (2:20.79)	6:50.11 (2:19.90)	9:07.65 (2:17.54)		
	11:25.00 (2:17.35)	13:43.62 (2:18.62)	16:01.10 (2:17.48)	18:17.80 (2:16.70)		
	20:36.19 (2:18.39)	22:54.60 (2:18.41)	25:12.93 (2:18.33)	27:31.45 (2:18.52)		
	29:49.56 (2:18.11)	32:05.57 (2:16.01)	34:17.02 (2:11.45)			
5	Boland, John	70	University of San Francisco Ma-38	40:00.00	41:20.76	16
	2:29.52	5:14.81 (2:45.29)	8:00.24 (2:45.43)	10:49.61 (2:49.37)		
	13:39.40 (2:49.79)	16:29.39 (2:49.99)	19:16.93 (2:47.54)	22:06.49 (2:49.56)		
	24:53.57 (2:47.08)	27:40.74 (2:47.17)	30:27.31 (2:46.57)	33:12.40 (2:45.09)		
	35:56.65 (2:44.25)	38:43.70 (2:47.05)	41:20.76 (2:37.06)			

**Men 70-74 200 LC Meter Backstroke****PAC: 2:44.59 # 8/7/2013 Richard Burns****NATL: 2:44.59 \$ 8/9/2013 RICHARD BURNS**

1	Benjamin, David	70	Marcia's Enthusiastic Masters-38	4:00.00	3:46.87	21
	1:51.97	3:46.87 (1:54.90)				
2	Wiscomb, Lance J	74	University of San Francisco Ma-38	5:33.00	5:41.03	19
	2:48.06	5:41.03 (2:52.97)				

**Men 70-74 50 LC Meter Breaststroke****PAC: 37.34 # 8/31/2000 Kenneth A Frost****NATL: 36.57 \$ 6/15/2019 PEDER DAHLBERG**

1	Fitschen, Gary	74	Manatee Aquatic Masters Inc-38	41.20	41.59	21
2	Meyerhoff, Rick	72	Tamalpais Aquatic Masters-38	43.00	43.26	19
3	Schiller, Randy	71	University of San Francisco Ma-38	48.00	52.80	18
4	Stratte-McClure, Joel	71	West Hollywood Aquatics-33	50.00	53.26	17

**Men 70-74 100 LC Meter Breaststroke****PAC: 1:23.65 # 8/17/2014 Kenneth A Frost****NATL: 1:21.98 \$ 6/15/2019 PEDER DAHLBERG**

1	Fitschen, Gary	74	Manatee Aquatic Masters Inc-38	1:29.46	1:32.58	21
2	Smith, Kirby	73	Tuolumne County Aquatic Master-38	1:44.00	1:40.76	19

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3	Schiller, Randy	71	University of San Francisco Ma-38	2:45.00	2:11.63	18
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**Men 70-74 200 LC Meter Breaststroke**

<b>PAC:</b>	<b>3:07.93</b>	<b>#</b>	<b>8/9/2014</b>	<b>Kenneth A Frost</b>
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<b>NATL:</b>	<b>3:07.17</b>	<b>\$</b>	<b>6/29/2019</b>	<b>PEDER DAHLBERG</b>
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1	Fitschen, Gary	74	Manatee Aquatic Masters Inc-38	3:14.06	3:20.15	21
	1:35.99		3:20.15 (1:44.16)			
2	Stratte-McClure, Joel	71	West Hollywood Aquatics-33	3:45.00	4:39.89	19
	2:08.13		4:39.89 (2:31.76)			
3	Schiller, Randy	71	University of San Francisco Ma-38	5:30.00	5:10.73	18
	2:23.95		5:10.73 (2:46.78)			

**Men 70-74 50 LC Meter Butterfly**

<b>PAC:</b>	<b>31.20</b>	<b>#</b>	<b>8/9/2015</b>	<b>Richard Burns</b>
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<b>NATL:</b>	<b>30.06</b>	<b>\$</b>	<b>8/9/2015</b>	<b>RICHARD ABRAHAMS</b>
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1	McPherson, Andrew	72	Davis Aquatic Masters-38	34.00	33.33	21
2	Bernard, Alan	70	Tamalpais Aquatic Masters-38	34.99	34.46	19
3	Meyerhoff, Rick	72	Tamalpais Aquatic Masters-38	39.00	40.92	18
4	Brindis, Ralph	70	University of San Francisco Ma-38	53.00	50.27	17
5	Wiscomb, Lance J	74	University of San Francisco Ma-38	1:00.00	1:03.51	16
6	Murray, Ed	70	University of San Francisco Ma-38	1:25.00	1:14.27	15

**Men 70-74 100 LC Meter Butterfly**

<b>PAC:</b>	<b>1:12.43</b>	<b>#</b>	<b>8/6/2017</b>	<b>Andrew M McPherso</b>
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<b>NATL:</b>	<b>1:12.43</b>	<b>\$</b>	<b>7/8/2018</b>	<b>MCPHERSON\SCHLICH</b>
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1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	1:19.99	1:23.50	21
2	Meyerhoff, Rick	72	Tamalpais Aquatic Masters-38	1:30.00	1:49.68	19

**Men 70-74 200 LC Meter Butterfly**

<b>PAC:</b>	<b>3:22.88</b>	<b>#</b>	<b>8/4/2017</b>	<b>Edward Rudloff</b>
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<b>NATL:</b>	<b>2:53.43</b>	<b>\$</b>	<b>8/3/2018</b>	<b>FRED SCHLICHER</b>
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1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	3:19.99	3:16.17 #	21
	1:37.19		3:16.17 (1:38.98)			
2	Brindis, Ralph	70	University of San Francisco Ma-38	4:45.00	4:49.16	19
	2:10.89		4:49.16 (2:38.27)			

**Men 70-74 200 LC Meter IM**

<b>PAC:</b>	<b>2:55.13</b>	<b>#</b>	<b>7/12/2013</b>	<b>Richard Burns</b>
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<b>NATL:</b>	<b>2:49.38</b>	<b>\$</b>	<b>7/7/2018</b>	<b>FRED SCHLICHER</b>
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1	Fitschen, Gary	74	Manatee Aquatic Masters Inc-38	3:20.55	3:35.02	21
	1:50.21		3:35.02 (1:44.81)			
2	Brindis, Ralph	70	University of San Francisco Ma-38	4:20.00	3:53.21	19
	1:59.42		3:53.21 (1:53.79)			
3	Wiscomb, Lance J	74	University of San Francisco Ma-38	5:30.00	5:10.45	18
	2:36.82		5:10.45 (2:33.63)			
---	Murray, Ed	70	University of San Francisco Ma-38	6:00.00	DQ	
	3:16.53		DQ (3:08.70)			

**Men 70-74 400 LC Meter IM**

<b>PAC:</b>	<b>6:33.40</b>	<b>#</b>	<b>8/3/2017</b>	<b>Edward Rudloff</b>
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<b>NATL:</b>	<b>6:06.60</b>	<b>\$</b>	<b>7/6/2018</b>	<b>FRED SCHLICHER</b>
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1	Shestakov, Alek	70	Oakwood Athletic Club Masters-38	6:05.00	6:01.90 \$	21
	1:21.89		2:57.78 (1:35.89)	4:38.90 (1:41.12)	6:01.90 (1:23.00)	

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2	Meyerhoff, Rick	72	Tamalpais Aquatic Masters-38	8:00.00	8:36.26	19
	2:03.90	4:31.01 (2:27.11)	6:50.89 (2:19.88)	8:36.26 (1:45.37)		

**Men 75-79 50 LC Meter Freestyle**PAC: 30.82 # 12/31/2009 **Donald Hill**NATL: 29.70 \$ 8/1/2018 **RICHARD BURNS**

1	Burns, Richard	76	Tamalpais Aquatic Masters-38	33.50	31.01	21
2	Gildea, David	76	Menlo Masters-38	34.00	34.90	19
3	Olson, Robert	75	Walnut Creek Masters-38	33.50	34.91	18
4	Sanchez, David	76	Clovis Swim Club Masters-38	41.61	42.81	17

**Men 75-79 100 LC Meter Freestyle**PAC: 1:13.84 # 12/31/1995 **Ray Taft**NATL: 1:06.63 \$ 7/12/2009 **DAVID RADCLIFF**

1	Burns, Richard	76	Tamalpais Aquatic Masters-38	1:15.00	1:09.34 #	21
2	Gildea, David	76	Menlo Masters-38	1:22.00	1:22.06	19
3	Olson, Robert	75	Walnut Creek Masters-38	1:20.50	1:27.49	18
4	Sanchez, David	76	Clovis Swim Club Masters-38	1:36.59	1:45.33	17
5	Silvey, Rick	77	Walnut Creek Masters-38	2:05.00	2:03.08	16

**Men 75-79 200 LC Meter Freestyle**PAC: 2:46.56 # 12/31/2009 **Donald Hill**NATL: 2:25.66 \$ 6/6/2009 **DAVID RADCLIFF**

1	Burns, Richard	76	Tamalpais Aquatic Masters-38	2:40.00	2:43.92 #	21
	1:19.42	2:43.92 (1:24.50)				
2	Sanchez, David	76	Clovis Swim Club Masters-38	3:49.84	4:09.39	19
	2:02.06	4:09.39 (2:07.33)				
3	Silvey, Rick	77	Walnut Creek Masters-38	4:20.00	4:20.20	18
	2:09.34	4:20.20 (2:10.86)				

**Men 75-79 400 LC Meter Freestyle**PAC: 6:17.55 # 8/20/2016 **Murray L McLachla**NATL: 5:17.77 \$ 3/7/2009 **DAVID RADCLIFF**

1	Burns, Richard	76	Tamalpais Aquatic Masters-38	5:50.00	5:46.08 #	21
	1:20.97	2:50.03 (1:29.06)	4:19.44 (1:29.41)	5:46.08 (1:26.64)		

**Men 75-79 50 LC Meter Backstroke**PAC: 39.49 # 12/31/1994 **Ray Taft**NATL: 34.45 \$ 8/2/2018 **RICHARD BURNS**

1	Sanchez, David	76	Clovis Swim Club Masters-38	49.72	52.05	21
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**Men 75-79 100 LC Meter Backstroke**PAC: 1:29.52 # 12/31/1995 **Ray Taft**NATL: 1:17.17 \$ 7/31/2018 **RICHARD BURNS**

1	Sanchez, David	76	Clovis Swim Club Masters-38	1:48.69	2:00.69	21
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**Men 75-79 200 LC Meter Backstroke**PAC: 3:15.00 # 12/31/1994 **Ray Taft**NATL: 2:50.25 \$ 7/30/2018 **RICHARD BURNS**

1	Gildea, David	76	Menlo Masters-38	3:55.00	3:47.76	21
	1:53.66	3:47.76 (1:54.10)				
2	Sanchez, David	76	Clovis Swim Club Masters-38	4:04.94	4:14.06	19
	2:05.27	4:14.06 (2:08.79)				

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 75-79 50 LC Meter Breaststroke**

PAC: 44.34 # 12/31/2008 Ashley K Jones

NATL: 38.89 \$ 6/5/2016 MIKE FRESHLEY

1	Gildea, David	76	Menlo Masters-38	44.00	42.35 #	21
2	Burns, Richard	76	Tamalpais Aquatic Masters-38	45.00	45.42	19
---	Silvey, Rick	77	Walnut Creek Masters-38	1:10.00	DQ	

**Men 75-79 100 LC Meter Breaststroke**

PAC: 1:38.21 # 12/31/2006 Ashley K Jones

NATL: 1:27.74 \$ 8/18/2016 MIKE FRESHLEY

1	Gildea, David	76	Menlo Masters-38	1:36.00	1:36.26 #	21
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**Men 75-79 50 LC Meter Butterfly**

PAC: 36.06 # 12/31/2006 Ashley K Jones

NATL: 32.17 \$ 7/31/2018 RICHARD BURNS

1	Burns, Richard	76	Tamalpais Aquatic Masters-38	34.40	32.93 #	21
2	Olson, Robert	75	Walnut Creek Masters-38	39.50	36.98	19
3	Silvey, Rick	77	Walnut Creek Masters-38	1:05.00	1:07.64	18

**Men 75-79 100 LC Meter Butterfly**

PAC: 1:41.04 # 12/31/2006 Ashley K Jones

NATL: 1:20.68 \$ 7/14/2018 RICHARD BURNS

1	Burns, Richard	76	Tamalpais Aquatic Masters-38	1:25.00	1:22.59 #	21
2	Gildea, David	76	Menlo Masters-38	1:50.00	1:45.32	19

**Men 75-79 200 LC Meter Butterfly**

PAC: 4:16.22 # 12/31/2012 Barry Fasbender

NATL: 3:18.12 \$ 6/6/2015 RICHARD KITCHELL

1	Gildea, David	76	Menlo Masters-38	3:55.00	4:04.42 #	21
				1:59.76	4:04.42 (2:04.66)	

**Men 80-84 50 LC Meter Freestyle**

PAC: 35.29 # 8/31/2000 Donald Hill

NATL: 32.18 \$ 7/1/2017 JEFF FARRELL

1	Van Horn, William	81	The Olympic Club-38	32.88	36.89	21
2	Fairfield, David M	80	Tuolumne County Aquatic Master-38	55.26	42.31	19
3	Boettler, Fred	84	Walnut Creek Masters-38	59.95	56.70	18

**Men 80-84 100 LC Meter Freestyle**

PAC: 1:23.68 # 12/31/2000 Ray Taft

NATL: 1:11.82 \$ 8/23/2014 DAVID RADCLIFF

1	Braly, Mark	84	Davis Aquatic Masters-38	2:44.37	3:03.43	21
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**Men 80-84 200 LC Meter Freestyle**

PAC: 3:09.70 # 12/31/1999 Ray Taft

NATL: 2:40.22 \$ 8/24/2014 DAVID RADCLIFF

1	Norris, Robert F	81	Davis Aquatic Masters-38	3:52.02	3:52.99	21
				1:54.46	3:52.99 (1:58.53)	

**Men 80-84 400 LC Meter Freestyle**

PAC: 6:42.86 # 12/31/1999 Ray Taft

NATL: 5:45.21 \$ 8/23/2015 DAVID RADCLIFF

1	Fairfield, David M	80	Tuolumne County Aquatic Master-38	8:30.02	7:36.80	21
				1:45.68	3:42.04 (1:56.36)	
				5:41.22 (1:59.18)	7:36.80 (1:55.58)	



**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 80-84 400 LC Meter Freestyle)**

2	Lane, Ed	80	Walnut Creek Masters-38	7:58.58	7:48.00	19
	1:51.11	3:48.46 (1:57.35)	5:47.81 (1:59.35)	7:48.00 (2:00.19)		
3	Norris, Robert F	81	Davis Aquatic Masters-38	7:53.21	8:17.11	18
	1:59.71	4:08.41 (2:08.70)	6:17.26 (2:08.85)	8:17.11 (1:59.85)		

**Men 80-84 1500 LC Meter Freestyle**

PAC: 26:52.93 # 12/31/1999 Ray Taft

NATL: 22:16.90 \$ 5/31/2014 DAVID RADCLIFF

1	Lane, Ed	80	Walnut Creek Masters-38	31:28.10	31:05.01	21
	1:51.35	3:52.50 (2:01.15)	5:53.25 (2:00.75)	7:55.77 (2:02.52)		
	10:00.60 (2:04.83)	12:02.99 (2:02.39)	14:11.80 (2:08.81)	16:13.90 (2:02.10)		
	18:27.50 (2:13.60)	20:39.36 (2:11.86)	22:44.31 (2:04.95)	24:49.98 (2:05.67)		
	26:57.27 (2:07.29)	29:03.48 (2:06.21)	31:05.01 (2:01.53)			
2	Norris, Robert F	81	Davis Aquatic Masters-38	31:41.89	32:30.99	19
	2:01.89	4:10.31 (2:08.42)	6:18.42 (2:08.11)	8:29.53 (2:11.11)		
	10:39.09 (2:09.56)	12:51.97 (2:12.88)	15:03.75 (2:11.78)	17:16.22 (2:12.47)		
	19:30.39 (2:14.17)	21:44.00 (2:13.61)	23:51.28 (2:07.28)	26:03.00 (2:11.72)		
	28:17.84 (2:14.84)	30:27.75 (2:09.91)	32:30.99 (2:03.24)			

**Men 80-84 50 LC Meter Backstroke**

PAC: 42.49 # 12/31/1999 Ray Taft

NATL: 39.18 \$ 8/8/2015 YOSHI OYAKAWA

1	Van Horn, William	81	The Olympic Club-38	44.00	44.79	21
2	Norris, Robert F	81	Davis Aquatic Masters-38	50.82	52.01	19
3	Fairfield, David M	80	Tuolumne County Aquatic Master-38	1:45.25	59.71	18

**Men 80-84 100 LC Meter Backstroke**

PAC: 1:35.36 # 12/31/1999 Ray Taft

NATL: 1:29.06 \$ 8/6/2017 DAVID COSTILL

1	Norris, Robert F	81	Davis Aquatic Masters-38	1:50.75	1:49.22	21
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**Men 80-84 200 LC Meter Backstroke**

PAC: 3:31.36 # 12/31/1999 Ray Taft

NATL: 3:15.04 \$ 8/5/2017 DAVID COSTILL

1	Norris, Robert F	81	Davis Aquatic Masters-38	3:57.76	3:58.63	21
	1:59.61	3:58.63 (1:59.02)				
2	Van Horn, William	81	The Olympic Club-38	4:10.00	4:04.16	19
	2:01.09	4:04.16 (2:03.07)				
3	Fairfield, David M	80	Tuolumne County Aquatic Master-38	4:30.15	4:26.53	18
	2:14.26	4:26.53 (2:12.27)				

**Men 80-84 50 LC Meter Breaststroke**

PAC: 47.37 # 8/19/2016 Jack C Fleming

NATL: 44.41 \$ 5/20/2012 BOB BEST

1	Boettler, Fred	84	Walnut Creek Masters-38	1:18.89	1:21.84	21
---	Braly, Mark	84	Davis Aquatic Masters-38	2:40.02	DQ	

**Men 80-84 100 LC Meter Breaststroke**

PAC: 1:47.10 # 12/31/1998 Aldo da Rosa

NATL: 1:40.90 \$ 8/5/2017 DAVID COSTILL

1	Van Horn, William	81	The Olympic Club-38	1:53.47	2:03.45	21
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**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 80-84 200 LC Meter Breaststroke**

PAC: 3:57.94 # 12/31/2011 Ashley K Jones

NATL: 3:43.98 \$ 8/4/2017 DAVID COSTILL

1	Lane, Ed	80	Walnut Creek Masters-38	5:25.19	4:54.13	21
				2:20.37	4:54.13 (2:33.76)	

**Men 80-84 50 LC Meter Butterfly**

PAC: 42.89 # 12/31/1999 Ray Taft

NATL: 38.75 \$ 6/8/2013 CLARKE MITCHELL

1	Braly, Mark	84	Davis Aquatic Masters-38	1:33.10	1:42.40	21
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**Men 80-84 100 LC Meter Butterfly**

PAC: 1:53.89 # 8/18/2016 Jack C Fleming

NATL: 1:38.45 \$ 8/6/2017 DAVID COSTILL

1	Van Horn, William	81	The Olympic Club-38	2:00.12	2:05.18	21
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**Men 80-84 200 LC Meter IM**

PAC: 3:43.19 # 12/31/2000 Ray Taft

NATL: 3:24.82 \$ 6/17/2017 DAVID COSTILL

1	Braly, Mark	84	Davis Aquatic Masters-38	7:30.38	7:41.68	21
				3:36.29	7:41.68 (4:05.39)	

**Men 85-89 50 LC Meter Freestyle**

PAC: 40.28 # 12/31/2003 William Johnston

NATL: 35.77 \$ 8/15/1998 WOODY BOWERSOCK

1	Sulzbach, John	85	Menlo Masters-38	57.50	44.75	21
2	Morner, Stan	85	Walnut Creek Masters-38	49.80	46.56	19
3	Galvin, Barry	86	Marcia's Enthusiastic Masters-38	1:00.00	59.48	18
4	Danielson, Bob	89	University of San Francisco Ma-38	58.00	1:04.68	17
5	Grohe, William E	86	University of San Francisco Ma-38	53.39	1:17.11	16

**Men 85-89 100 LC Meter Freestyle**

PAC: 1:39.13 # 12/31/2003 William Johnston

NATL: 1:23.25 \$ 6/6/2010 FRANK PIEMME

1	Morner, Stan	85	Walnut Creek Masters-38	1:58.90	1:44.63	21
2	Sulzbach, John	85	Menlo Masters-38	2:10.00	1:50.51	19
3	Galvin, Barry	86	Marcia's Enthusiastic Masters-38	2:15.00	2:27.25	18
4	Danielson, Bob	89	University of San Francisco Ma-38	2:20.00	2:41.79	17

**Men 85-89 200 LC Meter Freestyle**

PAC: 3:35.73 # 12/31/2002 Aldo da Rosa

NATL: 3:07.03 \$ 6/26/2016 GRAHAM JOHNSTON

1	Morner, Stan	85	Walnut Creek Masters-38	4:06.18	3:57.82	21
				1:57.84	3:57.82 (1:59.98)	
2	Galvin, Barry	86	Marcia's Enthusiastic Masters-38	5:20.00	5:48.46	19
				2:36.42	5:48.46 (3:12.04)	

**Men 85-89 400 LC Meter Freestyle**

PAC: 7:59.07 # 12/31/2003 Aldo da Rosa

NATL: 6:38.87 \$ 6/26/2016 GRAHAM JOHNSTON

1	Morner, Stan	85	Walnut Creek Masters-38	8:57.62	8:18.57	21
				2:04.55	4:12.25 (2:07.70)	
					6:18.49 (2:06.24)	
					8:18.57 (2:00.08)	
2	Mayo, Robert	86	Walnut Creek Masters-38	8:42.00	8:29.18	19
				2:04.96	4:20.43 (2:15.47)	
					6:29.62 (2:09.19)	
					8:29.18 (1:59.56)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 85-89 1500 LC Meter Freestyle****PAC: 31:17.64 # 12/31/2002 Aldo da Rosa****NATL: 27:50.01 \$ 7/29/2016 GRAHAM JOHNSTON**

1	Mayo, Robert	86	Walnut Creek Masters-38	32:45.00	34:51.07	21
	2:16.39	4:39.29 (2:22.90)	6:59.04 (2:19.75)	9:18.77 (2:19.73)		
	11:38.98 (2:20.21)	14:04.08 (2:25.10)	16:22.95 (2:18.87)	18:44.26 (2:21.31)		
	21:04.10 (2:19.84)	23:28.50 (2:24.40)	25:46.75 (2:18.25)	28:05.50 (2:18.75)		
	30:23.80 (2:18.30)	32:37.73 (2:13.93)	34:51.07 (2:13.34)			
2	Sulzbach, John	85	Menlo Masters-38	47:00.00	44:16.87	19
	2:12.60	4:54.12 (2:41.52)	7:45.04 (2:50.92)	10:42.40 (2:57.36)		
	13:39.28 (2:56.88)	16:42.94 (3:03.66)	19:49.95 (3:07.01)	22:58.05 (3:08.10)		
	26:05.92 (3:07.87)	29:13.92 (3:08.00)	32:20.80 (3:06.88)	35:30.15 (3:09.35)		
	38:37.31 (3:07.16)	41:36.00 (2:58.69)	44:16.87 (2:40.87)			

**Men 85-89 50 LC Meter Backstroke****PAC: 44.52 # 12/31/2006 Fred Van Dyke****NATL: 40.50 \$ 8/2/2018 YOSHI OYAKAWA**

1	Mayo, Robert	86	Walnut Creek Masters-38	58.80	52.69	21
2	Sulzbach, John	85	Menlo Masters-38	1:13.00	58.59	19
3	Morner, Stan	85	Walnut Creek Masters-38	1:28.46	1:06.31	18
4	Danielson, Bob	89	University of San Francisco Ma-38	1:10.00	1:09.82	17
5	Galvin, Barry	86	Marcia's Enthusiastic Masters-38	1:20.00	1:18.35	16
6	Grohe, William E	86	University of San Francisco Ma-38	1:16.90	1:23.44	15

**Men 85-89 100 LC Meter Backstroke****PAC: 1:49.54 # 12/31/2002 Aldo da Rosa****NATL: 1:38.07 \$ 6/17/2017 CLARKE MITCHELL**

1	Sulzbach, John	85	Menlo Masters-38	2:40.00	2:18.11	21
2	Danielson, Bob	89	University of San Francisco Ma-38	2:25.00	2:42.28	19

**Men 85-89 200 LC Meter Backstroke****PAC: 4:07.72 # 12/31/2002 Aldo da Rosa****NATL: 3:51.72 \$ 7/1/2017 CLARKE MITCHELL**

1	Mayo, Robert	86	Walnut Creek Masters-38	4:28.00	4:29.14	21
	2:11.87	4:29.14 (2:17.27)				
2	Danielson, Bob	89	University of San Francisco Ma-38	5:45.00	5:55.09	19
	2:48.47	5:55.09 (3:06.62)				

**Men 85-89 50 LC Meter Breaststroke****PAC: 52.39 # 12/31/2002 Aldo da Rosa****NATL: 49.49 \$ 7/24/2010 FRANK PIEMME**

1	Morner, Stan	85	Walnut Creek Masters-38	1:05.98	1:05.71	21
2	Galvin, Barry	86	Marcia's Enthusiastic Masters-38	1:06.00	1:12.93	19
3	Danielson, Bob	89	University of San Francisco Ma-38	1:20.00	1:18.07	18
4	Grohe, William E	86	University of San Francisco Ma-38	57.75	2:22.90	17

**Men 85-89 100 LC Meter Breaststroke****PAC: 2:00.89 # 12/31/2003 Aldo da Rosa****NATL: 1:51.79 \$ 7/24/2010 FRANK PIEMME**

1	Morner, Stan	85	Walnut Creek Masters-38	3:02.39	2:34.98	21
2	Danielson, Bob	89	University of San Francisco Ma-38	2:50.00	3:16.25	19
---	Galvin, Barry	86	Marcia's Enthusiastic Masters-38	2:40.00	DQ	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 85-89 200 LC Meter Breaststroke**

PAC: 4:25.31 # 12/31/2003 Aldo da Rosa

NATL: 4:10.75 \$ 7/22/2012 AL CRAIG

1	Galvin, Barry	86	Marcia's Enthusiastic Masters-38	6:00.00	5:55.03	21
	2:49.72	5:55.03 (3:05.31)				

**Men 85-89 200 LC Meter IM**

PAC: 4:16.31 # 12/31/2003 Aldo da Rosa

NATL: 3:51.20 \$ 8/3/2010 THOMAS MAINE

1	Sulzbach, John	85	Menlo Masters-38	5:54.00	5:24.04	21
	2:48.71	5:24.04 (2:35.33)				

**Men 85-89 400 LC Meter IM**

PAC: 11:23.79 # 12/31/2003 William Johnston

NATL: 8:21.81 \$ 7/11/2010 THOMAS MAINE

1	Sulzbach, John	85	Menlo Masters-38	15:00.00	12:14.76	21
	3:16.34	6:38.82 (3:22.48)	9:49.54 (3:10.72)	12:14.76 (2:25.22)		

**Men 95-99 50 LC Meter Freestyle**

NATL: 45.71 \$ 8/6/2017 WILLARD LAMB

1	Grannis, Frank R	95	The Olympic Club-38	1:10.00	1:06.67	21
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**Men 95-99 100 LC Meter Freestyle**

NATL: 1:47.59 \$ 8/26/2017 WILLARD LAMB

1	Grannis, Frank R	95	The Olympic Club-38	2:40.00	2:42.42	21
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**Men 95-99 200 LC Meter Freestyle**

NATL: 4:04.60 \$ 8/26/2017 WILLARD LAMB

1	Grannis, Frank R	95	The Olympic Club-38	5:59.00	5:47.82	21
	2:54.77	5:47.82 (2:53.05)				

**Men 95-99 50 LC Meter Backstroke**

NATL: 58.63 \$ 8/4/2017 WILLARD LAMB

1	Grannis, Frank R	95	The Olympic Club-38	1:25.00	1:14.96	21
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**Men 95-99 100 LC Meter Backstroke**

NATL: 2:11.19 \$ 8/6/2017 WILLARD LAMB

1	Grannis, Frank R	95	The Olympic Club-38	2:59.00	2:34.18	21
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**Men 95-99 50 LC Meter Breaststroke**

NATL: 1:26.61 \$ 8/23/1998 GUS LANGNER

1	Grannis, Frank R	95	The Olympic Club-38	1:40.00	1:46.05	21
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**Men 95-99 100 LC Meter Breaststroke**

NATL: 3:16.56 \$ 6/21/2014 BUD JACKSON

1	Grannis, Frank R	95	The Olympic Club-38	3:59.00	3:54.78	21
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**Women 72-99 200 LC Meter Medley Relay**

PAC: 2:10.24 # 7/11/2010 TOC

NATL: 2:08.86 \$ 8/8/2009 F McCarthy, C Davidoff, M Gill, E P Reilly

FT LAUDERDALE AQUATICS

N PIKE, M BRESNAHAN, K ALYABYEVA, J MARTIN

1	University of San Francisco Ma-3:	A		2:33.00	2:33.35	42
	1) Chen, Heather W23	2) Doi, Stephanie W25	3) Stokes, Claire W30	4) Gesell, Madeleine W19		
	1:22.36	2:33.35 (1:10.99)				

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 100-119 200 LC Meter Freestyle Relay****PAC: 1:53.61 # 12/31/2006 TOC****NATL: 1:50.04 \$ 7/30/2011****McCall Dorr, von Hartitzsch, Katie Lyons, Tamayo****ARIZONA MASTERS****K HARRIGAN, B LARSON, L URBATCHKA, H CALDAS**

1	University of San Francisco Ma-3:	A	2:11.00	2:06.31	42
	1) Chen, Heather W23	2) Chu, Christine W26	3) Petrakis, Kristina W30	4) Petrakis, Danae W27	
	1:05.91	2:06.31 (1:00.40)			

**Women 100-119 400 LC Meter Freestyle Relay****PAC: 4:09.42 # 7/11/2010 TOC****NATL: 4:19.02 \$ 7/19/2009****F O'Donnell-McCar, C L Reilly, C Davidoff, M Gi****WOODLANDS MASTERS SWIM TEAM****L KOCH DAVIS, J KENLINE, A BERGFELD, R ARMSTRONG**

1	University of San Francisco Ma-3:	A	4:45.00	5:11.90	42
	1) Chen, Heather W23	2) Gesell, Madeleine W19	3) Maze, Ghislaine W45	4) Doi, Stephanie W25	
	1:17.16	2:40.08 (1:22.92)	4:06.12 (1:26.04)	5:11.90 (1:05.78)	

**Women 100-119 400 LC Meter Medley Relay****PAC: 4:55.59 # 12/31/1992 WCM****NATL: 4:49.16 \$ 8/8/2009****Boscovich, Tallman, Debbie Flansburg, Ingraham****YMCA INDY SWIMFIT****B TAFLINGER, C HINE, J WEAVER, M SOBECKI**

1	University of San Francisco Ma-3:	A	5:00.00	5:15.82	42
	1) Chen, Heather W23	2) Petrakis, Kristina W30	3) Petrakis, Danae W27	4) Stokes, Claire W30	
	1:24.44	2:52.49 (1:28.05)	4:03.33 (1:10.84)	5:15.82 (1:12.49)	

**Women 120-159 400 LC Meter Freestyle Relay****PAC: 4:17.94 # 12/31/1994 STAN****NATL: 4:17.94 \$ 7/31/1994****McKinney, Chichester, Danielle Ogier, Shibuya****STANFORD MASTERS SWIMMING****M MC KINNEY, C CHICHESTER, D OGIER, K SHIBUYA**

1	Davis Aquatic Masters-38	A	5:20.00	5:05.93	42
	1) Krovetz, Laurel W19	2) Nehrebecki, Helene W39	3) Belluomini, Melanie W42	4) Tannehill, Aimee W46	
	1:06.35	2:20.75 (1:14.40)	3:46.88 (1:26.13)	5:05.93 (1:19.05)	
2	Walnut Creek Masters-38	A	6:00.00	5:46.30	38
	1) Gross, Laura L W24	2) Fu, Sandra W48	3) Ongerth, Ann Michelle W45	4) Lawrence, Laura W39	
	1:15.91	3:06.59 (1:50.68)	4:37.12 (1:30.53)	5:46.30 (1:09.18)	

**Women 160-199 200 LC Meter Freestyle Relay****PAC: 1:55.89 # 12/31/2006 WCM****NATL: 1:48.44 \$ 8/8/2006****Hanley, Paula Roemer, McNamara, Alison Zamanian****TEAM TYR****C HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE**

1	Walnut Creek Masters-38	A	2:21.00	2:15.74	42
	1) Ongerth, Ann Michelle W45	2) O'Brien, Charlene W63	3) Gross, Laura L W24	4) Lawrence, Laura W39	
	1:12.06	2:15.74 (1:03.68)			
2	Davis Aquatic Masters-38	A	2:20.00	2:21.89	38
	1) Chow, Jackie W41	2) Belluomini, Melanie W42	3) Phalen, Jennifer W55	4) Tannehill, Aimee W46	
	1:06.84	2:21.89 (1:15.05)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 160-199 400 LC Meter Freestyle Relay****PAC: 4:33.74 # 12/31/2006 WCM****D Santos, M Curran, C McNamara, P Roemer****NATL: 4:06.90 \$ 6/14/2015 NORTH CAROLINA MASTERS****E BRAUN, J STRINGER, A UHL, K LINDAUER**

1	Santa Rosa Masters-38	A	5:20.00	5:05.74	42
	1) Rueda, Marcela W37	2) Bulman, Robin W54	3) Nelson, Sheila W51	4) Jones, Sara W51	
	1:16.71	2:33.22 (1:16.51)	3:51.25 (1:18.03)	5:05.74 (1:14.49)	
2	Manatee Aquatic Masters Inc-38	A	4:49.55	5:26.94	38
	1) Pecherer, Kelsey W31	2) Cox, Juliet W51	3) Chachkin, Myra W51	4) Rublein, Susanne W49	
	1:27.00	2:37.36 (1:10.36)	4:16.62 (1:39.26)	5:26.94 (1:10.32)	

**Women 160-199 800 LC Meter Freestyle Relay****PAC: 9:41.40 # 12/31/2009 WCM****Sandi Easton, Debbie Santos, BJ Henry, Lisa Ward****NATL: 9:18.33 \$ 6/14/2015 NORTH CAROLINA MASTERS****E BRAUN, J STRINGER, A UHL, K LINDAUER**

1	Santa Rosa Masters-38	A	11:20.00	11:15.40	42
	1) Rueda, Marcela W37	2) Bulman, Robin W54	3) Nelson, Sheila W51	4) Jones, Sara W51	
	1:19.30	2:46.86 (2:46.86)	4:07.97 (1:21.11)	5:35.81 (2:48.95)	
	7:00.20 (1:24.39)	8:29.39 (2:53.58)	9:48.16 (1:18.77)	11:15.40 (2:46.01)	
2	Albany Armada Aquatics Masters	A	14:10.00	14:06.36	38
	1) Fogelson, Julia W30	2) Nip, Carol W62	3) Halpern, Kira W53	4) Anderson, Morgan W29	
	1:34.84	3:24.76 (3:24.76)	5:11.96 (1:47.20)	7:07.44 (3:42.68)	
	9:00.03 (1:52.59)	11:06.59 (3:59.15)	12:29.61 (1:23.02)	14:06.36 (2:59.77)	

**Women 160-199 400 LC Meter Medley Relay****PAC: 4:56.95 # 12/31/2009 WCM****Lisa Ward, Debbie Santos, Sandi Easton, BJ Henry****NATL: 4:41.71 \$ 6/13/2015 NORTH CAROLINA MASTERS****E BRAUN, K LINDAUER, A UHL, J STRINGER**

1	Santa Rosa Masters-38	A	6:00.00	5:53.71	42
	1) Jones, Sara W51	2) Bulman, Robin W54	3) Rueda, Marcela W37	4) Nelson, Sheila W51	
	1:29.25	3:03.26 (1:34.01)	4:33.97 (1:30.71)	5:53.71 (1:19.74)	

**Women 200-239 200 LC Meter Freestyle Relay****PAC: 2:00.50 # 12/31/2006 WCM****L Crittendem, R Brittingeham, C O'Brien, S Heim-Bo****NATL: 1:57.21 \$ 8/8/2006 PACIFIC NORTHWEST AQUATICS****L DAHL, D GLASSMAN, C DAVIS, M LIPPOLD**

1	Davis Aquatic Masters-38	A	2:18.00	2:26.49	42
	1) Crow, Joan W55	2) Denison, Stephanie W49	3) Sprouse, Cecily W63	4) Russell, Jane W56	
	1:12.71	2:26.49 (1:13.78)			
2	University of San Francisco Ma-3	A	2:43.00	2:33.32	38
	1) Sullivan, Lynda W55	2) Juson, Justine W51	3) Klatzkin, Amy W63	4) Kaiser, Amy W60	
	1:14.11	2:33.32 (1:19.21)			

**Women 200-239 400 LC Meter Freestyle Relay****PAC: 4:53.21 # 12/31/2012 MELO****L Sheepper, B Breen, M Armstrong, B Jones****NATL: 4:26.53 \$ 7/6/2014 UCLA BRUIN MASTERS****E STEBBINS, C CIRAULO, V HIBBEN, L DODD**

1	University of San Francisco Ma-3	A	5:55.00	5:35.23	42
	1) Cericola, Patricia W62	2) Juson, Justine W51	3) Klatzkin, Amy W63	4) Gerhan, Martha W58	
	1:27.97	2:50.97 (1:23.00)	4:12.87 (1:21.90)	5:35.23 (1:22.36)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Women 200-239 200 LC Meter Medley Relay****PAC: 2:15.21 # 12/31/2006 WCM****P Landers, L Crittenden, S Heim-Bowen, T****NATL: 2:10.98 \$ 8/17/2008 OREGON MASTERS****K ANDRUS-HUGHES, B OBLETZ, A DELMAGE, R PARISI**

1	Davis Aquatic Masters-38	A	2:44.00	2:38.06	42
	1) Roberts, Julie W55	2) Phalen, Jennifer W55	3) Russell, Jane W56	4) Crow, Joan W55	
	1:24.08	2:38.06 (1:13.98)			
2	University of San Francisco Ma-3i	A	3:08.00	2:52.50	38
	1) Cericola, Patricia W62	2) Juson, Justine W51	3) Klatzkin, Amy W63	4) Gerhan, Martha W58	
	1:35.98	2:52.50 (1:16.52)			
3	Davis Aquatic Masters-38	B	3:02.00	3:04.58	36
	1) Chow, Jackie W41	2) Sprouse, Cecily W63	3) Tannehill, Aimee W46	4) Westergaard, Leslie M W76	
	1:30.92	3:04.58 (1:33.66)			

**Women 200-239 400 LC Meter Medley Relay****PAC: 6:09.54 # 12/31/2009 USF****Diane Smith, Cathy Huang, Gwen Dornan, Mary Saal****NATL: 4:58.86 \$ 7/30/2016 NORTH TEXAS LONESTARS****S STONE, K MACCUDY, M REA, K HENDERSON**

1	Davis Aquatic Masters-38	A	6:20.00	6:09.79	42
	1) Tannehill, Aimee W46	2) Garforth, Emma W51	3) Denison, Stephanie W49	4) Phalen, Jennifer W55	
	1:32.22	3:05.67 (1:33.45)	4:42.36 (1:36.69)	6:09.79 (1:27.43)	
2	University of San Francisco Ma-3i	A	7:55.00	6:27.78	38
	1) McNamara, Kathleen W59	2) Juson, Justine W51	3) Cooper, Carla N W52	4) Sullivan, Lynda W55	
	1:32.07	3:13.26 (1:41.19)	4:58.13 (1:44.87)	6:27.78 (1:29.65)	

**Women 240-279 200 LC Meter Freestyle Relay****PAC: 2:25.67 # 12/31/1992 TAM****N Ridout, G Carroll, S Jones-Roy, L****NATL: 2:05.62 \$ 8/19/2016 PUGET SOUND MASTERS****L DAHL, M LIPPOLD, L CHAPMAN, C DAVIS**

1	University of San Francisco Ma-3i	A	4:15.00	3:19.38	42
	1) Niccolls, Dorothy W66	2) Macleod, Pascale W55	3) Gerhan, Martha W58	4) Waksberg, Arlene W74	
	1:45.24	3:19.38 (1:34.14)			

**Women 240-279 400 LC Meter Freestyle Relay****PAC: 5:43.36 # 12/31/2012 MAM****Ruth Shaps, Susie Caso, Peg McPartland, Juliet Cox****NATL: 4:49.89 \$ 7/20/2014 PLANO WETCATS****J COLE, K MACCUDY, C MCKELVEY, L MORRISON**

1	Davis Aquatic Masters-38	A	5:35.00	5:17.41 #	42
	1) Roberts, Julie W55	2) Russell, Jane W56	3) Sprouse, Cecily W63	4) Guthrie, Sally W69	
	1:11.89	2:29.11 (1:17.22)	3:55.72 (1:26.61)	5:17.41 (1:21.69)	

**Women 240-279 400 LC Meter Medley Relay****PAC: 6:50.38 # 12/31/1992 WCM****B Jordan, A Pisciotto, J Alexander, B Barabash****NATL: 5:33.65 \$ 7/9/2011 OREGON MASTERS****J WARD, G PIERSON, C CRABBE, K ANDRUS-HUGHES**

1	Davis Aquatic Masters-38	A	6:10.00	6:16.36 #	42
	1) Kahn, Mary W60	2) Sprouse, Cecily W63	3) Russell, Jane W56	4) Guthrie, Sally W69	
	1:33.70	3:23.86 (1:50.16)	4:53.75 (1:29.89)	6:16.36 (1:22.61)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Women 240-279 400 LC Meter Medley Relay)**

2 University of San Francisco Ma-3: A 9:35.00 8:34.77 38  
 1) Niccolls, Dorothy W66 2) Macleod, Pascale W55 3) Gerhan, Martha W58 4) Waksberg, Arlene W74  
 4:37.82 6:27.85 (1:50.03) 8:34.77 (2:06.92)

**Women 280-319 200 LC Meter Freestyle Relay**

PAC: 2:10.65 # 7/16/2017 TAM

NATL: 2:24.42 \$ 8/1/2018

B Jordan, D Monroe, M Kraetzer, A Hirsch

TAMALPAIS AQUATIC MASTERS

L VAL, S ARCHER, N RIDOUT, B WHEELER

1 University of San Francisco Ma-3: A 5:10.00 3:57.43 42  
 1) Hagiwara, Tanako W81 2) Dunn, Audrey J W66 3) Cohn, Darcy W68 4) Campbell, Martha W71  
 2:02.17 3:57.43 (1:55.26)

**Women 280-319 400 LC Meter Freestyle Relay**

PAC: 7:01.16 # 6/28/2014 WCM

NATL: 5:45.80 \$ 6/22/2013

A Hirsch, D Ackerman, M Hill, M Alexander

VIRGINIA MASTERS SWIM TEAM

M BARRY, J DETRICK, L WALKER, S LOFTUS-CHARLEY

1 University of San Francisco Ma-3: A 10:10.00 9:29.93 42  
 1) Campbell, Martha W71 2) Hagiwara, Tanako W81 3) Chaitkin, Lauren W75 4) Johnson, Margo W64  
 2:31.14 5:06.79 (2:35.65) 7:13.73 (2:06.94) 9:29.93 (2:16.20)

**Women 280-319 200 LC Meter Medley Relay**

PAC: 3:08.14 # 7/15/2017 MAM

NATL: 2:48.41 \$ 8/1/2018

P McPartland, D Barnea, R Shaps, T Picchi

TAMALPAIS AQUATIC MASTERS

L VAL, S ARCHER, B WHEELER, N RIDOUT

1 University of San Francisco Ma-3: A 6:45.00 5:05.15 42  
 1) Campbell, Martha W71 2) Hagiwara, Tanako W81 3) Chaitkin, Lauren W75 4) Johnson, Margo W64  
 2:50.11 5:05.15 (2:15.04)

**Women 280-319 400 LC Meter Medley Relay**

PAC: 7:35.67 # 7/16/2017 MAM

NATL: 6:31.16 \$ 8/26/2017

P McPartland, D Barnea, R Shaps, S Caso

OREGON MASTERS

J WARD, G PIERSON, J GETTLING, M TOPPEL

1 University of San Francisco Ma-3: A 10:45.00 10:25.16 42  
 1) Campbell, Martha W71 2) Dunn, Audrey J W66 3) Cohn, Darcy W68 4) Hagiwara, Tanako W81  
 2:38.73 5:09.84 (2:31.11) 6:53.02 (1:43.18) 10:25.16 (3:32.14)

**Men 72-99 200 LC Meter Freestyle Relay**

PAC: 1:41.14 # 12/31/1993 TOC

NATL: 1:38.83 \$ 7/14/2013

Antonick, Tarbell, Goth, Murray

UNIVERSITY SAN FRANCISCO

J DILLANE, N VIZCARRA, D ROTHBERG, J WANG

--- University of San Francisco Ma-3: A 2:05.00 DQ  
 1) Leber, Nathan M27 2) Liberman, David M25 3) Vu, Erin M25 4) Palabrica, Juan Pablo M22  
 59.56 DQ (57.47)



**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019**

Sanction #: 389-S012

**Results****Men 72-99 400 LC Meter Medley Relay**

PAC: 4:14.28 # 7/12/2013

SMM

NATL: 4:11.46 \$ 7/18/1999

Alex Navarro, Al Andaluz, Masa Oto, Evan Navarro

GREATER INDIANA

D PETTE, B CHRISTOFFEL, G COMER, A DAWKINS

1	University of San Francisco Ma-3:	A	5:05.00	5:12.92	42
	1) Leber, Nathan M27	2) Liberman, David M25	3) Vu, Erin M25	4) Palabrica, Juan Pablo M22	
	1:15.81	2:52.88 (1:37.07)	4:06.00 (1:13.12)	5:12.92 (1:06.92)	

**Men 100-119 400 LC Meter Freestyle Relay**

PAC: 3:39.63 # 12/31/1994

SCSC

NATL: 3:37.49 \$ 8/8/2009

S Mariniuk, J Parrack, M Moore, F Mortensen

YMCA INDY SWIMFIT

C CLARKE, D MICHAEL, G WIECZOREK, B CHRISTOFFEL

1	University of San Francisco Ma-3:	A	4:30.00	4:20.88	42
	1) Leber, Nathan M27	2) Kononov, Dmitri M34	3) Liberman, David M25	4) Vu, Erin M25	
	1:02.33	2:10.23 (1:07.90)	3:18.79 (1:08.56)	4:20.88 (1:02.09)	

**Men 100-119 200 LC Meter Medley Relay**

PAC: 1:49.60 # 12/31/2006

TOC

NATL: 1:48.46 \$ 8/20/1990

Holsman, Lee Wanie, Brown, Greenwood

HOUSTONION CLUB

C BRITT, D PUTTERMAN, R KILLEEN, J PRINGLE

1	University of San Francisco Ma-3:	A	2:50.00	2:15.06	42
	1) Leber, Nathan M27	2) Liberman, David M25	3) Vu, Erin M25	4) Kononov, Dmitri M34	
	1:15.29	2:15.06 (59.77)			

**Men 120-159 200 LC Meter Freestyle Relay**

PAC: 1:37.49 # 12/31/1986

TOC

NATL: 1:34.82 \$ 7/26/2009

F Hubbell, B Barthold, B Placak, J Griffith

SOUTHERN CAL AQUATIC MASTERS

M CORNUE, E HOCHSTEIN, E TOLMACHOFF, C BEACH

1	University of San Francisco Ma-3:	A	1:50.00	1:46.07	42
	1) Gouvea, Arthur M31	2) Ganiyev, Doston M32	3) Salcedo, Jonathan E M37	4) Samotyj, John M38	
	54.83	1:46.07 (51.24)			

**Men 120-159 400 LC Meter Freestyle Relay**

PAC: 3:44.37 # 12/31/2006

TOC

NATL: 3:34.83 \$ 8/8/2009

Lee Wanie, Davie, Gaggero, Gary Larson

MICHIGAN MASTERS

K DOAK, A MULL, C MULL, P SAUCEDO

1	Mountain View Masters-38	A	NT	4:41.68	42
	1) Stinson, Ian C M33	2) Green, Zachary M30	3) Davis, Brian M51	4) Thomas, Michael M27	
	1:07.73	2:20.11 (1:12.38)	3:35.04 (1:14.93)	4:41.68 (1:06.64)	

**Men 120-159 200 LC Meter Medley Relay**

PAC: 1:49.98 # 12/31/2006

WCM

NATL: 1:44.88 \$ 8/1/2018

Jones, Roque Santos, Rendick, Brown

PHOENIX SWIM CLUB MASTERS

R FERREIRA, F DOS SANTOS, B DE PAULA, R FERREIRA

1	University of San Francisco Ma-3:	A	2:20.00	2:11.94	42
	1) Gouvea, Arthur M31	2) Ewing, Jack M59	3) Ganiyev, Doston M32	4) Ojeras, Paulius M35	
	1:08.20	2:11.94 (1:03.74)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Men 120-159 200 LC Meter Medley Relay)**

2	Mountain View Masters-38	A	2:22.00	2:12.11	38
	1) Thomas, Michael M27	2) Green, Zachary M30	3) Pereira, Ed M34	4) Stinson, Ian C M33	
	1:13.60	2:12.11 (58.51)			

**Men 120-159 400 LC Meter Medley Relay****PAC: 4:04.49 # 12/31/1994 TOC****S Murphy, S Corliss, D Lundberg, M Keck****NATL: 4:00.06 \$ 8/8/2009 MICHIGAN MASTERS****K DOAK, P SAUCEDO, C MULL, A MULL**

1	University of San Francisco Ma-31	A	4:36.00	4:26.13	42
	1) Gouvea, Arthur M31	2) Ganiyev, Doston M32	3) Salcedo, Jonathan E M37	4) Samotyj, John M38	
	1:05.79	2:27.69 (1:21.90)	3:30.01 (1:02.32)	4:26.13 (56.12)	

**Men 160-199 200 LC Meter Freestyle Relay****PAC: 1:40.32 # 12/31/1994 TOC****B Placak, B Barthold, J Griffith, K Vander Bogart****NATL: 1:36.28 \$ 8/8/2006 TEAM TYR****M EISENHUTH, J SMITH, R SAEGER, P SMITH**

1	Marcia's Enthusiastic Masters-38	A	2:00.00	1:55.99	42
	1) Parker, Aron M49	2) Choi, Michael M24	3) Song, Jimmy M36	4) Dooley, Paul M51	
	52.26	1:55.99 (1:03.73)			

2	Mountain View Masters-38	A	2:05.00	2:04.39	38
	1) Stinson, Ian C M33	2) Davis, Brian M51	3) Thomas, Michael M27	4) Campbell, Chris M58	
	1:01.30	2:04.39 (1:03.09)			

3	University of San Francisco Ma-31	A	3:14.00	2:16.67	36
	1) Bucy, John M41	2) Paris, Lorenzo M53	3) Mai, Ping M49	4) Mc Bride, Patrick M50	
	1:07.41	2:16.67 (1:09.26)			

**Men 160-199 400 LC Meter Freestyle Relay****PAC: 3:52.36 # 12/31/2002 TSUN****Geoff Glaser, Fitzgibbons, McDermott, Oaks****NATL: 3:38.60 \$ 7/3/2011 LONGHORN AQUATICS****T BLESSING, M VAROZZA, A RASMUSSEN, C ECKERMAN**

1	Davis Aquatic Masters-38	A	4:30.00	4:27.46	42
	1) Iwamoto, Satori M33	2) Waterson, Kevin M40	3) Krovetz, Ted M53	4) Roper, Matt M38	
	1:01.56	2:10.64 (1:09.08)	3:21.69 (1:11.05)	4:27.46 (1:05.77)	

2	University of San Francisco Ma-31	B	6:40.00	5:58.24	38
	1) El-Awady, Khalid M49	2) Young, Stephen M61	3) Mai, Ping M49	4) Lung, Leo M29	
	1:35.25	3:17.14 (1:41.89)	4:54.03 (1:36.89)	5:58.24 (1:04.21)	

**Men 160-199 200 LC Meter Medley Relay****PAC: 1:52.30 # 12/31/2006 STAN****Rick Gould, Scottoline, Phelan, Lundberg****NATL: 1:47.72 \$ 8/8/2006 TEAM TYR****R SAEGER, G RHODENBAUGH, P SMITH, J SMITH**

1	University of San Francisco Ma-31	B	3:20.00	2:58.52	42
	1) El-Awady, Khalid M49	2) Lung, Leo M29	3) Mai, Ping M49	4) Young, Stephen M61	
	1:26.02	2:58.52 (1:32.50)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 160-199 400 LC Meter Medley Relay****PAC: 4:36.07 # 12/31/2002 TSUN****Robinson, Chappell, McDermott, Fitzgibbons****NATL: 4:02.07 \$ 5/10/2015 STAN****RICK GOULD, BJ JOHNSON, DARREN PHELAN, MIKE PYLE**

1	Marcia's Enthusiastic Masters-38	A	5:05.00	4:58.31	42
	1) Dooley, Paul M51	2) Song, Jimmy M36	3) Choi, Michael M24	4) Parker, Aron M49	
	1:29.45	2:53.04 (1:23.59)	3:58.13 (1:05.09)	4:58.31 (1:00.18)	
2	Mountain View Masters-38	A	5:25.00	5:40.27	38
	1) Campbell, Chris M58	2) Davis, Brian M51	3) Thomas, Michael M27	4) Stinson, Ian C M33	
	1:44.22	3:12.48 (1:28.26)	4:25.92 (1:13.44)	5:40.27 (1:14.35)	
---	University of San Francisco Ma-3i	A	7:06.00	DQ	
	1) Bucy, John M41	2) Mc Bride, Patrick M50	3) Paris, Lorenzo M53	4) Mai, Ping M49	
	1:41.42	3:34.04 (1:52.62)	4:54.66 (1:20.62)	DQ (1:15.14)	

**Men 200-239 200 LC Meter Freestyle Relay****PAC: 1:44.06 # 12/31/2006 BAC****Whatley, McAweeney, Finch, Butler****NATL: 1:38.24 \$ 8/8/2006 COLORADO MASTERS****J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMMS**

1	Walnut Creek Masters-38	B	2:17.00	2:12.19	42
	1) Potter, Donald M54	2) Carter, Paul M51	3) Romdhane, Bechir M55	4) Lucchese, Jon M43	
	1:06.21	2:12.19 (1:05.98)			
2	Marcia's Enthusiastic Masters-38	A	2:35.00	2:32.63	38
	1) Tsugawa, Peter M61	2) Wu, Long M54	3) Rentschler, Randy M59	4) Cramer, Steven M61	
	1:17.86	2:32.63 (1:14.77)			

**Men 200-239 400 LC Meter Freestyle Relay****PAC: 4:05.19 # 6/28/2014 SMM****M Coquillard, T Reudy, J Baker, M Kiedel****NATL: 3:52.34 \$ 8/12/2012 LONGHORN AQUATICS****M VAROZZA, J SAUER, D GUTHRIE, A RASMUSSEN**

1	Walnut Creek Masters-38	A	4:55.00	5:03.94	42
	1) Volpp, Bryan M62	2) Potter, Donald M54	3) Carter, Paul M51	4) Romdhane, Bechir M55	
	1:15.53	2:29.22 (1:13.69)	3:46.65 (1:17.43)	5:03.94 (1:17.29)	
2	Marcia's Enthusiastic Masters-38	A	5:50.00	5:52.36	38
	1) Lehnert, Ahren M46	2) Gibbons, Kevin Y M35	3) Rentschler, Randy M59	4) Tsugawa, Peter M61	
	1:16.38	2:38.10 (1:21.72)	4:21.86 (1:43.76)	5:52.36 (1:30.50)	

**Men 200-239 800 LC Meter Freestyle Relay****PAC: 9:22.12 # 12/31/2007 WCM****R Santos, P Guadagni, D Galine, K O'Brien****NATL: 8:38.51 \$ 5/31/2019 ARIZONA MASTERS****T DEBIASE, E KRATZ, K DICKSON, J UTSCH**

1	Walnut Creek Masters-38	A	10:38.00	10:13.41	42
	1) Bell, Gordon M67	2) King, Ian M57	3) Volpp, Bryan M62	4) Gothberg, Brad M57	
	1:17.24	2:37.88 (2:37.88)	3:53.92 (1:16.04)	5:17.26 (2:39.38)	
	6:28.76 (1:11.50)	7:48.36 (2:31.10)	8:56.43 (1:08.07)	10:13.41 (2:25.05)	
2	University of San Francisco Ma-3i	A	12:38.00	12:48.83	38
	1) Coad, David M61	2) Levin, Alexander M53	3) Williams, Syd M64	4) Mc Bride, Patrick M50	
	1:20.40	2:47.37 (2:47.37)	4:29.21 (1:41.84)	6:27.44 (3:40.07)	
	8:13.39 (1:45.95)	10:02.77 (3:35.33)	11:23.43 (1:20.66)	12:48.83 (2:46.06)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 200-239 200 LC Meter Medley Relay****PAC: 1:57.72 # 12/31/2005 RHMS****P Djang, L Rider, B Adkison, E van Boer****NATL: 1:50.83 \$ 8/8/2006 COLORADO MASTERS****S WOOD, J GROSELLE, T HEDRICK, R ABRAHAM**

1	Walnut Creek Masters-38	A	2:27.00	2:18.37	42
	1) Chao, Hector M55	2) Romdhane, Bechir M55	3) Stahl, Stephen M54	4) King, Ian M57	
	1:13.63	2:18.37 (1:04.74)			
2	Marcia's Enthusiastic Masters-38	A	3:00.00	3:01.41	38
	1) Rentschler, Randy M59	2) Gibbons, Kevin Y M35	3) Tsugawa, Peter M61	4) Lehnert, Ahren M46	
	1:34.03	3:01.41 (1:27.38)			
---	University of San Francisco Ma-3i	A	3:12.50	DQ	
	1) Andrews, Bryan M68	2) Coad, David M61	3) Gregor, Eugene M59	4) Moore, Michael M69	
	1:30.84	DQ (1:09.35)			

**Men 200-239 400 LC Meter Medley Relay****PAC: 4:38.46 # 12/31/1994 TOC****Tim Birnie, Bob Strand, Rich Bassi, Jim Elder****NATL: 4:13.76 \$ 8/11/2012 LONGHORN AQUATICS****A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA**

1	Marcia's Enthusiastic Masters-38	A	7:05.00	7:09.74	42
	1) Rentschler, Randy M59	2) Wu, Long M54	3) Tsugawa, Peter M61	4) Cramer, Steven M61	
	2:12.98	3:47.93 (1:34.95)	5:46.87 (1:58.94)	7:09.74 (1:22.87)	

**Men 240-279 200 LC Meter Freestyle Relay****PAC: 1:48.79 # 8/7/2013 TAM****Richard Burns, Alan Bernard, Tate Holt, Greg Tull****NATL: 1:42.40 \$ 8/19/2016 SARASOTA Y SHARKS****S WOOD, D MARTIN, T HEDRICK, J GROSELLE**

1	Walnut Creek Masters-38	A	1:54.00	1:58.32	42
	1) Druz, Loren M63	2) Volpp, Bryan M62	3) Bell, Gordon M67	4) Gothberg, Brad M57	
	56.73	1:58.32 (1:01.59)			
2	University of San Francisco Ma-3i	A	3:03.00	2:36.43	38
	1) Brindis, Ralph M70	2) Williams, Syd M64	3) Young, Stephen M61	4) Alperin, Peter M51	
	1:21.75	2:36.43 (1:14.68)			
3	University of San Francisco Ma-3i	B	3:30.00	3:08.62	36
	1) Levin, Alexander M53	2) Moore, Michael M69	3) Murray, Ed M70	4) Sapirstein, Julian M70	
	1:26.29	3:08.62 (1:42.33)			

**Men 240-279 400 LC Meter Freestyle Relay****PAC: 4:01.34 # 12/31/2012 SMM****J Sweeney, R Brown, S Finch, T Reudy****NATL: 3:59.86 \$ 8/11/2018 COLORADO MASTERS****M MANN, C PETERSEN, G SCOTT, K ANDERSON**

1	Walnut Creek Masters-38	A	4:34.00	4:41.80	42
	1) King, Ian M57	2) Bell, Gordon M67	3) Tittle, Kenneth M56	4) Druz, Loren M63	
	1:10.21	2:23.70 (1:13.49)	3:34.52 (1:10.82)	4:41.80 (1:07.28)	
2	University of San Francisco Ma-3i	A	7:10.00	6:02.12	38
	1) Coad, David M61	2) Andrews, Bryan M68	3) Moore, Michael M69	4) Gregor, Eugene M59	
	1:13.75	1:47.91 (34.16)	6:02.12 (4:14.21)		

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 240-279 400 LC Meter Medley Relay**

PAC: 5:31.14 # 12/31/1991 RINC

G, A da Rosa, D Levinson, E Kerswill

NATL: 4:32.15 \$ 8/10/2018 COLORADO MASTERS

C PETERSEN, G SCOTT, M MANN, K ANDERSON

1	Davis Aquatic Masters-38	A	5:28.00	5:34.53	42
	1) Kahn, Stuart M66	2) Woodruff, David M63	3) Krovetz, Ted M53	4) McPherson, Andrew M72	
	1:25.29	3:01.82 (1:36.53)	4:21.57 (1:19.75)	5:34.53 (1:12.96)	
2	University of San Francisco Ma-3i	A	7:15.00	9:06.08	38
	1) Levin, Alexander M53	2) Moore, Michael M69	3) Murray, Ed M70	4) Young, Stephen M61	
	1:52.50	4:26.57 (2:34.07)	7:24.44 (2:57.87)	9:06.08 (1:41.64)	

**Men 280-319 200 LC Meter Freestyle Relay**

PAC: 2:08.47 # 12/31/2012 WCM

J DeLacy, R Olson, J Smyers, N Stupfel

NATL: 1:56.91 \$ 8/15/2014 GOLD COAST MASTERS

D QUIGGIN, D PAINTER, K LODWIG, L CHILDS

1	Walnut Creek Masters-38	A	3:15.00	2:48.86	42
	1) Silvey, Rick M77	2) Lane, Ed M80	3) Bledsoe, Dennis M80	4) King, Ian M57	
	1:34.62	2:48.86 (1:14.24)			

**Men 280-319 200 LC Meter Medley Relay**

PAC: 2:26.93 # 12/31/2012 WCM

J DeLacy, J Smyers, R Olson, N Stupfel

NATL: 2:16.74 \$ 8/9/2009 SAN DIEGO SWIM MASTERS

V VAN BAALEN, P ANDERSEN, K LODWIG, D HUBBARD

1	Walnut Creek Masters-38	A	3:30.00	3:03.14	42
	1) Bell, Gordon M67	2) DeLacy, James M73	3) Olson, Robert M75	4) Boettler, Fred M84	
	1:29.75	3:03.14 (1:33.39)			

**Men 320-359 200 LC Meter Freestyle Relay**

PAC: 3:14.31 # 12/31/2006 TOC

Jones, Frank Grannis, Moretto, Frankel

NATL: 2:24.56 \$ 8/19/2016 OREGON MASTERS

J FERRAZ, W LAMB, F PHILIPPS, D RADCLIFF

1	University of San Francisco Ma-3i	A	4:20.00	3:55.58	42
	1) Grohe, William E M86	2) Danielson, Bob M89	3) Wiscomb, Lance J M74	4) Schiller, Randy M71	
	2:25.60	3:55.58 (1:29.98)			

**Men 320-359 400 LC Meter Freestyle Relay**

PAC: 7:11.40 # 7/11/2010 AAM

H S Goldsmith, A Motmans, P Hathaway, A O Jones

NATL: 5:43.81 \$ 7/30/2017 MICHIGAN MASTERS

J LOCKWOOD, K OLZMANN, R MARTIN, W JEFFRIES

1	University of San Francisco Ma-3i	A	9:30.00	9:29.59	42
	1) Grohe, William E M86	2) Danielson, Bob M89	3) Wiscomb, Lance J M74	4) Schiller, Randy M71	
	2:48.43	5:43.71 (2:55.28)	7:37.27 (1:53.56)	9:29.59 (1:52.32)	

**Men 320-359 800 LC Meter Freestyle Relay**

NATL: 13:00.32 \$ 7/30/2017 MICHIGAN MASTERS

W JEFFRIES, R MARTIN, J LOCKWOOD, K OLZMANN

1	Walnut Creek Masters-38	A	16:40.00	14:32.61	42
	1) DeLacy, James M73	2) Morner, Stan M85	3) Lane, Ed M80	4) Mayo, Robert M86	
	1:18.85	2:42.37 (2:42.37)	4:37.29 (1:54.92)	6:38.31 (3:55.94)	
	8:22.66 (1:44.35)	10:21.21 (3:42.90)	12:29.05 (2:07.84)	14:32.61 (4:11.40)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Men 320-359 200 LC Meter Medley Relay****PAC: 3:16.51 # 7/11/2010****AAM****NATL: 2:56.04 \$ 8/1/2018****P Hathaway, A Motmans, A O Jones, H S Goldsmith  
SAN DIEGO SWIM MASTERS  
B BEST, P ANDERSEN, M FRESHLEY, T MITCHELL**

1	University of San Francisco Ma-3:	A	4:30.00	4:52.07	42
	1) Grohe, William E M86	2) Danielson, Bob M89	3) Wiscomb, Lance J M74	4) Schiller, Randy M71	
	3:02.39	4:52.07 (1:49.68)			

**Mixed 72-99 400 LC Meter Freestyle Relay****PAC: 3:55.60 # 7/12/2013****SMM****NATL: 3:56.54 \$ 7/25/2009****A Chan, J Oto, C Sanchez, A Navarro  
CONEJO SIMI AQUATIC MASTERS  
W FEDERER, L HANCOCK, C RAMOS, K DENBY**

1	University of San Francisco Ma-3:	A	NT	5:09.29	42
	1) Palabrica, Juan Pablo M22	2) Tavares, Gerard M20	3) Chu, Christine W26	4) Alwon-Mount, Georgia W34	
	1:03.85	2:33.19 (1:29.34)	3:51.18 (1:17.99)	5:09.29 (1:18.11)	

**Mixed 100-119 200 LC Meter Medley Relay****PAC: 1:55.34 # 12/31/2011****TOC****NATL: 1:55.34 \$ 7/9/2011****F O'Donnell-McCar, J W Dorr, E P Reilly, S C Gr  
THE OLYMPIC CLUB  
O'DONNELL-MCCARTH, J DORR, E REILLY, S GREENWOOD**

1	University of San Francisco Ma-3:	A	NT	2:31.99	42
	1) Palabrica, Juan Pablo M22	2) Chu, Christine W26	3) Alwon-Mount, Georgia W34	4) Tavares, Gerard M20	
	1:26.49	2:31.99 (1:05.50)			

**Mixed 120-159 200 LC Meter Freestyle Relay****PAC: 1:43.44 # 12/31/2008****TOC****NATL: 1:42.65 \$ 8/23/1998****T Holsman, S Guzman, L Welting, S Greenwood  
GOLD COAST MASTERS  
T PACE, T MOLL, J HERRINGTON, K WIENANTS**

1	Davis Aquatic Masters-38	A	2:06.00	1:58.34	42
	1) Iwamoto, Satori M33	2) Krovetz, Laurel W19	3) Nehrebecki, Helene W39	4) Roper, Matt M38	
	57.44	1:58.34 (1:00.90)			
2	Marcia's Enthusiastic Masters-38	A	2:15.00	2:12.18	38
	1) Reilly, Marley W37	2) Lehnert, Ahren M46	3) Flynn, Elizabeth W40	4) Torres, Emmanuel M33	
	1:06.52	2:12.18 (1:05.66)			

**Mixed 120-159 400 LC Meter Freestyle Relay****PAC: 3:58.19 # 12/31/2009****TOC****NATL: 3:56.36 \$ 3/5/2011****K Lyons, M Gill, P Carter, S Greenwood  
MOVY MASTERS  
T STEWART, C FUCHS, J STOVER, A DIERS**

1	Marcia's Enthusiastic Masters-38	A	4:55.00	4:59.83	42
	1) Torres, Emmanuel M33	2) Song, Jimmy M36	3) de la Torre, Yasuko W49	4) Reilly, Marley W37	
	1:08.37	2:22.72 (1:14.35)	3:42.45 (1:19.73)	4:59.83 (1:17.38)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019**

Sanction #: 389-S012

**Results****Mixed 120-159 800 LC Meter Freestyle Relay**

PAC: 9:16.50 # 12/31/1990 WCM

Paula Roemer, Barber, O'Brien, Wendy Ingraham

NATL: 8:41.82 \$ 3/9/2013 MOVY MASTERS

J STOVER, C PETERFISH, T STEWART, A DIERS

1	University of San Francisco Ma-3i	A	10:35.00	10:35.35	42
	1) Cline, Bradley M25	2) Ganiyev, Doston M32	3) Gerhan, Martha W58	4) Chu, Christine W26	
	1:00.01	3:19.93 ( )	4:50.35 ( )		
	6:20.44 (1:30.09)	7:53.07 (3:02.72)	9:09.91 (1:16.84)	10:35.35 (2:42.28)	

**Mixed 120-159 200 LC Meter Medley Relay**

PAC: 1:59.68 # 12/31/1997 WCM

Hartnett, Gary Patterson, Steve Stahl, Vidal

NATL: 1:50.77 \$ 7/8/2012 PHOENIX SWIM CLUB

N INADA, J COMMINGS, M HYMAN, J PONCE

1	University of San Francisco Ma-3i	A	2:11.00	2:07.14	42
	1) Salcedo, Jonathan E M37	2) Petrakis, Danae W27	3) Samotyj, John M38	4) Petrakis, Kristina W30	
	1:09.79	2:07.14 (57.35)			
2	Davis Aquatic Masters-38	A	2:20.00	2:20.04	38
	1) Roper, Matt M38	2) Nehrebecki, Helene W39	3) Iwamoto, Satori M33	4) Krovetz, Laurel W19	
	1:17.45	2:20.04 (1:02.59)			
3	Marcia's Enthusiastic Masters-38	A	2:40.00	2:29.19	36
	1) de la Torre, Yasuko W49	2) Song, Jimmy M36	3) Torres, Emmanuel M33	4) Reilly, Marley W37	
	1:22.50	2:29.19 (1:06.69)			

**Mixed 120-159 400 LC Meter Medley Relay**

PAC: 4:40.74 # 12/31/1992 RINC

Ken Fattler, Baxter, Kirk Koslowski, Elsbach

NATL: 4:29.03 \$ 8/8/2009 FORT LAUDERDALE AQUATICS

C FERNANDEZ, K LEGASPI, L GALVAN-SARABIA, J MARTIN

1	Marcia's Enthusiastic Masters-38	A	5:35.00	5:50.28	42
	1) Flynn, Elizabeth W40	2) Reilly, Marley W37	3) Torres, Emmanuel M33	4) Lehnert, Ahren M46	
	1:30.37	3:09.28 (1:38.91)	4:32.31 (1:23.03)	5:50.28 (1:17.97)	

**Mixed 160-199 200 LC Meter Freestyle Relay**

PAC: 1:49.12 # 12/31/2002 TOC

M Meyer, , L Welting, T Holsman ..

NATL: 1:42.27 \$ 8/8/2006 TEAM TYR

J SMITH, R SAEGER, C SAPPEY, S HART

1	Manatee Aquatic Masters Inc-38	A	1:46.24	2:01.46	42
	1) Hamilton, Rick M52	2) Cox, Juliet W51	3) Rublein, Susanne W49	4) Law, David M34	
	1:02.26	2:01.46 (59.20)			
2	Santa Rosa Masters-38	A	2:14.00	2:02.05	38
	1) Riblet, Jean-Philippe M56	2) Rueda, Marcela W37	3) Nelson, Sheila W51	4) Wong, Eric M39	
	1:01.04	2:02.05 (1:01.01)			
3	Richmond Plunge Masters-38	A	2:30.00	2:20.67	36
	1) Heffley, Caitlin W27	2) Harris, Karen W53	3) Taylor, Ron M59	4) Solberg, Sean M41	
	1:12.17	2:20.67 (1:08.50)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Mixed 160-199 400 LC Meter Freestyle Relay****PAC: 4:08.95 # 12/31/1995 TOC**

**NATL: 3:57.18 \$ 8/6/2016**  
**B Strand, M Keck, M Meyer, D Ogier**  
**NORTH CAROLINA MASTERS**  
**E BRAUN, S DALLAMURA, K LINDAUER, V FLETCHER**

1	University of San Francisco Ma-3	A	4:25.00	4:14.33	42
	1) Petrakis, Kristina W30	2) Salcedo, Jonathan E M37	3) Petrakis, Danae W27	4) Samotyj, John M38	
	1:10.63	2:09.57 (58.94)	3:14.47 (1:04.90)	4:14.33 (59.86)	

**Mixed 160-199 800 LC Meter Freestyle Relay****PAC: 9:15.91 # 12/31/1995 TOC**

**NATL: 8:50.20 \$ 8/15/2015**  
**M Keck, M Meyer, B Strand, D Ogier**  
**ROCKWELL AQUATIC MASTERS**  
**S STONE, S CARPENTER, R ELDRIDGE, S CARROLL**

1	Marcia's Enthusiastic Masters-38	A	10:15.00	11:15.19	42
	1) Reilly, Marley W37	2) Song, Jimmy M36	3) Flynn, Elizabeth W40	4) Parker, Aron M49	
	1:19.87	2:57.09 (2:57.09)	4:18.48 (1:21.39)	5:43.36 (2:46.27)	
	7:14.67 (1:31.31)	8:52.49 (3:09.13)	10:02.14 (1:09.65)	11:15.19 (2:22.70)	

**Mixed 160-199 200 LC Meter Medley Relay****PAC: 2:00.53 # 12/31/2004 TOC**

**NATL: 1:58.35 \$ 8/10/2006**  
**J Schriger, S Corliss, L Welting, M**  
**TEAM TYR**  
**M MCCUE, M RUFFNER, R SMIT, S VON DER LIPPE**

1	Davis Aquatic Masters-38	A	2:27.00	2:28.95	42
	1) Waterson, Kevin M40	2) Garforth, Emma W51	3) Krovetz, Ted M53	4) Belluomini, Melanie W42	
	1:19.00	2:28.95 (1:09.95)			
2	Albany Armada Aquatics Masters	A	2:45.00	2:38.93	38
	1) Carroll, Leah W58	2) Cobleigh, Hunter M25	3) Rossbach, Alexander M29	4) Nip, Carol W62	
	1:26.07	2:38.93 (1:12.86)			
3	Marcia's Enthusiastic Masters-38	A	2:50.00	3:00.38	36
	1) Chaiyasane, Koung W35	2) Lehnert, Ahren M46	3) Gibbons, Kevin Y M35	4) Benjamin, Marcia W63	
	1:41.98	3:00.38 (1:18.40)			

**Mixed 160-199 400 LC Meter Medley Relay****PAC: 4:30.50 # 12/31/2006 STAN**

**NATL: 4:26.15 \$ 8/7/2016**  
**Jody Smith, Becker, Preston, Kemp**  
**NORTH CAROLINA MASTERS**  
**V FLETCHER, T TORRES, E BRAUN, K LINDAUER**

1	Richmond Plunge Masters-38	A	6:10.00	5:45.64	42
	1) Heffley, Caitlin W27	2) Solberg, Sean M41	3) Taylor, Ron M59	4) Harris, Karen W53	
	1:31.73	3:06.78 (1:35.05)	4:21.74 (1:14.96)	5:45.64 (1:23.90)	

**Mixed 200-239 200 LC Meter Freestyle Relay****PAC: 1:48.33 # 12/31/2005 WCM**

**NATL: 1:44.96 \$ 8/10/2006**  
**S Heim-Bowen, L Crittenden, J DeLacy, D Boatwright**  
**COLORADO MASTERS**  
**T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS**

---	Cal Maritime Academy Masters-3	A	2:50.00	DQ	
	1) Trevisan, Cynthia W54	2) Deltorchio, Fred M62	3) Saba, Susan W52	4) Cort, Doug M69	
	1:20.41	DQ (1:17.65)			



**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Mixed 200-239 400 LC Meter Freestyle Relay****PAC: 4:25.37 # 12/31/2009 WCM****M Curran, C O'Brien, K O'Brien, L Druz****NATL: 4:02.62 \$ 6/20/2015 ILLINOIS MASTERS****D SIMS, A BLOCK, L DILLMANN, J TUCHLER**

1	Marcia's Enthusiastic Masters-38	A	5:00.00	4:41.89	42
	1) Parker, Aron M49	2) Shu, Vicki W51	3) Burger, Clare W52	4) Collazos, Daniel M50	
	1:01.22	2:16.58 (1:15.36)	3:38.48 (1:21.90)	4:41.89 (1:03.41)	
2	Walnut Creek Masters-38	A	5:09.00	4:52.14	38
	1) O'Brien, Kerry M62	2) O'Brien, Charlene W63	3) Cook, Amy W55	4) Cook, Doug M56	
	1:12.83	2:27.74 (1:14.91)	3:40.48 (1:12.74)	4:52.14 (1:11.66)	
3	Sebastopol Masters Aquatic Clu-3	A	5:25.00	5:06.71	36
	1) Osborne, Glen M55	2) Flecker, Donita L W37	3) Connolly, Cindi W55	4) Keating, Kevin M56	
	1:17.45	2:40.84 (1:23.39)	3:56.58 (1:15.74)	5:06.71 (1:10.13)	

**Mixed 200-239 800 LC Meter Freestyle Relay****PAC: 9:34.66 # 7/14/2017 WCM****S. Heim-Bowen, S. Keeler, D. Sway, B. Volpp****NATL: 9:15.06 \$ 8/12/2018 CONEJO VALLEY MASTERS****B CLEAVENGER, J GELLATLY, K KARREN, D KOEHLER**

1	Manatee Aquatic Masters Inc-38	A	9:42.00	10:06.08	42
	1) Rublein, Susanne W49	2) Cox, Juliet W51	3) Bond, Chris M52	4) Finney, Peter M52	
	1:15.22	2:38.57 (2:38.57)	3:52.19 (1:13.62)		
	6:22.49 ( )	7:39.82 ( )	8:02.29 (22.47)	10:06.08 (2:26.26)	
2	University of San Francisco Ma-3	A	13:10.00	11:41.07	38
	1) Paris, Lorenzo M53	2) Gregor, Eugene M59	3) Ogilvie, Carol W64	4) McNamara, Kathleen W59	
	1:23.00	2:51.41 (2:51.41)	4:16.94 (1:25.53)		
	7:21.05 ( )	8:56.77 ( )	10:14.60 (1:17.83)	11:41.07 (2:44.30)	
3	Davis Aquatic Masters-38	A	12:35.00	12:47.58	36
	1) Norris, Robert F M81	2) Belluomini, Melanie W42	3) Russell, Jane W56	4) Iwamoto, Satori M33	
	2:00.39	4:03.38 (4:03.38)	5:32.33 (1:28.95)	7:10.34 (3:06.96)	
	8:31.96 (1:21.62)	11:07.88 (3:57.54)	12:20.86 (1:12.98)	12:47.58 (1:39.70)	

**Mixed 200-239 200 LC Meter Medley Relay****PAC: 2:04.32 # 12/31/2009 WCM****Lisa Ward, Gary Patterson, Sandi Easton, Bob Olson****NATL: 2:01.98 \$ 8/20/2016 OREGON MASTERS****V JENKINS, K GROTE, G DUUS, K ANDRUS-HUGHES**

1	Manatee Aquatic Masters Inc-38	A	2:08.67	2:15.78	42
	1) Hamilton, Rick M52	2) Rublein, Susanne W49	3) Finney, Peter M52	4) Cox, Juliet W51	
	1:11.89	2:15.78 (1:03.89)			
2	Marcia's Enthusiastic Masters-38	A	2:30.00	2:21.07	38
	1) Burger, Clare W52	2) Collazos, Daniel M50	3) Shu, Vicki W51	4) Parker, Aron M49	
	1:18.22	2:21.07 (1:02.85)			
3	Santa Rosa Masters-38	A	2:35.00	2:24.60	36
	1) Jones, Sara W51	2) Bulman, Robin W54	3) Riblet, Jean-Philippe M56	4) Morales, John M61	
	1:22.30	2:24.60 (1:02.30)			
4	Sebastopol Masters Aquatic Clu-3	A	2:25.00	2:32.36	34
	1) Flecker, Donita L W37	2) Connolly, Cindi W55	3) Keating, Kevin M56	4) Osborne, Glen M55	
	1:27.11	2:32.36 (1:05.25)			
5	Walnut Creek Masters-38	A	2:24.00	2:39.27	32
	1) Lucchese, Jon M43	2) Taylor, Catherine W56	3) Cook, Doug M56	4) Cook, Amy W55	
	1:29.46	2:39.27 (1:09.81)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****(Mixed 200-239 200 LC Meter Medley Relay)**

6	Walnut Creek Masters-38	B	2:40.00	2:44.29	30
	1) Fu, Sandra W48	2) Duggan, Karen W49	3) O'Brien, Kerry M62	4) Potter, Donald M54	
	1:36.96	2:44.29 (1:07.33)			
7	Manatee Aquatic Masters Inc-38	B	2:43.56	2:45.26	28
	1) Shaps, Ruth W72	2) Fitschen, Gary M74	3) Craven, Rob M54	4) Pecherer, Kelsey W31	
	1:29.22	2:45.26 (1:16.04)			

**Mixed 200-239 400 LC Meter Medley Relay****PAC: 4:51.55 # 12/31/1998 TAM****R Burns, P Jonckheer, L Val, N Ridout****NATL: 4:33.17 \$ 6/20/2015 ILLINOIS MASTERS****J TUCHLER, D SIMS, A BLOCK, L DILLMANN**

1	Manatee Aquatic Masters Inc-38	A	5:01.10	5:08.86	42
	1) Cox, Juliet W51	2) Rublein, Susanne W49	3) Finney, Peter M52	4) Hamilton, Rick M52	
	1:24.60	2:55.82 (1:31.22)	4:05.95 (1:10.13)	5:08.86 (1:02.91)	
2	Cal Maritime Academy Masters-3	A	6:40.00	7:11.70	38
	1) Cort, Doug M69	2) Kazek, Michael S M58	3) Trevisan, Cynthia W54	4) Saba, Susan W52	
	1:45.72	3:23.33 (1:37.61)	5:28.53 (2:05.20)	7:11.70 (1:43.17)	

**Mixed 240-279 200 LC Meter Freestyle Relay****PAC: 1:56.00 # 12/31/2011 TAM****R Burns, L Val, B Wheeler, T Holt****NATL: 1:54.54 \$ 8/20/2016 SARASOTA Y SHARKS****D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK**

1	Tamalpais Aquatic Masters-38	A	2:08.00	2:03.61	42
	1) Burns, Richard M76	2) Val, Laura W68	3) Wheeler, Barbara W62	4) Foote, John M69	
	1:01.34	2:03.61 (1:02.27)			
2	Davis Aquatic Masters-38	A	2:15.00	2:13.34	38
	1) Kahn, Stuart M66	2) Kahn, Mary W60	3) Guthrie, Sally W69	4) McPherson, Andrew M72	
	1:05.07	2:13.34 (1:08.27)			
3	Rolling Hills Mud Sharks-38	A	2:14.00	2:14.96	36
	1) Van Boer, Eric M65	2) Laudenslager, Greg M58	3) Hayes-Rupp, Cynthia W62	4) Hepworth, Linda W66	
	1:02.64	2:14.96 (1:12.32)			
4	Manatee Aquatic Masters Inc-38	A	2:01.69	2:30.60	34
	1) Shaps, Ruth W72	2) Fitschen, Gary M74	3) Palmer, Teddy W65	4) Cutting, Steve M62	
	1:13.38	2:30.60 (1:17.22)			
5	University of San Francisco Ma-3	A	2:53.00	2:34.39	32
	1) Andrews, Bryan M68	2) Ridinger, Kim M68	3) Ogilvie, Carol W64	4) Cericola, Patricia W62	
	1:20.86	2:34.39 (1:13.53)			

**Mixed 240-279 400 LC Meter Freestyle Relay****PAC: 4:32.62 # 12/31/2011 TAM****Laura Val, Judy A Eisenman, Tate Holt, Rich Burns****NATL: 4:24.45 \$ 6/15/2014 SARASOTA Y SHARKS****J GROSELLE, L GROSELLE, N KRYKA, B COUCH**

1	Rolling Hills Mud Sharks-38	A	5:05.00	5:12.27	42
	1) Van Boer, Eric M65	2) Laudenslager, Greg M58	3) Houts, Jennifer W54	4) Hepworth, Linda W66	
	1:14.60	2:25.97 (1:11.37)	3:45.58 (1:19.61)	5:12.27 (1:26.69)	
2	Manatee Aquatic Masters Inc-38	A	4:29.89	5:49.45	38
	1) Shaps, Ruth W72	2) Palmer, Teddy W65	3) Fitschen, Gary M74	4) Finney, Peter M52	
	1:24.82	2:49.02 (1:24.20)	3:55.39 (1:06.37)	5:49.45 (1:54.06)	
3	University of San Francisco Ma-3	A	7:00.00	6:46.96	36
	1) Burke, Bill M65	2) Dunn, Audrey J W66	3) Byrnes, Barbara W63	4) Sapirstein, Julian M70	
	2:02.63	3:50.29 (1:47.66)	5:32.44 (1:42.15)	6:46.96 (1:14.52)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Mixed 240-279 800 LC Meter Freestyle Relay****PAC: 10:09.67 # 7/11/2010 TAM****R Burns, B C Wheeler, L B Val, K A Frost Jr****NATL: 9:54.42 \$ 6/11/2017 SARASOTA Y SHARKS****J GROSELLE, R WALKER, L GROSELLE, K PARKER PALACE**

1	Davis Aquatic Masters-38	A	11:40.00	11:29.89	42
	1) Kahn, Mary W60	2) Woodruff, David M63	3) Kahn, Stuart M66	4) Guthrie, Sally W69	
	1:23.06	2:46.67 (2:46.67)	4:07.61 (1:20.94)	5:36.65 (2:49.98)	
	7:00.88 (1:24.23)	8:28.33 (2:51.68)	9:58.48 (1:30.15)	11:29.89 (3:01.56)	
2	Marcia's Enthusiastic Masters-38	A	12:35.00	12:42.74	38
	1) Rafkin, Louise W61	2) Inchausti, Robert M57	3) Benjamin, Marcia W63	4) Tsugawa, Peter M61	
	1:25.92	4:31.91 ( )	6:12.13 ( )		
	7:43.24 (1:31.11)	9:24.91 (3:12.78)	11:01.47 (1:36.56)	12:42.74 (3:17.83)	
3	University of San Francisco Ma-3:	A	15:55.00	15:36.14	36
	1) Young, Stephen M61	2) Byrnes, Barbara W63	3) Cohn, Darcy W68	4) Mai, Ping M49	
	1:52.59	4:03.21 (4:03.21)	5:51.92 (1:48.71)	7:47.48 (3:44.27)	
	9:52.81 (2:05.33)	12:05.49 (4:18.01)	13:43.90 (1:38.41)	15:36.14 (3:30.65)	

**Mixed 240-279 200 LC Meter Medley Relay****PAC: 2:09.06 # 12/31/2009 TAM****Rich Burns, Ken Frost, Laura Val, Barbara Wheeler****NATL: 2:08.11 \$ 8/20/2016 PUGET SOUND MASTERS****L DAHL, R COLELLA, D GRAHAM, C DAVIS**

1	Walnut Creek Masters-38	A	2:19.00	2:14.03	42
	1) Bilich, Bonnie W61	2) Volpp, Bryan M62	3) O'Brien, Charlene W63	4) Druz, Loren M63	
	1:11.90	2:14.03 (1:02.13)			
2	Davis Aquatic Masters-38	A	2:32.00	2:33.00	38
	1) Kahn, Mary W60	2) Kahn, Stuart M66	3) McPherson, Andrew M72	4) Guthrie, Sally W69	
	1:23.99	2:33.00 (1:09.01)			
3	Rolling Hills Mud Sharks-38	A	2:27.00	2:36.93	36
	1) Van Boer, Eric M65	2) Laudenslager, Greg M58	3) Houts, Jennifer W54	4) Hepworth, Linda W66	
	1:17.33	2:36.93 (1:19.60)			
4	University of San Francisco Ma-3:	A	3:05.00	3:46.87	34
	1) Burke, Bill M65	2) Dunn, Audrey J W66	3) Byrnes, Barbara W63	4) Sapirstein, Julian M70	

**Mixed 240-279 400 LC Meter Medley Relay****PAC: 4:51.95 # 12/31/2009 TAM****Rich Burns, Ken Frost, Laura Val, Barb Wheeler****NATL: 4:51.95 \$ 8/8/2009 TAMALPAIS AQUATIC MASTERS****R BURNS, K FROST, L VAL, B WHEELER**

1	Manatee Aquatic Masters Inc-38	A	6:03.69	6:26.29	42
	1) Shaps, Ruth W72	2) Fitschen, Gary M74	3) Cutting, Steve M62	4) Palmer, Teddy W65	
	1:40.14	3:13.83 (1:33.69)	4:32.47 (1:18.64)	6:26.29 (1:53.82)	
2	University of San Francisco Ma-3:	A	7:15.00	6:51.63	38
	1) Andrews, Bryan M68	2) Ridinger, Kim M68	3) Ogilvie, Carol W64	4) Cericola, Patricia W62	
	1:45.90	3:33.83 (1:47.93)	5:20.83 (1:47.00)	6:51.63 (1:30.80)	
3	Rolling Hills Mud Sharks-38	A	6:24.00	6:52.60	36
	1) Hepworth, Linda W66	2) Hayes-Rupp, Cynthia W62	3) Laudenslager, Greg M58	4) Davis, Don M75	
	1:42.19	3:27.59 (1:45.40)	5:07.76 (1:40.17)	6:52.60 (1:44.84)	

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Mixed 280-319 200 LC Meter Freestyle Relay****PAC: 2:10.65 # 7/16/2017 TAM****R. Burns, N. Rideout, L. Val, T. Holt****NATL: 2:05.58 \$ 8/18/2017****TAMALPAIS AQUATIC MASTERS****RICHARD BURNS, LAURA VAL, NANCY RIDOUT, TATE HOLT**

1	Walnut Creek Masters-38	A	2:34.00	2:30.27	42
	1) Scott, Stephanie W72	2) Boettler, Lori W73	3) Olson, Robert M75	4) DeLacy, James M73	
	1:24.57	2:30.27 (1:05.70)			
2	Marcia's Enthusiastic Masters-38	A	2:45.00	2:56.67	38
	1) Rafkin, Louise W61	2) Benjamin, Marcia W63	3) Benjamin, David M70	4) Galvin, Barry M86	
	1:15.68	2:56.67 (1:40.99)			
3	Walnut Creek Masters-38	B	3:35.00	3:13.86	36
	1) Morner, Stan M85	2) Rothrock, Gretchen A W70	3) Taub, Pamela W69	4) O'Brien, Kerry M62	
	1:40.57	3:13.86 (1:33.29)			

**Mixed 280-319 400 LC Meter Freestyle Relay****PAC: 5:03.30 # 7/23/2016 TAM****L Val, N Ridout, R Meyerhoff, R Burns****NATL: 5:03.30 \$ 7/23/2016****TAMALPAIS AQUATIC MASTERS****L VAL, N RIDOUT, R MEYERHOFF, R BURNS**

1	Walnut Creek Masters-38	A	7:00.00	6:52.70	42
	1) Mayo, Robert M86	2) Rothrock, Gretchen A W70	3) Scott, Stephanie W72	4) DeLacy, James M73	
		4:06.84 ( )	5:42.67 (1:35.83)	6:52.70 (1:10.03)	
2	Marcia's Enthusiastic Masters-38	A	9:30.00	7:27.52	38
	1) Benjamin, David M70	2) Lai, Denise W63	3) Singer, Molly W65	4) Galvin, Barry M86	
	1:31.96	3:23.77 (1:51.81)	5:03.98 (1:40.21)	7:27.52 (2:23.54)	
---	Tamalpais Aquatic Masters-38	A	6:20.50	DQ	
	1) Ridout, Nancy W77	2) Meyerhoff, Rick M72	3) Bernard, Alan M70	4) Wheeler, Barbara W62	

**Mixed 280-319 800 LC Meter Freestyle Relay****PAC: 11:18.04 # 7/14/2017 TAM****R Burns, L Val, N Ridout, A. Bernard****NATL: 11:18.04 \$ 7/14/2017****TAMALPAIS AQUATIC MASTERS****R BURNS, L VAL, N RIDOUT, A BERNARD**

1	University of San Francisco Ma-3:	A	17:00.00	16:34.21	42
	1) Schiller, Randy M71	2) Long, Anne B W77	3) Dunn, Audrey J W66	4) Andrews, Bryan M68	
	2:04.63	4:22.69 (4:22.69)	6:32.86 (2:10.17)	8:45.95 (4:23.26)	
	10:40.33 (1:54.38)	14:35.73 (5:49.78)	16:34.26 (1:58.53)	16:34.21 (1:58.48)	
2	University of San Francisco Ma-3:	B	17:15.00	16:55.64	38
	1) Allen, Susan W75	2) Campbell, Martha W71	3) Moore, Michael M69	4) Sapirstein, Julian M70	
	2:08.34	4:28.68 (4:28.68)	7:04.47 (2:35.79)	11:46.80 (7:18.12)	
	13:56.36 (2:09.56)	15:22.69 (3:35.89)	16:55.64 (1:32.95)		

**Mixed 280-319 200 LC Meter Medley Relay****PAC: 2:45.03 # 12/31/2006 WCM****D Brown, A Hirsch, D Bledsoe, M Kraetzer****NATL: 2:21.20 \$ 8/9/2015****TAMALPAIS AQUATIC MASTERS****L VAL, K FROST, R BURNS, N RIDOUT**

1	Rolling Hills Mud Sharks-38	A	3:07.00	3:24.14	42
	1) Tevis, Maggie W71	2) Davis, Don M75	3) Maritzen, Michael A M63	4) Coholan, Annette W71	
2	Marcia's Enthusiastic Masters-38	A	3:45.00	3:44.44	38
	1) Benjamin, David M70	2) Galvin, Barry M86	3) Lai, Denise W63	4) Singer, Molly W65	
	2:01.32	3:44.44 (1:43.12)			

**2019 Pacific Masters LCM Championship - 7/14/2019 to 7/21/2019****Sanction #: 389-S012****Results****Mixed 280-319 400 LC Meter Medley Relay**

PAC: 5:28.17 # 5/10/2015 TAM

NATL: 5:28.17 \$ 5/10/2015

Ann Hirsch, Norm Stupfel, Jim DeLacy, Donna Monroe

TAMALPAIS AQUATIC MASTERS

R BURNS, K FROST, L VAL, N RIDOUT

1	Marcia's Enthusiastic Masters-38	A	7:00.00	7:50.43	42
	1) Benjamin, David M70	2) Galvin, Barry M86	3) Rafkin, Louise W61	4) Benjamin, Marcia W63	
	1:49.37	4:38.21 (2:48.84)	6:21.57 (1:43.36)	7:50.43 (1:28.86)	

**Mixed 320-359 200 LC Meter Freestyle Relay**

PAC: 2:59.22 # 7/26/2015 WCM

NATL: 2:35.97 \$ 8/20/2016

E Lane, N Stupfel, R Mayo, S Morner

OREGON MASTERS

R KAY, W LAMB, B FRID, D RADCLIFF

1	Davis Aquatic Masters-38	A	4:10.00	3:56.04	42
	1) Norris, Robert F M81	2) Munn, Susan W81	3) Westergaard, Leslie M W76	4) Braly, Mark M84	
	1:23.88	3:56.04 (2:32.16)			