

		Age*	USMS Club	400 Kick Time	
	* age as of 12/31/2020		USA-S Club		
Female 7-8					
7-8	RECORD: Eva Maudsley, 2020	8	SLSL	9:27.00	
1	Eva Maudsley	8	SLSL	9:27.00	
2	Alison Yarbrough	8	SLSL	9:27.36	
3	Virginia Hebl	8	SLSL	10:00.07	
4	Tala Hobson	8	SLSL	10:01.50	
5	Reece Witt	8	SLSL	11:11.53	
9-10	RECORD: Violet Sinclair, 2020	9	SLSL	7:14.93	
1	Violet Sinclair	9	SLSL	7:14.93	
2	Abigail Mochau	10	SLSL	8:04.53	
3	Adeline Morley	9	SLSL	9:00.81	
4	Emily Koll	10	SLSL	9:17.81	
5	Wynne Garrett	9	SLSL	9:19.97	
6	Elle Birgenheier	9	SLSL	9:57.50	
11-12	RECORD: Keira Jameson, 2020	12	SLSL	6:20.87	
1	Keira Jameson	12	SLSL	6:20.87	
2	Maggie Friday	12	PEAQ	6:34.56	
3	Lillian Schiffman	11	SLSL	6:50.38	
4	Sloane Inskeep	12	SLSL	7:01.11	
5	Lucy Pearson	12	PEAQ	7:01.84	
6	Lillian Oscarson	11	SLSL	7:14.36	
7	Elinor Bartel	12	SLSL	7:18.75	
8	Beatrice Dulong	11	SLSL	7:28.50	
9	Terren Davis	12	AAA	7:54.40	
13-14	RECORD: Ashley Dangol, 2020	14	SLSL	5:54.25	
1	Ashley Dangol	14	AAA	5:54.25	
2	Sarah Shakib	13	SLSL	6:31.28	
3	Lydia Fox	13	SLSL	6:32.31	
4	Marta Maninetti	13	AAA	6:55.00	
5	Eleanor Dulong	13	SLSL	6:57.63	
6	Supitcha Phoonpirom	14	AAA	7:17.00	
7	Eleanor Zaragoza-Aaron	13	AAA	8:03.03	
8	Macy Mcleod	13	AAA	8:03.89	
9	Rylie Middleton	13	SLSL	8:42.92	
15-16	RECORD: Brianna Smyth, 2020	15	AAA	5:56.55	
1	Brianna Smyth	15	AAA	5:56.55	
2	Natalia Brunetti	16	AAA	6:02.56	
3	Sarah Darzacq	15	AAA	6:07.76	
4	Nara Phoonpirom	16	AAA	6:16.00	

5	Sophia Vitek	16	AAA	6:32.91	
6	Anika Nagpal	15	AAA	6:45.91	
7	Giulia Del Priore	15	AAA	6:47.91	
8	Luzia Ogle-Sporer	16	AAA	6:57.41	
9	Liliana Mironova	15	AAA	6:59.00	
10	Vanessa Vasquez	16	AAA	7:04.00	
11	Isabel Rubin-Saika	16	AAA	7:19.00	
12	Madeleine Brennan	16	SLSL	7:30.30	
17-18	RECORD: Sofia Del Priore, 2020	17	AAA	5:47.87	
1	Sofia Del Priore	17	AAA	5:47.87	
2	Melissa Zhou	17	AAA	6:07.80	
3	Talulla Miller-Ross	17	AAA	6:54.00	
4	Jivana Nagpal	17	AAA	6:58.56	
18-24	RECORD: Arlyn Upshaw, 2012	18	UNAT	5:17.35	
1	Alice Ricci	21	UC09	6:10.35	
2	Miriam Eide	22	UC38	6:12.84	
3	Asha Johnson	19	MEMO	6:14.09	
25-29	RECORD: Katherine Yu, 2019	25	USF	5:32.00	
1	Valerie Thorp	29	CRUZ	5:44.20	
2	Olivia Vallejo	25	TAM	6:41.70	
3	Laura Rambo	29	MEMO	7:21.28	
4	Julienne Racelis	27	MEMO	7:36.92	
5	Caitlin Heffley	28	RPM	7:48.98	
6	Mary Zinnanti	28	KAC	8:30.00	
30-34	RECORD: Mollie Grover, 2015	34	UMAC	5:42.07	
1	Kaleena Gettel	31	WCM	6:12.86	
2	Rainey Graeven	31	CRUZ	6:15.13	
3	Rivkah Cohen	32	MEMO	7:54.37	
4	Julia Fogelson	31	ALB	9:14.99	
5	Brittney Blizard	32	KAC	9:55.00	
6	Ryan Streicker	31	IM	10:10.92	
35-39	RECORD: Kelly Williamson, 2014	37	TXLA	5:19.00	
1	Lindsey Urbatchka	37	MMAC	5:41.00	
2	Adrienne Belliveau	36	UC38	6:28.10	
3	Lindsey Schneider	39	NAM	7:13.26	
4	Jessica Ross	39	CALM	7:23.50	
5	Marley Reilly	38	MEMO	7:34.36	
6	Donita Flecker	38	SMAC	8:01.73	
7	Taylor Ploy	38	UC45	8:22.13	
8	Kaiti Anderson	35	IM	8:27.15	

9	Nia Doyle	39	MEMO	9:44.66	
10	Amanda Lott	38	UC45	10:27.13	
11	Millie Lapidario	39	MEMO	13:31.06	
12	Sarah King	37	CONN	13:46.66	
40-44	RECORD: Joy Halgren, 2018	42	MOVY	5:52.24	
1	Hailey Hibler	42	ALB	6:17.20	
2	Helene Nehrebecki	40	DAM	6:20.05	
3	Katie Knoepfel	40	OREG	6:32.79	
4	Holly Lickwala	44	PSM	6:37.14	
5	Joy Halgren	44	MOVY	6:37.16	
6	Sharessa Gutierrez	40	OMAH	6:39.17	
7	Rachel Rivera	42	DLMA	7:10.50	
8	Caron Lee	44	AAM	7:10.99	
9	Brieanne Martin	40	MEMO	7:20.49	
10	Sabine Klensch	40	ECAM	7:29.80	
11	Sarah Stretch	41	MEMO	7:34.79	
12	Melanie Belluomini	43	DAM	7:46.90	
13	Catherine Old	43	NCMS	7:49.37	
14	Laura Feeney	42	CALM	8:02.53	
15	Qi Han	42	MEMO	12:14.48	
45-49	RECORD: Kathy Gallagher, 2012	48	ARIZ	5:55.51	
1	Julie Dussliere	48	JDAM	6:24.52	
2	Jennifer Rochez	47	LVTC	7:28.00	
3	Amanda Castle	45	IM	7:30.25	
4	Anne Marie ODell	45	SMAC	7:49.28	
5	Tina Calub	47	IM	8:24.20	
6	Tonia Lowe	49	ALB	8:25.38	
7	Ann Michelle Ongerth	46	WCM	8:44.40	
8	Rebecca Long	48	ALB	8:58.70	
9	Alexandra Markarian	47	IM	9:02.75	
10	Nataliya Libina	49	ALB	12:01.12	
50-54	RECORD: Courtney Zena, 2013	54	BWAQ	5:54.83	
1	Kelly Oliner	53	UC09	6:47.03	
2	Yasuko de la Torre	50	MEMO	6:48.83	
3	Vicki Shu	52	MEMO	6:57.71	
4	Detra Clevon	52	KAC	7:10.03	
5	Heather Lugassy	50	TAM	7:10.64	
6	Christina Cavalli	52	MEMO	7:19.16	
7	Clare Burger	53	MEMO	7:32.29	
8	Lisa Hagstrom	50	LNRS	7:47.00	
9	Kate Mackinnon	52	LVTC	7:48.08	
10	Cynthia Hertzner	51	CRUZ	7:54.37	

11	Zsuzsanna Laszlo	52	MEMO	9:19.50	
55-59	RECORD: Suzanne Heim-Bowen, 2017	59	WCM	5:46.70	
1	Marcia Cleveland	56	IM	6:25.98	
2	Sherry Flanery	56	MVN	6:57.84	
3	Robin Sterzer	56	QSSSJ	7:23.10	
4	Peggy Rupert	59	DDSA	7:45.57	
5	Liz Hurt	56	MEMO	8:03.38	
6	Pam McClure	57	GAJA	8:10.30	
7	Karen Lundgren	56	IM	8:17.31	
8	Jennifer Phalen	56	DAM	8:23.52	
9	Christina Robinson	55	LNRS	8:31.00	
10	Emily Shepard	59	ALB	8:39.25	
11	Robin Mills	58	MAM	8:40.81	
12	Deborah Gritts	57	DAM	8:59.60	
13	Leah Carroll	59	ALB	9:30.62	
14	Jennifer Eisley	55	SMAC	9:47.81	
15	Sonja Erickson	59	ALB	9:53.66	
16	Stacy Fox	57	GAJA	11:45.00	
60-64	RECORD: Charlotte Davis, 2013	63	PSM	6:39.31	
1	Suzanne Heim-Bowen	62	WCM	6:12.14	NEW RECORD
2	Martha Joyce	60	TAM	7:10.17	
3	Pamela Rogers	63	GS	7:33.44	
4	Teresa McGiverin	64	MOVY	7:43.07	
5	Alice Klingmann	62	LVTC	8:14.00	
6	Susan Blattner-Orwick	63	MOVY	8:14.43	
7	Patricia Saint Aubin	62	NEM	8:36.42	
8	Susan Haufler	63	MEMO	8:37.07	
9	Kelly Woodard	60	ALB	8:38.25	
10	Louise Rafkin	62	MEMO	8:44.30	
11	Pamela Ogden	63	MINN	9:25.00	
12	Lauren Hyde	61	UC32	9:46.00	
13	Janet Mack	64	ALB	16:04.99	
65-69	RECORD: Penny Noyes, 2019	65	SKY	6:40.10	
1	Penny Noyes	66	SKY	6:39.28	NEW RECORD
2	Elaine Valdez	65	MOST	7:06.65	
3	Jeanna Summers	66	OREG	7:27.13	
4	Barbara Boslego	69	VMST	8:09.15	
5	Dianne Cobb	65	VMST	9:05.26	
6	Paula Yankauskas	66	NEM	9:25.70	
7	Phyllis Quinn	65	TOC	9:32.44	
8	Tawny Cleveland	65	UC38	9:45.30	
9	Mara Zlotoff	68	QSSSJ	9:47.70	

10	Kate Latham	68	MVM	10:32.54	
11	Teddy Palmer	66	WCM	12:26.74	
70-74	RECORD: Daniela Barnea, 2014	70	STAN	6:58.30	
1	Jenny Holland	70	ALB	8:29.13	
2	Mary Cole	70	IM	13:21.71	
75-79	RECORD: Daniela Barnea, 2019	75	STAN	7:28.59	
1	Daniela Barnea	76	STAN	6:58.01	NEW RECORD
2	Nancy Ridout	78	TAM	11:38.43	
3	Lois Jacobs	77	MEMO	12:48.47	
4	Leslie Westergaard	77	DAM	14:20.95	
80-84	RECORD: Ann Hirsch, 2013	83	WCM	10:27.00	
	no entries				
85-89	RECORD: Eulah Varty, 2019	85	MMAC	15:02.00	
1	Eulah Varty	86	MMAC	13:21.20	NEW RECORD
MALE					
7-8	RECORD: Owen Koll, 2020	8	SLSL	7:51.36	
1	Owen Koll	8	SLSL	7:51.36	
2	Van Peters	8	SLSL	8:56.47	
9-10	RECORD: Kendrick Hsu, 2020	9	PEAQ	7:12.97	
1	Kendrick Hsu	9	PEAQ	7:12.97	
2	Finley Barker	9	SLSL	7:54.07	
3	Mavrick Middleton	9	SLSL	8:13.50	
4	Grey Prentice	9	SLSL	8:30.03	
5	Silas Greis	9	SLSL	10:32.38	
11-12	RECORD: Cinco Perez, 2020	12	PEAQ	5:18.28	
1	Cinco Perez	12	PEAQ	5:18.28	
2	Jackson Edwards	12	PEAQ	5:52.78	
3	Aasish Dangol	12	AAA	5:58.00	
4	Wyatt Stetor	11	PEAQ	6:05.71	
5	Nithin Raghavan	11	AAA	6:27.45	
6	Dimitri Secor	12	AAA	6:29.00	
7	Jack Talboys	12	SLSL	6:40.61	
8	Odin Hsu	12	PEAQ	6:47.75	
9	Arlo PetSloaneers	11	SLSL	7:01.11	
10	Ryan Hong	12	AAA	7:08.00	
11	Franco St. Jeor	11	SLSL	7:18.22	
12	Skyler Maudsley	11	SLSL	7:55.55	

13	Shaler Mahan	12	SLSL	9:03.03	
13-14	RECORD: Mac Clark, 2020	13	PEAQ	5:18.21	
1	Mac Clark	13	PEAQ	5:18.21	
2	Luke Hartman	14	PEAQ	5:28.13	
3	Thomas Shakib	14	SLSL	5:42.78	
4	Chetan Raghavan	13	AAA	5:54.25	
5	Tyler Turgeon	13	PEAQ	6:00.19	
6	Benjamin Schiffman	14	SLSL	6:02.34	
7	Ariel Kehat	13	AAA	6:08.76	
8	Evan Byun	13	AAA	6:27.45	
9	Benjamin Gillespie	14	SLSL	6:33.03	
10	Miles Hennessey	14	SLSL	6:38.45	
11	Isaac Tabachnick	14	PEAQ	6:42.63	
12	Noah Lang	14	PEAQ	7:00.01	
13	Shepherd Foy	14	SLSL	7:38.83	
14	Kingsley Garrett	13	SLSL	7:50.42	
15-16	RECORD: Luke Swiggett, 2020	15	AAA	5:23.20	
1	Luke Swiggett	15	AAA	5:23.20	
2	Danny Castle	15	HPAC	5:57.11	
3	Benjamin Dulong	15	SLSL	6:00.01	
4	Michael Zhou	16	AAA	6:04.87	
5	Harper Brace	15	SLSL	6:05.31	
6	Ethan Pater	16	SLSL	6:19.43	
7	Elye Kehat	16	AAA	6:21.63	
8	Maxwell Hilton	16	AAA	6:31.80	
9	David Zhan	16	AAA	8:59.31	
17-18	RECORD: Conlan Brydon, 2020	18	AAA	5:23.20	
1	Conlan Brydon	18	AAA	5:23.20	
2	Taylor Yee	17	AAA	6:21.30	
3	Benjamin Getz	17	AAA	7:35.00	
18-24	RECORD: Dylan Kubick, 2019	24	MEMO	5:22.79	
1	Sam Gleason	24	UC38	6:13.61	
25-29	RECORD: Adam Ritter, 2013	29	CSMT	5:13.73	
1	Jacob Bubalo	27	KAC	6:23.00	
2	Michael Thomas	28	MVM	6:34.03	
3	Keegan Harding	29	MEMO	6:51.49	
30-34	RECORD: Adam Ritter, 2017	33	SCMT	5:33.00	
1	Emmanuel Torres	34	MEMO	6:55.22	

35-39	RECORD: Blake Holden, 2015	39	UMAC	5:12.96	
1	Jimmy Song	37	MEMO	6:00.21	
2	Cole Bitter	35	CRUZ	6:07.15	
40-44	RECORD: Bruce Paige, 2018	42	CSMT	5:11.50	
1	Bruce Paige	44	CSMT	5:05.00	NEW RECORD
2	Brent Ramirez	40	MEMO	11:15.10	
45-49	RECORD: Chris Stevenson, 2012	48	VMST	4:52.16	
1	Joseph Berglund	46	SMAC	6:08.00	
2	Todd Wehmann	48	MEMO	6:36.68	
3	Ahren Lehnert	47	MEMO	6:50.03	
4	Mike Thompson	47	LVTC	7:14.02	
5	Ryan Huddlestun	48	IM	8:09.52	
6	Jacob Brownlow	46	ALB	9:00.25	
7	Minh Ngo	49	MEMO	9:15.50	
8	Joshua Silverman	47	UC38	9:28.55	
9	Lazar Dimitrov	45	ALB	9:59.59	
50-54	RECORD: Mike Shaffer, 2016	51	VCM	5:18.26	
1	Patrick Brundage	53	ARIZ	5:35.77	
2	Aron Parker	50	MEMO	6:12.28	
3	Mark Schactman	54	UC09	6:28.23	
4	Andrew Early	54	TSUN	6:59.28	
5	Dave Jacobs	53	IM	7:04.43	
6	Jeffrey Foster	54	MEMO	7:37.41	
7	Edmund Baumgartner	54	IM	7:38.30	
8	Dan Clifford	50	MEMO	8:16.62	
9	Noadiah Eckman	50	ALB	9:11.25	
55-59	RECORD: Ted Soltys, 2018	58	IM	5:16.82	
1	Laurence Fry	59	JAMM	6:22.46	
2	Robert Inchausti	58	MEMO	7:52.45	
3	Brice Heath	58	IM	8:42.06	
4	Bill Mc Cracken	59	TVM	8:54.41	
5	Steve Trutane	55	YAM	9:39.54	
60-64	RECORD: Michael McCombs, 2017	61	NEM	5:38.78	
1	Ted Soltys	60	IM	5:22.31	NEW RECORD
2	Steve Cutting	63	MAM	6:03.50	
3	James Ritter	64	CSMT	6:07.07	
4	Deano Jacobs	60	MMAC	6:23.95	
5	Rick Hudson	63	ESMS	6:46.47	
6	Craig Coombs	60	MEMO	7:20.77	
7	David Orwick	61	MOVY	7:28.44	

8	Steven Cramer	62	MEMO	8:06.39	
9	Eric Hektner	62	SMAC	8:43.59	
10	Sean O'Reilly	61	UC56	9:35.06	
11	Thomas Chew	63	MEMO	20:20.20	
65-69	RECORD: Alek Shestakov, 2016	67	OAK	6:12.50	
1	Stephen Small	68	MEMO	7:52.59	
2	Jeffrey Citron	65	MEMO	10:06.00	
3	Allen Kossoy	67	MOVY	11:31.09	
4	Lee Harkleroad	66	IM	14:41.07	
5	David Bauer	65	MEMO	59:59.99	
70-74	RECORD: Alek Shestakov, 2019	70	OAK	6:13.47	
1	Alek Shestakov	71	OAK	6:12.06	NEW RECORD
2	David Benjamin	71	MEMO	8:10.30	
75-79	RECORD: Richard Todd, 2017	75	TCAM	7:14.52	
1	Kenneth Frost	76	TAM	7:39.73	
80-84	RECORD: Jack Fleming, 2015	80	USF	9:18.28	