

2021 MEMO 400 Kick For Time

	WOMEN Name	Age	Team	Time			MEN Name	Age	Team	Time
	RECORD: Arlyn Upshaw, 2012	18	UNAT	5:17.35	18-24		RECORD: Dylan Kubick, 2019	24	MEMO	5:22.79
1	Alice Ricci	22	UC09	6:12.77		1	Eugene deCosse	21	MEMO	5:50.58
2	Vivian Crow	24	DAM	6:18.57						
	RECORD: Katherine Yu, 2019	25	USF	5:32.00	25-29		RECORD: Adam Ritter, 2013	29	CSMT	5:13.73
1	Olivia Vallejo	26	TAM	6:39.90		1	Michael Thomas	29	MVM	5:50.13
2	Laurin Bobo	28	ENSW	6:51.31						
	RECORD: Tammy Choy, 2021	31	MEMO	5:35.99	30-34		RECORD: Adam Ritter, 2017	33	SCMT	5:33.00
1	Tammy Choy	31	MEMO	5:35.99		1	Alexander Rossbach	31	ALB	6:12.05
2	Chelsea Segal	31	MEMO	9:20.99						
	RECORD: Kelly Williamson, 2014	37	TXLA	5:19.00	35-39		RECORD: Blake Holden, 2015	39	UMAC	5:12.96
1	Rachelle Smith	38	AKMS	5:35.78		1	Jimmy Song	38	MEMO	6:11.99
2	Layla Forrest-White	36	MEMO	6:52.61		2	Stephen Massaro	39	MEMO	6:18.99
3	Sara Lark	35	UC42	6:58.08		3	David Doerr	39	IM	6:58.28
4	Regina Chien	35	MEMO	7:16.00		4	Stephen Frink	36	RPM	7:30.16
5	Sarah Blanck	39	NSM	8:50.41						
6	Kaiti Anderson	36	NSM	8:57.30						
7	Sarah Jonas	37	SMAC	9:38.93						
8	Sarah King	38	CONN	17:35.97						
	RECORD: Joy Halgren, 2018	42	MOVY	5:52.24	40-44		RECORD: Bruce Paige, 2020	44	CSMT	5:05.00
1	Helene Nehrebecki	41	DAM	6:09.86		1	Jason Baxter	40	ENSW	5:35.62
2	Hailey Hibler	43	ALB	6:15.74		2	Matthew Weber	42	DAS	5:44.81
3	Carrie Hahnel	43	MEMO	6:52.89		3	Victor Gonzales	42	MEMO	7:30.36
4	Lindsey Schneider	40	NSM	6:59.21		4	Paul Tzur	43	NSM	7:33.45
5	Rachel Rivera	43	DLMA	7:22.69		5	Ellison Wada	42	MEMO	7:38.00

age as of 12/31/2021

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6	Beth Flynn	42	MEMO	7:22.99						
7	Melanie Belluomini	44	DAM	7:28.00						
8	Kelly Schley	42	MEMO	7:28.57						
9	Kelly Baranko	41	NSM	7:40.66						
10	Patricia Chico	40	SMAC	9:00.66						
11	Jez Lee	41	MEMO	9:27.00						
12	Millie Lapidario	40	MEMO	10:26.00						
13	Qi Han	43	MEMO	11:40.00						
	RECORD: Kathy Gallagher, 2012	48	ARIZ	5:55.51	45-49		RECORD: Chris Stevenson, 201	48	VMST	4:52.16
1	Joy Halgren	45	MOVY	6:20.06		1	Todd Wehmann	49	MEMO	6:08.71
2	Julie Dussliere	49	SFTL	6:36.57		2	Joseph Berglund	47	SMAC	6:20.09
3	Tabitha Frawley	47	AKMS	6:47.60		3	Ahren Lehnert	48	MEMO	7:01.25
4	Mandy Castle	46	NSM	7:10.42		4	Ryan Huddlestun	49	NSM	7:47.22
5	Rachel Towey	47	RHMS	7:47.37		5	Michael Rozendal	48	MEMO	8:11.99
6	Tina Calub	48	NSM	7:55.71		6	Brian Chadwick	48	NSM	10:35.01
7	Anne Marie ODell	46	SMAC	8:30.18						
8	Karin Wegner	49	TRB	9:16.52						
9	Cathy Tide	47	AKMS	9:30.11						
10	Alexandra Markarian	48	NSM	10:03.87						
	RECORD: Courtney Zena, 2013	54	BWAQ	5:54.83	50-54		RECORD: Mike Shaffer, 2016	51	VCM	5:18.26
1	Kelly Oliner	54	UC09	6:43.66		1	Bradley Woehl	53	CSTS	5:44.58
2T	Vicki Shu	53	MEMO	7:01.17		2	Patrick Brundage	54	ARIZ	5:55.20
2T	Shari Gardner	54	NSM	7:01.17		3	Dan Wegner	50	LVM	6:39.09
3	Heather Lugassy	51	TAM	7:01.90		4	Dave Jacobs	54	NSM	7:08.29
4	Detra Clevon	53	KAC	7:11.00		5	Doug Belkin	53	NSM	8:48.20
5	Christina Cavalli	53	MEMO	7:12.99		6	Minh Ngo	50	MEMO	9:11.00
6	Cheryl Morgen	52	OREG	7:28.17		7	Jason Jonas	51	SMAC	10:14.41
7	Loralie Langman	54	MINN	7:48.59						

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8	Briana Johnson	52	KAC	8:21.00						
9	Erika Gimbel	51	MEMO	10:16.79						
	RECORD: Suzanne Heim-Bowen, 2017	59	WCM	5:46.70	55-59		RECORD: Mike Shaffer, 2021	56	VCM	5:09.31
1	Marcia Cleveland	57	NSM	6:31.64		1	Mike Shaffer	56	VCM	5:09.31
2	Susan Jurek	58	RIO	7:30.00		2	Mark Schactman	55	UC09	6:22.32
3	Joan Crow	57	DAM	8:24.61		3	Kevin Keating	58	SMAC	7:22.71
4	Christina Robinson	56	LNRS	8:40.00		4	Ted Baumgartner	55	NSM	7:43.16
5	Jennifer Phalen	57	DAM	8:42.14		5	Jon Kaplan	57	NSM	9:29.87
6	Karen Lundgren	57	NSM	8:46.11		6	Mark Sonneborn	58	NSM	9:57.94
7	Jennifer Eisley	56	SMAC	10:04.01						
	RECORD: Suzanne Heim-Bowen, 2020	62	WCM	6:12.14	60-64		RECORD: Ted Soltys, 2020	60	IM	5:22.31
1	Patricia Saint Aubin	63	NEM	8:35.00		1	Rick Hudson	64	ESMS	7:01.27
2	Louise Rafkin	63	MEMO	8:55.23		2	Dave Jacobson	61	NSM	7:29.82
3	Susan Haufler	64	MEMO	9:15.17		3	Craig Coombs	61	MEMO	7:52.99
4	Leah Carroll	60	ALB	9:16.85						
5	Kathy Ottensmeyer	64	NSM	9:41.32						
6	Karen Whitson	60	NSM	9:44.63						
7	Pamela Ogden	64	MINN	9:47.05						
8	Kate Mehler	64	ALB	10:25.44						
	RECORD: Penny Noyes, 2020	66	SKY	6:39.28	65-69		RECORD: James Ritter	65	CSMT	6:06.50
1	Molly Singer	67	MEMO	10:34.00		1	James Ritter	65	CSMT	6:06.50
2	Katy Lantz	68	DAM	11:12.06		2	Bob Anderson	66	UC38	7:41.93
						3	Stephen Small	69	MEMO	7:45.90
						4	Jeffrey Citron	66	MEMO	10:56.99
						5	Lee Harkleroad	67	NSM	16:33.54
						6	Claus Fimmel	65	NSM	16.43.56
							David Bauer	66	MEMO	DQ

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	RECORD: Daniela Barnea, 2014	70	STAN	6:58.30	70-74		RECORD: Alek Shestakov, 2020	71	OAK	6:12.06
1	Barbara Boslego	70	VMST	8:05.58		1	Alek Shestakov	72	OAK	6:13.85
2	Babs Larsen	74	MINN	9:17.00		2	Bob Bruce	73	OREG	7:25.28
3	Kristine Hornof	74	DAM	10:12.64		3	David Benjamin	72	MEMO	8:45.99
4	Judy Armstrong	74	MEMO	11:40.00		4	James Gloystein	70	MEMO	9:42.00
5	Mary Cole	71	NSM	14:10.50		5	Richard Sears	74	MEMO	17:11.00
	RECORD: Daniela Barnea, 2019	75	STAN	7:28.59	75-79		RECORD: Richard Todd, 2017	75	TCAM	7:14.52
1	Leslie Westergaard	78	DAM	14:26.99		1	Jim Becker	76	ADMS	9:33.00
	RECORD: Ann Hirsch, 2013	83	WCM	10:27.00	80-84		RECORD: Jack Fleming, 2015	80	USF	9:18.28
	no entries						no entries			
	RECORD: Eulah Varty, 2019	86	MMAC	13:21.20	85-89		RECORD: none			
	no entries						no entries			

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	GIRLS Name	Age	Team	Time			BOYS Name	Age	Team	Time
	RECORD: Eva Maudsley, 2020	8	SLSL	9:27.00	7-8		RECORD: Owen Koll, 2020	8	SLSL	7:51.36
	no entries						no entries			
	RECORD: Violet Sinclair, 2020	9	SLSL	7:14.93	9-10		RECORD: Kendrick Hsu, 2020	9	PEAQ	7:12.97
	no entries						no entries			
	RECORD: Keira Jameson, 2020	12	SLSL	6:20.87	11-12		RECORD: Cinco Perez, 2020	12	PEAQ	5:18.28
1	Stella Ritter	11	AAA	6:29.06			1 Nithin Raghavan	12	AAA	5:55.81
							2 Ruen Zhou	12	AAA	7:06.44
	RECORD: Ashley Dangol, 2020	14	SLSL	5:54.25	13-14		RECORD: Mac Clark, 2020	13	PEAQ	5:18.21
1	Macy McLeod	14	AAA	7:43.26			1 Ryan Hong	13	AAA	6:48.47
2	Marta Maninetti	14	AAA	8:00.75			2 Chetan Raghavan	14	AAA	5:55.75
3	Ella Zaragoza-Aaron	14	AAA	9:01.15			3 Peter Gladkevich	14	AAA	6:39.30
							4 Peter Podesta	14	AAA	7:17.84
	RECORD: Ashley Dangol, 2021	15	AAA	5:55.75	15-16		RECORD: Luke Swiggett, 2021	16	AAA	5:18.30
1	Ashley Dangol	15	AAA	5:55.75			1 Luke Swiggett	16	AAA	5:18.30
2	Anika Nagpal	16	AAA	6:47.76			2 Tenzin Jungney	16	AAA	6:35.22
3	Giulia Del Priore	16	AAA	7:23.23						
4	Lily Mironova	16	AAA	7:45.05						
5	Emilia Podesta	16	AAA	7:45.63						
	RECORD: Sofia Del Priore, 2020	17	AAA	5:47.87	17-18		RECORD: Conlan Brydon, 2020	18	AAA	5:23.20
1	Natalia Brunetti	17	AAA	6:15.47			1 Michael Zhou	17	AAA	5:34.81
2	Nara Phoonpirom	17	AAA	6:39.15			2 David Zhan	17	AAA	7:44.81
3	Sophia Vitek	17	AAA	6:53.69						
4	Jivana Nagpal	18	AAA	7:23.71						

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	RECORD: none				19+		RECORD: Conlan Brydon, 2021	18	AAA	5:18.97
	no entries					1	Conlan Brydon	19	AAA	5:18.97
						2	Josh Anderson	28	AKMS	6:46.00