

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**Women 18-24 50 SC Meter Freestyle**

NATL: 25.58 N 11/20/2010 J BECKBERGER

ZONECHAMPS: 26.63 Z 1/1/2008 Shana Welch

1	Khiyara, Ines	24	GSP-2	27.78	17
2	Fournier, Olivia	22	CONN-5	28.96	15
3	Miller, Nicole	20	UC02-2	30.42	14
4	Whaling, Isabel	23	SCY-2	31.04	13
5	Douhan, Olivia	22	PITY-2	32.67	12
6	Souza, Larissa	21	WAM-2	34.00	11
7	Moradi, Ariana	20	UVRA-2	34.09	10
8	Tullie, Paige	18	CRM-2	34.68	9

**Women 18-24 100 SC Meter Freestyle**

NATL: 55.86 N 11/21/2010 J BECKBERGER

ZONECHAMPS: 1:00.29 Z 1/1/2003 Kelly Bowman

1	Khiyara, Ines	24	GSP-2	1:00.73	17
				29.40	1:00.73
2	Fournier, Olivia	22	CONN-5	1:04.26	15
				29.77	1:04.26
3	Miller, Nicole	20	UC02-2	1:06.41	14
				32.08	1:06.41
4	Souza, Larissa	21	WAM-2	1:15.59	13
				35.97	1:15.59

**Women 18-24 200 SC Meter Freestyle**

NATL: 2:03.39 N 12/6/2009 ALEXANDRA LEE

ZONECHAMPS: 2:10.67 Z 12/11/2015 Courtney Beidler

1	Fournier, Olivia	22	CONN-5	2:22.84	17
				32.25	1:07.91
				1:45.47	2:22.84
2	Moradi, Ariana	20	UVRA-2	2:35.26	15
				36.07	1:15.17
				1:55.62	2:35.26

**Women 18-24 400 SC Meter Freestyle**

NATL: 4:19.91 N 12/4/2010 MARINA FALCONE

ZONECHAMPS: 4:33.15 Z 1/1/1999 Emily Peters

1	Moradi, Ariana	20	UVRA-2	5:25.11	17
				37.57	1:17.57
				1:58.83	2:40.02
				3:21.47	4:03.64
				4:45.57	5:25.11
2	Harter, Rayna	22	IM-21	5:32.41	15
				35.84	1:15.66
				1:56.65	2:39.32
				3:22.57	4:06.10
				4:50.30	5:32.41
3	Tullie, Paige	18	CRM-2	6:29.89	14
				40.74	1:25.73
				2:15.76	3:07.04
				3:58.22	4:49.55
				5:40.38	6:29.89

**Women 18-24 800 SC Meter Freestyle**

NATL: 8:58.71 N 12/9/2001 DAWN HECKMAN

ZONECHAMPS: 9:24.49 Z 1/1/1999 Emily Peters

1	Moradi, Ariana	20	UVRA-2	11:14.33	17
				37.53	1:16.90
				1:58.19	2:40.37
				3:22.98	4:05.56
				4:48.39	5:31.50
				6:14.77	6:58.02
				7:41.81	8:24.99
				9:07.83	9:50.50
				10:32.82	11:14.33
2	Harter, Rayna	22	IM-21	11:43.08	15
				38.65	1:21.46
				2:04.57	2:48.79
				3:33.09	4:16.98
				5:01.62	5:46.40
				6:31.19	7:15.90
				8:01.11	8:45.48
				9:31.11	10:16.26
				11:00.75	11:43.08

**Women 18-24 50 SC Meter Backstroke**

NATL: 29.69 N 12/10/2000 PAIGE FRANCIS

ZONECHAMPS: 29.97 Z 12/12/2021 Olivia Trojbom

1	Miller, Nicole	20	UC02-2	34.47	17
2	Harter, Rayna	22	IM-21	34.78	15
3	Souza, Larissa	21	WAM-2	41.09	14

**Women 18-24 100 SC Meter Backstroke**

NATL: 59.45 N 11/21/2009 PETRA KLOSOVA

ZONECHAMPS: 1:07.98 Z 12/14/2013 Melanie Pascal

1	Miller, Nicole	20	UC02-2	1:15.91	17
				36.96	1:15.91

**Women 18-24 200 SC Meter Backstroke**

NATL: 2:18.11 N 10/25/2014 MARINA NASCIMENTO

ZONECHAMPS: 2:28.29 Z 12/15/2013 Melanie Pascal

1	Miller, Nicole	20	UC02-2	2:43.10	17
				39.16	1:21.26
				2:03.19	2:43.10
2	Harter, Rayna	22	IM-21	2:44.01	15
				38.09	1:19.55
				2:01.97	2:44.01

**Women 18-24 50 SC Meter Breaststroke**

NATL: 32.09 N 12/10/1995 BEATA KASZUBA

ZONECHAMPS: 34.01 Z 12/9/2022 Ines Khiyara

1	Khiyara, Ines	24	GSP-2	34.01Z	17
2	Miller, Nicole	20	UC02-2	44.72	15
3	Souza, Larissa	21	WAM-2	48.57	14

**Women 18-24 100 SC Meter Breaststroke**

NATL: 1:08.89 N 12/10/1995 BEATA KASZUBA

ZONECHAMPS: 1:16.55 Z 12/9/2022 Ines Khiyara

1	Khiyara, Ines	24	GSP-2	1:16.55Z	17
				36.85	1:16.55
2	Whaling, Isabel	23	SCY-2	1:29.68	15
				41.86	1:29.68
3	Souza, Larissa	21	WAM-2	1:47.38	14
				50.76	1:47.38

**Women 18-24 50 SC Meter Butterfly**

NATL: 28.37 N 12/5/2009 MEG GILL

ZONECHAMPS: 28.56 Z 12/11/2021 Olivia Trojbom

1	Khiyara, Ines	24	GSP-2	31.27	17
2	Whaling, Isabel	23	SCY-2	32.42	15
3	Miller, Nicole	20	UC02-2	32.86	14
4	Fournier, Olivia	22	CONN-5	32.98	13
5	Harter, Rayna	22	IM-21	33.05	12
6	Souza, Larissa	21	WAM-2	37.89	11
7	Douhan, Olivia	22	PITY-2	38.07	10

**Women 18-24 100 SC Meter Butterfly**

NATL: 1:01.22 N 10/29/2011 KATHERINE MILLS

ZONECHAMPS: 1:06.67 Z 12/14/2014 Alana Aubin

1	Harter, Rayna	22	IM-21	1:14.84	17
				35.30	1:14.84

**Women 18-24 200 SC Meter Butterfly**

NATL: 2:19.83 N 10/29/2011 ALEXANDRA YOUNG

ZONECHAMPS: 2:26.31 Z 12/14/2013 Kelsey Roggensack

1	Harter, Rayna	22	IM-21	2:50.07	17
				36.45	1:18.12
				2:03.61	2:50.07

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**Women 18-24 100 SC Meter IM**

NATL: 1:01.74 N 12/6/2009 KARA DENBY

ZONECHAMPS: 1:07.56 Z 1/1/2008 Shana Welch

1	Khiyara, Ines	24	GSP-2	1:08.49	17
	33.45	1:08.49			
2	Fournier, Olivia	22	CONN-5	1:15.45	15
	34.79	1:15.45			
3	Harter, Rayna	22	IM-21	1:18.68	14
	36.50	1:18.68			
4	Souza, Larissa	21	WAM-2	1:29.49	13
	41.74	1:29.49			

**Women 18-24 200 SC Meter IM**

NATL: 2:17.43 N 12/12/2020 DESTINY NELSON

ZONECHAMPS: 2:21.59 Z 12/13/2019 Sara Daher

1	Whaling, Isabel	23	SCY-2	2:44.21	17
	35.03	1:16.43	2:06.06	2:44.21	
2	Fournier, Olivia	22	CONN-5	2:44.98	15
	34.81	1:17.66	2:06.83	2:44.98	
3	Souza, Larissa	21	WAM-2	3:14.61	14
	39.89	1:30.99	2:30.24	3:14.61	

**Women 18-24 400 SC Meter IM**

NATL: 4:50.84 N 10/29/2011 KATHERINE MILLS

ZONECHAMPS: 5:00.78 Z 12/14/2014 Courtney Beidler

1	Harter, Rayna	22	IM-21	6:07.63	17
	36.88	1:19.22	2:09.61	2:56.70	
	3:49.96	4:44.43	5:26.14	6:07.63	

**Women 25-29 50 SC Meter Freestyle**

WORLD: 25.00 W 2/27/2020 M.LETANG

NATL: 25.52 N 12/2/2017 L IBANEZ LOPEZ

ZONECHAMPS: 27.52 Z 12/11/2010 Katrine Alcaide

1	Schattschneider, Sarah A	27	SRPM-2	30.45	17
2	Anderson, Eliza	25	SCY-2	30.56	15
3	McGahie, Kaitlin	27	WAM-2	30.57	14
4	Blake, Lauren	25	GSP-2	31.28	13
5	Balter, Elizabeth	29	SRPM-2	31.54	12
6	Weiner, Allison	27	SWMR-2	32.39	11
7	Crnogorcevic, Milena	28	TERR-10	33.12	10
8	Archambault, Aileen	26	PITY-2	33.39	9
9	Lepeak, Lauren	26	BRKL-2	33.70	8

**Women 25-29 100 SC Meter Freestyle**

WORLD: 54.44 W 11/16/2019 Yayoi MATSUMOTO

NATL: 55.06 N 12/1/2017 L IBANEZ LOPEZ

ZONECHAMPS: 59.45 Z 12/13/2014 Elizabeth Mancuso

1	Owen, Adriana	27	WAM-2	59.93	17
	29.10	59.93			
2	O'Connor, Alison	29	KFAC-2	1:04.10	15
	30.77	1:04.10			
3	Anderson, Eliza	25	SCY-2	1:06.80	14
	32.08	1:06.80			
4	Utgard, Cynthia	26	UC02-2	1:35.46	13
	44.04	1:35.46			

**Women 25-29 200 SC Meter Freestyle**

WORLD: 1:59.39 W 12/3/2017 L IBANEZ LOPEZ

NATL: 1:59.39 N 12/3/2017 L IBANEZ LOPEZ

ZONECHAMPS: 2:11.34 Z 12/14/2013 Elizabeth Mancuso

1	O'Connor, Alison	29	KFAC-2	2:22.52	17
	33.26	1:09.34	1:46.54	2:22.52	

**Women 25-29 400 SC Meter Freestyle**

WORLD: 4:15.74 W 10/27/2013 Sophie CASSON

NATL: 4:24.18 N 3/31/1996 SHEILA TAORMINA

ZONECHAMPS: 4:32.84 Z 12/7/2018 Courtney Randolph

1	Snow, Madeline	25	SWMR-2	4:53.77	17
	33.64	1:09.62	1:46.30	2:23.22	
	3:00.86	3:38.37	4:16.49	4:53.77	
2	Kanaskie, Caroline	27	GBM-2	5:24.00	15
	35.66	1:14.83	1:55.28	2:36.39	
	3:17.86	4:00.37	4:43.53	5:24.00	
3	Schattschneider, Sarah A	27	SRPM-2	5:42.11	14
	37.08	1:19.90	2:03.48	2:47.29	
	3:30.04	4:13.99	4:59.00	5:42.11	
4	Archambault, Aileen	26	PITY-2	6:11.46	13
	40.75	1:26.09	2:13.17	3:01.54	
	3:49.46	4:37.34	5:25.56	6:11.46	

**Women 25-29 800 SC Meter Freestyle**

WORLD: 8:51.18 W 3/31/1996 Sheila TAORMINA

NATL: 8:51.18 N 3/31/1996 SHEILA TAORMINA

ZONECHAMPS: 9:45.98 Z 1/1/2003 Patricia Flynn

1	Kanaskie, Caroline	27	GBM-2	11:08.40	17
2	Parker, Sara	25	SRPM-2	14:21.05	15
	44.87	1:36.61	2:29.40	3:23.44	
	4:17.58	5:12.70	6:07.88	7:02.80	
	7:57.61	8:52.03	9:48.03	10:44.57	
	11:39.36	12:34.61	13:30.33	14:21.05	

**Women 25-29 50 SC Meter Backstroke**

WORLD: 27.88 W 6/14/2015 Yurie OGA

NATL: 28.40 N 11/18/2018 MARINA SPADONI

ZONECHAMPS: 31.64 Z 1/1/2004 Jenny Mooney

1	O'Connor, Alison	29	KFAC-2	33.94	17
2	Anderson, Eliza	25	SCY-2	36.70	15

**Women 25-29 100 SC Meter Backstroke**

WORLD: 1:00.63 W 5/10/2015 Yurie OGA

NATL: 1:01.76 N 11/18/2018 MARINA SPADONI

ZONECHAMPS: 1:06.51 Z 12/12/2010 Kate Hibbard

1	O'Connor, Alison	29	KFAC-2	1:13.28	17
	36.20	1:13.28			
2	Anderson, Eliza	25	SCY-2	1:17.25	15
	37.25	1:17.25			
3	Utgard, Cynthia	26	UC02-2	1:54.26	14
	54.36	1:54.26			

**Women 25-29 200 SC Meter Backstroke**

WORLD: 2:12.84 W 11/20/2005 Kana OHASHI

NATL: 2:14.77 N 11/17/2001 LIA OBERSTAR

ZONECHAMPS: 2:25.53 Z 12/11/2010 Kate Hibbard

1	Behan, Madison	27	SWMR-2	2:41.33	17
	38.69	1:20.07	2:01.64	2:41.33	

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**(Women 25-29 200 SC Meter Backstroke)**

2	Kanaskie, Caroline	27	GBM-2	2:48.67	15
	38.78	1:21.23	2:04.66	2:48.67	
3	Balter, Elizabeth	29	SRPM-2	2:53.38	14
	43.12	1:27.61	2:11.70	2:53.38	
4	Gelozin, Gabrielle	27	CONN-5	3:02.34	13
	41.49	1:26.59	2:13.88	3:02.34	

**Women 25-29 50 SC Meter Breaststroke****WORLD: 30.50 W 6/8/2014 Petra CHOCOVA****NATL: 31.87 N 11/21/2010 MEGAN JENDRICK****ZONECHAMPS: 35.89 Z 12/11/2010 Kirsten Rasmuso**

1	Crnogorcevic, Milena	28	TERR-10	41.02	17
2	Anderson, Eliza	25	SCY-2	41.33	15
3	Utgard, Cynthia	26	UC02-2	1:03.75	14

**Women 25-29 100 SC Meter Breaststroke****WORLD: 1:06.83 W 6/7/2014 Petra CHOCOVA****NATL: 1:10.04 N 4/15/2012 MEGAN JENDRICK****ZONECHAMPS: 1:16.95 Z 12/7/2018 Courtney Randolph**

1	Behan, Madison	27	SWMR-2	1:25.27	17
	41.02	1:25.27			
2	Crnogorcevic, Milena	28	TERR-10	1:30.62	15
	43.47	1:30.62			
3	McGahie, Kaitlin	27	WAM-2	1:31.66	14
	42.80	1:31.66			
4	Blake, Lauren	25	GSP-2	1:32.14	13
	43.95	1:32.14			
5	Gelozin, Gabrielle	27	CONN-5	1:42.06	12
	48.60	1:42.06			

**Women 25-29 200 SC Meter Breaststroke****WORLD: 2:28.33 W 3/21/2021 Satori HOSOKOSHI****NATL: 2:29.80 N 4/14/2012 MEGAN JENDRICK****ZONECHAMPS: 2:45.94 Z 12/7/2018 Molly Smith**

1	Crnogorcevic, Milena	28	TERR-10	3:19.94	17
	43.60	1:33.69	2:27.01	3:19.94	

**Women 25-29 50 SC Meter Butterfly****WORLD: 26.14 W 1/19/2018 Elinore DE JONG****NATL: 26.31 N 10/11/2015 CLAIRE DONAHUE****ZONECHAMPS: 29.47 Z 12/13/2014 Elizabeth Mancuso**

1	Snow, Madeline	25	SWMR-2	32.22	17
2	Schattschneider, Sarah A	27	SRPM-2	32.40	15
3	Anderson, Eliza	25	SCY-2	34.10	14
4	McGahie, Kaitlin	27	WAM-2	35.27	13
5	Weiner, Allison	27	SWMR-2	35.29	12
6	Lepeak, Lauren	26	BRKL-2	38.58	11
7	Archambault, Aileen	26	PITY-2	39.35	10

**Women 25-29 100 SC Meter Butterfly****WORLD: 58.11 W 12/12/2015 Claire DONAHUE****NATL: 58.11 N 12/12/2015 CLAIRE DONAHUE****ZONECHAMPS: 1:06.23 Z 12/14/2014 Elizabeth Mancuso**

1	Anderson, Eliza	25	SCY-2	1:17.49	17
	36.29	1:17.49			
2	Gelozin, Gabrielle	27	CONN-5	1:33.62	15
	40.94	1:33.62			

**Women 25-29 200 SC Meter Butterfly****WORLD: 2:09.64 W 5/8/2010 Yuko NAKANISHI****NATL: 2:17.83 N 10/10/2015 CLAIRE DONAHUE****ZONECHAMPS: 2:29.28 Z 12/14/2013 Elizabeth Mancuso**

1	Snow, Madeline	25	SWMR-2	2:39.03	17
	36.81	1:17.00	1:58.42	2:39.03	
2	O'Connor, Alison	29	KFAC-2	2:46.02	15
	37.22	1:20.94	2:04.34	2:46.02	

**Women 25-29 100 SC Meter IM****WORLD: 1:01.79 W 1/26/2019 Masako KUROKI****NATL: 1:03.41 N 1/23/2011 MEGAN JENDRICK****ZONECHAMPS: 1:08.23 Z 12/13/2019 Courtney Randolph**

1	Owen, Adriana	27	WAM-2	1:09.88	17
	32.57	1:09.88			
2	Snow, Madeline	25	SWMR-2	1:13.41	15
	34.09	1:13.41			
3	Anderson, Eliza	25	SCY-2	1:16.76	14
	35.21	1:16.76			
4	Crnogorcevic, Milena	28	TERR-10	1:24.25	13

**Women 25-29 200 SC Meter IM****WORLD: 2:17.17 W 4/23/2006 Hitomi MATSUDA****NATL: 2:21.79 N 12/12/1998 WENKE HANSEN****ZONECHAMPS: 2:24.39 Z 12/7/2018 Courtney Randolph**

1	Behan, Madison	27	SWMR-2	2:42.82	17
	34.17	1:15.29	2:04.56	2:42.82	
2	Anderson, Eliza	25	SCY-2	2:50.22	15
	35.92	1:18.67	2:09.88	2:50.22	
3	Gelozin, Gabrielle	27	CONN-5	3:13.71	14
	39.47	1:26.75	2:24.72	3:13.71	
4	Utgard, Cynthia	26	UC02-2	4:24.94	13
	57.71	2:01.07	3:27.65	4:24.94	

**Women 30-34 50 SC Meter Freestyle****WORLD: 25.17 W 11/29/2014 S.KNIAGININA****NATL: 25.69 N 11/10/2012 ERIKA ERNDL****ZONECHAMPS: 26.51 Z 12/14/2014 Katrine Alcaide**

1	Soutar, Lauren	33	PITY-2	29.44	17
2	Dombrowski, Sarah	34	SWMR-2	34.57	15

**Women 30-34 100 SC Meter Freestyle****WORLD: 54.75 W 10/13/2012 Erika ERNDL****NATL: 54.75 N 10/13/2012 ERIKA ERNDL****ZONECHAMPS: 59.50 Z 12/11/2015 Elizabeth Mancuso**

1	Soutar, Lauren	33	PITY-2	1:04.19	17
	30.32	1:04.19			

**Women 30-34 200 SC Meter Freestyle****WORLD: 2:00.73 W 11/14/2018 Veronica BALSANO****NATL: 2:04.64 N 12/15/1996 K PIPES-NEILSEN****ZONECHAMPS: 2:10.60 Z 12/11/2015 Elizabeth Mancuso**

1	Soutar, Lauren	33	PITY-2	2:33.84	17
	35.02	1:13.86	1:54.07	2:33.84	

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## Results

**Women 30-34 400 SC Meter Freestyle**

WORLD: 4:14.56 W 10/28/2017 Sophie CASSON

NATL: 4:17.82 N 12/4/2011 DAWN HECKMAN

ZONECHAMPS: 4:22.77 Z 1/1/2003 Erika Hansen

1	Randolph, Courtney	31	TERR-10	4:43.30	17
	32.87	1:07.75	1:43.07	2:19.01	
	2:54.88	3:31.24	4:07.62	4:43.30	
2	Soutar, Lauren	33	PITY-2	4:53.97	15
	33.25	1:09.24	1:46.56	2:24.42	
	3:02.17	3:40.11	4:17.56	4:53.97	
3	Martins, Ashley	34	SWMR-2	5:04.71	14
	33.28	1:09.46	1:47.48	2:26.63	
	3:06.11	3:45.95	4:25.97	5:04.71	
4	Dombrowski, Sarah	34	SWMR-2	5:25.32	13
	35.67	1:15.50	1:56.80	2:38.37	
	3:20.44	4:02.36	4:44.46	5:25.32	

**Women 30-34 800 SC Meter Freestyle**

WORLD: 8:38.58 W 12/4/2011 Dawn HECKMAN

NATL: 8:38.58 N 12/4/2011 DAWN HECKMAN

ZONECHAMPS: 9:06.49 Z 1/1/2003 Erika Hansen

1	Randolph, Courtney	31	TERR-10	9:41.54	17
	33.22	1:08.98	1:45.03	2:21.40	
	2:57.64	3:34.21	4:11.03	4:47.48	
	5:23.99	6:00.68	6:37.33	7:14.28	
	7:51.18	8:28.13	9:05.43	9:41.54	

**Women 30-34 50 SC Meter Backstroke**

WORLD: 27.43 W 4/19/2009 Mai NAKAMURA

NATL: 27.61 N 11/21/2009 NORIKO INADA

ZONECHAMPS: 30.28 Z 12/14/2014 Christina Pansini Rose

1	Soutar, Lauren	33	PITY-2	33.27	17
2	Muratova, Anna Y	31	MIT-2	35.95	15
3	Aubin, Alana	32	CRM-2	36.98	14

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

WORLD: 1:00.90 W 3/7/2010 Kana YAMAGUCHI

NATL: 59.53 N 11/22/2009 NORIKO INADA

ZONECHAMPS: 1:07.09 Z 12/11/2015 Mollie Grover

1	Soutar, Lauren	33	PITY-2	1:19.34	17
	38.57	1:19.34			
2	Muratova, Anna Y	31	MIT-2	1:19.85	15
	36.88	1:19.85			

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

WORLD: 2:11.86 W 4/21/2012 Kana YAMAGUCHI

NATL: 2:12.47 N 11/22/2008 L OBERSTAR-BROWN

ZONECHAMPS: 2:25.19 Z 12/11/2015 Mollie Grover

1	Soutar, Lauren	33	PITY-2	2:44.57	17
	39.81	1:21.71	2:03.82	2:44.57	
2	Muratova, Anna Y	31	MIT-2	2:51.98	15
	38.24	1:20.41	2:05.73	2:51.98	

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

WORLD: 31.35 W 11/29/2015 Nicole HEIDEMANN

NATL: 32.17 N 12/4/2011 HANNAH CALDAS

ZONECHAMPS: 33.43 Z 12/11/2015 Katrine Alcaide

1	Nowak, Meghan	34	KFAC-2	39.25	17
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**Women 30-34 100 SC Meter Breaststroke**

WORLD: 1:06.98 W 4/17/2010 Hitomi MATSUDA

NATL: 1:10.00 N 12/10/2000 WENKE HANSEN

ZONECHAMPS: 1:17.73 Z 12/9/2016 Elizabeth Mancuso

1	Randolph, Courtney	31	TERR-10	1:19.54	17
	37.90	1:19.54			
2	Nowak, Meghan	34	KFAC-2	1:24.37	15
	39.68	1:24.37			
3	Dombrowski, Sarah	34	SWMR-2	1:29.92	14
	42.59	1:29.92			

**Women 30-34 200 SC Meter Breaststroke**

WORLD: 2:26.96 W 4/18/2009 Hitomi MATSUDA

NATL: 2:30.65 N 12/10/2000 WENKE HANSEN

ZONECHAMPS: 2:47.96 Z 12/12/2021 Courtney Randolph

1	Randolph, Courtney	31	TERR-10	2:48.30	17
	39.00	1:21.68	2:05.02	2:48.30	

**Women 30-34 100 SC Meter IM**

WORLD: 1:02.52 W 10/13/2012 Erika ERNDL

NATL: 1:02.52 N 10/13/2012 ERIKA ERNDL

ZONECHAMPS: 1:06.06 Z 12/14/2014 Katrine Alcaide

1	Nowak, Meghan	34	KFAC-2	1:19.16	17
	38.46	1:19.16			

**Women 30-34 200 SC Meter IM**

WORLD: 2:13.41 W 11/14/2009 Hitomi MATSUDA

NATL: 2:18.79 N 12/7/1996 K PIPES-NEILSEN

ZONECHAMPS: 2:23.44 Z 12/9/2016 Elizabeth Mancuso

1	Randolph, Courtney	31	TERR-10	2:30.07	17
	33.38	1:11.31	1:55.41	2:30.07	
2	Dombrowski, Sarah	34	SWMR-2	2:58.52	15
	40.17	1:29.59	2:18.02	2:58.52	

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

WORLD: 4:45.07 W 4/17/2010 Hitomi MATSUDA

NATL: 4:51.23 N 10/11/2019 CHELSEA NAUTA

ZONECHAMPS: 5:11.90 Z 12/12/2021 Courtney Randolph

1	Randolph, Courtney	31	TERR-10	5:12.91	17
	34.10	1:12.58	1:53.44	2:33.23	
	3:18.23	4:02.85	4:38.57	5:12.91	

**Women 35-39 50 SC Meter Freestyle**

WORLD: 25.10 W 12/3/2006 Dara TORRES

NATL: 25.10 N 12/3/2006 DARA TORRES

ZONECHAMPS: 26.91 Z 12/9/2016 Katrine Alcaide

1	Sutton, Sarah	39	SWMR-2	29.74	17
2	Thomas, Claire	36	SCY-2	29.98	15
3	Bailey, Jessica J	39	SWMR-2	31.61	14
4	McGrail, Crystie	38	GBM-2	31.69	13
5	Eichenbaum, Lauren R	38	GBM-2	33.65	12
6	Jaras, Olivia	38	UVRA-2	34.41	11
7	Mellen, Christine	36	SCY-2	34.78	10
8	Cook, Emily	36	GBM-2	40.32	9
9	Cardran, Kimberly	35	KING-2	41.99	8

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**Women 35-39 100 SC Meter Freestyle****WORLD: 54.95 W 12/3/2006 Dara TORRES****NATL: 54.95 N 12/3/2006 DARA TORRES****ZONECHAMPS: 1:00.16 Z 1/1/2002 Fall Willeboordse**

1	Sutton, Sarah	39	SWMR-2	1:04.79	17
	31.28	1:04.79			
2	Thomas, Claire	36	SCY-2	1:05.14	15
	30.45	1:05.14			
3	Jaras, Olivia	38	UVRA-2	1:17.11	14
	36.13	1:17.11			
4	Mellen, Christine	36	SCY-2	1:19.00	13
	37.21	1:19.00			
5	Cardran, Kimberly	35	KING-2	1:34.15	12
	45.19	1:34.15			

**Women 35-39 200 SC Meter Freestyle****WORLD: 2:03.12 W 3/25/2012 Hitomi MATSUDA****NATL: 2:03.56 N 12/14/1997 K PIPES-NEILSEN****ZONECHAMPS: 2:11.37 Z 1/1/2000 Laurie Hug**

1	Jaras, Olivia	38	UVRA-2	2:54.61	17
	36.88	1:19.72	2:07.09	2:54.61	
2	Mellen, Christine	36	SCY-2	2:56.75	15
	40.14	1:25.79	2:12.29	2:56.75	
3	King, Sarah	39	CONN-5	5:06.50	14
	1:11.88	2:29.72	3:47.41	5:06.50	

**Women 35-39 400 SC Meter Freestyle****WORLD: 4:22.56 W 12/12/1999 K.PIPES-NEILSEN****NATL: 4:22.56 N 12/12/1999 K PIPES-NEILSEN****ZONECHAMPS: 4:34.69 Z 1/1/2003 Laurie Hug**

1	Bailey, Jessica J	39	SWMR-2	5:36.11	17
	37.02	1:17.65	2:00.45	2:43.80	
	3:26.86	4:10.40	4:54.10	5:36.11	
2	Eichenbaum, Lauren R	38	GBM-2	5:57.41	15
	37.61	1:19.96	2:05.25	2:52.08	
	3:39.19	4:25.55	5:12.10	5:57.41	
3	Mellen, Christine	36	SCY-2	6:03.91	14
	39.27	1:22.33	2:08.28	2:54.91	
	3:41.68	4:30.07	5:18.03	6:03.91	
4	King, Sarah	39	CONN-5	9:50.76	13
	1:09.74	2:21.40	3:36.62	4:52.38	
	6:06.15	7:20.71	8:36.09	9:50.76	

**Women 35-39 800 SC Meter Freestyle****WORLD: 8:50.76 W 1/31/2020 Sophie CASSON****NATL: 8:57.60 N 9/27/2015 HEIDI GEORGE****ZONECHAMPS: 9:23.08 Z 1/1/2000 Laurie Hug**

1	Sutton, Sarah	39	SWMR-2	10:08.41	17
	33.25	1:10.08	1:47.27	2:24.95	
	3:03.25	3:41.54	4:20.14	4:58.95	
	5:37.99	6:16.80	6:55.49	7:34.39	
	8:13.28	8:52.18	9:30.87	10:08.41	
2	Curbeau, Kaitlin	37	KFAC-2	11:06.12	15
	34.59	1:11.43	1:51.15	2:32.48	
	3:14.61	3:56.46	4:39.28	5:22.04	
	6:05.57	6:48.47	7:31.32	8:14.84	
	8:58.07	9:41.57	10:23.96	11:06.12	

3	McGrail, Crystie	38	GBM-2	12:03.27	14
	40.44	1:24.52	2:09.42	2:54.97	
	3:40.85	4:26.65	5:12.56	5:58.68	
	6:44.88	7:31.12	8:17.31	9:03.21	
	9:48.98	10:34.27	11:19.27	12:03.27	
4	Cook, Emily	36	GBM-2	13:42.54	13
	46.49	1:37.09	2:28.68	3:20.31	
	4:12.63	5:05.10	5:57.35	6:49.61	
	7:41.97	8:34.12	9:26.67	10:19.49	
	11:11.26	12:03.34	12:53.83	13:42.54	
5	King, Sarah	39	CONN-5	20:29.09	12
	1:07.89	2:20.12	3:34.57	4:49.10	
	6:05.74	7:24.37	8:42.62	10:00.41	
	11:18.72	12:36.82	13:54.26	15:14.70	
	16:33.94	17:53.04	19:11.98	20:29.09	

**Women 35-39 50 SC Meter Backstroke****WORLD: 27.63 W 11/13/2016 Noriko INADA****NATL: 27.63 N 11/13/2016 NORIKO INADA****ZONECHAMPS: 32.05 Z 12/8/2017 Mollie Grover**

1	Thomas, Claire	36	SCY-2	33.53	17
2	Sutton, Sarah	39	SWMR-2	34.01	15
3	Bailey, Jessica J	39	SWMR-2	34.11	14
4	McGrail, Crystie	38	GBM-2	34.94	13
5	King, Sarah	39	CONN-5	1:21.13	12

**Women 35-39 100 SC Meter Backstroke****WORLD: 1:00.43 W 11/19/2017 Noriko INADA****NATL: 1:00.43 N 11/19/2017 NORIKO INADA****ZONECHAMPS: 1:07.21 Z 12/8/2017 Mollie Grover**

1	Sutton, Sarah	39	SWMR-2	1:12.78	17
	35.43	1:12.78			
2	Thomas, Claire	36	SCY-2	1:13.09	15
	35.23	1:13.09			
3	Bailey, Jessica J	39	SWMR-2	1:16.21	14
	37.31	1:16.21			
4	King, Sarah	39	CONN-5	3:04.76	13
	1:30.06	3:04.76			

**Women 35-39 200 SC Meter Backstroke****WORLD: 2:13.37 W 11/16/2013 Kana OHASHI****NATL: 2:14.10 N 12/14/1997 K PIPES-NEILSEN****ZONECHAMPS: 2:25.57 Z 12/8/2017 Mollie Grover**

1	Sutton, Sarah	39	SWMR-2	2:33.09	17
	35.75	1:14.50	1:53.71	2:33.09	
2	Thomas, Claire	36	SCY-2	2:41.49	15
	36.39	1:17.84	2:00.20	2:41.49	
3	Mellen, Christine	36	SCY-2	3:17.32	14
	47.46	1:38.66	3:17.32		
4	Cook, Emily	36	GBM-2	3:26.14	13
	47.68	1:39.59	2:34.16	3:26.14	
5	King, Sarah	39	CONN-5	6:01.74	12
	1:27.97	2:58.40	4:31.41	6:01.74	

**Women 35-39 50 SC Meter Breaststroke****WORLD: 31.66 W 11/10/2018 Nicole HEIDEMANN****NATL: 31.25 N 10/8/2022 DANIELLE HERRMANN****ZONECHAMPS: 35.35 Z 1/1/2001 Amanda Martin**

1	McGrail, Crystie	38	GBM-2	42.77	17
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2	Mellen, Christine	36	SCY-2	46.75	15
3	Cardran, Kimberly	35	KING-2	52.22	14

**Women 35-39 100 SC Meter Breaststroke****WORLD: 1:09.07 W 11/10/2018 Nicole HEIDEMANN****NATL: 1:08.59 N 10/8/2022 DANIELLE HERRMANN****ZONECHAMPS: 1:18.46 Z 1/1/2003 Cheryl Conlin**

1	Mellen, Christine	36	SCY-2	1:38.19	17
				46.89	1:38.19
2	Cook, Emily	36	GBM-2	1:39.68	15
				47.41	1:39.68
3	Cardran, Kimberly	35	KING-2	1:58.52	14
				57.27	1:58.52
4	King, Sarah	39	CONN-5	3:59.20	13
				1:58.19	3:59.20

**Women 35-39 200 SC Meter Breaststroke****WORLD: 2:30.63 W 3/10/2012 Hitomi MATSUDA****NATL: 2:32.68 N 10/9/2022 DANIELLE HERRMANN****ZONECHAMPS: 2:51.13 Z 1/1/2000 Amanda Martin**

1	Mellen, Christine	36	SCY-2	3:30.69	17
				50.31	1:45.07
				2:39.07	3:30.69
2	King, Sarah	39	CONN-5	8:04.05	15
				2:01.36	4:01.32
				6:05.44	8:04.05

**Women 35-39 50 SC Meter Butterfly****WORLD: 27.45 W 11/1/2015 Noriko INADA****NATL: 27.29 N 10/8/2022 DANIELLE HERRMANN****ZONECHAMPS: 29.52 Z 12/9/2016 Katrine Alcaide**

1	Thomas, Claire	36	SCY-2	32.31	17
2	Rose, Laura	36	TERR-10	33.40	15
3	McGrail, Crystie	38	GBM-2	34.31	14
4	Eichenbaum, Lauren R	38	GBM-2	38.60	13
5	Jaras, Olivia	38	UVRA-2	41.11	12
6	Cook, Emily	36	GBM-2	44.49	11
7	Cardran, Kimberly	35	KING-2	49.40	10
8	King, Sarah	39	CONN-5	1:33.78	9

**Women 35-39 100 SC Meter Butterfly****WORLD: 1:01.31 W 7/25/2021 CATHAYDE****NATL: 1:01.98 N 10/9/2022 DANIELLE HERRMANN****ZONECHAMPS: 1:04.38 Z 12/11/2015 Ildiko Szekely**

1	Thomas, Claire	36	SCY-2	1:13.80	17
				34.19	1:13.80
2	King, Sarah	39	CONN-5	3:28.17	15
				1:35.14	3:28.17

**Women 35-39 200 SC Meter Butterfly****WORLD: 2:14.46 W 7/24/2021 CATHAYDE****NATL: 2:18.41 N 12/14/1997 K PIPES-NEILSEN****ZONECHAMPS: 2:22.52 Z 12/13/2014 Ildiko Szekely**

1	King, Sarah	39	CONN-5	7:18.84	17
				1:41.44	3:31.24
				5:25.23	7:18.84

**Women 35-39 100 SC Meter IM****WORLD: 1:03.17 W 3/10/2012 Hitomi MATSUDA****NATL: 1:03.94 N 10/9/2022 DANIELLE HERRMANN****ZONECHAMPS: 1:09.59 Z 1/1/2002 Fall Willeboordse**

1	McGrail, Crystie	38	GBM-2	1:17.25	17
				35.65	1:17.25
2	Mellen, Christine	36	SCY-2	1:31.11	15
				41.64	1:31.11
3	Cardran, Kimberly	35	KING-2	1:48.98	14
				52.05	1:48.98

**Women 35-39 200 SC Meter IM****WORLD: 2:17.69 W 11/18/2012 Hitomi MATSUDA****NATL: 2:19.08 N 12/10/2000 K PIPES-NEILSEN****ZONECHAMPS: 2:29.28 Z 1/1/2000 Vibeke Swanson**

1	Eichenbaum, Lauren R	38	GBM-2	3:14.92	17
				44.15	1:35.50
				2:33.69	3:14.92
2	Mellen, Christine	36	SCY-2	3:17.26	15
				46.28	1:35.37
				2:30.60	3:17.26
3	Cardran, Kimberly	35	KING-2	3:55.28	14
				55.54	2:01.49
				3:04.29	3:55.28
4	King, Sarah	39	CONN-5	6:28.75	13
				1:38.50	3:16.96
				5:11.32	6:28.75

**Women 35-39 400 SC Meter IM****WORLD: 4:52.85 W 12/14/1997 K.PIPES-NEILSEN****NATL: 4:52.85 N 12/14/1997 K PIPES-NEILSEN****ZONECHAMPS: 5:15.70 Z 1/1/2000 Laurie Hug**

1	Mellen, Christine	36	SCY-2	7:06.01	17
				48.85	1:46.72
				2:40.40	3:34.85
				4:32.84	5:30.57
				6:20.27	7:06.01
2	King, Sarah	39	CONN-5	12:57.43	15
				1:32.66	3:23.74
				5:02.48	6:44.06
				8:35.75	10:30.57
				11:43.43	12:57.43

**Women 40-44 50 SC Meter Freestyle****WORLD: 26.02 W 12/14/2014 Erika BRAUN****NATL: 26.02 N 12/14/2014 ERIKA BRAUN****ZONECHAMPS: 26.93 Z 12/9/2022 Anne McAndrew**

1	McAndrew, Anne	43	CONN-5	26.93Z	17
2	Grover, Mollie K	41	TERR-10	28.64	15
3	Dembro, Jessica	40	SCY-2	35.95	14
4	Sargent Merrill, Brianna	42	GYM-2	37.93	13

**Women 40-44 100 SC Meter Freestyle****WORLD: 57.08 W 12/14/2014 Erika BRAUN****NATL: 57.08 N 12/14/2014 ERIKA BRAUN****ZONECHAMPS: 58.70 Z 12/13/2019 Katie Grier**

1	McAndrew, Anne	43	CONN-5	1:00.57	17
				29.56	1:00.57
2	Grover, Mollie K	41	TERR-10	1:00.67	15
				29.69	1:00.67
3	Williams, Melinda	41	GSP-2	1:13.79	14
				34.93	1:13.79
4	Dembro, Jessica	40	SCY-2	1:18.56	13
				37.37	1:18.56

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**Women 40-44 200 SC Meter Freestyle**

WORLD: 2:05.26 W 12/14/2003 K.PIPES-NEILSEN

NATL: 2:05.26 N 12/14/2003 K PIPES-NEILSEN

ZONECHAMPS: 2:12.76 Z 1/1/2001 Vibeke Swanson

1	Szekely, Ildiko	43	GSP-2	2:27.16	17
				33.46 1:11.48 1:49.40 2:27.16	
2	Dembro, Jessica	40	SCY-2	2:57.80	15
				40.12 1:26.07 2:14.27 2:57.80	

**Women 40-44 400 SC Meter Freestyle**

WORLD: 4:21.75 W 12/14/2003 K.PIPES-NEILSEN

NATL: 4:21.75 N 12/14/2003 K PIPES-NEILSEN

ZONECHAMPS: 4:42.15 Z 1/1/2004 Rebecca Kalibat

1	Taddeo, Marta A	44	CONN-5	5:54.02	17
				40.18 1:24.40 2:09.64 2:54.73	
				3:39.95 4:25.04 5:10.04 5:54.02	

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

WORLD: 8:55.34 W 1/24/2016 Kirsten CAMERON

NATL: 8:55.95 N 12/3/2017 HEIDI GEORGE

ZONECHAMPS: 9:57.15 Z 12/9/2022 Ildiko Szekely

1	Szekely, Ildiko	43	GSP-2	9:57.15Z	17
				34.61 1:11.40 1:49.02 2:26.55	
				3:04.21 3:41.98 4:19.45 4:56.99	
				5:34.47 6:12.12 6:49.79 7:27.54	
				8:05.16 8:42.69 9:20.38 9:57.15	
2	Taddeo, Marta A	44	CONN-5	12:14.42	15
				39.68 1:23.83 2:09.44 2:55.19	
				3:40.84 4:27.14 5:13.36 5:59.75	
				6:46.31 7:33.14 8:19.99 9:07.05	
				9:54.46 10:41.94 11:28.50 12:14.42	

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

WORLD: 28.86 W 1/14/2017 Raakel LUOTO

NATL: 30.02 N 10/14/2012 SHERI HART

ZONECHAMPS: 30.74 Z 1/1/2008 Kristin Gary

1	Grover, Mollie K	41	TERR-10	32.80	17
2	Dembro, Jessica	40	SCY-2	40.59	15

**Women 40-44 100 SC Meter Backstroke**

WORLD: 1:03.22 W 3/24/2018 Raakel LUOTO

NATL: 1:03.48 N 10/29/2011 SHERI HART

ZONECHAMPS: 1:05.56 Z 1/1/2009 Kristin Gary

1	Grover, Mollie K	41	TERR-10	1:08.55	17
				34.01 1:08.55	
2	Dembro, Jessica	40	SCY-2	1:29.67	15
				43.96 1:29.67	

**Women 40-44 200 SC Meter Backstroke**

WORLD: 2:17.28 W 5/27/2018 Kana MORIHISA

NATL: 2:17.29 N 12/4/2021 JENNIFER MIHALIK

ZONECHAMPS: 2:22.81 Z 1/1/2008 Kristin Gary

1	Grover, Mollie K	41	TERR-10	2:26.87	17
				35.81 1:12.72 1:49.68 2:26.87	
2	Dembro, Jessica	40	SCY-2	3:12.43	15
				46.11 1:36.12 2:25.83 3:12.43	
3	Taddeo, Marta A	44	CONN-5	3:24.22	14
				49.77 1:42.29 2:34.39 3:24.22	

4	Sargent Merrill, Brianna	42	GYM-2	3:31.15	13
				49.20 1:43.50 2:40.07 3:31.15	

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

WORLD: 1:09.95 W 12/5/2015 Cynthia LEWIS

NATL: 1:09.95 N 12/5/2015 CYNTHIA LEWIS

ZONECHAMPS: 1:12.32 Z 12/15/2013 Lisa Blackburn

1	Taddeo, Marta A	44	CONN-5	1:37.17	17
				47.20 1:37.17	
2	Sargent Merrill, Brianna	42	GYM-2	1:51.08	15
				53.42 1:51.08	

**Women 40-44 200 SC Meter Breaststroke**

WORLD: 2:32.37 W 11/16/2008 S.VON DER LIPPE

NATL: 2:32.37 N 11/16/2008 S VON DER LIPPE

ZONECHAMPS: 2:53.00 Z 12/11/2010 Rainy Goodale

1	Williams, Melinda	41	GSP-2	3:22.32	17
				46.20 1:37.24 2:29.70 3:22.32	

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

WORLD: 28.19 W 3/16/2013 Erika BRAUN

NATL: 28.19 N 3/16/2013 ERIKA BRAUN

ZONECHAMPS: 29.90 Z 1/1/2001 Beth Baker

1	McAndrew, Anne	43	CONN-5	31.25	17
2	Taddeo, Marta A	44	CONN-5	41.13	15
3	Dembro, Jessica	40	SCY-2	43.05	14
4	Sargent Merrill, Brianna	42	GYM-2	43.75	13

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

WORLD: 1:01.70 W 11/21/2009 S.VON DER LIPPE

NATL: 1:01.70 N 11/21/2009 S VON DER LIPPE

ZONECHAMPS: 1:06.07 Z 1/1/2001 Beth Baker

1	Taddeo, Marta A	44	CONN-5	1:39.11	17
				46.50 1:39.11	
2	Dembro, Jessica	40	SCY-2	1:40.85	15
				46.29 1:40.85	

**Women 40-44 100 SC Meter IM**

WORLD: 1:04.19 W 10/10/2015 Lisa BLACKBURN

NATL: 1:04.19 N 10/10/2015 LISA BLACKBURN

ZONECHAMPS: 1:05.77 Z 12/15/2013 Lisa Blackburn

1	McAndrew, Anne	43	CONN-5	1:10.76	17
				33.12 1:10.76	
2	Williams, Melinda	41	GSP-2	1:21.70	15
				38.40 1:21.70	
3	Dembro, Jessica	40	SCY-2	1:36.26	14
				42.66 1:36.26	

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

WORLD: 2:19.21 W 12/2/2007 S.VON DER LIPPE

NATL: 2:19.21 N 12/2/2007 S VON DER LIPPE

ZONECHAMPS: 2:28.10 Z 1/1/2001 Vibeke Swanson

1	Taddeo, Marta A	44	CONN-5	3:16.60	17
				44.79 1:40.11 2:33.42 3:16.60	
2	Dembro, Jessica	40	SCY-2	3:26.92	15
				45.97 1:35.37 2:42.60 3:26.92	

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**Women 40-44 400 SC Meter IM****WORLD: 5:00.82 W 11/24/2002 K.PIPES-NEILSEN****NATL: 5:00.82 N 11/24/2002 K PIPES-NEILSEN****ZONECHAMPS: 5:13.86 Z 1/1/2001 Vibeke Swanson**

1	Williams, Melinda	41	GSP-2	6:13.84	17
	37.50	1:22.24	2:08.65	2:55.92	
	3:48.42	4:42.84	5:29.02	6:13.84	

**Women 45-49 50 SC Meter Freestyle****WORLD: 26.29 W 10/13/2018 Erika BRAUN****NATL: 26.29 N 10/13/2018 ERIKA BRAUN****ZONECHAMPS: 26.42 Z 12/7/2018 Erika Braun**

1	Maidenberg, Eve	46	AGUA-6	31.64	17
2	Crusco, Kysa	46	GSP-2	32.28	15
3	Ferris, Amy	49	GBM-2	36.82	14
4	Weirup, Amanda	45	CRM-2	38.49	13
5	Sega, Ally	49	CONN-5	55.90	12

**Women 45-49 100 SC Meter Freestyle****WORLD: 57.89 W 12/9/2018 Erika BRAUN****NATL: 57.89 N 12/9/2018 ERIKA BRAUN****ZONECHAMPS: 57.89 Z 12/7/2018 Erika Braun**

1	Maidenberg, Eve	46	AGUA-6	1:06.95	17
	32.07	1:06.95			
2	Crusco, Kysa	46	GSP-2	1:11.33	15
	33.42	1:11.33			
3	Morrow, Russet	49	KFAC-2	1:19.54	14
	37.29	1:19.54			
4	Ferris, Amy	49	GBM-2	1:22.92	13
	39.22	1:22.92			
5	Burroughs, Wendy	48	WAM-2	1:26.55	12
	39.91	1:26.55			
6	Weirup, Amanda	45	CRM-2	1:27.61	11
	41.23	1:27.61			
7	Sega, Ally	49	CONN-5	2:31.02	10
	1:12.63	2:31.02			

**Women 45-49 200 SC Meter Freestyle****WORLD: 2:05.94 W 12/2/2007 K.PIPES-NEILSEN****NATL: 2:05.94 N 12/2/2007 K PIPES-NEILSEN****ZONECHAMPS: 2:14.01 Z 12/11/2015 Stephanie Stone**

1	Maidenberg, Eve	46	AGUA-6	2:22.37	17
	32.93	1:08.88	1:45.41	2:22.37	
2	Crusco, Kysa	46	GSP-2	2:38.94	15
	36.34	1:16.90	1:58.20	2:38.94	
3	Sega, Ally	49	CONN-5	4:44.49	14
	1:06.59	2:18.38	3:32.62	4:44.49	

**Women 45-49 400 SC Meter Freestyle****WORLD: 4:24.86 W 8/1/2021 Heidi GEORGE****NATL: 4:24.86 N 8/1/2021 HEIDI GEORGE****ZONECHAMPS: 4:41.28 Z 12/11/2015 Stephanie Stone**

1	Maidenberg, Eve	46	AGUA-6	4:59.42	17
	33.98	1:10.23	1:47.39	2:25.30	
	3:03.17	3:41.27	4:20.56	4:59.42	
2	Crusco, Kysa	46	GSP-2	5:23.98	15
	35.98	1:15.21	1:55.34	2:36.69	
	3:18.62	4:00.62	4:42.96	5:23.98	

3	Lynch, Kristen	47	SCY-2	6:01.89	14
	39.93	1:23.46	2:09.07	2:55.56	
	3:42.67	4:29.31	5:16.53	6:01.89	
4	Weirup, Amanda	45	CRM-2	6:30.75	13
	43.16	1:30.93	2:20.25	3:09.87	
	4:00.61	4:50.95	5:41.51	6:30.75	
5	Sega, Ally	49	CONN-5	9:32.07	12
	1:12.15	2:22.77	3:35.87	4:49.91	
	6:01.68	7:16.40	8:26.58	9:32.07	

**Women 45-49 800 SC Meter Freestyle****WORLD: 9:05.44 W 10/15/2021 Heidi GEORGE****NATL: 9:01.52 N 10/29/2022 HEIDI GEORGE****ZONECHAMPS: 9:44.52 Z 12/12/2014 Laurie Hug**

1	Maidenberg, Eve	46	AGUA-6	10:31.89	17
	35.14	1:13.17	1:52.06	2:31.22	
	3:10.35	3:49.75	4:29.14	5:08.80	
	5:48.42	6:28.41	7:08.27	7:49.04	
	8:30.08	9:11.11	9:52.23	10:31.89	
2	Crusco, Kysa	46	GSP-2	11:00.65	15
	35.83	1:14.06	1:53.63	2:34.01	
	3:14.78	3:55.93	4:37.22	5:18.94	
	6:01.27	6:43.69	7:27.09	8:10.05	
	8:52.94	9:36.10	11:00.65		
3	Spillane, Diana	48	GSP-2	16:38.02	14
	50.63	1:50.29	2:50.68	3:53.20	
	4:56.85	5:59.03	7:01.99	8:04.85	
	9:09.54	10:12.02	11:14.80	12:18.78	
	13:23.62	14:26.75	15:33.28	16:38.02	

**Women 45-49 50 SC Meter Backstroke****WORLD: 29.52 W 1/11/2020 Raakel LUOTO****NATL: 30.58 N 12/2/2007 K PIPES-NEILSEN****ZONECHAMPS: 31.14 Z 12/10/2010 Leslie Livingston**

1	Crusco, Kysa	46	GSP-2	39.84	17
2	Burroughs, Wendy	48	WAM-2	44.01	15
3	Sega, Ally	49	CONN-5	1:07.07	14

**Women 45-49 100 SC Meter Backstroke****WORLD: 1:04.46 W 2/27/2009 K.PIPES-NEILSEN****NATL: 1:04.79 N 5/16/2009 K PIPES-NEILSEN****ZONECHAMPS: 1:07.55 Z 12/7/2018 Erika Braun**

1	Crusco, Kysa	46	GSP-2	1:30.52	17
	44.43	1:30.52			
2	Burroughs, Wendy	48	WAM-2	1:35.57	15
	46.81	1:35.57			
3	Lynch, Kristen	47	SCY-2	1:38.69	14
	49.30	1:38.69			
4	Sega, Ally	49	CONN-5	2:21.35	13

**Women 45-49 200 SC Meter Backstroke****WORLD: 2:18.15 W 2/26/2009 K.PIPES-NEILSEN****NATL: 2:18.95 N 5/15/2009 K PIPES-NEILSEN****ZONECHAMPS: 2:25.62 Z 12/11/2015 Stephanie Stone**

1	Crusco, Kysa	46	GSP-2	2:56.12	17
	44.06	1:28.70	2:12.86	2:56.12	
2	Lynch, Kristen	47	SCY-2	3:20.13	15
	48.56	1:39.18	2:30.61	3:20.13	



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**(Women 45-49 200 SC Meter Backstroke)**

3	Sega, Ally	49	CONN-5	4:54.96	14
	1:09.56	2:24.21	3:41.36	4:54.96	

**Women 45-49 50 SC Meter Breaststroke**

**WORLD: 33.01 W 7/16/2017 Linley FRAME**

**NATL: 33.82 N 10/10/2010 S VON DER LIPPE**

**ZONECHAMPS: 34.92 Z 12/7/2018 Erika Braun**

1	Matarese, Christine	47	CONN-5	45.41	17
2	Lynch, Kristen	47	SCY-2	46.47	15
3	Ferris, Amy	49	GBM-2	47.66	14
4	Burroughs, Wendy	48	WAM-2	49.12	13
5	Sega, Ally	49	CONN-5	1:18.78	12

**Women 45-49 100 SC Meter Breaststroke**

**WORLD: 1:10.63 W 7/16/2017 Linley FRAME**

**NATL: 1:12.93 N 3/26/2017 LISA BLACKBURN**

**ZONECHAMPS: 1:20.81 Z 12/9/2016 Rainy Goodale**

1	Matarese, Christine	47	CONN-5	1:38.17	17
	47.14	1:38.17			
2	Lynch, Kristen	47	SCY-2	1:40.73	15
	47.97	1:40.73			
3	Sega, Ally	49	CONN-5	2:42.60	14
	1:20.76	2:42.60			

**Women 45-49 200 SC Meter Breaststroke**

**WORLD: 2:38.00 W 11/21/2010 S.VON DER LIPPE**

**NATL: 2:38.00 N 11/21/2010 S VON DER LIPPE**

**ZONECHAMPS: 2:54.48 Z 12/9/2016 Rainy Goodale**

1	Lynch, Kristen	47	SCY-2	3:36.25	17
	49.51	1:45.28	2:41.20	3:36.25	
2	Matarese, Christine	47	CONN-5	3:38.84	15
	48.46	1:44.08	2:41.92	3:38.84	
3	Sega, Ally	49	CONN-5	5:41.62	14
	1:25.28	2:53.10	4:19.39	5:41.62	

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

**WORLD: 28.53 W 10/15/2017 Yuriko IKEDA**

**NATL: 28.60 N 4/2/2017 ERIKA BRAUN**

**ZONECHAMPS: 28.80 Z 12/7/2018 Erika Braun**

1	Collins, Donna	47	KFAC-2	36.73	17
2	Lynch, Kristen	47	SCY-2	46.75	15

**Women 45-49 100 SC Meter Butterfly**

**WORLD: 1:03.47 W 11/20/2010 S.VON DER LIPPE**

**NATL: 1:03.47 N 11/20/2010 S VON DER LIPPE**

**ZONECHAMPS: 1:10.22 Z 12/11/2010 Leslie Livingston**

1	Collins, Donna	47	KFAC-2	1:24.47	17
	40.03	1:24.47			
2	Lynch, Kristen	47	SCY-2	1:56.45	15
	54.12	1:56.45			

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

**WORLD: 2:23.18 W 12/13/2009 K.PIPES-NEILSEN**

**NATL: 2:23.18 N 12/13/2009 K PIPES-NEILSEN**

**ZONECHAMPS: 2:42.12 Z 12/13/2014 Laurie Hug**

1	Lynch, Kristen	47	SCY-2	4:16.95	17
	58.00	2:02.90	3:10.92	4:16.95	

**Women 45-49 100 SC Meter IM**

**WORLD: 1:05.61 W 2/26/2009 K.PIPES-NEILSEN**

**NATL: 1:05.75 N 12/12/2009 K PIPES-NEILSEN**

**ZONECHAMPS: 1:08.72 Z 12/7/2018 Erika Braun**

1	Crusco, Kysa	46	GSP-2	1:28.65	17
	41.02	1:28.65			
2	Burroughs, Wendy	48	WAM-2	1:36.48	15
	45.53	1:36.48			
3	Matarese, Christine	47	CONN-5	1:36.55	14
	48.35	1:36.55			
4	Lynch, Kristen	47	SCY-2	1:36.57	13
	49.09	1:36.57			
5	Ferris, Amy	49	GBM-2	1:36.72	12
	47.85	1:36.72			
6	Weirup, Amanda	45	CRM-2	1:39.10	11
	47.01	1:39.10			

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

**WORLD: 2:21.55 W 5/17/2009 K.PIPES-NEILSEN**

**NATL: 2:21.55 N 5/17/2009 K PIPES-NEILSEN**

**ZONECHAMPS: 2:31.99 Z 1/1/2006 Vibeke Swanson**

1	Maidenberg, Eve	46	AGUA-6	2:54.73	17
	39.49	1:24.80	2:15.76	2:54.73	
2	Collins, Donna	47	KFAC-2	3:03.57	15
	39.15	1:29.52	2:20.80	3:03.57	
3	Lynch, Kristen	47	SCY-2	3:23.25	14
	51.01	1:43.50	2:40.03	3:23.25	
4	Matarese, Christine	47	CONN-5	3:29.67	13
	48.74	1:43.82	2:41.22	3:29.67	
5	Weirup, Amanda	45	CRM-2	3:32.13	12
	49.64	1:44.06	2:44.68	3:32.13	

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

**WORLD: 5:00.29 W 2/27/2009 K.PIPES-NEILSEN**

**NATL: 5:05.04 N 12/12/2009 K PIPES-NEILSEN**

**ZONECHAMPS: 5:19.58 Z 1/1/2006 Vibeke Swanson**

1	Crusco, Kysa	46	GSP-2	6:45.97	17
	47.77	1:43.73	2:34.21	3:24.12	
	4:23.32	5:22.63	6:03.61	6:45.97	
2	Lynch, Kristen	47	SCY-2	7:12.22	15
	52.34	1:55.03	2:49.76	3:44.45	
	4:41.87	5:39.66	6:27.07	7:12.22	
3	Weirup, Amanda	45	CRM-2	7:24.09	14
	51.22	1:52.92	2:48.49	3:44.11	
	4:43.24	5:45.92	6:35.82	7:24.09	
4	Burroughs, Wendy	48	WAM-2	7:32.61	13
	51.11	1:54.41	2:49.98	3:48.07	
	4:48.85	5:50.39	6:41.83	7:32.61	

**Women 50-54 50 SC Meter Freestyle**

**WORLD: 26.27 W 3/27/2015 M.Therese FUZZATI**

**NATL: 26.73 N 10/15/2022 ERIKA BRAUN**

**ZONECHAMPS: 27.73 Z 12/11/2015 Leslie Livingston**

1	Zetea, Anca	51	GSP-2	30.57	17
2	Goodale, Rainy M	52	GSP-2	32.33	15
3	Cotsonas, Stephanie	52	SCY-2	32.65	14
4	Witkus, Marcia	52	WAM-2	33.58	13
5	O'Brien, Susan O	52	KFAC-2	33.85	12

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**(Women 50-54 50 SC Meter Freestyle)**

6	Pugh, Anneliese	53	MESC-2	36.24	11
7	Langlois, Claire	51	PITY-2	36.87	10
8	Rosenberg, Meisha	52	CRM-2	42.16	9

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

WORLD: 58.44 W 5/21/2022 Erika BRAUN

NATL: 58.44 N 5/21/2022 ERIKA BRAUN

ZONECHAMPS: 1:03.10 Z 12/13/2014 Maria Anderson

1	Cotsonas, Stephanie	52	SCY-2	1:14.11	17
	35.45		1:14.11		
2	O'Brien, Susan O	52	KFAC-2	1:15.59	15
	35.39		1:15.59		
3	Speckhals, Rebecca	51	CONN-5	1:15.70	14
	36.22		1:15.70		
4	Galletta, Gayle	53	WAM-2	1:17.60	13
	36.94		1:17.60		
5	Baxter, Suzanne	51	UMAS-2	1:25.06	12
	41.26		1:25.06		

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

WORLD: 2:10.72 W 12/6/2009 S.SHEIM-BOWEN

NATL: 2:10.72 N 12/6/2009 S.SHEIM-BOWEN

ZONECHAMPS: 2:20.30 Z 12/14/2014 Ellen Reynolds

1	Speckhals, Rebecca	51	CONN-5	2:49.33	17
	38.30		1:20.55	2:05.31	2:49.33
2	Galletta, Gayle	53	WAM-2	2:53.82	15
	39.05		1:22.98	2:09.27	2:53.82
3	Pugh, Anneliese	53	MESC-2	2:58.00	14
	40.34		1:26.15	2:13.29	2:58.00

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

WORLD: 4:33.86 W 10/17/2021 Alison ZAMANIAN

NATL: 4:33.86 N 10/17/2021 ALISON ZAMANIAN

ZONECHAMPS: 4:46.11 Z 12/14/2014 Ellen Reynolds

1	Garland, Sue	53	CRM-2	5:42.74	17
	38.88		1:20.62	2:04.03	2:47.48
	3:31.57		4:15.76	5:00.32	5:42.74
2	Witkus, Marcia	52	WAM-2	5:43.54	15
	38.23		1:20.09	2:03.53	2:47.26
	3:30.97		4:15.40	4:59.91	5:43.54
3	Rosenberg, Meisha	52	CRM-2	6:51.05	14
	43.98		1:35.83	2:28.83	3:22.43
	4:15.51		5:08.93	6:01.54	6:51.05

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

WORLD: 9:23.30 W 10/16/2021 Alison ZAMANIAN

NATL: 9:23.30 N 10/16/2021 ALISON ZAMANIAN

ZONECHAMPS: 9:35.39 Z 12/12/2014 Ellen Reynolds

1	Garland, Sue	53	CRM-2	11:37.21	17
	39.44		1:21.88	2:04.90	2:48.79
	3:32.93		4:17.31	5:01.48	5:45.80
	6:29.89		7:14.34	7:58.10	8:42.19
	9:26.13		10:10.15	10:54.25	11:37.21
2	Witkus, Marcia	52	WAM-2	11:51.81	15

3	Langlois, Claire	51	PITY-2	12:26.33	14
	40.46		1:27.33	2:15.21	3:02.30
	3:49.15		4:35.71	5:23.11	6:10.13
	6:57.08		7:44.09	8:31.94	9:19.30
	10:06.65		10:54.21	11:41.62	12:26.33
4	Pugh, Anneliese	53	MESC-2	12:48.61	13
	41.19		1:28.93	2:17.55	3:06.04
	3:54.91		4:44.01	5:33.03	6:22.07
	7:10.91		7:59.75	8:48.11	9:36.82
	10:25.37		11:13.82	12:02.13	12:48.61
5	Gamache, Amy	52	PITY-2	13:55.02	12
	41.16		1:29.77	2:21.17	3:13.04
	4:05.91		4:58.74	5:52.09	6:46.05
	7:39.35		8:33.65	9:27.58	10:21.24
	11:15.77		12:09.55	13:03.85	13:55.02

**Women 50-54 50 SC Meter Backstroke**

WORLD: 30.27 W 12/13/2015 Leslie LIVINGSTON

NATL: 30.27 N 12/13/2015 LESLIE LIVINGSTON

ZONECHAMPS: 30.27 Z 12/11/2015 Leslie Livingston

1	Cotsonas, Stephanie	52	SCY-2	38.35	17
2	O'Brien, Susan O	52	KFAC-2	39.24	15
3	Langlois, Claire	51	PITY-2	42.34	14
4	Pugh, Anneliese	53	MESC-2	43.56	13
5	Baxter, Suzanne	51	UMAS-2	51.96	12

**Women 50-54 100 SC Meter Backstroke**

WORLD: 1:05.89 W 3/8/2014 Ellen REYNOLDS

NATL: 1:05.89 N 3/8/2014 ELLEN REYNOLDS

ZONECHAMPS: 1:10.91 Z 12/8/2017 Stephanie Stone

1	O'Brien, Susan O	52	KFAC-2	1:23.17	17
	40.63		1:23.17		
2	Cotsonas, Stephanie	52	SCY-2	1:23.21	15
	41.16		1:23.21		
3	Langlois, Claire	51	PITY-2	1:36.27	14
	46.58		1:36.27		
4	Baxter, Suzanne	51	UMAS-2	1:47.88	13
	53.04		1:47.88		

**Women 50-54 200 SC Meter Backstroke**

WORLD: 2:22.37 W 3/8/2014 Ellen REYNOLDS

NATL: 2:22.37 N 3/8/2014 ELLEN REYNOLDS

ZONECHAMPS: 2:26.67 Z 12/8/2017 Stephanie Stone

1	O'Brien, Susan O	52	KFAC-2	2:59.61	17
	43.11		1:27.98	2:14.02	2:59.61
2	Cotsonas, Stephanie	52	SCY-2	3:02.33	15
	44.58		1:31.43	2:17.44	3:02.33
3	Witkus, Marcia	52	WAM-2	3:09.75	14
	44.40		1:33.06	2:22.05	3:09.75
4	Pugh, Anneliese	53	MESC-2	3:21.57	13
	46.35		1:37.18	2:29.51	3:21.57
5	Langlois, Claire	51	PITY-2	3:24.02	12
	47.40		1:39.73	2:33.56	3:24.02

**Women 50-54 50 SC Meter Breaststroke**

WORLD: 33.96 W 11/24/2012 Monica CORO

NATL: 35.49 N 12/4/2022 SARA DUNN

ZONECHAMPS: 36.71 Z 12/14/2013 Kim Crouch

1	Goodale, Rainy M	52	GSP-2	38.20	17
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**(Women 50-54 50 SC Meter Breaststroke)**

2 O'Brien, Susan O 52 KFAC-2 46.29 15

**Women 50-54 100 SC Meter Breaststroke**

WORLD: 1:13.95 W 7/10/2022 Helen GORMAN

NATL: 1:17.58 N 12/3/2022 SARA DUNN

ZONECHAMPS: 1:20.65 Z 12/15/2013 Kim Crouch

1 Zetea, Anca 51 GSP-2 1:26.66 17

41.48 1:26.66

2 Goodale, Rainy M 52 GSP-2 1:26.91 15

41.58 1:26.91

3 Witkus, Marcia 52 WAM-2 1:37.37 14

46.94 1:37.37

4 Pugh, Anneliese 53 MESC-2 1:46.60 13

51.32 1:46.60

**Women 50-54 200 SC Meter Breaststroke**

WORLD: 2:42.47 W 7/10/2022 Helen GORMAN

NATL: 2:50.36 N 12/4/2016 ELLEN REYNOLDS

ZONECHAMPS: 2:52.59 Z 12/14/2013 Kim Crouch

1 Goodale, Rainy M 52 GSP-2 3:06.13 17

43.20 1:30.73 2:18.70 3:06.13

2 Pugh, Anneliese 53 MESC-2 3:43.29 15

51.16 1:47.67 2:45.44 3:43.29

**Women 50-54 50 SC Meter Butterfly**

WORLD: 29.25 W 3/16/2013 Leslie LIVINGSTON

NATL: 29.14 N 10/16/2022 ERIKA BRAUN

ZONECHAMPS: 29.98 Z 12/14/2013 Leslie Livingston

1 Goodale, Rainy M 52 GSP-2 36.65 17

2 Witkus, Marcia 52 WAM-2 36.99 15

3 Cotsonas, Stephanie 52 SCY-2 37.32 14

4 O'Brien, Susan O 52 KFAC-2 37.85 13

5 Galletta, Gayle 53 WAM-2 40.25 12

6 Langlois, Claire 51 PITY-2 41.71 11

**Women 50-54 100 SC Meter Butterfly**

WORLD: 1:06.80 W 5/5/2022 Yuriko IKEDA

NATL: 1:07.72 N 12/4/2022 ERIKA BRAUN

ZONECHAMPS: 1:10.97 Z 12/14/2014 Andrea Block

1 Galletta, Gayle 53 WAM-2 1:32.84 17

44.55 1:32.84

2 Watts, Linda 50 BRKL-2 1:48.37 15

50.53 1:48.37

**Women 50-54 200 SC Meter Butterfly**

WORLD: 2:28.08 W 5/8/2011 Lynn MARSHALL

NATL: 2:32.29 N 12/9/2012 KARLYN PIPES

ZONECHAMPS: 2:42.27 Z 1/1/2007 Nancy Steadman Martin

1 Watts, Linda 50 BRKL-2 4:01.61 17

50.07 1:52.50 2:57.88 4:01.61

**Women 50-54 100 SC Meter IM**

WORLD: 1:07.44 W 5/21/2022 Erika BRAUN

NATL: 1:07.04 N 10/15/2022 ERIKA BRAUN

ZONECHAMPS: 1:10.69 Z 12/11/2015 Leslie Livingston

1 Goodale, Rainy M 52 GSP-2 1:20.16 17

37.52 1:20.16

2 Cotsonas, Stephanie 52 SCY-2 1:24.40 15

39.36 1:24.40

3 O'Brien, Susan O 52 KFAC-2 1:27.28 14

40.87 1:27.28

4 Speckhals, Rebecca 51 CONN-5 1:29.32 13

42.70 1:29.32

5 Galletta, Gayle 53 WAM-2 1:33.15 12

43.82 1:33.15

6 Langlois, Claire 51 PITY-2 1:33.58 11

44.11 1:33.58

**Women 50-54 200 SC Meter IM**

WORLD: 2:27.39 W 11/17/2018 Ellen REYNOLDS

NATL: 2:27.39 N 11/17/2018 ELLEN REYNOLDS

ZONECHAMPS: 2:36.22 Z 12/8/2017 Stephanie Stone

1 Zetea, Anca 51 GSP-2 3:04.75 17

38.56 1:24.12 2:17.91 3:04.75

2 Cotsonas, Stephanie 52 SCY-2 3:06.23 15

41.39 1:29.47 2:23.58 3:06.23

3 Galletta, Gayle 53 WAM-2 3:18.19 14

42.20 1:34.14 2:35.77 3:18.19

4 Pugh, Anneliese 53 MESC-2 3:21.04 13

44.21 1:37.32 2:34.40 3:21.04

5 Garland, Sue 53 CRM-2 3:24.35 12

50.29 1:43.18 2:43.81 3:24.35

**Women 55-59 50 SC Meter Freestyle**

WORLD: 27.42 W 3/10/2022 M.FUZZATI

NATL: 27.81 N 3/5/2016 LESLIE LIVINGSTON

ZONECHAMPS: 29.35 Z 12/9/2022 Fall Willeboordse

1 Willeboordse, Fall 56 1693-12 29.35Z 17

2 Sedler, Michele 57 GBM-2 45.29 15

3 Caruso, Christine 57 MWM-2 50.50 14

**Women 55-59 100 SC Meter Freestyle**

WORLD: 1:00.61 W 1/20/2017 Karlyn PIPES

NATL: 1:00.61 N 1/20/2017 KARLYN PIPES

ZONECHAMPS: 1:05.16 Z 12/9/2022 Fall Willeboordse

1 Willeboordse, Fall 56 1693-12 1:05.16Z 17

31.18 1:05.16

2 Towne, Suzanne 57 PITY-2 1:18.57 15

36.98 1:18.57

3 Sakr, Deborah 59 GSP-2 1:18.98 14

38.27 1:18.98

4 Caruso, Christine 57 MWM-2 1:46.64 13

**Women 55-59 200 SC Meter Freestyle**

WORLD: 2:13.58 W 2/28/2016 Lynn MARSHALL

NATL: 2:12.03 N 12/8/2019 ELLEN REYNOLDS

ZONECHAMPS: 2:24.45 Z 1/1/2009 Nancy Steadman Martin

1 Sakr, Deborah 59 GSP-2 2:56.67 17

39.64 1:24.60 2:11.35 2:56.67

2 Dickson, CJ 59 WAM-2 3:09.90 15

42.51 2:20.35 3:09.90

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

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## Results

**Women 55-59 400 SC Meter Freestyle**

WORLD: 4:37.35 W 1/23/2016 Lynn MARSHALL

NATL: 4:42.97 N 10/4/2009 LAURA VAL

ZONECHAMPS: 4:53.27 Z 1/1/2009 Nancy Steadman Martin

1	Dickson, CJ	59	WAM-2	6:31.18	17
	43.32	1:30.76			
		4:49.87	6:31.18		
2	Sedler, Michele	57	GBM-2	7:42.45	15
	47.86	1:47.03	2:50.93	3:50.82	
	4:49.42	5:49.31	6:45.88	7:42.45	

**Women 55-59 800 SC Meter Freestyle**

WORLD: 9:32.63 W 4/23/2017 Lynn MARSHALL

NATL: 9:46.35 N 10/13/2018 JILL HERNANDEZ

ZONECHAMPS: 10:19.57 Z 12/13/2013 Katherine Branch

1	Dickson, CJ	59	WAM-2	13:59.06	17
2	Sedler, Michele	57	GBM-2	15:17.12	15
	50.85	1:48.99	2:48.46	3:45.83	
	4:44.88	5:43.29	6:41.57	7:38.77	
	8:37.66	9:34.24	10:31.36	11:29.25	
	12:25.98	13:24.25	14:21.78	15:17.12	

**Women 55-59 50 SC Meter Backstroke**

WORLD: 30.12 W 3/5/2016 Leslie LIVINGSTON

NATL: 30.12 N 3/5/2016 LESLIE LIVINGSTON

ZONECHAMPS: 37.67 Z 12/15/2013 Tracy Grilli

1	Towne, Suzanne	57	PITY-2	42.79	17
2	Sakr, Deborah	59	GSP-2	43.17	15
3	Dickson, CJ	59	WAM-2	43.25	14

**Women 55-59 100 SC Meter Backstroke**

WORLD: 1:07.17 W 12/7/2019 Ellen REYNOLDS

NATL: 1:07.17 N 12/7/2019 ELLEN REYNOLDS

ZONECHAMPS: 1:13.61 Z 12/9/2022 Fall Willeboordse

1	Willeboordse, Fall	56	1693-12	1:13.61Z	17
	36.01	1:13.61			
2	Sakr, Deborah	59	GSP-2	1:33.89	15
	47.25	1:33.89			
3	Dickson, CJ	59	WAM-2	1:37.78	14

**Women 55-59 200 SC Meter Backstroke**

WORLD: 2:25.27 W 12/8/2019 Ellen REYNOLDS

NATL: 2:25.27 N 12/8/2019 ELLEN REYNOLDS

ZONECHAMPS: 2:44.55 Z 1/1/2009 Nancy Steadman Martin

1	Dickson, CJ	59	WAM-2	3:23.28	17
	48.01	1:39.07	2:31.92	3:23.28	

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

WORLD: 35.15 W 4/9/2017 Monica CORO

NATL: 36.47 N 11/5/2017 CAROLINE KRATTLI

ZONECHAMPS: 39.23 Z 12/11/2015 Karen Mareb

1	Weiderman, Jennifer	56	CVMM-33	40.14	17
2	Willeboordse, Fall	56	1693-12	40.91	15
3	Sakr, Deborah	59	GSP-2	49.48	14
4	Caruso, Christine	57	MWM-2	54.69	13

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

WORLD: 1:17.36 W 1/26/2019 Marzena KULIS

NATL: 1:21.18 N 11/18/2017 CAROLINE KRATTLI

ZONECHAMPS: 1:25.17 Z 12/15/2013 Karen Mareb

1	Weiderman, Jennifer	56	CVMM-33	1:27.32	17
	40.95	1:27.32			
2	Caruso, Christine	57	MWM-2	1:59.82	15
	59.06	1:59.82			
3	Dickson, CJ	59	WAM-2	2:04.96	14
	1:00.21	2:04.96			

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

WORLD: 2:46.91 W 1/27/2019 Marzena KULIS

NATL: 3:00.66 N 3/16/2019 CORRIN BUCK

ZONECHAMPS: 3:06.49 Z 12/11/2015 Karen Mareb

1	Weiderman, Jennifer	56	CVMM-33	3:07.60	17
	43.19	1:30.51	2:18.45	3:07.60	
2	Caruso, Christine	57	MWM-2	4:16.23	15
	1:02.14	2:07.11	3:10.88	4:16.23	

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

WORLD: 29.39 W 3/5/2016 Leslie LIVINGSTON

NATL: 29.39 N 3/5/2016 LESLIE LIVINGSTON

ZONECHAMPS: 34.22 Z 12/9/2016 Gayle Wettach

1	Dickson, CJ	59	WAM-2	45.97	17
2	Sedler, Michele	57	GBM-2	59.56	15

**Women 55-59 100 SC Meter Butterfly**

WORLD: 1:08.15 W 1/21/2017 Karlyn PIPES

NATL: 1:08.15 N 1/21/2017 KARLYN PIPES

ZONECHAMPS: 1:18.97 Z 12/13/2019 Patricia Sullivan

1	Dickson, CJ	59	WAM-2	1:45.08	17
	49.49	1:45.08			

**Women 55-59 200 SC Meter Butterfly**

WORLD: 2:31.13 W 9/14/2008 Laura VAL

NATL: 2:31.13 N 9/14/2008 LAURA VAL

ZONECHAMPS: 2:47.89 Z 1/1/2009 Nancy Steadman Martin

1	Weiderman, Jennifer	56	CVMM-33	3:05.17	17
	41.38	1:29.23	2:17.22	3:05.17	
2	Towne, Suzanne	57	PITY-2	3:41.59	15
	45.43	1:43.55	2:43.03	3:41.59	
3	Dickson, CJ	59	WAM-2	3:50.39	14
	53.66	1:52.32	2:51.55	3:50.39	

**Women 55-59 100 SC Meter IM**

WORLD: 1:09.08 W 1/21/2017 Karlyn PIPES

NATL: 1:09.08 N 1/21/2017 KARLYN PIPES

ZONECHAMPS: 1:16.41 Z 12/15/2013 Jenny Cook

1	Weiderman, Jennifer	56	CVMM-33	1:20.95	17
	38.84	1:20.95			
2	Lawrence, Eileen	55	CONN-5	1:25.24	15
	39.41	1:25.24			
3	Towne, Suzanne	57	PITY-2	1:28.23	14
	40.76	1:28.23			
4	Sakr, Deborah	59	GSP-2	1:31.46	13
	42.70	1:31.46			
5	Dickson, CJ	59	WAM-2	1:37.94	12
	45.11	1:37.94			

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**Women 55-59 200 SC Meter IM****WORLD: 2:27.78 W 1/24/2019 Ellen REYNOLDS**  
**NATL: 2:27.78 N 11/24/2019 ELLEN REYNOLDS****ZONECHAMPS: 2:50.09 Z 12/14/2013 Jenny Cook**

1	Weiderman, Jennifer	56	CVMM-33	2:55.90	17
	39.17	1:25.87	2:13.99	2:55.90	
2	Dickson, CJ	59	WAM-2	3:34.53	15
	50.13	1:40.92	2:47.20	3:34.53	

**Women 55-59 400 SC Meter IM****WORLD: 5:15.72 W 11/24/2019 Ellen REYNOLDS**  
**NATL: 5:15.72 N 11/24/2019 ELLEN REYNOLDS****ZONECHAMPS: 5:47.01 Z 1/1/2009 Nancy Steadman Martin**

1	Towne, Suzanne	57	PITY-2	6:55.55	17
	41.69	1:36.26	2:30.45	3:23.76	
	4:22.61	5:21.42	6:08.23	6:55.55	
2	Dickson, CJ	59	WAM-2	7:35.13	15
	50.88	1:51.58	2:46.56	3:41.39	
	4:48.94	5:56.04	7:35.13		

**Women 60-64 50 SC Meter Freestyle****WORLD: 28.50 W 5/26/2018 Jenny WHITELEY**  
**NATL: 29.23 N 12/7/2019 VAL\GRANGER****ZONECHAMPS: 29.65 Z 12/9/2016 Veronica Hibben**

1	Mareb, Karen	64	GSP-2	31.29	17
2	Ferreira, Sandra	61	CONN-5	33.24	15
3	Delorey, Laura	60	GSP-2	33.47	14
4	Sleboda, Cheryl	63	SRPM-2	36.44	13
5	Craven, Leslie	63	MVMNE-2	37.00	12
6	Dixon, Alison	60	PITY-2	38.38	11
7	Reik, Jane	64	CONN-5	38.59	10
8	Cheney, Jane	61	MWM-2	38.63	9
9	Pentheny, Gail	60	GBM-2	39.66	8
10	Tunstall, Nancy	60	WCMS-2	40.25	7
11	Fleming, Jill	61	SRPM-2	44.31	6
12	Muse, Margaret	61	UC02-2	46.88	5
13	MacBride, Elizabeth	63	NEM-2	47.62	4

**Women 60-64 100 SC Meter Freestyle****WORLD: 1:02.60 W 10/13/2018 Jenny WHITELEY**  
**NATL: 1:03.48 N 12/5/2014 LAURA VAL****ZONECHAMPS: 1:04.76 Z 12/9/2016 Veronica Hibben**

1	Mareb, Karen	64	GSP-2	1:10.20	17
	33.36	1:10.20			
2	Delorey, Laura	60	GSP-2	1:14.08	15
	36.17	1:14.08			
3	Spence, Denise	63	UMAS-2	1:18.39	14
	37.20	1:18.39			
4	Dixon, Alison	60	PITY-2	1:24.59	13
	39.87	1:24.59			
5	Reik, Jane	64	CONN-5	1:24.73	12
	40.56	1:24.73			
---	Welborn, Jennifer	63	UMAS-2	DQ	
	52.13	DQ			

**Women 60-64 200 SC Meter Freestyle****WORLD: 2:15.93 W 10/13/2018 Jenny WHITELEY**  
**NATL: 2:20.16 N 12/4/2011 LAURA VAL****ZONECHAMPS: 2:25.83 Z 12/9/2016 Veronica Hibben**

1	Delorey, Laura	60	GSP-2	2:40.19	17
	37.18	1:17.30	1:58.68	2:40.19	
2	Dixon, Alison	60	PITY-2	3:19.39	15
	43.75	1:35.09	2:27.84	3:19.39	

**Women 60-64 400 SC Meter Freestyle****WORLD: 4:48.80 W 3/19/2022 Lynn MARSHALL**  
**NATL: 4:53.24 N 8/24/2013 LAURA VAL****ZONECHAMPS: 5:16.27 Z 12/8/2017 Tracy Grilli**

1	Delorey, Laura	60	GSP-2	5:30.67	17
	37.38	1:18.23	1:59.71	2:41.82	
	3:23.94	4:06.40	4:48.73	5:30.67	
2	Craven, Leslie	63	MVMNE-2	5:55.73	15
	39.13	1:21.02	2:05.55	2:51.19	
	3:37.83	4:24.52	5:10.70	5:55.73	
3	Reik, Jane	64	CONN-5	6:37.62	14
	43.46	1:30.70	2:19.72	3:10.57	
	4:02.13	4:53.99	5:46.30	6:37.62	
4	Dixon, Alison	60	PITY-2	6:50.70	13
	44.90	1:35.00	2:26.96	3:20.52	
	4:13.44	5:05.46	6:00.41	6:50.70	
5	Fleming, Jill	61	SRPM-2	7:34.11	12
	48.86	1:45.79	2:43.33	3:42.30	
	4:41.42	5:41.92	6:40.25	7:34.11	
6	Muse, Margaret	61	UC02-2	7:58.18	11
	50.85	1:50.59	2:51.79	3:54.30	
	4:55.95	5:57.94	6:58.92	7:58.18	
7	MacBride, Elizabeth	63	NEM-2	8:17.70	10
	55.12	1:56.34	2:59.37	4:03.27	
	5:07.50	6:12.03	7:16.07	8:17.70	

**Women 60-64 800 SC Meter Freestyle****WORLD: 9:59.85 W 11/13/2021 Lynn MARSHALL**  
**NATL: 10:21.68 N 1/15/2011 LAURA VAL****ZONECHAMPS: 10:50.98 Z 12/8/2017 Katherine Branch**

1	Cheney, Jane	61	MWM-2	12:21.31	17
	41.69	1:28.04	2:14.56	3:01.85	
	3:48.54	4:35.37	5:22.20	6:09.58	
	6:56.57	7:43.57	8:30.45	9:17.26	
	10:03.50	10:49.69	11:35.99	12:21.31	
2	Dixon, Alison	60	PITY-2	14:08.84	15
	45.98	1:36.80	2:31.93	3:25.09	
	4:19.74	5:13.66	6:08.57	7:02.46	
	7:55.13	8:49.19	9:44.07	10:37.79	
	11:31.57	12:23.74	13:18.81	14:08.84	

**Women 60-64 50 SC Meter Backstroke****WORLD: 32.91 W 4/23/2022 Karlyn PIPES**  
**NATL: 32.91 N 4/23/2022 KARLYN PIPES****ZONECHAMPS: 35.89 Z 12/14/2014 Joan Pfinsgraff**

1	Banks, Lee Ann	61	EDGE-2	39.86	17
2	Delorey, Laura	60	GSP-2	40.07	15
3	Reik, Jane	64	CONN-5	47.23	14
4	Dixon, Alison	60	PITY-2	48.14	13

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**Women 60-64 100 SC Meter Backstroke****WORLD: 1:12.39 W 10/13/2018 Bonnie BILICH****NATL: 1:12.39 N 10/13/2018 BONNIE BILICH****ZONECHAMPS: 1:16.83 Z 12/13/2014 Joan Pfinsgraff**

1	Banks, Lee Ann	61	EDGE-2	1:25.57	17
	42.58	1:25.57			
2	Delorey, Laura	60	GSP-2	1:28.38	15
	43.28	1:28.38			

**Women 60-64 200 SC Meter Backstroke****WORLD: 2:34.31 W 4/24/2022 Karlyn PIPES****NATL: 2:34.31 N 8/24/2022 KARLYN PIPES****ZONECHAMPS: 2:44.59 Z 12/14/2014 Joan Pfinsgraff**

1	Tunstall, Nancy	60	WCMSS-2	3:29.66	17
	51.36	1:44.92	2:38.27	3:29.66	
*2	Dixon, Alison	60	PITY-2	4:04.17	14.5
	58.08	2:02.19	3:04.77	4:04.17	
*2	MacBride, Elizabeth	63	NEM-2	4:04.17	14.5
	56.49	1:59.20	3:02.08	4:04.17	
4	Piemonte, Martha	64	SCY-2	4:56.32	13
	1:06.63	2:23.64	3:40.66	4:56.32	

**Women 60-64 50 SC Meter Breaststroke****WORLD: 37.08 W 5/26/2018 Jenny WHITELEY****NATL: 38.87 N 12/4/2016 COLETTE CRABBE****ZONECHAMPS: 38.97 Z 12/9/2016 Beth Estel**

1	Mareb, Karen	64	GSP-2	40.14	17
2	Ferreira, Sandra	61	CONN-5	41.63	15
3	Spence, Denise	63	UMAS-2	43.30	14
4	Dixon, Alison	60	PITY-2	48.76	13
5	Cheney, Jane	61	MWM-2	54.91	12

**Women 60-64 100 SC Meter Breaststroke****WORLD: 1:20.50 W 5/26/2018 Jenny WHITELEY****NATL: 1:24.39 N 12/3/2016 COLETTE CRABBE****ZONECHAMPS: 1:25.52 Z 12/7/2018 Karen Mareb**

1	Mareb, Karen	64	GSP-2	1:27.01	17
	41.87	1:27.01			
2	Ferreira, Sandra	61	CONN-5	1:32.53	15
	45.02	1:32.53			
3	Delorey, Laura	60	GSP-2	1:36.42	14
4	Spence, Denise	63	UMAS-2	1:37.05	13
	45.86	1:37.05			
5	Dixon, Alison	60	PITY-2	1:47.45	12
	52.01	1:47.45			
6	Piemonte, Martha	64	SCY-2	2:15.58	11
	1:05.38	2:15.58			

**Women 60-64 200 SC Meter Breaststroke****WORLD: 2:57.05 W 5/26/2018 Jenny WHITELEY****NATL: 3:04.70 N 12/4/2016 LO KNAPP****ZONECHAMPS: 3:09.37 Z 12/7/2018 Karen Mareb**

1	Mareb, Karen	64	GSP-2	3:13.35	17
	43.92	1:31.85	2:22.25	3:13.35	

**Women 60-64 50 SC Meter Butterfly****WORLD: 31.24 W 12/7/2019 Traci GRANGER****NATL: 31.24 N 12/7/2019 TRACI GRANGER****ZONECHAMPS: 32.54 Z 12/9/2016 Veronica Hibben**

1	Jensen, Sue	62	CRM-2	36.46	17
2	Delorey, Laura	60	GSP-2	37.33	15
3	Sleboda, Cheryl	63	SRPM-2	40.58	14
4	Spence, Denise	63	UMAS-2	41.78	13
5	Cheney, Jane	61	MWM-2	45.27	12
6	Pentheny, Gail	60	GBM-2	46.79	11
7	Dixon, Alison	60	PITY-2	47.62	10
8	Tunstall, Nancy	60	WCMSS-2	49.60	9
9	Piemonte, Martha	64	SCY-2	1:01.84	8

**Women 60-64 100 SC Meter Butterfly****WORLD: 1:10.97 W 4/23/2022 Karlyn PIPES****NATL: 1:10.97 N 4/23/2022 KARLYN PIPES****ZONECHAMPS: 1:21.83 Z 12/9/2016 Veronica Hibben**

1	Jensen, Sue	62	CRM-2	1:26.65	17
	40.70	1:26.65			
2	Craven, Leslie	63	MVMNE-2	1:59.10	15
	57.10	1:59.10			
3	Piemonte, Martha	64	SCY-2	2:26.46	14
	1:09.12	2:26.46			

**Women 60-64 100 SC Meter IM****WORLD: 1:12.08 W 4/24/2022 Karlyn PIPES****NATL: 1:12.08 N 4/24/2022 KARLYN PIPES****ZONECHAMPS: 1:18.76 Z 12/7/2018 Karen Mareb**

1	Mareb, Karen	64	GSP-2	1:20.69	17
	38.55	1:20.69			
2	Ferreira, Sandra	61	CONN-5	1:25.92	15
	40.78	1:25.92			
3	Spence, Denise	63	UMAS-2	1:29.98	14
	43.86	1:29.98			
4	Banks, Lee Ann	61	EDGE-2	1:34.05	13
	45.61	1:34.05			
5	Cheney, Jane	61	MWM-2	1:37.69	12
	46.65	1:37.69			
6	Dixon, Alison	60	PITY-2	1:39.83	11
	49.40	1:39.83			

**Women 60-64 200 SC Meter IM****WORLD: 2:36.81 W 10/13/2018 Jenny WHITELEY****NATL: 2:41.53 N 12/6/2013 LAURA VAL****ZONECHAMPS: 2:54.83 Z 12/9/2016 Beth Estel**

1	Dixon, Alison	60	PITY-2	3:44.33	17
	51.79	1:54.46	2:54.17	3:44.33	
2	Piemonte, Martha	64	SCY-2	4:37.88	15
	1:05.02	2:18.57	3:33.13	4:37.88	

**Women 65-69 50 SC Meter Freestyle****WORLD: 29.30 W 11/19/2016 Laura VAL****NATL: 29.30 N 11/19/2016 LAURA VAL****ZONECHAMPS: 32.34 Z 12/13/2019 Cecilia McCloskey**

1	Grilli, Tracy	65	GSP-2	33.87	17
2	Estel, Beth	66	GSP-2	35.32	15
3	Phelan, Mary	66	SCY-2	43.19	14

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4	Goguen, Sharleen	65	MWM-2	44.54	13
5	Twomey, Maura	66	BRKL-2	45.47	12

**Women 65-69 100 SC Meter Freestyle****WORLD: 1:04.40 W 12/1/2017 Laura VAL****NATL: 1:04.40 N 12/1/2017 LAURA VAL****ZONECHAMPS: 1:11.41 Z 12/8/2017 Cecilia McCloskey**

1	Grilli, Tracy	65	GSP-2	1:13.34	17
	35.42	1:13.34			
2	Estel, Beth	66	GSP-2	1:21.05	15
	38.77	1:21.05			
3	Goguen, Sharleen	65	MWM-2	1:34.00	14
	46.57	1:34.00			
4	Twomey, Maura	66	BRKL-2	1:40.43	13
	48.97	1:40.43			

**Women 65-69 200 SC Meter Freestyle****WORLD: 2:23.26 W 11/18/2017 Laura VAL****NATL: 2:23.26 N 11/18/2017 LAURA VAL****ZONECHAMPS: 2:41.91 Z 12/9/2022 Tracy Grilli**

1	Grilli, Tracy	65	GSP-2	2:41.91Z	17
	37.94	1:19.45	2:01.41	2:41.91	
2	Goguen, Sharleen	65	MWM-2	3:21.62	15
	47.76	1:37.57	2:30.51	3:21.62	
3	Twomey, Maura	66	BRKL-2	3:41.83	14
	52.45	1:49.65	2:47.01	3:41.83	

**Women 65-69 400 SC Meter Freestyle****WORLD: 5:02.08 W 9/24/2017 Laura VAL****NATL: 5:02.08 N 9/24/2017 LAURA VAL****ZONECHAMPS: 5:33.79 Z 12/9/2022 Tracy Grilli**

1	Grilli, Tracy	65	GSP-2	5:33.79Z	17
	38.26	1:20.05	2:03.02	2:45.72	
	3:28.31	4:10.83	4:53.00	5:33.79	
2	Goguen, Sharleen	65	MWM-2	6:56.96	15
	47.79	1:37.99	2:31.71	3:25.44	
	4:18.76	5:12.24	6:05.34	6:56.96	
3	Twomey, Maura	66	BRKL-2	7:46.00	14
	1:01.42	2:06.24	3:02.74	3:59.83	
	4:56.66	5:53.73	6:49.93	7:46.00	

**Women 65-69 800 SC Meter Freestyle****WORLD:10:34.67 W 1/30/2016 Laura VAL****NATL:10:34.67 N 1/30/2016 LAURA VAL****ZONECHAMPS:11:52.67 Z 12/9/2022 Tracy Grilli**

1	Grilli, Tracy	65	GSP-2	11:52.67Z	17
	38.55	1:21.53	2:05.74	2:50.42	
	3:35.41	4:20.39	5:05.45	5:50.58	
	6:36.07	7:21.67	8:07.21	8:53.26	
	9:38.77	10:24.30	11:09.96	11:52.67	
2	Goguen, Sharleen	65	MWM-2	14:06.10	15
			2:34.63	3:28.48	
	4:21.84	5:15.42	6:09.35	7:02.60	
	7:55.89	8:49.29	9:42.49	10:35.83	
	11:28.81	12:22.02	13:15.38	14:06.10	
3	Twomey, Maura	66	BRKL-2	15:06.96	14

**Women 65-69 50 SC Meter Backstroke****WORLD: 33.41 W 9/22/2019 Laura VAL****NATL: 33.41 N 9/22/2019 LAURA VAL****ZONECHAMPS: 35.69 Z 12/8/2017 Cecilia McCloskey**

1	Grilli, Tracy	65	GSP-2	41.75	17
2	Estel, Beth	66	GSP-2	43.98	15
3	Twomey, Maura	66	BRKL-2	48.33	14
4	Goguen, Sharleen	65	MWM-2	59.26	13

**Women 65-69 100 SC Meter Backstroke****WORLD: 1:13.08 W 12/1/2018 Laura VAL****NATL: 1:13.08 N 12/1/2018 LAURA VAL****ZONECHAMPS: 1:18.02 Z 12/11/2015 Cecilia McCloskey**

1	Grilli, Tracy	65	GSP-2	1:30.90	17
	43.72	1:30.90			
2	Twomey, Maura	66	BRKL-2	1:46.26	15
	52.76	1:46.26			
3	Goguen, Sharleen	65	MWM-2	2:01.36	14
	1:00.17	2:01.36			

**Women 65-69 200 SC Meter Backstroke****WORLD: 2:42.87 W 12/1/2017 Laura VAL****NATL: 2:42.87 N 12/1/2017 LAURA VAL****ZONECHAMPS: 2:50.10 Z 12/11/2015 Cecilia McCloskey**

1	Grilli, Tracy	65	GSP-2	3:16.52	17
	46.33	1:35.98	2:26.67	3:16.52	
2	Twomey, Maura	66	BRKL-2	3:36.52	15
	51.88	1:47.07	2:43.08	3:36.52	
3	Phelan, Mary	66	SCY-2	3:48.23	14
	56.04	1:53.81	2:52.67	3:48.23	
4	Goguen, Sharleen	65	MWM-2	4:13.52	13
	1:01.72	2:07.01	3:11.23	4:13.52	

**Women 65-69 50 SC Meter Breaststroke****WORLD: 38.90 W 11/28/2021 Dagmar FRESE****NATL: 41.16 N 12/3/2022 MELINDA MANN****ZONECHAMPS: 43.88 Z 12/7/2018 Barbara Hummel**

1	Brenner, Laurie R	67	PITY-2	55.37	17
2	Goguen, Sharleen	65	MWM-2	58.99	15
3	Twomey, Maura	66	BRKL-2	1:03.32	14

**Women 65-69 100 SC Meter Breaststroke****WORLD: 1:28.18 W 4/1/2022 Amanda HEATH****NATL: 1:28.94 N 11/12/2022 COLETTE CRABBE****ZONECHAMPS: 1:30.99 Z 12/11/2021 Beth Estel**

1	Estel, Beth	66	GSP-2	1:35.24	17
	44.32	1:35.24			
2	Phelan, Mary	66	SCY-2	1:55.95	15
	55.80	1:55.95			
3	Goguen, Sharleen	65	MWM-2	2:12.33	14
	1:04.93	2:12.33			

**Women 65-69 200 SC Meter Breaststroke****WORLD: 3:10.07 W 7/10/2022 Amanda HEATH****NATL: 3:10.94 N 4/14/2019 LO KNAPP****ZONECHAMPS: 3:25.49 Z 12/8/2017 Karen Bierwert**

1	Goguen, Sharleen	65	MWM-2	4:36.24	17
	1:04.54	2:14.96	3:25.70	4:36.24	

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**Women 65-69 50 SC Meter Butterfly**

WORLD: 32.57 W 11/23/2019 Penny NOYES

NATL: 32.57 N 11/23/2019 PENNY NOYES

ZONECHAMPS: 36.07 Z 12/14/2013 Diann Uustal

1 Grilli, Tracy	65 GSP-2	39.40	17
2 Phelan, Mary	66 SCY-2	52.47	15
3 Twomey, Maura	66 BRKL-2	54.26	14

**Women 65-69 100 SC Meter Butterfly**

WORLD: 1:13.47 W 12/8/2019 Laura VAL

NATL: 1:13.47 N 12/8/2019 LAURA VAL

ZONECHAMPS: 1:21.72 Z 12/13/2019 Cecilia McCloskey

1 Phelan, Mary	66 SCY-2	1:52.75	17
		54.18	1:52.75

**Women 65-69 100 SC Meter IM**

WORLD: 1:15.65 W 11/23/2019 Penny NOYES

NATL: 1:15.65 N 11/23/2019 PENNY NOYES

ZONECHAMPS: 1:22.02 Z 12/11/2015 Cecilia McCloskey

1 Twomey, Maura	66 BRKL-2	1:58.61	17
		54.42	1:58.61

**Women 65-69 200 SC Meter IM**

WORLD: 2:46.04 W 12/6/2019 Laura VAL

NATL: 2:46.04 N 12/6/2019 LAURA VAL

ZONECHAMPS: 2:55.88 Z 12/9/2016 Cecilia McCloskey

1 Phelan, Mary	66 SCY-2	3:49.36	17
		52.49	1:52.37
		2:56.32	3:49.36

**Women 70-74 50 SC Meter Freestyle**

WORLD: 32.38 W 12/10/2016 Diann UUSTAL

NATL: 30.70 N 10/9/2022 LAURA VAL

ZONECHAMPS: 32.38 Z 12/9/2016 Diann Uustal

1 Hayes, Christie	74 NEM-2	37.64	17
2 Atkinson, Fiona	72 GSP-2	38.35	15
3 Kraus, Rozann	72 SRPM-2	46.36	14
4 Cook, Lisa L	70 BNUT-2	55.59	13

**Women 70-74 100 SC Meter Freestyle**

WORLD: 1:10.25 W 2/2/2020 Charlotte DAVIS

NATL: 1:07.03 N 10/8/2022 LAURA VAL

ZONECHAMPS: 1:13.48 Z 12/9/2016 Diann Uustal

1 Hayes, Christie	74 NEM-2	1:22.06	17
		39.72	1:22.06
2 Tourtual, Dorothy M	71 CRM-2	1:22.24	15
		39.96	1:22.24
3 Atkinson, Fiona	72 GSP-2	1:26.84	14
		41.20	1:26.84
4 Gardner, Cynthia	71 PITY-2	1:42.08	13
		47.95	1:42.08

**Women 70-74 200 SC Meter Freestyle**

WORLD: 2:33.19 W 2/2/2020 Charlotte DAVIS

NATL: 2:27.89 N 10/9/2022 LAURA VAL

ZONECHAMPS: 2:51.39 Z 12/7/2018 Christie Hayes

1 Hayes, Christie	74 NEM-2	2:57.24	17
		41.56	1:26.53
		2:12.90	2:57.24
2 Gardner, Cynthia	71 PITY-2	3:52.25	15
		50.00	1:50.78
		2:52.40	3:52.25

**Women 70-74 400 SC Meter Freestyle**

WORLD: 5:28.76 W 2/2/2020 Charlotte DAVIS

NATL: 5:28.76 N 2/2/2020 CHARLOTTE DAVIS

ZONECHAMPS: 5:59.41 Z 12/7/2018 Christie Hayes

1 Hayes, Christie	74 NEM-2	6:13.14	17
		43.03	1:30.11
		2:17.13	3:04.90
		3:52.20	4:40.59
		5:28.10	6:13.14
2 Dickson, Mary B	70 PITY-2	6:57.03	15
		44.81	1:35.01
		2:27.33	3:20.15
		4:14.27	5:09.31
		6:04.50	6:57.03

**Women 70-74 800 SC Meter Freestyle**

WORLD:11:54.61 W 1/18/2020 Cecilia MCCLOSKEY

NATL:11:54.61 N 1/18/2020 CECILIA MCCLOSKEY

ZONECHAMPS:12:29.77 Z 12/7/2018 Christie Hayes

1 Tourtual, Dorothy M	71 CRM-2	12:51.20	17
		43.83	1:31.69
		2:20.20	3:08.34
		3:57.15	4:45.75
		5:34.81	6:23.75
		7:12.64	8:01.55
		8:50.57	9:39.57
		10:28.30	11:17.31
		12:05.47	12:51.20
2 Gardner, Cynthia	71 PITY-2	16:24.15	15
		52.78	1:51.83
		2:53.78	3:56.80
		5:00.94	6:04.18
		7:06.72	8:09.10
		9:12.32	10:13.11
		11:16.06	12:19.23
		13:22.15	14:24.29
		15:25.15	16:24.15

**Women 70-74 50 SC Meter Backstroke**

WORLD: 35.18 W 10/17/2021 Laura VAL

NATL: 34.68 N 10/9/2022 LAURA VAL

ZONECHAMPS: 38.21 Z 12/9/2016 Diann Uustal

1 Dickson, Mary B	70 PITY-2	46.13	17
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**Women 70-74 100 SC Meter Backstroke**

WORLD: 1:16.55 W 10/16/2021 Laura VAL

NATL: 1:16.55 N 10/16/2021 LAURA VAL

ZONECHAMPS: 1:22.75 Z 12/9/2016 Diann Uustal

1 West, Barbara A	74 PITY-2	2:06.04	17
		1:01.66	2:06.04

**Women 70-74 200 SC Meter Backstroke**

WORLD: 2:47.56 W 10/17/2021 Laura VAL

NATL: 2:47.56 N 10/17/2021 LAURA VAL

ZONECHAMPS: 3:09.61 Z 12/13/2019 Diann Uustal

1 Bierwert, Karen	70 UMAS-2	3:22.17	17
		47.39	1:37.54
		2:30.02	3:22.17
2 Tourtual, Dorothy M	71 CRM-2	3:24.97	15
		49.22	1:41.68
		2:34.10	3:24.97

**Women 70-74 50 SC Meter Breaststroke**

WORLD: 42.80 W 2/27/2005 Shoko YONEZAWA

NATL: 43.64 N 10/15/2022 KATHLEEN LEWIS

ZONECHAMPS: 45.38 Z 12/9/2016 Diann Uustal

1 Dickson, Mary B	70 PITY-2	47.15	17
2 Merena, Elizabeth	70 UC06-6	48.71	15
3 Hayes, Christie	74 NEM-2	49.44	14
4 Atkinson, Fiona	72 GSP-2	50.98	13
5 West, Barbara A	74 PITY-2	1:04.17	12



## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**Women 70-74 100 SC Meter Breaststroke**

**WORLD: 1:33.92 W 4/12/2015 Nobuko YASUDA**  
**NATL: 1:36.05 N 10/15/2022 KATHLEEN LEWIS**

**ZONECHAMPS: 1:42.89 Z 12/7/2018 Christie Hayes**

1	Bierwert, Karen	70	UMAS-2	1:43.81	17
	49.16	1:43.81			
2	Dickson, Mary B	70	PITY-2	1:45.50	15
	50.35	1:45.50			
3	Hayes, Christie	74	NEM-2	1:47.53	14
	52.91	1:47.53			
4	Merena, Elizabeth	70	UC06-6	1:53.31	13
	55.91	1:53.31			
5	Atkinson, Fiona	72	GSP-2	1:57.47	12
	54.75	1:57.47			
6	Cook, Lisa L	70	BNUT-2	2:28.16	11
	1:09.32	2:28.16			

**Women 70-74 200 SC Meter Breaststroke**

**WORLD: 3:24.57 W 1/21/2017 Nobuko YASUDA**  
**NATL: 3:25.76 N 3/21/2009 JOANN LEILICH**

**ZONECHAMPS: 3:40.43 Z 12/11/2015 Kathy Slifer**

1	Dickson, Mary B	70	PITY-2	3:47.67	17
	52.85	1:50.53	2:50.35	3:47.67	
2	Hayes, Christie	74	NEM-2	3:57.69	15
	54.19	1:55.47	2:57.68	3:57.69	
3	Merena, Elizabeth	70	UC06-6	4:13.12	14
	57.40	2:00.92	3:08.44	4:13.12	
4	West, Barbara A	74	PITY-2	4:54.93	13
	1:07.18	2:22.22	3:40.77	4:54.93	

**Women 70-74 100 SC Meter IM**

**WORLD: 1:20.61 W 10/17/2021 Laura VAL**  
**NATL: 1:19.52 N 10/9/2022 LAURA VAL**

**ZONECHAMPS: 1:23.23 Z 12/9/2016 Diann Uustal**

1	Hayes, Christie	74	NEM-2	1:38.35	17
	47.99	1:38.35			
2	Dickson, Mary B	70	PITY-2	1:42.54	15
	52.21	1:42.54			
3	Gardner, Cynthia	71	PITY-2	2:04.43	14
	1:00.56	2:04.43			

**Women 70-74 200 SC Meter IM**

**WORLD: 2:52.19 W 10/16/2021 Laura VAL**  
**NATL: 2:52.19 N 10/16/2021 LAURA VAL**

**ZONECHAMPS: 3:21.91 Z 12/9/2022 Karen Bierwert**

1	Bierwert, Karen	70	UMAS-2	3:21.91Z	17
	46.79	1:38.33	2:36.25	3:21.91	
2	Hayes, Christie	74	NEM-2	3:33.72	15
	54.16	1:50.09	2:48.68	3:33.72	
3	Dickson, Mary B	70	PITY-2	3:44.40	14
	55.29	1:50.75	2:53.00	3:44.40	

**Women 70-74 400 SC Meter IM**

**WORLD: 6:41.90 W 4/2/2022 S.LOFTUS-CHARLIE**  
**NATL: 6:41.90 N 4/2/2022 S LOFTUS-CHARLEY**

**ZONECHAMPS: 7:12.34 Z 12/9/2016 Kathy Slifer**

1	West, Barbara A	74	PITY-2	9:04.34	17
	1:05.29	2:21.98	3:35.49	4:42.07	
	5:57.66	7:15.04	8:10.48	9:04.34	

**Women 75-79 400 SC Meter Freestyle**

**WORLD: 6:08.74 W 4/19/2015 Yoshiko OSAKI**  
**NATL: 6:17.67 N 11/13/2021 CAROLYN BOAK**

**ZONECHAMPS: 7:38.55 Z 12/7/2018 Aagje Caron**

1	Onton, Ann Louise	79	CONN-5	11:18.57	17
	1:16.74	2:40.39	4:03.70	5:30.09	
	6:57.10	8:25.15	9:54.68	11:18.57	

**Women 75-79 800 SC Meter Freestyle**

**WORLD:12:25.61 W 5/12/2013 Yoshiko OSAKI**  
**NATL:13:05.40 N 11/14/2021 CAROLYN BOAK**

**ZONECHAMPS:16:53.49 Z 12/10/2010 Laverne Adams**

1	Onton, Ann Louise	79	CONN-5	23:13.84	17
	1:18.14	2:41.19	4:05.35	5:32.53	
	6:59.58	8:26.65	9:54.12	11:22.28	
	12:51.91	14:21.81	15:51.71	17:22.04	
	18:50.08	20:19.90	21:49.90	23:13.84	

**Women 75-79 50 SC Meter Backstroke**

**WORLD: 39.01 W 7/21/2019 Clary MUNNS**

**NATL: 40.02 N 10/15/2022 DIANN UUSTAL**

**ZONECHAMPS: 44.76 Z 1/1/1999 Doris Steadman**

1	Onton, Ann Louise	79	CONN-5	1:44.33	17
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**Women 75-79 100 SC Meter Backstroke**

**WORLD: 1:26.80 W 10/16/2021 Diann UUSTAL**

**NATL: 1:26.40 N 10/15/2022 DIANN UUSTAL**

**ZONECHAMPS: 1:39.76 Z 1/1/2000 Doris Steadman**

1	Onton, Ann Louise	79	CONN-5	3:29.05	17
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**Women 75-79 200 SC Meter Backstroke**

**WORLD: 3:10.53 W 10/17/2021 Diann UUSTAL**

**NATL: 3:10.53 N 10/17/2021 DIANN UUSTAL**

**ZONECHAMPS: 3:38.25 Z 1/1/1999 Doris Steadman**

1	Onton, Ann Louise	79	CONN-5	7:16.91	17
	1:40.89	3:34.92	5:27.52	7:16.91	

**Women 75-79 100 SC Meter Breaststroke**

**WORLD: 1:36.48 W 3/21/2010 Shoko YONEZAWA**

**NATL: 1:40.82 N 3/15/2014 JOANN LEILICH**

**ZONECHAMPS: 2:15.37 Z 1/1/2007 Joan Waldbaum**

1	Onton, Ann Louise	79	CONN-5	3:41.96	17
	1:42.98	3:41.96			

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

**WORLD: 3:33.03 W 4/17/2010 Shoko YONEZAWA**

**NATL: 3:36.56 N 3/15/2014 JOANN LEILICH**

**ZONECHAMPS: 4:27.98 Z 12/8/2017 Aagje Caron**

1	Onton, Ann Louise	79	CONN-5	8:18.87	17
	1:46.79	3:53.82	6:09.22	8:18.87	

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**Women 75-79 50 SC Meter Butterfly**

**WORLD:** 38.17 W 3/8/2019 Judy WILSON  
**NATL:** 38.30 N 11/6/2022 DIANN UUSTAL  
**ZONECHAMPS:** 1:01.36 Z 1/1/2009 Janet Moeller  
 1 Onton, Ann Louise 79 CONN-5 2:05.54 17

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

**WORLD:** 1:30.03 W 3/9/2019 Judy WILSON  
**NATL:** 1:46.04 N 10/13/2019 DANIELA BARNEA  
**ZONECHAMPS:** 2:33.70 Z 1/1/1997 Mary Wixted  
 1 Onton, Ann Louise 79 CONN-5 4:33.63 17  
 2:08.21 4:33.63

**Women 75-79 200 SC Meter Butterfly**

**WORLD:** 3:34.50 W 5/25/2019 Clary MUNNS  
**NATL:** 3:57.22 N 9/22/2019 DANIELA BARNEA  
**ZONECHAMPS:** 5:23.01 Z 1/1/2003 Marianna Hagan  
 1 Onton, Ann Louise 79 CONN-5 10:33.50 17  
 2:19.33 5:15.01 8:01.44 10:33.50

**Women 75-79 100 SC Meter IM**

**WORLD:** 1:27.96 W 5/25/2019 Clary MUNNS  
**NATL:** 1:29.53 N 11/5/2022 DIANN UUSTAL  
**ZONECHAMPS:** 2:09.88 Z 12/11/2010 Laverne Adams  
 1 Onton, Ann Louise 79 CONN-5 3:28.55 17  
 1:49.44 3:28.55

**Women 75-79 200 SC Meter IM**

**WORLD:** 3:16.79 W 10/13/2019 Clary MUNNS  
**NATL:** 3:32.91 N 11/13/2021 CAROLYN BOAK  
**ZONECHAMPS:** 4:38.68 Z 1/1/2009 Janet Moeller  
 1 Onton, Ann Louise 79 CONN-5 7:15.72 17  
 2:08.10 3:54.94 5:55.06 7:15.72

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

**WORLD:** 7:11.33 W 5/11/2013 Yoshiko OSAKI  
**NATL:** 7:27.94 N 11/14/2021 CAROLYN BOAK  
**ZONECHAMPS:** 9:01.58 Z 12/8/2017 Aagie Caron  
 1 Onton, Ann Louise 79 CONN-5 15:44.36 17  
 2:18.72 4:58.03 6:47.06 8:39.97  
 10:47.62 12:54.69 14:21.58 15:44.36

**Men 18-24 50 SC Meter Freestyle**

**NATL:** 21.38 N 12/11/2005 NICK BRUNELLI  
**ZONECHAMPS:** 23.12 Z 1/1/2003 Paul Buren  
 1 Carder-Cannillo, Addison 23 GSP-2 26.58 17  
 2 Ferris, Alex 22 GBM-2 33.87 15

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

**NATL:** 48.00 N 12/11/2005 NICK BRUNELLI  
**ZONECHAMPS:** 52.03 Z 1/1/2003 Paul Buren  
 1 Ferris, Alex 22 GBM-2 1:13.23 17  
 35.10 1:13.23

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

**NATL:** 1:47.32 N 12/11/2005 NICK BRUNELLI  
**ZONECHAMPS:** 2:00.46 Z 12/8/2017 Jonathan Dray  
 1 Ferris, Alex 22 GBM-2 2:49.81 17  
 40.33 1:23.31 2:06.99 2:49.81

**Men 18-24 400 SC Meter Freestyle**

**NATL:** 3:55.20 N 10/26/2014 DION DREESENS  
**ZONECHAMPS:** 4:25.16 Z 12/11/2015 Spencer Coffin  
 1 Carder-Cannillo, Addison 23 GSP-2 4:41.68 17  
 31.10 1:04.56 1:38.98 2:15.13  
 2:52.37 3:29.43 4:06.69 4:41.68  
 2 Ferris, Alex 22 GBM-2 6:13.72 15  
 42.45 1:29.82 2:16.40 3:03.47  
 3:50.75 4:38.17 5:25.59 6:13.72

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

**NATL:** 8:16.50 N 12/9/2011 ERIC NILSSON  
**ZONECHAMPS:** 9:18.40 Z 12/9/2016 Mark Tracy  
 1 Carder-Cannillo, Addison 23 GSP-2 9:46.69 17

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

**NATL:** 25.38 N 3/17/2012 JOSH HAFKIN  
**ZONECHAMPS:** 27.12 Z 12/14/2014 Sidney Glass  
 1 Ferris, Alex 22 GBM-2 47.63 17

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

**NATL:** 59.96 N 11/18/2017 THIBAUT CAPITAINE  
**ZONECHAMPS:** 1:05.45 Z 1/1/2002 Luciano Galindo  
 1 Ferris, Alex 22 GBM-2 1:44.81 17  
 50.66 1:44.81

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

**NATL:** 23.96 N 11/6/2016 RUNAR BORGEN  
**ZONECHAMPS:** 25.16 Z 1/1/2003 Paul Buren  
 1 Carder-Cannillo, Addison 23 GSP-2 28.53 17  
 2 Ferris, Alex 22 GBM-2 31.16 15

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

**NATL:** 52.25 N 10/29/2011 EUGENE GODSOE  
**ZONECHAMPS:** 57.31 Z 1/1/2003 Paul Buren  
 1 Ferris, Alex 22 GBM-2 1:11.17 17  
 33.81 1:11.17

**Men 18-24 200 SC Meter Butterfly**

**NATL:** 1:59.67 N 12/7/2019 KEVIN MENDOZA  
**ZONECHAMPS:** 2:12.25 Z 12/8/2017 Benjamin Bauchwitz  
 1 Ferris, Alex 22 GBM-2 2:42.99 17  
 36.63 1:16.62 1:59.00 2:42.99

**Men 18-24 100 SC Meter IM**

**NATL:** 55.71 N 10/29/2011 EUGENE GODSOE  
**ZONECHAMPS:** 59.80 Z 12/14/2014 Sidney Glass  
 1 Ferris, Alex 22 GBM-2 1:27.20 17  
 40.67 1:27.20

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

**NATL:** 2:00.32 N 12/11/2005 NICK BRUNELLI  
**ZONECHAMPS:** 2:12.32 Z 12/13/2014 James Boretti  
 1 Ferris, Alex 22 GBM-2 3:11.85 17  
 35.47 1:32.70 2:28.70 3:11.85

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

**WORLD:** 21.28 W 11/20/2021 Ryan HELD  
**NATL:** 21.28 N 11/20/2021 RYAN HELD  
**ZONECHAMPS:** 24.10 Z 2000 Joseph Chance  
 1 Alonte, Christian 27 WAM-2 25.27 17

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

2	Owen, Robert	27	WAM-2	25.96	15
3	Durepo, Dane	29	UC02-2	27.72	14
4	Carpino, Chris	29	KFAC-2	27.84	13
5	Weis, Jason	26	BOSMS-2	29.32	12
6	McGahie, Brian	29	WAM-2	29.42	11
7	Rhodes, Jacob	27	GYM-2	30.47	10

**Men 25-29 100 SC Meter Freestyle****WORLD: 47.43 W 11/16/2014 Cesar CIELO****NATL: 47.43 N 11/16/2014 CESAR CIELO****ZONECHAMPS: 48.93 Z 12/8/2017 Drew Modrov**

1	Alonte, Christian	27	WAM-2	56.40	17
				26.82	56.40
2	Wang, Joe	26	UC02-2	57.35	15
				27.19	57.35
3	Bonnabeau, Nick	25	LYMT-2	59.16	14
				27.95	59.16
4	Durepo, Dane	29	UC02-2	1:04.23	13
				31.88	1:04.23
5	Weis, Jason	26	BOSMS-2	1:05.30	12
				30.13	1:05.30

**Men 25-29 200 SC Meter Freestyle****WORLD: 1:44.90 W 11/3/2013 Darian TOWNSEND****NATL: 1:44.90 N 11/3/2013 DARIAN TOWNSEND****ZONECHAMPS: 1:49.30 Z 12/7/2018 Drew Modrov**

1	Wang, Joe	26	UC02-2	2:06.05	17
				29.15	1:00.74
				1:33.58	2:06.05
2	Bonnabeau, Nick	25	LYMT-2	2:12.54	15
				29.96	1:03.04
				1:38.14	2:12.54
3	Boersma, Martin	27	WAM-2	3:12.12	14
				43.33	1:29.68
				2:21.32	3:12.12

**Men 25-29 400 SC Meter Freestyle****WORLD: 3:52.83 W 12/9/2018 Drew MODROV****NATL: 3:52.83 N 12/9/2018 DREW MODROV****ZONECHAMPS: 3:52.83 Z 12/7/2018 Drew Modrov**

1	Wang, Joe	26	UC02-2	4:33.75	17
				30.55	1:03.94
				1:38.15	2:12.45
				2:47.08	3:22.62
				3:58.44	4:33.75
2	Bonnabeau, Nick	25	LYMT-2	4:50.32	15
				31.19	1:05.77
				1:42.16	2:19.89
				2:57.33	3:35.34
				4:13.42	4:50.32
3	Leighton, Nathaniel	29	PITY-2	4:56.03	14
				32.13	1:07.21
				1:44.18	2:21.63
				3:01.73	3:41.23
				4:19.60	4:56.03
4	McGahie, Brian	29	WAM-2	5:35.20	13
				37.08	1:17.69
				2:00.37	2:43.72
				3:26.69	4:10.04
				4:52.92	5:35.20
5	Rhodes, Jacob	27	GYM-2	5:37.86	12
				36.03	1:16.06
				1:57.82	2:41.48
				3:25.42	4:10.66
				4:54.44	5:37.86

**Men 25-29 800 SC Meter Freestyle****WORLD: 8:07.91 W 4/12/2001 A.ANGELOTI****NATL: 8:14.75 N 12/14/1997 ALEX KOSTICH****ZONECHAMPS: 8:17.22 Z 12/7/2018 Drew Modrov**

1	Leighton, Nathaniel	29	PITY-2	10:08.62	17
				33.72	1:10.22
				1:48.31	2:26.95
				3:05.78	3:44.83
				4:24.12	5:03.01
				5:41.48	6:19.77
				6:58.79	7:37.84
				8:16.27	8:54.54
				9:32.59	10:08.62

**Men 25-29 50 SC Meter Backstroke****WORLD: 23.70 W 11/21/2021 Ryan HELD****NATL: 23.70 N 11/21/2021 RYAN HELD****ZONECHAMPS: 25.63 Z 12/8/2017 Drew Modrov**

1	Leighton, Nathaniel	29	PITY-2	32.96	17
2	Carpino, Chris	29	KFAC-2	35.26	15

**Men 25-29 100 SC Meter Backstroke****WORLD: 52.07 W 1/15/2022 Ryota MAEJIMA****NATL: 52.99 N 12/3/2016 TONY COX****ZONECHAMPS: 53.43 Z 12/11/2015 David Russell**

1	Leighton, Nathaniel	29	PITY-2	1:16.14	17
				37.70	1:16.14

**Men 25-29 200 SC Meter Backstroke****WORLD: 1:56.22 W 12/16/2006 Stefan HERBST****NATL: 2:01.34 N 11/13/2016 JAN KONARZEWSKI****ZONECHAMPS: 2:07.58 Z 12/15/2013 Eric Nilsson**

1	Owen, Robert	27	WAM-2	2:12.35	17
				30.16	1:03.18
				1:38.27	2:12.35
2	Leighton, Nathaniel	29	PITY-2	2:36.07	15
				36.56	1:16.04
				1:56.29	2:36.07

**Men 25-29 50 SC Meter Breaststroke****WORLD: 26.99 W 10/29/2017 Lawrence PALMER****NATL: 27.31 N 11/23/2013 EETU KARVONEN****ZONECHAMPS: 28.75 Z 12/7/2018 Drew Modrov**

1	Muni, Alex	26	UVRA-2	35.95	17
2	Carpino, Chris	29	KFAC-2	38.40	15
3	Durepo, Dane	29	UC02-2	38.53	14

**Men 25-29 100 SC Meter Breaststroke****WORLD: 58.14 W 11/28/2021 Shotaro SHIMAZAKI****NATL: 59.21 N 11/23/2013 EETU KARVONEN****ZONECHAMPS: 1:05.09 Z 1/1/2001 Jared Walkenhorst**

1	Garriga, Alexander	26	LSM-26	1:06.84	17
				31.36	1:06.84
2	Calhoun, Samuel	27	SRPM-2	1:09.88	15
				32.61	1:09.88
3	Muni, Alex	26	UVRA-2	1:18.31	14
				36.08	1:18.31
4	Durepo, Dane	29	UC02-2	1:22.20	13
				38.16	1:22.20
5	Rhodes, Jacob	27	GYM-2	1:26.58	12
				40.81	1:26.58
6	McGahie, Brian	29	WAM-2	1:29.54	11
				41.99	1:29.54
7	Boersma, Martin	27	WAM-2	1:37.95	10
				44.86	1:37.95



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**Results****Men 30-34 800 SC Meter Freestyle****WORLD: 8:12.74 W 11/21/2021 Drew MODROV****NATL: 8:12.74 N 11/21/2021 DREW MODROV****ZONECHAMPS: 8:37.56 Z 12/7/2018 Eric Nilsson**

1	Laplane, Brett	34	TERR-10	9:36.40	17
	31.42	1:05.90	1:41.34	2:17.36	
	2:53.53	3:29.88	4:06.06	4:42.38	
	5:18.56	5:55.22	6:31.84	7:08.58	
	7:45.59	8:23.05	9:00.10	9:36.40	
---	Gerard, William	30	CONN-5	11:28.42	
	33.53	1:11.77	1:50.80	2:30.23	
	3:09.93	3:49.69	4:29.77	5:10.00	
	5:10.00	5:50.17	6:30.81	7:11.18	
	7:52.11	8:27.83	11:28.42		

**Men 30-34 50 SC Meter Backstroke****WORLD: 23.86 W 5/7/2017 Nelson SILVA Jr.****NATL: 24.75 N 11/12/2016 DARIAN TOWNSEND****ZONECHAMPS: 27.03 Z 1/1/2003 Curtis Sawin**

1	Pope, Ryan	33	MWM-2	31.25	17
2	Wild, Mark	31	WAM-2	51.67	15

**Men 30-34 100 SC Meter Backstroke****WORLD: 52.13 W 2/13/2022 Junichi MORITA****NATL: 52.68 N 10/24/2009 DERYA BUYUKUNCU****ZONECHAMPS: 58.75 Z 1/1/2002 Curtis Sawin**

1	Errico, Domenick	30	CONN-5	1:01.84	17
	30.43	1:01.84			
2	Fei, David	33	LYMT-2	1:11.36	15
	33.83	1:11.36			

**Men 30-34 200 SC Meter Backstroke****WORLD: 1:53.66 W 2/13/2022 Junichi MORITA****NATL: 1:55.46 N 11/1/2009 DERYA BUYUKUNCU****ZONECHAMPS: 2:09.30 Z 12/11/2021 Eric Nilsson**

1	Errico, Domenick	30	CONN-5	2:18.45	17
	31.40	1:05.65	1:42.35	2:18.45	
2	Kawakami, Haroldo	34	SWMR-2	2:31.62	15
	35.73	1:13.98	1:52.87	2:31.62	
3	Curran, Carl	32	PATS-2	2:37.61	14
	35.85	1:16.00	1:57.31	2:37.61	
4	Gerard, William	30	CONN-5	2:46.77	13
	37.92	1:20.28	2:04.18	2:46.77	

**Men 30-34 50 SC Meter Breaststroke****WORLD: 26.72 W 5/5/2018 Felipe LIMA****NATL: 27.60 N 10/8/2022 BRANDON FISCHER****ZONECHAMPS: 29.20 Z 12/13/2019 Drew Modrov**

1	Soldatov, Viktor	33	MIT-2	31.45	17
2	Pope, Ryan	33	MWM-2	33.41	15

**Men 30-34 100 SC Meter Breaststroke****WORLD: 59.10 W 11/28/2021 Kohhei TOMINAGA****NATL: 59.42 N 10/8/2022 BRANDON FISCHER****ZONECHAMPS: 1:06.31 Z 12/11/2021 Viktor Soldatov**

1	Soldatov, Viktor	33	MIT-2	1:08.13	17
	32.43	1:08.13			
2	Pope, Ryan	33	MWM-2	1:15.24	15
	35.12	1:15.24			

3	Kawakami, Haroldo	34	SWMR-2	1:22.29	14
	38.88	1:22.29			
4	Heikkila, Eric	30	WAM-2	1:48.00	13
	51.27	1:48.00			

**Men 30-34 200 SC Meter Breaststroke****WORLD: 2:11.17 W 11/13/2021 Dmitrii GORBUNOV****NATL: 2:11.44 N 10/9/2022 BRANDON FISCHER****ZONECHAMPS: 2:24.91 Z 12/12/2021 Viktor Soldatov**

1	Soldatov, Viktor	33	MIT-2	2:28.76	17
	33.03	1:10.02	1:48.80	2:28.76	
2	Fei, David	33	LYMT-2	3:01.91	15
	41.97	1:28.35	2:15.41	3:01.91	

**Men 30-34 50 SC Meter Butterfly****WORLD: 22.87 W 5/16/2009 Thomas RUPPRATH****NATL: 24.14 N 12/14/2019 DREW MODROV****ZONECHAMPS: 24.14 Z 12/13/2019 Drew Modrov**

1	Errico, Domenick	30	CONN-5	28.90	17
2	Laplane, Brett	34	TERR-10	28.93	15
3	Pope, Ryan	33	MWM-2	29.63	14
4	Bimmler, Paul	32	NEM-2	31.79	13
5	Gerard, William	30	CONN-5	32.75	12

**Men 30-34 100 SC Meter Butterfly****WORLD: 52.40 W 4/16/2022 Ko FUKAYA****NATL: 52.44 N 11/12/2016 DARIAN TOWNSEND****ZONECHAMPS: 54.16 Z 12/11/2021 Marcos Lavado**

1	Laplane, Brett	34	TERR-10	1:04.38	17
	29.98	1:04.38			
2	Curran, Carl	32	PATS-2	1:11.86	15
	34.75	1:11.86			

**Men 30-34 100 SC Meter IM****WORLD: 53.28 W 11/13/2016 Darian TOWNSEND****NATL: 53.28 N 11/13/2016 DARIAN TOWNSEND****ZONECHAMPS: 58.62 Z 1/1/2001 Curtis Sawin**

1	Errico, Domenick	30	CONN-5	1:04.85	17
	29.29	1:04.85			
2	Pope, Ryan	33	MWM-2	1:06.89	15
	31.35	1:06.89			
3	Fei, David	33	LYMT-2	1:09.36	14
	32.35	1:09.36			

**Men 30-34 200 SC Meter IM****WORLD: 1:56.96 W 11/13/2016 Darian TOWNSEND****NATL: 1:56.96 N 11/13/2016 DARIAN TOWNSEND****ZONECHAMPS: 2:08.95 Z 12/11/2021 Eric Nilsson**

1	Kawakami, Haroldo	34	SWMR-2	2:33.65	17
	32.86	1:11.98	1:57.84	2:33.65	
2	Curran, Carl	32	PATS-2	2:40.22	15
	33.43	1:15.43	2:03.55	2:40.22	
3	Heikkila, Eric	30	WAM-2	3:40.43	14
	50.44	1:54.04	2:52.76	3:40.43	

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

WORLD: 4:16.06 W 11/12/2016 Darian TOWNSEND

NATL: 4:13.68 N 10/31/2015 DARIAN TOWNSEND

ZONECHAMPS: 4:33.49 Z 12/13/2019 Eric Nilsson

1	Wild, Mark	31	WAM-2	7:55.27	17
	54.64	1:56.51	2:59.18	4:01.87	
	5:03.93	6:03.08	6:59.25	7:55.27	

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

WORLD: 21.53 W 10/27/2007 Mark FOSTER

NATL: 21.81 N 9/22/2018 ROLAND SCHOEMAN

ZONECHAMPS: 23.44 Z 1/1/2004 Michael Ross

1	Card, Mathew	35	SWMR-2	25.31	17
2	Lorson, Mark	37	KFAC-2	27.40	15
3	Oloughlin, Jonathan	39	TERR-10	28.25	14

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

WORLD: 47.70 W 11/18/2018 Roland SCHOEMAN

NATL: 47.70 N 11/18/2018 ROLAND SCHOEMAN

ZONECHAMPS: 51.01 Z 1/1/2003 Ron Karnaugh

1	Nilsson, Eric	35	MIT-2	53.81	17
	25.92	53.81			
2	Card, Mathew	35	SWMR-2	56.42	15
	26.75	56.42			
3	Oloughlin, Jonathan	39	TERR-10	1:03.66	14
	30.47	1:03.66			
4	Duguay, Robert	37	CONN-5	1:07.45	13
	32.78	1:07.45			

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

WORLD: 1:48.36 W 12/2/2021 Benjamin HOCKIN

NATL: 1:51.31 N 12/14/2003 ERIK HOCHSTEIN

ZONECHAMPS: 1:51.54 Z 1/1/2004 Michael Ross

1	Nilsson, Eric	35	MIT-2	1:57.00	17
	27.82	57.84	1:27.25	1:57.00	
2	Duguay, Robert	37	CONN-5	2:28.70	15
	35.04	1:13.12	1:51.54	2:28.70	
3	Sanky, Michael	36	WSY-2	2:29.02	14
	33.84	1:10.21	1:49.00	2:29.02	

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

WORLD: 3:57.77 W 12/14/2003 Erik HOCHSTEIN

NATL: 3:57.77 N 12/14/2003 ERIK HOCHSTEIN

ZONECHAMPS: 4:01.78 Z 1/1/2003 Ron Karnaugh

1	Nilsson, Eric	35	MIT-2	4:08.32	17
	28.17	59.12	1:30.70	2:02.42	
	2:34.03	3:06.07	3:37.60	4:08.32	
2	Oloughlin, Jonathan	39	TERR-10	4:56.57	15
	31.96	1:07.72	1:44.86	2:22.67	
	3:01.43	3:40.10	4:19.26	4:56.57	
3	Lorson, Mark	37	KFAC-2	4:58.71	14
	33.09	1:10.01	1:46.97	2:24.78	
	3:02.84	3:42.28	4:20.47	4:58.71	
4	Duguay, Robert	37	CONN-5	5:10.25	13
	35.50	1:13.52	1:52.72	2:32.11	
	3:11.72	3:52.02	4:31.81	5:10.25	

**Men 35-39 800 SC Meter Freestyle**

WORLD: 8:16.19 W 12/6/2009 Alex KOSTICH

NATL: 8:16.19 N 12/6/2009 ALEX KOSTICH

ZONECHAMPS: 8:36.05 Z 12/9/2022 Eric Nilsson

1	Nilsson, Eric	35	MIT-2	8:36.05Z	17
	28.89	1:00.70	1:33.11	2:05.36	
	2:37.81	3:10.07	3:42.35	4:15.07	
	4:47.60	5:20.22	5:53.30	6:26.22	
	6:59.31	7:32.09	8:04.21	8:36.05	
2	Duguay, Robert	37	CONN-5	10:47.17	15
3	Greene, Andy	38	WAM-2	12:56.12	14
	41.16	1:26.49	2:13.83	3:01.88	
	3:54.68	4:43.58	5:32.83	6:21.91	
	7:11.35	8:01.10	8:50.83	9:40.75	
	10:30.29	11:19.68	12:09.23	12:56.12	

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

WORLD: 54.60 W 3/19/2022 Takashi TAKEMOTO

NATL: 54.66 N 10/26/2019 DARIAN TOWNSEND

ZONECHAMPS: 55.95 Z 1/1/2004 Michael Ross

1	Duguay, Robert	37	CONN-5	1:36.42	17
	47.82	1:36.42			

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

WORLD: 2:00.34 W 12/8/2002 Ron KARNAUGH

NATL: 2:00.34 N 12/8/2002 RON KARNAUGH

ZONECHAMPS: 2:00.34 Z 1/1/2002 Ron Karnaugh

1	Nilsson, Eric	35	MIT-2	2:08.55	17
	30.30	1:02.99	1:35.35	2:08.55	
2	Lorson, Mark	37	KFAC-2	2:47.04	15
	37.88	1:20.42	2:03.33	2:47.04	

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

WORLD: 26.66 W 11/17/2018 Roland SCHOEMAN

NATL: 26.66 N 11/17/2018 ROLAND SCHOEMAN

ZONECHAMPS: 28.75 Z 1/1/2002 Ron Karnaugh

1	Card, Mathew	35	SWMR-2	31.78	17
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**Men 35-39 200 SC Meter Breaststroke**

WORLD: 2:15.42 W 3/16/2014 Kazuya KOIKE

NATL: 2:15.64 N 12/4/2011 STEVE WEST

ZONECHAMPS: 2:17.96 Z 1/1/2002 Ron Karnaugh

1	Duguay, Robert	37	CONN-5	3:19.04	17
	46.28	1:36.18	2:27.72	3:19.04	

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

WORLD: 23.12 W 11/18/2018 Roland SCHOEMAN

NATL: 23.12 N 11/18/2018 ROLAND SCHOEMAN

ZONECHAMPS: 25.29 Z 1/1/2004 Michael Ross

1	Card, Mathew	35	SWMR-2	27.58	17
2	Lorson, Mark	37	KFAC-2	33.98	15

**Men 35-39 100 SC Meter Butterfly**

WORLD: 52.78 W 1/18/2020 Takuya HASEGAWA

NATL: 54.27 N 12/4/2011 IGOR MARCHENKO

ZONECHAMPS: 56.32 Z 1/1/2004 Michael Ross

1	Lorson, Mark	37	KFAC-2	1:15.20	17
	34.23	1:15.20			



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**Men 40-44 200 SC Meter Backstroke**

WORLD: 2:03.84 W 12/14/2008 Michael ROSS

NATL: 2:03.84 N 12/14/2008 MICHAEL ROSS

ZONECHAMPS: 2:04.96 Z 1/1/2008 Chris Stevenson

1	Matthews, Jonathan	43	CONN-5	2:44.34	17
				39.93 1:22.38 2:04.70 2:44.34	
2	Sweetman, Richard	44	SCY-2	3:48.38	15
				56.34 1:53.07 2:51.60 3:48.38	

**Men 40-44 50 SC Meter Breaststroke**

WORLD: 28.06 W 5/12/2019 Ryosuke IMAI

NATL: 28.21 N 11/17/2018 JEFF COMMINGS

ZONECHAMPS: 29.21 Z 12/13/2019 Blake Holden

1	Strahota, Jeffrey	42	TERR-10	37.53	17
2	Plankey II, Christopher	44	PITY-2	37.85	15
3	Hoppe, Alexander	43	WAM-2	39.69	14
4	Sweetman, Richard	44	SCY-2	40.61	13

**Men 40-44 100 SC Meter Breaststroke**

WORLD: 1:01.42 W 12/6/2014 Steve WEST

NATL: 1:01.42 N 12/6/2014 STEVE WEST

ZONECHAMPS: 1:03.78 Z 12/13/2019 Blake Holden

1	Neikirk, Joseph A	42	WCMSS-2	1:19.61	17
				37.57 1:19.61	
2	Sweetman, Richard	44	SCY-2	1:30.80	15
				41.75 1:30.80	
3	Hoppe, Alexander	43	WAM-2	1:31.92	14
				43.87 1:31.92	

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

WORLD: 2:13.72 W 12/7/2014 Steve WEST

NATL: 2:13.72 N 12/7/2014 STEVE WEST

ZONECHAMPS: 2:20.51 Z 12/13/2019 Blake Holden

1	Hoppe, Alexander	43	WAM-2	3:22.04	17
				44.98 1:37.48 2:31.54 3:22.04	
2	Sweetman, Richard	44	SCY-2	3:29.74	15
				44.32 1:37.20 2:33.91 3:29.74	

**Men 40-44 50 SC Meter Butterfly**

WORLD: 24.14 W 3/16/2014 Lars FROLANDER

NATL: 24.91 N 12/6/2008 MICHAEL ROSS

ZONECHAMPS: 24.91 Z 1/1/2008 Michael Ross

1	Neikirk, Joseph A	42	WCMSS-2	29.42	17
2	Sweetman, Richard	44	SCY-2	43.97	15

**Men 40-44 100 SC Meter Butterfly**

WORLD: 53.81 W 3/15/2014 Lars FROLANDER

NATL: 55.82 N 12/14/2008 MICHAEL ROSS

ZONECHAMPS: 56.99 Z 1/1/2008 Chris Stevenson

1	Neikirk, Joseph A	42	WCMSS-2	1:06.41	17
				31.50 1:06.41	
2	Strahota, Jeffrey	42	TERR-10	1:08.03	15
				31.00 1:08.03	
3	Matthews, Jonathan	43	CONN-5	1:10.05	14
				32.82 1:10.05	
4	Cude, Craig	42	WAM-2	1:18.58	13
				35.86 1:18.58	
5	Sweetman, Richard	44	SCY-2	1:50.60	12
				53.41 1:50.60	

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

WORLD: 2:02.97 W 10/11/1998 William SPECHT

NATL: 2:02.97 N 10/11/1998 WILLIAM SPECHT

ZONECHAMPS: 2:10.99 Z 1/1/2008 Chris Stevenson

1	Sweetman, Richard	44	SCY-2	4:10.29	17
				56.76 2:01.28 3:08.56 4:10.29	

**Men 40-44 100 SC Meter IM**

WORLD: 56.91 W 6/2/2019 Takashi NISHIYAMA

NATL: 57.19 N 11/16/2014 JEFF COMMINGS

ZONECHAMPS: 1:01.30 Z 1/1/2008 Patrick Brundage

1	Strahota, Jeffrey	42	TERR-10	1:09.55	17
				31.68 1:09.55	
2	Plankey II, Christopher	44	PITY-2	1:11.55	15
				32.06 1:11.55	
3	Sweetman, Richard	44	SCY-2	1:39.11	14
				49.68 1:39.11	
---	Cude, Craig	42	WAM-2	DQ	
				35.37 DQ	

**Men 40-44 200 SC Meter IM**

WORLD: 2:05.46 W 12/4/2009 Roque SANTOS

NATL: 2:05.46 N 12/4/2009 ROQUE SANTOS

ZONECHAMPS: 2:12.16 Z 1/1/2008 Patrick Brundage

1	Neikirk, Joseph A	42	WCMSS-2	2:30.59	17
				30.81 1:11.59 1:55.84 2:30.59	
2	Strahota, Jeffrey	42	TERR-10	2:32.36	15
				31.40 1:12.31 1:57.19 2:32.36	
3	Sweetman, Richard	44	SCY-2	3:37.52	14
				50.07 1:52.47 2:49.47 3:37.52	

**Men 40-44 400 SC Meter IM**

WORLD: 4:30.68 W 10/10/2014 Eric CHRISTENSEN

NATL: 4:30.68 N 10/10/2014 ERIC CHRISTENSEN

ZONECHAMPS: 4:39.78 Z 1/1/2008 Patrick Brundage

1	Sweetman, Richard	44	SCY-2	7:27.15	17
				51.86 1:50.04 2:53.30 3:55.60	
				4:51.60 5:48.51 6:38.64 7:27.15	

**Men 45-49 50 SC Meter Freestyle**

WORLD: 22.85 W 6/2/2019 Hideaki HARA

NATL: 23.58 N 11/13/2016 SIPHIWE BALEKA

ZONECHAMPS: 24.01 Z 12/11/2021 Chuck Barnes

1	Phillips, Tom	48	GSP-2	26.12	17
2	Ohman, Niclas	48	GSP-2	27.33	15
3	Hammond, Ben	47	WAM-2	27.50	14
4	Conca, Jake	47	KFAC-2	28.66	13
5	Fusi, Kevin M	46	UC02-2	29.46	12
6	Edsall, Tyler	45	GSP-2	30.01	11
7	Cloitre, Christophe	47	GBM-2	31.70	10
8	Sullivan, John E	48	GBM-2	32.86	9
9	StPierre, Raymond	45	SWMR-2	36.50	8
10	Paul, Shawn	47	WAM-2	49.11	7



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

<b>WORLD:</b> 49.99 W 6/2/2019		Hideaki HARA	
<b>NATL:</b> 52.54 N 12/2/2007		PAUL SMITH	
<b>ZONECHAMPS:</b> 54.50 Z 12/11/2015		Stewart Carroll	
1	Phillips, Tom	48 GSP-2	58.06 17
	27.74 58.06		
2	Doucet, Douglas	47 CRM-2	1:00.69 15
	29.25 1:00.69		
3	Ohman, Niclas	48 GSP-2	1:01.53 14
	29.30 1:01.53		
4	Fusi, Kevin M	46 UC02-2	1:06.53 13
	31.33 1:06.53		
5	Edsall, Tyler	45 GSP-2	1:06.62 12
	31.64 1:06.62		
6	Cloitre, Christophe	47 GBM-2	1:13.69 11
	34.17 1:13.69		
7	Paul, Shawn	47 WAM-2	1:52.94 10
	54.24 1:52.94		

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

<b>WORLD:</b> 1:52.87 W 3/9/2012		Nicolas GRANGER	
<b>NATL:</b> 1:56.00 N 12/2/2007		PAUL SMITH	
<b>ZONECHAMPS:</b> 1:57.98 Z 12/9/2022		Chuck Barnes	
1	Barnes, Chuck	46 SWMR-2	1:57.98Z 17
	28.48 58.53	1:27.75	1:57.98
2	Doucet, Douglas	47 CRM-2	2:21.94 15
	32.88 1:09.33	1:45.63	2:21.94
3	Paul, Shawn	47 WAM-2	4:17.61 14
	55.85 1:57.61	3:10.54	4:17.61

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

<b>WORLD:</b> 4:03.10 W 4/18/2015		Fabio CALMASINI	
<b>NATL:</b> 4:09.19 N 11/1/2009		KEITH SWITZER	
<b>ZONECHAMPS:</b> 4:17.45 Z 12/11/2015		Stewart Carroll	
1	Mikuszewski, Paul	49 WAM-2	4:50.66 17
	32.92 1:09.12	1:45.69	2:22.85
	2:59.84 3:37.41	4:14.73	4:50.66
2	Phillips, Tom	48 GSP-2	4:51.80 15
	31.50 1:05.74	1:41.34	2:18.25
	2:55.57 3:33.79	4:12.47	4:51.80
3	Hammond, Ben	47 WAM-2	5:06.11 14
	34.65 1:13.34	1:53.24	2:32.79
	3:12.10 3:51.43	4:28.07	5:06.11
4	Doucet, Douglas	47 CRM-2	5:13.66 13
	34.27 1:12.14	1:51.19	2:31.31
	3:11.64 3:52.59	4:33.86	5:13.66
5	Gordon, Eric	48 CONN-5	5:20.86 12
	37.10 1:17.15	1:58.04	2:38.99
	3:20.30 4:01.37	4:42.00	5:20.86
6	Kwa, Ken	49 CRM-2	5:49.66 11
	40.25 1:24.14	2:09.12	2:54.15
	3:38.91 4:22.84	5:06.42	5:49.66
7	StPierre, Raymond	45 SWMR-2	6:47.57 10
	41.05 1:28.45	2:20.01	3:13.20
	4:06.90 5:01.61	5:55.96	6:47.57

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

<b>WORLD:</b> 8:24.75 W 3/29/2015		Fabio CALMASINI	
<b>NATL:</b> 8:41.60 N 12/14/2013		RICARDO VALDIVIA	
<b>ZONECHAMPS:</b> 9:34.21 Z 1/1/2009		Steven Newman	
1	Davenport, Steve	47 CRM-2	11:06.66 17
	36.54 1:16.76	1:57.83	2:39.31
	3:20.80 4:02.68	4:44.46	5:26.48
	6:08.82 6:50.93	7:33.70	8:16.20
	8:59.11 9:41.90	10:24.96	11:06.66
2	Edsall, Tyler	45 GSP-2	11:49.16 15
	39.59 1:22.55	2:06.31	2:50.29
	3:35.13 4:20.70	5:06.72	5:52.69
	6:39.01 7:24.93	8:10.67	8:55.80
	9:41.06 10:25.65	11:08.82	11:49.16
3	Kwa, Ken	49 CRM-2	12:07.67 14
	41.52 1:26.58	2:13.03	2:59.02
	3:45.43 4:31.82	5:17.91	6:03.75
	6:49.27 7:35.17	8:20.50	9:05.18
	9:50.35 10:35.80	11:22.26	12:07.67

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

<b>WORLD:</b> 26.23 W 3/20/2021		Aleksandr SHILIN	
<b>NATL:</b> 27.02 N 12/12/2009		CHRIS STEVENSON	
<b>ZONECHAMPS:</b> 27.16 Z 12/12/2021		Chuck Barnes	
1	Phillips, Tom	48 GSP-2	32.21 17
2	Fusi, Kevin M	46 UC02-2	37.20 15

**Men 45-49 100 SC Meter Backstroke**

<b>WORLD:</b> 57.00 W 12/13/2009		Chris STEVENSON	
<b>NATL:</b> 57.00 N 12/13/2009		CHRIS STEVENSON	
<b>ZONECHAMPS:</b> 58.40 Z 12/12/2010		Chris Stevenson	
1	Barnes, Chuck	46 SWMR-2	1:01.12 17
	30.79 1:01.12		
2	Fusi, Kevin M	46 UC02-2	1:22.73 15
	40.15 1:22.73		
3	Kwa, Ken	49 CRM-2	1:52.40 14
	55.08 1:52.40		

**Men 45-49 200 SC Meter Backstroke**

<b>WORLD:</b> 2:05.54 W 12/12/2009		Chris STEVENSON	
<b>NATL:</b> 2:05.54 N 12/12/2009		CHRIS STEVENSON	
<b>ZONECHAMPS:</b> 2:07.55 Z 12/11/2010		Chris Stevenson	
1	Hammond, Ben	47 WAM-2	3:00.66 17
	40.47 1:25.86	2:13.77	3:00.66
2	StPierre, Raymond	45 SWMR-2	3:35.43 15
	49.72 1:43.72	2:39.54	3:35.43
3	Kwa, Ken	49 CRM-2	3:52.00 14
	54.68 1:51.35	2:53.54	3:52.00

**Men 45-49 50 SC Meter Breaststroke**

<b>WORLD:</b> 28.65 W 10/26/2019		Jeff COMMINGS	
<b>NATL:</b> 28.65 N 10/26/2019		JEFF COMMINGS	
<b>ZONECHAMPS:</b> 29.83 Z 12/11/2015		Craig Crawford	
1	Lathrum, Ryan	46 AGUA-6	31.93 17
2	Whitford, Matthew	47 GBM-2	35.48 15
3	Edsall, Tyler	45 GSP-2	39.63 14
4	Kwa, Ken	49 CRM-2	43.53 13
5	Paul, Shawn	47 WAM-2	1:00.48 12

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**Men 45-49 100 SC Meter Breaststroke****WORLD: 1:02.22 W 11/17/2018 Steve WEST****NATL: 1:02.22 N 11/17/2018 STEVE WEST****ZONECHAMPS: 1:06.63 Z 12/11/2015 Craig Crawford**

1	Lathrum, Ryan	46	AGUA-6	1:10.55	17
	33.57	1:10.55			
2	Conca, Jake	47	KFAC-2	1:27.37	15
	40.89	1:27.37			
3	Edsall, Tyler	45	GSP-2	1:27.60	14
	41.68	1:27.60			
4	Kwa, Ken	49	CRM-2	1:33.73	13
	45.14	1:33.73			
5	Cloitre, Christophe	47	GBM-2	1:39.24	12
	48.17	1:39.24			
6	Paul, Shawn	47	WAM-2	2:10.95	11
	1:03.90	2:10.95			

**Men 45-49 200 SC Meter Breaststroke****WORLD: 2:15.45 W 11/30/2018 Steve WEST****NATL: 2:15.45 N 11/30/2018 STEVE WEST****ZONECHAMPS: 2:28.98 Z 12/11/2015 Craig Crawford**

1	Lathrum, Ryan	46	AGUA-6	2:35.24	17
	35.45	1:14.44	1:54.49	2:35.24	
2	Gordon, Eric	48	CONN-5	3:06.71	15
	41.69	1:29.03	2:18.79	3:06.71	
3	Kwa, Ken	49	CRM-2	3:18.47	14
	46.96	1:37.65	2:28.44	3:18.47	
4	Edsall, Tyler	45	GSP-2	3:22.10	13
	45.07	1:35.91	2:29.97	3:22.10	
5	Paul, Shawn	47	WAM-2	4:28.41	12
	1:04.78	2:11.95	3:20.93	4:28.41	

**Men 45-49 50 SC Meter Butterfly****WORLD: 24.38 W 3/19/2017 Eiji NOMURA****NATL: 25.74 N 12/13/2009 FRITZ BEDFORD****ZONECHAMPS: 25.44 Z 12/9/2022 Chuck Barnes**

1	Barnes, Chuck	46	SWMR-2	25.44Z	17
2	Lathrum, Ryan	46	AGUA-6	28.95	15
3	Hammond, Ben	47	WAM-2	29.52	14
4	Phillips, Tom	48	GSP-2	29.77	13
5	Ohman, Niclas	48	GSP-2	31.02	12
6	Conca, Jake	47	KFAC-2	32.20	11
7	Gordon, Eric	48	CONN-5	32.42	10
8	Fusi, Kevin M	46	UC02-2	33.86	9
9	Cloitre, Christophe	47	GBM-2	38.78	8
10	Kwa, Ken	49	CRM-2	40.17	7
11	Sullivan, John E	48	GBM-2	44.52	6
12	Paul, Shawn	47	WAM-2	1:03.26	5

**Men 45-49 100 SC Meter Butterfly****WORLD: 55.07 W 3/18/2018 Eiji NOMURA****NATL: 57.17 N 12/14/2003 PAUL CARTER****ZONECHAMPS: 57.00 Z 12/9/2022 Chuck Barnes**

1	Barnes, Chuck	46	SWMR-2	57.00Z	17
	26.42	57.00			
2	Gordon, Eric	48	CONN-5	1:12.53	15
	33.90	1:12.53			

3	Hammond, Ben	47	WAM-2	1:17.16	14
	32.90	1:17.16			
4	Conca, Jake	47	KFAC-2	1:19.42	13
	35.52	1:19.42			
5	Kwa, Ken	49	CRM-2	1:38.73	12
	48.01	1:38.73			

**Men 45-49 200 SC Meter Butterfly****WORLD: 2:05.00 W 1/19/2020 Eiji NOMURA****NATL: 2:06.40 N 11/19/2006 DENNIS BAKER****ZONECHAMPS: 2:11.40 Z 12/11/2010 Chris Stevenson**

1	Kwa, Ken	49	CRM-2	3:16.99	17
	48.45	1:40.95	2:34.02	3:16.99	

**Men 45-49 100 SC Meter IM****WORLD: 57.68 W 3/9/2012 Nicolas GRANGER****NATL: 58.18 N 11/21/2021 JEFF COMMINGS****ZONECHAMPS: 1:00.56 Z 12/11/2015 Scott Heber**

1	Whitford, Matthew	47	GBM-2	1:10.30	17
	32.16	1:10.30			
2	Doucet, Douglas	47	CRM-2	1:10.88	15
	32.09	1:10.88			
3	Gordon, Eric	48	CONN-5	1:16.64	14
	36.30	1:16.64			
4	Fusi, Kevin M	46	UC02-2	1:18.10	13
	36.92	1:18.10			
5	Edsall, Tyler	45	GSP-2	1:20.38	12
	38.60	1:20.38			
6	Cloitre, Christophe	47	GBM-2	1:32.87	11
	42.02	1:32.87			
7	Kwa, Ken	49	CRM-2	1:36.95	10
	49.25	1:36.95			
8	Paul, Shawn	47	WAM-2	2:13.00	9
	1:07.32	2:13.00			

**Men 45-49 200 SC Meter IM****WORLD: 2:04.64 W 3/8/2012 Nicolas GRANGER****NATL: 2:09.71 N 3/20/2010 JEROME FRENTSOS****ZONECHAMPS: 2:17.47 Z 12/11/2015 Scott Heber**

1	Mikuszewski, Paul	49	WAM-2	2:38.36	17
	33.49	1:14.73	2:03.29	2:38.36	
2	Gordon, Eric	48	CONN-5	2:48.79	15
	35.40	1:22.49	2:09.47	2:48.79	
3	Edsall, Tyler	45	GSP-2	2:53.15	14
	40.30	1:24.77	2:13.52	2:53.15	
4	Kwa, Ken	49	CRM-2	3:09.63	13
	43.15	1:37.96	2:28.35	3:09.63	

**Men 45-49 400 SC Meter IM****WORLD: 4:31.36 W 4/7/2012 Nicolas GRANGER****NATL: 4:43.64 N 9/26/2010 JEROME FRENTSOS****ZONECHAMPS: 5:13.47 Z 12/13/2019 Brian Lovett**

1	Gordon, Eric	48	CONN-5	6:02.35	17
	38.26	1:20.61	2:09.61	2:59.69	
	3:50.76	4:39.94	5:21.55	6:02.35	
2	Kwa, Ken	49	CRM-2	6:44.18	15
	47.02	1:36.93	2:33.59	3:30.81	
	4:22.36	5:14.24	5:59.49	6:44.18	

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**Men 50-54 50 SC Meter Freestyle****WORLD: 23.36 W 5/28/2022 Chris FYDLER****NATL: 23.38 N 10/18/2009 ROWDY GAINES****ZONECHAMPS: 24.23 Z 12/7/2018 Steve Hiltabiddle**

1	Waldfried, Carlo	54	SWMR-2	26.73	17
2	Duru, Kaan	52	SWMR-2	27.74	15
3	Blank, Adam	52	SRPM-2	29.07	14
4	O'Brien, Douglas A	53	KFAC-2	29.49	13
5	Avard, Christian	50	UVRA-2	29.55	12
6	Snowise, Mark	53	PITY-2	31.02	11
7	Quelch, Dennis	50	SCY-2	31.07	10
8	Miller, Brian E	53	CONN-5	32.05	9
9	Dwyer, James	54	SCY-2	33.53	8
10	Juethner, Konrad	54	CRM-2	33.56	7
11	Foley, Stephen	50	PITY-2	34.06	6

**Men 50-54 100 SC Meter Freestyle****WORLD: 51.49 W 3/26/2017 Nicolas GRANGER****NATL: 51.61 N 10/17/2009 ROWDY GAINES****ZONECHAMPS: 53.92 Z 12/7/2018 Steve Hiltabiddle**

1	Waldfried, Carlo	54	SWMR-2	1:00.47	17
	28.97	1:00.47			
2	Blank, Adam	52	SRPM-2	1:04.52	15
	30.48	1:04.52			
3	O'Brien, Douglas A	53	KFAC-2	1:04.64	14
	30.98	1:04.64			
4	Snowise, Mark	53	PITY-2	1:07.56	13
	32.06	1:07.56			
5	Miller, Brian E	53	CONN-5	1:11.77	12
	34.10	1:11.77			
6	Quelch, Dennis	50	SCY-2	1:12.56	11
	33.95	1:12.56			
7	Dwyer, James	54	SCY-2	1:16.61	10
	35.09	1:16.61			

**Men 50-54 200 SC Meter Freestyle****WORLD: 1:54.61 W 10/14/2011 Rowdy GAINES****NATL: 1:54.61 N 10/14/2011 ROWDY GAINES****ZONECHAMPS: 2:04.57 Z 12/11/2015 William Segal**

1	Waldfried, Carlo	54	SWMR-2	2:18.13	17
	32.28	1:08.19	1:44.17	2:18.13	
2	O'Brien, Douglas A	53	KFAC-2	2:21.52	15
	33.16	1:08.79	1:45.36	2:21.52	
3	Blank, Adam	52	SRPM-2	2:26.83	14
	32.65	1:09.09	1:47.80	2:26.83	
4	Dwyer, James	54	SCY-2	2:49.66	13
	36.93	1:20.00	2:04.94	2:49.66	

**Men 50-54 400 SC Meter Freestyle****WORLD: 4:04.48 W 1/29/2017 Nicolas GRANGER****NATL: 4:07.99 N 12/10/2000 JIM MCCONICA****ZONECHAMPS: 4:28.82 Z 12/11/2015 William Segal**

1	Dainiak, Chris	51	GSP-2	4:46.54	17
	32.82	1:07.90	1:43.46	2:19.40	
	2:56.05	3:32.66	4:10.20	4:46.54	
2	Hersh, Craig	51	GSP-2	5:03.05	15
	32.01	1:07.23	1:44.07	2:22.89	
	3:02.25	3:43.09	4:23.51	5:03.05	

3	O'Brien, Douglas A	53	KFAC-2	5:04.31	14
	33.57	1:10.10	1:47.72	2:25.93	
	3:04.43	3:43.19	4:22.64	5:04.31	
4	Nemirovsky, Sergei	50	PATS-2	5:15.91	13
	34.31	1:12.27	1:50.70	2:29.79	
	3:09.35	3:49.89	4:32.05	5:15.91	
5	Snowise, Mark	53	PITY-2	5:29.72	12
	34.94	1:13.34	1:53.85	2:35.33	
	3:17.67	4:00.74	4:45.81	5:29.72	
6	Dwyer, James	54	SCY-2	5:54.17	11
	35.88	1:19.88	2:05.34	2:51.15	
	3:36.95	4:23.66	5:11.00	5:54.17	
7	Juethner, Konrad	54	CRM-2	6:16.41	10
	39.04	1:24.46	2:11.57	2:58.84	
	3:48.26	4:37.54	5:28.61	6:16.41	
8	Foley, Stephen	50	PITY-2	6:34.13	9
	40.15	1:26.18	2:16.83	3:08.72	
	4:00.99	4:53.17	5:45.66	6:34.13	

**Men 50-54 800 SC Meter Freestyle****WORLD: 8:33.74 W 11/17/2018 Fabio CALMASINI****NATL: 8:44.51 N 12/10/2000 JIM MCCONICA****ZONECHAMPS: 9:23.97 Z 12/12/2014 Patrick Autissier**

1	Nemirovsky, Sergei	50	PATS-2	10:32.67	17
	33.73	1:11.00	1:49.03	2:27.39	
	3:06.29	3:45.94	4:26.02	5:06.03	
	5:46.47	6:26.97	7:07.56	7:48.36	
	8:29.60	9:11.26	9:52.44	10:32.67	
2	Snowise, Mark	53	PITY-2	11:35.98	15
	38.41	1:20.75	2:03.86	2:47.46	
	3:31.47	4:16.12	5:00.09	5:44.67	
	6:29.68	7:14.46	7:58.06	8:42.24	
	9:26.66	10:11.02	10:54.91	11:35.98	
3	Juethner, Konrad	54	CRM-2	12:56.50	14
	40.82	1:27.43	2:17.37	3:07.68	
	3:56.62	4:46.51	5:35.59	6:24.80	
	7:14.07	8:03.52	8:51.91	9:41.77	
	10:31.29	11:20.50	12:09.76	12:56.50	
4	Quelch, Dennis	50	SCY-2	13:04.87	13
	39.77	1:25.11			
			8:57.39	9:47.93	
			11:28.56	13:04.87	
5	Foley, Stephen	50	PITY-2	13:32.97	12
	42.15	1:30.77	2:20.51	3:10.93	
	4:02.27	4:53.96	5:45.53	6:37.24	
	7:28.83	8:20.97	9:12.44	10:04.46	
	10:57.72	11:50.67	12:42.75	13:32.97	

**Men 50-54 50 SC Meter Backstroke****WORLD: 26.69 W 10/24/2015 Fritz BEDFORD****NATL: 26.69 N 10/24/2015 FRITZ BEDFORD****ZONECHAMPS: 27.04 Z 12/11/2015 Fritz Bedford**

1	O'Brien, Douglas A	53	KFAC-2	36.85	17
2	Dwyer, James	54	SCY-2	41.95	15

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

WORLD: 57.95 W 3/25/2017 Nicolas GRANGER

NATL: 58.47 N 10/24/2015 FRITZ BEDFORD

ZONECHAMPS: 1:04.21 Z 12/14/2013 Douglas Pride

1	O'Brien, Douglas A	53	KFAC-2	1:17.51	17
	38.41		1:17.51		

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

WORLD: 2:07.13 W 5/6/2017 Nicolas GRANGER

NATL: 2:11.84 N 12/4/2009 JAMIE FOWLER

ZONECHAMPS: 2:15.90 Z 12/15/2013 Fritz Bedford

1	O'Brien, Douglas A	53	KFAC-2	2:44.66	17
	40.51		1:22.69	2:04.97	2:44.66
2	Nemirovsky, Sergei	50	PATS-2	2:49.82	15
	40.50		1:23.23	2:07.09	2:49.82
3	Foley, Stephen	50	PITY-2	3:27.03	14
	48.31		1:40.09	2:34.07	3:27.03

**Men 50-54 50 SC Meter Breaststroke**

WORLD: 29.71 W 4/9/2017 C.Arturo TRAVAINI

NATL: 29.84 N 12/8/2013 DAVID GUTHRIE

ZONECHAMPS: 30.10 Z 12/9/2016 Scott Heber

1	Hersh, Craig	51	GSP-2	33.00	17
2	Waldfried, Carlo	54	SWMR-2	36.03	15
3	Avard, Christian	50	UVRA-2	38.11	14
4	Miller, Brian E	53	CONN-5	39.86	13
5	Snowise, Mark	53	PITY-2	40.53	12
6	Quelch, Dennis	50	SCY-2	41.14	11
7	Dusseault, David	52	SWMR-2	42.19	10
8	Dwyer, James	54	SCY-2	42.56	9

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

WORLD: 1:04.28 W 5/6/2017 Nicolas GRANGER

NATL: 1:04.54 N 12/7/2013 DAVID GUTHRIE

ZONECHAMPS: 1:08.27 Z 1/1/2008 Benn Doyle

1	Hersh, Craig	51	GSP-2	1:15.13	17
	35.12		1:15.13		
2	Dainiak, Chris	51	GSP-2	1:20.16	15
	37.71		1:20.16		
3	Foley, Stephen	50	PITY-2	1:32.73	14
	43.04		1:32.73		
4	Miller, Brian E	53	CONN-5	1:32.95	13
	42.92		1:32.95		
5	Quelch, Dennis	50	SCY-2	1:33.83	12
	44.39		1:33.83		
6	Dwyer, James	54	SCY-2	1:35.66	11
	45.06		1:35.66		

**Men 50-54 200 SC Meter Breaststroke**

WORLD: 2:19.36 W 3/23/2018 Nicolas GRANGER

NATL: 2:21.65 N 12/8/2013 DAVID GUTHRIE

ZONECHAMPS: 2:32.78 Z 1/1/2008 Benn Doyle

1	Hersh, Craig	51	GSP-2	2:48.38	17
	38.27		1:21.43	2:04.49	2:48.38
2	Dwyer, James	54	SCY-2	3:27.46	15
	46.96		1:39.15	2:33.71	3:27.46
3	Quelch, Dennis	50	SCY-2	3:32.42	14
	47.89		1:41.48	2:36.43	3:32.42

**Men 50-54 50 SC Meter Butterfly**

WORLD: 25.14 W 5/5/2022 Eiji NOMURA

NATL: 25.74 N 12/8/2018 STEVE HILTABIDDLE

ZONECHAMPS: 25.60 Z 12/7/2018 Steve Hiltabiddle

1	Duru, Kaan	52	SWMR-2	30.86	17
2	O'Brien, Douglas A	53	KFAC-2	32.90	15
3	Avard, Christian	50	UVRA-2	33.29	14
4	Juethner, Konrad	54	CRM-2	34.67	13
5	Quelch, Dennis	50	SCY-2	35.03	12
6	Dwyer, James	54	SCY-2	37.13	11
7	Foley, Stephen	50	PITY-2	45.76	10
8	Green, Rob	52	GBM-2	1:06.93	9

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

WORLD: 55.85 W 1/15/2022 Eiji NOMURA

NATL: 57.29 N 12/2/2007 PAUL CARTER

ZONECHAMPS: 59.18 Z 12/7/2018 Steve Hiltabiddle

1	Waldfried, Carlo	54	SWMR-2	1:08.93	17
	32.59		1:08.93		
2	Duru, Kaan	52	SWMR-2	1:10.15	15
	33.07		1:10.15		
3	O'Brien, Douglas A	53	KFAC-2	1:16.01	14
	35.75		1:16.01		
4	Dwyer, James	54	SCY-2	1:35.37	13
	43.21		1:35.37		

**Men 50-54 200 SC Meter Butterfly**

WORLD: 2:07.89 W 1/16/2022 Eiji NOMURA

NATL: 2:10.52 N 5/21/2016 MIKE SHAFFER

ZONECHAMPS: 2:27.07 Z 12/12/2021 Patrick Brundage

1	Henson, Robert	53	BRKL-2	3:19.90	17
	44.06		1:32.77	2:25.20	3:19.90

**Men 50-54 100 SC Meter IM**

WORLD: 57.69 W 3/24/2017 Nicolas GRANGER

NATL: 1:00.57 N 12/10/2016 SCOTT HEBER

ZONECHAMPS: 1:00.57 Z 12/9/2016 Scott Heber

1	Hersh, Craig	51	GSP-2	1:08.31	17
	33.11		1:08.31		
2	Waldfried, Carlo	54	SWMR-2	1:09.01	15
	33.03		1:09.01		
3	Avard, Christian	50	UVRA-2	1:14.79	14
	34.33		1:14.79		
4	Blank, Adam	52	SRPM-2	1:17.68	13
	35.60		1:17.68		
5	Snowise, Mark	53	PITY-2	1:21.79	12
	39.82		1:21.79		
6	Quelch, Dennis	50	SCY-2	1:22.71	11
	39.47		1:22.71		
7	Dwyer, James	54	SCY-2	1:25.85	10
	39.79		1:25.85		
8	Henson, Robert	53	BRKL-2	1:26.29	9
	41.90		1:26.29		

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

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## Results

**Men 50-54 200 SC Meter IM****WORLD: 2:06.38 W 1/28/2018 Nicolas GRANGER****NATL: 2:12.85 N 5/17/2015 JEROME FRENTSOS****ZONECHAMPS: 2:13.50 Z 12/13/2014 David Sims**

1	Waldfried, Carlo	54	SWMR-2	2:33.91	17
	32.74	1:15.26	2:00.13	2:33.91	
2	Dainiak, Chris	51	GSP-2	2:35.30	15
	35.18	1:15.20	2:00.19	2:35.30	
3	Hersh, Craig	51	GSP-2	2:35.62	14
	33.62	1:15.51	1:59.83	2:35.62	
4	Snowise, Mark	53	PITY-2	3:02.59	13
	40.39	1:30.95	2:23.16	3:02.59	
5	Quelch, Dennis	50	SCY-2	3:06.13	12
	38.08	1:27.60	2:21.95	3:06.13	
6	Dwyer, James	54	SCY-2	3:14.34	11
	41.78	1:32.88	2:28.84	3:14.34	
7	Juethner, Konrad	54	CRM-2	3:17.91	10
	39.48	1:35.56	2:32.25	3:17.91	

**Men 50-54 400 SC Meter IM****WORLD: 4:29.33 W 3/23/2017 Nicolas GRANGER****NATL: 4:45.15 N 5/18/2015 JEROME FRENTSOS****ZONECHAMPS: 4:49.49 Z 12/14/2014 David Sims**

1	Quelch, Dennis	50	SCY-2	6:55.11	17
	42.87	1:33.37	3:21.89	6:55.11	
	4:18.92	5:18.16	6:06.77	6:55.11	

**Men 55-59 50 SC Meter Freestyle****WORLD: 24.37 W 3/23/2019 Calvin MAUGHAN****NATL: 24.66 N 10/10/2015 STEVE WOOD****ZONECHAMPS: 24.88 Z 12/11/2021 Steve Hiltabiddle**

1	Hiltabiddle, Steve	56	1776-8	25.18	17
2	Unruh, Steven	56	NITR-43	26.08	15
3	Adl, Rommin	58	CONN-5	27.39	14
4	Theroux, Trent	55	SWMR-2	28.85	13
5	Correll, Sean P	55	KFAC-2	29.70	12
6	Ols, John	56	WAM-2	30.46	11
7	Rudman, Frederic	58	SRPM-2	30.75	10
8	Johnson, Eric	59	SRPM-2	31.58	9
9	Palluzzi, Anthony J	56	CONN-5	32.22	8
10	Baker, August	58	WARH-2	33.85	7
11	Mettler, Steve	56	CONN-5	34.39	6

**Men 55-59 100 SC Meter Freestyle****WORLD: 54.32 W 3/23/2019 Calvin MAUGHAN****NATL: 54.50 N 4/5/2009 JACK GROSELLE****ZONECHAMPS: 55.29 Z 12/12/2021 Steve Hiltabiddle**

1	Hiltabiddle, Steve	56	1776-8	55.58	17
	26.69	55.58			
2	Doyle, Christopher J	58	CONN-5	59.48	15
	28.98	59.48			
3	Gilson, Matthew	55	SWMR-2	1:03.24	14
	30.12	1:03.24			
4	Rudman, Frederic	58	SRPM-2	1:10.48	13
	34.30	1:10.48			
5	Palluzzi, Anthony J	56	CONN-5	1:10.81	12
	35.17	1:10.81			

6	Mettler, Steve	56	CONN-5	1:15.99	11
	36.67	1:15.99			

**Men 55-59 200 SC Meter Freestyle****WORLD: 1:59.08 W 11/21/2009 Michael MANN****NATL: 1:59.08 N 11/21/2009 MICHAEL MANN****ZONECHAMPS: 2:03.41 Z 12/12/2021 Steven Unruh**

1	Doyle, Christopher J	58	CONN-5	2:13.19	17
	31.62	1:05.29	1:39.28	2:13.19	
2	Gilson, Matthew	55	SWMR-2	2:24.55	15
	33.51	1:10.41	1:47.19	2:24.55	
3	Ols, John	56	WAM-2	2:37.93	14
	34.72	1:14.86	1:57.19	2:37.93	
4	Mettler, Steve	56	CONN-5	2:47.89	13
	37.37	1:19.38	2:03.82	2:47.89	

**Men 55-59 400 SC Meter Freestyle****WORLD: 4:16.03 W 11/22/2009 Michael MANN****NATL: 4:16.03 N 11/22/2009 MICHAEL MANN****ZONECHAMPS: 4:36.89 Z 1/1/2001 John Calvert**

1	Doyle, Christopher J	58	CONN-5	4:50.22	17
	32.07	1:06.97	1:43.12	2:20.40	
	2:58.19	3:36.09	4:13.35	4:50.22	
2	Correll, Sean P	55	KFAC-2	5:19.72	15
	35.86	1:14.83	1:55.40	2:36.96	
	3:18.56	3:59.91	4:41.13	5:19.72	
3	Ols, John	56	WAM-2	5:23.98	14
	35.96	1:15.81	1:57.56	2:39.51	
	3:21.36	4:03.66	4:44.63	5:23.98	
4	Strehle, John W	57	WCMSS-2	5:27.83	13
	33.93	1:13.73	1:55.35	2:38.18	
	3:20.54	4:03.71	4:46.66	5:27.83	
5	Unruh, Steven	56	NITR-43	5:32.59	12
	29.49	1:01.40	1:34.08	2:07.26	
	3:10.54	3:59.57	4:47.44	5:32.59	
6	Cromarty, Stuart	58	SWMR-2	5:35.22	11
	29.06	1:01.81	1:37.85	2:14.77	
	3:21.41	4:05.84	4:54.92	5:35.22	
7	Palluzzi, Anthony J	56	CONN-5	5:39.41	10
	42.17	1:26.36	2:09.28	2:52.01	
	3:34.71	4:16.12	4:57.58	5:39.41	
8	Mettler, Steve	56	CONN-5	6:01.25	9
	38.80	1:21.65	2:06.50	2:53.09	
	3:40.27	4:27.25	5:15.59	6:01.25	
9	Adl, Rommin	58	CONN-5	6:17.85	8
	28.85	1:02.04	2:11.38	3:03.13	
	3:53.70	4:42.16	5:30.53	6:17.85	
10	Hiltabiddle, Steve	56	1776-8	6:42.58	7
	26.62	55.74	2:11.71	3:07.83	
	4:06.58	5:00.04	5:54.54	6:42.58	

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## Results

**Men 55-59 800 SC Meter Freestyle****WORLD: 8:51.34 W 11/21/2009 Michael MANN****NATL: 8:51.34 N 11/21/2009 MICHAEL MANN****ZONECHAMPS: 9:34.94 Z 1/1/2001 John Calvert**

1	Cromarty, Stuart	58	SWMR-2	9:52.07	17
	32.17	1:07.96	1:44.48	2:21.21	
	2:58.20	3:36.16	4:13.58	4:51.31	
	5:29.32	6:06.86	6:44.87	7:22.72	
	8:00.87	8:38.72	9:16.36	9:52.07	
2	Baker, August	58	WARH-2	12:42.42	15
	40.35	1:24.83	2:09.52	2:54.72	
	3:40.43	4:26.25	5:12.38	5:59.11	
	6:46.31	7:33.95	8:22.70	9:11.03	
	10:02.56	10:55.84	11:49.44	12:42.42	
3	Mettler, Steve	56	CONN-5	12:42.70	14
	41.40	1:27.12	2:13.72	3:02.42	
	3:50.85	4:39.53	5:28.49	6:17.61	
	7:06.95	7:55.31	8:43.82	9:32.79	
	10:21.37	11:09.41	11:56.76	12:42.70	

**Men 55-59 50 SC Meter Backstroke****WORLD: 27.86 W 12/9/2018 Fritz BEDFORD****NATL: 27.62 N 10/10/2015 STEVE WOOD****ZONECHAMPS: 27.86 Z 12/7/2018 Fritz Bedford**

1	Hiltabiddle, Steve	56	1776-8	30.70	17
2	Palluzzi, Anthony J	56	CONN-5	39.30	15
3	Wyckoff, Ben	58	CONN-5	44.24	14

**Men 55-59 100 SC Meter Backstroke****WORLD: 1:00.78 W 10/20/2018 Fritz BEDFORD****NATL: 1:00.78 N 10/20/2018 FRITZ BEDFORD****ZONECHAMPS: 1:07.76 Z 1/1/2007 Mark Pugliese**

1	Hiltabiddle, Steve	56	1776-8	1:10.21	17
	33.92	1:10.21			

**Men 55-59 200 SC Meter Backstroke****WORLD: 2:15.37 W 12/2/2018 Len GUSHE****NATL: 2:15.37 N 12/2/2018 LEN GUSHE****ZONECHAMPS: 2:31.64 Z 12/15/2013 Mark Alexander**

1	Theroux, Trent	55	SWMR-2	2:37.54	17
	36.94	1:16.64	1:58.26	2:37.54	
2	Baker, August	58	WARH-2	3:12.24	15
	46.63	1:36.22	2:25.09	3:12.24	

**Men 55-59 50 SC Meter Breaststroke****WORLD: 29.22 W 2/9/2020 C.Arturo TRAVAINI****NATL: 30.37 N 12/17/2016 DAVID GUTHRIE****ZONECHAMPS: 33.03 Z 12/14/2013 Benn Doyle**

1	Hiltabiddle, Steve	56	1776-8	35.73	17
2	Gilson, Matthew	55	SWMR-2	38.00	15
3	Mettler, Steve	56	CONN-5	44.08	14
4	Wyckoff, Ben	58	CONN-5	44.73	13

**Men 55-59 100 SC Meter Breaststroke****WORLD: 1:04.26 W 2/16/2019 C.Arturo TRAVAINI****NATL: 1:06.80 N 12/18/2016 DAVID GUTHRIE****ZONECHAMPS: 1:13.24 Z 12/14/2014 Benn Doyle**

1	Strehle, John W	57	WCMSS-2	1:24.27	17
	38.33	1:24.27			

2	Mettler, Steve	56	CONN-5	1:37.26	15
	45.39	1:37.26			

**Men 55-59 50 SC Meter Butterfly****WORLD: 26.43 W 12/12/2021 Steve HILTABIDDLE****NATL: 26.43 N 12/12/2021 STEVE HILTABIDDLE****ZONECHAMPS: 26.43 Z 12/11/2021 Steve Hiltabiddle**

1	Hiltabiddle, Steve	56	1776-8	26.73	17
2	Unruh, Steven	56	NITR-43	27.84	15
3	Theroux, Trent	55	SWMR-2	31.45	14
4	Adl, Rommin	58	CONN-5	32.32	13
5	Ols, John	56	WAM-2	33.24	12
6	Rudman, Frederic	58	SRPM-2	33.35	11
7	Johnson, Eric	59	SRPM-2	33.62	10
8	Palluzzi, Anthony J	56	CONN-5	35.47	9
9	Baker, August	58	WARH-2	40.41	8

**Men 55-59 100 SC Meter Butterfly****WORLD: 59.80 W 4/1/2013 Dan THOMPSON****NATL: 1:00.10 N 12/1/2017 DAVID SIMS****ZONECHAMPS: 1:01.18 Z 12/13/2019 Bryan Tatterson**

1	Hiltabiddle, Steve	56	1776-8	1:01.26	17
	28.48	1:01.26			
2	Unruh, Steven	56	NITR-43	1:03.57	15
	29.64	1:03.57			
3	Doyle, Christopher J	58	CONN-5	1:06.17	14
	31.33	1:06.17			
4	Theroux, Trent	55	SWMR-2	1:12.66	13
	34.65	1:12.66			
5	Ols, John	56	WAM-2	1:20.37	12
	36.41	1:20.37			
6	Correll, Sean P	55	KFAC-2	1:20.55	11
	37.01	1:20.55			
7	Palluzzi, Anthony J	56	CONN-5	1:25.65	10
	40.02	1:25.65			
8	Baker, August	58	WARH-2	1:38.47	9
	46.58	1:38.47			

**Men 55-59 100 SC Meter IM****WORLD: 1:01.28 W 12/4/2021 Jerome FRENTSOS****NATL: 1:01.28 N 12/4/2021 JEROME FRENTSOS****ZONECHAMPS: 1:04.58 Z 12/7/2018 Fritz Bedford**

1	Hiltabiddle, Steve	56	1776-8	1:06.49	17
	30.33	1:06.49			
2	Gilson, Matthew	55	SWMR-2	1:14.27	15
	34.78	1:14.27			
3	Palluzzi, Anthony J	56	CONN-5	1:22.04	14
	39.50	1:22.04			
4	Ols, John	56	WAM-2	1:24.14	13
	39.82	1:24.14			

**Men 55-59 200 SC Meter IM****WORLD: 2:14.60 W 2/29/2020 Jerome FRENTSOS****NATL: 2:14.60 N 2/29/2020 JEROME FRENTSOS****ZONECHAMPS: 2:28.45 Z 12/7/2018 Edmund Gendreau**

1	Correll, Sean P	55	KFAC-2	2:49.02	17
	36.17	1:19.28	2:08.94	2:49.02	
2	Ols, John	56	WAM-2	3:01.72	15
	36.71	1:30.69	2:25.47	3:01.72	

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**(Men 55-59 200 SC Meter IM)**

3	Strehle, John W	57	WCMSS-2	3:02.67	14
	40.12	1:29.30	2:20.38	3:02.67	
4	Palluzzi, Anthony J	56	CONN-5	3:05.39	13
	40.74	1:29.02	2:26.47	3:05.39	
5	Hiltabiddle, Steve	56	1776-8	3:08.36	12
	27.10	1:29.85	2:25.69	3:08.36	
6	Baker, August	58	WARH-2	3:15.42	11
	46.33	1:37.84	2:30.68	3:15.42	

**Men 55-59 400 SC Meter IM****WORLD: 4:49.86 W 7/16/2022 Brent FOSTER****NATL: 4:51.97 N 11/21/2009 MICHAEL MANN****ZONECHAMPS: 5:31.03 Z 1/1/2002 Daniel Rogacki**

1	Hiltabiddle, Steve	56	1776-8	7:07.06	17
	27.83	1:01.19	2:21.52	3:24.53	
	4:26.43	5:27.16	6:19.99	7:07.06	

**Men 60-64 50 SC Meter Freestyle****WORLD: 24.90 W 12/3/2006 Richard ABRAHAMS****NATL: 24.90 N 12/3/2006 RICHARD ABRAHAMS****ZONECHAMPS: 26.89 Z 12/11/2021 Mark Tilley**

1	Weissman, Greg	61	WCMSS-2	28.32	17
2	Sforzini, Andy	60	SRPM-2	28.59	15
3	Brown, Phil	61	WCMSS-2	29.98	14
4	McGahie, Ted	63	WAM-2	30.70	13
5	Mansilla, Frankin	62	LANE-2	31.19	12
6	Purdy, Neil	62	SRPM-2	32.51	11
7	Meier, Bill	61	SRPM-2	32.57	10
8	Deville, Douglas	64	SRPM-2	32.76	9
9	Fletcher, Gordon	62	SCY-2	33.53	8
10	Savuto, Paul	64	CRM-2	34.10	7
11	Payne, Stephen	61	TERR-10	37.15	6
12	Sultan, Christopher	63	SRPM-2	38.54	5
13	Whitney, Howard	62	WAM-2	40.45	4
14	Dealy, George	64	KFAC-2	47.55	3

**Men 60-64 100 SC Meter Freestyle****WORLD: 55.87 W 5/17/2014 Jack GROSELLE****NATL: 55.87 N 5/17/2014 JACK GROSELLE****ZONECHAMPS: 1:01.78 Z 12/9/2022 Bob Tyler**

1	Tyler, Bob	60	GSP-2	1:01.78Z	17
	29.68	1:01.78			
2	Sforzini, Andy	60	SRPM-2	1:04.60	15
	29.95	1:04.60			
3	Rehmus, Jonathan	62	UC02-2	1:09.65	14
	32.53	1:09.65			
4	Fletcher, Gordon	62	SCY-2	1:13.02	13
	34.32	1:13.02			
5	Savuto, Paul	64	CRM-2	1:16.31	12
	36.72	1:16.31			
6	Deville, Douglas	64	SRPM-2	1:18.02	11
	36.82	1:18.02			
7	Weissman, Greg	61	WCMSS-2	1:19.92	10
	27.75	1:19.92			
8	Payne, Stephen	61	TERR-10	1:22.09	9
	38.34	1:22.09			

9	Whitney, Howard	62	WAM-2	1:29.15	8
	43.65	1:29.15			
10	Sultan, Christopher	63	SRPM-2	1:31.67	7
	45.18	1:31.67			

**Men 60-64 200 SC Meter Freestyle****WORLD: 2:01.65 W 11/21/2015 Rick COLELLA****NATL: 2:01.65 N 11/21/2015 RICK COLELLA****ZONECHAMPS: 2:17.53 Z 12/11/2010 Rick Walker**

1	Tyler, Bob	60	GSP-2	2:19.98	17
	32.46	1:08.26	1:44.78	2:19.98	
2	Fletcher, Gordon	62	SCY-2	2:50.27	15
	37.92	1:19.77	2:05.44	2:50.27	
3	Savuto, Paul	64	CRM-2	2:57.80	14
	40.47	1:25.42	2:12.52	2:57.80	
4	Payne, Stephen	61	TERR-10	3:09.64	13
	42.94	1:32.81	2:23.13	3:09.64	
5	Roth, Douglas	61	MESC-2	3:11.53	12
	44.18	1:32.71	2:23.06	3:11.53	
6	Whitney, Howard	62	WAM-2	3:13.97	11
	47.31	1:37.22	2:26.51	3:13.97	

**Men 60-64 400 SC Meter Freestyle****WORLD: 4:29.92 W 12/2/2017 Dan STEPHENSON****NATL: 4:29.92 N 12/2/2017 DAN STEPHENSON****ZONECHAMPS: 4:51.08 Z 12/12/2010 Rick Walker**

1	Sullivan, Kevin	62	LYMT-2	5:22.54	17
	36.59	1:16.66	1:57.07	2:37.86	
	3:19.11	4:00.72	4:41.81	5:22.54	
2	McGahie, Ted	63	WAM-2	5:25.63	15
	37.31	1:17.42	1:58.50	2:40.48	
	3:22.27	4:04.98	4:46.20	5:25.63	
3	Riordan, Patrick	60	SRPM-2	6:00.54	14
	38.88	1:21.24	2:05.93	2:51.36	
	3:39.35	4:25.98	5:13.11	6:00.54	
4	Burbank, Gerald	63	CONN-5	6:02.31	13
	37.55	1:21.29	2:06.14	2:53.79	
	3:41.51	4:29.88	5:17.98	6:02.31	
5	Gore, Timothy	60	PITY-2	6:03.29	12
	39.81	1:24.76	2:11.42	2:58.86	
	3:46.28	4:33.96	5:20.28	6:03.29	
6	Savuto, Paul	64	CRM-2	6:23.79	11
	42.32	1:30.20	2:19.15	3:09.21	
	3:58.92	4:48.85	5:38.08	6:23.79	
7	Whitney, Howard	62	WAM-2	6:38.66	10
	46.29	1:35.98	2:26.73	3:17.02	
	4:07.46	4:57.71	5:48.98	6:38.66	
8	Roth, Douglas	61	MESC-2	6:39.75	9
	44.57	1:33.82	2:25.20	3:17.88	
	4:09.33	5:00.12	5:50.21	6:39.75	
9	Payne, Stephen	61	TERR-10	6:47.95	8
	46.43	1:37.01	2:28.79	3:20.40	
	4:12.56	5:05.56	5:58.52	6:47.95	
10	Canning, Peter	64	CONN-5	8:44.24	7
	56.03	2:02.80			
			7:40.54	8:44.24	

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**Men 60-64 800 SC Meter Freestyle****WORLD: 9:14.50 W 12/2/2018 Andrew BRAY****NATL: 9:14.50 N 12/2/2018 ANDREW BRAY****ZONECHAMPS: 9:56.38 Z 12/10/2010 Rick Walker**

1	Gore, Timothy	60	PITY-2	12:24.66	17
	40.51	1:25.95	2:12.68	3:00.16	
	3:47.88	4:35.82	5:22.98	6:10.07	
	6:57.58	7:44.91	8:32.00	9:19.43	
	10:06.09	10:53.52	11:40.50	12:24.66	
2	Burbank, Gerald	63	CONN-5	13:03.80	15
	40.14	1:25.52	2:13.30	3:02.36	
	3:53.00	4:43.60	5:34.56	6:25.07	
	7:15.13	8:06.14	8:56.28	9:47.65	
	10:37.87	11:28.72	12:18.06	13:03.80	
3	Savuto, Paul	64	CRM-2	13:06.74	14
	42.99	1:31.86	2:21.34	3:11.41	
	4:01.59	4:51.88	5:42.35	6:32.85	
	7:23.40	8:13.36	9:03.33	9:53.49	
	10:43.38	11:33.21	12:21.54	13:06.74	
4	Riordan, Patrick	60	SRPM-2	13:09.34	13
	44.02	1:33.83	2:22.42	3:12.32	
	4:02.78	4:52.88	5:42.61		
	7:22.95	8:12.69		9:53.34	
	11:31.84	12:20.93	13:09.34		
5	Meier, Bill	61	SRPM-2	13:09.81	12
6	Roth, Douglas	61	MESC-2	13:46.51	11
	48.92	1:40.31	2:32.79	3:25.35	
	4:18.39	5:12.20	6:04.15	6:56.61	
	7:48.46	8:41.44	9:33.58	10:25.11	
	11:16.82	12:07.65	12:57.54	13:46.51	
7	Whitney, Howard	62	WAM-2	14:04.64	10
	48.78	1:40.47	2:33.61	3:26.13	
	4:20.03	6:06.59	7:00.00	7:54.02	
	8:47.58	10:35.52	11:29.85	12:23.12	
	13:16.29	14:04.64			
8	Payne, Stephen	61	TERR-10	14:08.49	9
	48.77	1:42.17	2:36.18	3:30.25	
	4:23.95	5:17.63	6:12.37	7:05.80	
	7:59.00	8:52.97	9:47.01	10:39.90	
	11:33.65	12:26.58	13:18.40	14:08.49	

**Men 60-64 50 SC Meter Backstroke****WORLD: 29.44 W 12/7/2019 Jamie FOWLER****NATL: 29.44 N 12/7/2019 JAMIE FOWLER****ZONECHAMPS: 33.31 Z 12/7/2018 Michael McCombs**

1	Tyler, Bob	60	GSP-2	36.65	17
2	Sforzini, Andy	60	SRPM-2	36.93	15
3	McGahie, Ted	63	WAM-2	37.03	14
4	Burbank, Gerald	63	CONN-5	37.58	13
5	Mansilla, Frankin	62	LANE-2	38.69	12
6	Meier, Bill	61	SRPM-2	47.07	11
7	Canning, Peter	64	CONN-5	57.56	10

**Men 60-64 100 SC Meter Backstroke****WORLD: 1:03.15 W 12/7/2019 Jamie FOWLER****NATL: 1:03.15 N 12/7/2019 JAMIE FOWLER****ZONECHAMPS: 1:12.36 Z 12/7/2018 Mark Alexander**

1	Burbank, Gerald	63	CONN-5	1:19.65	17
	38.99	1:19.65			
2	McGahie, Ted	63	WAM-2	1:19.67	15
	39.25	1:19.67			
3	Tyler, Bob	60	GSP-2	1:21.86	14
	40.31	1:21.86			
4	Whitney, Howard	62	WAM-2	1:43.87	13
	54.11	1:43.87			
5	Canning, Peter	64	CONN-5	2:13.92	12
	1:04.47	2:13.92			

**Men 60-64 200 SC Meter Backstroke****WORLD: 2:17.15 W 12/8/2019 Jamie FOWLER****NATL: 2:17.15 N 12/8/2019 JAMIE FOWLER****ZONECHAMPS: 2:34.43 Z 12/7/2018 Mark Alexander**

1	Sullivan, Kevin	62	LYMT-2	2:49.71	17
	41.24	1:23.67	2:06.64	2:49.71	
2	Burbank, Gerald	63	CONN-5	2:54.42	15
	40.84	1:25.11	2:10.86	2:54.42	
3	McGahie, Ted	63	WAM-2	2:55.59	14
	41.81	1:25.85	2:11.91	2:55.59	
4	Purdy, Neil	62	SRPM-2	3:01.71	13
	44.30	1:30.77	2:18.19	3:01.71	
5	Gore, Timothy	60	PITY-2	3:12.00	12
	46.11	1:35.42	2:25.16	3:12.00	
6	Whitney, Howard	62	WAM-2	3:24.88	11
	50.15	1:42.11	3:24.88		
7	Roth, Douglas	61	MESC-2	3:58.93	10
	56.66	1:56.68	2:58.34	3:58.93	
8	Canning, Peter	64	CONN-5	4:36.21	9
	1:05.52	2:15.32	3:26.98	4:36.21	

**Men 60-64 50 SC Meter Breaststroke****WORLD: 31.51 W 11/21/2015 Rick COLELLA****NATL: 31.51 N 11/21/2015 RICK COLELLA****ZONECHAMPS: 34.10 Z 12/7/2018 Benn Doyle**

1	Weissman, Greg	61	WCMSS-2	35.19	17
2	Burbank, Gerald	63	CONN-5	39.08	15
3	Tyler, Bob	60	GSP-2	39.97	14
4	McGahie, Ted	63	WAM-2	40.67	13
5	Mansilla, Frankin	62	LANE-2	41.33	12
6	Lamontagne, Robert	64	CONN-5	44.67	11
7	Canning, Peter	64	CONN-5	48.75	10
8	Roth, Douglas	61	MESC-2	59.51	9

**Men 60-64 100 SC Meter Breaststroke****WORLD: 1:09.53 W 8/1/2021 David GUTHRIE****NATL: 1:08.24 N 11/13/2022 DAVID GUTHRIE****ZONECHAMPS: 1:15.88 Z 12/7/2018 Benn Doyle**

1	Weissman, Greg	61	WCMSS-2	1:23.25	17
	39.44	1:23.25			
2	Brown, Phil	61	WCMSS-2	1:26.58	15
	42.03	1:26.58			



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3	Burbank, Gerald	63	CONN-5	1:27.85	14
	41.46	1:27.85			
4	McGahie, Ted	63	WAM-2	1:28.76	13
	43.00	1:28.76			
5	Lamontagne, Robert	64	CONN-5	1:38.15	12
	47.12	1:38.15			
6	Gore, Timothy	60	PITY-2	1:40.74	11
	48.43	1:40.74			
7	Canning, Peter	64	CONN-5	2:09.71	10
	1:03.69	2:09.71			
8	Roth, Douglas	61	MESC-2	2:11.46	9

**Men 60-64 200 SC Meter Breaststroke****WORLD: 2:32.34 W 7/31/2021 David GUTHRIE****NATL: 2:32.34 N 7/31/2021 DAVID GUTHRIE****ZONECHAMPS: 2:46.92 Z 12/7/2018 Benn Doyle**

1	McGahie, Ted	63	WAM-2	3:17.48	17
	45.51	1:35.91	2:28.19	3:17.48	
2	Burbank, Gerald	63	CONN-5	3:20.43	15
	45.98	1:37.93	2:30.96	3:20.43	
3	Lamontagne, Robert	64	CONN-5	3:40.55	14
	50.01	1:46.81	2:45.23	3:40.55	
4	Whitney, Howard	62	WAM-2	4:21.84	13
	1:03.73	2:10.98	3:16.47	4:21.84	
5	Roth, Douglas	61	MESC-2	4:42.31	12
	1:05.08	2:16.41	3:29.31	4:42.31	
6	Canning, Peter	64	CONN-5	5:00.85	11
	1:08.48	2:27.49	3:44.83	5:00.85	

**Men 60-64 50 SC Meter Butterfly****WORLD: 26.78 W 5/13/2017 Dan THOMPSON****NATL: 27.40 N 5/25/2019 BRUCE KONE****ZONECHAMPS: 29.84 Z 12/11/2021 Mark Tilley**

1	Sforzini, Andy	60	SRPM-2	31.89	17
2	McGahie, Ted	63	WAM-2	33.90	15
3	Sullivan, Kevin	62	LYMT-2	34.03	14
4	Mansilla, Frankin	62	LANE-2	35.01	13
5	Purdy, Neil	62	SRPM-2	35.09	12
6	Deville, Douglas	64	SRPM-2	37.66	11
7	Riordan, Patrick	60	SRPM-2	39.44	10
8	Savuto, Paul	64	CRM-2	44.22	9
9	Whitney, Howard	62	WAM-2	52.14	8
10	Canning, Peter	64	CONN-5	55.90	7
11	Roth, Douglas	61	MESC-2	58.22	6

**Men 60-64 100 SC Meter Butterfly****WORLD: 1:00.20 W 5/23/2016 Dan THOMPSON****NATL: 1:03.38 N 12/12/2020 MIKE LAMONICA****ZONECHAMPS: 1:07.40 Z 12/15/2013 Greg Shaw**

1	Sforzini, Andy	60	SRPM-2	1:17.42	17
	35.05	1:17.42			
2	Whitney, Howard	62	WAM-2	1:59.55	15
	56.12	1:59.55			
3	Canning, Peter	64	CONN-5	2:09.42	14
	1:03.33	2:09.42			

4	Roth, Douglas	61	MESC-2	2:19.38	13
	1:08.74	2:19.38			

**Men 60-64 200 SC Meter Butterfly****WORLD: 2:20.27 W 1/20/2018 Hugo BREGMAN****NATL: 2:23.29 N 11/22/2015 RICK COLELLA****ZONECHAMPS: 2:48.40 Z 1/1/2009 Frank McElroy**

1	Roth, Douglas	61	MESC-2	5:26.36	17
	1:12.14	2:37.92	3:58.74	5:26.36	

**Men 60-64 100 SC Meter IM****WORLD: 1:04.23 W 3/21/2015 Rick COLELLA****NATL: 1:04.23 N 3/21/2015 RICK COLELLA****ZONECHAMPS: 1:11.38 Z 12/12/2021 Jeff Naylor**

1	Burbank, Gerald	63	CONN-5	1:17.16	17
	36.73	1:17.16			
2	McGahie, Ted	63	WAM-2	1:18.03	15
	36.22	1:18.03			
3	Weissman, Greg	61	WCMSS-2	1:18.55	14
	38.18	1:18.55			
4	Meier, Bill	61	SRPM-2	1:30.75	13
	44.89	1:30.75			
5	Deville, Douglas	64	SRPM-2	1:31.31	12
	42.28	1:31.31			
6	Whitney, Howard	62	WAM-2	1:45.47	11
	50.34	1:45.47			
7	Roth, Douglas	61	MESC-2	1:51.59	10
	54.31	1:51.59			
8	Canning, Peter	64	CONN-5	1:52.58	9
	55.65	1:52.58			

**Men 60-64 200 SC Meter IM****WORLD: 2:19.96 W 3/21/2015 Rick COLELLA****NATL: 2:19.96 N 3/21/2015 RICK COLELLA****ZONECHAMPS: 2:32.68 Z 12/7/2018 Jeff Naylor**

1	Sullivan, Kevin	62	LYMT-2	2:48.03	17
	35.78	1:20.12	2:07.96	2:48.03	
2	Brown, Phil	61	WCMSS-2	2:50.89	15
	36.11	1:21.68	2:12.08	2:50.89	
3	McGahie, Ted	63	WAM-2	2:51.34	14
	38.01	1:22.42	2:12.46	2:51.34	
4	Burbank, Gerald	63	CONN-5	3:00.01	13
	41.83	1:27.13	2:18.51	3:00.01	
5	Fletcher, Gordon	62	SCY-2	3:36.04	12
	49.13	1:44.58	2:54.71	3:36.04	
6	Whitney, Howard	62	WAM-2	3:40.53	11
	52.73	1:44.97	2:51.40	3:40.53	
7	Roth, Douglas	61	MESC-2	4:03.41	10
	57.95	2:01.96	3:13.60	4:03.41	
8	Canning, Peter	64	CONN-5	4:18.17	9
	1:01.26	3:24.14	4:18.17		

**Men 60-64 400 SC Meter IM****WORLD: 5:04.54 W 11/13/2011 Rick COLELLA****NATL: 5:04.54 N 11/13/2011 RICK COLELLA****ZONECHAMPS: 5:27.90 Z 12/7/2018 Greg Sanchez**

1	McGahie, Ted	63	WAM-2	6:15.95	17
	40.75	1:26.57	2:15.72	3:05.66	
	3:58.68	4:54.16	5:35.67	6:15.95	



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**(Men 65-69 100 SC Meter Backstroke)**

3	Keil, Mark	69	GSP-2	1:33.61	14
	44.68	1:33.61			
4	RyanMann, Duncan	69	PITY-2	1:34.24	13
	47.70	1:34.24			
5	Miller, Steve J	68	GBM-2	1:34.78	12
	47.16	1:34.78			
6	Garr, Michael	69	SWMR-2	1:48.64	11
	53.17	1:48.64			
7	Kolis, Steve	67	PITY-2	1:51.43	10
	55.11	1:51.43			

**Men 65-69 200 SC Meter Backstroke****WORLD: 2:28.43 W 4/2/2022 Dan STEPHENSON****NATL: 2:28.43 N 4/2/2022 DAN STEPHENSON****ZONECHAMPS: 2:48.53 Z 12/8/2017 Fred Schlicher**

1	Bartlett, Fred R	66	SCY-2	3:04.57	17
	45.81	1:33.27	2:19.83	3:04.57	
2	Keil, Mark	69	GSP-2	3:16.56	15
	46.03	1:35.12	2:25.71	3:16.56	
3	RyanMann, Duncan	69	PITY-2	3:27.55	14
	48.42	1:39.97	2:34.70	3:27.55	

**Men 65-69 50 SC Meter Breaststroke****WORLD: 32.50 W 11/20/2016 Rick COLELLA****NATL: 32.50 N 11/20/2016 RICK COLELLA****ZONECHAMPS: 34.88 Z 1/1/2009 Jim Dragon**

1	Elturkmani, Majed	68	SWMR-2	45.34	17
2	Garr, Michael	69	SWMR-2	46.26	15
3	Ahrens, Miles	68	CONN-5	46.27	14
4	Bartlett, Fred R	66	SCY-2	46.63	13
5	Fuerman, Ross	69	CRM-2	47.09	12
6	Kolis, Steve	67	PITY-2	49.21	11
7	RyanMann, Duncan	69	PITY-2	55.62	10

**Men 65-69 100 SC Meter Breaststroke****WORLD: 1:11.82 W 11/24/2019 Rick COLELLA****NATL: 1:11.82 N 11/24/2019 RICK COLELLA****ZONECHAMPS: 1:23.69 Z 12/14/2014 Daniel Rogacki**

1	Bartlett, Fred R	66	SCY-2	1:43.82	17
	50.34	1:43.82			
2	Fuerman, Ross	69	CRM-2	1:44.89	15
	48.93	1:44.89			
3	Elturkmani, Majed	68	SWMR-2	1:45.67	14
	48.89	1:45.67			
4	Keil, Mark	69	GSP-2	1:56.18	13
	53.93	1:56.18			
5	Freed, Marc	69	SRPM-2	1:57.00	12
	57.19	1:57.00			
6	RyanMann, Duncan	69	PITY-2	2:03.93	11
	59.06	2:03.93			
---	Diamond, Kevin	67	KFAC-2	DQ	

**Men 65-69 200 SC Meter Breaststroke****WORLD: 2:36.85 W 11/19/2017 Rick COLELLA****NATL: 2:36.85 N 11/19/2017 RICK COLELLA****ZONECHAMPS: 3:06.03 Z 12/11/2015 Daniel Rogacki**

1	Miller, Steve J	68	GBM-2	3:42.92	17
	52.31	1:49.19	2:46.77	3:42.92	
2	Bartlett, Fred R	66	SCY-2	3:44.73	15
	53.08	1:49.50	2:48.26	3:44.73	
3	Garr, Michael	69	SWMR-2	3:59.35	14
	52.76	1:52.94	2:58.01	3:59.35	
4	Keil, Mark	69	GSP-2	4:12.61	13
	57.08	2:01.29	3:09.27	4:12.61	
5	Kolis, Steve	67	PITY-2	4:13.12	12
	56.46	2:02.11	3:08.00	4:13.12	
6	Freed, Marc	69	SRPM-2	4:13.84	11
	58.02	2:01.90	3:09.32	4:13.84	

**Men 65-69 50 SC Meter Butterfly****WORLD: 28.65 W 3/3/2018 Doug MARTIN****NATL: 28.65 N 3/3/2018 DOUG MARTIN****ZONECHAMPS: 29.18 Z 1/1/2009 Jim Dragon**

1	Ahrens, Miles	68	CONN-5	35.86	17
2	Elturkmani, Majed	68	SWMR-2	40.04	15
3	Bartlett, Fred R	66	SCY-2	40.17	14
4	Freed, Marc	69	SRPM-2	50.12	13
5	Garr, Michael	69	SWMR-2	52.77	12
6	Keil, Mark	69	GSP-2	53.31	11

**Men 65-69 100 SC Meter Butterfly****WORLD: 1:05.37 W 7/22/2016 Lawrence DAY****NATL: 1:05.37 N 7/22/2016 LAWRENCE DAY****ZONECHAMPS: 1:09.95 Z 12/8/2017 Greg Shaw**

1	Keil, Mark	69	GSP-2	2:01.34	17
	57.21	2:01.34			

**Men 65-69 200 SC Meter Butterfly****WORLD: 2:25.35 W 11/18/2017 Rick COLELLA****NATL: 2:25.35 N 11/18/2017 RICK COLELLA****ZONECHAMPS: 2:53.24 Z 12/14/2013 Frank McElroy**

1	Keil, Mark	69	GSP-2	4:34.22	17
	59.70	2:11.28	3:25.48	4:34.22	

**Men 65-69 100 SC Meter IM****WORLD: 1:05.43 W 11/19/2016 Rick COLELLA****NATL: 1:05.43 N 11/19/2016 RICK COLELLA****ZONECHAMPS: 1:15.43 Z 2000 Greg Shaw**

1	Fisher, J Kevin	67	MIT-2	1:28.90	17
	39.13	1:28.90			
2	Ahrens, Miles	68	CONN-5	1:29.03	15
	39.77	1:29.03			
3	Bartlett, Fred R	66	SCY-2	1:29.22	14
	41.56	1:29.22			
4	Miller, Steve J	68	GBM-2	1:33.70	13
	44.93	1:33.70			
5	Elturkmani, Majed	68	SWMR-2	1:35.39	12
	45.32	1:35.39			
6	Fuerman, Ross	69	CRM-2	1:36.22	11
	47.58	1:36.22			





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**(Men 75-79 100 SC Meter Freestyle)**

2	Epstein, Paul M	76	CONN-5	1:43.44	15
	49.36	1:43.44			
3	Baxter, David	78	ABC-2	1:56.73	14
	52.68	1:56.73			
4	Putz, Bob	79	SRPM-2	2:33.25	13
	1:11.44	2:33.25			

**Men 75-79 200 SC Meter Freestyle****WORLD: 2:26.94 W 10/12/2019 David QUIGGIN****NATL: 2:26.94 N 10/12/2019 DAVID QUIGGIN****ZONECHAMPS: 3:02.87 Z 12/9/2016 Michael Laux**

1	Epstein, Paul M	76	CONN-5	3:43.78	17
	49.32	1:46.57	2:46.19	3:43.78	

**Men 75-79 400 SC Meter Freestyle****WORLD: 5:15.10 W 4/18/2009 David RADCLIFF****NATL: 5:15.10 N 4/18/2009 DAVID RADCLIFF****ZONECHAMPS: 6:20.12 Z 1/1/2002 Roger Franks**

1	Epstein, Paul M	76	CONN-5	7:49.02	17
	48.80	1:45.50	2:46.05	3:46.64	
	4:46.50	5:47.88	6:49.86	7:49.02	
2	Bump, Benjamin	79	NEM-2	7:52.28	15
	51.87	1:50.53	2:52.23	3:52.17	
	4:52.75	5:54.13	6:54.56	7:52.28	
3	Nelson, Robert H	75	SWMR-2	8:54.07	14
	56.49	2:00.35	3:08.37	4:18.17	
	5:29.14	6:39.53	7:47.84	8:54.07	

**Men 75-79 800 SC Meter Freestyle****WORLD:10:59.10 W 4/17/2009 David RADCLIFF****NATL:10:59.10 N 4/17/2009 DAVID RADCLIFF****ZONECHAMPS:13:01.08 Z 12/12/2021 Rich Bernstein**

1	Rogacki, Daniel	75	PITY-2	13:41.58	17
	44.60	1:34.37	2:26.51	3:19.07	
	4:11.17	5:04.48	5:57.42	6:49.65	
	7:41.79	8:33.26	9:25.12	10:17.48	
	11:10.19	12:02.28	12:52.69	13:41.58	

**Men 75-79 50 SC Meter Backstroke****WORLD: 33.87 W 12/2/2018 Richard BURNS****NATL: 33.87 N 12/2/2018 RICHARD BURNS****ZONECHAMPS: 40.54 Z 12/9/2022 Daniel Rogacki**

1	Rogacki, Daniel	75	PITY-2	40.54Z	17
2	Cooke, Andrew	79	UC19	45.99	15
3	Baxter, David	78	ABC-2	1:01.33	14
4	Epstein, Paul M	76	CONN-5	1:11.87	13
5	Putz, Bob	79	SRPM-2	1:26.87	12

**Men 75-79 100 SC Meter Backstroke****WORLD: 1:14.03 W 12/7/2019 Richard BURNS****NATL: 1:14.03 N 12/7/2019 RICHARD BURNS****ZONECHAMPS: 1:33.86 Z 1/1/2001 William Haynes**

1	Rogacki, Daniel	75	PITY-2	1:35.56	17
	46.58	1:35.56			

**Men 75-79 200 SC Meter Backstroke****WORLD: 2:44.04 W 12/2/2018 Richard BURNS****NATL: 2:44.04 N 12/2/2018 RICHARD BURNS****ZONECHAMPS: 3:18.71 Z 12/7/2018 David Vail**

1	Rogacki, Daniel	75	PITY-2	3:23.80	17
	48.90	1:41.04	2:34.27	3:23.80	
2	Putz, Bob	79	SRPM-2	6:40.83	15
	1:31.33	3:10.25	6:40.83		

**Men 75-79 50 SC Meter Breaststroke****WORLD: 36.78 W 2/19/2022 Roberto RUGGIERI****NATL: 38.35 N 7/24/2016 MIKE FRESHLEY****ZONECHAMPS: 42.81 Z 1/1/2003 Charles Urstadt**

1	Lewis, John	76	GBM-2	44.29	17
2	Wright, Phil	75	SWMR-2	44.81	15
3	Rogacki, Daniel	75	PITY-2	45.25	14
4	Cooke, Andrew	79	UC19	46.71	13
5	Epstein, Paul M	76	CONN-5	50.81	12

**Men 75-79 100 SC Meter Breaststroke****WORLD: 1:25.11 W 10/7/2021 Douglas SPRINGER****NATL: 1:25.11 N 10/7/2021 DOUGLAS SPRINGER****ZONECHAMPS: 1:38.57 Z 12/9/2022 Daniel Rogacki**

1	Rogacki, Daniel	75	PITY-2	1:38.57Z	17
	46.66	1:38.57			
2	Cooke, Andrew	79	UC19	1:46.49	15
	49.29	1:46.49			
3	Epstein, Paul M	76	CONN-5	2:00.46	14
	54.87	2:00.46			
4	Putz, Bob	79	SRPM-2	3:09.96	13
	1:25.21	3:09.96			

**Men 75-79 200 SC Meter Breaststroke****WORLD: 3:06.82 W 7/23/2016 Mike FRESHLEY****NATL: 3:06.82 N 7/23/2016 MIKE FRESHLEY****ZONECHAMPS: 3:33.31 Z 12/9/2022 Richard Myers**

1	Myers, Richard	75	MIT-2	3:33.31Z	17
	49.04	1:43.96	2:40.34	3:33.31	
2	Rogacki, Daniel	75	PITY-2	3:37.17	15
	47.43	1:43.26	2:41.85	3:37.17	
3	Epstein, Paul M	76	CONN-5	4:34.47	14
	57.15	2:06.63	3:21.12	4:34.47	

**Men 75-79 50 SC Meter Butterfly****WORLD: 32.09 W 11/21/2021 Richard ABRAHAMS****NATL: 32.09 N 11/21/2021 RICHARD ABRAHAMS****ZONECHAMPS: 39.00 Z 12/7/2018 David Vail**

1	Myers, Richard	75	MIT-2	40.22	17
2	Wright, Phil	75	SWMR-2	41.78	15
3	Epstein, Paul M	76	CONN-5	58.94	14

**Men 75-79 100 SC Meter Butterfly****WORLD: 1:17.59 W 12/8/2019 Richard BURNS****NATL: 1:17.51 N 10/29/2022 RICHARD ABRAHAMS****ZONECHAMPS: 1:35.51 Z 12/9/2022 Richard Myers**

1	Myers, Richard	75	MIT-2	1:35.51Z	17
	48.20	1:35.51			
2	Epstein, Paul M	76	CONN-5	2:35.32	15
	1:07.38	2:35.32			

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## Results

**Men 75-79 200 SC Meter Butterfly**

**WORLD: 3:10.85 W 11/10/2018 Rudolf SMERDA**  
**NATL: 3:13.73 N 10/7/2021 DOUGLAS SPRINGER**  
**ZONECHAMPS: 3:38.89 Z 12/9/2022 Richard Myers**

1 Myers, Richard 75 MIT-2 3:38.89Z 17  
 51.17 1:47.95 2:46.20 3:38.89

**Men 75-79 100 SC Meter IM**

**WORLD: 1:17.58 W 7/23/2016 Mike FRESHLEY**  
**NATL: 1:17.58 N 7/23/2016 MIKE FRESHLEY**  
**ZONECHAMPS: 1:27.60 Z 1/1/2007 Edward Breisacher**

1 Rogacki, Daniel 75 PITY-2 1:30.93 17  
 44.08 1:30.93  
 2 Cooke, Andrew 79 UC19 1:43.97 15  
 50.44 1:43.97  
 3 Epstein, Paul M 76 CONN-5 2:07.91 14  
 1:03.05 2:07.91

**Men 75-79 200 SC Meter IM**

**WORLD: 2:50.79 W 11/30/2018 Richard BURNS**  
**NATL: 2:50.79 N 11/30/2018 RICHARD BURNS**  
**ZONECHAMPS: 3:28.49 Z 12/9/2022 Daniel Rogacki**

1 Rogacki, Daniel 75 PITY-2 3:28.49Z 17  
 46.66 1:42.16 2:41.21 3:28.49  
 2 Epstein, Paul M 76 CONN-5 4:42.01 15  
 1:06.78 2:28.75 3:43.34 4:42.01

**Men 80-84 50 SC Meter Freestyle**

**WORLD: 31.25 W 12/2/2017 Jeff FARRELL**  
**NATL: 31.25 N 12/2/2017 JEFF FARRELL**  
**ZONECHAMPS: 39.02 Z 12/11/2021 Dick Hutchings**

1 Pope, James A 80 LYMT-2 44.64 17

**Men 80-84 100 SC Meter Freestyle**

**WORLD: 1:11.26 W 9/27/2014 David RADCLIFF**  
**NATL: 1:11.26 N 9/27/2014 DAVID RADCLIFF**  
**ZONECHAMPS: 1:25.47 Z 12/12/2021 Dick Hutchings**

1 Dunham, Larry 84 GSP-2 1:56.99 17  
 57.30 1:56.99  
 2 Hachtette, Michael 81 SRPM-2 2:10.25 15  
 1:00.00 2:10.25

**Men 80-84 200 SC Meter Freestyle**

**WORLD: 2:38.25 W 9/28/2014 David RADCLIFF**  
**NATL: 2:38.25 N 9/28/2014 DAVID RADCLIFF**  
**ZONECHAMPS: 3:16.64 Z 12/12/2021 Dick Hutchings**

1 Tapia-Perez, Santiago 83 ABC-2 4:03.80 17  
 58.58 2:01.14 3:04.10 4:03.80  
 2 Dunham, Larry 84 GSP-2 4:04.33 15  
 55.31 1:57.62 3:02.12 4:04.33

**Men 80-84 400 SC Meter Freestyle**

**WORLD: 5:39.27 W 3/9/2014 David RADCLIFF**  
**NATL: 5:39.27 N 3/9/2014 DAVID RADCLIFF**  
**ZONECHAMPS: 6:50.89 Z 12/11/2021 Dick Hutchings**

1 Ginn, Roger 80 MESC-2 7:36.84 17  
 50.70 1:46.59 2:45.97 3:44.73  
 4:42.43 5:40.84 6:39.36 7:36.84

**Men 80-84 800 SC Meter Freestyle**

**WORLD:11:35.71 W 11/15/2014 David RADCLIFF**  
**NATL:11:35.71 N 11/15/2014 DAVID RADCLIFF**  
**ZONECHAMPS:15:34.18 Z 12/9/2022 Roger Ginn**

1 Ginn, Roger 80 MESC-2 15:34.18Z 17  
 52.44 1:47.43 2:46.48 3:44.98  
 4:44.45 5:42.78 6:43.64 7:42.82  
 8:42.33 9:41.38 10:41.28 11:40.73  
 12:39.59 13:38.59 14:36.94 15:34.18

**Men 80-84 50 SC Meter Backstroke**

**WORLD: 37.82 W 11/15/2014 Yoshi OYAKAWA**  
**NATL: 37.82 N 11/15/2014 YOSHI OYAKAWA**  
**ZONECHAMPS: 46.47 Z 1/1/2002 Gaetano Pavone**

1 Pope, James A 80 LYMT-2 57.65 17  
 2 Dunham, Larry 84 GSP-2 58.11 15  
 3 Hachtette, Michael 81 SRPM-2 1:22.55 14

**Men 80-84 100 SC Meter Backstroke**

**WORLD: 1:23.24 W 11/11/2017 David COSTILL**  
**NATL: 1:23.24 N 11/11/2017 DAVID COSTILL**  
**ZONECHAMPS: 1:51.78 Z 12/13/2014 Frank Manheim**

1 Pope, James A 80 LYMT-2 2:00.45 17  
 57.42 2:00.45  
 2 Dunham, Larry 84 GSP-2 2:12.66 15  
 1:06.07 2:12.66  
 3 Hachtette, Michael 81 SRPM-2 3:07.92 14

**Men 80-84 200 SC Meter Backstroke**

**WORLD: 3:07.44 W 10/1/2017 David COSTILL**  
**NATL: 3:07.44 N 10/1/2017 DAVID COSTILL**  
**ZONECHAMPS: 3:51.32 Z 1/1/2002 Gaetano Pavone**

1 Pope, James A 80 LYMT-2 4:25.64 17  
 58.95 2:06.20 3:17.71 4:25.64

**Men 80-84 50 SC Meter Breaststroke**

**WORLD: 41.42 W 5/15/2005 Toshio TAJIMA**  
**NATL: 42.41 N 10/28/2017 DAVID COSTILL**  
**ZONECHAMPS: 45.39 Z 1/1/2008 Charles Urstadt**

1 Hachtette, Michael 81 SRPM-2 1:25.97 17

**Men 80-84 50 SC Meter Butterfly**

**WORLD: 35.06 W 11/19/2016 Hiroshi MATSUMOTO**  
**NATL: 38.92 N 11/9/2013 CLARKE MITCHELL**  
**ZONECHAMPS: 59.93 Z 1/1/2002 Clarence Webb**

1 Tapia-Perez, Santiago 83 ABC-2 1:12.76 17

**Men 80-84 100 SC Meter IM**

**WORLD: 1:24.69 W 11/11/2017 David COSTILL**  
**NATL: 1:24.69 N 11/11/2017 DAVID COSTILL**  
**ZONECHAMPS: 1:51.11 Z 12/8/2017 William Jones**

1 Pope, James A 80 LYMT-2 2:10.46 17  
 57.19 2:10.46  
 2 Dunham, Larry 84 GSP-2 2:27.78 15  
 1:10.57 2:27.78  
 3 Hachtette, Michael 81 SRPM-2 2:59.35 14  
 1:31.05 2:59.35

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## Results

**Men 80-84 200 SC Meter IM**

WORLD: 3:16.09 W 10/17/2020 Masaru SHINKAI

NATL: 3:17.29 N 11/12/2016 DAVID COSTILL

ZONECHAMPS: 4:22.97 Z 12/11/2021 Dick Hutchings

1	Pope, James A	80	LYMT-2	4:39.09	17
	1:00.38	2:04.00	3:35.33	4:39.09	

**Men 80-84 400 SC Meter IM**

WORLD: 7:09.74 W 4/15/2017 Ikuro SHIMONO

NATL: 7:14.71 N 12/17/2016 DAVID COSTILL

ZONECHAMPS: 6:24.62 Z 1/1/2002 Jay Charles

1	Pope, James A	80	LYMT-2	10:24.60	17
	1:05.91	2:27.48	4:56.17	6:30.56	
	8:08.25	10:24.60			

**Men 85-89 50 SC Meter Freestyle**

WORLD: 32.23 W 1/29/2016 Roberto ALBERICHE

NATL: 36.21 N 11/11/2021 AL WORTH

ZONECHAMPS: 49.24 Z 1/1/1997 Harry Polites

1	Jones, William I	85	MESC-2	50.53	17
2	Bernstein, Bruce H	86	SRPM-2	1:08.24	15

**Men 85-89 100 SC Meter Freestyle**

WORLD: 1:14.68 W 1/31/2016 Roberto ALBERICHE

NATL: 1:22.97 N 4/13/2019 DAVID RADCLIFF

ZONECHAMPS: 1:45.32 Z 12/8/2017 Chris Smith

1	Jones, William I	85	MESC-2	2:30.73	17
	1:06.68	2:30.73			
2	Bernstein, Bruce H	86	SRPM-2	2:49.33	15
	1:16.65	2:49.33			

**Men 85-89 200 SC Meter Freestyle**

WORLD: 2:55.35 W 1/30/2016 Roberto ALBERICHE

NATL: 3:03.23 N 4/14/2019 DAVID RADCLIFF

ZONECHAMPS: 4:45.76 Z 1/1/1996 Charles Wood

1	Jones, William I	85	MESC-2	5:58.02	17
	1:21.57	5:58.02			

**Men 85-89 400 SC Meter Freestyle**

WORLD: 6:27.44 W 4/13/2019 David RADCLIFF

NATL: 6:27.44 N 4/13/2019 DAVID RADCLIFF

ZONECHAMPS: 8:54.45 Z 1/1/2005 John Merrill

1	Jones, William I	85	MESC-2	11:26.18	17
	1:17.05	2:42.76	4:12.96	5:42.22	
	7:14.43	8:40.15	10:06.18	11:26.18	

**Men 85-89 800 SC Meter Freestyle**

WORLD:13:20.46 W 1/13/2019 David RADCLIFF

NATL:13:20.46 N 1/13/2019 DAVID RADCLIFF

ZONECHAMPS:17:47.94 Z 1/1/2003 Austin Newman

1	Jones, William I	85	MESC-2	23:46.64	17
		2:58.54	4:42.68		
	7:45.29		10:49.61		
			16:53.02	18:21.69	
	19:51.40	21:16.77	22:39.54	23:46.64	

**Men 85-89 100 SC Meter Backstroke**

WORLD: 1:28.98 W 5/18/2008 Keijiro NAKAMURA

NATL: 1:32.98 N 12/2/2017 CLARKE MITCHELL

ZONECHAMPS: 1:57.85 Z 1/1/2005 John Merrill

1	Jones, William I	85	MESC-2	2:56.42	17
	1:28.11	2:56.42			

**Men 85-89 200 SC Meter Backstroke**

WORLD: 3:18.29 W 4/20/2008 Keijiro NAKAMURA

NATL: 3:40.17 N 12/11/2021 DAVID COSTILL

ZONECHAMPS: 4:05.07 Z 1/1/2005 John Merrill

1	Jones, William I	85	MESC-2	6:18.33	17
	1:27.89	3:02.37	4:41.35	6:18.33	

**Men 85-89 200 SC Meter Breaststroke**

WORLD: 3:44.36 W 4/22/2022 Tony GOODWIN

NATL: 4:05.91 N 12/5/2010 FRANK PIEMME

ZONECHAMPS: 5:17.90 Z 1/1/1996 Dan Dotterweich

1	Jones, William I	85	MESC-2	7:01.12	17
	1:41.17	3:28.97	5:17.47	7:01.12	

**Men 85-89 50 SC Meter Butterfly**

WORLD: 41.08 W 1/28/2016 Roberto ALBERICHE

NATL: 43.35 N 9/26/2004 MAX VON ISSER

ZONECHAMPS: 1:25.69 Z 1/1/2007 Jay Charles

1	Jones, William I	85	MESC-2	1:25.76	17
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**Men 85-89 100 SC Meter Butterfly**

WORLD: 1:49.41 W 5/21/2022 John COCKS

NATL: 1:53.70 N 10/30/2010 THOMAS MAINE

ZONECHAMPS: 3:38.38 Z 1/1/2007 Jay Charles

1	Jones, William I	85	MESC-2	4:12.27	17
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**Men 85-89 200 SC Meter Butterfly**

WORLD: 4:12.21 W 10/31/2010 Thomas MAINE

NATL: 4:12.21 N 10/31/2010 THOMAS MAINE

ZONECHAMPS: 7:59.16 Z 1/1/2007 Jay Charles

1	Jones, William I	85	MESC-2	11:02.30	17
	2:16.65	4:59.15	8:08.10	11:02.30	

**Men 85-89 100 SC Meter IM**

WORLD: 1:34.85 W 3/5/2016 Roberto ALBERICHE

NATL: 1:41.31 N 10/11/2018 CLARKE MITCHELL

ZONECHAMPS: 2:38.15 Z 12/9/2022 William Jones

1	Jones, William I	85	MESC-2	2:38.15Z	17
	1:21.38	2:38.15			

**Men 85-89 400 SC Meter IM**

WORLD: 7:58.08 W 5/20/2022 John COCKS

NATL: 8:12.94 N 10/30/2010 THOMAS MAINE

ZONECHAMPS:12:21.27 Z 1/1/2007 Jay Charles

1	Jones, William I	85	MESC-2	14:57.76	17
	1:53.82	2:27.08	6:39.00	10:06.45	
	12:05.14		13:43.30	14:57.76	



## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

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**Women 120-159 200 SC Meter Freestyle Relay**  
**WORLD: 1:44.88 W 11/30/2014 TSUNAMI -RUS**  
**I SHLEMOVA, L YUDINA, E YUDINA, S KNIAGININA**  
**NATL: 1:51.99 N 11/13/2011 RED TIDE OF NYC**  
**K MOUGHTY, N JO, K GARY, S WAGER**  
**ZONECHAMPS: 1:58.98 Z 12/11/2015 Cambridge Masters**

'''  
 1 SWMR-2 A 1:58.57Z 34  
 1) Snow, Madeline W25 2) Behan, Madison W27  
 3) Martins, Ashley W34 4) Sutton, Sarah W39  
 29.60 59.50 1:29.44 1:58.57  
 2 SCY-2 A 2:04.72 30  
 1) Anderson, Eliza W25 2) Mellen, Christine W36  
 3) Whaling, Isabel W23 4) Thomas, Claire W36  
 30.36 1:04.67 1:34.81 2:04.72  
 3 WAM-2 A 2:18.61 28  
 1) Witkus, Marcia W52 2) Dickson, CJ W59  
 3) McGahie, Kaitlin W27 4) Souza, Larissa W21  
 34.55 1:15.30 1:45.56 2:18.61  
 4 GBM-2 B 2:18.85 26  
 1) Kanaskie, Caroline W27 2) Cook, Emily W36  
 3) Eichenbaum, Lauren R W38 4) McGrail, Crystie W38  
 33.71 1:13.46 1:47.60 2:18.85  
 --- SWMR-2 B DQ  
 1) Weiner, Allison W27 2) Sarvia, Stephanie A W42  
 3) Dombrowski, Sarah W34 4) Bailey, Jessica J W39

**Women 120-159 800 SC Meter Freestyle Relay**  
**WORLD: 8:42.32 W 12/3/2021 TNT/OKUDA -BRA**  
**F TURINI, J SANTORO NAKAGAKI, A Carolina TANGE MOR**  
**NATL: 8:56.27 N 11/13/2011 RED TIDE OF NYC**  
**K MOUGHTY, S WAGER, K GARY, N JO**  
**ZONECHAMPS: 9:31.42 Z 12/11/2015 New England Masters**

'''  
 1 CONN-5 A 13:27.95  
 1) Taddeo, Marta A W44 2) Gelozin, Gabrielle W27  
 3) King, Sarah W39 4) Fournier, Olivia W22  
 39.56 1:23.68 2:09.45 2:54.35  
 3:36.49 4:23.98 5:12.84 5:59.92  
 7:09.15 8:26.37 9:47.11 11:04.22  
 11:36.08 12:12.40 12:50.56 13:27.95

**Women 120-159 200 SC Meter Medley Relay**  
**WORLD: 1:54.21 W 4/17/2022 TEAM GO MAI WAY -JP**  
**M TAKEMURA, K ISHIDA, H HAYASHI, Y MATSUMOTO**  
**NATL: 2:04.31 N 12/13/2009 RED TIDE OF NYC**  
**K GARY, T SHPAIZER, F WILLEBOORDSE, S WAGER**  
**ZONECHAMPS: 2:05.37 Z 1/1/2009 Red Tide**

'''  
 1 SCY-2 B 2:28.58 34  
 1) Dembro, Jessica W40 2) Mellen, Christine W36  
 3) Thomas, Claire W36 4) Anderson, Eliza W25  
 40.64 1:31.52 1:58.29 2:28.58

**Women 120-159 400 SC Meter Medley Relay**  
**WORLD: 4:24.80 W 10/28/2017 TEDDINSTON MASTERS**  
**H LOUGHLIN, G HEYN, R NEWSON, Z LIOKALOS**  
**NATL: 4:33.44 N 12/6/2009 MISSION VIEJO MASTERS**  
**A SUE OSBORN, C LEWIS, R OLSEN, K FRITH**  
**ZONECHAMPS: 4:33.70 Z 12/9/2016 New England Masters**

'''  
 1 SWMR-2 A 5:00.72 34  
 1) Sutton, Sarah W39 2) Dombrowski, Sarah W34  
 3) Snow, Madeline W25 4) Behan, Madison W27  
 35.14 1:12.49 1:35.12 1:54.96  
 2:43.19 3:16.74 3:53.82 5:00.72  
 2 SCY-2 A 5:18.69 30  
 1) Cotsonas, Stephanie W52 2) Whaling, Isabel W23  
 3) Thomas, Claire W36 4) Anderson, Eliza W25  
 41.25 2:07.00 2:55.32 3:29.82  
 4:20.57 4:42.32 5:18.69 5:18.69

**Women 160-199 200 SC Meter Medley Relay**  
**WORLD: 2:00.84 W 5/8/2016 HELSINGBERGS SIMSALLSF**  
**N WAHLBERG, L KARLSSON, J SJOBERG, H ABERG**  
**NATL: 2:01.93 N 12/3/2022 NORTH CAROLINA MASTEI**  
**J MIHALIK, S TAYLOR, I HOLLAND, E BRAUN**  
**ZONECHAMPS: 2:15.81 Z 1/1/2009 Red Tide**

'''  
 1 KFAC-2 A 2:24.84 34  
 1) O'Brien, Susan O W52 2) Nowak, Meghan W34  
 3) O'Connor, Alison W29 4) Morrow, Russet W49  
 38.54 1:17.48 1:49.23 2:24.84

**Women 200-239 200 SC Meter Freestyle Relay**  
**WORLD: 1:54.26 W 2/29/2020 CLUB TRIBE ALUMN -U**  
**M RESTREPO, F WILLEBOORDSE, S WILLIAMS, M CONZE**  
**NATL: 1:54.26 N 2/29/2020 CLUB TRIBE**  
**M RESTREPO, F WILLEBOORDSE, S WILLIAMS, M CONZE**  
**ZONECHAMPS: 1:58.64 Z 1/1/2004 New England Masters**

'''  
 1 PITY-2 A 2:22.13 34  
 1) Soutar, Lauren W33 2) Langlois, Claire W51  
 3) Dixon, Alison W60 4) Dickson, Mary B W70  
 29.23 1:05.27 1:42.24 2:22.13  
 2 SCY-2 B 2:26.11 30  
 1) Lynch, Kristen W47 2) Phelan, Mary W66  
 3) Dembro, Jessica W40 4) Cotsonas, Stephanie W52  
 37.07 1:53.63 2:26.11  
 3 CRM-2 A 2:34.10 28  
 1) Tourtual, Dorothy M W71 2) Rosenberg, Meisha W52  
 3) Weirup, Amanda W45 4) Garland, Sue W53  
 39.28 1:21.01 1:58.67 2:34.10

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## Results

**Women 200-239 400 SC Meter Freestyle Relay**  
**WORLD: 4:17.02 W 4/23/2022 TOROKBALIN -HUN**  
**L ASZTALOS, C CSIKANY, A HEGEDUS, I SIMON**  
**NATL: 4:20.42 N 12/7/2019 CONEJO VALLEY MASTERS**  
**A GODGES, B CLEAVENGER, E MAIDENBERG, J GELLATLY**  
**ZONECHAMPS: 4:31.95 Z 12/11/2015 Granite State Penguins**

'''  
 1 GSP-2 A 4:56.42 34  
 1) Crusco, Kysa W46 2) Mareb, Karen W64  
 3) Atkinson, Fiona W72 4) Khiyara, Ines W24  
 35.02 1:14.51 1:48.94 2:27.16  
 3:07.64 3:55.68 4:24.52 4:56.42

**Women 200-239 200 SC Meter Medley Relay**  
**WORLD: 2:06.51 W 12/4/2021 CLUB TRIBE -USA**  
**S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE**  
**NATL: 2:06.51 N 12/4/2021 CLUB TRIBE**  
**S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE**  
**ZONECHAMPS: 2:20.32 Z 1/1/2004 New England Masters**

'''  
 1 CONN-5 A 2:24.05 34  
 1) Lawrence, Eileen W55 2) Ferreira, Sandra W61  
 3) McAndrew, Anne W43 4) Speckhals, Rebecca W51  
 38.92 57.03 1:50.03 2:24.05  
 2 GSP-2 A 2:27.02 30  
 1) Crusco, Kysa W46 2) Estel, Beth W66  
 3) Khiyara, Ines W24 4) Grilli, Tracy W65  
 39.07 1:22.84 1:53.69 2:27.02  
 3 CONN-5 B 4:47.27 28  
 1) Sega, Ally W49 2) Matarese, Christine W47  
 3) King, Sarah W39 4) Onton, Ann Louise W79  
 1:55.26 3:28.47 4:47.27

**Women 200-239 400 SC Meter Medley Relay**  
**WORLD: 4:48.61 W 11/8/2015 NORTH TEXAS MASTERS**  
**S STONE, M REA, L MIZE, L MORRISON**  
**NATL: 4:48.61 N 11/8/2015 NORTH TEXAS LONESTARS**  
**S STONE, M REA, L MIZE, L MORRISON**  
**ZONECHAMPS: 5:15.27 Z 12/9/2016 Granite State Penguins**

'''  
 1 WAM-2 A 6:20.67 34  
 1) Burroughs, Wendy W48 2) Witkus, Marcia W52  
 3) Galletta, Gayle W53 4) Dickson, CJ W59  
 44.80 1:38.23 2:22.62 3:15.86  
 4:01.08 4:50.08 5:33.79 6:20.67  
 2 CONN-5 A 10:09.79 30  
 1) Sega, Ally W49 2) Matarese, Christine W47  
 3) King, Sarah W39 4) Onton, Ann Louise W79  
 1:07.51 2:18.37 3:10.06  
 4:06.06 5:45.85 8:51.98 10:09.79

**Women 240-279 200 SC Meter Freestyle Relay**  
**WORLD: 2:02.15 W 11/11/2017 NORTH TEXAS LONESTARS**  
**K HENDERSON, L MORRISON, C MCKELVEY, M BAILEY**  
**NATL: 2:02.15 N 11/11/2017 NORTH TEXAS LONESTARS**  
**K HENDERSON, L MORRISON, C MCKELVEY, M BAILEY**  
**ZONECHAMPS: 2:13.63 Z 12/13/2019 Granite State Penguins**

'''  
 1 GSP-2 A 2:10.58Z 34  
 1) Mareb, Karen W64 2) Grilli, Tracy W65  
 3) Estel, Beth W66 4) Crusco, Kysa W46  
 31.52 52.27 1:39.08 2:10.58

**Women 240-279 800 SC Meter Freestyle Relay**  
**WORLD:10:25.22 W 11/8/2015 NORTH TEXAS MASTERS**  
**K HENDERSON, L MORRISON, H ERNST, J HIRSTY**  
**NATL:10:22.22 N 10/14/2022 SWIM MELBOURNE MASTERS**  
**K PARKER PALACE, Z COURTNEY, S DYKSTRA, J WHEELER**  
**ZONECHAMPS:10:39.28 Z 12/11/2015 New England Masters**

'''  
 1 GSP-2 A 10:42.04  
 1) Mareb, Karen W64 2) Grilli, Tracy W65  
 3) Estel, Beth W66 4) Crusco, Kysa W46  
 35.63 1:16.07 1:58.05 2:40.29  
 3:16.54 3:57.32 4:39.51 5:20.23  
 5:57.75 6:40.72 7:26.03 8:10.92  
 8:44.64 9:23.33 10:03.15 10:42.04

**Women 280-319 200 SC Meter Medley Relay**  
**WORLD: 2:44.72 W 11/18/2017 OREGON MASTERS -U:**  
**J WARD, J GETTLING, S ROUSSEAU, M TOPPEL**  
**NATL: 2:44.72 N 11/18/2017 OREGON MASTERS**  
**J WARD, J GETTLING, S ROUSSEAU, M TOPPEL**  
**ZONECHAMPS: 3:32.65 Z 1/1/2006 1776**

'''  
 1 PITY-2 A 3:22.44Z 34  
 1) Gardner, Cynthia W71 2) Dickson, Mary B W70  
 3) Brenner, Laurie R W67 4) West, Barbara A W74  
 53.13 1:41.01 2:34.59 3:22.44

**Men 120-159 400 SC Meter Freestyle Relay**  
**WORLD: 3:23.55 W 5/20/2018 JFE KEIHIN -JPN**  
**R TAGUCHI, T TAKEMOTO, T UEKI, S UCHIYAMA**  
**NATL: 3:23.69 N 12/5/2009 SOUTHERN CAL AQUATIC M**  
**D WEGNER, E HOCHSTEIN, E TOLMACHOFF, M MCGINNIS**  
**ZONECHAMPS: 3:44.87 Z 1/1/2000 Badger Masters**

'''  
 1 WAM-2 A 5:02.00 34  
 1) Greene, Andy M38 2) Boersma, Martin M27  
 3) Cude, Craig M42 4) Hoppe, Alexander M43  
 36.34 1:27.10 1:57.01 2:42.62  
 3:13.90 4:11.70 5:02.07 5:02.00

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**Men 160-199 200 SC Meter Freestyle Relay**

**WORLD: 1:33.23 W 5/22/2022 DIABLO -JPN**  
**N TAKASHI, N HIRANO, H YAMAMOTO, T KOGA**  
**NATL: 1:35.44 N 11/16/2008 LONGHORN AQUATICS**  
**T BLESSING, M VAROZZA, A RASMUSSEN, M STINCHCOMBE**  
**ZONECHAMPS: 1:39.07 Z 1/1/2003 Garden State Masters**

'''

1	SWMR-2	A	1:47.80	34
	1) Waldfried, Carlo M54	2) Theroux, Trent M55		
	3) Kawakami, Haroldo M34	4) Card, Mathew M35		
	26.84	54.78	1:21.84	1:47.80
2	WAM-2	B	1:52.91	30
	1) Hammond, Ben M47	2) McGahie, Ted M63		
	3) McGahie, Brian M29	4) Alonte, Christian M27		
	27.96	58.66	1:28.47	1:52.91
3	KFAC-2	A	1:55.61	28
	1) Lorson, Mark M37	2) Conca, Jake M47		
	3) Correll, Sean P M55	4) O'Brien, Douglas A M53		
	28.12	57.11	1:26.56	1:55.61
4	WAM-2	C	2:16.43	26
	1) Ols, John M56	2) Heikkila, Eric M30		
	3) Hoppe, Alexander M43	4) Whitney, Howard M62		
	30.65	1:08.44	1:37.38	2:16.43
5	GBM-2	A	2:23.98	24
	1) Green, Rob M52	2) Cloitre, Christophe M47		
	3) Sullivan, John E M48	4) Ferris, Alex M22		
	46.46	1:17.77	1:50.55	2:23.98

**Men 160-199 800 SC Meter Freestyle Relay**

**WORLD: 7:48.49 W 8/8/2021 JSS FUKAI -JPN**  
**M TOJO, K KANAZAWA, K KUGA, T NAMANO**  
**NATL: 7:52.82 N 12/4/2009 LONGHORN AQUATICS**  
**T BLESSING, M VAROZZA, T BARTEE, A RASMUSSEN**  
**ZONECHAMPS: 8:59.80 Z 1/1/2003 Pennypack Aquatics**

'''

1	CONN-5	A	10:35.70	
	1) Matthews, Jonathan M43	2) Doyle, Christopher J M58		
	3) Burbank, Gerald M63	4) Gerard, William M30		
	31.25	1:05.84	1:41.04	2:14.86
	2:53.13	3:25.43	4:21.70	5:06.67
	5:47.36	6:33.60	7:21.20	8:05.39
	8:38.47	9:17.01	9:56.61	10:35.70

**Men 160-199 200 SC Meter Medley Relay**

**WORLD: 1:42.91 W 5/16/2021 JFE KEIHIN -JPN**  
**S HAYASHI, H TOGO, R TAGUCHI, S UCHIYAMA**  
**NATL: 1:45.13 N 11/16/2008 LONGHORN AQUATICS**  
**A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA**  
**ZONECHAMPS: 1:51.65 Z 1/1/2002 Garden State Masters**

'''

1	GSP-2	A	2:06.08	34
	1) Edsall, Tyler M45	2) Hersh, Craig M51		
	3) Ohman, Niclas M48	4) Phillips, Tom M48		
	36.71	1:09.28	1:39.26	2:06.08
2	WAM-2	A	2:23.10	30
	1) Greene, Andy M38	2) Boersma, Martin M27		
	3) Cude, Craig M42	4) Hoppe, Alexander M43		
	38.40	1:46.17	2:23.10	

**Men 160-199 400 SC Meter Medley Relay**

**WORLD: 3:50.15 W 3/24/2018 ASD NUOTO MASTERS -**  
**M TERSAR, A MANIERO, M EROLI, M GIALDI**  
**NATL: 3:50.93 N 11/15/2008 LONGHORN AQUATICS**  
**A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA**  
**ZONECHAMPS: 4:10.47 Z 1/1/2008 Virginia Masters**

'''

1	WAM-2	B	5:41.87	34
	1) Hammond, Ben M47	2) Heikkila, Eric M30		
	3) Ols, John M56	4) Cude, Craig M42		
	39.79	1:23.75	2:15.12	3:10.28
	3:48.10	4:33.06	5:05.94	5:41.87

**Men 200-239 200 SC Meter Freestyle Relay**

**WORLD: 1:37.35 W 5/28/2022 TATTERSALLS MASTERS**  
**C FYDLER, P THIEL, G FARROW, J HICKMAN**  
**NATL: 1:38.79 N 10/16/2010 BLU FROG TEAM**  
**A GAINES, K SWITZER, M MIDDLETON, S WEISS**  
**ZONECHAMPS: 1:40.71 Z 1/1/2003 1776**

'''

1	WCMSS-2	A	1:54.34	34
	1) Weissman, Greg M61	2) Brown, Phil M61		
	3) Strehle, John W M57	4) Neikirk, Joseph A M42		
	27.94	57.34	1:26.51	1:54.34
2	SRPM-2	A	2:03.89	30
	1) Deville, Douglas M64	2) Riordan, Patrick M60		
	3) Purdy, Neil M62	4) Blank, Adam M52		
	32.72	1:03.34	1:35.52	2:03.89
3	CONN-5	A	2:04.25	28
	1) Burbank, Gerald M63	2) Palluzzi, Anthony J M56		
	3) Gordon, Eric M48	4) Duguay, Robert M37		
	31.94	1:03.28	1:32.62	2:04.25
4	SCY-2	C	2:08.75	26
	1) Dwyer, James M54	2) Sweetman, Richard M44		
	3) Quelch, Dennis M50	4) Fletcher, Gordon M62		
	33.36	1:05.52	1:36.75	2:08.75
5	CRM-2	A	2:11.34	24
	1) Juethner, Konrad M54	2) Fuerman, Ross M69		
	3) Kwa, Ken M49	4) Doucet, Douglas M47		
	33.53	1:10.76	1:45.39	2:11.34

**Men 200-239 400 SC Meter Freestyle Relay**

**WORLD: 3:40.26 W 10/15/2011 BLU FROG TEAM -USA**  
**C LYDECKER, R BOHLKEN, K SWITZER, A GAINES**  
**NATL: 3:40.26 N 10/15/2011 BLU FROG TEAM**  
**C LYDECKER, R BOHLKEN, K SWITZER, A GAINES**  
**ZONECHAMPS: 3:47.59 Z 1/1/2003 1776**

'''

1	GSP-2	A	4:14.14	34
	1) Tyler, Bob M60	2) Ohman, Niclas M48		
	3) Edsall, Tyler M45	4) Hersh, Craig M51		
	31.40	1:04.49	1:33.39	2:06.41
	2:38.71	3:13.90	3:42.56	4:14.14
2	SWMR-2	A	4:45.66	30
	1) Dusseault, David M52	2) Gilson, Matthew M55		
	3) Elturkmani, Majed M68	4) Waldfried, Carlo M54		
	37.97	1:20.07	1:50.39	2:24.70
	2:48.64	3:45.40	4:05.08	4:45.66

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**Men 200-239 200 SC Meter Medley Relay**

WORLD: 1:48.40 W 5/7/2022 MTR -JPN

Y MARUI, H MORIMOTO, K YAMAKAWA, S KITADA

NATL: 1:49.42 N 12/1/2012 LONGHORN AQUATICS

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

ZONECHAMPS: 1:57.36 Z 1/1/2002 Garden State Masters

'''

1	SWMR-2	A	2:21.43	34
	1) Gilson, Matthew M55	2) Dusseault, David M52		
	3) Waldfried, Carlo M54	4) Elturkmani, Majed M68		
	1:18.49	1:48.69	2:21.43	
2	CONN-5	A	2:34.44	30
	1) Gordon, Eric M48	2) Ahrens, Miles M68		
	3) Palluzzi, Anthony J M56	4) Doyle, Christopher J M58		
	39.16	1:25.61	1:47.22	2:34.44
3	GBM-2	A	2:36.28	28
	1) Miller, Steve J M68	2) Lewis, John M76		
	3) Cloitre, Christophe M47	4) Whitford, Matthew M47		
	44.24	1:30.27	2:08.95	2:36.28

**Men 200-239 400 SC Meter Medley Relay**

WORLD: 3:59.68 W 12/2/2012 LONGHORN AQUATICS

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

NATL: 3:59.68 N 12/2/2012 LONGHORN AQUATICS

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

ZONECHAMPS: 4:33.00 Z 12/11/2021 SWMR

'''

1	SWMR-2	A	4:32.88Z	34
	1) Theroux, Trent M55	2) Waldfried, Carlo M54		
	3) Barnes, Chuck M46	4) Duru, Kaan M52		
	35.21	1:10.95	1:33.69	2:29.78
	2:57.38	3:28.79	3:59.35	4:32.88
2	CONN-5	A	5:04.06	30
	1) Errico, Domenick M30	2) Ahrens, Miles M68		
	3) Geoghegan, William M72	4) Palluzzi, Anthony J M56		
	30.10	1:02.84	1:50.02	2:45.91
	3:11.43	3:34.33	4:27.54	5:04.06
3	WAM-2	C	6:22.46	28
	1) Whitney, Howard M62	2) Paul, Shawn M47		
	3) McGahie, Ted M63	4) McGahie, Brian M29		
	50.35	1:54.08	2:41.64	4:10.46
	4:30.14	5:14.29	5:45.60	6:22.46
4	GSP-2	A	6:50.90	26
	1) Edsall, Tyler M45	2) Edsall, David M74		
	3) Keil, Mark M69	4) Ohman, Niclas M48		
	41.00	1:25.53	2:31.80	4:42.10
	5:46.27	6:16.21	6:50.90	6:50.90
5	KFAC-2	A	6:51.66	24
	1) Lorson, Mark M37	2) Diamond, Kevin M67		
	3) Correll, Sean P M55	4) Dealy, George M64		
	40.05	1:22.52	2:19.19	3:30.30
	4:08.51	4:52.32	5:43.88	6:51.66

**Men 240-279 200 SC Meter Freestyle Relay**

WORLD: 1:43.21 W 10/14/2012 BLU FROG TEAM -USA

R ABRAHAMS, M MIDDLETON, L MEISENHEIMER, R BOGLKEN

NATL: 1:43.21 N 10/14/2012 BLU FROG TEAM

R ABRAHAMS, M MIDDLETON, L MEISENHEIMER, R BOHLKEN

ZONECHAMPS: 1:58.97 Z 12/11/2015 Worcester Area Masters

'''

1	SRPM-2	B	1:58.70Z	34
	1) Sforzini, Andy M60	2) Sultan, Christopher M63		
	3) Epstein, Daniel M72	4) Rudman, Frederic M58		
	28.76	58.79	1:31.55	1:58.70
2	PITY-2	B	2:16.82	30
	1) Rogacki, Daniel M75	2) Gore, Timothy M60		
	3) RyanMann, Duncan M69	4) Snowise, Mark M53		
	34.38	59.25	1:45.87	2:16.82
3	SWMR-2	B	2:33.05	28
	1) Elturkmani, Majed M68	2) Garr, Michael M69		
	3) StPierre, Raymond M45	4) Nelson, Robert H M75		
	33.59	1:11.14	1:47.65	2:33.05

**Men 240-279 200 SC Meter Medley Relay**

WORLD: 1:54.15 W 11/10/2018 RICE AQUATIC MASTERS

J YARID, D GUTHRIE, J FIELDS, B WILLIAMS

NATL: 1:54.15 N 11/10/2018 RICE AQUATIC MASTERS

J YARID, D GUTHRIE, J FIELDS, B WILLIAMS

ZONECHAMPS: 2:14.09 Z 12/11/2015 Worcester Area Masters

'''

1	PITY-2	B	2:35.67	34
	1) RyanMann, Duncan M69	2) Rogacki, Daniel M75		
	3) Snowise, Mark M53	4) Kolis, Steve M67		
	40.77	1:23.36	1:59.13	2:35.67
2	CONN-5	B	2:47.69	30
	1) Burbank, Gerald M63	2) Epstein, Paul M M76		
	3) Lamontagne, Robert M64	4) Mettler, Steve M56		
	38.02	1:33.41	2:13.98	2:47.69

**Men 240-279 400 SC Meter Medley Relay**

WORLD: 4:19.86 W 11/11/2018 RICE AQUATIC MASTERS

J YARID, D GUTHRIE, J FIELDS, B WILLIAMS

NATL: 4:19.86 N 11/11/2018 RICE AQUATIC MASTERS

J YARID, D GUTHRIE, J FIELDS, B WILLIAMS

ZONECHAMPS: 5:03.29 Z 12/11/2015 Worcester Area Masters

'''

1	SWMR-2	B	6:18.46	34
	1) Garr, Michael M69	2) Card, Mathew M35		
	3) Elturkmani, Majed M68	4) Wright, Phil M75		
	54.12	1:55.58	2:25.50	3:04.43
	3:52.42	5:23.62	6:18.46	6:18.46

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**Men 280-319 200 SC Meter Freestyle Relay**

WORLD: 1:54.44 W 10/11/2015 GOLD COAST MASTERS

K LODWIG, J SODERSTROM, L CHILDS, D QUIGGIN

NATL: 1:54.44 N 10/11/2015 GOLD COAST MASTERS

K LODWIG, J SODERSTROM, L CHILDS, D QUIGGIN

ZONECHAMPS: 2:20.62 Z 12/7/2018 Simon's Rock PaceMakers

'''

1	MESC-2	A	2:47.12	34
	1) Syphers, Dale A M66	2) Jones, William I M85		
	3) Roth, Douglas M61	4) Darling, Drew M70		
	32.94	2:03.65	2:47.12	

**Men 280-319 800 SC Meter Freestyle Relay**

WORLD:10:03.69 W 11/14/2021 SARASOTA SHARKS MASTE

Jack GROSELLE, Bob COUCH, Jack MARTIN, Rick WALKER

NATL: 9:45.48 N 11/6/2022 SARASOTA SHARKS

B BRACKETT, L DAY, L CHILDS, R WALKER

1	MESC-2	A	15:27.75
	1) Phelan, Jeremy M73	2) Jones, William I M85	
	3) Roth, Douglas M61	4) Darling, Drew M70	
	42.35	1:28.69	2:16.65
	4:13.60	7:03.39	8:16.29
	9:59.80	10:55.40	11:50.59
	13:33.30	14:31.21	15:27.75

**Men 280-319 200 SC Meter Medley Relay**

WORLD: 2:12.29 W 5/26/2019 VENTURA COUNTY MASTE

S HECK, H KERNS, G GRUBER, B ROLLINS

NATL: 2:10.97 N 11/5/2022 SARASOTA SHARKS

J BOATRIGHT, J GROSELLE, L DAY, L CHILDS

ZONECHAMPS: 2:49.07 Z 12/7/2018 Simon's Rock PaceMakers

'''

1	SRPM-2	A	3:02.67	34
	1) Epstein, Daniel M72	2) Sultan, Christopher M63		
	3) Deville, Douglas M64	4) Hatchette, Michael M81		
	36.03	1:28.12	2:05.91	3:02.67
2	MESC-2	A	3:42.92	30
	1) Darling, Drew M70	2) Jones, William I M85		
	3) Syphers, Dale A M66	4) Roth, Douglas M61		
	56.91	2:18.52	3:01.46	3:42.92

**Men 280-319 400 SC Meter Medley Relay**

WORLD: 4:59.48 W 5/25/2019 VENTURA COUNTY MASTE

S HECK, H KERNS, G GRUBER, B ROLLINS

NATL: 4:59.48 N 5/25/2019 VENTURA COUNTY MASTE

S HECK, H KERNS, G GRUBER, B ROLLINS

ZONECHAMPS: 6:26.62 Z 1/1/2013 Maine Masters

'''

1	MESC-2	A	8:16.94	34
	1) Darling, Drew M70	2) Jones, William I M85		
	3) Phelan, Jeremy M73	4) Roth, Douglas M61		
	56.65	1:59.16	2:22.92	3:18.11
	4:52.30	5:38.54	8:16.94	

**Mixed 100-119 200 SC Meter Freestyle Relay**

WORLD: 1:39.37 W 11/29/2014 POSEIDON

-RUS

O KLIUCHNIKOVA, A TESLIK, A MARKOVA, A ZATCEPIN

NATL: 1:40.78 N 11/24/2013 PHOENIX SWIM CLUB

H BEHM, J KONARZEWSKI, E CAMPBELL, N INADA

ZONECHAMPS: 1:41.04 Z 1/1/1997 RUBA

'''

1	CONN-5	D	2:00.33	34
	1) Fournier, Olivia W22	2) Gerard, William M30		
	3) Gelozin, Gabrielle W27	4) Errico, Domenick M30		
	28.78	57.81	1:33.85	2:00.33

**Mixed 100-119 200 SC Meter Medley Relay**

WORLD: 1:47.99 W 11/22/2020 TSUNAMI

-RUS

E IOGIN, A TISHCHENKO, I SHLEMOVA, A DEMKINA

NATL: 1:48.37 N 12/2/2017 GOLDEN ROAD AQUATICS

M ACEINO, L PECHMANN, A ACEINO, L IBANEZ LOPEZ

ZONECHAMPS: 1:52.68 Z 1/1/2002 Terrapin Masters

'''

1	WAM-2	C	2:36.25	34
	1) Greene, Andy M38	2) Wild, Mark M31		
	3) Souza, Larissa W21	4) Owen, Adriana W27		
	48.79	1:32.67	2:09.93	2:36.25

**Mixed 100-119 400 SC Meter Medley Relay**

WORLD: 4:01.17 W 11/22/2020 TSUNAMI

-RUS

E IOGIN, A TISHCHENKO, I SHLEMOVA, A DEMKINA

NATL: 4:16.58 N 12/15/2002 NEW ENGLAND MASTERS

B LO-PINTO, S MORAWSKI, J EADDY, J STOKES

ZONECHAMPS: 4:09.56 Z 1/1/2002 Terrapin Masters

'''

1	WAM-2	D	5:01.52	34
	1) Owen, Robert M27	2) McGahie, Kaitlin W27		
	3) Souza, Larissa W21	4) Alonte, Christian M27		
	30.69	1:02.79	1:44.12	2:33.48
	3:14.03	4:05.10	4:31.36	5:01.52

**Mixed 120-159 200 SC Meter Freestyle Relay**

WORLD: 1:37.51 W 11/22/2019 TSUNAMI

-RUS

A KURNOSOV, A GETMANENKO, E YUDINA, I SHLEMOVA

NATL: 1:41.37 N 12/10/2000 EL SEGUNDO MASTERS

B BERGEN, P FRANCIS, D GRANER-GALLAS, D ROBINSON

ZONECHAMPS: 1:35.56 Z 1/1/2002 Garden State Masters

'''

1	SRPM-2	A	1:52.25	34
	1) Balter, Elizabeth W29	2) Calhoun, Samuel M27		
	3) McClain, Zachary M41	4) Schattschneider, Sarah A W		
	31.28	55.71	1:22.48	1:52.25
2	GSP-2	A	1:53.01	30
	1) Ohman, Niclas M48	2) Khyara, Ines W24		
	3) Blake, Lauren W25	4) Carder-Cannillo, Addison M		
	27.57	54.85	1:28.71	1:53.01
3	TERR-10	A	1:56.10	28
	1) Crnogorcec, Milena W28	2) Strahota, Jeffrey M42		
	3) Grover, Mollie K W41	4) Oloughlin, Jonathan M39		
	33.58	1:00.65	1:35.22	1:56.10

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**(Mixed 120-159 200 SC Meter Freestyle Relay)**

4	PITY-2	C	2:08.66	26
	1) Leighton, Nathaniel M29	2) Douhan, Olivia W22		
	3) Archambault, Aileen W26	4) Foley, Stephen M50		
	29.74	1:01.82	1:35.52	2:08.66

**Mixed 120-159 400 SC Meter Freestyle Relay**

WORLD: 3:42.56 W 11/16/2019 SEN-SWIM -JPN

C ENDO, T TANAKA, K TAYAMA, M KASHIWAZAKI

NATL: 3:48.17 N 12/1/2018 GOLDEN ROAD AQUATICS

MEGAN MELGAARD, MEGAN JEX, LUKE PECHMANN, TONY COX

ZONECHAMPS: 3:44.87 Z 1/1/2000 Badger Masters

1	SWMR-2	A	3:59.24	34
	1) Snow, Madeline W25	2) Card, Mathew M35		
	3) Sutton, Sarah W39	4) Barnes, Chuck M46		
	31.34	1:04.73	1:32.14	2:01.64
	2:32.73	3:06.81	3:31.53	3:59.24
2	WAM-2	C	4:24.29	30
	1) Souza, Larissa W21	2) McGahie, Ted M63		
	3) Owen, Adriana W27	4) Alonte, Christian M27		
	35.31	1:16.62	1:49.47	2:26.18
	2:54.51	3:26.93	3:45.34	4:24.29
3	KFAC-2	A	4:27.16	28
	1) Nowak, Meghan W34	2) Carpino, Chris M29		
	3) O'Connor, Alison W29	4) O'Brien, Douglas A M53		
	33.93	1:10.55	1:42.19	2:17.00
	2:48.37	3:22.98	3:53.82	4:27.16

**Mixed 120-159 200 SC Meter Medley Relay**

WORLD: 1:47.51 W 11/23/2013 PHOENIX SWIM CLUB -I

N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI

NATL: 1:47.51 N 11/23/2013 PHOENIX SWIM CLUB

N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI

ZONECHAMPS: 1:49.93 Z 1/1/1997 RUBA

1	SWMR-2	A	2:00.69	34
	1) Bailey, Jessica J W39	2) Card, Mathew M35		
	3) Barnes, Chuck M46	4) Sutton, Sarah W39		
	34.38	1:06.22	1:31.59	2:00.69
2	TERR-10	A	2:06.59	30
	1) Laplante, Brett M34	2) Randolph, Courtney W31		
	3) Rose, Laura W36	4) Oloughlin, Jonathan M39		
	30.02	1:06.34	1:46.67	2:06.59
3	UVRA-2	A	2:20.77	28
	1) Avard, Christian M50	2) Muni, Alex M26		
	3) Jaras, Olivia W38	4) Moradi, Ariana W20		
	34.34	1:08.98	1:46.38	2:20.77

**Mixed 120-159 400 SC Meter Medley Relay**

WORLD: 3:56.24 W 11/24/2013 PHOENIX SWIM CLUB -I

N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI

NATL: 3:56.24 N 11/24/2013 PHOENIX SWIM CLUB

N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI

ZONECHAMPS: 4:06.10 Z 1/1/1997 RUBA

1	SRPM-2	A	4:46.77	34
	1) Balter, Elizabeth W29	2) Calhoun, Samuel M27		
	3) Schattschneider, Sarah A W	4) McClain, Zachary M41		
	39.33	1:20.43	1:39.13	2:31.12
	3:05.65	3:47.94	4:15.76	4:46.77
2	PITY-2	A	5:22.90	30
	1) Soutar, Lauren W33	2) Foley, Stephen M50		
	3) Leighton, Nathaniel M29	4) Archambault, Aileen W26		
	36.64	1:17.84	1:57.92	2:46.59
	3:23.08	4:04.65	4:40.97	5:22.90
3	GBM-2	A	5:26.80	28
	1) McGrail, Crystie W38	2) Cloitre, Christophe M47		
	3) Ferris, Alex M22	4) Kanaskie, Caroline W27		
	39.40	1:21.38	2:09.81	3:16.45
	3:35.66	4:13.28	4:47.63	5:26.80
4	CONN-5	A	5:28.05	26
	1) Fournier, Olivia W22	2) Taddeo, Marta A W44		
	3) Doyle, Christopher J M58	4) Gerard, William M30		
	37.44	1:16.38	2:03.29	2:54.41
	3:35.24	4:24.31	4:53.34	5:28.05

**Mixed 160-199 200 SC Meter Freestyle Relay**

WORLD: 1:40.86 W 11/28/2015 NEVA STARS -RUS

P LEBEDEV, A POLIAKOVA, O POZNIKOVA, V PREDKIN

NATL: 1:42.03 N 11/22/2009 COLORADO MASTERS SWII

R ABRAHAMS, S VON DER LIPPE, S HART, C O'SULLIVAN

ZONECHAMPS: 1:39.07 Z 1/1/2003 Garden State Masters

1	CONN-5	B	2:15.95	34
	1) Matthews, Jonathan M43	2) Taddeo, Marta A W44		
	3) Mettler, Steve M56	4) Matarese, Christine W47		
	28.70	1:04.23	1:37.67	2:15.95

**Mixed 160-199 400 SC Meter Freestyle Relay**

WORLD: 3:46.01 W 11/21/2009 COLORADO MASTERS SWII

C O'SULLIVAN, R ABRAHAMS, S VON DER LIPPE, S HART

NATL: 3:46.01 N 11/21/2009 COLORADO MASTERS SWII

C O'SULLIVAN, R ABRAHAMS, S VON DER LIPPE, S HART

ZONECHAMPS: 3:42.91 Z 1/1/2008 Jersey Area Masters

1	PITY-2	A	4:38.04	34
	1) Plankey II, Christopher M4	2) Soutar, Lauren W33		
	3) Towne, Suzanne W57	4) Leighton, Nathaniel M29		
	30.13	1:04.20	1:36.00	2:11.51
	2:49.64	3:31.81	3:50.04	4:38.04
2	SCY-2	B	4:56.43	30
	1) Quelch, Dennis M50	2) Lynch, Kristen W47		
	3) Sweetman, Richard M44	4) Thomas, Claire W36		
	34.40	1:12.82	1:51.16	2:35.35
	3:11.62	3:51.73	4:10.57	4:56.43

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**(Mixed 160-199 400 SC Meter Freestyle Relay)**

3	CONN-5	B	6:00.18	28
	1) Fournier, Olivia W22	2) Ahrens, Miles M68		
	3) Duguay, Robert M37	4) King, Sarah W39		
	30.13	1:04.53	1:41.94	2:25.31
	2:59.97	3:36.73	4:43.76	6:00.18

**Mixed 160-199 200 SC Meter Medley Relay**

WORLD: 1:50.35 W 11/14/2021 MAD WAVE -RUS

A POVALII, V BRAGIN, A POLIAKOVA, V PREDKIN

NATL: 1:53.38 N 11/21/2009 COLORADO MASTERS SWI

S HART, S VON DER LIPPE, C O'SULLIVAN, R ABRAHAMS

ZONECHAMPS: 1:51.65 Z 1/1/2002 Garden State Masters

'''

1	PITY-2	C	2:20.08	34
	1) Soutar, Lauren W33	2) Towne, Suzanne W57		
	3) Leighton, Nathaniel M29	4) Plankey II, Christopher M4		
	33.51	1:19.10	1:51.89	2:20.08

**Mixed 160-199 400 SC Meter Medley Relay**

WORLD: 4:05.01 W 5/7/2022 JSS FUKAI -JPN

K MORIHISA, Y SAKAI, T NAKANO, A OKI

NATL: 4:10.32 N 11/22/2009 COLORADO MASTERS SWI

S HART, S VON DER LIPPE, C O'SULLIVAN, R ABRAHAMS

ZONECHAMPS: 4:10.47 Z 1/1/2008 Virginia Masters

'''

1	GSP-2	A	5:05.41	34
	1) Crusco, Kysa W46	2) Khiyara, Ines W24		
	3) Carder-Cannillo, Addison M	4) Plencner, Bob M70		
	42.36	1:26.07	2:01.78	2:42.60
	3:13.53	3:46.52	4:23.41	5:05.41
2	KFAC-2	A	5:17.94	30
	1) O'Brien, Susan O W52	2) Nowak, Meghan W34		
	3) Carpino, Chris M29	4) O'Brien, Douglas A M53		
	41.03	1:27.20	1:46.25	2:05.86
	2:50.44	4:43.38	5:17.94	
3	PITY-2	C	5:56.88	28
	1) Gore, Timothy M60	2) Snowise, Mark M53		
	3) Langlois, Claire W51	4) Douhan, Olivia W22		
	42.67	1:29.11	2:12.60	2:59.22
	3:44.02	4:44.72	5:16.09	5:56.88
4	SCY-2	B	6:00.06	26
	1) Dembro, Jessica W40	2) Sweetman, Richard M44		
	3) Quelch, Dennis M50	4) Lynch, Kristen W47		
	44.57	1:29.62	2:14.08	3:05.24
	3:46.46	4:35.20	5:15.51	6:00.06

**Mixed 200-239 200 SC Meter Freestyle Relay**

WORLD: 1:46.08 W 10/28/2016 EAST LEEDS -GBR

P CLEMENCE, N WILLIAMS, D EMERSON, J HOYLE

NATL: 1:46.08 N 3/15/2014 N CAROLINA MASTERS SWI

ERIKA BRAUN, SUE WALSH, JON BLANK, JONATHAN KLEIN

ZONECHAMPS: 1:40.71 Z 1/1/2003 1776

'''

1	GSP-2	A	1:55.95	34
	1) Phillips, Tom M48	2) Zetea, Anca W51		
	3) Goodale, Rainy M W52	4) Hersh, Craig M51		
	26.60	56.53	1:28.62	1:55.95

2	CONN-5	E	1:58.29	30
	1) McAndrew, Anne W43	2) Miller, Brian E M53		
	3) Ferreira, Sandra W61	4) Adl, Rommin M58		
	27.16	58.48	1:31.37	1:58.29
3	KFAC-2	A	2:43.88	28
	1) Collins, Donna W47	2) Dealy, George M64		
	3) Diamond, Kevin M67	4) Nowak, Meghan W34		
	34.28	1:18.21	2:12.44	2:43.88

**Mixed 200-239 400 SC Meter Freestyle Relay**

WORLD: 3:56.10 W 12/14/2014 NORTH CAROLINA MASTEI

E BRAUN, H STEWART, S WALSH, J KLEIN

NATL: 3:56.10 N 12/14/2014 NORTH CAROLINA MASTEI

E BRAUN, H STEWART, S WALSH, J KLEIN

ZONECHAMPS: 3:47.59 Z 1/1/2003 1776

'''

1	SCY-2	A	4:55.17	34
	1) Cotsonas, Stephanie W52	2) Bartlett, Fred R M66		
	3) Fletcher, Gordon M62	4) Anderson, Eliza W25		
	35.11	1:15.61	1:53.60	2:34.10
	3:09.33	3:47.73	4:19.95	4:55.17
2	PITY-2	C	5:21.30	30
	1) Snowise, Mark M53	2) Langlois, Claire W51		
	3) Dixon, Alison W60	4) Kolis, Steve M67		
	32.83	1:08.79	1:48.02	2:32.20
	2:51.68	3:12.19	4:37.37	5:21.30
3	MWM-2	A	5:28.57	28
	1) Caruso, Christine W57	2) Cheney, Jane W61		
	3) Holt, Steve M71	4) Pope, Ryan M33		
	51.42	1:47.27	2:24.94	3:07.27
	3:45.31	4:28.07	4:56.61	5:28.57
4	WAM-2	B	6:31.96	26
	1) Dickson, CJ W59	2) Burroughs, Wendy W48		
	3) Whitney, Howard M62	4) Paul, Shawn M47		
	43.26	1:30.06	2:12.12	3:00.29
	3:45.43	4:32.65	5:29.31	6:31.96

**Mixed 200-239 200 SC Meter Medley Relay**

WORLD: 1:57.65 W 10/14/2012 BLU FROG TEAM -USA

S HART, D CHANCE, M MIDDLETON, R ABRAHAMS

NATL: 1:57.65 N 10/10/2012 BLU FROG TEAM

S HART, D CHANCE, M MIDDLETON, R ABRAHAMS

ZONECHAMPS: 1:57.36 Z 1/1/2002 Garden State Masters

'''

1	CRM-2	A	2:37.43	34
	1) Weirup, Amanda W45	2) Kwa, Ken M49		
	3) Doucet, Douglas M47	4) Tourtual, Dorothy M W71		
	45.23	1:27.05	1:55.69	2:37.43
2	SCY-2	A	2:39.48	30
	1) Lynch, Kristen W47	2) Dwyer, James M54		
	3) Cotsonas, Stephanie W52	4) Fletcher, Gordon M62		
	46.31	1:28.78	2:39.48	
3	MWM-2	A	2:51.40	28
	1) Holt, Steve M71	2) Caruso, Christine W57		
	3) Cheney, Jane W61	4) Pope, Ryan M33		
	44.10	1:40.68	2:51.40	

## 2022 Colonies Zone &amp; NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022

Sanction #: 022-S004

## Results

**(Mixed 200-239 200 SC Meter Medley Relay)**

4	CONN-5	A	2:53.49	26
	1) Fournier, Olivia W22	2) Reik, Jane W64		
	3) Canning, Peter M64	4) Miller, Brian E M53		
	43.30	1:33.62	2:26.75	2:53.49
5	WAM-2	B	3:07.32	24
	1) Whitney, Howard M62	2) Paul, Shawn M47		
	3) Galletta, Gayle W53	4) Burroughs, Wendy W48		
	46.14	1:47.30	2:27.85	3:07.32

**Mixed 200-239 400 SC Meter Medley Relay**

**WORLD: 4:23.63 W 10/11/2015 ILLINOIS MASTERS -US**  
**J TUCHLER, D SIMS, A BLOCK, L DILLMANN**  
**NATL: 4:23.63 N 10/11/2015 ILLINOIS MASTERS**  
**J TUCHLER, D SIMS, A BLOCK, L DILLMANN**  
**ZONECHAMPS: 4:38.38 Z 1/1/1996 Garden State Masters**

'''

1	GSP-2	A	5:08.17	34
	1) Dainiak, Chris M51	2) Zetea, Anca W51		
	3) Delorey, Laura W60	4) Hersh, Craig M51		
	36.01	1:12.73	1:53.07	2:39.81
	3:20.35		4:35.79	5:08.17
2	CONN-5	B	6:34.47	30
	1) Burbank, Gerald M63	2) Canning, Peter M64		
	3) Gelozin, Gabrielle W27	4) Reik, Jane W64		
	39.63	1:20.55	1:39.26	2:14.79
	3:19.49		5:41.54	6:34.47

**Mixed 240-279 200 SC Meter Freestyle Relay**

**WORLD: 1:52.68 W 11/14/2015 NORTH TEXAS LONESTARS**  
**D MARTIN, T BARTON, C MCKELVEY, L MORRISON**  
**NATL: 1:52.68 N 11/14/2015 NORTH TEXAS LONESTARS**  
**DOUG MARTIN, TOM BARTON, C MCKELVEY, LYNN MORRISON**  
**ZONECHAMPS: 2:05.67 Z 1/1/2005 Maine Masters**

'''

1	SRPM-2	B	2:24.12	34
	1) Johnson, Eric M59	2) Sleboda, Cheryl W63		
	3) Fleming, Jill W61	4) Meier, Bill M61		
	31.08	1:07.11	1:50.83	2:24.12
2	GSP-2	A	2:24.85	30
	1) Delorey, Laura W60	2) Keil, Mark M69		
	3) Atkinson, Fiona W72	4) Plencner, Bob M70		
	33.79	1:11.81	1:54.72	2:24.85
3	SRPM-2	C	2:47.93	28
	1) Freed, Marc M69	2) Kraus, Rozann W72		
	3) Zelehoski, Raymond M74	4) Parker, Sara W25		
	41.24	1:27.13	2:08.96	2:47.93
4	CONN-5	C	2:49.98	26
	1) Geoghegan, William M72	2) Reik, Jane W64		
	3) Ahrens, Miles M68	4) King, Sarah W39		
	34.45	1:12.21	1:45.55	2:49.98

**Mixed 240-279 400 SC Meter Freestyle Relay**

**WORLD: 4:16.39 W 11/20/2016 PUGET SOUND MASTERS**  
**R COLELLA, C DAVIS, D HANNULA, L DAHL**  
**NATL: 4:16.39 N 11/20/2016 PUGET SOUND MASTERS**  
**R COLELLA, C DAVIS, D HANNULA, L DAHL**  
**ZONECHAMPS: 4:28.91 Z 1/1/2008 Jersey Area Masters**

'''

1	GSP-2	A	5:31.51	34
	1) Plencner, Bob M70	2) Sakr, Deborah W59		
	3) Keil, Mark M69	4) Delorey, Laura W60		
	37.55	1:20.09	1:59.04	2:42.89
	3:26.98	4:14.76	4:51.60	5:31.51
2	CONN-5	A	7:40.05	30
	1) Sega, Ally W49	2) Lamontagne, Robert M64		
	3) Burbank, Gerald M63	4) Onton, Ann Louise W79		
	1:05.96	2:15.87	2:57.83	3:47.06
	4:23.32	4:46.36	5:05.31	7:40.05

**Mixed 240-279 200 SC Meter Medley Relay**

**WORLD: 2:04.82 W 12/7/2019 NOVAQUATICS MASTERS**  
**J FOWLER, H VEHOVEC, K OSBORNE, V HIBBEN**  
**NATL: 2:04.82 N 12/7/2019 NOVAQUATICS MASTERS**  
**J FOWLER, H VEHOVEC, K OSBORNE, V HIBBEN**  
**ZONECHAMPS: 2:29.74 Z 12/11/2015 Granite State Penguins**

'''

1	GSP-2	A	2:24.84Z	34
	1) Tyler, Bob M60	2) Goodale, Rainy M W52		
	3) Delorey, Laura W60	4) Plencner, Bob M70		
	35.40	1:13.95	1:51.70	2:24.84
2	GSP-2	B	3:03.43	30
	1) Williams, Melinda W41	2) Edsall, David M74		
	3) Keil, Mark M69	4) Sakr, Deborah W59		
	39.22	1:39.83	2:28.41	3:03.43

**Mixed 240-279 400 SC Meter Medley Relay**

**WORLD: 4:43.20 W 12/13/2009 OREGON -USA**  
**K ANDRUS-HUGHES, A STARK, C CRABBE, D RADCLIFF**  
**NATL: 4:43.20 N 12/13/2009 OREGON MASTERS**  
**K ANDRUS-HUGHES, A STARK, C CRABBE, D RADCLIFF**  
**ZONECHAMPS: 5:25.78 Z 1/1/2008 Jersey Area Masters**

'''

1	CRM-2	A	6:33.68	34
	1) Rosenberg, Meisha W52	2) Fuerman, Ross M69		
	3) Kwa, Ken M49	4) Tourtual, Dorothy M W71		
	54.34	2:44.73	3:40.01	4:21.69
	5:07.75	5:49.85	6:33.68	
2	PITY-2	B	6:36.06	30
	1) RyanMann, Duncan M69	2) Dickson, Mary B W70		
	3) Rogacki, Daniel M75	4) Dixon, Alison W60		
	46.29	1:33.32	1:54.77	2:24.17
	4:11.02	5:10.63	5:51.57	6:36.06
3	SCY-2	C	7:06.43	28
	1) Bartlett, Fred R M66	2) Piemonte, Martha W64		
	3) Dwyer, James M54	4) Phelan, Mary W66		
	46.84	2:38.18	4:32.87	5:27.29
	6:14.15	7:06.43		



**2022 Colonies Zone & NE-LMSC SCM Championship - 12/9/2022 to 12/11/2022****Sanction #: 022-S004****Results****Mixed 280-319 400 SC Meter Freestyle Relay****WORLD: 4:44.05 W 5/26/2019 SARASOTA SHARKS MASTE****J GROSELLE, B COUCH, J HOLBROOK, J CARSON****NATL: 4:40.10 N 10/8/2022 TAMALPAIS AQUATIC MAS****R BURNS, L VAL, M JOYCE, A BERNARD****ZONECHAMPS: 7:56.39 Z 1/1/1997 1776**

'''  
 1 PITY-2 B 6:15.62Z 34  
 1) Rogacki, Daniel M75 2) Gardner, Cynthia W71  
 3) West, Barbara A W74 4) RyanMann, Duncan M69  
 39.02 1:21.87 2:13.43  
 3:58.70 5:31.70 6:15.62

**Mixed 280-319 400 SC Meter Medley Relay****WORLD: 5:21.37 W 10/11/2015 TAMALPAIS AQUATIC MAS****L VAL, K FROST, R BURNS, N RIDOUT****NATL: 5:21.37 N 10/11/2015 TAMALPAIS AQUATIC MAS****L VAL, K FROST, R BURNS, N RIDOUT****ZONECHAMPS: 7:38.36 Z 1/1/2007 Connecticut Masters**

'''  
 1 SRPM-2 B 6:57.69Z 34  
 1) Epstein, Daniel M72 2) Zelehoski, Raymond M74  
 3) Sleboda, Cheryl W63 4) Kraus, Rozann W72  
 43.21 1:28.72 1:47.41 2:20.57  
 3:21.77 4:11.13 6:57.69