

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## 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	Riley, Isabella	22	Kingsbury Club M-2	27.61
2	Clemson, Anna	23	Boston Universit-2	29.26
3	Stenton, Bethan	23	Worcester Area M-2	32.06
4	Dorotinsky, Alexandra	24	South County Ymc-2	36.04
5	Langlois, Ashlee	22	Pittsfield YMCA-2	36.97
6	Coolidge, Emily	22	Edge Masters-2	38.39
7	DeWitt, Liza	23	SwimRI-2	50.38

**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	Riley, Isabella	22	Kingsbury Club M-2	1:01.14
	29.70			1:01.14
2	Clemson, Anna	23	Boston Universit-2	1:04.88
	30.71			1:04.88
3	Stenton, Bethan	23	Worcester Area M-2	1:08.60
	33.24			1:08.60
4	Dorotinsky, Alexandra	24	South County Ymc-2	1:24.24
	40.31			1:24.24
5	DeWitt, Liza	23	SwimRI-2	1:56.34
	54.84			1:56.34

**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	Riley, Isabella	22	Kingsbury Club M-2	2:14.08
	31.48		1:41.30	2:14.08
2	Clemson, Anna	23	Boston Universit-2	2:23.18
	33.26		1:46.41	2:23.18
3	Stenton, Bethan	23	Worcester Area M-2	2:29.03
	33.98		1:50.77	2:29.03

**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	Clemson, Anna	23	Boston Universit-2	5:12.06
	35.21		1:54.07	2:33.91
	3:13.41		4:32.84	5:12.06
2	Beaumont, Aurora	22	Worcester Area M-2	5:36.57
	37.08		2:00.12	2:43.40
	3:27.19		4:54.50	5:36.57
3	Coolidge, Emily	22	Edge Masters-2	7:08.78
	45.89		2:30.40	3:26.59
	4:20.90		6:14.32	7:08.78

**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	Clemson, Anna	23	Boston Universit-2	10:52.94
	35.64		1:55.58	2:36.59
	3:18.19		4:41.91	5:23.71
	6:05.58		7:28.80	8:10.96
	8:52.44		10:14.33	10:52.94

2	Coolidge, Emily	22	Edge Masters-2	14:44.43
	46.31		1:37.18	2:29.95
			5:17.06	6:14.47
			8:08.39	9:04.83
			11:58.54	12:55.62
				13:52.16
				14:44.43

**Women 18-24 1500 SC Meter Freestyle**

NATL:17:15.23 N 11/11/2001 DAWN HECKMAN

ZONECHAMPS:19:06.76 Z 1/1/1997 Joanne Sonberg

1	Csak, Sabina	19	YMCA of Greenwic-5	21:47.60
	39.75		1:23.02	2:06.61
			3:33.90	4:17.35
			6:28.78	7:12.57
			9:23.88	10:07.70
			12:19.30	13:03.09
			15:15.61	15:59.51
			18:12.17	18:55.60
			21:06.00	21:47.60

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

NATL: 29.07 N 10/27/2024 TRINITY KAY

ZONECHAMPS: 29.97 Z 12/12/2021 Olivia Trojbm

1	Riley, Isabella	22	Kingsbury Club M-2	29.19Z
2	Locke, Alyson	23	Greater Holyoke-2	37.24
3	Dorotinsky, Alexandra	24	South County Ymc-2	40.86
4	Coolidge, Emily	22	Edge Masters-2	51.57

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

NATL: 59.45 N 11/21/2009 PETRA KLOSOVA

ZONECHAMPS: 1:05.45 Z 12/14/2023 Danica Adams

1	Riley, Isabella	22	Kingsbury Club M-2	1:04.78Z
	31.02		1:04.78	
2	Stenton, Bethan	23	Worcester Area M-2	1:17.63
	37.95		1:17.63	
3	Dorotinsky, Alexandra	24	South County Ymc-2	1:29.61
	42.88		1:29.61	
4	DeWitt, Liza	23	SwimRI-2	2:02.26
	58.29		2:02.26	

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

NATL: 2:15.08 N 10/26/2024 TRINITY KAY

ZONECHAMPS: 2:21.23 Z 12/15/2023 Danica Adams

1	Riley, Isabella	22	Kingsbury Club M-2	2:27.90
	34.66		1:12.46	1:50.47
			2:27.90	
2	Stenton, Bethan	23	Worcester Area M-2	2:49.91
	39.58		1:22.80	2:07.14
			2:07.14	2:49.91
3	Locke, Alyson	23	Greater Holyoke-2	2:57.21
	41.22		1:26.34	2:12.86
			2:12.86	2:57.21
4	Coolidge, Emily	22	Edge Masters-2	4:07.33
	1:01.68		2:05.49	3:08.48
			3:08.48	4:07.33
---	DeWitt, Liza	23	SwimRI-2	DQ
	58.60		2:02.88	3:09.12
				DQ

**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	DeWitt, Liza	23	SwimRI-2	1:01.27
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## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	Stenton, Bethan	23	Worcester Area M-2	1:31.05
	43.54			1:31.05
2	Harter, Rayna	24	Worcester Area M-2	1:41.60
	47.76			1:41.60
3	DeWitt, Liza	23	SwimRI-2	2:03.34
	58.97			2:03.34
4	Coolidge, Emily	22	Edge Masters-2	2:26.55
	1:12.95			2:26.55

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

NATL: 2:32.80 N 10/25/2014 MICAH LAWRENCE

ZONECHAMPS: 2:48.86 Z 12/13/2014 Molly Smith

1	Roba, Lefteri	23	Worcester Area M-2	2:57.10
	38.43		1:23.13	2:10.36
				2:57.10
2	Stenton, Bethan	23	Worcester Area M-2	3:06.72
	43.44		1:30.90	2:20.28
				3:06.72
3	Beaumont, Aurora	22	Worcester Area M-2	3:16.95
	44.58		1:34.56	2:26.16
				3:16.95
4	DeWitt, Liza	23	SwimRI-2	4:19.98
	59.26		2:06.08	4:19.98
5	Coolidge, Emily	22	Edge Masters-2	5:06.11
	1:12.06		2:29.53	5:06.11

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

NATL: 28.37 N 12/5/2009 MEG GILL

ZONECHAMPS: 28.56 Z 12/11/2021 Olivia Trojboom

1	Riley, Isabella	22	Kingsbury Club M-2	28.53Z
2	Roba, Lefteri	23	Worcester Area M-2	33.51
3	Clemson, Anna	23	Boston Universit-2	34.10
4	Harter, Rayna	24	Worcester Area M-2	35.23
5	Marder, Michelle	22	South County Ymc-2	38.42
6	Dorotinsky, Alexandra	24	South County Ymc-2	41.21
7	Vallone, Olivia	24	UC02	42.51
8	Coolidge, Emily	22	Edge Masters-2	54.65

**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	Riley, Isabella	22	Kingsbury Club M-2	1:05.95Z
	30.83		1:05.95	
2	Coolidge, Emily	22	Edge Masters-2	2:15.03
	1:02.31		2:15.03	

**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	24	Worcester Area M-2	3:19.44
	41.45		1:30.43	2:23.56
				3:19.44

**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	Riley, Isabella	22	Kingsbury Club M-2	1:11.81
	31.09		1:11.81	
2	Harter, Rayna	24	Worcester Area M-2	1:27.55
	37.64		1:27.55	

3	Dorotinsky, Alexandra	24	South County Ymc-2	1:33.55
	41.83		1:33.55	

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

NATL: 2:16.17 N 10/26/2024 TRINITY KAY

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

1	Stenton, Bethan	23	Worcester Area M-2	2:54.50
	41.44		1:23.91	2:16.11
				2:54.50
2	Harter, Rayna	24	Worcester Area M-2	3:11.78
	38.28		1:26.62	2:25.52
				3:11.78

**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	Young, Natalie	23	Worcester Area M-2	5:08.24
	32.52		1:09.26	1:48.57
				2:28.66
				3:12.54
				3:57.12
				4:32.89
				5:08.24
2	Harter, Rayna	24	Worcester Area M-2	6:49.44
	40.98		1:29.70	2:24.05
				3:15.52
				4:14.77
				5:15.41
				6:03.25
				6:49.44
3	Coolidge, Emily	22	Edge Masters-2	9:20.56
	58.69		2:08.58	3:13.99
				4:19.25
	5:38.83		7:00.36	9:20.56

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

WORLD: 24.01 W 11/26/2023 Anna HOPKIN

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

ZONECHAMPS: 27.39 Z 12/15/2023 Ines Khiyara

1	Smith, Delaney	28	Agua Masters-6	27.97
2	Koster, Sarah	29	Simon's Rock Pac-2	30.40
3	Hernandez, Paula	28	Boston Universit-2	31.15
4	Anderson, Eliza	27	South County Ymc-2	31.61
5	Edmondson, Lindsay	28	Weymouth Waves M	34.74

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

WORLD: 52.46 W 11/25/2023 Anna HOPKIN

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

ZONECHAMPS: 59.45 Z 12/13/2014 Elizabeth Mancuso

1	Smith, Delaney	28	Agua Masters-6	1:01.89
	29.52		1:01.89	
2	Hernandez, Paula	28	Boston Universit-2	1:09.74
	33.33		1:09.74	

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

WORLD: 1:57.99 W 2/18/2023 Tessa VERMEULEN

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

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

1	Smith, Delaney	28	Agua Masters-6	2:16.55
	32.29		1:06.70	1:41.62
				2:16.55
2	Koster, Sarah	29	Simon's Rock Pac-2	2:35.64
	37.02		1:17.73	1:59.63
				2:35.64
3	Edmondson, Lindsay	28	Weymouth Waves M	2:44.42
	37.60		1:18.76	2:01.43
				2:44.42

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

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

WORLD: 4:13.71 W 2/17/2023 Tessa VERMEULEN

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

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

1	Linsey, Shannon	25	Boston Universit-2	5:22.18
	36.26	1:15.95	1:56.77	2:38.22
	3:19.53	4:00.93	4:41.89	5:22.18

**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	Hernandez, Paula	28	Boston Universit-2	11:15.28
	35.98	1:16.48	1:58.06	2:40.26
	3:22.71	4:05.53	4:48.45	5:31.32
	6:13.93	6:57.25	7:40.68	8:24.03
	9:07.47	9:50.54	10:33.57	11:15.28

**Women 25-29 1500 SC Meter Freestyle**

WORLD:16:36.07 W 3/31/1996 Sheila TAORMINA

NATL:16:36.07 N 3/31/1996 SHEILA TAORMINA

ZONECHAMPS:18:43.78 Z 1/1/1996 Bridget Robbins

1	Linsey, Shannon	25	Boston Universit-2	20:55.49
	36.95	1:17.24	1:58.31	2:39.83
	3:21.41	4:02.92	4:44.73	5:26.43
	6:08.20	6:49.81	7:31.85	8:14.14
	8:56.47	9:38.88	10:21.16	11:03.35
	11:45.44	12:27.81	13:10.51	13:52.86
	14:35.41	15:17.99	16:00.57	16:42.93
	17:25.64	18:08.38	18:50.86	19:33.23
	20:15.23	20:55.49		

**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	D'Aurora, Marion	25	Terrapin Masters-10	32.71
2	McCann, Kerry	26	Weymouth Waves M	34.96
3	Anderson, Eliza	27	South County Ymc-2	36.14
4	Koster, Sarah	29	Simon's Rock Pac-2	36.43
5	Linsey, Shannon	25	Boston Universit-2	38.24
6	Edmondson, Lindsay	28	Weymouth Waves M	43.25

**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	Linsey, Shannon	25	Boston Universit-2	1:21.58
	39.52	1:21.58		
2	McGahie, Kaitlin	29	Worcester Area M-2	1:24.65
	40.96	1:24.65		

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

WORLD: 2:10.37 W 2/19/2023 Tessa VERMEULEN

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

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

1	Anderson, Eliza	27	South County Ymc-2	2:51.17
	41.08	1:24.18	2:08.06	2:51.17

2	Linsey, Shannon	25	Boston Universit-2	2:54.14
	41.08	1:25.52	2:10.34	2:54.14

**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: 34.67 Z 12/15/2023 Ines Khiyara

1	Christy, Jamie	29	Dynamo Swim Club-	33.65Z
2	Naassana, Chantal	29	Agua Masters-6	33.81
3	McGahie, Kaitlin	29	Worcester Area M-2	40.50

**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	Naassana, Chantal	29	Agua Masters-6	1:13.70Z
	35.35	1:13.70		
2	Christy, Jamie	29	Dynamo Swim Club-	1:14.54
	34.94	1:14.54		

**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	Naassana, Chantal	29	Agua Masters-6	2:44.54Z
	38.22	1:21.05	2:03.20	2:44.54

**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	McDonald, Juliana	28	Granite State Pe-2	29.15Z
2	Smith, Delaney	28	Agua Masters-6	30.69
3	D'Aurora, Marion	25	Terrapin Masters-10	30.79
4	Khiyara, Ines	26	Granite State Pe-2	31.39
5	Snow, Madeline	27	SwimRI-2	32.21
6	Whaling, Isabel	25	South County Ymc-2	32.24
7	Anderson, Eliza	27	South County Ymc-2	34.56
8	Hernandez, Paula	28	Boston Universit-2	34.64
9	McGahie, Kaitlin	29	Worcester Area M-2	35.36
10	Lane, Kristin	29	Worcester Area M-2	37.63

**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	D'Aurora, Marion	25	Terrapin Masters-10	1:10.77
	33.17	1:10.77		
2	Hernandez, Paula	28	Boston Universit-2	1:20.29
	36.59	1:20.29		

**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	Linsey, Shannon	25	Boston Universit-2	3:19.56
	42.40	1:32.70	2:26.12	3:19.56

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	Christy, Jamie	29	Dynamo Swim Club-	1:08.10Z
	32.33	1:08.10		
2	Anderson, Eliza	27	South County Ymc-2	1:19.37
	36.52	1:19.37		
3	Koster, Sarah	29	Simon's Rock Pac-2	1:19.67
	35.73	1:19.67		
4	Hernandez, Paula	28	Boston Universit-2	1:21.66
	36.46	1:21.66		

**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	Christy, Jamie	29	Dynamo Swim Club-	2:25.66
	30.45	1:08.51	1:50.72	2:25.66
2	Naassana, Chantal	29	Agua Masters-6	2:42.21
	36.19	1:19.33	2:01.74	2:42.21
3	Hernandez, Paula	28	Boston Universit-2	2:58.07
	36.44	1:20.46	2:17.91	2:58.07

**Women 25-29 400 SC Meter IM****WORLD: 4:44.98 W 9/27/2015 K.BARANOWSKA****NATL: 5:02.54 N 12/13/1998 WENKE HANSEN****ZONECHAMPS: 5:06.96 Z 12/13/2019 Courtney Randolph**

1	Christy, Jamie	29	Dynamo Swim Club-	5:16.27
	31.84	1:09.91	1:52.02	2:33.51
	3:17.96	4:03.30	4:40.75	5:16.27
2	McCann, Kerry	26	Weymouth Waves M	5:58.14
	36.17	1:18.92	2:03.24	2:46.85
	3:40.79	4:34.99	5:17.07	5:58.14
3	Linsey, Shannon	25	Boston Universit-2	6:20.43
	41.10	1:30.79	2:18.14	3:04.69
	4:01.26	4:57.52	5:39.78	6:20.43

**Women 30-34 50 SC Meter Freestyle****WORLD: 24.30 W 10/27/2023 Rebecca GUY****NATL: 25.69 N 11/10/2012 ERIKA ERNDL****ZONECHAMPS: 26.51 Z 12/14/2014 Katrine Alcaide**

1	Gagnon, Caitlin	30	Cincinnati Marli-17	31.40
2	Helm, Melissa	33	Simon's Rock Pac-2	34.65
3	Keywan, Christine	30	South County Ymc-2	36.02

**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	Bartholomew, Courtney	30	Great Bay Master-2	57.78Z
	28.01	57.78		

**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	Aubin, Alana	34	Boston Universit-2	2:23.30
	33.22	1:09.35	1:46.70	2:23.30

2	Helm, Melissa	33	Simon's Rock Pac-2	2:45.19
	35.79	1:15.96	2:00.04	2:45.19

**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	Aubin, Alana	34	Boston Universit-2	5:03.24
	34.57	1:12.43	1:50.88	2:29.54
	3:08.20	3:46.71	4:24.95	5:03.24
2	Smith, Molly	33	Boston Universit-2	5:05.61
	35.50	1:13.99	1:52.51	2:31.30
	3:10.03	3:48.47	4:27.56	5:05.61
3	Gagnon, Caitlin	30	Cincinnati Marli-17	5:21.26
	35.76	1:15.38	1:56.07	2:37.17
	3:18.21	3:58.76	4:40.51	5:21.26

**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	Gagnon, Caitlin	30	Cincinnati Marli-17	11:00.73
	36.13	1:16.66	1:58.49	2:40.70
	3:22.84	4:05.59	4:47.51	5:29.71
	6:11.53	6:53.62	7:35.62	8:17.09
	8:58.57	9:40.09	10:21.30	11:00.73

**Women 30-34 1500 SC Meter Freestyle****WORLD:16:26.93 W 12/2/2011 Dawn HECKMAN****NATL:16:26.93 N 12/2/2011 DAWN HECKMAN****ZONECHAMPS:17:58.96 Z 1/1/1999 Laurie Hug**

1	Aubin, Alana	34	Boston Universit-2	20:03.76
	36.11	1:15.28	1:54.97	2:34.94
	3:15.17	3:55.21	4:35.43	5:15.40
	5:55.46	6:35.58	7:15.54	7:55.59
	8:35.63	9:16.15	9:56.33	10:36.66
	11:17.09	11:57.76	12:38.23	13:18.73
	13:59.25	14:40.24	15:20.75	16:01.61
	16:42.37	17:22.66	18:02.97	18:43.64
	19:24.21	20:03.76		

**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	Bartholomew, Courtney	30	Great Bay Master-2	27.57N
2	Randolph, Courtney	33	Terrapin Masters-10	31.82
3	Gagnon, Caitlin	30	Cincinnati Marli-17	35.28
4	Helm, Melissa	33	Simon's Rock Pac-2	38.33
5	Keywan, Christine	30	South County Ymc-2	41.48

**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	Bartholomew, Courtney	30	Great Bay Master-2	59.39N
	28.96	59.39		
2	Gagnon, Caitlin	30	Cincinnati Marli-17	1:18.02
	36.73	1:18.02		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

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**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	Bartholomew, Courtney	30	Great Bay Master-2	2:08.91W
				30.36 1:03.28 1:36.38 2:08.91
2	Randolph, Courtney	33	Terrapin Masters-10	2:29.57
				35.73 1:13.93 1:52.08 2:29.57
3	Gagnon, Caitlin	30	Cincinnati Marli-17	2:46.66
				38.43 1:20.87 2:03.86 2:46.66
4	Keywan, Christine	30	South County Ymc-2	3:07.98
				45.80 1:33.77 2:21.53 3:07.98

**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	Gagnon, Caitlin	30	Cincinnati Marli-17	43.38
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**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	33	Terrapin Masters-10	2:45.88Z
				38.01 1:19.83 2:02.87 2:45.88
2	Smith, Molly	33	Boston Universit-2	2:53.37
				39.69 1:23.30 2:08.42 2:53.37

**Women 30-34 50 SC Meter Butterfly****WORLD: 26.67 W 3/18/2023 Masako IDA****NATL: 27.53 N 3/18/2023 HANNAH CARON****ZONECHAMPS: 29.03 Z 12/13/2014 Katrine Alcaide**

1	Aubin, Alana	34	Boston Universit-2	32.96
2	Gagnon, Caitlin	30	Cincinnati Marli-17	35.35

**Women 30-34 100 SC Meter Butterfly****WORLD: 59.82 W 11/20/2016 Anna POLIAKOVA****NATL: 1:00.34 N 10/13/2012 ERIKA ERNDL****ZONECHAMPS: 1:06.27 Z 12/11/2015 Elizabeth Mancuso**

1	Aubin, Alana	34	Boston Universit-2	1:12.50
				33.97 1:12.50
2	Gagnon, Caitlin	30	Cincinnati Marli-17	1:20.61
				37.35 1:20.61

**Women 30-34 200 SC Meter Butterfly****WORLD: 2:13.09 W 5/25/2008 Hitomi MATSUDA****NATL: 2:19.34 N 10/5/2003 KATRINA RADKE****ZONECHAMPS: 2:25.62 Z 12/14/2013 Ildiko Szekely**

1	Aubin, Alana	34	Boston Universit-2	2:44.24
				35.27 1:16.66 1:59.93 2:44.24

**Women 30-34 100 SC Meter IM****WORLD: 1:02.15 W 5/27/2023 Erica MORNINGSTAR****NATL: 1:02.52 N 10/13/2012 ERIKA ERNDL****ZONECHAMPS: 1:06.06 Z 12/14/2014 Katrine Alcaide**

1	Bartholomew, Courtney	30	Great Bay Master-2	1:04.09Z
				28.68 1:04.09
2	Gagnon, Caitlin	30	Cincinnati Marli-17	1:16.40
				34.55 1:16.40

3	Helm, Melissa	33	Simon's Rock Pac-2	1:26.11
				38.32 1:26.11
4	Keywan, Christine	30	South County Ymc-2	1:30.32
				41.67 1:30.32

**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	33	Terrapin Masters-10	2:27.41
				32.37 1:10.71 1:53.76 2:27.41
2	Smith, Molly	33	Boston Universit-2	2:40.30
				35.82 1:18.32 2:03.66 2:40.30
3	Gagnon, Caitlin	30	Cincinnati Marli-17	2:49.89
				35.84 1:17.81 2:08.24 2:49.89

**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	33	Terrapin Masters-10	5:13.32
				33.14 1:11.12 1:52.08 2:32.30
				3:16.81 4:01.51 4:37.96 5:13.32
2	Gagnon, Caitlin	30	Cincinnati Marli-17	5:55.10
				36.85 1:21.35 2:06.44 2:51.15
				3:41.34 4:32.37 5:14.54 5:55.10
3	Cooper, Jessica	33	Worcester Area M-2	7:22.31
				49.13 1:47.97 2:46.90 3:43.17
				4:40.25 5:38.13 6:31.28 7:22.31

**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	Thomas, Claire	38	South County Ymc-2	28.08
2	Mancuso, Elizabeth	39	Wild Crab Master-2	28.12
3	Curbeau, Kaitlin	39	Kingsbury Club M-2	29.61
4	Charpentier, Caroline	35	Terrapin Masters-10	33.36
5	Cipolletti, Christian	37	Granite State Pe-2	34.12

**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	Curbeau, Kaitlin	39	Kingsbury Club M-2	1:05.33
				31.27 1:05.33
2	Nowak, Meghan	36	Kingsbury Club M-2	1:09.19
				33.85 1:09.19

**Women 35-39 200 SC Meter Freestyle****WORLD: 2:02.89 W 11/15/2023 Veronica BALSANO****NATL: 2:03.56 N 12/14/1997 K PIPES-NEILSEN****ZONECHAMPS: 2:11.37 Z 1/1/2000 Laurie Hug**

1	Sciaccia, Krysten	36	Agua Masters-6	2:17.69
				32.90 1:08.01 1:42.96 2:17.69
2	Curbeau, Kaitlin	39	Kingsbury Club M-2	2:20.70
				32.13 1:07.10 1:43.60 2:20.70
3	Mellen, Christine	38	South County Ymc-2	2:46.58
				38.35 1:20.82 2:04.99 2:46.58

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**(Women 35-39 200 SC Meter Freestyle)**

4	Cipolletti, Christian	37	Granite State Pe-2	2:52.75
	37.78	1:21.31	2:09.30	2:52.75
5	Roberts, Bethany	36	Greater Holyoke-2	3:26.20
	48.10	1:40.60	2:35.29	3:26.20
6	Amico, Victoria	35	Granite State Pe-2	4:32.22
	1:00.06	2:09.69	3:21.32	4:32.22

**Women 35-39 400 SC Meter Freestyle****WORLD: 4:19.96 W 7/15/2023 Sophie CASSON****NATL: 4:22.56 N 12/12/1999 K PIPES-NEILSEN****ZONECHAMPS: 4:34.69 Z 1/1/2003 Laurie Hug**

1	Sciacca, Krysten	36	Agua Masters-6	4:47.23
	34.34	1:11.04	1:47.83	2:24.53
	3:00.55	3:36.78	4:12.32	4:47.23
2	Curbeau, Kaitlin	39	Kingsbury Club M-2	4:57.24
	32.87	1:08.68	1:45.25	2:22.71
	3:01.07	3:39.85	4:18.70	4:57.24
3	Charpentier, Caroline	35	Terrapin Masters-10	5:46.19
	38.20	1:20.83	2:04.74	2:48.72
	3:32.97	4:17.61	5:02.19	5:46.19
4	Latimer, Kellie	39	Bernon Family YM-2	5:54.46
	39.93	1:23.73	2:08.58	2:54.19
	3:40.05	4:25.75	5:10.71	5:54.46
5	Mellen, Christine	38	South County Ymc-2	6:02.33
	37.77	1:20.25	2:05.38	2:52.11
	3:39.21	4:27.50	5:15.81	6:02.33
6	Derian-Toth, Meredith	36	Worcester Area M-2	8:50.17
	57.30	2:02.25	3:10.77	4:19.66
	5:28.13	6:39.25	7:46.98	8:50.17

**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	Thomas, Claire	38	South County Ymc-2	10:04.94
	32.41	1:09.40	1:47.99	2:26.69
	3:05.38	3:43.94	4:22.47	5:01.15
	5:39.98	6:18.81	6:57.18	7:35.46
	8:13.21	8:51.45	9:29.67	10:04.94
2	Mellen, Christine	38	South County Ymc-2	12:38.58
	39.97	1:24.97	2:11.52	2:58.68
	3:46.08	4:33.84	5:21.90	6:10.53
	6:59.31	7:48.09	8:37.26	9:26.28
	10:15.21	11:04.15	11:52.02	12:38.58

**Women 35-39 1500 SC Meter Freestyle****WORLD:16:52.94 W 9/27/2015 Heidi GEORGE****NATL:16:52.94 N 9/27/2015 HEIDI GEORGE****ZONECHAMPS:17:27.84 Z 1/1/2000 Laurie Hug**

1	Sciacca, Krysten	36	Agua Masters-6	18:44.21
	34.65	1:12.23	1:50.05	2:28.29
	3:06.23	3:44.18	4:21.97	4:59.64
	5:37.35	6:15.12	6:53.11	7:30.85
	8:08.56	8:46.46	9:24.21	10:01.90
	10:39.39	11:16.91	11:54.22	12:31.84
	13:09.31	13:46.78	14:24.17	15:01.66
	15:39.08	16:16.62	16:54.04	17:31.12
	18:08.03	18:44.21		
2	Tonelli, Marlena	36	Terrapin Masters-10	19:52.15
	37.42	1:17.50	1:57.96	2:38.30
	3:18.61	3:58.78	4:39.02	5:19.17
	5:59.12	6:38.97	7:18.79	7:58.76
	8:38.75	9:18.82	9:58.70	10:38.52
	11:18.14	11:57.75	12:37.28	13:16.97
	13:56.89	14:36.65	15:16.54	15:56.49
	16:36.40	17:16.34	17:55.96	18:35.24
	19:14.25	19:52.15		
3	Curbeau, Kaitlin	39	Kingsbury Club M-2	19:57.08
	34.36	1:11.48	1:50.22	2:28.77
	3:07.81	3:47.12	4:27.08	5:07.00
	5:47.01	6:27.49	7:07.79	7:48.22
	8:28.58	9:09.57	9:50.41	10:31.11
	11:11.86	11:52.60	12:33.34	13:13.82
	13:54.36	14:35.00	15:15.30	15:55.64
	16:36.11	17:16.42	17:56.57	18:37.19
	19:17.48	19:57.08		

**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: 30.86 Z 12/14/2023 Brittany Butcher**

1	Butcher, Brittany	39	Granite State Pe-2	30.30Z
2	Thomas, Claire	38	South County Ymc-2	30.83
3	Shah, Minita	38	Charles River Aq-2	36.12
4	Curbeau, Kaitlin	39	Kingsbury Club M-2	37.53
5	Charpentier, Caroline	35	Terrapin Masters-10	38.33
6	Mellen, Christine	38	South County Ymc-2	40.61
7	Amico, Victoria	35	Granite State Pe-2	1:04.84

**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: 1:05.49 Z 12/14/2023 Brittany Butcher**

1	Curbeau, Kaitlin	39	Kingsbury Club M-2	1:20.66
	39.01	1:20.66		
2	Shah, Minita	38	Charles River Aq-2	1:23.13
	39.65	1:23.13		
3	Latimer, Kellie	39	Bernon Family YM-2	1:25.84
	41.80	1:25.84		

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**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: 2:23.70 Z 12/15/2023 Brittany Butcher

1	Mellen, Christine	38	South County Ymc-2	3:21.00
	48.33	1:39.85	2:31.89	3:21.00

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

WORLD: 30.96 W 11/20/2023 Petra WEBER

NATL: 31.25 N 10/8/2022 DANIELLE HERRMANN

ZONECHAMPS: 35.35 Z 1/1/2001 Amanda Martin

1	Mancuso, Elizabeth	39	Wild Crab Master-2	36.91
2	Tonelli, Marlena	36	Terrapin Masters-10	37.54
3	Nowak, Meghan	36	Kingsbury Club M-2	39.86
4	Whelan-Chan, Kelly	39	Granite State Pe-2	41.89
5	Curbeau, Kaitlin	39	Kingsbury Club M-2	42.69
6	Mellen, Christine	38	South County Ymc-2	44.83

**Women 35-39 100 SC Meter Breaststroke**

WORLD: 1:08.49 W 11/11/2023 Petra WEBER

NATL: 1:08.59 N 10/8/2022 DANIELLE HERRMANN

ZONECHAMPS: 1:18.46 Z 1/1/2003 Cheryl Conlin

1	Thomas, Claire	38	South County Ymc-2	1:16.33Z
	36.09	1:16.33		
2	Rose, Laura	38	Terrapin Masters-10	1:22.51
	37.96	1:22.51		
3	Tonelli, Marlena	36	Terrapin Masters-10	1:24.59
	38.98	1:24.59		
4	Nowak, Meghan	36	Kingsbury Club M-2	1:24.78
	40.10	1:24.78		
5	Sciacca, Krysten	36	Agua Masters-6	1:28.05
	42.04	1:28.05		
6	Mellen, Christine	38	South County Ymc-2	1:37.07
	46.76	1:37.07		

**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	Thomas, Claire	38	South County Ymc-2	2:48.44Z
	37.87	1:21.13	2:05.05	2:48.44
2	Sciacca, Krysten	36	Agua Masters-6	3:04.65
	42.50	1:29.12	2:16.36	3:04.65
3	Tonelli, Marlena	36	Terrapin Masters-10	3:06.93
	42.38	1:28.70	2:17.13	3:06.93
4	Mellen, Christine	38	South County Ymc-2	3:29.09
	48.42	1:41.72	2:35.66	3:29.09

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

WORLD: 27.29 W 10/8/2022 Danielle HERRMANN

NATL: 27.29 N 10/8/2022 DANIELLE HERRMANN

ZONECHAMPS: 29.52 Z 12/9/2016 Katrine Alcaide

1	Butcher, Brittany	39	Granite State Pe-2	29.52Z
2	Mancuso, Elizabeth	39	Wild Crab Master-2	30.04
3	Thomas, Claire	38	South County Ymc-2	30.05
4	Curbeau, Kaitlin	39	Kingsbury Club M-2	34.35
5	Whelan-Chan, Kelly	39	Granite State Pe-2	38.36
6	Mellen, Christine	38	South County Ymc-2	39.57

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

WORLD: 1:00.19 W 4/6/2024 C.ATHAYDE SARRUF

NATL: 1:01.98 N 10/9/2022 DANIELLE HERRMANN

ZONECHAMPS: 1:04.38 Z 12/11/2015 Ildiko Szekely

1	Thomas, Claire	38	South County Ymc-2	1:09.16
	30.93	1:09.16		
2	Curbeau, Kaitlin	39	Kingsbury Club M-2	1:19.60
	35.81	1:19.60		
3	Nowak, Meghan	36	Kingsbury Club M-2	1:20.85
	36.99	1:20.85		

**Women 35-39 200 SC Meter Butterfly**

WORLD: 2:14.46 W 7/24/2021 C.ATHAYDE SARRUF

NATL: 2:18.41 N 12/14/1997 K PIPES-NEILSEN

ZONECHAMPS: 2:22.52 Z 12/13/2014 Ildiko Szekely

1	Mellen, Christine	38	South County Ymc-2	3:55.53
	49.86	1:50.42	2:53.69	3:55.53

**Women 35-39 100 SC Meter IM**

WORLD: 1:02.76 W 11/19/2023 Petra WEBER

NATL: 1:03.94 N 10/9/2022 DANIELLE HERRMANN

ZONECHAMPS: 1:09.10 Z 12/15/2023 Jessie Alcaide

1	Butcher, Brittany	39	Granite State Pe-2	1:07.46Z
	30.38	1:07.46		
2	Thomas, Claire	38	South County Ymc-2	1:08.92
	30.42	1:08.92		
3	Nowak, Meghan	36	Kingsbury Club M-2	1:19.83
	39.00	1:19.83		
4	Curbeau, Kaitlin	39	Kingsbury Club M-2	1:20.26
	37.08	1:20.26		
5	Mellen, Christine	38	South County Ymc-2	1:27.75
	40.79	1:27.75		
6	Cipolletti, Christian	37	Granite State Pe-2	1:28.12
	38.39	1:28.12		
7	Roberts, Bethany	36	Greater Holyoke-2	1:59.01
	58.17	1:59.01		

**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	Butcher, Brittany	39	Granite State Pe-2	2:26.14Z
	30.98	1:07.64	1:52.41	2:26.14
2	Curbeau, Kaitlin	39	Kingsbury Club M-2	2:46.95
	34.90	1:19.25	2:09.64	2:46.95
3	Latimer, Kellie	39	Bernon Family YM-2	3:12.14
	47.90	1:34.36	2:31.01	3:12.14
4	Mellen, Christine	38	South County Ymc-2	3:17.87
	44.35	1:36.24	2:30.92	3:17.87

**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	Thomas, Claire	38	South County Ymc-2	5:29.73
	31.36	1:09.81	1:53.29	2:36.39
	3:22.99	4:11.12	4:51.90	5:29.73

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Sanction #: 024-S005

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**(Women 35-39 400 SC Meter IM)**

2	Sciacca, Krysten	36	Agua Masters-6	5:30.88
	36.10	1:16.95	2:00.25	2:42.78
	3:30.10	4:17.35	4:54.77	5:30.88
3	Curbeau, Kaitlin	39	Kingsbury Club M-2	6:03.40
	37.00	1:21.23	2:08.73	2:56.29
	3:50.01	4:44.91	5:25.50	6:03.40
4	Mellen, Christine	38	South County Ymc-2	6:57.21
	45.63	1:42.09	2:36.53	3:30.64
	4:27.54	5:24.16	6:12.50	6:57.21
5	Amico, Victoria	35	Granite State Pe-2	10:49.46
	1:06.14	2:35.98	3:55.88	5:13.77
	6:45.77	8:21.38	9:36.14	10:49.46

**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	Grover, Mollie	43	Terrapin Masters-10	28.81
2	Davis, Krysten	42	Granite State Pe-2	29.06
3	Chiba, Tamara	43	Connecticut Mast-5	29.56
4	Bailey, Jessica	41	Green Mountain C-2	30.27
5	Mathews, Kimberly	43	Kingsbury Club M-2	32.45
6	Leith-Doucett, Diane	42	South County Ymc-2	32.99
7	Jaras, Olivia	40	Granite State Pe-2	33.13
8	Parker, Juliana	44	Life Time New En-2	35.96
9	Lubarsky, Korriinn	42	Life Time New En-2	36.53
10	Rosendahl, Mikal	44	Charles River Aq-2	41.11

**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	Grover, Mollie	43	Terrapin Masters-10	1:02.95
	30.60	1:02.95		
2	Chiba, Tamara	43	Connecticut Mast-5	1:07.14
	32.15	1:07.14		
3	Rosendahl, Mikal	44	Charles River Aq-2	1:29.82
	43.37	1:29.82		

**Women 40-44 200 SC Meter Freestyle****WORLD: 2:05.06 W 1/14/2024 Maiko FUJINO****NATL: 2:05.26 N 12/14/2003 K PIPES-NEILSEN****ZONECHAMPS: 2:12.76 Z 1/1/2001 Vibeke Swanson**

1	Davis, Krysten	42	Granite State Pe-2	2:25.46
	34.10	1:10.97	1:48.68	2:25.46
2	Leith-Doucett, Diane	42	South County Ymc-2	2:28.69
	35.03	1:12.93	1:51.25	2:28.69
3	Bailey, Jessica	41	Green Mountain C-2	2:29.59
	33.81	1:10.66	1:50.00	2:29.59
4	Mathews, Kimberly	43	Kingsbury Club M-2	2:43.82
	36.38	1:17.31	2:00.56	2:43.82
5	Dembro, Jessica	42	South County Ymc-2	2:47.50
	37.97	1:20.30	2:04.83	2:47.50
6	Jaras, Olivia	40	Granite State Pe-2	2:52.79
	38.53	1:22.38	2:08.68	2:52.79

7	Rosendahl, Mikal	44	Charles River Aq-2	3:12.40
	44.96	1:34.62	2:24.98	3:12.40

**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	Bailey, Jessica	41	Green Mountain C-2	5:18.70
	35.30	1:14.09	1:54.53	2:35.53
	3:16.23	3:57.20	4:38.64	5:18.70
2	Girman, Julia	44	South County Ymc-2	5:48.01
	39.04	1:22.03	2:06.13	2:50.07
	3:34.31	4:19.12	5:04.22	5:48.01
3	Rickli, Casey	40	Worcester Area M-2	6:13.47
	38.90	1:23.17	2:09.55	2:57.37
	3:46.43	4:35.58	5:25.00	6:13.47
4	Ferrante, Krista	43	Worcester Area M-2	6:57.83
	43.63	1:33.85	2:27.35	3:22.03
	4:16.32	5:11.23	6:06.12	6:57.83
5	Perkins, Sarah	40	Connecticut Mast-5	9:52.87
	1:06.13	2:18.01	3:32.14	4:49.05
	6:05.26	7:23.28	8:39.82	9:52.87

**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	Dembro, Jessica	42	South County Ymc-2	13:14.45
	41.74	1:30.85	2:22.41	3:14.42
	4:06.92	4:57.18	5:47.67	6:38.80
	7:30.09	8:20.16	9:10.83	10:02.23
	10:52.27	11:41.24	12:29.84	13:14.45
2	Jaras, Olivia	40	Granite State Pe-2	13:24.89
	41.29	1:29.39	2:20.68	3:12.02
	4:04.83	4:56.33	5:49.81	6:42.39
	7:34.40	8:27.03	9:18.77	10:09.81
	11:00.97	11:51.43	12:41.01	13:24.89
3	Meeks, Ruth	40	South County Ymc-2	15:07.09
	50.21	1:44.73	2:41.20	
	4:36.77	5:35.04		7:30.24
	8:27.67	9:25.71	10:23.24	11:21.21
	12:19.31	13:17.58	14:15.82	15:07.09
4	Perkins, Sarah	40	Connecticut Mast-5	20:33.96
	1:05.93	2:21.86	3:41.10	4:59.81
	6:17.26	7:35.91	8:53.46	10:09.50
	11:27.31	12:45.62	14:05.60	15:22.62
	16:40.66	18:00.14	19:18.71	20:33.96



## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Women 40-44 1500 SC Meter Freestyle****WORLD: 16:50.92 W 12/1/2017 Heidi GEORGE****NATL: 16:50.92 N 12/1/2017 HEIDI GEORGE****ZONECHAMPS: 18:03.41 Z 1/1/2008 Laurie Hug**

1	Eriksson Broomhead, Em	42	Wild Crab Master-2	20:26.84
	36.83	1:17.51	1:58.67	2:40.13
	3:21.32	4:02.84	4:44.29	5:25.77
	6:07.31	6:48.69	7:29.91	8:11.16
	8:52.15	9:33.37	10:14.76	10:55.91
	11:36.90	12:18.11	12:58.99	13:40.15
	14:20.89	15:01.99	15:43.27	16:24.56
	17:05.49	17:46.38	18:27.31	19:08.16
	19:48.76	20:26.84		
2	Suleski, Veronica	42	Connecticut Mast-5	27:29.95
	45.46	1:37.09	2:32.16	3:27.07
	4:21.10	5:16.08	6:10.05	7:04.09
	7:59.21	8:55.01	9:50.23	10:46.38
	11:42.95	12:37.68	13:33.28	14:28.86
	15:25.72	16:22.21	17:18.66	18:15.36
	19:11.61	20:08.39	21:04.70	22:01.42
	22:56.49	23:51.28	24:47.43	25:42.82
	26:37.55	27:29.95		

**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	Davis, Krysten	42	Granite State Pe-2	32.76
2	Bailey, Jessica	41	Green Mountain C-2	32.87
3	Grover, Mollie	43	Terrapin Masters-10	33.00
4	Dembro, Jessica	42	South County Ymc-2	39.09
5	Jaras, Olivia	40	Granite State Pe-2	41.41

**Women 40-44 100 SC Meter Backstroke****WORLD: 1:03.22 W 3/24/2018 Raakel LUOTO****NATL: 1:02.74 N 10/27/2024 KELLY HARRIGAN****ZONECHAMPS: 1:05.56 Z 1/1/2009 Kristin Gary**

1	Grover, Mollie	43	Terrapin Masters-10	1:11.13
	35.71	1:11.13		
2	Marshall, Jennifer	43	Bernon Family YM-2	1:32.30
	43.67	1:32.30		
3	Perkins, Sarah	40	Connecticut Mast-5	3:44.22
	1:51.51	3:44.22		

**Women 40-44 200 SC Meter Backstroke****WORLD: 2:17.28 W 5/27/2018 Kana MORIHISA****NATL: 2:13.49 N 10/26/2024 KELLY HARRIGAN****ZONECHAMPS: 2:22.81 Z 1/1/2008 Kristin Gary**

1	Leith-Doucett, Diane	42	South County Ymc-2	2:56.94
	43.08	1:27.92	2:13.26	2:56.94
2	Dembro, Jessica	42	South County Ymc-2	3:08.75
	43.81	1:30.84	2:19.78	3:08.75

**Women 40-44 50 SC Meter Breaststroke****WORLD: 31.81 W 11/20/2022 Nicole HEIDEMANN****NATL: 32.16 N 12/2/2018 KATIE GLENN****ZONECHAMPS: 33.61 Z 12/14/2013 Lisa Blackburn**

1	Marshall, Jennifer	43	Bernon Family YM-2	49.40
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2	Rosendahl, Mikal	44	Charles River Aq-2	52.89
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**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	Mathews, Kimberly	43	Kingsbury Club M-2	1:32.51
	44.16	1:32.51		
2	Rosendahl, Mikal	44	Charles River Aq-2	1:55.80
	53.96	1:55.80		

**Women 40-44 200 SC Meter Breaststroke****WORLD: 2:32.17 W 11/5/2022 Nicole HEIDEMANN****NATL: 2:32.37 N 11/16/2008 S VON DER LIPPE****ZONECHAMPS: 2:53.00 Z 12/11/2010 Rainy Goodale**

1	Rosendahl, Mikal	44	Charles River Aq-2	4:15.52
	57.05	2:03.43	3:10.78	4:15.52
2	Perkins, Sarah	40	Connecticut Mast-5	7:21.79
	1:40.60	3:34.63	5:29.67	7:21.79

**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	Grover, Mollie	43	Terrapin Masters-10	31.31
2	Sutton, Sarah	41	SwimRI-2	33.71
3	Bailey, Jessica	41	Green Mountain C-2	34.67
4	Girman, Julia	44	South County Ymc-2	35.42
5	Jaras, Olivia	40	Granite State Pe-2	38.34
6	Dembro, Jessica	42	South County Ymc-2	41.07
7	Marshall, Jennifer	43	Bernon Family YM-2	42.67
8	Lubarsky, Korriinn	42	Life Time New En-2	43.75
9	Ferrante, Krista	43	Worcester Area M-2	43.89
10	Rosendahl, Mikal	44	Charles River Aq-2	54.01

**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	Dembro, Jessica	42	South County Ymc-2	1:34.78
	44.00	1:34.78		

**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	Davis, Krysten	42	Granite State Pe-2	1:13.50
	33.43	1:13.50		
2	Mathews, Kimberly	43	Kingsbury Club M-2	1:24.23
	41.31	1:24.23		
3	Parker, Juliana	44	Life Time New En-2	1:30.71
	44.93	1:30.71		
4	Dembro, Jessica	42	South County Ymc-2	1:31.55
	42.58	1:31.55		
5	Lubarsky, Korriinn	42	Life Time New En-2	1:39.61
	43.99	1:39.61		
6	Rosendahl, Mikal	44	Charles River Aq-2	1:51.33
	50.94	1:51.33		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	Leith-Doucett, Diane	42	South County Ymc-2	6:12.04
	42.43	1:29.82	2:17.95	3:05.43
	3:59.62	4:53.55	5:33.70	6:12.04

**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	McAndrew, Anne	45	Connecticut Mast-5	27.24
2	Griffin, Angie	45	Granite State Pe-2	28.46
3	Sweetser, Stacy	49	Granite State Pe-2	29.30
4	Stokes, Jessica	48	Boston Universit-2	30.23
5	Crusco, Kysa	48	Granite State Pe-2	31.91
6	Maidenberg, Eve	48	Agua Masters-6	33.27
7	Nicolato, Cortney	46	South County Ymc-2	44.15

**Women 45-49 100 SC Meter Freestyle****WORLD: 57.53 W 12/2/2023 Jennifer MIHALIK****NATL: 57.53 N 12/2/2023 JENNIFER MIHALIK****ZONECHAMPS: 57.89 Z 12/7/2018 Erika Braun**

1	Griffin, Angie	45	Granite State Pe-2	1:07.24
	32.95	1:07.24		
2	Maidenberg, Eve	48	Agua Masters-6	1:10.00
	33.51	1:10.00		
3	Crusco, Kysa	48	Granite State Pe-2	1:10.68
	33.53	1:10.68		
4	Weirup, Amanda	47	Charles River Aq-2	1:23.48
	39.25	1:23.48		

**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	Stokes, Jessica	48	Boston Universit-2	2:23.31
	33.39	1:10.34	1:46.81	2:23.31
2	Maidenberg, Eve	48	Agua Masters-6	2:25.31
	34.32	1:11.17	1:48.35	2:25.31
3	Griffin, Angie	45	Granite State Pe-2	2:28.39
	33.96	1:11.57	1:50.13	2:28.39
4	Downing, Jennifer	46	Boston Universit-2	2:29.99
	34.95	1:13.19	1:51.75	2:29.99
5	Crusco, Kysa	48	Granite State Pe-2	2:33.14
	34.73	1:13.81	1:53.63	2:33.14
6	Taddeo, Marta A	46	Connecticut Mast-5	2:50.70
	40.36	1:24.38	2:08.16	2:50.70
7	Weirup, Amanda	47	Charles River Aq-2	3:03.10
	40.80	1:26.27	2:15.07	3:03.10

**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	48	Agua Masters-6	5:05.06
	34.83	1:12.58	1:50.89	2:29.51
	3:08.10	3:47.12	4:26.29	5:05.06
2	Downing, Jennifer	46	Boston Universit-2	5:16.20
	36.68	1:16.49	1:56.81	2:37.67
	3:17.98	3:57.94	4:37.21	5:16.20
3	Crusco, Kysa	48	Granite State Pe-2	5:17.03
	36.31	1:15.08	1:54.88	2:34.74
	3:14.64	3:55.16	4:36.42	5:17.03
4	Atkinson, Karen	49	New England Mast-2	6:03.86
	43.01	1:28.51	2:14.70	3:01.15
	3:47.77	4:34.00	5:19.87	6:03.86
5	Taddeo, Marta A	46	Connecticut Mast-5	6:05.47
	40.63	1:25.77	2:11.90	2:58.56
	3:45.62	4:32.94	5:19.84	6:05.47

**Women 45-49 800 SC Meter Freestyle****WORLD: 9:01.09 W 1/28/2023 Heidi GEORGE****NATL: 9:01.09 N 1/28/2023 HEIDI GEORGE****ZONECHAMPS: 9:44.52 Z 12/12/2014 Laurie Hug**

1	Maidenberg, Eve	48	Agua Masters-6	10:33.19
	35.49	1:13.70	1:52.51	2:31.97
	3:11.65	3:51.22	4:31.26	5:11.31
	5:51.46	6:32.07	7:12.23	7:52.65
	8:33.02	9:13.51	9:53.80	10:33.19
2	Downing, Jennifer	46	Boston Universit-2	10:50.66
	36.71	1:17.18	1:58.87	2:40.64
	3:22.13	4:03.30	4:44.59	5:25.77
	6:07.19	6:48.40	7:29.41	8:10.63
	8:51.49	9:32.55	10:12.54	10:50.66
3	Griffin, Angie	45	Granite State Pe-2	11:28.50
	37.71	1:19.66	2:03.19	2:46.94
	3:30.72	4:14.75	4:58.19	5:41.55
	6:25.44	7:08.80	7:52.45	8:36.19
	9:20.00	10:03.40	10:46.83	11:28.50
4	Taddeo, Marta A	46	Connecticut Mast-5	12:16.07
	39.69	1:24.54	2:10.10	2:56.37
	3:42.95	4:29.27	5:16.15	6:03.11
	6:50.04	7:37.18	8:23.66	9:10.14
	9:57.01	10:44.17	11:30.86	12:16.07

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Women 45-49 1500 SC Meter Freestyle****WORLD: 17:01.27 W 1/28/2023 Heidi GEORGE****NATL: 17:01.27 N 1/28/2023 HEIDI GEORGE****ZONECHAMPS: 19:34.55 Z 1/1/2008 Rebecca Kalibat**

1	Szekely, Ildiko	45	Granite State Pe-2	18:35.20Z
	34.07	1:10.36	1:47.40	2:24.72
	3:01.57	3:38.92	4:16.19	4:53.83
	5:31.28	6:08.76	6:46.36	7:23.85
	8:01.30	8:38.68	9:16.18	9:53.95
	10:31.20	11:08.56	11:46.12	12:23.83
	13:01.22	13:38.44	14:15.58	14:52.98
	15:30.05	16:07.55	16:44.62	17:21.92
	17:59.01	18:35.20		
2	Crusco, Kysa	48	Granite State Pe-2	21:32.87
	37.38	1:17.87	1:58.50	2:40.59
	3:21.92	4:03.67	4:45.47	5:28.30
	6:11.49	6:54.81	7:38.54	8:22.45
	9:06.82	9:50.51	10:34.40	11:18.66
	12:02.40	12:46.01	13:30.33	14:14.83
	14:58.58	15:42.54	16:26.37	17:10.19
	17:54.41	18:38.04	19:21.82	20:06.02
	20:50.06	21:32.87		
3	Currie, Eliza	47	Maine Masters Sw-2	23:08.11
	39.86	1:23.26	2:08.73	2:54.34
	3:40.31	4:27.42	5:14.23	6:01.09
	6:48.00	7:35.52	8:22.75	9:09.48
	9:55.83	10:42.57	11:29.69	12:16.07
	13:02.76	13:49.76	14:36.63	15:23.64
	16:10.65	16:57.34	17:44.12	18:30.89
	19:17.83	20:04.37	20:50.81	21:37.26
	22:23.15	23:08.11		
4	Dangelo, Kristin	46	Kingsbury Club M-2	23:09.37
	40.76	1:26.08	2:11.88	2:57.81
	3:43.60	4:29.88	5:15.87	6:02.36
	6:48.59	7:35.46	8:22.08	9:09.06
	9:56.20	10:43.15	11:29.83	12:16.84
	13:03.54	13:50.03	14:37.13	15:23.32
	16:09.93	16:56.93	17:43.44	18:30.84
	19:17.45	20:05.14	20:52.13	21:39.22
	22:25.69	23:09.37		

**Women 45-49 50 SC Meter Backstroke****WORLD: 29.52 W 1/11/2020 Raakel LUOTO****NATL: 30.54 N 12/2/2023 JENNIFER MIHALIK****ZONECHAMPS: 31.14 Z 12/10/2010 Leslie Livingston**

1	Griffin, Angie	45	Granite State Pe-2	32.45
2	Downing, Jennifer	46	Boston Universit-2	36.58
3	Taddeo, Marta A	46	Connecticut Mast-5	44.64
4	Nicolato, Cortney	46	South County Ymc-2	51.50

**Women 45-49 100 SC Meter Backstroke****WORLD: 1:04.11 W 12/3/2023 Jennifer MIHALIK****NATL: 1:04.11 N 12/3/2023 JENNIFER MIHALIK****ZONECHAMPS: 1:07.55 Z 12/7/2018 Erika Braun**

1	Griffin, Angie	45	Granite State Pe-2	1:13.32
	35.55	1:13.32		

2	Downing, Jennifer	46	Boston Universit-2	1:19.49
	39.29	1:19.49		
3	Weirup, Amanda	47	Charles River Aq-2	1:34.64
	46.20	1:34.64		
4	Taddeo, Marta A	46	Connecticut Mast-5	1:35.74
	46.43	1:35.74		
5	Atkinson, Karen	49	New England Mast-2	1:43.34
	48.94	1:43.34		

**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	Griffin, Angie	45	Granite State Pe-2	2:48.88
	40.86	1:23.81	2:07.16	2:48.88
2	Downing, Jennifer	46	Boston Universit-2	2:55.02
	41.69	1:26.89	2:12.45	2:55.02
3	Crusco, Kysa	48	Granite State Pe-2	3:08.91
	42.95	1:31.62	2:21.17	3:08.91
4	Taddeo, Marta A	46	Connecticut Mast-5	3:21.17
	49.03	1:39.80	2:31.06	3:21.17

**Women 45-49 50 SC Meter Breaststroke****WORLD: 32.59 W 11/18/2023 Katie GLENN****NATL: 32.59 N 11/18/2023 KATIE GLENN****ZONECHAMPS: 34.92 Z 12/7/2018 Erika Braun**

1	Griffin, Angie	45	Granite State Pe-2	36.81
2	Sweetsner, Stacy	49	Granite State Pe-2	37.87
3	Bair, Kinsey	46	SwimRI-2	38.39
4	Downing, Jennifer	46	Boston Universit-2	40.30
5	Maidenberg, Eve	48	Agua Masters-6	43.20
6	Taddeo, Marta A	46	Connecticut Mast-5	44.78
7	Weirup, Amanda	47	Charles River Aq-2	50.24

**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	Griffin, Angie	45	Granite State Pe-2	1:22.25
	38.31	1:22.25		
2	Bair, Kinsey	46	SwimRI-2	1:22.64
	39.45	1:22.64		
3	Downing, Jennifer	46	Boston Universit-2	1:27.25
	41.10	1:27.25		
4	Maidenberg, Eve	48	Agua Masters-6	1:31.11
	43.55	1:31.11		
5	Taddeo, Marta A	46	Connecticut Mast-5	1:37.78
	46.25	1:37.78		

**Women 45-49 200 SC Meter Breaststroke****WORLD: 2:34.77 W 12/2/2022 Gabrielle ROSE****NATL: 2:34.77 N 12/2/2022 GABRIELLE ROSE****ZONECHAMPS: 2:54.48 Z 12/9/2016 Rainy Goodale**

1	Griffin, Angie	45	Granite State Pe-2	3:01.51
	40.04	1:26.07	2:14.03	3:01.51
2	Downing, Jennifer	46	Boston Universit-2	3:08.37
	41.99	1:29.67	2:19.28	3:08.37
3	Maidenberg, Eve	48	Agua Masters-6	3:14.32
	45.18	1:34.15	2:24.58	3:14.32

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

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## Results

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

4	Taddeo, Marta A	46	Connecticut Mast-5	3:37.91
				48.26 1:43.11 2:39.51 3:37.91
5	Weirup, Amanda	47	Charles River Aq-2	3:51.36
				52.59 1:51.07 2:52.44 3:51.36

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

WORLD: 28.28 W 3/10/2024 Mabi TSUKIOKA

NATL: 28.60 N 4/2/2017 ERIKA BRAUN

ZONECHAMPS: 28.80 Z 12/7/2018 Erika Braun

1	Griffin, Angie	45	Granite State Pe-2	30.85
2	Stokes, Jessica	48	Boston Universit-2	33.53
3	Collins, Donna	49	Kingsbury Club M-2	37.35
4	Gu, Jane	48	Charles River Aq-2	47.69
5	Scimia, Cecilia	47	Charles River Aq-2	57.96

**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	Brooks Crozier, Jennifer	47	SwimRI-2	1:07.70Z
				31.80 1:07.70
2	Taddeo, Marta A	46	Connecticut Mast-5	1:41.15
				48.44 1:41.15

**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	Crusco, Kysa	48	Granite State Pe-2	3:40.77
				49.12 1:46.37 2:45.08 3:40.77
2	Taddeo, Marta A	46	Connecticut Mast-5	3:43.51
				50.21 1:47.47 2:46.06 3:43.51
3	Atkinson, Karen	49	New England Mast-2	3:57.29
				54.37 1:56.96 2:59.12 3:57.29

**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	McAndrew, Anne	45	Connecticut Mast-5	1:09.88
				32.55 1:09.88
2	Griffin, Angie	45	Granite State Pe-2	1:13.17
				33.41 1:13.17
3	Bradfish, Wendy	48	Life Time New En-2	1:22.47
				38.85 1:22.47
4	Nicolato, Cortney	46	South County Ymc-2	1:55.81
				57.14 1:55.81

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

WORLD: 2:19.30 W 12/2/2022 Gabrielle ROSE

NATL: 2:19.30 N 12/2/2022 GABRIELLE ROSE

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

1	Griffin, Angie	45	Granite State Pe-2	2:43.73
				34.97 1:17.12 2:05.28 2:43.73
2	Downing, Jennifer	46	Boston Universit-2	2:54.83
				38.54 1:24.57 2:14.94 2:54.83

3	Collins, Donna	49	Kingsbury Club M-2	3:07.48
				40.08 1:31.11 2:24.19 3:07.48
4	Taddeo, Marta A	46	Connecticut Mast-5	3:16.75
				45.28 1:40.03 2:34.57 3:16.75
5	Gu, Jane	48	Charles River Aq-2	4:05.24
				49.68 2:00.53 3:06.56 4:05.24

**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	Szekely, Ildiko	45	Granite State Pe-2	5:21.07
				32.89 1:10.41 1:52.02 2:32.11
				3:19.84 4:07.36 4:45.34 5:21.07
2	Crusco, Kysa	48	Granite State Pe-2	6:47.14
				46.43 1:41.88 2:30.85 3:18.28
				4:17.21 5:17.83 6:02.70 6:47.14
3	Taddeo, Marta A	46	Connecticut Mast-5	6:53.40
				46.43 1:40.23 2:35.47 3:30.02
				4:26.22 5:24.31 6:09.24 6:53.40
4	Weirup, Amanda	47	Charles River Aq-2	7:24.08
				51.29 1:56.21 2:50.03 3:44.95
				4:47.17 5:48.03 6:35.51 7:24.08

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

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

NATL: 26.31 N 12/3/2023 JENNY THOMPSON

ZONECHAMPS: 27.73 Z 12/11/2015 Leslie Livingston

1	Selvig, Laura	51	Kingsbury Club M-2	30.33
2	Zetea, Anca	53	Granite State Pe-2	30.68
3	O'Brien, Susan	54	Kingsbury Club M-2	31.64
4	Speckhals, Rebecca	53	Connecticut Mast-5	33.27
5	O'Connor, Brooke	50	YMCA of Greater-2	33.96
6	Goodale, Rainy	54	Granite State Pe-2	34.63
7	Langlois, Claire	53	Pittsfield YMCA-2	35.68
8	Morrow, Russet	51	Kingsbury Club M-2	35.95
9	Weyant, Jan	51	South County Ymc-2	36.72
10	Bell, Lida	50	Abc Masters - Gr-2	37.57

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

WORLD: 58.12 W 10/15/2023 Erika BRAUN

NATL: 58.12 N 10/15/2023 ERIKA BRAUN

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

1	O'Brien, Susan	54	Kingsbury Club M-2	1:12.23
				34.08 1:12.23
2	Holt-Wilson, Mary	54	Kingsbury Club M-2	1:18.50
				37.65 1:18.50
3	Langlois, Claire	53	Pittsfield YMCA-2	1:20.88
				38.58 1:20.88
4	Bell, Lida	50	Abc Masters - Gr-2	1:24.69
				39.87 1:24.69
5	Sega, Ally	51	Connecticut Mast-5	1:53.33
				54.96 1:53.33

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**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	Scalise-Marinofsky, Jenni	53	Charles River Aq-2	2:36.60
	34.95	1:14.11	1:55.26	2:36.60
2	Speckhals, Rebecca	53	Connecticut Mast-5	2:39.94
	34.99	1:15.05	1:57.34	2:39.94
3	Holt-Wilson, Mary	54	Kingsbury Club M-2	2:47.55
	39.23	1:21.48	2:04.61	2:47.55
4	Weyant, Jan	51	South County Ymc-2	2:55.15
	39.47	1:23.90	2:11.23	2:55.15
5	Morrow, Russet	51	Kingsbury Club M-2	2:59.10
	40.93	1:26.49	2:14.37	2:59.10
6	Bell, Lida	50	Abc Masters - Gr-2	3:04.63
	39.58	1:24.47	2:15.06	3:04.63
7	Sega, Ally	51	Connecticut Mast-5	4:05.31
	56.95	1:59.61	3:02.88	4:05.31

**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	Holt-Wilson, Mary	54	Kingsbury Club M-2	5:44.56
	39.06	1:22.41	2:06.40	2:50.68
	3:34.53	4:18.52	5:02.07	5:44.56
2	Wilkes-White, Kristin	53	South County Ymc-2	5:48.15
	39.09	1:21.92	2:06.01	2:50.64
	3:35.04	4:19.88	5:04.42	5:48.15
3	Witkus, Marcia	54	Worcester Area M-2	5:56.96
	39.26	1:23.26	2:08.62	2:54.46
	3:40.79	4:27.07	5:12.93	5:56.96
4	Weyant, Jan	51	South County Ymc-2	5:59.13
	40.49	1:25.30	2:10.57	2:56.69
	3:43.81	4:29.78	5:15.86	5:59.13
5	Teo, Louisa	50	Tech Masters-2	6:25.43
	43.60	1:31.67	2:20.22	3:08.95
	3:58.40	4:48.43	5:37.79	6:25.43

**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	Scalise-Marinofsky, Jenni	53	Charles River Aq-2	11:23.74
	35.49	1:15.36	1:57.50	2:40.65
	3:24.14	4:08.15	4:51.99	5:35.94
	6:20.04	7:04.08	7:47.93	8:31.72
	9:15.35	9:58.84	10:41.91	11:23.74
2	O'Brien, Susan	54	Kingsbury Club M-2	11:36.43
	38.26	1:21.50	2:05.29	2:49.46
	3:33.86	4:17.68	5:01.90	5:45.59
	6:29.93	7:14.16	7:58.50	8:42.39
	9:26.65	10:10.81	10:54.45	11:36.43

3	Witkus, Marcia	54	Worcester Area M-2	12:10.25
	41.77	1:28.13	2:14.92	3:01.53
	3:47.64	4:33.50	5:19.19	6:05.60
	6:50.99	7:36.84	8:22.91	9:08.41
	9:55.18	10:41.30	11:26.12	12:10.25
4	Sega, Ally	51	Connecticut Mast-5	17:00.98
	53.67	1:52.26	2:56.07	4:01.18
	5:06.49	6:09.98	7:15.26	8:20.07
	9:26.33	10:33.37	11:38.74	12:44.36
	13:49.06	14:54.77	16:00.98	17:00.98
5	Hughes-Nelson, Katie	51	Connecticut Mast-5	19:35.17
	59.24	2:11.95	3:26.15	4:37.89
	5:52.80	7:08.95	8:23.36	9:38.32
	10:53.23	12:08.55	13:23.65	14:42.02
	15:58.46	17:10.33	18:23.95	19:35.17

**Women 50-54 1500 SC Meter Freestyle****WORLD:17:47.04 W 1/29/2022 Alison ZAMANIAN****NATL:17:47.04 N 1/29/2022 ALISON ZAMANIAN****ZONECHAMPS:19:17.40 Z 12/8/2017 Rebecca Renner**

1	Holt-Wilson, Mary	54	Kingsbury Club M-2	21:56.80
	38.99	1:22.31	2:06.52	2:51.22
	3:35.97	4:20.73	5:05.34	5:49.94
	6:34.55	7:18.99	8:03.48	8:47.60
	9:31.92	10:16.24	11:00.24	11:44.43
	12:28.62	13:13.13	13:57.15	14:40.75
	15:24.68	16:08.18	16:52.22	17:35.79
	18:19.80	19:03.34	19:47.38	20:31.29
	21:14.85	21:56.80		
2	Weyant, Jan	51	South County Ymc-2	23:12.73
	40.86	1:25.91	2:11.99	2:58.66
	3:45.12	4:31.70	5:18.48	6:05.17
	6:52.10	7:39.10	8:25.69	9:11.87
	9:58.02	10:44.98	11:31.36	12:17.78
	13:04.27	13:50.73	14:37.63	15:24.30
	16:10.78	16:57.45	17:44.56	18:31.93
	19:19.19	20:06.38	20:53.60	21:41.04
	22:28.13	23:12.73		

**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	Zetea, Anca	53	Granite State Pe-2	35.44
2	Selvig, Laura	51	Kingsbury Club M-2	35.89
3	O'Brien, Susan	54	Kingsbury Club M-2	36.49
4	Goodale, Rainy	54	Granite State Pe-2	38.31
5	Holt-Wilson, Mary	54	Kingsbury Club M-2	40.65
6	Weyant, Jan	51	South County Ymc-2	43.93
7	Sega, Ally	51	Connecticut Mast-5	52.45
8	Morrow, Russet	51	Kingsbury Club M-2	56.20

**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	54	Kingsbury Club M-2	1:17.87
	37.94	1:17.87		

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

2	Townsend, Jeanne	51	Wild Crab Master-2	1:25.44
	41.77		1:25.44	
3	Holt-Wilson, Mary	54	Kingsbury Club M-2	1:26.63
	42.64		1:26.63	
4	Witkus, Marcia	54	Worcester Area M-2	1:31.45
	45.22		1:31.45	
5	Langlois, Claire	53	Pittsfield YMCA-2	1:32.26
	44.49		1:32.26	
6	Bell, Lida	50	Abc Masters - Gr-2	1:50.02
	50.03		1:50.02	
7	Sega, Ally	51	Connecticut Mast-5	1:56.79
	59.10		1:56.79	

**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	54	Kingsbury Club M-2	2:54.20
	41.04		1:25.16	2:09.88
				2:54.20
2	Holt-Wilson, Mary	54	Kingsbury Club M-2	3:05.54
	44.31		1:30.52	2:18.15
				3:05.54
3	Townsend, Jeanne	51	Wild Crab Master-2	3:13.17
	44.82		1:34.01	2:24.28
				3:13.17
4	Sega, Ally	51	Connecticut Mast-5	4:15.83
	1:01.23		2:04.59	3:10.05
				4:15.83

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

**WORLD: 33.96 W 11/24/2012 Monica CORO**  
**NATL: 34.79 N 12/3/2023 TRINA SCHAETZ**

**ZONECHAMPS: 36.71 Z 12/14/2013 Kim Crouch**

1	Goodale, Rainy	54	Granite State Pe-2	39.20
2	O'Brien, Susan	54	Kingsbury Club M-2	43.04
3	Witkus, Marcia	54	Worcester Area M-2	44.85
4	Holt-Wilson, Mary	54	Kingsbury Club M-2	49.32
5	Sega, Ally	51	Connecticut Mast-5	1:06.17
---	Scott, Jackline	51	Bernon Family YM-2	DQ

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

**WORLD: 1:13.95 W 7/10/2022 Helen GORMAN**  
**NATL: 1:16.69 N 10/14/2023 ERIKA BRAUN**

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

1	Zetea, Anca	53	Granite State Pe-2	1:23.91
	39.02		1:23.91	
2	Goodale, Rainy	54	Granite State Pe-2	1:27.71
	40.17		1:27.71	
3	Townsend, Jeanne	51	Wild Crab Master-2	1:29.27
	41.64		1:29.27	
4	Selvig, Laura	51	Kingsbury Club M-2	1:29.42
	42.80		1:29.42	
5	O'Brien, Susan	54	Kingsbury Club M-2	1:37.03
	44.49		1:37.03	

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

**WORLD: 2:41.45 W 10/29/2022 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	54	Granite State Pe-2	3:10.12
	42.31		1:29.67	2:19.35
				3:10.12
2	Wilkes-White, Kristin	53	South County Ymc-2	3:33.54
	49.86		1:42.93	2:38.46
				3:33.54

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

**WORLD: 28.95 W 6/17/2023 Susie O'NEILL**

**NATL: 29.11 N 12/2/2023 JENNY THOMPSON**

**ZONECHAMPS: 29.98 Z 12/14/2013 Leslie Livingston**

1	O'Brien, Susan	54	Kingsbury Club M-2	34.95
2	Wilkes-White, Kristin	53	South County Ymc-2	36.67
3	Goodale, Rainy	54	Granite State Pe-2	36.88
4	Cotsonas, Stephanie	54	South County Ymc-2	37.59
5	Holt-Wilson, Mary	54	Kingsbury Club M-2	39.06
6	Bell, Lida	50	Abc Masters - Gr-2	47.82
7	Morrow, Russet	51	Kingsbury Club M-2	48.91
8	Weyant, Jan	51	South County Ymc-2	49.59
9	Sega, Ally	51	Connecticut Mast-5	54.63
10	Scott, Jackline	51	Bernon Family YM-2	57.80

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

**WORLD: 1:03.51 W 12/3/2023 Jenny THOMPSON**

**NATL: 1:03.51 N 12/3/2023 JENNY THOMPSON**

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

1	Sega, Ally	51	Connecticut Mast-5	2:06.19
	57.52		2:06.19	

**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	Sega, Ally	51	Connecticut Mast-5	5:00.03
	1:04.25		2:20.26	3:38.80
				5:00.03

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

**WORLD: 1:07.04 W 10/15/2022 Erika BRAUN**

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

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

1	Zetea, Anca	53	Granite State Pe-2	1:15.23
	36.30		1:15.23	
2	Selvig, Laura	51	Kingsbury Club M-2	1:17.73
	37.36		1:17.73	
3	Goodale, Rainy	54	Granite State Pe-2	1:21.01
	37.03		1:21.01	
4	O'Brien, Susan	54	Kingsbury Club M-2	1:21.48
	38.14		1:21.48	
5	Townsend, Jeanne	51	Wild Crab Master-2	1:24.81
	40.48		1:24.81	
6	Holt-Wilson, Mary	54	Kingsbury Club M-2	1:29.44
	40.93		1:29.44	
7	O'Connor, Brooke	50	YMCA of Greater-2	1:34.37
	45.72		1:34.37	
8	Weyant, Jan	51	South County Ymc-2	1:39.41
	47.42		1:39.41	

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

9	Bell, Lida	50	Abc Masters - Gr-2	1:43.77
	48.12	1:43.77		
10	Sega, Ally	51	Connecticut Mast-5	1:58.95
	57.06	1:58.95		

**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	O'Brien, Susan	54	Kingsbury Club M-2	2:57.65
	39.35	1:24.63	2:16.23	2:57.65
2	Sega, Ally	51	Connecticut Mast-5	4:25.36
	1:01.02	2:06.30	3:22.94	4:25.36
3	Scott, Jackline	51	Bernon Family YM-2	4:39.17
	1:03.08	2:13.11	3:42.73	4:39.17

**Women 50-54 400 SC Meter IM****WORLD: 5:10.96 W 9/26/2014 Ellen REYNOLDS****NATL: 5:10.96 N 9/26/2014 ELLEN REYNOLDS****ZONECHAMPS: 5:43.22 Z 1/1/2007 Nancy Steadman Martin**

1	Zetea, Anca	53	Granite State Pe-2	6:19.81
	38.63	1:27.49	2:13.61	3:01.95
	3:54.84	4:49.77	5:35.86	6:19.81
2	O'Brien, Susan	54	Kingsbury Club M-2	6:25.23
	40.94	1:31.27	2:19.75	3:07.56
	4:02.41	4:58.02	5:42.39	6:25.23
3	Sega, Ally	51	Connecticut Mast-5	9:09.54
	59.43	2:04.08	3:15.02	4:26.19
	5:45.77	7:05.19	8:08.02	9:09.54

**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	Renner, Rebecca	58	Charles River Aq-2	31.71
2	Weiderman, Jennifer	58	Conejo Valley Ma-33	32.21
3	Pattillo, Marion	55	Wild Crab Master-2	33.60
4	Glueck, Susan	55	Life Time New En-2	35.04
5	Barlow, Jennifer	58	Mount Wachusett-2	36.93
6	Page, Sheila	55	Life Time New En-2	39.77
7	Sonstroem, Sara	56	Connecticut Mast-5	40.27
8	Crellin, Jenny	59	Mount Wachusett-2	43.39
9	Halstead, Melissa	55	Kingsbury Club M-2	45.01

**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	Weiderman, Jennifer	58	Conejo Valley Ma-33	1:09.95
	33.32	1:09.95		
2	Pattillo, Marion	55	Wild Crab Master-2	1:16.74
	35.06	1:16.74		
3	Towne, Suzanne	59	Pittsfield YMCA-2	1:20.43
	38.99	1:20.43		
4	Sonstroem, Sara	56	Connecticut Mast-5	1:33.57
	44.30	1:33.57		

**Women 55-59 200 SC Meter Freestyle****WORLD: 2:13.22 W 12/3/2023 Ellen REYNOLDS****NATL: 2:12.03 N 12/8/2019 ELLEN REYNOLDS****ZONECHAMPS: 2:24.45 Z 1/1/2009 Nancy Steadman Martin**

1	Weiderman, Jennifer	58	Conejo Valley Ma-33	2:31.38
	34.16	1:11.86	1:51.33	2:31.38
2	Glueck, Susan	55	Life Time New En-2	2:53.38
	39.70	1:24.09	2:09.96	2:53.38
3	Pasterczyk, Christine	58	New England Mast-2	2:54.90
	40.64	1:24.78	2:10.95	2:54.90
4	Bjork, Linda	59	Worcester Area M-2	3:15.83
	45.21	1:34.14	2:25.47	3:15.83
5	Page, Sheila	55	Life Time New En-2	3:16.27
	44.53	1:34.33	2:26.23	3:16.27
6	Crellin, Jenny	59	Mount Wachusett-2	3:31.57
	50.20	1:45.37	2:41.02	3:31.57
7	Halstead, Melissa	55	Kingsbury Club M-2	3:35.38
	46.38	1:39.67	2:36.85	3:35.38

**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	Glueck, Susan	55	Life Time New En-2	5:58.55
	40.23	1:24.64	2:10.24	2:56.59
	3:42.97	4:29.87	5:16.25	5:58.55
2	Towne, Suzanne	59	Pittsfield YMCA-2	6:06.07
	40.56	1:24.79	2:11.75	2:58.60
	3:45.91	4:32.64	5:20.51	6:06.07
3	Pasterczyk, Christine	58	New England Mast-2	6:12.53
	41.54	1:27.21	2:14.38	3:02.08
	3:49.74	4:37.74	5:26.11	6:12.53
4	Barlow, Jennifer	58	Mount Wachusett-2	6:27.06
	42.69	1:29.77	2:18.95	3:08.68
	3:59.15	4:49.29	5:39.88	6:27.06
5	Kutcher, Mary	58	South County Ymc-2	7:03.95
	45.87	1:39.40	2:34.14	3:28.84
	4:23.21	5:17.98	6:11.75	7:03.95
6	Divelbiss, Christina	56	Granite State Pe-2	7:04.54
	45.67	1:38.54	2:33.66	3:28.56
	4:24.06	5:17.68	6:10.85	7:04.54
7	Cappelli, Sarah	57	South County Ymc-2	7:12.60
	47.55	1:41.04	2:36.39	3:32.01
	4:27.63	5:23.32	6:17.91	7:12.60
8	Crellin, Jenny	59	Mount Wachusett-2	7:32.83
	49.51	1:45.49	2:42.76	3:41.17
	4:40.27	5:40.27	6:39.86	7:32.83

**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	Pasterczyk, Christine	58	New England Mast-2	12:30.74
	41.58	1:28.18	2:16.15	3:04.09
	3:51.58	4:38.94	5:27.06	6:15.24
	7:02.66	7:49.97	8:37.13	9:24.66
	10:11.69	10:58.69	11:45.54	12:30.74

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

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

2	Barlow, Jennifer	58	Mount Wachusett-2	13:21.47
	43.26	1:30.95	2:20.87	3:10.98
	4:02.42	4:54.25	5:45.61	6:36.65
	7:28.43	8:20.10	9:10.37	10:01.86
	10:53.47	11:44.21	12:34.46	13:21.47

**Women 55-59 1500 SC Meter Freestyle**

WORLD:18:01.79 W 4/23/2017 Lynn MARSHALL

NATL:18:43.73 N 1/16/2010 LAURA VAL

ZONECHAMPS:19:34.48 Z 1/1/2009 Nancy Steadman Martin

1	Filar, Linda	56	YMCA of Greenwic-5	24:13.02
	48.28	1:36.84	2:25.66	3:14.17
	4:02.81	4:51.90	5:40.59	6:29.46
	7:18.40	8:07.17	8:55.49	9:43.75
	10:31.57	11:19.74	12:07.84	12:56.16
	13:44.02	14:31.90	15:20.27	16:08.64
	16:57.03	17:45.39	18:33.75	19:22.24
	20:10.61	20:59.40	21:48.15	22:36.77
	23:25.26	24:13.02		

**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	Pattillo, Marion	55	Wild Crab Master-2	37.81
2	Pasterczyk, Christine	58	New England Mast-2	43.22
3	Page, Sheila	55	Life Time New En-2	52.26

**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	Weiderman, Jennifer	58	Conejo Valley Ma-33	1:21.58
	39.92	1:21.58		
2	Pattillo, Marion	55	Wild Crab Master-2	1:21.82
	39.18	1:21.82		
3	Towne, Suzanne	59	Pittsfield YMCA-2	1:34.20
	46.06	1:34.20		
4	Divelbiss, Christina	56	Granite State Pe-2	1:42.25
	49.59	1:42.25		
5	Bjork, Linda	59	Worcester Area M-2	1:44.42
	51.48	1:44.42		

**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	Weiderman, Jennifer	58	Conejo Valley Ma-33	2:55.59
	41.07	1:24.64	2:09.98	2:55.59
2	Barlow, Jennifer	58	Mount Wachusett-2	3:28.57
	49.28	1:41.94	2:36.23	3:28.57
3	Pasterczyk, Christine	58	New England Mast-2	3:28.95
	47.78	1:40.69	2:35.77	3:28.95

**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	Renner, Rebecca	58	Charles River Aq-2	1:28.59
	42.02	1:28.59		
2	Halstead, Melissa	55	Kingsbury Club M-2	1:56.22
	54.99	1:56.22		
3	Crellin, Jenny	59	Mount Wachusett-2	2:00.20
	58.72	2:00.20		

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

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

NATL: 2:52.75 N 11/19/2023 ELLEN REYNOLDS

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

1	Weiderman, Jennifer	58	Conejo Valley Ma-33	3:07.48
	41.81	1:28.66	2:17.23	3:07.48
2	Cappelli, Sarah	57	South County Ymc-2	4:01.41
	56.32	1:57.55	2:59.97	4:01.41

**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	Pattillo, Marion	55	Wild Crab Master-2	36.35
2	Towne, Suzanne	59	Pittsfield YMCA-2	39.03
3	Sonstroem, Sara	56	Connecticut Mast-5	44.80
4	Barlow, Jennifer	58	Mount Wachusett-2	46.72
5	Cappelli, Sarah	57	South County Ymc-2	52.22

**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	Towne, Suzanne	59	Pittsfield YMCA-2	3:47.22
	46.99	1:45.56	2:47.91	3:47.22

**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	Renner, Rebecca	58	Charles River Aq-2	1:20.53
	38.33	1:20.53		
2	Pattillo, Marion	55	Wild Crab Master-2	1:24.24
	38.33	1:24.24		
3	Barlow, Jennifer	58	Mount Wachusett-2	1:34.84
	46.14	1:34.84		
4	Pasterczyk, Christine	58	New England Mast-2	1:36.34
	45.57	1:36.34		
5	Glueck, Susan	55	Life Time New En-2	1:42.50
	51.86	1:42.50		
6	Page, Sheila	55	Life Time New En-2	1:48.21
	53.21	1:48.21		
7	Sonstroem, Sara	56	Connecticut Mast-5	1:51.88
	55.30	1:51.88		
8	Halstead, Melissa	55	Kingsbury Club M-2	1:53.11
	57.02	1:53.11		



## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	Towne, Suzanne	59	Pittsfield YMCA-2	3:23.66
	43.99	1:37.28	2:37.58	3:23.66

**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	Pasterczyk, Christine	58	New England Mast-2	7:17.17
	54.33	1:56.15	2:49.20	3:42.54
	4:44.78	5:44.86	6:32.31	7:17.17

**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	Ferreira, Sandra	63	Connecticut Mast-5	33.83
2	Hassan, Marianne	60	Adirondack Maste-3	34.10
3	Banks, Lee Ann	63	Edge Masters-2	34.19
4	KielyKilpatrick, Carolyn	60	South County Ymc-2	34.41
5	Sakr, Deborah	61	Granite State Pe-2	34.64
6	Cheney, Jane	63	Mount Wachusett-2	37.83

**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	Banks, Lee Ann	63	Edge Masters-2	1:14.23
	36.37	1:14.23		
2	Hassan, Marianne	60	Adirondack Maste-3	1:14.54
	35.99	1:14.54		
3	Sakr, Deborah	61	Granite State Pe-2	1:21.82
	39.25	1:21.82		

**Women 60-64 200 SC Meter Freestyle**

WORLD: 2:13.66 W 5/24/2024 Ellen REYNOLDS

NATL: 2:13.66 N 5/24/2024 ELLEN REYNOLDS

ZONECHAMPS: 2:25.83 Z 12/9/2016 Veronica Hibben

1	Winslow, Anastasia	61	Pikes Peak Athle-32	2:26.61
	34.62	1:11.25	1:48.74	2:26.61
*2	Wierdsma, Gretchen	62	Sussex County YM-7	2:47.44
	40.99	1:23.84	2:06.98	2:47.44
*2	Hassan, Marianne	60	Adirondack Maste-3	2:47.44
	37.99	1:19.39	2:02.87	2:47.44
4	KielyKilpatrick, Carolyn	60	South County Ymc-2	2:51.21
	40.34	1:24.76	2:09.47	2:51.21
5	Sakr, Deborah	61	Granite State Pe-2	2:52.89
	40.28	1:24.04	2:08.72	2:52.89
6	Cheney, Jane	63	Mount Wachusett-2	2:57.64
	39.49	1:23.14	2:09.85	2:57.64

**Women 60-64 400 SC Meter Freestyle**

WORLD: 4:42.58 W 5/25/2024 Ellen REYNOLDS

NATL: 4:42.58 N 5/25/2024 ELLEN REYNOLDS

ZONECHAMPS: 5:16.27 Z 12/8/2017 Tracy Grilli

1	Winslow, Anastasia	61	Pikes Peak Athle-32	5:06.11Z
	35.64	1:13.42	1:51.93	2:30.76
	3:09.36	3:47.96	4:27.15	5:06.11
2	Jensen, Sue	64	Cambridge Master-2	5:39.63
	39.70	1:22.73	2:06.02	2:49.23
	3:32.31	4:15.14	4:57.94	5:39.63
3	Sakr, Deborah	61	Granite State Pe-2	6:08.08
	42.42	1:27.82	2:13.80	3:00.63
	3:47.52	4:34.89	5:22.16	6:08.08
4	Davis, Judianne	63	South County Ymc-2	7:21.31
	49.45	1:45.78	2:42.39	3:38.63
	4:35.81	5:32.32	6:28.60	7:21.31

**Women 60-64 800 SC Meter Freestyle**

WORLD: 9:55.61 W 3/18/2023 Lynn MARSHALL

NATL:10:07.03 N 10/13/2023 K PARKER PALACE

ZONECHAMPS:10:50.98 Z 12/8/2017 Katherine Branch

1	Jensen, Sue	64	Cambridge Master-2	11:33.92
	39.03	1:22.28	2:06.11	2:49.70
	3:33.44	4:17.42	5:01.24	5:45.11
	6:29.29	7:13.03	7:56.69	8:40.29
	9:23.87	10:08.00	10:51.50	11:33.92
2	Cheney, Jane	63	Mount Wachusett-2	13:13.90
	44.29	1:32.09	2:21.58	3:11.57
	4:02.00	4:52.65	5:43.84	6:34.28
	7:24.74	8:15.34	9:06.07	9:56.33
	10:46.07	11:36.45	12:26.07	13:13.90
3	Dickson, CJ	61	Worcester Area M-2	14:20.09
	46.79	1:38.67	2:31.54	4:19.07
		5:14.10	6:09.17	7:03.65
	7:58.03	8:53.88	11:38.63	14:20.09

**Women 60-64 1500 SC Meter Freestyle**

WORLD:18:47.25 W 5/26/2024 Ellen REYNOLDS

NATL:18:47.25 N 5/26/2024 ELLEN REYNOLDS

ZONECHAMPS:20:23.21 Z 12/8/2017 Katherine Branch

1	Winslow, Anastasia	61	Pikes Peak Athle-32	19:44.80Z
	36.98	1:15.89	1:55.46	2:35.33
	3:15.30	3:55.07	4:35.20	5:15.16
	5:55.25	6:35.15	7:15.20	7:54.94
	8:34.74	9:14.24	9:53.80	10:33.28
	11:12.52	11:51.87	12:31.53	13:11.00
	13:50.23	14:29.64	15:09.00	15:48.50
	16:28.11	17:07.82	17:47.58	18:27.37
	19:06.71	19:44.80		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**(Women 60-64 1500 SC Meter Freestyle)**

2	Sakr, Deborah	61	Granite State Pe-2	22:59.04
	42.70	1:28.51	2:15.16	3:01.77
	3:48.09	4:34.69	5:21.19	6:07.77
	6:54.33	7:40.46	8:27.23	9:13.46
	9:59.78	10:45.99	11:32.41	12:18.65
	13:04.73	13:51.00	14:37.44	15:23.39
	16:09.08	16:54.90	17:40.54	18:26.47
	19:12.21	19:57.67	20:43.60	21:29.17
	22:14.99	22:59.04		

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

WORLD: 31.55 W 5/26/2024 Ellen REYNOLDS

NATL: 31.55 N 5/26/2024 ELLEN REYNOLDS

ZONECHAMPS: 35.89 Z 12/14/2014 Joan Pfinsgraff

1	Banks, Lee Ann	63	Edge Masters-2	38.03
2	Hassan, Marianne	60	Adirondack Maste-3	42.85
3	Sakr, Deborah	61	Granite State Pe-2	42.89
4	Cheney, Jane	63	Mount Wachusett-2	47.26

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

WORLD: 1:07.82 W 4/21/2024 Ellen REYNOLDS

NATL: 1:07.82 N 4/21/2024 ELLEN REYNOLDS

ZONECHAMPS: 1:16.83 Z 12/13/2014 Joan Pfinsgraff

1	Banks, Lee Ann	63	Edge Masters-2	1:21.92
	40.34	1:21.92		
2	Hassan, Marianne	60	Adirondack Maste-3	1:28.99
	43.46	1:28.99		
3	Sakr, Deborah	61	Granite State Pe-2	1:35.31
	47.31	1:35.31		
4	Dickson, CJ	61	Worcester Area M-2	1:39.11
	48.23	1:39.11		

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

WORLD: 2:25.55 W 4/20/2024 Ellen REYNOLDS

NATL: 2:25.55 N 4/20/2024 ELLEN REYNOLDS

ZONECHAMPS: 2:44.59 Z 12/14/2014 Joan Pfinsgraff

1	Banks, Lee Ann	63	Edge Masters-2	2:56.53
	41.98	1:26.23	2:11.75	2:56.53
2	Sullivan, Patricia	63	Lowell YMCA Flip-2	2:57.53
	42.79	1:27.58	2:13.25	2:57.53
3	Sakr, Deborah	61	Granite State Pe-2	3:23.70
	49.42	1:41.02	2:33.31	3:23.70

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

WORLD: 36.79 W 2/9/2024 Ute HASSE

NATL: 37.45 N 5/25/2024 CORRIN BUCK

ZONECHAMPS: 38.97 Z 12/9/2016 Beth Estel

1	Winslow, Anastasia	61	Pikes Peak Athle-32	41.71
2	Sakr, Deborah	61	Granite State Pe-2	50.47
3	Dickson, CJ	61	Worcester Area M-2	58.18

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

WORLD: 1:20.50 W 5/26/2018 Jenny WHITELEY

NATL: 1:22.23 N 5/24/2024 CORRIN BUCK

ZONECHAMPS: 1:25.52 Z 12/7/2018 Karen Mareb

1	Winslow, Anastasia	61	Pikes Peak Athle-32	1:30.45
	43.71	1:30.45		

2	Ferreira, Sandra	63	Connecticut Mast-5	1:32.46
	44.74	1:32.46		
3	KielyKilpatrick, Carolyn	60	South County Ymc-2	1:44.09
	50.14	1:44.09		
4	Sakr, Deborah	61	Granite State Pe-2	1:50.84
	53.00	1:50.84		
5	Cheney, Jane	63	Mount Wachusett-2	2:01.73
	58.02	2:01.73		

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

WORLD: 2:51.23 W 4/20/2024 Ellen REYNOLDS

NATL: 2:51.23 N 4/20/2024 ELLEN REYNOLDS

ZONECHAMPS: 3:09.37 Z 12/7/2018 Karen Mareb

1	Winslow, Anastasia	61	Pikes Peak Athle-32	3:14.68
	46.17	1:35.63	2:25.17	3:14.68
2	Wierdsma, Gretchen	62	Sussex County YM-7	3:43.17
	50.17	1:47.03	2:45.29	3:43.17
3	Dickson, CJ	61	Worcester Area M-2	4:19.11
	1:00.13	2:07.27	3:13.82	4:19.11

**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	64	Cambridge Master-2	37.00
2	Hassan, Marianne	60	Adirondack Maste-3	38.34
3	Sakr, Deborah	61	Granite State Pe-2	47.56
4	Dickson, CJ	61	Worcester Area M-2	48.70

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

WORLD: 1:07.79 W 5/25/2024 Ellen REYNOLDS

NATL: 1:07.79 N 5/25/2024 ELLEN REYNOLDS

ZONECHAMPS: 1:21.83 Z 12/9/2016 Veronica Hibben

1	Sullivan, Patricia	63	Lowell YMCA Flip-2	1:20.78Z
	37.77	1:20.78		
2	Jensen, Sue	64	Cambridge Master-2	1:28.45
	41.92	1:28.45		
3	KielyKilpatrick, Carolyn	60	South County Ymc-2	1:33.31
	45.63	1:33.31		
4	Wierdsma, Gretchen	62	Sussex County YM-7	1:34.82
	41.89	1:34.82		

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

WORLD: 2:41.25 W 12/3/2011 Laura VAL

NATL: 2:41.25 N 12/3/2011 LAURA VAL

ZONECHAMPS: 3:11.18 Z 12/12/2021 Sue Jensen

1	Wierdsma, Gretchen	62	Sussex County YM-7	3:24.97
	47.89	1:39.15	2:31.99	3:24.97
2	Dickson, CJ	61	Worcester Area M-2	4:00.51
	54.57	1:56.44	2:58.45	4:00.51

**Women 60-64 100 SC Meter IM**

WORLD: 1:09.11 W 5/24/2024 Ellen REYNOLDS

NATL: 1:09.11 N 5/24/2024 ELLEN REYNOLDS

ZONECHAMPS: 1:18.76 Z 12/7/2018 Karen Mareb

1	Ferreira, Sandra	63	Connecticut Mast-5	1:24.74
	40.49	1:24.74		
2	Sullivan, Patricia	63	Lowell YMCA Flip-2	1:26.84
	39.54	1:26.84		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**(Women 60-64 100 SC Meter IM)**

3	Hassan, Marianne	60	Adirondack Maste-3	1:27.24
	40.88		1:27.24	
4	Banks, Lee Ann	63	Edge Masters-2	1:28.33
	42.44		1:28.33	
5	Wierdsma, Gretchen	62	Sussex County YM-7	1:28.37
	41.24		1:28.37	
6	KielyKilpatrick, Carolyn	60	South County Ymc-2	1:32.07
	44.89		1:32.07	
7	Sakr, Deborah	61	Granite State Pe-2	1:34.19
	44.29		1:34.19	
8	Cheney, Jane	63	Mount Wachusett-2	1:41.96
	48.67		1:41.96	

**Women 60-64 200 SC Meter IM****WORLD: 2:28.63 W 4/19/2024 Ellen REYNOLDS****NATL: 2:28.63 N 4/19/2024 ELLEN REYNOLDS****ZONECHAMPS: 2:54.83 Z 12/9/2016 Beth Estel**

1	Jensen, Sue	64	Cambridge Master-2	3:09.07
	41.75		1:31.95	2:26.51
				3:09.07
2	Banks, Lee Ann	63	Edge Masters-2	3:13.59
	48.63		1:32.68	2:31.23
				3:13.59
3	Wierdsma, Gretchen	62	Sussex County YM-7	3:15.32
	42.00		1:34.88	2:33.64
				3:15.32
4	Sakr, Deborah	61	Granite State Pe-2	3:27.94
	50.48		1:41.83	2:43.10
				3:27.94
5	Dickson, CJ	61	Worcester Area M-2	3:44.07
	52.15		1:46.38	2:54.43
				3:44.07

**Women 60-64 400 SC Meter IM****WORLD: 5:23.30 W 4/21/2024 Ellen REYNOLDS****NATL: 5:23.30 N 4/21/2024 ELLEN REYNOLDS****ZONECHAMPS: 6:17.58 Z 12/14/2014 Shirley Loftus-Charley**

1	Sullivan, Patricia	63	Lowell YMCA Flip-2	6:17.55Z
	39.09		1:24.66	2:11.87
				2:58.80
	3:56.01		4:52.99	5:36.03
				6:17.55
2	Jensen, Sue	64	Cambridge Master-2	6:36.15
	43.33		1:35.43	2:26.61
				3:17.83
	4:13.26		5:09.50	5:53.00
				6:36.15

**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	Mareb, Karen	66	Granite State Pe-2	31.45Z
2	Grilli, Tracy	67	Granite State Pe-2	34.58
3	Spence, Denise	65	Umama-2	35.95
4	Estel, Beth	68	Granite State Pe-2	36.55
5	Goguen, Sharleen	67	Mount Wachusett-2	46.74
6	Seelen, Lisa	69	Granite State Pe-2	1:17.34

**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	Mareb, Karen	66	Granite State Pe-2	1:09.99Z
	33.15		1:09.99	

2	Grilli, Tracy	67	Granite State Pe-2	1:15.72
	37.14		1:15.72	
3	Estel, Beth	68	Granite State Pe-2	1:19.14
	38.32		1:19.14	
4	Goguen, Sharleen	67	Mount Wachusett-2	1:42.34
	50.29		1:42.34	
5	Seelen, Lisa	69	Granite State Pe-2	3:07.18
	1:20.27		3:07.18	

**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: 2:39.64 Z 12/15/2023 Tracy Grilli**

1	Grilli, Tracy	67	Granite State Pe-2	2:48.41
	38.97		1:22.44	2:06.44
				2:48.41
2	Goguen, Sharleen	67	Mount Wachusett-2	3:27.89
	49.33		1:42.17	2:35.09
				3:27.89

**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: 5:30.14 Z 12/15/2023 Tracy Grilli**

1	Grilli, Tracy	67	Granite State Pe-2	5:39.48
	39.87		1:22.64	2:06.15
				2:49.75
	3:32.95		4:16.11	4:59.08
				5:39.48
2	Estel, Beth	68	Granite State Pe-2	5:48.09
	38.57		1:21.90	2:06.22
				2:51.02
	3:34.44		4:19.38	5:04.36
				5:48.09
3	Goguen, Sharleen	67	Mount Wachusett-2	7:09.32
	48.92		1:40.13	2:34.95
				3:29.73
	4:24.44		5:19.59	6:14.97
				7:09.32
4	Twomey, Maura	68	Brookline Rec-2	7:50.71
	52.38		1:51.74	2:52.03
				3:51.82
	4:51.80		5:51.46	6:52.26
				7:50.71

**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	67	Granite State Pe-2	11:54.15
	40.43		1:24.41	2:09.27
				2:54.47
	3:39.72		4:24.91	5:10.06
				5:55.24
	6:40.25		7:25.61	8:10.47
				8:55.67
	9:40.94		10:26.04	11:11.24
				11:54.15
2	Twomey, Maura	68	Brookline Rec-2	16:16.17
	54.66		1:55.68	2:56.54
				3:57.35
	4:58.54		6:00.36	7:01.78
				8:04.23
	9:06.66		10:09.03	11:11.16
				12:13.05
	13:15.61		14:18.22	15:19.35
				16:16.17
3	Carter, Sarah	68	South County Ymc-2	16:34.23
	54.76		1:57.95	3:00.74
				4:04.69
	5:08.82		6:11.69	7:16.26
				8:19.39
	9:23.04		10:23.52	11:26.82
				12:30.26
	13:32.45		14:35.14	15:36.85
				16:34.23

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	Mareb, Karen	66	Granite State Pe-2	39.22
2	Grilli, Tracy	67	Granite State Pe-2	41.13
3	Dufault, Gail	66	Worcester Area M-2	42.22
4	Estel, Beth	68	Granite State Pe-2	42.23
5	Spence, Denise	65	Umama-2	46.17
6	Goguen, Sharleen	67	Mount Wachusett-2	59.86

**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	67	Granite State Pe-2	1:33.03
				44.73 1:33.03
2	Dufault, Gail	66	Worcester Area M-2	1:33.70
				46.49 1:33.70
3	Goguen, Sharleen	67	Mount Wachusett-2	2:06.76
				1:02.42 2:06.76

**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	Dufault, Gail	66	Worcester Area M-2	3:18.06
				48.97 1:39.94 2:30.50 3:18.06
2	Grilli, Tracy	67	Granite State Pe-2	3:22.57
				47.86 1:39.88 2:32.37 3:22.57
3	Goguen, Sharleen	67	Mount Wachusett-2	4:25.26
				1:03.57 2:12.08 3:19.90 4:25.26

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

WORLD: 38.90 W 11/28/2021 Dagmar FRESE

NATL: 41.09 N 12/3/2023 E DE HERDER

ZONECHAMPS: 42.94 Z 12/15/2023 Beth Estel

1	Mareb, Karen	66	Granite State Pe-2	40.42N
2	Estel, Beth	68	Granite State Pe-2	43.19
3	Goguen, Sharleen	67	Mount Wachusett-2	1:05.05

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

WORLD: 1:27.95 W 10/27/2023 Amanda HEATH

NATL: 1:28.94 N 11/12/2022 COLETTE CRABBE

ZONECHAMPS: 1:30.99 Z 12/11/2021 Beth Estel

1	Mareb, Karen	66	Granite State Pe-2	1:28.56N
				41.06 1:28.56
2	Estel, Beth	68	Granite State Pe-2	1:37.95
				45.03 1:37.95
3	Spence, Denise	65	Umama-2	1:39.26
				46.28 1:39.26
4	Goguen, Sharleen	67	Mount Wachusett-2	2:10.82
				1:05.53 2:10.82

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

WORLD: 3:07.97 W 10/1/2022 Amanda HEATH

NATL: 3:10.94 N 4/14/2019 LO KNAPP

ZONECHAMPS: 3:25.49 Z 12/8/2017 Karen Bierwert

1	Mareb, Karen	66	Granite State Pe-2	3:14.44Z
				43.27 1:30.75 2:21.14 3:14.44
2	Goguen, Sharleen	67	Mount Wachusett-2	4:44.05
				1:07.35 2:18.46 3:31.74 4:44.05

**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	67	Granite State Pe-2	41.01
2	Finck, Lea	69	Pittsfield YMCA-2	41.53
3	Dufault, Gail	66	Worcester Area M-2	41.95
4	Estel, Beth	68	Granite State Pe-2	43.04
5	Spence, Denise	65	Umama-2	44.87
6	Heffernan, Kerrissa	67	SwimRI-2	55.73
7	Twomey, Maura	68	Brookline Rec-2	57.62

**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	Dufault, Gail	66	Worcester Area M-2	1:38.01
				45.81 1:38.01

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

WORLD: 2:45.20 W 9/18/2016 Laura VAL

NATL: 2:45.20 N 9/18/2016 LAURA VAL

ZONECHAMPS: 4:08.88 Z 1/1/2004 Susan Livingston

1	Brice, Debra	66	Wayland Communit-	3:24.95Z
				46.59 1:38.53 2:32.53 3:24.95
2	Dufault, Gail	66	Worcester Area M-2	3:41.71
				50.52 1:49.30 2:48.49 3:41.71

**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	Mareb, Karen	66	Granite State Pe-2	1:21.14Z
				38.65 1:21.14
2	Grilli, Tracy	67	Granite State Pe-2	1:31.56
				43.29 1:31.56
3	Dufault, Gail	66	Worcester Area M-2	1:32.03
				42.67 1:32.03
4	Estel, Beth	68	Granite State Pe-2	1:32.17
				44.51 1:32.17
5	Spence, Denise	65	Umama-2	1:32.91
				45.83 1:32.91
6	Goguen, Sharleen	67	Mount Wachusett-2	2:00.03
				1:00.99 2:00.03

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	Brice, Debra	66	Wayland Communit-	3:14.88
	43.47	1:33.38	2:29.53	3:14.88
2	Dufault, Gail	66	Worcester Area M-2	3:23.25
	46.70	1:37.76	2:37.06	3:23.25
3	Goguen, Sharleen	67	Mount Wachusett-2	4:17.09
	1:04.00	2:11.16	3:23.95	4:17.09

**Women 65-69 400 SC Meter IM**

WORLD: 5:55.00 W 9/18/2016 Laura VAL

NATL: 5:55.00 N 9/18/2016 LAURA VAL

ZONECHAMPS: 6:34.46 Z 12/13/2019 Cecilia McCloskey

1	Dufault, Gail	66	Worcester Area M-2	6:54.87
	45.64	1:39.40	2:29.51	3:21.01
	4:21.83	5:22.69	6:09.69	6:54.87

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

WORLD: 30.55 W 12/3/2022 Laura VAL

NATL: 30.55 N 12/3/2022 LAURA VAL

ZONECHAMPS: 32.38 Z 12/9/2016 Diann Uustal

1	Feldmann, Joel	73	New England Mast-2	34.87
2	Garr, Jeanne	70	South County Ymc-2	35.79
3	Atkinson, Fiona	74	Granite State Pe-2	41.77
4	Butler, Elizabeth	70	Maine Masters Sw-2	50.57

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

WORLD: 1:06.02 W 12/1/2023 Laura VAL

NATL: 1:06.02 N 12/1/2023 LAURA VAL

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

1	Atkinson, Fiona	74	Granite State Pe-2	1:35.70
	46.29	1:35.70		
2	Gardner, Cynthia	73	Pittsfield YMCA-2	1:50.74
	51.75	1:50.74		
3	Butler, Elizabeth	70	Maine Masters Sw-2	1:52.56
	54.45	1:52.56		

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

WORLD: 2:25.35 W 12/3/2023 Laura VAL

NATL: 2:25.35 N 12/3/2023 LAURA VAL

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

1	Bierwert, Karen	72	Umama-2	2:58.01
	40.54	1:25.25	2:11.58	2:58.01
2	Garr, Jeanne	70	South County Ymc-2	2:59.63
	41.64	1:27.72	2:14.85	2:59.63
3	Butler, Elizabeth	70	Maine Masters Sw-2	3:48.45
	53.85	1:53.72	2:52.94	3:48.45

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

WORLD: 5:18.26 W 2/26/2023 Laura VAL

NATL: 5:18.26 N 2/26/2023 LAURA VAL

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

1	Tourtual, Dorothy	73	Charles River Aq-2	6:31.24
	44.51	1:32.36	2:21.72	3:11.64
	4:02.85	4:53.26	5:42.94	6:31.24

2	Dickson, Mary	72	Pittsfield YMCA-2	7:16.60
	48.14	1:41.43	2:37.43	3:33.45
	4:29.70	5:26.80	6:23.67	7:16.60
3	Butler, Elizabeth	70	Maine Masters Sw-2	7:55.93
	53.95	1:54.61	2:56.03	3:57.40
	4:57.68	5:58.90	6:58.53	7:55.93
4	Gardner, Cynthia	73	Pittsfield YMCA-2	8:03.29
	49.58	1:48.10	2:51.38	3:54.59
	4:57.81	6:01.56	7:03.91	8:03.29

**Women 70-74 1500 SC Meter Freestyle**

WORLD:20:57.13 W 1/7/2024 N.STEADMAN MARTIN

NATL:20:55.09 N 12/7/2024 N STEADMAN MARTIN

ZONECHAMPS:26:05.82 Z 1/1/2006 Nancy Brown

1	Butler, Elizabeth	70	Maine Masters Sw-2	30:25.65
	58.47	2:00.02	3:01.55	4:03.18
	5:04.74	6:06.27	7:08.90	8:10.05
	9:11.61	10:12.97	11:13.89	12:16.03
	13:17.31	14:18.90	15:19.05	16:18.81
	17:19.49	18:19.55	19:21.67	20:22.43
	21:22.86	22:23.36	23:24.62	24:24.44
	25:25.41	26:26.15	27:27.90	28:28.73
	29:29.13	30:25.65		

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

WORLD: 33.60 W 12/3/2023 Laura VAL

NATL: 33.60 N 12/3/2023 LAURA VAL

ZONECHAMPS: 38.21 Z 12/9/2016 Diann Uustal

1	Garr, Jeanne	70	South County Ymc-2	42.54
2	Bierwert, Karen	72	Umama-2	42.85
3	Feldmann, Joel	73	New England Mast-2	43.96
4	Atkinson, Fiona	74	Granite State Pe-2	52.92

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

WORLD: 1:13.10 W 12/2/2023 Laura VAL

NATL: 1:13.10 N 12/2/2023 LAURA VAL

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

1	Atkinson, Fiona	74	Granite State Pe-2	1:56.83
	57.96	1:56.83		
2	Craffey, Eileen	73	Kingsbury Club M-2	2:11.84
	1:02.19	2:11.84		

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

WORLD: 2:43.77 W 12/3/2023 Laura VAL

NATL: 2:43.77 N 12/3/2023 LAURA VAL

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

1	Bierwert, Karen	72	Umama-2	3:17.88
	46.00	1:35.07	2:27.40	3:17.88
2	Atkinson, Fiona	74	Granite State Pe-2	4:18.82
	1:05.84	2:12.89	3:19.83	4:18.82

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

WORLD: 42.10 W 4/22/2023 C.Wendy SMITH

NATL: 43.55 N 12/3/2023 ANDRA JAUNZEME

ZONECHAMPS: 45.38 Z 12/9/2016 Diann Uustal

1	Dickson, Mary	72	Pittsfield YMCA-2	49.26
2	Atkinson, Fiona	74	Granite State Pe-2	58.08
3	Gardner, Cynthia	73	Pittsfield YMCA-2	1:01.49
4	Butler, Elizabeth	70	Maine Masters Sw-2	1:04.35

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## 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: 1:41.44 Z 12/15/2023 Karen Bierwert

1	Bierwert, Karen	72	Umama-2	1:43.46
	48.13	1:43.46		
2	Butler, Elizabeth	70	Maine Masters Sw-2	2:14.58
	1:04.92	2:14.58		

**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: 3:37.37 Z 12/15/2023 Karen Bierwert

1	Bierwert, Karen	72	Umama-2	3:43.62
	49.32	1:44.74	2:43.86	3:43.62
2	Dickson, Mary	72	Pittsfield YMCA-2	3:55.56
	54.10	1:53.81	2:54.62	3:55.56
3	Craffey, Eileen	73	Kingsbury Club M-2	5:33.43
	1:15.89	2:43.50	4:09.63	5:33.43

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

WORLD: 33.92 W 1/20/2024 Penny NOYES

NATL: 33.92 N 1/20/2024 PENNY NOYES

ZONECHAMPS: 35.51 Z 12/8/2017 Diann Uustal

1	Atkinson, Fiona	74	Granite State Pe-2	57.37
2	Butler, Elizabeth	70	Maine Masters Sw-2	58.88

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

WORLD: 1:15.46 W 10/17/2021 Laura VAL

NATL: 1:15.46 N 10/17/2021 LAURA VAL

ZONECHAMPS: 2:08.23 Z 1/1/2000 Jill Coleman

1	Butler, Elizabeth	70	Maine Masters Sw-2	2:16.91
	1:01.36	2:16.91		

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

WORLD: 2:57.32 W 10/7/2023 Laura VAL

NATL: 2:57.32 N 10/7/2023 LAURA VAL

ZONECHAMPS: 4:11.64 Z 1/1/2006 Nancy Brown

1	Butler, Elizabeth	70	Maine Masters Sw-2	5:06.80
	1:05.04	2:25.79	3:49.29	5:06.80

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

WORLD: 1:18.40 W 1/20/2024 Penny NOYES

NATL: 1:18.40 N 1/20/2024 PENNY NOYES

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

1	Garr, Jeanne	70	South County Ymc-2	1:40.87
	47.95	1:40.87		
2	Atkinson, Fiona	74	Granite State Pe-2	1:58.40
	57.86	1:58.40		
3	Butler, Elizabeth	70	Maine Masters Sw-2	2:11.38
	1:05.29	2:11.38		

**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: 3:20.28 Z 12/15/2023 Karen Bierwert

1	Dickson, Mary	72	Pittsfield YMCA-2	3:52.78
	58.09	1:58.49	3:00.87	3:52.78

2	Butler, Elizabeth	70	Maine Masters Sw-2	4:35.68
	1:00.99	2:19.62	3:34.75	4:35.68

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

WORLD: 6:07.14 W 10/6/2023 Laura VAL

NATL: 6:07.14 N 10/6/2023 LAURA VAL

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

1	Butler, Elizabeth	70	Maine Masters Sw-2	9:21.34
	59.72	2:16.37	3:36.16	4:51.83
	6:07.04	7:22.51	8:23.71	9:21.34

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

WORLD: 34.04 W 10/15/2022 Diann UUSTAL

NATL: 34.04 N 10/15/2022 DIANN UUSTAL

ZONECHAMPS: 39.35 Z 12/15/2023 Christie Hayes

1	Sasser, Constance	78	Granite State Pe-2	45.50
2	Glotch, Mary	76	Mount Wachusett-2	49.48

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

WORLD: 1:15.87 W 10/17/2021 Diann UUSTAL

NATL: 1:15.87 N 10/17/2021 DIANN UUSTAL

ZONECHAMPS: 1:27.98 Z 12/15/2023 Christie Hayes

1	Glotch, Mary	76	Mount Wachusett-2	2:01.27
	53.59	2:01.27		

**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: 6:38.46 Z 12/15/2023 Christie Hayes

1	Sasser, Constance	78	Granite State Pe-2	7:36.27
	49.20	1:44.74	2:42.98	3:42.13
	4:41.48	5:40.63	6:39.61	7:36.27

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

WORLD: 39.01 W 7/21/2019 Clary MUNNS

NATL: 40.00 N 3/18/2023 DIANN UUSTAL

ZONECHAMPS: 44.76 Z 1/1/1999 Doris Steadman

1	Sasser, Constance	78	Granite State Pe-2	50.29
2	Glotch, Mary	76	Mount Wachusett-2	57.58

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

WORLD: 1:26.40 W 10/15/2022 Diann UUSTAL

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

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

1	Sasser, Constance	78	Granite State Pe-2	1:50.63
	53.72	1:50.63		
2	Glotch, Mary	76	Mount Wachusett-2	2:09.88
	1:03.18	2:09.88		

**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	Sasser, Constance	78	Granite State Pe-2	3:54.10
	55.30	1:53.86	2:54.66	3:54.10

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

WORLD: 43.79 W 2/14/2010 Shoko YONEZAWA

NATL: 46.20 N 3/15/2014 JOANN LEILICH

ZONECHAMPS: 51.51 Z 12/15/2023 Christie Hayes

1	Glotch, Mary	76	Mount Wachusett-2	1:05.10
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## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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:** 1:44.80 Z 12/15/2023 Christie Hayes

1 Glotch, Mary 76 Mount Wachusett-2 2:16.60  
 1:08.30 2:16.60

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

**WORLD:** 3:00.43 W 2/10/2018 Yoshiko OSAKI  
**NATL:** 3:18.57 N 1/25/2009 GAIL ROPER

**ZONECHAMPS:** 3:48.60 Z 12/12/2021 Aagje Caron

1 Caron, Aagje 83 Great Bay Master-2 4:13.12  
 57.87 4:13.12

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

**WORLD:** 6:23.17 W 10/20/2019 Yoshiko OSAKI  
**NATL:** 7:20.96 N 11/11/2007 JEAN TROY

**ZONECHAMPS:** 7:59.15 Z 12/11/2021 Aagje Caron

1 Caron, Aagje 83 Great Bay Master-2 8:32.99  
 1:00.09 2:02.22 4:12.77  
 5:18.37 6:23.09 7:27.89 8:32.99  
 2 Onton, Ann Louise 81 Connecticut Mast-5 11:54.10  
 1:18.09 2:46.05 4:16.84 5:48.08  
 7:21.58 8:53.68 10:28.29 11:54.10

**Women 80-84 800 SC Meter Freestyle**

**WORLD:**12:49.43 W 6/11/2011 Jane ASHER  
**NATL:**14:56.40 N 11/3/2019 ANNE WILLIAMS

1 Onton, Ann Louise 81 Connecticut Mast-5 23:56.91  
 1:21.31 2:44.67 4:12.28 5:40.42  
 7:08.08 8:39.06 10:10.98 11:42.17  
 13:14.09 14:47.62 16:18.12 17:52.22  
 19:27.32 20:59.46 22:31.89 23:56.91

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

**WORLD:** 42.48 W 5/25/2024 Clary MUNNS  
**NATL:** 48.91 N 12/10/2022 JOY WARD

**ZONECHAMPS:** 55.49 Z 1/1/2006 Doris Steadman

1 Hausberger, Evelyn 80 Granite State Pe-2 51.16Z  
 2 Onton, Ann Louise 81 Connecticut Mast-5 1:35.50

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

**WORLD:** 1:33.92 W 5/25/2024 Clary MUNNS  
**NATL:** 1:46.73 N 11/12/2022 JOY WARD

**ZONECHAMPS:** 2:08.66 Z 1/1/2007 Doris Steadman

1 Caron, Aagje 83 Great Bay Master-2 2:10.72  
 1:05.13 2:10.72  
 2 Onton, Ann Louise 81 Connecticut Mast-5 3:21.26  
 1:38.48 3:21.26

**Women 80-84 200 SC Meter Backstroke**

**WORLD:** 3:32.48 W 3/19/2023 Noriko YOSHIDA  
**NATL:** 3:44.82 N 3/13/2022 JOY WARD

**ZONECHAMPS:** 4:43.19 Z 1/1/2007 Doris Steadman

1 Onton, Ann Louise 81 Connecticut Mast-5 7:11.18  
 1:43.58 3:32.30 5:24.85 7:11.18

**Women 80-84 100 SC Meter Breaststroke**

**WORLD:** 1:42.00 W 6/24/2023 Diane FORD  
**NATL:** 1:50.15 N 11/10/2019 JOANN LEILICH

**ZONECHAMPS:** 2:18.92 Z 12/11/2021 Aagje Caron

1 Onton, Ann Louise 81 Connecticut Mast-5 4:12.35  
 1:57.79 4:12.35

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

**WORLD:** 3:53.56 W 10/28/2023 Diane FORD  
**NATL:** 4:01.34 N 11/9/2019 JOANN LEILICH

**ZONECHAMPS:** 4:48.86 Z 12/12/2021 Aagje Caron

1 Caron, Aagje 83 Great Bay Master-2 5:14.09  
 1:14.99 2:33.33 3:53.46 5:14.09  
 2 Onton, Ann Louise 81 Connecticut Mast-5 8:49.11  
 1:53.11 4:09.91 6:29.52 8:49.11

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

**WORLD:** 41.40 W 4/7/2024 Judy WILSON  
**NATL:** 48.85 N 5/16/2009 GAIL ROPER

**ZONECHAMPS:** 1:16.95 Z 1/1/2008 Marianna Hagan

1 Onton, Ann Louise 81 Connecticut Mast-5 2:23.38

**Women 80-84 100 SC Meter Butterfly**

**WORLD:** 1:50.08 W 4/1/2012 Judie OLIVER  
**NATL:** 1:54.42 N 10/6/2024 DANIELA BARNEA

**ZONECHAMPS:** 5:29.66 Z 12/15/2023 Ann Louise Onton

1 Onton, Ann Louise 81 Connecticut Mast-5 5:04.31Z  
 2:26.01 5:04.31

**Women 80-84 200 SC Meter Butterfly**

**WORLD:** 4:10.18 W 3/31/2012 Judie OLIVER  
**NATL:** 4:14.65 N 10/5/2024 DANIELA BARNEA

**ZONECHAMPS:**12:14.34 Z 12/15/2023 Ann Louise Onton

1 Onton, Ann Louise 81 Connecticut Mast-5 11:22.21Z  
 2:34.47 5:31.76 8:36.15 11:22.21

**Women 80-84 100 SC Meter IM**

**WORLD:** 1:38.45 W 1/20/2018 Yoshiko OSAKI  
**NATL:** 1:43.51 N 10/6/2024 DANIELA BARNEA

**ZONECHAMPS:** 2:07.32 Z 12/12/2021 Aagje Caron

1 Onton, Ann Louise 81 Connecticut Mast-5 3:35.39  
 1:54.13 3:35.39

**Women 80-84 200 SC Meter IM**

**WORLD:** 3:27.12 W 5/25/2024 Clary MUNNS  
**NATL:** 3:47.07 N 10/5/2024 DANIELA BARNEA

**ZONECHAMPS:** 5:51.16 Z 1/1/2008 Marianna Hagan

1 Onton, Ann Louise 81 Connecticut Mast-5 7:55.42  
 2:30.01 4:16.05 6:30.50 7:55.42

**Women 80-84 400 SC Meter IM**

**WORLD:** 8:04.67 W 3/30/2012 Judie OLIVER  
**NATL:** 8:06.68 N 10/27/2024 DANIELA BARNEA

**ZONECHAMPS:**18:00.50 Z 12/15/2023 Ann Louise Onton

1 Onton, Ann Louise 81 Connecticut Mast-5 16:24.85Z  
 2:36.80 5:31.44 7:19.66 9:09.47  
 11:18.76 13:34.50 15:02.81 16:24.85

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	Berry, Nathaniel	23	Worcester Area M-2	23.60
2	Steen, Samuel	21	SwimRI-2	25.51
3	Casey, John	22	Connecticut Mast-5	26.30
4	Langlois, Scott	19	Pittsfield YMCA-2	28.94
5	Yoffe, Matthew	24	Connecticut Mast-5	31.03

**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	Berry, Nathaniel	23	Worcester Area M-2	53.59
				25.49 53.59
2	Yoffe, Matthew	24	Connecticut Mast-5	1:12.89
				34.22 1:12.89

**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	Henderson, Myles	23	Terrapin Masters-10	2:06.40
				28.79 1:00.55 1:33.53 2:06.40
2	Yoffe, Matthew	24	Connecticut Mast-5	2:34.50
				35.37 1:15.61 1:55.84 2:34.50

**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	Henderson, Myles	23	Terrapin Masters-10	4:30.57
				30.27 1:03.81 1:37.96 2:12.42
				2:47.22 3:21.95 3:56.35 4:30.57
2	Yoffe, Matthew	24	Connecticut Mast-5	5:18.53
				34.11 1:12.68 1:52.76 2:33.82
				3:16.00 3:57.03 4:39.14 5:18.53

**Men 18-24 1500 SC Meter Freestyle**

NATL:16:04.59 N 1/24/2015 ANDREW GYENIS

ZONECHAMPS:17:57.81 Z 12/11/2015 Spencer Coffin

1	Henderson, Myles	23	Terrapin Masters-10	17:41.67Z
				30.73 1:03.83 1:37.52 2:11.86
				2:46.48 3:21.14 3:56.66 4:31.94
				5:07.58 5:43.57 6:19.61 6:55.28
				7:31.25 8:07.48 8:43.71 9:19.76
				9:55.94 10:31.74 11:07.83 11:43.96
				12:20.14 12:56.50 13:32.34 14:08.62
				14:44.97 15:20.46 15:56.43 16:32.01
				17:07.23 17:41.67
2	Yoffe, Matthew	24	Connecticut Mast-5	22:28.16
				34.33 1:12.90 1:52.18 2:33.07
				3:15.04 3:57.53 4:41.36 5:26.18
				6:11.14 6:57.81 7:44.00 8:30.71
				9:18.15 10:04.68 10:51.88 11:37.76
				12:24.54 13:11.76 13:58.03 14:45.16
				15:32.29 16:17.98 17:04.96 17:51.73
				18:39.18 19:25.96 20:12.90 20:58.43
				21:45.65 22:28.16

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

NATL: 25.22 N 10/30/2022 EMILIO PEREZ

ZONECHAMPS: 27.12 Z 12/14/2014 Sidney Glass

1	Berry, Nathaniel	23	Worcester Area M-2	25.50Z
2	Yoffe, Matthew	24	Connecticut Mast-5	35.63

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

NATL: 51.91 N 10/29/2011 EUGENE GODSOE

ZONECHAMPS: 58.49 Z 12/13/2014 Sidney Glass

1	Berry, Nathaniel	23	Worcester Area M-2	58.40Z
				28.07 58.40

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

NATL: 1:54.74 N 10/6/2019 P BOLANOS

ZONECHAMPS: 2:09.70 Z 12/14/2014 James Boretti

1	Yoffe, Matthew	24	Connecticut Mast-5	2:55.85
				40.80 1:24.98 2:12.13 2:55.85

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

NATL: 27.83 N 11/21/2009 GREGOR PLEVELJ

ZONECHAMPS: 29.12 Z 1/1/2002 Luciano Galindo

1	Yoffe, Matthew	24	Connecticut Mast-5	40.56
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**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	Steen, Samuel	21	SwimRI-2	1:20.36
				36.86 1:20.36
2	Yoffe, Matthew	24	Connecticut Mast-5	1:36.43
				44.08 1:36.43

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

NATL: 2:12.70 N 11/19/2017 THIBAUT CAPITAINE

ZONECHAMPS: 2:20.20 Z 12/8/2017 Benjamin Bauchwitz

1	Yoffe, Matthew	24	Connecticut Mast-5	3:17.54
				42.80 1:32.99 2:25.64 3:17.54

**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	Berry, Nathaniel	23	Worcester Area M-2	25.12Z
2	Yoffe, Matthew	24	Connecticut Mast-5	32.42

**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	Steen, Samuel	21	SwimRI-2	1:03.98
				29.53 1:03.98

**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	Yoffe, Matthew	24	Connecticut Mast-5	2:57.74
				38.77 1:25.94 2:19.48 2:57.74

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

NATL: 4:28.54 N 11/14/1993 SERGEY MARINIUK

ZONECHAMPS: 4:47.83 Z 12/8/2017 Jonathan Dray

1	Yoffe, Matthew	24	Connecticut Mast-5	6:14.60
				38.00 1:28.14 2:18.05 3:05.22
				3:59.17 4:52.17 5:35.41 6:14.60



## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	DiGiario, Zachary	26	Charles River Aq-2	24.51
2	Hellwig, Logan	28	SwimRI-2	25.11
3	Greco Agee, Alec	26	Tech Masters-2	25.34
4	Sirois, John	25	SwimRI-2	27.15
5	Weis, Jason	28	Boston Universit-2	28.29
6	Wyatt, David	28	Simon's Rock Pac-2	29.71

**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	Greco Agee, Alec	26	Tech Masters-2	55.07
				26.55 55.07
2	Weis, Jason	28	Boston Universit-2	1:04.01
				30.36 1:04.01
3	Eicholzer, Lander	28	Central New York-4	1:13.76
				34.77 1:13.76

**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	Thomas, Wes	29	Boston Universit-2	1:59.35
				28.26 58.44 1:29.23 1:59.35
2	Greco Agee, Alec	26	Tech Masters-2	2:02.80
				27.15 58.06 1:30.35 2:02.80
3	McLean, Angus	26	Great Bay Master-2	2:10.69
				30.13 1:03.33 1:37.71 2:10.69
4	Weis, Jason	28	Boston Universit-2	2:26.89
				32.28 1:08.44 1:46.80 2:26.89

**Men 25-29 400 SC Meter Freestyle****WORLD: 3:49.90 W 5/25/2024 Sebastian PAULINS****NATL: 3:52.83 N 12/9/2018 DREW MODROV****ZONECHAMPS: 3:52.83 Z 12/7/2018 Drew Modrov**

1	Weis, Jason	28	Boston Universit-2	5:28.74
				34.37 1:12.49 1:52.83 2:35.11
				3:18.42 4:01.74 4:45.33 5:28.74

**Men 25-29 800 SC Meter Freestyle****WORLD: 7:55.80 W 5/24/2024 Sebastian PAULINS****NATL: 8:14.75 N 12/14/1997 ALEX KOSTICH****ZONECHAMPS: 8:17.22 Z 12/7/2018 Drew Modrov**

1	Hawkins, Aric	27	Boston Universit-2	11:59.65
				40.12 1:24.72 2:09.36 2:54.92
				3:40.49 4:26.46 5:13.17 6:00.12
				6:47.04 7:33.92 8:20.77 9:05.93
				9:50.64 10:34.68 11:18.37 11:59.65

**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	Hellwig, Logan	28	SwimRI-2	28.41
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**Men 25-29 100 SC Meter Backstroke****WORLD: 52.05 W 1/14/2023 Ryota MAEJIMA****NATL: 52.99 N 12/3/2016 TONY COX****ZONECHAMPS: 53.43 Z 12/11/2015 David Russell**

1	Sinnenberg, Nick	26	Adirondack Maste-3	1:14.16
				36.29 1:14.16

**Men 25-29 50 SC Meter Breaststroke****WORLD: 26.58 W 4/13/2024 Y.FURUKAWA****NATL: 27.31 N 11/23/2013 EETU KARVONEN****ZONECHAMPS: 28.75 Z 12/7/2018 Drew Modrov**

1	Boersma, Martin	29	Worcester Area M-2	39.82
2	Eicholzer, Lander	28	Central New York-4	43.47

**Men 25-29 100 SC Meter Breaststroke****WORLD: 58.13 W 4/14/2024 Y.FURUKAWA****NATL: 59.21 N 11/23/2013 EETU KARVONEN****ZONECHAMPS: 1:05.09 Z 1/1/2001 Jared Walkenhorst**

1	Thomas, Wes	29	Boston Universit-2	1:04.60Z
				30.58 1:04.60
2	Sirois, John	25	SwimRI-2	1:16.43
				36.14 1:16.43
3	Boersma, Martin	29	Worcester Area M-2	1:30.18
				43.34 1:30.18

**Men 25-29 200 SC Meter Breaststroke****WORLD: 2:07.55 W 10/14/2018 Josh PRENOT****NATL: 2:07.55 N 10/14/2018 JOSH PRENOT****ZONECHAMPS: 2:23.21 Z 1/1/2004 Steven Joe**

1	Thomas, Wes	29	Boston Universit-2	2:23.88
				32.70 1:08.44 1:45.88 2:23.88
2	Weeks, Russell	29	Connecticut Mast-5	2:55.05
				38.81 1:22.46 2:08.39 2:55.05
3	Boersma, Martin	29	Worcester Area M-2	3:25.28
				44.48 1:35.67 2:29.95 3:25.28

**Men 25-29 50 SC Meter Butterfly****WORLD: 23.15 W 11/21/2021 Ryan HELD****NATL: 23.15 N 11/21/2021 RYAN HELD****ZONECHAMPS: 24.45 Z 12/8/2017 Drew Modrov**

1	Greco Agee, Alec	26	Tech Masters-2	27.96
2	Weis, Jason	28	Boston Universit-2	30.15
3	Weeks, Russell	29	Connecticut Mast-5	31.16
4	Hawkins, Aric	27	Boston Universit-2	32.22
5	Fidrych, Mark	27	UC02	34.83

**Men 25-29 100 SC Meter Butterfly****WORLD: 51.13 W 12/10/2023 Lucas GOMES****NATL: 52.45 N 11/3/2013 DARIAN TOWNSEND****ZONECHAMPS: 54.61 Z 12/7/2018 Drew Modrov**

1	DiGiario, Zachary	26	Charles River Aq-2	56.88
				26.62 56.88
2	Greco Agee, Alec	26	Tech Masters-2	1:02.09
				28.48 1:02.09
3	McLean, Angus	26	Great Bay Master-2	1:06.76
				30.95 1:06.76
4	Wyatt, David	28	Simon's Rock Pac-2	1:18.48
				21.62 1:18.48

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Men 25-29 200 SC Meter Butterfly****WORLD: 1:53.72 W 3/21/2021 Shun WATARAI****NATL: 2:02.97 N 12/10/2017 DREW MODROV****ZONECHAMPS: 2:02.97 Z 12/8/2017 Drew Modrov**

1	DiGiario, Zachary	26	Charles River Aq-2	2:10.02
	28.03	1:00.21	1:33.86	2:10.02
2	McLean, Angus	26	Great Bay Master-2	2:39.53
	32.45	1:10.17	1:52.47	2:39.53

**Men 25-29 100 SC Meter IM****WORLD: 52.78 W 11/21/2021 Ryan HELD****NATL: 52.78 N 11/21/2021 RYAN HELD****ZONECHAMPS: 56.33 Z 12/7/2018 Drew Modrov**

1	Weis, Jason	28	Boston Universit-2	1:14.15
	34.11	1:14.15		
2	Wyatt, David	28	Simon's Rock Pac-2	1:17.52
	34.50	1:17.52		

**Men 25-29 200 SC Meter IM****WORLD: 1:58.91 W 10/4/2020 Ken KUWAYAMA****NATL: 1:59.79 N 10/13/2013 ADAM RITTER****ZONECHAMPS: 2:07.61 Z 12/14/2013 Eric Nilsson**

1	Weeks, Russell	29	Connecticut Mast-5	2:38.81
	33.27	1:14.61	2:00.11	2:38.81

**Men 30-34 50 SC Meter Freestyle****WORLD: 21.53 W 12/5/2021 F.ROSA MESSIAS****NATL: 21.91 N 11/13/2016 DARIAN TOWNSEND****ZONECHAMPS: 22.69 Z 12/13/2019 Drew Modrov**

1	Reyes, Patrick	30	South County Ymc-2	25.44
2	De Jesus, Jose	31	Terrapin Masters-10	25.46
3	Carpino, Chris	31	Kingsbury Club M-2	27.68
4	Stringfellow, Robert	31	Kingsbury Club M-2	28.31
5	Collis, James	31	Worcester Area M-2	28.79

**Men 30-34 100 SC Meter Freestyle****WORLD: 47.29 W 11/27/2015 Evgeniy LAGUNOV****NATL: 48.08 N 9/27/2014 DARIAN TOWNSEND****ZONECHAMPS: 49.58 Z 12/13/2019 Drew Modrov**

1	Stringfellow, Robert	31	Kingsbury Club M-2	1:03.45
	30.07	1:03.45		
2	Collis, James	31	Worcester Area M-2	1:05.52
	31.79	1:05.52		
3	Olbrych, Daniel	30	Bernon Family YM-2	1:07.28
	32.41	1:07.28		
4	Carpino, Chris	31	Kingsbury Club M-2	1:12.21
	34.31	1:12.21		

**Men 30-34 200 SC Meter Freestyle****WORLD: 1:46.12 W 9/27/2014 Darian TOWNSEND****NATL: 1:46.12 N 9/27/2014 DARIAN TOWNSEND****ZONECHAMPS: 1:49.32 Z 12/13/2019 Drew Modrov**

1	Distler, Matthew	32	SwimRI-2	1:59.61
	27.10	56.89	1:28.48	1:59.61
2	Reyes, Patrick	30	South County Ymc-2	2:10.29
	29.40	1:03.35	1:38.45	2:10.29
3	Johnson, Jessie	31	Lowell YMCA Flip-2	2:17.86
	31.76	1:06.65	1:43.18	2:17.86

4	Caputo, Matteo	34	YMCA of Greater-2	2:18.10
	32.42	1:07.49	1:43.70	2:18.10
5	Stringfellow, Robert	31	Kingsbury Club M-2	2:21.92
	33.91	1:09.85	1:46.18	2:21.92
6	Gerard, William	32	Connecticut Mast-5	2:26.95
	33.19	1:11.15	1:50.63	2:26.95
7	Carpino, Chris	31	Kingsbury Club M-2	2:46.40
	36.51	1:17.58	2:01.55	2:46.40

**Men 30-34 400 SC Meter Freestyle****WORLD: 3:48.54 W 9/30/2023 Frans JOHANNESSEN****NATL: 3:53.95 N 12/14/2019 DREW MODROV****ZONECHAMPS: 3:53.95 Z 12/13/2019 Drew Modrov**

1	Errico, Domenick	32	Connecticut Mast-5	4:36.84
	30.79	1:04.84	1:39.38	2:14.31
	2:50.79	3:26.37	4:01.80	4:36.84
2	Olbrych, Daniel	30	Bernon Family YM-2	5:26.24
	33.89	1:10.98	1:50.12	2:31.13
	3:13.89	3:57.58	4:42.36	5:26.24

**Men 30-34 800 SC Meter Freestyle****WORLD: 8:06.56 W 9/30/2023 Frans JOHANNESSEN****NATL: 8:12.74 N 11/21/2021 DREW MODROV****ZONECHAMPS: 8:37.56 Z 12/7/2018 Eric Nilsson**

1	Reyes, Patrick	30	South County Ymc-2	9:44.97
	30.14	1:05.81	1:42.64	2:19.31
	2:55.89	3:32.61	4:09.53	4:46.53
	5:24.02	6:01.47	6:39.53	7:17.36
	7:54.99	8:32.96	9:09.80	9:44.97
2	Sherban, Paul	31	Boston Universit-2	12:27.05
	39.71	1:24.84	2:09.81	2:55.96
	3:43.26	4:30.80	5:18.60	6:06.13
	6:56.14	7:43.38	8:30.92	9:18.52
	10:07.44	10:54.70	11:42.12	12:27.05
3	Wild, Mark	33	Worcester Area M-2	15:36.61
	49.44	1:43.58	2:38.62	3:36.29
	4:34.87	5:34.34	6:33.78	7:34.37
	8:33.32	9:35.12	10:36.97	11:37.90
	12:40.77	13:42.11	14:43.22	15:36.61

**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	Carpino, Chris	31	Kingsbury Club M-2	33.09
2	Stringfellow, Robert	31	Kingsbury Club M-2	34.01
3	Gerard, William	32	Connecticut Mast-5	34.95

**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	Stringfellow, Robert	31	Kingsbury Club M-2	1:15.60
	37.59	1:15.60		
2	Sherban, Paul	31	Boston Universit-2	1:17.24
	36.92	1:17.24		
3	Carpino, Chris	31	Kingsbury Club M-2	1:19.65
	39.61	1:19.65		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**(Men 30-34 100 SC Meter Backstroke)**

4	Olbrych, Daniel	30	Bernon Family YM-2	1:19.76
				38.89 1:19.76
5	McGahie, Brian	31	Worcester Area M-2	1:21.46
				38.96 1:21.46

**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

---	Gerard, William	32	Connecticut Mast-5	DNF
				39.24 1:24.70 1:44.77

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

WORLD: 26.72 W 5/5/2018 Felipe LIMA

NATL: 27.15 N 12/3/2023 BRANDON FISCHER

ZONECHAMPS: 29.20 Z 12/13/2019 Drew Modrov

1	De Jesus, Jose	31	Terrapin Masters-10	31.03
2	Stringfellow, Robert	31	Kingsbury Club M-2	32.88
3	Carpino, Chris	31	Kingsbury Club M-2	35.86
4	McGahie, Brian	31	Worcester Area M-2	39.09
5	Olbrych, Daniel	30	Bernon Family YM-2	40.76

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

WORLD: 58.13 W 4/14/2024 Shotaro SHIMAZAKI

NATL: 58.64 N 12/2/2023 BRANDON FISCHER

ZONECHAMPS: 1:06.31 Z 12/11/2021 Viktor Soldatov

1	Reyes, Patrick	30	South County Ymc-2	1:08.32
				32.19 1:08.32
2	Stringfellow, Robert	31	Kingsbury Club M-2	1:13.06
				35.24 1:13.06
3	Andrews, Ryan	31	South County Ymc-2	1:13.74
				34.64 1:13.74
4	Caputo, Matteo	34	YMCA of Greater-2	1:20.38
				38.58 1:20.38
5	Carpino, Chris	31	Kingsbury Club M-2	1:25.25
				40.60 1:25.25
6	Wild, Mark	33	Worcester Area M-2	1:47.20
				51.30 1:47.20

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

WORLD: 2:08.12 W 12/1/2023 Brandon FISCHER

NATL: 2:08.12 N 12/1/2023 BRANDON FISCHER

ZONECHAMPS: 2:24.91 Z 12/12/2021 Viktor Soldatov

1	Stringfellow, Robert	31	Kingsbury Club M-2	2:44.33
				36.21 1:17.60 2:01.37 2:44.33
2	Carpino, Chris	31	Kingsbury Club M-2	3:07.37
				40.41 1:27.54 2:18.47 3:07.37
3	Wild, Mark	33	Worcester Area M-2	3:43.56
				53.36 1:50.07 2:46.38 3:43.56

**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	Smith, Mark	30	Terrapin Masters-10	26.85
2	Distler, Matthew	32	SwimRI-2	27.71
3	De Jesus, Jose	31	Terrapin Masters-10	27.88

4	Errico, Domenick	32	Connecticut Mast-5	29.73
5	Carpino, Chris	31	Kingsbury Club M-2	29.75
6	Stringfellow, Robert	31	Kingsbury Club M-2	30.33
7	Collis, James	31	Worcester Area M-2	30.47
8	Sherban, Paul	31	Boston Universit-2	32.08
9	Gerard, William	32	Connecticut Mast-5	32.97

**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	Smith, Mark	30	Terrapin Masters-10	59.58
				27.59 59.58
2	Distler, Matthew	32	SwimRI-2	1:02.86
				28.62 1:02.86
3	Reyes, Patrick	30	South County Ymc-2	1:03.38
				28.70 1:03.38
4	Johnson, Jessie	31	Lowell YMCA Flip-2	1:09.49
				31.80 1:09.49
5	Carpino, Chris	31	Kingsbury Club M-2	1:24.41
				39.33 1:24.41

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

WORLD: 1:53.56 W 11/25/2017 Nikolay SKVORTSOV

NATL: 1:57.41 N 9/24/2016 DARIAN TOWNSEND

ZONECHAMPS: 2:03.46 Z 12/12/2021 Marcos Lavado

1	Smith, Mark	30	Terrapin Masters-10	2:19.61
				30.97 1:06.56 1:42.98 2:19.61

**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	Smith, Mark	30	Terrapin Masters-10	1:02.86
				28.94 1:02.86
2	Reyes, Patrick	30	South County Ymc-2	1:04.60
				30.49 1:04.60
3	De Jesus, Jose	31	Terrapin Masters-10	1:08.26
				30.66 1:08.26
4	Andrews, Ryan	31	South County Ymc-2	1:08.51
				32.24 1:08.51
5	Stringfellow, Robert	31	Kingsbury Club M-2	1:09.26
				34.17 1:09.26
6	Johnson, Jessie	31	Lowell YMCA Flip-2	1:11.65
				33.95 1:11.65
7	Carpino, Chris	31	Kingsbury Club M-2	1:20.13
				37.13 1:20.13
8	Wild, Mark	33	Worcester Area M-2	1:39.94
				48.30 1:39.94

**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	Stringfellow, Robert	31	Kingsbury Club M-2	2:29.86
				32.50 1:14.25 1:55.59 2:29.86
2	Carpino, Chris	31	Kingsbury Club M-2	2:52.08
				37.28 1:23.05 2:11.92 2:52.08

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	Reyes, Patrick	30	South County Ymc-2	5:15.73
	30.96	1:06.30	1:48.85	2:31.92
	3:15.53	4:00.46	4:38.71	5:15.73
2	Wild, Mark	33	Worcester Area M-2	8:09.29
	55.37	2:01.69	3:07.51	4:11.73
	5:15.28	6:18.68	7:14.05	8:09.29

**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	Pope, Ryan	35	Mount Wachusett-2	26.23
2	Scarpati, Mike	37	UC02	26.67
3	Laplante, Brett	36	Terrapin Masters-10	28.49
4	Lorson, Mark	39	Kingsbury Club M-2	28.55
5	Handin, Alex	36	Boston Universit-2	30.03
6	Duguay, Rob	39	Connecticut Mast-5	32.48
7	Sun, Peter Shuliang	36	Boston Universit-2	38.59

**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	37	Tech Masters-2	54.99
	26.37	54.99		
2	Pope, Ryan	35	Mount Wachusett-2	58.78
	28.02	58.78		
3	Kodesch, Michael	37	Kingsbury Club M-2	1:03.07
	30.76	1:03.07		
4	Dwyer, Colin	36	Maine Masters Sw-2	1:06.67
	32.87	1:06.67		
5	Duguay, Rob	39	Connecticut Mast-5	1:10.66
	34.28	1:10.66		

**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	37	Tech Masters-2	1:58.21
	26.77	56.27	1:26.71	1:58.21
2	Handin, Alex	36	Boston Universit-2	2:34.05
	34.00	1:12.72	1:53.33	2:34.05
3	Duguay, Rob	39	Connecticut Mast-5	2:36.91
	37.04	1:17.24	1:58.50	2:36.91
4	Sun, Peter Shuliang	36	Boston Universit-2	3:24.21
	44.71	1:37.32	2:32.27	3:24.21

**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	37	Tech Masters-2	4:09.35
	28.14	59.24	1:30.84	2:02.72
	2:34.26	3:06.43	3:38.00	4:09.35

2	Kodesch, Michael	37	Kingsbury Club M-2	4:59.30
	34.17	1:11.26	1:48.81	2:27.19
	3:05.37	3:44.13	4:22.48	4:59.30
3	Vogel, Andrew	35	Connecticut Mast-5	5:04.50
	33.98	1:11.59	1:50.44	2:29.05
	3:07.76	3:47.14	4:26.46	5:04.50
4	Duguay, Rob	39	Connecticut Mast-5	5:24.55
	37.20	1:17.75	1:58.43	2:39.17
	3:20.89	4:02.50	4:44.38	5:24.55
5	Chertok, Zachary	36	Boston Lanes (Li-2	7:45.95
	48.38	1:43.45	2:42.12	3:41.29
	4:41.25	5:42.82	6:45.27	7:45.95

**Men 35-39 800 SC Meter Freestyle****WORLD: 8:16.19 W 12/6/2009 Alex KOSTICH****NATL: 8:13.11 N 11/24/2024 DREW MODROV****ZONECHAMPS: 8:36.05 Z 12/9/2022 Eric Nilsson**

1	Nilsson, Eric	37	Tech Masters-2	8:43.46
	29.28	1:01.26	1:33.91	2:06.54
	2:39.43	3:12.35	3:45.43	4:18.86
	4:51.96	5:25.34	5:58.95	6:32.86
	7:06.58	7:40.06	8:12.26	8:43.46
2	Pope, Ryan	35	Mount Wachusett-2	10:25.94
	31.71	1:08.53	1:46.64	2:25.82
	3:05.20	3:44.98	4:25.07	5:05.25
	5:45.98	6:26.65	7:07.14	7:47.50
	8:27.86	9:07.79	9:47.69	10:25.94
3	Handin, Alex	36	Boston Universit-2	11:39.33
	40.15	1:23.29	2:07.78	2:52.53
	3:36.66	4:21.61	5:06.39	5:51.85
	6:36.49	7:21.39	8:06.45	8:50.66
	9:34.51	10:17.51	10:58.89	11:39.33
4	Chertok, Zachary	36	Boston Lanes (Li-2	16:19.27
	49.56	1:43.72	2:40.81	3:40.07
	4:40.95	5:42.18	6:43.89	7:46.63
	8:50.15	9:54.37	10:59.15	12:04.36
	13:09.25	14:12.83	15:16.55	16:19.27

**Men 35-39 1500 SC Meter Freestyle****WORLD:15:41.78 W 1/28/2023 Chad LA TOURETTE****NATL:15:41.78 N 1/28/2023 CHAD LA TOURETTE****ZONECHAMPS:16:39.25 Z 12/15/2023 Eric Nilsson**

1	Kodesch, Michael	37	Kingsbury Club M-2	20:23.46
	35.25	1:12.78	1:51.44	2:30.95
	3:11.17	3:51.44	4:32.02	5:13.01
	5:54.00	6:35.18	7:16.48	7:57.44
	8:38.56	9:19.60	10:01.08	10:42.56
	11:23.79	12:05.52	12:47.16	13:28.52
	14:10.03	14:51.49	15:33.23	16:14.80
	16:56.87	17:39.03	18:20.94	19:03.00
	19:43.89	20:23.46		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**(Men 35-39 1500 SC Meter Freestyle)**

2	Duguay, Rob	39	Connecticut Mast-5	21:37.66
	38.35	1:20.14	2:02.90	2:46.07
	3:29.02	4:12.31	4:55.26	5:38.76
	6:22.38	7:06.47	7:50.15	8:34.32
	9:18.11	10:01.69	10:45.36	11:29.00
	12:12.93	12:56.48	13:39.76	14:23.69
	15:07.73	15:51.54	16:35.66	17:19.23
	18:02.72	18:46.92	19:30.51	20:14.09
	20:57.56	21:37.66		

**Men 35-39 50 SC Meter Backstroke****WORLD: 24.48 W 11/27/2021 Stefano RAZETO****NATL: 25.57 N 10/27/2019 DARIAN TOWNSEND****ZONECHAMPS: 25.86 Z 1/1/2004 Michael Ross**

1	Pope, Ryan	35	Mount Wachusett-2	31.01
2	Laplante, Brett	36	Terrapin Masters-10	31.04
3	Lorson, Mark	39	Kingsbury Club M-2	35.58

**Men 35-39 100 SC Meter Backstroke****WORLD: 52.73 W 4/13/2024 Junichi MORITA****NATL: 54.66 N 10/26/2019 DARIAN TOWNSEND****ZONECHAMPS: 55.95 Z 1/1/2004 Michael Ross**

1	Pope, Ryan	35	Mount Wachusett-2	1:07.53
	32.40	1:07.53		
2	Vogel, Andrew	35	Connecticut Mast-5	1:14.53
	36.06	1:14.53		
3	Kodesch, Michael	37	Kingsbury Club M-2	1:14.65
	36.34	1:14.65		
4	Duguay, Rob	39	Connecticut Mast-5	1:33.71
	47.22	1:33.71		

**Men 35-39 200 SC Meter Backstroke****WORLD: 1:59.58 W 11/11/2023 Kevin NEAD****NATL: 1:59.58 N 11/11/2023 KEVIN NEAD****ZONECHAMPS: 2:00.34 Z 1/1/2002 Ron Karnaugh**

1	Pope, Ryan	35	Mount Wachusett-2	2:34.21
	34.39	1:12.96	1:53.69	2:34.21
2	Duguay, Rob	39	Connecticut Mast-5	3:14.79
	48.67	1:37.39	2:26.98	3:14.79

**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	Scarpati, Mike	37	UC02	31.83
2	Pope, Ryan	35	Mount Wachusett-2	32.47
3	Kodesch, Michael	37	Kingsbury Club M-2	38.34

**Men 35-39 100 SC Meter Breaststroke****WORLD: 59.21 W 4/29/2024 Ryouta NOMURA****NATL: 1:00.21 N 10/16/2021 ADAM RITTER****ZONECHAMPS: 1:02.57 Z 1/1/2002 Ron Karnaugh**

1	Scarpati, Mike	37	UC02	1:11.50
	32.76	1:11.50		
2	Pope, Ryan	35	Mount Wachusett-2	1:13.63
	33.39	1:13.63		

3	Lorson, Mark	39	Kingsbury Club M-2	1:32.19
	41.17	1:32.19		
4	Duguay, Rob	39	Connecticut Mast-5	1:34.43
	45.36	1:34.43		

**Men 35-39 200 SC Meter Breaststroke****WORLD: 2:12.78 W 5/11/2024 Ryo KOBAYASHI****NATL: 2:13.38 N 10/6/2024 BRANDON FISCHER****ZONECHAMPS: 2:17.96 Z 1/1/2002 Ron Karnaugh**

1	Pope, Ryan	35	Mount Wachusett-2	2:45.83
	35.51	1:15.90	1:59.68	2:45.83
2	Duguay, Rob	39	Connecticut Mast-5	3:19.12
	46.48	1:36.55	2:27.89	3:19.12

**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	Pope, Ryan	35	Mount Wachusett-2	29.14
2	Laplante, Brett	36	Terrapin Masters-10	29.55
3	Collis, David	35	Great Bay Master-2	29.97
4	Kodesch, Michael	37	Kingsbury Club M-2	31.18
5	Dwyer, Colin	36	Maine Masters Sw-2	31.73
6	Handin, Alex	36	Boston Universit-2	34.79
7	Gutierrez, Jorge	37	Connecticut Mast-5	38.81

**Men 35-39 100 SC Meter Butterfly****WORLD: 52.29 W 3/10/2024 Takuya HASEGAWA****NATL: 54.27 N 12/4/2011 IGOR MARCHENKO****ZONECHAMPS: 56.32 Z 1/1/2004 Michael Ross**

1	Nilsson, Eric	37	Tech Masters-2	59.09
	27.62	59.09		
2	Lorson, Mark	39	Kingsbury Club M-2	1:16.64
	35.07	1:16.64		
3	Handin, Alex	36	Boston Universit-2	1:17.62
	35.48	1:17.62		
4	Duguay, Rob	39	Connecticut Mast-5	1:35.76
	45.27	1:35.76		

**Men 35-39 200 SC Meter Butterfly****WORLD: 2:00.01 W 5/28/2023 Tatsuya ITO****NATL: 2:01.99 N 1/20/2024 CAMERON OWEN****ZONECHAMPS: 2:07.41 Z 12/15/2023 Eric Nilsson**

1	Nilsson, Eric	37	Tech Masters-2	2:11.38
	29.05	1:02.03	1:36.73	2:11.38
2	Duguay, Rob	39	Connecticut Mast-5	3:33.88
	46.73	1:41.14	2:37.84	3:33.88

**Men 35-39 100 SC Meter IM****WORLD: 54.82 W 4/7/2024 Tatsuya ITO****NATL: 54.91 N 10/27/2019 DARIAN TOWNSEND****ZONECHAMPS: 56.94 Z 1/1/2003 Ron Karnaugh**

1	Nilsson, Eric	37	Tech Masters-2	1:01.39
	28.10	1:01.39		
2	Pope, Ryan	35	Mount Wachusett-2	1:06.49
	30.63	1:06.49		
3	Lorson, Mark	39	Kingsbury Club M-2	1:17.54
	34.97	1:17.54		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**(Men 35-39 100 SC Meter IM)**

4	Chertok, Zachary	36	Boston Lanes (Li-2	1:48.62
	54.04	1:48.62		
---	Sun, Peter Shuliang	36	Boston Universit-2	DQ
	49.55	DQ		

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

WORLD: 1:59.85 W 10/27/2019 Darian TOWNSEND

NATL: 1:59.85 N 10/27/2019 DARIAN TOWNSEND

ZONECHAMPS: 2:03.29 Z 1/1/2002 Ron Karnaugh

1	Nilsson, Eric	37	Tech Masters-2	2:13.98
	28.40	1:02.25	1:42.96	2:13.98
2	Laplante, Brett	36	Terrapin Masters-10	2:34.14
	32.22	1:10.49	1:57.59	2:34.14
3	Kodesch, Michael	37	Kingsbury Club M-2	2:36.73
	33.49	1:13.80	2:01.62	2:36.73
4	Duguay, Rob	39	Connecticut Mast-5	3:06.08
	46.53	1:35.97	2:26.64	3:06.08
5	Gutierrez, Jorge	37	Connecticut Mast-5	3:23.09
	41.26	1:35.04	2:36.12	3:23.09

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

WORLD: 4:19.79 W 10/26/2019 Darian TOWNSEND

NATL: 4:19.79 N 10/26/2019 DARIAN TOWNSEND

ZONECHAMPS: 4:24.36 Z 1/1/2003 Ron Karnaugh

1	Lorson, Mark	39	Kingsbury Club M-2	6:02.52
	35.39	1:20.48	2:05.15	2:50.99
	3:46.98	4:41.40	5:21.15	6:02.52
2	Duguay, Rob	39	Connecticut Mast-5	6:32.35
	49.03	1:43.66	2:34.90	3:26.12
	4:19.92	5:13.21	5:55.03	6:32.35

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

WORLD: 22.39 W 11/21/2023 Filippo MAGNINI

NATL: 23.13 N 8/15/2013 BRIAN JACOBSON

ZONECHAMPS: 23.47 Z 1/1/2008 Michael Ross

1	Puretz, Henry	40	Adirondack Maste-3	26.82
2	Neikirk, Joseph	44	Wild Crab Master-2	28.00
3	Strahota, Jeffrey	44	Terrapin Masters-10	28.33
4	Wong, Christopher	43	Great Bay Master-2	29.96
5	Summerfield, Jason	42	Great Bay Master-2	36.60
6	McLaughlin, Timothy	43	Connecticut Mast-5	41.71

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

WORLD: 48.68 W 11/23/2023 Filippo MAGNINI

NATL: 50.43 N 12/6/2008 MICHAEL ROSS

ZONECHAMPS: 50.43 Z 1/1/2008 Michael Ross

1	Neikirk, Joseph	44	Wild Crab Master-2	59.55
	28.56	59.55		
2	Strahota, Jeffrey	44	Terrapin Masters-10	1:01.60
	29.66	1:01.60		

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

WORLD: 1:49.86 W 12/17/2023 Filippo MAGNINI

NATL: 1:50.08 N 12/6/2008 MICHAEL ROSS

ZONECHAMPS: 1:50.08 Z 1/1/2008 Michael Ross

1	Puretz, Henry	40	Adirondack Maste-3	2:13.89
	30.18	1:03.56	1:39.09	2:13.89

2	Strahota, Jeffrey	44	Terrapin Masters-10	2:14.10
	31.20	1:05.46	1:40.24	2:14.10
3	Neikirk, Joseph	44	Wild Crab Master-2	2:14.12
	31.80	1:06.47	1:41.21	2:14.12
4	Greene, Andy	40	Worcester Area M-2	2:41.03
	36.39	1:16.39	1:58.66	2:41.03

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

WORLD: 4:00.67 W 11/7/2004 Kai DITZEL

NATL: 4:01.32 N 10/4/2009 ERIK HOCHSTEIN

ZONECHAMPS: 4:11.73 Z 1/1/2008 Patrick Brundage

1	Neikirk, Joseph	44	Wild Crab Master-2	4:45.54
	32.95	1:08.50	1:45.10	2:22.22
	2:58.40	3:34.60	4:10.66	4:45.54
2	Puretz, Henry	40	Adirondack Maste-3	4:51.29
	32.65	1:08.56	1:46.06	2:23.99
	3:01.58	3:38.54	4:15.77	4:51.29
3	Johnson, Tim	42	South County Ymc-2	5:25.99
	39.27	1:17.63	1:58.06	2:39.90
	3:21.76	4:04.02	4:46.54	5:25.99

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

WORLD: 8:15.69 W 2/25/2017 Samuele PAMPANA

NATL: 8:21.78 N 12/4/2011 ALEX KOSTICH

ZONECHAMPS: 9:08.85 Z 1/1/2005 Michael Schmidt

1	Puretz, Henry	40	Adirondack Maste-3	10:05.03
	32.06	1:07.74	1:44.69	2:22.25
	3:00.21	3:38.27	4:16.72	4:55.64
	5:34.91	6:13.90	6:53.68	7:33.03
	8:13.10	8:52.04	9:30.19	10:05.03

**Men 40-44 1500 SC Meter Freestyle**

WORLD:15:51.60 W 2/21/2016 Samuele PAMPANA

NATL:16:09.32 N 12/4/2009 MIKE SHAFFER

ZONECHAMPS:17:53.15 Z 1/1/2008 Dave Holland

1	Neikirk, Joseph	44	Wild Crab Master-2	19:06.81
	32.81	1:08.08	1:45.03	2:22.18
	2:59.85	3:37.27	4:14.95	4:53.11
	5:31.22	6:09.44	6:47.64	7:25.81
	8:04.04	8:42.55	9:21.26	9:59.86
	10:39.06	11:17.57	11:56.74	12:35.79
	13:14.75	13:53.37	14:32.57	15:11.75
	15:50.65	16:29.67	17:09.28	17:48.69
	18:28.40	19:06.81		
2	Greene, Andy	40	Worcester Area M-2	23:26.61
	40.50	1:24.59	2:10.82	2:58.24
	3:45.61	4:32.95	5:20.49	6:09.43
	6:58.57	7:45.44	8:32.34	9:19.41
	10:07.03	10:54.35	11:41.04	12:28.16
	13:14.61	14:01.44	14:48.56	15:35.84
	16:22.88	17:10.06	17:57.68	18:44.78
	19:31.82	20:19.63	21:07.04	21:53.65
	22:40.54	23:26.61		

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

WORLD: 25.48 W 3/21/2021 M.WAKABAYASHI

NATL: 25.53 N 12/12/2009 MICHAEL ROSS

ZONECHAMPS: 26.56 Z 1/1/2008 Chris Stevenson

1	Summerfield, Jason	42	Great Bay Master-2	45.72
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Sanction #: 024-S005

## Results

**(Men 40-44 50 SC Meter Backstroke)**

2 McLaughlin, Timothy 43 Connecticut Mast-5 48.90

**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 Poretz, Henry 40 Adirondack Maste-3 2:27.11  
33.95 1:11.01 1:49.26 2:27.11**Men 40-44 50 SC Meter Breaststroke****WORLD: 27.05 W 11/18/2023 Roland SCHOEMAN****NATL: 27.05 N 11/18/2023 ROLAND SCHOEMAN****ZONECHAMPS: 29.21 Z 12/13/2019 Blake Holden**1 Neikirk, Joseph 44 Wild Crab Master-2 37.12  
2 Wong, Christopher 43 Great Bay Master-2 38.02**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 44 Wild Crab Master-2 1:22.04  
38.84 1:22.04  
--- McLaughlin, Timothy 43 Connecticut Mast-5 DQ  
55.75 DQ**Men 40-44 50 SC Meter Butterfly****WORLD: 23.90 W 10/1/2023 Kohei KAWAMOTO****NATL: 24.91 N 12/6/2008 MICHAEL ROSS****ZONECHAMPS: 24.91 Z 1/1/2008 Michael Ross**1 Neikirk, Joseph 44 Wild Crab Master-2 29.32  
2 Strahota, Jeffrey 44 Terrapin Masters-10 29.98  
3 Johnson, Tim 42 South County Ymc-2 31.63  
4 Wong, Christopher 43 Great Bay Master-2 32.93**Men 40-44 100 SC Meter Butterfly****WORLD: 53.56 W 10/1/2023 Kohei KAWAMOTO****NATL: 55.53 N 11/18/2023 BRENT CREAGER****ZONECHAMPS: 56.99 Z 1/1/2008 Chris Stevenson**1 Moran, Daniel 42 Worcester Area M-2 1:03.32  
30.83 1:03.32  
2 Neikirk, Joseph 44 Wild Crab Master-2 1:07.01  
31.20 1:07.01  
3 Strahota, Jeffrey 44 Terrapin Masters-10 1:09.57  
32.33 1:09.57  
4 Greene, Andy 40 Worcester Area M-2 1:32.57  
43.17 1:32.57**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 Neikirk, Joseph 44 Wild Crab Master-2 2:32.48  
32.98 1:11.46 1:51.85 2:32.48**Men 40-44 100 SC Meter IM****WORLD: 56.80 W 3/19/2023 Daisuke HOSOKAWA****NATL: 57.19 N 11/16/2014 JEFF COMMINGS****ZONECHAMPS: 1:01.30 Z 1/1/2008 Patrick Brundage**1 Neikirk, Joseph 44 Wild Crab Master-2 1:11.34  
33.76 1:11.34  
2 Wong, Christopher 43 Great Bay Master-2 1:15.05  
35.72 1:15.05**Men 40-44 200 SC Meter IM****WORLD: 2:03.45 W 12/2/2022 Markus ROGAN****NATL: 2:03.45 N 12/2/2022 MARKUS ROGAN****ZONECHAMPS: 2:12.16 Z 1/1/2008 Patrick Brundage**1 Neikirk, Joseph 44 Wild Crab Master-2 2:31.69  
31.51 1:12.48 1:56.51 2:31.69  
2 Poretz, Henry 40 Adirondack Maste-3 2:35.55  
33.30 1:13.52 2:00.74 2:35.55**Men 40-44 400 SC Meter IM****WORLD: 4:22.29 W 12/2/2023 Markus ROGAN****NATL: 4:22.29 N 12/2/2023 MARKUS ROGAN****ZONECHAMPS: 4:39.78 Z 1/1/2008 Patrick Brundage**1 Neikirk, Joseph 44 Wild Crab Master-2 5:25.09  
32.91 1:10.97 1:55.52 2:38.38  
3:25.97 4:14.11 4:51.44 5:25.09  
--- Greene, Andy 40 Worcester Area M-2 DQ  
44.33 1:35.57 2:33.74 3:29.70  
4:31.49 5:34.54 6:19.99 DQ**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 Barnes, Chuck 48 SwimRI-2 23.83Z  
2 Whitford, Matthew 49 Great Bay Master-2 27.17  
3 Plankey II, Chris 46 Pittsfield YMCA-2 27.97  
4 Bergiel, Matthew 46 Kingsbury Club M-2 29.38  
5 Lake, Christopher 48 Mount Wachusett-2 35.64  
6 Paul, Shawn 49 Worcester Area M-2 49.47**Men 45-49 100 SC Meter Freestyle****WORLD: 49.99 W 6/2/2019 Hideaki HARA****NATL: 52.54 N 12/2/2007 PAUL SMITH****ZONECHAMPS: 54.50 Z 12/11/2015 Stewart Carroll**1 Duerrmeier, Bernhard 45 Nantucket Aquati-2 1:09.38  
32.67 1:09.38  
2 Conca, Jake 49 Kingsbury Club M-2 1:09.39  
32.42 1:09.39**Men 45-49 200 SC Meter Freestyle****WORLD: 1:52.58 W 6/25/2023 Rodrigo CASTRO****NATL: 1:56.00 N 12/2/2007 PAUL SMITH****ZONECHAMPS: 1:56.63 Z 12/15/2023 Chuck Barnes**1 Bergiel, Matthew 46 Kingsbury Club M-2 2:27.14  
33.42 1:09.93 1:48.53 2:27.14  
2 Duerrmeier, Bernhard 45 Nantucket Aquati-2 2:33.75  
33.96 1:11.04 1:51.74 2:33.75  
3 Dahl, Jason 45 South County Ymc-2 2:36.68  
35.46 1:14.18 1:54.94 2:36.68

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

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## Results

**(Men 45-49 200 SC Meter Freestyle)**

4 Lake, Christopher 48 Mount Wachusett-2 2:48.46  
37.61 1:19.22 2:03.12 2:48.46

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

**WORLD: 4:03.10 W 4/18/2015 Fabio CALMASINI**

**NATL: 4:09.19 N 11/1/2009 KEITH SWITZER**

**ZONECHAMPS: 4:17.45 Z 12/11/2015 Stewart Carroll**

1 Duerrmeier, Bernhard 45 Nantucket Aquati-2 5:34.81  
35.13 1:13.62 1:55.58 2:39.09  
3:23.14 4:07.67 4:51.42 5:34.81

2 Hoppe, Alexander 45 Worcester Area M-2 5:37.64  
36.98 1:18.82 2:02.30 2:47.04  
3:31.37 4:15.64 4:57.84 5:37.64

3 StPierre, Raymond 47 South County Ymc-2 6:35.58  
40.13 1:26.94 2:17.12 3:09.82  
4:02.92 4:54.81 5:47.20 6:35.58

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

**WORLD: 8:24.75 W 3/29/2015 Fabio CALMASINI**

**NATL: 8:41.60 N 12/14/2013 RICARDO VALDIVIA**

**ZONECHAMPS: 9:34.21 Z 1/1/2009 Steven Newman**

1 Dion, Thomas 46 Reston Masters S-10 9:29.12Z  
31.91 1:06.85 1:42.45 2:17.82  
2:54.31 3:30.36 4:06.51 4:42.78  
5:19.08 5:55.13 6:31.00 7:07.29  
7:43.06 8:18.84 8:54.76 9:29.12

2 Dahl, Jason 45 South County Ymc-2 12:46.08  
37.51 1:20.51 2:05.72 2:51.98  
3:38.91 4:27.29 5:16.73 6:05.75  
6:55.07 7:44.73 8:34.83 9:24.82  
10:14.54 11:04.72 11:55.76 12:46.08

3 Paul, Shawn 49 Worcester Area M-2 21:02.95  
57.92 2:04.06 4:45.18  
7:55.22 9:22.48 10:50.66  
12:13.64 13:33.77 14:49.05 16:05.97  
17:21.98 18:39.03 19:53.61 21:02.95

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

**WORLD:16:08.41 W 2/25/2023 Nicola NISATO**

**NATL:16:37.25 N 10/15/2011 KEITH SWITZER**

**ZONECHAMPS:18:02.79 Z 1/1/2001 Jamie Hemmerle**

1 Plankey II, Chris 46 Pittsfield YMCA-2 20:27.92  
35.27 1:14.12 1:53.82 2:34.18  
3:14.81 3:55.89 4:36.90 5:18.36  
5:59.37 6:40.37 7:22.09 8:03.76  
8:45.05 9:26.48 10:09.12 10:51.34  
11:33.55 12:15.57 12:57.94 13:40.07  
14:21.77 15:03.28 15:45.24 16:26.83  
17:08.69 17:49.44 18:30.28 19:11.71  
19:50.68 20:27.92

2 Davenport, Steve 49 Charles River Aq-2 21:05.13  
38.11 1:19.62 2:02.00 2:44.65  
3:27.48 4:10.36 4:53.14 5:35.97  
6:19.02 7:01.85 7:44.41 8:26.81  
9:09.32 9:51.70 10:33.83 11:16.12  
11:58.45 12:40.71 13:22.87 14:04.90  
14:47.05 15:29.36 16:11.46 16:53.84  
17:36.06 18:18.24 19:00.28 19:42.43  
20:24.52 21:05.13

3 Duerrmeier, Bernhard 45 Nantucket Aquati-2 22:32.39  
36.46 1:16.33 1:58.98 2:43.35  
3:27.98 4:13.05 4:58.90 5:45.10  
6:30.83 7:16.57 8:02.21 8:48.33  
9:34.37 10:20.25 11:06.76 11:53.13  
12:39.43 13:25.77 14:11.58 14:57.62  
15:44.12 16:29.90 17:15.73 18:01.22  
18:47.79 19:33.42 20:18.30 21:03.55  
21:48.97 22:32.39

4 Lake, Christopher 48 Mount Wachusett-2 23:10.28  
40.90 1:25.28 2:11.14 2:57.51  
3:43.05 4:28.92 5:14.78 6:01.43  
6:48.01 7:34.26 8:21.10 9:07.77  
9:54.24 10:40.75 11:27.65 12:14.37  
13:01.37 13:48.32 14:35.17 15:21.86  
16:08.78 16:55.70 17:43.52 18:30.75  
19:18.54 20:05.58 20:52.63 21:40.12  
22:26.62 23:10.28

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

**WORLD: 25.73 W 12/17/2022 Marcin KACZMAREK**

**NATL: 27.01 N 12/16/2023 CHUCK BARNES**

**ZONECHAMPS: 27.01 Z 12/15/2023 Chuck Barnes**

1 Barnes, Chuck 48 SwimRI-2 26.97N  
2 Plankey II, Chris 46 Pittsfield YMCA-2 31.09  
3 Paul, Shawn 49 Worcester Area M-2 1:09.47

**Men 45-49 200 SC Meter Backstroke**

**WORLD: 2:04.71 W 4/20/2024 Shinya HAYASHI**

**NATL: 2:05.54 N 12/12/2009 CHRIS STEVENSON**

**ZONECHAMPS: 2:05.64 Z 12/15/2023 Chuck Barnes**

1 Dahl, Jason 45 South County Ymc-2 3:01.06  
42.80 1:28.40 2:15.09 3:01.06

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

**WORLD: 28.64 W 11/18/2023 Jeff COMMINGS**

**NATL: 28.64 N 11/18/2023 JEFF COMMINGS**

**ZONECHAMPS: 29.83 Z 12/11/2015 Craig Crawford**

1 Conca, Jake 49 Kingsbury Club M-2 40.46

**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 Dahl, Jason 45 South County Ymc-2 1:24.16  
39.10 1:24.16  
2 Bergiel, Matthew 46 Kingsbury Club M-2 1:27.68  
41.01 1:27.68  
3 Paul, Shawn 49 Worcester Area M-2 2:05.24  
1:01.94 2:05.24



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**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	Dahl, Jason	45	South County Ymc-2	3:03.51
	41.70	1:26.92	2:13.75	3:03.51
2	Conca, Jake	49	Kingsbury Club M-2	3:16.98
	41.32	1:29.66	2:23.48	3:16.98
3	Paul, Shawn	49	Worcester Area M-2	4:43.43
	1:06.15	2:18.13	4:43.43	

**Men 45-49 50 SC Meter Butterfly****WORLD: 24.37 W 4/7/2024 Kohei KAWAMOTO****NATL: 25.44 N 12/10/2022 CHUCK BARNES****ZONECHAMPS: 25.44 Z 12/9/2022 Chuck Barnes**

1	Barnes, Chuck	48	SwimRI-2	25.46
2	Conca, Jake	49	Kingsbury Club M-2	31.85
3	Dahl, Jason	45	South County Ymc-2	33.62
4	Hoppe, Alexander	45	Worcester Area M-2	33.73
5	Duerrmeier, Bernhard	45	Nantucket Aquati-2	36.52
6	Paul, Shawn	49	Worcester Area M-2	1:05.74

**Men 45-49 100 SC Meter Butterfly****WORLD: 55.07 W 3/18/2018 Eiji NOMURA****NATL: 57.00 N 12/10/2022 CHUCK BARNES****ZONECHAMPS: 57.00 Z 12/9/2022 Chuck Barnes**

1	Dahl, Jason	45	South County Ymc-2	1:19.11
	35.27	1:19.11		
2	Duerrmeier, Bernhard	45	Nantucket Aquati-2	1:31.30
	37.88	1:31.30		

**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	Plankey II, Chris	46	Pittsfield YMCA-2	1:09.92
	31.35	1:09.92		
2	Whitford, Matthew	49	Great Bay Master-2	1:10.49
	31.54	1:10.49		
3	Dahl, Jason	45	South County Ymc-2	1:15.98
	35.37	1:15.98		
4	Bergiel, Matthew	46	Kingsbury Club M-2	1:23.15
	40.54	1:23.15		

**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	Conca, Jake	49	Kingsbury Club M-2	3:03.12
	36.33	1:24.04	2:19.91	3:03.12
2	Duerrmeier, Bernhard	45	Nantucket Aquati-2	3:14.69
	39.32	1:29.78	2:31.69	3:14.69
---	Hoppe, Alexander	45	Worcester Area M-2	DQ
	38.74	1:29.72	2:24.42	DQ

**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	Dion, Thomas	46	Reston Masters S-10	5:23.13
	33.44	1:12.06	1:54.64	2:37.25
	3:22.86	4:12.04	4:48.20	5:23.13
2	Dahl, Jason	45	South County Ymc-2	6:12.60
	39.00	1:24.39	2:11.58	3:00.10
	3:50.29	4:43.19	5:27.40	6:12.60

**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	Steckclair, Jeffrey	50	Wild Crab Master-2	26.52
2	Hersh, Craig	53	Granite State Pe-2	27.34
3	DeMeo, Larry	51	Life Time New En-2	30.13
4	Quelch, Dennis	52	South County Ymc-2	30.93
5	Earl, Matthew	50	UC02	33.09
6	Collette, Michael	51	Connecticut Mast-5	35.05
7	Langlois, Michael	51	Pittsfield YMCA-2	36.57

**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	Hersh, Craig	53	Granite State Pe-2	1:00.16
	28.80	1:00.16		
2	Steckclair, Jeffrey	50	Wild Crab Master-2	1:01.99
	30.04	1:01.99		
3	Dainiak, Chris	53	Granite State Pe-2	1:02.36
	30.52	1:02.36		
4	Shea, Josh	51	Tech Masters-2	1:09.69
	33.84	1:09.69		
5	Collette, Michael	51	Connecticut Mast-5	1:19.85
	38.23	1:19.85		
6	Campbell, Colin	52	Kingsbury Club M-2	1:21.23
	39.12	1:21.23		

**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	Quelch, Dennis	52	South County Ymc-2	2:41.12
	35.03	1:14.65	1:58.29	2:41.12
2	Kwa, Ken	51	Charles River Aq-2	2:55.76
	40.90	1:25.04	2:10.72	2:55.76
3	Collette, Michael	51	Connecticut Mast-5	3:19.63
	43.39	1:32.48	2:23.37	3:19.63

**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	53	Granite State Pe-2	4:41.28
	33.11	1:07.71	1:43.41	2:18.90
	2:54.85	3:31.07	4:07.16	4:41.28

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**(Men 50-54 400 SC Meter Freestyle)**

2	Christensen, Scott	52	Kingsbury Club M-2	5:07.09
	34.57	1:12.50	1:51.20	2:30.52
	3:10.42	3:50.22	4:30.11	5:07.09
3	Kwa, Ken	51	Charles River Aq-2	5:42.76
	38.96	1:21.07	2:04.66	2:48.39
	3:31.94	4:15.69	4:59.52	5:42.76

**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	Quelch, Dennis	52	South County Ymc-2	12:13.38
	39.21	1:22.56	2:08.13	2:54.65
	3:41.16	4:28.15	5:15.39	6:02.80
	6:49.78	7:36.14	8:22.82	9:09.23
	9:56.39	10:42.66	11:29.10	12:13.38

**Men 50-54 1500 SC Meter Freestyle****WORLD:16:23.36 W 2/22/2020 Fabio CALMASINI****NATL:16:33.02 N 12/10/2000 JIM MCCONICA****ZONECHAMPS:18:00.64 Z 12/13/2019 Robbie Allen**

1	Christensen, Scott	52	Kingsbury Club M-2	19:54.59
	35.74	1:13.08	1:51.56	2:31.02
	3:10.96	3:50.44	4:30.07	5:10.00
	5:50.19	6:30.65	7:10.73	7:51.37
	8:31.57	9:12.27	9:52.63	10:32.37
	11:12.60	11:52.78	12:33.28	13:13.93
	13:54.16	14:34.49	15:15.01	15:55.70
	16:36.34	17:16.63	17:57.15	18:37.71
	19:17.03	19:54.59		
2	Kwa, Ken	51	Charles River Aq-2	23:11.32
	41.31	1:27.14	2:14.15	3:01.82
	3:49.36	4:36.75	5:23.98	6:11.07
	6:58.33	7:45.65	8:32.70	9:19.56
	10:06.37	10:53.57	11:40.38	12:27.42
	13:13.99	14:00.85	14:47.36	15:33.80
	16:19.95	17:05.90	17:52.10	18:38.69
	19:24.46	20:10.24	20:56.69	21:42.63
	22:27.86	23:11.32		
3	Green, Rob	54	Great Bay Master-2	45:59.19
	1:09.13	2:28.07	3:50.96	5:17.93
	6:46.63	8:11.13	9:41.32	11:09.73
	12:38.43	14:10.59	15:38.88	17:11.09
	18:41.16	20:12.61	21:48.55	23:16.54
	24:53.98	26:30.06	28:06.41	29:42.96
	31:23.26	32:59.88	34:38.09	36:14.36
	37:55.35	39:33.12	41:14.50	42:57.29
	44:35.67	45:59.19		

**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	Dainiak, Chris	53	Granite State Pe-2	33.49
2	Steckclair, Jeffrey	50	Wild Crab Master-2	33.58

**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	Shea, Josh	51	Tech Masters-2	1:22.22
	39.89	1:22.22		
2	Kwa, Ken	51	Charles River Aq-2	1:43.01
	50.56	1:43.01		

**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	Dainiak, Chris	53	Granite State Pe-2	2:37.28
	39.46	1:19.31	2:00.33	2:37.28
2	Kwa, Ken	51	Charles River Aq-2	3:40.14
	54.44	1:50.82	2:45.80	3:40.14

**Men 50-54 50 SC Meter Breaststroke****WORLD: 28.72 W 12/25/2023 Hideaki TOGO****NATL: 28.72 N 10/26/2024 JEFF COMMINGS****ZONECHAMPS: 30.10 Z 12/9/2016 Scott Heber**

1	Hersh, Craig	53	Granite State Pe-2	32.36
2	Crawford, Craig	54	Pittsfield YMCA-2	32.95
3	Campbell, Colin	52	Kingsbury Club M-2	45.63
4	Kwa, Ken	51	Charles River Aq-2	45.80

**Men 50-54 100 SC Meter Breaststroke****WORLD: 1:03.59 W 12/10/2023 Hideaki TOGO****NATL: 1:03.76 N 12/2/2023 STEVE WEST****ZONECHAMPS: 1:08.27 Z 1/1/2008 Benn Doyle**

1	Hersh, Craig	53	Granite State Pe-2	1:11.80
	33.22	1:11.80		
2	Crawford, Craig	54	Pittsfield YMCA-2	1:16.78
	35.78	1:16.78		
3	Quelch, Dennis	52	South County Ymc-2	1:34.57
	45.70	1:34.57		
4	Kwa, Ken	51	Charles River Aq-2	1:38.01
	47.07	1:38.01		

**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	53	Granite State Pe-2	2:40.03
	34.99	1:14.84	1:56.39	2:40.03
2	Crawford, Craig	54	Pittsfield YMCA-2	2:52.57
	36.76	1:19.25	2:05.05	2:52.57
3	Quelch, Dennis	52	South County Ymc-2	3:24.50
	47.08	1:39.19	2:32.23	3:24.50
4	Kwa, Ken	51	Charles River Aq-2	3:29.73
	47.87	1:40.69	2:34.02	3:29.73

**Men 50-54 50 SC Meter Butterfly****WORLD: 24.96 W 11/27/2022 Eiji NOMURA****NATL: 25.74 N 12/8/2018 STEVE HILTABBIDDLE****ZONECHAMPS: 25.60 Z 12/7/2018 Steve Hiltabiddle**

1	Steckclair, Jeffrey	50	Wild Crab Master-2	29.15
2	Quelch, Dennis	52	South County Ymc-2	34.95

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

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**(Men 50-54 50 SC Meter Butterfly)**

3	Shea, Josh	51	Tech Masters-2	36.08
4	Campbell, Colin	52	Kingsbury Club M-2	38.88
5	Kwa, Ken	51	Charles River Aq-2	40.23
6	Collette, Michael	51	Connecticut Mast-5	42.34

**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	Rogers, John	54	SwimRI-2	1:09.03
	31.58	1:09.03		
2	Quelch, Dennis	52	South County Ymc-2	1:24.47
	38.91	1:24.47		
3	Kwa, Ken	51	Charles River Aq-2	1:32.35
	45.57	1:32.35		

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

WORLD: 2:07.66 W 1/15/2023 Eiji NOMURA

NATL: 2:10.52 N 5/21/2016 MIKE SHAFFER

ZONECHAMPS: 2:27.07 Z 12/12/2021 Patrick Brundage

1	Kwa, Ken	51	Charles River Aq-2	3:19.69
	46.45	1:37.67	2:29.97	3:19.69

**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	53	Granite State Pe-2	1:07.38
	32.32	1:07.38		
2	Steckclair, Jeffrey	50	Wild Crab Master-2	1:12.18
	32.86	1:12.18		
3	DeMeo, Larry	51	Life Time New En-2	1:21.74
	39.01	1:21.74		
4	Quelch, Dennis	52	South County Ymc-2	1:21.89
	38.41	1:21.89		
5	Earl, Matthew	50	UC02	1:33.88
	45.70	1:33.88		
6	Kwa, Ken	51	Charles River Aq-2	1:36.29
	47.10	1:36.29		
7	Collette, Michael	51	Connecticut Mast-5	1:40.46
	45.63	1:40.46		

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

WORLD: 2:06.38 W 1/28/2018 Nicolas GRANGER

NATL: 2:11.13 N 10/26/2024 JEFF COMMINGS

ZONECHAMPS: 2:13.50 Z 12/13/2014 David Sims

1	Hersh, Craig	53	Granite State Pe-2	2:29.53
	32.09	1:12.39	1:55.80	2:29.53
2	Dainiak, Chris	53	Granite State Pe-2	2:33.42
	35.63	1:16.15	2:00.83	2:33.42
3	Campbell, Colin	52	Kingsbury Club M-2	3:22.69
	42.15	1:40.39	2:36.98	3:22.69

**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	Dainiak, Chris	53	Granite State Pe-2	5:23.09
	35.50	1:16.03	1:58.73	2:41.58
	3:28.21	4:13.25	4:49.50	5:23.09
2	Quelch, Dennis	52	South County Ymc-2	6:38.30
	39.56	1:27.14	2:20.50	3:12.68
	4:09.34	5:07.04	5:53.56	6:38.30
3	Kwa, Ken	51	Charles River Aq-2	6:47.20
	45.17	1:34.12	2:30.79	3:28.02
	4:22.79	5:17.57	6:02.99	6:47.20

**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	58	Colonials 1776-8	25.59
2	Waldfried, Carlo	56	SwimRI-2	26.94
3	O'Brien, Douglas	55	Kingsbury Club M-2	28.65
4	Strehle, Andrew	55	Wild Crab Master-2	29.98
5	Ols, John	58	Worcester Area M-2	30.78
6	Beretch, Thomas	59	Maine Masters Sw-2	45.93

**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	58	Colonials 1776-8	57.45
	27.71	57.45		
2	Waldfried, Carlo	56	SwimRI-2	1:01.11
	29.39	1:01.11		
3	O'Brien, Douglas	55	Kingsbury Club M-2	1:01.96
	30.80	1:01.96		
4	Strehle, Andrew	55	Wild Crab Master-2	1:07.17
	31.66	1:07.17		
5	Ols, John	58	Worcester Area M-2	1:09.08
	33.26	1:09.08		
6	Strehle, John	59	Wild Crab Master-2	1:09.44
	33.14	1:09.44		

**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	O'Brien, Douglas	55	Kingsbury Club M-2	2:13.52
	32.34	1:06.72	1:41.08	2:13.52
2	Waldfried, Carlo	56	SwimRI-2	2:18.40
	32.19	1:08.13	1:43.56	2:18.40
3	Strehle, Andrew	55	Wild Crab Master-2	2:26.93
	33.94	1:10.88	1:49.28	2:26.93
4	DiSano, Joseph	56	South County Ymc-2	3:24.31
	45.54	1:34.62	2:27.68	3:24.31

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**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	O'Brien, Douglas	55	Kingsbury Club M-2	4:44.22
	32.85	1:08.45	1:44.53	2:21.04
	2:57.38	3:33.59	4:09.82	4:44.22
2	Strehle, Andrew	55	Wild Crab Master-2	5:06.49
	34.29	1:12.02	1:51.03	2:30.15
	3:09.43	3:49.01	4:28.65	5:06.49
3	Strehle, John	59	Wild Crab Master-2	5:20.22
	33.71	1:13.11	1:54.30	2:36.00
	3:16.45	3:57.73	4:39.69	5:20.22
4	Correll, Sean	57	Kingsbury Club M-2	5:23.28
	36.47	1:16.12	1:56.94	2:38.12
	5:23.28			
5	Ols, John	58	Worcester Area M-2	5:23.84
	35.52	1:14.71	1:55.49	2:36.85
	3:18.99	4:00.95	4:42.90	5:23.84
6	Palluzzi, Anthony	58	Connecticut Mast-5	5:42.44
	40.93	1:23.96	2:07.85	2:51.26
	4:17.00	5:00.83	5:42.44	5:42.44
7	Hiltabiddle, Steve	58	Colonials 1776-8	6:17.15
	27.21	57.09	2:02.63	2:57.58
	3:47.75	4:38.45	5:29.25	6:17.15

**Men 55-59 1500 SC Meter Freestyle****WORLD:16:59.70 W 6/4/2022 Brent FOSTER****NATL:17:14.15 N 10/2/2005 JIM MC CONICA****ZONECHAMPS:18:43.40 Z 1/1/2006 Jack Martin**

1	O'Brien, Douglas	55	Kingsbury Club M-2	18:41.03Z
	33.18	1:08.75	1:45.31	2:22.48
	2:59.90	3:37.36	4:14.95	4:52.66
	5:30.29	6:07.94	6:45.53	7:22.94
	8:00.42	8:38.21	9:16.14	9:53.85
	10:31.65	11:09.51	11:47.47	12:25.37
	13:03.07	13:40.78	14:18.57	14:56.45
	15:34.12	16:12.10	16:49.89	17:27.62
	18:04.89	18:41.03		
2	Strehle, Andrew	55	Wild Crab Master-2	20:18.08
	36.45	1:15.76	1:55.53	2:35.44
	3:15.37	3:55.76	4:36.29	5:16.68
	5:57.36	6:38.17	7:18.93	7:59.71
	8:40.57	9:21.59	10:02.46	10:43.33
	11:24.04	12:05.17	12:46.11	13:27.15
	14:07.79	14:49.04	15:30.16	16:11.18
	16:52.64	17:33.92	18:15.86	18:57.70
	19:38.94	20:18.08		

**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	58	Colonials 1776-8	31.32
2	O'Brien, Douglas	55	Kingsbury Club M-2	34.90
3	Correll, Sean	57	Kingsbury Club M-2	37.58
4	Strehle, Andrew	55	Wild Crab Master-2	38.63

**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	O'Brien, Douglas	55	Kingsbury Club M-2	1:13.43
	36.59	1:13.43		
2	Correll, Sean	57	Kingsbury Club M-2	1:21.31
	39.64	1:21.31		
3	Strehle, Andrew	55	Wild Crab Master-2	1:30.32
	45.00	1:30.32		

**Men 55-59 200 SC Meter Backstroke****WORLD: 2:12.29 W 12/2/2023 Eduardo MAROCCO****NATL: 2:15.37 N 12/2/2018 LEN GUSHE****ZONECHAMPS: 2:31.64 Z 12/15/2013 Mark Alexander**

1	O'Brien, Douglas	55	Kingsbury Club M-2	2:37.23
	37.97	1:18.18	1:58.89	2:37.23
2	Correll, Sean	57	Kingsbury Club M-2	3:03.81
	43.84	1:30.62	2:18.10	3:03.81

**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	Strehle, John	59	Wild Crab Master-2	36.48
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**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	Beretich, Thomas	59	Maine Masters Sw-2	1:55.02
	49.71	1:55.02		
2	DiSano, Joseph	56	South County Ymc-2	2:02.99
	58.32	2:02.99		

**Men 55-59 200 SC Meter Breaststroke****WORLD: 2:22.91 W 4/21/2018 C.Arturo TRAVAINI****NATL: 2:27.00 N 11/8/2015 DAVID GUTHRIE****ZONECHAMPS: 2:39.45 Z 12/14/2013 Benn Doyle**

1	Strehle, John	59	Wild Crab Master-2	3:04.18
	38.67	1:26.04	2:14.91	3:04.18
2	Sinnenberg, Tim	57	Adirondack Maste-3	3:07.78
	43.89	1:32.07	2:20.61	3:07.78

**Men 55-59 50 SC Meter Butterfly****WORLD: 26.41 W 12/3/2023 Lars RENNEN****NATL: 26.43 N 12/12/2021 STEVE HILTABIDDLE****ZONECHAMPS: 26.43 Z 12/11/2021 Steve Hiltabiddle**

1	Hiltabiddle, Steve	58	Colonials 1776-8	27.08
2	Emeka, Amon	56	Adirondack Maste-3	28.63
3	Waldfried, Carlo	56	SwimRI-2	30.10
4	O'Brien, Douglas	55	Kingsbury Club M-2	32.60
5	Ols, John	58	Worcester Area M-2	33.97
6	Strehle, Andrew	55	Wild Crab Master-2	34.02
7	Correll, Sean	57	Kingsbury Club M-2	34.62
8	Palluzzi, Anthony	58	Connecticut Mast-5	35.36

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**Men 55-59 100 SC Meter Butterfly****WORLD: 59.11 W 9/9/2023 Mark WELDON****NATL: 1:00.10 N 12/1/2017 DAVID SIMS****ZONECHAMPS: 1:01.18 Z 12/13/2019 Bryan Tatterson**

1	Waldfried, Carlo	56	SwimRI-2	1:11.80
	33.47	1:11.80		
2	Ols, John	58	Worcester Area M-2	1:19.11
	36.04	1:19.11		
3	Strehle, Andrew	55	Wild Crab Master-2	1:25.13
	38.36	1:25.13		
4	Correll, Sean	57	Kingsbury Club M-2	1:27.41
	40.49	1:27.41		
5	Hiltabiddle, Steve	58	Colonials 1776-8	1:30.17
	27.48	1:30.17		

**Men 55-59 200 SC Meter Butterfly****WORLD: 2:15.97 W 1/26/2013 Hugo BREGMAN****NATL: 2:16.86 N 12/2/2017 DAVID SIMS****ZONECHAMPS: 2:20.61 Z 1/1/2009 John Craig**

1	O'Brien, Douglas	55	Kingsbury Club M-2	2:47.38
	38.53	1:22.39	2:07.19	2:47.38
2	Strehle, Andrew	55	Wild Crab Master-2	3:14.70
	44.36	1:33.88	2:26.85	3:14.70

**Men 55-59 100 SC Meter IM****WORLD: 1:00.75 W 10/28/2023 Mike IRVIN****NATL: 1:00.75 N 10/28/2023 MIKE IRVIN****ZONECHAMPS: 1:04.58 Z 12/7/2018 Fritz Bedford**

1	Hiltabiddle, Steve	58	Colonials 1776-8	1:07.46
	31.01	1:07.46		
2	Waldfried, Carlo	56	SwimRI-2	1:11.32
	33.75	1:11.32		
3	O'Brien, Douglas	55	Kingsbury Club M-2	1:16.73
	34.56	1:16.73		
4	Correll, Sean	57	Kingsbury Club M-2	1:17.59
	35.48	1:17.59		
5	Strehle, Andrew	55	Wild Crab Master-2	1:19.38
	36.93	1:19.38		
6	Ols, John	58	Worcester Area M-2	1:21.96
	38.92	1:21.96		
7	DiSano, Joseph	56	South County Ymc-2	1:55.05
	53.48	1:55.05		

**Men 55-59 200 SC Meter IM****WORLD: 2:14.15 W 4/23/2023 Nicolas GRANGER****NATL: 2:14.60 N 2/29/2020 JEROME FRENTSOS****ZONECHAMPS: 2:28.45 Z 12/7/2018 Edmund Gendreau**

1	O'Brien, Douglas	55	Kingsbury Club M-2	2:36.55
	34.33	1:15.61	2:03.49	2:36.55
2	Waldfried, Carlo	56	SwimRI-2	2:39.73
	32.86	1:17.93	2:04.08	2:39.73
3	Strehle, Andrew	55	Wild Crab Master-2	2:48.68
	35.94	1:20.41	2:11.34	2:48.68
4	Hiltabiddle, Steve	58	Colonials 1776-8	2:52.83
	27.41	1:23.59	2:13.27	2:52.83
5	Correll, Sean	57	Kingsbury Club M-2	2:53.05
	37.16	1:21.11	2:11.25	2:53.05

6	Strehle, John	59	Wild Crab Master-2	2:58.23
	38.47	1:28.12	2:15.85	2:58.23
7	Ols, John	58	Worcester Area M-2	3:03.23
	35.84	1:28.92	2:23.80	3:03.23

**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	O'Brien, Douglas	55	Kingsbury Club M-2	5:35.33
	35.69	1:17.48	2:00.17	2:43.10
	3:32.88	4:23.60	5:01.15	5:35.33
2	Strehle, Andrew	55	Wild Crab Master-2	6:05.63
	40.36	1:29.41	2:17.19	3:05.84
	3:57.67	4:50.83	5:29.80	6:05.63
3	Correll, Sean	57	Kingsbury Club M-2	6:17.69
	38.70	1:25.67	2:12.56	2:59.38
	3:54.61	4:51.83	5:36.49	6:17.69
4	Hiltabiddle, Steve	58	Colonials 1776-8	6:54.93
	27.99	1:01.46	2:12.00	3:18.38
	4:19.47	5:20.07	6:08.87	6:54.93

**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	Robbins, Andrew	60	Wild Crab Master-2	26.88Z
2	Cromarty, Stuart	60	SwimRI-2	27.01
*3	Doyle, Peter	64	Kingsbury Club M-2	28.69
*3	Tyler, Bob	62	Granite State Pe-2	28.69
5	Wyckoff, Ben	60	Connecticut Mast-5	29.40
6	Benson, Glenn	62	UC02	32.52
7	Kammermann, Chris	62	Cgbd Masters Swi-11	33.77
8	An, Hong	64	Abc Masters - Gr-2	34.37
9	Mihailides, George	64	South County Ymc-2	37.60
10	Roth, Douglas	63	Maine Masters Sw-2	38.64
11	Mulvaney, John	64	Kingsbury Club M-2	39.08
12	Payne, Stephen	63	Terrapin Masters-10	40.18
13	Laudano, Dan	62	Connecticut Mast-5	44.20

**Men 60-64 100 SC Meter Freestyle****WORLD: 55.73 W 11/23/2023 Ahmet NAKKAS****NATL: 55.87 N 5/17/2014 JACK GROSELLE****ZONECHAMPS: 1:01.78 Z 12/9/2022 Bob Tyler**

1	Robbins, Andrew	60	Wild Crab Master-2	59.57Z
	28.90	59.57		
2	Doyle, Christopher	60	Connecticut Mast-5	1:00.07
	29.36	1:00.07		
3	Wyckoff, Ben	60	Connecticut Mast-5	1:09.91
	34.70	1:09.91		
4	Doyle, Peter	64	Kingsbury Club M-2	1:10.05
	33.20	1:10.05		
5	Benson, Glenn	62	UC02	1:12.51
	34.57	1:12.51		
6	Kammermann, Chris	62	Cgbd Masters Swi-11	1:17.90
	37.23	1:17.90		
7	Gore, Timothy	62	Pittsfield YMCA-2	1:19.19
	38.57	1:19.19		

**2024 COLONIES ZONE & NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024****Sanction #: 024-S005****Results****(Men 60-64 100 SC Meter Freestyle)**

8	Grady, Seth	60	Granite State Pe-2	1:21.35
	40.38	1:21.35		
9	An, Hong	64	Abc Masters - Gr-2	1:22.68
	38.45	1:22.68		
10	Payne, Stephen	63	Terrapin Masters-10	1:31.15
	41.50	1:31.15		
11	Laudano, Dan	62	Connecticut Mast-5	1:50.66
	47.13	1:50.66		

**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	Cromarty, Stuart	60	SwimRI-2	2:10.75Z
	28.02	1:00.02	1:34.84	2:10.75
2	Robbins, Andrew	60	Wild Crab Master-2	2:17.60
	33.00	1:08.84	1:45.05	2:17.60
3	Tyler, Bob	62	Granite State Pe-2	2:22.41
	33.58	1:09.94	1:46.67	2:22.41
4	Sullivan, Kevin	64	Lowell YMCA Flip-2	2:30.36
	36.23	1:14.63	1:53.29	2:30.36
5	Wyckoff, Ben	60	Connecticut Mast-5	2:31.35
	36.37	1:15.00	1:54.24	2:31.35
6	Benson, Glenn	62	UC02	2:52.75
	36.81	2:52.75		
7	Kammermann, Chris	62	Cgbd Masters Swi-1	2:53.35
	39.81	1:24.59	2:10.04	2:53.35
8	Payne, Stephen	63	Terrapin Masters-10	3:19.17
	44.39	1:35.31	2:29.15	3:19.17
9	Mihailides, George	64	South County Ymc-2	3:19.78
	43.51		2:28.40	3:19.78
10	Laudano, Dan	62	Connecticut Mast-5	4:09.29
	46.78	1:46.23	2:55.37	4:09.29

**Men 60-64 400 SC Meter Freestyle****WORLD: 4:27.57 W 10/15/2022 Arnaldo PEREZ****NATL: 4:29.92 N 12/2/2017 DAN STEPHENSON****ZONECHAMPS: 4:51.08 Z 12/12/2010 Rick Walker**

1	Cromarty, Stuart	60	SwimRI-2	4:37.78Z
	30.89	1:05.35	1:40.40	2:15.49
	2:50.81	3:26.82	4:37.78	4:37.78
2	Robbins, Andrew	60	Wild Crab Master-2	5:22.82
	34.15	1:12.20	1:51.90	2:32.31
	3:12.92	3:55.00	4:41.32	5:22.82
3	Doyle, Christopher	60	Connecticut Mast-5	5:38.82
	30.82	1:04.08	1:37.88	2:12.59
	3:19.38	4:07.58	4:56.67	5:38.82
4	Fletcher, Gordon	64	South County Ymc-2	5:59.61
	39.04	1:20.53	2:04.54	2:50.71
	3:38.02	4:25.62	5:12.45	5:59.61
5	Rehmus, Jonathan	64	UC02	6:01.17
	36.32	1:17.12	2:01.77	2:49.53
	3:38.31	4:27.90	5:16.02	6:01.17
6	Kammermann, Chris	62	Cgbd Masters Swi-1	6:12.51
	40.63	1:25.74	2:13.02	3:02.18
	3:50.69	4:40.26	5:27.90	6:12.51

7	Mundy, Ted	64	South County Ymc-2	6:17.70
	50.13	1:42.91	2:37.25	3:32.43
	4:27.49	5:22.97	6:17.70	6:17.70
8	Gore, Timothy	62	Pittsfield YMCA-2	6:22.27
	41.08	1:27.52	2:17.05	3:06.79
	3:56.57	4:46.32	5:35.23	6:22.27
9	Roth, Douglas	63	Maine Masters Sw-2	6:47.07
	46.36	1:37.50	2:29.36	3:21.20
	4:14.48	5:06.47	5:57.46	6:47.07
10	Payne, Stephen	63	Terrapin Masters-10	7:36.18
	49.27	1:43.01	2:39.75	3:38.54
	4:36.90	5:36.28	6:35.84	7:36.18
11	Laudano, Dan	62	Connecticut Mast-5	9:09.23
	47.75	1:46.26	2:56.11	4:10.31
	5:26.88	6:43.36	7:58.02	9:09.23

**Men 60-64 800 SC Meter Freestyle****WORLD: 9:07.78 W 10/14/2022 Arnaldo PEREZ****NATL: 9:14.50 N 12/2/2018 ANDREW BRAY****ZONECHAMPS: 9:56.38 Z 12/10/2010 Rick Walker**

1	Denault, Charles	61	Sarasota Sharks-14	10:53.90
	36.36	1:16.60	1:57.45	2:38.30
	3:19.26	3:59.91	4:40.91	5:21.78
	6:03.18	6:44.84	7:26.35	8:08.13
	8:50.00	9:32.09	10:13.68	10:53.90
2	Wyckoff, Ben	60	Connecticut Mast-5	11:48.66
	37.90	1:19.56	2:03.06	2:46.91
	3:30.66	4:14.05	4:58.38	5:43.01
	6:28.66	7:13.92	7:59.25	8:45.38
	9:31.66	10:18.62	11:05.32	11:48.66
3	Chatinover, Jonathan	63	Martha's Vineyar-2	12:07.27
	38.05	1:21.54	2:07.32	2:52.75
	3:38.58	4:24.80	5:11.40	5:57.50
	6:44.39	7:30.68	8:17.05	9:03.58
	9:49.68	10:36.03	11:22.26	12:07.27
4	Roth, Douglas	63	Maine Masters Sw-2	14:15.24
	49.09	1:41.32	2:34.51	3:27.51
	4:22.19	5:17.39	6:10.79	7:04.79
	7:58.80	8:51.60	9:46.64	10:40.16
	11:34.07	12:29.55	13:23.71	14:15.24
5	Payne, Stephen	63	Terrapin Masters-10	15:47.65
	20.38	49.70	1:43.67	2:39.73
	3:36.81	4:36.55	5:37.10	6:37.39
	7:39.43	8:41.21	9:42.21	10:42.84
	11:44.88	12:45.78	13:47.45	15:47.65
6	Laudano, Dan	62	Connecticut Mast-5	19:02.07
	51.47	1:54.94	3:03.30	4:14.63
	5:26.34	6:40.19	7:56.90	9:13.13
	10:28.64	11:44.27	12:59.49	14:13.46
	15:27.28	16:39.56	17:51.97	19:02.07

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Men 60-64 1500 SC Meter Freestyle****WORLD: 17:34.51 W 1/29/2022 Arnaldo PEREZ****NATL: 17:34.51 N 1/29/2022 ARNALDO PEREZ****ZONECHAMPS: 20:01.48 Z 12/13/2019 John Chambers**

1	Cromarty, Stuart	60	SwimRI-2	18:22.14Z
	32.19	1:07.57	1:44.25	2:20.91
	2:58.14	3:35.07	4:11.68	4:48.27
	5:24.64	6:01.06	6:37.40	7:14.06
	7:50.75	8:28.06	9:04.74	9:41.68
	10:18.63	10:56.20	11:33.89	12:11.07
	12:48.51	13:26.08	14:03.11	14:40.85
	15:56.15	16:33.59	17:10.51	17:46.92
	18:22.14			
2	Grady, Seth	60	Granite State Pe-2	28:09.79
	45.67	1:37.66	2:31.72	3:27.44
	4:25.08	5:22.30	6:19.60	7:18.40
	8:15.55	9:13.74	10:10.67	11:07.96
	12:05.25	13:01.97	13:58.37	14:55.04
	15:52.46	16:49.56	17:48.28	18:49.15
	19:46.86	20:44.47	21:43.68	22:41.61
	23:39.32	24:36.41	25:31.33	26:26.75
	27:21.23	28:09.79		

**Men 60-64 50 SC Meter Backstroke****WORLD: 29.29 W 5/26/2024 Peter MCKINNON****NATL: 29.44 N 12/7/2019 JAMIE FOWLER****ZONECHAMPS: 33.31 Z 12/7/2018 Michael McCombs**

1	Tyler, Bob	62	Granite State Pe-2	35.26
2	Doyle, Peter	64	Kingsbury Club M-2	36.76
3	Rehmus, Jonathan	64	UC02	37.13
4	Mansilla, Frankin	64	Granite State Pe-2	37.38
5	Wyckoff, Ben	60	Connecticut Mast-5	38.19
6	Mulvaney, John	64	Kingsbury Club M-2	41.98
7	Grady, Seth	60	Granite State Pe-2	45.54
8	Roth, Douglas	63	Maine Masters Sw-2	47.52

**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	Mansilla, Frankin	64	Granite State Pe-2	1:23.10
	40.35	1:23.10		
2	Doyle, Peter	64	Kingsbury Club M-2	1:24.89
	43.07	1:24.89		
3	Wyckoff, Ben	60	Connecticut Mast-5	1:26.33
	42.69	1:26.33		
4	Gore, Timothy	62	Pittsfield YMCA-2	1:34.17
	45.86	1:34.17		
5	Grady, Seth	60	Granite State Pe-2	1:40.77
	49.84	1:40.77		
6	Roth, Douglas	63	Maine Masters Sw-2	1:50.73
	55.00	1:50.73		

**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	Denault, Charles	61	Sarasota Sharks-14	2:49.98
	39.68	1:22.85	2:06.84	2:49.98
2	Sullivan, Kevin	64	Lowell YMCA Flip-2	2:53.83
	41.56	1:24.75	2:09.48	2:53.83
3	Tyler, Bob	62	Granite State Pe-2	2:54.49
	41.93	1:26.12	2:11.26	2:54.49
4	Rehmus, Jonathan	64	UC02	3:04.12
	43.36	1:30.17	2:18.07	3:04.12
5	Mulvaney, John	64	Kingsbury Club M-2	3:14.83
	46.06	1:34.43	2:24.20	3:14.83
6	Grady, Seth	60	Granite State Pe-2	3:48.08
	53.70	1:52.15	2:51.69	3:48.08
7	Roth, Douglas	63	Maine Masters Sw-2	3:58.02
	58.09	1:59.73	3:00.31	3:58.02

**Men 60-64 50 SC Meter Breaststroke****WORLD: 29.77 W 4/22/2023 C.Arturo TRAVAINI****NATL: 31.42 N 11/12/2023 DAVID GUTHRIE****ZONECHAMPS: 34.10 Z 12/7/2018 Benn Doyle**

1	Mansilla, Frankin	64	Granite State Pe-2	39.85
2	Wyckoff, Ben	60	Connecticut Mast-5	40.31
3	Grady, Seth	60	Granite State Pe-2	40.42
4	Johnson, Eric	61	Simon's Rock Pac-2	41.23
5	Olson, Bob	64	Newburyport Brea-2	42.51
6	Gore, Timothy	62	Pittsfield YMCA-2	47.13
7	Kammermann, Chris	62	Cgbd Masters Swi-12	48.17
8	Roth, Douglas	63	Maine Masters Sw-2	56.60

**Men 60-64 100 SC Meter Breaststroke****WORLD: 1:06.05 W 2/11/2023 C.Arturo TRAVAINI****NATL: 1:08.24 N 11/13/2022 DAVID GUTHRIE****ZONECHAMPS: 1:15.88 Z 12/7/2018 Benn Doyle**

1	Sullivan, Kevin	64	Lowell YMCA Flip-2	1:24.98
	40.99	1:24.98		
2	Wyckoff, Ben	60	Connecticut Mast-5	1:26.56
	42.35	1:26.56		
3	Grady, Seth	60	Granite State Pe-2	1:30.94
	43.81	1:30.94		
4	Olson, Bob	64	Newburyport Brea-2	1:34.29
	43.91	1:34.29		
5	An, Hong	64	Abc Masters - Gr-2	1:40.98
	47.39	1:40.98		
6	Mulvaney, John	64	Kingsbury Club M-2	1:49.84
	51.11	1:49.84		
7	Mihailides, George	64	South County Ymc-2	1:52.09
	51.07	1:52.09		
8	Roth, Douglas	63	Maine Masters Sw-2	2:05.21
	59.37	2:05.21		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Men 60-64 200 SC Meter Breaststroke****WORLD: 2:26.52 W 4/23/2023 C.Arturo TRAVAINI****NATL: 2:32.34 N 7/31/2021 DAVID GUTHRIE****ZONECHAMPS: 2:46.92 Z 12/7/2018 Benn Doyle**

1	Wyckoff, Ben	60	Connecticut Mast-5	3:16.14
	45.73	1:36.18	2:27.95	3:16.14
2	Grady, Seth	60	Granite State Pe-2	3:21.70
	46.14	1:37.64	2:31.81	3:21.70
3	Johnson, Eric	61	Simon's Rock Pac-2	3:28.29
	46.34	1:38.74	2:34.01	3:28.29
4	Olson, Bob	64	Newburyport Brea-2	3:38.29
	29.21	1:36.73	2:34.12	3:38.29
5	Gore, Timothy	62	Pittsfield YMCA-2	3:52.51
	53.26	1:52.51	2:53.30	3:52.51

**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	Robbins, Andrew	60	Wild Crab Master-2	29.77Z
2	Cromarty, Stuart	60	SwimRI-2	29.83
3	Doyle, Christopher	60	Connecticut Mast-5	29.98
4	Wyckoff, Ben	60	Connecticut Mast-5	30.62
5	Johnson, Eric	61	Simon's Rock Pac-2	33.24
6	Doyle, Peter	64	Kingsbury Club M-2	33.38
7	Mansilla, Frankin	64	Granite State Pe-2	33.85
8	Endicott, John	60	Maine Masters Sw-2	34.70
9	Grady, Seth	60	Granite State Pe-2	38.26
10	An, Hong	64	Abc Masters - Gr-2	39.31
11	Benson, Glenn	62	UC02	41.18
12	Fletcher, Gordon	64	South County Ymc-2	44.42
13	Gore, Timothy	62	Pittsfield YMCA-2	44.71
14	Kammermann, Chris	62	Cgbd Masters Swi-12	48.93
15	Roth, Douglas	63	Maine Masters Sw-2	53.97
16	Mundy, Ted	64	South County Ymc-2	58.13

**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	Cromarty, Stuart	60	SwimRI-2	1:06.91Z
	30.85	1:06.91		
2	Robbins, Andrew	60	Wild Crab Master-2	1:08.79
	33.00	1:08.79		
3	Wyckoff, Ben	60	Connecticut Mast-5	1:20.49
	38.52	1:20.49		
4	Grady, Seth	60	Granite State Pe-2	1:50.65
	50.83	1:50.65		

**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	63	Maine Masters Sw-2	5:39.75
	1:09.78	2:33.21	4:09.27	5:39.75

**Men 60-64 100 SC Meter IM****WORLD: 1:03.20 W 4/2/2023 C.Arturo TRAVAINI****NATL: 1:04.23 N 3/21/2015 RICK COLELLA****ZONECHAMPS: 1:11.38 Z 12/12/2021 Jeff Naylor**

1	Robbins, Andrew	60	Wild Crab Master-2	1:10.13Z
	31.28	1:10.13		
2	Cromarty, Stuart	60	SwimRI-2	1:10.44
	32.27	1:10.44		
3	Sullivan, Kevin	64	Lowell YMCA Flip-2	1:15.36
	36.28	1:15.36		
4	Wyckoff, Ben	60	Connecticut Mast-5	1:19.40
	39.93	1:19.40		
5	Doyle, Peter	64	Kingsbury Club M-2	1:24.44
	38.74	1:24.44		
6	Kammermann, Chris	62	Cgbd Masters Swi-12	1:34.80
	46.59	1:34.80		
7	Grady, Seth	60	Granite State Pe-2	1:35.44
	46.13	1:35.44		
8	Mulvaney, John	64	Kingsbury Club M-2	1:40.23
	47.74	1:40.23		
9	Mihailides, George	64	South County Ymc-2	1:47.98
	53.54	1:47.98		
10	Roth, Douglas	63	Maine Masters Sw-2	1:54.42
	53.71	1:54.42		

**Men 60-64 200 SC Meter IM****WORLD: 2:19.31 W 2/25/2023 C.Arturo TRAVAINI****NATL: 2:19.96 N 3/21/2015 RICK COLELLA****ZONECHAMPS: 2:32.68 Z 12/7/2018 Jeff Naylor**

1	Cromarty, Stuart	60	SwimRI-2	2:34.74
	31.27	1:12.65	2:00.46	2:34.74
2	Wyckoff, Ben	60	Connecticut Mast-5	2:57.85
	39.27	1:26.84	2:18.20	2:57.85
3	Grady, Seth	60	Granite State Pe-2	3:23.58
	45.06	1:41.66	2:38.19	3:23.58
4	Roth, Douglas	63	Maine Masters Sw-2	4:18.22
	1:02.25	2:09.31	3:25.75	4:18.22
---	Kammermann, Chris	62	Cgbd Masters Swi-12	DQ
	52.82	1:53.57	3:00.84	DQ

**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	Denault, Charles	61	Sarasota Sharks-14	6:05.38
	39.67	1:28.95	2:14.79	2:58.89
	3:51.76	4:44.86	5:24.97	6:05.38
2	Chatinover, Jonathan	63	Martha's Vineyar-2	6:32.52
	40.74	1:37.84	2:29.17	3:18.76
	4:09.68	5:02.27	5:47.83	6:32.52
3	Doyle, Christopher	60	Connecticut Mast-5	6:57.08
	31.38	1:07.63	1:32.48	2:30.68
	3:27.24	4:28.56	5:27.12	6:57.08
4	Grady, Seth	60	Granite State Pe-2	7:51.08
	51.68	1:53.19	2:55.82	4:03.59
	5:05.09	6:05.31	6:59.29	7:51.08



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**(Men 60-64 400 SC Meter IM)**

5	Roth, Douglas	63	Maine Masters Sw-2	9:15.21
	1:12.90	2:32.56	3:45.65	4:55.89
	6:14.68	7:30.30	8:23.30	9:15.21

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

WORLD: 25.42 W 3/3/2018 Doug MARTIN

NATL: 25.42 N 3/3/2018 DOUG MARTIN

ZONECHAMPS: 27.26 Z 1/1/2009 Jim Dragon

1	Davis, Guy	65	Great Bay Master-2	29.30
2	Laudone, Vincent	69	Connecticut Mast-5	29.33
3	Burbank, Gerald	65	Granite State Pe-2	30.94
4	McGahie, Ted	65	Worcester Area M-2	32.01
5	Delosh, Steve	69	Granite State Pe-2	42.68
6	Laudano, John	69	Connecticut Mast-5	53.90

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

WORLD: 57.78 W 5/26/2019 Jack GROSELLE

NATL: 57.78 N 5/26/2019 JACK GROSELLE

ZONECHAMPS: 1:04.38 Z 12/13/2014 John Radimer

1	Davis, Guy	65	Great Bay Master-2	1:04.10Z
	30.84	1:04.10		
2	Phillips, Timothy	65	Movy Masters-28	1:06.33
	32.22	1:06.33		
3	Burbank, Gerald	65	Granite State Pe-2	1:10.29
	33.68	1:10.29		
4	Chase, Gregory	67	Lowell YMCA Flip-2	1:29.05
	41.42	1:29.05		
5	Kolis, Steve	69	Pittsfield YMCA-2	1:33.70
	45.81	1:33.70		
6	Diamond, Kevin	69	Kingsbury Club M-2	1:57.02
	54.76	1:57.02		
7	Dealy, George	66	Kingsbury Club M-2	1:58.64
	54.06	1:58.64		
8	Laudano, John	69	Connecticut Mast-5	2:08.50
	1:00.82	2:08.50		

**Men 65-69 200 SC Meter Freestyle**

WORLD: 2:07.46 W 10/2/2022 Dan STEPHENSON

NATL: 2:07.46 N 10/2/2022 DAN STEPHENSON

ZONECHAMPS: 2:23.22 Z 12/11/2015 David Oates

1	Davis, Guy	65	Great Bay Master-2	2:22.60Z
	32.28	1:08.60	1:46.06	2:22.60
2	Chambers, John	69	Agua Masters-6	2:26.82
	33.92	1:11.00	1:49.20	2:26.82
3	Bartlett, Fred	68	South County Ymc-2	2:46.13
	38.71	1:21.46	2:04.31	2:46.13
4	Laudano, John	69	Connecticut Mast-5	4:38.17
	1:02.54	2:13.23	3:26.20	4:38.17

**Men 65-69 400 SC Meter Freestyle**

WORLD: 4:27.91 W 11/19/2017 Rick COLELLA

NATL: 4:27.91 N 11/19/2017 RICK COLELLA

ZONECHAMPS: 4:59.33 Z 12/15/2023 John Chambers

1	Chambers, John	69	Agua Masters-6	5:08.33
	34.86	1:12.89	1:51.61	2:30.56
	3:10.05	3:50.22	4:29.66	5:08.33

2	Davis, William	66	Granite State Pe-2	5:32.32
	38.46	1:20.59	2:02.93	2:45.39
	3:27.32	4:09.43	4:51.84	5:32.32
3	McGahie, Ted	65	Worcester Area M-2	5:35.69
	37.86	1:18.55	2:00.81	2:44.06
	3:27.59	4:11.12	4:54.67	5:35.69
4	Bartlett, Fred	68	South County Ymc-2	5:49.80
	40.59	1:24.51	2:08.38	2:52.31
	3:36.50	4:20.89	5:05.93	5:49.80
5	Burbank, Gerald	65	Granite State Pe-2	5:55.29
	37.93	1:20.49	2:04.77	2:50.50
	3:37.33	4:24.48	5:11.37	5:55.29
6	Kolis, Steve	69	Pittsfield YMCA-2	6:43.83
	45.98	1:37.13	2:30.56	3:23.68
	4:15.40	5:07.10	5:56.65	6:43.83
7	Diamond, Kevin	69	Kingsbury Club M-2	9:23.73
	57.10	2:10.83	3:26.69	4:41.51
	5:54.17	7:07.25	9:23.73	
8	Laudano, John	69	Connecticut Mast-5	9:52.25
	1:04.28	2:15.75	3:30.98	4:47.38
	6:02.28	7:20.83	8:37.72	9:52.25

**Men 65-69 800 SC Meter Freestyle**

WORLD: 9:26.94 W 11/24/2019 Rick COLELLA

NATL: 9:26.94 N 11/24/2019 RICK COLELLA

ZONECHAMPS:10:25.32 Z 12/13/2013 Frank McElroy

1	Davis, William	66	Granite State Pe-2	11:30.28
	38.71	1:22.15	2:05.94	2:49.95
	3:33.60	4:17.27	5:01.02	5:44.32
	6:27.57	7:11.06	7:54.60	8:38.27
	9:22.09	10:05.86	10:49.97	11:30.28
2	McGahie, Ted	65	Worcester Area M-2	11:36.66
	39.82	1:22.87	2:06.60	2:51.02
	3:35.44	4:19.87	5:04.29	5:48.84
	6:33.22	7:17.47	8:01.51	8:45.36
	9:29.04	10:12.38	10:55.14	11:36.66
3	Oliver, David	65	Agua Masters-6	11:59.58
	42.57	1:27.82	2:13.40	2:59.04
	3:44.55	4:29.82	5:15.08	6:00.16
	6:44.76	7:29.92	8:14.96	8:59.92
	9:44.94		11:15.12	11:59.58

**Men 65-69 1500 SC Meter Freestyle**

WORLD:18:26.04 W 6/3/2023 Djan MADRUGA

NATL:18:53.75 N 4/2/2015 JIM MC CONICA

ZONECHAMPS:20:02.78 Z 12/15/2023 John Chambers

1	Chambers, John	69	Agua Masters-6	20:31.49
	36.43	1:16.44	1:57.57	2:39.13
	3:20.83	4:02.53	4:44.66	5:26.51
	6:07.99	6:50.05	7:31.70	8:13.60
	8:55.47	9:37.06	10:18.73	11:00.66
	11:42.23	12:23.81	13:04.99	13:46.50
	14:27.74	15:08.53	15:49.24	16:30.25
	17:11.10	17:51.44	18:31.86	19:12.20
	19:52.49	20:31.49		

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**(Men 65-69 1500 SC Meter Freestyle)**

2	Bartlett, Fred	68	South County Ymc-2	23:38.48
	44.27	1:31.46	2:18.99	3:05.79
	3:53.13	4:40.41	5:27.26	6:14.83
	7:02.02	7:50.20	8:37.90	9:25.57
	10:13.31	11:01.36	11:49.26	12:37.31
	13:25.35	14:11.83	15:00.10	15:46.61
	16:34.86	17:21.59	18:10.25	18:56.92
	19:45.09	20:32.24	21:20.41	22:07.40
	22:53.94	23:38.48		
3	Burbank, Gerald	65	Granite State Pe-2	23:54.01
	38.94	1:24.29	2:10.74	2:58.09
	3:46.60	4:34.46	5:23.77	6:12.71
	7:02.19	7:50.79	8:40.82	9:28.28
	10:17.01	11:06.11	11:54.91	12:43.81
	13:32.46	14:21.31	15:11.29	15:59.55
	16:47.78	17:35.49	18:23.94	19:11.79
	20:00.01	20:47.82	21:35.54	22:23.10
	23:09.72	23:54.01		
4	Laudano, John	69	Connecticut Mast-5	37:40.67
	1:05.94	2:18.77	3:32.29	4:46.63
	6:01.77	7:15.86	8:31.25	9:48.46
	11:04.09	12:19.82	13:36.09	14:51.32
	16:06.25	17:23.22	18:38.78	19:53.74
	21:09.72	22:25.14	23:40.96	24:56.83
	26:12.44	27:28.78	28:44.99	30:00.34
	31:17.23	32:34.37	33:51.04	35:07.51
	36:25.07	37:40.67		

**Men 65-69 50 SC Meter Backstroke****WORLD: 30.34 W 12/2/2012 Hugh WILDER****NATL: 30.34 N 12/2/2012 HUGH WILDER****ZONECHAMPS: 34.78 Z 1/1/2009 Richard Alexander**

1	Burbank, Gerald	65	Granite State Pe-2	37.44
2	McGahie, Ted	65	Worcester Area M-2	37.51
3	Bartlett, Fred	68	South County Ymc-2	41.89
4	Chase, Gregory	67	Lowell YMCA Flip-2	44.12

**Men 65-69 100 SC Meter Backstroke****WORLD: 1:06.87 W 4/7/2024 Patrick NIAU****NATL: 1:07.09 N 11/12/2022 JONATHAN KLEIN****ZONECHAMPS: 1:17.98 Z 12/11/2015 Daniel Rogacki**

1	Burbank, Gerald	65	Granite State Pe-2	1:20.60
	39.29	1:20.60		
2	McGahie, Ted	65	Worcester Area M-2	1:21.33
	40.14	1:21.33		
3	Chase, Gregory	67	Lowell YMCA Flip-2	1:40.37
	47.17	1:40.37		
4	Bernasconi, Mark	67	Bernon Family YM-2	1:40.51
5	Kolis, Steve	69	Pittsfield YMCA-2	1:55.59
	56.08	1:55.59		
6	Dealy, George	66	Kingsbury Club M-2	2:15.89
	1:05.84	2:15.89		

**Men 65-69 200 SC Meter Backstroke****WORLD: 2:26.53 W 9/14/2024 D.GARRIDO MADRUGA****NATL: 2:28.43 N 4/2/2022 DAN STEPHENSON****ZONECHAMPS: 2:48.53 Z 12/8/2017 Fred Schlicher**

1	McGahie, Ted	65	Worcester Area M-2	2:54.75
	42.04	1:26.57	2:11.76	2:54.75
2	Burbank, Gerald	65	Granite State Pe-2	2:56.64
	41.64	1:26.27	2:12.37	2:56.64
3	Bartlett, Fred	68	South County Ymc-2	3:10.04
	48.15	1:36.89	2:24.14	3:10.04
4	Chase, Gregory	67	Lowell YMCA Flip-2	3:46.25
	50.91	1:47.90	2:47.66	3:46.25

**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	Phillips, Timothy	65	Movy Masters-28	38.21
2	Burbank, Gerald	65	Granite State Pe-2	38.44
3	Davis, Guy	65	Great Bay Master-2	39.08
4	McGahie, Ted	65	Worcester Area M-2	41.12
5	Bernasconi, Mark	67	Bernon Family YM-2	48.87
6	Kolis, Steve	69	Pittsfield YMCA-2	51.84
7	Diamond, Kevin	69	Kingsbury Club M-2	56.55

**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	Burbank, Gerald	65	Granite State Pe-2	1:25.73
	40.67	1:25.73		
2	McGahie, Ted	65	Worcester Area M-2	1:30.03
	42.67	1:30.03		
3	Chase, Gregory	67	Lowell YMCA Flip-2	1:53.34
	51.70	1:53.34		

**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	Burbank, Gerald	65	Granite State Pe-2	3:14.70
	44.71	1:34.45	2:25.22	3:14.70
2	McGahie, Ted	65	Worcester Area M-2	3:20.50
	46.02	1:36.45	2:28.56	3:20.50
3	Bartlett, Fred	68	South County Ymc-2	3:42.95
	52.68	1:50.19	2:46.75	3:42.95
4	Diamond, Kevin	69	Kingsbury Club M-2	4:46.51
	58.45	2:12.07	3:31.91	4:46.51

**Men 65-69 50 SC Meter Butterfly****WORLD: 27.94 W 5/6/2023 Dan THOMPSON****NATL: 28.58 N 1/21/2023 BRUCE KONE****ZONECHAMPS: 29.18 Z 1/1/2009 Jim Dragon**

1	Phillips, Timothy	65	Movy Masters-28	31.00
2	Davis, Guy	65	Great Bay Master-2	31.70
3	Bartlett, Fred	68	South County Ymc-2	39.82
4	Bernasconi, Mark	67	Bernon Family YM-2	50.37

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**Men 65-69 100 SC Meter Butterfly****WORLD: 1:03.85 W 2/19/2023 Hugo BREGMAN****NATL: 1:05.37 N 7/22/2016 LAWRENCE DAY****ZONECHAMPS: 1:09.95 Z 12/8/2017 Greg Shaw**

1	Davis, Guy	65	Great Bay Master-2	1:11.71
	34.71			1:11.71
2	Chambers, John	69	Agua Masters-6	1:18.77
	36.28			1:18.77
3	Bartlett, Fred	68	South County Ymc-2	1:41.13
	48.35			1:41.13

**Men 65-69 200 SC Meter Butterfly****WORLD: 2:22.90 W 2/18/2023 Hugo BREGMAN****NATL: 2:25.35 N 11/18/2017 RICK COLELLA****ZONECHAMPS: 2:53.24 Z 12/14/2013 Frank McElroy**

1	Chambers, John	69	Agua Masters-6	2:57.09
	38.14		1:21.32	2:07.36
				2:57.09
2	McGahie, Ted	65	Worcester Area M-2	3:15.04
	44.20		1:33.68	2:25.07
				3:15.04

**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	Davis, Guy	65	Great Bay Master-2	1:12.58Z
	34.09		1:12.58	
2	Burbank, Gerald	65	Granite State Pe-2	1:17.27
	36.66		1:17.27	
3	McGahie, Ted	65	Worcester Area M-2	1:19.55
	36.39		1:19.55	
4	Fisher, J Kevin	69	Tech Masters-2	1:38.12
	44.51		1:38.12	

**Men 65-69 200 SC Meter IM****WORLD: 2:20.35 W 11/17/2018 Rick COLELLA****NATL: 2:20.35 N 11/17/2018 RICK COLELLA****ZONECHAMPS: 2:41.82 Z 12/9/2016 Greg Shaw**

1	Davis, Guy	65	Great Bay Master-2	2:42.95
	34.89		1:18.27	2:06.28
				2:42.95
2	Phillips, Timothy	65	Movy Masters-28	2:49.97
	34.65		1:23.24	2:12.54
				2:49.97
3	Chambers, John	69	Agua Masters-6	2:55.06
	36.47		1:23.78	2:18.57
				2:55.06
4	McGahie, Ted	65	Worcester Area M-2	2:56.75
	39.14		1:25.12	2:16.68
				2:56.75
5	Burbank, Gerald	65	Granite State Pe-2	3:00.25
	39.99		1:27.89	2:19.50
				3:00.25

**Men 65-69 400 SC Meter IM****WORLD: 5:03.34 W 11/18/2017 Rick COLELLA****NATL: 5:03.34 N 11/18/2017 RICK COLELLA****ZONECHAMPS: 5:54.86 Z 12/15/2013 Frank McElroy**

1	Chambers, John	69	Agua Masters-6	6:14.89
	38.02		1:21.67	2:10.97
				3:00.58
	3:57.45		4:56.10	5:35.94
				6:14.89
2	McGahie, Ted	65	Worcester Area M-2	6:19.66
	40.32		1:27.81	2:18.01
				3:06.74
	4:00.41		4:55.49	5:38.43
				6:19.66

3	Burbank, Gerald	65	Granite State Pe-2	6:37.34
	45.13		1:39.06	2:29.74
				3:18.77
	4:11.18		5:05.22	5:51.94
				6:37.34
4	Bartlett, Fred	68	South County Ymc-2	6:47.14
	50.37		1:44.23	2:34.89
				3:23.73
	4:22.30		5:21.19	6:04.95
				6:47.14

**Men 70-74 50 SC Meter Freestyle****WORLD: 26.88 W 10/10/2015 Richard ABRAHAMS****NATL: 26.88 N 10/10/2015 RICHARD ABRAHAMS****ZONECHAMPS: 30.51 Z 12/13/2019 John Radimer**

1	Beckwith, Mark	73	Mount Wachusett-2	31.44
2	Ahrens, Miles	70	Connecticut Mast-5	32.90
3	Elturkmani, Majed	70	SwimRI-2	34.30
4	Holt, Steve	73	Mount Wachusett-2	34.98
5	Cochrane, Scott	72	Greater Holyoke-2	37.04

**Men 70-74 100 SC Meter Freestyle****WORLD: 1:01.33 W 4/21/2024 Akira IIDA****NATL: 1:01.70 N 1/22/2023 ABRAHAMS\WILLIAMS****ZONECHAMPS: 1:09.47 Z 12/12/2021 Fred Schlicher**

1	Wolf, Tom	70	Lone Star Master-26	1:03.41Z
	30.64		1:03.41	
2	Elturkmani, Majed	70	SwimRI-2	1:19.07
	36.72		1:19.07	
3	Geoghegan, William	74	Connecticut Mast-5	1:21.94
	38.39		1:21.94	
4	RyanMann, Duncan	71	Pittsfield YMCA-2	1:31.82
	43.74		1:31.82	
5	Darling, Drew	72	Maine Masters Sw-2	1:39.00
	48.56		1:39.00	

**Men 70-74 200 SC Meter Freestyle****WORLD: 2:10.97 W 12/4/2021 Rick COLELLA****NATL: 2:10.97 N 12/4/2021 RICK COLELLA****ZONECHAMPS: 2:32.37 Z 12/7/2018 Frank McElroy**

1	Carchedi, David	70	South County Ymc-2	3:09.53
	46.41		1:34.04	2:22.41
				3:09.53
2	Darling, Drew	72	Maine Masters Sw-2	3:44.77
	54.05		1:50.13	2:49.11
				3:44.77

**Men 70-74 400 SC Meter Freestyle****WORLD: 4:46.78 W 1/30/2022 Rick COLELLA****NATL: 4:46.78 N 1/30/2022 RICK COLELLA****ZONECHAMPS: 5:10.83 Z 12/15/2023 Richard Baughman**

1	Baughman, Richard	71	Granite State Pe-2	5:09.96Z
	35.61		1:14.26	1:54.34
				2:34.90
	3:15.20		3:55.30	4:34.59
				5:09.96
2	Paushter, Stephen	73	Charles River Aq-2	6:33.20
	43.21		1:31.56	2:21.30
				3:12.51
	4:03.97		4:54.31	5:44.31
				6:33.20
3	Darling, Drew	72	Maine Masters Sw-2	7:46.73
	52.98		1:52.17	2:53.66
				3:55.30
	4:55.67		5:54.25	6:52.07
				7:46.73

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**Men 70-74 800 SC Meter Freestyle****WORLD: 9:36.64 W 1/30/2022 Rick COLELLA****NATL: 9:36.64 N 1/30/2022 RICK COLELLA****ZONECHAMPS:10:58.56 Z 12/7/2018 Frank McElroy**

1	Keil, Mark	71	Granite State Pe-2	13:41.57
	44.29	1:34.32	2:26.35	3:20.51
	4:13.78	5:06.84	5:59.62	6:52.60
	7:45.14	8:37.21	9:28.29	10:19.50
	11:11.04	12:02.00	12:52.13	13:41.57
2	Carchedi, David	70	South County Ymc-2	13:55.84
	49.39	1:43.32	2:37.20	3:29.83
	4:22.93	5:16.06	6:09.90	7:03.16
	7:56.82	8:49.08	9:42.04	10:34.48
	11:25.88	12:17.39	13:07.35	13:55.84

**Men 70-74 1500 SC Meter Freestyle****WORLD:18:29.71 W 1/30/2022 Rick COLELLA****NATL:18:29.71 N 1/30/2022 RICK COLELLA****ZONECHAMPS:20:24.09 Z 12/15/2023 Richard Baughman**

1	Baughman, Richard	71	Granite State Pe-2	20:39.22
	36.27	1:15.78	1:56.06	2:36.89
	3:17.79	3:58.71	4:39.96	5:21.11
	6:02.22	6:43.64	7:25.15	8:06.69
	8:47.81	9:29.25	10:10.53	10:52.08
	11:34.09	12:16.09	12:57.82	13:40.10
	14:21.86	15:03.99	15:46.79	16:28.95
	17:11.42	17:54.01	18:36.77	19:18.77
	19:59.74	20:39.22		
2	Miller, Steve	70	Great Bay Master-2	22:39.01
	41.54	1:25.55	2:10.82	2:56.65
	3:41.97	4:27.62	5:13.07	5:58.61
	6:43.90	7:29.06	8:14.76	9:00.04
	9:45.27	10:30.87	11:16.45	12:01.87
	12:47.19	13:32.49	14:18.45	15:03.90
	15:49.40	16:35.01	17:20.65	18:06.40
	18:51.87	19:37.44	20:23.10	21:08.47
	21:53.93	22:39.01		
3	Darling, Drew	72	Maine Masters Sw-2	30:25.89
	55.38	1:56.20	2:58.23	4:00.62
	5:03.14	6:04.84	7:07.30	8:09.47
	9:11.01	10:12.44	11:14.85	12:17.10
	13:18.53	14:19.89	15:21.08	16:21.84
	17:23.55	18:25.32	19:26.53	20:27.60
	21:29.06	22:30.02	23:30.55	24:31.79
	25:32.92	26:33.16	27:33.43	28:31.57
	29:31.43	30:25.89		

**Men 70-74 50 SC Meter Backstroke****WORLD: 32.42 W 1/20/2024 Tom WOLF****NATL: 32.42 N 1/20/2024 TOM WOLF****ZONECHAMPS: 36.84 Z 12/15/2023 Daniel Epstein**

1	Wolf, Tom	70	Lone Star Master-26	32.03W
2	Seelen, John	70	Granite State Pe-2	38.24
3	Holt, Steve	73	Mount Wachusett-2	41.89
4	Geoghegan, William	74	Connecticut Mast-5	44.10
5	Keil, Mark	71	Granite State Pe-2	45.78
6	Cochrane, Scott	72	Greater Holyoke-2	46.76

**Men 70-74 100 SC Meter Backstroke****WORLD: 1:08.55 W 1/20/2024 Tom WOLF****NATL: 1:08.55 N 1/20/2024 TOM WOLF****ZONECHAMPS: 1:21.08 Z 12/12/2021 Fred Schlicher**

1	Wolf, Tom	70	Lone Star Master-26	1:10.75Z
2	Seelen, John	70	Granite State Pe-2	1:26.25
	44.58	1:26.25		
3	Keil, Mark	71	Granite State Pe-2	1:36.29
	47.35	1:36.29		
4	Geoghegan, William	74	Connecticut Mast-5	1:38.47
	48.10	1:38.47		
5	RyanMann, Duncan	71	Pittsfield YMCA-2	1:40.21
	50.31	1:40.21		
6	Epstein, Daniel	74	Cambridge Master-2	1:40.67
	39.18	1:40.67		
7	Darling, Drew	72	Maine Masters Sw-2	2:02.62
	59.51	2:02.62		

**Men 70-74 200 SC Meter Backstroke****WORLD: 2:34.96 W 11/14/2021 Lawrence DAY****NATL: 2:28.87 N 11/9/2024 TOM WOLF****ZONECHAMPS: 2:55.11 Z 12/9/2022 Fred Schlicher**

1	Seelen, John	70	Granite State Pe-2	3:10.79
	45.95	1:34.86	2:25.77	3:10.79
2	Keil, Mark	71	Granite State Pe-2	3:27.33
	46.78	1:39.56	2:34.32	3:27.33
3	Carchedi, David	70	South County Ymc-2	3:37.79
	54.75	1:49.38	2:44.60	3:37.79
4	Darling, Drew	72	Maine Masters Sw-2	4:17.69
	1:02.23	2:08.78	3:14.31	4:17.69

**Men 70-74 50 SC Meter Breaststroke****WORLD: 33.54 W 12/4/2021 Rick COLELLA****NATL: 33.54 N 12/4/2021 RICK COLELLA****ZONECHAMPS: 39.88 Z 12/7/2018 Daniel Rogacki**

1	Wolf, Tom	70	Lone Star Master-26	37.04Z
2	Elturkmani, Majed	70	SwimRI-2	44.70
3	Keil, Mark	71	Granite State Pe-2	54.82
4	RyanMann, Duncan	71	Pittsfield YMCA-2	57.64

**Men 70-74 100 SC Meter Breaststroke****WORLD: 1:13.04 W 12/4/2021 Rick COLELLA****NATL: 1:13.04 N 12/4/2021 RICK COLELLA****ZONECHAMPS: 1:31.21 Z 12/7/2018 Daniel Rogacki**

1	Wolf, Tom	70	Lone Star Master-26	1:20.99Z
	38.78	1:20.99		
2	Holt, Steve	73	Mount Wachusett-2	1:39.61
	47.07	1:39.61		
3	Elturkmani, Majed	70	SwimRI-2	1:43.32
	47.13	1:43.32		
4	Cochrane, Scott	72	Greater Holyoke-2	1:43.81
	49.59	1:43.81		
5	Keil, Mark	71	Granite State Pe-2	1:59.58
	54.50	1:59.58		
6	Carchedi, David	70	South County Ymc-2	2:04.05
	1:00.69	2:04.05		

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Men 70-74 200 SC Meter Breaststroke****WORLD: 2:45.56 W 11/19/2023 Rick COLELLA****NATL: 2:45.56 N 11/19/2023 RICK COLELLA****ZONECHAMPS: 3:22.16 Z 12/7/2018 Daniel Rogacki**

1	Battistini, Rick	70	Granite State Pe-2	3:45.53
	47.15	1:44.45	2:45.53	3:45.53
2	Geoghegan, William	74	Connecticut Mast-5	3:46.68
	50.98	1:48.10	2:47.20	3:46.68
3	Keil, Mark	71	Granite State Pe-2	4:18.74
	57.25	2:04.66	3:13.22	4:18.74

**Men 70-74 50 SC Meter Butterfly****WORLD: 29.52 W 10/11/2015 Richard ABRAHAMS****NATL: 29.52 N 10/11/2015 RICHARD ABRAHAMS****ZONECHAMPS: 33.97 Z 12/9/2022 Fred Schlicher**

1	Wolf, Tom	70	Lone Star Master-26	32.70Z
2	Beckwith, Mark	73	Mount Wachusett-2	36.83
3	Ahrens, Miles	70	Connecticut Mast-5	37.64
4	Epstein, Daniel	74	Cambridge Master-2	38.31
5	Elturkmani, Majed	70	SwimRI-2	40.16
6	Keil, Mark	71	Granite State Pe-2	53.61

**Men 70-74 100 SC Meter Butterfly****WORLD: 1:06.54 W 10/17/2021 Lawrence DAY****NATL: 1:06.54 N 10/17/2021 LAWRENCE DAY****ZONECHAMPS: 1:24.18 Z 12/7/2018 Frank McElroy**

1	Wolf, Tom	70	Lone Star Master-26	1:13.64Z
	33.76	1:13.64		
2	Jurka, Valdis	74	New England Mast-2	1:31.85
	41.35	1:31.85		
3	Beckwith, Mark	73	Mount Wachusett-2	1:47.89
	42.84	1:47.89		
4	Keil, Mark	71	Granite State Pe-2	2:09.03
	59.09	2:09.03		
5	Carchedi, David	70	South County Ymc-2	2:17.65
	1:03.14	2:17.65		

**Men 70-74 200 SC Meter Butterfly****WORLD: 2:45.30 W 11/14/2021 Lawrence DAY****NATL: 2:45.30 N 11/14/2021 LAWRENCE DAY****ZONECHAMPS: 3:17.42 Z 12/7/2018 Frank McElroy**

1	Jurka, Valdis	74	New England Mast-2	3:38.17
	44.74	1:38.92	2:39.80	3:38.17
2	Keil, Mark	71	Granite State Pe-2	4:36.19
	1:01.45	2:12.24	3:23.76	4:36.19

**Men 70-74 100 SC Meter IM****WORLD: 1:06.98 W 12/4/2021 Rick COLELLA****NATL: 1:06.98 N 12/4/2021 RICK COLELLA****ZONECHAMPS: 1:22.64 Z 12/7/2018 Daniel Rogacki**

1	Wolf, Tom	70	Lone Star Master-26	1:10.31Z
	32.60	1:10.31		
2	Ahrens, Miles	70	Connecticut Mast-5	1:26.83
	39.36	1:26.83		
3	Holt, Steve	73	Mount Wachusett-2	1:29.30
	40.01	1:29.30		
4	Geoghegan, William	74	Connecticut Mast-5	1:33.33
	43.87	1:33.33		

5	Elturkmani, Majed	70	SwimRI-2	1:33.41
	45.33	1:33.41		
6	Cochrane, Scott	72	Greater Holyoke-2	1:34.50
	45.09	1:34.50		
7	Keil, Mark	71	Granite State Pe-2	1:47.36
	51.46	1:47.36		
8	Carchedi, David	70	South County Ymc-2	1:48.06
	53.28	1:48.06		

**Men 70-74 200 SC Meter IM****WORLD: 2:27.07 W 12/4/2021 Rick COLELLA****NATL: 2:27.07 N 12/4/2021 RICK COLELLA****ZONECHAMPS: 3:01.09 Z 12/7/2018 Frank McElroy**

1	Wolf, Tom	70	Lone Star Master-26	2:37.47Z
	34.49	1:14.67	1:59.94	2:37.47
2	Ahrens, Miles	70	Connecticut Mast-5	3:26.08
	39.64	1:37.58	2:38.59	3:26.08
3	Keil, Mark	71	Granite State Pe-2	3:53.36
	58.20	1:53.46	3:01.24	3:53.36

**Men 70-74 400 SC Meter IM****WORLD: 5:46.48 W 3/10/2022 Patrick MOREAU****NATL: 5:47.41 N 11/5/2022 LAWRENCE DAY****ZONECHAMPS: 6:25.63 Z 12/7/2018 Frank McElroy**

1	Holt, Steve	73	Mount Wachusett-2	7:05.81
	41.14	1:33.30	2:31.26	3:29.26
	4:28.36	5:29.13	6:17.14	7:05.81
2	Jurka, Valdis	74	New England Mast-2	7:29.21
	44.19	1:38.01	2:41.23	3:40.33
	4:44.77	5:52.81	6:41.32	7:29.21
3	Keil, Mark	71	Granite State Pe-2	7:59.62
	59.39	2:08.11	3:04.66	4:00.67
	5:07.89	6:16.15	7:09.05	7:59.62
4	Carchedi, David	70	South County Ymc-2	8:38.98
	1:07.43	2:29.13	3:31.57	4:32.07
	5:43.33	6:54.89	7:48.61	8:38.98

**Men 75-79 50 SC Meter Freestyle****WORLD: 28.70 W 11/21/2021 Richard ABRAHAMS****NATL: 28.70 N 11/21/2021 RICHARD ABRAHAMS****ZONECHAMPS: 32.15 Z 1/1/2007 Edward Breisacher**

1	Wright, Phil	77	SwimRI-2	33.90
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**Men 75-79 200 SC Meter Freestyle****WORLD: 2:26.87 W 11/18/2023 Dan KIRKLAND****NATL: 2:26.87 N 11/18/2023 DAN KIRKLAND****ZONECHAMPS: 2:34.61 Z 12/15/2023 Fred Schlicher**

1	Phelan, Jeremy	75	Maine Masters Sw-2	2:58.18
	41.81	1:26.99	2:12.49	2:58.18

**Men 75-79 400 SC Meter Freestyle****WORLD: 5:09.95 W 3/11/2023 Dan KIRKLAND****NATL: 5:09.95 N 3/11/2023 DAN KIRKLAND****ZONECHAMPS: 6:20.12 Z 1/1/2002 Roger Franks**

1	Phelan, Jeremy	75	Maine Masters Sw-2	6:01.32Z
	40.57	1:25.06	2:10.64	2:56.47
	3:42.79	4:29.04	5:15.84	6:01.32

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**(Men 75-79 400 SC Meter Freestyle)**

2	Wallace, Richard	77	Garden State Mas-7	8:08.93
	56.56	1:56.57	2:59.53	4:01.98
	5:04.59	6:07.25	7:10.34	8:08.93
3	Keppler, Kevin	75	UC02	8:35.22
	50.36	1:52.39	2:59.77	4:10.75
	5:20.83	6:27.02	7:33.13	8:35.22

**Men 75-79 1500 SC Meter Freestyle****WORLD:20:18.58 W 2/5/2023 Dan KIRKLAND****NATL:20:18.58 N 2/5/2023 DAN KIRKLAND****ZONECHAMPS:24:17.18 Z 12/10/2021 Rich Bernstein**

1	Phelan, Jeremy	75	Maine Masters Sw-2	23:18.83Z
	42.79	1:27.62	2:13.61	3:00.16
	3:47.00	4:33.38	5:20.10	6:07.30
	6:53.43	7:40.45	8:27.00	9:13.62
	10:00.33	10:48.14	11:34.35	12:21.23
	13:08.34	13:55.49	14:43.02	15:29.59
	16:17.28	17:03.39	17:50.19	18:37.48
	19:24.38	20:11.59	20:59.68	21:46.00
	22:33.20	23:18.83		
2	Epstein, Paul	78	Connecticut Mast-5	31:39.19
	55.09	1:57.20	3:02.35	4:03.40
	5:04.52	6:06.64	7:08.03	8:10.50
	9:14.33	10:17.67	11:20.63	12:24.11
	13:29.12	14:31.62	15:36.72	16:40.45
	17:42.46	18:46.88	19:49.46	20:54.55
	22:00.99	23:05.41	24:08.17	25:12.36
	26:18.22	27:21.44	28:27.29	29:33.93
	30:36.68	31:39.19		
3	Wallace, Richard	77	Garden State Mas-7	31:48.30
	59.07	2:00.61	3:03.70	4:07.38
	5:10.10	6:13.42	7:16.30	8:19.53
	9:23.67	10:26.81	11:30.39	12:34.11
	13:37.64	14:41.86	15:45.63	16:50.32
	17:53.88	18:58.18	20:03.02	21:07.46
	22:11.91	23:16.02	24:20.59	25:25.49
	26:30.21	27:34.81	28:39.76	29:43.25
	30:47.36	31:48.30		

**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	Song, Mingjie	77	Abc Masters - Gr-2	46.62
2	Wright, Phil	77	SwimRI-2	47.59

**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	Song, Mingjie	77	Abc Masters - Gr-2	1:45.48
	49.55	1:45.48		

**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	Phelan, Jeremy	75	Maine Masters Sw-2	3:22.82
	46.50	1:38.23	2:29.77	3:22.82
2	Song, Mingjie	77	Abc Masters - Gr-2	3:50.83
	53.77	1:51.67	2:53.61	3:50.83

**Men 75-79 50 SC Meter Breaststroke****WORLD: 36.78 W 2/19/2022 Roberto RUGGIERI****NATL: 37.78 N 4/21/2024 ALLEN STARK****ZONECHAMPS: 42.81 Z 1/1/2003 Charles Urstadt**

1	Lewis, John	78	Great Bay Master-2	44.64
2	Wright, Phil	77	SwimRI-2	45.71

**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	Phelan, Jeremy	75	Maine Masters Sw-2	3:42.25
	51.39	1:47.74	2:45.13	3:42.25

**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: 33.91 Z 12/15/2023 Fred Schlicher**

1	Wright, Phil	77	SwimRI-2	39.61
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**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: 2:55.43 Z 12/15/2023 Fred Schlicher**

1	Phelan, Jeremy	75	Maine Masters Sw-2	3:25.57
	49.49	1:42.18	2:40.35	3:25.57
2	Song, Mingjie	77	Abc Masters - Gr-2	4:01.75
	1:01.66	2:00.10	3:07.03	4:01.75

**Men 75-79 400 SC Meter IM****WORLD: 6:26.09 W 9/22/2019 Richard BURNS****NATL: 6:26.09 N 9/22/2019 RICHARD BURNS****ZONECHAMPS: 8:39.54 Z 12/7/2018 James Pope**

1	Phelan, Jeremy	75	Maine Masters Sw-2	7:11.11Z
	53.72	1:54.43	2:47.19	3:39.79
	4:39.62	5:39.02	6:25.17	7:11.11

**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	82	Maine Masters Sw-2	8:08.97
	54.28	1:53.38	2:55.12	3:58.03
	5:01.49	6:04.41	7:06.79	8:08.97

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**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	82	Maine Masters Sw-2	16:16.28
	56.10	1:55.98	2:57.54	3:59.11
	5:00.34	6:01.57	7:04.00	8:06.19
	9:08.18	10:09.98	11:11.32	12:12.97
	13:14.95	14:16.51	15:17.20	16:16.28

**Women 72-99 400 SC Meter Freestyle Relay**

NATL: 3:58.11 N 12/4/2010 THE OLYMPIC CLUB

E REILLY, M GILL, O'DONNELL-MCCARTH, B BISHOP

ZONECHAMPS: 4:19.00 Z 12/12/2014 Cambridge Masters

A AUBIN, J DICK, E TSUTSUMI, S CHEPELEFF

1	Worcester Area M-2	B		4:36.55
	1) Lane, Kristin W29	2) Stenton, Bethan W23		
	3) Roba, Lefteri W23	4) Beaumont, Aurora W22		
	33.05	1:08.96	1:41.16	2:16.40
	2:47.92	3:22.96	3:57.95	4:36.55

**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: 1:51.23 N 12/10/2022 OREGON MASTERS

A HIGLETT, J STACY, I FEIERABEND, M VEITH

ZONECHAMPS: 1:58.57 Z 12/9/2022 SwimRI

M SNOW, M BEHAN, A MARTINS, S SUTTON

1	South County Ymc-2	C		2:34.64
	1) Dorotinsky, Alexandra W24	2) Nicolato, Cortney W46		
	3) Dembro, Jessica W42	4) Keywan, Christine W30		
	37.62	1:22.93	1:57.85	2:34.64

**Women 120-159 400 SC Meter Freestyle Relay**

WORLD: 3:56.12 W 12/17/2021 BRABO -BEL

K CALUWAERTS, L CALUWAERTS, W V.D.ZANDEN, K BUYS

NATL: 4:08.59 N 11/12/2022 OREGON MASTERS

A HIGLETT, J STACY, I FEIERABEND, M VEITH

ZONECHAMPS: 4:09.95 Z 1/1/2008 Red Tide

S WAGER, K MCPHERSON, T SHPAIZER, K GARY

1	Boston Universit-2	A		4:30.98
	1) Aubin, Alana W34	2) Stokes, Jessica W48		
	3) Clemson, Anna W23	4) Linsey, Shannon W25		
	31.95	1:07.05	1:38.83	2:14.64
	2:45.90	3:19.94	3:53.29	4:30.98
2	Terrapin Masters-10	A		4:32.51
	1) D'Aurora, Marion W25	2) Charpentier, Caroline W35		
	3) Tonelli, Marlena W36	4) Rose, Laura W38		
	30.42	1:02.87	1:37.24	2:16.02
	2:49.16	3:25.68	3:57.22	4:32.51

**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

S SWEETSER, L HINDLE, K CRUSCO, M WILLIAMS

1	Agua Masters-6	A		9:35.18
	1) Sciacca, Krysten W36	2) Maidenberg, Eve W48		
	3) Naassana, Chantal W29	4) Smith, Delaney W28		
	32.94	1:08.20	1:43.42	2:18.05
	2:51.54	3:28.93	4:07.50	4:45.57
	5:20.58	5:59.29	6:38.36	7:15.64
	7:47.85	8:23.44	8:59.76	9:35.18

**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

E CARROLL, R GOODALE, I SZEKELY, E MANCUSO

1	Agua Masters-6	A		4:50.34
	1) Sciacca, Krysten W36	2) Naassana, Chantal W29		
	3) Smith, Delaney W28	4) Maidenberg, Eve W48		
	37.25	1:15.67	1:50.41	2:30.35
	3:02.14	3:39.95	4:13.30	4:50.34
2	South County Ymc-2	B		5:51.31
	1) Dembro, Jessica W42	2) Mellen, Christine W38		
	3) Anderson, Eliza W27	4) Weyant, Jan W51		
	42.73	1:27.73	2:15.21	3:08.66
	3:46.40	4:29.84	5:09.34	5:51.31

**Women 160-199 200 SC Meter Freestyle Relay**

WORLD: 1:47.58 W 11/24/2019 TSUNAMI -RUS

I SHLEMOVA, L YUDINA, E YUDINA, O BORISOVA

NATL: 1:48.08 N 11/10/2013 NORTH CAROLINA MASTEI

S WALSH, J STRINGER, A UHL, E BRAUN

ZONECHAMPS: 1:49.41 Z 1/1/2009 Red Tide

F WILLEBOORDSE, J KELSEY, S WAGER, K GARY

1	Kingsbury Club M-2	A		2:10.87
	1) Holt-Wilson, Mary W54	2) Selvig, Laura W51		
	3) O'Brien, Susan W54	4) Nowak, Meghan W36		
	35.63	1:06.36	1:39.88	2:10.87
2	Life Time New En-2	A		2:19.46
	1) Glueck, Susan W55	2) Parker, Juliana W44		
	3) Lubarsky, Korrinn W42	4) Bradfish, Wendy W48		
	36.17	1:12.46	1:48.37	2:19.46
3	Worcester Area M-2	A		2:27.55
	1) Dufault, Gail W66	2) Bjork, Linda W59		
	3) Harter, Rayna W24	4) Stenton, Bethan W23		
	37.09	1:19.34	1:54.44	2:27.55

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Women 160-199 400 SC Meter Freestyle Relay**  
**WORLD: 4:02.15 W 10/27/2023 BASINGSTOKE -GBR**  
**S HUNT, E GODFREY, A O'KELLY, F TURNER**

NATL: 4:03.25 N 12/13/2009 RED TIDE OF NYC

**F WILLEBOORDSE, J KELSEY, S WAGER, K GARY**  
**ZONECHAMPS: 4:32.98 Z 12/15/2023 Granite State Penguins**  
**I SZEKELY, K CRUSCO, L HAKKARAINEN, S SWEETSER**

1	Granite State Pe-2	A		4:23.18Z
	1) McDonald, Juliana W28	2) Mareb, Karen W66		
	3) Jaras, Olivia W40	4) Khiyara, Ines W26		
	28.58	58.73	1:30.85	2:07.76
	2:42.87	3:22.27	3:51.00	4:23.18
2	Kingsbury Club M-2	A		4:37.78
	1) Curbeau, Kaitlin W39	2) Holt-Wilson, Mary W54		
	3) Collins, Donna W49	4) Riley, Isabella W22		
	30.63	1:03.84	1:40.03	2:20.05
	2:56.30	3:36.52	4:05.45	4:37.78
3	Worcester Area M-2	A		5:40.45
	1) Dufault, Gail W66	2) Ferrante, Krista W43		
	3) Harter, Rayna W24	4) Dickson, CJ W61		
	38.94	1:19.81	2:01.93	2:51.64
	3:26.83	4:08.62	4:51.15	5:40.45

**Women 160-199 800 SC Meter Freestyle Relay**  
**WORLD: 8:54.33 W 10/28/2023 BASINGSTOKE -GBR**  
**F TURNER, A O'KELLY, S HUNT, E GODFREY**

NATL: 8:56.55 N 12/13/2009 RED TIDE OF NYC

**J KELSEY, F WILLEBOORDSE, S WAGER, K GARY**  
**ZONECHAMPS:10:13.19 Z 1/1/2007 1776**  
**A MURRAY, V SWANSON, J JASTREMSKI, L HUG**

1	Kingsbury Club M-2	A		11:03.90
	1) Morrow, Russet W51	2) Holt-Wilson, Mary W54		
	3) Collins, Donna W49	4) Curbeau, Kaitlin W39		
	39.56	1:23.04	2:07.92	2:51.76
	3:29.54	4:13.03	4:58.42	5:43.68
	6:23.72	7:07.16	7:50.99	8:34.39
	9:08.31	9:46.33	10:25.36	11:03.90

**Women 160-199 200 SC Meter Medley Relay**  
**WORLD: 1:59.33 W 3/18/2023 NORTH CAROLINA MASTEI**  
**I HOLLAND, S TAYLOR, H CARON, E BRAUN**

NATL: 1:59.33 N 3/18/2023 NORTH CAROLINA MASTEI

**I HOLLAND, S TAYLOR, H CARON, E BRAUN**  
**ZONECHAMPS: 2:15.81 Z 1/1/2009 Red Tide**  
**R SAINT-AMOUR, R LOVEJOY, S WAGER, J KELSEY**

1	Kingsbury Club M-2	A		2:32.01
	1) O'Brien, Susan W54	2) Nowak, Meghan W36		
	3) Collins, Donna W49	4) Holt-Wilson, Mary W54		
	38.26	1:18.39	1:56.15	2:32.01

**Women 160-199 400 SC Meter Medley Relay**  
**WORLD: 4:31.32 W 11/17/2019 NORTH CAROLINA MASTEI**  
**K LINDAUER, S DUNN, I HOLLAND, E BRAUN**

NATL: 4:31.32 N 11/17/2019 NORTH CAROLINA MASTEI

**K LINDAUER, S DUNN, I HOLLAND, E BRAUN**  
**ZONECHAMPS: 5:01.16 Z 1/1/2013 Swim RI**  
**J LANCASTER, M WALTON, K NAPPI, D NEUENDORF**

1	New England Mast-2	A		4:28.97W
	1) Butcher, Brittany W39	2) Mancuso, Elizabeth W39		
	3) Szekeley, Ildiko W45	4) Brooks Crozier, Jennifer W		
	31.02	1:04.25	1:41.21	2:23.82
	2:54.64	3:29.37	3:57.49	4:28.97
2	Kingsbury Club M-2	A		5:20.33
	1) O'Brien, Susan W54	2) Nowak, Meghan W36		
	3) Riley, Isabella W22	4) Morrow, Russet W51		
	40.30	1:23.91	2:04.18	2:49.25
	3:20.85	3:56.50	4:35.71	5:20.33

**Women 200-239 200 SC Meter Freestyle Relay**  
**WORLD: 1:51.04 W 12/3/2023 NORTH CAROLINA MASTEI**  
**K LINDAUER, E BRAUN, C WOLFF, J MIHALIK**

NATL: 1:51.04 N 12/3/2023 NORTH CAROLINA MASTEI

**K LINDAUER, E BRAUN, C WOLFF, J MIHALIK**  
**ZONECHAMPS: 1:58.64 Z 1/1/2004 New England Masters**  
**J HIRSTY, J FELDMANN, K NISLEY-BLACK, T GRILLI**

1	Connecticut Mast-5	A		2:03.44
	1) McAndrew, Anne W45	2) Ferreira, Sandra W63		
	3) Speckhals, Rebecca W53	4) Chiba, Tamara W43		
	27.93	1:01.64	1:34.45	2:03.44
2	Granite State Pe-2	A		2:03.95
	1) Zetea, Anca W53	2) Crusco, Kysa W48		
	3) Goodale, Rainy W54	4) Sweetser, Stacy W49		
	30.39	1:02.29	1:35.33	2:03.95

**Women 200-239 200 SC Meter Medley Relay**  
**WORLD: 2:05.48 W 3/10/2024 HYAKUNOHANA -JPN**  
**M SATO, E KAGAYA, M TSUKIOKA, Y IKEDA**

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**  
**J FELDMANN, B HUMMEL, J HIRSTY, T GRILLI**

1	Worcester Area M-2	B		3:04.60
	1) Dufault, Gail W66	2) Harter, Rayna W24		
	3) Dickson, CJ W61	4) Bjork, Linda W59		
	43.45	1:31.79	2:22.86	3:04.60

**Women 240-279 400 SC Meter Freestyle Relay**  
**WORLD: 4:30.74 W 3/6/2016 UCLA -USA**  
**J HIRSTY, C CIRANLO, J COOK, V HIBBEN**

NATL: 4:27.30 N 11/2/2024 SWIM MELBOURNE MASTEI

**E BRAUN, Z COURTNEY, J WHEELER, K PARKER PALACE**  
**ZONECHAMPS: 5:26.90 Z 12/15/2023 Granite State Penguins**  
**B ESTEL, C HAYES, F ATKINSON, I KHIYARA**

1	Granite State Pe-2	A		4:59.83Z
	1) Grilli, Tracy W67	2) Sakr, Deborah W61		
	3) Estel, Beth W68	4) Sweetser, Stacy W49		
	37.15	1:16.95	1:54.73	2:36.34
	3:13.99	3:56.05	4:26.83	4:59.83



## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Women 240-279 200 SC Meter Medley Relay**

**WORLD: 2:18.37 W 4/29/2024 KANA KANA -JPN**  
**M YUZAWA, M KUWANO, K ENAMI, H NAGASE**

**NATL: 2:18.74 N 3/13/2022 OREGON MASTERS**

**V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES**  
**ZONECHAMPS: 2:22.18 Z 1/1/2013 New England Masters**

**T GRILLI, B HUMMEL, J FELDMANN, J HIRSTY**

1	Granite State Pe-2	A	2:37.78
	1) Estel, Beth W68	2) Mareb, Karen W66	
	3) Jaras, Olivia W40	4) Grilli, Tracy W67	
	43.75	1:24.51	2:02.85
			2:37.78

**Men 100-119 400 SC Meter Medley Relay**

**WORLD: 3:40.96 W 2/11/2024 TEAM CHIBA -JPN**  
**K ISHIKAWA, K OTANI, J TOMOTSUNE, G SHIBATA**

**NATL: 3:43.64 N 11/24/2013 FORD AQUATICS**

**D TOWNSEND, M TITUS, T DEBERRY, C MILLER**  
**ZONECHAMPS: 4:09.56 Z 1/1/2002 Terrapin Masters**

**J CROWDER, M GOODISON, R PERKINS, M LEE**

1	SwimRI-2	A	4:18.36
	1) Hellwig, Logan M28	2) Sirois, John M25	
	3) Steen, Samuel M21	4) Distler, Matthew M32	
	30.59	1:03.27	1:38.83
	2:48.65	3:24.43	3:50.29
			4:18.36

**Men 120-159 400 SC Meter Freestyle Relay**

**WORLD: 3:20.89 W 2/11/2024 STAR -JPN**

**S YANAGISAWA, R MAEJIMA, K TOMINAGA, K FUKAYA**  
**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**

**D VICIOSO, G WERLINICH, S NEWMAN, S KRODER**

1	Connecticut Mast-5	C	4:14.00
	1) Errico, Domenick M32	2) Weeks, Russell M29	
	3) Yoffe, Matthew M24	4) Vogel, Andrew M35	
	28.30	59.81	1:30.24
	2:36.03	3:12.26	3:41.07
			4:14.00
2	Kingsbury Club M-2	A	4:21.65
	1) Carpino, Chris M31	2) Stringfellow, Robert M31	
	3) Conca, Jake M49	4) Kodesch, Michael M37	
	31.17	1:08.08	1:38.34
	2:44.40	3:19.60	3:49.32
			4:21.65
3	Worcester Area M-2	A	4:37.69
	1) Hoppe, Alexander M45	2) Ols, John M58	
	3) Boersma, Martin M29	4) Berry, Nathaniel M23	
	32.16	1:06.93	1:40.64
	2:58.48	3:43.10	4:08.78
			4:37.69

**Men 120-159 800 SC Meter Freestyle Relay**

**WORLD: 7:30.89 W 4/9/2017 BLUE CORSAIRS -JPN**  
**R TAGUCHI, T TAKEMOTO, S UCHIYAMA, T UEKI**

**NATL: 7:44.51 N 12/4/2009 SOUTHERN CAL AQUATICS**

**D SCHLESINGER, D WEGNER, E TOLMACHOFF, E HOCHSTEIN**

**ZONECHAMPS: 8:14.93 Z 1/1/2000 Badger Masters**

**D VICIOSO, G WERLINICH, S NEWMAN, S KRODER**

1	Connecticut Mast-5	A	9:39.28
	1) Errico, Domenick M32	2) Gerard, William M32	
	3) Yoffe, Matthew M24	4) Vogel, Andrew M35	
	29.51	1:03.25	1:38.73
	2:44.64	3:22.76	4:02.74
	5:14.88	5:56.01	6:38.79
	7:50.21	8:26.05	9:03.01
			9:39.28

**Men 120-159 200 SC Meter Medley Relay**

**WORLD: 1:38.46 W 3/18/2018 JFE KEIHIN -JPN**

**T TAKEMOTO, Y KANAYA, R TAGUCHI, S UCHIYAMA**

**NATL: 1:44.56 N 12/2/2023 WEST HOLLYWOOD AQUA I**

**C GIBSON, S VAN DEVENTER, TONY COX, AARON NICHOLAS**

**ZONECHAMPS: 1:49.93 Z 1/1/1997 RUBA**

**R TOOTHILL, B DOYLE, C SAWIN, E TSUZUKI**

1	Connecticut Mast-5	A	2:13.54
	1) Errico, Domenick M32	2) Yoffe, Matthew M24	
	3) Weeks, Russell M29	4) Duguay, Rob M39	
	31.40	1:08.22	1:41.57
			2:13.54

**Men 120-159 400 SC Meter Medley Relay**

**WORLD: 3:35.78 W 2/11/2024 STAR -JPN**

**R MAEJIMA, S YANAGISAWA, K FUKAYA, K TOMINAGA**

**NATL: 3:53.59 N 12/3/2023 WEST HOLLYWOOD AQUA I**

**C GIBSON, S VAN DEVENTER, TONY COX, AARON NICHOLAS**

**ZONECHAMPS: 4:06.10 Z 1/1/1997 RUBA**

**R TOOTHILL, B DOYLE, C SAWIN, S YEOMANS**

1	Connecticut Mast-5	A	6:17.61
	1) McLaughlin, Timothy M43	2) Duguay, Rob M39	
	3) Yoffe, Matthew M24	4) Gerard, William M32	
	57.32	2:00.70	2:47.39
	4:18.19	5:11.72	5:42.59
			6:17.61

**Men 160-199 200 SC Meter Freestyle Relay**

**WORLD: 1:32.77 W 2/18/2023 S.C. GETXO -ESP**

**M BILDOSOLA, I BILDOSOLA, M DEBA, E DE MIGUEL**

**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**

**P BUREN, E TSUZUKI, O GONZALEZ, T GEIMAN**

1	Worcester Area M-2	A	1:56.14
	1) Berry, Nathaniel M23	2) Collis, James M31	
	3) McGahie, Ted M65	4) Ols, John M58	
	24.09	53.28	1:25.60
			1:56.14

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Men 160-199 400 SC Meter Freestyle Relay**

WORLD: 3:27.42 W 3/23/2019 MOZKA -BEL

F TONUS, R CUYVERS, M VAN THIELEN, S VERACHTEN

NATL: 3:32.44 N 12/5/2009 LONGHORN AQUATICS

A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA

ZONECHAMPS: 3:42.91 Z 1/1/2008 Jersey Area Masters

W SEGAL, S CARPENTER, S GANNON, S HILTABIDDLE

1	Adirondack Maste-3	A		4:12.74
	1) Emeka, Amon M56	2) Sinnenberg, Tim M57		
	3) Sinnenberg, Nick M26	4) Poretz, Henry M40		
	28.43	59.30	1:31.95	2:07.39
	2:38.05	3:12.60	3:40.23	4:12.74
2	Great Bay Master-2	A		4:14.06
	1) McLean, Angus M26	2) Collis, David M35		
	3) Wong, Christopher M43	4) Davis, Guy M65		
	28.78	59.04	1:28.71	2:01.69
	2:33.96	3:09.00	3:40.30	4:14.06
3	Terrapin Masters-10	A		4:25.23
	1) Smith, Mark M30	2) Laplante, Brett M36		
	3) Payne, Stephen M63	4) Strahota, Jeffrey M44		
	27.04	56.06	1:24.77	1:56.32
	2:36.23	3:23.88	3:52.94	4:25.23

**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

A O'CONNOR, B FURLONG, P SWEENEY, J PLATT

1	Adirondack Maste-3	A		9:32.55
	1) Emeka, Amon M56	2) Sinnenberg, Tim M57		
	3) Sinnenberg, Nick M26	4) Poretz, Henry M40		
	31.01	1:05.28	1:39.83	2:13.18
	2:49.97	3:31.68	4:13.70	4:52.23
	5:24.17	6:00.57	6:38.01	7:14.86
	7:45.45	8:20.37	8:56.41	9:32.55

**Men 160-199 400 SC Meter Medley Relay**

WORLD: 3:47.97 W 1/29/2023 JSS FUKAI -JPN

K KANAZAWA, Y SAKAI, T NAKANO, M TOJYO

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

C STEVENSON, E DAVIS, D HOLLAND, B WINTERS

1	Kingsbury Club M-2	A		5:16.50
	1) O'Brien, Douglas M55	2) Stringfellow, Robert M31		
	3) Lorson, Mark M39	4) Doyle, Peter M64		
	38.10	1:15.93	1:51.62	2:32.08
	3:09.28	3:55.64	4:34.00	5:16.50

**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 12/7/2003 1776

P TREVISAN, T MEADE, M SLENKER, G OXLEY

1	Kingsbury Club M-2	A		2:12.80
	1) Correll, Sean M57	2) Doyle, Peter M64		
	3) Lorson, Mark M39	4) O'Brien, Douglas M55		
	32.97	1:05.51	1:38.78	2:12.80

**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

P TREVISAN, M SLENKER, T MEADE, G OXLEY

1	SwimRI-2	A		4:26.49
	1) Distler, Matthew M32	2) Waldfried, Carlo M56		
	3) Porter, Jim M55	4) Elturkmani, Majed M70		
	25.67	54.01	1:22.43	1:54.03
	2:28.56	3:06.47	3:43.85	4:26.49
2	Kingsbury Club M-2	A		4:40.72
	1) Doyle, Peter M64	2) Campbell, Colin M52		
	3) Christensen, Scott M52	4) Correll, Sean M57		
	32.87	1:08.77	1:46.28	2:26.53
	2:58.87	3:33.12	4:04.86	4:40.72

**Men 200-239 800 SC Meter Freestyle Relay**

WORLD: 8:03.40 W 10/14/2011 BLU FROG TEAM -USA

A GAINES, C LYDECKER, T BUCKLEY, K SWITZER

NATL: 8:03.40 N 10/14/2011 BLU FROG TEAM

A GAINES, C LYDECKER, T BUCKLEY, K SWITZER

ZONECHAMPS: 9:35.63 Z 1/1/2008 PAFC

J MOROZIN JR, P SWEENEY, S DOUGHERTY, G MEYER

1	Connecticut Mast-5	A		11:20.32
	1) Doyle, Christopher M60	2) Collette, Michael M51		
	3) Palluzzi, Anthony M58	4) Wyckoff, Ben M60		
	37.75	1:18.59	2:00.59	2:41.41
	3:22.40	4:10.40	5:02.28	5:54.51
	6:33.29	7:14.82	7:57.03	8:36.79
	9:13.60	9:55.15	10:38.10	11:20.32
2	Kingsbury Club M-2	A		12:20.54
	1) Dealy, George M66	2) Campbell, Colin M52		
	3) Conca, Jake M49	4) Kodesch, Michael M37		
	55.54	2:00.29	3:08.55	4:16.64
	4:57.23	5:44.45	6:33.79	7:17.17
	7:51.45	8:32.14	9:16.14	9:58.24
	10:31.36	11:07.10	12:20.54	

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Men 200-239 200 SC Meter Medley Relay**

**WORLD: 1:46.84 W 12/2/2023 NOVAQUATICS MASTERS**  
**P MOORE, S WEST, R DELGADO, Y DE FABRIQUE**

**NATL: 1:46.84 N 12/2/2023 NOVAQUATICS MASTERS**  
**P MOORE, S WEST, R DELGADO, Y DE FABRIQUE**

**ZONECHAMPS: 1:57.36 Z 1/1/2002 Garden State Masters**  
**R ALEXANDER, B DOYLE, J DRAGON, O GONZALEZ**

1	Wild Crab Master-2	A		2:12.06
	1) Neikirk, Joseph M44	2) Strehle, John M59		
	3) Steckclair, Jeffrey M50	4) Strehle, Andrew M55		
	36.03	1:13.05	1:42.13	2:12.06

**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: 4:32.88 Z 12/9/2022 SwimRI**  
**T THEROUX, C WALDFRIED, C BARNES, K DURU**

1	Wild Crab Master-2	A		4:44.17
	1) Robbins, Andrew M60	2) Neikirk, Joseph M44		
	3) Steckclair, Jeffrey M50	4) Strehle, Andrew M55		
	34.78	1:10.39	1:47.78	2:30.45
	3:03.01	3:39.61	4:10.30	4:44.17

**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: 1:58.09 Z 12/15/2023 SwimRI**  
**M GILSON, T THEROUX, S CROMARTY, P WRIGHT**

1	Granite State Pe-2	A		2:02.19
	1) Baughman, Richard M71	2) Burbank, Gerald M65		
	3) Davis, William M66	4) Hersh, Craig M53		
	28.52	1:01.03	1:33.94	2:02.19

**Men 240-279 400 SC Meter Freestyle Relay**

**WORLD: 3:54.57 W 3/24/2024 SPEEDO MASTERS FINLAND**  
**T RUNDGREN, P HELKKILA, J VIRTANEN, J LOGVIN**

**NATL: 3:56.97 N 10/14/2012 BLU FROG TEAM**  
**R BOHLKEN, M MIDDLETON, L MEISENHEIMER, R ABRAHAMS**

**ZONECHAMPS: 4:18.06 Z 12/11/2015 Worcester Area Masters**  
**T MCGAHIE, D OATES, T ALLEN, M MCCOMBS**

1	Granite State Pe-2	A		4:38.66
	1) Dainiak, Chris M53	2) Davis, William M66		
	3) Burbank, Gerald M65	4) Baughman, Richard M71		
	30.65	1:03.66	1:37.21	2:15.79
	2:51.81	3:32.20	4:03.74	4:38.66

**Men 240-279 800 SC Meter Freestyle Relay**

**WORLD: 8:50.43 W 12/4/2015 VENTURA COUNTY MASTERS**  
**J MCCONICA, G GRUBER, M BLATT, M SHAFFER**

**NATL: 8:50.43 N 12/4/2015 VENTURA COUNTY MASTERS**  
**J MC CONICA, G GRUBER, M BLATT, M SHAFFER**

**ZONECHAMPS: 9:55.41 Z 12/11/2015 Worcester Area Masters**  
**T MCGAHIE, D OATES, T ALLEN, M MCCOMBS**

1	Kingsbury Club M-2	A		12:53.67
	1) Diamond, Kevin M69	2) Correll, Sean M57		
	3) O'Brien, Douglas M55	4) Doyle, Peter M64		
	57.32	2:10.84	3:24.70	4:32.93
	4:52.25	5:11.79	5:56.84	6:42.60
	7:28.26	8:03.06	8:40.11	9:18.62
	9:55.22	10:34.74	11:20.07	12:53.67

**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**  
**M MCCOMBS, T MCGAHIE, T ALLEN, D OATES**

1	Granite State Pe-2	B		2:20.09
	1) Dainiak, Chris M53	2) Hersh, Craig M53		
	3) Mansilla, Frankin M64	4) Keil, Mark M71		
	33.60	1:06.36	1:40.01	2:20.09
2	Granite State Pe-2	A		2:23.22
	1) Seelen, John M70	2) Burbank, Gerald M65		
	3) Davis, William M66	4) Baughman, Richard M71		
	39.46	1:18.51	1:37.91	2:23.22
3	Connecticut Mast-5	A		2:56.70
	1) Wyckoff, Ben M60	2) Laudano, John M69		
	3) Doyle, Christopher M60	4) Laudano, Dan M62		
	41.05	1:38.70	2:11.96	2:56.70
4	Kingsbury Club M-2	A		3:08.30
	1) Dealy, George M66	2) Diamond, Kevin M69		
	3) Doyle, Peter M64	4) Campbell, Colin M52		
	1:01.30	1:20.13	1:55.65	3:08.30

**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**  
**M MCCOMBS, T MCGAHIE, T ALLEN, D OATES**

1	Granite State Pe-2	A		5:41.31
	1) Tyler, Bob M62	2) Burbank, Gerald M65		
	3) Grady, Seth M60	4) Baughman, Richard M71		
	39.80	1:20.45	2:04.70	2:54.08
	3:40.82	4:37.90	5:08.54	5:41.31

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Men 280-319 400 SC Meter Freestyle Relay****WORLD: 4:13.98 W 1/21/2024 LONE STAR MASTERS -I****Jack GOODING, Tom WOLF, Tom BARTON, Bruce WILLIAMS****NATL: 4:13.98 N 1/21/2024 LONE STAR MASTERS****JACK GOODING, TOM WOLF, TOM BARTON, BRUCE WILLIAMS****ZONECHAMPS: 5:41.00 Z 1/1/2013 Maine Masters****B RUPERT, R NELSON, W JONES, D VAIL**

1 Maine Masters Sw-2 A 6:22.36

1) Phelan, Jeremy M75 2) Roth, Douglas M63

3) Darling, Drew M72 4) Ginn, Roger M82

40.76 1:24.96 2:08.63 2:59.40

3:43.90 4:35.80 5:26.65 6:22.36

**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: 4:34.89 Z 12/13/2013 Minuteman Andover Mast****Y LITTEE, M SMITH, E NILSSON, C FOLEY**

1 Terrapin Masters-10 A 4:25.52Z

1) D'Aurora, Marion W25 2) Randolph, Courtney W33

3) Smith, Mark M30 4) Henderson, Myles M23

34.61 1:11.55 1:47.36 2:28.54

2:55.40 3:27.78 3:54.84 4:25.52

2 Boston Universit-2 A 4:42.98

1) Linsey, Shannon W25 2) Thomas, Wes M29

3) Aubin, Alana W34 4) Weis, Jason M28

39.57 1:22.37 1:52.19 2:26.22

3:00.09 3:39.59 4:09.09 4:42.98

3 Worcester Area M-2 A 4:56.79

1) Berry, Nathaniel M23 2) Stenton, Bethan W23

3) Harter, Rayna W24 4) Moran, Daniel M42

29.54 1:02.16 1:44.98 2:33.22

3:10.75 3:57.68 4:26.07 4:56.79

**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: 1:48.79 Z 12/7/2018 Chelsea Piers Fitness NY B****D MODROV, M SABALA, K SAWICZ, F WILLEBOORDSE**

1 Terrapin Masters-10 A 1:47.14Z

1) Smith, Mark M30 2) Randolph, Courtney W33

3) Grover, Mollie W43 4) De Jesus, Jose M31

25.36 53.45 1:22.24 1:47.14

2 South County Ymc-2 B 1:51.40

1) Thomas, Claire W38 2) Anderson, Eliza W27

3) Andrews, Ryan M31 4) Reyes, Patrick M30

27.95 59.23 1:27.04 1:51.40

3 Kingsbury Club M-2 A 1:53.09

1) Carpino, Chris M31 2) Riley, Isabella W22

3) Curbeau, Kaitlin W39 4) Stringfellow, Robert M31

27.69 55.99 1:24.99 1:53.09

4 Boston Universit-2 A 2:12.38

1) Handin, Alex M36 2) Aubin, Alana W34

3) Sun, Peter Shuliang M36 4) Downing, Jennifer W46

29.90 1:01.49 1:39.90 2:12.38

5 Pittsfield YMCA-2 A 2:19.01

1) Langlois, Claire W53 2) Langlois, Michael M51

3) Langlois, Ashlee W22 4) Langlois, Scott M19

35.78 1:13.88 1:50.31 2:19.01

**Mixed 120-159 800 SC Meter Freestyle Relay****WORLD: 8:02.84 W 5/18/2024 TEAM BACK -JPN****T KIHARA, Y TEZUKA, S MATSUDA, R TEZUKA****NATL: 8:25.57 N 11/30/2012 NOVAQUATICS MASTERS****C LEWIS, E KRAUS, A COLLINS, D FERNANDEZ****ZONECHAMPS: 8:35.33 Z 12/13/2019 Terrapin Masters****C RANDOLPH, M GROVER, B LAPLANTE, B HOLDEN**

1 Kingsbury Club M-2 A 10:05.32

1) Carpino, Chris M31 2) Nowak, Meghan W36

3) Riley, Isabella W22 4) Stringfellow, Robert M31

36.53 1:18.71 2:04.38 2:49.57

3:23.63 4:01.79 4:41.83 5:21.21

5:52.95 6:28.49 7:05.00 7:38.68

8:12.14 8:49.35 9:27.63 10:05.32

**Mixed 120-159 200 SC Meter Medley Relay****WORLD: 1:47.24 W 2/11/2024 NIIGATA DASH -JPN****K TAKADA, Y TAKASAKI, T HASEGAWA, M SEKURA****NATL: 1:47.51 N 11/23/2013 PHOENIX SWIM CLUB****N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI****ZONECHAMPS: 1:49.38 Z 12/12/2014 Freedom Aquatic Club****A CHO, S THORESEN, M FONTANA, E MCDONALD**

1 Kingsbury Club M-2 A 2:04.34

1) Riley, Isabella W22 2) Stringfellow, Robert M31

3) Carpino, Chris M31 4) Curbeau, Kaitlin W39

30.45 1:03.22 1:34.14 2:04.34

**Mixed 120-159 400 SC Meter Medley Relay****WORLD: 3:54.99 W 2/10/2024 NIIGATA DASH -JPN****K TAKADA, Y TAKASAKI, T HASEGAWA, M SEKURA****NATL: 3:56.24 N 11/24/2013 PHOENIX SWIM CLUB****N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI****ZONECHAMPS: 4:29.01 Z 12/13/2019 Chelsea Piers Fitness NY B****M SABALA, K SCIACCA, K SAWICZ, D MODROV**

1 South County Ymc-2 C 4:54.16

1) Leith-Doucett, Diane W42 2) Andrews, Ryan M31

3) Reyes, Patrick M30 4) Thomas, Claire W38

42.47 1:26.67 2:01.71 2:41.32

3:14.03 3:50.55 4:10.14 4:54.16

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**Mixed 160-199 200 SC Meter Freestyle Relay****WORLD: 1:40.07 W 11/11/2022 TSUNAMI -RUS****A KURNOSOV, S MUKHIN, E YUDINA, I SHLEMOVA****NATL: 1:42.03 N 11/22/2009 COLORADO MASTERS SWII****R ABRAHAMS, S VON DER LIPPE, S HART, C O'SULLIVAN****ZONECHAMPS: 1:50.62 Z 12/7/2018 Landshark Masters****A KOTKIEWICZ, C MESSENLEHNER, M KRAUSE, B LOVETT**

1	Charles River Aq-2	A		2:01.45
	1) Renner, Rebecca W58	2) Scalise-Marinozsky, Jennife		
	3) Kwa, Ken M51	4) DiGiaro, Zachary M26		
	32.10	1:03.41	1:37.51	2:01.45
2	Great Bay Master-2	A		2:15.10
	1) Caron, Aagie W83	2) McLean, Angus M26		
	3) Whitford, Matthew M49	4) Bartholomew, Courtney W:		
	53.35	1:20.83	1:48.36	2:15.10

**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: 4:10.38 Z 12/10/2010 Great Bay Masters****K WESSON, T MACK, T SPRINGER, B ZOLA**

1	SwimRI-2	A		3:59.77Z
	1) Cromarty, Stuart M60	2) Sutton, Sarah W41		
	3) Snow, Madeline W27	4) Barnes, Chuck M48		
	27.94	59.66	1:30.39	2:04.58
	2:34.82	3:07.75	3:32.31	3:59.77
2	Wild Crab Master-2	A		4:32.19
	1) Townsend, Jeanne W51	2) Mancuso, Elizabeth W39		
	3) Strehle, John M59	4) Steckclair, Jeffrey M50		
	36.94	1:17.79	1:47.83	2:20.99
	2:52.54	3:30.30	3:58.34	4:32.19
3	Worcester Area M-2	B		4:44.04
	1) Witkus, Marcia W54	2) McGahie, Ted M65		
	3) McGahie, Kaitlin W29	4) McGahie, Brian M31		
	37.03	1:18.72	1:39.03	2:31.85
	3:03.88	3:40.84	4:10.63	4:44.04

**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 SWII****S HART, S VON DER LIPPE, C O'SULLIVAN, R ABRAHAMS****ZONECHAMPS: 4:23.32 Z 12/10/2010 University Club of Boston****L BEANE, D GRIESBAUER, D DORNAUS, D GRIESBAUER**

1	Charles River Aq-2	A		4:59.08
	1) Shah, Minita W38	2) Kwa, Ken M51		
	3) DiGiaro, Zachary M26	4) Renner, Rebecca W58		
	38.49	1:22.16	2:06.31	2:55.19
	3:20.42	3:50.62	4:23.35	4:59.08
2	Terrapin Masters-10	B		5:25.56
	1) Strahota, Jeffrey M44	2) Tonelli, Marlana W36		
	3) Rose, Laura W38	4) Payne, Stephen M63		
	35.65	1:13.73	1:53.42	2:40.50
	3:15.59	3:58.08	4:18.94	5:25.56

3 Kingsbury Club M-2 A 5:27.78

1) Selvig, Laura W51 2) Carpino, Chris M31  
3) Curbeau, Kaitlin W39 4) Mulvaney, John M6439.26 1:20.47 2:00.17 2:46.12  
3:20.80 4:05.14 4:43.86 5:27.78

4 Worcester Area M-2 B 6:05.95

1) Bjork, Linda W59 2) Boersma, Martin M29  
3) Dufault, Gail W66 4) Greene, Andy M4050.76 1:44.98 2:28.31 3:17.47  
4:02.98 4:54.73 5:28.67 6:05.95**Mixed 200-239 200 SC Meter Freestyle Relay****WORLD: 1:45.30 W 4/16/2023 EDGE -JPN****M IKEDA, T TAKUBO, Y IKEDA, K KOBAYASHI****NATL: 1:46.08 N 3/15/2014 N CAROLINA MASTERS SWII****ERIKA BRAUN, SUE WALSH, JON BLANK, JONATHAN KLEIN****ZONECHAMPS: 1:55.95 Z 12/9/2022 Granite State Penguins****T PHILLIPS, A ZETEA, R GOODALE, C HERSH**

1 Wild Crab Master-2 A 2:06.37

1) Pattillo, Marion W55 2) Townsend, Jeanne W51  
3) Strehle, Andrew M55 4) Neikirk, Joseph M44

34.10 1:08.99 1:38.94 2:06.37

2 South County Ymc-2 C 2:15.60

1) Nicolato, Cortney W46 2) Sceery, Nancy W64  
3) DiSano, Joseph M56 4) Mihailides, George M64

32.19 1:09.23 1:41.60 2:15.60

3 Mount Wachusett-2 A 2:17.74

1) Lake, Christopher M48 2) Cheney, Jane W63  
3) Barlow, Jennifer W58 4) Pope, Ryan M35

35.34 1:13.68 1:49.94 2:17.74

4 Kingsbury Club M-2 A 2:18.38

1) Morrow, Russet W51 2) Mulvaney, John M64  
3) Mathews, Kimberly W43 4) Bergiel, Matthew M46

38.05 1:16.65 1:49.12 2:18.38

5 Connecticut Mast-5 A 2:32.20

1) Collette, Michael M51 2) Sega, Ally W51  
3) Taddeo, Marta A W46 4) Wyckoff, Ben M60

37.95 1:25.21 2:01.47 2:32.20

**Mixed 200-239 400 SC Meter Freestyle Relay****WORLD: 3:56.10 W 12/14/2014 NORTH CAROLINA MASTERS****E BRAUN, H STEWART, S WALSH, J KLEIN****NATL: 3:56.10 N 12/14/2014 NORTH CAROLINA MASTERS****E BRAUN, H STEWART, S WALSH, J KLEIN****ZONECHAMPS: 4:30.00 Z 12/4/2004 New England Masters****L HINELINE, S KETCHEN, B HANDLER, H LANE**

1 Pittsfield YMCA-2 A 5:09.94

1) Langlois, Claire W53 2) Gore, Timothy M62  
3) Towne, Suzanne W59 4) Crawford, Craig M5437.34 1:22.08 2:00.04 2:42.92  
3:21.14 4:04.13 4:35.31 5:09.94

2 Mount Wachusett-2 A 5:35.35

1) Goguen, Sharleen W67 2) Beckwith, Mark M73  
3) Crellin, Jenny W59 4) Pope, Ryan M3546.92 1:37.74 2:12.96 2:53.31  
3:13.65 5:35.35

## 2024 COLONIES ZONE &amp; NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

## Results

**(Mixed 200-239 400 SC Meter Freestyle Relay)**

3 Connecticut Mast-5	A	5:51.68
1) Sonstroem, Sara W56	2) Sega, Ally W51	
3) Collette, Michael M51	4) Wyckoff, Ben M60	
42.59	1:32.56	2:22.25 3:57.55
4:41.44	5:16.23	5:51.68

**Mixed 200-239 800 SC Meter Freestyle Relay**

WORLD: 8:36.91 W 10/11/2015 ILLINOIS MASTERS -US

L DILLMANN, D SIMS, A BLOCK, J TUCHLER

NATL: 8:36.91 N 10/11/2015 ILLINOIS MASTERS

L DILLMANN, D SIMS, A BLOCK, J TUCHLER

ZONECHAMPS:11:15.46 Z 12/12/2014 Virginia Masters

D LETENDRE, R SWIGER, R ROMO, S LOFTUS-CHARLEY

1 Granite State Pe-2	A	9:57.06Z
1) Crusco, Kysa W48	2) Davis, William M66	
3) Baughman, Richard M71	4) Sweetser, Stacy W49	
34.83	1:13.31	1:53.59 2:33.73
3:10.87	3:51.74	4:31.80 5:10.08
5:44.37	6:21.77	7:00.42 7:36.59
8:08.19	8:42.83	9:19.48 9:57.06
2 Pittsfield YMCA-2	A	11:18.60
1) Crawford, Craig M54	2) Langlois, Claire W53	
3) Gore, Timothy M62	4) Towne, Suzanne W59	
32.71	1:08.72	1:45.94
3:03.16	3:48.84	4:34.34 5:19.05
6:00.31	6:48.33	7:37.00 8:23.23
9:02.37	9:46.65	10:33.13 11:18.60

**Mixed 200-239 200 SC Meter Medley Relay**

WORLD: 1:54.71 W 4/21/2024 EDGE -JPN

Y IKEDA, R MORITA, M IKEDA, K KOBAYASHI

NATL: 1:55.39 N 12/3/2023 NORTH CAROLINA MASTERS

W WEAVER, D DUNSON, E BRAUN, K LINDAUER

ZONECHAMPS: 2:07.34 Z 12/6/2003 1776

P WEBB, J JASTREMSKI, J BRONFENBRENNER, J MOGAL

1 Pittsfield YMCA-2	A	2:35.96
1) Langlois, Claire W53	2) Crawford, Craig M54	
3) Towne, Suzanne W59	4) Gore, Timothy M62	
43.32	1:58.99	2:35.96
2 Connecticut Mast-5	A	3:13.72
1) Sega, Ally W51	2) Collette, Michael M51	
3) Geoghegan, William M74	4) Sonstroem, Sara W56	
57.91	1:48.09	2:32.41 3:13.72

**Mixed 200-239 400 SC Meter Medley Relay**

WORLD: 4:17.68 W 5/11/2024 EDGE -JPN

Y IKEDA, R MORITA, M IKEDA, K KOBAYASHI

NATL: 4:19.84 N 3/18/2023 NORTH CAROLINA MASTERS

J KLEIN, S TAYLOR, S DALLAMURA, E BRAUN

ZONECHAMPS: 4:38.38 Z 1/1/1996 Garden State Masters

R ALEXANDER, E NESSEL, A DEFFAA, J DRAGON

1 Granite State Pe-2	A	5:01.53
1) Dainiak, Chris M53	2) Hersh, Craig M53	
3) Zetea, Anca W53	4) Crusco, Kysa W48	
37.25	1:14.16	1:47.22 2:26.44
3:02.09	3:50.24	4:23.42 5:01.53

2 Kingsbury Club M-2	A	6:00.72
1) Holt-Wilson, Mary W54	2) Bergiel, Matthew M46	
3) Correll, Sean M57	4) Halstead, Melissa W55	
42.64	1:39.01	2:07.44 2:55.18
3:33.22	4:22.68	5:08.62 6:00.72

3 Connecticut Mast-5	A	6:26.87
1) Sega, Ally W51	2) Taddeo, Marta A W46	
3) Wyckoff, Ben M60	4) Collette, Michael M51	
1:00.08	2:02.27	2:48.89 3:43.77
4:23.35	5:03.97	5:23.82 6:26.87

**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

F PIERCE, J CONNORS, B RUPERT, D VAIL

1 Granite State Pe-2	A	2:02.11Z
1) Dainiak, Chris M53	2) Mareb, Karen W66	
3) Grilli, Tracy W67	4) Tyler, Bob M62	
28.95	59.72	1:34.08 2:02.11
2 South County Ymc-2	A	2:33.66
1) KielyKilpatrick, Carolyn W66	2) Carchedi, David M70	
3) Garr, Jeanne W70	4) Bartlett, Fred M68	
35.01	54.24	1:17.50 2:33.66

**Mixed 240-279 400 SC Meter Freestyle Relay**

WORLD: 4:12.66 W 12/2/2023 CONEJO VALLEY MASTERS

M BIONDI, D SMITH, S MARSHALL, B CLEAVENGER

NATL: 4:12.66 N 12/2/2023 CONEJO VALLEY MASTERS

M BIONDI, D SMITH, S MARSHALL, B CLEAVENGER

ZONECHAMPS: 5:10.43 Z 12/11/2015 Pittsfield YMCA Polar Bear Mas

C GARDNER, D ROGACKI, M DICKSON, M CARTER

1 Kingsbury Club M-2	A	6:39.94
1) Dealy, George M66	2) Craffey, Eileen W73	
3) Diamond, Kevin M69	4) Morrow, Russet W51	
51.38	1:56.86	2:31.86 3:11.92
5:17.05	5:23.37	6:39.94

**Mixed 240-279 800 SC Meter Freestyle Relay**

WORLD: 9:25.75 W 2/17/2023 ZPC AMERSFOORT -NI

C MARSMAN, A PIJTAK-RADERSMA, M REMMITS-DE LANGE,

NATL: 9:31.20 N 11/9/2019 SARASOTA SHARKS MASTE

J GROSELLE, R WALKER, K EINSIDLER, R ATEN

ZONECHAMPS:13:40.08 Z 12/15/2023 King Fins Aquatic Club

K DIAMOND, P KWEDER, M HOLT-WILSON, P DOYLE

1 Connecticut Mast-5	A	19:02.45
1) Onton, Ann Louise W81	2) Laudano, Dan M62	
3) Sega, Ally W51	4) Laudano, John M69	
1:18.83	2:46.19	4:17.94 5:45.13
6:13.66	6:40.61	7:45.94 8:57.53
10:08.35	11:02.70	12:06.06 13:11.91
14:18.08	15:23.35	16:35.51 19:02.45

2024 COLONIES ZONE & NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024

Sanction #: 024-S005

Results

**Mixed 240-279 400 SC Meter Medley Relay**

**WORLD: 4:40.29 W 12/1/2023 NORTH CAROLINA MASTERS**  
**J KLEIN, E BRAUN, G SANCHEZ, C WOLFF**

**NATL: 4:40.29 N 12/1/2023 NORTH CAROLINA MASTERS**  
**J KLEIN, E BRAUN, G SANCHEZ, C WOLFF**

**ZONECHAMPS: 5:32.76 Z 12/10/2010 Granite State Penguins**  
**T GRILLI, B ESTEL, D ROGACKI, L DUNHAM**

1	South County Ymc-2	A	6:18.26
	1) Garr, Jeanne W70	2) Dahl, Jason M45	
	3) KielyKilpatrick, Carolyn W67	4) Carchedi, David M70	
	50.39	1:42.91	2:24.15
	3:56.16	4:45.84	5:30.79
	6:18.26		
2	Granite State Pe-2	A	6:23.47
	1) Grilli, Tracy W67	2) Sweetser, Stacy W49	
	3) Keil, Mark M71	4) Davis, William M66	
	45.63	1:35.09	2:15.65
	3:59.37	5:05.31	5:43.31
	6:23.47		
3	Mount Wachusett-2	A	6:31.24
	1) Barlow, Jennifer W58	2) Holt, Steve M73	
	3) Cheney, Jane W63	4) Lake, Christopher M48	
	47.59	1:35.25	2:21.48
	4:09.81	5:13.78	5:51.62
	6:31.24		

**Mixed 280-319 200 SC Meter Freestyle Relay**

**WORLD: 1:59.88 W 1/20/2024 LONE STAR MASTERS** -U  
**L MORRISON, J WOOLSLAYER, T BARTON, B WILLIAMS**

**NATL: 1:59.88 N 1/20/2024 LONE STAR MASTERS**  
**L MORRISON, J WOOLSLAYER, T BARTON, B WILLIAMS**

**ZONECHAMPS: 2:36.67 Z 12/15/2023 Mount Wachusett Masters**  
**M GLOTCH, J CHENEY, M BECKWITH, S HOLT**

1	Granite State Pe-2	A	2:43.89
	1) Delosh, Steve M69	2) Estel, Beth W68	
	3) Atkinson, Fiona W74	4) Keil, Mark M71	
	44.36	1:20.70	2:04.07
	2:43.89		
2	Mount Wachusett-2	B	2:44.19
	1) Goguen, Sharleen W67	2) Glotch, Mary W76	
	3) Holt, Steve M73	4) Beckwith, Mark M73	
	48.97	1:39.84	2:12.62
	2:44.19		
3	Connecticut Mast-5	A	3:02.02
	1) Sonstroem, Sara W56	2) Geoghegan, William M74	
	3) Ahrens, Miles M70	4) Onton, Ann Louise W81	
	40.87	1:16.34	1:50.88
	3:02.02		

**Mixed 280-319 400 SC Meter Freestyle Relay**

**WORLD: 4:40.10 W 10/8/2022 TAMALPAIS MASTERS** -U  
**R BURNS, L VAL, M JOYCE, A BERNARD**

**NATL: 4:40.10 N 10/8/2022 TAMALPAIS AQUATIC MAS**  
**R BURNS, L VAL, M JOYCE, A BERNARD**

**ZONECHAMPS: 6:15.62 Z 12/9/2022 Pittsfield YMCA Polar Bear Mas**  
**D ROGACKI, C GARDNER, B WEST, D RYANMANN**

1	Pittsfield YMCA-2	B	6:11.11Z
	1) Gardner, Cynthia W73	2) Dickson, Mary W72	
	3) RyanMann, Duncan M71	4) Kolis, Steve M69	
	45.79	1:41.75	2:25.78
	3:57.85	4:44.82	5:27.01
	6:11.11		

**Mixed 280-319 800 SC Meter Freestyle Relay**

**WORLD:10:52.82 W 7/21/2024 NAMIHAYA SUIEI** -JPN  
**H YOBIKO, K UTSUMI, K SHIMOYAMA, K NAGAMUNE**

**NATL:10:41.53 N 11/2/2024 SARASOTA SHARKS**

**R WALKER, L CHILDS, J GRAY, K EINSIDLER**

**ZONECHAMPS:14:44.91 Z 12/15/2023 Pittsfield YMCA Polar Bear Mas**  
**S HEIDEMANN, M DICKSON, D RYANMANN, C GARDNER**

1	Pittsfield YMCA-2	B	14:08.29Z
	1) Dickson, Mary W72	2) Kolis, Steve M69	
	3) Gardner, Cynthia W73	4) RyanMann, Duncan M71	
	46.08	1:38.97	2:34.68
	3:28.51		
	4:14.06	5:04.42	5:55.54
	6:43.71		
	7:35.06	8:35.28	9:38.10
	10:37.76		
	11:25.37	12:18.99	13:14.98
	14:08.29		

**Mixed 280-319 200 SC Meter Medley Relay**

**WORLD: 2:18.26 W 1/21/2024 LONE STAR MASTERS** -U  
**J WOOLSLAYER, R NEVILLE, J GOODING, L MORRISON**

**NATL: 2:18.26 N 1/21/2024 LONE STAR MASTERS**  
**J WOOLSLAYER, R NEVILLE, J GOODING, L MORRISON**

**ZONECHAMPS: 2:46.38 Z 12/15/2023 New England Masters**  
**D EPSTEIN, S JENSEN, F SCHLICHER, R KRAUS**

1	Pittsfield YMCA-2	B	2:55.68
	1) RyanMann, Duncan M71	2) Dickson, Mary W72	
	3) Finck, Lea W69	4) Kolis, Steve M69	
	45.65	1:35.56	2:16.81
	2:55.68		

**Mixed 280-319 400 SC Meter Medley Relay**

**WORLD: 5:10.77 W 1/20/2024 LONE STAR MASTERS** -U  
**J WOOLSLAYER, R NEVILLE, R KELSOE, L MORRISON**

**NATL: 5:10.77 N 1/20/2024 LONE STAR MASTERS**  
**J WOOLSLAYER, R NEVILLE, R KELSOE, L MORRISON**

**ZONECHAMPS: 6:57.69 Z 12/9/2022 Simon's Rock PaceMakers**  
**D EPSTEIN, R ZELEHOSKI, C SLEBODA, R KRAUS**

1	Connecticut Mast-5	A	9:54.43
	1) Geoghegan, William M74	2) Ahrens, Miles M70	
	3) Onton, Ann Louise W81	4) Sonstroem, Sara W56	
	47.14	1:36.98	2:26.05
	3:22.28		
	4:30.43	5:47.29	8:21.48
	9:54.43		

**Combined Team Scores**

**Combined Team Scores - Through Event 55**

1.	Granite State Penguins (Nh)	3186.5
2.	Kingsbury Club Masters Swimmin	2842.5
3.	Connecticut Masters	2387
4.	South County YMCA	2109
5.	Worcester Area Masters	1666
6.	Boston University Masters Swim	1024
7.	Wild Crab Masters Swimming	998
8.	Mount Wachusett Masters	902
9.	SwimRI	871
10.	Terrapin Masters	830
11.	Pittsfield YMCA Polar Bear Mas	759
12.	Charles River Aquatics Masters	666
13.	Maine Masters Swim Club	663
14.	Great Bay Masters Swimming, In	562

**2024 COLONIES ZONE & NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024****Sanction #: 024-S005****Results****(Combined Team Scores)**

15. Agua Masters	531
16. Adirondack Masters	316.5
17. Tech Masters	283
18. New England Masters Swim Club	255
19. Edge Masters	239
20. Life Time New England	229
21. Lowell YMCA Flippers Masters S	228
22. Bernon Family YMCA Masters Swi	196
23. Simon's Rock PaceMakers	192
24. Uc02	188
25. Cincinnati Marlins	182
26. Abc Masters - Gray Sharks	161
27. Lone Star Masters	153
28. Umama	147
29. Colonials 1776	133
30. Cambridge Masters Swimming	120
31. Nantucket Aquatics-Nantucket T	105
32. Pikes Peak Athletics Masters	102
33. Conejo Valley Masters	100
34. Greater Holyoke YMCA Masters	98
35. Sussex County YMCA Silver Tsun	85.5
36. Dynamo Swim Club	83
37. Green Mountain Community Fitne	73
38. Weymouth Waves Masters	67
39. Cgbd Masters Swimming	66
40. Movy Masters	64
41. Sarasota Sharks Masters	51
42. YMCA of Greater Boston Masters	48
43. Newburyport Breakers	38
43. Brookline Rec	38
43. Boston Lanes (Liquid Assets Ne	38
46. Wayland Community Pool Masters	34
46. YMCA of Greenwich Marlins Mast	34
46. Reston Masters Swim Team	34
49. Martha's Vineyard Masters	29
49. Garden State Masters	29
49. Central New York YMCA	29

**Scores - Women**

<u>Women - Team Rankings - Through Event 55</u>	
1. Granite State Penguins (Nh)	1857
2. South County YMCA	1180
3. Kingsbury Club Masters Swimmin	1164
4. Connecticut Masters	842
5. Worcester Area Masters	830
6. Boston University Masters Swim	670
7. Mount Wachusett Masters	452
8. Agua Masters	405
9. Terrapin Masters	353
10. Charles River Aquatics Masters	336
11. Pittsfield YMCA Polar Bear Mas	261
12. Edge Masters	239
13. Wild Crab Masters Swimming	212
14. Maine Masters Swim Club	209

15. New England Masters Swim Club	208
16. Life Time New England	201
17. Cincinnati Marlins	182
18. SwimRI	163
19. Great Bay Masters Swimming, In	153
20. Umama	147
21. Simon's Rock PaceMakers	114
22. Bernon Family YMCA Masters Swi	104
23. Adirondack Masters	103.5
24. Pikes Peak Athletics Masters	102
25. Conejo Valley Masters	100
26. Cambridge Masters Swimming	96
27. Sussex County YMCA Silver Tsun	85.5
28. Dynamo Swim Club	83
29. Green Mountain Community Fitne	73
30. Weymouth Waves Masters	67
31. Lowell YMCA Flippers Masters S	64
32. Abc Masters - Gray Sharks	61
33. Greater Holyoke YMCA Masters	51
34. Brookline Rec	38
35. YMCA of Greenwich Marlins Mast	34
35. Wayland Community Pool Masters	34
37. YMCA of Greater Boston Masters	22
38. Tech Masters	12
39. Uc02	10

**Scores - Men**

<u>Men - Team Rankings - Through Event 55</u>	
1. Kingsbury Club Masters Swimmin	1464.5
2. Connecticut Masters	1339
3. Granite State Penguins (Nh)	1163.5
4. South County YMCA	771
5. Worcester Area Masters	754
6. Wild Crab Masters Swimming	722
7. SwimRI	674
8. Maine Masters Swim Club	454
9. Great Bay Masters Swimming, In	379
9. Terrapin Masters	379
11. Mount Wachusett Masters	334
12. Boston University Masters Swim	298
13. Pittsfield YMCA Polar Bear Mas	274
14. Tech Masters	271
15. Charles River Aquatics Masters	262
16. Adirondack Masters	213
17. Uc02	178
18. Lowell YMCA Flippers Masters S	164
19. Lone Star Masters	153
20. Colonials 1776	133
21. Agua Masters	126
22. Nantucket Aquatics-Nantucket T	105
23. Abc Masters - Gray Sharks	100
24. Bernon Family YMCA Masters Swi	92
25. Simon's Rock PaceMakers	78
26. Cgbd Masters Swimming	66
27. Movy Masters	64
28. Sarasota Sharks Masters	51



**2024 COLONIES ZONE & NELMSC SCM CHAMPIONSHIP - 12/13/2024 to 12/15/2024**

**Sanction #: 024-S005**

**Results**

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**(Scores - Men)**

29. New England Masters Swim Club	47
29. Greater Holyoke YMCA Masters	47
31. Newburyport Breakers	38
31. Boston Lanes (Liquid Assets Ne	38
33. Reston Masters Swim Team	34
34. Garden State Masters	29
34. Central New York YMCA	29
34. Martha's Vineyard Masters	29
37. Life Time New England	28
38. YMCA of Greater Boston Masters	26
39. Cambridge Masters Swimming	24