

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Women 18-24 50 Yard Freestyle****NATL: 22.21 N 1/31/2015 VANDERPOOL-WALLAC****ZONECHAMPS: 23.96 Z 4/13/2003 Petra Adamkova**

1	Sanfield, Katie	24	Club Tribe-12	25.79
2	Avra, Veronica	19	Navy Club Swim-58	28.50
3	Chung, Amy	22	Navy Club Swim-58	28.84
4	Hung, Emily	24	District Of Colu-10	30.39
5	Miani, Sabina	24	Reston Masters S-10	32.54
6	McNelis, Delaney	18	Suwc Wahoos-12	35.14

Women 18-24 100 Yard Freestyle**NATL: 48.18 N 12/6/2014 KATIE MEILI****ZONECHAMPS: 51.99 Z 4/11/2015 Harumi Katsuyama**

1	Burns, Carly	22	Loud Loons-12	57.26
	28.38			57.26
2	Sanfield, Katie	24	Club Tribe-12	59.63
	27.66			59.63
3	Encinas, Valerie	20	Loud Loons-12	1:05.62
	30.27			1:05.62
4	Gutierrez, Ana	21	Colonials 1776-8	1:08.85
	32.41			1:08.85
5	Miani, Sabina	24	Reston Masters S-10	1:13.84
	34.74			1:13.84

Women 18-24 200 Yard Freestyle**NATL: 1:43.28 N 11/8/2009 DANA VOLLMER****ZONECHAMPS: 1:54.63 Z 4/8/2016 Gabrielle Mizerak**

1	Staats, Elizabeth	18	Navy Club Swim-58	2:08.45
	29.51		1:01.58	1:35.07
				2:08.45
2	Burns, Carly	22	Loud Loons-12	2:08.54
	29.52		1:01.77	1:35.07
				2:08.54
3	Gutierrez, Ana	21	Colonials 1776-8	2:31.78
	32.97		1:11.67	1:51.59
				2:31.78
4	McNelis, Delaney	18	Suwc Wahoos-12	2:51.65
	37.47		1:19.14	2:05.64
				2:51.65

Women 18-24 500 Yard Freestyle**NATL: 4:49.97 N 10/25/2003 JESSICA FOSCHI****ZONECHAMPS: 5:12.23 Z 4/4/2004 Kelly Bowman**

1	Encinas, Valerie	20	Loud Loons-12	6:41.15
	33.34		1:10.89	1:49.73
				2:29.81
	3:10.74		3:52.72	4:35.28
				5:17.82
	6:00.52			6:41.15
2	Capecci, Isabel	24	Terrapin Masters-10	6:51.96
	34.37		1:12.90	1:53.79
				2:35.53
	3:17.87		4:00.45	4:43.65
				5:26.48
	6:09.54			6:51.96

Women 18-24 50 Yard Backstroke**NATL: 24.83 N 4/29/2023 CAROLINE GMELICH****ZONECHAMPS: 25.92 Z 4/5/2019 Catherine Mulquin**

1	Bergstrom, Sophie	24	Philadelphia Fin-8	27.05
2	Sanfield, Katie	24	Club Tribe-12	30.58
3	Capecci, Isabel	24	Terrapin Masters-10	34.28
4	Encinas, Valerie	20	Loud Loons-12	37.35

Women 18-24 100 Yard Backstroke**NATL: 53.83 N 3/24/2019 C BARTHOLOMEW****ZONECHAMPS: 56.80 Z 4/17/2011 Kellyanne Tomasula**

1	Bergstrom, Sophie	24	Philadelphia Fin-8	57.88
	27.79			57.88
2	Staats, Elizabeth	18	Navy Club Swim-58	1:04.95
	31.08			1:04.95
3	Sanfield, Katie	24	Club Tribe-12	1:05.04
	31.75			1:05.04
4	Hung, Emily	24	District Of Colu-10	1:17.74
	37.36			1:17.74
5	Gutierrez, Ana	21	Colonials 1776-8	1:18.90
	38.06			1:18.90
6	McNelis, Delaney	18	Suwc Wahoos-12	1:37.97
	47.96			1:37.97

Women 18-24 200 Yard Backstroke**NATL: 1:59.22 N 4/30/2000 SARA SCHWEITZER****ZONECHAMPS: 2:02.91 Z 4/17/2011 Kellyanne Tomasula**

1	Bergstrom, Sophie	24	Philadelphia Fin-8	2:09.91
	30.16		1:02.95	1:36.39
				2:09.91
2	Sanfield, Katie	24	Club Tribe-12	2:21.87
	32.48		1:07.84	1:44.56
				2:21.87

Women 18-24 50 Yard Breaststroke**NATL: 27.76 N 12/5/2014 KATIE MEILI****ZONECHAMPS: 30.06 Z 4/13/2003 Petra Adamkova**

1	Sanfield, Katie	24	Club Tribe-12	34.30
2	Avra, Veronica	19	Navy Club Swim-58	35.81
3	Chung, Amy	22	Navy Club Swim-58	36.45
4	Hung, Emily	24	District Of Colu-10	39.22
5	McNelis, Delaney	18	Suwc Wahoos-12	53.76

Women 18-24 100 Yard Breaststroke**NATL: 58.71 N 12/5/2014 KATIE MEILI****ZONECHAMPS: 1:06.03 Z 4/5/2019 Laura Schwartz**

1	Bergstrom, Sophie	24	Philadelphia Fin-8	1:07.70
	32.08			1:07.70
2	Sanfield, Katie	24	Club Tribe-12	1:15.63
	34.74			1:15.63

Women 18-24 200 Yard Breaststroke**NATL: 2:06.59 N 12/6/2014 MICAH LAWRENCE****ZONECHAMPS: 2:23.56 Z 4/5/2019 Laura Schwartz**

1	Bergstrom, Sophie	24	Philadelphia Fin-8	2:30.13
	33.66		1:12.06	1:51.03
				2:30.13

Women 18-24 50 Yard Butterfly**NATL: 24.47 N 4/27/2025 CRYSTAL MURPHY****ZONECHAMPS: 25.16 Z 4/5/2019 Catherine Mulquin**

1	Bergstrom, Sophie	24	Philadelphia Fin-8	26.11
2	Burns, Carly	22	Loud Loons-12	27.72
3	McGrath, Megan	22	Navy Club Swim-58	28.24
4	Sanfield, Katie	24	Club Tribe-12	28.25
5	Capecci, Isabel	24	Terrapin Masters-10	32.18
6	Encinas, Valerie	20	Loud Loons-12	34.28

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Women 18-24 100 Yard Butterfly

NATL: 52.30 N 11/8/2009 DANA VOLLMER			
ZONECHAMPS: 57.38 Z 4/12/2015 Harumi Katsuyama			
1 Bergstrom, Sophie	24 Philadelphia Fin-8	59.42	
27.19	59.42		
2 Burns, Carly	22 Loud Loons-12	1:04.06	
29.86	1:04.06		
3 Sanfield, Katie	24 Club Tribe-12	1:05.22	
30.11	1:05.22		

Women 18-24 100 Yard IM

NATL: 53.02 N 12/21/2014 KATIE MEILI			
ZONECHAMPS: 59.66 Z 4/13/2018 Laura Schwartz			
1 Bergstrom, Sophie	24 Philadelphia Fin-8	1:00.12	
26.66	1:00.12		
2 Sanfield, Katie	24 Club Tribe-12	1:04.98	
29.73	1:04.98		
3 Avra, Veronica	19 Navy Club Swim-58	1:05.04	
29.46	1:05.04		
4 Burns, Carly	22 Loud Loons-12	1:06.55	
31.40	1:06.55		
5 Chung, Amy	22 Navy Club Swim-58	1:07.07	
30.52	1:07.07		
6 Staats, Elizabeth	18 Navy Club Swim-58	1:08.98	
31.41	1:08.98		
7 Hung, Emily	24 District Of Colu-10	1:15.20	
34.45	1:15.20		
8 McNelis, Delaney	18 Suwc Wahoos-12	1:35.68	
46.02	1:35.68		
--- Miani, Sabina	24 Reston Masters S-10	DQ	
42.34	DQ		

Women 18-24 200 Yard IM

NATL: 1:54.20 N 12/4/2014 KATIE MEILI			
ZONECHAMPS: 2:09.53 Z 4/13/2018 Laura Schwartz			
1 McGrath, Megan	22 Navy Club Swim-58	2:16.74	
28.47	1:02.63	1:44.61	2:16.74
2 Sanfield, Katie	24 Club Tribe-12	2:24.06	
29.30	1:05.98	1:48.30	2:24.06
3 Gutierrez, Ana	21 Colonials 1776-8	2:55.83	
36.42	1:18.67	2:14.92	2:55.83

Women 25-29 50 Yard Freestyle

NATL: 22.00 N 4/27/2019 KATARZYNA WILK			
ZONECHAMPS: 23.16 Z 4/24/2005 Petra Martin			
1 Mastropaolo, Megan	25 Arlington Master-10	26.57	
2 Littlepage, Madison	26 Club Tribe-12	27.67	
3 Ellsmore, Rachel	27 Fredericksburg A-12	28.26	
4 Biles, Calle	27 Reston Masters S-10	28.62	
5 Shneydman, Stephanie	25 Germantown Maryl-	29.63	
6 Jackson, Alexandra	29 UC10	33.34	

Women 25-29 100 Yard Freestyle

NATL: 48.58 N 5/12/2018 KATARZYNA WILK			
ZONECHAMPS: 52.00 Z 4/7/2017 Marina Falcone			
1 Vesey, Alicia	27 Club Tribe-12	57.27	
27.08	57.27		

2 Littlepage, Madison	26 Club Tribe-12	59.43	
28.67	59.43		
3 Ellsmore, Rachel	27 Fredericksburg A-12	1:04.40	
30.33	1:04.40		
4 Lundgren, Cora	26 Patriot Masters-10	1:04.48	
30.20	1:04.48		

Women 25-29 200 Yard Freestyle

NATL: 1:47.88 N 4/30/2023 JENNA CAMPBELL			
ZONECHAMPS: 1:52.76 Z 4/7/2017 Marina Falcone			
1 Jacobs, Elyse	27 Club Tribe-12	2:04.49	
29.37	1:00.53	1:32.22	2:04.49
2 Vesey, Alicia	27 Club Tribe-12	2:08.17	
28.48	1:00.34	1:33.55	2:08.17
3 DeRonja, Josephine	25 Lane 4 Swimming-10	2:11.28	
29.51	1:03.20	1:36.76	2:11.28
4 Biles, Calle	27 Reston Masters S-10	2:21.96	
33.54	1:09.02	1:45.56	2:21.96
5 Jackson, Alexandra	29 UC10	3:16.60	
38.90	1:26.89	2:22.27	3:16.60

Women 25-29 500 Yard Freestyle

NATL: 4:48.88 N 4/29/2023 JENNA CAMPBELL			
ZONECHAMPS: 5:12.74 Z 4/20/2013 Katie Gilmore			
1 Jacobs, Elyse	27 Club Tribe-12	5:38.24	
30.80	1:03.92	1:37.87	2:12.42
2:46.86	3:21.29	3:55.67	4:29.96
5:04.26	5:38.24		

Women 25-29 1000 Yard Freestyle

NATL:10:07.39 N 4/1/2023 BECCA MANN			
ZONECHAMPS:10:34.30 Z 4/19/2013 Katie Gilmore			
1 DeRonja, Josephine	25 Lane 4 Swimming-10	12:20.40	
31.73	1:06.81	1:43.12	2:19.76
2:57.57	3:35.27	4:13.07	4:51.30
5:29.13	6:07.17	6:45.12	7:22.78
8:00.05	8:37.51	9:14.34	9:51.44
10:28.90	11:06.04	11:43.61	12:20.40
2 Littlepage, Madison	26 Club Tribe-12	12:35.08	
32.80	1:09.03	1:45.96	2:23.64
3:01.47	3:39.51	4:17.41	4:55.20
5:33.35	6:11.64	6:49.97	7:28.62
8:07.21	8:45.74	9:24.63	10:03.40
10:41.77	11:20.02	11:57.90	12:35.08

Women 25-29 1650 Yard Freestyle

NATL:16:50.17 N 5/19/1991 KAREN BURTON			
ZONECHAMPS:18:05.58 Z 5/9/1993 Laurie Hug			
1 Jacobs, Elyse	27 Club Tribe-12	19:37.52	
31.84	1:06.46	1:41.93	2:17.80
2:53.93	3:30.14	4:06.35	4:42.70
5:19.08	5:55.55	6:31.78	7:08.10
7:44.29	8:20.55	8:56.63	9:32.70
10:08.36	10:44.15	11:19.76	11:55.82
12:31.47	13:07.49	13:43.44	14:19.28
14:55.21	15:30.85	16:06.37	16:41.78
17:17.05	17:52.58	18:28.13	19:03.40
			19:37.52

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NATL: 24.70 N 6/20/2024 ALLY HOWE			
ZONECHAMPS: 27.35 Z 4/13/2018 Anna Macedonia			
1	Mastropaolo, Megan	25	Arlington Master-10 29.40
2	Vesey, Alicia	27	Club Tribe-12 30.20
3	Ricci, Alice	26	Germantown Maryl- 35.58
4	Ellsmore, Rachel	27	Fredericksburg A-12 36.47

Women 25-29 100 Yard Backstroke

NATL: 52.69 N 4/30/2023 ALLY HOWE			
ZONECHAMPS: 58.67 Z 3/15/2025 Colleen Humel			
1	Mastropaolo, Megan	25	Arlington Master-10 1:02.12
			29.97 1:02.12
2	Jacobs, Elyse	27	Club Tribe-12 1:12.69
			35.67 1:12.69
3	Shneydman, Stephanie	25	Germantown Maryl- 1:17.00
			36.86 1:17.00
---	Jackson, Alexandra	29	UC10 DQ
			50.62 DQ

Women 25-29 200 Yard Backstroke

NATL: 1:55.90 N 6/23/2024 ALLY HOWE			
ZONECHAMPS: 2:07.23 Z 3/15/2025 Colleen Humel			
1	Mastropaolo, Megan	25	Arlington Master-10 2:18.35
			32.44 1:07.59 1:42.67 2:18.35

Women 25-29 50 Yard Breaststroke

NATL: 27.10 N 4/30/2016 KATIE MEILI			
ZONECHAMPS: 30.03 Z 4/24/2005 Petra Martin			
1	Lundgren, Cora	26	Patriot Masters-10 38.65
2	Shneydman, Stephanie	25	Germantown Maryl- 40.94

Women 25-29 100 Yard Breaststroke

NATL: 59.58 N 2/6/2010 MEGAN JENDRICK			
ZONECHAMPS: 1:08.30 Z 4/25/2010 Jen Brielmaier			
1	Jacobs, Elyse	27	Club Tribe-12 1:18.30
			36.79 1:18.30

Women 25-29 50 Yard Butterfly

NATL: 24.19 N 4/28/2017 DANIELLE HERRMANN			
ZONECHAMPS: 25.83 Z 4/24/2005 Petra Martin			
1	Ellsmore, Rachel	27	Fredericksburg A-12 30.83

Women 25-29 100 Yard Butterfly

NATL: 53.20 N 4/24/2015 AMANDA SIMS			
ZONECHAMPS: 57.58 Z 4/6/2014 Jessica Koltz			
1	DeRonja, Josephine	25	Lane 4 Swimming-11 1:04.93
			30.43 1:04.93
2	Jacobs, Elyse	27	Club Tribe-12 1:07.21
			31.11 1:07.21

Women 25-29 200 Yard Butterfly

NATL: 1:56.62 N 4/26/2025 DAKOTA LUTHER			
ZONECHAMPS: 2:09.97 Z 4/5/2014 Denise Letendre			
1	Ricci, Alice	26	Germantown Maryl- 2:34.54
			34.75 1:14.07 1:54.43 2:34.54

Women 25-29 100 Yard IM

NATL: 54.40 N 4/29/2017 DANIELLE HERRMANN			
ZONECHAMPS: 59.53 Z 4/24/2005 Petra Martin			
1	Mastropaolo, Megan	25	Arlington Master-10 1:05.24
			30.10 1:05.24
2	Lundgren, Cora	26	Patriot Masters-10 1:13.75
			34.59 1:13.75
3	Shneydman, Stephanie	25	Germantown Maryl- 1:16.90
			34.71 1:16.90
4	Ellsmore, Rachel	27	Fredericksburg A-12 1:16.96
			34.36 1:16.96

Women 25-29 200 Yard IM

NATL: 1:57.56 N 12/5/2013 JUSTINE MUELLER			
ZONECHAMPS: 2:10.22 Z 4/8/2016 Rachel Ripley			
1	Jacobs, Elyse	27	Club Tribe-12 2:26.64
			31.50 1:10.19 1:53.28 2:26.64

Women 30-34 50 Yard Freestyle

NATL: 22.37 N 4/7/2019 MADISON KENNEDY			
ZONECHAMPS: 24.04 Z 4/26/2009 Petra Martin			
1	Staniszewski, Dylan	31	UC04 26.10
2	Schaffling, Staci	31	Colonials 1776-8 26.52
3	Woods, Katie	34	Reston Masters S-10 29.07
4	McCartney, Theresa	33	DC Dept Of Recre-10 30.34
5	King, Molly	33	Colonials 1776-8 32.46

Women 30-34 100 Yard Freestyle

NATL: 48.03 N 2/23/2013 ERIKA ERNDL			
ZONECHAMPS: 52.34 Z 4/25/2009 Petra Martin			
1	Staniszewski, Dylan	31	UC04 56.84
			27.57 56.84
2	Schaffling, Staci	31	Colonials 1776-8 58.61
			28.12 58.61
3	Shyu, DoRonne	33	Patriot Masters-10 58.67
			27.95 58.67
4	Moore, Jennifer	31	Alexandria Maste-10 1:01.68
			29.29 1:01.68
5	Woods, Katie	34	Reston Masters S-10 1:07.32
			31.66 1:07.32
6	McCartney, Theresa	33	DC Dept Of Recre-10 1:08.16
			31.91 1:08.16
7	King, Molly	33	Colonials 1776-8 1:12.16
			33.35 1:12.16

Women 30-34 200 Yard Freestyle

NATL: 1:43.46 N 11/30/2012 ERIKA ERNDL			
ZONECHAMPS: 1:55.16 Z 4/6/2014 Katie McWilliams			
1	Staniszewski, Dylan	31	UC04 2:05.47
			29.43 1:01.16 1:33.69 2:05.47
2	Schaffling, Staci	31	Colonials 1776-8 2:06.03
			29.29 1:00.73 1:33.62 2:06.03
3	Shyu, DoRonne	33	Patriot Masters-10 2:14.76
			31.10 1:04.04 1:39.34 2:14.76
4	Wei, Laurie	31	Club Tribe-12 2:20.82
			32.35 1:08.52 1:44.76 2:20.82
5	Mead, Margaret	30	Talbot Masters-9 2:32.97
			33.62 1:11.73 1:52.82 2:32.97

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Women 30-34 200 Yard Freestyle)**

6 King, Molly	33 Colonials 1776-8	2:39.06
33.78 1:13.30	1:56.35 2:39.06	

Women 30-34 500 Yard Freestyle**NATL: 4:46.92 N 4/14/2012 DAWN HECKMAN****ZONECHAMPS: 5:11.06 Z 4/2/2000 Laurie Hug**

1 Randolph, Courtney	34 Terrapin Masters-10	5:18.24
29.21 1:00.53	1:32.25 2:04.52	
2:36.73 3:08.89	3:41.37 4:13.94	
4:46.60 5:18.24		
2 Staniszewski, Dylan	31 UC04	5:48.42
30.19 1:02.97	1:37.02 2:12.15	
2:47.54 3:23.66	4:00.34 4:36.66	
5:12.71 5:48.42		
3 Wei, Laurie	31 Club Tribe-12	6:13.04
32.46 1:08.63	1:46.72 2:24.87	
3:03.08 3:41.27	4:20.14 4:58.47	
5:36.18 6:13.04		

Women 30-34 1650 Yard Freestyle**NATL:17:07.52 N 5/23/1993 KAREN BURTON****ZONECHAMPS:17:27.45 Z 4/2/2000 Laurie Hug**

1 Wei, Laurie	31 Club Tribe-12	21:25.62
33.22 1:10.84	1:49.28 2:28.48	
3:07.51 3:46.26	4:25.71 5:05.03	
5:44.38 6:23.32	7:02.21 7:41.31	
8:20.96 9:00.08	9:39.91 10:19.02	
10:58.40 11:37.42	12:16.62 12:55.57	
13:34.25 14:13.66	14:52.85 15:32.45	
16:11.90 16:51.53	17:31.05 18:10.98	
18:50.81 19:30.07	20:09.69 20:48.35	21:25.62

Women 30-34 50 Yard Backstroke**NATL: 24.96 N 5/1/2011 NORIKO INADA****ZONECHAMPS: 25.10 Z 3/15/2025 Courtney Bartholomew**

1 Randolph, Courtney	34 Terrapin Masters-10	28.58
2 Wong, Lauren	31 Reston Masters S-10	29.73
3 Schaffling, Staci	31 Colonials 1776-8	32.44
4 McCartney, Theresa	33 DC Dept Of Recre-10	33.60
5 King, Molly	33 Colonials 1776-8	36.35

Women 30-34 100 Yard Backstroke**NATL: 53.61 N 3/21/2025 C BARTHOLOMEW****ZONECHAMPS: 1:00.05 Z 5/9/1993 Zena Herrmann**

1 Shyu, DoRonne	33 Patriot Masters-10	1:04.08
30.25 1:04.08		
2 McCartney, Theresa	33 DC Dept Of Recre-10	1:12.08
34.98 1:12.08		
3 King, Molly	33 Colonials 1776-8	1:16.82
36.74 1:16.82		
4 Mead, Margaret	30 Talbot Masters-9	1:18.40
38.46 1:18.40		

Women 30-34 200 Yard Backstroke**NATL: 1:55.48 N 3/21/2026 C BARTHOLOMEW****ZONECHAMPS: 1:56.26 Z 3/15/2025 Courtney Bartholomew**

1 Wong, Lauren	31 Reston Masters S-10	2:23.83
34.11 1:10.61	1:47.58 2:23.83	
2 King, Molly	33 Colonials 1776-8	2:51.03
38.17 1:20.66	2:05.72 2:51.03	

Women 30-34 50 Yard Breaststroke**NATL: 28.48 N 5/4/2008 KATIE MCCLELLAND****ZONECHAMPS: 29.62 Z 4/25/2009 Petra Martin**

1 Woods, Katie	34 Reston Masters S-10	37.94
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Women 30-34 100 Yard Breaststroke**NATL: 58.81 N 3/6/2022 DANIELLE HERRMANN****ZONECHAMPS: 1:07.03 Z 3/15/2025 Courtney Bartholomew**

1 Wei, Laurie	31 Club Tribe-12	1:24.96
39.77 1:24.96		
2 Woods, Katie	34 Reston Masters S-10	1:25.46
39.16 1:25.46		

Women 30-34 200 Yard Breaststroke**NATL: 2:11.78 N 12/19/2021 DANIELLE HERRMANN****ZONECHAMPS: 2:28.53 Z 4/5/2019 Denise Letendre**

1 Wei, Laurie	31 Club Tribe-12	3:04.95
40.59 1:27.32	2:15.87 3:04.95	

Women 30-34 50 Yard Butterfly**NATL: 24.18 N 4/15/2000 ANGEL MARTINO****ZONECHAMPS: 26.43 Z 4/26/2009 Petra Martin**

1 Shyu, DoRonne	33 Patriot Masters-10	27.98
2 Schaffling, Staci	31 Colonials 1776-8	29.08
3 Wei, Laurie	31 Club Tribe-12	31.47
4 Moore, Jennifer	31 Alexandria Maste-10	32.12
5 McCartney, Theresa	33 DC Dept Of Recre-10	34.02

Women 30-34 100 Yard Butterfly**NATL: 52.93 N 3/5/2022 DANIELLE HERRMANN****ZONECHAMPS: 59.11 Z 4/15/2012 Yun Qu**

1 Schaffling, Staci	31 Colonials 1776-8	1:06.98
31.17 1:06.98		
2 Wei, Laurie	31 Club Tribe-12	1:10.14
33.31 1:10.14		

Women 30-34 200 Yard Butterfly**NATL: 2:03.46 N 5/12/1996 K PIPES-NEILSEN****ZONECHAMPS: 2:11.83 Z 4/14/2012 Yun Qu**

1 Wei, Laurie	31 Club Tribe-12	2:32.42
33.57 1:11.72	1:51.55 2:32.42	

Women 30-34 100 Yard IM**NATL: 56.73 N 3/22/2025 C BARTHOLOMEW****ZONECHAMPS: 56.73 Z 3/15/2025 Courtney Bartholomew**

1 Randolph, Courtney	34 Terrapin Masters-10	1:03.16
28.96 1:03.16		
2 McCartney, Theresa	33 DC Dept Of Recre-10	1:15.09
35.50 1:15.09		
3 Mead, Margaret	30 Talbot Masters-9	1:20.22
37.18 1:20.22		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Women 30-34 200 Yard IM****NATL: 1:58.80 N 3/11/2009 ERIKA ERNDL****ZONECHAMPS: 2:02.14 Z 3/15/2025 Courtney Bartholomew**

1	McCartney, Theresa	33	DC Dept Of Recre-10	2:44.74
	36.40	1:18.07	2:06.39	2:44.74

Women 30-34 400 Yard IM**NATL: 4:14.84 N 1/20/2013 ERIKA ERNDL****ZONECHAMPS: 4:37.99 Z 5/2/1999 Laurie Hug**

1	Randolph, Courtney	34	Terrapin Masters-10	4:45.45
	30.48	1:05.55	1:42.63	2:18.47
	2:59.71	3:40.87	4:14.09	4:45.45
2	Staniszewski, Dylan	31	UC04	5:05.79
	32.57	1:09.05	1:47.80	2:26.94
	3:13.02	3:58.33	4:32.60	5:05.79
3	Wei, Laurie	31	Club Tribe-12	5:35.39
	33.83	1:12.31	1:56.23	2:40.72
	3:30.01	4:19.77	4:58.69	5:35.39

Women 35-39 50 Yard Freestyle**NATL: 22.34 N 2/25/2007 DARA TORRES****ZONECHAMPS: 24.11 Z 4/7/2017 Katie Grier**

1	Segovia, Vanessa	39	Reston Masters S-10	28.80
2	Kinlen, Aleksandra	37	DC Dept Of Recre-10	30.51
3	Pumphrey, Rachel	38	Loud Loons-12	31.41
4	Oliver, Cassandra	35	District Of Colu-10	33.08

Women 35-39 100 Yard Freestyle**NATL: 49.72 N 2/25/2007 DARA TORRES****ZONECHAMPS: 51.91 Z 4/13/2018 Katie Grier**

1	Jones, Shannon	36	Alexandria Maste-10	58.16
	27.85	58.16		
2	Segovia, Vanessa	39	Reston Masters S-10	1:05.27
	30.91	1:05.27		
3	Kinlen, Aleksandra	37	DC Dept Of Recre-10	1:06.60
	32.44	1:06.60		

Women 35-39 200 Yard Freestyle**NATL: 1:51.55 N 5/3/1997 K PIPES-NEILSEN****ZONECHAMPS: 1:57.03 Z 4/22/2001 Andrea Luallen**

1	Kinlen, Aleksandra	37	DC Dept Of Recre-10	2:22.63
	33.01	1:08.32	1:45.28	2:22.63
2	Pumphrey, Rachel	38	Loud Loons-12	2:31.00
	34.09	1:11.84	1:52.04	2:31.00

Women 35-39 500 Yard Freestyle**NATL: 4:56.09 N 5/3/1997 K PIPES-NEILSEN****ZONECHAMPS: 5:11.87 Z 4/21/2002 Laurie Hug**

1	Marshall, Victoria	37	Colonials 1776-8	5:55.85
	34.37	1:09.96	1:45.67	2:22.00
	2:58.16	3:33.53	4:09.41	4:45.12
	5:20.67	5:55.85		
2	McDonald, Megan	37	Fredericksburg A-12	6:38.42
	33.66	1:12.53	1:53.15	2:33.93
	3:14.98	3:56.32	4:37.86	5:19.27
	5:59.90	6:38.42		

Women 35-39 50 Yard Backstroke**NATL: 24.71 N 4/29/2017 NORIKO INADA****ZONECHAMPS: 27.81 Z 4/7/2017 Katie Grier**

1	Jones, Shannon	36	Alexandria Maste-10	30.99
2	Kinlen, Aleksandra	37	DC Dept Of Recre-10	36.57

Women 35-39 100 Yard Backstroke**NATL: 53.58 N 4/30/2017 NORIKO INADA****ZONECHAMPS: 58.17 Z 3/15/2025 Brittany Butcher**

1	Pumphrey, Rachel	38	Loud Loons-12	1:22.25
	39.93	1:22.25		

Women 35-39 200 Yard Backstroke**NATL: 2:00.54 N 3/14/1998 K PIPES-NEILSEN****ZONECHAMPS: 2:06.58 Z 3/15/2025 Brittany Butcher**

1	Marshall, Victoria	37	Colonials 1776-8	2:41.65
	38.79	1:18.93	2:00.52	2:41.65

Women 35-39 50 Yard Breaststroke**NATL: 28.51 N 5/2/2014 KATIE GLENN****ZONECHAMPS: 31.56 Z 4/8/2016 Kristen Harris**

1	Segovia, Vanessa	39	Reston Masters S-10	37.55
2	Oliver, Cassandra	35	District Of Colu-10	44.71

Women 35-39 100 Yard Breaststroke**NATL: 1:01.88 N 4/25/2015 KATIE GLENN****ZONECHAMPS: 1:08.33 Z 3/15/2025 Claire Thomas**

1	Hammerly, Samantha	36	Alexandria Maste-10	1:14.60
	34.63	1:14.60		
2	McDonald, Megan	37	Fredericksburg A-12	1:23.05
	39.09	1:23.05		
3	Segovia, Vanessa	39	Reston Masters S-10	1:23.58
	40.34	1:23.58		

Women 35-39 200 Yard Breaststroke**NATL: 2:17.51 N 4/26/2015 KATIE GLENN****ZONECHAMPS: 2:33.76 Z 4/24/2005 Cheryl Conlin**

1	Marshall, Victoria	37	Colonials 1776-8	2:49.33
	39.75	1:22.48	2:05.57	2:49.33
2	McDonald, Megan	37	Fredericksburg A-12	2:58.21
	40.02	1:24.55	2:11.14	2:58.21

Women 35-39 50 Yard Butterfly**NATL: 24.68 N 5/3/2025 MADISON KENNEDY****ZONECHAMPS: 26.26 Z 4/7/2017 Katie Grier**

1	Jones, Shannon	36	Alexandria Maste-10	29.08
2	Hammerly, Samantha	36	Alexandria Maste-10	30.20
3	Segovia, Vanessa	39	Reston Masters S-10	33.28

Women 35-39 100 Yard Butterfly**NATL: 55.78 N 5/18/2003 S VON DER LIPPE****ZONECHAMPS: 59.38 Z 5/2/1999 Beth Baker**

1	Marshall, Victoria	37	Colonials 1776-8	1:05.71
	30.64	1:05.71		
2	McDonald, Megan	37	Fredericksburg A-12	1:16.87
	35.34	1:16.87		
3	Pumphrey, Rachel	38	Loud Loons-12	1:26.13
	39.02	1:26.13		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Women 35-39 200 Yard Butterfly

NATL: 2:03.48 N 5/22/2005 S VON DER LIPPE

ZONECHAMPS: 2:16.89 Z 4/13/2003 Laurie Hug

1	Marshall, Victoria	37	Colonials 1776-8	2:27.26
	34.45	1:12.10	1:49.90	2:27.26

Women 35-39 100 Yard IM

NATL: 57.25 N 4/29/2017 GABRIELLE CHANG

ZONECHAMPS: 1:00.35 Z 3/15/2025 Brittany Butcher

1	Kinlen, Aleksandra	37	DC Dept Of Recre-10	1:19.01
	37.54	1:19.01		

Women 35-39 200 Yard IM

NATL: 2:05.24 N 3/14/1998 K PIPES-NEILSEN

ZONECHAMPS: 2:13.08 Z 5/2/1999 Beth Baker

1	Hammerly, Samantha	36	Alexandria Maste-10	2:27.83
	31.93	1:12.11	1:52.94	2:27.83
2	McDonald, Megan	37	Fredericksburg A-12	2:41.24
	36.00	1:17.47	2:03.60	2:41.24

Women 35-39 400 Yard IM

NATL: 4:24.18 N 3/14/1998 K PIPES-NEILSEN

ZONECHAMPS: 4:37.56 Z 5/2/1999 Vibeke Swanson

1	Marshall, Victoria	37	Colonials 1776-8	5:17.94
	33.48	1:11.65	1:54.79	2:36.93
	3:21.66	4:06.46	4:43.18	5:17.94
---	McDonald, Megan	37	Fredericksburg A-12	DQ
	36.03	1:18.66	2:03.99	2:48.42
	3:34.54	4:21.16	4:59.58	DQ

Women 40-44 50 Yard Freestyle

NATL: 21.91 N 4/15/2007 DARA TORRES

ZONECHAMPS: 24.02 Z 4/5/2019 Katie Grier

1	Stakem, Meredith	44	Terrapin Masters-10	24.55
2	Zung, Randi	40	Montgomery Ancie-	27.16
3	Previti, Emily	43	Colonials 1776-8	27.23
4	Jue, Heather	42	Lane 4 Swimming-10	32.50
5	Boehm, Rachel	44	Lane 4 Swimming-10	33.19
6	Knoesen, Sarah	42	Patriot Masters-10	33.45
7	Hufford, Ellen	43	Arlington Master-10	38.26

Women 40-44 100 Yard Freestyle

NATL: 48.34 N 4/15/2007 DARA TORRES

ZONECHAMPS: 51.49 Z 4/5/2019 Katie Grier

1	Stakem, Meredith	44	Terrapin Masters-10	55.79
	27.03	55.79		
2	Zung, Randi	40	Montgomery Ancie-	58.29
	27.90	58.29		
3	Previti, Emily	43	Colonials 1776-8	1:00.50
	28.82	1:00.50		
4	Bland, Betsy	44	Club Tribe-12	1:05.24
	31.40	1:05.24		
5	Jakubchak, Lindsey	43	Alexandria Maste-10	1:05.66
	31.75	1:05.66		
6	Miller, Allison	42	Arlington Master-10	1:06.72
	32.07	1:06.72		
7	Markley, Mary	41	Montgomery Ancie-	1:07.27
	31.81	1:07.27		

8	Hufford, Ellen	43	Arlington Master-10	1:26.50
	41.61	1:26.50		
9	Duquette, Michelle	43	Lane 4 Swimming-10	1:45.83
	52.54	1:45.83		

Women 40-44 200 Yard Freestyle

NATL: 1:51.06 N 12/22/2002 K PIPES-NEILSEN

ZONECHAMPS: 1:57.72 Z 4/25/2010 Kristin Gary

1	Previti, Emily	43	Colonials 1776-8	2:09.14
	29.75	1:02.16	1:35.91	2:09.14
2	Glover-Persian, Bethany	43	Cavalier Masters-12	2:14.21
	31.18	1:04.66	1:39.06	2:14.21
3	Jakubchak, Lindsey	43	Alexandria Maste-10	2:19.25
	32.49	1:07.37	1:42.96	2:19.25
4	Miller, Allison	42	Arlington Master-10	2:27.37
	34.29	1:11.58	1:49.88	2:27.37
5	Taylor, Alaina	44	Alexandria Maste-10	2:32.07
	34.99	1:13.17	1:52.86	2:32.07
6	Hufford, Ellen	43	Arlington Master-10	3:02.55
	41.37	1:28.95	2:18.26	3:02.55

Women 40-44 500 Yard Freestyle

NATL: 4:58.98 N 10/5/2002 K PIPES-NEILSEN

ZONECHAMPS: 5:20.75 Z 4/25/2009 Laurie Hug

1	Previti, Emily	43	Colonials 1776-8	5:52.87
	31.33	1:06.27	1:41.84	2:18.14
	2:54.51	3:31.22	4:07.17	4:43.17
	5:19.11	5:52.87		
2	Markley, Mary	41	Montgomery Ancie-	6:36.60
	32.79	1:10.51	1:50.19	2:30.78
	3:11.85	3:52.99	4:34.56	5:15.92
	5:56.94	6:36.60		
3	Duquette, Michelle	43	Lane 4 Swimming-10	10:00.03
	53.07	1:50.55		3:53.26
	4:54.16	5:55.32	6:56.71	7:58.02
	8:58.95	10:00.03		

Women 40-44 1000 Yard Freestyle

NATL:10:20.45 N 12/21/2003 K PIPES-NEILSEN

ZONECHAMPS:10:57.76 Z 4/11/2008 Laurie Hug

1	Previti, Emily	43	Colonials 1776-8	12:27.86
	31.36	1:06.23	1:42.69	2:19.37
	2:56.43	3:33.99	4:11.88	4:49.63
	5:27.76	6:05.72	6:43.47	7:21.53
	7:59.47	8:37.89	9:16.57	9:55.42
	10:34.32	11:13.20	11:51.12	12:27.86
2	Glover-Persian, Bethany	43	Cavalier Masters-12	12:28.02
	33.17	1:09.18	1:46.33	2:23.85
	3:01.49	3:39.33	4:17.15	4:54.65
	5:32.70	6:10.99	6:49.22	7:27.66
	8:05.67	8:44.31	9:22.33	10:00.20
	10:37.35	11:15.06	11:52.34	12:28.02
3	Bland, Betsy	44	Club Tribe-12	13:11.71
	33.93	1:12.10	1:51.59	2:31.63
	3:12.18	3:52.59	4:33.00	5:13.32
	5:53.75	6:33.91	7:14.16	7:53.93
	8:34.12	9:14.24	9:54.41	10:34.26
	11:14.23	11:54.04	12:33.26	13:11.71

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Women 40-44 1650 Yard Freestyle****NATL: 17:06.37 N 11/4/2018 HEIDI GEORGE****ZONECHAMPS: 18:00.35 Z 4/15/2007 Laurie Hug**

1	Tranter, Carrie	41	Maryland Masters-9	22:03.32
	34.74	1:12.47	1:50.86	2:29.30
	3:08.25	3:47.38	4:26.73	5:06.77
	5:46.67	6:26.74	7:07.14	7:47.28
	8:27.27	9:07.21	9:47.52	10:27.87
	11:08.63	11:49.05	12:29.88	13:10.45
	13:51.23	14:32.23	15:13.20	15:54.09
	16:35.44	17:16.41	17:57.27	18:38.42
	19:19.49	20:00.41	20:41.39	21:22.65
				22:03.32
2	Taylor, Alaina	44	Alexandria Maste-10	22:43.26
	36.36	1:16.48	1:57.04	2:37.60
	3:18.02	3:59.17	4:40.99	5:22.57
	6:04.28	6:45.68	7:27.50	8:09.01
	8:50.47	9:32.29	10:14.24	10:56.13
	11:37.95	12:19.70	13:01.58	13:42.87
	14:24.38	15:06.02	15:47.26	16:28.94
	17:10.56	17:52.57	18:34.39	19:16.32
	19:57.84	20:40.09	21:21.70	22:03.48
				22:43.26

Women 40-44 50 Yard Backstroke**NATL: 26.12 N 5/1/2011 SHERI HART****ZONECHAMPS: 27.69 Z 4/24/2010 Kristin Gary**

1	Butcher, Brittany	40	New England Mast-2	26.90Z
2	Stakem, Meredith	44	Terrapin Masters-10	28.89
3	Zung, Randi	40	Montgomery Ancie-1	30.51
4	Bland, Betsy	44	Club Tribe-12	33.92
5	Knoesen, Sarah	42	Patriot Masters-10	37.24
6	Boehm, Rachel	44	Lane 4 Swimming-10	42.75

Women 40-44 100 Yard Backstroke**NATL: 56.03 N 4/30/2011 SHERI HART****ZONECHAMPS: 58.33 Z 4/25/2010 Kristin Gary**

1	Butcher, Brittany	40	New England Mast-2	57.36Z
	27.75			57.36
2	Stakem, Meredith	44	Terrapin Masters-10	1:04.99
	31.20			1:04.99
3	Zung, Randi	40	Montgomery Ancie-1	1:06.61
	32.31			1:06.61
4	Jue, Heather	42	Lane 4 Swimming-10	1:20.73
	39.19			1:20.73

Women 40-44 200 Yard Backstroke**NATL: 2:03.61 N 7/25/2021 JENNIFER MIHALIK****ZONECHAMPS: 2:04.43 Z 4/24/2010 Kristin Gary**

1	Butcher, Brittany	40	New England Mast-2	2:05.56
	29.26	1:00.81	1:32.88	2:05.56
2	Zung, Randi	40	Montgomery Ancie-1	2:25.90
	33.61	1:09.52	1:47.71	2:25.90
3	Glover-Persian, Bethany	43	Cavalier Masters-12	2:30.21
	36.02	1:13.50	1:51.69	2:30.21

Women 40-44 50 Yard Breaststroke**NATL: 28.71 N 5/11/2018 KATIE GLENN****ZONECHAMPS: 31.34 Z 4/7/2017 Kristen Harris**

1	Watson Pugh, Allison	44	Alexandria Maste-10	34.08
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2	Jakubchak, Lindsey	43	Alexandria Maste-10	37.70
3	Pierce, Jennifer	42	Freedom Aquatic-12	37.93
4	Knoesen, Sarah	42	Patriot Masters-10	41.99
5	Boehm, Rachel	44	Lane 4 Swimming-10	44.17
6	Hufford, Ellen	43	Arlington Master-10	52.72

Women 40-44 100 Yard Breaststroke**NATL: 1:02.70 N 5/13/2018 KATIE GLENN****ZONECHAMPS: 1:09.86 Z 4/7/2017 Kristen Harris**

1	Watson Pugh, Allison	44	Alexandria Maste-10	1:14.06
	34.37			1:14.06
2	Brown, Rachel	42	Arlington Master-10	1:15.17
	35.32			1:15.17
3	Jakubchak, Lindsey	43	Alexandria Maste-10	1:21.14
	38.88			1:21.14
4	Markley, Mary	41	Montgomery Ancie-1	1:22.95
	39.13			1:22.95
5	Miller, Allison	42	Arlington Master-10	1:23.00
	39.17			1:23.00
6	Knoesen, Sarah	42	Patriot Masters-10	1:32.63
	46.18			1:32.63

Women 40-44 200 Yard Breaststroke**NATL: 2:17.06 N 5/14/2006 S VON DER LIPPE****ZONECHAMPS: 2:32.09 Z 4/7/2017 Kristen Harris**

1	Miller, Allison	42	Arlington Master-10	2:58.13
	40.10	1:24.57	2:11.77	2:58.13

Women 40-44 50 Yard Butterfly**NATL: 25.14 N 5/10/2009 S VON DER LIPPE****ZONECHAMPS: 26.34 Z 4/5/2019 Katie Grier**

1	Stakem, Meredith	44	Terrapin Masters-10	27.00
2	Brown, Rachel	42	Arlington Master-10	28.84
3	Previti, Emily	43	Colonials 1776-8	30.19
4	Jakubchak, Lindsey	43	Alexandria Maste-10	31.56
5	Hufford, Ellen	43	Arlington Master-10	46.95
---	Boehm, Rachel	44	Lane 4 Swimming-10	DQ

Women 40-44 100 Yard Butterfly**NATL: 54.83 N 5/10/2009 S VON DER LIPPE****ZONECHAMPS: 59.12 Z 4/23/2006 Karlin Pipes-Neilsen**

1	Brown, Rachel	42	Arlington Master-10	1:02.69
	29.07			1:02.69
2	Glover-Persian, Bethany	43	Cavalier Masters-12	1:11.86
	35.02			1:11.86

Women 40-44 100 Yard IM**NATL: 57.95 N 4/28/2012 ERIKA BRAUN****ZONECHAMPS: 59.62 Z 4/23/2006 Karlin Pipes-Neilsen**

1	Butcher, Brittany	40	New England Mast-2	1:00.20
	26.67			1:00.20
2	Brown, Rachel	42	Arlington Master-10	1:07.77
	31.75			1:07.77
3	Zung, Randi	40	Montgomery Ancie-1	1:08.67
	31.87			1:08.67
4	Watson Pugh, Allison	44	Alexandria Maste-10	1:09.22
	32.80			1:09.22
5	Jue, Heather	42	Lane 4 Swimming-10	1:18.06
	35.97			1:18.06

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Women 40-44 100 Yard IM)**

6	Pierce, Jennifer	42	Freedom Aquatic-12	1:19.54
	37.95	1:19.54		
7	Knoesen, Sarah	42	Patriot Masters-10	1:24.57
	39.35	1:24.57		
---	Boehm, Rachel	44	Lane 4 Swimming-10	DQ
	37.73	DQ		

Women 40-44 200 Yard IM**NATL: 2:04.85 N 5/4/2008 S VON DER LIPPE****ZONECHAMPS: 2:11.32 Z 4/23/2006 Karlin Pipes-Neilsen**

1	Glover-Persian, Bethany	43	Cavalier Masters-12	2:32.90
	33.83	1:12.85	1:57.77	2:32.90
2	Watson Pugh, Allison	44	Alexandria Maste-10	2:33.02
	33.35	1:13.53	1:56.51	2:33.02

Women 40-44 400 Yard IM**NATL: 4:28.43 N 5/4/2008 S VON DER LIPPE****ZONECHAMPS: 4:34.29 Z 4/21/2002 Vibeke Swanson**

1	Taylor, Alaina	44	Alexandria Maste-10	6:08.37
	42.24	1:30.93	2:16.65	3:01.12
	3:54.23	4:46.49	5:28.23	6:08.37

Women 45-49 50 Yard Freestyle**NATL: 23.52 N 3/7/2025 JENNIFER MIHALIK****ZONECHAMPS: 24.20 Z 4/15/2012 Fall Willeboordse**

1	Grover, Mollie	45	Terrapin Masters-10	25.72
2	Garrett, Kristin	45	Suwc Wahoos-12	30.90

Women 45-49 100 Yard Freestyle**NATL: 51.26 N 3/12/2023 GABRIELLE ROSE****ZONECHAMPS: 52.66 Z 4/14/2012 Fall Willeboordse**

1	Grover, Mollie	45	Terrapin Masters-10	55.62
	27.47	55.62		
2	Hurtubise, Courtney	46	Club Tribe-12	1:00.05
	28.53	1:00.05		
3	Choe, Michele	48	Club Tribe-12	1:00.94
	28.57	1:00.94		
4	Shapiro, Margaret	49	Reston Masters S-10	1:03.11
	29.77	1:03.11		
5	Palavecino, Katie	47	Alexandria Maste-10	1:07.36
	32.36	1:07.36		

Women 45-49 200 Yard Freestyle**NATL: 1:52.97 N 3/12/2023 GABRIELLE ROSE****ZONECHAMPS: 1:57.03 Z 3/15/2025 Jennifer Brooks Crozier**

1	Grover, Mollie	45	Terrapin Masters-10	2:05.99
	29.58	1:01.81	1:34.46	2:05.99
2	Cone, Renee	49	Lane 4 Swimming-10	2:15.67
	31.81	1:06.08	1:40.94	2:15.67
3	Maschal, Sarah	48	Alexandria Maste-10	2:21.82
	33.04	1:08.42	1:44.98	2:21.82
4	Allen, Holly	45	Arlington Master-10	2:24.39
	33.57	1:10.19	1:47.44	2:24.39

Women 45-49 500 Yard Freestyle**NATL: 5:03.45 N 7/22/2021 HEIDI GEORGE****ZONECHAMPS: 5:23.32 Z 4/14/2012 Laurie Hug**

1	Palavecino, Katie	47	Alexandria Maste-10	6:17.98
	34.28	1:10.93	1:48.28	2:26.75
	3:05.03	3:43.54	4:22.32	5:01.17
	5:40.22	6:17.98		
2	Maschal, Sarah	48	Alexandria Maste-10	6:28.68
	33.82	1:10.58	1:49.10	2:28.41
	3:07.98	3:47.77	4:28.15	5:08.88
	5:49.63	6:28.68		

Women 45-49 1000 Yard Freestyle**NATL:10:13.82 N 12/15/2022 HEIDI GEORGE****ZONECHAMPS:10:57.88 Z 4/17/2011 Laurie Hug**

1	Cone, Renee	49	Lane 4 Swimming-10	13:11.62
	33.32	1:09.35	1:46.94	2:25.26
	3:03.69	3:42.95	4:22.58	5:02.69
	5:43.57	6:24.62	7:05.36	7:46.04
	8:26.80	9:07.59	9:48.67	10:30.18
	11:11.14	11:52.15	12:32.19	13:11.62
2	Thomas, Ruth Anne	45	Club Tribe-12	13:36.99
	34.85	1:14.11	1:54.12	2:35.46
	3:16.90	3:58.62	4:40.31	5:22.33
	6:03.35	6:44.79	7:26.44	8:08.15
	8:49.61	9:31.41	10:12.64	10:53.27
	11:34.14	12:15.39	12:56.13	13:36.99

Women 45-49 1650 Yard Freestyle**NATL:17:02.48 N 4/27/2023 HEIDI GEORGE****ZONECHAMPS:18:09.22 Z 4/17/2011 Laurie Hug**

1	Palavecino, Katie	47	Alexandria Maste-10	21:44.24
	35.51	1:13.82	1:52.80	2:31.87
	3:10.79	3:49.51	4:28.45	5:07.81
	5:47.32	6:27.41	7:07.79	7:48.14
	8:28.35	9:08.57	9:48.41	10:28.60
	11:08.60	11:48.80	12:28.78	13:08.84
	13:48.69	14:28.58	15:08.53	15:48.35
	16:28.09	17:08.07	17:48.00	18:27.76
	19:07.26	19:46.89	20:26.24	21:05.63
				21:44.24

Women 45-49 50 Yard Backstroke**NATL: 26.82 N 12/5/2025 JENNIFER MIHALIK****ZONECHAMPS: 27.61 Z 4/21/2013 Susan Williams**

1	Hurtubise, Courtney	46	Club Tribe-12	32.20
2	Dodobara-Griffith, Lisa	45	Lane 4 Swimming-10	40.01

Women 45-49 100 Yard Backstroke**NATL: 57.17 N 3/7/2026 JENNIFER MIHALIK****ZONECHAMPS: 58.46 Z 4/14/2012 Fall Willeboordse**

1	Choe, Michele	48	Club Tribe-12	1:11.55
	34.17	1:11.55		
2	Thomas, Ruth Anne	45	Club Tribe-12	1:12.71
	35.20	1:12.71		
3	Allen, Holly	45	Arlington Master-10	1:15.60
	37.28	1:15.60		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Women 45-49 50 Yard Breaststroke

NATL: 28.54 N 4/30/2023 GABRIELLE ROSE

ZONECHAMPS: 31.10 Z 3/15/2025 Deanne Moyer Morris

1	Thomas, Ruth Anne	45	Club Tribe-12	35.47
2	Dodobara-Griffith, Lisa	45	Lane 4 Swimming-10	40.67

Women 45-49 100 Yard Breaststroke

NATL: 1:01.63 N 4/28/2023 GABRIELLE ROSE

ZONECHAMPS: 1:07.50 Z 3/15/2025 Deanne Moyer Morris

1	Hurtubise, Courtney	46	Club Tribe-12	1:16.78
				35.56 1:16.78
2	Philpott, Kate	49	Reston Masters S-10	1:32.20
				44.69 1:32.20
3	Dodobara-Griffith, Lisa	45	Lane 4 Swimming-10	1:33.84
				43.29 1:33.84

Women 45-49 200 Yard Breaststroke

NATL: 2:15.71 N 4/29/2023 GABRIELLE ROSE

ZONECHAMPS: 2:27.68 Z 3/15/2025 Deanne Moyer Morris

1	Philpott, Kate	49	Reston Masters S-10	3:21.65
				46.96 1:38.95 2:31.20 3:21.65
2	Dodobara-Griffith, Lisa	45	Lane 4 Swimming-10	3:31.39
				44.69 1:36.69 2:33.31 3:31.39

Women 45-49 50 Yard Butterfly

NATL: 25.27 N 6/23/2024 J BROOKS CROZIER

ZONECHAMPS: 25.72 Z 3/15/2025 Jennifer Brooks Crozier

1	Grover, Mollie	45	Terrapin Masters-10	27.79
2	Maschal, Sarah	48	Alexandria Masters-10	33.91
3	Dodobara-Griffith, Lisa	45	Lane 4 Swimming-10	38.54

Women 45-49 100 Yard Butterfly

NATL: 56.97 N 5/1/2011 S VON DER LIPPE

ZONECHAMPS: 59.28 Z 4/15/2012 Fall Willeboordse

1	Choe, Michele	48	Club Tribe-12	1:11.66
				33.08 1:11.66
2	Shapiro, Margaret	49	Reston Masters S-10	1:13.88
				33.50 1:13.88

Women 45-49 100 Yard IM

NATL: 56.20 N 4/29/2023 GABRIELLE ROSE

ZONECHAMPS: 59.81 Z 4/15/2012 Fall Willeboordse

1	Thomas, Ruth Anne	45	Club Tribe-12	1:11.21
				32.89 1:11.21
2	Cone, Renee	49	Lane 4 Swimming-10	1:11.65
				32.97 1:11.65
3	Allen, Holly	45	Arlington Master-10	1:14.61
				34.93 1:14.61
4	Garrett, Kristin	45	Suwc Wahoos-12	1:17.18
				34.49 1:17.18

Women 45-49 200 Yard IM

NATL: 2:03.62 N 4/28/2023 GABRIELLE ROSE

ZONECHAMPS: 2:15.19 Z 4/15/2007 Vibeke Swanson

1	Shapiro, Margaret	49	Reston Masters S-10	2:39.81
				33.80 1:14.67 2:02.57 2:39.81
2	Philpott, Kate	49	Reston Masters S-10	3:08.43
				39.65 1:27.58 2:22.11 3:08.43

Women 45-49 400 Yard IM

NATL: 4:32.87 N 12/26/2009 K PIPES-NEILSEN

ZONECHAMPS: 4:49.51 Z 4/15/2007 Vibeke Swanson

1	Shapiro, Margaret	49	Reston Masters S-10	5:41.00
				35.13 1:16.50 2:01.20 2:46.04
				3:34.65 4:24.03 5:03.08 5:41.00

Women 50-54 50 Yard Freestyle

NATL: 23.75 N 4/30/2023 JENNY THOMPSON

ZONECHAMPS: 24.84 Z 4/8/2016 Fall Willeboordse

1	Conze, Margaret	54	Club Tribe-12	26.13
2	Layton, Katie	53	Patriot Masters-10	30.13
3	Collins, Tara	52	Maryland Masters-9	30.73
4	Woodrick, Lynn	50	Masters Aquatics-10	31.33
5	Rawson, Laurelyn	54	Lane 4 Swimming-10	31.49
6	Zubikarai, Paulina	54	Suwc Wahoos-12	32.84
7	Barton, Mercedes	50	Reston Masters S-10	36.12

Women 50-54 100 Yard Freestyle

NATL: 52.00 N 4/28/2023 JENNY THOMPSON

ZONECHAMPS: 54.51 Z 4/8/2016 Fall Willeboordse

1	Collins, Tara	52	Maryland Masters-9	1:09.70
				32.35 1:09.70
2	Kohler, Susan	52	Virginia Masters-12	1:12.56
				34.08 1:12.56
3	Zubikarai, Paulina	54	Suwc Wahoos-12	1:15.76
				36.23 1:15.76

Women 50-54 200 Yard Freestyle

NATL: 1:57.96 N 4/1/2022 ALISON ZAMANIAN

ZONECHAMPS: 2:05.65 Z 4/12/2015 Kelly Parker Palace

1	Carswell, Jenny	52	Germantown Maryl-	2:18.46
				33.13 1:07.79 1:43.25 2:18.46
2	Fitzgerald, Lauren	50	Club Tribe-12	2:20.91
				33.23 1:08.40 1:44.67 2:20.91

Women 50-54 500 Yard Freestyle

NATL: 5:12.67 N 4/29/2023 ALISON ZAMANIAN

ZONECHAMPS: 5:32.11 Z 4/7/2017 Laurie Hug

1	Fitzgerald, Lauren	50	Club Tribe-12	6:20.21
				33.52 1:09.17 1:46.25 2:23.82
				3:02.41 3:41.39 4:20.64 5:00.58
				5:40.95 6:20.21
2	Elkins, Kelly	50	Central Maryland-9	7:11.79
				36.88 1:19.15 2:02.74 2:46.39
				3:30.59 4:15.07 5:00.12 5:45.51
				6:29.89 7:11.79
3	Barton, Mercedes	50	Reston Masters S-10	8:12.02
				42.73 1:30.27 2:20.78 3:11.49
				4:02.41 4:53.35 5:44.34 6:35.25
				7:25.91 8:12.02

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Women 50-54 1000 Yard Freestyle****NATL: 10:38.07 N 2/22/2026 HEIDI GEORGE****ZONECHAMPS: 11:14.62 Z 4/7/2017 Laurie Hug**

1	Barton, Mercedes	50	Reston Masters S-10	16:50.50
	43.70	4:55.15		
		5:45.51	6:36.00	
	7:28.40	8:19.77	9:11.21	10:03.11
	10:53.84	11:46.04	12:37.95	13:29.17
	14:20.17	15:11.93	16:02.79	16:50.50

Women 50-54 1650 Yard Freestyle**NATL: 17:28.49 N 3/14/2026 HEIDI GEORGE****ZONECHAMPS: 18:37.20 Z 4/5/2019 Laurie Hug**

1	Carswell, Jenny	52	Germantown Maryl-	20:55.47
	35.22	1:13.01	1:51.03	2:29.54
	3:08.21	3:47.00	4:25.11	5:03.40
	5:41.67	6:20.00	6:58.57	7:37.08
	8:15.56	8:53.94	9:32.33	10:10.64
	10:48.89	11:27.09	12:05.15	12:43.58
	13:21.90	13:59.90	14:37.97	15:16.10
	15:54.27	16:32.43	17:10.62	17:48.71
	18:26.74	19:04.26	19:41.77	20:19.38
				20:55.47

Women 50-54 100 Yard Backstroke**NATL: 58.87 N 4/30/2023 JENNY THOMPSON****ZONECHAMPS: 1:02.11 Z 4/20/2013 Leslie Livingston**

1	Thompson, Hilliary	50	Arlington Master-10	1:07.25
	32.58	1:07.25		
2	Fitzgerald, Lauren	50	Club Tribe-12	1:13.11
	35.47	1:13.11		
3	Zubikarai, Paulina	54	Suwc Wahoos-12	1:25.86
	42.90	1:25.86		

Women 50-54 200 Yard Backstroke**NATL: 2:07.51 N 11/22/2014 ELLEN REYNOLDS****ZONECHAMPS: 2:21.72 Z 4/21/2013 Vibeke Swanson**

1	Fitzgerald, Lauren	50	Club Tribe-12	2:38.33
	36.87	1:16.29	1:57.06	2:38.33
2	Zubikarai, Paulina	54	Suwc Wahoos-12	3:07.55
	45.10	1:32.23	2:20.71	3:07.55

Women 50-54 50 Yard Breaststroke**NATL: 31.55 N 4/1/2023 ERIKA BRAUN****ZONECHAMPS: 32.96 Z 3/15/2025 Anca Zetea**

1	Layton, Katie	53	Patriot Masters-10	38.71
2	Woodrick, Lynn	50	Masters Aquatics-10	43.29
3	Barton, Mercedes	50	Reston Masters S-10	43.70

Women 50-54 100 Yard Breaststroke**NATL: 1:07.97 N 4/28/2023 ERIKA BRAUN****ZONECHAMPS: 1:09.87 Z 4/8/2016 Fall Willeboordse**

1	Bistrack, Jennifer	53	Maryland Masters-9	1:20.34
	37.70	1:20.34		
2	Layton, Katie	53	Patriot Masters-10	1:24.86
	39.83	1:24.86		

Women 50-54 200 Yard Breaststroke**NATL: 2:29.92 N 2/20/2012 CAROLINE KRATTLI****ZONECHAMPS: 2:43.75 Z 4/7/2017 Laurie Hug**

1	Brown, Sarah	51	Club Tribe-12	3:06.33
	42.80	1:30.36	2:18.12	3:06.33

Women 50-54 50 Yard Butterfly**NATL: 25.70 N 5/11/2013 THOMPSON\LIVINGST****ZONECHAMPS: 25.90 Z 4/20/2013 Leslie Livingston**

1	Bistrack, Jennifer	53	Maryland Masters-9	31.53
2	Layton, Katie	53	Patriot Masters-10	35.57
3	Collins, Tara	52	Maryland Masters-9	35.95
4	Kohler, Susan	52	Virginia Masters-12	38.47
5	Newman, Leigh	52	Club Tribe-12	44.64

Women 50-54 100 Yard Butterfly**NATL: 58.74 N 1/20/2024 JENNY THOMPSON****ZONECHAMPS: 1:00.81 Z 4/21/2013 Leslie Livingston**

1	Conze, Margaret	54	Club Tribe-12	1:03.69
	29.82	1:03.69		

Women 50-54 100 Yard IM**NATL: 59.88 N 1/20/2024 JENNY THOMPSON****ZONECHAMPS: 1:01.41 Z 4/8/2016 Fall Willeboordse**

1	Thompson, Hilliary	50	Arlington Master-10	1:10.89
	32.04	1:10.89		
2	Layton, Katie	53	Patriot Masters-10	1:19.59
	38.70	1:19.59		
3	Woodrick, Lynn	50	Masters Aquatics-10	1:21.91
	39.53	1:21.91		
4	Zubikarai, Paulina	54	Suwc Wahoos-12	1:27.00
	40.74	1:27.00		

Women 50-54 400 Yard IM**NATL: 4:43.11 N 4/9/2016 ELLEN REYNOLDS****ZONECHAMPS: 4:59.57 Z 4/7/2017 Laurie Hug**

1	Carswell, Jenny	52	Germantown Maryl-	5:40.31
	39.02	1:22.23	2:07.34	2:52.00
	3:39.66	4:28.10	5:04.76	5:40.31

Women 55-59 50 Yard Freestyle**NATL: 24.84 N 4/26/2025 KARINA PLOCEK****ZONECHAMPS: 27.03 Z 5/8/1990 Jane Bruner**

1	Bass, Amy	55	Reston Masters S-10	29.60
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Women 55-59 100 Yard Freestyle**NATL: 54.72 N 5/4/2008 LAURA VAL****ZONECHAMPS: 1:01.92 Z 4/2/2022 Carol Pearl**

1	Bass, Amy	55	Reston Masters S-10	1:08.16
	31.85	1:08.16		

Women 55-59 200 Yard Freestyle**NATL: 1:57.90 N 4/30/2017 KARLYN PIPES****ZONECHAMPS: 2:14.94 Z 4/5/2019 Stephanie Saucy**

1	Amezquita, Sandra	55	Virginia Masters-12	2:28.21
	35.16	1:12.82	1:50.95	2:28.21

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Women 55-59 500 Yard Freestyle

NATL: 5:20.68 N 4/29/2017 JILL HERNANDEZ

ZONECHAMPS: 5:54.39 Z 4/17/2011 Shirley Loftus-Charley

1	Amezquita, Sandra	55	Virginia Masters-12	6:26.90
	35.37	1:13.33	1:52.33	2:31.67
	3:11.02	3:50.18	4:29.69	5:09.50
	5:49.38	6:26.90		

Women 55-59 50 Yard Breaststroke

NATL: 31.83 N 4/1/2023 S VON DER LIPPE

ZONECHAMPS: 35.33 Z 3/15/2025 Rainy Goodale

1	Langelund, Amy	59	UC20	45.49
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Women 55-59 100 Yard Breaststroke

NATL: 1:10.55 N 4/28/2017 CAROLINE KRATTLI

ZONECHAMPS: 1:16.94 Z 3/15/2025 Rainy Goodale

1	Langelund, Amy	59	UC20	1:44.79
	49.09	1:44.79		

Women 55-59 200 Yard Breaststroke

NATL: 2:36.09 N 5/8/2025 LINDA VISSER

ZONECHAMPS: 2:46.19 Z 3/15/2025 Jennifer Weiderman

1	Amezquita, Sandra	55	Virginia Masters-12	3:05.63
	44.06	1:31.99	2:19.53	3:05.63

Women 55-59 50 Yard Butterfly

NATL: 26.89 N 4/5/2025 KARINA PLOCEK

ZONECHAMPS: 30.74 Z 4/7/2017 Kim Brightwell

1	Bass, Amy	55	Reston Masters S-10	33.62
2	Langelund, Amy	59	UC20	43.01

Women 55-59 100 Yard IM

NATL: 1:02.34 N 4/29/2017 KARLYN PIPES

ZONECHAMPS: 1:09.37 Z 4/8/2016 Kim Brightwell

1	Langelund, Amy	59	UC20	1:32.21
	44.19	1:32.21		

Women 55-59 200 Yard IM

NATL: 2:13.92 N 12/14/2019 ELLEN REYNOLDS

ZONECHAMPS: 2:31.35 Z 4/7/2017 Vibeke Swanson

1	Amezquita, Sandra	55	Virginia Masters-12	2:45.55
	36.82	1:21.52	2:07.94	2:45.55
2	Langelund, Amy	59	UC20	3:20.87
	43.39	1:38.15	2:36.24	3:20.87

Women 60-64 50 Yard Freestyle

NATL: 25.50 N 2/8/2026 COLLETTE SAPPEY

ZONECHAMPS: 28.09 Z 4/12/2015 Melinda Wolff

1	Williams, Susan	60	Club Tribe-12	27.10Z
2	McNamara, Beth	60	Reston Masters S-10	30.74
3	Henry, Kristina	60	Talbot Masters-9	33.50
4	Mensh, Lori	63	Suwc Wahoos-12	52.02

Women 60-64 100 Yard Freestyle

NATL: 55.91 N 12/15/2024 ELLEN REYNOLDS

ZONECHAMPS: 1:03.49 Z 4/5/2019 Nancy Steadman Martin

1	McNamara, Beth	60	Reston Masters S-10	1:09.99
	32.36	1:09.99		
2	Mensh, Lori	63	Suwc Wahoos-12	1:56.07
	55.39	1:56.07		

Women 60-64 200 Yard Freestyle

NATL: 1:58.15 N 4/11/2025 ELLEN REYNOLDS

ZONECHAMPS: 2:15.58 Z 4/12/2015 Nancy Steadman Martin

1	Hug, Laurie	60	Colonials 1776-8	2:19.44
	32.71	1:08.21	1:44.29	2:19.44
2	Widener, Amy	64	Loud Loons-12	3:06.40
	42.02	1:27.48	2:16.66	3:06.40

Women 60-64 500 Yard Freestyle

NATL: 5:30.31 N 12/14/2024 ELLEN REYNOLDS

ZONECHAMPS: 5:59.61 Z 4/11/2015 Nancy Steadman Martin

1	Hug, Laurie	60	Colonials 1776-8	5:58.39Z
	33.05	1:08.47	1:44.49	2:20.75
	2:56.68	3:33.00	4:09.61	4:46.36
	5:22.91	5:58.39		
2	Becker, Marlene	61	Lane 4 Swimming-10	7:03.54
	38.56	1:20.45	2:03.53	2:46.88
	3:30.50	4:13.80	4:56.48	5:39.06
	6:21.58	7:03.54		

Women 60-64 1000 Yard Freestyle

NATL:11:31.05 N 11/10/2023 K PARKER PALACE

ZONECHAMPS:12:22.20 Z 4/8/2016 Shirley Loftus-Charley

1	Hollings, Charlotte	61	Virginia Masters-12	12:47.68
	34.18	1:10.93	1:48.68	2:26.86
	3:05.44	3:44.24	4:23.13	5:01.72
	5:40.73	6:20.04	6:59.36	7:38.66
	8:17.66	8:56.74	9:36.18	10:15.60
	10:54.55	11:33.20	12:11.18	12:47.68
2	Swanson, Vibeke	64	Colonials 1776-8	13:06.85
	35.85	1:14.75	1:53.79	2:32.96
	3:12.36	3:51.97	4:31.33	5:10.93
	5:50.33	6:29.51	7:09.33	7:49.13
	8:28.37	9:07.75	9:47.45	10:27.47
	11:07.82	11:48.36	12:28.56	13:06.85
3	Burke, Barbara	64	Colonials 1776-8	13:57.15
	36.45	1:17.21	1:59.07	2:40.71
	3:22.41	4:04.67	4:47.03	5:29.54
	6:12.03	6:54.22	7:36.63	8:19.84
	9:02.45	9:44.52	10:26.98	11:09.44
	11:51.60	12:34.27	13:16.49	13:57.15
4	Jaeger, Debbie	63	Patriot Masters-10	14:34.95
	38.73	1:21.36	2:04.87	2:48.67
	3:32.79	4:16.68	5:01.28	5:45.56
	6:29.87	7:14.39	7:58.73	8:42.58
	9:26.88	10:11.24	10:55.23	11:39.74
	12:24.00	13:07.99	13:52.34	14:34.95
5	Marple, Chari	61	DC Water Wizards-1	18:51.73
	51.40	1:46.69	2:44.23	3:42.38
	4:41.74	5:40.95	6:38.85	7:35.37
	8:32.86	9:29.92	10:27.41	11:22.79
	12:20.28	13:16.78	14:13.51	15:08.45
	16:03.43	17:00.08	18:51.73	

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Women 60-64 1650 Yard Freestyle****NATL: 19:24.90 N 11/5/2023 K PARKER PALACE****ZONECHAMPS: 20:30.03 Z 4/10/2015 Nancy Steadman Martin**

1	Hug, Laurie	60	Colonials 1776-8	20:17.71Z
	33.06	1:08.85	1:45.01	2:21.34
	2:58.14	3:35.19	4:12.25	4:49.16
	5:26.03	6:02.23	6:39.35	7:15.97
	7:53.28	8:30.45	9:07.52	9:44.69
	10:21.70	10:58.33	11:35.00	12:11.68
	12:49.57	13:27.34	14:04.71	14:42.42
	15:20.08	15:57.37	16:35.42	17:12.47
	17:49.80	18:26.97	19:04.05	19:41.19
				20:17.71
2	Sumption, Donna	62	UC12	34:32.08
	54.43	1:52.31	2:50.97	3:50.76
	4:52.69	5:55.48	6:59.06	8:02.26
	9:06.46	10:10.44	11:13.29	12:17.56
	13:21.91	14:26.07	15:30.42	16:34.73
	17:39.42	18:43.15	19:45.83	20:48.66
	21:51.56	22:53.82	23:57.21	25:00.92
	26:05.97	27:10.04	28:15.30	29:18.74
	30:24.54	31:28.34	32:31.03	33:33.80
				34:32.08
3	Donatelli, Mary	61	DC Water Wizards-1	35:06.70
	59.10	1:59.56	3:02.81	4:06.30
	5:09.78	6:13.76	7:17.40	8:20.30
	9:22.78	10:27.99	11:32.60	12:38.26
	13:42.15	14:46.99	15:51.33	16:55.66
	18:00.27	19:04.06	20:09.89	21:16.05
	22:19.58	23:24.73	24:29.35	25:33.67
	26:38.55	27:44.11	28:47.81	29:51.81
	30:57.02	32:01.05	33:05.35	34:07.48
				35:06.70

Women 60-64 50 Yard Backstroke**NATL: 28.15 N 12/14/2024 ELLEN REYNOLDS****ZONECHAMPS: 32.38 Z 4/19/2024 Val Van Horn Pate**

1	Lipstreuer, Marilyn	60	Freedom Aquatic-12	35.64
2	Swanson, Vibeke	64	Colonials 1776-8	36.42
3	Mensh, Lori	63	Suwc Wahoos-12	1:05.29

Women 60-64 100 Yard Backstroke**NATL: 1:01.18 N 12/15/2024 ELLEN REYNOLDS****ZONECHAMPS: 1:10.39 Z 4/11/2015 Joan Pfinsgraff**

1	Swanson, Vibeke	64	Colonials 1776-8	1:18.48
	38.86	1:18.48		
2	Hollings, Charlotte	61	Virginia Masters-12	1:19.60
	39.31	1:19.60		
3	Lipstreuer, Marilyn	60	Freedom Aquatic-12	1:21.41
	38.84	1:21.41		
4	Henry, Kristina	60	Talbot Masters-9	1:25.80
	40.78	1:25.80		

Women 60-64 200 Yard Backstroke**NATL: 2:10.24 N 12/14/2024 ELLEN REYNOLDS****ZONECHAMPS: 2:29.39 Z 4/7/2017 Joan Pfinsgraff**

1	Hug, Laurie	60	Colonials 1776-8	2:40.44
	38.88	1:19.12	2:00.65	2:40.44
2	Swanson, Vibeke	64	Colonials 1776-8	2:46.43
	40.40	1:22.24001	2:04.79	2:46.43

3	Lipstreuer, Marilyn	60	Freedom Aquatic-12	2:58.55
	41.52	1:27.35	2:13.27	2:58.55
4	Fonseca, Olga	63	DC Water Wizards-1	4:10.95
	57.05	2:02.79	3:09.50	4:10.95

Women 60-64 50 Yard Breaststroke**NATL: 32.01 N 3/28/2026 S VON DER LIPPE****ZONECHAMPS: 36.77 Z 4/20/2013 Melinda Wolff**

1	Williams, Susan	60	Club Tribe-12	35.39Z
2	Lipstreuer, Marilyn	60	Freedom Aquatic-12	40.44
3	McNamara, Beth	60	Reston Masters S-10	44.63
4	Mensh, Lori	63	Suwc Wahoos-12	1:04.26

Women 60-64 100 Yard Breaststroke**NATL: 1:14.00 N 4/26/2025 CORRIN BUCK****ZONECHAMPS: 1:19.00 Z 4/21/2013 Melinda Wolff**

1	Swanson, Vibeke	64	Colonials 1776-8	1:28.18
	43.00	1:28.18		
2	Hollings, Charlotte	61	Virginia Masters-12	1:28.60
	42.86	1:28.60		
3	Lipstreuer, Marilyn	60	Freedom Aquatic-12	1:33.36
	44.59	1:33.36		

Women 60-64 200 Yard Breaststroke**NATL: 2:37.56 N 12/15/2024 ELLEN REYNOLDS****ZONECHAMPS: 2:56.39 Z 5/2/1999 Joann Leilich**

1	Hug, Laurie	60	Colonials 1776-8	3:04.17
	41.92	1:29.26	2:16.56	3:04.17
2	Swanson, Vibeke	64	Colonials 1776-8	3:07.91
	43.11	1:30.15	2:19.82	3:07.91

Women 60-64 50 Yard Butterfly**NATL: 27.01 N 4/12/2025 ELLEN REYNOLDS****ZONECHAMPS: 30.68 Z 4/19/2024 Val Van Horn Pate**

1	Hollings, Charlotte	61	Virginia Masters-12	33.96
2	Burke, Barbara	64	Colonials 1776-8	34.00
3	Fonseca, Olga	63	DC Water Wizards-1	55.00
4	Mensh, Lori	63	Suwc Wahoos-12	1:02.15

Women 60-64 100 Yard Butterfly**NATL: 1:00.36 N 4/12/2025 ELLEN REYNOLDS****ZONECHAMPS: 1:08.56 Z 4/19/2024 Val Van Horn Pate**

1	Burke, Barbara	64	Colonials 1776-8	1:20.25
	38.01	1:20.25		
---	Laffosse, Robin	63	UC12	DQ
	41.19	DQ		

Women 60-64 200 Yard Butterfly**NATL: 2:24.30 N 5/10/2013 LAURA VAL****ZONECHAMPS: 2:42.91 Z 4/5/2019 Nancy Steadman Martin**

1	Hug, Laurie	60	Colonials 1776-8	2:47.63
	36.63	1:19.68	2:03.54	2:47.63
2	Burke, Barbara	64	Colonials 1776-8	3:00.27
	39.09	1:25.87	2:14.69	3:00.27

Women 60-64 100 Yard IM**NATL: 1:03.06 N 4/12/2025 ELLEN REYNOLDS****ZONECHAMPS: 1:11.76 Z 4/19/2024 Val Van Horn Pate**

1	Hollings, Charlotte	61	Virginia Masters-12	1:16.37
	36.76	1:16.37		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Women 60-64 100 Yard IM)**

2	Burke, Barbara	64	Colonials 1776-8	1:17.96
	39.04	1:17.96		
3	Swanson, Vibeke	64	Colonials 1776-8	1:18.22
	37.10	1:18.22		
4	Dewing, Maria	62	Lane 4 Swimming-1	1:33.40
	43.55	1:33.40		
---	Mensh, Lori	63	Suwc Wahoos-12	DQ
	1:00.93	DQ		

Women 60-64 200 Yard IM**NATL: 2:17.32 N 12/14/2024 ELLEN REYNOLDS****ZONECHAMPS: 2:36.65 Z 4/14/2012 Shirley Loftus-Charley**

1	Hug, Laurie	60	Colonials 1776-8	2:42.09
	35.75	1:19.34	2:05.60	2:42.09
2	Swanson, Vibeke	64	Colonials 1776-8	2:49.37
	41.17	1:21.50	2:11.79	2:49.37
3	Burke, Barbara	64	Colonials 1776-8	2:51.43
	37.02	1:23.28	2:13.08	2:51.43
4	Fonseca, Olga	63	DC Water Wizards-1	4:22.79
	55.58	2:04.22	3:22.77	4:22.79

Women 60-64 400 Yard IM**NATL: 4:42.82 N 4/12/2025 ELLEN REYNOLDS****ZONECHAMPS: 5:36.46 Z 4/6/2014 Shirley Loftus-Charley**

1	Hug, Laurie	60	Colonials 1776-8	5:30.07Z
	35.65	1:16.46	1:59.58	2:41.85
	3:28.51	4:16.20	4:53.94	5:30.07
2	Burke, Barbara	64	Colonials 1776-8	6:09.45
	39.70	1:24.59	2:14.39	3:04.39
	3:55.49	4:47.42	5:28.34	6:09.45

Women 65-69 50 Yard Freestyle**NATL: 26.31 N 3/7/2020 PENNY NOYES****ZONECHAMPS: 28.87 Z 4/5/2019 Melinda Wolff**

1	Meggison, Pania	65	Cavalier Masters-12	35.43
2	Sturm, Shari	65	Masters Aquatics-10	37.93
3	Casagrande, Mary	65	Suwc Wahoos-12	52.10

Women 65-69 100 Yard Freestyle**NATL: 57.88 N 5/12/2018 LAURA VAL****ZONECHAMPS: 1:04.65 Z 4/5/2019 Cecilia McCloskey**

1	Meggison, Pania	65	Cavalier Masters-12	1:19.31
	37.26	1:19.31		

Women 65-69 200 Yard Freestyle**NATL: 2:07.23 N 5/11/2018 LAURA VAL****ZONECHAMPS: 2:23.54 Z 4/14/2023 Nancy Steadman Martin**

1	Henning, Heidi	65	DC Water Wizards-1	2:31.10
	35.38	1:13.81	1:53.15	2:31.10

Women 65-69 500 Yard Freestyle**NATL: 5:52.39 N 5/21/2017 LAURA VAL****ZONECHAMPS: 6:11.09 Z 4/14/2023 Nancy Steadman Martin**

1	Henning, Heidi	65	DC Water Wizards-1	6:38.28
	36.99	1:16.73	1:57.10	2:37.72
	3:18.33	3:58.82	4:38.85	5:19.05
	5:59.42	6:38.28		

2	Miller, Patricia	65	Virginia Masters-12	7:07.89
	38.86	1:20.97	2:04.10	2:47.66
	3:31.14	4:14.45	4:57.99	5:41.50
	6:24.37	7:07.89		
3	Flynn, Merri	66	Reston Masters S-10	8:17.56
	43.35	1:31.44	2:21.76	3:12.08
	4:03.22	4:53.39	5:44.03	6:34.99
	7:26.88	8:17.56		

Women 65-69 1000 Yard Freestyle**NATL:11:59.50 N 4/9/2017 LAURA VAL****ZONECHAMPS:12:35.99 Z 4/5/2019 Shirley Loftus-Charley**

1	Sturm, Shari	65	Masters Aquatics-10	13:39.51
	42.94	1:29.06	2:15.90	3:03.57
	3:50.73	4:37.86	5:24.85	6:12.29
	6:59.68	7:46.76	8:34.02	9:21.09
	10:08.50	10:56.52	11:44.51	12:32.31
	13:20.05	14:07.26	14:54.01	13:39.51
2	Brightwell, Kim	66	Reston Masters S-10	14:20.84
	37.09	1:18.32	2:00.57	2:43.21
	3:26.21	4:09.28	4:52.34	5:34.86
	6:17.53	7:03.72	7:49.09	8:34.42
	9:20.07	10:01.24	10:45.28	11:28.95
	12:12.04	12:57.12	13:40.44	14:20.84

Women 65-69 50 Yard Backstroke**NATL: 29.65 N 5/12/2018 LAURA VAL****ZONECHAMPS: 32.40 Z 4/5/2019 Cecilia McCloskey**

1	Brightwell, Kim	66	Reston Masters S-10	33.50
2	Henning, Heidi	65	DC Water Wizards-1	35.70
3	Meggison, Pania	65	Cavalier Masters-12	44.35

Women 65-69 100 Yard Backstroke**NATL: 1:03.96 N 5/11/2018 LAURA VAL****ZONECHAMPS: 1:09.21 Z 4/5/2019 Cecilia McCloskey**

1	Henning, Heidi	65	DC Water Wizards-1	1:17.88
	37.70	1:17.88		
2	Meggison, Pania	65	Cavalier Masters-12	1:37.65
	47.80	1:37.65		

Women 65-69 200 Yard Backstroke**NATL: 2:23.88 N 5/13/2018 LAURA VAL****ZONECHAMPS: 2:35.00 Z 4/12/2015 Cecilia McCloskey**

1	Henning, Heidi	65	DC Water Wizards-1	2:48.23
	38.53	1:21.69	2:05.85	2:48.23

Women 65-69 50 Yard Breaststroke**NATL: 35.79 N 6/20/2024 JANE ROBIE****ZONECHAMPS: 37.33 Z 4/13/2018 Melinda Wolff**

1	Miller, Patricia	65	Virginia Masters-12	38.51
2	Brightwell, Kim	66	Reston Masters S-10	40.62
3	Flynn, Merri	66	Reston Masters S-10	43.72
4	Calobong-Pierce, Carol Ly	68	Freedom Aquatic-12	45.59
5	Hart, Regina	65	Lane 4 Swimming-1	1:03.05

Women 65-69 100 Yard Breaststroke**NATL: 1:18.58 N 11/2/2024 KAREN MAREB****ZONECHAMPS: 1:21.78 Z 4/5/2019 Melinda Wolff**

1	Miller, Patricia	65	Virginia Masters-12	1:26.28
	41.32	1:26.28		

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Results

(Women 65-69 100 Yard Breaststroke)

2 Flynn, Merri	66 Reston Masters S-10	1:37.62
47.67	1:37.62	

Women 65-69 200 Yard Breaststroke

NATL: 2:53.25 N 6/22/2024 KAREN MAREB

ZONECHAMPS: 3:01.50 Z 4/4/2004 Joann Leilich

1 Flynn, Merri	66 Reston Masters S-10	3:29.30
47.89	1:43.18	2:36.04 3:29.30
2 Henning, Heidi	65 DC Water Wizards-1	3:36.05
50.44	1:46.14	2:42.04 3:36.05
3 Calobong-Pierce, Carol Ly	68 Freedom Aquatic-12	3:37.55
49.26	1:44.52	2:41.37 3:37.55

Women 65-69 50 Yard Butterfly

NATL: 28.79 N 4/28/2023 TRACI GRANGER

ZONECHAMPS: 31.83 Z 4/5/2019 Cecilia McCloskey

1 Brightwell, Kim	66 Reston Masters S-10	33.17
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Women 65-69 100 Yard IM

NATL: 1:07.03 N 2/1/2020 PENNY NOYES

ZONECHAMPS: 1:12.22 Z 4/12/2015 Cecilia McCloskey

1 Brightwell, Kim	66 Reston Masters S-10	1:17.25
36.66	1:17.25	
2 Miller, Patricia	65 Virginia Masters-12	1:21.77
41.65	1:21.77	
3 Calobong-Pierce, Carol Ly	68 Freedom Aquatic-12	1:37.00
48.18	1:37.00	
4 Sturm, Shari	65 Masters Aquatics-10	1:42.65
50.05	1:42.65	

Women 65-69 200 Yard IM

NATL: 2:29.52 N 12/7/2019 PENNY NOYES

ZONECHAMPS: 2:37.07 Z 4/11/2015 Cecilia McCloskey

1 Miller, Patricia	65 Virginia Masters-12	2:57.96
42.07	1:29.40	2:16.67 2:57.96

Women 70-74 50 Yard Freestyle

NATL: 26.97 N 3/30/2025 PENNY NOYES

ZONECHAMPS: 30.32 Z 4/14/2023 Melinda Wolff

1 Hichak, Barbara	71 Virginia Masters-12	31.46
2 Loftus-Charley, Shirley	74 Cavalier Masters-12	32.76
3 Figenshu, Susan	71 Colonials 1776-8	36.98

Women 70-74 100 Yard Freestyle

NATL: 59.11 N 5/1/2022 LAURA VAL

ZONECHAMPS: 1:07.96 Z 4/19/2024 Shirley Loftus-Charley

1 Hichak, Barbara	71 Virginia Masters-12	1:10.47
34.14	1:10.47	
2 Figenshu, Susan	71 Colonials 1776-8	1:21.86
38.95	1:21.86	
3 Walz, Susannah	74 Maryland Masters-9	1:23.37
39.80	1:23.37	

Women 70-74 200 Yard Freestyle

NATL: 2:12.26 N 4/30/2023 LAURA VAL

ZONECHAMPS: 2:27.64 Z 4/19/2024 Shirley Loftus-Charley

1 Loftus-Charley, Shirley	74 Cavalier Masters-12	2:31.32
35.69	1:14.16	1:53.01 2:31.32

2 Kirwan, Denise	74 Reston Masters S-10	2:42.62
37.02	1:18.70	2:00.40 2:42.62
3 Figenshu, Susan	71 Colonials 1776-8	3:09.95
43.75	1:32.15	2:22.55 3:09.95

Women 70-74 500 Yard Freestyle

NATL: 6:04.49 N 5/11/2025 JOAN PFINGSGRAFF

ZONECHAMPS: 6:27.21 Z 4/19/2024 Shirley Loftus-Charley

1 Pfingstgraff, Joan	72 Maryland Masters-9	6:14.32Z
33.61	1:09.85	1:46.62 2:24.28
3:02.17	3:40.29	4:18.82 4:57.35
5:36.65	6:14.32	
2 Kirwan, Denise	74 Reston Masters S-10	7:21.59
37.28	1:19.46	2:03.82 2:48.83
3:34.35	4:19.77	5:05.87 5:51.78
6:37.72	7:21.59	
3 Wagner, Cheryl	73 Terrapin Masters-10	12:25.51
55.83	1:59.27	3:10.43 4:27.05
5:47.66	7:09.19	8:33.18 9:54.97
11:13.77	12:25.51	

Women 70-74 1000 Yard Freestyle

NATL:12:32.21 N 5/8/2025 N STEADMAN MARTIN

ZONECHAMPS:12:07.04 Z 4/19/2024 Shirley Loftus-Charley

1 Loftus-Charley, Shirley	74 Cavalier Masters-12	13:40.64
36.60	1:16.66	1:57.43 2:38.63
3:20.06	4:01.14	4:42.44 5:23.56
6:04.72	6:46.26	7:27.72 8:09.27
8:50.86	9:32.59	10:14.51 10:55.67
11:36.91	12:18.21	12:59.76 13:40.64
2 Hood, Patricia	70 Colonials 1776-8	15:12.60
41.29	1:26.23	2:11.88 2:57.43
3:43.73	4:29.32	5:14.78 6:00.16
6:46.47	7:32.42	8:19.05 9:04.88
9:50.35	10:37.23	11:23.94 12:09.93
12:55.81	13:42.09	14:27.95 15:12.60
3 Lampe, Betty	70 Colonials 1776-8	15:56.95
41.76	1:28.19	2:15.44 3:03.01
3:51.32	4:39.55	5:28.05 6:16.11
7:04.01	7:51.87	8:39.85 9:28.20
10:16.56	11:04.73	11:53.35 12:42.30
13:31.14	14:20.24	15:08.70 15:56.95

Women 70-74 1650 Yard Freestyle

NATL:21:13.48 N 5/8/2025 N STEADMAN MARTIN

ZONECHAMPS:24:05.98 Z 4/3/2022 Dorothy Tourtual

1 Shirey, Charlotte	70 Nova of Virginia-12	31:11.99
47.40	1:38.66	2:33.49 3:27.84
4:22.71	5:17.99	6:18.05 7:13.45
8:11.59	9:07.45	10:04.06 11:00.29
11:56.62	12:56.47	13:51.35 14:47.67
15:44.94	16:42.36	17:44.08 18:40.26
19:37.85	20:39.11	21:38.03 22:38.01
23:35.96	24:32.92	25:29.04 26:26.38
27:28.03	28:23.13	29:20.60 30:19.86 31:11.99

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Women 70-74 50 Yard Backstroke****NATL: 30.49 N 5/1/2022 LAURA VAL****ZONECHAMPS: 38.99 Z 4/19/2024 Melinda Wolff**

1	Pfinsgraff, Joan	72	Maryland Masters-9	32.20Z
2	Loftus-Charley, Shirley	74	Cavalier Masters-12	40.52
3	Kirwan, Denise	74	Reston Masters S-10	41.01
4	Clute, Meg	70	Cavalier Masters-12	41.90
5	Figneshu, Susan	71	Colonials 1776-8	42.21

Women 70-74 100 Yard Backstroke**NATL: 1:05.60 N 4/29/2022 LAURA VAL****ZONECHAMPS: 1:23.58 Z 4/19/2024 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	74	Cavalier Masters-12	1:25.99
	42.93		1:25.99	
2	Clute, Meg	70	Cavalier Masters-12	1:28.02
	43.07		1:28.02	
3	Kirwan, Denise	74	Reston Masters S-10	1:28.81
	43.82		1:28.81	
4	Figneshu, Susan	71	Colonials 1776-8	1:32.03
	45.27		1:32.03	

Women 70-74 200 Yard Backstroke**NATL: 2:25.22 N 6/23/2024 LAURA VAL****ZONECHAMPS: 3:03.30 Z 4/19/2024 Denise Kirwan**

1	Pfinsgraff, Joan	72	Maryland Masters-9	2:31.77Z
	34.77		1:12.51	
			1:52.23	2:31.77
2	Loftus-Charley, Shirley	74	Cavalier Masters-12	2:56.86Z
	41.67		1:25.77	
			2:11.39	2:56.86
3	Kirwan, Denise	74	Reston Masters S-10	3:07.34
	43.96		1:32.03	
			2:20.67	3:07.34
4	Clute, Meg	70	Cavalier Masters-12	3:08.00
	44.17		1:31.28	
			2:19.40	3:08.00

Women 70-74 50 Yard Breaststroke**NATL: 38.11 N 3/28/2026 CATHERINE METZ****ZONECHAMPS: 39.52 Z 4/14/2023 Melinda Wolff**

1	Kirwan, Denise	74	Reston Masters S-10	43.66
2	Loftus-Charley, Shirley	74	Cavalier Masters-12	44.29
---	Blanchfield, G	71	Suwc Wahoos-12	DQ

Women 70-74 100 Yard Breaststroke**NATL: 1:23.74 N 4/13/2025 LO KNAPP****ZONECHAMPS: 1:29.01 Z 4/14/2023 Melinda Wolff**

1	Loftus-Charley, Shirley	74	Cavalier Masters-12	1:36.52
	46.91		1:36.52	
2	Walz, Susannah	74	Maryland Masters-9	1:42.99
	48.61		1:42.99	

Women 70-74 50 Yard Butterfly**NATL: 30.27 N 5/9/2025 PENNY NOYES****ZONECHAMPS: 37.09 Z 4/19/2024 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	74	Cavalier Masters-12	39.47
2	Figneshu, Susan	71	Colonials 1776-8	39.76
3	Walz, Susannah	74	Maryland Masters-9	46.06

Women 70-74 100 Yard Butterfly**NATL: 1:09.20 N 4/29/2022 LAURA VAL****ZONECHAMPS: 1:23.28 Z 4/19/2024 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	74	Cavalier Masters-12	1:30.55
	41.54		1:30.55	

Women 70-74 200 Yard Butterfly**NATL: 2:42.80 N 2/5/2022 LAURA VAL****ZONECHAMPS: 3:38.32 Z 4/25/2010 Lucille Griffin**

1	Loftus-Charley, Shirley	74	Cavalier Masters-12	3:30.38Z
	47.28		1:41.86	
			2:37.70	3:30.38

Women 70-74 100 Yard IM**NATL: 1:10.92 N 5/10/2025 PENNY NOYES****ZONECHAMPS: 1:20.55 Z 4/19/2024 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	74	Cavalier Masters-12	1:23.49
	40.18		1:23.49	
2	Clute, Meg	70	Cavalier Masters-12	1:29.37
	40.42		1:29.37	

Women 70-74 200 Yard IM**NATL: 2:35.20 N 4/3/2022 LAURA VAL****ZONECHAMPS: 2:52.19 Z 4/19/2024 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	74	Cavalier Masters-12	3:01.00
	40.78		1:26.40	
			2:19.86	3:01.00
2	Clute, Meg	70	Cavalier Masters-12	3:18.82
	41.36		1:29.74	
			2:31.54	3:18.82

Women 75-79 100 Yard Freestyle**NATL: 1:05.59 N 7/27/2025 CHARLOTTE DAVIS****ZONECHAMPS: 1:15.07 Z 4/14/2023 Christie Hayes**

1	Lim-Sharpe, Judy	75	Montgomery Ancie-	1:21.11
	38.59		1:21.11	
2	Bennett, Ruth	79	Reston Masters S-10	1:24.03
	40.89		1:24.03	

Women 75-79 200 Yard Freestyle**NATL: 2:28.18 N 7/27/2025 CHARLOTTE DAVIS****ZONECHAMPS: 2:42.18 Z 4/14/2023 Christie Hayes**

1	Bennett, Ruth	79	Reston Masters S-10	3:09.31
	43.68		1:31.48	
			2:20.47	3:09.31

Women 75-79 500 Yard Freestyle**NATL: 6:43.02 N 7/28/2025 CHARLOTTE DAVIS****ZONECHAMPS: 7:31.56 Z 3/15/2025 Christie Hayes**

1	Lim-Sharpe, Judy	75	Montgomery Ancie-	8:06.30
	44.11		1:30.65	
			2:19.76	3:09.04
	3:58.81		4:48.58	
			5:38.53	6:28.25
	7:18.41		8:06.30	
2	Fishburne, Harriette	78	Cavalier Masters-12	11:35.35
	54.98		1:58.21	
			3:05.69	4:15.39
	5:28.78		6:43.36	
			7:57.65	9:12.51
	10:27.20		11:35.35	
3	Campbell, Valerie	79	Freedom Aquatic-12	14:29.23
	1:13.42		2:35.52	
			5:29.89	
	6:59.38		10:05.07	11:33.78
	13:03.73		14:29.23	

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Women 75-79 1000 Yard Freestyle****NATL: 14:48.40 N 3/31/2023 CHRISTIE HAYES****ZONECHAMPS: 17:18.70 Z 4/19/2024 Linda Webb**

1	Lim-Sharpe, Judy	75	Montgomery Ancie-	16:49.60Z
	44.97	1:32.85	2:22.56	3:13.04
	4:03.61	4:54.11	5:45.49	6:36.09
	7:26.45	8:18.00	9:08.17	9:58.50
	10:50.09	11:41.01	12:32.28	13:24.90
	14:17.04	15:08.86	15:59.77	16:49.60
2	Sasser, Constance	79	New England Mast-2	18:08.56
	48.89	1:41.44	2:34.94	3:29.54
	4:24.50	5:19.97	6:15.73	7:11.55
	8:06.70	9:02.21	9:57.59	10:52.66
	11:47.97	12:42.93	13:38.59	14:33.35
	15:28.23	16:22.43	17:16.26	18:08.56
3	Churchman, Nancy	76	Colonials 1776-8	19:52.73
	52.38	1:48.16	2:46.38	3:48.07
	4:46.63	5:45.95	6:44.92	7:44.95
	8:44.47	9:45.51	10:45.45	11:47.14
	12:47.14	13:47.66	14:47.26	15:48.28
	16:48.32	17:49.41	18:51.60	19:52.73

Women 75-79 1650 Yard Freestyle**NATL: 24:36.58 N 4/14/2023 CHRISTIE HAYES****ZONECHAMPS: 24:36.58 Z 4/14/2023 Christie Hayes**

1	Labukas, Kathy	75	DC Water Wizards-1	30:45.55
	46.27	1:38.04	2:31.46	3:26.06
	4:20.58	5:15.70	6:11.15	7:06.92
	8:02.41	8:57.84	9:53.13	10:49.14
	11:46.24	12:42.97	13:39.64	14:36.25
	15:33.76	16:30.98	17:27.73	18:24.54
	19:22.11	20:18.77	21:16.02	22:13.26
	23:10.76	24:07.44	25:04.48	26:01.39
	26:59.12	27:55.78	28:54.16	29:50.66
				30:45.55

Women 75-79 50 Yard Backstroke**NATL: 33.81 N 4/27/2025 CECILIA MCCLOSKEY****ZONECHAMPS: 43.32 Z 4/8/2016 Beth Schreiner**

1	Sasser, Constance	79	New England Mast-2	45.98
2	Bennett, Ruth	79	Reston Masters S-10	47.62
3	Campbell, Valerie	79	Freedom Aquatic-12	1:12.25

Women 75-79 100 Yard Backstroke**NATL: 1:13.34 N 4/25/2025 CECILIA MCCLOSKEY****ZONECHAMPS: 1:36.73 Z 4/8/2016 Beth Schreiner**

1	Sasser, Constance	79	New England Mast-2	1:39.39
	49.05	1:39.39		
2	Johnston, Jennifer	78	Lane 4 Swimming-10	4:08.84
	2:03.25	4:08.84		

Women 75-79 200 Yard Backstroke**NATL: 2:46.57 N 4/26/2025 CECILIA MCCLOSKEY****ZONECHAMPS: 3:30.82 Z 3/15/2025 Constance Sasser**

1	Sasser, Constance	79	New England Mast-2	3:36.94
	50.50	1:44.11	2:40.39	3:36.94
2	Johnston, Jennifer	78	Lane 4 Swimming-10	8:38.66
	4:16.36	8:38.66		

Women 75-79 50 Yard Breaststroke**NATL: 41.44 N 10/12/2025 CHARLOTTE DAVIS****ZONECHAMPS: 45.37 Z 4/14/2023 Christie Hayes**

1	Burns, Suzi	78	UC12	1:03.98
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Women 75-79 100 Yard Breaststroke**NATL: 1:29.24 N 4/11/2014 JOANN LEILICH****ZONECHAMPS: 1:37.18 Z 4/13/2018 Joann Leilich**

1	Johnston, Jennifer	78	Lane 4 Swimming-10	4:29.09
	2:11.58	4:29.09		

Women 75-79 200 Yard Breaststroke**NATL: 3:16.31 N 4/5/2014 JOANN LEILICH****ZONECHAMPS: 3:16.31 Z 4/5/2014 Joann Leilich**

1	Burns, Suzi	78	UC12	5:07.22
	1:08.22	2:29.35	3:50.60	5:07.22
2	Fishburne, Harriette	78	Cavalier Masters-12	6:36.45
	1:28.38	3:10.36	4:54.94	6:36.45
3	Johnston, Jennifer	78	Lane 4 Swimming-10	9:30.21

Women 75-79 100 Yard IM**NATL: 1:16.95 N 7/26/2025 CHARLOTTE DAVIS****ZONECHAMPS: 1:29.45 Z 4/14/2023 Christie Hayes**

1	Sasser, Constance	79	New England Mast-2	1:49.26
	49.56	1:49.26		

Women 75-79 200 Yard IM**NATL: 2:52.90 N 2/9/2025 CECILIA MCCLOSKEY****ZONECHAMPS: 3:20.86 Z 4/14/2023 Christie Hayes**

1	Fishburne, Harriette	78	Cavalier Masters-12	5:33.24
	1:18.11	2:52.70	4:32.90	5:33.24

Women 80-84 50 Yard Freestyle**NATL: 34.20 N 12/13/2015 JOHNNIE DETRICK****ZONECHAMPS: 42.48 Z 4/13/2003 Jeanne Merryman**

1	McNeely, Carter	80	Cavalier Masters-12	54.73
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Women 80-84 100 Yard Freestyle**NATL: 1:22.34 N 12/13/2015 JOHNNIE DETRICK****ZONECHAMPS: 1:34.75 Z 4/8/2016 Nancy Brown**

1	McNeely, Carter	80	Cavalier Masters-12	2:04.43
	59.23	2:04.43		

Women 80-84 200 Yard Freestyle**NATL: 3:08.41 N 9/23/2018 ANNE WILLIAMS****ZONECHAMPS: 3:24.68 Z 4/2/2022 Aagje Caron**

1	McNeely, Carter	80	Cavalier Masters-12	4:41.14
	58.82	2:09.73	3:25.65	4:41.14

Women 80-84 50 Yard Backstroke**NATL: 42.25 N 4/13/2025 JOY WARD****ZONECHAMPS: 47.66 Z 4/8/2016 Nancy Brown**

1	McNeely, Carter	80	Cavalier Masters-12	1:09.95
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Women 80-84 100 Yard Backstroke**NATL: 1:32.37 N 4/19/2009 BETTY LORENZI****ZONECHAMPS: 1:43.32 Z 4/8/2016 Nancy Brown**

1	McNeely, Carter	80	Cavalier Masters-12	2:20.20
	1:07.95	2:20.20		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Women 85-89 200 Yard Freestyle****NATL: 3:26.89 N 3/23/2013 JEAN TROY****ZONECHAMPS: 4:08.61 Z 5/7/1995 Julia Dolce**

1 Hannam, Karen	85 Lane 4 Swimming-10	7:30.87
3:36.64	5:44.22	7:30.87

Women 85-89 50 Yard Backstroke**NATL: 46.77 N 2/9/2013 BETTY LORENZI****ZONECHAMPS: 57.17 Z 4/22/2001 Marie Wicklund**

1 Hannam, Karen	85 Lane 4 Swimming-10	1:36.11
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Women 85-89 50 Yard Breaststroke**NATL: 47.34 N 5/12/2024 JOANN LEILICH****ZONECHAMPS: 1:43.56 Z 4/20/1997 Hedy Pullman**

1 Hannam, Karen	85 Lane 4 Swimming-10	2:19.17
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Women 85-89 100 Yard Breaststroke**NATL: 1:44.81 N 4/27/2024 JOANN LEILICH****ZONECHAMPS: 3:44.74 Z 4/20/1997 Hedy Pullman**

1 Hannam, Karen	85 Lane 4 Swimming-10	4:53.84
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Women 85-89 200 Yard Breaststroke**NATL: 3:53.82 N 5/11/2024 JOANN LEILICH**

--- Hannam, Karen	85 Lane 4 Swimming-10	DQ
2:27.41	5:02.10	7:56.02
		DQ

Women 85-89 100 Yard IM**NATL: 1:51.58 N 2/15/2026 JOANN LEILICH**

--- Hannam, Karen	85 Lane 4 Swimming-10	DQ
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Men 18-24 50 Yard Freestyle**NATL: 19.36 N 4/28/2012 JOSH SCHNEIDER****ZONECHAMPS: 20.24 Z 4/13/2018 Lucas Bureau**

1 Datovech, Paul	23 Club Tribe-12	22.23
2 Nuval, Paul	19 Navy Club Swim-58	22.41
3 Langelund, Evan	21 Navy Club Swim-58	22.62
4 Kinsella, Christopher	20 Navy Club Swim-58	22.78
5 Yuhas, Drew	19 Navy Club Swim-58	23.03
6 Alexander, John	24 UC09	23.16
7 Miele, Matthew	18 Case Western Res-58	23.27
8 Sahaida, Jack	21 Penn State Club-58	23.35
9 Xue, Alex	20 Case Western Res-58	23.60
10 Kistler, Lance	19 Navy Club Swim-58	23.66
11 Kampfe, Tyler	18 Navy Club Swim-58	23.67
12 Braaten, Kai	21 Navy Club Swim-58	23.86
13 Farrell, Corbin	23 Alexandria Maste-10	24.20
14 Fasana, Joseph	24 Fredericksburg A-12	24.44
15 Chung, Logan	20 Case Western Res-58	24.72
16 Wells, Connor	24 Life Time King o-8	24.77
17 Christie, Peter	24 Club Tribe-12	25.33
18 Akporherhe, Justin	18 Merritt Marlins-9	35.24

Men 18-24 100 Yard Freestyle**NATL: 42.59 N 12/1/2012 EUGENE GODSOE****ZONECHAMPS: 43.97 Z 4/13/2018 Lucas Bureau**

1 Wang, Eric	24 Team New York Aq-6	48.96
23.75	48.96	
2 Datovech, Paul	23 Club Tribe-12	49.06
23.62	49.06	

3 Sahaida, Jack	21 Penn State Club-58	50.17
24.24	50.17	
4 Yuhas, Drew	19 Navy Club Swim-58	50.95
23.99	50.95	
5 Sherrill, Micah	22 Harrisonburg Mas-1	52.03
24.36	52.03	
6 Xue, Alex	20 Case Western Res-58	52.40
24.81	52.40	
7 Alexander, John	24 UC09	52.42
24.65	52.42	
8 Fasana, Joseph	24 Fredericksburg A-12	53.64
25.54	53.64	
9 Miele, Matthew	18 Case Western Res-58	53.67
26.22	53.67	
10 Kistler, Lance	19 Navy Club Swim-58	53.68
25.30	53.68	
11 Braaten, Kai	21 Navy Club Swim-58	55.23
26.51	55.23	
12 Tilley, Alejandro	21 Anne Arundel Amp-6	55.28
26.14	55.28	
13 Chung, Logan	20 Case Western Res-58	56.56
26.53	56.56	
14 Byham-Maier, Andrew	24 Terrapin Masters-10	56.86
27.64	56.86	
15 Elliott, Stephen	24 Reston Masters S-10	56.88
27.66	56.88	
16 Cole, Mason	19 Navy Club Swim-58	58.20
27.08	58.20	
17 Sherbinin, Andrew	21 Navy Club Swim-58	58.44
27.40	58.44	
18 Walsh, James	22 Navy Club Swim-58	58.87
27.83	58.87	
19 Yerram, Nihaal	24 Reston Masters S-10	1:14.39
35.17	1:14.39	

Men 18-24 200 Yard Freestyle**NATL: 1:35.02 N 11/8/2009 ANDY GRANT****ZONECHAMPS: 1:39.93 Z 4/13/2018 Lucas Bureau**

1 Ryan, Michael	24 Club Tribe-12	1:48.11
2 Sahaida, Jack	21 Penn State Club-58	1:53.95
3 Henderson, Myles	24 Terrapin Masters-10	1:54.10
26.22	54.53	1:24.10 1:54.10
4 Christie, Peter	24 Club Tribe-12	1:54.50
26.35	55.10	1:24.93 1:54.50
5 Kistler, Lance	19 Navy Club Swim-58	2:00.73
26.61	56.88	1:28.59 2:00.73
6 Kramer, Julian	19 Case Western Res-58	2:03.96
27.19	56.97	1:29.74 2:03.96
7 Yerram, Nihaal	24 Reston Masters S-10	2:33.68
36.76	1:16.35	1:55.60 2:33.68

Men 18-24 500 Yard Freestyle**NATL: 4:24.81 N 1/24/2010 ANDY GRANT****ZONECHAMPS: 4:29.09 Z 4/13/2018 Andrew Greenhalgh**

1 Henderson, Myles	24 Terrapin Masters-10	5:04.25
27.54	56.82	1:27.01 1:57.56
2:28.30	2:59.29	3:30.52 4:01.87
4:33.17	5:04.25	

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Men 18-24 500 Yard Freestyle)**

2	Kramer, Julian	19	Case Western Res-58	5:43.25
	28.70 1:00.06		1:32.99 2:07.16	
	2:42.38 3:18.16		3:54.87 4:31.55	
	5:08.53 5:43.25			
3	Sherbinin, Andrew	21	Navy Club Swim-58	5:47.27
	29.34 1:01.22		1:33.80 2:08.28	
	2:43.83 3:20.28		3:56.90 4:34.21	
	5:10.94 5:47.27			
4	Yerram, Nihaal	24	Reston Masters S-10	6:32.09
	35.76 1:14.35		1:54.19 2:35.01	
	3:14.81 3:55.67		4:35.16 5:15.41	
	5:54.35 6:32.09			

Men 18-24 1650 Yard Freestyle**NATL: 15:42.49 N 6/24/2024 COLE WEIDERMAN****ZONECHAMPS: 17:15.37 Z 4/3/2022 Alexander Burnam**

1	Henderson, Myles	24	Terrapin Masters-10	17:56.23
	27.96 58.59		1:29.58 2:00.93	
	2:32.46 3:04.31		3:36.22 4:08.33	
	4:40.27 5:12.64		5:44.81 6:17.27	
	6:49.80 7:22.38		7:54.70 8:27.24	
	8:59.81 9:32.11		10:04.85 10:37.47	
	11:10.11 11:43.14		12:16.54 12:49.58	
	13:22.47 13:55.21		14:30.62 15:03.81	
	15:38.24 16:12.58		16:48.07 17:22.32	17:56.23

Men 18-24 50 Yard Backstroke**NATL: 21.64 N 3/20/2026 NATHANIEL BERRY****ZONECHAMPS: 22.62 Z 4/5/2019 Logan Burton**

1	Datovech, Paul	23	Club Tribe-12	23.35
2	Winardi, Toby	20	Navy Club Swim-58	25.87
3	Langelund, Evan	21	Navy Club Swim-58	26.98
4	Sahaida, Jack	21	Penn State Club-58	27.50
5	Elliott, Stephen	24	Reston Masters S-10	29.78
6	Kampfe, Tyler	18	Navy Club Swim-58	29.84
7	Farrell, Corbin	23	Alexandria Maste-10	30.37

Men 18-24 100 Yard Backstroke**NATL: 45.36 N 11/30/2012 EUGENE GODSOE****ZONECHAMPS: 49.19 Z 4/15/2007 Chris Gibson**

1	Datovech, Paul	23	Club Tribe-12	51.47
	25.07 51.47			
2	Winardi, Toby	20	Navy Club Swim-58	54.53
	26.31 54.53			
---	Yerram, Nihaal	24	Reston Masters S-10	DQ
	43.99 DQ			

Men 18-24 200 Yard Backstroke**NATL: 1:44.18 N 5/11/2013 ANDREW ELLIOTT****ZONECHAMPS: 1:49.09 Z 4/5/2019 Logan Burton**

1	Henderson, Myles	24	Terrapin Masters-10	2:10.83
	30.73 1:03.02		1:36.72 2:10.83	
2	Yerram, Nihaal	24	Reston Masters S-10	2:49.25
	43.30 1:25.29		2:07.91 2:49.25	

Men 18-24 50 Yard Breaststroke**NATL: 24.53 N 2/1/2015 ROSTYSLAV FEDYNA****ZONECHAMPS: 25.32 Z 4/23/2006 William Liscinsky**

1	Nitkiewicz, Travis	24	Club Tribe-12	26.81
2	Datovech, Paul	23	Club Tribe-12	28.03
3	Bracewell, Ryan	24	Club Tribe-12	28.34
4	Kinsella, Christopher	20	Navy Club Swim-58	29.00
5	Farrell, Corbin	23	Alexandria Maste-10	29.90
6	Braaten, Kai	21	Navy Club Swim-58	29.91
7	Xue, Alex	20	Case Western Res-58	30.15
8	Kramer, Julian	19	Case Western Res-58	30.17
9	Kampfe, Tyler	18	Navy Club Swim-58	30.20
10	Chung, Logan	20	Case Western Res-58	30.67
11	Kistler, Lance	19	Navy Club Swim-58	31.43
12	Fasana, Joseph	24	Fredericksburg A-12	32.98

Men 18-24 100 Yard Breaststroke**NATL: 52.63 N 2/3/2018 JOSH PRENOT****ZONECHAMPS: 55.96 Z 3/15/2025 Kyle Falkstrom**

1	Nitkiewicz, Travis	24	Club Tribe-12	59.05
	27.66 59.05			
2	Datovech, Paul	23	Club Tribe-12	1:01.16
	28.81 1:01.16			
3	Winardi, Toby	20	Navy Club Swim-58	1:01.51
	28.91 1:01.51			
4	Nuval, Paul	19	Navy Club Swim-58	1:02.87
	29.86 1:02.87			
5	Bracewell, Ryan	24	Club Tribe-12	1:05.44
	29.99 1:05.44			
6	Tilley, Alejandro	21	Anne Arundel Amp-9	1:05.72
	31.06 1:05.72			
7	Kramer, Julian	19	Case Western Res-58	1:07.10
	31.25 1:07.10			
8	Xue, Alex	20	Case Western Res-58	1:07.52
	31.59 1:07.52			
9	Braaten, Kai	21	Navy Club Swim-58	1:07.61
	31.16 1:07.61			
10	Chung, Logan	20	Case Western Res-58	1:08.48
	32.83 1:08.48			
11	Farrell, Corbin	23	Alexandria Maste-10	1:08.75
	32.18 1:08.75			
12	Kistler, Lance	19	Navy Club Swim-58	1:09.78
	32.46 1:09.78			
13	Fasana, Joseph	24	Fredericksburg A-12	1:13.89
	33.95 1:13.89			
14	Sherbinin, Andrew	21	Navy Club Swim-58	1:15.41
	34.23 1:15.41			
15	Walsh, James	22	Navy Club Swim-58	1:20.00
	36.58 1:20.00			

Men 18-24 200 Yard Breaststroke**NATL: 1:57.33 N 5/12/2013 ELLIOT KEEFER****ZONECHAMPS: 2:06.52 Z 3/15/2025 Kyle Falkstrom**

1	Nitkiewicz, Travis	24	Club Tribe-12	2:12.12
	28.97 1:01.89		1:36.87 2:12.12	
2	Bracewell, Ryan	24	Club Tribe-12	2:42.51
	30.46 1:12.91		1:58.35 2:42.51	

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Men 18-24 50 Yard Butterfly

NATL: 21.13 N 4/26/2015 HENRIK LINDAU

ZONECHAMPS: 21.95 Z 4/13/2018 Lucas Bureau

1	Datovech, Paul	23	Club Tribe-12	23.51
2	Winardi, Toby	20	Navy Club Swim-58	24.05
3	Sherrill, Micah	22	Harrisonburg Mas-1	24.61
4	Nuval, Paul	19	Navy Club Swim-58	24.62
5	Langelund, Evan	21	Navy Club Swim-58	24.82
6	Kinsella, Christopher	20	Navy Club Swim-58	24.86
7	Yuhas, Drew	19	Navy Club Swim-58	25.04
8	Ryan, Michael	24	Club Tribe-12	25.57
9	Sahaida, Jack	21	Penn State Club-58	25.80
10	Kampfe, Tyler	18	Navy Club Swim-58	26.05
11	Miele, Matthew	18	Case Western Res-58	26.11
12	Braaten, Kai	21	Navy Club Swim-58	26.28
13	Greigg, Daniel	23	Terrapin Masters-10	26.44
14	Alexander, John	24	UC09	26.51
15	Byham-Maier, Andrew	24	Terrapin Masters-10	26.99
16	Elliott, Stephen	24	Reston Masters S-10	27.01
17	Cole, Mason	19	Navy Club Swim-58	27.08
18	Walsh, James	22	Navy Club Swim-58	27.10
19	Farrell, Corbin	23	Alexandria Maste-10	27.20
20	Fasana, Joseph	24	Fredericksburg A-12	27.31

Men 18-24 100 Yard Butterfly

NATL: 46.65 N 11/30/2012 EUGENE GODSOE

ZONECHAMPS: 47.41 Z 4/13/2018 Lucas Bureau

1	Wang, Eric	24	Team New York Aq-6	52.75
	24.50			52.75
2	Datovech, Paul	23	Club Tribe-12	53.91
	25.52			53.91
3	Langelund, Evan	21	Navy Club Swim-58	55.20
	25.51			55.20
4	Yuhas, Drew	19	Navy Club Swim-58	55.87
	25.73			55.87
5	Sahaida, Jack	21	Penn State Club-58	57.81
	27.24			57.81
6	Greigg, Daniel	23	Terrapin Masters-10	57.96
	26.84			57.96
7	Christie, Peter	24	Club Tribe-12	58.43
	27.82			58.43
8	Miele, Matthew	18	Case Western Res-58	1:00.10
	28.11			1:00.10
9	Byham-Maier, Andrew	24	Terrapin Masters-10	1:01.08
	28.25			1:01.08
10	Alexander, John	24	UC09	1:04.16
	29.13			1:04.16

Men 18-24 200 Yard Butterfly

NATL: 1:44.08 N 4/30/2022 ZACHARY FONG

ZONECHAMPS: 1:55.56 Z 4/5/2019 Alex Arrieta

1	Greigg, Daniel	23	Terrapin Masters-10	2:14.39
	30.36		1:38.55	2:14.39
2	Wells, Connor	24	Life Time King o-8	3:25.09
	34.54		2:16.23	3:25.09

Men 18-24 100 Yard IM

NATL: 48.96 N 4/26/2019 ANDREW APPLEBY

ZONECHAMPS: 49.23 Z 4/13/2018 Lucas Bureau

1	Nitkiewicz, Travis	24	Club Tribe-12	53.65
	25.41			53.65
2	Datovech, Paul	23	Club Tribe-12	54.50
	24.72			54.50
3	Winardi, Toby	20	Navy Club Swim-58	55.76
	25.66			55.76
4	Greigg, Daniel	23	Terrapin Masters-10	1:00.38
	27.40			1:00.38
*5	Yuhas, Drew	19	Navy Club Swim-58	1:00.39
	26.48			1:00.39
*5	Kampfe, Tyler	18	Navy Club Swim-58	1:00.39
7	Alexander, John	24	UC09	1:01.40
	28.06			1:01.40
8	Chung, Logan	20	Case Western Res-58	1:01.44
	28.84			1:01.44
9	Christie, Peter	24	Club Tribe-12	1:01.84
	29.41			1:01.84
10	Braaten, Kai	21	Navy Club Swim-58	1:01.95
	28.96			1:01.95
11	Fasana, Joseph	24	Fredericksburg A-12	1:01.96
	27.63			1:01.96
12	Nuval, Paul	19	Navy Club Swim-58	1:02.26
	29.14			1:02.26
13	Farrell, Corbin	23	Alexandria Maste-10	1:02.50
	28.50			1:02.50
14	Wells, Connor	24	Life Time King o-8	1:04.58
	29.56			1:04.58
15	Byham-Maier, Andrew	24	Terrapin Masters-10	1:04.97
	29.92			1:04.97

Men 18-24 200 Yard IM

NATL: 1:48.91 N 2/2/2020 SAMUEL STEWART

ZONECHAMPS: 1:55.60 Z 4/14/2023 Jasper Jurman

1	Nitkiewicz, Travis	24	Club Tribe-12	1:57.34
	25.64		1:28.75	1:57.34
2	Wang, Eric	24	Team New York Aq-6	2:02.50
	25.29		1:32.45	2:02.50
3	Greigg, Daniel	23	Terrapin Masters-10	2:13.21
	28.56		1:40.50	2:13.21
4	Tilley, Alejandro	21	Anne Arundel Amp-6	2:15.85
	27.02		1:41.06	2:15.85
5	Wells, Connor	24	Life Time King o-8	2:32.03
	30.15		1:55.44	2:32.03
---	Kistler, Lance	19	Navy Club Swim-58	DQ
	28.52		1:46.76	DQ

Men 18-24 400 Yard IM

NATL: 3:50.12 N 2/13/2010 RUSSELL PAYNE

ZONECHAMPS: 4:09.99 Z 4/5/2019 Andrew Greenhalgh

1	Greigg, Daniel	23	Terrapin Masters-10	4:46.32
	28.91		1:38.94	2:15.23
	2:56.14		4:12.53	4:46.32

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Men 18-24 400 Yard IM)**

2 Wells, Connor	24 Life Time King o-8	5:47.83
34.44	1:14.73	2:03.15
		2:54.34
3:42.93	4:30.41	5:10.81
		5:47.83

Men 25-29 50 Yard Freestyle**NATL: 18.67 N 12/20/2014 BOUSQUET\ADRIAN****ZONECHAMPS: 20.49 Z 4/6/2014 Jarryd Botha**

1 Brukx, Peter	26 Club Tribe-12	21.72
2 Dinger, Steven	27 Club Tribe-12	21.86
3 Steele, William	29 Agua Masters-6	22.16
4 Steele, Charles	29 San Jose Clownfi-38	22.62
5 Kearney, Patrick	28 Patriot Masters-10	22.71
6 Gray, Matthew	25 Maryland Masters-9	23.17
7 Straka, Ryan	27 UC12	23.54
8 Rinald, Kevin	29 Cavalier Masters-12	24.23
9 Andrews, Harrison	28 Virginia Masters-12	24.48
10 LeMire, Connor	26 Talbot Masters-9	24.50
11 Dzurenda, Gavin	28 Fredericksburg A-12	28.37

Men 25-29 100 Yard Freestyle**NATL: 41.13 N 5/3/2014 NATHAN ADRIAN****ZONECHAMPS: 45.53 Z 4/7/2017 Kevin Gallagher**

1 Fein, Ryley	25 Colonials 1776-8	47.77
23.20	47.77	
2 Dinger, Steven	27 Club Tribe-12	48.26
22.78	48.26	
3 Steele, William	29 Agua Masters-6	49.27
23.12	49.27	
4 Frankovich, Joseph	25 Lane 4 Swimming-10	49.62
23.75	49.62	
*5 Hartmann, Ryan	26 Colonials 1776-8	49.99
23.92	49.99	
*5 Proxmire, Duncan	27 UC10	49.99
24.33	49.99	
7 Joo, Jared	26 Club Tribe-12	50.55
24.28	50.55	
8 Kearney, Patrick	28 Patriot Masters-10	50.65
24.21	50.65	
9 Gray, Matthew	25 Maryland Masters-9	51.52
24.19	51.52	
10 Steele, Charles	29 San Jose Clownfi-38	51.57
23.74	51.57	
11 Straka, Ryan	27 UC12	52.01
25.07	52.01	
12 Rinald, Kevin	29 Cavalier Masters-12	52.98
25.28	52.98	
13 Dzurenda, Gavin	28 Fredericksburg A-12	1:09.65
32.05	1:09.65	
14 Helm, Ian	29 Arlington Master-10	1:09.79
33.07	1:09.79	

Men 25-29 200 Yard Freestyle**NATL: 1:31.93 N 12/6/2013 DARIAN TOWNSEND****ZONECHAMPS: 1:41.97 Z 4/22/2001 Marc Grabish**

1 Proxmire, Duncan	27 UC10	1:47.72
2 Major, Kyle	26 Club Tribe-12	1:50.82

3 Frankovich, Joseph	25 Lane 4 Swimming-10	1:51.31
4 Steele, Charles	29 San Jose Clownfi-38	1:56.34
5 Rinald, Kevin	29 Cavalier Masters-12	2:01.17
26.81	57.37	1:29.42
		2:01.17

Men 25-29 500 Yard Freestyle**NATL: 4:20.82 N 4/17/2010 ANDY GRANT****ZONECHAMPS: 4:39.22 Z 4/12/1992 Bruce Hayes**

1 Proxmire, Duncan	27 UC10	4:53.25
26.24	54.83	1:23.34
		1:52.60
2:22.18	2:52.31	3:22.58
		3:53.62
4:23.84	4:53.25	
2 Locke, Christian	28 Lane 4 Swimming-10	5:55.14
33.03	1:08.20	1:43.39
		2:19.66
2:55.01	3:30.71	4:06.48
		4:42.56
5:18.88	5:55.14	

Men 25-29 1000 Yard Freestyle**NATL: 9:03.99 N 4/27/2023 GRANT SHOULTS****ZONECHAMPS: 9:55.05 Z 4/14/1991 Steve Fisher**

1 Proxmire, Duncan	27 UC10	10:10.88
27.23	56.72	1:27.01
		1:57.83
2:28.71	2:59.67	3:30.67
		4:01.31
4:32.34	5:03.15	5:33.98
		6:04.91
6:35.74	7:06.69	7:37.55
		8:08.61
8:39.48	9:10.37	9:41.06
		10:10.88

Men 25-29 1650 Yard Freestyle**NATL:15:44.70 N 5/3/1998 ALEX KOSTICH****ZONECHAMPS:16:19.50 Z 4/14/1991 Garrow Kerr**

1 Locke, Christian	28 Lane 4 Swimming-10	20:57.67
32.36	1:08.19	1:44.13
		2:21.57
2:58.63	3:35.41	4:13.01
		4:51.39
5:28.93	6:07.08	6:45.41
		7:23.27
8:00.86	8:38.79	9:16.93
		9:55.06
10:34.51	11:12.87	11:51.62
		12:30.32
13:09.52	13:48.13	14:26.92
		15:05.86
15:44.53	16:23.61	17:02.39
		17:42.60
18:21.75	19:01.23	19:40.35
		20:19.27
		20:57.67

Men 25-29 50 Yard Backstroke**NATL: 21.46 N 4/16/2010 ADAM MANIA****ZONECHAMPS: 23.28 Z 4/6/2014 Jarryd Botha**

1 Joo, Jared	26 Club Tribe-12	24.95
2 Dinger, Steven	27 Club Tribe-12	25.11

Men 25-29 100 Yard Backstroke**NATL: 45.95 N 4/15/2010 ADAM MANIA****ZONECHAMPS: 50.20 Z 3/15/2025 Jack Bauer**

1 Wu, Dorje	26 Club Tribe-12	55.07
26.78	55.07	
2 Dinger, Steven	27 Club Tribe-12	55.69
26.13	55.69	
3 Joo, Jared	26 Club Tribe-12	56.09
26.70	56.09	
4 LeMire, Connor	26 Talbot Masters-9	1:06.14
31.30	1:06.14	

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Men 25-29 200 Yard Backstroke****NATL: 1:45.77 N 3/20/2016 DAVID RUSSELL****ZONECHAMPS: 1:51.12 Z 3/15/2025 Jack Bauer**

1	Wu, Dorje	26	Club Tribe-12	1:59.50
	28.72	58.59	1:28.04	1:59.50
2	Major, Kyle	26	Club Tribe-12	2:09.31
	29.78	1:02.80	1:36.42	2:09.31

Men 25-29 50 Yard Breaststroke**NATL: 23.87 N 5/21/2010 MARK GANGLOFF****ZONECHAMPS: 25.23 Z 4/15/2007 William Liscinsky**

1	Steele, Charles	29	San Jose Clownfi-38	28.06
2	Joo, Jared	26	Club Tribe-12	28.09
3	Steele, William	29	Agua Masters-6	28.72
4	Andrews, Harrison	28	Virginia Masters-12	32.25

Men 25-29 100 Yard Breaststroke**NATL: 51.51 N 4/28/2023 BENJAMIN CONO****ZONECHAMPS: 56.67 Z 4/14/2023 Stephen Husch**

1	Joo, Jared	26	Club Tribe-12	59.81
	27.61	59.81		
2	Burnam, Alexander	28	New England Mast-2	1:00.24
	28.31	1:00.24		
3	Sherrill, Justin	28	Sentara Rmh Well-1	1:02.40
	28.96	1:02.40		
4	Pilar, Nathanael	28	District Of Colu-10	1:03.88
	30.15	1:03.88		
5	Steele, Charles	29	San Jose Clownfi-38	1:03.95
	28.59	1:03.95		
6	Helm, Ian	29	Arlington Master-10	1:26.77
	39.60	1:26.77		

Men 25-29 200 Yard Breaststroke**NATL: 1:53.04 N 12/21/2013 BJ JOHNSON****ZONECHAMPS: 2:07.29 Z 4/14/2023 Alexander Burnam**

1	Burnam, Alexander	28	New England Mast-2	2:07.59
	28.79	1:01.09	1:33.79	2:07.59
2	Pilar, Nathanael	28	District Of Colu-10	2:20.35
	31.52	1:07.18	1:43.02	2:20.35

Men 25-29 50 Yard Butterfly**NATL: 20.99 N 4/28/2019 MARCIN CIESLAK****ZONECHAMPS: 21.97 Z 4/19/2024 Kevin Mastracci**

1	Steele, William	29	Agua Masters-6	23.21
2	Bruks, Peter	26	Club Tribe-12	23.60
3	Dinger, Steven	27	Club Tribe-12	23.99
4	Fein, Ryley	25	Colonials 1776-8	24.09
5	Hartmann, Ryan	26	Colonials 1776-8	24.16
6	Gray, Matthew	25	Maryland Masters-9	24.21
7	Straka, Ryan	27	UC12	25.48
8	Rinald, Kevin	29	Cavalier Masters-12	27.99
9	Dzurenda, Gavin	28	Fredericksburg A-12	34.01

Men 25-29 100 Yard Butterfly**NATL: 45.32 N 11/30/2012 DAVIS TARWATER****ZONECHAMPS: 49.75 Z 4/1/2022 Matt Grauslys**

1	Bruks, Peter	26	Club Tribe-12	52.42
	24.33	52.42		

2	Wu, Dorje	26	Club Tribe-12	52.91
	24.80	52.91		
3	Gray, Matthew	25	Maryland Masters-9	54.25
	25.22	54.25		
4	Dinger, Steven	27	Club Tribe-12	55.13
	25.20	55.13		
5	Kearney, Patrick	28	Patriot Masters-10	56.14
	26.78	56.14		
6	Straka, Ryan	27	UC12	58.96
	27.79	58.96		
7	McCord, Jerel	29	Talbot Masters-9	59.00
	27.72	59.00		
8	Dzurenda, Gavin	28	Fredericksburg A-12	1:24.99
	37.61	1:24.99		

Men 25-29 200 Yard Butterfly**NATL: 1:44.67 N 4/30/2023 ZACHARY FONG****ZONECHAMPS: 1:53.82 Z 4/2/2000 Curtis Sawin**

1	Wu, Dorje	26	Club Tribe-12	1:58.06
	25.74	55.14	1:25.93	1:58.06
2	Major, Kyle	26	Club Tribe-12	2:09.46
	27.88	1:00.56	1:34.61	2:09.46

Men 25-29 100 Yard IM**NATL: 47.77 N 5/3/2014 DARIAN TOWNSEND****ZONECHAMPS: 50.51 Z 4/15/2007 William Liscinsky**

1	Steele, William	29	Agua Masters-6	53.92
	23.92	53.92		
2	Joo, Jared	26	Club Tribe-12	54.71
	24.62	54.71		
3	Kearney, Patrick	28	Patriot Masters-10	57.49
	26.85	57.49		
4	Gray, Matthew	25	Maryland Masters-9	57.72
	26.76	57.72		
5	Pilar, Nathanael	28	District Of Colu-10	1:01.96
	30.64	1:01.96		
6	Andrews, Harrison	28	Virginia Masters-12	1:03.69
	29.17	1:03.69		
7	McCord, Jerel	29	Talbot Masters-9	1:06.81
	28.50	1:06.81		

Men 25-29 200 Yard IM**NATL: 1:41.79 N 12/21/2013 DARIAN TOWNSEND****ZONECHAMPS: 1:55.03 Z 4/4/2004 Frank Byskov**

1	Hartmann, Ryan	26	Colonials 1776-8	2:05.84
	25.26	57.51	1:34.86	2:05.84
2	Major, Kyle	26	Club Tribe-12	2:06.14
	26.45	59.74	1:37.20	2:06.14
3	Johnson, Christopher	25	Club Tribe-12	2:07.98
	27.18	59.58	1:38.49	2:07.98
4	Fein, Ryley	25	Colonials 1776-8	2:08.26
	26.87	1:00.16	1:39.64	2:08.26
5	Kearney, Patrick	28	Patriot Masters-10	2:08.30
	26.02	1:00.91	1:38.49	2:08.30
6	Pilar, Nathanael	28	District Of Colu-10	2:17.05
	28.90	1:08.28	1:43.18	2:17.05
7	Locke, Christian	28	Lane 4 Swimming-10	2:37.34
	33.07	1:17.32	2:01.86	2:37.34

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Men 25-29 400 Yard IM

NATL: 3:41.85 N 12/20/2013 DARIAN TOWNSEND

ZONECHAMPS: 4:07.19 Z 4/22/2001 Peter Hezky

1	Johnson, Christopher	25	Club Tribe-12	4:36.06
	28.38	1:00.78	1:35.28	2:10.25
	2:50.49	3:31.81	4:04.41	4:36.06

Men 30-34 50 Yard Freestyle

NATL: 19.33 N 5/3/2014 ERVIN\ERVIN

ZONECHAMPS: 20.65 Z 4/13/2018 Kevin Gallagher

1	Lee, Oliver	33	Crimzone-12	21.54
2	Smith, Mark	31	Terrapin Masters-10	22.24
3	Chalfant, Daniel	34	UC10	23.63
4	Hayes, Daniel	30	Alexandria Maste-10	23.98
5	Schaffling, Eric	34	Colonials 1776-8	24.36
6	Tran, William	34	Arlington Master-10	24.99
7	Boyarskiy, Ivan	30	Loud Loons-12	27.58

Men 30-34 100 Yard Freestyle

NATL: 42.75 N 12/21/2014 DARIAN TOWNSEND

ZONECHAMPS: 45.67 Z 4/13/2018 Kevin Gallagher

1	Lee, Oliver	33	Crimzone-12	48.48
	22.90	48.48		
2	Smith, Mark	31	Terrapin Masters-10	48.51
	23.60	48.51		
3	Frederick, Aaron	32	Red Tide-6	50.60
	24.03	50.60		
4	De Jesus, Jose	32	Terrapin Masters-10	51.08
	23.74	51.08		
5	Buchanan, Blake	33	UC09	51.51
	24.78	51.51		
6	Tran, William	34	Arlington Master-10	54.09
	26.36	54.09		
7	Koons, Andrew	33	Reston Masters S-10	1:01.56
	29.01	1:01.56		
8	Boyarskiy, Ivan	30	Loud Loons-12	1:01.60
	30.29	1:01.60		
9	Gospodarsky, Artyom	33	Colonials 1776-8	1:07.84
	32.06	1:07.84		

Men 30-34 200 Yard Freestyle

NATL: 1:34.00 N 12/19/2014 DARIAN TOWNSEND

ZONECHAMPS: 1:40.60 Z 4/2/2022 Marcos Lavado

1	Buchanan, Blake	33	UC09	1:52.28
2	Hayes, Daniel	30	Alexandria Maste-10	1:55.05
	25.43	53.90	1:24.25	1:55.05
3	Turney, Avery	30	Maryland Masters-9	1:57.18
	26.59	56.33	1:27.43	1:57.18
4	Boyarskiy, Ivan	30	Loud Loons-12	2:15.56
	31.13	1:04.30	1:39.11	2:15.56

Men 30-34 500 Yard Freestyle

NATL: 4:26.34 N 2/19/2022 DREW MODROV

ZONECHAMPS: 4:39.81 Z 4/1/2022 Eric Nilsson

1	Conover, Arthur	31	Patriot Masters-10	4:42.82
	25.29	52.55	1:20.39	1:48.95
	2:17.50	2:46.31	3:15.53	3:44.98
	4:14.55	4:42.82		

2	Boyarskiy, Ivan	30	Loud Loons-12	6:19.33
	33.42	1:09.99	1:48.56	2:26.29
	3:04.77	3:43.70	4:23.27	5:02.60
	5:42.08	6:19.33		

3	Tendolkar, Gaurav	34	Reston Masters S-10	7:12.74
	39.04	1:22.43	2:05.89	2:51.29
	3:34.24	4:18.25	5:02.64	5:47.24
	6:31.34	7:12.74		

4	Gospodarsky, Artyom	33	Colonials 1776-8	7:17.49
	35.07	1:13.51	1:55.40	
	3:25.50	4:58.58	5:45.03	
	6:31.54	7:17.49		

Men 30-34 1000 Yard Freestyle

NATL: 9:17.76 N 4/24/2025 ANTON IPSEN

ZONECHAMPS:10:12.02 Z 4/13/2012 Stephen Michaels

1	Tendolkar, Gaurav	34	Reston Masters S-10	15:05.85
	36.48	1:18.09	2:00.91	2:44.49
	3:28.31	4:13.40	4:58.75	5:45.69
	6:32.99	7:19.53	8:06.29	8:53.67
	9:41.00	10:27.74	11:14.62	12:00.93
	12:48.62	13:35.41	14:21.88	15:05.85

Men 30-34 1650 Yard Freestyle

NATL:15:51.57 N 5/12/1996 JEFF ERWIN

ZONECHAMPS:16:21.91 Z 4/3/2022 Eric Nilsson

1	Conover, Arthur	31	Patriot Masters-10	16:27.95
	26.62	54.93	1:23.64	1:52.76
	2:22.09	2:51.45	3:20.99	3:50.58
	4:20.26	4:49.90	5:19.65	5:49.40
	6:19.28	6:49.26	7:19.25	7:49.56
	8:20.08	8:50.62	9:20.88	9:51.56
	10:21.82	10:52.23	11:22.83	11:53.67
	12:24.34	12:54.96	13:25.65	13:56.33
	14:27.19	14:57.76	15:28.44	15:58.62
				16:27.95

Men 30-34 50 Yard Backstroke

NATL: 21.37 N 4/26/2019 MATT GREVERS

ZONECHAMPS: 24.35 Z 4/23/2006 Troy Johnson

1	Smith, Mark	31	Terrapin Masters-10	25.68
2	Hunt, Thomas	33	Rappahannock Ymc-	28.40
3	Tran, William	34	Arlington Master-10	29.02
4	Koons, Andrew	33	Reston Masters S-10	33.94
5	Boyarskiy, Ivan	30	Loud Loons-12	35.45

Men 30-34 100 Yard Backstroke

NATL: 46.34 N 12/21/2013 ADAM MANIA

ZONECHAMPS: 51.93 Z 4/20/2013 Michael Bazylewicz

1	Smith, Mark	31	Terrapin Masters-10	55.78
	26.42	55.78		
2	Chalfant, Daniel	34	UC10	59.37
	28.48	59.37		
3	Schaffling, Eric	34	Colonials 1776-8	1:05.33
	30.97	1:05.33		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Men 30-34 200 Yard Backstroke****NATL: 1:43.73 N 12/21/2014 ADAM MANIA****ZONECHAMPS: 1:51.42 Z 4/21/2013 Michael Bazylewicz**

1	Conover, Arthur	31	Patriot Masters-10	1:55.89
	27.77	56.84	1:26.64	1:55.89

Men 30-34 50 Yard Breaststroke**NATL: 24.35 N 4/24/2015 MATT GREVERS****ZONECHAMPS: 26.54 Z 4/17/2011 Joe Nagy**

1	De Jesus, Jose	32	Terrapin Masters-10	27.72
2	Wolfe, Ryan	33	Club Tribe-12	28.80
3	Materniak, Eric	34	Reston Masters S-10	30.87
4	Boyarskiy, Ivan	30	Loud Loons-12	35.23

Men 30-34 100 Yard Breaststroke**NATL: 51.97 N 12/15/2023 BRANDON FISCHER****ZONECHAMPS: 57.93 Z 4/17/2011 Joe Nagy**

1	Turney, Avery	30	Maryland Masters-9	1:01.31
	28.96	1:01.31		
2	Wolfe, Ryan	33	Club Tribe-12	1:02.06
	28.60	1:02.06		
3	Materniak, Eric	34	Reston Masters S-10	1:09.77
	32.37	1:09.77		
4	Hunt, Thomas	33	Rappahannock Ymc-	1:10.76
	33.29	1:10.76		
5	Boyarskiy, Ivan	30	Loud Loons-12	1:16.54
	35.74	1:16.54		

Men 30-34 50 Yard Butterfly**NATL: 21.11 N 4/26/2015 MATT GREVERS****ZONECHAMPS: 22.73 Z 4/14/2012 Terrence Fenningham**

1	Smith, Mark	31	Terrapin Masters-10	23.45
2	Frederick, Aaron	32	Red Tide-6	25.13

Men 30-34 100 Yard Butterfly**NATL: 46.90 N 4/14/2024 ROMAN RYBIN****ZONECHAMPS: 51.08 Z 4/13/2003 Curtis Sawin**

1	Smith, Mark	31	Terrapin Masters-10	51.70
	24.73	51.70		
2	Buchanan, Blake	33	UC09	55.05
	25.74	55.05		
3	Chalfant, Daniel	34	UC10	57.27
	26.37	57.27		
4	Schaffling, Eric	34	Colonials 1776-8	58.28
	26.81	58.28		
5	Tran, William	34	Arlington Master-10	1:00.98
	28.31	1:00.98		

Men 30-34 200 Yard Butterfly**NATL: 1:45.01 N 4/12/2015 DARIAN TOWNSEND****ZONECHAMPS: 1:56.82 Z 4/11/2015 Gregory Danner**

1	Koons, Andrew	33	Reston Masters S-10	3:04.99
	36.58	1:22.82	2:14.33	3:04.99

Men 30-34 100 Yard IM**NATL: 47.71 N 4/29/2017 RYAN LOCHTE****ZONECHAMPS: 52.65 Z 4/2/2022 Marcos Lavado**

1	Frederick, Aaron	32	Red Tide-6	58.32
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2	Chalfant, Daniel	34	UC10	58.79
	26.45	58.79		
3	Schaffling, Eric	34	Colonials 1776-8	1:01.73
	27.40	1:01.73		
4	Materniak, Eric	34	Reston Masters S-10	1:04.23
	31.40	1:04.23		

Men 30-34 200 Yard IM**NATL: 1:42.03 N 12/20/2014 DARIAN TOWNSEND****ZONECHAMPS: 1:55.50 Z 4/13/2003 Curtis Sawin**

1	Buchanan, Blake	33	UC09	2:05.94
	26.20	58.92	1:35.33	2:05.94
2	Wolfe, Ryan	33	Club Tribe-12	2:07.93
	26.82	1:00.71	1:37.09	2:07.93
3	Turney, Avery	30	Maryland Masters-9	2:09.75
	25.92	1:01.71	1:38.62	2:09.75
4	Tran, William	34	Arlington Master-10	2:11.68
	28.14	1:00.69	1:39.59	2:11.68
5	Chestnut, Michael	34	UC26	2:13.46
	29.44	1:04.76	1:40.79	2:13.46

Men 35-39 50 Yard Freestyle**NATL: 20.01 N 3/25/2018 ROLAND SCHOEMAN****ZONECHAMPS: 21.05 Z 4/23/2006 Michael Ross**

1	Bulakul, Sirin	38	Club Tribe-12	22.12
2	Smith, Walter	35	UC10	23.25
3	Grotte, Jeremy	36	UC09	24.02
4	Sevilla, Aristides	36	Reston Masters S-10	24.45
5	Taylor, Tim	39	Alexandria Maste-10	25.76
6	Schapiro, Adam	39	Rappahannock Ymc-	26.17

Men 35-39 100 Yard Freestyle**NATL: 44.08 N 2/15/2026 CAMERON OWEN****ZONECHAMPS: 45.54 Z 4/23/2006 Michael Ross**

1	Bulakul, Sirin	38	Club Tribe-12	48.75
	23.42	48.75		
2	Smith, Walter	35	UC10	52.57
	25.40	52.57		
3	Goehring, Kevin	36	City of Mobile M-15	53.65
	25.74	53.65		
4	Grotte, Jeremy	36	UC09	53.96
	25.58	53.96		
5	Taylor, Ryan	39	The St James Mas-10	54.45
	25.41	54.45		
6	Sevilla, Aristides	36	Reston Masters S-10	54.91
	26.10	54.91		
7	Brown, Mackenzie	35	Terrapin Masters-10	56.80
	27.14	56.80		
8	Schapiro, Adam	39	Rappahannock Ymc-	1:00.88
	28.73	1:00.88		
9	Ray, Stephen	36	Fredericksburg A-12	1:03.40
	29.75	1:03.40		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Men 35-39 1650 Yard Freestyle****NATL: 15:53.88 N 5/18/2003 JEFF ERWIN****ZONECHAMPS: 16:25.58 Z 4/19/2013 Frederik Hviid**

1	Laris, Zach	38	Club Tribe-12	27:28.66
	45.46	1:33.10	2:22.09	3:12.77
	4:02.54	4:52.09	5:41.67	6:31.51
	7:21.85	8:11.90	9:02.80	9:52.00
	10:41.72	11:31.70	12:20.47	13:10.67
	14:00.48	14:51.55	15:43.22	16:33.97
	17:25.37	18:14.76	19:05.20	19:56.00
	20:47.42	21:38.11	22:28.07	23:16.66
	24:07.63	24:57.59	25:48.13	26:38.87
				27:28.66

Men 35-39 50 Yard Backstroke**NATL: 22.62 N 4/29/2017 JEFF NATALIZIO****ZONECHAMPS: 23.06 Z 4/23/2006 Michael Ross**

1	Bulakul, Sirin	38	Club Tribe-12	25.21
2	Taylor, Ryan	39	The St James Mas-1C	27.27
3	Sevilla, Aristides	36	Reston Masters S-10	29.61
4	Taylor, Tim	39	Alexandria Maste-1C	29.78
5	Brown, Mackenzie	35	Terrapin Masters-10	30.74

Men 35-39 100 Yard Backstroke**NATL: 47.86 N 4/30/2017 JEFF NATALIZIO****ZONECHAMPS: 49.62 Z 4/24/2005 Michael Ross**

1	Bulakul, Sirin	38	Club Tribe-12	55.66
	26.97	55.66		
2	Taylor, Tim	39	Alexandria Maste-1C	1:04.75
	30.95	1:04.75		

Men 35-39 200 Yard Backstroke**NATL: 1:47.29 N 4/1/2023 KEVIN NEAD****ZONECHAMPS: 1:52.89 Z 4/24/2005 Michael Ross**

1	Jurkiewicz, Crosby	35	District Of Colu-10	2:17.53
	31.68	1:07.33	1:42.72	2:17.53
2	Taylor, Tim	39	Alexandria Maste-1C	2:22.97
	34.23	1:10.41	1:46.74	2:22.97

Men 35-39 50 Yard Breaststroke**NATL: 24.87 N 7/27/2025 BRANDON FISCHER****ZONECHAMPS: 26.29 Z 4/22/2001 Wally Dicks**

1	Schapiro, Adam	39	Rappahannock Ymc-	33.93
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Men 35-39 100 Yard Breaststroke**NATL: 53.81 N 7/27/2025 BRANDON FISCHER****ZONECHAMPS: 55.84 Z 4/22/2001 Wally Dicks**

1	Schapiro, Adam	39	Rappahannock Ymc-	1:14.75
	35.03	1:14.75		
2	Ray, Stephen	36	Fredericksburg A-12	1:15.03
	36.45	1:15.03		

Men 35-39 50 Yard Butterfly**NATL: 21.24 N 3/25/2018 ROLAND SCHOEMAN****ZONECHAMPS: 22.86 Z 4/23/2006 Michael Ross**

1	Bulakul, Sirin	38	Club Tribe-12	23.67
2	Smith, Walter	35	UC10	25.42
3	Grotte, Jeremy	36	UC09	25.98
4	Taylor, Ryan	39	The St James Mas-1C	26.07
5	Sevilla, Aristides	36	Reston Masters S-10	26.51

6	Brown, Mackenzie	35	Terrapin Masters-10	27.15
7	Schapiro, Adam	39	Rappahannock Ymc-	28.38
8	Ray, Stephen	36	Fredericksburg A-12	30.52

Men 35-39 100 Yard Butterfly**NATL: 47.31 N 11/9/2025 RANDALL TOM****ZONECHAMPS: 50.06 Z 4/23/2006 Michael Ross**

1	Smith, Walter	35	UC10	57.08
	27.64	57.08		
2	Grotte, Jeremy	36	UC09	1:01.08
	28.68	1:01.08		

Men 35-39 200 Yard Butterfly**NATL: 1:48.67 N 4/12/2025 CAMERON OWEN****ZONECHAMPS: 1:52.21 Z 5/9/1993 Bill Specht**

1	Jurkiewicz, Crosby	35	District Of Colu-10	2:11.45
	29.85	1:03.25	1:36.73	2:11.45
2	Hepp, Christopher	38	Terrapin Masters-10	2:22.14
	32.40	1:08.31	1:45.20	2:22.14

Men 35-39 100 Yard IM**NATL: 49.01 N 4/29/2017 JEFF NATALIZIO****ZONECHAMPS: 53.98 Z 4/13/2008 Jeff Roddin**

1	Bulakul, Sirin	38	Club Tribe-12	56.15
	25.64	56.15		
2	Taylor, Tim	39	Alexandria Maste-1C	1:02.94
	29.11	1:02.94		
3	Brown, Mackenzie	35	Terrapin Masters-10	1:03.05
	28.52	1:03.05		
4	Schapiro, Adam	39	Rappahannock Ymc-	1:07.71
	30.77	1:07.71		

Men 35-39 200 Yard IM**NATL: 1:48.74 N 12/22/2002 RONALD KARNAUGH****ZONECHAMPS: 1:58.21 Z 3/15/2025 Eric Nilsson**

1	Jurkiewicz, Crosby	35	District Of Colu-10	2:12.06
	27.58	1:01.59	1:40.52	2:12.06
2	Hepp, Christopher	38	Terrapin Masters-10	2:17.09
	29.03	1:04.14	1:44.21	2:17.09
3	Goehring, Kevin	36	City of Mobile M-15	2:26.60
	30.88	1:06.79	1:51.49	2:26.60

Men 40-44 50 Yard Freestyle**NATL: 20.67 N 12/20/2014 JOSH DAVIS****ZONECHAMPS: 20.84 Z 4/26/2009 Michael Ross**

1	Elsaesser, Evan	41	Club Tribe-12	23.01
2	Fried, Michael	43	Club Tribe-12	23.42
3	Kofol, Christopher	43	Garden State Mas-7	24.62
4	Donovan, Sean	43	French Creek Rac-8	25.48
5	Oloughlin, Jonathan	42	Terrapin Masters-10	25.82

Men 40-44 100 Yard Freestyle**NATL: 45.15 N 5/3/2014 JOSH DAVIS****ZONECHAMPS: 45.61 Z 4/25/2009 Michael Ross**

1	Furlong, Kevin	42	Club Tribe-12	50.78
	24.13	50.78		
2	Helfers, Edward	43	Terrapin Masters-10	51.48
	24.71	51.48		
3	Kofol, Christopher	43	Garden State Mas-7	54.49
	25.56	54.49		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Men 40-44 100 Yard Freestyle)**

4	Oloughlin, Jonathan	42	Terrapin Masters-10	56.33
	26.63	56.33		
5	Obara, Joseph	40	UC12	58.15
	28.16	58.15		
6	Morris, John	41	Rappahannock Ymc-	1:03.50
	30.78	1:03.50		
7	Tranter, William	40	Maryland Masters-9	1:04.25
	30.66	1:04.25		

Men 40-44 200 Yard Freestyle**NATL: 1:38.23 N 4/24/2015 JOSH DAVIS****ZONECHAMPS: 1:47.76 Z 4/26/2009 William Segal**

1	Furlong, Kevin	42	Club Tribe-12	1:55.19
	26.08	55.36	1:25.12	1:55.19
2	Catepillan, Jorge	41	Arlington Master-10	2:09.37
	31.27	1:04.08	1:37.52	2:09.37
3	Donovan, Sean	43	French Creek Rac-8	2:21.97
	29.98	1:03.72	1:40.55	2:21.97

Men 40-44 500 Yard Freestyle**NATL: 4:33.36 N 4/25/2015 JOSH DAVIS****ZONECHAMPS: 4:46.18 Z 4/12/2008 Chris Stevenson**

1	Dellanoce, Michael	41	North Carolina M-13	4:55.75
	26.44	54.32	1:23.32	1:52.80
	2:22.59	2:52.65	3:23.26	3:54.28
	4:25.18	4:55.75		
2	Hersh, David	44	Philadelphia Fin-8	5:14.27
	28.69	59.14	1:30.11	2:01.20
	2:32.83	3:05.08	3:37.50	4:10.36
	4:43.10	5:14.27		
3	Catepillan, Jorge	41	Arlington Master-10	6:07.99
	31.87	1:06.44	1:42.41	2:19.72
	2:56.58	3:33.31	4:11.31	4:49.78
	5:28.99	6:07.99		
4	Tranter, William	40	Maryland Masters-9	6:26.34
	33.33	1:09.91	1:47.75	2:26.39
	3:05.58	3:45.35	4:25.64	5:06.45
	5:46.90	6:26.34		

Men 40-44 1000 Yard Freestyle**NATL: 9:32.66 N 5/7/2010 ALEX KOSTICH****ZONECHAMPS:10:19.02 Z 4/24/2009 Rob Jones**

1	Dellanoce, Michael	41	North Carolina M-13	10:28.55
	27.73	57.13	1:27.45	1:58.03
	2:28.95	3:00.05	3:31.14	4:02.36
	4:33.76	5:05.34	5:37.40	6:09.48
	6:41.48	7:13.49	7:46.75	8:19.91
	8:52.47	9:24.70	9:56.96	10:28.55
2	Tranter, William	40	Maryland Masters-9	13:26.98
	34.48	1:12.00	1:51.83	2:32.42
	3:12.80	3:54.04	4:35.57	5:17.75
	5:59.22	6:40.44	7:22.06	8:04.11
	8:45.91	9:26.96	10:08.80	10:50.44
	11:30.95	12:11.48	12:50.86	13:26.98

Men 40-44 1650 Yard Freestyle**NATL:15:51.52 N 5/9/2010 ALEX KOSTICH****ZONECHAMPS:17:14.72 Z 3/15/2025 Daniel Moran**

1	Hersh, David	44	Philadelphia Fin-8	18:50.31
	29.36	1:00.89	1:33.44	2:06.74
	2:39.89	3:13.14	3:46.23	4:19.55
	4:53.02	5:26.35	5:59.99	6:33.56
	7:07.14	7:40.68	8:14.23	8:48.11
	9:21.39	9:55.13	10:29.47	11:03.28
	11:37.27	12:11.33	12:45.32	13:19.28
	13:53.15	14:26.64	14:59.47	15:32.68
	16:06.05	16:39.15	17:12.20	17:42.34
				18:50.31
2	Silverstein, Joshua	41	Germantown Maryl-	21:43.90
	32.68	1:07.89	1:43.61	2:20.43
	2:57.92	3:35.13	4:12.74	4:50.74
	5:28.97	6:06.84	6:45.62	7:24.73
	8:04.09	8:43.40	9:23.18	10:02.82
	10:43.39	11:23.84	12:04.70	12:45.31
	13:26.01	14:07.18	14:48.78	15:30.66
	16:12.95	16:54.57	17:36.18	18:18.60
	19:00.39	19:42.30	20:23.63	21:05.10
				21:43.90

Men 40-44 50 Yard Backstroke**NATL: 22.77 N 4/26/2009 MICHAEL ROSS****ZONECHAMPS: 22.77 Z 4/25/2009 Michael Ross**

1	Elsaesser, Evan	41	Club Tribe-12	26.13
2	Tranter, William	40	Maryland Masters-9	32.58
3	Morris, John	41	Rappahannock Ymc-	36.89

Men 40-44 100 Yard Backstroke**NATL: 48.49 N 4/26/2009 MICHAEL ROSS****ZONECHAMPS: 48.49 Z 4/26/2009 Michael Ross**

1	Donovan, Sean	43	French Creek Rac-8	1:14.01
	35.60	1:14.01		

Men 40-44 200 Yard Backstroke**NATL: 1:47.42 N 3/28/2026 KEVIN NEAD****ZONECHAMPS: 1:53.29 Z 4/12/2008 Chris Stevenson**

1	Tranter, William	40	Maryland Masters-9	2:32.90
	35.63	1:14.87	1:55.05	2:32.90
2	Morris, John	41	Rappahannock Ymc-	2:51.73
	39.69	1:23.11	2:09.19	2:51.73

Men 40-44 50 Yard Breaststroke**NATL: 24.19 N 12/19/2021 JAMES FIKE****ZONECHAMPS: 27.42 Z 5/2/1999 Benn Doyle**

1	Furlong, Kevin	42	Club Tribe-12	27.66
2	Kofol, Christopher	43	Garden State Mas-7	30.50
3	Donovan, Sean	43	French Creek Rac-8	34.93
4	Booth, Adam	43	Suwco Wahoos-12	44.42

Men 40-44 100 Yard Breaststroke**NATL: 53.13 N 3/4/2023 JAMES FIKE****ZONECHAMPS: 58.39 Z 4/26/2009 Jim Tuchler**

1	Furlong, Kevin	42	Club Tribe-12	1:03.24
	29.70	1:03.24		
2	Helfers, Edward	43	Terrapin Masters-10	1:03.67
	29.77	1:03.67		

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Sanction #: 106-S003

Results

(Men 40-44 100 Yard Breaststroke)

3	Kofol, Christopher	43	Garden State Mas-7	1:08.67
	32.23		1:08.67	

Men 40-44 200 Yard Breaststroke

NATL: 1:56.61 N 3/3/2023 JAMES FIKE

ZONECHAMPS: 2:08.34 Z 4/25/2009 Jim Tuchler

1	Helfers, Edward	43	Terrapin Masters-10	2:20.87
	31.51		1:06.97	1:43.56
			2:20.87	

Men 40-44 50 Yard Butterfly

NATL: 22.06 N 3/16/2024 ANDREJS DUDA

ZONECHAMPS: 22.60 Z 4/13/2018 James Zenyuh

1	Elsaesser, Evan	41	Club Tribe-12	23.90
2	Kofol, Christopher	43	Garden State Mas-7	28.13
3	Obara, Joseph	40	UC12	28.15

Men 40-44 100 Yard Butterfly

NATL: 49.27 N 5/4/2008 MICHAEL ROSS

ZONECHAMPS: 50.75 Z 4/13/2018 James Zenyuh

1	Elsaesser, Evan	41	Club Tribe-12	53.97
	25.25		53.97	
2	Helfers, Edward	43	Terrapin Masters-10	56.38
	26.55		56.38	
3	Andrews, Robert	44	Lane 4 Swimming-11	58.03
	26.31		58.03	

Men 40-44 100 Yard IM

NATL: 49.61 N 1/13/2024 JAMES FIKE

ZONECHAMPS: 53.51 Z 4/26/2009 Jim Tuchler

1	Dellanoce, Michael	41	North Carolina M-13	55.01
	25.90		55.01	
2	Helfers, Edward	43	Terrapin Masters-10	58.46
	27.46		58.46	
3	Andrews, Robert	44	Lane 4 Swimming-11	59.37
	27.86		59.37	
4	Kofol, Christopher	43	Garden State Mas-7	1:03.03
	28.44		1:03.03	
5	Oloughlin, Jonathan	42	Terrapin Masters-10	1:05.31
	30.43		1:05.31	
6	Obara, Joseph	40	UC12	1:07.27
	30.28		1:07.27	
---	Booth, Adam	43	Suwc Wahoos-12	DQ
	42.18		DQ	

Men 40-44 200 Yard IM

NATL: 1:50.17 N 4/28/2023 MARKUS ROGAN

ZONECHAMPS: 1:51.85 Z 4/25/2009 Michael Ross

1	Dellanoce, Michael	41	North Carolina M-13	1:59.08
	26.14		56.47	1:30.64
				1:59.08
2	Helfers, Edward	43	Terrapin Masters-10	2:05.00
	26.69		59.09	1:35.15
				2:05.00
3	Hersh, David	44	Philadelphia Fin-8	2:15.44
	28.80		1:06.01	1:45.90
				2:15.44
4	Andrews, Robert	44	Lane 4 Swimming-11	2:16.52
	27.57		1:03.86	1:41.54
				2:16.52
5	Morris, John	41	Rappahannock Ymc-	2:41.42
	33.87		1:17.38	2:04.29
				2:41.42

Men 40-44 400 Yard IM

NATL: 4:01.87 N 4/19/2009 ROQUE SANTOS

ZONECHAMPS: 4:18.94 Z 4/26/2009 Jim Tuchler

1	Dellanoce, Michael	41	North Carolina M-13	4:16.12Z
	27.28		57.86	1:31.51
				2:05.14
	2:41.45		3:18.10	3:47.83
				4:16.12

Men 45-49 50 Yard Freestyle

NATL: 21.06 N 5/21/2010 RICHARD HUGHEY

ZONECHAMPS: 21.64 Z 3/15/2025 Chuck Barnes

1	Hildebrand, David	45	Club Tribe-12	23.36
2	O'Hagan, Ryan	46	Loud Loons-12	24.06
3	Gallagher, Jose-Luis	49	Montgomery Ancie-	24.16
4	Cheng, Winston	46	Reston Masters S-10	25.78
5	Thomas, Joel	49	Club Tribe-12	26.34
6	Bayer, Scott	48	Germantown Maryl-	27.43
7	Strahota, Jeffrey	45	Terrapin Masters-10	29.11

Men 45-49 100 Yard Freestyle

NATL: 46.21 N 4/26/2015 NICOLAS GRANGER

ZONECHAMPS: 47.05 Z 3/15/2025 Chuck Barnes

1	Hildebrand, David	45	Club Tribe-12	50.33
	24.61		50.33	
2	Cromer, Steve	47	UC12	52.68
	24.77		52.68	
3	Krajewski, Thomas	47	Club Tribe-12	54.11
	25.54		54.11	
4	Lundberg, Erik	47	Alexandria Maste-10	55.24
	26.38		55.24	
5	Jent, Daniel	48	Alexandria Maste-10	56.39
	26.95		56.39	
6	Linthicum, Eli	47	Rappahannock Ymc-	57.62
	27.54		57.62	
7	Rooney, Tim	48	Arlington Master-10	58.57
	28.63		58.57	
8	Dowell, Noah	47	Terrapin Masters-10	1:02.82
	30.04		1:02.82	

Men 45-49 200 Yard Freestyle

NATL: 1:41.69 N 5/21/2010 DAVID SIMS

ZONECHAMPS: 1:48.05 Z 4/25/2010 William Segal

1	Gallagher, Jose-Luis	49	Montgomery Ancie-	2:03.66
	27.96		58.24	1:30.44
				2:03.66
2	Zhukarev, Stan	48	Spring Valley YM-8	2:05.44
	28.40		59.72	1:32.43
				2:05.44
3	Jent, Daniel	48	Alexandria Maste-10	2:07.60
	29.06		1:01.03	1:33.97
				2:07.60
4	Dragon, Tony	49	UC10	2:20.67
	32.41		1:06.82	1:43.32
				2:20.67

Men 45-49 500 Yard Freestyle

NATL: 4:39.10 N 5/20/2007 DENNIS BAKER

ZONECHAMPS: 4:51.53 Z 4/25/2009 Neil Brophy

1	Zhukarev, Stan	48	Spring Valley YM-8	5:42.84
	29.86		1:02.89	1:36.68
				2:10.89
	2:45.11		3:19.90	3:55.12
	5:07.22			4:31.29
				5:42.84

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2	Gallagher, Jose-Luis	49	Montgomery Ancie-	5:59.90
	31.70	1:05.47	1:40.12	2:15.11
	2:50.73	3:27.64	4:05.09	4:43.96
	5:22.51	5:59.90		
3	Dragon, Tony	49	UC10	6:16.20
	34.04	1:10.33	1:47.69	2:26.39
	3:04.74	3:43.52	4:22.10	5:00.83
	5:39.23	6:16.20		

Men 45-49 1000 Yard Freestyle**NATL: 9:43.93 N 5/20/2010 KEITH SWITZER****ZONECHAMPS: 9:58.64 Z 4/24/2009 Neil Brophy**

1	Dion, Thomas	47	Reston Masters S-10	10:59.69
	29.49	1:01.25	1:33.74	2:07.35
	2:40.83	3:13.90	3:47.59	4:21.46
	4:54.67	5:28.30	6:01.41	6:34.81
	7:07.84	7:40.75	8:14.11	8:47.04
	9:20.49	9:53.93	10:27.42	10:59.69
2	Rooney, Tim	48	Arlington Master-10	12:03.07
	32.46	1:07.84	1:43.64	2:19.65
	2:55.95	3:32.24	4:09.11	4:45.89
	5:22.87	5:59.81	6:36.79	7:13.57
	7:50.13	8:26.70	9:03.44	9:40.61
	10:16.79	10:52.73	11:28.86	12:03.07

Men 45-49 1650 Yard Freestyle**NATL:16:08.05 N 5/20/2010 JEFF ERWIN****ZONECHAMPS:18:07.77 Z 4/19/2024 Thomas Dion**

1	Lundberg, Erik	47	Alexandria Maste-10	19:26.65
	31.62	1:06.30	1:41.05	2:16.49
	2:51.91	3:27.63	4:03.38	4:39.31
	5:15.40	5:51.29	6:26.78	7:02.66
	7:38.72	8:14.60	8:50.57	9:26.56
	10:02.72	10:39.09	11:14.99	11:50.97
	12:26.70	13:02.35	13:38.12	14:13.92
	14:49.20	15:24.15	15:59.30	16:34.93
	17:10.07	17:44.96	18:20.07	18:54.10
				19:26.65
2	Gallagher, Jose-Luis	49	Montgomery Ancie-	21:07.08
	33.95	1:10.44	1:47.90	2:25.58
	3:03.92	3:42.18	4:20.32	4:58.99
	5:37.59	6:16.18	6:55.22	7:34.09
	8:12.88	8:52.06	9:31.11	10:09.65
	10:47.49	11:26.09	12:05.01	12:43.70
	13:23.10	14:02.00	14:40.89	15:20.23
	15:59.32	16:38.42	17:17.90	17:56.49
	18:35.14	19:13.63	19:52.28	20:30.95
				21:07.08
3	Cantwell, Andrew	45	Lane 4 Swimming-10	22:29.86
	35.41	1:13.46	1:52.09	2:30.89
	3:10.43	3:49.97	4:29.99	5:10.15
	5:50.55	6:31.55	7:12.77	7:53.93
	8:35.32	9:16.86	9:58.54	10:40.03
	11:21.77	12:03.52	12:45.42	13:27.44
	14:09.14	14:50.88	15:32.63	16:13.98
	16:55.92	17:37.92	18:19.95	19:01.97
	19:43.94	20:26.06	21:08.07	21:49.97
				22:29.86

4	Dragon, Tony	49	UC10	23:21.39
	41.10	1:21.90	2:03.26	2:44.24
	3:26.08	4:08.19	4:51.14	5:34.25
	6:17.50	7:00.54	7:44.06	8:26.79
	9:09.47	9:51.94	10:34.68	11:17.33
	12:00.54	12:43.89	13:27.35	14:10.86
	14:54.43	15:37.20	16:20.67	17:04.28
	17:47.29	18:31.07	19:14.28	19:56.73
	20:38.21	21:19.75	22:01.10	22:42.47
				23:21.39

Men 45-49 50 Yard Backstroke**NATL: 23.22 N 2/15/2026 KEVIN DOAK****ZONECHAMPS: 24.18 Z 4/8/2016 Michael Ross**

1	Denrich, David	46	District Of Colu-10	27.58
2	Cheng, Winston	46	Reston Masters S-10	29.72
3	Zhukarev, Stan	48	Spring Valley YM-8	31.90
4	Linthicum, Eli	47	Rappahannock Ymc-	31.98

Men 45-49 100 Yard Backstroke**NATL: 50.83 N 4/1/2023 CHUCK BARNES****ZONECHAMPS: 52.03 Z 4/8/2016 Michael Ross**

1	Denrich, David	46	District Of Colu-10	57.29
	27.98	57.29		
2	Cheng, Winston	46	Reston Masters S-10	1:03.80
	30.30	1:03.80		

Men 45-49 200 Yard Backstroke**NATL: 1:51.82 N 4/30/2022 CHUCK BARNES****ZONECHAMPS: 1:52.53 Z 3/15/2025 Chuck Barnes**

1	Denrich, David	46	District Of Colu-10	2:04.47
	29.49	1:00.43	1:31.85	2:04.47
2	Gallagher, Jose-Luis	49	Montgomery Ancie-	2:20.97
	33.24	1:08.66	1:44.35	2:20.97

Men 45-49 50 Yard Breaststroke**NATL: 25.66 N 4/27/2019 JEFF COMMINGS****ZONECHAMPS: 28.09 Z 4/8/2016 Neill Williams**

1	Houchins, Bradford	48	Spring Valley YM-8	28.59
2	Zhukarev, Stan	48	Spring Valley YM-8	33.48
3	O'Hagan, Ryan	46	Loud Loons-12	33.90
4	Bayer, Scott	48	Germantown Maryl-	36.22
5	Thomas, Joel	49	Club Tribe-12	42.38

Men 45-49 100 Yard Breaststroke**NATL: 55.69 N 5/13/2018 STEVE WEST****ZONECHAMPS: 1:00.59 Z 4/26/2009 Jon Blank**

1	Houchins, Bradford	48	Spring Valley YM-8	1:02.41
	29.17	1:02.41		
2	Clark, Grant	47	UC08	1:05.07
	30.81	1:05.07		
3	Lundberg, Erik	47	Alexandria Maste-10	1:10.56
	33.58	1:10.56		
4	Zhukarev, Stan	48	Spring Valley YM-8	1:11.74
	33.65	1:11.74		
5	Linthicum, Eli	47	Rappahannock Ymc-	1:14.22
	35.19	1:14.22		
6	Dowell, Noah	47	Terrapin Masters-10	1:15.50
	35.96	1:15.50		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Men 45-49 100 Yard Breaststroke)**

7	Cantwell, Andrew	45	Lane 4 Swimming-10	1:25.30
	41.26		1:25.30	

Men 45-49 200 Yard Breaststroke**NATL: 2:02.42 N 4/29/2017 STEVE WEST****ZONECHAMPS: 2:17.20 Z 4/14/2023 Ryan Lathrum**

1	Houchins, Bradford	48	Spring Valley YM-8	2:46.87
	29.99		1:04.79	1:58.43
			2:46.87	

Men 45-49 50 Yard Butterfly**NATL: 22.67 N 5/4/2008 PAUL SMITH****ZONECHAMPS: 23.02 Z 3/15/2025 Chuck Barnes**

1	Krajewski, Thomas	47	Club Tribe-12	26.23
2	Jent, Daniel	48	Alexandria Maste-10	27.59
3	Cheng, Winston	46	Reston Masters S-10	27.94
4	Dowell, Noah	47	Terrapin Masters-10	30.85

Men 45-49 100 Yard Butterfly**NATL: 50.20 N 4/29/2022 CHUCK BARNES****ZONECHAMPS: 52.58 Z 4/25/2009 Scott Carpenter**

1	Lundberg, Erik	47	Alexandria Maste-10	1:03.65
	29.34		1:03.65	
2	Cheng, Winston	46	Reston Masters S-10	1:06.49
	30.00		1:06.49	
3	Jent, Daniel	48	Alexandria Maste-10	1:13.15
	33.46		1:13.15	

Men 45-49 100 Yard IM**NATL: 52.14 N 5/23/2010 RICHARD HUGHEY****ZONECHAMPS: 54.34 Z 3/15/2025 Chuck Barnes**

1	Hildebrand, David	45	Club Tribe-12	58.49
	27.61		58.49	
2	Lundberg, Erik	47	Alexandria Maste-10	1:01.90
	29.74		1:01.90	
3	O'Hagan, Ryan	46	Loud Loons-12	1:05.81
	30.70		1:05.81	
4	Bayer, Scott	48	Germantown Maryl-	1:12.03
	33.04		1:12.03	
5	Cantwell, Andrew	45	Lane 4 Swimming-10	1:13.03
	34.26		1:13.03	
6	Thomas, Joel	49	Club Tribe-12	1:15.45
	34.17		1:15.45	

Men 45-49 200 Yard IM**NATL: 1:51.44 N 4/26/2015 NICOLAS GRANGER****ZONECHAMPS: 2:02.31 Z 4/11/2015 Jeff Roddin**

1	Clark, Grant	47	UC08	2:10.34
	27.77		1:00.47	1:38.03
				2:10.34
2	Rooney, Tim	48	Arlington Master-10	2:25.38
	32.51		1:11.14	1:53.36
				2:25.38
3	Linthicum, Eli	47	Rappahannock Ymc-	2:29.45
	30.35		1:08.92	1:52.72
				2:29.45
4	Cantwell, Andrew	45	Lane 4 Swimming-10	2:39.39
	34.13		1:16.05	2:03.40
				2:39.39

Men 45-49 400 Yard IM**NATL: 4:01.32 N 4/24/2015 NICOLAS GRANGER****ZONECHAMPS: 4:24.92 Z 4/12/2015 Jerome Frentzos**

1	Gallagher, Jose-Luis	49	Montgomery Ancie-1	5:16.94
	32.65		1:09.62	1:48.82
				2:30.15
	3:16.58		4:03.88	4:40.37
				5:16.94
2	Cantwell, Andrew	45	Lane 4 Swimming-10	5:52.25
	38.52		1:23.75	2:09.61
				2:55.14
	3:46.02		4:37.30	5:15.71
				5:52.25

Men 50-54 50 Yard Freestyle**NATL: 21.36 N 4/29/2011 ROWDY GAINES****ZONECHAMPS: 22.03 Z 4/13/2003 Paul Trevisan**

1	Gross, Jeremy	54	Spring Valley YM-8	23.06
2	Bathey, Brian	52	Spring Valley YM-8	24.19
3	Lillehei, Peter	53	Virginia Masters-12	24.34
4	Moericke, Kai	54	Lane 4 Swimming-10	28.09

Men 50-54 100 Yard Freestyle**NATL: 46.59 N 5/10/2009 ROWDY GAINES****ZONECHAMPS: 48.26 Z 4/5/2019 Steve Hiltabiddle**

1	Gross, Jeremy	54	Spring Valley YM-8	51.65
	24.36		51.65	
2	Bathey, Brian	52	Spring Valley YM-8	53.00
	24.90		53.00	
3	Lillehei, Peter	53	Virginia Masters-12	53.18
	25.30		53.18	
4	Feinberg, Matthew	50	Patriot Masters-10	53.41
	26.23		53.41	
5	Lecrone, Timothy	53	Virginia Masters-12	55.68
	26.72		55.68	
6	Moericke, Kai	54	Lane 4 Swimming-10	1:04.41
	31.97		1:04.41	

Men 50-54 200 Yard Freestyle**NATL: 1:43.76 N 5/10/2009 ROWDY GAINES****ZONECHAMPS: 1:49.90 Z 4/13/2018 Lou Dearstyne**

1	Gross, Jeremy	54	Spring Valley YM-8	1:56.56
	26.33		56.16	1:26.24
				1:56.56
2	Lillehei, Peter	53	Virginia Masters-12	1:59.63
	26.47		55.84	1:27.20
				1:59.63

Men 50-54 500 Yard Freestyle**NATL: 4:47.57 N 5/20/2001 JIM MCCONICA****ZONECHAMPS: 5:07.41 Z 4/23/2006 Bradford Gandee**

1	Lima, Santiago	50	Virginia Masters-12	5:06.70Z
	27.95		58.10	1:28.24
				1:58.86
	2:29.67		3:01.00	3:32.43
				4:04.22
	4:35.88		5:06.70	
2	Jaastad, Derrick	53	UC12	5:23.16
	29.96		1:01.88	1:33.92
				2:06.00
	2:37.98		3:10.29	3:43.29
				4:16.40
	4:49.96		5:23.16	
3	Lillehei, Peter	53	Virginia Masters-12	5:35.67
	28.31		59.80	1:32.74
				2:06.46
	2:40.71		3:15.36	3:50.42
				4:26.05
	5:01.66		5:35.67	

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4	Faries, William	53	UC09	6:08.91
	33.86	1:11.72	1:49.87	2:28.10
	3:06.15	3:44.34	4:22.16	4:58.88
	5:34.97	6:08.91		
5	Ahlgren, Kyle	50	Club Tribe-12	7:06.88
	40.25	1:22.81	2:05.88	2:49.23
	3:32.43	4:15.96	4:59.01	5:42.52
	6:25.27	7:06.88		

Men 50-54 1000 Yard Freestyle

NATL: 9:55.84 N 4/6/2013 KEITH SWITZER				
ZONECHAMPS:10:36.39 Z 4/8/2016 Rob Jones				
1	Ahlgren, Kyle	50	Club Tribe-12	14:45.32
	40.56	1:24.54	2:09.43	2:54.31
	3:37.71	4:21.49	5:05.58	5:50.15
	6:34.81	7:19.50	8:04.08	8:48.77
	9:33.07	10:17.60	11:02.36	11:47.20
	12:31.97	13:17.02	14:01.57	14:45.32

Men 50-54 1650 Yard Freestyle

NATL:16:28.77 N 4/23/2015 JEFF ERWIN				
ZONECHAMPS:17:41.21 Z 4/8/2016 Rob Jones				
1	Feinberg, Matthew	50	Patriot Masters-10	18:20.88
	30.34	1:02.63	1:35.78	2:09.40
	2:43.27	3:17.29	3:51.53	4:25.36
	4:59.12	5:33.10	6:07.01	6:40.65
	7:14.55	7:48.54	8:22.35	8:56.06
	9:29.60	10:02.81	10:36.35	11:09.60
	11:43.09	12:17.20	12:50.61	13:24.16
	13:58.11	14:31.52	15:04.97	15:38.18
	16:11.47	16:44.83	17:17.66	17:49.86
				18:20.88
2	Jaastad, Derrick	53	UC12	18:45.57
	30.74	1:03.27	1:35.95	2:08.97
	2:42.61	3:16.43	3:50.45	4:24.08
	4:57.82	5:31.87	6:05.81	6:39.61
	7:13.61	7:47.69	8:21.64	8:55.39
	9:29.57	10:03.22	10:37.16	11:11.24
	11:45.32	12:19.64	12:54.26	13:29.02
	14:03.74	14:38.55	15:13.64	15:49.00
	16:24.26	16:59.60	17:34.92	18:10.51
				18:45.57

Men 50-54 50 Yard Backstroke

NATL: 24.03 N 2/7/2026 PETER MOORE				
ZONECHAMPS: 25.24 Z 4/15/2012 Clay Britt				
1	Bell, David	50	Club Tribe-12	26.59
2	Bathey, Brian	52	Spring Valley YM-8	28.08
3	Williams, Rich	50	Club Tribe-12	30.47
4	Moericke, Kai	54	Lane 4 Swimming-10	37.85

Men 50-54 100 Yard Backstroke

NATL: 52.72 N 3/21/2015 FRITZ BEDFORD				
ZONECHAMPS: 53.77 Z 4/14/2012 Clay Britt				
1	Bell, David	50	Club Tribe-12	58.39
	28.31	58.39		
2	Bathey, Brian	52	Spring Valley YM-8	59.91
	28.84	59.91		

3	Mirt, Chad	52	Crimzone-12	1:04.71
	31.83	1:04.71		

Men 50-54 200 Yard Backstroke

NATL: 1:53.63 N 4/20/2024 JEFF COMMINGS				
ZONECHAMPS: 2:04.91 Z 4/17/2011 Clay Britt				
1	Bell, David	50	Club Tribe-12	2:08.86
	29.56	1:01.80	1:35.26	2:08.86

Men 50-54 50 Yard Breaststroke

NATL: 25.77 N 2/2/2025 JEFF COMMINGS				
ZONECHAMPS: 27.96 Z 4/20/2013 Wally Dicks				
1	Goodison, Michael	54	Terrapin Masters-10	29.92
2	Gross, Jeremy	54	Spring Valley YM-8	30.50
3	Williams, Rich	50	Club Tribe-12	32.04
4	Lillehei, Peter	53	Virginia Masters-12	32.11
5	Moericke, Kai	54	Lane 4 Swimming-10	41.27

Men 50-54 100 Yard Breaststroke

NATL: 56.25 N 4/30/2022 STEVE WEST				
ZONECHAMPS: 1:02.07 Z 4/13/2018 Neill Williams				
1	Goodison, Michael	54	Terrapin Masters-10	1:05.92
	30.88	1:05.92		
2	Gross, Jeremy	54	Spring Valley YM-8	1:08.11
	32.10	1:08.11		

Men 50-54 200 Yard Breaststroke

NATL: 2:03.67 N 5/1/2022 STEVE WEST				
ZONECHAMPS: 2:18.34 Z 4/24/2010 Benn Doyle				
1	Goodison, Michael	54	Terrapin Masters-10	2:30.83
	33.86	1:12.15	1:51.45	2:30.83

Men 50-54 50 Yard Butterfly

NATL: 23.19 N 4/25/2004 TRIP HEDRICK				
ZONECHAMPS: 23.27 Z 4/5/2019 Steve Hiltabiddle				
1	Gross, Jeremy	54	Spring Valley YM-8	24.75
2	Goodison, Michael	54	Terrapin Masters-10	26.44
3	Williams, Rich	50	Club Tribe-12	27.15
4	Feinberg, Matthew	50	Patriot Masters-10	27.53
5	Lecrone, Timothy	53	Virginia Masters-12	27.85
6	Faries, William	53	UC09	29.65
7	Moericke, Kai	54	Lane 4 Swimming-10	31.34

Men 50-54 100 Yard Butterfly

NATL: 51.60 N 4/16/2023 WILLIAM WEAVER				
ZONECHAMPS: 54.05 Z 4/5/2019 Steve Hiltabiddle				
1	Gross, Jeremy	54	Spring Valley YM-8	57.13
	26.62	57.13		
2	Goodison, Michael	54	Terrapin Masters-10	1:01.42
	29.23	1:01.42		

Men 50-54 100 Yard IM

NATL: 53.21 N 1/31/2026 JEFF COMMINGS				
ZONECHAMPS: 55.06 Z 4/15/2012 Clay Britt				
1	Bathey, Brian	52	Spring Valley YM-8	1:01.18
	28.01	1:01.18		
2	Moericke, Kai	54	Lane 4 Swimming-10	1:19.24
	36.87	1:19.24		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Men 50-54 200 Yard IM****NATL: 1:56.38 N 2/2/2025 JEFF COMMINGS****ZONECHAMPS: 2:03.44 Z 4/5/2019 Jeff Roddin**

1	Lima, Santiago	50	Virginia Masters-12	2:07.72
	27.82	1:01.42	1:38.15	2:07.72

Men 50-54 400 Yard IM**NATL: 4:14.90 N 4/12/2025 KURT GROTE****ZONECHAMPS: 4:42.34 Z 4/8/2016 Emad Elshafei**

1	Lima, Santiago	50	Virginia Masters-12	4:29.73Z
	28.63	1:00.98	1:36.06	2:10.46
	2:48.96	3:28.16	3:59.22	4:29.73

Men 55-59 50 Yard Freestyle**NATL: 21.82 N 4/30/2000 RICHARD ABRAHAMS****ZONECHAMPS: 22.24 Z 4/25/2010 Paul Trevisan**

1	Ruckdeschel, Jonathan	57	Club Tribe-12	23.83
2	Russell, Scott	55	Montgomery Ancie-	24.02
3	Doane, Michael	55	Terrapin Masters-10	24.07
4	Rees, Greg	56	Spring Valley YM-8	24.13
5	Kimball, Joe	57	Club Tribe-12	26.18
6	Reid, Scott	59	Club Tribe-12	26.80
7	Sterling, Robert	58	UC10	28.20
8	Salazar, Luis	59	DC Water Wizards-1	29.11
9	Toy, Raymond	59	Central Maryland-9	36.92

Men 55-59 100 Yard Freestyle**NATL: 48.37 N 4/30/2000 RICHARD ABRAHAMS****ZONECHAMPS: 50.24 Z 4/24/2010 Paul Trevisan**

1	Rees, Greg	56	Spring Valley YM-8	53.24
	24.93	53.24		
2	Ruckdeschel, Jonathan	57	Club Tribe-12	54.87
	25.50	54.87		
3	Kimball, Joe	57	Club Tribe-12	59.75
	28.22	59.75		
4	Reid, Scott	59	Club Tribe-12	1:01.65
	29.85	1:01.65		
5	Mills, Edward	57	District Of Colu-10	1:14.49
	36.80	1:14.49		
6	Wynes, Anthony	56	Reston Masters S-10	1:19.94
	39.18	1:19.94		
7	Toy, Raymond	59	Central Maryland-9	1:23.69
	40.04	1:23.69		

Men 55-59 200 Yard Freestyle**NATL: 1:48.79 N 4/10/2010 MICHAEL MANN****ZONECHAMPS: 1:54.89 Z 4/25/2010 James Thornton**

1	Kimball, Joe	57	Club Tribe-12	2:11.69
	30.49	1:03.90	1:38.88	2:11.69
2	Salazar, Luis	59	DC Water Wizards-1	2:24.96
	35.17	1:12.74	1:48.89	2:24.96
3	Sterling, Robert	58	UC10	2:30.39
	35.73	1:14.20	1:53.93	2:30.39
4	Mills, Edward	57	District Of Colu-10	2:37.20
	37.24	1:16.95	1:57.21	2:37.20
5	Wynes, Anthony	56	Reston Masters S-10	2:56.36
	41.98	1:26.01	2:11.70	2:56.36

Men 55-59 500 Yard Freestyle**NATL: 4:56.82 N 4/11/2010 MICHAEL MANN****ZONECHAMPS: 5:18.02 Z 4/1/2022 Stuart Cromarty**

1	Mills, Edward	57	District Of Colu-10	6:58.95
	38.00	1:18.58	2:00.94	2:43.51
	3:26.21	4:09.38	4:52.58	5:35.53
	6:17.94	6:58.95		
2	Wynes, Anthony	56	Reston Masters S-10	7:49.14
	41.87	1:27.03	2:14.27	3:02.00
	3:50.10	4:38.18	5:26.15	6:14.32
	7:02.31	7:49.14		

Men 55-59 1000 Yard Freestyle**NATL:10:07.36 N 5/14/2006 JIM MC CONICA****ZONECHAMPS:11:08.34 Z 4/3/2022 Stuart Cromarty**

1	Correll, Sean	58	New England Mast-2	12:34.35
	33.47	1:09.81	1:47.67	2:25.76
	3:03.24	3:41.31	4:19.13	4:56.69
	5:34.37	6:12.04	6:49.53	7:27.21
	8:04.95	8:43.20	9:21.67	10:00.11
	10:39.16	11:18.51	11:56.99	12:34.35
2	Salazar, Luis	59	DC Water Wizards-1	14:07.40
	36.62	1:18.08	2:00.40	2:43.74
	3:25.61	4:07.45	4:49.19	5:30.95
	6:13.08	6:55.50	7:37.54	8:20.27
	9:02.99	9:46.76	10:31.01	11:15.06
	11:58.53	12:42.70	13:28.22	14:07.40
3	Mills, Edward	57	District Of Colu-10	14:12.52
	37.93	1:18.74	2:00.87	2:43.61
	3:26.96	4:10.41	4:53.69	5:36.55
	6:20.26	7:04.46	7:47.58	8:31.29
	9:14.43	9:57.41	10:40.38	11:23.45
	12:06.21	12:49.76	13:32.35	14:12.52
4	Sterling, Robert	58	UC10	15:29.87
	1:23.97	2:09.96	2:57.63	3:45.38
	4:32.36	5:21.63	6:08.16	6:57.28
	7:45.20	8:32.59	9:19.65	10:08.19
	10:55.37		11:43.94	12:30.25
	13:17.47	14:04.50	14:49.90	15:29.87

Men 55-59 50 Yard Backstroke**NATL: 24.62 N 9/28/2025 DOUG KING****ZONECHAMPS: 26.71 Z 4/19/2024 Neill Williams**

1	Rees, Greg	56	Spring Valley YM-8	26.49Z
2	Benda, Brian	55	Club Tribe-12	28.22
3	Diaz, David	55	DC Water Wizards-1	31.97
4	Toy, Raymond	59	Central Maryland-9	52.99

Men 55-59 100 Yard Backstroke**NATL: 53.81 N 2/25/2017 STEVE WOOD****ZONECHAMPS: 58.06 Z 4/14/2023 Jeff Evans**

1	Rees, Greg	56	Spring Valley YM-8	58.48
	27.54	58.48		
2	Benda, Brian	55	Club Tribe-12	1:00.64
	29.53	1:00.64		
3	Russell, Scott	55	Montgomery Ancie-	1:03.23
	30.54	1:03.23		

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Men 55-59 100 Yard Backstroke)**

4	Salazar, Luis	59	DC Water Wizards-1	1:08.53
	33.68	1:08.53		
5	Diaz, David	55	DC Water Wizards-1	1:09.79
	34.45	1:09.79		
6	Cockrell, Charles	57	District Of Colu-10	1:14.79
	36.77	1:14.79		
7	Wynes, Anthony	56	Reston Masters S-10	1:38.60
	49.91	1:38.60		
8	Toy, Raymond	59	Central Maryland-9	2:06.81
	58.42	2:06.81		

Men 55-59 200 Yard Backstroke**NATL: 1:59.64 N 3/19/2023 MIKE IRVIN****ZONECHAMPS: 2:09.52 Z 4/14/2023 Jeff Evans**

1	Salazar, Luis	59	DC Water Wizards-1	2:29.51
	35.52	1:13.94	1:52.20	2:29.51
2	Cockrell, Charles	57	District Of Colu-10	2:39.16
	38.24	1:18.48	1:59.41	2:39.16
3	Wynes, Anthony	56	Reston Masters S-10	3:26.03
	51.15	1:43.80	2:36.27	3:26.03

Men 55-59 50 Yard Breaststroke**NATL: 26.32 N 4/27/2019 CARLO TRAVAINI****ZONECHAMPS: 28.75 Z 4/14/2023 Neill Williams**

1	Doane, Michael	55	Terrapin Masters-10	30.54
2	Reid, Scott	59	Club Tribe-12	34.20
3	Cockrell, Charles	57	District Of Colu-10	34.89
4	Salazar, Luis	59	DC Water Wizards-1	38.48
5	Sterling, Robert	58	UC10	40.51

Men 55-59 100 Yard Breaststroke**NATL: 57.95 N 5/13/2018 CARLO TRAVAINI****ZONECHAMPS: 1:02.98 Z 4/5/2019 Gregory Harris**

1	Ruckdeschel, Jonathan	57	Club Tribe-12	1:10.09
	32.27	1:10.09		
2	Cockrell, Charles	57	District Of Colu-10	1:16.92
	36.35	1:16.92		
3	Wynes, Anthony	56	Reston Masters S-10	1:42.47
	50.16	1:42.47		

Men 55-59 200 Yard Breaststroke**NATL: 2:07.80 N 5/12/2018 CARLO TRAVAINI****ZONECHAMPS: 2:25.11 Z 4/19/2024 Neill Williams**

1	Wynes, Anthony	56	Reston Masters S-10	3:39.31
	52.44	1:48.74	2:46.74	3:39.31

Men 55-59 50 Yard Butterfly**NATL: 23.57 N 7/25/2021 STEVE HILTABIDDLE****ZONECHAMPS: 24.56 Z 4/19/2024 Steve Hiltabiddle**

1	Rees, Greg	56	Spring Valley YM-8	25.09
2	Doane, Michael	55	Terrapin Masters-10	25.64
3	Ruckdeschel, Jonathan	57	Club Tribe-12	25.88
4	Kimball, Joe	57	Club Tribe-12	29.47
5	Diaz, David	55	DC Water Wizards-1	29.48
6	Killian, Jeffrey	58	Lane 4 Swimming-11	34.75
7	Toy, Raymond	59	Central Maryland-9	48.13

Men 55-59 100 Yard Butterfly**NATL: 53.32 N 7/24/2021 STEVE HILTABIDDLE****ZONECHAMPS: 55.49 Z 4/19/2024 Steve Hiltabiddle**

1	Rees, Greg	56	Spring Valley YM-8	57.37
	26.09	57.37		
2	Russell, Scott	55	Montgomery Ancie-1	1:02.02
	29.00	1:02.02		
3	Diaz, David	55	DC Water Wizards-1	1:08.72
	32.77	1:08.72		
4	Wynes, Anthony	56	Reston Masters S-10	1:49.61
	52.58	1:49.61		

Men 55-59 200 Yard Butterfly**NATL: 2:01.59 N 5/12/2018 DAVID SIMS****ZONECHAMPS: 2:19.67 Z 4/19/2024 Steve Hiltabiddle**

1	Salazar, Luis	59	DC Water Wizards-1	2:55.04
	38.10	1:22.65	2:08.60	2:55.04
2	Wynes, Anthony	56	Reston Masters S-10	3:51.31
	53.10	1:52.39	2:51.99	3:51.31

Men 55-59 100 Yard IM**NATL: 55.07 N 4/29/2023 MIKE IRVIN****ZONECHAMPS: 58.31 Z 4/19/2024 Neill Williams**

1	Roddin, Jeffrey	57	Montgomery Ancie-1	1:01.60
	28.56	1:01.60		
2	Ruckdeschel, Jonathan	57	Club Tribe-12	1:01.81
3	Benda, Brian	55	Club Tribe-12	1:01.94
	28.93	1:01.94		
4	Russell, Scott	55	Montgomery Ancie-1	1:03.23
	29.57	1:03.23		
5	Diaz, David	55	DC Water Wizards-1	1:08.37
	32.21	1:08.37		
6	Reid, Scott	59	Club Tribe-12	1:09.66
	32.84	1:09.66		
7	Cockrell, Charles	57	District Of Colu-10	1:17.33
	37.57	1:17.33		
8	Wynes, Anthony	56	Reston Masters S-10	1:37.55
	49.10	1:37.55		
9	Toy, Raymond	59	Central Maryland-9	1:44.49
	51.69	1:44.49		

Men 55-59 200 Yard IM**NATL: 2:00.19 N 3/18/2023 MIKE IRVIN****ZONECHAMPS: 2:10.46 Z 4/14/2023 Jeff Evans**

1	Benda, Brian	55	Club Tribe-12	2:18.81
	30.64	1:06.60	1:45.72	2:18.81
2	Diaz, David	55	DC Water Wizards-1	2:34.90
	31.34	1:10.13	1:56.88	2:34.90
3	Salazar, Luis	59	DC Water Wizards-1	2:45.57
	36.39	1:16.21	2:07.43	2:45.57
4	Reid, Scott	59	Club Tribe-12	2:51.96
	34.98	1:19.56	2:11.80	2:51.96
5	Wynes, Anthony	56	Reston Masters S-10	3:23.50
	50.81	1:43.13	2:39.96	3:23.50

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Men 55-59 400 Yard IM****NATL: 4:27.10 N 4/25/2025 ABRAHAM SOLANO****ZONECHAMPS: 4:53.50 Z 4/21/2013 Robert Kannegieser**

1	Wynes, Anthony	56	Reston Masters S-10	7:08.34
	52.20	1:51.15	2:49.61	3:43.98
	4:40.89	5:37.82	6:24.23	7:08.34

Men 60-64 50 Yard Freestyle**NATL: 22.30 N 5/22/2005 RICHARD ABRAHAMS****ZONECHAMPS: 23.86 Z 4/5/2019 Gregory Oxley**

1	Clark, Ted	63	Masters Aquatics-10	27.24
2	Oliphant, Mark	63	Talbot Masters-9	27.29
3	May, Danny	61	UC10	28.42
4	Ruff, Cullen	60	District Of Colu-10	30.24
5	Haidar, Steve	60	Freedom Aquatic-12	31.79
6	Purcell, Frank	60	Lane 4 Swimming-10	34.46
7	Payne, Stephen	64	Terrapin Masters-10	36.17

Men 60-64 100 Yard Freestyle**NATL: 49.14 N 5/22/2005 RICHARD ABRAHAMS****ZONECHAMPS: 53.27 Z 3/15/2025 Andrew Robbins**

1	Kress, Jay	63	Lane 4 Swimming-10	59.96
	28.59	59.96		
2	House, Christopher	62	Lane 4 Swimming-10	1:00.09
	29.90	1:00.09		
3	Wunderlich, Karl	60	Germantown Maryl-	1:00.12
	29.02	1:00.12		
4	May, Danny	61	UC10	1:02.33
	30.25	1:02.33		
5	Evans, Brian	61	Reston Masters S-10	1:05.61
	31.51	1:05.61		
6	Ingebretsen, Carl	64	Fredericksburg A-12	1:06.67
	31.75	1:06.67		
7	Ruff, Cullen	60	District Of Colu-10	1:06.69
	31.55	1:06.69		
8	Purcell, Frank	60	Lane 4 Swimming-10	1:18.46
	36.95	1:18.46		
9	Payne, Stephen	64	Terrapin Masters-10	1:25.14
	40.12	1:25.14		

Men 60-64 200 Yard Freestyle**NATL: 1:51.08 N 4/24/2015 RICK COLELLA****ZONECHAMPS: 1:58.33 Z 3/15/2025 Stuart Cromarty**

1	Evans, Jeffrey P	60	Spring Valley YM-8	1:59.61
	27.32	57.42	1:28.34	1:59.61
2	House, Christopher	62	Lane 4 Swimming-10	2:11.56
	31.56	1:04.63	1:37.77	2:11.56
3	Wunderlich, Karl	60	Germantown Maryl-	2:17.93
	31.37	1:06.64	1:42.94	2:17.93
4	Payne, Stephen	64	Terrapin Masters-10	3:09.77
	42.06	1:31.02	2:20.57	3:09.77

Men 60-64 500 Yard Freestyle**NATL: 5:02.69 N 6/21/2024 FRED SCHUSTER****ZONECHAMPS: 5:18.42 Z 3/15/2025 Stuart Cromarty**

1	Payne, Stephen	64	Terrapin Masters-10	9:03.58
	49.79	1:42.45	2:37.79	3:33.67
	4:28.03	5:23.74	6:20.29	7:16.70
	8:11.86	9:03.58		

Men 60-64 1000 Yard Freestyle**NATL:10:42.16 N 4/23/2015 MICHAEL MANN****ZONECHAMPS:11:20.87 Z 4/13/2018 Jerry De Muro**

1	Randolph, Donald	60	Terrapin Masters-10	14:51.95
	36.04	1:15.64	1:57.32	2:41.68
	3:26.31	4:12.24	4:57.42	5:43.75
	6:29.94	8:04.16	8:50.36	9:35.82
	10:21.06	11:06.99	11:54.09	13:25.43
	14:10.52	14:52.05	14:51.95	
2	Payne, Stephen	64	Terrapin Masters-10	18:23.33
	47.75	1:38.51	2:32.16	3:25.59
	4:18.85	5:12.92	6:08.51	7:02.55
	7:58.99	8:54.40	9:50.96	10:47.78
	11:43.78	12:40.54	13:36.99	14:33.67
	15:33.04	16:30.65	17:27.90	18:23.33

Men 60-64 50 Yard Backstroke**NATL: 25.98 N 11/2/2025 FRITZ BEDFORD****ZONECHAMPS: 28.02 Z 4/13/2018 Douglas Slater**

1	Evans, Jeffrey P	60	Spring Valley YM-8	28.17
2	May, Danny	61	UC10	32.92
3	Helm, Dan	64	Tsunami Masters-10	33.33
4	Ingebretsen, Carl	64	Fredericksburg A-12	34.48
5	Ruff, Cullen	60	District Of Colu-10	36.53

Men 60-64 100 Yard Backstroke**NATL: 56.81 N 10/27/2024 FRITZ BEDFORD****ZONECHAMPS: 1:00.29 Z 4/13/2018 Douglas Slater**

1	Evans, Jeffrey P	60	Spring Valley YM-8	59.82Z
	29.00	59.82		
2	House, Christopher	62	Lane 4 Swimming-10	1:09.66
	35.18	1:09.66		
3	Evans, Brian	61	Reston Masters S-10	1:18.42
	38.48	1:18.42		
4	Ruff, Cullen	60	District Of Colu-10	1:19.33
	37.93	1:19.33		

Men 60-64 200 Yard Backstroke**NATL: 2:06.60 N 4/26/2025 JIM TUCHLER****ZONECHAMPS: 2:13.15 Z 4/5/2019 Douglas Slater**

1	Evans, Jeffrey P	60	Spring Valley YM-8	2:13.36
	31.25	1:04.82	1:39.10	2:13.36
2	House, Christopher	62	Lane 4 Swimming-10	2:30.36
	36.70	1:13.42	1:52.02	2:30.36
3	Ruff, Cullen	60	District Of Colu-10	2:53.40
	41.11	1:26.25	2:11.01	2:53.40

Men 60-64 50 Yard Breaststroke**NATL: 26.87 N 6/20/2024 CARLO TRAVAINI****ZONECHAMPS: 29.66 Z 4/5/2019 Gregory Oxley**

1	Hellmann, Ralph	64	Sarasota Sharks-14	31.11
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2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Men 60-64 50 Yard Breaststroke)**

2 Clark, Ted	63 Masters Aquatics-10	34.15
3 Randolph, Donald	60 Terrapin Masters-10	38.22
4 Oliveira, Braulio	64 Alexandria Maste-10	45.04

Men 60-64 100 Yard Breaststroke**NATL: 58.98 N 4/28/2023 CARLO TRAVAINI****ZONECHAMPS: 1:04.66 Z 4/5/2019 Gregory Oxley**

1 Randolph, Donald	60 Terrapin Masters-10	1:26.48
40.27	1:26.48	
2 Oliveira, Braulio	64 Alexandria Maste-10	1:44.05
47.04	1:44.05	

Men 60-64 50 Yard Butterfly**NATL: 24.36 N 2/10/2018 BRUCE KONE****ZONECHAMPS: 26.13 Z 4/12/2008 Jim Dragon**

1 Evans, Jeffrey P	60 Spring Valley YM-8	25.82Z
2 Hellmann, Ralph	64 Sarasota Sharks-14	28.00
3 Anderson, Eric	62 City of Mobile M-15	29.43
4 Kress, Jay	63 Lane 4 Swimming-10	30.55
5 Ingebretsen, Carl	64 Fredericksburg A-12	31.47
6 Randolph, Donald	60 Terrapin Masters-10	32.14
7 Evans, Brian	61 Reston Masters S-10	33.70
8 Helm, Dan	64 Tsunami Masters-10	34.02

Men 60-64 100 Yard Butterfly**NATL: 54.70 N 5/11/2018 PAUL CARTER****ZONECHAMPS: 58.66 Z 3/15/2025 Stuart Cromarty**

1 Evans, Jeffrey P	60 Spring Valley YM-8	59.90
28.00	59.90	
2 Oliphant, Mark	63 Talbot Masters-9	1:10.48
32.61	1:10.48	
3 Wunderlich, Karl	60 Germantown Maryl-	1:13.76
33.92	1:13.76	
4 Purcell, Frank	60 Lane 4 Swimming-10	1:30.59
42.85	1:30.59	

Men 60-64 100 Yard IM**NATL: 56.65 N 6/21/2024 CARLO TRAVAINI****ZONECHAMPS: 1:00.00 Z 4/5/2019 Gregory Oxley**

1	Evans, Jeffrey P	60	Spring Valley YM-8	1:00.91
	27.94	1:00.91		
2	Kress, Jay	63	Lane 4 Swimming-10	1:09.55
	33.42	1:09.55		
3	Randolph, Donald	60	Terrapin Masters-10	1:15.27
	35.35	1:15.27		
4	Ruff, Cullen	60	District Of Colu-10	1:17.59
	36.49	1:17.59		
5	Purcell, Frank	60	Lane 4 Swimming-10	1:35.97
---	Evans, Brian	61	Reston Masters S-10	DQ
	36.31	DQ		

Men 60-64 200 Yard IM**NATL: 2:03.26 N 5/4/2014 RICK COLELLA****ZONECHAMPS: 2:19.10 Z 4/5/2019 Robert Kannegieser**

1	Evans, Jeffrey P	60	Spring Valley YM-8	2:14.15Z
	27.77	1:01.84	1:41.20	2:14.15

2	Anderson, Eric	62	City of Mobile M-15	2:24.81
	30.03	1:10.33	1:52.40	2:24.81
3	Wunderlich, Karl	60	Germantown Maryl-	2:39.40
	32.30	1:17.75	2:04.28	2:39.40
4	Purcell, Frank	60	Lane 4 Swimming-10	3:31.32
	42.17	1:43.03	2:44.86	3:31.32

Men 60-64 400 Yard IM**NATL: 4:24.24 N 5/2/2014 RICK COLELLA****ZONECHAMPS: 4:55.95 Z 3/15/2025 Stuart Cromarty**

1	Anderson, Eric	62	City of Mobile M-15	5:11.90
	32.00	1:08.95	1:51.50	2:34.95
	3:18.48	4:03.09	4:38.22	5:11.90

Men 65-69 50 Yard Freestyle**NATL: 22.10 N 5/23/2010 RICHARD ABRAHAM****ZONECHAMPS: 24.54 Z 4/25/2010 Jim Dragon**

1 Jarosz, Mark	68 Suwc Wahoos-12	27.13
2 Keyser, Brian	69 Colonials 1776-8	28.25
3 Linehan, Sean	65 Lane 4 Swimming-10	31.48
4 Broderick, Tom	66 Reston Masters S-10	32.44

Men 65-69 100 Yard Freestyle**NATL: 49.42 N 5/22/2010 RICHARD ABRAHAM****ZONECHAMPS: 59.23 Z 4/19/2024 Robert Kannegieser**

1 Jarosz, Mark	68 Suwc Wahoos-12	1:00.47
29.10	1:00.47	
2 Keyser, Brian	69 Colonials 1776-8	1:04.08
30.83	1:04.08	
3 Rickard, Alan	69 Palm Beach Maste-5	1:04.25
30.61	1:04.25	
4 Linehan, Sean	65 Lane 4 Swimming-10	1:15.83
34.31	1:15.83	
5 Steele, Scott	68 UC12	1:46.62
48.74	1:46.62	

Men 65-69 200 Yard Freestyle**NATL: 1:52.57 N 4/30/2017 RICK COLELLA****ZONECHAMPS: 2:09.58 Z 4/13/2003 David Harrison**

1 Jarosz, Mark	68 Suwc Wahoos-12	2:12.27
31.05	1:04.04	1:38.50 2:12.27

Men 65-69 500 Yard Freestyle**NATL: 5:05.44 N 4/9/2017 RICK COLELLA****ZONECHAMPS: 5:45.02 Z 4/19/2024 Robert Kannegieser**

1	Jarosz, Mark	68	Suwc Wahoos-12	6:12.90
	35.13	1:11.63	1:48.80	2:25.88
	3:03.07	3:41.00	4:19.20	4:57.54
	5:36.18	6:12.90		

Men 65-69 1000 Yard Freestyle**NATL:11:08.83 N 4/7/2022 DOUG KAJIWARA****ZONECHAMPS:12:26.16 Z 4/4/2004 David Harrison**

1 Rickard, Alan	69 Palm Beach Maste-5	14:35.77
36.98	1:17.73	2:02.24 2:49.36
3:33.81	4:19.46	5:04.72 5:50.17
6:35.55	7:22.59	8:07.31 8:51.11
9:34.42	10:17.92	11:02.27 11:45.53
12:29.48	13:13.81	13:55.06 14:35.77

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

(Men 65-69 1000 Yard Freestyle)

2	Bornbusch, Alan	65	UC10	20:56.94
	57.15	1:57.75	3:01.93	4:04.40
	5:09.75	6:12.00	7:15.88	8:19.25
	9:22.72	10:25.47	11:28.57	12:32.40
	13:36.16	14:38.95	15:42.64	16:46.50
	17:50.33	18:54.15	19:57.00	20:56.94

Men 65-69 50 Yard Backstroke

NATL: 27.74 N 5/23/2010 RICHARD ABRAHAMS
 ZONECHAMPS: 29.40 Z 4/19/2024 Douglas Slater

1	Nitkiewicz, Alexander	68	UC10	38.19
2	Linehan, Sean	65	Lane 4 Swimming-10	39.99

Men 65-69 100 Yard Backstroke

NATL: 59.61 N 5/5/2024 DAVID BISHOP
 ZONECHAMPS: 1:03.76 Z 4/19/2024 Douglas Slater

1	Linehan, Sean	65	Lane 4 Swimming-10	1:31.54
	43.40	1:31.54		

Men 65-69 50 Yard Breaststroke

NATL: 28.77 N 7/25/2025 DAVID GUTHRIE
 ZONECHAMPS: 31.35 Z 4/24/2010 Jim Dragon

1	Keyser, Brian	69	Colonials 1776-8	32.80
2	Broderick, Tom	66	Reston Masters S-10	40.67

Men 65-69 100 Yard Breaststroke

NATL: 1:02.75 N 4/28/2017 RICK COLELLA
 ZONECHAMPS: 1:11.75 Z 4/14/2023 Brian Keyser

1	Keyser, Brian	69	Colonials 1776-8	1:14.59
	34.69	1:14.59		

Men 65-69 50 Yard Butterfly

NATL: 24.94 N 5/22/2010 RICHARD ABRAHAMS
 ZONECHAMPS: 25.93 Z 4/25/2010 Jim Dragon

1	Jarosz, Mark	68	Suwc Wahoos-12	30.50
2	Nitkiewicz, Alexander	68	UC10	33.99
3	Linehan, Sean	65	Lane 4 Swimming-10	37.12
4	Steele, Scott	68	UC12	51.20

Men 65-69 100 Yard IM

NATL: 57.37 N 4/26/2019 RICK COLELLA
 ZONECHAMPS: 1:06.90 Z 4/13/2018 Geoffrey Meyer Jr

1	Keyser, Brian	69	Colonials 1776-8	1:11.83
	34.60	1:11.83		
2	Jarosz, Mark	68	Suwc Wahoos-12	1:13.31
	33.51	1:13.31		
3	Nitkiewicz, Alexander	68	UC10	1:21.56
	37.18	1:21.56		
4	Broderick, Tom	66	Reston Masters S-10	1:26.98
	45.32	1:26.98		

Men 70-74 50 Yard Freestyle

NATL: 24.01 N 5/20/2023 DOUG MARTIN
 ZONECHAMPS: 25.72 Z 3/15/2025 Richard Baughman

1	Carter, Bruce	71	Spring Valley YM-8	27.73
2	Dearfield, Kerry	73	Lane 4 Swimming-10	31.81

Men 70-74 100 Yard Freestyle

NATL: 53.90 N 4/16/2023 RICK COLELLA
 ZONECHAMPS: 57.40 Z 3/15/2025 Richard Baughman

1	Carter, Bruce	71	Spring Valley YM-8	1:01.17
	29.64	1:01.17		
2	Meyer, Geoffrey	74	Spring Valley YM-8	1:03.68
	30.72	1:03.68		
3	Dearfield, Kerry	73	Lane 4 Swimming-10	1:13.61
	34.59	1:13.61		

Men 70-74 1000 Yard Freestyle

NATL:11:05.03 N 4/16/2023 RICK COLELLA
 ZONECHAMPS:12:50.23 Z 4/11/2008 David Harrison

1	Petro, Andrew	70	DC Water Wizards-1	15:23.98
	40.01	1:26.12	2:14.12	3:01.44
	3:49.75	4:37.64	5:25.08	6:12.65
	6:59.52	7:46.86	8:34.01	9:21.19
	10:08.13	10:54.57	11:40.53	12:26.49
	13:12.65	13:57.85	14:42.32	15:23.98

Men 70-74 1650 Yard Freestyle

NATL:18:30.92 N 4/16/2023 RICK COLELLA
 ZONECHAMPS:19:39.30 Z 3/15/2025 Richard Baughman

1	Cooper, James	70	French Creek Rac-8	24:38.50
	41.90	1:26.68	2:11.94	2:57.36
	3:43.14	4:28.92	5:14.84	6:00.69
	6:46.51	7:31.96	8:17.31	9:02.49
	9:48.32	10:33.72	11:18.88	12:03.93
	12:48.95	13:34.35	14:19.53	15:04.94
	15:49.84	16:34.54	17:19.31	18:03.87
	18:47.91	19:32.41	20:16.31	21:01.17
	21:45.26	22:29.16	23:12.84	23:56.32
				24:38.50

Men 70-74 50 Yard Backstroke

NATL: 28.62 N 4/27/2025 TOM WOLF
 ZONECHAMPS: 32.33 Z 4/14/2023 Geoffrey Meyer Jr

1	Meyer, Geoffrey	74	Spring Valley YM-8	32.29Z
2	Wardle, William	74	Cavalier Masters-12	33.97
3	Dougherty, Stephen	74	Colonials 1776-8	40.88
4	Stites, Rob	71	Reston Masters S-10	58.00

Men 70-74 100 Yard Backstroke

NATL: 1:00.62 N 4/25/2025 TOM WOLF
 ZONECHAMPS: 1:10.55 Z 4/14/2023 Geoffrey Meyer Jr

1	Wardle, William	74	Cavalier Masters-12	1:12.56
	35.94	1:12.56		
2	Viellieu, Benjamin	71	Lane 4 Swimming-10	1:30.38
	43.68	1:30.38		
---	Meyer, Geoffrey	74	Spring Valley YM-8	DQ
	35.13	DQ		

Men 70-74 200 Yard Backstroke

NATL: 2:12.65 N 4/15/2023 RICK COLELLA
 ZONECHAMPS: 2:36.31 Z 4/19/2024 William Wardle

1	Wardle, William	74	Cavalier Masters-12	2:36.65
	37.23	1:16.76	1:56.91	2:36.65

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Men 70-74 50 Yard Breaststroke

NATL: 29.67 N 4/15/2023 RICK COLELLA

ZONECHAMPS: 33.58 Z 4/11/2015 Jim Dragon

1	Dougherty, Stephen	74	Colonials 1776-8	41.67
2	Viellieu, Benjamin	71	Lane 4 Swimming-1	43.36
3	Arnold, Clifford	72	Virginia Masters-12	44.25
4	Gondek, Paul	73	UC08	46.75

Men 70-74 100 Yard Breaststroke

NATL: 1:04.95 N 4/30/2022 RICK COLELLA

ZONECHAMPS: 1:19.39 Z 4/25/2010 Hans Reichelt

1	Dougherty, Stephen	74	Colonials 1776-8	1:30.29
				41.94 1:30.29
2	Arnold, Clifford	72	Virginia Masters-12	1:38.12
				49.49 1:38.12
3	Gondek, Paul	73	UC08	1:43.14
				48.02 1:43.14
4	Stites, Rob	71	Reston Masters S-10	2:15.67
				1:03.68 2:15.67

Men 70-74 200 Yard Breaststroke

NATL: 2:21.03 N 4/29/2023 RICK COLELLA

ZONECHAMPS: 2:55.54 Z 4/24/2010 Hans Reichelt

1	Dougherty, Stephen	74	Colonials 1776-8	3:22.46
				44.91 1:35.77 2:29.20 3:22.46
2	Gondek, Paul	73	UC08	3:43.48
				48.25 1:43.38 2:42.44 3:43.48
3	Arnold, Clifford	72	Virginia Masters-12	3:47.63
				51.87 1:45.34 2:39.87 3:47.63

Men 70-74 50 Yard Butterfly

NATL: 26.30 N 4/15/2023 RICK COLELLA

ZONECHAMPS: 28.27 Z 4/11/2015 Jim Dragon

1	Carter, Bruce	71	Spring Valley YM-8	30.13
2	Arnold, Clifford	72	Virginia Masters-12	45.20
3	Stites, Rob	71	Reston Masters S-10	57.95
---	Meyer, Geoffrey	74	Spring Valley YM-8	DQ

Men 70-74 100 Yard Butterfly

NATL: 58.74 N 11/6/2022 RICK COLELLA

ZONECHAMPS: 1:13.98 Z 4/19/2024 James Rawley

1	Carter, Bruce	71	Spring Valley YM-8	1:11.97Z
				35.30 1:11.97

Men 70-74 100 Yard IM

NATL: 59.97 N 4/30/2022 RICK COLELLA

ZONECHAMPS: 1:09.08 Z 4/14/2023 Geoffrey Meyer Jr

1	Meyer, Geoffrey	74	Spring Valley YM-8	1:10.16
				31.79 1:10.16
2	Carter, Bruce	71	Spring Valley YM-8	1:11.05
				33.09 1:11.05
3	Dougherty, Stephen	74	Colonials 1776-8	1:22.10
				38.92 1:22.10
4	Arnold, Clifford	72	Virginia Masters-12	1:32.45
				45.11 1:32.45
5	Gondek, Paul	73	UC08	1:38.34
				49.27 1:38.34

Men 70-74 200 Yard IM

NATL: 2:10.59 N 5/1/2022 RICK COLELLA

ZONECHAMPS: 2:50.77 Z 4/19/2024 Stephen Dougherty

1	Dougherty, Stephen	74	Colonials 1776-8	3:04.55
				41.32 1:28.89 2:22.24 3:04.55

Men 75-79 50 Yard Freestyle

NATL: 25.58 N 3/4/2012 JEFF FARRELL

ZONECHAMPS: 28.75 Z 4/14/2023 Jim Dragon

1	Romano, Vince	79	Club Tribe-12	41.51
2	Miller, James	75	Virginia Masters-12	47.57

Men 75-79 100 Yard Freestyle

NATL: 58.68 N 5/10/2009 DAVID RADCLIFF

ZONECHAMPS: 1:00.58 Z 3/15/2025 Fred Schlicher

1	Leonard, Roger	78	Montgomery Ancie-1	1:16.99
				36.38 1:16.99
2	Berliner, Mitchell	77	Club Tribe-12	1:29.96
				41.57 1:29.96
3	Romano, Vince	79	Club Tribe-12	1:32.90
				44.62 1:32.90
4	Snowwhite, Larry	79	Reston Masters S-10	1:37.85
				45.65 1:37.85
5	Miller, James	75	Virginia Masters-12	1:47.00
				51.43 1:47.00

Men 75-79 200 Yard Freestyle

NATL: 2:08.77 N 5/10/2009 DAVID RADCLIFF

ZONECHAMPS: 2:20.97 Z 3/15/2025 Fred Schlicher

1	Romano, Vince	79	Club Tribe-12	3:21.97
				44.98 1:36.51 2:30.23 3:21.97
2	Snowwhite, Larry	79	Reston Masters S-10	3:29.49
				47.25 1:37.78 2:34.28 3:29.49

Men 75-79 500 Yard Freestyle

NATL: 5:55.81 N 11/5/2023 DAN KIRKLAND

ZONECHAMPS: 6:43.59 Z 4/21/2002 Roger Franks

1	Griffith, Lee	77	Palm Beach Maste-5	8:50.12
				43.04 1:31.36 2:24.56 3:19.11
				4:14.69 5:09.15 6:05.61 7:01.74
				7:58.21 8:50.12
2	Romano, Vince	79	Club Tribe-12	9:01.60
				47.14 1:39.63 2:35.61 3:31.68
				4:28.12 5:25.39 6:21.46 7:17.54
				8:12.06 9:01.60
3	Berliner, Mitchell	77	Club Tribe-12	9:20.58
				50.45 1:45.28 2:41.05 3:38.77
				4:36.06 5:33.83 6:32.16 7:29.72
				8:27.23 9:20.58
4	Snowwhite, Larry	79	Reston Masters S-10	9:26.96
				48.19 1:39.97 2:35.43 3:32.85
				4:30.20 5:28.06 6:28.97 8:29.39
				9:26.96
5	Wallace, Richard	78	Garden State Mas-7	10:39.64
				57.14 1:59.72 3:04.56 4:11.06
				5:18.10 6:25.02 7:30.93 8:37.13
				9:41.36 10:39.64

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Men 75-79 1000 Yard Freestyle****NATL:12:17.18 N 4/13/2024 DAN KIRKLAND****ZONECHAMPS:15:11.04 Z 4/4/2014 Ahmed Hamada**

1 Griffith, Lee 77 Palm Beach Maste-5 19:18.41

45.17 1:35.32 2:29.65 3:25.63

4:22.58 5:18.95 6:15.62 7:11.49

8:09.16 9:05.22 10:01.37 10:56.93

11:53.04 12:49.64 13:44.65 14:40.92

15:35.85 16:33.08 17:28.20 19:18.41

2 Snowwhite, Larry 79 Reston Masters S-10 19:26.97

50.90 1:44.58 2:39.22 3:36.55

5:34.16 6:33.48 7:33.64 8:33.83

9:33.92 10:33.84 11:35.40 12:35.50

13:34.99 16:32.57 17:31.49

18:30.86 19:26.97

3 Wallace, Richard 78 Garden State Mas-7 21:22.86

59.11 2:02.64 3:07.60 4:13.19

5:17.18 6:21.44 7:26.31 8:31.99

9:35.83 10:39.08 11:43.93 12:50.16

13:55.00 15:00.39 16:05.86 17:10.90

18:16.79 19:22.43 20:26.03 21:22.86

--- Paulson, Laurence 77 Reston Masters S-10 DQ

1:00.18 2:11.56 3:26.87 4:38.09

6:48.35 7:50.39 8:51.00 9:51.57

10:51.15 12:11.60 13:31.96 14:50.73

16:09.91 17:31.03 18:27.29 19:24.32

20:22.84 21:20.57 DQ

Men 75-79 1650 Yard Freestyle**NATL:20:25.49 N 5/10/2009 DAVID RADCLIFF****ZONECHAMPS:23:50.03 Z 4/21/2002 Roger Franks**

1 Leonard, Roger 78 Montgomery Ancie- 27:01.20

43.59 1:31.46 2:20.07 3:08.99

3:57.94 4:46.69 5:35.54 6:24.48

7:13.72 8:02.84 8:51.76 9:40.64

10:29.70 11:19.01 12:08.60 12:58.21

13:47.39 14:36.78 15:25.98 16:15.65

17:04.95 17:55.12 18:45.29 19:35.54

20:25.34 21:15.54 22:05.67 22:55.81

23:46.15 24:36.06 25:25.68 26:15.13 27:01.20

2 Merschhoff, Ellis 76 UC09 27:12.13

42.78 1:29.04 2:16.69 3:07.00

3:56.34 4:45.10 5:34.92 6:24.70

7:12.88 8:02.84 8:53.95 9:47.69

10:39.63 11:29.91 12:21.31 13:10.93

14:02.64 14:53.85 15:43.60 16:34.00

17:24.25 18:13.52 19:02.58 19:52.24

20:41.78 21:32.22 22:22.01 23:12.07

24:00.97 24:48.90 25:37.66 26:26.03 27:12.13

3 Romano, Vince 79 Club Tribe-12 31:46.02

46.44 1:38.38 2:33.40 3:30.19

4:26.89 5:24.35 6:22.20 7:20.63

8:18.02 9:16.28 10:13.88 11:12.42

12:10.45 13:08.91 14:07.36 15:05.98

16:04.23 17:02.67 18:01.34 19:01.21

19:59.59 21:00.48 22:01.28 23:01.03

24:00.51 25:00.05 25:58.98 26:59.27

27:59.67 28:59.56 29:56.31 30:53.69 31:46.02

Men 75-79 50 Yard Backstroke**NATL: 30.90 N 4/26/2019 RICHARD BURNS****ZONECHAMPS: 34.24 Z 3/15/2025 Fred Schlicher**

1 Leonard, Roger 78 Montgomery Ancie- 39.60

2 Berliner, Mitchell 77 Club Tribe-12 59.04

3 Paulson, Laurence 77 Reston Masters S-10 59.59

--- Miller, James 75 Virginia Masters-12 DQ

Men 75-79 100 Yard Backstroke**NATL: 1:07.23 N 3/21/2026 LAWRENCE DAY****ZONECHAMPS: 1:17.17 Z 4/21/2002 Roger Franks**

1 Leonard, Roger 78 Montgomery Ancie- 1:28.66

44.71 1:28.66

2 Miller, James 75 Virginia Masters-12 1:57.86

58.43 1:57.86

Men 75-79 200 Yard Backstroke**NATL: 2:26.44 N 3/22/2026 LAWRENCE DAY****ZONECHAMPS: 2:41.30 Z 3/15/2025 Fred Schlicher**

1 Leonard, Roger 78 Montgomery Ancie- 3:11.81

44.46 1:33.52 2:22.78 3:11.81

--- Paulson, Laurence 77 Reston Masters S-10 DQ

1:01.13 2:09.43 3:17.12 DQ

Men 75-79 100 Yard Breaststroke**NATL: 1:15.22 N 4/26/2025 HUBIE KERNS****ZONECHAMPS: 1:34.79 Z 4/1/2022 Andrew Cooke**

1 Paulson, Laurence 77 Reston Masters S-10 2:24.78

1:09.86 2:24.78

Men 75-79 100 Yard IM**NATL: 1:08.18 N 3/22/2026 LAWRENCE DAY****ZONECHAMPS: 1:12.94 Z 3/15/2025 Fred Schlicher**

1 Leonard, Roger 78 Montgomery Ancie- 1:28.64

41.23 1:28.64

Men 80-84 50 Yard Freestyle**NATL: 28.15 N 4/26/2025 RICHARD ABRAHAMAS****ZONECHAMPS: 32.74 Z 4/5/2019 Ahmed Hamada**

1 Silverthorne, Craig 80 UC12 41.20

*2 Gaulrapp, Edward 83 Virginia Masters-12 43.37

*2 Pilette, Sterling 84 Reston Masters S-10 43.37

4 Greger, Ronald 81 Germantown Maryl- 43.83

Men 80-84 100 Yard Freestyle**NATL: 1:03.59 N 6/20/2024 RICHARD BURNS****ZONECHAMPS: 1:13.45 Z 4/5/2019 Ahmed Hamada**

1 Sober, Harry 83 Virginia Masters-12 1:15.85

34.35 1:15.85

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Results

(Men 80-84 100 Yard Freestyle)

2	Silverthorne, Craig	80	UC12	1:34.86
	42.94	1:34.86		
3	Gaulrapp, Edward	83	Virginia Masters-12	1:41.01
	48.57	1:41.01		
4	Pilette, Sterling	84	Reston Masters S-10	1:49.37

Men 80-84 200 Yard Freestyle

NATL: 2:23.60 N 4/12/2015 DAVID RADCLIFF				
ZONECHAMPS: 2:54.81 Z 4/5/2019 Ahmed Hamada				
1	Gaulrapp, Edward	83	Virginia Masters-12	4:03.44
	52.21	1:55.64	3:00.48	4:03.44

Men 80-84 500 Yard Freestyle

NATL: 6:27.81 N 5/1/2014 DAVID RADCLIFF				
ZONECHAMPS: 8:04.31 Z 4/15/2007 Roger Franks				
1	Zamon, Frederick	84	Patriot Masters-10	9:30.97
	50.22	1:44.79	2:43.83	3:42.17
	4:40.81	5:39.02	6:38.97	7:36.33
	8:36.04	9:30.97		
2	Gaulrapp, Edward	83	Virginia Masters-12	11:39.86
	59.90	2:04.83	3:12.06	4:21.64
	5:28.84	6:38.01	7:47.69	9:06.18
	10:27.50	11:39.86		

Men 80-84 1000 Yard Freestyle

NATL:13:10.14 N 5/1/2014 DAVID RADCLIFF				
ZONECHAMPS:17:14.77 Z 4/5/2019 Ahmed Hamada				
1	Gaulrapp, Edward	83	Virginia Masters-12	23:37.24
	1:12.35	2:11.78	3:16.17	4:18.77
	5:38.06	6:59.51	8:23.03	9:30.81
	10:43.45	12:00.09	13:18.35	14:38.59
	15:58.48	17:19.00	18:20.48	19:21.85
	20:24.40	21:29.24	22:37.29	23:37.24

Men 80-84 50 Yard Backstroke

NATL: 32.59 N 5/18/2024 RICHARD BURNS				
ZONECHAMPS: 40.87 Z 4/15/2007 Roger Franks				
1	Dragon, Jim	81	Garden State Mas-7	38.72Z
2	Robinson, David	82	Germantown Maryl-	48.42
3	Pilette, Sterling	84	Reston Masters S-10	1:04.24

Men 80-84 100 Yard Backstroke

NATL: 1:11.64 N 6/21/2024 RICHARD BURNS				
ZONECHAMPS: 1:37.71 Z 4/14/2012 Frank Manheim				
1	Silverthorne, Craig	80	UC12	1:47.53
	51.58	1:47.53		
2	Robinson, David	82	Germantown Maryl-	1:47.93
	51.96	1:47.93		
3	Gaulrapp, Edward	83	Virginia Masters-12	2:12.17
	1:03.36	2:12.17		

Men 80-84 200 Yard Backstroke

NATL: 2:36.94 N 6/23/2024 RICHARD BURNS				
ZONECHAMPS: 3:06.36 Z 4/15/2007 Roger Franks				
1	Silverthorne, Craig	80	UC12	3:40.66
	50.82	1:46.74	2:43.30	3:40.66
2	Gaulrapp, Edward	83	Virginia Masters-12	4:50.10
	1:10.04	2:23.67	3:39.62	4:50.10

Men 80-84 50 Yard Breaststroke

NATL: 37.48 N 5/1/2021 MIKE FRESHLEY				
ZONECHAMPS: 41.88 Z 3/15/2025 Andrew Cooke				
1	Dragon, Jim	81	Garden State Mas-7	38.66Z
2	Robinson, David	82	Germantown Maryl-	51.63
3	Greger, Ronald	81	Germantown Maryl-	52.75
4	Gaulrapp, Edward	83	Virginia Masters-12	58.13
5	Pilette, Sterling	84	Reston Masters S-10	1:14.90

Men 80-84 100 Yard Breaststroke

NATL: 1:23.28 N 5/1/2021 MIKE FRESHLEY				
ZONECHAMPS: 1:35.14 Z 3/15/2025 Andrew Cooke				
1	Dragon, Jim	81	Garden State Mas-7	1:35.54
	42.11	1:35.54		
2	Robinson, David	82	Germantown Maryl-	1:51.90
	51.79	1:51.90		
3	Greger, Ronald	81	Germantown Maryl-	1:59.74
	58.09	1:59.74		
4	Gaulrapp, Edward	83	Virginia Masters-12	2:06.74
	1:00.29	2:06.74		

Men 80-84 200 Yard Breaststroke

NATL: 3:01.78 N 4/17/2021 MIKE FRESHLEY				
ZONECHAMPS: 3:44.47 Z 3/15/2025 Andrew Cooke				
1	Greger, Ronald	81	Germantown Maryl-	4:21.08
	59.88	2:04.43	3:12.59	4:21.08
2	Gaulrapp, Edward	83	Virginia Masters-12	4:43.69
	1:05.39	2:21.47	3:36.22	4:43.69

Men 80-84 50 Yard Butterfly

NATL: 31.10 N 4/27/2025 RICHARD ABRAHAMAS				
ZONECHAMPS: 39.30 Z 4/5/2019 Ahmed Hamada				
1	Zamon, Frederick	84	Patriot Masters-10	54.04
2	Pilette, Sterling	84	Reston Masters S-10	1:08.35

Men 80-84 100 Yard IM

NATL: 1:14.86 N 4/16/2016 DAVID COSTILL				
ZONECHAMPS: 1:30.44 Z 4/5/2019 Ahmed Hamada				
1	Dragon, Jim	81	Garden State Mas-7	1:20.27Z
	36.79	1:20.27		
2	Robinson, David	82	Germantown Maryl-	1:48.78
	53.90	1:48.78		
3	Gaulrapp, Edward	83	Virginia Masters-12	1:55.92
	56.57	1:55.92		
---	Pilette, Sterling	84	Reston Masters S-10	DQ
	1:08.46	DQ		

Men 85-89 100 Yard Backstroke

NATL: 1:24.98 N 4/22/2018 CLARKE MITCHELL				
ZONECHAMPS: 1:55.58 Z 4/25/2010 Calvin Barnes				
1	Rolston, Howard	85	UC10	1:29.48Z
	42.91	1:29.48		

Men 85-89 50 Yard Breaststroke

NATL: 42.72 N 3/7/2010 FRANK PIEMME				
ZONECHAMPS: 1:00.56 Z 5/8/1990 Gus Langner				
1	Rolston, Howard	85	UC10	46.39Z

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Results

Men 85-89 100 Yard IM

NATL: 1:28.37 N 3/7/2010 FRANK PIEMME
 ZONECHAMPS: 2:08.83 Z 5/5/1996 Jesse Coon
 1 Rolston, Howard 85 UC10 1:30.96Z

Men 90-94 50 Yard Freestyle

NATL: 35.96 N 9/21/2003 WOODY BOWERSOCK
 ZONECHAMPS: 43.51 Z 4/22/2001 Gerson Sobel
 1 Beattie, Cal 91 UC12 1:12.01

Men 90-94 100 Yard Freestyle

NATL: 1:27.26 N 3/21/2004 WOODROW BOWERSOCK
 ZONECHAMPS: 1:45.05 Z 4/22/2001 Gerson Sobel
 1 Beattie, Cal 91 UC12 2:25.89

Men 90-94 200 Yard Freestyle

NATL: 3:18.81 N 1/31/2015 WILLARD LAMB
 ZONECHAMPS: 4:11.61 Z 5/7/1995 Gus Langner
 1 Beattie, Cal 91 UC12 5:18.27
 3:58.53 5:18.27

Women 18+ 200 Yard Freestyle Relay

NATL: 1:35.66 N 4/30/2016 CLUB TRIBE ALUM
 G MIZERAK, S SHANER, C HURTUBISE, K GRIER
 ZONECHAMPS: 1:41.60 Z 1/1/2006 Terrapin Masters
 M GROVER, M STAKEM, K BOWMAN, C VOORHEES

1 Terrapin Masters-10 A 1:45.91
 1) Randolph, Courtney W34 2) Grover, Mollie W45
 3) Capecci, Isabel W24 4) Stakem, Meredith W44
 25.78 51.89 1:21.30 1:45.91
 2 Club Tribe-12 A 1:47.22
 1) Vesey, Alicia W27 2) Littlepage, Madison W26
 3) Jacobs, Elyse W27 4) Sanfield, Katie W24
 26.68 54.29 1:21.46 1:47.22
 3 Colonials 1776-8 A 2:00.11
 1) Schaffling, Staci W31 2) King, Molly W33
 3) Gutierrez, Ana W21 4) Previti, Emily W43
 26.98 59.97 1:31.69 2:00.11
 4 Reston Masters S-10 A 2:20.26
 1) Flynn, Merri W66 2) Barton, Mercedes W50
 3) Miani, Sabina W24 4) Philpott, Kate W49
 39.13 1:16.06 1:48.34 2:20.26

Women 18+ 400 Yard Freestyle Relay

NATL: 3:35.45 N 4/10/2016 CLUB TRIBE ALUM
 C HURTUBISE, K GRIER, G MIZERAK, S SHANER
 ZONECHAMPS: 3:35.45 Z 4/8/2016 Club Tribe
 C HURTUBISE, K GRIER, G MIZERAK, S SHANER

1 Suwc Wahoos-12 Z 5:38.88
 1) Zubikarai, Paulina W54 2) Mensh, Lori W63
 3) McNelis, Delaney W18 4) Garrett, Kristin W45
 35.69 1:14.83 2:09.12
 3:47.33 4:28.45 4:43.54 5:38.88

Women 18+ 200 Yard Medley Relay

NATL: 1:44.29 N 4/29/2022 NEW YORK ATHLET
 B RYAN, B GARY, C GMELICH, N LARSON
 ZONECHAMPS: 1:48.40 Z 4/5/2019 Club Tribe
 C MULQUIN, L SCHWARTZ, G MIZERAK, A WUJCIAK

1 Club Tribe-12 A 2:00.20
 1) Littlepage, Madison W26 2) Sanfield, Katie W24
 3) Conze, Margaret W54 4) Williams, Susan W60
 31.51 1:05.39 1:33.22 2:00.20
 2 Colonials 1776-8 A 2:09.97
 1) King, Molly W33 2) Marshall, Victoria W37
 3) Schaffling, Staci W31 4) Gutierrez, Ana W21
 34.93 1:10.79 1:39.66 2:09.97
 3 Reston Masters S-10 A 2:35.81
 1) Miani, Sabina W24 2) Flynn, Merri W66
 3) Philpott, Kate W49 4) Barton, Mercedes W50
 37.46 1:22.14 1:59.08 2:35.81

Women 25+ 200 Yard Freestyle Relay

NATL: 1:34.06 N 4/27/2025 The Olympic Clu
 L GREEN, M BALLENGER, G ZHAO, V BURNS
 ZONECHAMPS: 1:38.28 Z 4/13/2018 Club Tribe
 G MIZERAK, S SHANER, K GASS, K GRIER

1 Reston Masters S-10 A 1:56.52
 1) Wong, Lauren W31 2) Segovia, Vanessa W39
 3) Bass, Amy W55 4) Woods, Katie W34
 28.24 57.83 1:26.96 1:56.52
 2 Patriot Masters-10 A 1:57.75
 1) Shyu, DoRonne W33 2) Layton, Katie W53
 3) Lundgren, Cora W26 4) Knoesen, Sarah W42
 26.78 56.78 1:25.22 1:57.75

Women 25+ 400 Yard Freestyle Relay

NATL: 3:35.04 N 4/12/2025 The Olympic Clu
 C LADD, L GREEN, E PEDOTE, G ZHAO
 ZONECHAMPS: 3:36.62 Z 4/13/2018 Club Tribe
 G MIZERAK, V MAQUEDA, K GRIER, S SHANER

1 Club Tribe-12 A 4:03.63
 1) Vesey, Alicia W27 2) Choe, Michele W48
 3) Wei, Laurie W31 4) Jacobs, Elyse W27
 27.97 58.30 1:26.61 1:58.94
 2:30.07 3:04.28 3:32.54 4:03.63
 2 Colonials 1776-8 A 4:11.49
 1) Schaffling, Staci W31 2) Previti, Emily W43
 3) Burke, Barbara W64 4) Marshall, Victoria W37
 28.14 58.38 1:27.44 1:58.26
 2:32.53 3:10.89 3:39.64 4:11.49

Women 25+ 200 Yard Medley Relay

NATL: 1:44.32 N 4/29/2023 NEW YORK ATHLET
 A HOWE, P KAMINSKI, N LARSON, E MCDONALD
 ZONECHAMPS: 1:50.68 Z 4/15/2007 Curl-Burke
 S PETERSON, E BETTS, A ADAMS, L LAUWAERT

1 Reston Masters S-10 A 2:12.53
 1) Shapiro, Margaret W49 2) Woods, Katie W34
 3) Biles, Calle W27 4) Segovia, Vanessa W39
 35.09 1:12.62 1:43.30 2:12.53

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Results

(Women 25+ 200 Yard Medley Relay)

2	Patriot Masters-10	A	2:13.64
1)	Shyu, DoRonne W33	2)	Knoesen, Sarah W42
3)	Lundgren, Cora W26	4)	Layton, Katie W53
29.60	1:11.73	1:43.77	2:13.64

Women 35+ 200 Yard Freestyle Relay

NATL: 1:36.42 N 2/1/2015 NCMS

K LINDAUER, A UHL, J STRINGER, E BRAUN

ZONECHAMPS: 1:41.49 Z 4/5/2019 Club Tribe

R ANNE THOMAS, M CHOE, K GASS, K GRIER

1	Club Tribe-12	A	1:54.00
1)	Hurtubise, Courtney W46	2)	Bland, Betsy W44
3)	Fitzgerald, Lauren W50	4)	Choe, Michele W48
26.45	56.51	1:25.63	1:54.00

Women 35+ 400 Yard Freestyle Relay

NATL: 3:34.28 N 3/29/2014 NORTH CAROLINA

K LINDAUER, J STRINGER, A UHL, E BRAUN

ZONECHAMPS: 3:55.51 Z 1/1/2000 1776

K FRAZIER, J FREIMUTH, S HARTMAN, V SWANSON

1	Alexandria Maste-10	A	4:31.11
1)	Palavecino, Katie W47	2)	Jakubchak, Lindsey W43
3)	Taylor, Alaina W44	4)	Maschal, Sarah W48
33.19	1:09.84	1:40.81	2:14.95
2:49.39	3:26.85	3:57.59	4:31.11
2	Lane 4 Swimming-10	A	4:44.14
1)	Becker, Marlene W61	2)	Jue, Heather W42
3)	Dodobara-Griffith, Lisa W45	4)	Rawson, Laurelyn W54
35.18	1:47.26	2:23.28	
2:56.22	4:06.00	4:43.79	4:44.14
3	Cavalier Masters-12	A	5:00.66
1)	Meggison, Pania W65	2)	Clute, Meg W70
3)	Loftus-Charley, Shirley W7	4)	Glover-Persian, Bethany W
42.02	1:25.09	2:03.25	2:44.47
3:20.32	3:57.90	4:28.06	5:00.66

Women 35+ 800 Yard Freestyle Relay

NATL: 7:58.40 N 1/31/2015 NCMS

E BRAUN, J STRINGER, A UHL, K LINDAUER

ZONECHAMPS: 8:37.23 Z 1/1/2002 Virginia Masters

W WEIL, M BITTNER, A PHILLIPS, B BAKER

1	Colonials 1776-8	A	10:01.79
1)	Marshall, Victoria W37	2)	Swanson, Vibeke W64
3)	Hug, Laurie W60	4)	Previti, Emily W43
	4:26.89	10:01.79	

Women 35+ 200 Yard Medley Relay

NATL: 1:48.55 N 5/14/2006 COLORADO MASTER

S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER

ZONECHAMPS: 1:55.50 Z 4/5/2019 Club Tribe

K GRIER, K HARRIS, M CHOE, K GASS

1	Lane 4 Swimming-10	A	2:32.67
1)	Jue, Heather W42	2)	Dodobara-Griffith, Lisa W45
3)	Rawson, Laurelyn W54	4)	Becker, Marlene W61
37.18	1:20.93	1:59.10	2:32.67

---	Colonials 1776-8	A	DQ
1)	Hug, Laurie W60	2)	Swanson, Vibeke W64
3)	Previti, Emily W43	4)	Figsenshu, Susan W71
36.52	1:47.16	DQ	

Women 35+ 400 Yard Medley Relay

NATL: 4:04.45 N 3/15/2024 NEW ENGLAND MAS

B BUTCHER, E MANCUSO, J BROOKS CROZIER, S SUTTON

ZONECHAMPS: 4:15.70 Z 1/1/2000 1776

V SWANSON, J FREIMUTH, K FRAZIER, S HARTMAN

1	Colonials 1776-8	A	5:24.34
1)	Swanson, Vibeke W64	2)	Burke, Barbara W64
3)	Marshall, Victoria W37	4)	Hug, Laurie W60
40.20	1:20.98	2:06.40	2:55.22
3:32.62	4:12.22	4:46.80	5:24.34

Women 45+ 200 Yard Freestyle Relay

NATL: 1:38.11 N 6/22/2024 NORTH CAROLINA

E BRAUN, K STUMP, K LINDAUER, J MIHALIK

ZONECHAMPS: 1:50.30 Z 3/15/2025 Granite State Penguins

A ZETEA, K CRUSCO, R GOODALE, A GRIFFIN

1	Virginia Masters-12	A	2:08.96
1)	Hollings, Charlotte W61	2)	Miller, Patricia W65
3)	Kohler, Susan W52	4)	Hichak, Barbara W71

Women 45+ 800 Yard Freestyle Relay

NATL: 8:12.99 N 1/20/2024 NORTH CAROLINA

E BRAUN, J MIHALIK, K LINDAUER, K STUMP

ZONECHAMPS: 9:19.05 Z 4/7/2017 1776

S SAUCY, V SWANSON, B BURKE, L HUG

1	Reston Masters S-10	A	10:25.70
1)	Brightwell, Kim W66	2)	McNamara, Beth W60
3)	Shapiro, Margaret W49	4)	Kirwan, Denise W74
35.06	1:13.68	1:53.97	
3:10.33	3:52.87	4:37.31	5:21.67
5:52.85	6:27.24	7:02.49	7:38.52
8:15.33	8:57.90	9:42.03	10:25.70

Women 45+ 200 Yard Medley Relay

NATL: 1:49.40 N 6/20/2024 NORTH CAROLINA

J MIHALIK, E BRAUN, K STUMP, K LINDAUER

ZONECHAMPS: 2:03.64 Z 4/15/2012 Patriot Masters

B CLIFFORD-DICKS, K TONER, L LIVINGSTON, C WARD

1	Suwic Wahoos-12	W	3:43.01
1)	Casagrande, Mary W65	2)	Blanchfield, G W71
3)	Mensh, Lori W63	4)	Zubikarai, Paulina W54
56.96	1:31.84	3:09.17	3:43.01

Women 55+ 200 Yard Freestyle Relay

NATL: 1:45.60 N 4/29/2017 PALM BEACH MAST

K PIPES, E JONES, K TREIBLE SLATON, C WENZEL

ZONECHAMPS: 1:57.33 Z 4/5/2019 1776

M WOLFF, B BURKE, S SAUCY, V SWANSON

1	Colonials 1776-8	A	2:12.87
1)	Burke, Barbara W64	2)	Hug, Laurie W60
3)	Swanson, Vibeke W64	4)	Figsenshu, Susan W71
32.05	1:04.48	1:36.38	2:12.87

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Women 65+ 200 Yard Medley Relay

NATL: 2:15.99 N 4/23/2023 SARASOTA SHARKS

K EINSIDLER, N KRYKA, J GRAY, M EARLY

ZONECHAMPS: 2:35.40 Z 4/23/2005 Virginia Masters

L ADAMS, J LEILICH, L GRIFFIN, J DETRICK

1 Cavalier Masters-12	A	3:59.45
1) Clute, Meg W70	2) Fishburne, Harriette W78	
3) Meggison, Pania W65	4) McNeely, Carter W80	
41.72	2:09.69	3:04.86 3:59.45

Men 18+ 200 Yard Freestyle Relay

NATL: 1:18.32 N 5/22/2010 NORTH CAROLINA

N BRUNELLI, C JONES, N WESTBY, J SKUBA

ZONECHAMPS: 1:26.28 Z 4/5/2019 Tide Swimming

D VERHEUL, L BURTON, D DEAN, H PIERCE

1 Navy Club Swim-58	A	1:31.39
1) Kampfe, Tyler M18	2) Yuhas, Drew M19	
3) Kistler, Lance M19	4) Nuval, Paul M19	
23.45	46.87	1:09.93 1:31.39
2 Navy Club Swim-58	B	1:34.92
1) Cole, Mason M19	2) Braaten, Kai M21	
3) Langelund, Evan M21	4) Kinsella, Christopher M20	
25.67	49.47	1:12.51 1:34.92
3 Case Western Res-58	A	1:37.28
1) Miele, Matthew M18	2) Chung, Logan M20	
3) Kramer, Julian M19	4) Xue, Alex M20	
23.89	48.32	1:13.57 1:37.28
4 Terrapin Masters-10	A	1:37.90
1) Byham-Maier, Andrew M24	2) Greigg, Daniel M23	
3) Henderson, Myles M24	4) De Jesus, Jose M32	
25.58	50.67	1:14.88 1:37.90
5 Reston Masters S-10	A	1:43.63
1) Cheng, Winston M46	2) Materniak, Eric M34	
3) Elliott, Stephen M24	4) Sevilla, Aristides M36	
27.11	52.50	1:18.82 1:43.63
6 Fredericksburg A-12	A	1:49.49
1) Fasana, Joseph M24	2) Ray, Stephen M36	
3) Ingebretsen, Carl M64	4) Dzurenda, Gavin M28	
24.50	51.17	1:20.31 1:49.49
7 Club Tribe-12	A	2:08.35
1) Bracewell, Ryan M24	2) Reid, Scott M59	
3) Romano, Vince M79	4) Berliner, Mitchell M77	
24.43	51.59	1:32.29 2:08.35

Men 18+ 400 Yard Freestyle Relay

NATL: 3:01.60 N 2/13/2016 GOLDEN ROAD AQU

M MARSHALL, N KORTH, M JABEN, T COX

ZONECHAMPS: 3:04.86 Z 4/13/2018 Club Tribe

A GREENHALGH, L BUREAU, K LOUGHRAN, K GALLAGHER

1 Club Tribe-12	A	3:24.67
1) Hildebrand, David M45	2) Bracewell, Ryan M24	
3) Elsaesser, Evan M41	4) Ryan, Michael M24	
24.48	50.19	1:15.34 1:44.55
2:08.94	2:34.94	2:58.97 3:24.67

Men 18+ 800 Yard Freestyle Relay

NATL: 6:53.52 N 4/14/2018 CLUB TRIBE

L BUREAU, J HENDERSON, A GLASS, A GREENHALGH

ZONECHAMPS: 6:53.52 Z 4/13/2018 Club Tribe

L BUREAU, J HENDERSON, A GLASS, A GREENHALGH

--- Reston Masters S-10	A	DQ
1) Yerram, Nihaal M24	2) Wynes, Anthony M56	
3) Evans, Brian M61	4) Koons, Andrew M33	
41.25	1:24.69	2:10.97
2:56.53	3:30.38	4:09.55
4:51.15	5:31.21	6:02.34
6:39.32	7:17.16	DQ

Men 18+ 200 Yard Medley Relay

NATL: 1:26.71 N 5/2/2014 THE OLYMPIC CLU

A SAETA, N KOON, N ADRIAN, A ERVIN

ZONECHAMPS: 1:34.56 Z 4/5/2019 Club Tribe

B GLOVER, A MONTES DE OCA, E ELSAESSER, A GREENHAL

1 Club Tribe-12	A	1:37.13
1) Bulakul, Sirin M38	2) Nitkiewicz, Travis M24	
3) Brukx, Peter M26	4) Johnson, Christopher M25	
25.36	51.66	1:14.43 1:37.13
2 Navy Club Swim-58	A	1:41.93
1) Winardi, Toby M20	2) Braaten, Kai M21	
3) Langelund, Evan M21	4) Kinsella, Christopher M20	
25.87	55.19	1:19.65 1:41.93
3 Terrapin Masters-10	A	1:42.94
1) Smith, Mark M31	2) De Jesus, Jose M32	
3) Greigg, Daniel M23	4) Henderson, Myles M24	
26.08	54.25	1:19.22 1:42.94
4 Navy Club Swim-58	B	1:45.12
1) Yuhas, Drew M19	2) Kampfe, Tyler M18	
3) Kistler, Lance M19	4) Nuval, Paul M19	
27.23	56.93	1:23.12 1:45.12
5 Case Western Res-58	A	1:50.18
1) Kramer, Julian M19	2) Chung, Logan M20	
3) Xue, Alex M20	4) Miele, Matthew M18	
30.27	1:00.97	1:27.15 1:50.18

Men 18+ 400 Yard Medley Relay

NATL: 3:24.55 N 4/2/2016 ARIZONA MASTERS

D ADALSTEINSSON, D KNITTLE, B CREAGER, Z DALBY

ZONECHAMPS: 3:26.02 Z 4/19/2024 Club Tribe

S KETTLEWELL-SITES, C KATIS, P BRUKX, M ZERUNYAN

1 Club Tribe-12	A	3:37.21
1) Elsaesser, Evan M41	2) Nitkiewicz, Travis M24	
3) Brukx, Peter M26	4) Ryan, Michael M24	
27.79	57.33	1:12.34 1:55.88
2:47.21	3:11.19	3:37.21 3:37.21
2 Club Tribe-12	B	3:56.62
1) Benda, Brian M55	2) Bracewell, Ryan M24	
3) Major, Kyle M26	4) Krajewski, Thomas M47	
29.80	1:00.97	1:18.86 2:06.57
2:32.38	3:02.43	3:27.60 3:56.62

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Men 18+ 400 Yard Medley Relay)**

3	Fredericksburg A-12	A	4:55.01
1)	Fasana, Joseph M24	2)	Ray, Stephen M36
3)	Ingebretsen, Carl M64	4)	Dzurenda, Gavin M28
	32.90	1:08.09	1:44.38
	3:04.01	3:48.75	4:19.11
			4:55.01

Men 25+ 200 Yard Freestyle Relay**NATL: 1:19.71 N 4/7/2018 RICE AQUATICS****W WAGNER, A SURHOFF, D HILL, B COLLINS****ZONECHAMPS: 1:24.75 Z 4/13/2018 Club Tribe****K GALLAGHER, K LOUGHRAN, C FAY, S GLASS**

1	Club Tribe-12	A	1:29.58
1)	Wu, Dorje M26	2)	Wolfe, Ryan M33
3)	Elsaesser, Evan M41	4)	Bulakul, Sirin M38
	22.62	45.47	1:07.83
			1:29.58
2	Colonials 1776-8	A	1:45.20
1)	Hartmann, Ryan M26	2)	Gospodarsky, Artyom M33
3)	Keyser, Brian M69	4)	Fein, Ryley M25
	21.78	54.38	1:22.77
			1:45.20

Men 25+ 400 Yard Freestyle Relay**NATL: 2:56.95 N 4/8/2018 RICE AQUATICS****W WAGNER, A SURHOFF, B COLLINS, D HILL****ZONECHAMPS: 3:09.74 Z 4/21/2013 Fairfax County Masters****M BAZYLEWICZ, M VEINTIMILLA, K LOUGHRAN, S BULAKUL**

1	Alexandria Maste-10	A	3:42.18
1)	Lundberg, Erik M47	2)	Jent, Daniel M48
3)	Taylor, Tim M39	4)	Hayes, Daniel M30
	26.12	54.81	1:21.84
			1:51.77
	2:19.52	2:50.38	3:14.91
			3:42.18

Men 25+ 800 Yard Freestyle Relay**NATL: 6:33.89 N 4/7/2018 RICE AQUATICS****B COLLINS, W WAGNER, D HILL, A SURHOFF****ZONECHAMPS: 7:14.89 Z 1/1/1991 Empire****S FISHER, W HENNESSY, R REYNOLDS, B HAYES**

1	Club Tribe-12	A	7:45.39
1)	Major, Kyle M26	2)	Hildebrand, David M45
3)	Benda, Brian M55	4)	Johnson, Christopher M25
	26.52	57.03	1:28.38
			1:57.67
	2:23.93	2:53.57	3:23.55
			3:52.73
	4:20.31	4:51.19	5:23.04
			5:54.15
	6:19.27	6:47.29	7:15.63
			7:45.39
2	Rappahannock Ymc-12	A	8:54.41
1)	Hunt, Thomas M33	2)	Schapiro, Adam M39
3)	Morris, John M41	4)	Linthicum, Eli M47
	28.79	1:00.88	1:32.52
			2:04.93
	2:36.06	3:11.73	3:47.38
			4:22.99
	4:53.05	5:27.65	6:04.38
			6:39.73
	7:10.48	7:45.49	8:20.13
			8:54.41

Men 25+ 200 Yard Medley Relay**NATL: 1:27.81 N 4/29/2017 GOLDEN ROAD AQU****R LOCHTE, M ALEXANDROV, T COX, L PECHMANN****ZONECHAMPS: 1:34.71 Z 4/13/2018 Club Tribe****S GLASS, C FAY, E ELSAESSER, S BULAKUL**

1	Club Tribe-12	B	1:47.20
1)	Elsaesser, Evan M41	2)	Wolfe, Ryan M33
3)	Kimball, Joe M57	4)	Fried, Michael M43
	26.53	55.39	1:24.14
			1:47.20
2	Reston Masters S-10	A	1:55.76
1)	Cheng, Winston M46	2)	Materniak, Eric M34
3)	Sevilla, Aristides M36	4)	Evans, Brian M61
	29.46	1:00.04	1:27.06
			1:55.76

Men 25+ 400 Yard Medley Relay**NATL: 3:17.17 N 4/7/2018 RICE AQUATICS****A SURHOFF, E FRIEDLAND, B COLLINS, W WAGNER****ZONECHAMPS: 3:30.45 Z 1/1/1999 Ancient Mariner****C BRITT, W DICKS, J RODDIN, T BOYD**

1	District Of Colu-10	A	4:34.28
1)	Ruff, Cullen M60	2)	Pilar, Nathanael M28
3)	Jurkiewicz, Crosby M35	4)	Mills, Edward M57
	37.44	1:17.79	1:47.83
			2:21.58
	2:48.67	3:20.04	3:56.98
			4:34.28
2	Colonials 1776-8	A	4:37.01
1)	Fein, Ryley M25	2)	Dougherty, Stephen M74
3)	Hartmann, Ryan M26	4)	Gospodarsky, Artyom M33
	27.22	57.84	1:40.47
			2:29.52
	2:56.91	3:28.83	4:00.78
			4:37.01

Men 35+ 200 Yard Freestyle Relay**NATL: 1:23.32 N 5/29/2010 LONGHORN AQUATI****T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN****ZONECHAMPS: 1:28.05 Z 4/25/2009 Jersey Area Masters****W SEGAL, S HILTABIDDLE, S CARPENTER, B MATHESON**

1	Terrapin Masters-10	A	1:37.60
1)	Doane, Michael M55	2)	Goodison, Michael M54
3)	Oloughlin, Jonathan M42	4)	Helfers, Edward M43
2	Terrapin Masters-10	B	1:53.36
1)	Brown, Mackenzie M35	2)	Dowell, Noah M47
3)	Hepp, Christopher M38	4)	Payne, Stephen M64
	25.75	53.57	1:18.95
			1:53.36

Men 35+ 400 Yard Freestyle Relay**NATL: 3:06.12 N 5/30/2010 LONGHORN AQUATI****T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN****ZONECHAMPS: 3:15.40 Z 4/26/2009 Jersey Area Masters****S CARPENTER, W SEGAL, B MATHESON, S HILTABIDDLE**

1	Terrapin Masters-10	A	4:29.63
1)	Oloughlin, Jonathan M42	2)	Strahota, Jeffrey M45
3)	Randolph, Donald M60	4)	Payne, Stephen M64
	26.78	56.90	1:27.69
			2:00.99
	2:31.97	3:06.70	3:45.55
			4:29.63

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Men 35+ 200 Yard Medley Relay****NATL: 1:33.66 N 5/12/2018 THE OLYMPIC CLU****T WANG, T HOLSMAN, M MARSHALL, S GREENWOOD****ZONECHAMPS: 1:41.87 Z 4/19/2024 Club Tribe****D BELL, J SOMENSATTO, E ELSAESSER, D HILDEBRAND**

1 Terrapin Masters-10	A	1:57.97
1) Randolph, Donald M60	2) Helfers, Edward M43	
3) Doane, Michael M55	4) Oloughlin, Jonathan M42	
38.07	1:07.81	1:33.10 1:57.97

Men 35+ 400 Yard Medley Relay**NATL: 3:25.93 N 3/31/2026 SwimMAC Masters****J CHAPMAN, C THOMAS, E TESTA, M KLUEH****ZONECHAMPS: 3:41.93 Z 4/19/2024 Club Tribe****S BULAKUL, J SOMENSATTO, E ELSAESSER, D HILDEBRAND**

1 Terrapin Masters-10	A	4:43.63
1) Brown, Mackenzie M35	2) Dowell, Noah M47	
3) Hepp, Christopher M38	4) Payne, Stephen M64	
31.49	1:38.68	2:18.38
2:47.09	3:21.34	3:59.53 4:43.63

Men 45+ 200 Yard Freestyle Relay**NATL: 1:27.70 N 5/4/2008 ARIZONA MASTERS****JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH****ZONECHAMPS: 1:30.85 Z 4/5/2019 Spring Valley Y Masters****G SANGMEISTER, G REES, J EVANS, J GROSS**

1 Spring Valley YM-8	Y	1:37.16
1) Gross, Jeremy M54	2) Houchins, Bradford M48	
3) Zhukarev, Stan M48	4) Bathey, Brian M52	
22.95	47.72	1:13.26 1:37.16
2 Club Tribe-12	A	1:39.64
1) Williams, Rich M50	2) Ruckdeschel, Jonathan M57	
3) Kimball, Joe M57	4) Bell, David M50	
25.58	49.19	1:15.64 1:39.64

Men 45+ 200 Yard Medley Relay**NATL: 1:36.56 N 5/23/2010 GEORGIA MASTERS****E ERICSON, C WEISSMAN, B BUGG, M ELLISON****ZONECHAMPS: 1:41.51 Z 4/5/2019 Spring Valley Y Masters****G REES, G SANGMEISTER, J EVANS, J GROSS**

1 Spring Valley YM-8	Y	1:47.35
1) Bathey, Brian M52	2) Houchins, Bradford M48	
3) Gross, Jeremy M54	4) Zhukarev, Stan M48	
28.04	56.65	1:22.29 1:47.35
2 Club Tribe-12	A	1:48.42
1) Bell, David M50	2) Williams, Rich M50	
3) Ruckdeschel, Jonathan M57	4) Benda, Brian M55	
26.76	58.56	1:24.23 1:48.42

Men 55+ 200 Yard Freestyle Relay**NATL: 1:32.18 N 4/11/2009 OREGON MASTERS****M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK****ZONECHAMPS: 1:42.82 Z 4/5/2014 1776****D KEITH, G MEYER, T STEEL, J THORNTON**

1 Spring Valley YM-8	O	1:45.33
1) Rees, Greg M56	2) Meyer, Geoffrey M74	
3) Carter, Bruce M71	4) Evans, Jeffrey P M60	
25.51	53.07	1:21.07 1:45.33

2 Lane 4 Swimming-10	A	1:58.15
1) Linehan, Sean M65	2) Dearfield, Kerry M73	
3) House, Christopher M62	4) Kress, Jay M63	

Men 55+ 200 Yard Medley Relay**NATL: 1:45.05 N 4/28/2019 PUGET SOUND MAS****C HAYNIE, D PHILLIPS, B HERING, B SOUVIRAA-LABASTI****ZONECHAMPS: 1:52.98 Z 4/17/2011 1776****D KEITH, J HEMMERLE, G MEYER, J THORNTON**

1 Spring Valley YM-8	O	1:58.64
1) Rees, Greg M56	2) Meyer, Geoffrey M74	
3) Evans, Jeffrey P M60	4) Carter, Bruce M71	
26.91	1:04.25	1:30.52 1:58.64
2 Reston Masters S-10	A	3:14.48
1) Snowwhite, Larry M79	2) Broderick, Tom M66	
3) Wynes, Anthony M56	4) Pilette, Sterling M84	
1:01.48	1:42.13	2:30.95 3:14.48
--- Lane 4 Swimming-10	A	DQ
1) Linehan, Sean M65	2) Viellieu, Benjamin M71	
3) House, Christopher M62	4) Dearfield, Kerry M73	
	1:55.55	DQ

Men 65+ 200 Yard Freestyle Relay**NATL: 1:37.90 N 5/1/2022 LONE STAR MASTE****R NEVILLE, D HAGUE, J GOODING, B WILLIAMS****ZONECHAMPS: 1:53.85 Z 3/15/2025 Granite State Penguins****G BURBANK, F MANSILLA, P SAVUTO, R BAUGHMAN**

1 Reston Masters S-10	A	2:56.81
1) Stites, Rob M71	2) Paulson, Laurence M77	
3) Pilette, Sterling M84	4) Snowwhite, Larry M79	
1:29.34	2:56.81	

Mixed 18+ 200 Yard Freestyle Relay**NATL: 1:24.76 N 5/2/2014 THE OLYMPIC CLU****N ADRIAN, K RAATZ, K KASTES, A ERVIN****ZONECHAMPS: 1:29.21 Z 4/13/2018 Club Tribe****L BUREAU, S SHANER, K GALLAGHER, G MIZERAK**

1 Club Tribe-12	A	1:34.48
1) Nitkiewicz, Travis M24	2) Brukx, Peter M26	
3) Vesey, Alicia W27	4) Sanfield, Katie W24	
22.49	43.42	1:09.37 1:34.48
2 Navy Club Swim-58	A	1:40.13
1) Langelund, Evan M21	2) Braaten, Kai M21	
3) Chung, Amy W22	4) Avra, Veronica W19	
23.20	47.37	1:14.37 1:40.13
3 Fredericksburg A-12	A	1:50.14
1) Fasana, Joseph M24	2) McDonald, Megan W37	
3) Ellsmore, Rachel W27	4) Dzurenda, Gavin M28	
24.77	54.45	1:22.54 1:50.14

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Mixed 18+ 400 Yard Freestyle Relay****NATL: 3:11.45 N 4/27/2023 NEW YORK ATHLET****A QUINN, Z FONG, C GMELICH, A HOWE****ZONECHAMPS: 3:20.12 Z 4/5/2019 Club Tribe****C CAMP, C MULQUIN, A WUJCIAK, A GREENHALGH**

1 Reston Masters S-10 A 4:50.14

1) Yerram, Nihaal M24 2) Miani, Sabina W24

3) McNamara, Beth W60 4) Tendolkar, Gaurav M34

37.66 1:25.58 1:53.16 2:33.07

3:07.19 3:45.35 4:16.64 4:50.14

--- Club Tribe-12 A DQ

1) Johnson, Christopher M25 2) Choe, Michele W48

3) Ryan, Michael M24 4) Wei, Laurie W31

30.54 1:04.29 1:28.22 1:55.33

2:19.67 2:45.56 3:17.12 DQ

Mixed 18+ 800 Yard Freestyle Relay**NATL: 7:21.24 N 4/15/2018 CLUB TRIBE****A GREENHALGH, E RYCZEK, J HENDERSON, A WUJCIAK****ZONECHAMPS: 7:21.24 Z 4/13/2018 Club Tribe****A GREENHALGH, E RYCZEK, J HENDERSON, A WUJCIAK**

1 Loud Loons-12 A 10:49.31

1) Pumphrey, Rachel W38 2) Encinas, Valerie W20

3) O'Hagan, Ryan M46 4) Boyarskiy, Ivan M30

36.38 1:14.90 1:55.20 2:34.98

3:16.41 4:03.33 4:51.87 5:41.66

6:18.37 7:01.17 7:44.87 8:26.26

8:58.00 9:34.65 10:12.18 10:49.31

Mixed 18+ 200 Yard Medley Relay**NATL: 1:35.69 N 4/26/2025 The Olympic Clu****J AFFELD, B CONO, C MURPHY, G ZHAO****ZONECHAMPS: 1:40.03 Z 4/13/2007 Curl-Burke****C GIBSON, E BETTS, W LISCINSKY JR, S PETERSON**

1 Club Tribe-12 A 1:45.27

1) Bulakul, Sirin M38 2) Nitkiewicz, Travis M24

3) Sanfield, Katie W24 4) Vesey, Alicia W27

25.20 51.54 1:19.42 1:45.27

2 Alexandria Maste-10 A 1:59.73

1) Taylor, Tim M39 2) Farrell, Corbin M23

3) Hammerly, Samantha W36 4) Palavecino, Katie W47

29.66 59.40 1:29.51 1:59.73

3 Terrapin Masters-10 A 2:00.31

1) Grover, Mollie W45 2) Greigg, Daniel M23

3) Byham-Maier, Andrew M24 4) Capecci, Isabel W24

30.64 1:03.53 1:30.68 2:00.31

4 Fredericksburg A-12 A 2:08.12

1) Fasana, Joseph M24 2) McDonald, Megan W37

3) Ellsmore, Rachel W27 4) Dzurenda, Gavin M28

29.14 1:08.57 1:40.17 2:08.12

--- Navy Club Swim-58 A DQ

1) Langelund, Evan M21 2) Nuval, Paul M19

3) Braaten, Kai M21 4) McGrath, Megan W22

27.38 55.15 1:21.79 DQ

--- Colonials 1776-8 A DQ

1) Gutierrez, Ana W21 2) Hartmann, Ryan M26

3) Fein, Ryley M25 4) Schaffling, Staci W31

37.02 1:06.29 1:30.53 DQ

Mixed 18+ 400 Yard Medley Relay**NATL: 3:41.42 N 4/15/2018 CLUB TRIBE****S GLASS, L SCHWARTZ, A GLASS, K GRIER****ZONECHAMPS: 3:41.42 Z 4/13/2018 Club Tribe****S GLASS, L SCHWARTZ, A GLASS, K GRIER**

1 Navy Club Swim-58 A 4:12.22

1) Chung, Amy W22 2) Braaten, Kai M21

3) Avra, Veronica W19 4) Kinsella, Christopher M20

34.18 1:43.55 2:19.85

2:48.74 3:22.00 3:45.63 4:12.22

Mixed 25+ 200 Yard Freestyle Relay**NATL: 1:26.78 N 4/25/2025 The Olympic Clu****M ANDREW, J MACKREL, L GREEN, V BURNS****ZONECHAMPS: 1:34.48 Z 4/26/2009 Curl-Burke****D WOHLEBER, S AIKEN, A NANCE, W HOWARD**

1 Terrapin Masters-10 A 1:34.47Z

1) Stakem, Meredith W44 2) Randolph, Courtney W34

3) De Jesus, Jose M32 4) Smith, Mark M31

24.73 50.31 1:12.99 1:34.47

2 Colonials 1776-8 A 1:46.89

1) Keyser, Brian M69 2) Previti, Emily W43

3) Schaffling, Staci W31 4) Schaffling, Eric M34

28.27 55.01 1:22.04 1:46.89

3 Arlington Master-10 A 1:48.30

1) Allen, Holly W45 2) Thompson, Hilliary W50

3) Catepillan, Jorge M41 4) Tran, William M34

30.42 58.07 1:24.29 1:48.30

4 Alexandria Maste-10 A 1:53.83

1) Hayes, Daniel M30 2) Palavecino, Katie W47

3) Taylor, Alaina W44 4) Lundberg, Erik M47

24.25 55.30 1:28.76 1:53.83

5 Talbot Masters-9 A 1:55.69

1) McCord, Jerel M29 2) Henry, Kristina W60

3) Mead, Margaret W30 4) LeMire, Connor M26

26.50 59.46 1:31.35 1:55.69

6 Loud Loons-12 A 2:06.43

1) Widener, Amy W64 2) Pumphrey, Rachel W38

3) Boyarskiy, Ivan M30 4) O'Hagan, Ryan M46

39.76 1:10.94 1:39.42 2:06.43

7 Cavalier Masters-12 A 2:16.95

1) Clute, Meg W70 2) Wardle, William M74

3) Fishburne, Harriette W78 4) Rinald, Kevin M29

35.14 1:05.38 2:16.95

Mixed 25+ 400 Yard Freestyle Relay**NATL: 3:11.10 N 4/24/2025 The Olympic Clu****M ANDREW, J MACKREL, M BALLENGER, V BURNS****ZONECHAMPS: 3:19.84 Z 4/7/2017 Club Tribe****M FALCONE, K LOUGHRAN, S SHANER, K GALLAGHER**

1 Club Tribe-12 A 3:33.05

1) Brukx, Peter M26 2) Wu, Dorje M26

3) Littlepage, Madison W26 4) Jacobs, Elyse W27

22.88 47.89 1:10.58 1:35.80

2:03.44 2:34.42 3:02.48 3:33.05

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****(Mixed 25+ 400 Yard Freestyle Relay)**

2	Colonials 1776-8	A	3:38.18
1)	Hartmann, Ryan M26	2)	Keyser, Brian M69
3)	Dougherty, Stephen M74	4)	Fein, Ryley M25
	23.45	47.85	1:16.44
	2:17.42	2:49.03	3:12.08
			3:38.18

Mixed 25+ 800 Yard Freestyle Relay**NATL: 7:20.49 N 4/9/2017 CLUB TRIBE****M FALCONE, K GRIER, L ROBBINS, K GALLAGHER****ZONECHAMPS: 7:20.49 Z 4/7/2017 Club Tribe****M FALCONE, K GRIER, L ROBBINS, K GALLAGHER**

1	Cavalier Masters-12	A	9:24.80
1)	Loftus-Charley, Shirley W7	2)	Glover-Persian, Bethany W
3)	Wardle, William M74	4)	Rinald, Kevin M29
	35.52	1:13.98	1:53.32
	3:39.20	4:15.31	4:51.27
	6:02.10	6:40.15	7:16.95
	8:17.06	8:50.27	9:24.80

Mixed 25+ 200 Yard Medley Relay**NATL: 1:34.12 N 4/30/2022 THE OLYMPIC CLU****F LEE, J PRENOT, E SOLAECHE, C MONSEES****ZONECHAMPS: 1:39.63 Z 4/13/2018 Club Tribe****S GLASS, C FAY, G MIZERAK, S SHANER**

1	Terrapin Masters-10	A	1:43.74
1)	Randolph, Courtney W34	2)	De Jesus, Jose M32
3)	Smith, Mark M31	4)	Stakem, Meredith W44
	28.97	56.51	1:19.44
			1:43.74
2	Reston Masters S-10	A	1:56.82
1)	Wong, Lauren W31	2)	Materniak, Eric M34
3)	Sevilla, Aristides M36	4)	Woods, Katie W34
	29.35	1:00.16	1:26.98
			1:56.82
3	Arlington Master-10	A	2:02.43
1)	Tran, William M34	2)	Brown, Rachel W42
3)	Miller, Allison W42	4)	Rooney, Tim M48
	28.76	1:06.99	1:35.71
			2:02.43
4	Arlington Master-10	B	2:15.18
1)	Mastropaolo, Megan W25	2)	Catepillan, Jorge M41
3)	Helm, Ian M29	4)	Hufford, Ellen W43
	28.90	1:07.60	1:37.80
			2:15.18
5	Maryland Masters-9	A	2:15.47
1)	Tranter, William M40	2)	Walz, Susannah W74
3)	Tranter, Carrie W41	4)	Gray, Matthew M25
	32.31	1:19.38	1:51.66
			2:15.47
6	Colonials 1776-8	A	2:28.69
1)	King, Molly W33	2)	Dougherty, Stephen M74
3)	Figenshu, Susan W71	4)	Gospodarsky, Artyom M33
	36.64	1:17.72	2:12.23
			2:28.69

Mixed 25+ 400 Yard Medley Relay**NATL: 3:42.68 N 2/16/2025 FIRST COLONY MA****A CARDIE, B HARDISTY, C CROW, D WEBER****ZONECHAMPS: 3:45.13 Z 4/25/2010 Red Tide****K GARY, N WERNER, T SHPAIZER, D LIPPIN**

1	Club Tribe-12	A	4:00.98
1)	Littlepage, Madison W26	2)	Joo, Jared M26
3)	Wu, Dorje M26	4)	Jacobs, Elyse W27
	31.85	1:06.88	1:35.90
	2:33.43	3:01.94	3:30.18
			4:00.98
2	Club Tribe-12	B	4:18.24
1)	Thomas, Ruth Anne W45	2)	Wolfe, Ryan M33
3)	Bulakul, Sirin M38	4)	Wei, Laurie W31
	34.66	1:12.52	1:41.26
	2:40.31	3:11.40	3:27.13
			4:18.24
3	Colonials 1776-8	A	4:45.51
1)	King, Molly W33	2)	Dougherty, Stephen M74
3)	Schaffling, Eric M34	4)	Schaffling, Staci W31
	36.87	1:17.36	2:00.09
	3:15.48	3:47.91	4:15.57
			4:45.51
4	Reston Masters S-10	A	4:47.40
1)	Evans, Brian M61	2)	Materniak, Eric M34
3)	Biles, Calle W27	4)	Woods, Katie W34
	38.14	1:17.44	1:50.70
	3:02.81	3:40.44	4:12.04
			4:47.40
5	Cavalier Masters-12	A	4:55.75
1)	Wardle, William M74	2)	Loftus-Charley, Shirley W7
3)	Glover-Persian, Bethany W	4)	Rinald, Kevin M29
	36.74	1:14.15	1:59.90
	3:23.93	4:00.67	4:26.73
			4:55.75
6	Loud Loons-12	A	5:14.74
1)	Pumphrey, Rachel W38	2)	Boyarskiy, Ivan M30
3)	O'Hagan, Ryan M46	4)	Widener, Amy W64
	39.98	1:22.27	1:59.22
	3:12.16	3:49.07	4:30.18
			5:14.74

Mixed 35+ 200 Yard Freestyle Relay**NATL: 1:30.17 N 4/25/2004 ROCKY MOUNTAIN****K GARNIER, S VON DER LIPPE, J SMITH, P SMITH****ZONECHAMPS: 1:34.00 Z 4/8/2016 Club Tribe****C HURTUBISE, R WILLIAMS, M LOVETT, K GRIER**

1	Alexandria Maste-10	A	1:49.38
1)	Jones, Shannon W36	2)	Taylor, Tim M39
3)	Maschal, Sarah W48	4)	Jent, Daniel M48
	27.26	54.52	1:24.51
			1:49.38
2	Suwc Wahoos-12	Z	2:22.40
1)	Garrett, Kristin W45	2)	Casagrande, Mary W65
3)	Booth, Adam M43	4)	Jarosz, Mark M68
	31.32	1:22.75	1:55.42
			2:22.40

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026

Sanction #: 106-S003

Results

Mixed 35+ 400 Yard Freestyle Relay

NATL: 3:21.28 N 4/12/2025 The Olympic Club

M BALLENGER, C MONSEES, B SAVULICH, D WALL

ZONECHAMPS: 3:36.79 Z 1/1/1997 1776

B BARTLETT, V SWANSON, R LONG, S MARVIN

1 Alexandria Maste-10	A	4:00.62	
1) Jent, Daniel M48	2) Watson Pugh, Allison W44		
3) Palavecino, Katie W47	4) Lundberg, Erik M47		
26.61	56.32	1:26.09	1:59.41
2:32.12	3:15.72	3:32.79	4:00.62

Mixed 35+ 800 Yard Freestyle Relay

NATL: 7:24.36 N 4/17/2005 ILLINOIS MASTER

L DILLMANN, J RIDGE, R KURZA, M KELLER

ZONECHAMPS: 7:52.32 Z 1/1/1997 1776

R LONG, B BARTLETT, V SWANSON, S MARVIN

1 Alexandria Maste-10	A	9:14.76	
1) Palavecino, Katie W47	2) Jakubchak, Lindsey W43		
3) Taylor, Tim M39	4) Jent, Daniel M48		
33.71	1:10.50	1:48.07	2:24.94
2:56.80	3:31.94	4:08.28	4:44.71
5:14.92	5:49.24	6:25.96	7:03.83
7:33.30	8:06.46	8:40.23	9:14.76

Mixed 35+ 200 Yard Medley Relay

NATL: 1:39.85 N 5/22/2010 COLORADO MASTER

S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY

ZONECHAMPS: 1:45.00 Z 4/20/2013 Montgomery Ancient Mari

S WILLIAMS, W DICKS, M CONZE, D CONZE

1 Alexandria Maste-10	A	1:59.67	
1) Jones, Shannon W36	2) Lundberg, Erik M47		
3) Jent, Daniel M48	4) Maschal, Sarah W48		
30.79	1:02.43	1:29.90	1:59.67

Mixed 35+ 400 Yard Medley Relay

NATL: 3:47.70 N 2/9/2020 NORTH CAROLINA

K LINDAUER, M DELLANOCE, S DALLAMURA, E BRAUN

ZONECHAMPS: 4:00.75 Z 1/1/1997 1776

V SWANSON, R LONG, S MARVIN, B BARTLETT

1 Alexandria Maste-10	A	4:35.53	
1) Taylor, Tim M39	2) Watson Pugh, Allison W44		
3) Jent, Daniel M48	4) Palavecino, Katie W47		
32.00	1:05.73	1:40.24	2:20.05
2:50.20	3:27.70	3:59.67	4:35.53
---	Reston Masters S-10	A	DQ
1) Cheng, Winston M46	2) Segovia, Vanessa W39		
3) Sevilla, Aristides M36	4) Shapiro, Margaret W49		
30.92	1:04.82	1:43.63	2:28.89
2:57.28	3:31.66	4:02.59	DQ

Mixed 45+ 200 Yard Freestyle Relay

NATL: 1:34.48 N 5/4/2008 ARIZONA MASTERS

J SMITH, M BAILEY, S ROLLINS, P SMITH

ZONECHAMPS: 1:41.19 Z 4/7/2017 Spring Valley Y Masters

J DELLA GUARDIA, G SANGMEISTER, T HENION, J GROSS

1 Club Tribe-12	A	1:39.57Z	
1) Bell, David M50	2) Ruckdeschel, Jonathan M57		
3) Williams, Susan W60	4) Conze, Margaret W54		
23.73	47.13	1:13.69	1:39.57

2 Club Tribe-12	B	1:44.84	
1) Williams, Rich M50	2) Hildebrand, David M45		
3) Fitzgerald, Lauren W50	4) Choe, Michele W48		
25.54	48.55	1:17.25	1:44.84
3 Lane 4 Swimming-10	A	2:00.92	
1) Linehan, Sean M65	2) Dodobara-Griffith, Lisa W45		
3) Rawson, Laurelyn W54	4) Moericke, Kai M54		
31.30	1:02.11	1:33.22	2:00.92

Mixed 45+ 400 Yard Freestyle Relay

NATL: 3:33.11 N 1/19/2019 NORTH CAROLINA

H STEWART, A HOLLAND, M ANDERSEN, E BRAUN

ZONECHAMPS: 4:03.93 Z 4/4/2004 Virginia Masters

L MEEM, T SUE GAULT, J MILLER, L BENNETT

1 Reston Masters S-10	A	4:00.99Z	
1) Cheng, Winston M46	2) Shapiro, Margaret W49		
3) Bass, Amy W55	4) Dion, Thomas M47		
27.21	57.20	1:27.01	2:00.38
2:16.88	3:06.30	3:32.87	4:00.99
2 Club Tribe-12	A	4:12.46	
1) Hildebrand, David M45	2) Ruckdeschel, Jonathan M57		
3) Newman, Leigh W52	4) Fitzgerald, Lauren W50		
25.13	52.31	1:17.22	1:45.79
2:22.72	3:07.84	3:38.10	4:12.46
3 Lane 4 Swimming-10	A	4:39.39	
1) Dearfield, Kerry M73	2) Becker, Marlene W61		
3) Dodobara-Griffith, Lisa W45	4) Killian, Jeffrey M58		
33.10	1:11.01	1:46.34	2:24.36
2:56.88	3:34.26	4:06.50	4:39.39

Mixed 45+ 200 Yard Medley Relay

NATL: 1:42.92 N 1/20/2024 NORTH CAROLINA

W WEAVER, D DUNSON, E BRAUN, J MIHALIK

ZONECHAMPS: 1:54.82 Z 4/1/2017 Spring Valley Y Masters

J DELLA GUARDIA, G SANGMEISTER, J GROSS, T HENION

1 Club Tribe-12	A	1:53.82Z	
1) Bell, David M50	2) Hurtubise, Courtney W46		
3) Williams, Rich M50	4) Choe, Michele W48		
26.60	1:53.82		
2 Lane 4 Swimming-10	A	2:26.71	
1) Linehan, Sean M65	2) Dodobara-Griffith, Lisa W45		
3) Moericke, Kai M54	4) Becker, Marlene W61		
38.88	1:22.09	1:53.52	2:26.71
3 Reston Masters S-10	A	2:44.79	
1) Evans, Brian M61	2) Flynn, Merri W66		
3) Wynes, Anthony M56	4) Barton, Mercedes W50		
35.57	1:19.72	1:37.18	2:44.79

Mixed 55+ 200 Yard Freestyle Relay

NATL: 1:38.64 N 4/9/2017 NORTH CAROLINA

F MCEACHRAN, N CLARK, S WALSH, J KLEIN

ZONECHAMPS: 1:55.60 Z 4/5/2019 1776

S DOUGHERTY, B BURKE, S SAUCY, G MEYER

1 Reston Masters S-10	A	2:01.57	
1) Brightwell, Kim W66	2) Bass, Amy W55		
3) Evans, Brian M61	4) Broderick, Tom M66		
31.17	1:00.39	1:29.59	2:01.57

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Mixed 55+ 800 Yard Freestyle Relay****NATL: 8:17.00 N 4/28/2018 ILLINOIS MASTER****D SIMS, A BLOCK, H KAFKA, A SEIBT****ZONECHAMPS: 9:35.98 Z 4/3/2004 DC Masters****A HAINES, W BRASWELL, A LYTTLE, P GRUENEGER**

1 Lane 4 Swimming-10	A	10:53.42
1) Dearfield, Kerry M73	2) Dewing, Maria W62	
3) Becker, Marlene W61	4) Killian, Jeffrey M58	
36.32	1:17.32	2:01.60
3:26.66	4:12.81	5:00.05
6:21.87	7:02.07	7:42.67
8:57.87	9:36.09	10:15.33
		10:53.42

Mixed 55+ 200 Yard Medley Relay**NATL: 1:50.70 N 4/8/2017 NORTH CAROLINA****F MCEACHRAN, N VESTAL, J KLEIN, S WALSH****ZONECHAMPS: 2:08.58 Z 4/5/2019 Virginia Masters****D JAEGER, P MILLER, R CHENAULT, G HARRIS**

1 Virginia Masters-12	A	2:42.58
1) Gaulrapp, Edward M83	2) Miller, Patricia W65	
3) Hollings, Charlotte W61	4) Sober, Harry M83	
56.48	1:36.03	2:10.55
		2:42.58

Mixed 65+ 200 Yard Freestyle Relay**NATL: 1:45.58 N 4/29/2022 LONE STAR MASTE****R NEVILLE, B WILLIAMS, L MORRISON, J WOOLSLAYER****ZONECHAMPS: 2:10.43 Z 4/12/2015 1776****T TULENKO, C MCCLOSKEY, N PUCKETT, J AMUNDSEN**

1 Reston Masters S-10	A	2:39.00
1) Pilette, Sterling M84	2) Snowwhite, Larry M79	
3) Bennett, Ruth W79	4) Kirwan, Denise W74	
42.91	2:05.30	2:39.00

Mixed 65+ 400 Yard Freestyle Relay**NATL: 3:56.07 N 4/28/2022 LONE STAR MASTE****D HAGUE, B WILLIAMS, L MORRISON, J WOOLSLAYER****ZONECHAMPS: 4:36.77 Z 4/12/2008 Virginia Masters****H SOBER, J DETRICK, A WOLFE, B SCHREINER**

1 Reston Masters S-10	A	5:31.68
1) Brightwell, Kim W66	2) Snowwhite, Larry M79	
3) Paulson, Laurence M77	4) Kirwan, Denise W74	
33.34	1:07.95	1:52.42
3:26.78	4:17.07	4:32.23
		5:31.68

Combined Team Scores**Combined Team Scores - Through Event 326**

1. Club Tribe	3252
2. Reston Masters Swim Team	2018.5
3. Colonials 1776	1597.5
4. Terrapin Masters	1418
5. Lane 4 Swimming	1212
6. Alexandria Masters Swimming	977
7. Virginia Masters Swim Team	828.5
8. Spring Valley YMCA Masters	819
9. Cavalier Masters	779
10. Navy Club Swim	754

11. Arlington Masters	554
12. Patriot Masters Swim Team	501
13. District Of Columbia Aquatics	460
14. Montgomery Ancient Mariners	445
15. Suwc Wahoos	444
16. Loud Loons	410
17. DC Water Wizards	390
18. Maryland Masters	386
19. Germantown Maryland Masters	378
20. Fredericksburg American Family	372
21. Rappahannock YMCA Master's Swi	237
22. New England Masters Swim Club	200
23. Case Western Reserve Universit	197
24. Philadelphia Fins Aquatics Clu	182
25. Freedom Aquatic Club	180
26. Garden State Masters	179
27. DC Dept Of Recreation & Parks	174
28. Talbot Masters	160
29. Masters Aquatics At Spring Hil	119
30. French Creek Racing	75
31. City of Mobile Masters	74
32. Central Maryland YMCA Masters	73
33. Palm Beach Masters	65
34. Crimzone	48
35. Nova of Virginia Aquatics	17

Scores - Women**Women - Team Rankings - Through Event 326**

1. Colonials 1776	1093
2. Club Tribe	1004
3. Reston Masters Swim Team	911
4. Cavalier Masters	617
5. Lane 4 Swimming	508
6. Alexandria Masters Swimming	424
7. Arlington Masters	328
8. Virginia Masters Swim Team	326
9. Patriot Masters Swim Team	314
10. Terrapin Masters	306
11. Suwc Wahoos	301
12. Loud Loons	205
13. Maryland Masters	190
14. DC Water Wizards	181
15. Montgomery Ancient Mariners	176
16. DC Dept Of Recreation & Parks	174
17. Freedom Aquatic Club	168
18. Navy Club Swim	158
19. New England Masters Swim Club	151
20. Fredericksburg American Family	146
21. Germantown Maryland Masters	137
22. Philadelphia Fins Aquatics Clu	136
23. Masters Aquatics At Spring Hil	87
24. District Of Columbia Aquatics	77
25. Talbot Masters	66
26. Nova of Virginia Aquatics	17
27. Central Maryland YMCA Masters	15

2026 COLONIES ZONE SCY CHAMPIONSHIP - 4/10/2026 to 4/12/2026**Sanction #: 106-S003****Results****Scores - Men****Men - Team Rankings - Through Event 326**

1. Club Tribe	1954
2. Terrapin Masters	1016
3. Reston Masters Swim Team	853.5
4. Spring Valley YMCA Masters	819
5. Lane 4 Swimming	584
6. Navy Club Swim	532
7. Virginia Masters Swim Team	468.5
8. Colonials 1776	394.5
9. District Of Columbia Aquatics	383
10. Alexandria Masters Swimming	327
11. Montgomery Ancient Mariners	269
12. Germantown Maryland Masters	241
13. Rappahannock YMCA Master's Swi	237
14. DC Water Wizards	209
15. Case Western Reserve Universit	197
16. Patriot Masters Swim Team	187
17. Garden State Masters	179
18. Fredericksburg American Family	172
18. Maryland Masters	172
20. Arlington Masters	144
21. Loud Loons	127
22. Suwc Wahoos	113
23. Cavalier Masters	84
24. French Creek Racing	75
25. City of Mobile Masters	74
26. Talbot Masters	70
27. Palm Beach Masters	65
28. Central Maryland YMCA Masters	58
29. New England Masters Swim Club	49
30. Crimzone	48
31. Philadelphia Fins Aquatics Clu	46
32. Masters Aquatics At Spring Hil	32
33. Freedom Aquatic Club	12