

USMS Championship Committee - For Office Use Only License

**2010 NORTHWEST ZONE Long Course Championships, Sanction #: 360-07**  
**South Kitsap High Pool, Port Orchard WA**  
**Results**

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

Name	Age	Team	Seed Time	Finals Time
1 Banashak, Madeline	20	Pacific Northwest Aquatics	28.00	34.51

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

1 Banashak, Madeline	20	Pacific Northwest Aquatics	1:10.00	1:14.98
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**Women 18-24 200 LC Meter Freestyle**

--- Banashak, Madeline	20	Pacific Northwest Aquatics	2:20.00	NS
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**Women 25-29 200 LC Meter Freestyle**

1 Jendrick, Megan	26	Pacific Northwest Aquatics	2:07.99	<b>2:04.56 W</b>
			1:00.08 2:04.56 (1:04.48)	

**Women 25-29 50 LC Meter Breaststroke**

1 Jendrick, Megan	26	Pacific Northwest Aquatics	30.36	<b>31.60 N,W</b>
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**Women 25-29 100 LC Meter Breaststroke**

1 Jendrick, Megan	26	Pacific Northwest Aquatics	1:06.22	<b>1:10.56 N,W</b>
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**Women 25-29 50 LC Meter Butterfly**

1 Jendrick, Megan	26	Pacific Northwest Aquatics	28.40	28.29
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**Women 30-34 50 LC Meter Freestyle**

1 Coulter, Tamara	34	Pacific Northwest Aquatics	30.50	32.80
--- Lewis, Crissy	33	Pacific Northwest Aquatics	33.00	NS

**Women 30-34 100 LC Meter Freestyle**

--- Lewis, Crissy	33	Pacific Northwest Aquatics	1:15.00	NS
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**Women 30-34 400 LC Meter Freestyle**

1 Coulter, Tamara	34	Pacific Northwest Aquatics	5:00.00	5:37.69
			1:20.88 2:47.67 (1:26.79) 4:13.82 (1:26.15) 5:37.69 (1:23.87)	

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

1 Coulter, Tamara	34	Pacific Northwest Aquatics	32.50	36.20
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1	Coulter, Tamara	34	Pacific Northwest Aquatics	2:40.00	2:44.79
	1:21.96	2:44.79	(1:22.83)		

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

---	Lewis, Crissy	33	Pacific Northwest Aquatics	42.00	NS
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**Women 30-34 50 LC Meter Butterfly**

---	Lewis, Crissy	33	Pacific Northwest Aquatics	35.00	NS
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**Women 35-39 200 LC Meter Freestyle**

1	Davis, Shannon	35	Unattached	2:50.00	2:49.05
	1:23.49	2:49.05	(1:25.56)		

**Women 35-39 800 LC Meter Freestyle**

1	Davis, Shannon	35	Unattached	12:45.00	12:31.32
	1:29.06	3:03.49	(1:34.43)	4:38.37	(1:34.88)
	6:13.07	(1:34.70)		7:47.32	(1:34.25)
	9:23.52	(1:36.20)	10:12.49	(48.97)	12:31.32
					(2:18.83)

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

1	Davis, Shannon	35	Unattached	47.00	47.62
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**Women 35-39 100 LC Meter Breaststroke**

1	Davis, Shannon	35	Unattached	1:40.00	1:43.57
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**Women 35-39 200 LC Meter Breaststroke**

1	Davis, Shannon	35	Unattached	3:40.00	3:39.72
	1:47.83	3:39.72	(1:51.89)		

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

1	Davis, Shannon	35	Unattached	37.50	37.47
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**Women 35-39 200 LC Meter Butterfly**

1	Davis, Shannon	35	Unattached	3:35.00	3:28.29
	3:28.29	(1:51.22)	26:40.00	( )	1:37.07
					( )

**Women 40-44 50 LC Meter Freestyle**

1	Kim, Nellis	40	Pacific Northwest Aquatics	35.00	33.65
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2	Moore, Kathy	43	Pacific Northwest Aquatics	35.87	36.09
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**Women 40-44 100 LC Meter Freestyle**

1	Moore, Kathy	43	Pacific Northwest Aquatics	1:23.55	1:22.07
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**Women 40-44 200 LC Meter Freestyle**

1	Lucco, Elizabeth	44	Pacific Northwest Aquatics	2:40.00	2:39.35
	1:19.24	2:39.35 (1:20.11)			

2	Armstrong, Mary	43	Pacific Northwest Aquatics	2:50.00	2:40.21
	1:16.85	2:40.21 (1:23.36)			

3	Haynes, Marsha	41	Pacific Northwest Aquatics	3:00.79	3:02.85
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**Women 40-44 400 LC Meter Freestyle**

1	Haynes, Marsha	41	Pacific Northwest Aquatics	6:29.08	6:20.76
	1:28.33	3:06.99 (1:38.66)	4:44.82 (1:37.83)	6:20.76 (1:35.94)	

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

1	Kim, Nellis	40	Pacific Northwest Aquatics	14:30.00	12:26.36
	1:25.95	3:02.24 (1:36.29)	4:38.68 (1:36.44)	6:14.20 (1:35.52)	
	7:49.33 (1:35.13)		10:57.59 ( )	12:26.36 (1:28.77)	

**Women 40-44 1500 LC Meter Freestyle**

1	Armstrong, Mary	43	Pacific Northwest Aquatics	26:00.00	22:26.26
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**Women 40-44 50 LC Meter Backstroke**

1	Kim, Nellis	40	Pacific Northwest Aquatics	47.00	44.75
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2	Moore, Kathy	43	Pacific Northwest Aquatics	44.17	44.95
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3	Haynes, Marsha	41	Pacific Northwest Aquatics	41.59	45.80
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**Women 40-44 100 LC Meter Backstroke**

1	Haynes, Marsha	41	Pacific Northwest Aquatics	1:35.93	1:38.92
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**Women 40-44 200 LC Meter Backstroke**

---	Haynes, Marsha	41	Pacific Northwest Aquatics	3:28.84	NS
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**2010 NORTHWEST ZONE Long Course Championships, Sanction #: 360-07****South Kitsap High Pool, Port Orchard WA****Results****Women 40-44 50 LC Meter Breaststroke**

1	Armstrong, Mary	43	Pacific Northwest Aquatics	40.50	<b>38.01 Z</b>
2	Lucco, Elizabeth	44	Pacific Northwest Aquatics	43.50	45.06
3	Moore, Kathy	43	Pacific Northwest Aquatics	51.43	48.75
---	Kim, Nellis	40	Pacific Northwest Aquatics	48.67	NS

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

1	Armstrong, Mary	43	Pacific Northwest Aquatics	1:35.00	1:27.36
2	Lucco, Elizabeth	44	Pacific Northwest Aquatics	1:50.00	1:35.50
---	Kim, Nellis	40	Pacific Northwest Aquatics	1:44.76	NS

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

1	Lucco, Elizabeth	44	Pacific Northwest Aquatics	45.00	37.59
2	Moore, Kathy	43	Pacific Northwest Aquatics	41.56	41.69
3	Haynes, Marsha	41	Pacific Northwest Aquatics	44.06	47.42

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

1	Lucco, Elizabeth	44	Pacific Northwest Aquatics	1:40.00	1:26.01
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**Women 40-44 200 LC Meter IM**

1	Haynes, Marsha	41	Pacific Northwest Aquatics	3:37.95	3:40.62
				1:47.40	3:40.62 (1:53.22)

**Women 40-44 400 LC Meter IM**

1	Haynes, Marsha	41	Pacific Northwest Aquatics	7:30.00	7:47.94
				1:32.70	2:54.21 (1:21.51)
				4:55.29 (2:01.08)	7:47.94 (2:52.65)

**Women 45-49 50 LC Meter Freestyle**

1	Dahl, Lisa	48	Pacific Northwest Aquatics	27.77	29.05
2	Gengler Dahl, Sarah	47	Pacific Northwest Aquatics	32.00	30.52

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**Women 45-49 100 LC Meter Freestyle**

1	Dahl, Lisa	48	Pacific Northwest Aquatics	1:03.55	1:06.18
2	Gengler Dahl, Sarah	47	Pacific Northwest Aquatics	1:10.00	1:06.28

**Women 45-49 200 LC Meter Freestyle**

1	Goski, Sam	45	Unattached	2:37.70	2:44.32
	1:19.42	2:44.32	(1:24.90)		
2	Fordham, Jennifer	47	Pacific Northwest Aquatics	2:52.00	3:08.59
	1:30.64	3:08.59	(1:37.95)		

**Women 45-49 50 LC Meter Backstroke**

1	Gengler Dahl, Sarah	47	Pacific Northwest Aquatics	40.00	36.55
---	Reynolds, Ellen	46	Sawtooth Masters	33.01	NS

**Women 45-49 100 LC Meter Backstroke**

1	Gengler Dahl, Sarah	47	Pacific Northwest Aquatics	1:22.00	1:18.02
---	Reynolds, Ellen	46	Sawtooth Masters	1:08.84	NS

**Women 45-49 200 LC Meter Backstroke**

1	Goski, Sam	45	Unattached	3:05.60	3:07.57
	1:32.54	3:07.57	(1:35.03)		
2	Fordham, Jennifer	47	Pacific Northwest Aquatics	3:08.00	3:25.50
	1:40.43	3:25.50	(1:45.07)		
---	Reynolds, Ellen	46	Sawtooth Masters	2:30.17	NS

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

1	Fordham, Jennifer	47	Pacific Northwest Aquatics	47.00	49.04
---	Dahl, Lisa	48	Pacific Northwest Aquatics	39.55	NS

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

1	Goski, Sam	45	Unattached	36.50	36.93
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---	Dahl, Lisa	48	Pacific Northwest Aquatics	29.55	NS
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**Women 45-49 100 LC Meter Butterfly**

---	Goski, Sam	45	Unattached	1:19.80	NS
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**Women 45-49 200 LC Meter IM**

---	Reynolds, Ellen	46	Sawtooth Masters	2:34.16	NS
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**Women 45-49 400 LC Meter IM**

1	Goski, Sam	45	Unattached	6:12.90	6:15.67
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**Women 50-54 50 LC Meter Freestyle**

1	Lippold, Mary	54	Pacific Northwest Aquatics	31.61	32.28
2	Oliver, Kate	51	Pacific Northwest Aquatics	40.00	39.73

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

1	Lippold, Mary	54	Pacific Northwest Aquatics	1:11.05	1:11.41
2	Courtney, Zena	51	Pacific Northwest Aquatics	1:11.11	1:13.26
3	Rust, Amy	51	Pacific Northwest Aquatics	1:30.00	1:28.96
4	Rust, Lib	51	Pacific Northwest Aquatics	1:30.00	1:34.96

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

1	Lippold, Mary	54	Pacific Northwest Aquatics	2:37.99	2:37.02
2	Crabbe, Colette	54	Oregon Masters	2:43.76	2:38.64
---	Rust, Lib	51	Pacific Northwest Aquatics	3:12.00	NS
	1:37.42				
---	Rust, Amy	51	Pacific Northwest Aquatics	3:12.00	NS

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

1	Lippold, Mary	54	Pacific Northwest Aquatics	5:28.93	5:34.90
	1:20.83		2:37.47 (1:16.64)		4:12.72 (1:35.25)
					5:34.90 (1:22.18)

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					5:33.08	
2	Crabbe, Colette	54	Oregon Masters			5:38.97
	1:21.40	2:47.51 (1:26.11)	4:13.03 (1:25.52)	5:38.97 (1:25.94)		
					6:28.00	
3	Rust, Amy	51	Pacific Northwest Aquatics			6:34.79
	1:35.14	3:15.73 (1:40.59)	4:55.96 (1:40.23)	6:34.79 (1:38.83)		
					6:28.00	
4	Rust, Lib	51	Pacific Northwest Aquatics			6:44.08
	1:35.39	3:18.84 (1:43.45)	5:02.05 (1:43.21)	6:44.08 (1:42.03)		

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

					11:34.16	
1	Lippold, Mary	54	Pacific Northwest Aquatics			11:45.02
	1:23.80	2:53.24 (1:29.44)	4:22.49 (1:29.25)	5:51.46 (1:28.97)		
	7:20.54 (1:29.08)	8:49.99 (1:29.45)	10:18.87 (1:28.88)	11:45.02 (1:26.15)		
					13:23.00	
2	Rust, Amy	51	Pacific Northwest Aquatics			13:17.89
	1:27.28	2:18.97 (51.69)	4:53.54 (2:34.57)	5:56.71 (1:03.17)		
	7:55.66 (1:58.95)		11:39.58 ( )	13:17.89 (1:38.31)		
					13:23.00	
3	Rust, Lib	51	Pacific Northwest Aquatics			13:39.64
	8:37.04 ( )	10:19.67 (1:42.63)	12:01.28 (1:41.61)	13:39.64 (1:38.36)		

**Women 50-54 50 LC Meter Backstroke**

					36.80	
1	Courtney, Zena	51	Pacific Northwest Aquatics			38.08
					40.44	
2	Graham, Kathy	52	Unattached			39.02
					1:00.00	
3	Oliver, Kate	51	Pacific Northwest Aquatics			45.05

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

					1:18.00	
1	Courtney, Zena	51	Pacific Northwest Aquatics			1:21.59
					1:30.44	
2	Graham, Kathy	52	Unattached			1:28.16

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

					2:42.50	
---	Courtney, Zena	51	Pacific Northwest Aquatics			NS

**Women 50-54 50 LC Meter Breaststroke**

					40.00	
1	Crabbe, Colette	54	Oregon Masters			40.72

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

1:44.44

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1	Graham, Kathy	52	Unattached		1:45.09
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**Women 50-54 50 LC Meter Butterfly**

1	Crabbe, Colette	54	Oregon Masters	33.48	35.50
2	Graham, Kathy	52	Unattached	41.44	37.63

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

1	Lippold, Mary	54	Pacific Northwest Aquatics	1:20.89	1:21.47
2	Graham, Kathy	52	Unattached	1:35.44	1:32.34

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

1	Crabbe, Colette	54	Oregon Masters	2:58.00	3:03.31
				567:30:00.00 ( )	1:22.24 ( )
					3:03.31 (1:41.07)
---	Bailey, Ann	54	Pacific Northwest Aquatics	3:30.00	NS

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

1	Oliver, Kate	51	Pacific Northwest Aquatics	4:00.00	4:36.70
				2:22.23	4:36.70 (2:14.47)
---	Graham, Kathy	52	Unattached	3:20.44	NS

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

1	Kassen, Elizabeth	58	Pacific Northwest Aquatics	36.00	36.63
2	Summers, Ellen	56	Oregon Masters	1:05.00	55.35
---	Severin, Jennifer	56	Pacific Northwest Aquatics	37.78	NS

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

1	Summers, Jeanna	56	Oregon Masters	1:20.67	1:19.12
2	Summers, Ellen	56	Oregon Masters	2:20.00	2:15.43
---	Severin, Jennifer	56	Pacific Northwest Aquatics	1:22.25	NS

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

3:05.00



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1	Kassen, Elizabeth	58	Pacific Northwest Aquatics	2:59.99
				2:56.17
2	Severin, Jennifer	56	Pacific Northwest Aquatics	3:24.56

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

				6:15.00
1	Kassen, Elizabeth	58	Pacific Northwest Aquatics	6:27.46
	1:32.02	6:27.46	(4:55.44)	

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

				13:27.38
1	Summers, Jeanna	56	Oregon Masters	12:50.04
	16.84		4:34.10 ( )	5:51.69 (1:17.59)
	6:06.01 (14.32)	6:24.64 (18.63)	7:19.75 (55.11)	12:50.04 (5:30.29)

				22:00.00
---	Summers, Ellen	56	Oregon Masters	NS

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

				41.21
1	Summers, Jeanna	56	Oregon Masters	41.64
				1:15.00
2	Summers, Ellen	56	Oregon Masters	1:06.46

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

				1:29.07
1	Summers, Jeanna	56	Oregon Masters	1:30.54

**(Women 55-59 100 LC Meter Backstroke)**

				1:33.06
---	Severin, Jennifer	56	Pacific Northwest Aquatics	NS

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

				3:15.00
1	Severin, Jennifer	56	Pacific Northwest Aquatics	3:42.90
	1:49.15	3:42.90	(1:53.75)	

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

				47.30
1	Johnson, Janet	56	Pacific Northwest Aquatics	48.32

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

				1:46.50
1	Johnson, Janet	56	Pacific Northwest Aquatics	1:45.14

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

				3:51.00
1	Johnson, Janet	56	Pacific Northwest Aquatics	3:46.68
	1:50.36	3:46.68	(1:56.32)	

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1	Kassen, Elizabeth	58	Pacific Northwest Aquatics	40.50	44.25
2	Johnson, Janet	56	Pacific Northwest Aquatics	54.00	54.26

**Women 55-59 200 LC Meter IM**

1	Kassen, Elizabeth	58	Pacific Northwest Aquatics	3:25.00	3:32.83
				1:46.86	3:32.83 (1:45.97)

**Women 55-59 400 LC Meter IM**

1	Kassen, Elizabeth	58	Pacific Northwest Aquatics	7:20.00	7:28.13
				1:16.48	2:51.60 (1:35.12) 4:33.08 (1:41.48) 7:28.13 (2:55.05)

**Women 60-64 50 LC Meter Freestyle**

1	Davis, Charlotte	60	Pacific Northwest Aquatics	31.00	<b>31.48 N</b>
2	Smith, Elizabeth	62	Unattached	35.00	37.24
3	LeClercq, Toni	62	Pacific Northwest Aquatics	34.52	38.11
4	Dillon, Sally	64	Pacific Northwest Aquatics	38.12	38.82

**Women 60-64 100 LC Meter Freestyle**

1	Smith, Elizabeth	62	Unattached	1:18.00	1:24.52
2	Dillon, Sally	64	Pacific Northwest Aquatics	1:21.03	1:25.22
---	Welch, Sarah	63	Pacific Northwest Aquatics	1:24.00	NS
---	Davis, Charlotte	60	Pacific Northwest Aquatics	1:12.00	NS

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

1	Dillon, Sally	64	Pacific Northwest Aquatics	2:59.15	3:01.08
2	Johnson, M Leigh	61	Pacific Northwest Aquatics	3:26.00	3:14.03
				1:35.90	3:14.03 (1:38.13)

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

1	Smith, Elizabeth	62	Unattached	6:12.00	6:36.66
				2:54.64 ( )	4:55.10 (2:00.46) 6:36.66 (1:41.56)

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2	Johnson, M Leigh	61	Pacific Northwest Aquatics	7:10.00	6:41.14
	1:37.70	3:20.54 (1:42.84)	5:02.89 (1:42.35)	6:41.14 (1:38.25)	

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

1	Johnson, M Leigh	61	Pacific Northwest Aquatics	14:20.00	13:42.86
	1:38.21	3:22.24 (1:44.03)	5:06.76 (1:44.52)	6:50.87 (1:44.11)	
	8:35.29 (1:44.42)	10:19.67 (1:44.38)	12:03.05 (1:43.38)	13:42.86 (1:39.81)	

---	Smith, Elizabeth	62	Unattached	12:55.00	SCR
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**Women 60-64 1500 LC Meter Freestyle**

1	Smith, Elizabeth	62	Unattached	24:30.00	25:17.81
2	Dillon, Sally	64	Pacific Northwest Aquatics	25:00.00	<b>25:31.33 P</b>

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

1	LeClercq, Toni	62	Pacific Northwest Aquatics	45.22	50.69
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**Women 60-64 100 LC Meter Backstroke**

1	Smith, Elizabeth	62	Unattached	1:32.00	1:35.46
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**Women 60-64 200 LC Meter Backstroke**

1	Johnson, M Leigh	61	Pacific Northwest Aquatics	4:00.00	3:47.56
	1:54.51	3:47.56 (1:53.05)			

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

1	LeClercq, Toni	62	Pacific Northwest Aquatics	46.95	50.61
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**Women 60-64 50 LC Meter Butterfly**

1	Davis, Charlotte	60	Pacific Northwest Aquatics	34.00	<b>34.50 Z</b>
2	LeClercq, Toni	62	Pacific Northwest Aquatics	37.95	42.13
3	Smith, Elizabeth	62	Unattached	42.00	42.41
---	Welch, Sarah	63	Pacific Northwest Aquatics	39.50	NS

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

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1	LeClercq, Toni	62	Pacific Northwest Aquatics	1:36.64	1:47.14
				689:43:20.00 ( )	1:47.14 ( )

---	Welch, Sarah	63	Pacific Northwest Aquatics	1:35.00	NS
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**Women 60-64 200 LC Meter IM**

1	Davis, Charlotte	60	Pacific Northwest Aquatics	3:00.00	<b>2:57.98 N,W</b>
				1:26.16	2:57.98 (1:31.82)

2	LeClercq, Toni	62	Pacific Northwest Aquatics	3:29.02	<b>3:42.05 N,W</b>
				1:51.34	3:42.05 (1:50.71)

**Women 60-64 400 LC Meter IM**

1	Davis, Charlotte	60	Pacific Northwest Aquatics	6:30.00	6:19.17
				1:07.93	2:34.12 (1:26.19) 4:13.46 (1:39.34) 6:19.17 (2:05.71)

**Women 65-69 50 LC Meter Freestyle**

1	Ward, Joy	68	Oregon Masters	39.00	37.18
2	Delgado, Joan	65	Pacific Northwest Aquatics	40.93	41.26

**Women 65-69 200 LC Meter Freestyle**

1	Dills, Suzanne	65	Pacific Northwest Aquatics	2:51.57	<b>2:57.35 P</b>
				1:41.06	2:57.35 (1:16.29)

2	Pronk, Bonnie	68	Unattached	3:18.18	3:16.10
				21.01	3:16.10 (2:55.09)

3	Delgado, Joan	65	Pacific Northwest Aquatics	3:23.67	3:33.41
				1:38.19	3:33.41 (1:55.22)

**Women 65-69 400 LC Meter Freestyle**

1	Dills, Suzanne	65	Pacific Northwest Aquatics	6:01.60	<b>6:18.81 P</b>
				1:30.84	3:06.94 (1:36.10) 4:43.11 (1:36.17) 6:18.81 (1:35.70)

**Women 65-69 800 LC Meter Freestyle**

1	Pronk, Bonnie	68	Unattached	13:55.55	13:46.74
				1:37.20	3:23.32 (1:46.12) 6:55.07 (3:31.75)
				8:39.60 ( )	10:23.99 (1:44.39) 12:07.10 (1:43.11) 13:46.74 (1:39.64)

**Women 65-69 50 LC Meter Backstroke**

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1	Ward, Joy	68	Oregon Masters	44.00	43.56
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**Women 65-69 100 LC Meter Backstroke**

1	Dills, Suzanne	65	Pacific Northwest Aquatics	1:34.86	<b>1:45.26 P</b>
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**Women 65-69 200 LC Meter Backstroke**

1	Pronk, Bonnie	68	Unattached	3:25.56	3:26.17
	1:41.02		3:26.17 (1:45.15)		

2	Ward, Joy	68	Oregon Masters	3:25.00	3:27.41
	1:42.46		3:27.41 (1:44.95)		

---	Dills, Suzanne	65	Pacific Northwest Aquatics	3:24.31	DQ
	1:45.03		DQ (1:46.98)		

---	Delgado, Joan	65	Pacific Northwest Aquatics	3:58.51	DQ
	2:05.94		DQ (2:10.88)		

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

1	Pronk, Bonnie	68	Unattached	3:52.02	3:47.13
	1:49.72		3:47.13 (1:57.41)		

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

1	Ward, Joy	68	Oregon Masters	1:48.00	1:47.90
			26:40.00 ( ) 1:47.90 ( )		

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

1	Dills, Suzanne	65	Pacific Northwest Aquatics	3:15.30	<b>3:35.29 Z</b>
	1:47.79		3:35.29 (1:47.50)		

2	Ward, Joy	68	Oregon Masters	3:40.00	3:38.20
	1:43.27		3:38.20 (1:54.93)		

3	Delgado, Joan	65	Pacific Northwest Aquatics	3:56.80	4:09.87
	2:06.63		4:09.87 (2:03.24)		

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

1	Dills, Suzanne	65	Pacific Northwest Aquatics	7:06.92	<b>7:25.84 Z</b>
	2:32.88		4:55.61 (2:22.73) 7:31.04 (2:35.43)	7:25.84 ( )	

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

40.62

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1	Fritz, Jill	70	Arizona Masters		47.32
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**Women 70-74 100 LC Meter Freestyle**

1	Fritz, Jill	70	Arizona Masters	1:34.14	1:48.06
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**Women 70-74 200 LC Meter Freestyle**

1	Fritz, Jill	70	Arizona Masters	3:30.77	4:04.00
				1:54.71	4:04.00 (2:09.29)

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

1	Fritz, Jill	70	Arizona Masters	48.37	56.97
2	Getzendaner, Janet	70	Pacific Northwest Aquatics	58.00	1:01.45

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

1	Getzendaner, Janet	70	Pacific Northwest Aquatics	2:07.62	2:04.12
2	Fritz, Jill	70	Arizona Masters	1:55.20	2:08.32

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

1	Getzendaner, Janet	70	Pacific Northwest Aquatics	4:37.00	<b>4:17.80 P</b>
				2:06.16	4:17.80 (2:11.64)

**(Women 70-74 200 LC Meter Backstroke)**

2	Fritz, Jill	70	Arizona Masters	5:00.00	4:49.01
				2:21.99	4:49.01 (2:27.02)

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

1	Fritz, Jill	70	Arizona Masters	1:04.47	1:21.87
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**Women 75-79 400 LC Meter Freestyle**

1	Varty, Eulah	76	Unattached	8:47.94	8:45.65
				2:01.28	4:17.02 (2:15.74)
				6:34.46 (2:17.44)	8:45.65 (2:11.19)

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

---	Allen, Barbara	77	Pacific Northwest Aquatics	22:00.00	SCR
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**Women 75-79 1500 LC Meter Freestyle**

1	Varty, Eulah	76	Unattached	34:27.08	33:16.68
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**Women 75-79 50 LC Meter Backstroke**

1	Varty, Eulah	76	Unattached	1:07.10	1:00.89
---	Allen, Barbara	77	Pacific Northwest Aquatics	1:03.00	NS

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

1	Varty, Eulah	76	Unattached	2:07.79	2:08.20
---	Allen, Barbara	77	Pacific Northwest Aquatics	2:15.00	NS

**Women 75-79 200 LC Meter Backstroke**

---	Allen, Barbara	77	Pacific Northwest Aquatics	4:59.00	NS
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**Women 75-79 50 LC Meter Breaststroke**

1	Varty, Eulah	76	Unattached	58.36	1:05.32
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**Women 75-79 200 LC Meter Breaststroke**

1	Varty, Eulah	76	Unattached	4:47.31	4:54.18
				2:24.80	4:54.18 (2:29.38)

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

1	Varty, Eulah	76	Unattached	1:05.36	1:06.59
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**Women 75-79 200 LC Meter IM**

1	Varty, Eulah	76	Unattached	4:34.31	4:37.58
				2:18.98	4:37.58 (2:18.60)

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

1	Varty, Eulah	76	Unattached	9:54.10	9:41.88
				1:43.42	3:30.85 (1:47.43) 9:41.88 (6:11.03)

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

1	Weston, Benjamin	29	Oregon Masters	24.44	25.45
2	Fanning, Mark	25	Pacific Northwest Aquatics	27.50	28.93

**Men 25-29 100 LC Meter Freestyle**

---	Weston, Benjamin	29	Oregon Masters	53.75	NS
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**Men 25-29 200 LC Meter Freestyle**

1	Weston, Benjamin	29	Oregon Masters	1:56.75	2:05.90
	1:02.48	2:05.90	(1:03.42)		
---	Fanning, Mark	25	Pacific Northwest Aquatics	2:15.00	NS

**Men 25-29 400 LC Meter Freestyle**

1	Weston, Benjamin	29	Oregon Masters	4:15.00	4:20.22
	1:04.56	2:11.88	(1:07.32)	3:16.65	(1:04.77)
				4:20.22	(1:03.57)

**Men 25-29 50 LC Meter Backstroke**

1	Fanning, Mark	25	Pacific Northwest Aquatics	31.50	33.62
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**Men 25-29 100 LC Meter Backstroke**

1	Fanning, Mark	25	Pacific Northwest Aquatics	1:07.80	1:11.47
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**Men 25-29 50 LC Meter Breaststroke**

1	Cleary, Kevin	27	Oregon Masters	38.34	37.13
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**Men 25-29 100 LC Meter Breaststroke**

1	Cleary, Kevin	27	Oregon Masters	1:28.12	1:24.94
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**Men 25-29 50 LC Meter Butterfly**

1	Weston, Benjamin	29	Oregon Masters	27.60	27.74
2	Cleary, Kevin	27	Oregon Masters	33.00	31.28

**Men 30-34 50 LC Meter Freestyle**

1	Buckmaster, Matthew	32	Pacific Northwest Aquatics	36.50	27.12
2	Hansen, Staten	33	Pacific Northwest Aquatics	27.70	27.99
3	Bush, Gabe	33	Pacific Northwest Aquatics	30.99	29.49

**Men 30-34 100 LC Meter Freestyle**

1	Buckmaster, Matthew	32	Pacific Northwest Aquatics	1:05.00	59.80
				1:02.00	



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2	Hansen, Staten	33	Pacific Northwest Aquatics		1:02.28
				1:04.99	
3	Bush, Gabe	33	Pacific Northwest Aquatics		1:06.27
				1:07.50	
4	Wineman, Patrick	30	Pacific Northwest Aquatics		1:08.07

**Men 30-34 200 LC Meter Freestyle**

				2:15.00	
1	Buckmaster, Matthew	32	Pacific Northwest Aquatics		2:12.07
				2:31.60	
2	Wineman, Patrick	30	Pacific Northwest Aquatics		2:36.05
	1:17.28		2:36.05 (1:18.77)		

**Men 30-34 400 LC Meter Freestyle**

				5:35.00	
1	Buckmaster, Matthew	32	Pacific Northwest Aquatics		4:59.29
	1:10.44		2:27.13 (1:16.69)		3:43.99 (1:16.86)
					4:59.29 (1:15.30)
				5:36.40	
2	Wineman, Patrick	30	Pacific Northwest Aquatics		5:29.02
	1:19.68		2:44.97 (1:25.29)		4:09.54 (1:24.57)
					5:29.02 (1:19.48)

---	Bush, Gabe	33	Pacific Northwest Aquatics	5:09.99	SCR
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**Men 30-34 800 LC Meter Freestyle**

				10:39.99	
1	Bush, Gabe	33	Pacific Northwest Aquatics		10:35.20
	1:13.66		3:54.30 ( )		5:16.43 (1:22.13)
	6:36.08 (1:19.65)		9:16.72 ( )		10:35.20 (1:18.48)

**Men 30-34 100 LC Meter Backstroke**

				1:30.70	
1	Wineman, Patrick	30	Pacific Northwest Aquatics		1:27.91

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

				42.40	
1	Wineman, Patrick	30	Pacific Northwest Aquatics		41.27

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

				1:29.00	
1	Wineman, Patrick	30	Pacific Northwest Aquatics		1:28.60

**Men 30-34 50 LC Meter Butterfly**

				40.00	
1	Buckmaster, Matthew	32	Pacific Northwest Aquatics		29.48

**Men 30-34 200 LC Meter IM**

2:52.60

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1	Wineman, Patrick	30	Pacific Northwest Aquatics	2:53.60
	1:27.26		2:53.60 (1:26.34)	

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

---	Romera, Joaquin	36	Oregon Masters	26.00	NS
---	Milsom, Kent	36	Unattached	29.30	NS

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

---	Milsom, Kent	36	Unattached	1:03.26	NS
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**Men 35-39 200 LC Meter Freestyle**

---	Milsom, Kent	36	Unattached	2:15.23	NS
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**Men 35-39 400 LC Meter Freestyle**

1	Milsom, Kent	36	Unattached	4:41.09	4:44.98
			2:20.26 ( ) 3:33.55 (1:13.29) 4:44.98 (1:11.43)		

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

---	Milsom, Kent	36	Unattached	9:45.71	NS
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**Men 35-39 1500 LC Meter Freestyle**

1	Milsom, Kent	36	Unattached	NT	18:37.72
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**Men 35-39 50 LC Meter Backstroke**

---	Romera, Joaquin	36	Oregon Masters	34.00	NS
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**Men 35-39 100 LC Meter Backstroke**

1	Jelen, Doug	37	Pacific Northwest Aquatics	1:10.40	1:09.45
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**Men 35-39 200 LC Meter Backstroke**

1	Jelen, Doug	37	Pacific Northwest Aquatics	2:28.37	2:30.74
	1:13.92		2:30.74 (1:16.82)		

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

---	Romera, Joaquin	36	Oregon Masters	32.00	NS
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**Men 35-39 200 LC Meter Breaststroke**

1	Jelen, Doug	37	Pacific Northwest Aquatics	3:07.16	3:10.55
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1:33.16 3:10.55 (1:37.39)

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

---	Romera, Joaquin	36 Oregon Masters	28.00	NS
---	Milsom, Kent	36 Unattached	31.97	NS

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

1	Jelen, Doug	37 Pacific Northwest Aquatics	1:04.65	1:04.78
---	Milsom, Kent	36 Unattached	1:07.99	NS

**Men 35-39 200 LC Meter Butterfly**

1	Jelen, Doug	37 Pacific Northwest Aquatics	2:25.76	2:25.31
	38.52	2:25.31 (1:46.79)		

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

---	Romera, Joaquin	36 Oregon Masters	2:30.00	NS
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**Men 35-39 400 LC Meter IM**

1	Jelen, Doug	37 Pacific Northwest Aquatics	NT	5:26.35
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**Men 40-44 50 LC Meter Freestyle**

1	Wan, Eric	44 Oregon Masters	25.85	26.21
2	Oldham, Mark	41 Unattached	26.50	26.35
3	Nygren, Mats	44 Unattached	28.00	27.92
4	Nelson, Kirk	40 Pacific Northwest Aquatics	27.49	28.08
5	Preston, Patrick	44 Pacific Northwest Aquatics	28.69	28.92
---	Bockius, Edward	44 Univ. of San Francisco Masters	26.17	NS
---	Morrow, Robert	40 Pacific Northwest Aquatics	30.00	NS

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

59.90

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1	Nygren, Mats	44	Unattached		1:01.20
				1:05.13	
2	Preston, Patrick	44	Pacific Northwest Aquatics		1:06.56
---	Bockius, Edward	44	Univ. of San Francisco Masters	56.19	NS
---	Morrow, Robert	40	Pacific Northwest Aquatics	1:00.00	NS
---	Wan, Eric	44	Oregon Masters	56.75	NS

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

1	Oldham, Mark	41	Unattached	2:12.12	2:10.61
	1:05.15	2:10.61 (1:05.46)			
2	Nygren, Mats	44	Unattached	2:12.00	2:10.95
	1:04.80	2:10.95 (1:06.15)			
3	Vinnedge, Sydney	44	Pacific Northwest Aquatics	3:00.00	2:54.13
	1:22.60	2:54.13 (1:31.53)			
---	Bockius, Edward	44	Univ. of San Francisco Masters	2:06.33	NS
---	Wan, Eric	44	Oregon Masters	2:12.00	NS

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

1	Oldham, Mark	41	Unattached	4:44.44	4:40.26
	1:09.03	2:20.67 (1:11.64)	3:31.44 (1:10.77)	4:40.26 (1:08.82)	
2	Nygren, Mats	44	Unattached	4:34.00	4:41.84
	1:08.71	2:22.02 (1:13.31)	3:34.29 (1:12.27)	4:41.84 (1:07.55)	
3	Nelson, Kirk	40	Pacific Northwest Aquatics	4:39.99	4:42.93
	1:08.22	2:19.74 (1:11.52)	3:32.29 (1:12.55)	4:42.93 (1:10.64)	
---	Bockius, Edward	44	Univ. of San Francisco Masters	NT	SCR

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

1	Nygren, Mats	44	Unattached	9:30.00	9:50.82
	1:14.64	2:32.85 (1:18.21)	3:47.56 (1:14.71)	5:01.75 (1:14.19)	
	6:16.47 (1:14.72)	7:30.91 (1:14.44)	8:42.90 (1:11.99)	9:50.82 (1:07.92)	
---	Bockius, Edward	44	Univ. of San Francisco Masters	9:45.10	SCR

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1	Kennedy, Mike	41	Pacific Northwest Aquatics	NT	22:58.91
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**Men 40-44 50 LC Meter Backstroke**

1	Wan, Eric	44	Oregon Masters	34.65	34.81
---	Morrow, Robert	40	Pacific Northwest Aquatics	40.00	NS

**Men 40-44 100 LC Meter Backstroke**

---	Morrow, Robert	40	Pacific Northwest Aquatics	1:20.00	NS
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**Men 40-44 200 LC Meter Backstroke**

1	Nygren, Mats	44	Unattached	2:30.00	2:35.43
	1:16.92	2:35.43	(1:18.51)		

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

1	Vinnedge, Sydney	44	Pacific Northwest Aquatics	1:00.00	44.41
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**Men 40-44 100 LC Meter Breaststroke**

1	Oldham, Mark	41	Unattached	1:16.00	1:22.86
2	Vinnedge, Sydney	44	Pacific Northwest Aquatics	2:15.00	1:50.56

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

1	Wan, Eric	44	Oregon Masters	29.80	30.06
2	Vinnedge, Sydney	44	Pacific Northwest Aquatics	55.00	39.81
---	Morrow, Robert	40	Pacific Northwest Aquatics	40.00	NS

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

1	Oldham, Mark	41	Unattached	2:33.33	2:30.54
	1:12.08	2:30.54	(1:18.46)		
2	Nelson, Kirk	40	Pacific Northwest Aquatics	2:30.00	2:37.49
	1:14.01	2:37.49	(1:23.48)		

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

2:29.50

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1	Nelson, Kirk	40	Pacific Northwest Aquatics	2:37.59
	1:15.68	2:37.59	(1:21.91)	

**Men 45-49 50 LC Meter Freestyle**

				28.33	
1	Washburne, Brent	49	Oregon Masters		28.67
				30.00	
2	Elander, Blair	49	Pacific Northwest Aquatics		29.36
				28.87	
3	Valley, Eric	49	Pacific Northwest Aquatics		29.47
				36.16	
4	Jas, Daniel	45	Pacific Northwest Aquatics		36.17

**Men 45-49 100 LC Meter Freestyle**

				1:05.00	
1	Elander, Blair	49	Pacific Northwest Aquatics		1:05.18
				1:04.69	
2	Valley, Eric	49	Pacific Northwest Aquatics		1:07.00
				1:22.01	
3	Jas, Daniel	45	Pacific Northwest Aquatics		1:21.78

**Men 45-49 200 LC Meter Freestyle**

				2:19.69	
1	Valley, Eric	49	Pacific Northwest Aquatics		2:25.88
	1:12.84	2:25.88	(1:13.04)		
				2:18.00	
2	Elander, Blair	49	Pacific Northwest Aquatics		2:28.19
				2:29.94	
3	Pearson, Jay	49	Pacific Northwest Aquatics		2:29.68
	1:13.26	2:29.68	(1:16.42)		
				2:34.00	
4	Lasersohn, Jim	45	Pacific Northwest Aquatics		2:31.26
	1:13.33	2:31.26	(1:17.93)		
				2:38.00	
5	Collins, Peter	45	Pacific Northwest Aquatics		2:46.17
	1:21.27	2:46.17	(1:24.90)		
				3:10.76	
6	Jas, Daniel	45	Pacific Northwest Aquatics		3:13.88
	1:28.64	3:13.88	(1:45.24)		

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

				4:53.96	
1	Valley, Eric	49	Pacific Northwest Aquatics		5:12.18
	1:15.59	2:36.51	(1:20.92)	3:55.57	(1:19.06)
				5:12.18	(1:16.61)
				4:45.00	
2	Elander, Blair	49	Pacific Northwest Aquatics		5:21.83

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1:11.89 2:34.16 (1:22.27) 3:59.37 (1:25.21) 5:21.83 (1:22.46)

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

				10:38.00	
1	Elander, Blair	49	Pacific Northwest Aquatics		11:09.99
	1:20.43	2:45.78 (1:25.35)	4:10.29 (1:24.51)	5:36.35 (1:26.06)	
	7:01.95 (1:25.60)	8:27.08 (1:25.13)	9:51.04 (1:23.96)	11:09.99 (1:18.95)	

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

				NT	
1	Elander, Blair	49	Pacific Northwest Aquatics		20:53.98
				NT	
2	Lasersohn, Jim	45	Pacific Northwest Aquatics		22:02.55
				NT	
3	Collins, Peter	45	Pacific Northwest Aquatics		24:01.91

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

				35.18	
1	Washburne, Brent	49	Oregon Masters		35.82
				38.05	
2	Valley, Eric	49	Pacific Northwest Aquatics		37.49

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

				34.50	
1	Elander, Blair	49	Pacific Northwest Aquatics		36.53
				39.00	
2	Lasersohn, Jim	45	Pacific Northwest Aquatics		39.87

**Men 45-49 100 LC Meter Breaststroke**

				1:14.00	
1	Elander, Blair	49	Pacific Northwest Aquatics		1:24.20

**Men 45-49 200 LC Meter Breaststroke**

				2:40.00	
1	Elander, Blair	49	Pacific Northwest Aquatics		3:15.73
	1:32.86	3:15.73 (1:42.87)			

**Men 45-49 50 LC Meter Butterfly**

				30.58	
1	Washburne, Brent	49	Oregon Masters		30.85
				33.50	
2	Lasersohn, Jim	45	Pacific Northwest Aquatics		32.73
				33.52	
3	Valley, Eric	49	Pacific Northwest Aquatics		32.96
				34.88	
4	Pearson, Jay	49	Pacific Northwest Aquatics		33.70

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1	Valley, Eric	49	Pacific Northwest Aquatics	1:14.69	1:16.18
2	Lasersohn, Jim	45	Pacific Northwest Aquatics	1:15.50	1:18.50
3	Washburne, Brent	49	Oregon Masters	1:14.72	1:18.97
4	Collins, Peter	45	Pacific Northwest Aquatics	1:35.00	1:32.39

**Men 45-49 200 LC Meter IM**

---	Washburne, Brent	49	Oregon Masters	2:48.50	NS
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**Men 50-54 50 LC Meter Freestyle**

1	Stack, Ned	51	Pacific Northwest Aquatics	26.66	<b>26.41 P</b>
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**Men 50-54 100 LC Meter Freestyle**

1	Stack, Ned	51	Pacific Northwest Aquatics	58.86	<b>1:00.78 P</b>
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**Men 50-54 200 LC Meter Freestyle**

1	Hathaway, David	50	Oregon Masters	2:17.05	2:17.63
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**Men 50-54 400 LC Meter Freestyle**

---	Hathaway, David	50	Oregon Masters	4:51.27	NS
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**Men 50-54 800 LC Meter Freestyle**

---	Hathaway, David	50	Oregon Masters	10:10.07	SCR
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**Men 50-54 1500 LC Meter Freestyle**

1	Jones, Michael	50	Pacific Northwest Aquatics	NT	21:59.89
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**Men 50-54 50 LC Meter Backstroke**

1	Littlefield, James	50	Pacific Northwest Aquatics	34.00	34.83
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**Men 50-54 100 LC Meter Backstroke**

1	Littlefield, James	50	Pacific Northwest Aquatics	1:14.00	1:15.39
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**Men 50-54 200 LC Meter Backstroke**



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1 Underbrink, Dan	54 Pacific Northwest Aquatics	2:45.26	3:13.74
1:36.45	3:13.74 (1:37.29)		

--- Littlefield, James	50 Pacific Northwest Aquatics	2:41.00	NS
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**Men 50-54 100 LC Meter Breaststroke**

1 Underbrink, Dan	54 Pacific Northwest Aquatics	1:26.41	1:34.61
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**Men 50-54 200 LC Meter Breaststroke**

1 Robinson, Dan	53 Pacific Northwest Aquatics	3:20.00	3:15.11
1:37.24	3:15.11 (1:37.87)		

**Men 50-54 50 LC Meter Butterfly**

1 Stack, Ned	51 Pacific Northwest Aquatics	28.84	28.11
2 Hathaway, David	50 Oregon Masters	30.45	30.60

**Men 50-54 100 LC Meter Butterfly**

1 Stack, Ned	51 Pacific Northwest Aquatics	1:08.90	1:06.62
2 Jones, Michael	50 Pacific Northwest Aquatics	1:14.00	1:16.04

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

1 Hathaway, David	50 Oregon Masters	2:47.53	2:48.98
1:18.86	2:48.98 (1:30.12)		

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

1 Robinson, Dan	53 Pacific Northwest Aquatics	2:50.00	2:51.04
1:23.82	2:51.04 (1:27.22)		

**Men 50-54 400 LC Meter IM**

1 Hathaway, David	50 Oregon Masters	NT	5:48.56
2 Underbrink, Dan	54 Pacific Northwest Aquatics	NT	6:42.71

**Men 55-59 50 LC Meter Freestyle**

1 Larson, Allen	57 Unattached	32.53	33.09
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**Men 55-59 100 LC Meter Freestyle**

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**2010 NORTHWEST ZONE Long Course Championships, Sanction #: 360-07****South Kitsap High Pool, Port Orchard WA****Results**

1	Larson, Allen	57	Unattached	1:10.43	1:12.68
2	Colella, Rick	59	Pacific Northwest Aquatics	1:16.00	1:17.12
---	Sugg, Stephen	55	Pacific Northwest Aquatics	1:13.00	NS

**Men 55-59 200 LC Meter Freestyle**

1	Penn, William	59	Pacific Northwest Aquatics	2:27.00	2:36.06
	1:19.90	2:36.06	(1:16.16)		
2	Larson, Allen	57	Unattached	2:36.43	2:38.41
	1:19.15	2:38.41	(1:19.26)		
---	Sugg, Stephen	55	Pacific Northwest Aquatics	2:48.00	NS

**Men 55-59 400 LC Meter Freestyle**

1	Colella, Rick	59	Pacific Northwest Aquatics	5:20.00	5:17.18
	1:13.66	2:43.24	(1:29.58)	4:09.67	(1:26.43)
				5:17.18	(1:07.51)
2	Penn, William	59	Pacific Northwest Aquatics	5:03.00	5:22.22
3	Larson, Allen	57	Unattached	5:42.98	5:56.55

**(Men 55-59 400 LC Meter Freestyle)**

---	Lautman, Scott	58	Pacific Northwest Aquatics	4:55.00	SCR
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**Men 55-59 800 LC Meter Freestyle**

1	Penn, William	59	Pacific Northwest Aquatics	10:22.00	11:06.07
	1:22.13	2:47.63	(1:25.50)	4:12.97	(1:25.34)
	5:38.00	(1:25.03)			
	7:01.09	(1:23.09)	8:24.11	(1:23.02)	9:47.15
			9:47.15	(1:23.04)	11:06.07
					(1:18.92)
---	Lautman, Scott	58	Pacific Northwest Aquatics	10:20.00	SCR

**Men 55-59 1500 LC Meter Freestyle**

1	Penn, William	59	Pacific Northwest Aquatics	NT	21:01.31
2	Larson, Allen	57	Unattached	NT	23:05.31

**Men 55-59 50 LC Meter Backstroke**

1	Edwards, Wes	57	SW Washington Masters Swimmers	32.00	33.45
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**Men 55-59 100 LC Meter Backstroke**

1	Edwards, Wes	57	SW Washington Masters Swimmers	1:10.00	1:11.86
---	Sugg, Stephen	55	Pacific Northwest Aquatics	1:32.00	NS

**Men 55-59 200 LC Meter Backstroke**

1	Edwards, Wes	57	SW Washington Masters Swimmers	2:32.00	2:34.69
	1:15.91	2:34.69	(1:18.78)		

**Men 55-59 50 LC Meter Breaststroke**

1	Neuhaus, Scott	56	Pacific Northwest Aquatics	40.09	40.79
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**Men 55-59 100 LC Meter Breaststroke**

1	Neuhaus, Scott	56	Pacific Northwest Aquatics	1:28.00	1:34.45
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**Men 55-59 200 LC Meter Breaststroke**

1	Colella, Rick	59	Pacific Northwest Aquatics	2:42.00	2:46.93
	1:23.30	2:46.93	(1:23.63)		

**Men 55-59 50 LC Meter Butterfly**

1	Neuhaus, Scott	56	Pacific Northwest Aquatics	33.00	34.26
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**Men 55-59 200 LC Meter Butterfly**

1	Lautman, Scott	58	Pacific Northwest Aquatics	2:40.00	2:36.13
	16.55	2:36.13	(2:19.58)		

**Men 55-59 200 LC Meter IM**

1	Colella, Rick	59	Pacific Northwest Aquatics	2:28.00	2:29.86
	1:15.07	2:29.86	(1:14.79)		

**Men 60-64 100 LC Meter Freestyle**

1	Peterson, Steven	64	Pacific Northwest Aquatics	1:25.95	1:27.49
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**Men 60-64 50 LC Meter Backstroke**

1	Walker, Thomas	63	Pacific Northwest Aquatics	55.00	53.00
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**Men 60-64 100 LC Meter Backstroke**

1	Bell, Alan	60	Pacific Northwest Aquatics	1:19.00	1:18.91
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---	Walker, Thomas	63	Pacific Northwest Aquatics	2:00.00	DQ
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**Men 60-64 200 LC Meter Backstroke**

1	Bell, Alan	60	Pacific Northwest Aquatics	2:41.00	<b>2:42.63 Z</b>
	1:20.08		2:42.63 (1:22.55)		

**Men 60-64 50 LC Meter Breaststroke**

---	Peterson, Steven	64	Pacific Northwest Aquatics	39.00	NS
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**Men 60-64 200 LC Meter Breaststroke**

1	Peterson, Steven	64	Pacific Northwest Aquatics	3:10.00	3:13.34
	1:32.94		3:13.34 (1:40.40)		

2	Walker, Thomas	63	Pacific Northwest Aquatics	4:30.00	4:33.91
	2:14.59		4:33.91 (2:19.32)		

**Men 60-64 50 LC Meter Butterfly**

1	Bell, Alan	60	Pacific Northwest Aquatics	34.00	<b>31.60 P</b>
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**Men 60-64 100 LC Meter Butterfly**

1	Bell, Alan	60	Pacific Northwest Aquatics	1:08.00	<b>1:10.28 Z</b>
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**Men 60-64 200 LC Meter Butterfly**

1	Bell, Alan	60	Pacific Northwest Aquatics	2:40.00	<b>2:48.09 z</b>
	1:21.00		2:48.09 (1:27.09)		

**Men 60-64 200 LC Meter IM**

1	Peterson, Steven	64	Pacific Northwest Aquatics	3:05.00	3:08.42
	1:36.71		3:08.42 (1:31.71)		

2	Walker, Thomas	63	Pacific Northwest Aquatics	4:20.00	4:28.43
	2:22.41		4:28.43 (2:06.02)		

**Men 65-69 400 LC Meter Freestyle**

1	McColly, Michael	65	Pacific Northwest Aquatics	5:30.00	<b>5:29.46 P</b>
	1:19.66		2:44.86 (1:25.20) 4:09.44 (1:24.58) 5:29.46 (1:20.02)		

**Men 65-69 800 LC Meter Freestyle**

11:32.00

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**2010 NORTHWEST ZONE Long Course Championships, Sanction #: 360-07****South Kitsap High Pool, Port Orchard WA****Results**

1	McColly, Michael	65	Pacific Northwest Aquatics		<b>11:33.43 P</b>
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**Men 65-69 50 LC Meter Backstroke**

1	McColly, Michael	65	Pacific Northwest Aquatics	40.00	<b>39.64 P</b>
2	McKinlay, Michael	67	Pacific Northwest Aquatics	52.00	54.89

**Men 65-69 100 LC Meter Backstroke**

1	McColly, Michael	65	Pacific Northwest Aquatics	1:22.00	<b>1:23.21 P</b>
2	McKinlay, Michael	67	Pacific Northwest Aquatics	2:00.00	2:01.67

**Men 65-69 200 LC Meter Backstroke**

1	McColly, Michael	65	Pacific Northwest Aquatics	2:55.00	<b>2:57.57 P</b>
				1:28.46	2:57.57 (1:29.11)

**Men 65-69 50 LC Meter Breaststroke**

1	McKinlay, Michael	67	Pacific Northwest Aquatics	1:10.00	1:18.38
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**Men 65-69 400 LC Meter IM**

1	McColly, Michael	65	Pacific Northwest Aquatics	NT	<b>6:18.95 P</b>
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**Men 70-74 100 LC Meter Freestyle**

1	Keudell, David	70	Oregon Masters	1:35.00	1:33.60
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**Men 70-74 50 LC Meter Backstroke**

1	Carlson, Lee	70	Pacific Northwest Aquatics	48.40	49.39
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**Men 70-74 100 LC Meter Backstroke**

1	Carlson, Lee	70	Pacific Northwest Aquatics	1:42.58	1:49.66
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**Men 70-74 50 LC Meter Breaststroke**

1	Keudell, David	70	Oregon Masters	46.72	45.80
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**Men 70-74 100 LC Meter Breaststroke**

1	Keudell, David	70	Oregon Masters	1:47.06	1:44.67
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**Men 70-74 200 LC Meter Breaststroke**

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1	Keudell, David	70	Oregon Masters	3:50.92	3:49.49
	1:50.98	3:49.49	(1:58.51)		

**Men 75-79 50 LC Meter Freestyle**

1	Radcliff, David	76	Oregon Masters	32.00	31.86
2	Dorse, Robert	79	Pacific Northwest Aquatics	38.00	39.63
3	Fritz, Jack	77	Arizona Masters	37.90	43.52

**Men 75-79 100 LC Meter Freestyle**

1	King, Bill	77	Oregon Masters	1:26.00	1:30.18
2	Fritz, Jack	77	Arizona Masters	1:35.00	1:41.15

**Men 75-79 200 LC Meter Freestyle**

1	Radcliff, David	76	Oregon Masters	2:35.00	2:34.97
	1:18.24	2:34.97	(1:16.73)		
2	King, Bill	77	Oregon Masters	3:11.00	3:25.49
	1:40.40	3:25.49	(1:45.09)		
3	Fritz, Jack	77	Arizona Masters	3:23.65	4:11.20
	2:04.98	4:11.20	(2:06.22)		

**Men 75-79 400 LC Meter Freestyle**

1	Fritz, Jack	77	Arizona Masters	9:30.00	9:11.08
	2:09.40	4:39.97	(2:30.57) 7:05.00	(2:25.03) 9:11.08	(2:06.08)
---	King, Bill	77	Oregon Masters	7:24.00	SCR

**Men 75-79 800 LC Meter Freestyle**

1	Radcliff, David	76	Oregon Masters	11:30.00	11:43.77
	1:26.50	2:55.81	(1:29.31) 4:24.83	(1:29.02) 5:53.58	(1:28.75) 11:43.77
	11:43.77	(5:50.19)			
---	King, Bill	77	Oregon Masters	15:16.00	SCR

**Men 75-79 1500 LC Meter Freestyle**

1	King, Bill	77	Oregon Masters	NT	32:57.29
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		46.00	
1	Fritz, Jack	77 Arizona Masters	1:12.61

**Men 75-79 100 LC Meter Backstroke**

		2:05.30	
1	Fritz, Jack	77 Arizona Masters	2:48.57

**Men 75-79 50 LC Meter Breaststroke**

		50.76	
1	Fritz, Jack	77 Arizona Masters	1:05.43

**Men 75-79 100 LC Meter Breaststroke**

		2:06.56	
---	Fritz, Jack	77 Arizona Masters	NS

**Men 75-79 50 LC Meter Butterfly**

		53.60	
1	Fritz, Jack	77 Arizona Masters	1:08.96

**Men 75-79 200 LC Meter IM**

		4:28.00	
1	Dorse, Robert	79 Pacific Northwest Aquatics	4:48.30

**Men 120-159 400 LC Meter Freestyle Relay**

		A					
1	Oregon Masters			NT		<b>4:00.11 Z</b>	
	1) Washburne, Brent M49	2) Wan, Eric M44	3) Hathaway, David M50	4) Weston, Benjamin M29			
	1:04.53	2:02.47 (57.94)	3:04.54 (1:02.07)	4:00.11 (55.57)			

**Men 120-159 400 LC Meter Medley Relay**

		A				
1	Oregon Masters			NT		4:39.66
	1) Washburne, Brent M49	2) Cleary, Kevin M27	3) Weston, Benjamin M29	4) Wan, Eric M44		
	1:31.02	4:39.66 (3:08.64)				

**Mixed 120-159 200 LC Meter Freestyle Relay**

		A				
1	Pacific Northwest Aquatics			NT		2:17.58
	1) Collins, Peter M45	2) Fordham, Jennifer W47	3) Underbrink, Dan M54	4) Armstrong, Mary W43		

**Mixed 120-159 400 LC Meter Medley Relay**

		A				
---	Pacific Northwest Aquatics			NT		DQ
	1) Fordham, Jennifer W47	2) Armstrong, Mary W43	3) Collins, Peter M45	4) Underbrink, Dan M54		
	1:33.37	3:02.62 (1:29.25)	4:33.27 (1:30.65)	DQ (1:19.93)		

**Mixed 200-239 400 LC Meter Freestyle Relay**

		A				
1	Pacific Northwest Aquatics			NT		<b>4:24.95 W</b>
	1) Davis, Charlotte W60	2) Dahl, Lisa W48	3) Bell, Alan M60	4) Colella, Rick M59		