

# USMS Colonies Zone 2013 Long Course Championship



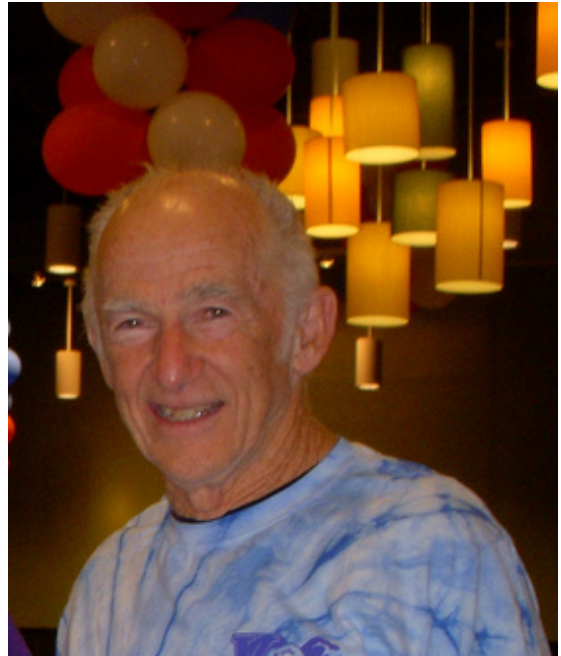
Richmond, VA  
June 22-23, 2013

# Thanks to our sponsors

## Anonymous donation in memory of *Owen Maher*

Owen Coyle Maher, 77, passed away on November 30, 2012. Owen was born in Brooklyn, New York. He served in the United States Army and the Peace Corps before studying education at City College and Teacher's College at Columbia University. While completing graduate school, Owen met Juanita. They fell in love, and married in Puerto Rico. They returned to New York where Owen finished his studies and went on to become a devoted bilingual special education teacher, helping his students to become independent adults.

Owen was a lifelong athlete and student. He swam competitively and ranked nationally in Master's swimming. He played tennis with his friends at Lake Monticello several days per week. He loved to exercise at ACAC in Charlottesville, where he made many friends. He loved to read, learn new languages, and watch sports and stay engaged in the news. His greatest joys were spending time with his family and enjoying his wife's cooking.



**Family Practice Specialists of Richmond**

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Psych Sheet - 1500 Free

## Event 1 Mixed 1500 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals	Place
1	Johnston, Jennifer	W66	Fairfax County Masters-PV	45:00.00	_____	_____
2	Quinn, Patrick	M82	Adirondack Masters-AD	38:02.56	_____	_____
3	Barnes, Calvin	M89	Virginia Masters Swim Team-VA	37:00.00	_____	_____
4	Kelleher, Joseph	M72	Virginia Masters Swim Team-VA	36:00.00	_____	_____
5	Ahlgren, Kyle	M38	Unattached	29:30.00	_____	_____
6	Boyle, Michael	M62	Reston Masters Swim Team-PV	28:45.20	_____	_____
7	Paulson, Laurence	M64	Reston Masters Swim Team-PV	27:41.00	_____	_____
8	Anderson, Paul	M56	Unattached	27:00.00	_____	_____
9	McAlevy, Mary Grace	W49	Fairfax County Masters-PV	26:30.00	_____	_____
10	Tomson, Farol	M42	Germantown Maryland Masters-PV	26:00.00	_____	_____
11	Wymelenberg, Lynn	W58	Reston Masters Swim Team-PV	25:00.00	_____	_____
12	Witt, Cherie	W49	Crozet Parc YMCA Masters-VA	25:00.00	_____	_____
13	Cothren, Jack	M64	Binghamton Univ Masters-NI	24:15.00	_____	_____
14	Rose, Scott	M48	Peluso Open Water Masters-VA	24:09.12	_____	_____
15	Gianniny, Bruce	M62	Niagara District Masters-NI	24:00.00	_____	_____
16	Woodward, William	M55	Virginia Masters Swim Team-VA	23:45.00	_____	_____
17	Carlson, John	M42	Reston Masters Swim Team-PV	23:30.00	_____	_____
18	Platt, Jay	M66	Pennypack Aquati-DV	23:30.00	_____	_____
19	Bernstein, Rich	M67	Asphalt Green Masters-MR	23:25.00	_____	_____
20	Lovell, Brianna	W23	Virginia Masters Swim Team-VA	23:00.00	_____	_____
21	Craffey, Joan	W60	Asphalt Green Masters-MR	22:46.00	_____	_____
22	Moore, Alison	W43	Virginia Masters Swim Team-VA	22:41.00	_____	_____
23	Hogan, John	M25	Virginia Masters Swim Team-VA	22:15.89	_____	_____
24	Loftus-Charley, Shirley	W62	Virginia Masters Swim Team-VA	21:25.00	_____	_____
25	Hatakeyama, Chio	W38	Waikiki Swim Club-HI	21:12.00	_____	_____
26	Reynolds, Curt	M53	Terrapin Masters-PV	21:00.00	_____	_____
27	Carlson, Jennifer	W34	Reston Masters Swim Team-PV	20:35.00	_____	_____
28	Sullivan, Shannon	W37	Unattached	20:00.27	_____	_____
29	Sax, William	M44	Patriot Masters Swim Team-PV	19:49.69	_____	_____
30	Gianniny, Dana	W44	Niagara District Masters-NI	19:45.00	_____	_____
31	Bockius, Ted	M47	District Of Colu-PV	19:44.90	_____	_____
32	Sabala, Michael	M33	Columbia Tri-MR	18:59.00	_____	_____
33	Stevenson, Chris	M49	Virginia Masters Swim Team-VA	17:58.49	_____	_____

**Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013**  
**Session Report**

Session: 2 Sat PM Session  
Day of Meet: 1 Starts at 01:00 PM

<b>Event</b>	<b>Entries</b>	<b>Heats</b>
3 Women 100 Backstroke	30	4
4 Men 100 Backstroke	27	4
5 Women 200 Breaststroke	15	2
6 Men 200 Breaststroke	16	2
7 Women 50 Freestyle	29	4
8 Men 50 Freestyle	42	6
9 Women 200 Butterfly	6	1
10 Men 200 Butterfly	10	2
11 Women 200 IM	31	4
12 Men 200 IM	18	3
13 Women 50 Backstroke	26	4
14 Men 50 Backstroke	21	3
15 Women 200 Freestyle	29	4
16 Men 200 Freestyle	26	4
17 Women 400 Freestyle Relay	0	0
18 Men 400 Freestyle Relay	0	0
19 Mixed 400 Freestyle Relay	0	0
21 Women 200 Medley Relay	0	0
22 Men 200 Medley Relay	0	0
23 Mixed 200 Medley Relay	0	0
Swimmers Counts for Warm-ups: 130	=====	=====
Entry / Heat Totals:	326	47

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sat PM Session

**Event 3 Women 100 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

2	Stewart, Shannon	33	Arlington Master-PV	3:00.00
3	Nicholls, Victoria	47	Monarch Aquatics-VA	2:13.71
4	Panayotoff, Kristi	65	Maine Masters Sw-NE	2:01.29
5	Martin, Judy	71	Virginia Masters-VA	2:03.80
6	Steiner, Arlien	71	Unattached	2:45.00
7	Berkley, Marianna	91	Virginia Masters-VA	NT

**Heat 2 of 4 Finals**

1	Walker, Laura	76	Virginia Masters-VA	1:58.49
2	Schreiner, Beth	72	Virginia Masters-VA	1:44.90
3	Witt, Cherie	49	Crozet Parc YMCA-VA	1:39.77
4	Maline, Debbie	30	Alexandria Maste-PV	1:38.86
5	Barry, Marcia	65	Virginia Masters-VA	1:38.90
6	Cohen, Elizabeth	32	Virginia Masters-VA	1:40.00
7	Durrant, Betsy	72	Virginia Masters-VA	1:55.00
8	Gregory, Kathryn	67	Virginia Masters-VA	1:59.00

**Heat 3 of 4 Finals**

1	Van Horn Pate, Val	51	Virginia Masters-VA	1:31.77
2	Jones, Paula	45	Virginia Masters-VA	1:30.45
3	Sullivan, Shannon	37	Unattached	1:25.34
4	Gianniny, Dana	44	Niagara District-NI	1:23.00
5	Joslin, Danielle	35	Peluso Open Wate-VA	1:25.00
6	Howard, Amy	49	Quest Masters Sw-VA	1:30.00
7	Buscaglia, Caycee	48	Quest Masters Sw-VA	1:30.59
8	Jaeger, Debbie	51	Virginia Masters-VA	1:35.40

**Heat 4 of 4 Finals**

1	Gauzens, Stephanie	29	Alexandria Maste-PV	1:20.18
2	Grover, Mollie	32	Terrapin Masters-PV	1:18.18
3	Hibbard, Kate	29	Virginia Masters-VA	1:15.00
4	Willeboordse, Fall	47	Bearcat Masters-MR	1:11.29
5	Williams, Susan	47	Montgomery Ancie-PV	1:12.69
6	Livingston, Leslie	52	Patriot Masters-PV	1:15.90
7	Perrottet, Jennifer	33	North Carolina M-NC	1:19.35
8	Brightwell, Kim	53	Reston Masters S-PV	1:20.68

**Event 4 Men 100 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

3	Malsbury, David	52	Virginia Masters-VA	NT
4	Berghaus, Peter	72	Connecticut Mast-CT	1:50.46
5	Deege, Leonard	73	Unattached	2:30.00

**Heat 2 of 4 Finals**

1	Robinson, David	70	Germantown Maryl-PV	1:50.00
2	Paulson, Laurence	64	Reston Masters S-PV	1:40.46
3	Edgell, Don	61	Fairfax County M-PV	1:35.00
4	Murphy, John	60	Midlothian Athle-VA	1:22.00
5	Platt, Jay	66	Pennypack Aquati-DV	1:32.00
6	Miller, Jim	63	Virginia Masters-VA	1:38.70
7	Brundage, Warner	70	Virginia Masters-VA	1:48.50
8	Anderson, Paul	56	Unattached	1:50.00

**Heat 3 of 4 Finals**

1	Clark, Kempsey	23	Germantown Maryl-PV	1:20.00
2	Cockrell, Charles	45	Virginia Masters-VA	1:19.80
3	Baldwin, Craig	39	Reston Masters S-PV	1:17.95
4	Reynolds, Curt	53	Terrapin Masters-PV	1:15.00
5	Heuchling, Geoffrey	54	District Of Colu-PV	1:16.10
6	Strahota, Jeffrey	33	Terrapin Masters-PV	1:19.11
7	Schutzmeister, Scott	49	Fairfax County M-PV	1:20.00
8	Matz, Michael	52	Pennypack Aquati-DV	1:20.30

**Heat 4 of 4 Finals**

1	Brundage, Patrick	46	Mesa Masters-AZ	1:08.03
2	Sabala, Michael	33	Columbia Tri-MR	1:06.50
3	Krajewski, Thomas	35	Team Swim Spray-PV	1:06.00
4	Stefanick, Michael	19	Germantown Maryl-PV	1:04.39
5	Stevenson, Chris	49	Virginia Masters-VA	1:05.79
6	Gushe, Len	50	Unattached	1:06.00
7	Witherow, Lewis	23	Patriot Masters-PV	1:08.00
8	Clear, Kirk	46	Virginia Masters-VA	1:12.47

**Event 5 Women 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1	Johnston, Jennifer	66	Fairfax County M-PV	7:38.00
2	Maly, Cleary	43	Quest Masters Sw-VA	4:00.00
3	Boslego, Barbara	62	Virginia Masters-VA	3:45.00
4	Pettijohn, Margot	67	Montgomery Ancie-PV	3:37.29
5	Stutz, Kathleen	31	Sarasota YMCA Sh-FL	3:41.26
6	Loftus-Charley, Shirley	62	Virginia Masters-VA	3:45.00
7	Panayotoff, Kristi	65	Maine Masters Sw-NE	4:43.76

**Heat 2 of 2 Finals**

1	Feldmann, Peggy	55	Virginia Masters-VA	3:35.00
2	Sullivan, Shannon	37	Unattached	3:22.69
3	Miller, Patricia	52	Virginia Masters-VA	3:16.88
4	Russo, Claire	30	Virginia Masters-VA	3:00.30
5	Carlson, Jennifer	34	Reston Masters S-PV	3:10.55
6	Speer, Nancy	51	Virginia Masters-VA	3:20.00
7	Spence, Denise	54	New England Mast-NE	3:27.46
8	Postma, Terri	44	Unattached	3:35.00

**Event 6 Men 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1	Scott, Richard	78	Virginia Masters-VA	4:43.93
2	Paulson, Laurence	64	Reston Masters S-PV	4:29.28
3	Berghaus, Peter	72	Connecticut Mast-CT	4:14.35
4	Bernstein, Rich	67	Asphalt Green Ma-MR	3:45.00
5	Gaulrapp, Edward	71	Virginia Masters-VA	4:00.00
6	Boyle, Michael	62	Reston Masters S-PV	4:23.42
7	Durham, Richard	72	Germantown Maryl-PV	4:30.00
8	Rainer, Norman	85	Virginia Masters-VA	5:40.00

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sat PM Session

**Heat 2 Finals (#6 Men 200 LC Meter Breaststroke)**

1	Rose, Scott	48	Peluso Open Wate-VA	3:34.19	_____
2	O'Laughlin, Andrew	30	Unattached	2:59.83	_____
3	Cockrell, Charles	45	Virginia Masters-VA	2:56.00	_____
4	Sabala, Michael	33	Columbia Tri-MR	2:45.00	_____
5	Williams, Neill	45	District Of Colu-PV	2:50.50	_____
6	Moon, WonKee	39	District Of Colu-PV	2:57.12	_____
7	Treen, Dave	55	Unattached	3:33.00	_____
8	Stone, Bryan	57	Virginia Masters-VA	3:40.00	_____

**Event 7 Women 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 4 Finals**

2	Stadtmueller, Sabine	46	Quest Masters Sw-VA	NT	_____
3	Broderick, Kathleen	75	Virginia Masters-VA	1:30.00	_____
4	Nicholls, Victoria	47	Monarch Aquatics-VA	1:01.67	_____
5	Stewart, Shannon	33	Arlington Master-PV	1:30.00	_____
6	Berkley, Marianna	91	Virginia Masters-VA	NT	_____

**Heat 2 of 4 Finals**

1	Walker, Laura	76	Virginia Masters-VA	42.92	_____
2	Manuel, Jennifer	39	Peluso Open Wate-VA	41.00	_____
3	Detrick, Johnnie	78	Virginia Masters-VA	40.00	_____
4	Maline, Debbie	30	Alexandria Maste-PV	38.87	_____
5	Maly, Cleary	43	Quest Masters Sw-VA	39.14	_____
6	Howard, Amy	49	Quest Masters Sw-VA	40.00	_____
7	Hill, Marcia	69	Bearcat Masters-MR	42.00	_____
8	Beels, Kendall	41	Reston Masters S-PV	45.64	_____

**Heat 3 of 4 Finals**

1	Merena, Elizabeth	61	Bearcat Masters-MR	36.50	_____
2	Perrottet, Jennifer	33	North Carolina M-NC	36.00	_____
3	Wymelenberg, Lynn	58	Reston Masters S-PV	34.77	_____
4	Joslin, Danielle	35	Peluso Open Wate-VA	34.00	_____
5	Spence, Denise	54	New England Mast-NE	34.67	_____
6	Craffey, Joan	60	Asphalt Green Ma-MR	35.94	_____
7	Bryan, Bianca	35	Unattached	36.48	_____
8	Schreiner, Beth	72	Virginia Masters-VA	36.58	_____

**Heat 4 of 4 Finals**

1	Moore, Alison	43	Virginia Masters-VA	32.48	_____
2	Hatakeyama, Chio	38	Waikiki Swim Clu-HI	31.31	_____
3	Willeboordse, Fall	47	Bearcat Masters-MR	28.80	_____
4	Braun, Erika	41	North Carolina M-NC	26.32	_____
5	Jones, Ruth	30	North Carolina M-NC	26.47	_____
6	Livingston, Leslie	52	Patriot Masters-PV	29.29	_____
7	Brightwell, Kim	53	Reston Masters S-PV	32.00	_____
8	Jones, Paula	45	Virginia Masters-VA	32.50	_____

**Event 8 Men 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 6 Finals**

3	Lasrado, David	56	University of Ri-VA	45.65	_____
4	Brundage, Warner	70	Virginia Masters-VA	39.70	_____
5	Deege, Leonard	73	Unattached	45.00	_____

**Heat 2 of 6 Finals**

1	Robinson, David	70	Germantown Maryl-PV	37.00	_____
2	Hogan, John	25	Virginia Masters-VA	35.89	_____
3	Platt, Jay	66	Pennypack Aquati-DV	34.80	_____
4	Novell, Ken	71	Virginia Masters-VA	33.49	_____
5	Nelson, Bill	60	Virginia Masters-VA	34.64	_____
6	Anderson, Paul	56	Unattached	35.00	_____
7	Frogley, Chris	70	Virginia Masters-VA	37.00	_____

**Heat 3 of 6 Finals**

1	Edgell, Don	61	Fairfax County M-PV	32.45	_____
2	Rose, Scott	48	Peluso Open Wate-VA	31.79	_____
3	Matz, Michael	52	Pennypack Aquati-DV	30.38	_____
4	Clark, Kempsey	23	Germantown Maryl-PV	30.00	_____
5	Shaw, Chris	31	Maryland Masters-MD	30.00	_____
6	Kauffman, Scott	63	Virginia Masters-VA	30.50	_____
7	Schutzmeister, Scott	49	Fairfax County M-PV	32.00	_____
8	Richardson, Alvin	62	Virginia Masters-VA	33.00	_____

**Heat 4 of 6 Finals**

1	Malsbury, David	52	Virginia Masters-VA	30.00	_____
2	Domson, Greg	39	Virginia Masters-VA	29.00	_____
3	Moon, WonKee	39	District Of Colu-PV	28.99	_____
4	Strahota, Jeffrey	33	Terrapin Masters-PV	28.82	_____
5	Baldwin, Craig	39	Reston Masters S-PV	28.93	_____
6	Murphy, John	60	Midlothian Athle-VA	29.00	_____
7	O'Laughlin, Andrew	30	Unattached	29.83	_____
8	Tomson, Farol	42	Germantown Maryl-PV	30.00	_____

**Heat 5 of 6 Finals**

1	Heuchling, Geoffrey	54	District Of Colu-PV	28.50	_____
2	Cortina, Jorge	54	Unattached	27.61	_____
3	Clear, Kirk	46	Virginia Masters-VA	27.50	_____
4	Sabala, Michael	33	Columbia Tri-MR	27.25	_____
5	Brundage, Patrick	46	Mesa Masters-AZ	27.34	_____
6	Wilson, Alex	22	Patriot Masters-PV	27.50	_____
7	Hanneschlager, Michael	39	Fairfax County M-PV	27.90	_____
8	Linderman, Ross	36	District Of Colu-PV	28.69	_____

**Heat 6 of 6 Finals**

1	Stewart, Henry	50	North Carolina M-NC	26.82	_____
2	Stefanick, Michael	19	Germantown Maryl-PV	26.39	_____
3	Tuben, Ben	23	Patriot Masters-PV	26.00	_____
4	Krajewski, Thomas	35	Team Swim Spray-PV	25.50	_____
5	Williams, Stuart	33	Patriot Masters-PV	25.75	_____
6	Witherow, Lewis	23	Patriot Masters-PV	26.00	_____
7	Doane, Michael	43	Terrapin Masters-PV	26.42	_____
8	Bockius, Ted	47	District Of Colu-PV	26.90	_____

**Event 9 Women 200 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 1 Finals**

2	Panayotoff, Kristi	65	Maine Masters Sw-NE	4:38.23	_____
3	Loftus-Charley, Shirley	62	Virginia Masters-VA	3:30.00	_____
4	Gianniny, Dana	44	Niagara District-NI	3:00.00	_____
5	Lappin, Jeanne	58	Germantown Maryl-PV	3:04.00	_____
6	Postma, Terri	44	Unattached	3:35.00	_____
7	Van Horn Pate, Val	51	Virginia Masters-VA	8:00.00	_____

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sat PM Session

**Event 10 Men 200 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Finals</b>				
3	Scott, Richard	78	Virginia Masters-VA	5:36.00
4	Paulson, Laurence	64	Reston Masters S-PV	3:51.35
5	Gaulrapp, Edward	71	Virginia Masters-VA	4:30.00
<b>Heat 2 of 2 Finals</b>				
1	Sax, William	44	Patriot Masters-PV	2:42.10
2	Dever, Frederick	48	District Of Colu-PV	2:37.78
3	Sabala, Michael	33	Columbia Tri-MR	2:30.00
4	Stevenson, Chris	49	Virginia Masters-VA	2:21.19
5	Gushe, Len	50	Unattached	2:22.00
6	Malone, Kenneth	49	Unattached	2:36.63
7	Tomson, Farol	42	Germantown Maryl-PV	2:40.00

**Event 11 Women 200 LC Meter IM**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
1	Steiner, Arlien	71	Unattached	5:50.00
2	Panayotoff, Kristi	65	Maine Masters Sw-NE	4:22.34
3	Wymelenberg, Lynn	58	Reston Masters S-PV	3:47.33
4	Cohen, Elizabeth	32	Virginia Masters-VA	3:35.00
5	Craffey, Joan	60	Asphalt Green Ma-MR	3:45.00
6	Gregory, Kathryn	67	Virginia Masters-VA	4:20.00
7	Detrick, Johnnie	78	Virginia Masters-VA	4:25.00
<b>Heat 2 of 4 Finals</b>				
1	Postma, Terri	44	Unattached	3:25.00
2	Witt, Cherie	49	Crozet Parc YMCA-VA	3:18.96
3	Gregory, Barbie	45	Peluso Open Wate-VA	3:15.00
4	Sullivan, Shannon	37	Unattached	3:07.54
5	Buscaglia, Caycee	48	Quest Masters Sw-VA	3:10.59
6	Lovell, Brianna	23	Virginia Masters-VA	3:15.00
7	Perrottet, Jennifer	33	North Carolina M-NC	3:19.00
8	Pettijohn, Margot	67	Montgomery Ancie-PV	3:32.50
<b>Heat 3 of 4 Finals</b>				
1	Brightwell, Kim	53	Reston Masters S-PV	3:03.19
2	Loubeau, Alexandra	37	Unattached	3:02.44
3	Lappin, Jeanne	58	Germantown Maryl-PV	2:59.00
4	Hatakeyama, Chio	38	Waikiki Swim Clu-HI	2:54.45
5	Ward, Cheryl	47	Patriot Masters-PV	2:57.00
6	Phillips, Alice	48	Peluso Open Wate-VA	3:00.00
7	Cook, Amy	46	Quest Masters Sw-VA	3:02.80
8	Miller, Patricia	52	Virginia Masters-VA	3:04.49
<b>Heat 4 of 4 Finals</b>				
1	Joslin, Danielle	35	Peluso Open Wate-VA	2:51.00
2	Grover, Mollie	32	Terrapin Masters-PV	2:49.00
3	Russo, Claire	30	Virginia Masters-VA	2:41.62
4	Limke, Tobi	38	North Baltimore-MD	2:38.18
5	Hibbard, Kate	29	Virginia Masters-VA	2:39.00
6	Carlson, Jennifer	34	Reston Masters S-PV	2:46.00
7	Aepli, Lauren	26	Virginia Masters-VA	2:50.20
8	Jones, Paula	45	Virginia Masters-VA	2:54.22

**Event 12 Men 200 LC Meter IM**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Finals</b>				
3	Berghaus, Peter	72	Connecticut Mast-CT	3:59.90
4	Murphy, John	60	Midlothian Athle-VA	3:45.00
5	Anderson, Paul	56	Unattached	3:45.00
<b>Heat 2 of 3 Finals</b>				
1	Paulson, Laurence	64	Reston Masters S-PV	3:42.64
2	Novell, Ken	71	Virginia Masters-VA	3:28.00
3	Platt, Jay	66	Pennypack Aquati-DV	3:20.00
4	Tomson, Farol	42	Germantown Maryl-PV	2:50.00
5	Rose, Scott	48	Peluso Open Wate-VA	3:08.11
6	Bernstein, Rich	67	Asphalt Green Ma-MR	3:26.00
7	Stone, Bryan	57	Virginia Masters-VA	3:35.00
<b>Heat 3 of 3 Finals</b>				
1	Moon, WonKee	39	District Of Colu-PV	2:45.55
2	Reynolds, Curt	53	Terrapin Masters-PV	2:40.00
3	Schutzmeister, Scott	49	Fairfax County M-PV	2:35.00
4	Christensen, Jon	23	Patriot Masters-PV	2:27.00
5	Lee, Chris	24	Patriot Masters-PV	2:27.99
6	Clark, Kempsey	23	Germantown Maryl-PV	2:40.00
7	Strahota, Jeffrey	33	Terrapin Masters-PV	2:42.42
8	Cockrell, Charles	45	Virginia Masters-VA	2:46.50

**Event 13 Women 50 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
3	Stewart, Shannon	33	Arlington Master-PV	1:30.00
4	Nicholls, Victoria	47	Monarch Aquatics-VA	1:05.54
5	Steiner, Arlien	71	Unattached	1:17.00
<b>Heat 2 of 4 Finals</b>				
1	Hill, Marcia	69	Bearcat Masters-MR	57.00
2	Walker, Laura	76	Virginia Masters-VA	55.48
3	Loftus-Charley, Shirley	62	Virginia Masters-VA	55.00
4	Pettijohn, Margot	67	Montgomery Ancie-PV	45.26
5	Martin, Judy	71	Virginia Masters-VA	54.75
6	Gregory, Kathryn	67	Virginia Masters-VA	55.00
7	Panayotoff, Kristi	65	Maine Masters Sw-NE	55.55
<b>Heat 3 of 4 Finals</b>				
1	Barry, Marcia	65	Virginia Masters-VA	44.70
2	Sullivan, Shannon	37	Unattached	43.31
3	Jaeger, Debbie	51	Virginia Masters-VA	42.20
4	Howard, Amy	49	Quest Masters Sw-VA	41.00
5	Loubeau, Alexandra	37	Unattached	41.47
6	Craffey, Joan	60	Asphalt Green Ma-MR	42.26
7	Maline, Debbie	30	Alexandria Maste-PV	43.91
8	Postma, Terri	44	Unattached	45.00
<b>Heat 4 of 4 Finals</b>				
1	Perrottet, Jennifer	33	North Carolina M-NC	38.42
2	Grover, Mollie	32	Terrapin Masters-PV	36.99
3	Williams, Susan	47	Montgomery Ancie-PV	32.53
4	Braun, Erika	41	North Carolina M-NC	31.73
5	Livingston, Leslie	52	Patriot Masters-PV	32.43
6	Willeboordse, Fall	47	Bearcat Masters-MR	33.20
7	Buscaglia, Caycee	48	Quest Masters Sw-VA	37.59
8	Spence, Denise	54	New England Mast-NE	39.71

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sat PM Session

**Event 14 Men 50 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

2	Deege, Leonard	73	Unattached	1:00.00
3	Lasrado, David	56	University of Ri-VA	54.80
4	Robinson, David	70	Germantown Maryl-PV	48.00
5	Berghaus, Peter	72	Connecticut Mast-CT	52.46
6	Boyle, Michael	62	Reston Masters S-PV	59.36

**Heat 2 of 3 Finals**

1	Domson, Greg	39	Virginia Masters-VA	38.00
2	Cockrell, Charles	45	Virginia Masters-VA	36.50
3	Heuchling, Geoffrey	54	District Of Colu-PV	36.00
4	Linderman, Ross	36	District Of Colu-PV	35.47
5	Baldwin, Craig	39	Reston Masters S-PV	35.51
6	Matz, Michael	52	Pennypack Aquati-DV	36.30
7	Tomson, Farol	42	Germantown Maryl-PV	37.00
8	Stone, Bryan	57	Virginia Masters-VA	38.00

**Heat 3 of 3 Finals**

1	Malsbury, David	52	Virginia Masters-VA	35.00
2	Stewart, Henry	50	North Carolina M-NC	33.74
3	Clear, Kirk	46	Virginia Masters-VA	32.11
4	Krajewski, Thomas	35	Team Swim Spray-PV	26.00
5	Williams, Neill	45	District Of Colu-PV	31.50
6	Hanneschlager, Michael	39	Fairfax County M-PV	32.95
7	Reynolds, Curt	53	Terrapin Masters-PV	35.00
8	Christensen, Jon	23	Patriot Masters-PV	35.00

**Event 15 Women 200 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

2	Stadtmueller, Sabine	46	Quest Masters Sw-VA	NT
3	Detrick, Johnnie	78	Virginia Masters-VA	4:00.00
4	Hill, Marcia	69	Bearcat Masters-MR	3:30.00
5	Beels, Kendall	41	Reston Masters S-PV	3:57.81
6	Broderick, Kathleen	75	Virginia Masters-VA	4:30.00

**Heat 2 of 4 Finals**

1	Manuel, Jennifer	39	Peluso Open Wate-VA	3:15.00
2	Witt, Cherie	49	Crozet Parc YMCA-VA	3:03.68
3	Miller, Patricia	52	Virginia Masters-VA	2:56.18
4	Gregory, Barbie	45	Peluso Open Wate-VA	2:55.00
5	Barry, Marcia	65	Virginia Masters-VA	2:55.80
6	Howard, Amy	49	Quest Masters Sw-VA	3:00.00
7	Schreiner, Beth	72	Virginia Masters-VA	3:11.34
8	Durrant, Betsy	72	Virginia Masters-VA	3:26.00

**Heat 3 of 4 Finals**

1	Loftus-Charley, Shirley	62	Virginia Masters-VA	2:50.00
2	Speer, Nancy	51	Virginia Masters-VA	2:44.50
3	Gauzens, Stephanie	29	Alexandria Maste-PV	2:40.75
4	Hatakeyama, Chio	38	Waikiki Swim Clu-HI	2:34.17
5	Moore, Alison	43	Virginia Masters-VA	2:34.35
6	Jones, Paula	45	Virginia Masters-VA	2:44.11
7	Phillips, Alice	48	Peluso Open Wate-VA	2:45.00
8	Wymelenberg, Lynn	58	Reston Masters S-PV	2:53.79

**Heat 4 of 4 Finals**

1	Cook, Amy	46	Quest Masters Sw-VA	2:32.82
2	Gianniny, Dana	44	Niagara District-NI	2:26.00
3	Hibbard, Kate	29	Virginia Masters-VA	2:20.00
4	Braun, Erika	41	North Carolina M-NC	2:10.00
5	Jones, Ruth	30	North Carolina M-NC	2:11.00
6	Carlson, Jennifer	34	Reston Masters S-PV	2:22.00
7	Limke, Tobi	38	North Baltimore-MD	2:32.67
8	Aepfli, Lauren	26	Virginia Masters-VA	2:34.00

**Event 16 Men 200 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

3	Richardson, Alvin	62	Virginia Masters-VA	3:42.00
4	Robinson, David	70	Germantown Maryl-PV	3:24.00
5	Brundage, Warner	70	Virginia Masters-VA	3:30.00

**Heat 2 of 4 Finals**

1	Nelson, Bill	60	Virginia Masters-VA	3:09.63
2	Ahlgren, Kyle	38	Unattached	2:55.00
3	Novell, Ken	71	Virginia Masters-VA	2:50.43
4	Edgell, Don	61	Fairfax County M-PV	2:45.65
5	Anderson, Paul	56	Unattached	2:50.00
6	Bernstein, Rich	67	Asphalt Green Ma-MR	2:54.00
7	Miller, Jim	63	Virginia Masters-VA	3:00.00

**Heat 3 of 4 Finals**

1	Shaw, Chris	31	Maryland Masters-MD	2:40.00
2	Sax, William	44	Patriot Masters-PV	2:24.51
3	Hogan, John	25	Virginia Masters-VA	2:20.89
4	Dever, Frederick	48	District Of Colu-PV	2:18.89
5	Clark, Kempsey	23	Germantown Maryl-PV	2:20.00
6	Malone, Kenneth	49	Unattached	2:22.67
7	Baldwin, Craig	39	Reston Masters S-PV	2:26.55
8	Platt, Jay	66	Pennypack Aquati-DV	2:45.00

**Heat 4 of 4 Finals**

1	Schutzmeister, Scott	49	Fairfax County M-PV	2:15.00
2	Wilson, Alex	22	Patriot Masters-PV	2:10.00
3	Gushe, Len	50	Unattached	2:09.00
4	Stevenson, Chris	49	Virginia Masters-VA	2:04.49
5	Brundage, Patrick	46	Mesa Masters-AZ	2:07.88
6	Bockius, Ted	47	District Of Colu-PV	2:09.74
7	Stewart, Henry	50	North Carolina M-NC	2:11.50
8	Strahota, Jeffrey	33	Terrapin Masters-PV	2:17.12

**Event 17 Women 400 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 18 Men 400 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 19 Mixed 400 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	



## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sat PM Session

**Event 21 Women 200 LC Meter Medley Relay**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
---	Will be deck seeded after relay entry deadline.	

**Event 22 Men 200 LC Meter Medley Relay**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
---	Will be deck seeded after relay entry deadline.	

**Event 23 Mixed 200 LC Meter Medley Relay**

<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
---	Will be deck seeded after relay entry deadline.	

**Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013**  
**Session Report**

Session: 3 Sun AM Session  
Day of Meet: 2 Starts at 09:00 AM

<b>Event</b>	<b>Entries</b>	<b>Heats</b>
25 Women 800 Freestyle Relay	0	0
26 Men 800 Freestyle Relay	0	0
27 Mixed 800 Freestyle Relay	0	0
29 Women 400 Medley Relay	0	0
30 Men 400 Medley Relay	0	0
31 Mixed 400 Medley Relay	0	0
33 Women 200 Freestyle Relay	0	0
34 Men 200 Freestyle Relay	0	0
35 Mixed 200 Freestyle Relay	0	0
37 Women 400 Freestyle	25	4
38 Men 400 Freestyle	17	3
39 Women 100 Butterfly	9	2
40 Men 100 Butterfly	17	3
41 Women 50 Breaststroke	29	4
42 Men 50 Breaststroke	24	3
43 Women 200 Backstroke	22	3
44 Men 200 Backstroke	13	2
45 Women 100 Freestyle	21	3
46 Men 100 Freestyle	27	4
47 Women 50 Butterfly	18	3
48 Men 50 Butterfly	24	3
49 Women 100 Breaststroke	23	3
50 Men 100 Breaststroke	23	3
51 Mixed 400 IM	23	3u
Swimmers Counts for Warm-ups: 111	=====	=====
Entry / Heat Totals:	315	46

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sun AM Session

**Event 25 Women 800 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 26 Men 800 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 27 Mixed 800 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 29 Women 400 LC Meter Medley Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 30 Men 400 LC Meter Medley Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 31 Mixed 400 LC Meter Medley Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 33 Women 200 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 34 Men 200 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 35 Mixed 200 LC Meter Freestyle Relay**

Team	Relay	Seed Time
---	Will be deck seeded after relay entry deadline.	

**Event 37 Women 400 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

3	Stadtmueller, Sabine	46	Quest Masters Sw-VA	NT
4	Maline, Debbie	30	Alexandria Maste-PV	8:00.00
5	Maly, Cleary	43	Quest Masters Sw-VA	9:00.00

**Heat 2 of 4 Finals**

2	Durrant, Betsy	72	Virginia Masters-VA	7:20.00
3	Schreiner, Beth	72	Virginia Masters-VA	6:48.84
4	Barry, Marcia	65	Virginia Masters-VA	6:08.50
5	Smith, Melissa	50	Unattached	6:15.00
6	Postma, Terri	44	Unattached	7:00.00
7	Braaten, Kitten	58	Virginia Masters-VA	7:30.00

**Heat 3 of 4 Finals**

1	Howard, Amy	49	Quest Masters Sw-VA	6:00.00
2	Gregory, Barbie	45	Peluso Open Wate-VA	5:50.00
3	Lovell, Brianna	23	Virginia Masters-VA	5:45.00
4	Loftus-Charley, Shirley	62	Virginia Masters-VA	5:35.00
5	Brightwell, Kim	53	Reston Masters S-PV	5:40.11
6	Miller, Patricia	52	Virginia Masters-VA	5:45.57
7	Craffey, Joan	60	Asphalt Green Ma-MR	5:58.86
8	Stutz, Kathleen	31	Sarasota YMCA Sh-FL	6:08.10

**Heat 4 of 4 Finals**

1	Phillips, Alice	48	Peluso Open Wate-VA	5:30.00
2	Smith, Maura	32	Virginia Masters-VA	5:20.00
3	Gianniny, Dana	44	Niagara District-NI	5:08.00
4	Limke, Tobi	38	North Baltimore-MD	4:57.77
5	Aepfli, Lauren	26	Virginia Masters-VA	5:05.00
6	Carlson, Jennifer	34	Reston Masters S-PV	5:10.00
7	Hatakeyama, Chio	38	Waikiki Swim Clu-HI	5:25.00
8	Sullivan, Shannon	37	Unattached	5:33.94

**Event 38 Men 400 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

3	Boyle, Michael	62	Reston Masters S-PV	6:30.00
4	Rose, Scott	48	Peluso Open Wate-VA	6:11.11
5	Novell, Ken	71	Virginia Masters-VA	6:24.30

**Heat 2 of 3 Finals**

2	Bernstein, Rich	67	Asphalt Green Ma-MR	5:59.00
3	Gianniny, Bruce	62	Niagara District-NI	5:55.00
4	Linderman, Ross	36	District Of Colu-PV	5:34.72
5	Platt, Jay	66	Pennypack Aquati-DV	5:50.00
6	Cothren, Jack	64	Binghamton Univ-NI	5:55.00
7	Ahlgren, Kyle	38	Unattached	6:05.00

**Heat 3 of 3 Finals**

1	Baldwin, Craig	39	Reston Masters S-PV	5:20.42
2	Sax, William	44	Patriot Masters-PV	5:01.63
3	Bockius, Ted	47	District Of Colu-PV	4:40.89
4	Sabala, Michael	33	Columbia Tri-MR	4:32.00
5	Wilson, Alex	22	Patriot Masters-PV	4:40.00
6	Hogan, John	25	Virginia Masters-VA	4:55.89
7	Dever, Frederick	48	District Of Colu-PV	5:03.33
8	Stickle, Christopher	23	Unattached	5:30.00

**Event 39 Women 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

3	Panayotoff, Kristi	65	Maine Masters Sw-NE	2:04.06
4	Pettijohn, Margot	67	Montgomery Ancie-PV	1:40.75
5	Braaten, Kitten	58	Virginia Masters-VA	2:00.00

**Heat 2 of 2 Finals**

2	Perrottet, Jennifer	33	North Carolina M-NC	1:25.00
3	Smith, Maura	32	Virginia Masters-VA	1:18.00
4	Jones, Ruth	30	North Carolina M-NC	1:06.00
5	Willeboordse, Fall	47	Bearcat Masters-MR	1:08.60
6	Lappin, Jeanne	58	Germantown Maryl-PV	1:19.00
7	Van Horn Pate, Val	51	Virginia Masters-VA	1:28.98

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sun AM Session

**Event 40 Men 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

3	Malsbury, David	52	Virginia Masters-VA	NT
4	Platt, Jay	66	Pennypack Aquati-DV	1:45.00
5	Davis, Walt	67	Virginia Masters-VA	1:51.00

**Heat 2 of 3 Finals**

2	Gaulrapp, Edward	71	Virginia Masters-VA	1:40.50
3	Tomson, Farol	42	Germantown Maryl-PV	1:14.00
4	Strahota, Jeffrey	33	Terrapin Masters-PV	1:13.11
5	Reynolds, Curt	53	Terrapin Masters-PV	1:14.00
6	Sax, William	44	Patriot Masters-PV	1:14.80
7	Paulson, Laurence	64	Reston Masters S-PV	1:41.48

**Heat 3 of 3 Finals**

1	Doane, Michael	43	Terrapin Masters-PV	1:07.00
2	Sabala, Michael	33	Columbia Tri-MR	1:06.00
3	Stevenson, Chris	49	Virginia Masters-VA	1:02.39
4	Williams, Stuart	33	Patriot Masters-PV	1:01.00
5	Gushe, Len	50	Unattached	1:02.00
6	Brundage, Patrick	46	Mesa Masters-AZ	1:02.77
7	Malone, Kenneth	49	Unattached	1:06.39
8	Dever, Frederick	48	District Of Colu-PV	1:07.86

**Event 41 Women 50 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

2	Stadtmueller, Sabine	46	Quest Masters Sw-VA	NT
3	Steiner, Arlien	71	Unattached	1:25.00
4	Detrick, Johnnie	78	Virginia Masters-VA	1:00.00
5	Beels, Kendall	41	Reston Masters S-PV	1:01.48
6	Berkley, Marianna	91	Virginia Masters-VA	NT

**Heat 2 of 4 Finals**

1	Hill, Marcia	69	Bearcat Masters-MR	56.70
2	Loftus-Charley, Shirley	62	Virginia Masters-VA	55.00
3	Craffey, Joan	60	Asphalt Green Ma-MR	50.00
4	Merena, Elizabeth	61	Bearcat Masters-MR	48.00
5	Maline, Debbie	30	Alexandria Maste-PV	49.24
6	Manuel, Jennifer	39	Peluso Open Wate-VA	54.10
7	Maly, Cleary	43	Quest Masters Sw-VA	55.29
8	Martin, Judy	71	Virginia Masters-VA	57.00

**Heat 3 of 4 Finals**

1	Pettijohn, Margot	67	Montgomery Ancie-PV	47.90
2	Glasgow, Ginny Ann	34	Peluso Open Wate-VA	47.00
3	Stutz, Kathleen	31	Sarasota YMCA Sh-FL	45.30
4	Postma, Terri	44	Unattached	45.00
5	Loubeau, Alexandra	37	Unattached	45.10
6	Bryan, Bianca	35	Unattached	46.25
7	Feldmann, Peggy	55	Virginia Masters-VA	47.00
8	Boslego, Barbara	62	Virginia Masters-VA	48.00

**Heat 4 of 4 Finals**

1	Hatakeyama, Chio	38	Waikiki Swim Clu-HI	41.14
2	Miller, Patricia	52	Virginia Masters-VA	40.90
3	Livingston, Leslie	52	Patriot Masters-PV	39.15
4	Willeboordse, Fall	47	Bearcat Masters-MR	36.87
5	Russo, Claire	30	Virginia Masters-VA	37.73
6	Wolff, Melinda	60	Colonials 1776-DV	40.10
7	Spence, Denise	54	New England Mast-NE	40.96
8	Smith, Melissa	50	Unattached	42.00

**Event 42 Men 50 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1	Frogley, Chris	70	Virginia Masters-VA	59.00
2	Scott, Richard	78	Virginia Masters-VA	55.14
3	Berghaus, Peter	72	Connecticut Mast-CT	49.93
4	Davis, Walt	67	Virginia Masters-VA	44.50
5	Nelson, Bill	60	Virginia Masters-VA	48.69
6	Brundage, Warner	70	Virginia Masters-VA	53.20
7	Boyle, Michael	62	Reston Masters S-PV	55.25
8	Rainer, Norman	85	Virginia Masters-VA	1:20.00

**Heat 2 of 3 Finals**

1	Treen, Dave	55	Unattached	43.00
2	Rose, Scott	48	Peluso Open Wate-VA	41.11
3	Malsbury, David	52	Virginia Masters-VA	38.00
4	Grecco, Paul	52	Patriot Masters-PV	37.20
5	Tomson, Farol	42	Germantown Maryl-PV	38.00
6	O'Laughlin, Andrew	30	Unattached	38.83
7	Shaw, Chris	31	Maryland Masters-MD	42.00
8	Stone, Bryan	57	Virginia Masters-VA	44.00

**Heat 3 of 3 Finals**

1	Cockrell, Charles	45	Virginia Masters-VA	37.00
2	Baldwin, Craig	39	Reston Masters S-PV	35.93
3	Williams, Neill	45	District Of Colu-PV	33.50
4	Lee, Chris	24	Patriot Masters-PV	32.99
5	Doane, Michael	43	Terrapin Masters-PV	33.20
6	Sabala, Michael	33	Columbia Tri-MR	33.81
7	Moon, WonKee	39	District Of Colu-PV	36.88
8	Hanneschlager, Michael	39	Fairfax County M-PV	37.14

**Event 43 Women 200 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

2	Walker, Laura	76	Virginia Masters-VA	4:17.11
3	Durrant, Betsy	72	Virginia Masters-VA	4:01.80
4	Loftus-Charley, Shirley	62	Virginia Masters-VA	3:40.00
5	Braaten, Kitten	58	Virginia Masters-VA	4:00.00
6	Martin, Judy	71	Virginia Masters-VA	4:15.41
7	Panayotoff, Kristi	65	Maine Masters Sw-NE	4:29.46

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sun AM Session

**Heat 2 Finals (#43 Women 200 LC Meter Backstroke)**

1	Barry, Marcia	65	Virginia Masters-VA	3:22.40	_____
2	Perrottet, Jennifer	33	North Carolina M-NC	3:15.00	_____
3	Van Horn Pate, Val	51	Virginia Masters-VA	3:05.74	_____
4	Gianniny, Dana	44	Niagara District-NI	2:58.00	_____
5	Gauzens, Stephanie	29	Alexandria Maste-PV	3:00.00	_____
6	Craffey, Joan	60	Asphalt Green Ma-MR	3:09.53	_____
7	Howard, Amy	49	Quest Masters Sw-VA	3:15.00	_____
8	Jaeger, Debbie	51	Virginia Masters-VA	3:30.30	_____

**Heat 3 of 3 Finals**

1	Brightwell, Kim	53	Reston Masters S-PV	2:55.20	_____
2	Aeppli, Lauren	26	Virginia Masters-VA	2:51.00	_____
3	Grover, Mollie	32	Terrapin Masters-PV	2:44.86	_____
4	Limke, Tobi	38	North Baltimore-MD	2:38.40	_____
5	Hibbard, Kate	29	Virginia Masters-VA	2:40.00	_____
6	Carlson, Jennifer	34	Reston Masters S-PV	2:48.00	_____
7	Smith, Maura	32	Virginia Masters-VA	2:55.00	_____
8	Sullivan, Shannon	37	Unattached	2:55.60	_____

**Event 44 Men 200 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 2 Finals**

2	Berghaus, Peter	72	Connecticut Mast-CT	3:58.20	_____
3	Bernstein, Rich	67	Asphalt Green Ma-MR	3:40.00	_____
4	Stone, Bryan	57	Virginia Masters-VA	3:35.00	_____
5	Paulson, Laurence	64	Reston Masters S-PV	3:39.74	_____
6	Robinson, David	70	Germantown Maryl-PV	3:52.00	_____

**Heat 2 of 2 Finals**

1	Matz, Michael	52	Pennypack Aquati-DV	2:58.10	_____
2	Stickle, Christopher	23	Unattached	2:45.00	_____
3	Sabala, Michael	33	Columbia Tri-MR	2:32.00	_____
4	Gushe, Len	50	Unattached	2:21.11	_____
5	Stevenson, Chris	49	Virginia Masters-VA	2:21.99	_____
6	Romack, Dave	36	Unattached	2:40.00	_____
7	Cockrell, Charles	45	Virginia Masters-VA	2:51.00	_____
8	Cothren, Jack	64	Binghamton Univ-NI	3:05.00	_____

**Event 45 Women 100 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 3 Finals**

2	Stadtmueller, Sabine	46	Quest Masters Sw-VA	NT	_____
3	Nicholls, Victoria	47	Monarch Aquatics-VA	2:05.13	_____
4	Beels, Kendall	41	Reston Masters S-PV	1:42.35	_____
5	Detrick, Johnnie	78	Virginia Masters-VA	1:45.00	_____
6	Barry, Marcia	65	Virginia Masters-VA	2:22.30	_____

**Heat 2 of 3 Finals**

1	Hill, Marcia	69	Bearcat Masters-MR	1:35.29	_____
2	Schreiner, Beth	72	Virginia Masters-VA	1:25.50	_____
3	Smith, Melissa	50	Unattached	1:24.00	_____
4	Loftus-Charley, Shirley	62	Virginia Masters-VA	1:20.00	_____
5	Merena, Elizabeth	61	Bearcat Masters-MR	1:24.00	_____
6	Glasgow, Ginny Ann	34	Peluso Open Wate-VA	1:25.00	_____
7	Manuel, Jennifer	39	Peluso Open Wate-VA	1:28.00	_____
8	Walker, Laura	76	Virginia Masters-VA	1:40.42	_____

**Heat 3 of 3 Finals**

1	Spence, Denise	54	New England Mast-NE	1:16.00	_____
2	Hatakeyama, Chio	38	Waikiki Swim Clu-HI	1:11.11	_____
3	Phillips, Alice	48	Peluso Open Wate-VA	1:10.00	_____
4	Willeboordse, Fall	47	Bearcat Masters-MR	1:01.76	_____
5	Hibbard, Kate	29	Virginia Masters-VA	1:07.00	_____
6	Gianniny, Dana	44	Niagara District-NI	1:10.00	_____
7	Johnson, Mindy	50	Reston Masters S-PV	1:11.30	_____
8	Craffey, Joan	60	Asphalt Green Ma-MR	1:19.80	_____

**Event 46 Men 100 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 4 Finals**

3	Lasrado, David	56	University of Ri-VA	1:40.76	_____
4	Frogley, Chris	70	Virginia Masters-VA	1:32.00	_____
5	Paulson, Laurence	64	Reston Masters S-PV	1:32.00	_____

**Heat 2 of 4 Finals**

1	Brundage, Warner	70	Virginia Masters-VA	1:30.00	_____
2	Ahlgren, Kyle	38	Unattached	1:22.00	_____
3	Miller, Jim	63	Virginia Masters-VA	1:16.70	_____
4	Novell, Ken	71	Virginia Masters-VA	1:14.55	_____
5	Platt, Jay	66	Pennypack Aquati-DV	1:16.50	_____
6	Nelson, Bill	60	Virginia Masters-VA	1:20.32	_____
7	Robinson, David	70	Germantown Maryl-PV	1:30.00	_____
8	Boyle, Michael	62	Reston Masters S-PV	1:30.92	_____

**Heat 3 of 4 Finals**

1	Hogan, John	25	Virginia Masters-VA	1:07.89	_____
2	Sax, William	44	Patriot Masters-PV	1:06.11	_____
3	Moon, WonKee	39	District Of Colu-PV	1:04.40	_____
4	Tomson, Farol	42	Germantown Maryl-PV	1:04.00	_____
5	Baldwin, Craig	39	Reston Masters S-PV	1:04.27	_____
6	Shaw, Chris	31	Maryland Masters-MD	1:05.00	_____
7	Hanneschlager, Michael	39	Fairfax County M-PV	1:07.55	_____
8	Matz, Michael	52	Pennypack Aquati-DV	1:08.86	_____

**Heat 4 of 4 Finals**

1	Stickle, Christopher	23	Unattached	1:02.00	_____
2	Bockius, Ted	47	District Of Colu-PV	59.74	_____
3	Sabala, Michael	33	Columbia Tri-MR	59.00	_____
4	Williams, Stuart	33	Patriot Masters-PV	56.75	_____
5	Krajewski, Thomas	35	Team Swim Spray-PV	57.50	_____
6	Wilson, Alex	22	Patriot Masters-PV	59.00	_____
7	Brundage, Patrick	46	Mesa Masters-AZ	1:00.13	_____
8	Strahota, Jeffrey	33	Terrapin Masters-PV	1:03.10	_____

**Event 47 Women 50 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 3 Finals**

3	Nicholls, Victoria	47	Monarch Aquatics-VA	3:00.00	_____
4	Hill, Marcia	69	Bearcat Masters-MR	1:00.36	_____
5	Steiner, Arlien	71	Unattached	1:23.00	_____

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Meet Program - Sun AM Session

**Heat 2 Finals (#47 Women 50 LC Meter Butterfly)**

1	Panayotoff, Kristi	65	Maine Masters Sw-NE	57.87	_____
2	Maline, Debbie	30	Alexandria Maste-PV	43.80	_____
3	Van Horn Pate, Val	51	Virginia Masters-VA	39.81	_____
4	Johnson, Mindy	50	Reston Masters S-PV	36.70	_____
5	Loubeau, Alexandra	37	Unattached	38.14	_____
6	Glasgow, Ginny Ann	34	Peluso Open Wate-VA	43.00	_____
7	Gregory, Barbie	45	Peluso Open Wate-VA	45.00	_____

**Heat 3 of 3 Finals**

1	Garcia, Pauline	41	Reston Masters S-PV	35.00	_____
2	Perrottet, Jennifer	33	North Carolina M-NC	34.95	_____
3	Willeboordse, Fall	47	Bearcat Masters-MR	30.72	_____
4	Jones, Ruth	30	North Carolina M-NC	28.25	_____
5	Livingston, Leslie	52	Patriot Masters-PV	30.47	_____
6	Grover, Mollie	32	Terrapin Masters-PV	33.00	_____
7	Lappin, Jeanne	58	Germantown Maryl-PV	35.00	_____
8	Hatakeyama, Chio	38	Waikiki Swim Clu-HI	35.53	_____

**Event 48 Men 50 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 3 Finals**

1	Bernstein, Rich	67	Asphalt Green Ma-MR	49.00	_____
2	Paulson, Laurence	64	Reston Masters S-PV	40.59	_____
3	Davis, Walt	67	Virginia Masters-VA	39.00	_____
4	Griffin, Jim	55	Unattached	35.00	_____
5	Rose, Scott	48	Peluso Open Wate-VA	37.11	_____
6	Novell, Ken	71	Virginia Masters-VA	39.12	_____
7	Platt, Jay	66	Pennypack Aquati-DV	41.00	_____
8	Malsbury, David	52	Virginia Masters-VA	NT	_____

**Heat 2 of 3 Finals**

1	Hanneschlager, Michael	39	Fairfax County M-PV	32.15	_____
2	Sax, William	44	Patriot Masters-PV	31.99	_____
3	Wilson, Alex	22	Patriot Masters-PV	31.00	_____
4	Bockius, Ted	47	District Of Colu-PV	30.82	_____
5	Linderman, Ross	36	District Of Colu-PV	30.87	_____
6	Reynolds, Curt	53	Terrapin Masters-PV	31.00	_____
7	Tomson, Farol	42	Germantown Maryl-PV	32.00	_____
8	Matz, Michael	52	Pennypack Aquati-DV	33.52	_____

**Heat 3 of 3 Finals**

1	Malone, Kenneth	49	Unattached	30.43	_____
2	Doane, Michael	43	Terrapin Masters-PV	28.25	_____
3	Williams, Neill	45	District Of Colu-PV	27.90	_____
4	Williams, Stuart	33	Patriot Masters-PV	27.50	_____
5	Krajewski, Thomas	35	Team Swim Spray-PV	27.50	_____
6	Stevenson, Chris	49	Virginia Masters-VA	28.00	_____
7	Dever, Frederick	48	District Of Colu-PV	29.90	_____
8	Reider, Pete	58	Terrapin Masters-PV	30.62	_____

**Event 49 Women 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 3 Finals**

1	Stadtmueller, Sabine	46	Quest Masters Sw-VA	NT	_____
2	Martin, Judy	71	Virginia Masters-VA	2:15.00	_____
3	Detrick, Johnnie	78	Virginia Masters-VA	2:10.00	_____
4	Smith, Melissa	50	Unattached	2:05.00	_____
5	Hill, Marcia	69	Bearcat Masters-MR	2:06.50	_____
6	Panayotoff, Kristi	65	Maine Masters Sw-NE	2:12.21	_____
7	Steiner, Arlien	71	Unattached	3:00.00	_____

**Heat 2 of 3 Finals**

1	Merena, Elizabeth	61	Bearcat Masters-MR	1:47.00	_____
2	Stutz, Kathleen	31	Sarasota YMCA Sh-FL	1:41.10	_____
3	Feldmann, Peggy	55	Virginia Masters-VA	1:40.00	_____
4	Limke, Tobi	38	North Baltimore-MD	1:37.34	_____
5	Postma, Terri	44	Unattached	1:39.00	_____
6	Pettijohn, Margot	67	Montgomery Ancie-PV	1:40.65	_____
7	Boslego, Barbara	62	Virginia Masters-VA	1:45.00	_____
8	Gregory, Barbie	45	Peluso Open Wate-VA	1:50.00	_____

**Heat 3 of 3 Finals**

1	Spence, Denise	54	New England Mast-NE	1:32.00	_____
2	Wolff, Melinda	60	Colonials 1776-DV	1:30.10	_____
3	Livingston, Leslie	52	Patriot Masters-PV	1:29.10	_____
4	Russo, Claire	30	Virginia Masters-VA	1:21.86	_____
5	Willeboordse, Fall	47	Bearcat Masters-MR	1:23.56	_____
6	Hatakeyama, Chio	38	Waikiki Swim Clu-HI	1:29.92	_____
7	Miller, Patricia	52	Virginia Masters-VA	1:30.34	_____
8	Loubeau, Alexandra	37	Unattached	1:35.14	_____

**Event 50 Men 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time	
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**Heat 1 of 3 Finals**

1	Rainer, Norman	85	Virginia Masters-VA	2:40.00	_____
2	Scott, Richard	78	Virginia Masters-VA	2:09.14	_____
3	Brundage, Warner	70	Virginia Masters-VA	1:55.90	_____
4	Gaulrapp, Edward	71	Virginia Masters-VA	1:50.00	_____
5	Berghaus, Peter	72	Connecticut Mast-CT	1:52.89	_____
6	Boyle, Michael	62	Reston Masters S-PV	1:58.16	_____
7	Frogley, Chris	70	Virginia Masters-VA	2:10.00	_____

**Heat 2 of 3 Finals**

1	Stickle, Christopher	23	Unattached	1:40.00	_____
2	Stone, Bryan	57	Virginia Masters-VA	1:40.00	_____
3	Strahota, Jeffrey	33	Terrapin Masters-PV	1:32.31	_____
4	Tomson, Farol	42	Germantown Maryl-PV	1:30.00	_____
5	Rose, Scott	48	Peluso Open Wate-VA	1:31.11	_____
6	Treen, Dave	55	Unattached	1:40.00	_____
7	Shaw, Chris	31	Maryland Masters-MD	1:40.00	_____
8	Davis, Walt	67	Virginia Masters-VA	1:45.00	_____

**Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013****Meet Program - Sun AM Session****Heat 3 Finals (#50 Men 100 LC Meter Breaststroke)**

1	Grecco, Paul	52	Patriot Masters-PV	1:24.53	_____
2	Baldwin, Craig	39	Reston Masters S-PV	1:23.40	_____
3	O'Laughlin, Andrew	30	Unattached	1:19.83	_____
4	Lee, Chris	24	Patriot Masters-PV	1:10.99	_____
5	Doane, Michael	43	Terrapin Masters-PV	1:18.00	_____
6	Cockrell, Charles	45	Virginia Masters-VA	1:20.90	_____
7	Moon, WonKee	39	District Of Colu-PV	1:24.44	_____
8	Malsbury, David	52	Virginia Masters-VA	1:30.00	_____

## Colonies Zone LCM Championship - 6/22/2013 to 6/23/2013

## Psych Sheet - Sun AM Session

## Event 51 Mixed 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals	Place
1	Scott, Richard	M78	Virginia Masters Swim Team-VA	9:49.76	_____	_____
2	Panayotoff, Kristi	W65	Maine Masters Swim Club-NE	9:20.71	_____	_____
3	Berghaus, Peter	M72	Connecticut Masters-CT	9:00.00	_____	_____
4	Gaulrapp, Edward	M71	Virginia Masters Swim Team-VA	8:30.00	_____	_____
5	Paulson, Laurence	M64	Reston Masters Swim Team-PV	8:00.15	_____	_____
6	Pettijohn, Margot	W67	Montgomery Ancient Mariners-PV	7:32.28	_____	_____
7	Stutz, Kathleen	W31	Sarasota YMCA Sharks-FL	7:30.00	_____	_____
8	Platt, Jay	M66	Pennypack Aquati-DV	7:22.00	_____	_____
9	Bernstein, Rich	M67	Asphalt Green Masters-MR	7:20.00	_____	_____
10	Postma, Terri	W44	Unattached	7:10.00	_____	_____
11	Loftus-Charley, Shirley	W62	Virginia Masters Swim Team-VA	6:30.00	_____	_____
12	Reynolds, Curt	M53	Terrapin Masters-PV	6:30.00	_____	_____
13	Stickle, Christopher	M23	Unattached	6:20.00	_____	_____
14	Lappin, Jeanne	W58	Germantown Maryland Masters-PV	6:20.00	_____	_____
15	Sullivan, Shannon	W37	Unattached	6:15.31	_____	_____
16	Lovell, Brianna	W23	Virginia Masters Swim Team-VA	6:15.00	_____	_____
17	Cockrell, Charles	M45	Virginia Masters Swim Team-VA	6:00.00	_____	_____
18	Romack, Dave	M36	Unattached	6:00.00	_____	_____
19	Gianniny, Dana	W44	Niagara District Masters-NI	6:00.00	_____	_____
20	Carlson, Jennifer	W34	Reston Masters Swim Team-PV	5:57.71	_____	_____
21	Russo, Claire	W30	Virginia Masters Swim Team-VA	5:50.42	_____	_____
22	Brundage, Patrick	M46	Mesa Masters-AZ	5:07.89	_____	_____
23	Gushe, Len	M50	Unattached	5:07.22	_____	_____



# Thanks to our awesome volunteers!

## Meet Officials

*Meet referee:* Bob Rustin

*Deck referees:* Lee Gibbs, Tommy Lovell, Mary Turner, Bill Geiszler

*Head starter:* Pat Donahue

*Starter:* Steve Bradford

*Stroke and turn judges:* Tommy Lovell, Nancy Miller, Jim Miller, Mary Turner, Ralph Jones, Bill Geiszler, Laura Razzolini

*Timing judge:* Rose Thompson

*Recorder:* Jill Bradford

*CTS operator:* Al Thompson

We had many other volunteers as well, too many to thank individually, but we couldn't have done it without you.

Special thanks to the following organizations for providing many young and enthusiastic timers: *NOVA Aquatics of Virginia, Trinity Episcopal School, and Seven Hills School.*

