

VMST David Gregg III Memorial Meet, Sanction #: 121-02

February 12-13, 2011 -- 25Y Course

Results

Women 18-24 50 Yard Freestyle

VA: 23.89 V 4/18/1998 Janet Mayville

1 Nelson, Rachel A 19 VMST-VA 25.63

Women 18-24 100 Yard Freestyle

VA: 52.09 V 4/18/1998 Janet Mayville

1 Nelson, Rachel A 19 VMST-VA 56.26

27.17 56.26

2 Warren-Shriner, Lindsey 22 DCAC-PV 1:02.00

30.03 1:02.00

3 Bush, Alexandra 18 UNAT-VA 1:04.76

30.37 1:04.76

Women 18-24 200 Yard Freestyle

VA: 1:54.70 V 4/18/1998 Janet Mayville

1 Warren-Shriner, Lindsey 22 DCAC-PV 2:14.38

31.60 1:06.03 1:40.77 2:14.38

Women 18-24 500 Yard Freestyle

VA: 5:17.94 V 5/7/2009 Anne Muir

1 Warren-Shriner, Lindsey 22 DCAC-PV 5:46.06

31.65 1:05.50 1:40.60 2:16.17

2:51.40 3:26.55 4:01.84 4:37.21

5:12.16 5:46.06

Women 18-24 1000 Yard Freestyle

VA: 10:56.04 V 5/7/2009 Anne Muir

1 Warren-Shriner, Lindsey 22 DCAC-PV 11:42.19

32.69 1:07.87 1:43.48 2:18.84

2:54.14 3:29.22 4:04.52 4:40.22

5:15.73 5:51.10 6:26.04 7:01.21

7:36.86 8:12.39 8:47.74 9:23.08

9:58.49 10:33.79 11:08.49 11:42.19

2 Rechel, Julie 22 VMST-VA 12:00.40

32.70 1:07.44 1:42.86 2:18.86

2:55.23 3:31.52 4:07.91 4:44.53

5:20.82 5:57.31 6:33.29 7:09.75

7:45.88 8:22.78 8:59.36 9:35.85

10:12.57 10:49.16 11:25.41 12:00.40

Women 18-24 100 Yard Backstroke

VA: 1:01.67 V 5/20/1993 Heather Moore

1 Nelson, Rachel A 19 VMST-VA 1:03.56

31.14 1:03.56

Women 18-24 200 Yard Backstroke

VA: 2:15.20 V 1/1/1996 Shannon Hutcherson

1 Leitzinger, Lori 24 VMST-VA 2:07.40V

30.70 1:02.80 1:35.23 2:07.40

Women 18-24 100 Yard Breaststroke

VA: 1:10.76 V 2/9/2008 Sarah Hunt

1 Bush, Alexandra 18 UNAT-VA 1:18.60

38.26 1:18.60

Women 18-24 50 Yard Butterfly

VA: 27.60 V 2/14/2009 Lucy Carrig

--- Nelson, Rachel A 19 VMST-VA DQ

Women 18-24 100 Yard Butterfly

VA: 1:00.84 V 5/20/1993 Heather Coulson-Moore

1 Nelson, Rachel A 19 VMST-VA 1:01.96

28.96 1:01.96

Women 18-24 100 Yard IM

VA: 1:02.86 V 5/20/1993 Heather Coulson-Moore

1 Bush, Alexandra 18 UNAT-VA 1:12.23

34.10 1:12.23

Women 18-24 400 Yard IM

VA: 4:48.20 V 5/7/2009 Anne Muir

1 Leitzinger, Lori 24 VMST-VA 4:53.10

31.22 1:06.38 1:42.57 2:19.61

3:03.15 3:46.85 4:21.61 4:53.10

Women 25-29 50 Yard Freestyle

VA: 25.28 V Jeanne Bonner

1 Carrig, Lucy B 26 VMST-VA 25.03V

2 Golles, Michele T 28 UNAT-VA 31.51

3 Johnston, Elizabeth A 26 QMST-VA 31.85

4 Cohen, Elizabeth I 29 VMST-VA 32.87

Women 25-29 50 Yard Freestyle Novice

VA: 25.28 V Jeanne Bonner

1 Butler, Stacy 29 UNAT-VA 26.44

26.44 26.44

Women 25-29 100 Yard Freestyle

VA: 53.75 V 5/20/1993 Beth Gardner

1 Hibbard, Kate 26 VMST-VA 57.69

28.18 57.69

2 Butler, Stacy 29 UNAT-VA 58.02

28.11 58.02

3 Galan, Juliana M 27 TERR-MD 1:01.00

29.45 1:01.00

4 Johnston, Elizabeth A 26 QMST-VA 1:07.30

32.01 1:07.30

5 Cohen, Elizabeth I 29 VMST-VA 1:11.50

34.82 1:11.50

Women 25-29 200 Yard Freestyle

VA: 2:00.31 V Deborah Cain

1 Hibbard, Kate 26 VMST-VA 2:04.23

29.53 1:01.12 1:33.34 2:04.23

2 Myers, Danielle E 26 VMST-VA 2:07.21

29.75 1:01.57 1:34.41 2:07.21

Women 25-29 500 Yard Freestyle

VA: 5:22.19 V 5/9/1985 Deborah Cain

1 Thomas, Lillian M 27 TERR-MD 5:28.27

30.49 1:02.90 1:35.85 2:09.21

2:42.31 3:15.83 3:49.39 4:23.06

4:56.51 5:28.27

2 Myers, Danielle E 26 VMST-VA 5:41.77

30.72 1:03.24 1:36.63 2:10.77

2:45.46 3:20.70 3:56.51 4:32.31

5:07.91 5:41.77

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Results

(Women 25-29 500 Yard Freestyle)

3	Russo, Claire C	27	VMST-VA	5:50.10
	31.25	1:05.69	1:41.32	2:17.65
	2:53.95	3:29.92	4:05.93	4:41.39
	5:16.38	5:50.10		

Women 25-29 1000 Yard Freestyle

VA: 11:05.34 V 6/1/1985 Deborah Cain

1	Turner, Betsy	26	VMST-VA	12:12.31
	31.73	1:06.55	1:42.37	2:18.74
	2:55.08	3:31.02	4:07.43	4:44.10
	5:21.46	5:58.47	6:35.71	7:12.77
	7:50.35	8:27.85	9:05.50	9:42.45
	10:19.67	10:57.16	11:35.12	12:12.31

Women 25-29 1650 Yard Freestyle

VA: 18:24.07 V 6/1/1985 Deborah Cain

1	Thomas, Lillian M	27	TERR-MD	18:32.56
	30.51	1:02.75	1:35.53	2:08.82
	2:42.27	3:15.72	3:49.67	4:23.26
	4:57.06	5:30.86	6:04.26	6:38.04
	7:12.05	7:46.08	8:20.04	8:54.05
	9:28.01	10:02.03	10:36.20	11:10.19
	11:43.90	12:17.91	12:51.95	13:26.19
	14:00.31	14:34.44	15:08.59	15:42.91
	16:17.26	16:51.10	17:25.33	17:59.40
				18:32.56
2	Cohen, Elizabeth I	29	VMST-VA	23:37.05
	38.24	1:18.75	2:00.35	2:42.64
	3:25.74	4:08.47	4:51.70	5:34.72
	6:17.86	7:01.11	7:44.20	8:27.48
	9:10.57	9:53.81	10:37.06	11:19.91
	12:02.89	12:45.69	13:28.85	14:11.92
	14:55.38	15:38.58	16:21.20	17:05.03
	17:48.81	18:34.14	19:18.89	20:02.32
	20:45.77	21:28.87	22:12.28	22:55.45
				23:37.05

Women 25-29 50 Yard Backstroke Novice

VA: 28.22 V 5/20/2010 Kate Hibbard

1	Butler, Stacy	29	UNAT-VA	34.11
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Women 25-29 50 Yard Backstroke

VA: 28.22 V 5/20/2010 Kate Hibbard

1	Cohen, Elizabeth I	29	VMST-VA	37.44
2	Johnston, Elizabeth A	26	QMST-VA	37.51

Women 25-29 100 Yard Backstroke

VA: 59.21 V 5/20/2010 Kate Hibbard

1	Hibbard, Kate	26	VMST-VA	1:03.63
	31.55	1:03.63		
2	Galan, Juliana M	27	TERR-MD	1:07.76
	32.96	1:07.76		
3	Cohen, Elizabeth I	29	VMST-VA	1:19.06
	39.04	1:19.06		

Women 25-29 200 Yard Backstroke

VA: 2:07.06 V 5/20/2010 Kate Hibbard

1	Hibbard, Kate	26	VMST-VA	2:11.76
	31.91	1:05.13	1:38.87	2:11.76

2	Carrig, Lucy B	26	VMST-VA	2:12.34
	31.50	1:04.00	1:37.94	2:12.34
3	Galan, Juliana M	27	TERR-MD	2:24.75
	33.68	1:09.61	1:47.16	2:24.75

Women 25-29 50 Yard Breaststroke

VA: 32.04 V 5/1/1985 Lisa Tubergen

1	Myers, Danielle E	26	VMST-VA	33.77
2	Russo, Claire C	27	VMST-VA	34.16
3	Golles, Michele T	28	UNAT-VA	38.34

Women 25-29 100 Yard Breaststroke

VA: 1:09.79 V 1/1/1996 Cheryl Conlin

1	Russo, Claire C	27	VMST-VA	1:14.07
	35.31	1:14.07		
2	Turner, Betsy	26	VMST-VA	1:20.20
	38.24	1:20.20		
3	Golles, Michele T	28	UNAT-VA	1:21.48
	39.06	1:21.48		

Women 25-29 200 Yard Breaststroke

VA: 2:34.19 V 5/20/1993 Kathy Waggoner

1	Myers, Danielle E	26	VMST-VA	2:37.46
	35.73	1:14.81	1:55.26	2:37.46
2	Russo, Claire C	27	VMST-VA	2:41.61
	36.89	1:17.93	1:59.47	2:41.61

Women 25-29 50 Yard Butterfly

VA: 28.46 V 5/1/1985 Lisa Tubergen

1	Carrig, Lucy B	26	VMST-VA	26.59V
2	Golles, Michele T	28	UNAT-VA	31.56
---	Johnston, Elizabeth A	26	QMST-VA	DQ

Women 25-29 50 Yard Butterfly Novice

VA: 28.46 V 5/1/1985 Lisa Tubergen

1	Butler, Stacy	29	UNAT-VA	29.88
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Women 25-29 100 Yard Butterfly

VA: 1:00.80 V 5/16/1994 Alice Phillips

1	Carrig, Lucy B	26	VMST-VA	1:00.48V
	27.19	1:00.48		
2	Myers, Danielle E	26	VMST-VA	1:04.89
	30.92	1:04.89		
3	Turner, Betsy	26	VMST-VA	1:10.27
	32.02	1:10.27		

Women 25-29 200 Yard Butterfly

VA: 2:14.85 V 5/26/1984 Diane Cayce

1	Turner, Betsy	26	VMST-VA	2:31.11
	32.39	1:09.97	1:49.93	2:31.11

Women 25-29 100 Yard IM

VA: 1:01.88 V 5/20/2010 Kate Hibbard

1	Hibbard, Kate	26	VMST-VA	1:04.11
	29.52	1:04.11		
2	Russo, Claire C	27	VMST-VA	1:07.91
	32.86	1:07.91		
3	Galan, Juliana M	27	TERR-MD	1:11.47
	33.47	1:11.47		
4	Golles, Michele T	28	UNAT-VA	1:14.74
	35.73	1:14.74		

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(Women 25-29 100 Yard IM)

5	Johnston, Elizabeth A	26	QMST-VA	1:21.57
	36.59		1:21.57	

Women 25-29 200 Yard IM

VA: 2:10.89 V 5/20/2010 Kate Hibbard

1	Hibbard, Kate	26	VMST-VA	2:16.57
	14.94		53.91	1:25.42
				2:16.57
2	Myers, Danielle E	26	VMST-VA	2:19.63
	30.39		1:08.30	1:47.19
				2:19.63
3	Russo, Claire C	27	VMST-VA	2:23.34
	31.58		1:09.54	1:50.31
				2:23.34
4	Turner, Betsy	26	VMST-VA	2:28.63
	30.95		1:09.50	1:53.37
				2:28.63

Women 30-34 50 Yard Freestyle

VA: 25.19 V 1/1/1994 Beth Scheimann

1	Carlson, Jennifer M	31	RMST-PV	26.71
2	Adelman, Jocelyn C	33	VMST-VA	30.55
3	Clay, Dana C	30	UNAT-VA	32.50

Women 30-34 100 Yard Freestyle

VA: 54.78 V 1/1/1994 Beth Scheimann

1	Carlson, Jennifer M	31	RMST-PV	58.11
	28.27		58.11	
2	Adelman, Jocelyn C	33	VMST-VA	1:04.36
	31.23		1:04.36	
3	Hewitt, Sara	30	DCAC-PV	1:06.52
	30.99		1:06.52	
4	Erskine, Kara S	31	TERR-MD	1:10.27
	33.13		1:10.27	
5	Clay, Dana C	30	UNAT-VA	1:14.18
	35.63		1:14.18	

Women 30-34 200 Yard Freestyle

VA: 1:59.85 V 1/1/1994 Beth Scheimann

1	Carlson, Jennifer M	31	RMST-PV	2:05.36
	30.02		1:01.69	1:34.03
				2:05.36
2	Adelman, Jocelyn C	33	VMST-VA	2:21.33
	33.39		1:09.23	1:45.50
				2:21.33
3	Erskine, Kara S	31	TERR-MD	2:42.37
	36.57		1:18.15	2:00.34
				2:42.37
4	Clay, Dana C	30	UNAT-VA	2:55.70
	38.30		1:21.48	2:08.81
				2:55.70

Women 30-34 500 Yard Freestyle

VA: 5:16.60 V Deborah Reed

1	Adelman, Jocelyn C	33	VMST-VA	6:19.82
	34.78		1:13.21	1:52.19
				2:31.27
	3:10.34		3:49.28	4:27.82
				5:06.05
	5:43.59		6:19.82	
2	Robbins, Emily R	31	VMST-VA	6:39.51
	33.48		1:10.04	1:48.18
				2:28.22
	3:08.50		3:49.69	4:32.08
				5:15.29
	5:57.93		6:39.51	

Women 30-34 200 Yard Backstroke

VA: 2:24.14 V 2/13/2010 Deanne Moosman

1	Erskine, Kara S	31	TERR-MD	3:01.47
	41.23		1:26.82	2:14.41
				3:01.47

Women 30-34 50 Yard Breaststroke Novice

VA: 31.21 V 5/1/1989 Lisa Bennett

1	Hewitt, Sara	30	DCAC-PV	41.05
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Women 30-34 50 Yard Breaststroke

VA: 31.21 V 5/1/1989 Lisa Bennett

1	Clay, Dana C	30	UNAT-VA	45.95
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Women 30-34 200 Yard Breaststroke

VA: 2:33.76 V 4/11/2003 Cheryl Conlin

1	Robbins, Emily R	31	VMST-VA	3:05.26
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Women 30-34 50 Yard Butterfly

VA: 27.85 V 1/1/1993 Beth Scheimann

1	Adelman, Jocelyn C	33	VMST-VA	32.93
2	Clay, Dana C	30	UNAT-VA	36.56

Women 30-34 100 Yard Butterfly

VA: 1:00.43 V Diane Cayce

1	Carlson, Jennifer M	31	RMST-PV	1:06.65
	31.38		1:06.65	

Women 30-34 200 Yard Butterfly

VA: 2:17.12 V 1/1/1993 Maria Velikonja

1	Carlson, Jennifer M	31	RMST-PV	2:29.54
	34.07		1:12.05	1:50.85
				2:29.54

Women 30-34 100 Yard IM

VA: 1:02.99 V 1/1/1995 Beth O'Connor

1	Adelman, Jocelyn C	33	VMST-VA	1:15.49
	34.61		1:15.49	
2	Erskine, Kara S	31	TERR-MD	1:28.32
	41.89		1:28.32	

Women 30-34 200 Yard IM

VA: 2:17.29 V 1/1/1994 Beth Scheimann

1	Carlson, Jennifer M	31	RMST-PV	2:23.85
	16.75		59.65	1:32.70
				2:23.85
2	Hewitt, Sara	30	DCAC-PV	2:52.65
	35.69		1:20.03	2:10.33
				2:52.65

Women 30-34 400 Yard IM

VA: 5:00.12 V 5/1/1988 Lisa Bennett

1	Carlson, Jennifer M	31	RMST-PV	5:01.44
	32.78		1:10.71	1:50.29
				2:28.07
	3:11.93		3:55.83	4:29.63
				5:01.44

Women 35-39 50 Yard Freestyle

VA: 24.52 V 4/27/2000 Beth Baker

1	Blowe, Shawna	39	VMST-VA	27.55
2	Jacobson, Kristan N	38	QMST-VA	30.36

Women 35-39 100 Yard Freestyle

VA: 54.72 V 4/30/1999 Beth Baker

1	Blowe, Shawna	39	VMST-VA	59.23
	28.74		59.23	

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(Women 35-39 100 Yard Freestyle)

2	Jacobson, Kristan N	38	QMST-VA	1:04.81
	30.48	1:04.81		
3	Norrsgard, Karen J	39	MAC-VA	1:06.16
	31.98	1:06.16		
4	Latell, Andrea T	37	VMST-VA	1:11.65
	34.72	1:11.65		

Women 35-39 500 Yard Freestyle

VA: 5:26.91 V 1/1/1999 Kelly Parker

1	Blowe, Shawna	39	VMST-VA	6:13.93
	33.73	1:10.35	1:47.50	2:24.80
	3:02.73	3:40.75	4:19.06	4:57.83
	5:36.63	6:13.93		

Women 35-39 1650 Yard Freestyle

VA: 18:29.19 V 1/1/1999 Kelly Parker

1	Latell, Andrea T	37	VMST-VA	25:14.82
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Women 35-39 50 Yard Backstroke

VA: 28.41 V 4/27/2000 Beth Baker

1	Blowe, Shawna	39	VMST-VA	32.40
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Women 35-39 100 Yard Backstroke

VA: 59.87 V 4/27/2000 Beth Baker

1	Blowe, Shawna	39	VMST-VA	1:10.04
	35.03	1:10.04		

Women 35-39 200 Yard Backstroke

VA: 2:15.55 V 6/1/2001 Beth Baker

1	Blowe, Shawna	39	VMST-VA	2:35.48
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Women 35-39 50 Yard Breaststroke

VA: 31.45 V 5/15/1991 Lisa Bennett

1	Norrsgard, Karen J	39	MAC-VA	38.29
2	Jacobson, Kristan N	38	QMST-VA	39.02

Women 35-39 50 Yard Breaststroke Novice

VA: 31.45 V 5/15/1991 Lisa Bennett

1	Sena, Erica J	36	MAC-VA	1:00.63
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Women 35-39 100 Yard Breaststroke

VA: 1:10.37 V 5/15/1991 Lisa Bennett

1	Norrsgard, Karen J	39	MAC-VA	1:24.36
	40.30	1:24.36		

Women 35-39 50 Yard Butterfly

VA: 26.68 V 4/27/2000 Beth Baker

1	Jacobson, Kristan N	38	QMST-VA	32.84
2	Latell, Andrea T	37	VMST-VA	35.89
3	Sena, Erica J	36	MAC-VA	50.84

Women 35-39 100 Yard Butterfly

VA: 57.89 V Beth Baker

1	Latell, Andrea T	37	VMST-VA	1:22.24
	36.78	1:22.24		

Women 35-39 200 Yard Butterfly

VA: 2:11.41 V 1/1/2001 Beth Baker

1	Latell, Andrea T	37	VMST-VA	3:13.69
	37.82	1:24.70	2:17.72	3:13.69

Women 35-39 100 Yard IM

VA: 1:01.35 V 4/27/2000 Beth Baker

1	Jacobson, Kristan N	38	QMST-VA	1:15.03
	35.47	1:15.03		
2	Latell, Andrea T	37	VMST-VA	1:19.19
	37.66	1:19.19		
3	Sena, Erica J	36	MAC-VA	1:45.09
	47.54	1:45.09		

Women 35-39 200 Yard IM

VA: 2:13.08 V 4/30/1999 Beth Baker

1	Jacobson, Kristan N	38	QMST-VA	2:40.55
	32.45	1:14.09	2:01.76	2:40.55
2	Norrsgard, Karen J	39	MAC-VA	2:43.89
	34.84	1:19.17	2:05.80	2:43.89
3	Latell, Andrea T	37	VMST-VA	2:58.47
	38.18	1:24.13	2:16.57	2:58.47

Women 35-39 400 Yard IM

VA: 4:48.65 V 4/30/1999 Beth Baker

1	Latell, Andrea T	37	VMST-VA	6:21.41
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Women 40-44 50 Yard Freestyle Novice

VA: 24.65 V 5/14/2002 Beth Baker

1	Pohnert, Anne	43	RMST-PV	53.55
	53.55	53.55		

Women 40-44 50 Yard Freestyle

VA: 24.65 V 5/14/2002 Beth Baker

1	Franklin, Rebecca L	42	VMST-VA	29.97
2	Ayala, Jennifer D	41	VMST-VA	32.13
3	Maly, Cleary	40	QMST-VA	33.80
4	Moore, Alison B	40	VMST-VA	34.94

Women 40-44 100 Yard Freestyle

VA: 54.79 V 5/14/2002 Beth Baker

1	Alsup, Carolyn H	42	VMST-VA	1:01.22
	29.31	1:01.22		
2	Moore, Alison B	40	VMST-VA	1:03.09
	30.78	1:03.09		
3	Franklin, Rebecca L	42	VMST-VA	1:04.77
	31.34	1:04.77		
4	Ayala, Jennifer D	41	VMST-VA	1:09.17
	32.04	1:09.17		
5	Maly, Cleary	40	QMST-VA	1:18.21
	36.74	1:18.21		

Women 40-44 200 Yard Freestyle

VA: 1:59.41 V 6/1/2001 Beth Baker

1	Franklin, Rebecca L	42	VMST-VA	2:25.82
	34.15	1:11.09	1:48.41	2:25.82

Women 40-44 500 Yard Freestyle

VA: 5:33.24 V 4/2/2004 Kelly Parker

1	Alsup, Carolyn H	42	VMST-VA	6:02.21
	32.91	1:07.21	1:42.64	2:19.58
	2:56.42	3:33.79	4:11.21	4:48.84
	5:25.83	6:02.21		

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Results

(Women 40-44 500 Yard Freestyle)

2	Moore, Alison B	40	VMST-VA	6:03.64
	33.04	1:08.98	1:45.87	2:22.64
	2:59.72	3:36.74	4:13.57	4:50.65
	5:28.16	6:03.64		
3	Milam, Gabrielle E	41	UNAT-VA	7:11.96
	39.38	1:22.00	2:05.18	2:48.98
	3:33.94	4:18.43	5:02.14	5:45.84
	6:29.48	7:11.96		
4	Maly, Cleary	40	QMST-VA	8:10.74
	41.11	1:27.35	2:15.68	3:06.47
	3:58.04	4:49.36	5:40.69	6:32.38
	7:22.99	8:10.74		

Women 40-44 1000 Yard Freestyle

VA: 11:24.44 V 6/1/2001 Beth Baker

1	Franklin, Rebecca L	42	VMST-VA	12:42.96
	34.46	1:11.70	1:49.48	2:27.75
	3:05.78	3:44.20	4:22.81	5:01.26
	5:40.13	6:19.09	6:57.46	7:35.78
	8:14.39	8:53.17	9:31.54	10:10.33
	10:48.81	11:27.33	12:05.67	12:42.96

Women 40-44 1650 Yard Freestyle

VA: 19:17.63 V 4/2/2004 Kelly Parker

1	Milam, Gabrielle E	41	UNAT-VA	23:48.82
	39.68	1:22.25	2:05.17	2:48.56
	3:32.38	4:15.89	4:59.86	5:43.47
	6:27.50	7:10.85	7:54.50	8:37.99
	9:21.43	10:04.69	10:48.08	11:31.28
	12:14.32	12:57.67	13:40.91	14:24.56
	15:08.13	15:51.47	16:34.87	17:17.97
	18:01.54	18:44.96	19:28.65	20:12.48
	20:56.23	21:39.71	22:23.01	23:06.22

Women 40-44 50 Yard Backstroke Novice

VA: 28.95 V 4/19/2002 Beth Baker

1	Maly, Cleary	40	QMST-VA	42.95
2	Pohnert, Anne	43	RMST-PV	1:06.66

Women 40-44 100 Yard Backstroke

VA: 1:00.71 V 4/19/2002 Beth Baker

1	Alsup, Carolyn H	42	VMST-VA	1:11.78
	35.39	1:11.78		
2	Moore, Alison B	40	VMST-VA	1:13.61
	36.21	1:13.61		
3	Glover, Esther	40	VMST-VA	1:29.07
	44.35	1:29.07		

Women 40-44 200 Yard Backstroke

VA: 2:11.40 V 5/17/2001 Beth Baker

1	Moore, Alison B	40	VMST-VA	2:35.08
	37.39	1:15.98	1:55.70	2:35.08
2	Glover, Esther	40	VMST-VA	3:08.08
	44.78	1:31.97	2:20.09	3:08.08

Women 40-44 50 Yard Breaststroke

VA: 32.73 V 6/1/1996 Lisa Bennett

1	Ayala, Jennifer D	41	VMST-VA	38.52
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2	Pohnert, Anne	43	RMST-PV	56.92
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Women 40-44 100 Yard Breaststroke

VA: 1:11.73 V 4/2/2004 Patricia Powis

1	Alsup, Carolyn H	42	VMST-VA	1:20.28
	38.75	1:20.28		
2	Ayala, Jennifer D	41	VMST-VA	1:27.50
	40.07	1:27.50		
3	Glover, Esther	40	VMST-VA	1:41.69
	48.64	1:41.69		

Women 40-44 200 Yard Breaststroke

VA: 2:38.33 V 5/17/2001 Patricia Powis

1	Streater, Barbara A	40	VMST-VA	3:04.60
	41.42	1:27.72	2:16.00	3:04.60

Women 40-44 50 Yard Butterfly

VA: 26.42 V 5/17/2001 Beth Baker

1	Ayala, Jennifer D	41	VMST-VA	35.51
2	Streater, Barbara A	40	VMST-VA	36.28

Women 40-44 100 Yard Butterfly

VA: 58.56 V 6/1/2001 Beth Baker

1	Alsup, Carolyn H	42	VMST-VA	1:12.31
	33.90	1:12.31		
2	Glover, Esther	40	VMST-VA	1:36.49
	44.40	1:36.49		

Women 40-44 200 Yard Butterfly

VA: 2:09.63 V 5/17/2001 Beth Baker

1	Hodgert, Donna M	43	VMST-VA	2:29.78
	33.50	1:12.68	1:51.13	2:29.78

Women 40-44 100 Yard IM

VA: 1:01.22 V 5/17/2001 Beth Baker

1	Alsup, Carolyn H	42	VMST-VA	1:09.82
	32.97	1:09.82		
2	Streater, Barbara A	40	VMST-VA	1:16.29
	35.66	1:16.29		
3	Glover, Esther	40	VMST-VA	1:30.06
	41.71	1:30.06		
4	Maly, Cleary	40	QMST-VA	1:40.52
	46.55	1:40.52		

Women 40-44 200 Yard IM

VA: 2:15.17 V 4/21/2001 Beth Baker

1	Alsup, Carolyn H	42	VMST-VA	2:29.59
	31.39	1:08.73	1:53.77	2:29.59
2	Moore, Alison B	40	VMST-VA	2:32.29
	22.26	1:05.32	1:41.14	2:32.29
3	Franklin, Rebecca L	42	VMST-VA	2:37.96
	24.60	1:10.61	1:46.81	2:37.96

Women 40-44 400 Yard IM

VA: 4:49.61 V 2/24/2001 Beth Baker

1	Hodgert, Donna M	43	VMST-VA	5:20.40
	33.72	1:12.88	1:53.90	2:35.74
	3:22.10	4:08.20	4:45.05	5:20.40

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Women 45-49 50 Yard Freestyle

VA: 27.89 V 3/6/2010 Charlotte Hollings

1	Van Horn Pate, Val R	48	VMST-VA	28.69
2	Krongaard, Kim M	45	VMST-VA	28.93
3	Rhodes, Kelly S	49	VMST-VA	32.93

Women 45-49 100 Yard Freestyle

VA: 59.46 V 1/31/2010 Charlotte Hollings

1	Phillips, Alice W	45	VMST-VA	59.19V
	29.05	59.19		
2	Hollings, Charlotte	46	VMST-VA	59.40V
	28.62	59.40		
3	Van Horn Pate, Val R	48	VMST-VA	1:03.02
	30.23	1:03.02		
4	Cleary, Kelly	47	QMST-VA	1:03.33
	30.57	1:03.33		
5	Buscaglia, Caycee P	46	QMST-VA	1:04.76
	30.29	1:04.76		
6	Krongaard, Kim M	45	VMST-VA	1:06.69
	32.18	1:06.69		

Women 45-49 200 Yard Freestyle

VA: 2:09.71 V 1/31/2010 Charlotte Hollings

1	Hollings, Charlotte	46	VMST-VA	2:10.24
	29.67	1:02.26	1:36.08	2:10.24
2	Krongaard, Kim M	45	VMST-VA	2:37.72
	36.23	1:16.35	1:57.36	2:37.72
3	Jones, Laura S	45	UNAT-VA	2:41.66
	38.25	1:19.16	2:00.51	2:41.66
4	Rhodes, Kelly S	49	VMST-VA	2:58.49
	40.77	1:25.26	2:12.24	2:58.49

Women 45-49 500 Yard Freestyle

VA: 5:42.89 V 1/30/2011 Charlotte Hollings

1	Cleary, Kelly	47	QMST-VA	6:15.24
2	Speer, Nancy K	48	VMST-VA	6:49.23
	37.49	1:17.98	2:00.06	2:41.97
	3:23.34	4:04.90	4:46.50	5:28.49
	6:09.55	6:49.23		

Women 45-49 1000 Yard Freestyle

VA: 12:05.68 V 5/19/2005 Lisa Bennett

1	Jones, Laura S	45	UNAT-VA	14:19.07
	38.30	1:19.55	2:02.18	2:44.72
	3:27.32	4:10.38	4:53.10	5:36.44
	6:20.03	7:03.90	7:47.78	8:31.26
	9:14.73	9:58.64	10:42.61	11:25.75
	12:08.86	12:52.12	13:35.80	14:19.07
2	Guenther, Kim L	49	VMST-VA	15:02.41
	41.32	1:23.16	15:02.41	

Women 45-49 1650 Yard Freestyle

VA: 20:14.84 V 4/30/1999 Terry Sue Gault

1	Hollings, Charlotte	46	VMST-VA	20:12.10V
	31.68	1:05.36	1:40.22	2:15.54
	2:51.66	3:27.92	4:04.35	4:41.01
	5:17.75	5:54.61	6:31.38	7:08.29
	7:45.34	8:22.32	8:59.24	9:36.10
	10:13.15	10:50.72	11:28.20	12:05.51
	12:42.92	13:20.37	13:58.18	14:36.17
	15:13.90	15:51.87	16:29.77	17:07.73
	17:45.37	18:23.02	19:00.01	19:36.51
2	Jones, Laura S	45	UNAT-VA	24:18.07
	39.10	1:21.14	2:04.10	2:47.71
	3:31.50	4:15.20	4:59.18	5:42.92
	6:27.27	7:11.55	7:55.41	8:39.96
	9:24.39	10:08.94	10:53.29	11:37.36
	12:21.36	13:05.93	13:50.25	14:34.58
	15:19.39	16:04.36	16:48.98	17:33.59
	18:18.22	19:03.01	19:47.54	20:32.62
	21:17.51	22:02.87	22:48.01	23:33.16
				24:18.07

Women 45-49 50 Yard Backstroke

VA: 34.30 V Angela Howsmon

1	Buscaglia, Caycee P	46	QMST-VA	31.34V
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Women 45-49 100 Yard Backstroke

VA: 1:10.17 V 2/13/2010 Caycee Buscaglia

1	Buscaglia, Caycee P	46	QMST-VA	1:11.15
	34.01	1:11.15		

Women 45-49 200 Yard Backstroke

VA: 2:32.97 V 2/13/2010 Caycee Buscaglia

1	Buscaglia, Caycee P	46	QMST-VA	2:32.67V
	34.58	1:13.05	1:53.81	2:32.67
2	Cleary, Kelly	47	QMST-VA	2:40.39
	39.71	1:20.59	2:01.48	2:40.39

Women 45-49 50 Yard Breaststroke

VA: 33.96 V Patricia Miller

1	Krongaard, Kim M	45	VMST-VA	38.42
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Women 45-49 200 Yard Breaststroke

VA: 2:42.13 V Patricia Miller

1	Speer, Nancy K	48	VMST-VA	3:04.51
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Women 45-49 50 Yard Butterfly

VA: 30.65 V 10/28/2007 Cindy Dobyms

1	Cleary, Kelly	47	QMST-VA	33.37
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Women 45-49 100 Yard Butterfly

VA: 1:08.83 V 5/12/1996 Terry Sue Gault

1	Hollings, Charlotte	46	VMST-VA	1:14.61
	35.30	1:14.61		

Women 45-49 100 Yard IM

VA: 1:09.61 V 10/28/2007 Cindy Dobyms

1	Phillips, Alice W	45	VMST-VA	1:06.41V
	30.54	1:06.41		
2	Hollings, Charlotte	46	VMST-VA	1:11.82
	34.04	1:11.82		

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(Women 45-49 100 Yard IM)

3	Buscaglia, Caycee P	46	QMST-VA	1:13.36
	32.52	1:13.36		
4	Cleary, Kelly	47	QMST-VA	1:14.32
	34.50	1:14.32		
5	Jones, Laura S	45	UNAT-VA	1:22.81
	39.33	1:22.81		

Women 45-49 200 Yard IM

VA: 2:31.12 V 4/22/2004 Lisa Bennett

1	Phillips, Alice W	45	VMST-VA	2:23.82V
	30.23	1:07.91	1:50.20	2:23.82
2	Hollings, Charlotte	46	VMST-VA	2:35.57
	33.43	1:14.13	2:01.46	2:35.57
3	Buscaglia, Caycee P	46	QMST-VA	2:35.83
	19.74	1:08.76	1:44.68	2:35.83
4	Cleary, Kelly	47	QMST-VA	2:40.18
	23.87	1:12.94	1:49.03	2:40.18
---	Rhodes, Kelly S	49	VMST-VA	DQ
	41.70	1:33.11		

Women 45-49 400 Yard IM

VA: 5:33.47 V 1/31/2010 Charlotte Hollings

1	Buscaglia, Caycee P	46	QMST-VA	5:35.05
	34.68	1:16.51	2:00.15	2:41.91
	3:31.49	4:20.04	4:58.28	5:35.05

Women 50-54 50 Yard Freestyle

VA: 26.35 V 5/20/2010 Lisa Bennett

1	Osmun, Maybeth	51	VMST-VA	30.65
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Women 50-54 100 Yard Freestyle

VA: 58.86 V 5/7/2009 Lisa Bennett

1	Osmun, Maybeth	51	VMST-VA	1:09.17
	33.78	1:09.17		

Women 50-54 200 Yard Freestyle

VA: 2:08.58 V 5/7/2009 Lisa Bennett

1	Bennett, Lisa A	54	VMST-VA	2:18.88
	31.02	1:05.60	1:42.13	2:18.88

Women 50-54 500 Yard Freestyle

VA: 5:49.53 V 4/24/2009 Lisa Bennett

1	Bennett, Lisa A	54	VMST-VA	6:04.91
	33.13	1:08.66	1:44.61	2:20.96
	2:57.85	3:35.00	4:12.57	4:50.52
	5:28.43	6:04.91		
2	Betts, Nancy R	54	VMST-VA	7:09.69
	37.68	1:19.22	2:01.49	2:44.34
	3:27.94	4:11.46	4:55.90	5:40.70
	6:25.65	7:09.69		

Women 50-54 1000 Yard Freestyle

VA: 12:12.17 V 2/14/2009 Lisa Bennett

1	Howson, Angela V	50	QMST-VA	13:27.25
	36.81	1:17.21	1:57.77	2:39.68
	3:20.01	4:00.82	4:41.57	5:22.27
	6:03.53	6:44.11	7:24.48	8:05.03
	8:45.66	9:26.20	10:07.12	10:47.87
	11:28.65	12:09.21	12:49.33	13:27.25

Women 50-54 50 Yard Backstroke

VA: 33.56 V 10/24/2010 Suzanne Newell

1	Newell, Suzanne P	52	VMST-VA	32.77V
2	Bennett, Lisa A	54	VMST-VA	34.04
3	Howson, Angela V	50	QMST-VA	35.71

Women 50-54 100 Yard Backstroke

VA: 1:14.32 V 3/15/2009 Lisa Bennett

1	Newell, Suzanne P	52	VMST-VA	1:11.68V
	35.34	1:11.68		
2	Howson, Angela V	50	QMST-VA	1:15.68
	37.58	1:15.68		

Women 50-54 200 Yard Backstroke

VA: 2:39.09 V 3/15/2009 Lisa Bennett

1	Howson, Angela V	50	QMST-VA	2:41.07
	41.34	1:21.23	2:00.95	2:41.07
2	Newell, Suzanne P	52	VMST-VA	2:41.14
	35.76	1:14.64	1:57.91	2:41.14

Women 50-54 50 Yard Breaststroke

VA: 32.83 V 5/20/2010 Lisa Bennett

1	Bennett, Lisa A	54	VMST-VA	36.18
2	Miller, Patricia M	50	VMST-VA	36.31
3	Newell, Suzanne P	52	VMST-VA	36.95

Women 50-54 100 Yard Breaststroke

VA: 1:12.46 V 5/20/2010 Lisa Bennett

1	Miller, Patricia M	50	VMST-VA	1:18.93
	37.39	1:18.93		
2	Bennett, Lisa A	54	VMST-VA	1:19.27
	36.80	1:19.27		

Women 50-54 200 Yard Breaststroke

VA: 2:45.89 V 5/11/2006 Lisa Bennett

1	Bennett, Lisa A	54	VMST-VA	2:54.69
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Women 50-54 50 Yard Butterfly

VA: 29.71 V 5/20/2010 Lisa Bennett

1	Newell, Suzanne P	52	VMST-VA	30.46
2	Howson, Angela V	50	QMST-VA	35.41

Women 50-54 100 Yard IM

VA: 1:06.15 V 5/20/2010 Lisa Bennett

1	Newell, Suzanne P	52	VMST-VA	1:08.81
	33.13	1:08.81		
2	Miller, Patricia M	50	VMST-VA	1:15.79
	38.67	1:15.79		

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Women 50-54 200 Yard IM

VA: 2:31.86 V 5/11/2006 Lisa Bennett

1	Bennett, Lisa A	54	VMST-VA	2:37.02
		25.16	1:09.47	1:45.87
				2:37.02
2	Miller, Patricia M	50	VMST-VA	2:41.81
		36.37	1:21.17	2:03.36
				2:41.81

Women 55-59 50 Yard Freestyle

VA: 29.55 V 4/23/2010 Shirley Loftus-Charley

1	Benn, Cheryl E	57	VMST-VA	38.32
2	Galan, Christine	57	TERR-MD	40.10

Women 55-59 100 Yard Freestyle

VA: 1:03.80 V 4/23/2010 Shirley Loftus-Charley

1	Benn, Cheryl E	57	VMST-VA	1:27.04
		40.78	1:27.04	
2	Galan, Christine	57	TERR-MD	1:32.69
		42.11	1:32.69	

Women 55-59 200 Yard Freestyle

VA: 2:16.25 V 3/28/2010 Shirley Loftus-Charley

1	Braaten, Kitten	55	VMST-VA	2:46.11
		39.36	1:21.51	2:04.11
				2:46.11
2	Benn, Cheryl E	57	VMST-VA	3:18.39
		1:37.73	2:29.77	3:18.39

Women 55-59 1000 Yard Freestyle

VA: 12:40.56 V 2/13/2010 Shirley Loftus-Charley

1	Braaten, Kitten	55	VMST-VA	14:45.23
		40.45	1:23.83	2:07.87
				2:52.04
		3:36.27	4:20.69	5:05.13
				5:49.67
		6:34.36	7:18.75	8:03.16
				8:47.52
		9:32.54	10:17.08	11:01.82
				11:46.55
		12:31.18	13:16.19	14:01.68
				14:45.23

Women 55-59 1650 Yard Freestyle

VA: 21:00.04 V 2/13/2010 Shirley Loftus-Charley

1	Loftus-Charley, Shirley A	59	VMST-VA	19:49.87V
		32.85	1:08.46	1:44.61
				2:20.68
		2:56.90	3:33.29	4:09.77
				4:46.13
		5:22.56	5:58.64	6:34.91
				7:11.08
		7:47.18	8:23.37	8:59.63
				9:35.66
		10:11.77	10:47.95	11:24.16
				12:00.23
		12:36.39	13:12.74	13:48.63
				14:24.87
		15:01.13	15:37.22	16:13.38
				16:49.81
		17:26.33	18:02.53	18:38.65
				19:14.65
				19:49.87

Women 55-59 50 Yard Backstroke Novice

VA: 37.34 V 5/19/2005 Marcia Barry

1	Galan, Christine	57	TERR-MD	54.88
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Women 55-59 200 Yard Backstroke

VA: 2:41.81 V 1/30/2011 Shirley Loftus-Charley

1	Braaten, Kitten	55	VMST-VA	3:14.82
		46.20	1:35.00	2:25.53
				3:14.82

Women 55-59 50 Yard Breaststroke

VA: 39.06 V 3/28/2010 Shirley Loftus-Charley

1	Mickunas, Karen P	55	VMST-VA	45.84
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Women 55-59 100 Yard Breaststroke

VA: 1:24.82 V 10/24/2010 Shirley Loftus-Charley

1	Mickunas, Karen P	55	VMST-VA	1:35.63
		46.08	1:35.63	

Women 55-59 200 Yard Breaststroke

VA: 3:05.56 V 1/31/2010 Shirley Loftus-Charley

1	Mickunas, Karen P	55	VMST-VA	3:23.75
		46.09	1:36.95	2:29.91
				3:23.75

Women 55-59 50 Yard Butterfly

VA: 32.57 V 4/23/2010 Shirley Loftus-Charley

1	Braaten, Kitten	55	VMST-VA	40.30
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Women 55-59 100 Yard Butterfly

VA: 1:12.69 V 4/23/2010 Shirley Loftus-Charley

1	Braaten, Kitten	55	VMST-VA	1:30.53
		41.95	1:30.53	

Women 55-59 200 Yard Butterfly

VA: 2:44.22 V 1/30/2011 Shirley Loftus-Charley

1	Braaten, Kitten	55	VMST-VA	3:14.07
		43.07	1:31.84	2:22.98
				3:14.07

Women 55-59 200 Yard IM

VA: 2:35.70 V 4/23/2010 Shirley Loftus-Charley

1	Loftus-Charley, Shirley A	59	VMST-VA	2:36.87
		34.02	1:15.58	2:01.55
				2:36.87

Women 55-59 400 Yard IM

VA: 5:29.09 V 4/23/2010 Shirley Loftus-Charley

1	Loftus-Charley, Shirley A	59	VMST-VA	5:28.24V
		34.38	1:15.18	1:59.70
				2:41.98
		3:28.60	4:15.98	4:52.97
				5:28.24

Women 60-64 50 Yard Backstroke

VA: 38.27 V 1/24/2009 Marcia Barry

1	Gregory, Kathryn S	64	VMST-VA	43.94
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Women 60-64 100 Yard Backstroke

VA: 1:21.32 V 1/24/2009 Marcia Barry

1	Gregory, Kathryn S	64	VMST-VA	1:36.97
		47.25	1:36.97	

Women 60-64 200 Yard Backstroke

VA: 2:57.55 V 1/24/2009 Marcia Barry

1	Gregory, Kathryn S	64	VMST-VA	3:28.36
		48.07	1:41.11	2:35.97
				3:28.36

Women 60-64 100 Yard Breaststroke

VA: 1:28.26 V 5/12/1996 Johnnie Detrick

---	Gregory, Kathryn S	64	VMST-VA	DQ
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Women 60-64 100 Yard IM

VA: 1:24.92 V 5/20/2010 Pam Dameron

1	Gregory, Kathryn S	64	VMST-VA	1:40.53
		48.68	1:40.53	

Women 65-69 50 Yard Freestyle

VA: 30.42 V 5/17/2007 Beth Schreiner

1	Niles, Dorothy K	69	VMST-VA	42.97
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Women 65-69 100 Yard Freestyle

VA: 1:09.77 V 5/17/2007 Beth Schreiner

1	Niles, Dorothy K	69	VMST-VA	1:40.00
	45.44	1:40.00		

Women 65-69 200 Yard Freestyle

VA: 2:39.58 V 5/17/2007 Beth Schreiner

1	Dameron, Pam D	65	QMST-VA	2:53.79
	40.47	1:24.17	2:09.79	2:53.79
2	Durrant, Betsy	69	VMST-VA	2:58.55
	41.21	1:25.56	2:10.62	2:58.55

Women 65-69 50 Yard Backstroke

VA: 39.61 V 5/17/2007 Beth Schreiner

1	Dameron, Pam D	65	QMST-VA	44.08
2	Durrant, Betsy	69	VMST-VA	45.74

Women 65-69 100 Yard Backstroke

VA: 1:27.15 V 6/27/2007 Betsy Durrant

1	Martin, Judy	68	VMST-VA	1:46.09
	50.28	1:46.09		

Women 65-69 200 Yard Backstroke

VA: 3:14.58 V 5/7/2009 Betsy Durrant

1	Durrant, Betsy	69	VMST-VA	3:33.64
	49.65	1:43.28	2:38.28	3:33.64
2	Martin, Judy	68	VMST-VA	3:45.49
	51.21	1:48.12	2:47.34	3:45.49

Women 65-69 50 Yard Breaststroke

VA: 37.74 V 4/22/2004 Joann Leilich

1	Dameron, Pam D	65	QMST-VA	44.86
2	Niles, Dorothy K	69	VMST-VA	50.40

Women 65-69 100 Yard Breaststroke

VA: 1:23.95 V 4/22/2004 Joann Leilich

1	Dameron, Pam D	65	QMST-VA	1:38.20
	46.70	1:38.20		
2	Durrant, Betsy	69	VMST-VA	1:42.31
	47.22	1:42.31		
3	Niles, Dorothy K	69	VMST-VA	1:52.49
	52.22	1:52.49		

Women 65-69 200 Yard Breaststroke

VA: 3:01.50 V 4/2/2004 Joann Leilich

1	Dameron, Pam D	65	QMST-VA	3:31.46
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Women 70-74 100 Yard Freestyle

VA: 1:15.58 V 4/21/2006 Johnnie Detrick

1	Broderick, Kathleen M	72	VMST-VA	1:44.89
	48.98	1:44.89		

Women 70-74 200 Yard Freestyle

VA: 2:59.43 V 5/1/2008 Barbara Zaremski

1	Broderick, Kathleen M	72	VMST-VA	3:52.04
	53.40	1:51.83	2:51.52	3:52.04

Women 75-79 50 Yard Freestyle

VA: 42.80 V Marianna Berkley

1	Detrick, Johnnie	75	VMST-VA	34.85V
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Women 75-79 100 Yard Freestyle

VA: 1:40.66 V 4/24/2009 Lesley Francis

1	Detrick, Johnnie	75	VMST-VA	1:19.89V
	38.40	1:19.89		

Women 75-79 200 Yard Freestyle

VA: 3:37.85 V 4/24/2009 Lesley Francis

1	Detrick, Johnnie	75	VMST-VA	3:09.62V
	2:21.51	3:09.62		

Women 75-79 500 Yard Freestyle

VA: 9:39.50 V 4/24/2009 Lesley Francis

1	Detrick, Johnnie	75	VMST-VA	8:44.59V
	42.79	1:32.68	2:24.64	3:17.89
	4:11.32	5:04.87	5:59.00	6:53.57
	7:48.46	8:44.59		

Women 75-79 50 Yard Backstroke

VA: 54.66 V 6/1/1998 Marianna Berkley

1	Detrick, Johnnie	75	VMST-VA	49.27V
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Women 75-79 50 Yard Breaststroke

VA: 53.33 V 1/1/2002 Miriam Tuovila

1	Detrick, Johnnie	75	VMST-VA	48.17V
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Women 75-79 200 Yard IM

VA: 4:16.63 V 6/1/2002 Marianna Berkley

1	Detrick, Johnnie	75	VMST-VA	3:37.74V
	54.26	1:50.31	2:49.25	3:37.74

Women 80-84 500 Yard Freestyle

VA: 11:08.67 V 2/14/2004 Marianna Berkley

1	Sokolik, Terry	83	VMST-VA	12:07.74
	1:04.73	2:16.80	3:30.39	4:44.76
	5:58.93	7:13.84	8:28.32	9:41.08
	10:55.05	12:07.74		

Women 80-84 200 Yard Backstroke

VA: 4:51.99 V 4/2/2004 Marianna Berkley

1	Sokolik, Terry	83	VMST-VA	5:25.05
	1:15.99	2:39.01	4:02.92	5:25.05

Women 80-84 200 Yard IM

VA: 4:24.18 V 6/1/2003 Marianna Berkley

---	Sokolik, Terry	83	VMST-VA	DQ
	1:23.79	3:06.67		

Women 85-89 200 Yard Freestyle

VA: 4:21.41 V 5/7/1998 Marie Kelleher

1	Berkley, Marianna	88	VMST-VA	5:04.76
	1:06.69	2:26.96	3:50.87	5:04.76

Women 85-89 50 Yard Backstroke

VA: 1:05.71 V 2/9/2008 Marianna Berkley

1	Berkley, Marianna	88	VMST-VA	1:10.28
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Women 85-89 200 Yard Breaststroke

VA: 5:08.48 V 2/9/2008 Marianna Berkley

1	Berkley, Marianna	88	VMST-VA	5:42.92
	1:18.00	2:46.79	4:17.76	5:42.92

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Women 85-89 100 Yard IM

VA: 2:13.95 V 6/27/2007 Marianna Berkley

1	Berkley, Marianna	88	VMST-VA	2:31.68
	1:16.17	2:31.68		

Women 85-89 200 Yard IM

VA: 4:56.38 V 6/27/2007 Marianna Berkley

1	Berkley, Marianna	88	VMST-VA	5:26.56
	1:33.69	2:55.04	4:19.32	5:26.56

Women 95-99 50 Yard Freestyle

VA: 1:26.17 V 2/14/2009 Marie Kelleher

1	Kelleher, Marie K	98	VMST-VA	1:39.68
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Women 95-99 100 Yard Freestyle

VA: 3:02.75 V 2/9/2008 Marie Kelleher

1	Kelleher, Marie K	98	VMST-VA	3:23.90
	1:39.86	3:23.90		

Men 18-24 200 Yard Freestyle

VA: 1:44.34 V 5/19/2005 Benjamin Garrett

1	Galan, Peter A	21	TERR-MD	1:46.45
	25.47	52.17	1:19.78	1:46.45

Men 18-24 500 Yard Freestyle

VA: 4:37.17 V 5/19/2005 Benjamin Garrett

1	Galan, Peter A	21	TERR-MD	4:49.89
	27.29	56.23	1:25.02	1:54.21
	2:23.50	2:53.08	3:22.61	3:52.02
	4:21.81	4:49.89		

Men 18-24 100 Yard Breaststroke

VA: 58.69 V 5/21/1992 Neill Williams

1	Arencibia, Jordan	21	VMST-VA	1:00.03
	27.71	1:00.03		

Men 18-24 200 Yard Breaststroke

VA: 2:13.05 V 5/19/2005 Benjamin Garrett

1	Arencibia, Jordan	21	VMST-VA	2:13.64
	28.81	1:02.13	1:37.42	2:13.64

Men 18-24 100 Yard IM

VA: 52.85 V 5/21/1992 Neill Williams

1	Galan, Peter A	21	TERR-MD	57.46
	26.21	57.46		

Men 18-24 200 Yard IM

VA: 1:57.45 V 5/19/2005 Benjamin Garrett

1	Galan, Peter A	21	TERR-MD	2:00.79
	25.66	56.44	1:33.53	2:00.79

Men 18-24 400 Yard IM

VA: 4:07.94 V 5/19/2005 Benjamin Garrett

1	Galan, Peter A	21	TERR-MD	4:14.88
	26.42	56.39	1:29.39	2:01.26
	2:39.31	3:17.13	3:47.15	4:14.88

Men 25-29 50 Yard Freestyle

VA: 20.94 V 4/22/2004 Troy Johnson

1	Rhodes, Scott M	27	VMST-VA	22.60
2	Orr, Boyd A	25	VMST-VA	25.05

Men 25-29 100 Yard Freestyle

VA: 45.70 V 4/22/2004 Troy Johnson

1	Gaines, Billy	29	VMST-VA	48.49
	23.88	48.49		
2	Rhodes, Scott M	27	VMST-VA	48.58
	23.69	48.58		
3	Orr, Boyd A	25	VMST-VA	54.95
	25.49	54.95		
4	Cheatham, Josh	29	UNAT-VA	55.60
	26.32	55.60		
5	Tubman, Patrick	25	VMST-VA	55.88
	26.67	55.88		

Men 25-29 200 Yard Freestyle

VA: 1:41.48 V 4/22/2004 Troy Johnson

1	Gaines, Billy	29	VMST-VA	1:45.59
	24.89	51.78	1:18.66	1:45.59
2	Rhodes, Scott M	27	VMST-VA	1:50.83
	25.01	52.22	1:21.05	1:50.83
3	Koch, Gregory J	28	DCAC-PV	2:01.48
	28.88	59.21	1:30.64	2:01.48
4	Tubman, Patrick	25	VMST-VA	2:06.15
	29.02	1:00.51	1:33.24	2:06.15

Men 25-29 500 Yard Freestyle

VA: 4:42.26 V 4/2/2004 Frank Byskov

1	Koch, Gregory J	28	DCAC-PV	5:37.21
	28.55	1:00.30	1:32.37	2:06.24
	2:40.70	3:15.64	3:51.52	4:27.34
	5:02.64	5:37.21		

Men 25-29 1000 Yard Freestyle

VA: 10:14.97 V 6/1/1992 Scott Robinson

1	Gaines, Billy	29	VMST-VA	10:07.29V
	26.55	57.13	1:28.42	1:58.94
	2:30.03	3:00.35	3:30.54	4:01.04
	4:31.69	5:02.43	5:33.56	6:04.05
	6:34.86	7:05.71	7:36.66	8:07.32
	8:38.31	9:08.71	9:38.81	10:07.29

Men 25-29 1650 Yard Freestyle

VA: 17:46.68 V 2/13/2010 Adam Barley

1	Barley, Adam S	29	VMST-VA	17:05.57V
	28.34	59.04	1:30.09	2:01.26
	2:32.54	3:03.75	3:34.69	4:05.79
	4:36.53	5:07.93	5:39.13	6:10.12
	6:41.02	7:12.12	7:43.24	8:14.56
	8:45.95	9:17.37	9:48.70	10:19.90
	10:51.21	11:22.35	11:53.70	12:25.10
	12:56.64	13:28.07	13:59.66	14:31.46
	15:02.85	15:34.28	16:05.41	16:36.25
				17:05.57

Men 25-29 50 Yard Backstroke

VA: 23.97 V 4/22/2004 Troy Johnson

1	Gaines, Billy	29	VMST-VA	25.75
2	Koch, Gregory J	28	DCAC-PV	28.73

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Men 25-29 100 Yard Backstroke

VA: 51.99 V 3/9/2007 Lee Jewell

1	Gaines, Billy	29	VMST-VA	1:03.27
	29.74	1:03.27		
2	Cheatham, Josh	29	UNAT-VA	1:06.80
	32.98	1:06.80		

Men 25-29 200 Yard Backstroke

VA: 1:53.60 V 1/1/1994 Chris Stevenson

1	Koch, Gregory J	28	DCAC-PV	2:15.00
	30.63	1:04.44	1:39.65	2:15.00

Men 25-29 100 Yard Breaststroke

VA: 57.49 V 5/16/1994 Neill Williams

1	Barley, Adam S	29	VMST-VA	1:04.67
	30.68	1:04.67		

Men 25-29 50 Yard Butterfly

VA: 23.49 V 4/2/2004 Frank Byskov

1	Koch, Gregory J	28	DCAC-PV	27.48
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Men 25-29 100 Yard Butterfly

VA: 50.52 V 4/2/2004 Frank Byskov

1	Barley, Adam S	29	VMST-VA	53.98
	25.67	53.98		

Men 25-29 200 Yard Butterfly

VA: 1:54.52 V 2/9/2008 Scott Halasz

1	Barley, Adam S	29	VMST-VA	1:59.20
	26.92	56.87	1:27.80	1:59.20

Men 25-29 100 Yard IM

VA: 52.26 V 5/16/1994 Neill Williams

1	Koch, Gregory J	28	DCAC-PV	1:02.16
	27.85	1:02.16		

Men 25-29 200 Yard IM

VA: 1:55.03 V 4/2/2004 Frank Byskov

1	Barley, Adam S	29	VMST-VA	2:02.06
	26.03	57.54	1:33.35	2:02.06
2	Gaines, Billy	29	VMST-VA	2:02.96
	25.84	57.44	1:34.78	2:02.96
3	Rhodes, Scott M	27	VMST-VA	2:06.31
	25.61	56.80	1:36.18	2:06.31

Men 25-29 400 Yard IM

VA: 4:16.15 V 3/11/2004 Frank Byskov

1	Gaines, Billy	29	VMST-VA	4:24.28
	27.18	58.39	1:32.74	2:06.20
	2:45.68	3:25.34	3:55.64	4:24.28

Men 30-34 50 Yard Freestyle

VA: 20.93 V 1/27/2007 Daniel Summerlin

1	Quinn, Joshua J	30	URMS-VA	23.07
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Men 30-34 100 Yard Freestyle

VA: 46.38 V 4/11/2008 Troy Johnson

1	Quinn, Joshua J	30	URMS-VA	51.37
	24.60	51.37		
2	Bender, Thomas John	34	UNAT-VA	56.31
	27.24	56.31		

3	Richardson, Kevin E	34	VMST-VA	1:01.21
	30.22	1:01.21		
4	Crowe, John F	33	DCAC-PV	1:03.12
	30.69	1:03.12		

Men 30-34 200 Yard Freestyle

VA: 1:44.90 V 5/21/1995 Chris Stevenson

1	Parker, Cliff A	34	VMST-VA	1:57.60
	27.84	57.41	1:27.43	1:57.60
2	Quinn, Joshua J	30	URMS-VA	1:58.51
	26.41	56.25	1:28.65	1:58.51
3	Richard, Jean-Philippe	34	DCAC-PV	1:59.38
	27.73	57.71	1:28.38	1:59.38
4	Richardson, Kevin E	34	VMST-VA	2:13.35
	30.48	1:04.35	1:39.22	2:13.35
5	Crowe, John F	33	DCAC-PV	2:14.55
	32.05	1:05.96	1:40.16	2:14.55

Men 30-34 500 Yard Freestyle

VA: 4:43.29 V 5/21/1995 Chris Stevenson

1	Bender, Thomas John	34	UNAT-VA	5:50.28
	28.42	1:01.28	1:37.28	2:13.76
	2:50.11	3:26.45	4:03.34	4:39.92
	5:17.14	5:50.28		
2	Crowe, John F	33	DCAC-PV	6:08.34
	33.11	1:08.63	1:45.74	2:23.37
	3:01.54	3:39.17	4:16.91	4:54.20
	5:31.63	6:08.34		
3	Foster, Brad	32	VMST-VA	6:44.29
	34.01	1:10.03	1:48.78	2:29.23
	3:10.86	3:53.40	4:36.37	5:19.61
	6:02.48	6:44.29		

Men 30-34 1000 Yard Freestyle

VA: 10:30.44 V John Lowe

1	Robbins, Michael W	30	VMST-VA	13:12.80
	33.07	1:10.52	1:49.69	2:29.34
	3:10.33	3:51.50	4:32.23	5:12.71
	5:52.71	6:33.22	7:14.10	7:54.96
	8:36.50	9:18.57	9:59.45	10:40.47
	11:21.82	12:02.72	12:40.35	13:12.80

Men 30-34 1650 Yard Freestyle

VA: 17:31.33 V 5/16/1994 John Lowe

1	Richard, Jean-Philippe	34	DCAC-PV	19:21.84
	31.33	1:04.94	1:39.78	2:14.96
	2:50.97	3:27.18	4:03.33	4:40.04
	5:17.16	5:53.59	6:29.26	7:04.21
	7:40.25	8:16.42	8:52.53	9:28.70
	10:04.41	10:39.85	11:15.77	11:51.33
	12:26.22	13:00.90	13:35.66	14:10.35
	14:45.22	15:20.31	15:55.41	16:30.46
	17:05.18	17:40.01	18:14.96	18:49.17
				19:21.84

Men 30-34 50 Yard Backstroke

VA: 24.18 V 5/21/1995 Chris Stevenson

1	Crowe, John F	33	DCAC-PV	34.10
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Men 30-34 200 Yard Backstroke

VA: 1:54.10 V 5/21/1995 Chris Stevenson

1	Crowe, John F	33	DCAC-PV	2:30.83
	36.42	1:13.87	1:52.61	2:30.83

Men 30-34 50 Yard Breaststroke

VA: 27.31 V 5/8/1998 Coll Haddon

1	Richardson, Kevin E	34	VMST-VA	35.97
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Men 30-34 100 Yard Breaststroke

VA: 1:00.14 V 5/14/2002 Neill Williams

1	Parker, Cliff A	34	VMST-VA	1:06.66
	31.83	1:06.66		
2	Richard, Jean-Philippe	34	DCAC-PV	1:08.74
	32.47	1:08.74		
3	Richardson, Kevin E	34	VMST-VA	1:19.91
	37.71	1:19.91		

Men 30-34 200 Yard Breaststroke

VA: 2:15.57 V 5/14/2002 Neill Williams

1	Parker, Cliff A	34	VMST-VA	2:24.38
	33.43	1:10.23	1:47.65	2:24.38
2	Richard, Jean-Philippe	34	DCAC-PV	2:26.85
	33.19	1:11.06	1:49.63	2:26.85

Men 30-34 100 Yard Butterfly

VA: 50.08 V 12/2/2010 Matt Haupt

1	Parker, Cliff A	34	VMST-VA	59.87
	28.29	59.87		

Men 30-34 200 Yard Butterfly

VA: 1:49.63 V 12/2/2010 Matt Haupt

1	Robbins, Michael W	30	VMST-VA	2:24.64
	29.70	1:04.28	1:41.37	2:24.64

Men 30-34 100 Yard IM

VA: 53.09 V 1/27/2007 Daniel Summerlin

1	Richard, Jean-Philippe	34	DCAC-PV	1:02.17
	29.72	1:02.17		

Men 30-34 200 Yard IM

VA: 1:57.59 V 1/27/2007 Daniel Summerlin

1	Parker, Cliff A	34	VMST-VA	2:08.92
	27.54	1:01.67	1:38.37	2:08.92
2	Crowe, John F	33	DCAC-PV	2:35.68
	35.27	1:13.78	2:01.15	2:35.68

Men 30-34 400 Yard IM

VA: 4:29.25 V 4/23/2010 Peter De Hart

1	Parker, Cliff A	34	VMST-VA	4:41.68
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Men 35-39 50 Yard Freestyle

VA: 21.18 V 1/26/2008 Daniel Summerlin

1	Curtis, Brian H	39	UNAT-VA	25.24
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Men 35-39 50 Yard Freestyle Novice

VA: 21.18 V 1/26/2008 Daniel Summerlin

1	Kelly, Brendan F	37	VMST-VA	30.82
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Men 35-39 100 Yard Freestyle

VA: 47.78 V 1/26/2008 Daniel Summerlin

1	Martin, Andrew	36	YOTA-NC	52.16
	25.88	52.16		
2	Curtis, Brian H	39	UNAT-VA	55.56
	26.42	55.56		
3	Moon, WonKee	36	DCAC-PV	55.70
	27.32	55.70		
4	Seay, Matt R	38	QMST-VA	57.05
	26.02	57.05		
5	Kelly, Brendan F	37	VMST-VA	1:08.23
	32.30	1:08.23		

Men 35-39 200 Yard Freestyle

VA: 1:47.91 V 4/1/2000 Chris Stevenson

1	Carlson, John	39	RMST-PV	2:13.55
	29.98	1:03.83	1:39.06	2:13.55
2	Kelly, Brendan F	37	VMST-VA	2:34.45
	35.14	1:14.17	1:55.15	2:34.45

Men 35-39 500 Yard Freestyle

VA: 4:50.41 V 4/1/2000 Chris Stevenson

1	Carlson, John	39	RMST-PV	6:17.19
	34.39		1:12.16	1:50.50
	2:29.25	3:07.33	3:46.80	4:25.23
	5:03.74	6:17.19		

Men 35-39 1000 Yard Freestyle

VA: 10:20.44 V 1/1/1996 John Lowe

1	Carlson, John	39	RMST-PV	12:41.68
	35.10	1:12.87	1:50.67	2:28.55
	3:06.62	3:44.87	4:23.21	5:01.79
	5:40.47	6:19.18	6:57.58	7:35.18
	8:13.91	8:51.56	9:29.64	10:08.19
	10:46.44	11:24.93	12:03.67	12:41.68

Men 35-39 1650 Yard Freestyle

VA: 17:13.17 V 1/1/1996 John Lowe

1	Carlson, John	39	RMST-PV	21:30.96
			3:10.07	
			4:26.80	5:05.34
	6:22.77	21:30.96		

Men 35-39 200 Yard Backstroke

VA: 1:55.48 V 4/1/2000 Chris Stevenson

1	Martin, Andrew	36	YOTA-NC	2:10.15
	31.13	1:03.77	1:37.18	2:10.15

Men 35-39 50 Yard Breaststroke

VA: 28.20 V 1/1/1993 Michael Slowey

1	Goodison, Michael R	38	TERR-MD	29.35
2	Seay, Matt R	38	QMST-VA	31.33
3	Moon, WonKee	36	DCAC-PV	32.64
4	Kelly, Brendan F	37	VMST-VA	39.45

Men 35-39 100 Yard Breaststroke

VA: 1:01.50 V 1/1/1993 Michael Slowey

1	Goodison, Michael R	38	TERR-MD	1:04.53
	30.73	1:04.53		

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(Men 35-39 100 Yard Breaststroke)

2	Moon, WonKee	36	DCAC-PV	1:09.09
	31.96	1:09.09		
3	Martin, Andrew	36	YOTA-NC	1:09.65
	33.65	1:09.65		
4	Seay, Matt R	38	QMST-VA	1:10.50
	32.76	1:10.50		

Men 35-39 200 Yard Breaststroke

VA: 2:15.38 V 6/1/1993 Michael Slowey

1	Goodison, Michael R	38	TERR-MD	2:25.44
	33.25	1:10.96	1:48.60	2:25.44
2	Moon, WonKee	36	DCAC-PV	2:29.33
	34.54	1:12.14	1:50.33	2:29.33

Men 35-39 50 Yard Butterfly

VA: 23.85 V 1/26/2008 Daniel Summerlin

1	Carlson, John	39	RMST-PV	28.20
2	Curtis, Brian H	39	UNAT-VA	28.72

Men 35-39 100 Yard Butterfly

VA: 51.69 V 1/26/2008 Daniel Summerlin

1	Carlson, John	39	RMST-PV	1:05.65
	31.33	1:05.65		

Men 35-39 200 Yard Butterfly

VA: 1:58.92 V 4/1/2000 Chris Stevenson

1	Martin, Andrew	36	YOTA-NC	2:13.29
	29.96	1:03.22	1:37.50	2:13.29
2	Carlson, John	39	RMST-PV	2:46.86
	35.75	1:18.76	2:04.15	2:46.86

Men 35-39 100 Yard IM

VA: 56.15 V 4/21/2001 David Malsbury

1	Seay, Matt R	38	QMST-VA	1:06.04
	31.31	1:06.04		
2	Kelly, Brendan F	37	VMST-VA	1:19.91
	37.96	1:19.91		
---	Moon, WonKee	36	DCAC-PV	DQ
	30.06	DQ		

Men 35-39 200 Yard IM

VA: 1:59.02 V 1/26/2008 Daniel Summerlin

1	Moon, WonKee	36	DCAC-PV	2:16.72
	28.56	1:04.25	1:44.04	2:16.72

Men 35-39 400 Yard IM

VA: 4:24.06 V 6/1/2004 Robert St. Jean

1	Martin, Andrew	36	YOTA-NC	4:39.11
	28.75	1:01.42	1:36.37	2:10.92
	2:51.85	3:33.18	4:06.92	4:39.11
2	Moon, WonKee	36	DCAC-PV	4:52.44
	30.33	1:06.92	1:46.20	2:24.73
	3:05.48	3:46.37	4:20.20	4:52.44
3	Carlson, John	39	RMST-PV	6:16.67
	37.61	1:21.37	2:08.92	2:54.25
	3:57.38	4:58.34	5:38.22	6:16.67

Men 40-44 50 Yard Freestyle Novice

VA: 21.79 V John Tudor

1	Fahr, John	42	DCAC-PV	25.97
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Men 40-44 50 Yard Freestyle

VA: 21.79 V John Tudor

1	Ridgway, William R	42	UNAT-VA	33.17
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Men 40-44 100 Yard Freestyle

VA: 47.58 V 4/27/2000 John Tudor

1	Williams, Neill	42	DCAC-PV	54.14
	25.85	54.14		
2	Eliasek, Steven	42	QMST-VA	54.89
	26.31	54.89		
3	Fahr, John	42	DCAC-PV	57.25
	28.23	57.25		

Men 40-44 200 Yard Freestyle

VA: 1:44.37 V 3/6/2009 Chris Stevenson

1	Pohnert, Steven C	40	RMST-PV	2:07.21
	29.52	1:02.03	1:34.67	2:07.21
2	Fahr, John	42	DCAC-PV	2:07.27
	28.42	1:00.31	1:34.32	2:07.27
3	Eliasek, Steven	42	QMST-VA	2:11.46
	30.03	1:01.74	1:35.50	2:11.46
4	Newsome, Mike	40	DCAC-PV	2:21.27
	32.45	1:08.06	1:44.00	2:21.27

Men 40-44 500 Yard Freestyle

VA: 4:42.67 V 5/7/2009 Chris Stevenson

1	Newsome, Mike	40	DCAC-PV	6:40.86
	32.06	1:07.99	1:46.77	2:27.56
	3:08.93	3:52.13	4:35.29	5:18.44
	6:01.36	6:40.86		

Men 40-44 1000 Yard Freestyle

VA: 9:50.25 V 4/18/2009 Chris Stevenson

1	Bradley, Patrick J	44	STON-VA	13:09.80
	34.10	1:11.88	1:51.24	2:31.32
	3:11.18	3:51.20	4:30.69	5:10.47
	5:50.90	6:30.95	7:10.60	7:49.76
	8:29.61	9:09.67	9:49.83	10:31.06
	11:11.83	11:51.23	12:31.23	13:09.80

Men 40-44 1650 Yard Freestyle

VA: 17:40.34 V 4/10/2010 Rob St Jean

1	Holland, Dave	43	VMST-VA	18:43.07
	31.92	1:06.57	1:41.71	2:17.00
	2:52.04	3:26.69	4:01.10	4:35.50
	5:09.77	5:44.03	6:17.74	6:51.46
	7:25.79	7:59.96	8:34.43	9:08.65
	9:42.83	10:16.61	10:50.43	11:24.36
	11:58.26	12:32.50	13:06.35	13:40.32
	14:14.46	14:48.47	15:22.85	15:56.68
	16:30.26	17:03.74	17:37.73	18:10.78
				18:43.07

Men 40-44 50 Yard Backstroke

VA: 24.45 V 4/11/2008 Chris Stevenson

1	Newsome, Mike	40	DCAC-PV	36.62
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Men 40-44 200 Yard Backstroke

VA: 1:51.10 V 5/7/2009 Chris Stevenson

1	Pohnert, Steven C	40	RMST-PV	2:45.04
	39.30	1:20.22	2:02.29	2:45.04

Men 40-44 100 Yard Breaststroke

VA: 1:02.36 V 5/7/1998 Michael Slowey

1	Holland, Dave	43	VMST-VA	1:13.56
	34.44	1:13.56		
---	Ridgway, William R	42	UNAT-VA	DQ
	45.39	DQ		

Men 40-44 200 Yard Breaststroke

VA: 2:18.21 V 5/7/1998 Michael Slowey

1	Williams, Neill	42	DCAC-PV	2:25.90
	31.95	1:09.14	1:47.36	2:25.90
2	Bradley, Patrick J	44	STON-VA	2:51.25
	38.49	1:22.18	2:06.38	2:51.25

Men 40-44 50 Yard Butterfly

VA: 23.82 V 5/7/2009 Chris Stevenson

---	Ridgway, William R	42	UNAT-VA	DQ
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Men 40-44 50 Yard Butterfly Novice

VA: 23.82 V 5/7/2009 Chris Stevenson

1	Fahr, John	42	DCAC-PV	30.79
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Men 40-44 100 Yard Butterfly

VA: 50.81 V 5/7/2009 Chris Stevenson

1	Williams, Neill	42	DCAC-PV	57.60
	26.49	57.60		
2	Eliasek, Steven	42	QMST-VA	1:05.63
	29.29	1:05.63		

Men 40-44 200 Yard Butterfly

VA: 1:54.85 V 5/7/2009 Chris Stevenson

1	Holland, Dave	43	VMST-VA	2:13.94
	29.77	1:03.42	1:38.26	2:13.94

Men 40-44 100 Yard IM

VA: 55.67 V 5/8/1998 John Tudor

1	Williams, Neill	42	DCAC-PV	58.06
	26.65	58.06		
2	Eliasek, Steven	42	QMST-VA	1:02.79
	28.78	1:02.79		
3	Holland, Dave	43	VMST-VA	1:03.34
	29.39	1:03.34		
4	Newsome, Mike	40	DCAC-PV	1:12.89
	33.97	1:12.89		

Men 40-44 200 Yard IM

VA: 2:03.51 V 4/27/2000 John Tudor

1	Williams, Neill	42	DCAC-PV	2:12.65
	26.84	1:01.88	1:39.96	2:12.65
2	Newsome, Mike	40	DCAC-PV	2:41.15
	33.42	1:14.86	2:04.12	2:41.15

Men 40-44 400 Yard IM

VA: 4:23.70 V 2/9/2008 Chris Stevenson

1	Holland, Dave	43	VMST-VA	4:48.20
	30.48	1:05.13	1:43.10	2:20.33
	3:01.37	3:42.42	4:15.66	4:48.20
2	Bradley, Patrick J	44	STON-VA	5:40.93
	36.50	1:22.68	2:07.65	2:50.97
	3:37.40	4:23.96	5:03.16	5:40.93

Men 45-49 50 Yard Freestyle

VA: 22.91 V 5/17/2007 David Malsbury

1	Robinson, Jim D	47	VMST-VA	25.46
2	Torney, Chris	47	VMST-VA	28.32

Men 45-49 100 Yard Freestyle

VA: 50.97 V 5/17/2007 Todd Cooke

1	Jones, Rob	45	UNAT-VA	51.84
	25.25	51.84		
2	Quinones, Enrique	47	DCAC-PV	53.98
	26.48	53.98		
3	Robinson, Jim D	47	VMST-VA	55.52
4	Czander, Eric W	45	DCAC-PV	59.07
	28.39	59.07		
5	Torney, Chris	47	VMST-VA	1:02.48
	31.28	1:02.48		

Men 45-49 200 Yard Freestyle

VA: 1:45.92 V 3/5/2010 Chris Stevenson

1	Quinones, Enrique	47	DCAC-PV	2:01.46
	29.12	59.61	1:31.05	2:01.46
2	Dever, Frederick E	45	DCAC-PV	2:05.38
	29.16	1:00.18	1:32.73	2:05.38
3	Brown, David	49	UNAT-VA	2:21.96
	32.04	1:07.37	1:45.11	2:21.96

Men 45-49 500 Yard Freestyle

VA: 5:08.29 V 1/7/2011 Chris Stevenson

1	Torney, Chris	47	VMST-VA	6:13.34
	33.05	1:08.58	3:02.90	3:41.77
				5:01.36
				6:13.34

Men 45-49 1000 Yard Freestyle

VA: 10:24.07 V 1/7/2011 Chris Stevenson

1	Dever, Frederick E	45	DCAC-PV	11:41.40
	30.76	1:04.55	1:39.08	2:13.94
	2:48.41	3:23.02	3:57.81	4:32.79
	5:08.33	5:43.55	6:19.31	6:54.95
	7:30.80	8:06.47	8:42.61	9:18.71
	9:54.83	10:31.44	11:07.70	11:41.40
2	Sushkoff, George A	45	VMST-VA	11:43.75
	31.62	1:06.16	1:41.40	2:16.76
	2:51.87	3:27.34	4:03.05	4:38.59
	5:13.88	5:49.46	6:25.05	7:00.35
	7:35.66	8:11.09	8:46.72	9:22.37
	9:57.88	10:33.53	11:09.35	11:43.75

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Men 45-49 1650 Yard Freestyle

VA: 17:20.40 V 1/7/2011 Chris Stevenson

1	Jones, Rob	45	UNAT-VA	18:10.32
	29.29	1:01.11	1:33.60	2:06.28
	2:38.49	3:10.92	3:43.61	4:16.21
	4:49.14	5:22.15	5:55.03	6:27.95
	7:00.97	7:33.95	8:07.40	8:40.56
	9:13.79	9:47.13	10:20.71	10:54.27
	11:27.97	12:01.16	12:35.06	13:08.58
	13:42.14	14:15.55	14:49.33	15:23.35
	15:56.95	16:30.64	17:04.47	17:37.97
				18:10.32
2	Brown, David	49	UNAT-VA	21:40.71
	35.29	1:13.09	1:52.25	2:31.57
	3:11.59	3:51.62	4:31.24	5:11.17
	5:51.03	6:30.95	7:10.78	7:50.87
	8:30.72	9:10.12	9:49.73	10:29.48
	11:09.31	11:49.31	12:28.86	13:08.74
	13:48.63	14:28.39	15:07.99	15:47.94
	16:27.62	17:07.55	17:47.00	18:26.88
	19:06.26	19:45.34	20:24.58	21:03.29
				21:40.71

Men 45-49 50 Yard Backstroke

VA: 24.28 V 5/20/2010 Chris Stevenson

1	Stevenson, Chris	46	VMST-VA	25.32
2	Robinson, Jim D	47	VMST-VA	30.83
3	Czander, Eric W	45	DCAC-PV	32.17

Men 45-49 50 Yard Backstroke Novice

VA: 24.28 V 5/20/2010 Chris Stevenson

1	Quinones, Enrique	47	DCAC-PV	31.02
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Men 45-49 100 Yard Backstroke

VA: 51.74 V 3/5/2010 Chris Stevenson

1	Stevenson, Chris	46	VMST-VA	53.58
	26.10	53.58		
2	Jones, Rob	45	UNAT-VA	1:01.73
	30.41	1:01.73		
3	Sushkoff, George A	45	VMST-VA	1:05.64
	32.05	1:05.64		
4	Robinson, Jim D	47	VMST-VA	1:05.84
	32.56	1:05.84		
5	Czander, Eric W	45	DCAC-PV	1:07.90
	33.39	1:07.90		

Men 45-49 200 Yard Backstroke

VA: 1:55.05 V 3/5/2010 Chris Stevenson

1	Stevenson, Chris	46	VMST-VA	2:00.01
	28.51	58.90	1:29.65	2:00.01
2	Czander, Eric W	45	DCAC-PV	2:23.70
	34.66	1:10.31	1:46.96	2:23.70

Men 45-49 200 Yard Breaststroke

VA: 2:25.42 V Michael Slowey

1	Sushkoff, George A	45	VMST-VA	2:39.89
	36.63	1:17.40	1:58.49	2:39.89

Men 45-49 50 Yard Butterfly

VA: 23.89 V 3/5/2010 Chris Stevenson

1	Stevenson, Chris	46	VMST-VA	24.62
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*2	Robinson, Jim D	47	VMST-VA	28.59
*2	Torney, Chris	47	VMST-VA	34.39

Men 45-49 100 Yard Butterfly

VA: 51.36 V 3/5/2010 Chris Stevenson

1	Stevenson, Chris	46	VMST-VA	53.67
	25.38	53.67		
2	Dever, Frederick E	45	DCAC-PV	1:02.36
	29.24	1:02.36		
3	Torney, Chris	47	VMST-VA	1:20.67
	37.68	1:20.67		

Men 45-49 200 Yard Butterfly

VA: 1:57.08 V 3/5/2010 Chris Stevenson

1	Stevenson, Chris	46	VMST-VA	2:03.37
	27.56	58.84	1:30.64	2:03.37
2	Dever, Frederick E	45	DCAC-PV	2:21.02
	31.27	1:06.64	1:42.33	2:21.02

Men 45-49 100 Yard IM

VA: 54.99 V 5/20/2010 Chris Stevenson

1	Jones, Rob	45	UNAT-VA	1:00.13
	27.12	1:00.13		
2	Sushkoff, George A	45	VMST-VA	1:05.86
	31.50	1:05.86		
3	Czander, Eric W	45	DCAC-PV	1:06.68
	31.40	1:06.68		

Men 45-49 400 Yard IM

VA: 4:17.52 V 5/20/2010 Chris Stevenson

1	Stevenson, Chris	46	VMST-VA	4:28.46
	27.65	58.95	1:32.58	2:05.40
	2:45.57	3:26.61	3:58.05	4:28.46
2	Czander, Eric W	45	DCAC-PV	5:08.12
	33.62	1:12.20	1:52.72	2:32.17
	3:14.60	3:57.54	4:33.73	5:08.12

Men 50-54 50 Yard Freestyle

VA: 23.66 V 4/21/2006 Louis Tudor

1	Wren, Mike M	54	VMST-VA	26.51
2	Rickard, Alan K	53	FXCM-PV	26.92

Men 50-54 50 Yard Freestyle Novice

VA: 23.66 V 4/21/2006 Louis Tudor

1	Trenz, Tom	50	UNAT-VA	26.20
2	Bullard, John B	51	VMST-VA	29.60

Men 50-54 100 Yard Freestyle

VA: 52.75 V 4/21/2006 Louis Tudor

1	Wren, Mike M	54	VMST-VA	57.85
	28.11	57.85		
2	Rickard, Alan K	53	FXCM-PV	58.70
	28.32	58.70		
3	Sealey, Thomas B	50	GAJA-GA	1:02.75
	29.49	1:02.75		

Men 50-54 200 Yard Freestyle

VA: 2:01.15 V 4/23/2010 Mark Jarosz

1	Kutz, Mark D	54	VMST-VA	2:15.70
	33.22	1:08.26	1:41.87	2:15.70

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(Men 50-54 200 Yard Freestyle)

2 Rickard, Alan K	53 FXCM-PV	2:18.63
32.01	1:07.09	1:43.54 2:18.63

Men 50-54 500 Yard Freestyle

VA: 5:23.90 V 2/14/2009 Jim McFarland

1 Sealey, Thomas B	50 GAJA-GA	6:21.73
5:51.55	6:21.73	
2 Swiger, Ralph B	54 VMST-VA	7:22.17
38.38	1:21.09	2:05.05 2:49.55
3:34.53	4:19.73	5:05.92 5:52.19
6:38.00	7:22.17	
3 Stone, Bryan A	54 VMST-VA	8:06.78
39.60	1:26.00	2:16.81 3:07.75
3:58.48	4:48.25	5:39.44 6:30.00
7:19.07	8:06.78	

Men 50-54 1000 Yard Freestyle

VA: 11:23.54 V 4/24/2009 Jim McFarland

1 Sealey, Thomas B	50 GAJA-GA	12:47.17
34.16	1:12.11	1:50.62 2:29.28
3:07.81	3:46.21	4:25.11 5:03.95
5:42.82	6:21.73	7:00.53 7:39.43
8:18.48	8:57.02	9:35.50 10:14.44
10:52.97	11:32.71	12:11.35 12:47.17
2 Swiger, Ralph B	54 VMST-VA	15:09.59
38.76	1:21.94	2:05.86 2:50.67
3:36.87	4:22.87	5:08.29 5:54.35
6:40.30	7:27.36	8:13.57 8:59.66
9:45.68	10:32.47	11:19.26 12:06.62
12:53.22	13:39.66	14:26.21 15:09.59
3 Stone, Bryan A	54 VMST-VA	16:04.98
		1:54.35 2:57.93
		6:13.70
7:03.66	16:04.98	

Men 50-54 1650 Yard Freestyle

VA: 18:52.71 V 2/14/2009 Jim McFarland

1 McFarland, Jim	52 VMST-VA	20:14.77
32.58	1:07.77	1:43.97 2:20.23
2:56.70	3:33.31	4:09.91 4:46.63
5:23.44	6:00.19	6:37.32 7:13.92
7:50.96	8:27.97	9:05.24 9:42.76
10:19.50	10:56.82	11:34.34 12:11.39
12:48.92	13:26.12	14:03.56 14:41.14
15:18.18	15:55.44	16:32.51 17:09.46
17:46.94	18:24.55	19:02.01 19:39.27
		20:14.77

2 Sealey, Thomas B	50 GAJA-GA	21:34.83
33.57	1:10.10	1:48.74 2:27.70
3:07.51	3:46.89	4:26.50 5:05.98
5:45.91	6:26.29	7:06.42 7:46.58
8:26.56	9:06.40	9:47.40 10:27.68
11:06.79	11:46.63	12:26.70 13:06.45
13:46.91	14:26.76	15:06.20 15:45.61
16:25.35	17:04.95	17:44.11 18:23.29
19:02.25	19:40.77	20:20.04 20:58.03
21:34.83		
3 Stone, Bryan A	54 VMST-VA	27:44.93
42.08	1:29.70	2:19.69 3:08.88
3:58.04	4:49.53	5:41.35 6:31.99
7:23.52	8:14.52	9:05.47 9:56.61
10:47.16	11:38.14	12:28.80 13:19.75
14:10.38	15:01.32	15:52.37 16:43.56
17:34.48	18:25.19	19:16.13 20:06.07
20:56.52	21:48.34	22:39.37 23:30.45
24:21.12	25:12.78	26:02.08 26:53.55
		27:44.93

Men 50-54 100 Yard Backstroke

VA: 59.07 V 4/27/2000 Rick Stringer

1 Swiger, Ralph B	54 VMST-VA	1:27.80
43.14	1:27.80	

Men 50-54 50 Yard Breaststroke Novice

VA: 29.31 V 5/1/2008 Michael Slowey

1 Wren, Mike M	54 VMST-VA	35.80
2 Bullard, John B	51 VMST-VA	37.16

Men 50-54 50 Yard Breaststroke

VA: 29.31 V 5/1/2008 Michael Slowey

1 Swiger, Ralph B	54 VMST-VA	42.33
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Men 50-54 100 Yard Breaststroke

VA: 1:03.10 V 6/1/2008 Michael Slowey

1 Sealey, Thomas B	50 GAJA-GA	1:25.41
39.61	1:25.41	
2 Swiger, Ralph B	54 VMST-VA	1:30.28
42.97	1:30.28	

Men 50-54 200 Yard Breaststroke

VA: 2:26.69 V 5/1/2008 Michael Slowey

1 Swiger, Ralph B	54 VMST-VA	3:18.73
45.31	1:35.76	2:27.28 3:18.73

Men 50-54 50 Yard Butterfly

VA: 26.07 V 4/21/2006 Louis Tudor

1 Kutz, Mark D	54 VMST-VA	30.53
2 Rickard, Alan K	53 FXCM-PV	32.24

Men 50-54 50 Yard Butterfly Novice

VA: 26.07 V 4/21/2006 Louis Tudor

1 Bullard, John B	51 VMST-VA	32.88
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Men 50-54 100 Yard Butterfly

VA: 59.29 V 4/21/2006 Louis Tudor

1 Kutz, Mark D	54 VMST-VA	1:13.91
35.13	1:13.91	
2 Swiger, Ralph B	54 VMST-VA	1:33.85
42.72	1:33.85	

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Men 50-54 200 Yard Butterfly

VA: 2:28.46 V 2/13/2010 Bill Grawe

1	Kutz, Mark D	54	VMST-VA	2:43.96
	37.13	1:19.10	2:01.00	2:43.96
2	Sealey, Thomas B	50	GAJA-GA	2:54.21
	36.57	1:19.95	2:06.90	2:54.21
3	Swiger, Ralph B	54	VMST-VA	3:31.62
	44.20	1:36.84	2:33.54	3:31.62

Men 50-54 100 Yard IM

VA: 1:00.43 V 4/27/2000 Rick Stringer

1	Kutz, Mark D	54	VMST-VA	1:09.09
	32.18	1:09.09		
2	Wren, Mike M	54	VMST-VA	1:11.93
	34.84	1:11.93		
3	Rickard, Alan K	53	FXCM-PV	1:15.13
	36.42	1:15.13		
4	Bullard, John B	51	VMST-VA	1:16.57
	35.35	1:16.57		

Men 50-54 200 Yard IM

VA: 2:12.77 V 5/19/2005 Lang Meem

1	Kutz, Mark D	54	VMST-VA	2:31.70
	33.27	1:12.01	1:56.53	2:31.70
2	Sealey, Thomas B	50	GAJA-GA	2:40.26
	35.07	1:15.37	2:03.85	2:40.26
3	Stone, Bryan A	54	VMST-VA	3:05.88
	41.31	1:28.38	2:20.09	3:05.88

Men 50-54 400 Yard IM

VA: 4:51.62 V 4/27/2000 Rick Stringer

1	Kutz, Mark D	54	VMST-VA	5:32.92
	35.89	1:17.33	1:59.77	2:41.42
	3:29.40	4:17.44	4:56.60	5:32.92
2	Sealey, Thomas B	50	GAJA-GA	5:36.06
	36.55	1:19.53	2:03.49	2:44.93
	3:32.32	4:20.71	4:59.58	5:36.06
3	Swiger, Ralph B	54	VMST-VA	6:31.17
	42.75	1:33.58	2:25.17	3:15.69
	4:09.13	5:04.33	5:48.91	6:31.17
4	Stone, Bryan A	54	VMST-VA	7:16.46
	49.79	1:49.96	2:45.21	3:38.95
	4:39.52	7:16.46		

Men 55-59 50 Yard Freestyle Novice

VA: 24.62 V 5/20/2010 Charles Tupitza

1	Elliott, Tim	57	WMS-VA	26.17
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Men 55-59 50 Yard Freestyle

VA: 24.62 V 5/20/2010 Charles Tupitza

1	Franz, Craig J	57	DCAC-PV	27.58
2	Murphy, John F	57	MAC-VA	27.96

Men 55-59 100 Yard Freestyle

VA: 54.06 V 4/11/2008 Dave Oates

1	Franz, Craig J	57	DCAC-PV	59.62
	27.78	59.62		
2	Elliott, Tim	57	WMS-VA	1:00.14
	29.82	1:00.14		

3	Murphy, John F	57	MAC-VA	1:03.08
	30.38	1:03.08		

4	Tupitza, Charles	56	WAVA-VA	1:08.36
	32.00	1:08.36		

Men 55-59 200 Yard Freestyle

VA: 1:56.76 V 4/11/2008 Dave Oates

1	Tupitza, Charles	56	WAVA-VA	2:11.28
	30.45	1:04.55	1:39.21	2:11.28

Men 55-59 500 Yard Freestyle

VA: 5:25.51 V 4/24/2009 Dave Oates

1	Tupitza, Charles	56	WAVA-VA	7:43.46
	34.98	1:17.23	2:01.71	2:49.47
	3:36.87	4:26.37	5:16.39	6:07.05
	6:57.87	7:43.46		

Men 55-59 1650 Yard Freestyle

VA: 20:52.97 V Warner Brundage

1	Franz, Craig J	57	DCAC-PV	21:39.18
	33.13	1:08.61	1:46.28	2:25.78
	3:04.78	3:44.24	4:23.71	5:03.95
	5:42.62	6:21.89	7:02.06	7:41.61
	8:21.81	9:02.00	9:42.90	10:23.63
	11:04.40	11:45.42	12:25.90	13:05.99
	13:46.31	14:26.33	15:06.69	15:45.62
	16:26.25	17:05.98	17:45.92	18:25.96
	19:06.39	19:45.37	20:24.42	21:03.58
				21:39.18

Men 55-59 50 Yard Backstroke

VA: 29.26 V 4/19/2002 William Bacon

1	Murphy, John F	57	MAC-VA	36.04
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Men 55-59 100 Yard Backstroke

VA: 1:02.20 V 4/22/2005 Rick Stringer

1	Murphy, John F	57	MAC-VA	1:21.72
	39.67	1:21.72		

Men 55-59 50 Yard Butterfly

VA: 26.78 V 4/30/1999 Jack Schiltz

1	Franz, Craig J	57	DCAC-PV	31.91
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Men 55-59 100 Yard Butterfly

VA: 1:02.27 V 10/26/2008 Dave Oates

1	Tupitza, Charles	56	WAVA-VA	1:08.42
	32.08	1:08.42		
2	Franz, Craig J	57	DCAC-PV	1:18.47
	37.65	1:18.47		

Men 55-59 200 Yard Butterfly

VA: 2:22.76 V 5/20/2010 Charles Tupitza

1	Tupitza, Charles	56	WAVA-VA	2:42.04
	33.85	1:13.99	1:57.72	2:42.04

Men 55-59 100 Yard IM

VA: 1:01.50 V 5/19/2005 Rick Stringer

1	Elliott, Tim	57	WMS-VA	1:12.63
	34.11	1:12.63		
2	Murphy, John F	57	MAC-VA	1:18.96
	36.22	1:18.96		

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Men 55-59 200 Yard IM

VA: 2:17.43 V 5/19/2005 Rick Stringer

1 Elliott, Tim	57 WMS-VA	2:43.18
	31.03 1:12.38 2:05.42 2:43.18	

Men 60-64 50 Yard Freestyle

VA: 25.42 V 1/1/2003 Jack Schiltz

1 Kauffman, Scott D	60 VMST-VA	25.46
2 Holswade, Hank C	64 VMST-VA	26.58
3 Frisch, David J	61 VMST-VA	26.91
4 Miller, Jim W	60 VMST-VA	30.69
5 Bryson, Gene	61 MAC-VA	33.13

Men 60-64 100 Yard Freestyle

VA: 57.48 V 11/27/2010 Scott Kauffman

1 Kauffman, Scott D	60 VMST-VA	56.20V
	26.95 56.20	
2 Holswade, Hank C	64 VMST-VA	59.83
	29.40 59.83	
3 Macionis, Bob	62 ACAM-VA	59.87
	29.15 59.87	
4 Miller, Jim W	60 VMST-VA	1:10.61
	33.93 1:10.61	
5 Holcomb, Bill	64 UNAT-VA	1:11.20
	34.25 1:11.20	

Men 60-64 200 Yard Freestyle

VA: 2:12.68 V 4/11/2003 Jack Schiltz

1 Holcomb, Bill	64 UNAT-VA	2:40.83
	36.45 1:16.78 1:59.31 2:40.83	

Men 60-64 500 Yard Freestyle

VA: 6:00.57 V 5/15/2003 Warner Brundage

1 Holcomb, Bill	64 UNAT-VA	7:24.08
	38.44 1:21.37 2:06.61 2:52.43	
	3:38.79 4:25.60 5:11.71 5:56.93	
	6:41.97 7:24.08	

Men 60-64 100 Yard Backstroke

VA: 1:09.84 V 2/10/2007 William Bacon

1 Holswade, Hank C	64 VMST-VA	1:16.08
	37.86 1:16.08	
2 Miller, Jim W	60 VMST-VA	1:23.81
	41.17 1:23.81	

Men 60-64 200 Yard Backstroke

VA: 2:36.99 V 6/27/2007 William Bacon

1 Miller, Jim W	60 VMST-VA	3:04.30
	45.42 1:32.37 2:19.08 3:04.30	
2 Holcomb, Bill	64 UNAT-VA	3:05.49
	2:04.63 3:05.49	

Men 60-64 50 Yard Breaststroke

VA: 31.47 V 5/15/2003 Jack Schiltz

1 Frisch, David J	61 VMST-VA	33.99
2 Bryson, Gene	61 MAC-VA	47.32

Men 60-64 200 Yard Breaststroke

VA: 2:39.51 V 5/15/2003 Jack Schiltz

1 Mierzwa, Hank S	60 STON-VA	2:44.41
	36.88 1:17.76 2:01.05 2:44.41	

Men 60-64 50 Yard Butterfly

VA: 28.33 V 4/11/2003 Jack Schiltz

1 Kauffman, Scott D	60 VMST-VA	28.72
2 Frisch, David J	61 VMST-VA	30.58

Men 60-64 400 Yard IM

VA: 5:23.02 V 5/15/2003 Warner Brundage

1 Mierzwa, Hank S	60 STON-VA	5:31.95
	33.45 1:15.23 1:59.25 2:42.95	
	3:27.56 4:13.04 4:53.91 5:31.95	

Men 65-69 50 Yard Freestyle

VA: 26.47 V 4/11/2008 Harry Sober

1 Finz, Samuel A	66 UNAT-VA	35.26
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Men 65-69 1000 Yard Freestyle

VA: 13:34.58 V 5/7/2009 Sandy Galletly

1 Miller, Frank H	69 VMST-VA	22:50.86
	49.12 1:54.02 3:07.04 4:27.98	
	5:42.43 6:55.04 8:06.67 9:17.29	
	10:28.68 11:40.40 12:49.79 13:56.95	
	15:04.19 16:12.90 17:19.13 18:29.26	
	19:37.26 20:44.12 21:51.55 22:50.86	

Men 65-69 1650 Yard Freestyle

VA: 22:36.37 V 5/7/2009 Sandy Galletly

1 Kelleher, Joseph	69 VMST-VA	30:35.19
	47.78 1:40.51 2:35.32 3:29.52	
	4:24.54 5:20.82 6:17.09 7:12.28	
	8:08.08 9:03.57 9:59.34 10:55.28	
	11:50.99 12:46.79 13:42.49 14:37.72	
	15:33.84 16:30.15 17:25.85 18:21.42	
	19:17.46 20:13.44 21:10.84 22:06.39	
	23:02.72 23:58.85 24:55.02 25:50.26	
	26:47.34 27:44.11 28:42.20 29:39.23 30:35.19	

Men 65-69 50 Yard Breaststroke

VA: 36.02 V 5/1/2008 Warner Brundage

1 Brundage, Warner F	67 VMST-VA	38.65
2 Finz, Samuel A	66 UNAT-VA	44.70

Men 65-69 100 Yard Breaststroke

VA: 1:18.36 V 4/18/2009 Warner Brundage

1 Brundage, Warner F	67 VMST-VA	1:22.51
	38.32 1:22.51	

Men 65-69 200 Yard Breaststroke

VA: 2:52.59 V 4/18/2009 Warner Brundage

1 Brundage, Warner F	67 VMST-VA	2:55.95
	38.77 1:23.47 2:09.15 2:55.95	

Men 65-69 100 Yard IM

VA: 1:08.17 V 5/19/2005 Art Wolfe

1 Brundage, Warner F	67 VMST-VA	1:15.79
	35.63 1:15.79	

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Men 65-69 200 Yard IM

VA: 2:34.93 V 5/11/2006 Art Wolfe

1	Brundage, Warner F	67	VMST-VA	2:44.63
	34.88	1:19.64	2:06.73	2:44.63

Men 70-74 50 Yard Backstroke

VA: 37.51 V 4/21/2006 Neil Sween

1	Stevenson, Stuart M	73	NCMS-NC	55.54
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Men 70-74 200 Yard Breaststroke

VA: 3:44.57 V 2/14/2004 Thomas Lyons Jr.

1	Durham, Richard S	70	VMST-VA	3:53.84
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Men 75-79 50 Yard Freestyle

VA: 32.75 V 4/23/2010 Owen Maher

1	Maher, Owen	76	VMST-VA	35.46
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Men 75-79 100 Yard Freestyle

VA: 1:16.12 V 2/13/2010 Owen Maher

1	Maher, Owen	76	VMST-VA	1:19.57
	37.01	1:19.57		

Men 75-79 200 Yard Freestyle

VA: 2:58.53 V 6/1/1985 Patrick Frank

1	Maher, Owen	76	VMST-VA	3:06.79
	42.26	1:27.83	2:17.32	3:06.79

Men 75-79 50 Yard Backstroke

VA: 42.09 V 4/17/1999 Calvin Barnes

1	Newbury, Alfred C	77	VMST-VA	50.33
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Men 75-79 100 Yard Backstroke

VA: 1:34.39 V 4/17/1999 Calvin Barnes

1	Newbury, Alfred C	77	VMST-VA	1:51.09
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Men 75-79 200 Yard Backstroke

VA: 3:27.19 V 6/1/1999 Calvin Barnes

1	Newbury, Alfred C	77	VMST-VA	3:56.56
	57.94	2:57.93	3:56.56	3:56.56

Men 75-79 50 Yard Breaststroke

VA: 47.30 V 10/24/2010 Richard Scott

1	Scott, Richard A	75	VMST-VA	49.00
2	Lyons, Thomas	77	VMST-VA	54.46

Men 75-79 100 Yard Breaststroke

VA: 1:48.63 V 2/14/2004 Norman Rainer

1	Scott, Richard A	75	VMST-VA	1:49.11
	51.36	1:49.11		
2	Lyons, Thomas	77	VMST-VA	2:05.55

Men 75-79 200 Yard Breaststroke

VA: 3:46.29 V 1/1/2004 Norman Rainer

1	Scott, Richard A	75	VMST-VA	4:02.36
	54.45	1:56.52	2:59.85	4:02.36

Men 75-79 50 Yard Butterfly

VA: 38.99 V 2/13/2010 Owen Maher

1	Maher, Owen	76	VMST-VA	42.26
2	Newbury, Alfred C	77	VMST-VA	57.98

Men 75-79 100 Yard Butterfly

VA: 1:43.82 V 4/23/2010 Owen Maher

1	Maher, Owen	76	VMST-VA	1:47.77
	49.80	1:47.77		

Men 75-79 200 Yard Butterfly

1	Scott, Richard A	75	VMST-VA	4:43.67
	57.88	2:06.69	3:22.54	4:43.67

Men 75-79 100 Yard IM

VA: 1:36.76 V Calvin Barnes

1	Scott, Richard A	75	VMST-VA	1:47.53
	51.12	1:47.53		

Men 75-79 400 Yard IM

1	Scott, Richard A	75	VMST-VA	8:47.06
	1:02.52	2:13.22	3:14.99	4:19.08
	5:28.70	6:38.88	7:46.07	8:47.06

Men 85-89 200 Yard Freestyle

1	Barnes, Calvin W	87	VMST-VA	3:54.01
	53.45	1:52.00	2:52.32	3:54.01

Men 85-89 1650 Yard Freestyle

1	Barnes, Calvin W	87	VMST-VA	34:40.45
	54.90	1:50.54	2:48.77	3:48.23
	4:49.04	5:50.50	6:52.67	7:55.28
	8:57.70	10:00.36	11:03.78	12:06.52
	13:08.55	14:12.45	15:15.69	16:19.75
	17:22.06	18:26.17	19:31.67	20:36.49
	21:40.91	22:44.98	23:50.15	24:56.00
	26:00.89	27:05.71	28:10.83	29:16.32
	30:21.35	31:26.01	32:31.10	33:36.89
				34:40.45

Men 85-89 200 Yard Backstroke

VA: 4:00.11 V 4/23/2010 Calvin Barnes

1	Barnes, Calvin W	87	VMST-VA	4:12.92
	59.29	2:04.55	3:09.10	4:12.92

Women 18+ 200 Yard Medley Relay

VA: 1:53.43 V 5/1993 VMST

B Gardner, K Waggoner, H Coulson-Moore, A Phillips

1	VMST-VA	A		1:54.17
	1) Hibbard, Kate W26	2) Myers, Danielle E W26		
	3) Carrig, Lucy B W26	4) Nelson, Rachel A W19		
	29.20	1:02.40	1:28.98	1:54.17

Women 25+ 200 Yard Freestyle Relay

VA: 1:42.63 V 5/1/1995 VMST

B Bishop, C Bolek, R Hampton, A Phillips

1	QMST-VA	A		2:09.07
	1) Maly, Cleary W40	2) Howsmon, Angela V W50		
	3) Johnston, Elizabeth A W26	4) Jacobson, Kristan N W38		
	34.41	1:06.52	1:38.65	2:09.07

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Women 35+ 200 Yard Medley Relay

VA: 1:56.54 V 1/2002 VMST

B Baker, P Powis, A Phillips, M Dean

1	VMST-VA	A	2:20.06
	1) Glover, Esther W40	2) Alsup, Carolyn H W42	
	3) Latell, Andrea T W37	4) Hollings, Charlotte W46	
	40.51	1:17.15	1:52.70 2:20.06

Men 25+ 200 Yard Medley Relay

VA: 1:39.34 V 12/2000 VMST

C Stevenson, N Williams, J Smith, D Malsbury

1	DCAC-PV	A	1:54.94
	1) Koch, Gregory J M28	2) Moon, WonKee M36	
	3) Richard, Jean-Philippe M34	4) Newsome, Mike M40	
	29.06	1:00.48	1:27.03 1:54.94

Men 45+ 200 Yard Medley Relay

VA: 1:51.39 V 4/7/2000 VMST

R Stringer, W Brundage, L Meem, J Miller

1	DCAC-PV	A	2:00.89
	1) Quinones, Enrique M47	2) Czander, Eric W M45	
	3) Dever, Frederick E M45	4) Franz, Craig J M57	
	31.12	1:05.52	1:33.67 2:00.89

Mixed 18+ 200 Yard Freestyle Relay

VA: 1:33.02 V 5/1993 VMST

B Gardner, N Williams, J Wolfle, A Phillips

1	DCAC-PV	A	1:53.96
	1) Fahr, John M42	2) Hewitt, Sara W30	
	3) Warren-Shriner, Lindsey W2	4) Crowe, John F M33	
	25.85	54.65	1:25.15 1:53.96

Mixed 35+ 200 Yard Freestyle Relay

VA: 1:35.21 V 4/7/2000 VMST

J Tudor, B Baker, D Malsbury, P Powis

1	MAC-VA	A	2:12.24
	1) Bryson, Gene M61	2) Norrgard, Karen J W39	
	3) Sena, Erica J W36	4) Murphy, John F M57	
	32.85	1:02.75	1:42.78 2:12.24

Mixed 35+ 200 Yard Medley Relay

VA: 1:48.00 V 1/6/2008 VMST

C John, S Summerlin, D Summerlin, J John

1	QMST-VA	A	2:00.43
	1) Buscaglia, Caycee P W46	2) Seay, Matt R M38	
	3) Eliasek, Steven M42	4) Jacobson, Kristan N W38	
	32.81	47.07	1:03.35 2:00.43

Mixed 55+ 200 Yard Medley Relay

VA: 2:14.82 V 1/2004 VMST

B Durrant, J Leilich, W Brundage, D Frisch

1	VMST-VA	A	2:50.45
	1) Gregory, Kathryn S W64	2) Scott, Richard A M75	
	3) Kauffman, Scott D M60	4) Broderick, Kathleen M W72	
	45.74	1:33.14	2:00.07 2:50.45