

2011 USMS Spring National Championships

Kino Aquatic Center

Results

Women 25-29 200 Yard Freestyle

NATL: 1:48.80 N 5/20/2001 LIMIN LIU

VA: 1:58.81 V 3/18/2011 Kate Hibbard

4	Hibbard, Kate	26	VMST-VA	1:59.46
	28.07	58.45	1:29.27	1:59.46
19	Turner, Betsy	27	VMST-VA	2:10.52
	30.14	1:03.43	1:37.24	2:10.52

Women 25-29 500 Yard Freestyle

NATL: 4:49.88 N 1/3/1996 SHEILA TAORMINA

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

10	Turner, Betsy	27	VMST-VA	5:43.17
	31.08	1:05.07	1:39.55	2:14.36
	2:49.41	3:24.28	3:59.33	4:34.35
	5:09.04	5:43.17		

Women 25-29 1000 Yard Freestyle

NATL: 10:12.34 N 3/19/1994 LISA HAZEN

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

2	Myers, Danielle E	26	VMST-VA	11:17.93
	29.89	1:01.51	1:34.09	2:07.74
	2:41.65	3:15.69	3:50.30	4:24.71
	4:59.07	5:33.50	6:08.17	6:42.63
	7:17.13	7:51.48	8:26.10	9:00.68
	9:35.32	10:09.55	10:43.95	11:17.93

Women 25-29 50 Yard Backstroke

NATL: 25.26 N 5/22/2010 TANICA JAMISON

VA: 28.22 V 5/20/2010 Kate Hibbard

5	Hibbard, Kate	26	VMST-VA	28.74
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Women 25-29 100 Yard Backstroke

NATL: 54.06 N 5/23/2010 TANICA JAMISON

VA: 59.21 V 5/20/2010 Kate Hibbard

4	Hibbard, Kate	26	VMST-VA	1:00.78
	29.80	1:00.78		

Women 25-29 200 Yard Backstroke

NATL: 2:00.57 N 5/22/2005 PAMELA HANSON

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

5	Hibbard, Kate	26	VMST-VA	2:12.27
	30.95	1:03.79	1:38.15	2:12.27

Women 25-29 50 Yard Breaststroke

NATL: 27.14 N 2/21/2010 MEGAN JENDRICK

VA: 32.04 V 5/1/1985 Lisa Tubergen

8	Myers, Danielle E	26	VMST-VA	33.55
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Women 25-29 100 Yard Breaststroke

NATL: 59.58 N 2/6/2010 MEGAN JENDRICK

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

8	Myers, Danielle E	26	VMST-VA	1:11.64
	34.26	1:11.64		

Women 25-29 200 Yard Breaststroke

NATL: 2:09.05 N 2/6/2010 MEGAN JENDRICK

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

5	Myers, Danielle E	26	VMST-VA	2:36.99
	35.31	1:14.03	1:55.08	2:36.99

Women 25-29 100 Yard Butterfly

NATL: 53.72 N 5/21/2010 TANICA JAMISON

VA: 1:00.48 V 2/12/2011 Lucy Carrig

17	Turner, Betsy	27	VMST-VA	1:05.17
	30.55	1:05.17		

Women 25-29 200 Yard Butterfly

NATL: 1:57.84 N 5/20/2001 LIMIN LIU

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

2	Myers, Danielle E	26	VMST-VA	2:14.07V
	30.12	1:04.17	1:38.45	2:14.07
8	Turner, Betsy	27	VMST-VA	2:22.58
	32.69	1:09.67	1:47.02	2:22.58

Women 25-29 100 Yard IM

NATL: 54.43 N 2/6/2010 MEGAN JENDRICK

VA: 1:01.61 V 3/18/2011 Kate Hibbard

7	Hibbard, Kate	26	VMST-VA	1:02.06
	28.59	1:02.06		

Women 25-29 200 Yard IM

NATL: 1:59.69 N 2/6/2010 MEGAN JENDRICK

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

1	Hibbard, Kate	26	VMST-VA	2:10.46V
	29.67	1:02.05	1:40.49	2:10.46
14	Turner, Betsy	27	VMST-VA	2:28.58
	31.47	1:10.36	1:54.13	2:28.58

Women 25-29 400 Yard IM

NATL: 4:21.52 N 5/22/2005 KASEY HARRIS

VA: 4:50.86 V 5/9/1985 Deborah Cain

6	Myers, Danielle E	26	VMST-VA	4:56.98
	31.33	1:06.54	1:46.40	2:25.38
	3:06.53	3:48.29	4:23.00	4:56.98
9	Turner, Betsy	27	VMST-VA	5:05.55
	31.14	1:06.99	1:46.85	2:26.32
	3:10.49	3:54.50	4:31.02	5:05.55

Women 35-39 50 Yard Freestyle

NATL: 22.34 N 2/25/2007 DARA TORRES

VA: 24.52 V 4/27/2000 Beth Baker

21	Jacobson, Kristan N	38	QMST-VA	27.96
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Women 35-39 100 Yard Freestyle

NATL: 49.72 N 2/25/2007 DARA TORRES

VA: 54.72 V 4/30/1999 Beth Baker

15	Jacobson, Kristan N	38	QMST-VA	1:01.14
	29.21	1:01.14		

Women 35-39 50 Yard Breaststroke

NATL: 29.94 N 5/22/2005 S VON DER LIPPE

VA: 31.45 V 5/15/1991 Lisa Bennett

14	Jacobson, Kristan N	38	QMST-VA	37.22
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Women 35-39 50 Yard Butterfly

NATL: 25.54 N 5/18/2003 S VON DER LIPPE

VA: 26.68 V 4/27/2000 Beth Baker

9	Jacobson, Kristan N	38	QMST-VA	30.90
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2011 USMS Spring National Championships

Kino Aquatic Center

Results

Women 35-39 100 Yard IM

NATL: 57.67 N 5/23/2010 SHERI HART

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

13	Jacobson, Kristan N	38	QMST-VA	1:09.14
	31.87	1:09.14		

Women 35-39 200 Yard IM

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

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

8	Jacobson, Kristan N	38	QMST-VA	2:34.20
	30.95	1:11.76	1:57.41	2:34.20

Women 40-44 50 Yard Freestyle

NATL: 21.91 N 4/15/2007 DARA TORRES

VA: 24.65 V 5/14/2002 Beth Baker

32	Maly, Cleary	41	QMST-VA	31.96
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Women 40-44 100 Yard Freestyle

NATL: 48.34 N 4/15/2007 DARA TORRES

VA: 54.79 V 5/14/2002 Beth Baker

21	Maly, Cleary	41	QMST-VA	1:14.88
	35.67	1:14.88		

Women 40-44 100 Yard Butterfly

NATL: 54.83 N 5/10/2009 S VON DER LIPPE

VA: 58.56 V 6/1/2001 Beth Baker

3	Hodgert, Donna M	43	VMST-VA	1:03.95
	30.32	1:03.95		

Women 40-44 200 Yard Butterfly

NATL: 2:03.13 N 5/4/2008 S VON DER LIPPE

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

2	Hodgert, Donna M	43	VMST-VA	2:24.83
	32.13	1:09.31	1:46.53	2:24.83

Women 40-44 100 Yard IM

NATL: 58.14 N 4/10/2010 S VON DER LIPPE

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

36	Maly, Cleary	41	QMST-VA	1:27.86
	40.14	1:27.86		

Women 40-44 200 Yard IM

NATL: 2:04.85 N 5/4/2008 S VON DER LIPPE

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

4	Hodgert, Donna M	43	VMST-VA	2:25.45
	30.82	1:09.99	1:52.38	2:25.45

Women 45-49 50 Yard Breaststroke

NATL: 30.17 N 5/20/2007 CAROLINE KRATTLI

VA: 33.96 V Patricia Miller

15	Russello, Stacey D	47	SNOW-VA	37.69
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Women 45-49 100 Yard Breaststroke

NATL: 1:05.85 N 3/27/2011 S VON DER LIPPE

VA: 1:12.78 V Patricia Miller

18	Russello, Stacey D	47	SNOW-VA	1:24.55
	40.79	1:24.55		

Women 45-49 200 Yard Breaststroke

NATL: 2:25.76 N 5/20/2007 CAROLINE KRATTLI

VA: 2:42.13 V Patricia Miller

14	Russello, Stacey D	47	SNOW-VA	3:03.24
	42.18	1:29.15	2:16.88	3:03.24

Women 45-49 50 Yard Butterfly

NATL: 25.97 N 3/27/2011 S VON DER LIPPE

VA: 30.65 V 10/28/2007 Cindy Dobyns

39	Russello, Stacey D	47	SNOW-VA	35.95
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Women 45-49 100 Yard IM

NATL: 59.48 N 4/19/2009 K PIPES-NEILSEN

VA: 1:06.41 V 2/12/2011 Alice Phillips

36	Russello, Stacey D	47	SNOW-VA	1:21.15
	40.78	1:21.15		

Women 50-54 50 Yard Freestyle

NATL: 24.92 N 5/4/2008 TRACI GRANGER

VA: 26.35 V 5/20/2010 Lisa Bennett

4	Newell, Suzanne P	52	VMST-VA	26.33V
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Women 50-54 100 Yard Freestyle

NATL: 54.38 N 5/17/2002 LAURA VAL

VA: 58.86 V 5/7/2009 Lisa Bennett

3	Newell, Suzanne P	52	VMST-VA	57.72V
	27.67	57.72		
6	Bennett, Lisa A	54	VMST-VA	59.95
	28.17	59.95		

Women 50-54 50 Yard Backstroke

NATL: 28.74 N 6/23/2002 J SWAGERTY-HILL

VA: 32.77 V 2/12/2011 Suzanne Newell

5	Newell, Suzanne P	52	VMST-VA	32.41V
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Women 50-54 100 Yard Backstroke

NATL: 1:02.67 N 5/4/2008 K ANDRUS-HUGHES

VA: 1:11.08 V 4/15/2011 Lisa Bennett

5	Newell, Suzanne P	52	VMST-VA	1:08.99V
	34.10	1:08.99		

Women 50-54 50 Yard Breaststroke

NATL: 32.37 N 5/21/2010 BRIGITTE HEUER

VA: 32.83 V 5/20/2010 Lisa Bennett

2	Bennett, Lisa A	54	VMST-VA	34.27
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Women 50-54 100 Yard Breaststroke

NATL: 1:12.25 N 5/7/2010 JENNY COOK

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

2	Bennett, Lisa A	54	VMST-VA	1:14.73
	34.69	1:14.73		

Women 50-54 50 Yard Butterfly

NATL: 26.77 N 5/10/2009 TRACI GRANGER

VA: 29.71 V 5/20/2010 Lisa Bennett

3	Newell, Suzanne P	52	VMST-VA	29.03V
5	Bennett, Lisa A	54	VMST-VA	29.93

2011 USMS Spring National Championships

Kino Aquatic Center

Results

Women 50-54 100 Yard Butterfly

NATL: 1:00.28 N 5/10/2009 TRACI GRANGER

VA: 1:06.42 V 5/20/2010 Lisa Bennett

3	Bennett, Lisa A	54	VMST-VA	1:09.00
	31.64	1:09.00		

Women 50-54 100 Yard IM

NATL: 1:03.72 N 5/10/2009 AHELEE SUE OSBORN

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

1	Newell, Suzanne P	52	VMST-VA	1:05.26V
	29.81	1:05.26		
4	Bennett, Lisa A	54	VMST-VA	1:07.99
	31.64	1:07.99		

Women 55-59 500 Yard Freestyle

NATL: 5:27.33 N 1/25/2009 LAURA VAL

VA: 5:54.39 V 4/15/2011 Shirley Loftus-Charley

11	Braaten, Kitten	55	VMST-VA	6:50.11
	37.27	1:17.60	1:59.03	2:41.37
	3:23.05	4:05.26	4:47.12	5:29.07
	6:10.31	6:50.11		

Women 55-59 1000 Yard Freestyle

NATL: 11:20.53 N 3/13/2010 LAURA VAL

VA: 11:49.98 V 4/15/2011 Shirley Loftus-Charley

6	Braaten, Kitten	55	VMST-VA	13:56.10
	38.14	1:19.26	2:01.25	2:43.26
	3:25.00	4:07.12	4:49.06	5:31.21
	6:13.44	6:55.51	7:37.86	8:19.99
	9:01.74	9:44.14	10:26.38	11:08.63
	11:51.01	12:33.05	13:15.28	13:56.10

Women 55-59 200 Yard Backstroke

NATL: 2:21.27 N 2/6/2010 LAURA VAL

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

11	Braaten, Kitten	55	VMST-VA	3:02.81
	43.86	1:29.80	2:16.73	3:02.81

Women 55-59 200 Yard Butterfly

NATL: 2:16.28 N 5/10/2009 LAURA VAL

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

5	Braaten, Kitten	55	VMST-VA	3:10.92
	42.06	1:30.54	2:20.82	3:10.92

Women 65-69 500 Yard Freestyle

NATL: 6:29.22 N 4/1/2007 ARDETH MUELLER

VA: 7:21.03 V 4/24/2009 Beth Schreiner

10	Durrant, Betsy	69	VMST-VA	8:19.65
	43.90	1:33.52	2:24.55	3:15.98
	4:06.21	4:56.78	5:47.25	6:38.10
	7:29.51	8:19.65		

Women 65-69 1000 Yard Freestyle

NATL: 13:25.54 N 5/10/2009 JACKIE MARR

VA: 14:58.11 V 5/1/2008 Beth Schreiner

7	Hlavacek, Ida M	68	VMST-VA	17:17.38
	43.15	1:29.36	2:17.86	3:08.03
	3:58.97	4:51.50	5:44.38	6:38.21
	7:31.81	8:25.54	9:18.87	10:12.57
	11:06.01	11:59.13	12:52.46	13:45.59
	14:39.27	15:32.24	16:25.62	17:17.38

Women 65-69 1650 Yard Freestyle

NATL: 22:28.21 N 4/19/2009 JACKIE MARR

VA: 25:53.15 V 5/7/2009 Betsy Durrant

4	Marens, Susan E	69	VMST-VA	31:28.61
	50.49	1:46.02	2:42.13	3:39.34
	4:36.24	5:33.20	6:30.96	7:28.43
	8:25.55	9:22.12	10:19.19	11:16.03
	12:13.39	13:11.36	14:09.00	15:06.13
	16:03.93	17:01.33	17:59.07	18:56.61
	19:54.70	20:52.90	21:50.51	22:48.89
	23:47.12	24:44.96	25:42.74	26:40.10
	27:38.68	28:36.12	29:34.25	30:33.55
				31:28.61

Women 65-69 100 Yard Backstroke

NATL: 1:17.94 N 5/10/2009 JACKIE MARR

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

6	Hlavacek, Ida M	68	VMST-VA	1:35.99
	47.06	1:35.99		

Women 65-69 200 Yard Backstroke

NATL: 2:50.17 N 5/21/2010 SUZANNE DILLS

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

8	Hlavacek, Ida M	68	VMST-VA	3:33.49
	49.57	1:42.77	2:38.25	3:33.49

Women 65-69 50 Yard Breaststroke

NATL: 37.74 N 4/25/2004 JOANN LEILICH

VA: 37.74 V 4/22/2004 Joann Leilich

5	Durrant, Betsy	69	VMST-VA	45.57
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Women 65-69 100 Yard Breaststroke

NATL: 1:23.95 N 4/25/2004 JOANN LEILICH

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

3	Dameron, Pam D	65	QMST-VA	1:34.71
	44.50	1:34.71		
7	Marens, Susan E	69	VMST-VA	1:51.95
	53.08	1:51.95		

Women 65-69 200 Yard Breaststroke

NATL: 3:01.50 N 4/4/2004 JOANN LEILICH

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

5	Marens, Susan E	69	VMST-VA	4:01.16
	56.33	1:58.57	3:00.76	4:01.16

Women 65-69 100 Yard Butterfly

NATL: 1:16.73 N 4/1/2007 ARDETH MUELLER

VA: 1:35.12 V 10/30/2005 Joann Leilich

8	Marens, Susan E	69	VMST-VA	1:55.33
	54.57	1:55.33		

2011 USMS Spring National Championships

Kino Aquatic Center

Results

Women 65-69 200 Yard Butterfly

NATL: 3:09.16 N 5/10/2009 DANIELA BARNEA

VA: 3:37.99 V 4/22/2005 Lucille Griffin

4	Hlavacek, Ida M	68	VMST-VA	4:02.24
				52.42 1:50.53 2:54.66 4:02.24
6	Marens, Susan E	69	VMST-VA	4:33.90
				1:00.33 2:08.19 3:25.43 4:33.90

Women 65-69 100 Yard IM

NATL: 1:18.86 N 5/10/2009 JACKIE MARR

VA: 1:22.20 V 4/22/2004 Joann Leilich

8	Dameron, Pam D	65	QMST-VA	1:30.73
				46.08 1:30.73

Women 65-69 400 Yard IM

NATL: 6:01.14 N 5/21/2010 SUZANNE DILLS

VA: 7:19.11 V 5/1/2008 Ida Hlavacek

8	Hlavacek, Ida M	68	VMST-VA	7:42.68
				50.58 1:50.70 2:45.12 3:38.94
				4:47.94 6:00.32 6:51.60 7:42.68
9	Marens, Susan E	69	VMST-VA	8:17.00
				58.29 3:09.16 4:15.87
				5:20.78 6:25.96 7:22.01 8:17.00

Women 70-74 50 Yard Freestyle

NATL: 31.05 N 4/30/2000 GAIL ROPER

VA: 32.12 V 4/15/2011 Beth Schreiner

1	Schreiner, Beth	70	VMST-VA	31.88V
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Women 70-74 100 Yard Freestyle

NATL: 1:09.79 N 4/30/2000 GAIL ROPER

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

1	Schreiner, Beth	70	VMST-VA	1:12.24V
				34.16 1:12.24

Women 70-74 200 Yard Freestyle

NATL: 2:35.85 N 4/30/2000 GAIL ROPER

VA: 2:47.81 V 4/15/2011 Beth Schreiner

1	Schreiner, Beth	70	VMST-VA	2:46.11V
				38.23 1:20.49 2:04.41 2:46.11

Women 70-74 50 Yard Backstroke

NATL: 36.91 N 5/20/2007 BETSY JORDAN

VA: 41.85 V 5/1/2008 Barbara Zaremski

1	Schreiner, Beth	70	VMST-VA	42.15
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Men 25-29 50 Yard Freestyle

NATL: 18.67 N 2/13/2010 FRED BOUSQUET

VA: 20.94 V 4/22/2004 Troy Johnson

29	Orr, Boyd A	25	VMST-VA	24.86
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Men 25-29 100 Yard Freestyle

NATL: 42.58 N 4/18/2010 ANDY GRANT

VA: 45.70 V 4/22/2004 Troy Johnson

15	Barley, Adam S	29	VMST-VA	50.07
				24.12 50.07
21	Orr, Boyd A	25	VMST-VA	53.93
				25.43 53.93

Men 25-29 100 Yard Backstroke

NATL: 45.95 N 4/15/2010 ADAM MANIA

VA: 51.99 V 3/9/2007 Lee Jewell

9	Barley, Adam S	29	VMST-VA	56.11
				27.04 56.11

Men 25-29 100 Yard Breaststroke

NATL: 52.30 N 5/22/2010 MARK GANGLOFF

VA: 57.49 V 5/16/1994 Neill Williams

11	Barley, Adam S	29	VMST-VA	1:03.49
				30.05 1:03.49

Men 25-29 100 Yard Butterfly

NATL: 47.51 N 3/7/2010 JAYME CRAMER

VA: 50.52 V 4/2/2004 Frank Byskov

10	Barley, Adam S	29	VMST-VA	53.55
				25.29 53.55

Men 25-29 200 Yard Butterfly

NATL: 1:47.62 N 5/20/2007 ERIK SCALISE

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

3	Barley, Adam S	29	VMST-VA	1:58.41
				26.78 56.62 1:27.23 1:58.41

Men 25-29 100 Yard IM

NATL: 48.27 N 2/13/2010 MARK GANGLOFF

VA: 52.26 V 5/16/1994 Neill Williams

25	Orr, Boyd A	25	VMST-VA	1:05.74
				29.08 1:05.74

Men 25-29 200 Yard IM

NATL: 1:48.18 N 5/22/2010 MARK GANGLOFF

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

2	Barley, Adam S	29	VMST-VA	2:01.28
				25.82 56.46 1:32.83 2:01.28

Men 30-34 100 Yard Freestyle

NATL: 44.53 N 12/19/2004 MIKE PICOTTE

VA: 46.38 V 4/11/2008 Troy Johnson

7	Gaines, Billy	30	VMST-VA	48.24
				23.16 48.24

Men 30-34 200 Yard Freestyle

NATL: 1:38.03 N 5/16/1999 JON OLSEN

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

4	Gaines, Billy	30	VMST-VA	1:48.28
				24.42 51.07 1:18.92 1:48.28

Men 30-34 500 Yard Freestyle

NATL: 4:29.49 N 2/25/1996 MATTHEW CETLINSKI

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

7	Gaines, Billy	30	VMST-VA	5:08.91
				25.32 54.05 1:23.83 1:54.17
				2:25.39 2:57.31 3:29.92 4:03.05
				4:36.09 5:08.91

2011 USMS Spring National Championships

Kino Aquatic Center

Results

Men 30-34 1000 Yard Freestyle

NATL: 9:26.93 N 3/23/2003 JOSHUA WOODRUFF

VA: 10:30.44 V 2000 John Lowe

1	Gaines, Billy	30	VMST-VA	10:00.08V
	26.58	55.88	1:25.97	1:55.36
	2:25.19	2:55.27	3:25.26	3:55.57
	4:25.63	4:55.66	5:25.87	5:56.20
	6:26.50	6:57.67	7:28.38	7:59.23
	8:29.83	9:00.37	9:30.45	10:00.08

Men 30-34 100 Yard Butterfly

NATL: 47.77 N 5/21/2010 ZSOLT GASPAR

VA: 50.08 V 12/2/2010 Matt Haupt

6	Gaines, Billy	30	VMST-VA	53.88
	24.91	53.88		

Men 30-34 200 Yard Butterfly

NATL: 1:49.52 N 5/16/1994 PETER EGAN

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

2	Gaines, Billy	30	VMST-VA	1:55.85
	26.10	55.56	1:25.62	1:55.85

Men 35-39 50 Yard Freestyle

NATL: 20.14 N 5/4/2008 JOSH DAVIS

VA: 21.18 V 1/26/2008 Daniel Summerlin

26	Baldwin, Craig M	36	SNOW-VA	23.68
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Men 35-39 100 Yard Freestyle

NATL: 44.24 N 4/20/2009 VLAD PYSHNENKO

VA: 47.78 V 1/26/2008 Daniel Summerlin

16	Baldwin, Craig M	36	SNOW-VA	51.00
	24.51	51.00		

Men 35-39 200 Yard Freestyle

NATL: 1:36.56 N 5/4/2008 JOSH DAVIS

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

12	Baldwin, Craig M	36	SNOW-VA	1:52.43
	26.38	54.65	1:23.24	1:52.43

Men 35-39 50 Yard Breaststroke

NATL: 25.35 N 5/21/2010 STEVE WEST

VA: 28.20 V 1/1/1993 Michael Slowey

13	Baldwin, Craig M	36	SNOW-VA	29.46
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Men 35-39 100 Yard Breaststroke

NATL: 55.26 N 12/16/2001 RON KARNAUGH

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

9	Baldwin, Craig M	36	SNOW-VA	1:02.89
	29.20	1:02.89		

Men 35-39 200 Yard Breaststroke

NATL: 1:59.23 N 12/16/2001 RON KARNAUGH

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

8	Baldwin, Craig M	36	SNOW-VA	2:18.56
	31.18	1:04.96	2:18.56	

Men 40-44 50 Yard Freestyle

NATL: 20.84 N 4/26/2009 MICHAEL ROSS

VA: 21.79 V John Tudor

32	Eliasek, Steve	42	QMST-VA	24.12
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Men 40-44 200 Yard Freestyle

NATL: 1:38.94 N 5/4/2008 MICHAEL ROSS

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

18	Holland, Dave	43	VMST-VA	1:55.88
	27.70	57.34	1:27.24	1:55.88
34	Eliasek, Steve	42	QMST-VA	2:04.34
	28.55	59.15	2:04.34	

Men 40-44 1650 Yard Freestyle

NATL: 15:51.52 N 5/9/2010 ALEX KOSTICH

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

5	Holland, Dave	43	VMST-VA	18:20.65
	30.38	1:03.26	1:36.57	2:09.72
	2:42.74	3:15.68	3:48.56	4:21.68
	4:54.57	5:27.89	6:01.24	6:34.17
	7:07.32	7:40.67	8:14.41	8:47.93
	9:21.26	9:54.71	10:28.54	11:02.34
	11:36.17	12:09.99	12:43.93	13:17.61
	13:51.38	14:25.53	14:59.46	15:33.11
	16:06.63	16:40.66	17:14.50	17:48.04
				18:20.65

Men 40-44 50 Yard Butterfly

NATL: 22.61 N 4/26/2009 MICHAEL ROSS

VA: 23.82 V 5/7/2009 Chris Stevenson

24	Eliasek, Steve	42	QMST-VA	25.57
29	Holland, Dave	43	VMST-VA	25.86

Men 40-44 100 Yard Butterfly

NATL: 49.27 N 5/4/2008 MICHAEL ROSS

VA: 50.81 V 5/7/2009 Chris Stevenson

17	Eliasek, Steve	42	QMST-VA	58.99
	26.81	58.99		

Men 40-44 200 Yard Butterfly

NATL: 1:50.61 N 4/14/2002 DENNIS BAKER

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

5	Holland, Dave	43	VMST-VA	2:06.15
	28.55	1:01.32	1:33.93	2:06.15

Men 40-44 100 Yard IM

NATL: 51.85 N 5/23/2010 MICHAEL ROSS

VA: 55.67 V 5/8/1998 John Tudor

29	Eliasek, Steve	42	QMST-VA	1:00.99
	27.84	1:00.99		

Men 40-44 200 Yard IM

NATL: 1:51.85 N 4/26/2009 MICHAEL ROSS

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

15	Eliasek, Steve	42	QMST-VA	2:25.68
	27.88	1:05.93	1:50.67	2:25.68

Men 40-44 400 Yard IM

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

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

1	Holland, Dave	43	VMST-VA	4:29.27
	28.36	1:00.45	1:34.75	2:08.65
	2:47.09	3:26.25	3:58.10	4:29.27

2011 USMS Spring National Championships

Kino Aquatic Center

Results

Men 45-49 200 Yard Freestyle

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

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

2	Stevenson, Chris L	46	VMST-VA	1:47.36
	25.48	52.56	1:20.15	1:47.36

Men 45-49 500 Yard Freestyle

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

VA: 4:58.12 V 4/2/2011 Chris Stevenson

4	Stevenson, Chris L	46	VMST-VA	4:52.46V
	26.26	55.35	1:24.85	1:54.48
	2:24.19	2:53.78	3:23.61	3:53.55
	4:23.56	4:52.46		

16	Vaughn, David R	46	UNAT-VA	5:31.03
	30.93	1:04.70	1:37.68	2:11.15
	2:44.19	3:18.17	3:51.52	4:24.93
	4:58.24	5:31.03		

Men 45-49 100 Yard Backstroke

NATL: 51.74 N 3/6/2010 CHRIS STEVENSON

VA: 51.74 V 3/5/2010 Chris Stevenson

1	Stevenson, Chris L	46	VMST-VA	51.55N
	25.26	51.55		

Men 45-49 200 Yard Backstroke

NATL: 1:55.05 N 3/7/2010 CHRIS STEVENSON

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

1	Stevenson, Chris L	46	VMST-VA	1:55.04N
	26.97	56.35	1:25.46	1:55.04

Men 45-49 100 Yard Butterfly

NATL: 50.90 N 5/21/2010 DAVID SIMS

VA: 51.36 V 3/5/2010 Chris Stevenson

1	Stevenson, Chris L	46	VMST-VA	51.72
	24.29	51.72		

Men 45-49 200 Yard Butterfly

NATL: 1:50.73 N 12/6/2008 DENNIS BAKER

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

3	Stevenson, Chris L	46	VMST-VA	1:57.21
	26.62	55.95	1:26.07	1:57.21

Men 55-59 50 Yard Freestyle

NATL: 21.82 N 4/30/2000 RICHARD ABRAHAMS

VA: 24.62 V 5/20/2010 Charles Tupitza

40	Tupitza, Charles W	56	WAVA-VA	25.76
58	Hernlen, G Tracy	57	VMST-VA	27.35

Men 55-59 100 Yard Freestyle

NATL: 48.37 N 4/30/2000 RICHARD ABRAHAMS

VA: 54.06 V 4/11/2008 Dave Oates

25	Tupitza, Charles W	56	WAVA-VA	57.57
	27.49	57.57		
35	Hernlen, G Tracy	57	VMST-VA	1:01.63
	29.99	1:01.63		

Men 55-59 200 Yard Freestyle

NATL: 1:48.79 N 4/10/2010 MICHAEL MANN

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

30	Tupitza, Charles W	56	WAVA-VA	2:34.89
	32.52	1:11.49	1:52.19	2:34.89

Men 55-59 50 Yard Breaststroke

NATL: 27.81 N 5/4/2008 TIMOTHY SHEAD

VA: 31.11 V 6/1/1999 Jack Schiltz

35	Hernlen, G Tracy	57	VMST-VA	38.59
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Men 55-59 50 Yard Butterfly

NATL: 24.16 N 3/25/2007 GREG SHAW

VA: 26.78 V 4/30/1999 Jack Schiltz

26	Kutz, Mark D	55	VMST-VA	28.86
28	Tupitza, Charles W	56	WAVA-VA	29.15

Men 55-59 100 Yard Butterfly

NATL: 54.09 N 3/29/2009 GREG SHAW

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

16	Tupitza, Charles W	56	WAVA-VA	1:08.13
	30.53	1:08.13		

Men 55-59 200 Yard Butterfly

NATL: 2:03.18 N 5/23/2010 BRAD HORNER

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

11	Tupitza, Charles W	56	WAVA-VA	2:34.61
	31.45	1:08.81	1:49.92	2:34.61
14	Kutz, Mark D	55	VMST-VA	2:43.36
	37.62	1:19.60	2:02.67	2:43.36

Men 55-59 100 Yard IM

NATL: 56.20 N 5/4/2008 TIMOTHY SHEAD

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

24	Kutz, Mark D	55	VMST-VA	1:06.65
	31.01	1:06.65		

Men 60-64 50 Yard Backstroke

NATL: 26.82 N 5/4/2008 HUGH WILDER

VA: 31.61 V 5/20/2010 David Frisch

6	Frisch, David J	62	VMST-VA	31.62
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Men 60-64 50 Yard Breaststroke

NATL: 29.32 N 5/14/2006 ROBERT STRAND

VA: 31.47 V 5/15/2003 Jack Schiltz

8	Frisch, David J	62	VMST-VA	32.84
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Men 60-64 100 Yard Breaststroke

NATL: 1:05.17 N 5/22/2010 ROBERT STRAND

VA: 1:11.87 V 5/15/2003 Jack Schiltz

9	Frisch, David J	62	VMST-VA	1:13.80
	34.07	1:13.80		

Men 60-64 100 Yard IM

NATL: 59.18 N 4/17/2010 GEORGE SCHMIDT

VA: 1:04.53 V 5/7/2009 David Frisch

9	Frisch, David J	62	VMST-VA	1:06.55
	30.58	1:06.55		

2011 USMS Spring National Championships

Kino Aquatic Center

Results

Men 65-69 200 Yard Freestyle

NATL: 1:57.54 N 5/21/2010 RICHARD ABRAHAMS

VA: 2:16.51 V 5/1/2008 Warner Brundage

12	Woods, Tom M	68	VMST-VA	2:51.88
	40.83	1:24.31	2:09.04	2:51.88

Men 65-69 500 Yard Freestyle

NATL: 5:37.64 N 5/20/2007 TOM LANDIS

VA: 6:28.02 V 5/7/2009 Sandy Galletly

10	Woods, Tom M	68	VMST-VA	7:47.06
	44.48	1:31.17	2:18.93	3:06.55
	3:53.63	4:40.75	5:27.97	6:15.06
	7:01.47	7:47.06		

Men 65-69 1000 Yard Freestyle

NATL: 11:41.40 N 5/20/2007 TOM LANDIS

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

6	Woods, Tom M	68	VMST-VA	15:47.19
	45.16	1:31.01	2:17.87	3:05.08
	3:52.58	4:39.55	5:26.70	6:13.79
	7:01.27	7:48.14	8:35.13	9:22.35
	10:09.10	10:56.31	11:45.15	12:32.45
	13:21.28	14:10.80	15:01.47	15:47.19

Men 65-69 100 Yard Backstroke

NATL: 1:01.04 N 5/10/2009 RICHARD BURNS

VA: 1:14.70 V 4/11/2008 Harry Sober

10	Woods, Tom M	68	VMST-VA	1:31.69
	45.64	1:31.69		

Men 65-69 200 Yard Backstroke

NATL: 2:18.14 N 5/10/2009 RICHARD BURNS

VA: 2:45.20 V 5/20/2010 Warner Brundage

9	Woods, Tom M	68	VMST-VA	3:25.78
	50.56	1:44.12	2:36.79	3:25.78

Men 65-69 50 Yard Breaststroke

NATL: 30.66 N 5/10/2009 PETER ANDERSEN

VA: 36.02 V 5/1/2008 Warner Brundage

8	Brundage, Warner F	68	VMST-VA	37.45
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Men 65-69 100 Yard Breaststroke

NATL: 1:08.19 N 5/10/2009 DAVID GILDEA

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

6	Brundage, Warner F	68	VMST-VA	1:20.36
	37.16	1:20.36		

Men 65-69 200 Yard Breaststroke

NATL: 2:31.85 N 2/5/2011 ROBERT STRAND

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

4	Brundage, Warner F	68	VMST-VA	3:01.11
	39.43	1:24.65	2:12.40	3:01.11

Men 65-69 100 Yard IM

NATL: 1:00.32 N 5/23/2010 RICHARD ABRAHAMS

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

10	Brundage, Warner F	68	VMST-VA	1:14.42
	34.71	1:14.42		

Men 65-69 200 Yard IM

NATL: 2:20.31 N 5/22/2010 RICHARD BURNS

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

6	Brundage, Warner F	68	VMST-VA	2:46.21
	35.41	1:19.75	2:06.69	2:46.21

Women 25+ 200 Yard Medley Relay

NATL: 1:45.01 N 5/4/2008 SMU

L, K MCCLELLAND, L HOLT, D DIEZI

VA: 1:56.60 V 1/1/1994 VMST

R Hampton, A Phillips, M Dean, C Bolek

6	VMST-VA	A	2:01.59
	1) Hibbard, Kate W26	2) Myers, Danielle E W26	
	3) Turner, Betsy W27	4) Hodgert, Donna M W43	
	29.86	1:03.27	1:34.11
			2:01.59

Women 65+ 200 Yard Freestyle Relay

NATL: 2:17.20 N 5/22/2010 VIRGINIA

B DURRANT, I HLAVACEK, B SCHREINER, B ZAREMSKI

VA: 2:17.20 V 5/20/2010 VMST

B Durrant, I Hlavacek, B Schreiner, B Zaremski

1	VMST-VA	A	2:30.96
	1) Hlavacek, Ida M W68	2) Durrant, Betsy W69	
	3) Marens, Susan E W69	4) Schreiner, Beth W70	
	36.11	1:13.76	1:58.25
			2:30.96

Women 65+ 200 Yard Medley Relay

NATL: 2:35.40 N 4/24/2005 VIRGINIA

L ADAMS, J LEILICH, L GRIFFIN, J DETRICK

VA: 2:35.40 V 4/22/2005 VMST

L Adams, J Leilich, L Griffin, J Detrick

1	VMST-VA	A	2:54.91
	1) Durrant, Betsy W69	2) Marens, Susan E W69	
	3) Hlavacek, Ida M W68	4) Schreiner, Beth W70	
	45.92	1:36.47	2:22.03
			2:54.91

Men 25+ 200 Yard Freestyle Relay

NATL: 1:21.82 N 5/22/2010 CLEMSON AQUATIC

L ASTI, B MACLENNAN, B HERRINGTON, A SCHEERHORN

VA: 1:26.20 V 5/21/1995 VMST

N Williams, J Wolfe, C Flood, C Stevenson

14	VMST-VA	A	1:36.15
	1) Gaines, Billy M30	2) Holland, Dave M43	
	3) Kutz, Mark D M55	4) Stevenson, Chris L M46	
	22.51	46.37	1:13.69
			1:36.15
21	VMST-VA	B	1:42.08
	1) Barley, Adam S M29	2) Frisch, David J M62	
	3) Hernlen, G Tracy M57	4) Orr, Boyd A M25	
	23.01	50.43	1:18.18
			1:42.08

Men 25+ 200 Yard Medley Relay

NATL: 1:31.43 N 5/23/2010 CLEMSON

J JOHNSON, B MAC LENNAN, LASTI, A SCHEERHORN

VA: 1:39.34 V VMST

C Stevenson, N Williams, J Smith, D Malsbury

11	VMST-VA	A	1:41.91
	1) Stevenson, Chris L M46	2) Barley, Adam S M29	
	3) Gaines, Billy M30	4) Orr, Boyd A M25	
	24.62	53.93	1:17.72
			1:41.91

2011 USMS Spring National Championships

Kino Aquatic Center

Results

Mixed 25+ 200 Yard Freestyle Relay

NATL: 1:29.40 N 5/21/1990 S. CALAQUATIC

C PONTHER, D GRANER, K BUSH, P MCCLAFFERTY

VA: 1:35.49 V 1/1/2002 VMST

N Williams, A Phillips, W Fitzhugh, B Baker

7 VMST-VA A 1:37.20

1) Gaines, Billy M30 2) Hodgert, Donna M W43

3) Bennett, Lisa A W54 4) Barley, Adam S M29

22.46 48.41 1:15.00 1:37.20

Mixed 25+ 200 Yard Medley Relay

NATL: 1:38.22 N 5/4/2008 CURL-BURKE

S PETERSON, J BETTS, W LISCINSKY, L LAUWAERT

VA: 1:45.77 V 1/1/1994 VMST

R Hampton, N Williams, J Wolffe, A Phillips

11 VMST-VA A 1:49.54

1) Hibbard, Kate W26 2) Myers, Danielle E W26

3) Barley, Adam S M29 4) Gaines, Billy M30

30.47 1:03.34 1:27.43 1:49.54

Mixed 35+ 200 Yard Freestyle Relay

NATL: 1:30.17 N 4/25/2004 ROCKY MTN

K GARNIER, S VON DER LIPPE, J SMITH, P SMITH

VA: 1:35.21 V 4/27/2000 VMST

J Tudor, B Baker, D Malsbury, P Powis

29 VMST-VA A 1:55.20

1) Holland, Dave M43 2) Kaufmann, Karen E W46

3) Newell, Suzanne P W52 4) Stevenson, Chris L M46

24.86 1:05.17 1:32.09 1:55.20

Mixed 45+ 200 Yard Medley Relay

NATL: 1:44.02 N 5/4/2008 ARIZONA

J SMITH, G MILLS, S ROLLINS, M BAILEY

VA: 2:00.04 V 4/19/2002 VMST

R Stringer, L Bennett, T Sue Gault, J Miller

7 VMST-VA A 1:53.63V

1) Stevenson, Chris L M46 2) Bennett, Lisa A W54

3) Kutz, Mark D M55 4) Newell, Suzanne P W52

24.44 58.27 1:27.60 1:53.63

Mixed 55+ 200 Yard Freestyle Relay

NATL: 1:42.86 N 5/21/2010 PNA

A BELL, C DAVIS, D GLASSMAN, D GRAHAM

VA: 1:55.00 V 5/19/2005 VMST

D Frisch, M Barry, I Hlavacek, R Stringer

14 VMST-VA A 2:05.68

1) Hernlen, G Tracy M57 2) Braaten, Kitten W55

3) Hlavacek, Ida M W68 4) Frisch, David J M62

27.39 1:01.31 1:38.05 2:05.68

Mixed 65+ 200 Yard Freestyle Relay

NATL: 1:53.76 N 5/10/2009 OREGON

JOY WARD, ROBERT SMITH, BARBARA FRID, TOM LANDIS

VA: 2:05.79 V 5/1/2008 VMST

B Zaremski, B Schreiner, W Brundage, T Woods

4 VMST-VA A 2:16.19

1) Schreiner, Beth W70 2) Woods, Tom M M68

3) Durrant, Betsy W69 4) Brundage, Warner F M68

32.73 1:09.29 1:46.88 2:16.19

Mixed 65+ 200 Yard Medley Relay

NATL: 2:06.22 N 5/10/2009 SAN DIEGO

B JORDAN, P PANDERSEN, K LODWIG, J MARR

VA: 2:20.95 V 5/20/2010 VMST

B Durrant, W Brundage, H Sober, B Schreiner

3 VMST-VA A 2:36.09

1) Woods, Tom M M68 2) Durrant, Betsy W69

3) Brundage, Warner F M68 4) Schreiner, Beth W70

43.46 1:30.24 2:02.74 2:36.09