

VMST 31st Annual Fall Swim Meet

November 5, 2011

Results - Nov 5

Women 18-24 50 SC Meter Freestyle

NATL: 25.58 N 11/20/2010 J BECKBERGER

VA: 28.78 V 3/24/2007 Meghan Brosch

1	Donnelly, Nicola B	20	CNU-VA	31.46
2	Dickens, Morgan E	18	CNU-VA	32.95
3	Anastasio, Christine	20	CNU-VA	33.84
4	Monaghan, Colleen M	20	CNU-VA	39.04

Women 18-24 100 SC Meter Freestyle

NATL: 55.86 N 11/21/2010 J BECKBERGER

VA: 1:01.58 V 12/31/2007 Meghan Brosch

1	Thoresen, Kimberly N	22	SUNF-VA	1:12.10
				33.87 1:12.10
2	Flannery, Christina	20	VMST-VA	1:12.39
				34.07 1:12.39

Women 18-24 200 SC Meter Freestyle

NATL: 2:03.39 N 12/6/2009 ALEXANDRA LEE

VA: 2:21.12 V 12/31/1987 Diana Hatler

1	Flannery, Christina	20	VMST-VA	2:43.83
				36.19 1:16.08 2:00.53 2:43.83

Women 18-24 400 SC Meter Freestyle

NATL: 4:19.91 N 12/4/2010 MARINA FALCONE

VA: 5:23.97 V 11/7/2009 Lindsay Schiller

1	Martinez, Maria T	21	QMST-VA	6:18.56
				37.06 1:22.65 2:11.26 2:57.95
				3:46.56 4:33.61 5:25.59 6:18.56
2	Hickey, Caitlyn	18	CNU-VA	6:29.13
				42.95 1:29.15 2:17.38 3:06.67
				3:56.63 4:47.55 5:39.22 6:29.13

Women 18-24 800 SC Meter Freestyle

NATL: 8:58.71 N 12/9/2001 DAWN HECKMAN

VA: 13:36.52 V 11/7/2009 Maria Martinez

1	Martinez, Maria T	21	QMST-VA	12:38.85V
				37.74 1:20.80 2:06.49 2:54.27
				3:41.05 4:29.08 5:17.87 6:06.12
				6:56.25 7:46.83 8:36.86 9:27.00
				10:14.89 11:01.87 11:50.71 12:38.85

Women 18-24 1500 SC Meter Freestyle

NATL: 17:15.23 N 11/11/2001 DAWN HECKMAN

VA: 26:38.25 V 11/7/2009 Maria Martinez

1	Martinez, Maria T	21	QMST-VA	24:16.62V
				40.43 1:24.62 2:11.91 2:59.82
				3:47.71 4:36.05 5:23.81 6:12.70
				7:01.38 7:48.89 8:37.20 9:26.04
				10:14.67 11:02.87 11:51.55 12:39.72
				13:29.89 14:19.65 15:09.65 16:01.96
				16:53.51 17:45.60 18:34.67 19:25.04
				20:15.77 21:03.14 21:51.63 22:40.75
				23:13.81 24:16.62

Women 18-24 50 SC Meter Backstroke

NATL: 29.69 N 12/10/2000 PAIGE FRANCIS

VA: 34.38 V Natalie Horsch

1	Thoresen, Kimberly N	22	SUNF-VA	35.68
2	Thoresen, Christina	24	UNAT-VA	36.39

3	Dickens, Morgan E	18	CNU-VA	41.43
4	Hickey, Caitlyn	18	CNU-VA	44.89

Women 18-24 100 SC Meter Backstroke

NATL: 59.45 N 11/21/2009 PETRA KLOSOVA

VA: 1:18.78 V 11/8/2008 Jenna Leach

1	Thoresen, Kimberly N	22	SUNF-VA	1:14.76V
				35.94 1:14.76
2	Thoresen, Christina	24	UNAT-VA	1:16.61V
				37.50 1:16.61
3	Anastasio, Christine	20	CNU-VA	1:19.31
				38.17 1:19.31

Women 18-24 200 SC Meter Backstroke

NATL: 2:19.21 N 12/4/2009 ALEXANDRA LEE

VA: 2:50.97 V 11/8/2008 Kristin Stiff

1	Thoresen, Christina	24	UNAT-VA	2:41.92V
				38.30 1:18.96 2:00.51 2:41.92

Women 18-24 50 SC Meter Breaststroke

NATL: 32.09 N 12/10/1995 BEATA KASZUBA

VA: 32.67 V 11/8/2008 Erla Dogg Haraldsdottir

1	Thoresen, Kimberly N	22	SUNF-VA	38.77
2	Donnelly, Nicola B	20	CNU-VA	39.20
3	Brown, Jennifer S	21	CNU-VA	42.50
4	Monaghan, Colleen M	20	CNU-VA	53.90

Women 18-24 100 SC Meter Breaststroke

NATL: 1:08.89 N 12/10/1995 BEATA KASZUBA

VA: 1:23.44 V 11/8/2008 Amy Charley

1	Brown, Jennifer S	21	CNU-VA	1:33.60
				43.70 1:33.60
2	Cavazos, Danielle B	19	CNU-VA	1:34.00
				45.22 1:34.00

Women 18-24 200 SC Meter Breaststroke

NATL: 2:38.63 N 11/2/1997 ANITA NALL

VA: 2:53.16 V Natalie Horsch

1	Martinez, Maria T	21	QMST-VA	3:38.77
				51.80 1:47.29 2:42.62 3:38.77

Women 18-24 50 SC Meter Butterfly

NATL: 28.37 N 12/5/2009 MEG GILL

VA: 33.81 V 11/8/2008 Kristin Stiff

1	Tanner, Camille R	18	CNU-VA	36.21
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Women 18-24 100 SC Meter IM

NATL: 1:01.74 N 12/6/2009 KARA DENBY

VA: 1:03.84 V 11/8/2008 Erla Dogg Haraldsdottir

1	Thoresen, Kimberly N	22	SUNF-VA	1:13.90
				34.02 1:13.90
2	Thoresen, Christina	24	UNAT-VA	1:21.27
				36.93 1:21.27
3	Cavazos, Danielle B	19	CNU-VA	1:24.33
				37.72 1:24.33
4	Brown, Jennifer S	21	CNU-VA	1:26.07
				39.94 1:26.07
5	Tanner, Camille R	18	CNU-VA	1:27.91
				40.49 1:27.91

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(Women 18-24 100 SC Meter IM)

6 Dickens, Morgan E 18 CNU-VA 1:28.71
39.58 1:28.71

Women 18-24 400 SC Meter IM

NATL: 4:58.55 N 12/9/2001 DAWN HECKMAN

VA: 5:37.14 V 12/31/1995 Cassie Campbell

1 Martinez, Maria T 21 QMST-VA 6:54.69
42.95 1:36.54 2:33.37 3:27.20
4:26.87 5:26.68 6:11.20 6:54.69

Women 25-29 50 SC Meter Freestyle

WORLD: 25.42 W 3/12/2006 SUMIKA KOMATSU

NATL: 26.63 N 11/2/1997 HEATHER HAGEMAN

VA: 29.39 V Clai Bolek

1 Myers, Danielle E 27 VMST-VA 29.68

Women 25-29 200 SC Meter Freestyle

WORLD: 1:59.78 W 3/31/1996 SHEILA TAORMINA

NATL: 1:59.78 N 3/31/1996 SHEILA TAORMINA

VA: 2:16.95 V Bridget Burket

1 Nuffer, Meghan 25 ADMS-AD 2:47.17
38.19 1:20.47 2:04.31 2:47.17

Women 25-29 800 SC Meter Freestyle

WORLD: 8:51.18 W 3/31/1996 SHEILA TAORMINA

NATL: 8:51.18 N 3/31/1996 SHEILA TAORMINA

VA: 10:27.17 V 12/10/2010 Betsy Turner

1 Myers, Danielle E 27 VMST-VA 9:51.62V
33.94 1:09.71 1:46.49 2:23.85
3:01.28 3:38.57 4:15.94 4:53.34
5:30.67 6:08.09 6:48.32 7:22.89
8:00.28 8:37.74 9:14.98 9:51.62

2 Thomas, Lillian M 28 TERR-PV 9:56.32
28.69 1:11.38 1:48.79 2:26.61
3:04.49 3:42.01 4:19.65 4:56.91
5:34.08 6:11.15 6:45.53 7:25.46
8:03.02 8:40.91 9:18.91 9:56.32

3 Locher, Erica N 25 SHYM-VA 10:38.83
35.90 1:14.42 1:54.25 2:34.43
3:14.59 3:54.87 4:35.32 5:16.02
5:56.25 6:36.47 7:17.08 7:58.17
8:38.14 9:18.11 9:58.25 10:38.83

Women 25-29 1500 SC Meter Freestyle

WORLD: 16:36.07 W 3/31/1996 SHEILA TAORMINA

NATL: 16:36.07 N 3/31/1996 SHEILA TAORMINA

VA: 20:31.87 V 12/31/1990 Debra Moore

1 Thomas, Lillian M 28 TERR-PV 18:49.25
34.47 1:10.91 1:47.88 2:25.18
3:02.62 3:40.31 4:17.30 4:55.44
5:32.94 6:11.20 6:49.01 7:26.82
8:04.49 8:42.61 9:20.25 9:56.33
10:35.70 11:13.59 11:51.43 12:29.25
13:06.74 13:44.54 14:22.45 15:00.66
15:38.97 16:17.21 16:55.47 17:33.83
18:12.04 18:49.25

Women 25-29 50 SC Meter Backstroke

WORLD: 28.80 W 4/4/2008 ANU KOIVISTO

NATL: 30.05 N 10/27/2002 CAMILLA JOHANSSON

VA: 31.77 V 3/20/2010 Kate Hibbard

1 Russo, Claire C 28 VMST-VA 38.52

Women 25-29 100 SC Meter Backstroke

WORLD: 1:02.32 W 11/18/2007 AKIKO MIZUMOTO

NATL: 1:03.26 N 10/27/2002 CAMILLA JOHANSSON

VA: 1:06.51 V 12/10/2010 Kate Hibbard

1 Nuffer, Meghan 25 ADMS-AD 1:28.63

Women 25-29 200 SC Meter Backstroke

WORLD: 2:12.84 W 11/20/2005 KANA OHASHI

NATL: 2:14.77 N 11/17/2001 LIA OBERSTAR

VA: 2:25.05 V 3/20/2010 Kate Hibbard

1 Locher, Erica N 25 SHYM-VA 2:56.98
41.19 1:26.08 2:11.15 2:56.98

Women 25-29 50 SC Meter Breaststroke

WORLD: 31.97 W 12/12/2009 NICOLE HEIDEMANN

NATL: 31.87 N 11/21/2010 MEGAN JENDRICK

VA: 36.72 V 1/1/1996 Cheryl Conlin

1 Russo, Claire C 28 VMST-VA 37.34
2 Myers, Danielle E 27 VMST-VA 37.70
3 Nuffer, Meghan 25 ADMS-AD 46.48

Women 25-29 100 SC Meter Breaststroke

WORLD: 1:09.80 W 11/7/2009 LINDA LUND

NATL: 1:10.39 N 1/23/2011 MEGAN JENDRICK

VA: 1:19.19 V 1/1/1996 Cheryl Conlin

1 Russo, Claire C 28 VMST-VA 1:20.54
38.45 1:20.54

Women 25-29 200 SC Meter Breaststroke

WORLD: 2:30.29 W 10/24/2009 KATIE HENDERSON

NATL: 2:30.75 N 1/23/2011 MEGAN JENDRICK

VA: 2:53.44 V 1/1/1996 Cheryl Conlin

1 Russo, Claire C 28 VMST-VA 2:58.24
40.88 1:26.38 2:12.93 2:58.24

Women 25-29 100 SC Meter IM

WORLD: 1:03.67 W 6/19/2005 HITOMI MATSUDA

NATL: 1:03.41 N 1/23/2011 MEGAN JENDRICK

VA: 1:10.18 V 11/7/2009 Lucy Carrig

1 Russo, Claire C 28 VMST-VA 1:15.59
37.38 1:15.59
2 Nuffer, Meghan 25 ADMS-AD 1:31.07
41.98 1:31.07

Women 25-29 400 SC Meter IM

WORLD: 4:52.13 W 11/19/2006 HITOMI MATSUDA

NATL: 5:02.54 N 12/13/1998 WENKE HANSEN

VA: 5:44.78 V 12/10/2010 Betsy Turner

1 Myers, Danielle E 27 VMST-VA 5:32.11V
34.37 1:13.43 1:59.27 2:44.34
3:29.10 4:15.17 4:53.77 5:32.11

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Women 30-34 1500 SC Meter Freestyle**WORLD: 17:01.56 W 10/12/2007 KIRSTEN CAMERON****NATL: 17:23.60 N 12/11/1994 KAREN BURTON****VA: 21:26.84 V Tory Neff**

1	Bolger, Maura J	30	VMST-VA	18:38.38V
	34.29	1:11.12	1:48.12	2:25.43
	3:02.56	3:39.82	4:17.30	4:54.54
	5:32.94	6:10.83	6:48.97	7:27.21
	8:04.63	8:41.95	9:18.88	9:57.80
	10:35.00	11:12.87	11:50.58	12:27.88
	13:05.02	13:41.95	14:19.05	14:56.11
	15:33.26	16:10.57	16:48.05	17:25.33
	18:02.12	18:38.38		
2	Dwyer, Kelly C	33	VMST-VA	29:07.32
	51.08	1:45.07	2:40.96	3:38.55
	4:37.46	5:35.71	6:34.33	7:31.69
	8:30.15	9:28.17	10:26.39	11:25.73
	12:25.10	13:24.02	14:23.09	15:21.88
	16:21.54	17:19.12	18:20.64	19:20.00
	20:19.73	21:19.05	22:17.48	23:16.40
	24:16.37	25:15.41	26:13.58	27:12.82
	28:11.64	29:07.32		

Women 30-34 200 SC Meter Butterfly**WORLD: 2:13.09 W 5/25/2008 HITOMI MATSUDA****NATL: 2:19.34 N 10/5/2003 KATRINA RADKE****VA: 2:41.79 V 12/31/1992 Maria Velikonja**

1	Bolger, Maura J	30	VMST-VA	2:29.28V
	33.96	1:12.37	1:50.44	2:29.28

Women 30-34 400 SC Meter IM**WORLD: 4:50.81 W 11/15/2009 HITOMI MATSUDA****NATL: 4:53.85 N 12/15/1996 K PIPES-NEILSEN****VA: 5:38.11 V 10/11/1989 Lisa Bennett**

1	Bolger, Maura J	30	VMST-VA	5:18.55V
	34.27	1:11.45	1:53.11	2:33.57
	3:20.15	4:05.40	4:42.55	5:18.55

Women 35-39 200 SC Meter Freestyle**WORLD: 2:03.56 W 12/14/1998 K.PIPES-NEILSEN****NATL: 2:03.56 N 12/14/1997 K PIPES-NEILSEN****VA: 2:12.39 V 12/9/2000 Kelly Parker**

1	Hatakeyama, Chio E	36	WSC-HI	2:27.67
	35.98	1:13.34	1:50.58	2:27.67

Women 35-39 200 SC Meter IM**WORLD: 2:19.08 W 12/10/2000 K.PIPES-NEILSEN****NATL: 2:19.08 N 12/10/2000 K PIPES-NEILSEN****VA: 2:32.31 V 4/16/2000 Beth Baker**

1	Hatakeyama, Chio E	36	WSC-HI	2:42.82
	35.20	1:18.17	2:06.01	2:42.82

Women 40-44 50 SC Meter Freestyle**WORLD: 26.40 W 3/8/2008 MARIKA JOHANSSON****NATL: 26.66 N 12/7/1996 S NEILSON-BELL****VA: 27.61 V 4/6/2002 Beth Baker**

1	Nefczyk, Julia A	43	SHYM-VA	36.67
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Women 40-44 400 SC Meter Freestyle**WORLD: 4:21.75 W 12/14/2003 K.PIPES-NEILSEN****NATL: 4:21.75 N 12/14/2003 K PIPES-NEILSEN****VA: 4:52.93 V 4/30/2011 Ana Paula Grilo**

1	Nefczyk, Julia A	43	SHYM-VA	6:14.26
	40.60	1:25.52	2:12.68	3:00.67
	3:49.15	4:38.23	5:27.05	6:14.26

Women 40-44 800 SC Meter Freestyle**WORLD: 9:09.71 W 6/20/2003 K.PIPES-NEILSEN****NATL: 9:09.71 N 6/20/2003 K PIPES-NEILSEN****VA: 11:10.42 V 12/31/1991 Terry Sue Gault**

1	Nefczyk, Julia A	43	SHYM-VA	12:57.02
	41.81	1:27.56	2:15.13	3:02.84
	3:50.99	4:39.97	5:28.80	6:18.56
	7:08.30	7:58.19	8:48.46	9:38.45
	10:28.33	11:18.19	12:07.86	12:57.02

Women 40-44 100 SC Meter Backstroke**WORLD: 1:04.63 W 4/18/2009 CINDY MABEE****NATL: 1:05.43 N 6/16/2002 K PIPES-NEILSEN****VA: 1:07.92 V 12/8/2001 Beth Baker**

1	Alsup, Carolyn H	43	VMST-VA	1:20.14
	39.86	1:20.14		

Women 40-44 100 SC Meter IM**WORLD: 1:04.25 W 11/16/2008 S.VON DER LIPPE****NATL: 1:04.25 N 11/16/2008 S VON DER LIPPE****VA: 1:08.98 V 12/8/2001 Beth Baker**

1	Alsup, Carolyn H	43	VMST-VA	1:17.54
	36.21	1:17.54		
2	Nefczyk, Julia A	43	SHYM-VA	1:38.58
	44.92	1:38.58		

Women 40-44 200 SC Meter IM**WORLD: 2:19.21 W 12/2/2007 S.VON DER LIPPE****NATL: 2:19.21 N 12/2/2007 S VON DER LIPPE****VA: 2:34.48 V 2000 Beth Baker**

1	Alsup, Carolyn H	43	VMST-VA	2:46.60
	35.62	1:18.17	2:07.66	2:46.60

Women 45-49 50 SC Meter Freestyle**WORLD: 27.09 W 12/2/2007 K.PIPES-NEILSEN****NATL: 27.09 N 12/2/2007 K PIPES-NEILSEN****VA: 33.24 V 10/10/1998 Kathy Wheeler**

1	McKerns, Susan P	47	VMST-VA	44.68
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Women 45-49 200 SC Meter Freestyle**WORLD: 2:05.94 W 12/2/2007 K.PIPES-NEILSEN****NATL: 2:05.94 N 12/2/2007 K PIPES-NEILSEN****VA: 2:24.71 V 12/13/2009 Charlotte Hollings**

1	McKerns, Susan P	47	VMST-VA	3:23.12
	47.69	1:38.34	2:30.76	3:23.12

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Women 45-49 400 SC Meter Freestyle**WORLD: 4:25.34 W 5/16/2009 K.PIPES-NEILSEN****NATL: 4:25.34 N 5/16/2009 K PIPES-NEILSEN****VA: 5:04.36 V 12/13/2009 Charlotte Hollings**

1	McKerns, Susan P	47	VMST-VA	6:59.81
	48.75	1:40.70	2:34.08	3:27.72
	4:20.99	5:14.53	6:07.74	6:59.81

Women 45-49 800 SC Meter Freestyle**WORLD: 9:11.37 W 5/15/2009 K.PIPES-NEILSEN****NATL: 9:11.37 N 5/15/2009 K PIPES-NEILSEN****VA: 10:38.44 V 11/7/2009 Charlotte Hollings**

1	Speer, Nancy K	49	VMST-VA	12:32.22
	43.71	1:30.66	2:18.63	3:05.70
	3:53.46	4:41.36	5:29.22	6:16.83
	7:04.13	7:51.84	8:39.59	9:26.40
	10:13.23	11:00.47	11:46.84	12:32.22
2	McCammon, Carol W	45	VMST-VA	13:31.00
	46.04	1:36.34	2:28.35	3:19.66
	4:10.75	5:01.68	5:53.36	6:44.28
	7:35.28	8:26.47	9:17.97	10:08.97
	10:59.88	11:50.84	12:41.81	13:31.00
3	McKerns, Susan P	47	VMST-VA	14:07.86
	48.68	1:40.46	2:32.83	3:25.45
	4:19.53	5:13.61	6:07.56	7:00.61
	7:53.71	8:47.92	9:42.62	10:36.49
	11:30.02	12:23.33	13:15.79	14:07.86
4	Raab, Barbara	49	SHYM-VA	15:34.11
	48.17	1:44.14	2:43.58	3:44.36
	4:44.39	5:44.00	6:41.87	7:41.05
	8:41.69	9:42.70	10:41.41	11:41.65
	12:40.55	13:39.56	14:39.45	15:34.11

Women 45-49 1500 SC Meter Freestyle**WORLD: 17:46.32 W 5/18/2007 LYNN MARSHALL****NATL: 17:50.64 N 10/10/2004 S HEIM-BOWEN****VA: 20:18.52 V 11/7/2009 Charlotte Hollings**

1	McKerns, Susan P	47	VMST-VA	27:32.04
	49.64	1:43.90	2:39.00	3:34.09
	4:29.44	5:24.97	6:20.24	7:15.58
	8:11.01	9:06.33	10:02.58	10:58.43
	11:53.79	12:49.25	13:44.31	14:38.97
	15:34.73	16:29.54	17:25.00	18:19.86
	19:15.36	20:10.53	21:06.86	22:01.63
	22:56.83	23:52.75	24:48.53	25:43.57
	26:38.21	27:32.04		

Women 45-49 100 SC Meter Breaststroke**WORLD: 1:13.38 W 6/10/2007 CAROLINE KRATTLI****NATL: 1:13.30 N 10/10/2010 S VON DER LIPPE****VA: 1:26.23 V 10/28/2009 Patricia Miller**

1	Speer, Nancy K	49	VMST-VA	1:36.72
	45.80	1:36.72		

Women 45-49 200 SC Meter Breaststroke**WORLD: 2:42.10 W 10/7/2007 CAROLINE KRATTLI****NATL: 2:38.00 N 11/21/2010 S VON DER LIPPE****VA: 3:07.53 V 3/15/2008 Patricia Miller**

1	Speer, Nancy K	49	VMST-VA	3:27.79
	47.82	1:40.33	2:34.01	3:27.79

Women 45-49 100 SC Meter IM**WORLD: 1:05.61 W 2/26/2009 K.PIPES-NEILSEN****NATL: 1:05.75 N 12/12/2009 K PIPES-NEILSEN****VA: 1:18.67 V 12/13/2009 Charlotte Hollings**

1	Speer, Nancy K	49	VMST-VA	1:26.92
	41.10	1:26.92		

Women 50-54 50 SC Meter Freestyle**WORLD: 28.00 W 8/29/2009 JENNY WHITELEY****NATL: 28.11 N 12/5/2009 S HEIM-BOWEN****VA: 29.71 V 12/11/2009 Lisa Bennett**

1	Newell, Suzanne P	53	VMST-VA	30.41
2	Kelley, Gail	53	SHYM-VA	35.18
3	Downing, Carol E	52	VMST-VA	40.90

Women 50-54 100 SC Meter Freestyle**WORLD: 1:01.49 W 10/21/2001 LAURA VAL****NATL: 1:01.49 N 10/21/2001 LAURA VAL****VA: 1:04.38 V 5/20/2011 Kelly Parker Palace**

1	Kelley, Gail	53	SHYM-VA	1:18.45
	37.64	1:18.45		
2	Downing, Carol E	52	VMST-VA	1:30.68
	43.34	1:30.68		

Women 50-54 200 SC Meter Freestyle**WORLD: 2:10.72 W 12/6/2009 S.HEIM-BOWEN****NATL: 2:10.72 N 12/6/2009 S HEIM-BOWEN****VA: 2:17.99 V 5/20/2011 Kelly Parker Palace**

1	Kelley, Gail	53	SHYM-VA	2:47.86
	39.23	1:21.60	2:05.92	2:47.86
2	Downing, Carol E	52	VMST-VA	3:17.35
	45.06	1:36.06	2:27.56	3:17.35

Women 50-54 400 SC Meter Freestyle**WORLD: 4:35.54 W 12/5/2009 S.HEIM-BOWEN****NATL: 4:35.54 N 12/5/2009 S HEIM-BOWEN****VA: 4:46.96 V 5/20/2011 Kelly Parker Palace**

1	Kelley, Gail	53	SHYM-VA	6:00.33
	40.40	1:24.93	2:11.39	2:57.59
	3:43.44	4:29.59	5:15.92	6:00.33

Women 50-54 800 SC Meter Freestyle**WORLD: 9:29.62 W 12/4/2009 S.HEIM-BOWEN****NATL: 9:29.62 N 12/4/2009 S HEIM-BOWEN****VA: 9:47.94 V 5/20/2011 Kelly Parker Palace**

1	Goode, Betsy L	52	VMST-VA	13:42.60
	46.74	1:37.62	2:30.44	3:23.59
	4:17.53	5:10.10	6:02.76	6:54.49
	7:46.23	8:38.21	9:30.05	10:22.34
	11:13.18	12:04.35	12:54.79	13:42.60

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Women 50-54 50 SC Meter Backstroke

WORLD: 32.13 W 12/7/2008 K.ANDRUS-HUGHES
NATL: 30.58 N 3/19/2011 LESLIE LIVINGSTON
VA: 37.00 V 5/20/2011 Kelly Parker Palace

1 Newell, Suzanne P 53 VMST-VA 39.73

Women 50-54 50 SC Meter Breaststroke

WORLD: 35.08 W 5/17/2008 JENNY WHITELEY
NATL: 36.99 N 12/12/2009 LISA BENNETT
VA: 36.99 V 12/11/2009 Lisa Bennett

1 Newell, Suzanne P 53 VMST-VA 40.95
 2 Downing, Carol E 52 VMST-VA 49.96
 3 Wallace, Karen 50 CRAB-MD 50.00
 4 Goode, Betsy L 52 VMST-VA 50.80

Women 50-54 100 SC Meter Breaststroke

WORLD: 1:16.49 W 8/30/2009 JENNY WHITELEY
NATL: 1:20.72 N 11/8/2008 JENNY COOK
VA: 1:24.00 V 12/11/2009 Lisa Bennett

1 Wallace, Karen 50 CRAB-MD 1:48.06
 51.81 1:48.06

Women 50-54 200 SC Meter Breaststroke

WORLD: 2:48.69 W 8/29/2009 JENNY WHITELEY
NATL: 2:57.11 N 12/7/2008 JENNY COOK
VA: 3:12.55 V 12/8/2007 Lisa Bennett

1 Wallace, Karen 50 CRAB-MD 3:52.48
 55.89 1:53.72 2:53.67 3:52.48

Women 50-54 50 SC Meter Butterfly

WORLD: 30.60 W 12/6/2008 TRACI GRANGER
NATL: 30.50 N 3/19/2011 LESLIE LIVINGSTON
VA: 32.87 V 12/11/2009 Lisa Bennett

1 Newell, Suzanne P 53 VMST-VA 34.61

Women 50-54 100 SC Meter IM

WORLD: 1:09.22 W 8/9/2009 JENNY WHITELEY
NATL: 1:11.67 N 12/6/2009 AHELEE SUE OSBORN
VA: 1:15.48 V 12/11/2009 Lisa Bennett

1 Newell, Suzanne P 53 VMST-VA 1:18.10
 36.48 1:18.10
 2 Kelley, Gail 53 SHYM-VA 1:31.92
 44.29 1:31.92

Women 55-59 50 SC Meter Freestyle

WORLD: 28.49 W 12/5/2009 LAURA VAL
NATL: 28.49 N 12/5/2009 LAURA VAL
VA: 33.22 V 11/6/2010 Shirley Loftus-Charley

1 Bennett, Lisa A 55 VMST-VA 31.28V
 2 Benn, Cheryl E 58 VMST-VA 41.53

Women 55-59 100 SC Meter Freestyle

WORLD: 1:01.33 W 12/4/2009 LAURA VAL
NATL: 1:01.33 N 12/4/2009 LAURA VAL
VA: 1:10.45 V 12/4/2010 Shirley Loftus-Charley

1 Rotch, Catherine A 59 VMST-VA 1:37.73
 46.77 1:37.73

Women 55-59 200 SC Meter Freestyle

WORLD: 2:14.45 W 11/21/2009 LAURA VAL
NATL: 2:14.45 N 11/21/2009 LAURA VAL
VA: 2:34.31 V 11/6/2010 Shirley Loftus-Charley

1 Braaten, Kitten 56 VMST-VA 3:10.34
 45.20 1:33.72 2:22.48 3:10.34

Women 55-59 400 SC Meter Freestyle

WORLD: 4:42.97 W 10/4/2009 LAURA VAL
NATL: 4:42.97 N 10/4/2009 LAURA VAL
VA: 5:12.43 V 11/6/2010 Shirley Loftus-Charley

1 Bennett, Lisa A 55 VMST-VA 5:24.64
 35.72 1:15.24 1:56.75 2:38.08
 3:19.89 4:01.87 4:43.64 5:24.64

Women 55-59 800 SC Meter Freestyle

WORLD: 9:51.35 W 10/17/2009 LAURA VAL
NATL: 9:51.35 N 10/17/2009 LAURA VAL
VA: 10:32.57 V 11/6/2010 Shirley Loftus-Charley

1 Braaten, Kitten 56 VMST-VA 13:09.61
 44.60 1:34.92 2:24.35 3:13.78
 4:03.19 4:52.46 5:41.94 6:31.48
 7:21.14 8:10.77 9:00.85 9:50.69
 10:40.33 11:30.46 12:20.61 13:09.61

Women 55-59 200 SC Meter Backstroke

WORLD: 2:40.05 W 10/12/2008 LAURA VAL
NATL: 2:40.05 N 10/12/2008 LAURA VAL
VA: 3:01.12 V 5/4/2007 Bonnie Kestner

1 Braaten, Kitten 56 VMST-VA 3:40.86
 53.44 1:49.41 2:45.63 3:40.86

Women 55-59 50 SC Meter Breaststroke

WORLD: 38.32 W 8/25/2001 JAN WICKS
NATL: 39.12 N 5/15/2011 COLETTE CRABBE
VA: 43.96 V 11/6/2010 Shirley Loftus-Charley

1 Bennett, Lisa A 55 VMST-VA 40.49V
 2 White, Maureen T 56 DAMD-DV 47.43
 3 Brown, Jann L 56 VMST-VA 54.66

Women 55-59 100 SC Meter Breaststroke

WORLD: 1:25.18 W 3/14/2009 REGULA STEIGER
NATL: 1:26.33 N 8/24/2003 DALE BARNHARD
VA: 1:37.27 V 12/4/2010 Shirley Loftus-Charley

1 Bennett, Lisa A 55 VMST-VA 1:28.43V
 42.32 1:28.43
 2 White, Maureen T 56 DAMD-DV 1:46.34
 52.43 1:46.34
 3 Brown, Jann L 56 VMST-VA 2:02.28
 58.47 2:02.28

Women 55-59 200 SC Meter Breaststroke

WORLD: 3:02.37 W 10/31/2009 CATHERINE KOHN
NATL: 3:02.37 N 10/31/2009 CATHERINE KOHN
VA: 3:20.99 V 12/4/2010 Shirley Loftus-Charley

1 Bennett, Lisa A 55 VMST-VA 3:13.57V
 43.85 1:33.26 2:23.94 3:13.57
 2 White, Maureen T 56 DAMD-DV 3:49.20
 53.95 1:52.84 2:51.91 3:49.20

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Women 55-59 50 SC Meter Butterfly**WORLD:** 31.13 W 10/17/2009 LAURA VAL**NATL:** 31.13 N 10/17/2009 LAURA VAL**VA:** 37.13 V 3/20/2010 Shirley Loftus-Charley

1 Rotch, Catherine A 59 VMST-VA 52.03

Women 55-59 100 SC Meter Butterfly**WORLD:** 1:09.23 W 12/6/2009 LAURA VAL**NATL:** 1:09.23 N 12/6/2009 LAURA VAL**VA:** 1:22.07 V 11/6/2010 Shirley Loftus-Charley1 Braaten, Kitten 56 VMST-VA 1:43.64
49.41 1:43.64**Women 55-59 100 SC Meter IM****WORLD:** 1:12.90 W 10/11/2009 LAURA VAL**NATL:** 1:12.90 N 10/11/2009 LAURA VAL**VA:** 1:21.22 V 3/20/2010 Shirley Loftus-Charley1 White, Maureen T 56 DAMD-DV 1:42.57
51.16 1:42.57
2 Brown, Jann L 56 VMST-VA 1:52.80
54.92 1:52.80**Women 60-64 50 SC Meter Freestyle****WORLD:** 30.70 W 8/30/2009 LYNETTE STEVENSON**NATL:** 29.48 N 10/3/2011 LAURA VAL**VA:** 33.70 V 3/19/2011 Shirley Loftus-Charley1 Jackson, Karen E 61 VMST-VA 42.37
2 Ptak, Cheryl H 64 UNAT-VA 1:44.26**Women 60-64 100 SC Meter Freestyle****WORLD:** 1:07.22 W 6/16/2009 R.DE VIVANCO**NATL:** 1:05.16 N 1/15/2011 LAURA VAL**VA:** 1:09.97 V 3/19/2011 Shirley Loftus-Charley1 Jackson, Karen E 61 VMST-VA 1:38.09
47.60 1:38.09
2 Ptak, Cheryl H 64 UNAT-VA 3:45.25
1:43.94 3:45.25**Women 60-64 200 SC Meter Freestyle****WORLD:** 2:31.69 W 1/23/2010 CONNY BOER-BUYS**NATL:** 2:24.19 N 1/15/2011 LAURA VAL**VA:** 2:45.51 V 11/8/2008 Marcia Barry1 Loftus-Charley, Shirley A 60 VMST-VA 2:32.22V
35.91 1:14.82 1:54.13 2:32.22
2 Ptak, Cheryl H 64 UNAT-VA 8:36.30
1:46.37 6:17.80 8:36.30**Women 60-64 1500 SC Meter Freestyle****WORLD:** 19:38.63 W 1/15/2011 LAURA VAL**NATL:** 19:38.63 N 1/15/2011 LAURA VAL**VA:** 22:51.13 V 11/8/2008 Marcia Barry1 Loftus-Charley, Shirley A 60 VMST-VA 19:59.92V
37.33 1:17.18 1:57.22 2:37.34
3:17.38 3:57.56 4:37.57 5:17.88
5:58.19 6:38.34 7:18.33 7:58.48
8:38.69 9:18.83 9:58.95 10:39.12
11:19.24 11:59.50 12:40.13 13:20.48
14:00.55 14:40.67 15:20.90 16:01.02
16:41.03 17:21.15 18:01.25 18:41.02
19:20.97 19:59.92**Women 60-64 200 SC Meter Backstroke****WORLD:** 2:56.06 W 3/18/2002 BONNIE PRONK**NATL:** 2:47.97 N 9/25/2011 LAURA VAL**VA:** 3:15.00 V 11/8/2008 Marcia Barry1 Loftus-Charley, Shirley A 60 VMST-VA 3:00.89V
43.07 1:28.60 2:14.97 3:00.89**Women 60-64 50 SC Meter Breaststroke****WORLD:** 38.60 W 3/18/2002 MONIKA SENFTLEBEN**NATL:** 40.24 N 6/22/2008 DALE BARNHARD**VA:** 48.05 V 5/13/2004 Betsy Durrant

1 Jackson, Karen E 61 VMST-VA 53.08

Women 60-64 100 SC Meter Breaststroke**WORLD:** 1:26.43 W 10/6/2002 HANNELORE ROSE**NATL:** 1:30.58 N 3/25/2000 JOANN LEILICH**VA:** 1:48.02 V 11/8/2008 Pam Dameron1 Jackson, Karen E 61 VMST-VA 1:58.66
59.30 1:58.66**Women 60-64 200 SC Meter Breaststroke****WORLD:** 3:06.48 W 3/16/2002 BONNIE PRONK**NATL:** 3:18.25 N 3/31/2001 JOANN LEILICH**VA:** 3:52.01 V 5/11/2006 Betsy Durrant1 Loftus-Charley, Shirley A 60 VMST-VA 3:17.73N
45.99 1:35.83 2:27.81 3:17.73**Women 60-64 100 SC Meter IM****WORLD:** 1:19.09 W 3/4/2006 BRIGITTE MERTEN**NATL:** 1:16.59 N 10/3/2011 LAURA VAL**VA:** 1:37.88 V 3/20/2004 Beth Schreiner1 Loftus-Charley, Shirley A 60 VMST-VA 1:24.67V
40.87 1:24.67
--- Ptak, Cheryl H 64 UNAT-VA DQ
2:50.07**Women 65-69 50 SC Meter Freestyle****WORLD:** 32.25 W 6/11/2005 CHRISTEL SCHULZ**NATL:** 32.35 N 3/19/2011 DIANN UUSTAL**VA:** 34.07 V 3/21/2009 Beth Schreiner

1 Dameron, Pam D 66 QMST-VA 38.83

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Women 65-69 200 SC Meter Freestyle**WORLD: 2:42.05 W 5/9/2004 YOSHIKO OSAKI****NATL: 2:39.77 N 12/4/2010 CAROLYN BOAK****VA: 2:57.89 V 3/24/2007 Beth Schreiner**

1	Gregory, Kathryn S	65	VMST-VA	3:35.53
	48.61	1:44.10	2:41.12	3:35.53

Women 65-69 800 SC Meter Freestyle**WORLD: 11:24.13 W 8/30/2008 JEN THOMASSEN****NATL: 11:40.70 N 12/5/2008 JACKIE MARR****VA: 13:34.16 V 12/11/2009 Betsy Durrant**

1	Marens, Susan E	69	VMST-VA	16:25.14
	55.17	1:56.62	2:58.92	4:01.58
	5:03.74	6:05.75	7:07.77	8:09.67
	9:11.30	10:13.49	11:15.70	12:16.99
	13:19.01	14:20.79	15:22.90	16:25.14

Women 65-69 1500 SC Meter Freestyle**WORLD: 21:43.60 W 8/30/2008 JEN THOMASSEN****NATL: 22:09.43 N 12/5/2008 JACKIE MARR****VA: 26:37.52 V 10/16/2010 Betsy Durrant**

1	Dameron, Pam D	66	QMST-VA	27:09.88
	48.83	1:41.42	2:35.41	3:30.74
	4:25.58	5:20.41	6:15.71	7:10.95
	8:06.11	9:01.04	9:55.95	10:50.87
	11:45.94	12:41.04	13:36.34	14:34.38
	15:29.68	16:24.39	17:20.06	18:14.31
	19:09.17	20:03.38	20:57.69	26:01.52
	22:45.63	23:39.87	24:33.35	25:26.80
	26:19.35	27:09.88		
2	Hlavacek, Ida M	69	VMST-VA	30:40.83
	53.27	1:51.55	2:50.43	3:50.82
	4:50.89	5:51.35	6:52.75	7:53.52
	8:55.31	9:57.11	10:59.37	12:01.19
	13:02.18	14:03.63	15:06.24	16:08.36
	17:10.36	18:12.39	19:14.24	20:17.68
	21:21.07	22:24.54	23:27.07	24:30.18
	25:32.39	26:34.89	27:37.55	28:39.54
	29:30.61	30:40.83		

Women 65-69 50 SC Meter Backstroke**WORLD: 36.58 W 3/21/2010 MARGIT OHLSSON****NATL: 35.58 N 3/19/2011 DIANN UUSTAL****VA: 44.60 V 5/16/2008 Beth Schreiner**

1	Hlavacek, Ida M	69	VMST-VA	50.42
2	Martin, Judy	69	VMST-VA	51.73

Women 65-69 100 SC Meter Backstroke**WORLD: 1:20.34 W 3/21/2010 MARGIT OHLSSON****NATL: 1:19.08 N 3/19/2011 DIANN UUSTAL****VA: 1:40.04 V 12/2/2006 Beth Schreiner**

1	Dameron, Pam D	66	QMST-VA	1:46.80
	53.98	1:46.80		
2	Gregory, Kathryn S	65	VMST-VA	1:50.47
	52.96	1:50.47		
3	Martin, Judy	69	VMST-VA	1:55.37
	56.10	1:55.37		

Women 65-69 200 SC Meter Backstroke**WORLD: 2:56.81 W 3/20/2010 MARGIT OHLSSON****NATL: 2:56.03 N 3/19/2011 DIANN UUSTAL****VA: 3:41.68 V 5/4/2007 Betsy Durrant**

1	Gregory, Kathryn S	65	VMST-VA	3:51.33
	53.48	1:53.05	2:52.82	3:51.33
2	Martin, Judy	69	VMST-VA	3:58.37
	54.39	1:55.08	2:56.53	3:58.37

Women 65-69 50 SC Meter Breaststroke**WORLD: 40.98 W 1/24/2010 NOBUKO YASUDA****NATL: 42.35 N 4/9/2005 JOANN LEILICH****VA: 42.35 V 4/9/2005 Joann Leilich**

1	Dameron, Pam D	66	QMST-VA	50.43
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Women 65-69 200 SC Meter Breaststroke**WORLD: 3:14.89 W 1/23/2010 NOBUKO YASUDA****NATL: 3:17.44 N 3/20/2004 JOANN LEILICH****VA: 3:17.44 V 3/20/2004 Joann Leilich**

1	Marens, Susan E	69	VMST-VA	4:24.80
	1:00.83	2:09.23	3:17.75	4:24.80

Women 65-69 50 SC Meter Butterfly**WORLD: 36.71 W 4/5/2009 MICHIE DOI****NATL: 35.06 N 5/21/2011 DIANN UUSTAL****VA: 48.75 V 10/12/2007 Ida Hlavacek**

1	Hlavacek, Ida M	69	VMST-VA	55.81
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Women 65-69 100 SC Meter Butterfly**WORLD: 1:25.28 W 5/25/2003 YOSHIKO OSAKI****NATL: 1:25.67 N 12/4/2010 CAROLYN BOAK****VA: 1:49.88 V 12/8/2007 Lucille Griffin**

1	Hlavacek, Ida M	69	VMST-VA	2:00.79
	54.98	2:00.79		
2	Marens, Susan E	69	VMST-VA	2:08.38
	1:00.08	2:08.38		

Women 65-69 200 SC Meter Butterfly**WORLD: 3:17.36 W 6/8/2003 YOSHIKO OSAKI****NATL: 3:32.93 N 10/8/1995 JUNE KRAUSER****VA: 4:22.83 V 10/12/2007 Ida Hlavacek**

1	Gregory, Kathryn S	65	VMST-VA	4:44.60
	1:02.86	2:16.61	3:34.10	4:44.60

Women 70-74 50 SC Meter Freestyle**WORLD: 33.36 W 2/15/2009 YOSHIKO OSAKI****NATL: 35.37 N 11/7/1999 GAIL ROPER****VA: 35.66 V 3/19/2011 Beth Schreiner**

1	Broderick, Kathleen M	73	VMST-VA	56.40
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Women 70-74 100 SC Meter Freestyle**WORLD: 1:12.97 W 6/14/2009 YOSHIKO OSAKI****NATL: 1:18.67 N 12/5/1999 GAIL ROPER****VA: 1:22.71 V 3/19/2011 Beth Schreiner**

1	Durrant, Betsy	70	VMST-VA	1:34.39
	45.19	1:34.39		
2	Broderick, Kathleen M	73	VMST-VA	2:03.97
	58.22	2:03.97		

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Women 70-74 200 SC Meter Freestyle**WORLD: 2:44.70 W 2/17/2008 YOSHIKO OSAKI****NATL: 2:58.06 N 5/15/2000 GAIL ROPER****VA: 3:08.87 V 3/19/2011 Beth Schreiner**

1 Walker, Laura S	74 VMST-VA	3:43.91
49.17	1:46.12	2:44.99 3:43.91

Women 70-74 400 SC Meter Freestyle**WORLD: 5:50.41 W 11/15/2008 YOSHIKO OSAKI****NATL: 6:27.21 N 12/5/1999 GAIL ROPER****VA: 7:10.52 V 10/29/2011 Betsy Durrant**

1 Durrant, Betsy	70 VMST-VA	7:00.82V
47.19	1:39.79	2:32.93 3:26.27
4:20.39	5:14.10	6:07.55 7:00.82
2 Broderick, Kathleen M	73 VMST-VA	9:05.28
1:00.82	2:08.21	3:17.90 4:28.00
5:38.05	6:48.04	7:57.02 9:05.28

Women 70-74 100 SC Meter Backstroke**WORLD: 1:29.93 W 6/10/2007 BETSY JORDAN****NATL: 1:29.93 N 6/10/2007 BETSY JORDAN****VA: 1:51.02 V 12/13/2009 Laura Walker**

1 Walker, Laura S	74 VMST-VA	1:58.79
58.26	1:58.79	

Women 70-74 200 SC Meter Backstroke**WORLD: 3:18.61 W 3/20/2005 V.JOHANSSON****NATL: 3:25.04 N 11/4/2006 NANCY BROWN****VA: 3:57.27 V 12/13/2009 Laura Walker**

1 Walker, Laura S	74 VMST-VA	4:11.23
59.45	2:04.64	3:10.53 4:11.23

Women 70-74 100 SC Meter IM**WORLD: 1:24.88 W 10/18/2009 YOSHIKO OSAKI****NATL: 1:32.23 N 5/15/2000 GAIL ROPER****VA: 1:46.69 V 5/4/2007 Johnnie Detrick**

1 Walker, Laura S	74 VMST-VA	2:07.89
59.76	2:07.89	

Women 75-79 50 SC Meter Freestyle**WORLD: 35.88 W 3/25/2006 JANE ASHER****NATL: 37.24 N 12/12/2004 GAIL ROPER****VA: 37.33 V 3/19/2011 Johnnie Detrick**

1 Averette, Joan	75 VMST-VA	59.74
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Women 75-79 50 SC Meter Backstroke**WORLD: 43.50 W 3/24/2006 JANE ASHER****NATL: 44.76 N 11/7/1999 DORIS STEADMAN****VA: 1:01.58 V 5/4/2007 Susan Henley**

1 Detrick, Johnnie	76 VMST-VA	55.62V
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Women 75-79 50 SC Meter Breaststroke**WORLD: 43.79 W 2/14/2010 SHOKO YONEZAWA****NATL: 50.91 N 10/15/2005 GAIL ROPER****VA: 51.86 V 3/19/2011 Johnnie Detrick**

1 Averette, Joan	75 VMST-VA	1:13.13
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Women 75-79 100 SC Meter Breaststroke**WORLD: 1:36.48 W 3/21/2010 SHOKO YONEZAWA****NATL: 1:50.24 N 10/11/2008 ANN HIRSCH****VA: 1:59.48 V 11/6/2010 Johnnie Detrick**

1 Detrick, Johnnie	76 VMST-VA	1:57.94V
57.54	1:57.94	

Women 75-79 200 SC Meter Breaststroke**WORLD: 3:39.54 W 2/13/2010 SHOKO YONEZAWA****NATL: 3:56.51 N 10/12/2008 ANN HIRSCH****VA: 4:09.87 V 11/6/2010 Johnnie Detrick**

1 Detrick, Johnnie	76 VMST-VA	4:21.43
1:00.03	2:06.10	3:15.87 4:21.43

Women 75-79 200 SC Meter IM**WORLD: 3:31.20 W 3/25/2006 JANE ASHER****NATL: 3:37.24 N 12/11/2005 GAIL ROPER****VA: 4:12.16 V 10/16/2010 Johnnie Detrick**

1 Detrick, Johnnie	76 VMST-VA	4:07.63V
1:01.26	2:06.01	3:13.16 4:07.63

Women 80-84 50 SC Meter Freestyle**WORLD: 38.03 W 1/25/2009 GAIL ROPER****NATL: 38.03 N 1/25/2009 GAIL ROPER****VA: 53.37 V 10/4/2010 Jeanne Meredith**

1 Meredith, Jeanne H	83 VMST-VA	58.78
2 Sokolik, Terry	84 VMST-VA	1:05.25

Women 80-84 100 SC Meter Freestyle**WORLD: 1:26.23 W 1/25/2009 GAIL ROPER****NATL: 1:26.23 N 1/25/2009 GAIL ROPER****VA: 2:04.89 V 5/16/2008 Jeanne Meredith**

1 Meredith, Jeanne H	83 VMST-VA	2:11.06
1:03.58	2:11.06	
2 Sokolik, Terry	84 VMST-VA	2:22.86
1:06.75	2:22.86	

Women 80-84 200 SC Meter Freestyle**WORLD: 3:18.57 W 1/25/2009 GAIL ROPER****NATL: 3:18.57 N 1/25/2009 GAIL ROPER****VA: 4:28.66 V 5/16/2008 Jeanne Meredith**

1 Meredith, Jeanne H	83 VMST-VA	4:37.28
1:02.74	2:14.61	3:25.67 4:37.28

Women 80-84 400 SC Meter Freestyle**WORLD: 7:20.96 W 11/11/2007 JEAN TROY****NATL: 7:20.96 N 11/11/2007 JEAN TROY****VA: 9:16.38 V 5/16/2008 Jeanne Meredith**

1 Meredith, Jeanne H	83 VMST-VA	9:49.43
1:07.37	2:23.06	3:38.15 4:55.19
6:09.05	7:23.59	8:38.04 9:49.43

Women 80-84 100 SC Meter Backstroke**WORLD: 1:50.61 W 12/1/2007 BETTY LORENZI****NATL: 1:50.61 N 12/1/2007 BETTY LORENZI****VA: 2:26.82 V 1/1/2005 Marianna Berkley**

1 Sokolik, Terry	84 VMST-VA	2:51.01
1:24.26	2:51.01	

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Women 80-84 50 SC Meter Breaststroke

WORLD: 50.48 W 5/11/2003 SATOKO SUZUKI

NATL: 53.62 N 10/15/2011 ANN HIRSCH

VA: 1:06.43 V 5/12/2005 Miriam Tuovila

1 Sokolik, Terry 84 VMST-VA 1:28.25

Women 85-89 50 SC Meter Freestyle

WORLD: 46.31 W 10/7/2006 OLGA JOHNSON

NATL: 48.10 N 9/14/2008 MARGERY MEYER

VA: 1:00.29 V 12/31/2008 Marianna Berkley

1 Berkley, Marianna 89 VMST-VA 1:05.80

2 Tuovila, Miriam K 86 VMST-VA 1:15.21

Women 85-89 50 SC Meter Breaststroke

WORLD: 1:00.56 W 10/13/2008 SATOKO SUZUKI

NATL: 1:09.77 N 12/10/1995 MARTI GOGNIAT

VA: 1:10.37 V 5/4/2007 Marianna Berkley

1 Tuovila, Miriam K 86 VMST-VA 1:18.72

Women 85-89 100 SC Meter Breaststroke

WORLD: 2:11.98 W 10/12/2009 SATOKO SUZUKI

NATL: 2:38.48 N 12/10/1995 MARTI GOGNIAT

VA: 2:44.67 V 12/31/2008 Marianna Berkley

1 Tuovila, Miriam K 86 VMST-VA 2:52.81

1:21.00 2:52.81

Women 85-89 200 SC Meter Breaststroke

WORLD: 5:09.65 W 3/15/2008 DOROTHY WILLIAMS

NATL: 5:46.07 N 12/8/2007 MARIANNA BERKLEY

VA: 5:46.07 V 12/8/2007 Marianna Berkley

1 Tuovila, Miriam K 86 VMST-VA 6:11.83

1:24.87 2:59.69 4:37.79 6:11.83

2 Berkley, Marianna 89 VMST-VA 7:13.56

1:35.80 3:27.20 5:22.95 7:13.56

Women 85-89 100 SC Meter IM

WORLD: 2:18.55 W 2/8/2009 LOIS KIVI NOCHMAN

NATL: 2:12.85 N 2/12/1995 JEWEL COOKE

VA: 2:23.05 V 5/4/2007 Marianna Berkley

1 Tuovila, Miriam K 86 VMST-VA 2:58.82

1:30.84 2:58.82

2 Berkley, Marianna 89 VMST-VA 3:13.06

1:40.67 3:13.06

Men 18-24 50 SC Meter Freestyle

NATL: 21.38 N 12/11/2005 NICK BRUNELLI

VA: 23.79 V 11/8/2008 Anri Mar Arnason

1 Steiert, Jonas 22 UNAT-VA 27.29

2 Mardock, Philip W 18 CNU-VA 27.34

3 Zamostny, Michael 20 CNU-VA 29.93

Men 18-24 100 SC Meter Freestyle

NATL: 48.00 N 12/11/2005 NICK BRUNELLI

VA: 54.61 V 1/1/1997 Doug Fulling

1 Steiert, Jonas 22 UNAT-VA 58.12

28.22 58.12

2 DeFord, Sean P 21 CNU-VA 1:01.31

28.99 1:01.31

Men 18-24 200 SC Meter Freestyle

NATL: 1:47.32 N 12/11/2005 NICK BRUNELLI

VA: 2:04.80 V 11/7/2009 Christopher Stickle

1 Mardock, Philip W 18 CNU-VA 2:17.77

31.03 1:05.59 1:42.11 2:17.77

Men 18-24 400 SC Meter Freestyle

NATL: 4:03.45 N 12/10/1995 BRAD WINSOR

VA: 4:33.31 V 11/7/2009 Christopher Stickle

1 Steiert, Jonas 22 UNAT-VA 4:41.35

30.91 1:05.21 1:40.19 2:16.07

2:52.22 3:28.93 4:05.71 4:41.35

Men 18-24 50 SC Meter Breaststroke

NATL: 27.83 N 11/21/2009 GREGOR PLEVELJ

VA: 32.00 V 3/21/2009 Patrick Laiti

1 DeFord, Sean P 21 CNU-VA 34.07

2 Steiert, Jonas 22 UNAT-VA 35.83

3 Zamostny, Michael 20 CNU-VA 38.54

Men 18-24 100 SC Meter Breaststroke

NATL: 1:01.75 N 12/11/2005 GREG OWEN

VA: 1:11.98 V 3/21/2009 Patrick Laiti

1 DeFord, Sean P 21 CNU-VA 1:15.01

35.45 1:15.01

Men 18-24 50 SC Meter Butterfly

NATL: 25.16 N 12/7/2003 PAUL BUREN

VA: 27.03 V 1/1/1997 Doug Fulling

1 Steiert, Jonas 22 UNAT-VA 29.82

2 Mardock, Philip W 18 CNU-VA 31.72

Men 18-24 100 SC Meter Butterfly

NATL: 56.52 N 12/3/2006 MARIO MARSHALL

VA: 1:01.65 V 1/1/1997 Doug Fulling

1 Mardock, Philip W 18 CNU-VA 1:13.68

33.40 1:13.68

Men 25-29 50 SC Meter Freestyle

WORLD: 22.11 W 3/25/2006 STEFAN NYSTRAND

NATL: 22.48 N 93/1996 PEEL/WAGNER

VA: 23.64 V Neill Williams

1 Mukri, Kevin 26 UNAT-VA 25.06

2 Trill, AJ 27 VMST-VA 25.95

3 Warner, Daniel 25 VMST-VA 30.59

Men 25-29 1500 SC Meter Freestyle

WORLD: 15:29.68 W 10/24/2003 GREG ORPHANIDES

NATL: 15:41.81 N 12/14/1997 ALEX KOSTICH

VA: 19:50.39 V 11/8/2008 Mike Robbins

1 Charley, Craig R 28 RCA-VA 19:25.76V

34.06 1:11.60 1:49.92 2:29.01

3:08.86 3:48.36 4:28.02 5:07.18

5:46.63 6:25.99 7:05.30 7:44.40

8:23.96 9:03.12 9:42.59 10:22.16

11:00.95 11:39.95 12:19.33 12:58.37

13:37.34 14:16.46 14:55.58 15:34.51

16:13.09 16:52.04 17:30.85 18:10.51

18:48.94 19:25.76

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Men 25-29 50 SC Meter Backstroke

WORLD: 25.05 W 9/25/2004 STEV THELOKE

NATL: 25.15 N 12/2/2007 KEVIN DOAK

VA: 28.85 V 5/16/2008 Sam Harris

1 Mukri, Kevin 26 UNAT-VA 27.49V

Men 25-29 100 SC Meter Backstroke

WORLD: 54.82 W 11/12/1994 MARTIN HARRIS

NATL: 55.26 N 3/15/2009 KEVIN DOAK

VA: 1:00.92 V 3/20/2004 Troy Johnson

1 Mukri, Kevin 26 UNAT-VA 59.38V
28.27 59.38**Men 25-29 200 SC Meter Backstroke**

WORLD: 1:56.22 W 12/16/2006 STEFAN HERBST

NATL: 2:02.63 N 12/10/1995 JOHN KEPPELER

VA: 2:17.32 V 12/10/2010 Adam Barley

1 Charley, Craig R 28 RCA-VA 2:52.96
39.48 1:23.20 2:08.77 2:52.96**Men 25-29 50 SC Meter Butterfly**

WORLD: 23.66 W 4/29/2009 DAISUKE ABE

NATL: 24.98 N 10/2/2005 OSWALDO QUEVEDO

VA: 25.61 V Neill Williams

1 Trill, AJ 27 VMST-VA 28.36
2 Charley, Craig R 28 RCA-VA 33.35
3 Warner, Daniel 25 VMST-VA 37.79**Men 25-29 200 SC Meter Butterfly**

WORLD: 1:59.74 W 9/20/2008 MARK LEWIS

NATL: 2:03.59 N 12/15/2002 JASON EADDY

VA: 2:11.12 V 10/12/2002 Frank Byskov

1 Charley, Craig R 28 RCA-VA 2:59.18
38.13 1:24.97 2:14.35 2:59.18**Men 25-29 200 SC Meter IM**

WORLD: 1:59.70 W 1/31/2010 K.GILCHRIST

NATL: 2:05.93 N 12/10/1995 JOHN KEPPELER

VA: 2:10.85 V 10/12/2002 Frank Byskov

1 Charley, Craig R 28 RCA-VA 2:39.69
34.22 1:14.86 2:02.38 2:39.69**Men 30-34 200 SC Meter Backstroke**

WORLD: 1:55.46 W 11/1/2009 DERYA BUYUKUNCU

NATL: 1:55.46 N 11/1/2009 DERYA BUYUKUNCU

VA: 2:20.37 V 3/20/2010 Pieter deHart

1 Barley, Adam S 30 VMST-VA 2:20.29V
32.35 1:07.79 1:43.97 2:20.29**Men 30-34 200 SC Meter Breaststroke**

WORLD: 2:12.58 W 2/13/2010 HIROYUKI KOSAKA

NATL: 2:17.56 N 12/12/1999 ROQUE SANTOS

VA: 2:45.59 V Charles Cockrell

1 Barley, Adam S 30 VMST-VA 2:38.31V
36.41 1:16.62 1:57.05 2:38.31**Men 30-34 100 SC Meter IM**

WORLD: 55.00 W 12/20/2008 STEFAN HERBST

NATL: 56.46 N 10/24/2009 TAMAS KEREKJARTO

VA: 1:02.47 V 4/6/2002 Neill Williams

1 Barley, Adam S 30 VMST-VA 1:03.71
29.53 1:03.71**Men 35-39 50 SC Meter Freestyle**

WORLD: 21.53 W 10/27/2007 MARK FOSTER

NATL: 22.73 N 12/5/2009 FELIPE DELGADO

VA: 24.29 V 11/7/2009 Michael Picotte

1 Scharver, Christopher S 35 VMST-VA 27.01

Men 35-39 50 SC Meter Breaststroke

WORLD: 27.79 W 12/6/2009 JEFF COMMINGS

NATL: 27.79 N 12/6/2009 JEFF COMMINGS

VA: 32.33 V 1/1/1997 John Tudor

1 Scharver, Christopher S 35 VMST-VA 33.85

Men 35-39 100 SC Meter Breaststroke

WORLD: 1:01.47 W 12/20/2009 JEFF COMMINGS

NATL: 1:01.47 N 12/20/2009 JEFF COMMINGS

VA: 1:15.34 V 1/1/1995 Patrick Ryan

1 Scharver, Christopher S 35 VMST-VA 1:15.14V
35.85 1:15.14**Men 35-39 200 SC Meter Breaststroke**

WORLD: 2:16.49 W 10/30/2004 NICK GILLINGHAM

NATL: 2:15.90 N 12/5/2010 STEVE WEST

VA: 2:47.58 V Patrick Ryan

1 Scharver, Christopher S 35 VMST-VA 2:50.40
36.72 1:18.82 2:04.13 2:50.40**Men 45-49 50 SC Meter Freestyle**

WORLD: 23.67 W 3/28/2009 JANNE VIRTANEN

NATL: 23.80 N 12/13/2009 FRITZ BEDFORD

VA: 25.92 V 5/16/2008 David Malsbury

1 Joy, Craig 49 UNAT-VA 30.12

Men 45-49 100 SC Meter Freestyle

WORLD: 52.54 W 12/2/2007 PAUL SMITH

NATL: 52.54 N 12/2/2007 PAUL SMITH

VA: 54.77 V 12/10/2010 Chris Stevenson

1 Joy, Craig 49 UNAT-VA 1:07.18
33.29 1:07.18**Men 45-49 200 SC Meter Freestyle**

WORLD: 1:54.73 W 3/8/2008 KAI DITZEL

NATL: 1:56.00 N 12/2/2007 PAUL SMITH

VA: 2:05.82 V 10/16/2010 Chris Stevenson

1 Joy, Craig 49 UNAT-VA 2:37.01
35.16 1:14.09 1:55.13 2:37.01**Men 45-49 400 SC Meter Freestyle**

WORLD: 4:05.90 W 2/8/2008 KAI DITZEL

NATL: 4:09.19 N 11/1/2009 KEITH SWITZER

VA: 4:22.21 V 10/16/2010 Chris Stevenson

1 Joy, Craig 49 UNAT-VA 5:50.75
39.27 1:21.38 2:05.30 2:50.14
3:35.57 4:21.12 5:06.32 5:50.75

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Men 50-54 50 SC Meter Freestyle**WORLD:** 23.38 W 10/18/2009 ROWDY GAINES**NATL:** 23.38 N 10/18/2009 ROWDY GAINES**VA:** 26.07 V 10/27/2007 John Tudor

1 McFarland, Jim 53 VMST-VA 30.24

Men 50-54 100 SC Meter Freestyle**WORLD:** 51.61 W 10/17/2009 ROWDY GAINES**NATL:** 51.61 N 10/17/2009 ROWDY GAINES**VA:** 1:01.87 V 11/5/2005 Scott Balderston1 Thoresen, Stephen J 51 SUNF-VA 1:08.20
33.43 1:08.20**Men 50-54 200 SC Meter Freestyle****WORLD:** 1:56.75 W 10/17/2009 BOB BUGG**NATL:** 1:54.61 N 10/14/2011 ROWDY GAINES**VA:** 2:17.04 V 11/8/2008 Jim McFarland1 McFarland, Jim 53 VMST-VA 2:23.22
34.22 1:10.58 1:47.16 2:23.22
2 Saks, Mitch 53 VMST-VA 2:34.24
36.36 1:14.98 1:55.03 2:34.24**Men 50-54 400 SC Meter Freestyle****WORLD:** 4:07.99 W 12/10/2000 JIM MCCONICA**NATL:** 4:07.99 N 12/10/2000 JIM MCCONICA**VA:** 4:48.43 V 11/8/2008 Jim McFarland1 Saks, Mitch 53 VMST-VA 5:17.92
37.28 1:17.27 1:57.96 2:38.46
3:18.60 3:58.65 4:38.66 5:17.92**Men 50-54 800 SC Meter Freestyle****WORLD:** 8:44.51 W 12/10/2000 JIM MCCONICA**NATL:** 8:44.51 N 12/10/2000 JIM MCCONICA**VA:** 10:14.13 V 11/8/2008 Jim McFarland1 Saks, Mitch 53 VMST-VA 10:57.97
37.82 1:18.04 1:59.56 2:41.73
3:24.04 4:06.33 4:48.23 5:29.81
6:11.18 6:52.34 7:33.61 8:14.97
8:56.66 9:37.42 10:18.09 10:57.97**Men 50-54 50 SC Meter Backstroke****WORLD:** 28.37 W 12/6/2009 JAMIE FOWLER**NATL:** 27.78 N 10/14/2011 STEVE WOOD**VA:** 32.45 V Rick Stringer1 Malsbury, David B 50 VMST-VA 32.12V
2 Romo, Robert A 53 VMST-VA 38.29**Men 50-54 200 SC Meter Backstroke****WORLD:** 2:11.84 W 12/4/2009 JAMIE FOWLER**NATL:** 2:11.84 N 12/4/2009 JAMIE FOWLER**VA:** 2:24.79 V Rick Stringer1 Romo, Robert A 53 VMST-VA 3:06.83
42.53 1:28.28 2:17.79 3:06.83**Men 50-54 50 SC Meter Breaststroke****WORLD:** 30.91 W 11/7/2009 GLEN CHRISTIANSEN**NATL:** 30.73 N 12/5/2010 DAVID GUTHRIE**VA:** 35.48 V 3/19/2011 David Malsbury1 Malsbury, David B 50 VMST-VA 35.33V
2 Thoresen, Stephen J 51 SUNF-VA 36.62**Men 50-54 100 SC Meter Breaststroke****WORLD:** 1:08.27 W 12/6/2008 BENN DOYLE**NATL:** 1:06.84 N 12/5/2010 DAVID GUTHRIE**VA:** 1:20.11 V 3/19/2011 David Malsbury1 Thoresen, Stephen J 51 SUNF-VA 1:20.58
37.94 1:20.58**Men 50-54 50 SC Meter Butterfly****WORLD:** 25.49 W 5/16/2009 DAN THOMPSON**NATL:** 26.12 N 12/2/2007 PAUL CARTER**VA:** 30.16 V 5/16/2008 Perry Lange1 Malsbury, David B 50 VMST-VA 30.97
2 Thoresen, Stephen J 51 SUNF-VA 32.07
3 Romo, Robert A 53 VMST-VA 35.21**Men 50-54 100 SC Meter Butterfly****WORLD:** 57.29 W 12/2/2007 PAUL CARTER**NATL:** 57.29 N 12/2/2007 PAUL CARTER**VA:** 1:10.28 V 3/19/2011 David Malsbury1 Malsbury, David B 50 VMST-VA 1:12.47
32.56 1:12.47**Men 50-54 100 SC Meter IM****WORLD:** 1:01.29 W 12/6/2009 JAMIE FOWLER**NATL:** 1:01.29 N 12/6/2009 JAMIE FOWLER**VA:** 1:11.30 V 3/19/2011 David Malsbury1 Thoresen, Stephen J 51 SUNF-VA 1:14.25
35.72 1:14.25**Men 55-59 50 SC Meter Freestyle****WORLD:** 24.70 W 4/1/2006 PAUL TREVISAN**NATL:** 24.70 N 4/1/2006 PAUL TREVISAN**VA:** 29.32 V 5/13/2004 William Bacon

1 Nelson, Bill L 58 VMST-VA 34.09

Men 55-59 100 SC Meter Freestyle**WORLD:** 54.50 W 4/5/2009 JACK GROSELLE**NATL:** 54.50 N 4/5/2009 JACK GROSELLE**VA:** 1:06.08 V 3/15/2008 Jim Miller1 Perout, Jeffrey J 58 SYSM-FL 1:17.17
37.14 1:17.17
2 Nelson, Bill L 58 VMST-VA 1:18.70
37.89 1:18.70
3 Miller, Jamie A 57 NCMS-NC 1:36.47**Men 55-59 200 SC Meter Freestyle****WORLD:** 1:59.08 W 11/21/2009 MICHAEL MANN**NATL:** 1:59.08 N 11/21/2009 MICHAEL MANN**VA:** 2:26.96 V 12/8/2007 James Deppe1 Nelson, Bill L 58 VMST-VA 3:07.06
40.15 1:26.38 2:18.03 3:07.06

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Men 55-59 800 SC Meter Freestyle**WORLD: 8:51.34 W 11/21/2009 MICHAEL MANN****NATL: 8:51.34 N 11/21/2009 MICHAEL MANN****VA: 11:29.77 V 12/2/2006 John McCorkle**

1	Miller, Jamie A	57	NCMS-NC	16:24.16
	55.21	1:56.53	4:01.99	
	5:06.31	6:08.68	7:14.20	8:15.94
	9:19.55			12:25.62
	14:30.72	15:31.54	16:24.16	

Men 55-59 1500 SC Meter Freestyle**WORLD: 17:14.15 W 10/2/2005 JIM MCCONICA****NATL: 17:14.15 N 10/2/2005 JIM MCCONICA****VA: 31:20.76 V 11/8/2008 Michael Crowe**

1	Miller, Jamie A	57	NCMS-NC	32:22.02
	1:58.50	4:05.55		
	5:10.32	6:16.19	8:26.05	
	9:32.78	10:37.74	11:44.43	12:46.53
	13:50.92	14:55.68	16:03.58	
	18:21.32	19:26.37	20:31.87	21:36.26
		24:56.81		
	27:10.97		30:23.25	
	31:27.02	32:22.02		

Men 55-59 50 SC Meter Backstroke**WORLD: 29.07 W 11/21/2009 PHILIPP DJANG****NATL: 29.07 N 11/21/2009 PHILIPP DJANG****VA: 37.77 V 10/28/2009 Jim Miller**

1	Perout, Jeffrey J	58	SYSM-FL	32.16
2	Stone, Bryan A	55	VMST-VA	42.44
3	Swiger, Ralph B	55	VMST-VA	47.72

Men 55-59 100 SC Meter Backstroke**WORLD: 1:03.75 W 12/5/2009 PHILIPP DJANG****NATL: 1:03.29 N 10/15/2011 TOM BARTON****VA: 1:15.95 V 5/13/2004 William Bacon**

1	Perout, Jeffrey J	58	SYSM-FL	1:10.33
	34.19	1:10.33		
2	Stone, Bryan A	55	VMST-VA	1:35.38
	44.42	1:35.38		
3	Mickunas, Victor H	55	VMST-VA	1:41.68
	50.05	1:41.68		

Men 55-59 200 SC Meter Backstroke**WORLD: 2:19.42 W 12/4/2009 PHILIPP DJANG****NATL: 2:17.04 N 10/15/2011 TOM BARTON****VA: 2:56.50 V 12/2/2006 John McCorkle**

1	Stone, Bryan A	55	VMST-VA	3:25.41
	45.76	1:36.59	2:32.15	3:25.41
2	Swiger, Ralph B	55	VMST-VA	3:33.74
	49.79	1:42.93	2:37.83	3:33.74

Men 55-59 50 SC Meter Breaststroke**WORLD: 30.50 W 9/26/2009 WALTER KUSCH****NATL: 31.82 N 12/12/2009 TIMOTHY SHEAD****VA: 40.54 V 3/19/2011 Tim Elliott**

1	Stone, Bryan A	55	VMST-VA	43.53
2	Nelson, Bill L	58	VMST-VA	48.07

Men 55-59 100 SC Meter Breaststroke**WORLD: 1:08.13 W 9/25/2009 WALTER KUSCH****NATL: 1:09.93 N 12/5/2009 TIMOTHY SHEAD****VA: 1:27.04 V Warner Brundage**

1	Stone, Bryan A	55	VMST-VA	1:35.51
	45.18	1:35.51		
2	Mickunas, Victor H	55	VMST-VA	1:50.91
	53.82	1:50.91		
3	Miller, Jamie A	57	NCMS-NC	1:56.66
	56.59	1:56.66		

Men 55-59 200 SC Meter Breaststroke**WORLD: 2:33.79 W 12/6/2009 TIMOTHY SHEAD****NATL: 2:33.79 N 12/6/2009 TIMOTHY SHEAD****VA: 3:14.31 V 3/20/2010 John McCorke**

1	Swiger, Ralph B	55	VMST-VA	3:41.17
	50.39	1:47.57	2:45.40	3:41.17
2	Miller, Jamie A	57	NCMS-NC	4:23.97
	1:01.78	2:12.69	3:20.94	4:23.97

Men 55-59 200 SC Meter Butterfly**WORLD: 2:19.72 W 3/21/2009 JOHN CRAIG****NATL: 2:19.72 N 3/21/2009 JOHN CRAIG****VA: 3:30.28 V 11/19/2000 Edward Gaulrapp**

1	Swiger, Ralph B	55	VMST-VA	4:03.39
	54.85	1:58.03	3:02.48	4:03.39

Men 55-59 100 SC Meter IM**WORLD: 1:03.48 W 12/12/2009 TIMOTHY SHEAD****NATL: 1:03.48 N 12/12/2009 TIMOTHY SHEAD****VA: 1:15.74 V 11/5/2005 Rick Stringer**

1	Mickunas, Victor H	55	VMST-VA	1:40.50
	48.06	1:40.50		

Men 55-59 400 SC Meter IM**WORLD: 4:51.97 W 11/21/2009 MICHAEL MANN****NATL: 4:51.97 N 11/21/2009 MICHAEL MANN****VA: 6:03.49 V 12/2/2006 John McCorkle**

1	Swiger, Ralph B	55	VMST-VA	7:36.41
	51.89	1:54.50	2:56.33	3:56.26
	4:58.35	6:00.53	6:49.04	7:36.41

Men 65-69 50 SC Meter Freestyle**WORLD: 26.68 W 12/6/2008 KEEFE LODWIG****NATL: 25.80 N 12/4/2010 RICHARD ABRAHAMS****VA: 32.35 V 11/7/2009 Jack Schiltz**

1	Wise, Randolph E	69	VMST-VA	35.31
2	Finz, Samuel A	67	UNAT-VA	41.01

Men 65-69 800 SC Meter Freestyle**WORLD: 10:16.06 W 2/10/2007 VITTORIO ERMIRIO****NATL: 10:21.09 N 5/18/2008 TOM LANDIS****VA: 13:36.64 V 2000 Calvin Barnes**

1	Brundage, Warner F	68	VMST-VA	12:31.77V
	41.09	1:26.17	2:12.00	2:58.74
	3:45.28	4:33.03	5:20.23	6:07.85
	6:56.55	7:44.78	8:32.81	9:21.89
	10:08.86	10:56.92	11:45.91	12:31.77

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Men 65-69 50 SC Meter Breaststroke

WORLD: 34.21 W 1/24/2010 OSAMU MAEDA
NATL: 34.55 N 12/6/2008 LOUIS KRONFELD
VA: 40.61 V 12/5/2009 Warner Brundage

1 Finz, Samuel A 67 UNAT-VA 49.63

Men 65-69 100 SC Meter Breaststroke

WORLD: 1:17.01 W 10/11/2008 DAVID GILDEA
NATL: 1:17.01 N 10/11/2008 DAVID GILDEA
VA: 1:29.03 V 12/5/2008 Warner Brundage

1 Brundage, Warner F 68 VMST-VA 1:33.84
 44.58 1:33.84

Men 65-69 50 SC Meter Butterfly

WORLD: 28.91 W 5/30/2009 JOSEP CLARET
NATL: 28.99 N 12/4/2010 RICHARD ABRAHAMS
VA: 36.33 V 12/8/2007 Gabe Kuzman

1 Wise, Randolph E 69 VMST-VA 37.07

Men 65-69 100 SC Meter IM

WORLD: 1:10.67 W 10/12/2008 RICHARD BURNS
NATL: 1:10.42 N 12/5/2010 RICHARD ABRAHAMS
VA: 1:21.36 V 12/5/2009 Warner Brundage

1 Brundage, Warner F 68 VMST-VA 1:26.18
 40.36 1:26.18
 2 Wise, Randolph E 69 VMST-VA 1:29.55
 41.19 1:29.55

Men 70-74 50 SC Meter Freestyle

WORLD: 27.70 W 12/6/2008 JEFF FARRELL
NATL: 27.70 N 12/6/2008 JEFF FARRELL
VA: 35.59 V 3/29/2003 Charles Erwin

1 Miller, Frank W 70 VMST-VA 48.10

Men 70-74 50 SC Meter Breaststroke

WORLD: 35.85 W 5/10/2009 YOSHIHIKO OSAKI
NATL: 37.26 N 12/2/2007 JEFF FARRELL
VA: 50.50 V 12/8/2007 Richard Scott

1 Grant, Will 70 VMST-VA 57.36

Men 70-74 100 SC Meter Breaststroke

WORLD: 1:23.70 W 1/21/2007 HANS REICHELT
NATL: 1:25.11 N 10/5/2003 RONALD JOHNSON
VA: 1:51.34 V 3/29/2003 Thomas Lyons Jr.

1 Grant, Will 70 VMST-VA 2:10.86
 1:01.90 2:10.86
 2 Miller, Frank W 70 VMST-VA 2:40.22
 1:15.01 2:40.22

Men 70-74 200 SC Meter Breaststroke

WORLD: 3:05.27 W 1/20/2007 HANS REICHELT
NATL: 3:07.91 N 10/16/2011 MIKE FRESHLEY
VA: 4:11.28 V 5/13/2004 Thomas Lyons Jr.

1 Grant, Will 70 VMST-VA 4:58.92
 1:07.17 2:24.56 3:44.36 4:58.92

Men 75-79 50 SC Meter Freestyle

WORLD: 30.15 W 4/19/2009 DAVID RADCLIFF
NATL: 30.15 N 4/19/2009 DAVID RADCLIFF
VA: 37.41 V 5/8/2010 Owen Maher

1 Maher, Owen C 76 VMST-VA 39.53

Men 75-79 100 SC Meter Freestyle

WORLD: 1:05.13 W 4/19/2009 DAVID RADCLIFF
NATL: 1:05.13 N 4/19/2009 DAVID RADCLIFF
VA: 1:29.29 V 5/11/2006 Charles Erwin

1 Maher, Owen C 76 VMST-VA 1:31.44
 43.26 1:31.44

Men 75-79 200 SC Meter Freestyle

WORLD: 2:27.53 W 4/18/2009 DAVID RADCLIFF
NATL: 2:27.53 N 4/18/2009 DAVID RADCLIFF
VA: 3:09.66 V 5/11/2006 Charles Erwin

1 Russ, Carl F 76 VMST-VA 3:59.67
 53.06 1:54.74 2:58.99 3:59.67
 2 Newbury, Alfred C 77 VMST-VA 4:09.36
 58.59 2:00.31 3:07.36 4:09.36

Men 75-79 800 SC Meter Freestyle

WORLD: 10:59.10 W 4/17/2009 DAVID RADCLIFF
NATL: 10:59.10 N 4/17/2009 DAVID RADCLIFF
VA: 14:13.91 V 5/4/2007 Charles Erwin

1 Russ, Carl F 76 VMST-VA 17:20.96
 56.48 1:59.13 3:04.98 4:12.06
 5:17.27 6:22.75 7:29.51 8:34.93
 9:42.24 10:48.08 11:52.86 12:58.60
 14:06.11 15:11.11 16:17.52 17:20.96

Men 75-79 100 SC Meter Backstroke

WORLD: 1:18.47 W 12/6/2009 BURWELL JONES
NATL: 1:18.47 N 12/6/2009 BURWELL JONES
VA: 1:46.58 V 12/31/2000 Calvin Barnes

1 Russ, Carl F 76 VMST-VA 1:57.83
 56.89 1:57.83
 2 Newbury, Alfred C 77 VMST-VA 1:59.61
 1:53.70 1:59.61

Men 75-79 200 SC Meter Backstroke

WORLD: 2:49.20 W 11/22/2009 BURWELL JONES
NATL: 2:49.20 N 11/22/2009 BURWELL JONES
VA: 3:50.95 V 12/31/2000 Calvin Barnes

1 Russ, Carl F 76 VMST-VA 4:18.30
 1:02.35 2:08.23 3:14.44 4:18.30
 2 Newbury, Alfred C 77 VMST-VA 4:18.43
 1:01.82 4:18.43

Men 75-79 50 SC Meter Breaststroke

WORLD: 39.63 W 2/14/2010 TETSUO NAKAMARU
NATL: 40.07 N 5/18/2008 MANUEL SANGUILY
VA: 52.20 V 5/13/2004 Norman Rainer

1 Scott, Richard A 76 VMST-VA 56.20

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Men 75-79 100 SC Meter Breaststroke

WORLD: 1:28.38 W 2/14/2010 TETSUO NAKAMARU
NATL: 1:35.87 N 10/12/2003 ROBERT MACDONALD
VA: 1:57.24 V 5/13/2004 Norman Rainer

1 Scott, Richard A 76 VMST-VA 2:08.24
 1:01.22 2:08.24

Men 75-79 200 SC Meter Breaststroke

WORLD: 3:20.93 W 4/20/2008 TSUTOMU KAJIHARA
NATL: 3:29.54 N 11/11/2003 AL CRAIG
VA: 4:24.53 V 5/13/2004 Norman Rainer

1 Scott, Richard A 76 VMST-VA 4:41.10
 1:05.54 2:19.10 3:32.28 4:41.10

Men 75-79 50 SC Meter Butterfly

WORLD: 34.53 W 1/27/2008 J.LOUIS LE DALL
NATL: 34.83 N 12/10/2000 FRANK PIEMME
VA: 46.14 V 11/6/2010 Owen Maher

1 Maher, Owen C 76 VMST-VA 49.49
 2 Newbury, Alfred C 77 VMST-VA 1:07.69

Men 75-79 100 SC Meter Butterfly

WORLD: 1:24.38 W 1/25/2009 TAKASHI HAYASHI
NATL: 1:32.31 N 11/19/2006 RON JOHNSON
VA: 2:04.33 V 5/8/2010 Owen Maher

1 Maher, Owen C 76 VMST-VA 2:11.71
 59.76 2:11.71

Men 75-79 200 SC Meter Butterfly

WORLD: 3:16.99 W 1/24/2009 TAKASHI HAYASHI
NATL: 3:39.51 N 11/9/2002 TOM MAINE
VA: 5:27.28 V 11/6/2010 Richard Scott

1 Scott, Richard A 76 VMST-VA 6:04.76
 1:17.15 3:00.00 6:04.76

Men 75-79 100 SC Meter IM

WORLD: 1:18.80 W 12/6/2009 BURWELL JONES
NATL: 1:18.80 N 12/6/2009 BURWELL JONES
VA: 1:51.28 V 5/8/2010 Owen Maher

1 Russ, Carl F 76 VMST-VA 2:12.39
 1:05.27 2:12.39
 --- Maher, Owen C 76 VMST-VA DQ
 57.61 DQ

Women 72-99 200 SC Meter Medley Relay

NATL: 2:07.15 N 10/17/2009 WALNUT CREEK

C MCGOWAN, R TUKUA, M STRUEMPF, A LEE

1 CNU-VA A 2:29.57
 1) Anastasio, Christine W20 2) Tanner, Camille R W18
 3) Cavazos, Danielle B W19 4) Brown, Jennifer S W21
 37.38 1:24.59 1:56.76 2:29.57

Women 120-159 200 SC Meter Freestyle Relay

WORLD: 1:48.99 W 4/23/2006 GOLD RUSH -JPN
 M OKUHARA, N SHIRATA, C SAITO, Y OZAWA
NATL: 1:52.76 N 12/6/2009 MISSION VIEJO

K FRITH, C LEWIS, R OLSEN, A SUE OSBORN
VA: 2:07.39 V VMST

K Tallmadge, J Walsh, V Van Horn, L Bennett

1 VMST-VA C 2:38.71
 1) Dwyer, Kelly C W33 2) Speer, Nancy K W49
 3) Flannery, Christina W20 4) Jones, Torie W19
 47.63 1:24.48 1:59.58 2:38.71

Women 120-159 400 SC Meter Freestyle Relay

WORLD: 4:11.35 W 12/6/2009 MISSION VIEJO MASTERS
 R OLSEN, C LEWIS, K FRITH, A SUE OSBORN
NATL: 4:09.95 N 12/7/2008 RED TIDE

S WAGNER, K MCPHERSON, T SHPAIZER, K GARY

1 VMST-VA A 5:59.18
 1) Benn, Cheryl E W58 2) Rotch, Catherine A W59
 3) Flannery, Christina W20 4) Benn, Alison W18
 1:43.91 2:09.10 3:21.75
 3:55.97 4:34.95 4:50.26 5:59.18

Women 120-159 200 SC Meter Medley Relay

WORLD: 1:59.09 W 4/4/2008 LAMBERTSETER -NO
 A KOIVISTO, S NORDENSTAM, M FUGLESTVEIT, M LOVBERG
NATL: 2:04.31 N 12/13/2009 RED TIDE NYC

K GARY, T SHPAIZER, F WILLEBOORSDE, S WAGER

VA: 2:24.44 V VMST

V Van Horn, L Bennett, C Bolek, J Crouse

1 VMST-VA B 2:45.44
 1) Benn, Alison W18 2) Downing, Carol E W52
 3) Flannery, Christina W20 4) Goode, Betsy L W52
 41.04 1:29.31 2:06.16 2:45.44

Women 160-199 400 SC Meter Freestyle Relay

WORLD: 4:03.25 W 12/13/2009 RED TIDE OF NYC -USA
 F WILLEBOORDSE, J KELSEY, S WAGER, K GARY
NATL: 4:03.25 N 12/13/2009 RED TIDE NYC

F WILLEBOORDSE, J KELSEY, S WAGER, K GARY

1 SHYM-VA A 5:35.52
 1) Kelley, Gail W53 2) Locher, Erica N W25
 3) Raab, Barbara W49 4) Nefczyk, Julia A W43
 38.37 1:18.88 2:06.07 3:02.67
 3:42.23 4:26.13 4:57.18 5:35.52

Women 160-199 200 SC Meter Medley Relay

WORLD: 2:04.61 W 2/26/2009 AC BOULOGNE -FRA
 K PIPES-NEILSEN, C MATHIAS, S BOUCHIER, F MIGNATEL
NATL: 2:06.09 N 10/5/2003 SAN DIEGO

K PIPES-NEILSEN, C KRATTLI, V DAVIDSON, J COOVER

VA: 2:44.62 V VMST

C Burke, P Chappell, N Miller, K Kloppe

1 SHYM-VA A 2:58.34
 1) Kelley, Gail W53 2) Locher, Erica N W25
 3) Raab, Barbara W49 4) Nefczyk, Julia A W43
 54.99 1:37.18 2:22.70 2:58.34

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Women 280-319 200 SC Meter Freestyle Relay
WORLD: 2:25.91 W 10/18/2009 ST KANSAI -JPN
F HIROOKA, K OTSUBO, K ISHIKAWA, Y OSAKI
NATL: 2:42.62 N 11/6/2009 VIRGINIA
B DURRANT, B SCHREINER, L WALKER, J DETRICK
VA: 2:42.62 V 2009 VMST
B Durrant, B Schreiner, L Walker, J Detrick
 1 VMST-VA A 2:54.90
 1) Walker, Laura S W74 2) Martin, Judy W69
 3) Hlavacek, Ida M W69 4) Detrick, Johnnie W76
 43.82 1:33.53 2:15.64 2:54.90

Women 280-319 200 SC Meter Medley Relay
WORLD: 2:56.58 W 4/26/2009 SPENCER SWIM TEAM -
G ISAAC, M HITCHCOCK, D FORD, J HOWARD-JONES
NATL: 3:01.44 N 12/12/2004 ARIZONA
N KINNEY, C TAYLOR, G ROPER, S BOLAR
VA: 3:27.61 V 2008 VMST
M Barry, J Detrick, S Marens, T Sokolik
 1 VMST-VA C 3:23.41V
 1) Martin, Judy W69 2) Detrick, Johnnie W76
 3) Marens, Susan E W69 4) Walker, Laura S W74
 51.25 1:45.04 2:40.45 3:23.41

Women 320-359 400 SC Meter Medley Relay
WORLD: 9:34.72 W 7/9/2011 C.R.ICARAI -BRA
M MENDES, E LOPES, N RONAI, D SODRE
NATL: 10:12.19 N 10/19/1997 WALNUT CREEK
F SIDORSKI, S JOY, J DURSTON, M JANE REEVES
 1 VMST-VA A 9:55.29N
 1) Berkley, Marianna W89 2) Tuovila, Miriam K W86
 3) Hlavacek, Ida M W69 4) Meredith, Jeanne H W83
 1:19.53 3:16.04 8:57.95
 6:40.87 7:45.43 8:48.38 9:55.29

Men 160-199 200 SC Meter Medley Relay
WORLD: 1:45.13 W 11/16/2008 LONGHORN AQUATICS
A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA
NATL: 1:45.13 N 11/16/2008 LONGHORN
A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA
VA: 2:10.90 V 2010 SHYM
S Jackson, B Blalock, D Bandy, J Tubbs
 1 VMST-VA A 2:17.06
 1) Malsbury, David B M50 2) Scharver, Christopher S M35
 3) McFarland, Jim M53 4) Saks, Mitch M53
 33.71 1:07.57 1:44.52 2:17.06

Men 160-199 400 SC Meter Medley Relay
WORLD: 3:53.09 W 12/6/2009 LONGHORN AQUATICS
A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA
NATL: 3:50.93 N 11/15/2008 LONGHORN
A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA
VA: 4:10.47 V 2008 VMST
C Stevenson, E Davis, D Holland, B Winters
 1 VMST-VA C 4:42.86
 1) Malsbury, David B M50 2) Scharver, Christopher S M35
 3) Barley, Adam S M30 4) Saks, Mitch M53
 37.85 1:16.50 1:52.08 2:33.07
 3:01.66 3:33.62 4:05.94 4:42.86

Men 240-279 400 SC Meter Freestyle Relay
WORLD: 4:09.88 W 11/22/2009 SARASOTA Y MASTERS -
B BRENNER, R WALKER, K MCCORMACK, B JONES
NATL: 4:04.88 N 5/18/2008 OREGON
T LANDIS, W EDWARDS, M TENNANT, R SMITH
 1 VMST-VA B 5:57.82
 1) Maher, Owen C M76 2) Newbury, Alfred C M77
 3) Swiger, Ralph B M55 4) Romo, Robert A M53
 42.23 1:31.53 2:22.83 3:20.10
 4:00.92 4:45.90 4:58.67 5:57.82

Mixed 160-199 400 SC Meter Freestyle Relay
WORLD: 3:46.01 W 11/21/2009 COLORADO MASTERS SWIT
C O'SULLIVAN, R ABRAHAMS, S VON DER LIPPE, S HART
NATL: 3:46.01 N 11/21/2009 CMS
C O'SULLIVAN, R ABRAHAMS, S VON DER LIPPE, S HART
VA: 4:49.30 V 2010 SHYM
D Bandy, M Shea, C Blackwood, S Rouch
 1 VMST-VA A 5:38.24
 1) McCammon, Carol W W45 2) Isfeld, Larus M40
 3) Mickunas, Victor H M55 4) Speer, Nancy K W49
 44.35 1:32.99 2:10.90 2:53.52
 3:35.91 4:20.35 4:50.26 5:38.24

Mixed 160-199 200 SC Meter Medley Relay
WORLD: 1:53.38 W 11/21/2009 COLORADO MASTERS SWIT
S HART, S VON DER LIPPE, C O'SULLIVAN, R ABRAHAMS
NATL: 1:53.38 N 11/21/2009 CMS
S HART, S DER LIPPE, C O'SULLIVAN, R ABRAHAMS
VA: 2:17.75 V VMST
B Durrant, T Smith, S Filatov, G Smith
 1 VMST-VA D 2:53.99
 1) Mickunas, Victor H M55 2) Speer, Nancy K W49
 3) Isfeld, Larus M40 4) McCammon, Carol W W45
 46.18 1:32.23 2:11.32 2:53.99

Mixed 200-239 200 SC Meter Freestyle Relay
WORLD: 1:48.74 W 4/5/2009 OHIO MASTERS -USA
J GROSELLE, T STULTZ, L KESSLER, K STAURSKY
NATL: 1:48.74 N 4/5/2009 OHIO MASTERS
J GROSELLE, T STULTZ, L KESSLER, K STAURSKY
 --- VMST-VA D X2:47.99
 1) Rotch, Catherine A W59 2) Mickunas, Victor H M55
 3) Russ, Carl F M76 4) Nefczyk, Julia A W43
 48.08 1:32.02 2:11.40 2:47.99

Mixed 240-279 400 SC Meter Medley Relay
WORLD: 4:43.20 W 12/13/2009 OREGON -USA
K ANDRUS-HUGHES, A STARK, C CRABBE, D RADCLIFF
NATL: 4:43.20 N 12/13/2009 OREGON
K ANDRUS-HUGHES, A STARK, C CRABBE, D RADCLIFF
VA: 6:04.55 V 2009 VMST
I Hlavacek, S Marens, R Swiger, B Nelson
 1 VMST-VA B 7:15.68
 1) Martin, Judy W69 2) Marens, Susan E W69
 3) Swiger, Ralph B M55 4) Nelson, Bill L M58
 56.96 1:59.07 2:58.43 4:05.86
 4:55.18 5:53.61 6:32.00 7:15.68

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Mixed 280-319 200 SC Meter Freestyle Relay**WORLD: 2:10.44 W 6/14/2009 ST KANSAI -JPN****F HIROOKA, Y OSAKI, C KONISHI, Y OSAKI****NATL: 2:15.63 N 12/2/2007 SAN DIEGO****F PIEMME, V VAN BAALEN, J MARR, G CLIFFORD**

1 VMST-VA B 3:39.61

1) Newbury, Alfred C M77 2) Averette, Joan W75
3) Sokolik, Terry W84 4) Maher, Owen C M76
51.53 1:53.82 2:59.51 3:39.61**Mixed 280-319 200 SC Meter Medley Relay****WORLD: 2:25.50 W 6/14/2009 ST KANSAI -JPN****Y OSAKI, Y OSAKI, C KONISHI, F HIROOKA****NATL: 2:37.71 N 12/2/2007 SAN DIEGO****J MARR, A WILLIAMS, M FRESHLEY, D WEBSTER**

1 VMST-VA E 4:00.17

1) Gregory, Kathryn S W65 2) Scott, Richard A M76
3) Broderick, Kathleen M W73 4) Miller, Frank W M70
48.62 1:44.93 3:13.16 4:00.17