

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 18-24 50 Yard Freestyle**

NATL: 22.21 N 1/31/15 **VANDERPOOL-WALLAC**
ZONE: 23.96 Z 4/13/03 **Petra Adamkova**
VA: 23.86 V 3/6/14 **Rachel Nelson**

1	Shaner, Sara	24	1693	24.78
2	Walden, Hannah	23	L4S	25.71
3	Lampe, Corinne	24	SVY	26.99
4	Sheppard, Rebekah	18	UC09	29.27
5	Taylor, Chelsea	24	HRMS	31.97

Women 18-24 100 Yard Freestyle

NATL: 48.18 N 12/6/14 **KATIE MEILI**
ZONE: 54.18 Z 4/23/06 **Stacy Peterson**
VA: 52.01 V 3/6/14 **Rachel Nelson**

1	Shaner, Sara	24	1693	55.51
	26.46	55.51		
2	Gregory, Kaley	23	UC12	55.60
	26.61	55.60		
3	Jerome, Kimberly	23	DCAC	56.10
	27.02	56.10		
4	Lampe, Corinne	24	SVY	58.56
	28.31	58.56		
5	Walden, Hannah	23	L4S	58.84
	27.60	58.84		
6	Newton, Helen	24	DCRP	59.35
	28.65	59.35		
7	Philbrick, Alexis	22	ARMS	1:05.12
	30.32	1:05.12		

Women 18-24 200 Yard Freestyle

NATL: 1:43.28 N 11/8/09 **DANA VOLLMER**
ZONE: 1:55.38 Z 4/4/04 **Kelly Bowman**
VA: 1:54.70 V 4/18/98 **Janet Mayville**

1	Mizerak, Gabrielle	24	1693	1:54.63V
	26.61	54.97	1:24.53	1:54.63
2	Taylor, Chelsea	24	HRMS	2:30.36
	33.12	1:10.30	1:49.81	2:30.36

Women 18-24 500 Yard Freestyle

NATL: 4:49.97 N 10/25/03 **JESSICA FOSCHI**
ZONE: 5:12.23 Z 4/4/04 **Kelly Bowman**
VA: 5:17.94 V 5/7/09 **Anne Muir**

1	Gregory, Kaley	23	UC12	5:20.25
	29.09	1:00.12	1:31.69	2:03.74
	2:36.13	3:08.72	3:41.50	4:14.31
	4:47.55	5:20.25		
2	Antos, Jess	24	UC12	6:12.36
	33.66	1:09.36	1:45.70	2:22.85
	3:01.16	3:39.74	4:17.89	4:56.70
	5:35.48	6:12.36		
3	Philbrick, Alexis	22	ARMS	6:34.03
	32.49	1:08.83	1:48.06	2:29.11
	3:10.92	3:52.48	4:34.30	5:16.56
	5:55.22	6:34.03		

Women 18-24 1000 Yard Freestyle

NATL: 10:12.42 N 3/31/12 **LUANE ROWE**
ZONE: 10:57.68 Z 5/1/94 **Laura Antonietta**
VA: 10:56.04 V 5/7/09 **Anne Muir**

1	Gregory, Kaley	23	UC12	10:52.83V
	29.56	1:01.06	1:33.16	2:05.37
	2:37.98	3:10.83	3:43.92	4:17.02
	4:50.28	5:23.44	5:56.71	6:29.95
	7:02.87	7:36.04	8:09.16	8:41.94
	9:15.21	9:48.20	10:21.11	10:52.83
2	VanDoren, Sarah	24	L4S	12:27.69
	33.73	1:10.55	1:47.75	2:25.12
	3:02.68	3:39.82	4:17.29	4:55.20
	5:33.11	6:11.31	6:48.50	7:26.42
	8:04.15	8:42.43	9:20.54	9:58.74
	10:36.51	11:14.42	11:51.65	12:27.69

Women 18-24 1650 Yard Freestyle

NATL: 17:31.70 N 1987 **KAREN BURTON**
ZONE: 18:41.96 Z 4/23/06 **Eliz. Schlicher**
VA: 18:13.41 V 5/21/95 **Cassie Campbell**

1	Hicks, Felicity	22	NAMI	21:30.35
	33.69	1:10.92	1:48.89	2:27.51
	3:06.36	3:45.45	4:24.86	5:04.55
	5:44.02	6:23.71	7:03.02	7:42.54
	8:22.18	9:01.85	9:41.72	10:21.44
	11:01.55	11:41.22	12:20.49	13:00.29
	13:40.24	14:19.91	15:00.01	15:39.85
	16:19.11	16:58.29	17:37.76	18:17.40
	18:56.52	19:35.21	20:14.16	20:53.05
				21:30.35

Women 18-24 50 Yard Backstroke

NATL: 26.18 N 5/22/10 **O'DONNELL-MCCARTH**
ZONE: 26.73 Z 4/12/15 **Gabrielle Mizerak**
VA: 26.73 V 4/12/15 **Gabrielle Mizerak**

1	Mizerak, Gabrielle	24	1693	27.46
2	Lampe, Corinne	24	SVY	30.45
3	Antos, Jess	24	UC12	32.83
4	Taylor, Chelsea	24	HRMS	41.21

Women 18-24 100 Yard Backstroke

NATL: 55.90 N 5/23/10 **EMILE EWING**
ZONE: 58.42 Z 4/23/06 **Stacy Peterson**
VA: 58.59 V 4/10/15 **Gabrielle Mizerak**

1	Mizerak, Gabrielle	24	1693	59.10
	28.14	59.10		

Women 18-24 200 Yard Backstroke

NATL: 1:59.22 N 4/30/00 **SARA SCHWEITZER**
ZONE: 2:02.91 Z 4/17/11 **Kellyanne Tomasul**
VA: 2:07.40 V 2/12/11 **Lori Leitzinger**

1	Antos, Jess	24	UC12	2:35.24
	36.48	1:16.01	1:56.02	2:35.24

Women 18-24 50 Yard Breaststroke

NATL: 27.76 N 12/5/14 **KATIE MEILI**
ZONE: 30.06 Z 4/13/03 **Petra Adamkova**
VA: 32.78 V 4/23/10 **Courtney White**

1	Jerome, Kimberly	23	DCAC	31.05
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2	Newton, Helen	24	DCRP	32.91
3	Gregory, Kaley	23	UC12	33.21
4	Shaner, Sara	24	1693	33.90
5	Bugel, Madeleine	21	NAMI	36.34
6	Sheppard, Rebekah	18	UC09	37.55

Women 18-24 100 Yard Breaststroke

NATL: 58.71 N 12/5/14 **KATIE MEILI**
ZONE: 1:06.88 Z 4/4/04 **Jillian Martin**
VA: 1:10.76 V 2/9/08 **Sarah Hunt**

1	Walden, Hannah	23	L4S	1:14.99
	35.27	1:14.99		
2	Sheppard, Rebekah	18	UC09	1:22.12
	39.12	1:22.12		

Women 18-24 200 Yard Breaststroke

NATL: 2:06.59 N 12/6/14 **MICAH LAWRENCE**
ZONE: 2:33.18 Z 4/17/11 **Lauren Fuchs**
VA: 2:30.16 V 2/10/07 **Sarah Hunt**

1	Newton, Helen	24	DCRP	2:37.99
	37.19	1:16.90	1:57.69	2:37.99
2	Bugel, Madeleine	21	NAMI	2:50.25
	37.31	1:20.47	2:05.37	2:50.25

Women 18-24 50 Yard Butterfly

NATL: 24.54 N 11/8/09 **DANA VOLLMER**
ZONE: 26.49 Z 4/13/03 **Petra Adamkova**
VA: 25.59 V 4/10/15 **Gabrielle Mizerak**

1	Mizerak, Gabrielle	24	1693	25.56V
2	Lampe, Corinne	24	SVY	28.23
3	Shaner, Sara	24	1693	28.76
4	Gregory, Kaley	23	UC12	29.46
5	Sheppard, Rebekah	18	UC09	33.01

Women 18-24 100 Yard Butterfly

NATL: 52.30 N 11/8/09 **DANA VOLLMER**
ZONE: 57.38 Z 4/12/15 **Harumi Katsuyama**
VA: 56.33 V 3/5/15 **Rachel Nelson**

1	Lampe, Corinne	24	SVY	1:03.85
	29.92	1:03.85		
2	Hicks, Felicity	22	NAMI	1:04.50
	30.26	1:04.50		

Women 18-24 100 Yard IM

NATL: 53.02 N 12/21/14 **KATIE MEILI**
ZONE: 59.90 Z 4/15/12 **Kellyanne Tomasul**
VA: 1:00.86 V 4/10/15 **Gabrielle Mizerak**

1	Lampe, Corinne	24	SVY	1:05.80
	29.94	1:05.80		
2	Antos, Jess	24	UC12	1:12.14
	32.91	1:12.14		
3	Sheppard, Rebekah	18	UC09	1:12.93
	33.62	1:12.93		
4	Taylor, Chelsea	24	HRMS	1:21.76
	38.75	1:21.76		
---	Becker, Jennifer	19	L4S	DQ
	1:13.94	DQ		

Women 18-24 200 Yard IM

NATL: 1:54.20 N 12/4/14 **KATIE MEILI**
ZONE: 2:14.25 Z 4/25/09 **Erika Norris**
VA: 2:15.54 V 1/25/15 **Gabrielle Mizerak**

1	Lampe, Corinne	24	SVY	2:22.66
	30.09	1:07.16	1:50.46	2:22.66
2	Walden, Hannah	23	L4S	2:32.18
	32.38	1:09.48	1:55.24	2:32.18
3	Bugel, Madeleine	21	NAMI	2:39.04
	33.54	1:13.86	2:39.04	

Women 25-29 50 Yard Freestyle

NATL: 22.62 N 1/25/14 **MADISON KENNEDY**
ZONE: 23.16 Z 4/24/05 **Petra Martin**
VA: 25.03 V 2/12/11 **Lucy Carrig**

1	Mohorn, Heather	29	FINS	24.95
2	Bentley, Margaret	28	L4S	26.27
3	Mahaney, Melanie	25	SVY	28.19
4	Harris, Melissa	28	FAC	29.00
5	Boston, Brittany	28	FAC	30.44
6	Knobel Green, Courteney	27	UC12	34.98
7	Basinsky, Kathryn	27	NAMI	37.03

Women 25-29 100 Yard Freestyle

NATL: 49.18 N 2/24/13 **KIM VANDENBERG**
ZONE: 53.31 Z 4/23/06 **Kelly Bowman**
VA: 53.75 V 5/20/93 **Beth Gardner**

1	Ripley, Rachel	25	AGUA	54.46
	25.87	54.46		
2	Mohorn, Heather	29	FINS	55.29
	26.58	55.29		
3	Cota, Devon	25	VMST	1:00.39
	29.33	1:00.39		
4	Mahaney, Melanie	25	SVY	1:01.20
	29.21	1:01.20		
5	Sidoti, Barbara	26	RMST	1:05.84
	31.41	1:05.84		
6	Vayda, Shannon	27	ALEX	1:08.68
	33.29	1:08.68		

Women 25-29 200 Yard Freestyle

NATL: 1:48.80 N 5/20/01 **LIMIN LIU**
ZONE: 1:56.57 Z 4/26/09 **Jennifer O'Reilly**
VA: 1:57.91 V 4/4/14 **Denise Letendre**

1	Cota, Devon	25	VMST	2:14.09
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Women 25-29 200 Yard Freestyle

NATL: 1:48.80 N 5/20/01 **LIMIN LIU**
ZONE: 1:56.57 Z 4/26/09 **Jennifer O'Reilly**
VA: 1:57.91 V 4/4/14 **Denise Letendre**

1	Mohorn, Heather	29	FINS	1:59.09
	27.33	57.10	1:28.08	1:59.09
2	Tonelli, Marlana	27	SWED	2:13.25
	31.08	1:04.36	1:38.66	2:13.25
3	Mahaney, Melanie	25	SVY	2:15.32
	31.39	1:05.98	1:41.17	2:15.32
4	Sidoti, Barbara	26	RMST	2:24.77
	33.98	1:11.14	1:48.85	2:24.77

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5	Schwarz, Stacey	25	RMST	2:25.41
	32.24	1:07.56	1:45.75	2:25.41
6	Vayda, Shannon	27	ALEX	2:28.28
	34.10	1:10.86	1:49.95	2:28.28

Women 25-29 500 Yard Freestyle**NATL: 4:49.88 N 1/3/96 SHEILA TAORMINA****ZONE: 5:15.79 Z 4/23/06 Kelly Bowman****VA: 5:22.19 V 5/9/85 Deborah Cain**

1	Mohorn, Heather	29	FINS	5:16.27
	27.85	58.47	1:29.96	2:01.64
	2:33.70	3:05.85	3:38.02	4:10.79
	4:43.78	5:16.27		
2	Menz, Corinne	26	CHRM	5:49.81
	31.18	1:05.56	1:41.32	2:16.75
	2:52.60	3:28.59	4:04.79	4:40.31
	5:16.02	5:49.81		
3	Tonelli, Marlena	27	SWED	5:50.41
	32.90	1:07.51	1:42.27	2:17.41
	2:52.79	3:27.98	4:03.28	4:38.84
	5:14.92	5:50.41		
4	Mahaney, Melanie	25	SVY	6:05.26
	31.47	1:07.13	1:43.77	2:20.65
	2:57.75	3:34.36	4:11.65	4:49.97
	5:28.24	6:05.26		
5	Cota, Devon	25	VMST	6:12.49
	31.87	1:06.31	1:42.33	2:19.20
	2:57.09	3:35.14	4:13.98	4:53.94
	5:33.40	6:12.49		
6	Vayda, Shannon	27	ALEX	6:38.99
	36.63	1:14.98	1:54.62	2:34.73
	3:15.55	3:56.27	4:37.22	5:18.84
	5:59.76	6:38.99		

Women 25-29 1000 Yard Freestyle**NATL: 10:12.34 N 3/19/94 LISA HAZEN****ZONE: 10:53.65 Z 4/13/03 Amanda Pagon****VA: 11:00.56 V 4/26/12 Danielle Myers**

1	Mohorn, Heather	29	FINS	10:50.86Z
	28.54	59.54	1:31.27	2:03.14
	2:34.96	3:07.49	3:39.85	4:12.66
	4:45.20	5:17.79	5:50.61	6:23.65
	6:56.90	7:30.18	8:03.69	8:37.11
	9:10.91	9:44.42	10:17.74	10:50.86
2	Tonelli, Marlena	27	SWED	11:54.89
	33.04	1:08.03	1:43.53	2:19.63
	2:55.49	3:31.62	4:07.74	4:44.03
	5:20.45	5:57.19	6:33.30	7:09.78
	7:45.87	8:22.13	8:57.74	9:33.07
	10:08.69	10:44.26	11:19.92	11:54.89

Women 25-29 1650 Yard Freestyle**NATL: 16:50.17 N 5/19/91 KAREN BURTON****ZONE: 18:05.58 Z 5/9/93 Laurie Hug****VA: 18:24.07 V 6/1/85 Deborah Cain**

1	Vayda, Shannon	27	ALEX	23:16.26
	37.83	1:18.27	1:59.49	2:41.47
	3:23.21	4:05.35	4:48.22	5:30.90
	6:12.94	6:55.54	7:37.90	8:20.29
	9:03.22	9:45.82	10:28.79	11:11.83
	11:54.97	12:37.78	13:20.17	14:03.29
	14:46.34	15:29.48	16:13.00	16:56.22
	17:39.47	18:22.86	19:06.39	19:50.41
	20:33.25	21:15.60	21:57.70	22:38.58
				23:16.26

Women 25-29 50 Yard Backstroke**NATL: 25.26 N 5/22/10 TANICA JAMISON****ZONE: 28.15 Z 4/15/07 Stacy Peterson****VA: 28.22 V 5/20/10 Kate Hibbard**

1	Coman, Maria	27	AGUA	30.74
2	Mahaney, Melanie	25	SVY	32.48
3	Boston, Brittany	28	FAC	32.59
4	Knobel Green, Courteney	27	UC12	39.10
5	Mundi, Jessica	26	ALEX	42.00

Women 25-29 100 Yard Backstroke**NATL: 54.06 N 5/23/10 TANICA JAMISON****ZONE: 59.56 Z 4/15/07 Stacey Peterson****VA: 59.21 V 5/20/10 Kate Hibbard**

1	Mahaney, Melanie	25	SVY	1:12.03
	34.45	1:12.03		
2	Sidoti, Barbara	26	RMST	1:15.64
	37.01	1:15.64		
3	Knobel Green, Courteney	27	UC12	1:24.56
	41.45	1:24.56		

Women 25-29 200 Yard Backstroke**NATL: 1:56.87 N 2/28/15 F PELLEGRINI****ZONE: 2:08.40 Z 4/25/09 Alyssa Lengle****VA: 2:07.06 V 5/20/10 Kate Hibbard**

1	Sidoti, Barbara	26	RMST	2:41.23
	38.32	1:18.87	2:00.62	2:41.23
2	Tonelli, Marlena	27	SWED	2:44.75
	38.65	1:20.25	2:03.44	2:44.75
3	Vayda, Shannon	27	ALEX	2:54.19
	41.84	1:24.82	2:09.57	2:54.19

Women 25-29 50 Yard Breaststroke**NATL: 27.14 N 2/21/10 MEGAN JENDRICK****ZONE: 30.03 Z 4/24/05 Petra Martin****VA: 31.81 V 1/1/96 Cheryl Conlin**

1	Ripley, Rachel	25	AGUA	31.10
2	Tonelli, Marlena	27	SWED	34.43
3	Cota, Devon	25	VMST	38.20
4	Mundi, Jessica	26	ALEX	42.97

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George Mason University, Fairfax, VA

Results**Women 25-29 100 Yard Breaststroke****NATL: 59.58 N 2/6/10 MEGAN JENDRICK****ZONE: 1:08.30 Z 4/25/10 Jen Brielmaier****VA: 1:09.68 V 4/26/12 Danielle Myers**

1	Ripley, Rachel	25	AGUA	1:08.35
	32.08	1:08.35		
2	Tonelli, Marlana	27	SWED	1:14.72
	35.71	1:14.72		
3	Smickley, Megan	27	FAFF	1:21.13
	38.87	1:21.13		
4	Schwarz, Stacey	25	RMST	1:26.27
	40.75	1:26.27		
5	Mundi, Jessica	26	ALEX	1:33.74
	44.12	1:33.74		
---	Van Arkel, Brittany	28	ARMS	DQ
	39.86	DQ		

Women 25-29 200 Yard Breaststroke**NATL: 2:09.05 N 2/6/10 MEGAN JENDRICK****ZONE: 2:29.17 Z 4/5/14 Denise Letendre****VA: 2:29.17 V 4/4/14 Denise Letendre**

1	Ripley, Rachel	25	AGUA	2:28.92Z
	33.71	1:11.75	1:50.34	2:28.92
2	Tonelli, Marlana	27	SWED	2:42.73
	37.53	1:18.47	2:00.54	2:42.73

Women 25-29 50 Yard Butterfly**NATL: 24.41 N 5/22/10 TANICA JAMISON****ZONE: 25.83 Z 4/24/05 Petra Martin****VA: 26.59 V 2/12/11 Lucy Carrig**

1	Bentley, Margaret	28	L4S	28.21
2	Chialastri, Kate	28	FINS	28.73
3	Menz, Corinne	26	CHRM	29.52
4	Mahaney, Melanie	25	SVY	30.98
5	Coman, Maria	27	AGUA	31.55
6	Harris, Melissa	28	FAC	31.78
7	Tonelli, Marlana	27	SWED	32.21
8	Cota, Devon	25	VMST	32.44
9	Mundi, Jessica	26	ALEX	35.61
10	Knobel Green, Courtney	27	UC12	40.02

Women 25-29 100 Yard Butterfly**NATL: 53.20 N 4/24/15 AMANDA SIMS****ZONE: 57.58 Z 4/6/14 Jessica Koltz****VA: 1:00.48 V 2/12/11 Lucy Carrig**

1	Chialastri, Kate	28	FINS	1:02.64
	29.57	1:02.64		
2	Menz, Corinne	26	CHRM	1:03.21
	29.24	1:03.21		
3	Bentley, Margaret	28	L4S	1:03.47
	29.23	1:03.47		
4	Mahaney, Melanie	25	SVY	1:09.55
	32.20	1:09.55		
5	Smickley, Megan	27	FAFF	1:11.32
	33.47	1:11.32		

Women 25-29 200 Yard Butterfly**NATL: 1:57.84 N 5/20/01 LIMIN LIU****ZONE: 2:09.97 Z 4/5/14 Denise Letendre****VA: 2:09.97 V 4/4/14 Denise Letendre**

1	Chialastri, Kate	28	FINS	2:17.69
	29.85	1:04.11	1:40.39	2:17.69
2	Menz, Corinne	26	CHRM	2:20.57
	30.96	1:06.23	1:43.71	2:20.57

Women 25-29 100 Yard IM**NATL: 54.43 N 2/6/10 MEGAN JENDRICK****ZONE: 59.53 Z 4/24/05 Petra Martin****VA: 1:01.61 V 3/18/11 Kate Hibbard**

1	Ripley, Rachel	25	AGUA	1:00.56
	27.92	1:00.56		
2	Bentley, Margaret	28	L4S	1:06.08
	30.23	1:06.08		
3	Chialastri, Kate	28	FINS	1:07.27
	30.98	1:07.27		
4	Menz, Corinne	26	CHRM	1:09.90
	32.44	1:09.90		
5	Tonelli, Marlana	27	SWED	1:10.64
	33.76	1:10.64		
6	Smickley, Megan	27	FAFF	1:11.11
	33.31	1:11.11		
7	Mundi, Jessica	26	ALEX	1:22.00
	38.40	1:22.00		
8	Knobel Green, Courtney	27	UC12	1:28.74
	40.92	1:28.74		
9	Basinsky, Kathryn	27	NAMI	1:35.29
	43.01	1:35.29		

Women 25-29 200 Yard IM**NATL: 1:57.56 N 12/5/13 JUSTINE MUELLER****ZONE: 2:11.79 Z 4/5/14 Denise Letendre****VA: 2:10.46 V 4/28/11 Kate Hibbard**

1	Ripley, Rachel	25	AGUA	2:10.22Z
	27.81	1:01.24	1:38.88	2:10.22
2	Chialastri, Kate	28	FINS	2:26.23
	29.62	1:08.10	1:52.11	2:26.23
3	Tonelli, Marlana	27	SWED	2:27.48
	33.49	1:12.14	1:54.57	2:27.48
4	Cota, Devon	25	VMST	2:33.80
	32.64	1:13.94	1:59.49	2:33.80

Women 25-29 400 Yard IM**NATL: 4:19.02 N 2/22/13 JUSTINE MUELLER****ZONE: 4:40.26 Z 4/6/14 Denise Letendre****VA: 4:40.26 V 4/4/14 Denise Letendre**

1	Ripley, Rachel	25	AGUA	4:43.12
	29.31	1:03.48	1:40.01	2:16.04
	2:55.75	3:36.42	4:10.16	4:43.12
2	Chialastri, Kate	28	FINS	5:09.76
	29.54	1:03.36	1:44.63	2:25.24
	3:09.71	3:55.48	4:33.87	5:09.76
3	Tonelli, Marlana	27	SWED	5:25.35
	37.10	1:21.08	2:03.78	2:47.93
	3:29.99	4:13.67	4:50.30	5:25.35

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 30-34 50 Yard Freestyle****NATL: 22.48 N 11/29/12 ERIKA ERNDL****ZONE: 24.89 Z 5/9/93 Liz Hobbs****VA: 25.13 V 2/9/13 Courtney Hurtubise**

1	Saint-Amour, Roberta	30	METR	27.52
2	Shaw, Dana	31	CHRM	27.70
3	Mathey, Alison	31	ARMS	28.30
4	Hufford, Ellen	33	ARMS	36.78

Women 30-34 100 Yard Freestyle**NATL: 48.03 N 2/23/13 ERIKA ERNDL****ZONE: 54.22 Z 5/1/94 Liz Hobbs****VA: 54.78 V 1/1/94 Beth Scheimann**

1	Reed, Meghan	32	L4S	57.71
	27.95	57.71		
2	Greenawalt, Anne	31	DFSH	58.37
	27.70	58.37		
3	Sontag, Jen	33	RMST	58.72
	27.82	58.72		
4	Gauzens, Stephanie	32	ALEX	59.94
	28.83	59.94		
5	Saint-Amour, Roberta	30	METR	1:00.32
	28.38	1:00.32		
6	Shaw, Dana	31	CHRM	1:00.42
	28.64	1:00.42		
7	Lunde-Habash, Emily	34	RMST	1:02.36
	29.42	1:02.36		
8	Fleck, Danielle	33	SVY	1:02.48
	30.18	1:02.48		
9	Mockler, Shannon	31	NAMI	1:13.19
	35.33	1:13.19		
10	Hufford, Ellen	33	ARMS	1:21.36
	39.98	1:21.36		
11	Houston, Chanelle	32	L4S	1:26.58
	43.18	1:26.58		

Women 30-34 200 Yard Freestyle**NATL: 1:43.46 N 11/30/12 ERIKA ERNDL****ZONE: 1:55.16 Z 4/6/14 Katie McWilliams****VA: 1:58.35 V 4/26/12 Maura Bolger**

1	Greene, Shannon	30	1693	2:07.07
	29.19	1:01.37	1:34.27	2:07.07
2	Gauzens, Stephanie	32	ALEX	2:08.36
	29.51	1:01.72	1:35.02	2:08.36
3	Fleck, Danielle	33	SVY	2:17.85
	32.25	1:07.33	1:42.99	2:17.85
4	Hufford, Ellen	33	ARMS	2:50.51
	40.78	1:24.26	2:08.64	2:50.51

Women 30-34 500 Yard Freestyle**NATL: 4:46.92 N 4/14/12 DAWN HECKMAN****ZONE: 5:11.06 Z 4/2/00 Laurie Hug****VA: 5:16.60 V 2000 Deborah Reed**

1	Shaw, Dana	31	CHRM	5:54.55
	31.69	1:06.67	1:42.78	2:18.70
	2:54.48	3:31.07	4:07.24	4:43.56
	5:19.62	5:54.55		

2	Greenawalt, Anne	31	DFSH	5:55.01
	30.38	1:04.06	1:39.90	2:15.87
	2:51.87	3:28.17	4:04.36	4:42.51
	5:20.48	5:55.01		

3	Fleck, Danielle	33	SVY	6:02.29
	31.55	1:06.67	1:43.10	2:20.24
	2:57.25	3:34.92	4:12.60	4:50.27
	5:27.00	6:02.29		

4	Plimpton, Hannah	30	1776	6:42.24
	35.40	1:14.76	1:55.41	2:36.41
	3:17.13	3:57.89	4:39.56	5:21.48
	6:03.52	6:42.24		

Women 30-34 1000 Yard Freestyle**NATL: 9:51.93 N 4/15/12 DAWN HECKMAN****ZONE: 10:32.92 Z 4/2/00 Laurie Hug****VA: 10:56.69 V 2000 Deborah Reed**

1	Fleck, Danielle	33	SVY	12:25.08
	32.10	1:07.65	1:44.27	2:20.73
	2:57.29	3:34.35	4:11.68	4:49.47
	5:27.23	6:05.02	6:42.73	7:20.68
	7:59.26	8:37.49	9:15.50	9:53.81
	10:32.05	11:10.70	11:48.58	12:25.08

2	Plimpton, Hannah	30	1776	14:12.14
	35.06	1:13.40	1:53.04	2:33.80
	3:14.81	3:56.55	4:39.97	5:23.73
	6:07.43	6:51.24	7:35.53	8:18.58
	9:01.91	9:45.51	10:28.71	11:13.06
	11:57.51	12:44.66	13:30.03	14:12.14

3	Duquette, Michelle	33	L4S	18:54.44
	1:50.50	2:48.22		
	4:44.81	5:41.91	6:39.27	7:36.91
	8:35.88	9:32.06	10:29.02	11:27.80
	12:24.50	13:21.24	14:18.30	15:15.19
	16:11.04	17:06.86	18:54.44	

Women 30-34 1650 Yard Freestyle**NATL: 17:07.52 N 5/23/93 KAREN BURTON****ZONE: 17:27.45 Z 4/2/00 Laurie Hug****VA: 18:03.83 V 1/1/03 Deborah Reed**

1	Greene, Shannon	30	1693	18:52.35
	30.22	1:03.59	1:37.60	2:11.65
	2:45.57	3:19.64	3:53.69	4:28.19
	5:02.29	5:36.42	6:10.68	6:45.14
	7:19.29	7:53.44	8:28.03	9:02.38
	9:36.77	10:11.41	10:46.30	11:20.81
	11:55.20	12:29.98	13:04.65	13:38.87
	14:13.50	14:48.07	15:22.79	15:57.74
	16:32.44	17:07.57	17:42.37	18:17.83
				18:52.35

2	O'Connell, Ally	34	RMST	19:13.09
	30.95	1:04.92	1:39.81	2:14.81
	2:49.66	3:25.19	4:00.42	4:35.70
	5:10.85	5:46.07	6:21.24	6:56.79
	7:31.96	8:07.17	8:42.70	9:18.04
	9:53.29	10:28.53	11:03.65	11:38.67
	12:13.86	12:49.02	13:24.56	13:59.70
	14:34.82	15:09.88	15:45.12	16:20.25
	16:55.33	17:30.48	18:05.12	18:39.55
				19:13.09

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Women 30-34 1650 Yard Freestyle)**

3	Mockler, Shannon	31	NAMI		24:09.12
	40.11	1:23.69	2:07.85	2:51.89	
	3:35.75	4:19.48	5:03.10	5:47.16	
	6:30.82	7:14.52	7:58.24	8:42.69	
	9:26.88	10:10.68	10:54.45	11:38.58	
	12:22.46	13:06.71	13:51.44	14:35.62	
	15:19.89	16:03.72	16:48.08	17:32.10	
	18:16.48	19:00.81	19:45.19	20:29.68	
	21:14.95	21:59.80	22:44.40	23:27.79	24:09.12
4	Wahle, Christy	34	L4S		27:16.15
	47.61	1:36.96	2:26.28	3:16.03	
	4:06.22	4:56.84	5:46.80	6:36.98	
	7:27.53	8:17.85	9:08.16	9:57.98	
	10:48.26	11:38.17	12:28.00	13:18.05	
	14:07.83	14:57.87	15:47.52	16:37.43	
	17:26.21	18:16.32	19:05.70	19:54.90	
	20:44.28	21:33.54	22:23.09	23:12.27	
	24:01.46	24:50.88	25:39.91	26:29.52	27:16.15
5	Jensen, Megan	31	UC09		29:48.46
	47.11	1:38.37	2:31.14	3:25.40	
	4:20.80	5:15.22	6:10.03	7:05.75	
	8:00.25	8:55.51	9:50.10	10:44.16	
	11:37.98	12:32.26	13:26.23	14:19.48	
	15:13.54	16:08.88	17:03.14	17:57.63	
	18:52.37	19:46.25	20:41.45	21:36.34	
	22:31.03	23:26.46	24:22.23	25:17.59	
	26:11.79	27:06.87	28:02.57	28:57.54	29:48.46

Women 30-34 50 Yard Backstroke

NATL: 24.96 N 5/1/11 NORIKO INADA
 ZONE: 28.15 Z 5/1/94 Liz Hobbs
 VA: 29.72 V 3/6/11 Deanne Moosman

1 Joiner, Elizabeth	31 1693	30.43
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Women 30-34 50 Yard Backstroke

NATL: 24.96 N 5/1/11 NORIKO INADA
 ZONE: 28.15 Z 5/1/94 Liz Hobbs
 VA: 29.72 V 3/6/11 Deanne Moosman

1 Joiner, Elizabeth	31 1693	30.50
2 Saint-Amour, Roberta	30 METR	31.59
3 Mathey, Alison	31 ARMS	32.56
4 Fleck, Danielle	33 SVY	36.57

Women 30-34 100 Yard Backstroke

NATL: 54.60 N 4/30/11 NORIKO INADA
 ZONE: 1:00.05 Z 5/9/93 Zena Herrmann
 VA: 1:03.97 V 4/26/12 Deanne Moosman

1 Saint-Amour, Roberta	30 METR	1:08.57
32.90	1:08.57	
2 Gauzens, Stephanie	32 ALEX	1:09.11
33.38	1:09.11	

Women 30-34 100 Yard Backstroke

NATL: 54.60 N 4/30/11 NORIKO INADA
 ZONE: 1:00.05 Z 5/9/93 Zena Herrmann
 VA: 1:03.97 V 4/26/12 Deanne Moosman

1 Joiner, Elizabeth	31 1693	1:05.69
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Women 30-34 200 Yard Backstroke

NATL: 1:59.93 N 2/19/96 K PIPES-NEILSEN
 ZONE: 2:07.61 Z 5/9/93 Zena Herrmann
 VA: 2:20.34 V 2/11/12 Jocelyn Posthumus

1	Joiner, Elizabeth	31	1693		2:26.52
	34.93	1:12.55	1:50.35	2:26.52	
2	Gauzens, Stephanie	32	ALEX		2:27.40
	34.25	1:11.08	1:49.13	2:27.40	
3	Plimpton, Hannah	30	1776		2:51.59
	41.89	1:24.24	2:07.49	2:51.59	

Women 30-34 50 Yard Breaststroke

NATL: 28.48 N 5/4/08 KATIE MCCLELLAND
 ZONE: 29.62 Z 4/25/09 Petra Martin
 VA: 31.21 V 5/1/89 Lisa Bennett

1 Saint-Amour, Roberta	30 METR	36.65
2 Plimpton, Hannah	30 1776	38.90
3 Hufford, Ellen	33 ARMS	52.94

Women 30-34 100 Yard Breaststroke

NATL: 1:02.08 N 5/4/08 KATIE MCCLELLAND
 ZONE: 1:10.00 Z 4/13/03 Cheryl Conlin
 VA: 1:08.96 V 5/1/89 Lisa Bennett

1 Brown, Rachel	32 ARMS	1:12.12
34.00	1:12.12	
2 Plimpton, Hannah	30 1776	1:21.86
39.33	1:21.86	

Women 30-34 200 Yard Breaststroke

NATL: 2:15.99 N 1/20/13 ERIKA ERNDL
 ZONE: 2:33.28 Z 4/22/01 Belinda Martin
 VA: 2:33.76 V 4/11/03 Cheryl Conlin

1	Plimpton, Hannah	30	1776	2:59.45
	40.94	1:26.25	2:13.07	2:59.45

Women 30-34 50 Yard Butterfly

NATL: 24.18 N 4/15/00 ANGEL MARTINO
 ZONE: 27.06 Z 5/1/94 Cindy Watts
 VA: 27.85 V 1/1/93 Beth Scheimann

1 Lunde-Habash, Emily	34 RMST	28.91
2 Greenawalt, Anne	31 DFSH	29.34
3 Saint-Amour, Roberta	30 METR	30.81
4 Fleck, Danielle	33 SVY	33.37
5 Hufford, Ellen	33 ARMS	41.22

Women 30-34 100 Yard Butterfly

NATL: 55.01 N 5/16/99 ANGEL MARTINO
 ZONE: 59.11 Z 4/15/12 Yun Qu
 VA: 1:00.17 V 4/26/12 Maura Bolger

1 Brown, Rachel	32 ARMS	1:02.53
29.14	1:02.53	
2 Greene, Shannon	30 1693	1:06.70
31.17	1:06.70	

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 30-34 200 Yard Butterfly****NATL: 2:03.46 N 5/12/96 K PIPES-NEILSEN****ZONE: 2:11.83 Z 4/14/12 Yun Qu****VA: 2:12.37 V 4/26/12 Maura Bolger**

1	Greene, Shannon	30	1693	2:24.34
	32.61	1:10.46	1:47.35	2:24.34

Women 30-34 100 Yard IM**NATL: 57.01 N 4/15/00 ANGEL MARTINO****ZONE: 1:02.24 Z 4/14/91 Tray Rossa****VA: 1:02.99 V 1/1/95 Beth O'Connor**

1	Brown, Rachel	32	ARMS	1:06.23
	30.74	1:06.23		
2	Saint-Amour, Roberta	30	METR	1:09.08
	31.39	1:09.08		
3	Fleck, Danielle	33	SVY	1:14.73
	34.94	1:14.73		
4	Plimpton, Hannah	30	1776	1:18.26
	37.81	1:18.26		

Women 30-34 200 Yard IM**NATL: 1:58.80 N 3/11/09 ERIKA ERNDL****ZONE: 2:13.54 Z 5/9/93 Zena Herrmann****VA: 2:14.62 V 4/26/12 Maura Bolger**

1	Mockler, Shannon	31	NAMI	3:12.72
	42.91	1:33.52	2:28.48	3:12.72
2	Houston, Chanelle	32	L4S	3:51.43
	58.29	1:58.67	3:02.79	3:51.43

Women 35-39 50 Yard Freestyle**NATL: 22.34 N 2/25/07 DARA TORRES****ZONE: 24.62 Z 4/21/02 Fall Willeboordse****VA: 24.52 V 4/27/00 Beth Baker**

1	Hurtubise, Courtney	35	1693	25.19
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Women 35-39 50 Yard Freestyle**NATL: 22.34 N 2/25/07 DARA TORRES****ZONE: 24.62 Z 4/21/02 Fall Willeboordse****VA: 24.52 V 4/27/00 Beth Baker**

1	Grier, Katie	37	1693	24.40V
2	Hurtubise, Courtney	35	1693	25.30
3	Bieloski, Stephanie	36	SVY	26.40
4	Gass, Krista	37	UC12	26.74
5	Farhat, Stefanie	37	1693	28.01
6	Choe, Michele	38	1693	28.05
7	Davidson, Julia	39	1693	29.82
8	Lovett, Lindsay	37	1693	33.51
9	Scherschligt, Julia	39	GERM	38.51
10	Fu, Angela	36	UMAC	41.99

Women 35-39 100 Yard Freestyle**NATL: 49.72 N 2/25/07 DARA TORRES****ZONE: 54.14 Z 5/8/90 Jacki Hirsty****VA: 54.60 V 1/31/16 Katie Grier**

1	Grier, Katie	37	1693	52.47Z
	25.01	52.47		
2	Bieloski, Stephanie	36	SVY	58.39
	27.74	58.39		

3	Mazur, Jessica	35	ALEX	59.57
	28.07	59.57		

4	Hughes, Meghan	37	GMUP	1:00.57
	28.49	1:00.57		

5	Gass, Krista	37	UC12	1:01.92
	28.93	1:01.92		

6	Roddin, Julie	39	ANCM	1:05.88
	31.68	1:05.88		

7	Stabinsky, Mary	39	UC08	1:11.98
	34.60	1:11.98		

8	Preis, Sarah	37	DCAC	1:14.12
	34.89	1:14.12		

9	Lovett, Lindsay	37	1693	1:19.39
	37.15	1:19.39		

10	Scherschligt, Julia	39	GERM	1:32.39
	46.32	1:32.39		

11	Lech, Melissa	36	1776	1:34.61
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12	Fu, Angela	36	UMAC	1:44.15
	44.36	1:44.15		

Women 35-39 100 Yard Freestyle**NATL: 49.72 N 2/25/07 DARA TORRES****ZONE: 54.14 Z 5/8/90 Jacki Hirsty****VA: 54.60 V 1/31/16 Katie Grier**

1	Hurtubise, Courtney	35	1693	56.72
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Women 35-39 200 Yard Freestyle**NATL: 1:51.55 N 5/3/97 K PIPES-NEILSEN****ZONE: 1:57.03 Z 4/22/01 Andrea Luallen****VA: 2:00.83 V 4/2/04 Alice Phillips**

1	Grier, Katie	37	1693	1:59.16V
	27.26	56.58	1:27.52	1:59.16

Women 35-39 500 Yard Freestyle**NATL: 4:56.09 N 5/3/97 K PIPES-NEILSEN****ZONE: 5:11.87 Z 4/21/02 Laurie Hug****VA: 5:26.91 V 1/1/99 Kelly Parker**

1	Roddin, Julie	39	ANCM	6:09.20
	32.60	1:08.63	1:45.89	2:23.38
	3:00.98	3:38.15	4:16.01	4:54.49
	6:09.20			

2	Stabinsky, Mary	39	UC08	6:50.87
	36.10	1:16.16	1:56.86	2:40.71
	3:23.44	4:07.19	4:47.74	5:28.81
	6:10.84	6:50.87		

Women 35-39 1650 Yard Freestyle**NATL: 16:46.85 N 11/15/14 HEIDI GEORGE****ZONE: 17:45.08 Z 4/22/01 Laurie Hug****VA: 18:29.19 V 1/1/99 Kelly Parker**

1	Roddin, Julie	39	ANCM	20:26.96
	32.11	1:06.90	1:42.99	2:19.73
	2:56.58	3:33.54	4:10.60	4:48.21
	5:25.32	6:02.21	6:39.40	7:16.76
	7:54.43	8:32.01	9:09.57	9:46.90
	10:24.06	11:01.37	11:38.96	12:16.12
	12:53.61	13:31.10	14:08.88	14:46.67
	15:24.73	16:02.91	16:40.98	17:19.22
	17:57.22	18:35.20	19:13.27	19:50.78
				20:26.96

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Women 35-39 1650 Yard Freestyle)**

2	Stabinsky, Mary	39	UC08	22:45.88
	36.57	1:17.09	2:00.25	2:41.63
	3:22.59	4:03.52	4:45.48	5:27.24
	6:08.40	6:50.56	7:32.27	8:13.67
	8:55.91	9:37.16	10:19.02	10:59.85
	11:41.22	12:22.08	13:03.41	13:44.87
	14:27.24	15:08.01	15:49.93	16:31.24
	17:13.55	17:56.89	18:38.67	19:21.08
	20:02.27	20:43.69	21:25.35	22:06.62
				22:45.88
3	Lupo, Kyla	37	L4S	31:47.33
	48.32	1:42.77	2:39.45	3:36.73
	4:33.73	5:30.71	6:29.00	7:27.83
	8:26.54	9:24.39	10:22.10	11:21.37
	12:19.79	13:17.98	14:16.57	15:14.05
	16:11.46	17:10.54	18:09.73	19:08.68
	20:07.29	21:07.73	22:07.35	23:08.05
	24:09.16	25:07.19	26:06.67	27:06.11
	28:05.85	29:03.35	30:00.69	30:59.48
				31:47.33

Women 35-39 50 Yard Backstroke

NATL: 25.02 N 5/3/14 **NORIKO INADA**
ZONE: 28.55 Z 4/21/02 **Susan Williams**
VA: 28.41 V 4/27/00 **Beth Baker**

1	Lovett, Lindsay	37	1693	42.70
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Women 35-39 50 Yard Backstroke

NATL: 25.02 N 5/3/14 **NORIKO INADA**
ZONE: 28.55 Z 4/21/02 **Susan Williams**
VA: 28.41 V 4/27/00 **Beth Baker**

1	Bieloski, Stephanie	36	SVY	30.26
2	Hurtubise, Courtney	35	1693	30.57
3	Farhat, Stefanie	37	1693	31.53
4	Choe, Michele	38	1693	34.07
5	Lovett, Lindsay	37	1693	41.92

Women 35-39 100 Yard Backstroke

NATL: 54.83 N 5/4/14 **NORIKO INADA**
ZONE: 59.32 Z 5/2/99 **Vibeke Swanson**
VA: 59.87 V 4/27/00 **Beth Baker**

1	Bieloski, Stephanie	36	SVY	1:07.59
	33.03	1:07.59		
2	Roddin, Julie	39	ANCM	1:15.88
	37.13	1:15.88		
3	Stabinsky, Mary	39	UC08	1:26.91

Women 35-39 200 Yard Backstroke

NATL: 2:00.54 N 3/14/98 **K PIPES-NEILSEN**
ZONE: 2:11.86 Z 4/22/01 **Vibeke Swanson**
VA: 2:15.55 V 6/1/01 **Beth Baker**

1	Roddin, Julie	39	ANCM	2:33.63
	36.27	1:15.01	1:54.92	2:33.63

Women 35-39 50 Yard Breaststroke

NATL: 28.51 N 5/2/14 **KATIE GLENN**
ZONE: 32.31 Z 4/2/00 **Amanda Martin**
VA: 31.45 V 5/15/91 **Lisa Bennett**

1	Harris, Kristen	39	1693	31.56Z
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2	Hurtubise, Courtney	35	1693	33.63
3	Gass, Krista	37	UC12	36.46
4	Bieloski, Stephanie	36	SVY	38.33
5	Fu, Angela	36	UMAC	58.43

Women 35-39 100 Yard Breaststroke

NATL: 1:01.88 N 4/25/15 **KATIE GLENN**
ZONE: 1:10.38 Z 4/24/05 **Cheryl Conlin**
VA: 1:10.37 V 5/15/91 **Lisa Bennett**

1	Harris, Kristen	39	1693	1:09.80V
	33.25	1:09.80		
2	Lech, Melissa	36	1776	1:47.12
	51.15	1:47.12		

Women 35-39 200 Yard Breaststroke

NATL: 2:17.51 N 4/26/15 **KATIE GLENN**
ZONE: 2:33.76 Z 4/24/05 **Cheryl Conlin**
VA: 2:33.72 V 1/1/05 **Cheryl Conlin**

1	Lech, Melissa	36	1776	3:53.06
	51.22	1:51.05	2:52.60	3:53.06

Women 35-39 50 Yard Butterfly

NATL: 25.05 N 4/26/15 **NORIKO INADA**
ZONE: 27.04 Z 4/21/02 **Sylvia Buxton**
VA: 26.68 V 4/27/00 **Beth Baker**

1	Grier, Katie	37	1693	26.81Z
2	Hughes, Meghan	37	GMUP	28.43
3	Bieloski, Stephanie	36	SVY	29.68
4	Gass, Krista	37	UC12	30.69
5	Scherschligt, Julia	39	GERM	46.65

Women 35-39 100 Yard Butterfly

NATL: 55.78 N 5/18/03 **S VON DER LIPPE**
ZONE: 59.38 Z 5/2/99 **Beth Baker**
VA: 57.89 V 2000 **Beth Baker**

1	Hughes, Meghan	37	GMUP	1:05.05
	30.06	1:05.05		

Women 35-39 100 Yard IM

NATL: 57.67 N 5/23/10 **SHERI HART**
ZONE: 1:01.43 Z 5/2/99 **Beth Baker**
VA: 1:01.35 V 4/27/00 **Beth Baker**

1	Harris, Kristen	39	1693	1:06.68
	32.69	1:06.68		
2	Hughes, Meghan	37	GMUP	1:07.40
	31.68	1:07.40		
3	Bieloski, Stephanie	36	SVY	1:08.31
	31.68	1:08.31		
4	Gass, Krista	37	UC12	1:10.92
	33.09	1:10.92		
5	Scherschligt, Julia	39	GERM	1:37.77
	45.63	1:37.77		
6	Lech, Melissa	36	1776	1:41.56
	48.86	1:41.56		

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 35-39 200 Yard IM****NATL: 2:05.24 N 3/14/98 K PIPES-NEILSEN****ZONE: 2:13.08 Z 5/2/99 Beth Baker****VA: 2:13.08 V 4/30/99 Beth Baker**

1	Hughes, Meghan	37	GMUP	2:27.19
	31.49	1:09.61	1:53.74	2:27.19
---	Preis, Sarah	37	DCAC	DQ
	45.52	1:30.68	2:25.44	DQ

Women 35-39 400 Yard IM**NATL: 4:24.18 N 3/14/98 K PIPES-NEILSEN****ZONE: 4:37.56 Z 5/2/99 Vibeke Swanson****VA: 4:48.65 V 4/30/99 Beth Baker**

1	Hughes, Meghan	37	GMUP	5:11.19
	31.56	1:08.61	1:49.40	2:30.99
	3:14.61	3:59.06	4:35.59	5:11.19

Women 40-44 50 Yard Freestyle**NATL: 21.91 N 4/15/07 DARA TORRES****ZONE: 24.96 Z 4/23/06 K. Pipes-Neilsen****VA: 24.65 V 5/14/02 Beth Baker**

1	Conze, Margaret	44	L4S	25.74
2	Burns, Natasha	44	L4S	29.40
3	Deaton, Rebecca	40	CPYM	29.58
4	Rawson, Laurelyn	44	L4S	29.65
5	Gras Thompson, Beni	44	VMST	29.82
6	Henion, Theresa	44	SVY	29.92
7	Sullivan, Shannon	40	1693	31.92
8	Kassens, Alice	41	VMST	32.42

Women 40-44 100 Yard Freestyle**NATL: 48.34 N 4/15/07 DANA TORRES****ZONE: 55.91 Z 4/20/97 Jacki Hirsty****VA: 54.79 V 5/14/02 Beth Baker**

1	Layton, Katie	43	GMUP	1:02.50
	29.25	1:02.50		
2	Gras Thompson, Beni	44	VMST	1:06.96
	32.02	1:06.96		
3	Burns, Natasha	44	L4S	1:07.73
	32.37	1:07.73		
4	Henion, Theresa	44	SVY	1:08.46
	32.20	1:08.46		
5	Sullivan, Shannon	40	1693	1:08.63
	33.42	1:08.63		
6	Lovett, Mandy	41	1693	1:09.61
	33.66	1:09.61		
7	Witlin, Robin	43	MACH	1:09.65
	33.09	1:09.65		
8	Kassens, Alice	41	VMST	1:13.22
	34.99	1:13.22		
9	Beels, Kendall	43	RMST	1:26.60
	40.45	1:26.60		

Women 40-44 200 Yard Freestyle**NATL: 1:51.06 N 12/22/02 K PIPES-NEILSEN****ZONE: 1:57.72 Z 4/25/10 Kristin Gary****VA: 1:59.41 V 6/1/01 Beth Baker**

1	Conze, Margaret	44	L4S	2:05.44
	29.21	1:01.28	1:33.84	2:05.44
2	Sullivan, Shannon	40	1693	2:26.32
	34.30	1:11.30	1:49.28	2:26.32
3	Jenkins, Alison	42	NAMI	2:28.14
	33.33	1:10.85	1:50.21	2:28.14
4	Lovett, Mandy	41	1693	2:29.08
	34.07	1:10.94	1:49.90	2:29.08
5	Witlin, Robin	43	MACH	2:30.86
	33.96	1:11.31	1:51.20	2:30.86
6	Kassens, Alice	41	VMST	2:43.84
	36.56	1:17.74	2:00.63	2:43.84
7	Beels, Kendall	43	RMST	3:11.37
	44.82	1:33.58	2:24.13	3:11.37

Women 40-44 500 Yard Freestyle**NATL: 4:58.98 N 10/5/02 K PIPES-NEILSEN****ZONE: 5:21.07 Z 4/15/07 Laurie Hug****VA: 5:33.24 V 4/2/04 Kelly Parker**

1	Lovett, Mandy	41	1693	6:41.67
	34.93	1:12.93	1:52.84	2:33.86
	3:15.33	3:56.81	4:38.12	5:19.71
	6:01.23	6:41.67		
2	Witlin, Robin	43	MACH	6:50.16
	37.25	1:17.67	1:58.58	
		4:05.84	4:48.04	5:30.05
	6:50.41	6:50.16		
3	Baker, Maribeth	42	SVY	7:00.57
	33.68	1:12.87	1:54.73	2:37.57
	3:21.55	4:05.95	4:50.39	5:34.85
	6:18.52	7:00.57		
4	Beels, Kendall	43	RMST	9:01.44
	46.07	1:37.68	2:31.79	3:27.92
	4:23.86	5:20.05	6:17.01	7:13.69
	8:10.02	9:01.44		

Women 40-44 1000 Yard Freestyle**NATL: 10:20.45 N 12/21/03 K PIPES-NEILSEN****ZONE: 10:57.76 Z 4/11/08 Laurie Hug****VA: 11:24.44 V 6/1/01 Beth Baker**

1	Baker, Maribeth	42	SVY	14:31.00
	36.27	1:18.23	2:01.41	2:45.03
	3:29.24	4:13.77	4:58.34	5:42.80
	6:27.78	7:12.36	7:57.09	8:41.47
	9:26.11	10:10.02	10:54.68	11:39.20
	12:23.27	13:06.93	13:49.35	14:31.00
2	Beels, Kendall	43	RMST	17:49.53
	47.03	1:37.22	2:29.89	3:23.82
	4:17.63	5:12.19	6:07.03	7:01.61
	7:56.17	8:51.71	9:46.70	10:41.10
	11:35.21	12:29.14	13:24.10	14:18.60
	15:11.92	16:07.32	17:01.72	17:49.53

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 40-44 1650 Yard Freestyle****NATL: 17:15.20 N 12/7/02 K PIPES-NEILSEN****ZONE: 18:00.35 Z 4/15/07 Laurie Hug****VA: 19:17.63 V 4/2/04 Kelly Parker**

1	Brothers, Sherri	42	L4S	29:47.00
	49.83	1:42.93	2:37.43	3:33.16
	4:27.94	5:22.86	6:17.79	7:12.66
	8:07.69	9:02.75	9:58.60	10:53.82
	11:48.77	12:44.48	13:39.96	14:34.49
	15:29.22	16:24.00	17:17.87	18:11.92
	19:04.81	19:59.81	20:53.87	21:47.77
	22:41.84	23:36.18	24:31.03	25:25.39
	26:19.10	27:12.23	28:05.13	28:58.21
				29:47.00
2	May, Amanda	40	L4S	30:23.47
	46.23	1:36.91	2:31.32	3:25.78
	4:21.82	5:17.00	6:12.60	7:08.35
	8:01.97	8:57.56	9:54.67	10:51.17
	11:46.42	12:42.59	13:37.67	14:36.24
	15:31.00	16:26.05	17:22.55	18:18.62
	19:13.31	20:10.54	21:06.69	22:02.05
	22:58.92	23:55.71	24:51.47	25:48.15
	26:43.71	27:41.07	28:38.02	29:34.44
				30:23.47
3	LaPorte, Tracy	42	L4S	33:43.02
	51.81	1:50.81	2:51.43	3:51.14
	4:52.11	5:53.36	6:55.32	7:57.26
	8:58.27	10:00.64	11:00.73	12:01.70
	13:00.95	14:01.10	15:04.34	16:07.17
	17:07.82	18:09.12	19:09.69	20:11.69
	21:16.08	22:18.08	23:21.77	24:23.05
	25:27.13	26:29.73	27:32.64	28:33.29
	29:36.65	30:38.60	31:40.12	32:43.07
				33:43.02

Women 40-44 50 Yard Backstroke**NATL: 26.12 N 5/1/11 SHERI HART****ZONE: 28.72 Z 4/21/02 L. VanPelt-Diller****VA: 28.95 V 4/19/02 Beth Baker**

1	Sullivan, Shannon	40	1693	36.60
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Women 40-44 50 Yard Backstroke**NATL: 26.12 N 5/1/11 SHERI HART****ZONE: 28.72 Z 4/21/02 L. VanPelt-Diller****VA: 28.95 V 4/19/02 Beth Baker**

1	Sullivan, Shannon	40	1693	35.80
2	Rawson, Laurelyn	44	L4S	37.38
3	Kassens, Alice	41	VMST	38.70
4	Schneider, Johanna	42	GERM	40.18

Women 40-44 100 Yard Backstroke**NATL: 56.03 N 4/30/11 SHERI HART****ZONE: 58.87 Z 4/23/06 K. Pipes-Neilsen****VA: 1:00.71 V 4/19/02 Beth Baker**

1	Sullivan, Shannon	40	1693	1:15.94
	37.36	1:15.94		
2	Kassens, Alice	41	VMST	1:23.58
	40.42	1:23.58		

Women 40-44 100 Yard Backstroke**NATL: 56.03 N 4/30/11 SHERI HART****ZONE: 58.87 Z 4/23/06 K. Pipes-Neilsen****VA: 1:00.71 V 4/19/02 Beth Baker**

1	Sullivan, Shannon	40	1693	1:16.01
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Women 40-44 200 Yard Backstroke**NATL: 2:04.43 N 4/24/10 KRISTIN GARY****ZONE: 2:04.43 Z 4/24/10 Kristin Gary****VA: 2:11.40 V 5/17/01 Beth Baker**

1	Kassens, Alice	41	VMST	3:05.79
	44.29	1:30.78	2:18.67	3:05.79

Women 40-44 50 Yard Breaststroke**NATL: 29.24 N 2/28/10 S VON DER LIPPE****ZONE: 33.16 Z 4/20/97 Lisa Bennett****VA: 32.73 V 6/1/96 Lisa Bennett**

1	Layton, Katie	43	GMUP	35.68
2	Burns, Natasha	44	L4S	36.27
3	Henion, Theresa	44	SVY	38.14
4	Sullivan, Shannon	40	1693	39.99
5	Jenkins, Alison	42	NAMI	40.18

Women 40-44 100 Yard Breaststroke**NATL: 1:03.00 N 5/4/08 S VON DER LIPPE****ZONE: 1:11.73 Z 4/4/04 Patricia Powis****VA: 1:11.73 V 4/2/04 Patricia Powis**

1	Deaton, Rebecca	40	CPYM	1:17.95
	36.90	1:17.95		
2	Gras Thompson, Beni	44	VMST	1:20.76
	37.99	1:20.76		
3	Burns, Natasha	44	L4S	1:21.26
	38.56	1:21.26		
4	Henion, Theresa	44	SVY	1:23.08
	39.70	1:23.08		
5	Sullivan, Shannon	40	1693	1:24.49
	40.46	1:24.49		
6	Lovett, Mandy	41	1693	1:25.71
	40.53	1:25.71		

Women 40-44 200 Yard Breaststroke**NATL: 2:17.06 N 5/14/06 S VON DER LIPPE****ZONE: 2:34.93 Z 4/21/02 Vibeke Swanson****VA: 2:38.33 V 5/17/01 Patricia Powis**

1	Layton, Katie	43	GMUP	2:46.85
	36.45	1:18.30	2:02.85	2:46.85
2	Sullivan, Shannon	40	1693	2:57.73
	41.43	1:26.34	2:12.11	2:57.73
3	Henion, Theresa	44	SVY	3:01.05
	39.95	1:25.45	2:12.80	3:01.05
4	Lovett, Mandy	41	1693	3:01.71
	43.62	1:29.51	2:15.39	3:01.71
5	Burns, Natasha	44	L4S	3:05.95
	40.57	1:27.95	2:16.78	3:05.95

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 40-44 50 Yard Butterfly****NATL: 25.14 N 5/10/09 S VON DER LIPPE****ZONE: 27.14 Z 4/21/02 Beth Baker****VA: 26.42 V 5/17/01 Beth Baker**

1 Baker, Maribeth	42 SVY	31.68
2 Jenkins, Alison	42 NAMI	33.09

Women 40-44 100 Yard Butterfly**NATL: 54.83 N 5/10/09 S VON DER LIPPE****ZONE: 59.12 Z 4/23/06 K. Pipes-Neilsen****VA: 58.56 V 6/1/01 Beth Baker**

1 Conze, Margaret	44 L4S	1:02.79
	29.23	1:02.79
2 Baker, Maribeth	42 SVY	1:14.25
	35.38	1:14.25
3 Schneider, Johanna	42 GERM	1:27.78
	41.46	1:27.78

Women 40-44 200 Yard Butterfly**NATL: 2:03.13 N 5/4/08 S VON DER LIPPE****ZONE: 2:10.18 Z 4/23/06 K. Pipes-Neilsen****VA: 2:09.63 V 5/17/01 Beth Baker**

1 Baker, Maribeth	42 SVY	2:56.42
	36.44	1:20.83
		2:08.55
		2:56.42

Women 40-44 100 Yard IM**NATL: 57.95 N 4/28/12 ERIKA BRAUN****ZONE: 59.62 Z 4/23/06 K. Pipes-Neilsen****VA: 1:01.22 V 5/17/01 Beth Baker**

1 Deaton, Rebecca	40 CPYM	1:15.55
	36.61	1:15.55
2 Jenkins, Alison	42 NAMI	1:16.27
	36.09	1:16.27
3 Sullivan, Shannon	40 1693	1:16.66
	36.32	1:16.66
4 Baker, Maribeth	42 SVY	1:18.93
	37.33	1:18.93
5 Witlin, Robin	43 MACH	1:21.39
	39.30	1:21.39

Women 40-44 200 Yard IM**NATL: 2:04.85 N 5/4/08 S VON DER LIPPE****ZONE: 2:11.32 Z 4/23/06 K. Pipes-Neilsen****VA: 2:15.17 V 4/21/01 Beth Baker**

1 Gras Thompson, Beni	44 VMST	2:41.39
	36.24	1:18.40
		2:04.47
		2:41.39
2 Sullivan, Shannon	40 1693	2:42.03
	38.96	1:19.29
		2:04.46
		2:42.03
3 Jenkins, Alison	42 NAMI	2:45.31
	35.01	1:17.81
		2:07.42
		2:45.31
4 Witlin, Robin	43 MACH	3:02.67
	39.90	1:28.50
		2:21.92
		3:02.67

Women 45-49 50 Yard Freestyle**NATL: 24.00 N 5/4/08 SUSAN WALSH****ZONE: 25.57 Z 4/15/07 Leslie Livingston****VA: 25.53 V 4/26/12 Annette Patterson**

1 Sheppard, Rosie	46 UC09	25.95
2 Redford, Gabi	49 UMAC	27.75

3 Postma, Terri	46 GERM	30.10
4 Wood, Pamela	46 L4S	31.37
5 Bancroft, Caren	45 GERM	32.13
6 Sommer, Lisa	46 SVY	32.30
7 Walters, Suzanne	45 NAMI	32.40
8 Romack, Erika	48 L4S	33.44
9 Mallon, Barbara	49 GERM	38.69
10 Chu, Jan	48 FAC	46.65
11 Kelly, Anne Marie	46 RMST	49.69

Women 45-49 100 Yard Freestyle**NATL: 52.23 N 12/16/07 K PIPES-NEILSEN****ZONE: 57.99 Z 4/15/07 Leslie Livingston****VA: 55.86 V 4/26/12 Annette Patterson**

1 Sheppard, Rosie	46 UC09	56.22Z
	26.99	56.22
2 Pellegrini, Traci	46 COLU	58.95
	28.29	58.95
3 Redford, Gabi	49 UMAC	1:01.14
	29.44	1:01.14
4 Buchholz, Nancy	49 L4S	1:04.70
	30.51	1:04.70
5 Gainor, Cathy	48 ANCM	1:09.64
	34.10	1:09.64
6 Sommer, Lisa	46 SVY	1:11.55
	33.00	1:11.55
7 Walters, Suzanne	45 NAMI	1:11.85
	34.23	1:11.85
8 Richards, Staci	45 FAC	1:14.45
	35.69	1:14.45
9 Maly, Cleary	46 QMST	1:19.22
	37.34	1:19.22
10 DiPietro, Nancy	49 TRI3	1:22.07
11 Chu, Jan	48 FAC	1:42.94
	45.92	1:42.94

Women 45-49 200 Yard Freestyle**NATL: 1:53.28 N 12/16/07 K PIPES-NEILSEN****ZONE: 2:04.12 Z 5/2/99 Jacki Hirsty****VA: 2:05.36 V 4/14/11 Kelly Parker Palace**

1 Redford, Gabi	49 UMAC	2:14.72
	30.34	1:03.41
		1:38.46
		2:14.72
2 DiPietro, Nancy	49 TRI3	3:04.82
	40.18	2:16.22
		3:04.82

Women 45-49 500 Yard Freestyle**NATL: 5:04.13 N 4/11/09 K PIPES-NEILSEN****ZONE: 5:23.58 Z 4/15/07 Vibeke Swanson****VA: 5:31.34 V 4/14/11 Kelly Parker Palace**

1 Gainor, Cathy	48 ANCM	6:36.84
	37.46	1:17.09
		1:57.64
		2:37.94
	3:17.97	3:57.91
		4:37.50
		5:17.33
	5:57.62	6:36.84
2 Stein, Caroline	45 FINS	7:53.29
	38.19	1:21.63
		2:09.65
		2:57.59
	3:46.80	4:37.03
		5:27.17
		6:17.77
	7:07.77	7:53.29

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 45-49 500 Yard Freestyle****NATL: 5:04.13 N 4/11/09 K PIPES-NEILSEN****ZONE: 5:23.58 Z 4/15/07 Vibeke Swanson****VA: 5:31.34 V 4/14/11 Kelly Parker Palace**

2 Dawson, Deborah 47 EST 5:46.38

Women 45-49 1000 Yard Freestyle**NATL: 10:32.91 N 4/19/09 K PIPES-NEILSEN****ZONE: 11:14.60 Z 4/12/15 Laurie Hug****VA: 11:18.46 V 5/15/11 Kelly Parker Palace**

1 Dawson, Deborah 47 EST 11:33.55

31.27 1:04.38 1:39.10 2:14.35

2:49.75 3:25.34 4:00.75 4:35.67

5:10.99 5:46.38 6:21.87 6:56.97

7:32.09 8:06.98 8:41.72 9:16.35

9:50.59 10:24.92 10:59.63 11:33.55

2 Postma, Terri 46 GERM 13:56.45

36.33 1:16.86 1:57.51 2:38.49

3:20.12 4:01.47 4:42.82 5:23.86

6:05.59 6:48.01 7:30.11 8:12.49

8:55.82 9:38.81 10:21.71 11:05.55

11:49.09 12:32.40 13:15.59 13:56.45

3 Maly, Cleary 46 QMST 17:30.26

43.79 1:34.70 2:27.82 3:21.71

4:15.00 5:08.94 6:02.87 6:56.21

7:49.99 8:43.89 9:36.57 10:29.31

11:21.86 12:15.26 13:07.70 14:01.36

14:55.26 15:48.61 16:40.95 17:30.26

4 DiPietro, Nancy 49 TRI3 17:47.12

46.95 1:38.71 2:33.42 3:28.72

4:24.14 5:19.08 6:13.62 7:07.78

8:01.79 8:55.32 9:48.89 10:42.70

11:36.88 12:30.41 13:24.81 14:17.68

15:11.20 16:04.75 17:47.12

--- Walsh, Sheila 45 DCAC 12:37.48

35.52 1:14.52 1:53.83 2:33.92

3:13.37 3:53.25 4:32.95 5:12.67

5:52.59 6:33.18 7:13.54 7:53.78

8:34.51 9:14.98 9:55.51 10:36.13

11:17.77 11:58.58 12:37.48

Women 45-49 1650 Yard Freestyle**NATL: 17:49.73 N 4/22/07 K PIPES-NEILSEN****ZONE: 18:09.22 Z 4/17/11 Laurie Hug****VA: 18:52.84 V 4/1/11 Kelly Parker Palace**

1 Howard, Cris 45 UC10 26:04.08

40.53 1:24.95 2:11.58 2:59.14

3:47.16 4:34.23 5:21.80 6:10.21

6:58.08 8:35.28 9:22.90

10:10.91 10:58.96 11:46.80 12:34.80

13:22.79 14:59.62 16:36.17

18:11.67 18:59.92

19:47.60 20:35.14 21:22.82 22:10.54

22:57.97 23:45.53 24:32.21 25:19.24 26:04.08

2 Meyers, Mary 48 L4S 27:40.66

50.76 1:43.84 2:37.39 3:27.64

4:18.08 5:08.32 5:59.46 6:50.25

7:42.00 8:31.89 9:21.73 10:11.43

11:01.52 11:51.89 12:42.09 13:32.36

14:23.21 15:13.65 16:03.30 16:52.52

17:42.26 18:32.47 19:22.89

21:03.13 21:53.42 22:43.86 23:33.81

24:23.59 25:13.39 26:03.48 26:53.55 27:40.66

3 Roder, Aileen 45 L4S 31:27.79

56.23 1:56.00 2:54.94 3:54.34

4:55.84 5:54.32 6:54.01 7:53.34

8:52.39 9:50.57 10:49.08 11:46.41

12:44.18 13:41.91 14:40.80 15:37.17

16:34.34 17:31.28 18:29.27 19:25.94

20:22.64 21:18.48 22:15.51 23:10.80

24:07.07 25:01.57 25:58.23 26:53.86

27:49.36 28:45.26 29:41.12 30:35.77 31:27.79

Women 45-49 50 Yard Backstroke**NATL: 27.35 N 12/21/08 K PIPES-NEILSEN****ZONE: 29.34 Z 4/15/07 Vibeke Swanson****VA: 28.94 V 4/26/12 Annette Patterson**

1 Katsaros, Sheryl 46 RMST 35.84

2 Romack, Erika 48 L4S 38.69

3 DiPietro, Nancy 49 TRI3 44.22

4 Chu, Jan 48 FAC 50.65

5 Kelly, Anne Marie 46 RMST 1:00.32

Women 45-49 100 Yard Backstroke**NATL: 57.83 N 5/23/10 ELLEN REYNOLDS****ZONE: 1:02.40 Z 4/15/07 Vibeke Swanson****VA: 1:06.03 V 10/28/12 Annette Patterson**

1 Davidson, Michelle 45 GSM 1:05.09

31.27 1:05.09

2 Buchholz, Nancy 49 L4S 1:14.27

36.38 1:14.27

3 Katsaros, Sheryl 46 RMST 1:18.79

38.34 1:18.79

4 Gainor, Cathy 48 ANCM 1:29.75

44.92 1:29.75

5 Maly, Cleary 46 QMST 1:39.42

46.53 1:39.42

6 Chu, Jan 48 FAC 1:57.87

53.99 1:57.87

Women 45-49 200 Yard Backstroke**NATL: 2:04.65 N 4/19/09 K PIPES-NEILSEN****ZONE: 2:15.03 Z 4/15/07 Vibeke Swanson****VA: 2:31.47 V 4/15/11 Caycee Buscaglia**

1 Pellegrini, Traci 46 COLU 2:26.02

34.74 1:11.58 1:49.53 2:26.02

Women 45-49 50 Yard Breaststroke**NATL: 30.17 N 5/20/07 CAROLINE KRATTLI****ZONE: 32.24 Z 4/20/13 Fall Willeboordse****VA: 33.96 V 2000 Patricia Miller**

1 Tokos- Marcolina, Eve 47 1776 36.04

2 Postma, Terri 46 GERM 39.11

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3	Davidson, Michelle	45	GSM	40.28
4	Sommer, Lisa	46	SVY	40.32
5	Maly, Cleary	46	QMST	45.40

Women 45-49 100 Yard Breaststroke**NATL: 1:05.85 N 3/27/11 S VON DER LIPPE****ZONE: 1:12.86 Z 4/21/13 Lisa Groves****VA: 1:12.78 V 2000 Patricia Miller**

1	Tokos- Marcolina, Eve	47	1776	1:21.52
	37.86	1:21.52		
2	Postma, Terri	46	GERM	1:25.23
	40.74	1:25.23		
3	Sommer, Lisa	46	SVY	1:26.50
	39.87	1:26.50		
4	Mallon, Barbara	49	GERM	1:41.74
	47.76	1:41.74		
5	DiPietro, Nancy	49	TRI3	1:44.25
	48.61	1:44.25		

Women 45-49 200 Yard Breaststroke**NATL: 2:22.76 N 5/1/11 S VON DER LIPPE****ZONE: 2:42.01 Z 4/5/14 Lisa Groves****VA: 2:42.13 V 2000 Patricia Miller**

1	Pellegrini, Traci	46	COLU	2:44.80
	37.52	1:20.17	2:02.13	2:44.80
2	Dawson, Deborah	47	EST	2:48.61
	39.25	1:21.92	2:05.96	2:48.61
3	Walsh, Sheila	45	DCAC	2:52.60
	40.53	1:24.31	2:08.92	2:52.60
4	Tokos- Marcolina, Eve	47	1776	2:57.61
	39.78	1:24.11	2:10.62	2:57.61
5	Sommer, Lisa	46	SVY	3:06.01
	43.86	1:32.46	2:19.88	3:06.01

Women 45-49 50 Yard Butterfly**NATL: 25.96 N 4/21/13 SUSAN WILLIAMS****ZONE: 26.70 Z 4/12/15 Susan Williams****VA: 28.52 V 4/26/12 Annette Patterson**

1	Sheppard, Rosie	46	UC09	27.89
2	Redford, Gabi	49	UMAC	30.33
3	Davidson, Michelle	45	GSM	30.39
4	Walsh, Sheila	45	DCAC	33.27
5	Tokos- Marcolina, Eve	47	1776	33.52
6	Wood, Pamela	46	L4S	34.19
7	Katsaros, Sheryl	46	RMST	37.20
8	Walters, Suzanne	45	NAMI	37.31
9	Bancroft, Caren	45	GERM	38.87
10	Richards, Staci	45	FAC	38.99

Women 45-49 100 Yard Butterfly**NATL: 56.97 N 5/1/11 S VON DER LIPPE****ZONE: 59.28 Z 4/15/12 Fall Willeboordse****VA: 1:05.45 V 4/26/12 Alice Phillips**

1	Pellegrini, Traci	46	COLU	1:07.77
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Women 45-49 100 Yard Butterfly**NATL: 56.97 N 5/1/11 S VON DER LIPPE****ZONE: 59.28 Z 4/15/12 Fall Willeboordse****VA: 1:05.45 V 4/26/12 Alice Phillips**

1	Sheppard, Rosie	46	UC09	1:01.90
	28.61	1:01.90		
2	Tokos- Marcolina, Eve	47	1776	1:18.70
	35.23	1:18.70		
3	Walters, Suzanne	45	NAMI	1:28.88
	42.55	1:28.88		

Women 45-49 200 Yard Butterfly**NATL: 2:07.39 N 12/26/08 K PIPES-NEILSEN****ZONE: 2:18.52 Z 4/17/11 Laurie Hug****VA: 2:28.93 V 4/26/15 Donna Hodgert**

1	Davidson, Michelle	45	GSM	2:30.31
	33.05	1:10.28	1:49.79	2:30.31
2	Postma, Terri	46	GERM	3:08.67
	42.49	1:31.04	2:20.27	3:08.67

Women 45-49 100 Yard IM**NATL: 59.39 N 4/28/12 FALL WILLEBOORDSE****ZONE: 59.81 Z 4/15/12 Fall Willeboordse****VA: 1:05.25 V 10/28/12 Annette Patterson**

1	Pellegrini, Traci	46	COLU	1:06.97
	31.37	1:06.97		
2	Tokos- Marcolina, Eve	47	1776	1:15.10
	36.11	1:15.10		
3	Wood, Pamela	46	L4S	1:18.77
	35.62	1:18.77		
4	Walters, Suzanne	45	NAMI	1:27.20
	41.19	1:27.20		
5	Bancroft, Caren	45	GERM	1:29.28
	40.41	1:29.28		
6	Mallon, Barbara	49	GERM	1:34.63
	47.10	1:34.63		

Women 45-49 200 Yard IM**NATL: 2:07.26 N 12/16/07 K PIPES-NEILSEN****ZONE: 2:15.19 Z 4/15/07 Vibeke Swanson****VA: 2:23.82 V 2/12/11 Alice Phillips**

1	Pellegrini, Traci	46	COLU	2:25.18
	30.81	1:08.37	1:51.91	2:25.18
2	Davidson, Michelle	45	GSM	2:29.76
	32.23	1:09.15	1:55.97	2:29.76
3	Redford, Gabi	49	UMAC	2:36.08
	32.68	1:14.44	2:01.22	2:36.08
4	Walsh, Sheila	45	DCAC	2:39.61
	35.71	1:17.35	2:02.17	2:39.61
5	Wood, Pamela	46	L4S	2:52.52
	35.75	1:19.05	2:09.89	2:52.52
6	Walters, Suzanne	45	NAMI	3:11.85
	38.20	1:31.49	2:27.59	3:11.85
---	Dawson, Deborah	47	EST	DQ
	33.05	1:10.47	1:55.39	DQ

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Results**Women 45-49 400 Yard IM****NATL: 4:32.87 N 12/26/09 K PIPES-NEILSEN****ZONE: 4:49.51 Z 4/15/07 Vibeke Swanson****VA: 5:17.95 V 4/26/15 Donna Hodgert**

1	Pellegrini, Traci	46	COLU	5:07.82
	31.89	1:07.77	1:47.57	2:27.69
	3:11.73	3:56.40	4:32.32	5:07.82
2	Postma, Terri	46	GERM	6:18.94
	42.56	1:31.89	2:25.08	3:18.71
	4:08.63	4:59.24	5:41.64	6:18.94

Women 50-54 50 Yard Freestyle**NATL: 24.53 N 3/18/16 FALL WILLEBOORDSE****ZONE: 27.91 Z 4/23/06 Janet Bright****VA: 26.33 V 4/28/11 Suzanne Newell**

1	Willeboordse, Fall	50	BCTM	24.84Z
2	Williams, Susan	50	L4S	25.78Z
3	Groves, Lisa	51	RMST	28.38
4	Burke, Barbara	54	1776	29.43
5	Dawson, Mandy	53	RMST	29.61
6	Toner, Karlin	54	GMUP	30.22
7	Witt, Cherie	51	CPYM	32.10
8	Bowman, Branka	50	L4S	39.41
9	Schroder, Armella	51	TRI3	39.60

Women 50-54 100 Yard Freestyle**NATL: 54.38 N 5/17/02 LAURA VAL****ZONE: 1:01.22 Z 4/15/07 Lisa Bennett****VA: 57.72 V 4/28/11 Suzanne Newell**

1	Willeboordse, Fall	50	BCTM	54.51Z
	25.57	54.51		
2	Swanson, Vibeke	54	1776	1:03.55
	30.65	1:03.55		
3	Dawson, Mandy	53	RMST	1:04.83
	30.58	1:04.83		
4	Toner, Karlin	54	GMUP	1:09.01
	32.06	1:09.01		
5	Howard, Amy	51	QMST	1:12.52
	35.07	1:12.52		
6	Moyer, Michelle	53	RMST	1:13.69
	35.26	1:13.69		
7	Brown, Ann	53	MERR	1:16.98
	36.71	1:16.98		
8	Schroder, Armella	51	TRI3	1:31.53

Women 50-54 200 Yard Freestyle**NATL: 1:58.43 N 5/4/14 JILL HERNANDEZ****ZONE: 2:05.65 Z 4/12/15 Kelly Parker Pala****VA: 2:05.65 V 4/10/15 Kelly Parker Palace**

1	Hug, Laurie	50	1776	2:08.80
	30.42	1:03.23	1:36.38	2:08.80
2	Saucy, Stephanie	52	1776	2:15.37
	32.41	1:06.06	1:40.81	2:15.37
3	Becker, Marlene	51	L4S	2:25.32
	33.95	1:10.80	1:47.89	2:25.32
4	Dawson, Mandy	53	RMST	2:27.87
	32.37	1:08.52	1:46.63	2:27.87

5	Schroder, Armella	51	TRI3	3:24.44
	43.91	1:33.38	2:28.24	3:24.44

Women 50-54 500 Yard Freestyle**NATL: 5:14.56 N 5/12/13 JILL HERNANDEZ****ZONE: 5:53.51 Z 4/15/07 Tracy Grilli****VA: 5:37.30 V 5/17/15 Kelly Parker Palace**

1	Hug, Laurie	50	1776	5:35.62Z
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Women 50-54 500 Yard Freestyle**NATL: 5:14.56 N 5/12/13 JILL HERNANDEZ****ZONE: 5:53.51 Z 4/15/07 Tracy Grilli****VA: 5:37.30 V 5/17/15 Kelly Parker Palace**

1	Hug, Laurie	50	1776	5:42.14Z
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	31.08	1:05.03	1:39.27	2:13.83
	2:48.79	3:23.76	3:58.94	4:33.78
	5:08.53	5:42.14		

2	Howard, Amy	51	QMST	6:44.49
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	37.20	1:17.06	1:57.69	2:38.46
	3:19.52	4:00.55	4:41.62	5:22.46
	6:03.81	6:44.49		

3	Moyer, Michelle	53	RMST	7:05.06
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	38.18	1:20.24	2:03.42	2:46.73
	3:30.74	4:14.06	4:56.95	5:40.25
	6:23.37	7:05.06		

4	Brown, Ann	53	MERR	7:17.63
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	39.87	1:24.01	2:08.82	2:53.76
	3:37.62	4:22.14	5:07.51	5:51.47
	6:34.90	7:17.63		

Women 50-54 1000 Yard Freestyle**NATL: 10:58.56 N 4/23/15 JILL HERNANDEZ****ZONE: 12:10.44 Z 4/15/07 Tracy Grilli****VA: 11:26.42 V 4/10/15 Kelly Parker Palace**

1	Burke, Barbara	54	1776	13:16.03
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	34.50	1:12.46	1:51.96	2:31.72
	3:11.75	3:51.41	4:32.07	5:13.15
	5:53.61	6:33.98	7:14.45	7:55.25
	8:35.92	9:16.72	9:57.24	10:37.75
	11:18.61	11:59.21	12:38.17	13:16.03

2	Dawson, Mandy	53	RMST	13:25.26
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	33.58	1:10.53	1:49.77	2:30.12
	3:09.98	3:50.65	4:32.06	5:12.61
	5:53.47	6:35.67	7:17.35	7:59.66
	8:41.02	9:23.21	10:03.79	10:45.33
	11:26.45	12:07.11	12:47.32	13:25.26

3	Becker, Marlene	51	L4S	13:27.22
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	35.17	1:14.48	1:54.54	2:34.87
	3:16.01	3:57.18	4:38.49	5:19.47
	5:59.87	6:40.29	7:21.08	8:01.50
	8:42.16	9:22.75	10:03.37	10:44.34
	11:25.92	12:07.00	12:47.79	13:27.22

4	Howard, Amy	51	QMST	13:45.77
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	37.87	1:18.40	1:59.92	2:41.57
	3:23.35	4:04.60	4:46.37	5:28.28
	6:09.74	6:51.10	7:32.93	8:14.68
	8:56.12	9:37.75	10:19.27	11:00.68
	11:42.08	12:23.48	13:05.21	13:45.77

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5 McKnight, Katherine 53 GMUP 15:18.90

42.66	1:28.56	2:15.08	3:01.59
3:47.69	4:33.88	5:19.50	6:05.79
6:52.55	7:39.07	8:25.20	9:11.33
9:57.45	10:43.92	11:30.42	12:16.92
13:03.06	13:48.84	14:34.42	15:18.90

6 Dewing, Maria 52 RIPM 16:16.29

41.00	1:27.28	2:16.78	3:05.66
3:54.65	4:44.52	5:34.24	6:24.71
7:14.84	8:03.99	8:53.85	9:43.73
10:33.60	11:22.97	12:12.91	13:02.14
13:51.12	14:40.30	15:29.29	16:16.29

7 Rotchford, Ellen 52 L4S 23:53.91

1:01.52	2:09.43	3:20.76	4:32.33
5:44.39	6:57.94	8:11.14	9:24.41
10:37.64	11:49.01	12:59.47	14:14.19
15:28.15	16:42.02	17:54.75	19:08.57
20:21.81	21:33.59	23:53.91	

--- Bouchard, Rosemarie 52 L4S 15:41.49

41.36	1:27.98	2:17.25	3:07.43
3:57.48	4:47.61	5:38.32	6:29.26
7:20.12	8:11.47	9:02.71	9:53.36
10:43.49		11:34.59	12:24.24
13:14.41	14:03.86	14:53.20	15:41.49

Women 50-54 1000 Yard Freestyle**NATL: 10:58.56 N 4/23/15 JILL HERNANDEZ****ZONE: 12:10.44 Z 4/15/07 Tracy Grilli****VA: 11:26.42 V 4/10/15 Kelly Parker Palace**

1 Hug, Laurie 50 1776 11:17.52Z

Women 50-54 1650 Yard Freestyle**NATL: 18:16.49 N 4/23/15 C PETERSEN****ZONE: 20:22.29 Z 4/15/07 N.Steadman-Martin****VA: 19:22.83 V 5/17/15 Kelly Parker Palace**

1 Hug, Laurie 50 1776 18:41.92Z

31.02	1:04.71	1:38.69	2:12.69
2:46.22	3:19.91	3:53.58	4:27.58
5:01.60	5:35.62	6:09.75	6:43.94
7:17.92	7:51.95	8:25.97	8:59.97
9:34.24	10:08.68	10:42.89	11:17.52
11:51.58	12:25.83	12:59.84	13:33.81
14:07.71	14:41.64	15:15.64	15:49.96
16:24.60	16:59.16	17:33.65	18:08.07
			18:41.92

2 Saucy, Stephanie 52 1776 20:38.20

34.31	1:10.82	1:47.82	2:25.14
3:02.64	3:39.86	4:17.28	4:54.60
5:32.46	6:09.84	6:47.25	7:24.40
8:01.81	8:39.45	9:17.10	9:54.63
10:32.09	11:09.35	11:47.08	12:24.93
13:02.08	13:39.31	14:17.25	14:55.04
15:32.92	16:11.38	16:49.25	17:27.59
18:06.27	18:44.51	19:22.58	20:01.00
			20:38.20

3 Brown, Ann 53 MERR 24:39.38

40.56	1:26.69	2:12.73	2:59.19
3:44.35	4:29.30	5:15.05	6:00.18
6:46.04	7:31.06	8:16.45	9:01.51
9:47.51	10:32.76	11:18.17	12:03.16
12:48.64	13:34.55	14:19.88	15:05.06
15:50.43	16:35.76	17:20.47	18:04.67
18:49.00	19:33.02	20:16.28	21:00.60
21:44.00	22:28.12	23:12.41	23:57.23
			24:39.38

4 Anderson, Chelle 52 L4S 27:09.70

44.61	1:32.88	2:22.27	3:12.46
4:02.34	4:52.44	5:42.01	6:32.23
7:22.08	8:11.75	9:01.96	9:51.66
10:41.68	11:31.48	12:20.63	13:10.42
14:00.11	14:49.84	15:38.63	16:28.92
17:18.17	18:07.68	18:57.60	19:47.53
20:37.25	21:26.32	22:15.67	23:05.49
23:54.70	24:43.94	25:33.57	26:22.18
			27:09.70

5 Ament, Kristina 54 L4S 32:24.88

48.08	1:42.87	2:42.56	3:41.23
4:38.30	5:37.60	6:39.49	7:37.10
8:37.78	9:38.34	10:40.39	11:38.77
12:38.52	13:36.21	14:35.00	15:34.32
16:33.49	17:33.63	18:32.42	19:30.02
20:27.80	21:28.11	22:28.21	23:29.00
24:26.78	25:27.00	26:27.99	27:27.35
28:28.15	29:27.63	30:28.66	31:28.43
			32:24.88

6 Sumption, Donna 52 L4S 34:54.81

56.04	1:56.14	2:56.03	3:58.08
5:02.03	6:04.83	7:08.82	8:09.53
9:13.24	10:16.76	11:20.69	12:23.98
13:28.05	14:31.57	15:35.56	16:40.37
17:44.23	18:46.63	19:52.31	20:56.88
22:00.84	23:05.31	24:09.67	25:13.65
26:17.18	27:23.37	28:27.11	29:31.63
30:36.39	31:42.12	32:46.77	33:50.58
			34:54.81

Women 50-54 50 Yard Backstroke**NATL: 27.04 N 5/10/13 LESLIE LIVINGSTON****ZONE: 33.29 Z 4/15/07 N.Steadman-Martin****VA: 31.28 V 2/8/15 Val Van Horn Pate**

1 Swanson, Vibeke 54 1776 32.97Z

2 Elshafei, Donna 52 UMAC 36.96

3 Witt, Cherie 51 CPYM 38.37

4 Schroder, Armella 51 TRI3 51.17

Women 50-54 50 Yard Backstroke**NATL: 27.04 N 5/10/13 LESLIE LIVINGSTON****ZONE: 33.29 Z 4/15/07 N.Steadman-Martin****VA: 31.28 V 2/8/15 Val Van Horn Pate**

1 Williams, Susan 50 L4S 28.13Z

Women 50-54 100 Yard Backstroke**NATL: 59.19 N 3/18/16 FALL WILLEBOORDSE****ZONE: 1:10.71 Z 4/15/07 N.Steadman-Martin****VA: 1:06.16 V 2/8/15 Val Van Horn Pate**

1 Swanson, Vibeke 54 1776 1:08.28Z

33.53 1:08.28

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2	Saucy, Stephanie	52	1776	1:08.89Z
3	Howard, Amy	51	QMST	1:20.32
	38.91	1:20.32		

Women 50-54 200 Yard Backstroke**NATL: 2:07.51 N 11/22/14 ELLEN REYNOLDS****ZONE: 2:21.72 Z 4/21/13 Vibeke Swanson****VA: 2:25.28 V 2/6/16 Val Van Horn Pate**

1	Swanson, Vibeke	54	1776	2:25.95
	35.08	1:11.69	1:49.10	2:25.95
2	Hug, Laurie	50	1776	2:26.12
	35.35	1:12.24	1:49.21	2:26.12
3	Saucy, Stephanie	52	1776	2:28.79
	35.62	1:12.76	1:51.13	2:28.79
4	Elshafei, Donna	52	UMAC	2:53.89
	41.15	1:25.09	2:11.20	2:53.89

Women 50-54 50 Yard Breaststroke**NATL: 32.37 N 5/21/10 BRIGITTE HEUER****ZONE: 34.06 Z 4/11/15 Leslie Livingston****VA: 32.83 V 5/20/10 Lisa Bennett**

1	Groves, Lisa	51	RMST	35.02
2	Toner, Karlin	54	GMUP	37.52
3	Burke, Barbara	54	1776	38.65
4	Dawson, Mandy	53	RMST	39.45
5	Sickenberger, Phyllis	52	RMST	44.20
6	Rome, Julie	54	TRI3	1:00.96

Women 50-54 100 Yard Breaststroke**NATL: 1:09.21 N 2/18/12 CAROLINE KRATTLI****ZONE: 1:13.46 Z 4/25/10 Lisa Bennett****VA: 1:12.46 V 5/20/10 Lisa Bennett**

1	Willeboordse, Fall	50	BCTM	1:09.87Z
	32.71	1:09.87		
2	Groves, Lisa	51	RMST	1:17.43
	35.88	1:17.43		
3	Burke, Barbara	54	1776	1:22.55
	40.35	1:22.55		
4	Toner, Karlin	54	GMUP	1:24.76
	39.85	1:24.76		
5	Witt, Cherie	51	CPYM	1:26.58
	41.12	1:26.58		
6	Bowman, Branka	50	L4S	1:50.48
	51.95	1:50.48		
7	Rome, Julie	54	TRI3	2:08.73
	1:02.95	2:08.73		

Women 50-54 200 Yard Breaststroke**NATL: 2:29.92 N 2/20/12 CAROLINE KRATTLI****ZONE: 2:45.65 Z 4/20/13 Vibeke Swanson****VA: 2:45.89 V 5/11/06 Lisa Bennett**

1	Hug, Laurie	50	1776	2:44.31Z
	37.98	1:19.54	2:01.86	2:44.31
2	Groves, Lisa	51	RMST	2:50.62
	37.85	1:20.34	2:05.13	2:50.62
3	Swanson, Vibeke	54	1776	2:53.39
	41.16	1:24.54	2:08.91	2:53.39

4	Burke, Barbara	54	1776	3:04.66
	41.72	1:29.11	2:17.61	3:04.66

Women 50-54 50 Yard Butterfly**NATL: 25.70 N 5/11/13 LESLIE LIVINGSTON****ZONE: 30.88 Z 4/15/07 Lisa Bennett****VA: 29.03 V 4/28/11 Suzanne Newell**

1	Williams, Susan	50	L4S	26.97Z
2	Dawson, Mandy	53	RMST	33.41

Women 50-54 100 Yard Butterfly**NATL: 1:00.17 N 5/12/13 JILL HERNANDEZ****ZONE: 1:00.81 Z 4/21/13 Leslie Livingston****VA: 1:05.96 V 2/8/15 Val Van Horn Pate**

1	Willeboordse, Fall	50	BCTM	1:01.57
	28.40	1:01.57		
2	Saucy, Stephanie	52	1776	1:14.76
	34.94	1:14.76		

Women 50-54 200 Yard Butterfly**NATL: 2:15.18 N 5/17/02 LAURA VAL****ZONE: 2:34.33 Z 4/25/10 Elizabeth Hogan****VA: 2:35.47 V 5/9/13 Val Van Horn Pate**

1	Hug, Laurie	50	1776	2:23.14Z
	32.29	1:08.71	1:45.88	2:23.14
2	Burke, Barbara	54	1776	2:59.47
	38.99	1:23.91	2:12.60	2:59.47

Women 50-54 100 Yard IM**NATL: 1:01.48 N 3/19/16 FALL WILLEBOORDSE****ZONE: 1:04.61 Z 4/6/14 Leslie Livingston****VA: 1:05.26 V 4/28/11 Suzanne Newell**

1	Willeboordse, Fall	50	BCTM	1:01.41N
	28.15	1:01.41		
2	Williams, Susan	50	L4S	1:04.29Z
	28.72	1:04.29		
3	Groves, Lisa	51	RMST	1:10.45
	33.28	1:10.45		
4	Swanson, Vibeke	54	1776	1:11.56
	34.05	1:11.56		
5	Burke, Barbara	54	1776	1:13.85
	35.38	1:13.85		
6	Toner, Karlin	54	GMUP	1:19.58
	37.31	1:19.58		
7	Witt, Cherie	51	CPYM	1:20.67
	37.95	1:20.67		
8	Elshafei, Donna	52	UMAC	1:21.45
	38.18	1:21.45		
9	Moyer, Michelle	53	RMST	1:29.34
	41.03	1:29.34		
10	Dewing, Maria	52	RIPM	1:31.64
	43.05	1:31.64		
11	Bowman, Branka	50	L4S	1:41.03
	49.37	1:41.03		
12	Rome, Julie	54	TRI3	2:08.77
	1:02.96	2:08.77		

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 50-54 200 Yard IM****NATL: 2:13.16 N 5/10/15 ELLEN REYNOLDS****ZONE: 2:24.58 Z 4/20/13 Vibeke Swanson****VA: 2:31.51 V 4/10/15 Kelly Parker Palace**

1	Willeboordse, Fall	50	BCTM	2:15.51Z
	28.24	1:01.83	1:42.05	2:15.51
2	Hug, Laurie	50	1776	2:28.41
	32.25	1:11.08	1:54.48	2:28.41
3	Swanson, Vibeke	54	1776	2:32.58
	36.16	1:12.61	1:57.40	2:32.58
4	Saucy, Stephanie	52	1776	2:33.80
	33.41	1:11.63	1:58.43	2:33.80

Women 50-54 400 Yard IM**NATL: 4:44.38 N 5/2/14 JILL HERNANDEZ****ZONE: 5:05.77 Z 4/21/13 Vibeke Swanson****VA: 5:24.23 V 5/17/15 Kelly Parker Palace**

1	Hug, Laurie	50	1776	5:04.65Z
	32.33	1:09.57	1:49.97	2:29.59
	3:13.03	3:57.11	4:31.14	5:04.65

Women 55-59 50 Yard Freestyle**NATL: 25.29 N 5/10/09 LAURA VAL****ZONE: 27.03 Z 5/8/90 Jane Bruner****VA: 26.37 V 5/13/11 Lisa Bennett**

1	Jordan, Tammy	56	SVY	29.84
2	Fries, Beth	58	MESC	31.25
3	Miller, Patricia	55	VMST	31.38
4	Frost, Holly	56	L4S	37.38

Women 55-59 50 Yard Freestyle**NATL: 25.29 N 5/10/09 LAURA VAL****ZONE: 27.03 Z 5/8/90 Jane Bruner****VA: 26.37 V 5/13/11 Lisa Bennett**

2	Brightwell, Kim	56	RMST	28.76
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Women 55-59 100 Yard Freestyle**NATL: 54.72 N 5/4/08 LAURA VAL****ZONE: 1:02.19 Z 4/12/15 Kim Brightwell****VA: 58.81 V 5/13/11 Lisa Bennett**

1	Fries, Beth	58	MESC	1:07.52
	32.54	1:07.52		
2	Jordan, Tammy	56	SVY	1:09.88
	30.77	1:09.88		
3	Stuart, Margaret	57	ALEX	1:22.66
	40.33	1:22.66		
4	Baumgarten, Elizabeth	59	TRI3	1:22.89
	37.87	1:22.89		
5	Menes, Rebecca	55	DCAC	1:30.31

Women 55-59 100 Yard Freestyle**NATL: 54.72 N 5/4/08 LAURA VAL****ZONE: 1:02.19 Z 4/12/15 Kim Brightwell****VA: 58.81 V 5/13/11 Lisa Bennett**

2	Brightwell, Kim	56	RMST	1:03.23
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Women 55-59 200 Yard Freestyle**NATL: 1:59.02 N 5/10/09 LAURA VAL****ZONE: 2:23.21 Z 4/12/15 Cynthia Hajost****VA: 2:16.25 V 1/1/10 Shirley Loftus-Charley**

1	Brightwell, Kim	56	RMST	2:19.58Z
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Women 55-59 200 Yard Freestyle**NATL: 1:59.02 N 5/10/09 LAURA VAL****ZONE: 2:23.21 Z 4/12/15 Cynthia Hajost****VA: 2:16.25 V 1/1/10 Shirley Loftus-Charley**

1	Fries, Beth	58	MESC	2:30.21
	33.45	1:11.36	1:50.75	2:30.21
2	Stuart, Margaret	57	ALEX	3:07.67
	42.94	1:30.09	2:19.45	3:07.67

Women 55-59 500 Yard Freestyle**NATL: 5:27.33 N 1/25/09 LAURA VAL****ZONE: 6:18.92 Z 4/12/15 Cynthia Hajost****VA: 5:54.39 V 4/15/11 Shirley Loftus-Charley**

1	Miller, Patricia	55	VMST	6:39.41
	36.80	1:16.47	1:56.67	2:37.34
	3:18.04	3:58.83	4:39.76	5:20.43
	6:00.70	6:39.41		
2	Fries, Beth	58	MESC	6:51.53
	34.17	1:12.95	1:53.95	2:35.92
	3:18.57	4:01.20	4:44.17	5:27.34
	6:10.35	6:51.53		
3	Stuart, Margaret	57	ALEX	8:11.47
	43.07	1:30.99	2:19.61	3:08.44
	3:58.68	4:49.73	5:40.56	6:31.66
	7:22.54	8:11.47		
4	Flynn, Merri	56	RMST	8:34.71
	45.59	1:35.96	2:28.13	3:19.98
	4:13.60	5:05.89	5:58.76	6:51.54
	7:44.64	8:34.71		

Women 55-59 1000 Yard Freestyle**NATL: 11:20.53 N 3/13/10 LAURA VAL****ZONE: 12:46.93 Z 4/12/15 Cynthia Hajost****VA: 11:49.98 V 4/15/11 Shirley Loftus-Charley**

1	Keisling, Christine	59	SVY	13:54.67
	36.03	1:15.34	1:56.04	2:37.24
	3:18.86	4:00.93	4:43.13	5:25.00
	6:07.00	6:48.78	7:30.45	8:12.33
	8:54.48	9:37.22	10:20.53	11:03.56
	11:46.50	12:29.52	13:12.88	13:54.67
2	Sturm, Shari	55	MASH	15:01.27
	42.05	1:26.52	2:12.25	2:58.23
	3:44.22	4:29.98	5:15.83	6:01.16
	6:47.04	7:32.94	8:18.36	9:03.83
	9:49.35	10:35.01	11:20.16	12:04.87
	12:50.09	13:34.76	14:18.69	15:01.27
3	Baumgarten, Elizabeth	59	TRI3	17:16.97
	45.05	1:32.08		3:16.96
	4:09.36	5:02.49		
		8:34.43	9:27.30	10:20.05
	11:12.69		12:58.00	13:49.47
	14:41.91	15:34.74	17:16.97	

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 55-59 1650 Yard Freestyle****NATL: 18:56.04 N 4/16/10****LAURA VAL****ZONE: 21:12.59 Z 4/10/15****Cynthia Hajost****VA: 19:49.87 V 2/12/11****Shirley Loftus-Charley**

1	Wolf, Joy	58	L4S	36:18.54
	2:02.03	3:05.53	4:07.63	5:12.48
	6:16.48	7:21.51	8:27.40	9:31.04
	10:36.86	11:42.28	12:47.33	13:52.82
	15:00.30	16:08.62	17:17.57	18:24.97
		19:30.17	20:36.62	21:46.36
	22:52.33	23:59.98	25:07.75	26:13.72
	27:22.63	28:29.31	29:36.62	30:45.87
	31:52.26	33:00.00	34:07.59	35:13.35
				36:18.54

Women 55-59 50 Yard Backstroke**NATL: 28.88 N 3/28/10****LAURA VAL****ZONE: 31.27 Z 4/12/15****Kim Brightwell****VA: 34.01 V 10/30/11****Lisa Bennett**

1	Brightwell, Kim	56	RMST	31.03Z
2	Gaynor, Patty	55	NEM	32.71
3	Jordan, Tammy	56	SVY	38.69

Women 55-59 100 Yard Backstroke**NATL: 1:04.65 N 5/23/10****LAURA VAL****ZONE: 1:08.67 Z 4/12/15****Kim Brightwell****VA: 1:15.29 V 10/30/11****Lisa Bennett**

1	Brightwell, Kim	56	RMST	1:09.60
	34.08	1:09.60		
2	Gaynor, Patty	55	NEM	1:12.00
	34.55	1:12.00		

Women 55-59 200 Yard Backstroke**NATL: 2:19.94 N 5/2/14****BONNIE BILICH****ZONE: 2:30.95 Z 4/12/15****Kim Brightwell****VA: 2:41.81 V 1/30/11****Shirley Loftus-Charley**

1	Brightwell, Kim	56	RMST	2:31.88
	35.25	1:13.62	1:52.89	2:31.88
2	Gaynor, Patty	55	NEM	2:44.08
	36.98	1:18.07	2:01.22	2:44.08

Women 55-59 50 Yard Breaststroke**NATL: 33.76 N 5/14/11****LISA BENNETT****ZONE: 35.79 Z 4/11/15****Kim Brightwell****VA: 33.76 V 5/13/11****Lisa Bennett**

1	Brightwell, Kim	56	RMST	35.88
2	Miller, Patricia	55	VMST	36.44
3	Gaynor, Patty	55	NEM	36.56
4	Jordan, Tammy	56	SVY	39.59
5	Flynn, Merri	56	RMST	44.63
6	Peters, Melissa	57	EST	45.51
7	Baumgarten, Elizabeth	59	TRI3	46.17

Women 55-59 100 Yard Breaststroke**NATL: 1:13.76 N 4/25/15****CHRIS WENZEL****ZONE: 1:19.22 Z 4/12/92****Jane Bruner****VA: 1:13.91 V 5/13/11****Lisa Bennett**

1	Keisling, Christine	59	SVY	1:30.04
	42.65	1:30.04		

2	Baumgarten, Elizabeth	59	TRI3	1:36.72
	45.58	1:36.72		
3	Peters, Melissa	57	EST	1:40.57
	48.53	1:40.57		
4	Stuart, Margaret	57	ALEX	1:50.60
	52.24	1:50.60		

Women 55-59 200 Yard Breaststroke**NATL: 2:40.19 N 5/10/09****CATHERINE KOHN****ZONE: 2:53.73 Z 4/17/11****Janet Bright****VA: 2:58.21 V 4/15/11****Shirley Loftus-Charley**

1	Miller, Patricia	55	VMST	2:57.60V
	41.03	1:25.33	2:11.00	2:57.60
2	Snow, Karen	56	MERR	3:15.50
	44.64	1:34.07	2:25.28	3:15.50

Women 55-59 50 Yard Butterfly**NATL: 27.45 N 5/11/13****TRACI GRANGER****ZONE: 32.11 Z 5/8/90****Jane Bruner****VA: 30.34 V 5/13/11****Lisa Bennett**

1	Keisling, Christine	59	SVY	32.03Z
2	Gaynor, Patty	55	NEM	33.50
3	Jordan, Tammy	56	SVY	34.71
4	Corbett, Alice	57	FAC	42.59
5	Flynn, Merri	56	RMST	43.94
6	Peters, Melissa	57	EST	44.04
7	Menes, Rebecca	55	DCAC	46.62

Women 55-59 100 Yard Butterfly**NATL: 1:01.31 N 5/10/09****LAURA VAL****ZONE: 1:09.68 Z 4/21/13****Jeanne Lappin****VA: 1:08.34 V 5/13/11****Lisa Bennett**

1	Keisling, Christine	59	SVY	1:31.58
	42.02	1:31.58		

Women 55-59 200 Yard Butterfly**NATL: 2:16.28 N 5/10/09****LAURA VAL****ZONE: 2:38.25 Z 4/20/13****Jeanne Lappin****VA: 2:44.22 V 1/30/11****Shirley Loftus-Charley**

1	Corbett, Alice	57	FAC	3:36.17
	47.89	1:42.57	2:39.29	3:36.17

Women 55-59 100 Yard IM**NATL: 1:05.21 N 5/20/07****LAURA VAL****ZONE: 1:10.43 Z 4/12/15****Kim Brightwell****VA: 1:07.93 V 5/13/11****Lisa Bennett**

1	Brightwell, Kim	56	RMST	1:09.37Z
	31.72	1:09.37		
2	Snow, Karen	56	MERR	1:17.19
	36.95	1:17.19		
3	Jordan, Tammy	56	SVY	1:17.23
	36.52	1:17.23		
4	Miller, Patricia	55	VMST	1:17.85
	38.30	1:17.85		
5	Keisling, Christine	59	SVY	1:17.93
	34.51	1:17.93		
6	Peters, Melissa	57	EST	1:32.28
	43.79	1:32.28		

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Women 55-59 100 Yard IM)**

7	Corbett, Alice	57	FAC	1:32.63
	43.60	1:32.63		
8	Flynn, Merri	56	RMST	1:38.63
	48.04	1:38.63		
9	Frost, Holly	56	L4S	1:41.00
	46.74	1:41.00		
10	Stuart, Margaret	57	ALEX	1:45.57
	53.21	1:45.57		
---	Baumgarten, Elizabeth	59	TRI3	DQ
	46.62	DQ		

Women 55-59 200 Yard IM

NATL: 2:21.91 N 5/22/10 LAURA VAL
ZONE: 2:35.70 Z 4/24/10 Shirley Loftus-Ch
VA: 2:35.70 V 4/23/10 Shirley Loftus-Charley

1	Keisling, Christine	59	SVY	2:55.45
	37.95	1:23.14	2:14.12	2:55.45
2	Snow, Karen	56	MERR	2:58.93
	40.29	1:25.71	2:16.74	2:58.93
3	Corbett, Alice	57	FAC	3:16.32
	47.08	1:36.62	3:16.32	
4	Peters, Melissa	57	EST	3:23.79
	45.13	1:38.02	2:34.77	3:23.79

Women 55-59 400 Yard IM

NATL: 5:03.92 N 5/7/10 LAURA VAL
ZONE: 5:29.09 Z 4/25/10 Shirley Loftus-Ch
VA: 5:28.24 V 2/12/11 Shirley Loftus-Charley

1	Snow, Karen	56	MERR	6:19.46
	42.46	1:32.11	2:19.67	3:06.62
	3:58.06	4:50.53	5:38.62	6:19.46
2	Corbett, Alice	57	FAC	6:55.70
	47.35	1:40.16	2:33.91	3:25.85
	4:23.42	5:22.29	6:10.31	6:55.70
---	Keisling, Christine	59	SVY	DQ
	43.85	1:34.67	2:26.72	3:17.61
	4:10.97	5:05.31	5:49.39	DQ

Women 60-64 50 Yard Freestyle

NATL: 26.48 N 3/9/14 LAURA VAL
ZONE: 28.40 Z 4/12/15 Melinda Wolff
VA: 30.54 V 3/25/12 Shirley Loftus-Charley

1	Wolff, Melinda	63	1776	28.86
2	Figenshu, Susan	61	1776	31.63
3	Watts, Sue	61	1776	31.82
4	Duquette, Bobbe	62	L4S	35.01
5	Clark, Debra	61	FAC	1:05.95

Women 60-64 100 Yard Freestyle

NATL: 56.45 N 4/29/12 LAURA VAL
ZONE: 1:04.78 Z 4/20/97 Jane Bruner
VA: 1:04.18 V 4/13/12 Shirley Loftus-Charley

1	Wolff, Melinda	63	1776	1:04.92
	30.57	1:04.92		
2	Watts, Sue	61	1776	1:09.04
	34.04	1:09.04		

3	Figenshu, Susan	61	1776	1:11.18
	33.41	1:11.18		

Women 60-64 200 Yard Freestyle

NATL: 2:05.95 N 4/10/15 LAURA VAL
ZONE: 2:15.58 Z 4/12/15 Nancy Steadman Ma
VA: 2:16.92 V 1/29/12 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	64	VMST	2:22.07
	33.59	1:09.42	1:46.13	2:22.07
2	Pfinsgraff, Joan	62	MARY	2:22.45
	32.85	1:08.31	1:45.14	2:22.45
3	Watts, Sue	61	1776	2:32.63
	35.98	1:14.09	1:53.46	2:32.63
4	Figenshu, Susan	61	1776	2:46.77
	37.05	1:18.21	2:02.92	2:46.77
5	White, Maureen	60	CRAB	3:00.98
	41.56	1:27.25	2:15.23	3:00.98

Women 60-64 500 Yard Freestyle

NATL: 5:39.00 N 1/26/14 LAURA VAL
ZONE: 6:10.88 Z 4/12/15 Shirley Loftus-Ch
VA: 5:56.62 V 3/25/12 Shirley Loftus-Charley

3	Loftus-Charley, Shirley	64	VMST	6:08.61Z
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Women 60-64 500 Yard Freestyle

NATL: 5:39.00 N 1/26/14 LAURA VAL
ZONE: 6:10.88 Z 4/12/15 Shirley Loftus-Ch
VA: 5:56.62 V 3/25/12 Shirley Loftus-Charley

1	Watts, Sue	61	1776	6:49.34
	37.53	1:17.58	1:58.86	2:40.33
	3:22.05	4:03.69	4:45.27	5:27.27
	6:09.69	6:49.34		
2	Braaten, Kitten	60	VMST	7:16.57
	40.93	1:24.41	2:08.48	2:52.61
	3:36.67	4:20.80	5:05.33	5:49.70
	6:34.00	7:16.57		

Women 60-64 1000 Yard Freestyle

NATL: 11:41.77 N 3/30/12 LAURA VAL
ZONE: 14:05.17 Z 4/20/97 Nancy Brown
VA: 12:06.00 V 4/26/12 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	64	VMST	12:22.20Z
	34.25	1:11.18	1:48.04	2:25.04
	3:01.80	3:38.96	4:16.28	4:53.58
	5:31.07	6:08.61	6:46.41	7:24.10
	8:01.67	8:39.11	9:16.45	9:53.70
	10:31.44	11:08.58	11:46.01	12:22.20
2	Watts, Sue	61	1776	14:01.88Z
	37.87	1:19.25	2:01.17	2:43.50
	3:25.85	4:08.86	4:51.60	5:34.51
	6:17.26	7:00.23	7:43.07	8:25.84
	9:08.43	9:50.96	10:33.48	11:15.77
	11:58.24	12:40.49	13:22.52	14:01.88

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 60-64 1650 Yard Freestyle**

NATL: 19:43.99 N 3/30/12 LAURA VAL
 ZONE: 20:30.03 Z 4/10/15 Nancy Steadman Ma
 VA: 20:04.71 V 2/11/12 Shirley Loftus-Charley

1	Wagner, Cheryl	63	UMAC	26:17.95
	41.90	1:27.25	2:15.00	3:03.65
	3:51.88	4:40.97	5:29.94	6:17.60
	7:04.75	7:52.99	8:41.30	9:29.60
	10:17.19	11:06.91	11:55.01	12:43.75
	13:31.12	14:19.19	15:07.64	15:56.67
	16:44.75	17:34.75	18:22.23	19:10.79
	19:58.89	20:46.92	21:34.63	22:21.97
	23:09.86	23:57.91	24:45.10	25:31.96
				26:17.95

Women 60-64 50 Yard Backstroke

NATL: 29.58 N 4/26/15 LAURA VAL
 ZONE: 36.61 Z 5/5/96 Jane Bruner
 VA: 36.94 V 4/26/12 Marcia Barry

1	Pfinsgraff, Joan	62	MARY	33.47Z
2	Watts, Sue	61	1776	36.69
3	Figenshu, Susan	61	1776	37.48
4	Loftus-Charley, Shirley	64	VMST	38.89
5	Clark, Debra	61	FAC	1:15.30

Women 60-64 50 Yard Backstroke

NATL: 29.58 N 4/26/15 LAURA VAL
 ZONE: 36.61 Z 5/5/96 Jane Bruner
 VA: 36.94 V 4/26/12 Marcia Barry

1	Wolff, Melinda	63	1776	36.89
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Women 60-64 100 Yard Backstroke

NATL: 1:03.72 N 5/12/13 LAURA VAL
 ZONE: 1:20.41 Z 3/22/87 Clara Walker
 VA: 1:17.33 V 4/13/12 Shirley Loftus-Charley

1	Pfinsgraff, Joan	62	MARY	1:11.28Z
	35.36	1:11.28		
2	Loftus-Charley, Shirley	64	VMST	1:20.21Z
	39.92	1:20.21		
3	Figenshu, Susan	61	1776	1:21.55
	39.20	1:21.55		

Women 60-64 200 Yard Backstroke

NATL: 2:21.44 N 5/11/13 LAURA VAL
 ZONE: 2:29.52 Z 4/6/14 Joan Pfinsgraff
 VA: 2:38.63 V 4/26/12 Shirley Loftus-Charley

1	Pfinsgraff, Joan	62	MARY	2:33.42
	36.17	1:14.72	1:54.21	2:33.42

Women 60-64 50 Yard Breaststroke

NATL: 35.09 N 5/10/13 MELINDA WOLFF
 ZONE: 36.77 Z 4/20/13 Melinda Wolff
 VA: 39.46 V 4/13/12 Shirley Loftus-Charley

1	Wolff, Melinda	63	1776	37.08
2	Loftus-Charley, Shirley	64	VMST	40.59
3	White, Maureen	60	CRAB	42.93

Women 60-64 100 Yard Breaststroke

NATL: 1:16.80 N 4/25/15 LO KNAPP
 ZONE: 1:19.00 Z 4/21/13 Melinda Wolff
 VA: 1:24.75 V 4/26/12 Shirley Loftus-Charley

1	Wolff, Melinda	63	1776	1:23.47
	38.21	1:23.47		
2	Loftus-Charley, Shirley	64	VMST	1:28.43
	42.18	1:28.43		
3	White, Maureen	60	CRAB	1:34.93
	45.82	1:34.93		
4	Lampe, Betty	60	SVY	1:45.40
	49.62	1:45.40		

Women 60-64 200 Yard Breaststroke

NATL: 2:44.73 N 4/26/15 LO KNAPP
 ZONE: 2:56.39 Z 5/2/99 Joann Leilich
 VA: 2:57.39 V 4/26/12 Shirley Loftus-Charley

1	White, Maureen	60	CRAB	3:32.08
	48.39	1:41.58	2:35.81	3:32.08
2	Lampe, Betty	60	SVY	3:40.97
	49.01	1:44.83	2:43.58	3:40.97

Women 60-64 50 Yard Butterfly

NATL: 29.14 N 5/11/13 CHARLOTTE DAVIS
 ZONE: 34.14 Z 5/5/96 Jane Bruner
 VA: 33.58 V 4/13/12 Shirley Loftus-Charley

1	Wolff, Melinda	63	1776	32.15Z
2	Figenshu, Susan	61	1776	33.41Z
3	Loftus-Charley, Shirley	64	VMST	34.33

Women 60-64 100 Yard Butterfly

NATL: 1:04.27 N 4/27/12 LAURA VAL
 ZONE: 1:17.83 Z 4/6/14 Kathleen Lewis
 VA: 1:12.93 V 1/29/12 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	64	VMST	1:16.83Z
	36.09	1:16.83		
2	Lampe, Betty	60	SVY	1:40.92
	45.26	1:40.92		

Women 60-64 200 Yard Butterfly

NATL: 2:24.30 N 5/10/13 LAURA VAL
 ZONE: 2:43.12 Z 4/11/15 Nancy Steadman Ma
 VA: 2:43.42 V 2/11/12 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	64	VMST	2:47.94
	36.10	1:18.66	2:01.60	2:47.94
2	Braaten, Kitten	60	VMST	3:29.99
	47.90	1:41.10	2:36.72	3:29.99
3	Lampe, Betty	60	SVY	3:51.73
	46.18	1:43.92	2:47.52	3:51.73

Women 60-64 100 Yard IM

NATL: 1:07.08 N 5/17/15 LAURA VAL
 ZONE: 1:14.02 Z 4/12/15 Nancy Steadman Ma
 VA: 1:15.44 V 2/11/12 Shirley Loftus-Charley

1	Wolff, Melinda	63	1776	1:15.25
	34.71	1:15.25		
2	Lampe, Betty	60	SVY	1:35.14
	45.50	1:35.14		

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 60-64 200 Yard IM**

NATL: 2:25.40 N 3/4/12 LAURA VAL
ZONE: 2:36.65 Z 4/14/12 Shirley Loftus-Ch
VA: 2:36.65 V 4/13/12 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	64	VMST	2:41.23
	35.52	1:17.94	2:05.09	2:41.23
2	Pfinsgraff, Joan	62	MARY	2:43.42
	37.98	1:17.64	2:06.73	2:43.42
3	Lampe, Betty	60	SVY	3:23.66
	44.77	1:41.10	2:38.72	3:23.66

Women 60-64 400 Yard IM

NATL: 5:16.18 N 3/15/14 LAURA VAL
ZONE: 5:36.46 Z 4/6/14 Shirley Loftus-Ch
VA: 5:33.25 V 3/25/12 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	64	VMST	5:36.78
	36.14	1:18.74	2:02.66	2:45.70
	3:33.87	4:24.23	5:01.13	5:36.78

Women 65-69 50 Yard Freestyle

NATL: 28.03 N 3/6/16 CHARLOTTE DAVIS
ZONE: 31.33 Z 5/1/94 Clara Walker
VA: 30.42 V 5/17/07 Beth Schreiner

1	Lahtinen-Hicks, Wallis	65	NAMI	41.55
2	Warren, Barbara	69	WVM	44.68
3	Batko, Margaret	65	TRI3	46.75
4	Zalkind, Julie	69	ARMS	51.18

Women 65-69 100 Yard Freestyle

NATL: 1:05.01 N 4/26/15 STELLA PREISSLER
ZONE: 1:09.79 Z 5/9/93 Clara Walker
VA: 1:09.77 V 5/17/07 Beth Schreiner

1	Bennett, Ruth	69	UC10	1:18.92
	37.94	1:18.92		
2	Lahtinen-Hicks, Wallis	65	NAMI	1:37.32
	44.53	1:37.32		
3	Batko, Margaret	65	TRI3	1:46.22
	50.76	1:46.22		
4	Warren, Barbara	69	WVM	1:54.46
	51.66	1:54.46		
5	Zalkind, Julie	69	ARMS	1:58.75
	55.43	1:58.75		
6	Breidinger, Phyllis	68	1693	2:00.59
	57.31	2:00.59		

Women 65-69 200 Yard Freestyle

NATL: 2:17.15 N 3/6/16 CHARLOTTE DAVIS
ZONE: 2:35.59 Z 5/9/93 Clara Walker
VA: 2:33.50 V 1/31/15 Marcia Barry

1	Bennett, Ruth	69	UC10	2:53.70
	39.13	1:22.29	2:08.21	2:53.70
2	Batko, Margaret	65	TRI3	3:56.15
	53.40	1:53.65	2:56.00	3:56.15

Women 65-69 500 Yard Freestyle

NATL: 6:20.15 N 4/12/14 BARBARA DUNBAR
ZONE: 6:57.63 Z 5/9/93 Clara Walker
VA: 6:48.80 V 1/31/15 Marcia Barry

1	Bennett, Ruth	69	UC10	7:43.11
	40.62	1:26.34	2:13.08	3:00.02
	3:47.15	4:34.59	5:21.63	6:09.27
	6:56.71	7:43.11		

Women 65-69 1000 Yard Freestyle

NATL: 12:55.01 N 4/23/15 CELESTE MILLER
ZONE: 14:04.18 Z 5/9/93 Clara Walker
VA: 13:48.36 V 1/31/15 Marcia Barry

1	Tierstein, Leslie	65	L4S	28:40.52
	1:12.98	2:36.24	4:02.49	5:28.39
	6:57.29	8:22.19	9:50.52	11:15.03
	12:42.59	14:09.59	15:37.05	17:02.79
	18:30.35	20:01.69	21:27.67	23:01.19
	24:28.37	25:54.99	27:20.26	28:40.52

Women 65-69 1650 Yard Freestyle

NATL: 21:50.50 N 4/12/14 BARBARA DUNBAR
ZONE: 23:55.07 Z 5/1/94 Clara Walker
VA: 25:53.15 V 5/7/09 Betsy Durrant

1	Johnston, Jennifer	68	L4S	46:42.34
	1:20.65	2:46.13	4:13.64	5:40.82
	7:06.16	8:33.30	9:59.38	11:27.33
	12:50.96	14:17.02	15:41.88	17:08.12
	18:36.24	19:57.84	21:23.87	22:49.42
	24:16.66	25:41.34	27:05.06	28:29.40
	29:54.26	31:20.41	32:45.06	34:09.63
	35:34.15	37:00.49	38:24.03	39:47.89
	41:13.09	42:37.09	43:59.20	45:23.28
				46:42.34

Women 65-69 50 Yard Backstroke

NATL: 32.49 N 4/12/15 CECILIA MCCLOSKEY
ZONE: 39.45 Z 4/13/03 Nancy Brown
VA: 38.22 V 1/31/15 Marcia Barry

1	Warren, Barbara	69	WVM	55.08
2	Zalkind, Julie	69	ARMS	59.13
3	Batko, Margaret	65	TRI3	1:00.07

Women 65-69 100 Yard Backstroke

NATL: 1:10.15 N 4/11/15 CECILIA MCCLOSKEY
ZONE: 1:24.62 Z 4/13/03 Nancy Brown
VA: 1:24.62 V 1/31/15 Marcia Barry

1	Neaves, Marie	68	1ST	1:56.16
	58.67	1:56.16		
2	Warren, Barbara	69	WVM	2:11.66
	1:01.38	2:11.66		
3	Batko, Margaret	65	TRI3	2:28.44
	1:11.72	2:28.44		
---	Zalkind, Julie	69	ARMS	DQ

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 65-69 200 Yard Backstroke****NATL: 2:34.30 N 2/14/15 CECILIA MCCLOSKEY****ZONE: 2:35.00 Z 4/12/15 Cecilia McCloskey****VA: 2:58.81 V 3/23/14 Marcia Barry**

1 Johnston, Jennifer	68 L4S	7:08.50
1:38.55	3:25.61	5:18.55 7:08.50

Women 65-69 50 Yard Breaststroke**NATL: 37.74 N 4/25/04 JOANN LEILICH****ZONE: 38.59 Z 4/4/04 Joann Leilich****VA: 37.74 V 4/22/04 Joann Leilich**

1 Neaves, Marie	68 1ST	49.66
2 Warren, Barbara	69 WVM	1:02.04

Women 65-69 100 Yard Breaststroke**NATL: 1:23.95 N 4/25/04 JOANN LEILICH****ZONE: 1:24.51 Z 4/4/04 Joann Leilich****VA: 1:23.95 V 4/22/04 Joann Leilich**

1 Pettijohn, Margot	69 ANCM	1:30.38
44.57	1:30.38	
2 Johnston, Jennifer	68 L4S	4:02.41
1:58.93	4:02.41	

Women 65-69 200 Yard Breaststroke**NATL: 3:01.50 N 4/4/04 JOANN LEILICH****ZONE: 3:01.50 Z 4/4/04 Joann Leilich****VA: 3:01.50 V 4/2/04 Joann Leilich**

1 Pettijohn, Margot	69 ANCM	3:19.52
45.14	1:36.04	2:27.53 3:19.52
2 Neaves, Marie	68 1ST	4:09.58
58.78	2:02.34	3:07.12 4:09.58
3 Johnston, Jennifer	68 L4S	8:06.72
1:56.99	4:01.77	6:05.44 8:06.72

Women 65-69 50 Yard Butterfly**NATL: 31.19 N 3/21/14 DIANN UUSTAL****ZONE: 39.22 Z 4/15/07 Beth Schreiner****VA: 39.22 V 4/13/07 Beth Schreiner**

1 Warren, Barbara	69 WVM	1:06.59
2 Johnston, Jennifer	68 L4S	2:19.87

Women 65-69 100 Yard Butterfly**NATL: 1:11.55 N 2/15/15 CECILIA MCCLOSKEY****ZONE: 1:24.21 Z 4/15/12 Margot Pettijohn****VA: 1:35.12 V 10/30/05 Joann Leilich**

1 Pettijohn, Margot	69 ANCM	1:28.78
40.76	1:28.78	

Women 65-69 100 Yard IM**NATL: 1:12.22 N 4/12/15 CECILIA MCCLOSKEY****ZONE: 1:12.22 Z 4/12/15 Cecilia McCloskey****VA: 1:22.20 V 4/22/04 Joann Leilich**

1 Pettijohn, Margot	69 ANCM	1:23.14
38.98	1:23.14	
2 Warren, Barbara	69 WVM	2:18.85
1:03.37	2:18.85	
--- Johnston, Jennifer	68 L4S	DQ
1:53.16	DQ	

Women 65-69 200 Yard IM**NATL: 2:37.07 N 4/11/15 CECILIA MCCLOSKEY****ZONE: 2:37.07 Z 4/11/15 Cecilia McCloskey****VA: 3:02.97 V 1/1/04 Joann Leilich**

1 Pettijohn, Margot	69 ANCM	3:03.69
40.12	1:26.95	3:03.69

Women 70-74 100 Yard Freestyle**NATL: 1:09.79 N 4/30/00 GAIL ROPER****ZONE: 1:13.89 Z 4/23/06 Nancy Brown****VA: 1:12.24 V 4/28/11 Beth Schreiner**

1 Manheim, Lucy	73 RMST	1:55.19
55.21	1:55.19	

Women 70-74 1000 Yard Freestyle**NATL: 13:58.55 N 4/25/04 LAVELLE STOINOFF****ZONE: 15:29.63 Z 4/20/97 June Krauser****VA: 16:06.98 V 4/29/12 Betsy Durrant**

1 Manheim, Lucy	73 RMST	21:47.67
58.30	2:02.91	3:10.30 4:17.15
5:25.41	6:30.23	7:35.76 8:42.84
9:50.77	10:56.64	12:03.73 13:09.15
14:15.53	15:21.10	16:25.89 17:30.90
18:36.73	19:41.70	20:46.14 21:47.67

Women 70-74 50 Yard Backstroke**NATL: 36.91 N 5/20/07 BETSY JORDAN****ZONE: 39.48 Z 4/23/06 Nancy Brown****VA: 40.03 V 4/26/12 Beth Schreiner**

1 Manheim, Lucy	73 RMST	59.51
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Women 70-74 100 Yard Backstroke**NATL: 1:21.68 N 4/13/13 JOY WARD****ZONE: 1:23.67 Z 4/23/06 Nancy Brown****VA: 1:29.24 V 4/26/12 Beth Schreiner**

1 Manheim, Lucy	73 RMST	2:04.48
1:01.50	2:04.48	

Women 70-74 200 Yard Backstroke**NATL: 2:57.22 N 4/14/13 JOY WARD****ZONE: 3:11.90 Z 3/29/98 Doris Steadman****VA: 3:22.27 V 2/3/13 Beth Schreiner**

1 Manheim, Lucy	73 RMST	4:24.28
1:06.67	2:13.78	3:22.10 4:24.28

Women 70-74 100 Yard IM**NATL: 1:21.97 N 4/30/00 GAIL ROPER****ZONE: 1:26.07 Z 4/23/06 Nancy Brown****VA: 1:34.88 V 4/21/06 Johnnie Detrick**

1 Manheim, Lucy	73 RMST	2:22.26
1:07.21	2:22.26	

Women 75-79 50 Yard Freestyle**NATL: 33.87 N 4/3/05 GAIL ROPER****ZONE: 36.70 Z 3/29/98 Dorothy Donnelly****VA: 34.44 V 3/3/12 Johnnie Detrick**

1 Schreiner, Beth	75 VMST	35.17Z
2 Hannam, Karen	75 L4S	1:00.63

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002

George Mason University, Fairfax, VA

Results**Women 75-79 100 Yard Freestyle**

NATL: 1:16.23 N 4/24/05 GAIL ROPER
 ZONE: 1:28.20 Z 5/2/99 Dorothy Donnelly
 VA: 1:17.32 V 4/15/11 Johnnie Detrick

1	Schreiner, Beth	75	VMST	1:21.18Z
	39.74	1:21.18		
2	Hannam, Karen	75	L4S	2:25.41
	1:07.13	2:25.41		

Women 75-79 200 Yard Freestyle

NATL: 2:53.05 N 3/8/09 RONNIE KAMPHAUSEN
 ZONE: 3:07.12 Z 4/6/14 Joann Leilich
 VA: 3:03.03 V 4/26/12 Johnnie Detrick

1	Schreiner, Beth	75	VMST	2:59.85V
	42.01	1:28.45	2:15.57	2:59.85
2	Hannam, Karen	75	L4S	4:48.71
	1:07.96	2:24.16	3:39.06	4:48.71

Women 75-79 1000 Yard Freestyle

NATL: 15:47.72 N 3/18/09 RONNIE KAMPHAUSEN
 ZONE: 19:54.95 Z 4/15/07 Lesley Francis
 VA: 19:59.53 V 4/23/10 Lesley Francis

1	Hannam, Karen	75	L4S	26:15.63
	1:12.93	2:31.33	3:49.88	5:11.37
	6:30.59	7:51.09	9:09.55	10:30.27
	11:49.23	13:06.56	14:28.11	15:49.96
	17:07.04	18:26.33	19:45.76	21:06.15
	22:24.30	23:42.94	25:01.90	26:15.63

Women 75-79 50 Yard Backstroke

NATL: 40.25 N 4/30/00 DORIS STEADMAN
 ZONE: 48.98 Z 4/14/91 Marie Wicklun
 VA: 45.44 V 3/23/14 Lucille Griffin

1	Schreiner, Beth	75	VMST	43.32V
2	Hannam, Karen	75	L4S	1:17.61

Women 75-79 100 Yard Backstroke

NATL: 1:27.70 N 4/15/11 NANCY BROWN
 ZONE: 1:40.84 Z 5/2/99 Ruth Morrill
 VA: 1:41.89 V 3/23/14 Lucille Griffin

1	Schreiner, Beth	75	VMST	1:36.73Z
	47.60	1:36.73		

Women 75-79 50 Yard Breaststroke

NATL: 41.53 N 4/13/14 JOANN LEILICH
 ZONE: 48.35 Z 4/17/11 Johnnie Detrick
 VA: 47.56 V 9/29/12 Johnnie Detrick

1	Hannam, Karen	75	L4S	1:11.56
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Women 75-79 100 Yard Breaststroke

NATL: 1:29.24 N 4/11/14 JOANN LEILICH
 ZONE: 2:02.07 Z 5/8/90 Margaret Hubbard
 VA: 1:47.13 V 2/11/12 Johnnie Detrick

1	Hannam, Karen	75	L4S	2:40.79
	1:16.77	2:40.79		

Women 75-79 200 Yard Breaststroke

NATL: 3:16.31 N 4/5/14 JOANN LEILICH
 ZONE: 3:16.31 Z 4/5/14 Joann Leilich
 VA: 3:49.28 V 4/15/11 Johnnie Detrick

1	Hannam, Karen	75	L4S	5:40.08
	1:19.91	2:47.36	4:15.95	5:40.08

Women 75-79 50 Yard Butterfly

NATL: 38.05 N 4/26/15 MARY ANN CASE
 ZONE: 54.03 Z 3/29/98 Nancy Phillips
 VA: 44.16 V 3/23/14 Lucille Griffin

1	Hannam, Karen	75	L4S	1:26.26
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Women 75-79 100 Yard IM

NATL: 1:27.31 N 4/24/05 GAIL ROPER
 ZONE: 1:51.25 Z 4/21/13 Laura Walker
 VA: 1:38.05 V 4/26/12 Johnnie Detrick

1	Hannam, Karen	75	L4S	2:36.44
	1:20.01	2:36.44		

Women 75-79 200 Yard IM

NATL: 3:18.40 N 4/24/05 GAIL ROPER
 ZONE: 3:21.72 Z 4/5/14 Joann Leilich
 VA: 3:37.74 V 2/12/11 Johnnie Detrick

1	Hannam, Karen	75	L4S	5:43.31
	1:29.87	3:04.15	4:29.73	5:43.31

Women 80-84 100 Yard Freestyle

NATL: 1:22.34 N 12/13/15 JOHNNIE DETRICK
 ZONE: 1:44.63 Z 4/13/03 Jeanne Merryman
 VA: 1:22.34 V 12/13/15 Johnnie Detrick

1	Brown, Nancy	80	MARY	1:34.75Z
	45.57	1:34.75		
2	Francis, Lesley	84	VMST	2:01.32

Women 80-84 500 Yard Freestyle

NATL: 8:26.37 N 3/30/08 JEAN TROY
 ZONE: 10:59.67 Z 3/29/98 Marie Wicklun
 VA: 10:25.24 V 3/3/12 Lesley Francis

---	Francis, Lesley	84	VMST	DQ
	1:01.25	2:09.65	3:19.49	4:30.45
	5:41.36	6:52.17	8:07.02	9:18.25

Women 80-84 50 Yard Backstroke

NATL: 43.57 N 4/19/09 BETTY LORENZI
 ZONE: 49.73 Z 4/13/03 Jeanne Merryman
 VA: 58.59 V 6/1/03 Marianna Berkley

1	Brown, Nancy	80	MARY	47.66Z
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Women 80-84 100 Yard Backstroke

NATL: 1:32.37 N 4/19/09 BETTY LORENZI
 ZONE: 1:51.33 Z 5/1/94 Marie Wicklun
 VA: 2:09.85 V 4/2/04 Marianna Berkley

1	Brown, Nancy	80	MARY	1:43.32Z
	50.28	1:43.32		

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 80-84 200 Yard Backstroke****NATL: 3:26.72 N 4/19/09 BETTY LORENZI****ZONE: 3:51.12 Z 5/1/94 Marie Wicklun****VA: 4:51.99 V 4/2/04 Marianna Berkley**

1	Brown, Nancy	80	MARY	3:44.08Z
	53.69	1:50.46	2:48.25	3:44.08

Women 80-84 50 Yard Butterfly**NATL: 50.10 N 4/15/07 LOIS KIVI NOCHMAN****ZONE: 1:23.68 Z 4/4/04 Marianna Berkley****VA: 1:05.02 V 2000 Marianna Berkley**

1	Brown, Nancy	80	MARY	58.14Z
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Women 80-84 100 Yard IM**NATL: 1:44.03 N 2/7/16 JOHNNIE DETRICK****ZONE: 2:04.44 Z 4/13/03 Jeanne Merryman****VA: 1:44.03 V 2/6/16 Johnnie Detrick**

1	Brown, Nancy	80	MARY	1:49.72Z
	52.11	1:49.72		

Women 80-84 200 Yard IM**NATL: 3:48.28 N 2/6/16 JOHNNIE DETRICK****ZONE: 5:07.78 Z 4/14/12 Joan Waldbaum****VA: 3:48.28 V 2/6/16 Johnnie Detrick**

1	Brown, Nancy	80	MARY	4:05.04Z
	1:03.58	2:00.50	3:13.46	4:05.04

Men 18-24 50 Yard Freestyle**NATL: 19.36 N 4/28/12 JOSH SCHNEIDER****ZONE: 21.04 Z 4/15/07 Geoffrey Meyer Jr****VA: 21.45 V 5/21/92 Neill Williams**

1	Glass, Sidney	24	1693	21.79
2	Acquaviva, Joseph	24	FINS	22.68
3	Shu, Jack	23	ARMS	22.91
4	Rhodes, Stephen	20	FAC	24.83
5	Sims, Charles	19	FAC	25.67

Men 18-24 100 Yard Freestyle**NATL: 42.59 N 12/1/12 EUGENE GODSOE****ZONE: 44.96 Z 4/23/06 William Liscinsky****VA: 46.94 V 4/4/14 Nathan Destree**

1	Moyar, Nathaniel	24	1693	52.00
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Men 18-24 100 Yard Freestyle**NATL: 42.59 N 12/1/12 EUGENE GODSOE****ZONE: 44.96 Z 4/23/06 William Liscinsky****VA: 46.94 V 4/4/14 Nathan Destree**

1	Glass, Sidney	24	1693	47.61
	22.62	47.61		
2	Kimball, William	23	FINS	47.98
	23.25	47.98		
3	Wilson, Taylor	23	DCAC	49.68
	23.95	49.68		
4	Kirkendall, Billy	18	GMUP	50.23
	24.27	50.23		
5	Shu, Jack	23	ARMS	50.76
	23.88	50.76		
6	Guo, Yue	24	NAMI	52.03
	24.96	52.03		

7	Rhodes, Stephen	20	FAC	53.16
	25.52	53.16		
8	Lessem, Alexander	20	GMUP	55.80
	26.83	55.80		
9	Sims, Charles	19	FAC	59.20
	27.77	59.20		

Men 18-24 200 Yard Freestyle**NATL: 1:35.02 N 11/8/09 ANDY GRANT****ZONE: 1:42.51 Z 4/15/07 Geoffrey Meyer Jr****VA: 1:44.34 V 5/19/05 Benjamin Garrett**

1	Kirkendall, Billy	18	GMUP	1:50.80
	25.75	54.41	1:22.93	1:50.80
2	Clendenin, William	22	BWST	1:53.59
	26.52	54.94	1:24.00	1:53.59
3	Lessem, Alexander	20	GMUP	2:01.05
	27.88	58.30	1:29.65	2:01.05

Men 18-24 500 Yard Freestyle**NATL: 4:24.81 N 1/24/10 ANDY GRANT****ZONE: 4:53.48 Z 5/5/96 Paul Franco****VA: 4:37.17 V 5/19/05 Benjamin Garrett**

1	Glass, Sidney	24	1693	5:05.96
	26.26	56.45	1:27.50	1:58.93
	2:29.70	3:00.91	3:32.17	4:03.27
	4:34.79	5:05.96		
2	Kirkendall, Billy	18	GMUP	5:07.96
	26.62	56.39	1:27.33	1:59.10
	2:30.64	3:02.40	3:33.94	4:05.47
	4:37.16	5:07.96		
3	Gordon, Joshua	20	GMUP	5:46.15
	30.86	1:04.92	1:39.79	2:14.76
	2:49.93	3:25.32	4:00.45	4:35.99
	5:11.44	5:46.15		

Men 18-24 1000 Yard Freestyle**NATL: 9:01.26 N 2/13/10 JP ARNOLD****ZONE: 10:32.60 Z 4/23/10 Christopher Stick****VA: 9:37.03 V 5/19/05 Benjamin Garrett**

1	Clendenin, William	22	BWST	11:02.54
	28.22	59.45	1:31.02	2:03.30
	2:35.58	3:07.91	3:40.38	4:13.13
	4:45.93	5:19.08	5:52.37	6:25.89
	6:59.87	7:34.02	8:08.59	8:43.31
	9:18.09	9:52.82	10:27.74	11:02.54

Men 18-24 1650 Yard Freestyle**NATL: 15:48.70 N 3/27/10 ANDREW MUELLER****ZONE: 18:02.67 Z 4/23/06 Pete Murphy****VA: 16:35.76 V 2/12/05 Benjamin Garrett**

1	Gordon, Joshua	20	GMUP	19:34.56
	31.26	1:05.19	1:39.46	2:14.13
	2:49.06	3:24.50	3:59.62	4:35.30
	5:10.74	5:46.55	6:22.04	6:57.80
	7:33.39	8:08.92	8:44.78	9:20.24
	9:56.32	10:32.64	11:09.12	11:45.40
	12:21.65	12:57.63	13:34.16	14:10.52
	14:46.47	15:23.04	15:59.46	16:35.73
	17:11.94	17:48.30	18:23.98	19:34.56

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 18-24 50 Yard Backstroke****NATL: 22.33 N 5/10/13 ANDREW ELLIOTT****ZONE: 23.22 Z 4/15/07 Chris Gibson****VA: 23.73 V 4/10/15 Sidney Glass**

1 Shu, Jack 23 ARMS 26.80

Men 18-24 50 Yard Backstroke**NATL: 22.33 N 5/10/13 ANDREW ELLIOTT****ZONE: 23.22 Z 4/15/07 Chris Gibson****VA: 23.73 V 4/10/15 Sidney Glass**

1 Glass, Sidney 24 1693 24.30

Men 18-24 100 Yard Backstroke**NATL: 45.36 N 11/30/12 EUGENE GODSOE****ZONE: 49.19 Z 4/15/07 Chris Gibson****VA: 52.59 V 4/4/14 Sidney Glass**1 Shu, Jack 23 ARMS 57.15
27.68 57.15**Men 18-24 50 Yard Breaststroke****NATL: 24.53 N 2/1/15 ROSTYSLAV FEDYNA****ZONE: 25.32 Z 4/23/06 William Liscinsky****VA: 27.00 V 4/10/15 Nathan Destree**1 Acquaviva, Joseph 24 FINS 27.31
2 Wilson, Taylor 23 DCAC 29.52**Men 18-24 100 Yard Breaststroke****NATL: 54.07 N 4/25/15 COLIN BABCOCK****ZONE: 56.37 Z 4/23/06 William Liscinsky****VA: 58.69 V 5/21/92 Neill Williams**1 Acquaviva, Joseph 24 FINS 59.15
27.92 59.15**Men 18-24 200 Yard Breaststroke****NATL: 1:57.33 N 5/12/13 ELLIOT KEEFER****ZONE: 2:08.32 Z 4/20/97 Robert Butcher****VA: 2:13.05 V 5/19/05 Benjamin Garrett**1 Clendenin, William 22 BWST 2:18.88
31.49 1:07.09 1:42.64 2:18.88
2 Gordon, Joshua 20 GMUP 2:42.39
36.62 1:18.09 1:59.86 2:42.39**Men 18-24 50 Yard Butterfly****NATL: 21.13 N 4/26/15 HENRIK LINDAU****ZONE: 22.40 Z 4/11/15 Nathan Destree****VA: 22.40 V 4/10/15 Nathan Destree**1 Wilson, Taylor 23 DCAC 23.33
2 Shu, Jack 23 ARMS 25.25
3 Guo, Yue 24 NAMI 25.34
4 Rhodes, Stephen 20 FAC 26.89
5 Sims, Charles 19 FAC 29.35
6 Goldstein, Jeremy 20 GMUP 31.40**Men 18-24 100 Yard Butterfly****NATL: 46.65 N 11/30/12 EUGENE GODSOE****ZONE: 49.92 Z 4/12/15 Nathan Destree****VA: 49.92 V 4/10/15 Nathan Destree**1 Kirkendall, Billy 18 GMUP 57.63
26.68 57.632 Lessem, Alexander 20 GMUP 58.49
27.65 58.49
3 Rhodes, Stephen 20 FAC 1:02.04
28.09 1:02.04
4 Sims, Charles 19 FAC 1:09.37
29.60 1:09.37**Men 18-24 200 Yard Butterfly****NATL: 1:49.39 N 2/14/10 RUSSELL PAYNE****ZONE: 1:58.91 Z 4/5/14 John Guiffre****VA: 2:01.21 V 5/20/93 James Wolfle**1 Lessem, Alexander 20 GMUP 2:08.45
29.56 1:02.15 1:35.31 2:08.45**Men 18-24 100 Yard IM****NATL: 49.52 N 4/25/15 COLIN BABCOCK****ZONE: 50.72 Z 4/23/06 William Liscinsky****VA: 52.50 V 4/12/15 Nathan Destree**1 Acquaviva, Joseph 24 FINS 54.08
24.80 54.08
2 Shu, Jack 23 ARMS 58.54
25.81 58.54**Men 18-24 200 Yard IM****NATL: 1:49.30 N 4/26/15 COLIN BABCOCK****ZONE: 1:56.71 Z 4/15/07 Geoffrey Meyer Jr****VA: 1:57.45 V 5/19/05 Benjamin Garrett**1 Clendenin, William 22 BWST 2:02.36
25.96 56.65 1:31.71 2:02.36
2 Moyar, Nathaniel 24 1693 2:05.70
27.12 58.00 1:34.02 2:05.70**Men 18-24 400 Yard IM****NATL: 3:50.12 N 2/13/10 RUSSELL PAYNE****ZONE: 4:17.87 Z 4/6/14 John Guiffre****VA: 4:07.94 V 5/19/05 Benjamin Garrett**1 Moyar, Nathaniel 24 1693 4:33.56
27.93 59.62 1:35.26 2:11.44
2:49.76 3:27.90 4:01.31 4:33.56
--- Gordon, Joshua 20 GMUP DQ
31.85 1:08.02 1:47.68 2:26.19
3:06.72 3:49.15 4:25.99 DQ**Men 25-29 50 Yard Freestyle****NATL: 18.67 N 12/20/14 BOUSQUET ADRIAN****ZONE: 21.18 Z 5/2/99 David Lawson****VA: 20.94 V 4/22/04 Troy Johnson**1 Gallagher, Kevin 28 1693 21.20
2 Loughran, Kyle 28 1693 21.42
3 Corcoran, Ryan 28 FINS 21.72
4 Kirby, Devin 28 CHRM 22.36
5 Bossert, Adam 25 AGUA 22.93
6 D'Aguillo, Mike 25 1693 23.97
7 Colalillo, Tony 27 CHRM 24.06
8 Summers, Dan 29 ARMS 24.33
9 Reklaitis, Thomas 25 LAS 27.87

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 25-29 50 Yard Freestyle**

NATL: 18.67 N 12/20/14 **BOUSQUET\ADRIAN**
ZONE: 21.18 Z 5/2/99 **David Lawson**
VA: 20.94 V 4/22/04 **Troy Johnson**

1 Gallagher, Kevin 28 1693 21.05Z

Men 25-29 100 Yard Freestyle

NATL: 41.13 N 5/3/14 **NATHAN ADRIAN**
ZONE: 45.61 Z 4/15/07 **William Liscinsky**
VA: 45.70 V 4/22/04 **Troy Johnson**

1 Corcoran, Ryan 28 FINS 48.72
 23.65 48.72

2 Kirby, Devin 28 CHRM 50.80
 24.39 50.80

3 McGuire, Daniel 25 ALEX 50.93
 23.44 50.93

4 D'Aguillo, Mike 25 1693 55.21
 26.29 55.21

5 Vayda, Robert 28 ALEX 1:00.35
 28.66 1:00.35

Men 25-29 200 Yard Freestyle

NATL: 1:31.93 N 12/6/13 **DARIAN TOWNSEND**
ZONE: 1:41.97 Z 4/22/01 **Marc Grabish**
VA: 1:41.48 V 4/22/04 **Troy Johnson**

1 Loughran, Kyle 28 1693 1:45.34
 25.07 52.55 1:18.96 1:45.34

Men 25-29 50 Yard Backstroke

NATL: 21.46 N 4/16/10 **ADAM MANIA**
ZONE: 23.71 Z 4/15/07 **William Liscinsky**
VA: 23.92 V 2/6/16 **David Wren**

1 Kirby, Devin 28 CHRM 28.33

Men 25-29 100 Yard Backstroke

NATL: 45.95 N 4/15/10 **ADAM MANIA**
ZONE: 52.28 Z 4/22/01 **Peter Hezky**
VA: 51.06 V 2/6/16 **David Wren**

1 Kirby, Devin 28 CHRM 1:03.58
 30.73 1:03.58

Men 25-29 200 Yard Backstroke

NATL: 1:46.57 N 11/18/11 **ADAM MANIA**
ZONE: 1:53.99 Z 4/22/01 **Peter Hezky**
VA: 1:53.60 V 1/1/94 **Chris Stevenson**

1 Clouse, Jason 25 RMST 2:23.30
 32.91 1:09.93 1:47.37 2:23.30

Men 25-29 50 Yard Breaststroke

NATL: 23.87 N 5/21/10 **MARK GANGLOFF**
ZONE: 25.23 Z 4/15/07 **William Liscinsky**
VA: 26.64 V 1/30/05 **Jeremy Linn**

1 McGuire, Daniel 25 ALEX 28.59

2 Sabovici, Adrian 28 AGUA 30.17

3 D'Aguillo, Mike 25 1693 32.08

4 DuBois, Adam 28 ARMS 33.39

Men 25-29 100 Yard Breaststroke

NATL: 51.57 N 4/25/15 **MARCUS TITUS**
ZONE: 56.76 Z 4/25/10 **William Liscinsky**
VA: 57.49 V 5/16/94 **Neill Williams**

1 Bossert, Adam 25 AGUA 1:02.24
 29.04 1:02.24

2 Sabovici, Adrian 28 AGUA 1:05.33
 30.74 1:05.33

3 Summers, Dan 29 ARMS 1:09.05
 32.58 1:09.05

4 DuBois, Adam 28 ARMS 1:13.60
 34.02 1:13.60

Men 25-29 200 Yard Breaststroke

NATL: 1:53.04 N 12/21/13 **BJ JOHNSON**
ZONE: 2:07.48 Z 4/23/06 **Ethan Bassett**
VA: 2:09.35 V 5/16/94 **Neill Williams**

1 Sabovici, Adrian 28 AGUA 2:25.91
 32.68 1:10.20 1:47.91 2:25.91

2 Vayda, Robert 28 ALEX 2:40.44
 35.97 1:17.44 1:58.66 2:40.44

3 DuBois, Adam 28 ARMS 2:41.25
 35.08 1:15.78 1:57.72 2:41.25

Men 25-29 50 Yard Butterfly

NATL: 21.11 N 11/30/12 **DAVIS TARWATER**
ZONE: 22.24 Z 4/5/14 **Jarryd Botha**
VA: 23.49 V 4/2/04 **Frank Byskov**

1 McGuire, Daniel 25 ALEX 25.30

Men 25-29 100 Yard Butterfly

NATL: 45.32 N 11/30/12 **DAVIS TARWATER**
ZONE: 49.79 Z 4/6/14 **Jarryd Botha**
VA: 50.52 V 4/2/04 **Frank Byskov**

1 DuBois, Adam 28 ARMS 1:05.02
 29.72 1:05.02

Men 25-29 200 Yard Butterfly

NATL: 1:47.62 N 5/20/07 **ERIK SCALISE**
ZONE: 1:53.82 Z 4/2/00 **Curtis Sawin**
VA: 1:54.52 V 2/9/08 **Scott Halasz**

1 Clouse, Jason 25 RMST 2:21.55
 30.38 1:07.33 1:45.00 2:21.55

Men 25-29 100 Yard IM

NATL: 47.77 N 5/3/14 **DARIAN TOWNSEND**
ZONE: 50.51 Z 4/15/07 **William Liscinsky**
VA: 52.26 V 5/16/94 **Neill Williams**

1 Bossert, Adam 25 AGUA 58.19
 27.62 58.19

2 Kirby, Devin 28 CHRM 58.37
 26.86 58.37

3 Colahillo, Tony 27 CHRM 1:01.94
 28.19 1:01.94

4 Summers, Dan 29 ARMS 1:03.21
 30.14 1:03.21

5 Vayda, Robert 28 ALEX 1:06.39
 31.42 1:06.39

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 25-29 100 Yard IM)**

6 DuBois, Adam	28 ARMS	1:06.65
30.63	1:06.65	

Men 25-29 200 Yard IM**NATL: 1:41.79 N 12/21/13 DARIAN TOWNSEND****ZONE: 1:55.03 Z 4/4/04 Frank Byskov****VA: 1:55.03 V 4/2/04 Frank Byskov**

1 Kirby, Devin	28 CHRM	2:14.00
26.87	1:01.44	1:43.09 2:14.00
2 Clouse, Jason	25 RMST	2:19.46
29.49	1:06.62	1:47.64 2:19.46
3 DuBois, Adam	28 ARMS	2:25.12
29.84	1:06.84	1:48.43 2:25.12
--- Vayda, Robert	28 ALEX	DQ
31.54	1:11.92	1:54.64 DQ

Men 25-29 400 Yard IM**NATL: 3:41.85 N 12/20/13 DARIAN TOWNSEND****ZONE: 4:07.19 Z 4/22/01 Peter Hezky****VA: 4:16.15 V 3/11/04 Frank Byskov**

1 Clouse, Jason	25 RMST	4:50.88
29.92	1:05.70	1:42.72 2:19.93
3:02.01	3:44.61	4:18.10 4:50.88
2 Vayda, Robert	28 ALEX	5:30.40
33.62	1:12.77	1:58.09 2:41.91
3:27.79	4:11.82	4:52.35 5:30.40

Men 30-34 50 Yard Freestyle**NATL: 19.33 N 5/3/14 ERVINERVIN****ZONE: 21.83 Z 3/29/98 Billy Barr****VA: 20.93 V 1/27/07 Daniel Summerlin**

1 Bellamy, Robert	34 MARY	21.83Z
2 Laiti, Patrick	30 UC12	23.35
3 Murphy, Matthew	31 UC10	23.85
4 Hiskey, Justin	32 CHRM	24.56

Men 30-34 100 Yard Freestyle**NATL: 42.75 N 12/21/14 DARIAN TOWNSEND****ZONE: 47.40 Z 4/23/06 Troy Johnson****VA: 46.38 V 4/11/08 Troy Johnson**

1 Bellamy, Robert	34 MARY	47.74
22.72	47.74	
2 Helfers, Edward	33 UC10	50.54
24.56	50.54	
3 Thurstlic, Alexander	30 UC08	51.69
25.43	51.69	
4 Kurt, Mustafa	32 L4S	55.13
27.23	55.13	
5 Murphy, Matthew	31 UC10	55.92
25.06	55.92	
6 Oloughlin, Jonathan	32 UMAC	56.23
27.08	56.23	
7 Thill, Geoffrey	32 CMYM	58.57
27.26	58.57	
8 Folgar, Javier	30 NAMI	1:06.33
31.63	1:06.33	

Men 30-34 200 Yard Freestyle**NATL: 1:34.00 N 12/19/14 DARIAN TOWNSEND****ZONE: 1:44.78 Z 4/24/05 Christopher Perry****VA: 1:44.90 V 5/21/95 Chris Stevenson**

1 Bellamy, Robert	34 MARY	1:45.43
24.95	51.91	1:18.65 1:45.43
2 Hersh, David	34 FINS	1:51.60
26.38	54.45	1:22.88 1:51.60
3 Thurstlic, Alexander	30 UC08	1:51.63
26.73	54.96	1:23.65 1:51.63
4 Limouze, Thomas	32 FINS	1:56.53
28.08	58.24	1:27.26 1:56.53

Men 30-34 500 Yard Freestyle**NATL: 4:29.49 N 2/25/96 MATTHEW CETLINSKI****ZONE: 4:44.06 Z 4/20/13 Michael Bazylewic****VA: 4:43.29 V 5/21/95 Chris Stevenson**

1 Helfers, Edward	33 UC10	5:00.53
27.11	57.33	1:28.10 1:59.13
2:29.99	3:00.87	3:31.87 4:02.32
4:32.09	5:00.53	
2 Hersh, David	34 FINS	5:00.72
27.08	55.95	1:25.48 1:55.65
2:26.39	2:57.42	3:28.61 4:00.41
4:31.53	5:00.72	
3 Limouze, Thomas	32 FINS	5:17.16
30.14	1:02.86	1:35.58 2:08.23
2:40.98	3:13.02	3:45.02 4:16.41
4:47.27	5:17.16	
4 Thill, Geoffrey	32 CMYM	5:36.73
30.48	1:03.40	1:37.63 2:12.01
2:46.18	3:20.60	3:54.66 4:29.03
5:03.02	5:36.73	
5 Oloughlin, Jonathan	32 UMAC	5:37.37
30.11	1:03.62	1:37.36 2:11.40
2:45.95	3:20.30	3:55.04 4:29.89
5:04.64	5:37.37	

Men 30-34 1000 Yard Freestyle**NATL: 9:26.93 N 3/23/03 JOSHUA WOODRUFF****ZONE: 10:12.02 Z 4/13/12 Stephen Michaels****VA: 10:00.08 V 4/28/11 Billy Gaines**

1 Buckman, Scott	30 ARMS	15:47.76
40.48	1:22.24	2:51.79 3:39.03
4:26.32	5:14.04	6:52.74
7:42.18		8:30.52 9:19.68
10:07.87	10:57.17	11:46.02 13:23.93
14:13.73	15:00.87	15:47.76

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NATL: 15:51.57 N 5/12/96 **JEFF ERWIN**
ZONE: 16:46.56 Z 4/16/89 **James Kegley**
VA: 16:31.38 V 2/9/13 **Eric Limkemann**

1	Thill, Geoffrey	32	CMYM	20:19.37
	31.16	1:05.20	1:39.84	2:15.10
	2:50.25	3:25.19	4:00.99	4:36.21
	5:11.53	5:47.14	6:22.53	6:58.11
	7:34.15	8:10.21	8:47.10	9:24.03
	10:00.83	10:37.59	11:15.18	11:53.38
	12:31.78	13:10.76	13:49.26	14:27.53
	15:05.55	15:44.15	16:21.89	17:00.71
	17:39.10	18:18.14	18:56.55	19:35.26
				20:19.37

Men 30-34 50 Yard Backstroke

NATL: 21.51 N 4/26/15 **MATT GREVERS**
ZONE: 24.35 Z 4/23/06 **Troy Johnson**
VA: 24.18 V 5/21/95 **Chris Stevenson**

1	Hiskey, Justin	32	CHRM	29.22
2	Folgar, Javier	30	NAMI	35.43

Men 30-34 50 Yard Breaststroke

NATL: 24.35 N 4/24/15 **MATT GREVERS**
ZONE: 26.94 Z 4/20/97 **Wally Dicks**
VA: 26.59 V 9/29/12 **Vanja Rogulj**

1	Laiti, Patrick	30	UC12	29.23
2	Vera, Arturo	33	NAMI	29.68
3	Kurt, Mustafa	32	L4S	30.15
4	Folgar, Javier	30	NAMI	37.35

Men 30-34 100 Yard Breaststroke

NATL: 53.44 N 4/29/11 **ED MOSES**
ZONE: 57.93 Z 4/17/11 **Joe Nagy**
VA: 1:00.14 V 5/14/02 **Neill Williams**

1	Laiti, Patrick	30	UC12	1:05.20
	29.15	1:05.20		
2	Kurt, Mustafa	32	L4S	1:06.98
	30.89	1:06.98		
3	Folgar, Javier	30	NAMI	1:22.11
	38.95	1:22.11		

Men 30-34 200 Yard Breaststroke

NATL: 1:56.02 N 5/1/11 **ED MOSES**
ZONE: 2:07.04 Z 4/17/11 **Scott Werner**
VA: 2:15.57 V 5/14/02 **Neill Williams**

1	Thomasian, Aram	30	RMST	2:42.78
	36.45	1:16.81	2:00.17	2:42.78

Men 30-34 50 Yard Butterfly

NATL: 21.11 N 4/26/15 **MATT GREVERS**
ZONE: 22.73 Z 4/14/12 **Terrence Fenningh**
VA: 23.38 V 5/8/98 **Coll Haddon**

1	Thurstlic, Alexander	30	UC08	24.86
2	Limouze, Thomas	32	FINS	26.59
3	Murphy, Matthew	31	UC10	28.01
4	Thomasian, Aram	30	RMST	28.13
5	Thill, Geoffrey	32	CMYM	28.78
6	Folgar, Javier	30	NAMI	35.40

Men 30-34 200 Yard Butterfly

NATL: 1:45.01 N 4/12/15 **DARIAN TOWNSEND**
ZONE: 1:56.82 Z 4/11/15 **Gregory Danner**
VA: 1:49.63 V 12/2/10 **Matt Haupt**

1	Helfers, Edward	33	UC10	2:05.84
	28.82	1:00.51	1:32.80	2:05.84
2	Limouze, Thomas	32	FINS	2:09.27
	28.97	1:02.25	1:34.28	2:09.27

Men 30-34 100 Yard IM

NATL: 47.78 N 4/25/15 **MATT GREVERS**
ZONE: 53.61 Z 4/15/12 **Terrence Fenningh**
VA: 53.09 V 1/27/07 **Daniel Summerlin**

1	Murphy, Matthew	31	UC10	1:03.62
	29.23	1:03.62		
2	Hiskey, Justin	32	CHRM	1:05.40
	30.05	1:05.40		
3	Folgar, Javier	30	NAMI	1:15.37
	35.83	1:15.37		

Men 30-34 200 Yard IM

NATL: 1:42.03 N 12/20/14 **DARIAN TOWNSEND**
ZONE: 1:55.50 Z 4/13/03 **Curtis Sawin**
VA: 1:57.59 V 1/27/07 **Daniel Summerlin**

1	Thurstlic, Alexander	30	UC08	2:05.24
	26.66	59.37	1:36.53	2:05.24
2	Thomasian, Aram	30	RMST	2:30.99
	30.26	1:11.79	1:55.05	2:30.99
3	Chisholm, Alex	34	RMST	2:52.22
	35.53	1:19.92	2:10.39	2:52.22

Men 30-34 400 Yard IM

NATL: 3:40.98 N 12/19/14 **DARIAN TOWNSEND**
ZONE: 4:14.93 Z 4/12/15 **Gregory Danner**
VA: 4:16.74 V 4/26/12 **Adam Barley**

1	Thurstlic, Alexander	30	UC08	4:33.96
	28.09	1:00.31	1:37.44	2:12.36
	2:52.11	3:32.06	4:04.43	4:33.96
2	Limouze, Thomas	32	FINS	4:37.96
	29.39	1:03.38	1:39.45	2:14.19
	2:54.64	3:34.66	4:06.91	4:37.96

Men 35-39 50 Yard Freestyle

NATL: 20.14 N 5/4/08 **JOSH DAVIS**
ZONE: 21.05 Z 4/23/06 **Michael Ross**
VA: 21.18 V 1/26/08 **Daniel Summerlin**

1	Zenyuh, James	39	UC10	22.30
2	Lovett, Michael	38	1693	22.34
3	George, Nathan	36	DCM	22.91
4	Dryburgh, Andrew	35	SVY	24.08
5	Schmidt, Ian	36	L4S	24.93
6	Bohan, Michael	39	UC07	25.63
7	Rosenberg, James	39	L4S	25.77

Men 35-39 50 Yard Freestyle

NATL: 20.14 N 5/4/08 **JOSH DAVIS**
ZONE: 21.05 Z 4/23/06 **Michael Ross**
VA: 21.18 V 1/26/08 **Daniel Summerlin**

3	Mee, Daniel	38	1693	23.98
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1	Lovett, Michael	38	1693	49.83
	23.87	49.83		
2	Zenyuh, James	39	UC10	50.57
	24.28	50.57		
3	Krajewski, Thomas	37	GMUP	51.51
	24.54	51.51		
4	Hegna, Ryan	35	CBFY	52.41
	25.29	52.41		
5	George, Nathan	36	DCM	52.83
	25.07	52.83		
6	Mee, Daniel	38	1693	54.08
	25.66	54.08		
7	Gass, Kraig	36	WINM	56.10
	26.43	56.10		
8	Schmidt, Ian	36	L4S	56.14
	27.31	56.14		
9	Kaplan, Jordan	37	L4S	56.19
	26.99	56.19		
10	Di Filippo, Mario	39	UC10	57.53
	28.14	57.53		
11	Bohan, Michael	39	UC07	59.03
	27.63	59.03		
12	Gwilliam, Glenn	37	RMST	1:05.48
	31.73	1:05.48		
13	Egan, Ryan	39	ARMS	1:07.52
	31.35	1:07.52		
14	Sugar, David	36	NBAC	1:11.33
	33.23	1:11.33		

Men 35-39 200 Yard Freestyle**NATL: 1:36.56 N 5/4/08 JOSH DAVIS****ZONE: 1:39.90 Z 4/24/05 Michael Ross****VA: 1:47.91 V 4/1/00 Chris Stevenson**

1	Hegna, Ryan	35	CBFY	1:54.37
	26.29	54.93	1:24.76	1:54.37
2	Sabala, Michael	35	CHEL	1:55.90
	26.01	54.98	1:25.24	1:55.90
3	Dryburgh, Andrew	35	SVY	1:58.90
	27.70	58.22	1:29.19	1:58.90
4	Kaplan, Jordan	37	L4S	2:01.85
	28.11	58.54	1:30.25	2:01.85
5	Conroy, Michael	36	ALEX	2:02.47
	29.09	1:00.02	1:31.05	2:02.47
6	Schmidt, Ian	36	L4S	2:03.69
	27.96	58.93	1:31.14	2:03.69
7	Di Filippo, Mario	39	UC10	2:05.95
	29.28	1:01.58	1:34.25	2:05.95
8	Dragon, Tony	39	UC10	2:07.19
	29.85	1:01.25	1:33.99	2:07.19

Men 35-39 500 Yard Freestyle**NATL: 4:33.97 N 5/17/02 RONALD KARNAUGH****ZONE: 4:43.62 Z 4/25/09 Mark Matheson****VA: 4:50.41 V 4/1/00 Chris Stevenson**

1	Hegna, Ryan	35	CBFY	5:26.78
	27.67	58.46	1:30.20	2:02.80
	2:35.74	3:09.55	3:43.91	4:18.31
	4:52.94	5:26.78		
2	Kaplan, Jordan	37	L4S	5:36.55
	30.80	1:04.36	1:38.50	2:13.00
	2:47.52	3:22.05	3:56.55	4:31.09
	5:04.76	5:36.55		
3	Di Filippo, Mario	39	UC10	5:38.51
	29.83	1:03.20	1:37.67	2:12.55
	2:47.46	3:22.31	3:56.98	4:31.55
	5:06.01	5:38.51		
4	Boris, Joseph	36	SVY	5:40.32
	30.19	1:03.95	1:38.72	2:13.82
	2:48.84	3:23.84	3:58.65	4:33.57
	5:07.47	5:40.32		
5	Patterson, Thomas	38	1776	5:40.36
	31.21	1:04.68	1:38.65	2:12.74
	2:47.16	3:21.89	3:56.83	4:32.10
	5:07.35	5:40.36		
6	Dryburgh, Andrew	35	SVY	5:42.01
	29.14	1:03.22	1:38.60	2:14.18
	2:50.20	3:25.13	3:59.88	4:35.04
	5:09.87	5:42.01		
7	Dragon, Tony	39	UC10	5:49.88
	32.19	1:06.69	1:42.17	2:17.70
	2:53.53	3:29.45	4:05.51	4:41.33
	5:16.40	5:49.88		
8	Sugar, David	36	NBAC	7:26.46
	38.54	1:23.00	2:09.47	2:56.45
	3:43.56	4:30.13	5:16.03	6:01.87
	6:45.73	7:26.46		

Men 35-39 1000 Yard Freestyle**NATL: 9:27.97 N 5/20/10 ERIC CHRISTENSEN****ZONE: 9:50.85 Z 4/13/12 Frederik Hviid****VA: 10:33.12 V 4/9/05 Rob St Jean**

1	Kaplan, Jordan	37	L4S	11:32.66
	31.96	1:06.95	1:42.31	2:17.85
	2:53.19	3:28.13	4:03.32	4:38.46
	5:13.36	5:48.48	6:23.53	6:58.77
	7:33.74	8:08.78	8:43.35	9:18.21
	9:53.24	10:27.77	11:01.25	11:32.66
2	Dryburgh, Andrew	35	SVY	11:38.64
	29.84	1:03.38	1:38.22	2:13.39
	2:49.21	3:25.00	4:00.72	4:36.73
	5:12.98	5:49.53	6:24.54	6:59.57
	7:34.44	8:09.27	8:44.65	9:19.50
	9:54.67	10:29.85	11:04.50	11:38.64

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 35-39 1000 Yard Freestyle)**

3	Patterson, Thomas	38	1776	11:40.87
	31.10	1:04.32	1:38.06	2:12.34
	2:46.78	3:21.37	3:56.14	4:31.31
	5:06.65	5:42.27	6:17.76	6:53.50
	7:29.41	8:05.46	8:41.62	9:17.95
	9:54.54	10:30.40	11:06.45	11:40.87
4	Boris, Joseph	36	SVY	11:55.32
	29.89	1:03.29	1:38.06	2:13.24
	2:48.55	3:23.88	3:59.66	4:35.43
	5:11.33	5:47.41	6:23.90	7:00.39
	7:37.35	8:14.06	8:51.50	9:28.95
	10:06.47	10:44.01	11:20.55	11:55.32
5	Dragon, Tony	39	UC10	12:42.18
	36.40	1:14.31	1:52.85	2:31.35
	3:09.88	3:48.76	4:27.65	5:07.00
	5:45.82	6:24.46	7:02.65	7:41.65
	8:20.36	8:59.01	9:37.38	10:16.21
	10:54.52	11:32.11	12:08.30	12:42.18

Men 35-39 1650 Yard Freestyle

NATL: 15:53.88 N 5/18/03 JEFF ERWIN
ZONE: 16:25.58 Z 4/19/13 Frederik Hviid
VA: 17:14.60 V 4/2/04 Rob St Jean

1	Di Filippo, Mario	39	UC10	19:22.77
	30.26	1:03.77	1:37.89	2:12.31
	2:46.68	3:21.15	3:56.02	4:30.96
	5:06.18	5:41.29	6:17.11	6:52.45
	7:28.07	8:03.88	8:39.30	9:15.15
	9:50.92	10:26.87	11:02.87	11:38.72
	12:14.84	12:50.76	13:26.54	14:02.43
	14:38.43	15:14.35	15:50.44	16:26.23
	17:01.93	17:37.18	18:13.11	18:49.05
				19:22.77
2	Sugar, David	36	NBAC	26:38.70
	36.64	1:22.15	2:08.56	2:56.01
	3:43.81	4:31.52	5:19.84	6:08.46
	6:57.25	7:46.68	8:36.42	9:24.89
	10:14.69	11:03.18	11:52.04	12:40.87
	13:29.37	14:19.30	15:08.55	15:58.07
	16:48.40	17:38.85	18:30.15	19:20.56
	20:10.53	21:01.28	21:51.07	22:40.92
	23:29.20	24:18.94	25:07.17	25:53.99
				26:38.70
3	Takeguchi, Kevin	37	L4S	37:22.47
	48.90	1:54.09	2:58.52	4:01.49
	5:01.04	6:03.90	7:06.39	8:12.17
	9:17.97	10:24.63	11:35.04	12:41.41
	13:54.25	15:05.84	16:23.76	17:50.68
	19:00.60	20:15.25	21:24.19	22:37.56
	23:47.98	24:51.97	25:58.90	27:07.23
	28:14.52	29:31.15	30:39.54	31:45.85
	32:57.00	34:04.61	35:08.98	37:22.47

Men 35-39 50 Yard Backstroke

NATL: 22.70 N 5/4/08 JOSH DAVIS
ZONE: 23.06 Z 4/23/06 Michael Ross
VA: 24.64 V 4/1/00 Chris Stevenson

1	Zenyuh, James	39	UC10	24.10
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2	George, Nathan	36	DCM	26.26
3	Sabala, Michael	35	CHEL	26.75
4	Gass, Kraig	36	WINM	29.92
5	Bohan, Michael	39	UC07	31.34

Men 35-39 100 Yard Backstroke

NATL: 49.12 N 5/4/08 JOSH DAVIS
ZONE: 49.62 Z 4/24/05 Michael Ross
VA: 52.93 V 4/1/00 Chris Stevenson

1	Zenyuh, James	39	UC10	52.34
	25.02	52.34		
2	Mee, Daniel	38	1693	58.78
	28.17	58.78		
3	George, Nathan	36	DCM	59.51
	28.60	59.51		
4	Woodworth, Scott	39	L4S	59.87
	29.21	59.87		
5	Romack, Dave	38	L4S	1:00.17
	29.28	1:00.17		
6	Sugar, David	36	NBAC	2:12.64
	1:03.21	2:12.64		

Men 35-39 200 Yard Backstroke

NATL: 1:47.72 N 5/4/08 JOSH DAVIS
ZONE: 1:52.89 Z 4/24/05 Michael Ross
VA: 1:55.48 V 4/1/00 Chris Stevenson

1	Romack, Dave	38	L4S	2:09.32
	29.85	1:01.70	1:35.46	2:09.32
2	Woodworth, Scott	39	L4S	2:13.08
	31.14	1:04.41	1:38.53	2:13.08
3	Boris, Joseph	36	SVY	2:29.90
	35.91	1:14.15	1:52.76	2:29.90
---	Patterson, Thomas	38	1776	DQ
	45.94	1:21.86	1:59.73	DQ

Men 35-39 50 Yard Breaststroke

NATL: 25.35 N 5/21/10 STEVE WEST
ZONE: 26.29 Z 4/22/01 Wally Dicks
VA: 28.20 V 1/1/93 Michael Slowey

1	Houchins, Bradford	38	SVY	29.34
2	George, Nathan	36	DCM	29.86
3	Dryburgh, Andrew	35	SVY	31.79
4	Hegna, Ryan	35	CBFY	32.15

Men 35-39 100 Yard Breaststroke

NATL: 54.98 N 3/28/15 JAMES SHEEHAN
ZONE: 55.84 Z 4/22/01 Wally Dicks
VA: 1:01.50 V 1/1/93 Michael Slowey

1	Houchins, Bradford	38	SVY	1:04.62
	29.76	1:04.62		
2	George, Nathan	36	DCM	1:04.63
	30.41	1:04.63		
3	Sabala, Michael	35	CHEL	1:07.91
	31.28	1:07.91		
4	Strahota, Jeffrey	35	UMAC	1:08.55
	32.22	1:08.55		

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 35-39 200 Yard Breaststroke****NATL: 1:59.23 N 12/16/01 RON KARNAUGH****ZONE: 2:06.40 Z 4/22/01 Wally Dicks****VA: 2:15.38 V 6/1/93 Michael Slowey**

1	Houchins, Bradford	38	SVY	2:26.91
	32.61	1:09.18	1:47.40	2:26.91
2	Boris, Joseph	36	SVY	2:40.37
	36.65	1:17.51	1:59.27	2:40.37
3	Patterson, Thomas	38	1776	2:43.13
	37.15	1:18.29	2:00.46	2:43.13

Men 35-39 50 Yard Butterfly**NATL: 22.26 N 4/29/11 JOSH DAVIS****ZONE: 22.86 Z 4/23/06 Michael Ross****VA: 23.69 V 4/26/12 Daniel Summerlin**

1	Zenyuh, James	39	UC10	23.24
2	Lovett, Michael	38	1693	23.99
3	George, Nathan	36	DCM	24.66
4	Krajewski, Thomas	37	GMUP	25.69
5	Hegna, Ryan	35	CBFY	26.37
6	Dryburgh, Andrew	35	SVY	26.42
7	Gass, Kraig	36	WINM	27.28
8	Rosenberg, James	39	L4S	27.59
9	Bohan, Michael	39	UC07	29.15
10	Gwilliam, Glenn	37	RMST	33.79

Men 35-39 100 Yard Butterfly**NATL: 49.12 N 4/24/15 GLENN COUNTS****ZONE: 50.06 Z 4/23/06 Michael Ross****VA: 51.69 V 1/26/08 Daniel Summerlin**

1	George, Nathan	36	DCM	56.45
	25.54	56.45		
2	Field, David	36	NCMS	57.49
	26.22	57.49		
3	Strahota, Jeffrey	35	UMAC	59.11
	26.99	59.11		
4	Dryburgh, Andrew	35	SVY	59.41
	27.57	59.41		
5	Hegna, Ryan	35	CBFY	59.56
	26.86	59.56		
6	Gass, Kraig	36	WINM	1:02.54
	28.08	1:02.54		
7	Rosenberg, James	39	L4S	1:03.97
	28.53	1:03.97		
8	Di Filippo, Mario	39	UC10	1:04.59
	30.53	1:04.59		
9	Woodworth, Scott	39	L4S	1:04.66
	29.45	1:04.66		

Men 35-39 200 Yard Butterfly**NATL: 1:50.74 N 5/16/99 BOBBY PATTEN****ZONE: 1:52.21 Z 5/9/93 Bill Specht****VA: 1:58.92 V 4/1/00 Chris Stevenson**

1	Patterson, Thomas	38	1776	2:17.54
	30.07	1:03.26	1:38.85	2:17.54
2	Dryburgh, Andrew	35	SVY	2:18.74
	29.48	1:04.20	1:40.29	2:18.74

3	Di Filippo, Mario	39	UC10	2:23.57
	32.14	1:08.99	1:46.25	2:23.57
4	Jaskot, Brian	37	ALEX	2:27.66
	31.30	1:06.97	1:45.50	2:27.66
5	Rosenberg, James	39	L4S	2:35.27
	32.04	1:09.98	1:52.58	2:35.27

Men 35-39 100 Yard IM**NATL: 50.06 N 5/4/08 JOSH DAVIS****ZONE: 53.98 Z 4/13/08 Jeffrey Roddin****VA: 54.31 V 4/26/12 Daniel Summerlin**

1	Lovett, Michael	38	1693	55.59
	25.30	55.59		
2	Zenyuh, James	39	UC10	56.11
	23.86	56.11		
3	George, Nathan	36	DCM	56.64
	25.20	56.64		
4	Sabala, Michael	35	CHEL	59.73
	28.04	59.73		
5	Boris, Joseph	36	SVY	1:06.67
	31.77	1:06.67		
---	Strahota, Jeffrey	35	UMAC	DQ
	28.04	DQ		

Men 35-39 200 Yard IM**NATL: 1:48.74 N 12/22/02 RONALD KARNAUGH****ZONE: 1:58.94 Z 4/15/07 Jeffrey Roddin****VA: 1:59.02 V 1/26/08 Daniel Summerlin**

1	George, Nathan	36	DCM	2:12.22
	26.57	1:01.25	1:40.69	2:12.22
2	Patterson, Thomas	38	1776	2:21.83
	30.58	1:06.65	1:48.38	2:21.83
3	Boris, Joseph	36	SVY	2:23.36
	31.08	1:09.07	1:50.95	2:23.36
4	Jaskot, Brian	37	ALEX	2:30.71
	31.53	1:11.89	1:56.86	2:30.71
5	Bohan, Michael	39	UC07	2:31.69
	29.46	1:07.56	1:55.02	2:31.69

Men 35-39 400 Yard IM**NATL: 3:56.76 N 12/16/01 RON KARNAUGH****ZONE: 4:25.68 Z 4/22/01 Danilo Vicioso****VA: 4:24.06 V 6/1/04 Rob St Jean**

1	Field, David	36	NCMS	4:56.49
	29.17	1:03.27	1:42.62	2:22.50
	3:05.11	3:48.79	4:22.97	4:56.49
2	Patterson, Thomas	38	1776	4:58.20
	30.89	1:05.90	1:42.69	2:20.15
	3:03.52	3:48.04	4:23.93	4:58.20
3	Boris, Joseph	36	SVY	5:06.30
	33.14	1:10.94	1:51.28	2:33.23
	3:15.24	3:58.82	4:33.02	5:06.30

Men 40-44 50 Yard Freestyle**NATL: 20.67 N 12/20/14 JOSH DAVIS****ZONE: 21.78 Z 4/21/02 Michael Fell****VA: 21.84 V 1/1/98 John Tudor**

2	Lovett, Brian	41	1693	23.47
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1	Gross, Jeremy	44	SVY	22.16
2	Stull, Eric	41	SVY	23.16
3	Lovett, Brian	41	1693	23.39
4	Harbourt, Cliff	43	UC10	23.95
5	Bingaman, Cory	41	ALEX	24.92
6	Hanneschlager, Michael	41	L4S	25.02
7	Rudolph, Daniel	44	L4S	25.45
8	Bezerra, Andre	44	DCAC	26.43
9	Tomson, Farol	44	GERM	26.56
10	Jennings, Matthew	40	FAFF	28.00

Men 40-44 100 Yard Freestyle**NATL: 45.15 N 5/3/14 JOSH DAVIS****ZONE: 47.63 Z 4/21/02 Michael Fell****VA: 47.58 V 4/27/00 John Tudor**

1	Gross, Jeremy	44	SVY	49.18
	23.44	49.18		
2	Bell, David	40	CRUZ	51.61
	24.81	51.61		
3	Stull, Eric	41	SVY	51.72
	25.30	51.72		
4	Lovett, Brian	41	1693	52.14
	25.08	52.14		
5	Harbourt, Cliff	43	UC10	53.66
	25.57	53.66		
6	Grasha, Eric	40	DCAC	55.37
	26.49	55.37		
7	Rudolph, Daniel	44	L4S	55.79
	26.80	55.79		
8	Hanneschlager, Michael	41	L4S	57.93
	26.53	57.93		
9	Hinz, Brian	42	CMYM	1:01.40
	28.25	1:01.40		
10	Bezerra, Andre	44	DCAC	1:01.78
	29.61	1:01.78		
11	Church, Aaron	40	GMUP	1:06.31
	31.99	1:06.31		

Men 40-44 200 Yard Freestyle**NATL: 1:38.23 N 4/24/15 JOSH DAVIS****ZONE: 1:49.32 Z 4/24/05 Michael Schmidt****VA: 1:44.37 V 3/6/09 Chris Stevenson**

1	Gross, Jeremy	44	SVY	1:50.46
	25.12	52.79	1:21.50	1:50.46
2	Stull, Eric	41	SVY	1:56.66
	27.14	56.77	1:26.85	1:56.66
3	Harbourt, Cliff	43	UC10	2:03.78
	27.10	57.16	1:28.61	2:03.78
4	Rudolph, Daniel	44	L4S	2:05.93
	28.71	1:00.33	1:32.86	2:05.93
5	Ahlgren, Kyle	40	1693	2:16.94
	32.47	1:07.54	1:42.75	2:16.94

6	Jennings, Matthew	40	FAFF	2:24.93
	31.99	1:08.47	1:47.29	2:24.93

Men 40-44 500 Yard Freestyle**NATL: 4:33.36 N 4/25/15 JOSH DAVIS****ZONE: 4:46.18 Z 4/12/08 Chris Stevenson****VA: 4:42.67 V 5/7/09 Chris Stevenson**

1	Bell, David	40	CRUZ	5:12.41
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Men 40-44 500 Yard Freestyle**NATL: 4:33.36 N 4/25/15 JOSH DAVIS****ZONE: 4:46.18 Z 4/12/08 Chris Stevenson****VA: 4:42.67 V 5/7/09 Chris Stevenson**

1	Baldwin, Craig	41	RMST	5:34.75
	29.69	1:02.39	1:36.84	2:11.54
	2:46.38	3:20.85	3:55.14	4:28.73
	5:01.89	5:34.75		
2	Stull, Eric	41	SVY	5:37.03
	30.48	1:03.63	1:37.39	2:11.78
	2:46.38	3:21.24	3:55.37	4:29.53
	5:03.42	5:37.03		
3	Rudolph, Daniel	44	L4S	5:51.23
	31.93	1:06.36	1:41.75	2:17.29
	2:52.85	3:28.56	4:04.50	4:40.44
	5:16.61	5:51.23		
4	Ahlgren, Kyle	40	1693	5:56.30
	34.25	1:11.19	1:46.91	2:23.17
	2:59.05	3:34.71	4:10.80	4:47.07
	5:22.36	5:56.30		
5	Joubert, Kevin	43	MERR	6:03.20
	32.80	1:09.02	1:45.94	2:23.71
	3:01.21	3:38.03	4:14.87	4:51.78
	5:28.55	6:03.20		
6	Earle, Dan	44	1693	6:08.54
	33.07	1:08.82	1:45.07	2:22.77
	2:59.52	3:36.47	4:14.27	4:52.35
	5:30.79	6:08.54		
7	Church, Aaron	40	GMUP	6:32.51
	35.58	1:14.33	1:53.94	2:33.63
	3:13.27	3:53.02	4:33.50	5:13.98
	5:54.16	6:32.51		

Men 40-44 1000 Yard Freestyle**NATL: 9:32.66 N 5/7/10 ALEX KOSTICH****ZONE: 10:19.02 Z 4/24/09 Rob Jones****VA: 9:50.25 V 4/18/09 Chris Stevenson**

1	Bell, David	40	CRUZ	12:48.22
	26.95	56.91	1:27.88	1:59.40
	2:31.40	3:03.35	3:35.78	4:08.58
	4:41.09	5:12.41	6:10.77	6:53.87
	7:34.68	8:15.53	8:55.55	9:33.78
	10:11.35	10:49.10	11:26.09	12:48.22
2	Robev, Peter	43	L4S	27:32.83
	1:08.90	2:31.75		3:57.00
	5:26.34	6:56.15		8:22.47
	9:44.41	11:10.49		12:35.90
	13:59.62	15:19.85		16:40.20
	17:59.00	19:22.71	27:32.83	

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George Mason University, Fairfax, VA

Results**Men 40-44 1650 Yard Freestyle****NATL: 15:51.52 N 5/9/10****ALEX KOSTICH****ZONE: 17:42.09 Z 4/23/06****Scott Brown****VA: 17:40.34 V 4/10/10****Rob St Jean**

1	Ahlgren, Kyle	40	1693	20:18.03
	35.07	1:13.24	1:50.58	2:27.89
	3:05.18	3:42.31	4:19.25	4:56.70
	5:34.12	6:11.70	6:48.84	7:26.11
	8:03.13	8:40.33	9:17.37	9:54.11
	10:30.97	11:08.44	11:45.41	12:22.52
	12:59.09	13:35.69	14:12.10	14:49.11
	15:25.71	16:02.47	16:39.45	17:16.71
	17:53.30	18:30.42	19:07.11	19:43.84
				20:18.03
2	Joubert, Kevin	43	MERR	20:58.95
	32.54	1:07.76	1:44.02	2:21.40
	2:58.42	3:35.96	4:13.51	4:50.96
	5:28.51	6:06.08	6:43.72	7:21.63
	7:59.83	8:37.80	9:15.85	9:53.89
	10:32.03	11:10.41	11:48.95	12:28.42
	13:07.86	13:47.00	14:26.17	15:05.21
	15:44.32	16:23.55	17:03.32	17:43.57
	18:23.55	19:02.92	19:42.25	20:20.89
				20:58.95
3	Church, Aaron	40	GMUP	21:41.01
	35.55	1:13.80	1:53.50	2:33.38
	3:13.39	3:53.21	4:32.67	5:12.02
	5:51.66	6:31.46	7:11.15	7:50.80
	8:30.30	9:09.91	9:49.57	10:29.35
	11:08.75	11:48.65	12:28.44	13:08.11
	13:47.75	14:27.24	15:06.80	15:46.27
	16:25.75	17:05.45	17:44.82	18:24.56
	19:04.17	19:43.62	20:23.44	21:03.14
				21:41.01
4	Perlstein, Michael	43	L4S	35:12.81
	53.50	1:50.28		3:48.79
		6:06.38	7:10.85	8:11.65
	9:14.48	10:19.61	11:24.77	12:30.42
	13:36.02	14:41.43	15:47.83	16:56.48
	18:02.15	19:06.35	20:10.80	21:19.99
	22:26.88	23:32.57	24:37.37	25:40.58
		27:48.71	28:54.40	30:00.17
	31:04.41	32:10.08	33:13.71	34:15.17
				35:12.81

Men 40-44 50 Yard Backstroke**NATL: 22.77 N 4/26/09****MICHAEL ROSS****ZONE: 24.45 Z 4/13/08****Chris Stevenson****VA: 24.45 V 4/11/08****Chris Stevenson**

1	Bell, David	40	CRUZ	26.13
2	Bingaman, Cory	41	ALEX	30.02
3	Rudolph, Daniel	44	L4S	30.20
4	Tomson, Farol	44	GERM	32.18
5	Jennings, Matthew	40	FAFF	34.67

Men 40-44 50 Yard Backstroke**NATL: 22.77 N 4/26/09****MICHAEL ROSS****ZONE: 24.45 Z 4/13/08****Chris Stevenson****VA: 24.45 V 4/11/08****Chris Stevenson**

3	Earle, Dan	44	1693	31.10
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Men 40-44 100 Yard Backstroke**NATL: 48.49 N 4/26/09****MICHAEL ROSS****ZONE: 51.88 Z 4/13/08****Chris Stevenson****VA: 50.67 V 3/6/09****Chris Stevenson**

1	Bell, David	40	CRUZ	56.81
	27.40			56.81
2	Grasha, Eric	40	DCAC	1:04.97
	31.83			1:04.97
3	Earle, Dan	44	1693	1:08.63
	33.99			1:08.63
4	Hastings, Corey	40	ALEX	1:09.75
	33.52			1:09.75

Men 40-44 200 Yard Backstroke**NATL: 1:50.09 N 5/4/08****MICHAEL ROSS****ZONE: 1:53.29 Z 4/12/08****Chris Stevenson****VA: 1:51.10 V 5/7/09****Chris Stevenson**

1	Bell, David	40	CRUZ	2:05.24
	28.70			59.84
				1:32.34
				2:05.24
2	Ahlgren, Kyle	40	1693	2:32.82
	37.90			1:16.22
				1:54.92
				2:32.82
3	Jennings, Matthew	40	FAFF	2:51.75
	37.75			1:21.23
				2:07.55
				2:51.75

Men 40-44 50 Yard Breaststroke**NATL: 25.56 N 4/24/15****STEVE WEST****ZONE: 27.42 Z 5/2/99****Benn Doyle****VA: 28.52 V 5/19/05****David Malsbury**

1	Goodison, Michael	44	UMAC	29.10
2	Williams, Rich	40	1693	29.23
3	Bell, David	40	CRUZ	30.50
4	Gross, Jeremy	44	SVY	30.59
5	McNelis, Michael	40	UC04	30.99
6	Stull, Eric	41	SVY	31.37
7	Hinz, Brian	42	CMYM	33.79
8	Tomson, Farol	44	GERM	35.40
9	Grasha, Eric	40	DCAC	37.28

Men 40-44 100 Yard Breaststroke**NATL: 55.37 N 4/25/15****JEFF COMMINGS****ZONE: 58.39 Z 4/26/09****Jim Tuchler****VA: 1:02.36 V 5/7/98****Michael Slowey**

1	Williams, Rich	40	1693	1:03.59
	30.14			1:03.59
2	Goodison, Michael	44	UMAC	1:04.08
	30.65			1:04.08
3	Baldwin, Craig	41	RMST	1:09.91
	32.45			1:09.91

Men 40-44 200 Yard Breaststroke**NATL: 2:00.53 N 5/3/14****STEVE WEST****ZONE: 2:08.34 Z 4/25/09****Jim Tuchler****VA: 2:18.21 V 5/7/98****Michael Slowey**

1	Goodison, Michael	44	UMAC	2:25.37
	32.60			1:10.08
				1:47.92
				2:25.37
2	Williams, Rich	40	1693	2:25.96
	32.43			1:08.90
				1:47.24
				2:25.96

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3	McNelis, Michael	40	UC04	2:28.78
	33.67	1:11.97	1:50.30	2:28.78

Men 40-44 50 Yard Butterfly**NATL: 22.61 N 4/26/09 MICHAEL ROSS****ZONE: 22.61 Z 4/26/09 Michael Ross****VA: 23.82 V 5/7/09 Chris Stevenson**

1	Gross, Jeremy	44	SVY	23.94
2	Lovett, Brian	41	1693	24.92
3	Goodison, Michael	44	UMAC	25.61
4	Stull, Eric	41	SVY	25.88
5	Harbourt, Cliff	43	UC10	26.46
6	Bingaman, Cory	41	ALEX	26.86
7	Hastings, Corey	40	ALEX	26.99
8	Hanneschlager, Michael	41	L4S	27.09
9	Grasha, Eric	40	DCAC	27.35
10	Tomson, Farol	44	GERM	28.73
11	Hinz, Brian	42	CMYM	29.28
12	Rudolph, Daniel	44	L4S	29.37
13	Joubert, Kevin	43	MERR	30.61
14	Bezerra, Andre	44	DCAC	30.64

Men 40-44 100 Yard Butterfly**NATL: 49.27 N 5/4/08 MICHAEL ROSS****ZONE: 51.92 Z 4/13/08 Chris Stevenson****VA: 50.81 V 5/7/09 Chris Stevenson**

1	Gross, Jeremy	44	SVY	55.01
	25.77	55.01		
2	Harbourt, Cliff	43	UC10	1:00.15
	28.90	1:00.15		
3	Hastings, Corey	40	ALEX	1:06.01
	29.01	1:06.01		
4	Jennings, Matthew	40	FAPP	1:17.01
	35.97	1:17.01		

Men 40-44 200 Yard Butterfly**NATL: 1:50.61 N 4/14/02 DENNIS BAKER****ZONE: 1:57.61 Z 4/12/08 Chris Stevenson****VA: 1:54.85 V 5/7/09 Chris Stevenson**

1	Joubert, Kevin	43	MERR	2:46.09
	37.30	1:20.29	2:02.56	2:46.09

Men 40-44 100 Yard IM**NATL: 51.07 N 4/25/15 JEFF COMMINGS****ZONE: 53.51 Z 4/26/09 Jim Tuchler****VA: 55.67 V 5/8/98 John Tudor**

1	Bell, David	40	CRUZ	57.84
	26.36	57.84		
2	Williams, Rich	40	1693	58.53
	27.09	58.53		
3	Lovett, Brian	41	1693	59.78
	26.90	59.78		
4	Goodison, Michael	44	UMAC	59.85
	28.47	59.85		
5	Baldwin, Craig	41	RMST	1:01.95
	28.43	1:01.95		

6	Bingaman, Cory	41	ALEX	1:02.43
	28.90	1:02.43		
7	McNelis, Michael	40	UC04	1:02.65
	29.74	1:02.65		

Men 40-44 200 Yard IM**NATL: 1:51.85 N 4/26/09 MICHAEL ROSS****ZONE: 1:51.85 Z 4/25/09 Michael Ross****VA: 2:03.51 V 4/27/00 John Tudor**

1	Bingaman, Cory	41	ALEX	2:16.58
	28.33	1:02.52	1:42.84	2:16.58
2	Hastings, Corey	40	ALEX	2:32.29
	29.94	1:07.37	1:53.41	2:32.29
3	Church, Aaron	40	GMUP	3:10.55
	44.16	1:33.60	2:33.94	3:10.55

Men 40-44 400 Yard IM**NATL: 4:01.87 N 4/19/09 ROQUE SANTOS****ZONE: 4:18.94 Z 4/26/09 Jim Tuchler****VA: 4:23.70 V 2/9/08 Chris Stevenson**

1	McNelis, Michael	40	UC04	4:53.69
	31.06	1:07.45	1:45.39	2:23.65
	3:04.59	3:46.46	4:20.62	4:53.69
2	Ahlgren, Kyle	40	1693	5:30.12
	39.57	1:24.23	2:04.51	2:43.63
	3:32.53	4:21.05	4:57.09	5:30.12

Men 45-49 50 Yard Freestyle**NATL: 21.06 N 5/21/10 RICHARD HUGHEY****ZONE: 23.21 Z 5/9/93 Daniel Rogacki****VA: 22.91 V 5/17/07 David Malsbury**

4	Sprenger, Kurt	46	VMST	25.34
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Men 45-49 50 Yard Freestyle**NATL: 21.06 N 5/21/10 RICHARD HUGHEY****ZONE: 23.21 Z 5/9/93 Daniel Rogacki****VA: 22.91 V 5/17/07 David Malsbury**

1	Ross, Michael	47	MESC	22.38Z
2	Hiltabiddle, Steve	49	1776	22.67Z
3	Rees, Greg	46	SVY	22.81Z
4	Doane, Michael	45	UMAC	23.01Z
5	Sangmeister, Gary	45	SVY	23.22
6	Mehok, George	48	SYSM	23.41
7	Ruckdeschel, Jonathan	47	CMYM	23.52
8	Clear, Kirk	48	VMST	24.76
9	Reynolds, Sean	47	CBFY	25.76
10	Sax, William	47	GMUP	26.76
11	Toy, Raymond	49	CMYM	28.54
12	Shinaishin, Tarik	48	FAC	30.50
13	Wynes, Tony	46	RMST	34.08

Men 45-49 100 Yard Freestyle**NATL: 46.21 N 4/26/15 NICOLAS GRANGER****ZONE: 51.49 Z 4/13/03 Bradford Gandee****VA: 50.62 V 4/26/12 Rob Jones**

1	Ross, Michael	47	MESC	47.99Z
	23.20	47.99		
2	Rees, Greg	46	SVY	50.21Z
	23.74	50.21		

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3	Hiltabiddle, Steve	49	1776	50.56Z
	23.80	50.56		
4	Mehok, George	48	SYSM	51.77
	24.81	51.77		
5	Doane, Michael	45	UMAC	52.56
	25.04	52.56		
6	Ruckdeschel, Jonathan	47	CMYM	52.86
	24.59	52.86		
7	Sangmeister, Gary	45	SVY	53.08
	25.13	53.08		
8	Bates, John	47	SPRY	53.36
	25.11	53.36		
9	Sprenger, Kurt	46	VMST	54.81
	26.07	54.81		
10	Reynolds, Sean	47	CBFY	57.10
	26.62	57.10		
11	Clear, Kirk	48	VMST	57.18
	27.29	57.18		
12	Toy, Raymond	49	CMYM	1:02.29
	30.40	1:02.29		
13	Shinaishin, Tarik	48	FAC	1:06.57
	32.00	1:06.57		
14	Wynes, Tony	46	RMST	1:15.27
	36.63	1:15.27		

Men 45-49 200 Yard Freestyle

NATL: 1:41.69 N 5/21/10 DAVID SIMS
ZONE: 1:52.65 Z 4/21/02 John Hudson
VA: 1:45.92 V 3/5/10 Chris Stevenson

1	Bates, John	47	SPRY	2:01.48
	29.50	1:00.91	1:31.97	2:01.48
2	Murray, James	47	FBST	2:04.46
	28.39	58.98	1:31.70	2:04.46
3	Torrington, Geoffrey	45	L4S	2:04.65
	28.18	59.07	1:31.53	2:04.65
4	Toy, Raymond	49	CMYM	2:27.56
	33.04	1:10.86	1:49.48	2:27.56
5	Wynes, Tony	46	RMST	2:43.29
	38.61	1:19.70	2:02.99	2:43.29

Men 45-49 500 Yard Freestyle

NATL: 4:39.10 N 5/20/07 DENNIS BAKER
ZONE: 4:51.53 Z 4/25/09 Neil Brophy
VA: 4:52.46 V 4/28/11 Chris Stevenson

1	Sax, William	47	GMUP	5:41.59
	29.82	1:03.07	1:37.92	2:13.14
	2:48.09	3:23.10	3:58.52	4:33.56
	5:08.28	5:41.59		
2	Henry, Mike	45	L4S	6:06.18
	31.21	1:05.09	1:40.00	2:16.15
	2:52.82	3:30.18	4:08.94	4:48.31
	5:27.65	6:06.18		
3	Severt, Cary	45	UC12	6:09.88
	34.09	1:09.84	1:45.97	2:22.95
	3:00.58	3:38.87	4:16.97	4:54.74
	5:32.90	6:09.88		

4	McKnight, Patrick	49	GMUP	6:18.79
	33.47	1:10.33	1:48.43	2:27.10
	3:05.81	3:44.68	4:23.48	5:02.29
	5:40.76	6:18.79		

Men 45-49 1000 Yard Freestyle

NATL: 9:43.93 N 5/20/10 KEITH SWITZER
ZONE: 9:58.64 Z 4/24/09 Neil Brophy
VA: 10:24.07 V 1/7/11 Chris Stevenson

1	Murray, James	47	FBST	11:31.91
	30.98	1:04.20	1:38.42	2:13.04
	2:47.89	3:23.15	3:58.02	4:33.41
	5:08.76	5:44.00	6:19.24	6:54.20
	7:29.32	8:04.41	8:39.81	9:14.97
	9:49.90	10:24.76	10:59.56	11:31.91
2	Sax, William	47	GMUP	11:45.84
	30.39	1:04.11	1:39.28	2:14.25
	2:49.71	3:25.50	4:00.41	4:35.52
	5:11.18	5:46.65	6:22.22	6:58.35
	7:34.34	8:11.40	8:47.39	9:24.10
	10:00.10	10:36.62	11:12.38	11:45.84

Men 45-49 50 Yard Backstroke

NATL: 23.58 N 4/26/15 MICHAEL ROSS
ZONE: 25.06 Z 4/23/06 Clay Britt
VA: 24.28 V 5/20/10 Chris Stevenson

2	Rees, Greg	46	SVY	25.70
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Men 45-49 50 Yard Backstroke

NATL: 23.58 N 4/26/15 MICHAEL ROSS
ZONE: 25.06 Z 4/23/06 Clay Britt
VA: 24.28 V 5/20/10 Chris Stevenson

1	Ross, Michael	47	MESC	24.18Z
2	Rees, Greg	46	SVY	25.57
3	Mehok, George	48	SYSM	27.07
4	Clear, Kirk	48	VMST	27.58
5	Ruckdeschel, Jonathan	47	CMYM	30.50
6	Toy, Raymond	49	CMYM	35.37
7	Wynes, Tony	46	RMST	43.90

Men 45-49 100 Yard Backstroke

NATL: 51.55 N 4/30/11 CHRIS STEVENSON
ZONE: 53.87 Z 4/23/06 Clay Britt
VA: 51.55 V 4/28/11 Chris Stevenson

1	Ross, Michael	47	MESC	52.03Z
	25.32	52.03		
2	Rees, Greg	46	SVY	56.79
	27.01	56.79		
3	Williams, Neill	48	DCAC	58.21
	28.20	58.21		
4	Mehok, George	48	SYSM	58.71
	28.47	58.71		
5	Sprenger, Kurt	46	VMST	1:02.47
	30.21	1:02.47		
6	Clear, Kirk	48	VMST	1:04.75
	30.81	1:04.75		
7	Henry, Mike	45	L4S	1:11.40
	34.82	1:11.40		

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8	Toy, Raymond	49	CMYM	1:17.96
	36.81	1:17.96		
9	Wynes, Tony	46	RMST	1:29.22
	45.02	1:29.22		
10	Shinaishin, Tarik	48	FAC	1:31.36
	44.95	1:31.36		

Men 45-49 50 Yard Breaststroke**NATL: 26.17 N 3/28/15 TODD TORRES****ZONE: 28.59 Z 4/12/15 Neill Williams****VA: 28.60 V 5/17/07 David Malsbury**

1	Williams, Neill	48	DCAC	28.09Z
2	Ross, Michael	47	MESC	28.85
3	Doane, Michael	45	UMAC	28.90
4	Sangmeister, Gary	45	SVY	30.10
5	Ruckdeschel, Jonathan	47	CMYM	31.62
6	Reynolds, Sean	47	CBFY	34.71
7	Wynes, Tony	46	RMST	42.92

Men 45-49 100 Yard Breaststroke**NATL: 56.83 N 2/20/15 TODD TORRES****ZONE: 1:00.59 Z 4/26/09 Jon Blank****VA: 1:04.24 V 4/15/10 David Malsbury**

1	Williams, Neill	48	DCAC	1:01.42
	28.62	1:01.42		
2	Sangmeister, Gary	45	SVY	1:06.97
	31.14	1:06.97		
3	Shinaishin, Tarik	48	FAC	1:42.10
	48.19	1:42.10		

Men 45-49 200 Yard Breaststroke**NATL: 2:08.23 N 3/28/15 TODD TORRES****ZONE: 2:17.87 Z 4/25/09 Jon Blank****VA: 2:24.61 V 4/23/06 Tom Royal**

1	Wynes, Tony	46	RMST	3:18.66
	44.57	1:34.72	2:26.69	3:18.66

Men 45-49 50 Yard Butterfly**NATL: 22.67 N 5/4/08 PAUL SMITH****ZONE: 23.77 Z 4/25/10 William Segal****VA: 23.89 V 3/5/10 Chris Stevenson**

1	Rees, Greg	46	SVY	24.10
2	Ross, Michael	47	MESC	24.12
3	Hiltabiddle, Steve	49	1776	24.20
4	Williams, Neill	48	DCAC	25.10
5	Doane, Michael	45	UMAC	25.19
6	Sangmeister, Gary	45	SVY	25.33
7	Mehok, George	48	SYSM	26.05
8	Ruckdeschel, Jonathan	47	CMYM	26.83
9	Clear, Kirk	48	VMST	27.48
10	Sprenger, Kurt	46	VMST	28.20
11	Sax, William	47	GMUP	29.37
12	Reynolds, Sean	47	CBFY	30.53
13	Toy, Raymond	49	CMYM	31.95
14	Shinaishin, Tarik	48	FAC	33.41

Men 45-49 100 Yard Butterfly**NATL: 50.90 N 5/21/10 DAVID SIMS****ZONE: 52.58 Z 4/25/09 Scott Carpenter****VA: 51.36 V 3/5/10 Chris Stevenson**

1	Hiltabiddle, Steve	49	1776	54.48
	25.80	54.48		
2	Rees, Greg	46	SVY	54.71
	25.61	54.71		
3	Roddin, Jeffrey	47	ANCM	54.86
	25.65	54.86		
4	Doane, Michael	45	UMAC	56.52
	26.44	56.52		
5	Williams, Neill	48	DCAC	56.77
	26.37	56.77		
6	Mehok, George	48	SYSM	57.14
	26.83	57.14		
7	Sangmeister, Gary	45	SVY	59.86
	28.14	59.86		
8	Sax, William	47	GMUP	1:04.25
	29.39	1:04.25		
9	Torrington, Geoffrey	45	L4S	1:05.00
	30.18	1:05.00		

Men 45-49 200 Yard Butterfly**NATL: 1:50.73 N 12/6/08 DENNIS BAKER****ZONE: 1:59.22 Z 4/26/09 Michael Schmidt****VA: 1:57.08 V 3/5/10 Chris Stevenson**

1	Sax, William	47	GMUP	2:24.74
	31.22	1:08.38	1:46.74	2:24.74
2	Severt, Cary	45	UC12	3:14.13
	39.30	1:28.04	2:20.50	3:14.13

Men 45-49 100 Yard IM**NATL: 52.14 N 5/23/10 RICHARD HUGHEY****ZONE: 54.88 Z 4/12/15 Jeffrey Roddin****VA: 54.99 V 5/20/10 Chris Stevenson**

1	Williams, Neill	48	DCAC	55.98
	25.84	55.98		
2	Roddin, Jeffrey	47	ANCM	56.32
	26.21	56.32		
3	Rees, Greg	46	SVY	56.87
	25.06	56.87		
4	Hiltabiddle, Steve	49	1776	57.90
	26.50	57.90		
5	Sangmeister, Gary	45	SVY	59.88
	28.68	59.88		
6	Ruckdeschel, Jonathan	47	CMYM	1:01.21
	29.18	1:01.21		
7	Reynolds, Sean	47	CBFY	1:09.31
	32.34	1:09.31		
8	Shinaishin, Tarik	48	FAC	1:22.91
	39.98	1:22.91		

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1	Roddin, Jeffrey	47	ANCM	2:04.68
	26.76	58.80	1:34.67	2:04.68
2	Sangmeister, Gary	45	SVY	2:20.72
	29.71	1:08.31	1:47.58	2:20.72
3	Sprenger, Kurt	46	VMST	2:22.61
	30.74	1:06.08	1:51.55	2:22.61
4	Shinaishin, Tarik	48	FAC	3:05.32
	37.38	1:29.49	2:25.74	3:05.32

Men 45-49 400 Yard IM**NATL: 4:01.32 N 4/24/15 NICOLAS GRANGER****ZONE: 4:24.92 Z 4/12/15 Jerome Frentsos****VA: 4:17.52 V 5/20/10 Chris Stevenson**

1	Roddin, Jeffrey	47	ANCM	4:33.99
	29.35	1:01.32	1:36.51	2:12.30
	2:51.27	3:30.17	4:02.04	4:33.99
2	Wynes, Tony	46	RMST	6:44.14
	52.28	1:49.60	3:32.83	
	4:25.24	5:18.45	6:44.14	

Men 50-54 50 Yard Freestyle**NATL: 21.36 N 4/29/11 ROWDY GAINES****ZONE: 22.03 Z 4/13/03 Paul Trevisan****VA: 23.17 V 1/25/15 Gregory Harris**

1	Harris, Greg	52	VMST	22.83V
2	McGuire, Jim	51	SVY	24.66
3	Ledger, Clark	51	LVM	24.72
4	Schutzmeister, Scott	51	L4S	24.96
5	Ruggieri, James	52	SVY	25.99
6	Murphy, Matthew	54	GSM	26.26
7	Eliot, Doug	51	RMST	26.47
8	McGroarty, Patrick	52	FAFF	28.51
9	Scheller, Robert	51	MSSC	28.74
10	Payne, Stephen	54	UMAC	30.32
11	McGowan, Thomas	54	UC12	31.59
12	Hill, Richard	50	UC12	37.48

Men 50-54 100 Yard Freestyle**NATL: 46.59 N 5/10/09 ROWDY GAINES****ZONE: 49.28 Z 4/24/05 Paul Trevisan****VA: 50.35 V 12/13/15 Gregory Harris**

1	Harris, Greg	52	VMST	50.25V
	23.71	50.25		
2	Ledger, Clark	51	LVM	54.23
	26.09	54.23		
3	Schutzmeister, Scott	51	L4S	55.63
	27.21	55.63		
4	Hellmann, Ralph	54	SYSM	56.10
	27.01	56.10		
5	McGuire, Jim	51	SVY	56.66
	26.24	56.66		
6	Murphy, Matthew	54	GSM	58.29
7	Worst, Jeremy	53	WAVA	58.67
	28.23	58.67		

8	Ruggieri, James	52	SVY	58.76
	27.65	58.76		
9	Evans, Brian	51	RMST	1:00.28
	29.11	1:00.28		
10	Scheller, Robert	51	MSSC	1:02.90
	30.57	1:02.90		
11	Bamford, Sherman	51	VMST	1:31.09
	43.08	1:31.09		

Men 50-54 200 Yard Freestyle**NATL: 1:43.76 N 5/10/09 ROWDY GAINES****ZONE: 1:52.67 Z 4/24/05 Bradford Gandee****VA: 1:57.54 V 4/10/15 Gregory Harris**

1	Harris, Greg	52	VMST	1:54.59V
	27.29	56.39	1:25.75	1:54.59
2	Schmidt, Michael	53	MESC	1:55.83
	27.48	56.87	1:26.13	1:55.83
3	Ledger, Clark	51	LVM	2:00.30
	27.56	57.70	1:29.07	2:00.30
4	Quinones, Enrique	52	DCAC	2:00.33
	28.27	58.50	1:29.27	2:00.33
5	Schutzmeister, Scott	51	L4S	2:05.09
	29.31	1:01.26	1:33.24	2:05.09
6	Murphy, Matthew	54	GSM	2:08.09
	28.95	1:00.93	1:34.57	2:08.09
7	Worst, Jeremy	53	WAVA	2:13.88
	30.43	1:03.66	1:38.87	2:13.88
8	Evans, Brian	51	RMST	2:16.69
	30.63	1:05.25	1:40.80	2:16.69
9	Scheller, Robert	51	MSSC	2:18.36
	31.48	1:05.14	1:41.27	2:18.36
10	Payne, Stephen	54	UMAC	2:39.34
	35.52	1:15.69	1:57.78	2:39.34

Men 50-54 500 Yard Freestyle**NATL: 4:47.57 N 5/20/01 JIM MCCONICA****ZONE: 5:07.41 Z 4/23/06 Bradford Gandee****VA: 5:23.90 V 2/14/09 Jim McFarland**

1	Schmidt, Michael	53	MESC	5:18.50
	29.58	1:00.76	1:32.65	2:05.06
	2:37.45	3:10.03	3:42.67	4:15.31
	4:47.37	5:18.50		
2	Ledger, Clark	51	LVM	5:34.28
	29.55	1:02.20	1:35.97	2:09.98
	2:44.20	3:18.50	3:52.69	4:26.94
	5:01.15	5:34.28		
3	Quinones, Enrique	52	DCAC	5:37.25
	29.48	1:00.82	1:33.19	2:06.05
	2:39.99	3:14.52	3:49.46	4:25.03
	5:01.55	5:37.25		
4	Swinerton, Kenneth	52	L4S	5:48.94
	32.15	1:06.69	1:42.18	2:18.11
	2:54.37	3:30.08	4:05.42	4:40.69
	5:15.14	5:48.94		
5	Grecco, Paul	54	GMUP	5:52.31
	32.90	1:08.48	1:44.18	2:20.00
	2:56.00	3:32.10	4:08.06	4:43.92
	5:19.50	5:52.31		

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 50-54 500 Yard Freestyle)**

6	Junta, Donald	53	GMUP	7:37.67
	40.60	1:27.69	2:15.14	3:01.24
	3:48.05	4:34.16	5:20.84	6:07.77
	6:53.16	7:37.67		

Men 50-54 1000 Yard Freestyle

NATL: 9:55.84 N 4/6/13 KEITH SWITZER
ZONE: 10:49.44 Z 4/23/06 Bradford Gandee
VA: 11:23.54 V 4/24/09 Jim McFarland

1	Reilly, Jeff	54	1776	11:30.78
	32.70	1:07.41	1:42.84	2:17.75
	2:52.75	3:27.41	4:02.12	4:37.22
	5:11.90	5:46.87	6:21.89	6:56.40
	7:30.81	8:05.75	8:40.37	9:14.94
	9:49.56	10:23.69	10:57.78	11:30.78
2	Eliot, Doug	51	RMST	12:27.23
	31.33	1:05.78	1:41.58	2:18.04
	2:55.12	3:32.41	4:10.32	4:48.41
	5:26.23	6:04.59	6:42.68	7:20.85
	7:59.56	8:38.13	9:16.29	9:55.05
	10:33.74	11:12.25	11:50.36	12:27.23
3	Evans, Brian	51	RMST	13:06.30
	33.63	1:11.89	1:51.01	2:30.31
	3:09.45	3:49.16	4:28.95	5:08.78
	5:48.20	6:28.42	7:08.16	7:47.83
	8:28.05	9:08.42	9:48.67	10:28.94
	11:09.67	11:49.82	12:29.08	13:06.30
4	Scheller, Robert	51	MSSC	13:54.39
	35.00	1:13.86	1:54.05	2:35.33
	3:16.80	3:59.02	4:41.05	5:23.64
	6:06.33	6:48.82	7:31.97	8:14.53
	8:57.90	9:40.09	10:22.36	11:05.03
	11:48.18	12:31.01	13:14.06	13:54.39
5	Payne, Stephen	54	UMAC	15:13.05
	39.35	1:21.83	2:05.92	2:51.15
	3:38.01	4:24.78	5:11.64	5:58.00
	6:43.64	7:29.51	8:16.78	9:02.44
	9:48.08	10:35.18	11:23.56	12:11.34
	12:57.26	13:43.94	14:29.34	15:13.05
6	Brown, Ray	52	FAFF	15:25.64
	39.24	1:21.21	2:05.51	2:50.81
	4:26.72	5:14.00	6:02.54	
	6:50.56	7:38.76	8:26.70	9:14.80
	10:03.09	10:50.96	11:38.45	12:25.19
	13:12.40	13:59.03	14:44.74	15:25.64
---	Dever, Frederick	50	DCAC	DQ

Men 50-54 1000 Yard Freestyle

NATL: 9:55.84 N 4/6/13 KEITH SWITZER
ZONE: 10:49.44 Z 4/23/06 Bradford Gandee
VA: 11:23.54 V 4/24/09 Jim McFarland

1	Jones, Rob	51	UC12	10:36.39Z
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Men 50-54 1650 Yard Freestyle

NATL: 16:28.77 N 4/23/15 JEFF ERWIN
ZONE: 18:06.67 Z 4/15/07 Robert Hansen
VA: 18:52.71 V 2/14/09 Jim McFarland

1	Jones, Rob	51	UC12	17:41.21Z
	29.61	1:01.10	1:32.77	2:04.41
	2:36.23	3:07.94	3:39.69	4:11.52
	4:43.48	5:15.41	5:47.34	6:19.37
	6:51.55	7:23.70	7:55.84	8:28.05
	9:00.52	9:32.87	10:05.18	10:36.39
	11:13.75	11:45.80	12:17.90	12:50.23
	13:22.54	13:54.98	14:27.28	14:59.75
	15:32.02	16:04.63	16:37.61	17:10.10
				17:41.21
2	Swinerton, Kenneth	52	L4S	19:28.46
	32.48	1:07.23	1:42.51	2:18.19
	2:54.17	3:30.05	4:05.96	4:41.84
	5:17.49	5:53.71	6:29.07	7:04.81
	7:40.23	8:15.88	8:51.59	9:27.21
	10:02.61	10:37.95	11:13.53	11:48.80
	12:24.23	12:59.78	13:34.90	14:10.38
	14:45.97	15:21.79	15:57.38	16:32.87
	17:08.63	17:44.12	18:19.53	18:54.42
				19:28.46
3	Grecco, Paul	54	GMUP	21:02.46
	33.86	1:10.87	1:48.27	2:25.56
	3:03.10	3:40.71	4:19.00	4:56.79
	5:34.38	6:12.93	6:51.24	7:29.27
	8:07.92	8:45.68	9:24.64	10:03.15
	10:42.37	11:21.75	12:01.10	12:40.55
	13:19.74	13:58.95	14:38.14	15:17.55
	15:57.17	16:36.70	17:15.54	17:55.13
	18:34.15	19:12.92	19:50.73	20:27.85
				21:02.46
4	Junta, Donald	53	GMUP	25:23.06
	42.29	1:30.10	2:17.18	3:03.67
	3:50.07	4:37.17	5:23.95	6:10.24
	6:56.14	7:42.01	8:27.99	9:15.75
	10:02.28	10:47.84	11:33.61	12:19.02
	13:04.92	13:51.11	14:36.93	15:22.64
	16:09.16	16:55.26	17:41.43	18:27.14
	19:13.72	20:00.16	20:46.69	21:32.91
	22:19.75	23:06.59	23:53.05	24:39.23
				25:23.06
5	Stevenson, Andrew	52	L4S	29:10.89
	49.56	1:40.30	2:32.22	3:23.84
	4:17.56	5:10.04	6:03.25	6:55.92
	7:47.97	8:41.46	9:35.56	10:30.00
	11:22.58	12:16.48	13:09.92	14:02.71
	14:56.48	15:49.76	16:43.47	17:36.27
	18:30.24	19:24.53	20:19.07	21:12.86
	22:06.82	23:00.79	23:54.17	24:48.50
	25:41.94	26:34.92	27:27.88	28:20.84
				29:10.89

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 50-54 1650 Yard Freestyle)**

6	Raful, Mitchell	54	RMST	29:52.23
	44.11	1:34.02	2:29.42	3:20.99
	4:15.08	5:07.33	6:02.20	6:56.80
	7:51.51	8:46.52	9:41.06	10:39.52
	11:33.07	12:28.01	13:22.48	14:17.87
	15:12.75	16:07.04	17:02.92	17:56.72
	18:51.52	19:46.72	20:42.08	21:37.38
	22:31.35	23:26.34	24:23.33	25:17.70
	26:13.83	27:08.52	28:04.17	28:57.52
				29:52.23

Men 50-54 50 Yard Backstroke

NATL: 24.57 N 5/4/14 **FRITZ BEDFORD**
ZONE: 27.54 Z 5/2/99 **Bob Kolonkowski**
VA: 25.99 V 2/8/15 **Chris Stevenson**

1	Evans, Jeff	50	SVY	26.97Z
2	Eliot, Doug	51	RMST	31.25
3	Evans, Brian	51	RMST	33.47
4	McGowan, Thomas	54	UC12	37.70

Men 50-54 100 Yard Backstroke

NATL: 52.72 N 3/21/15 **FRITZ BEDFORD**
ZONE: 59.93 Z 4/13/03 **Rick Stringer**
VA: 55.10 V 2/8/15 **Chris Stevenson**

1	Evans, Jeff	50	SVY	58.02Z
	28.60	58.02		
2	Eliot, Doug	51	RMST	1:09.23
	33.91	1:09.23		
3	Reyes, Ted	50	DCAC	1:13.00
	33.82	1:13.00		
4	Bamford, Sherman	51	VMST	1:57.70
	58.90	1:57.70		
5	Mueller, Jim	50	L4S	2:12.73
	1:00.88	2:12.73		

Men 50-54 200 Yard Backstroke

NATL: 1:59.04 N 4/25/15 **JIM TUCHLER**
ZONE: 2:04.91 Z 4/17/11 **Clay Britt**
VA: 2:03.00 V 2/7/15 **Chris Stevenson**

1	Kress, Jay	53	L4S	2:28.66
	34.98	1:13.31	1:52.54	2:28.66

Men 50-54 50 Yard Breaststroke

NATL: 26.45 N 3/30/14 **DAVID GUTHRIE**
ZONE: 29.89 Z 4/15/07 **Jose Cunningham**
VA: 29.31 V 5/1/08 **Michael Slowey**

1	Hellmann, Ralph	54	SYSM	31.47
2	Reilly, Jeff	54	1776	33.97
3	Strouse, Gregory	53	GERM	35.25
4	Reyes, Ted	50	DCAC	37.72

Men 50-54 100 Yard Breaststroke

NATL: 58.41 N 3/29/14 **DAVID GUTHRIE**
ZONE: 1:03.32 Z 4/25/10 **Benn Doyle**
VA: 1:03.10 V 6/1/08 **Michael Slowey**

1	Harris, Greg	52	VMST	1:02.71V
	29.39	1:02.71		

2	Kress, Jay	53	L4S	1:13.91
	35.99	1:13.91		
3	Oliphant, Mark	53	TCYS	1:14.14
	34.21	1:14.14		
4	Strouse, Gregory	53	GERM	1:15.66
	37.92	1:15.66		
5	Mueller, Jim	50	L4S	2:03.99
	58.55	2:03.99		

Men 50-54 200 Yard Breaststroke

NATL: 2:07.25 N 3/30/14 **DAVID GUTHRIE**
ZONE: 2:18.34 Z 4/24/10 **Benn Doyle**
VA: 2:26.69 V 5/1/08 **Michael Slowey**

1	Harris, Greg	52	VMST	2:24.97V
	31.79	1:08.15	1:46.44	2:24.97
2	Hellmann, Ralph	54	SYSM	2:35.91
	34.52	1:13.29	1:54.47	2:35.91
3	Reilly, Jeff	54	1776	2:36.10
	36.01	1:15.70	1:56.69	2:36.10
4	Kress, Jay	53	L4S	2:51.16
	38.23	1:21.32	2:07.41	2:51.16

Men 50-54 50 Yard Butterfly

NATL: 23.19 N 4/25/04 **TRIP HEDRICK**
ZONE: 24.24 Z 4/15/07 **Donald Graham**
VA: 24.76 V 2/8/15 **Chris Stevenson**

1	Evans, Jeff	50	SVY	25.05
2	Ledger, Clark	51	LVM	26.80
3	Harris, Greg	52	VMST	26.82
4	McGuire, Jim	51	SVY	26.97
5	Dever, Frederick	50	DCAC	27.68
6	Worst, Jeremy	53	WAVA	28.26
*7	Ruggieri, James	52	SVY	28.90
*7	Strouse, Gregory	53	GERM	28.90
9	Murphy, Matthew	54	GSM	29.31
10	Reyes, Ted	50	DCAC	30.50
11	Scheller, Robert	51	MSSC	31.25
12	Bamford, Sherman	51	VMST	46.24

Men 50-54 100 Yard Butterfly

NATL: 51.73 N 5/12/13 **DAVID SIMS**
ZONE: 55.19 Z 4/24/05 **Jim O'Connor**
VA: 56.35 V 2/8/15 **Chris Stevenson**

1	Evans, Jeff	50	SVY	55.68
	25.94	55.68		
2	Harris, Greg	52	VMST	58.87
	27.01	58.87		
3	Schutzmeister, Scott	51	L4S	59.68
	28.71	59.68		
4	Dever, Frederick	50	DCAC	1:01.00
	28.92	1:01.00		
5	McGuire, Jim	51	SVY	1:01.10
	29.00	1:01.10		
6	Worst, Jeremy	53	WAVA	1:06.29
	30.31	1:06.29		
7	Scheller, Robert	51	MSSC	1:07.42
	31.69	1:07.42		

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8	McGroarty, Patrick	52	FAFF	1:24.60
	38.18	1:24.60		
9	Raful, Mitchell	54	RMST	2:00.11
	53.36	2:00.11		
---	Junta, Donald	53	GMUP	DNF

Men 50-54 200 Yard Butterfly

NATL: 1:59.10 N 4/25/15 DAVID SIMS
ZONE: 2:02.75 Z 4/24/05 Jim O'Connor
VA: 2:08.96 V 2/8/15 Chris Stevenson

1	Schmidt, Michael	53	MESC	2:09.52
	29.40	1:01.93	1:35.52	2:09.52
2	Dever, Frederick	50	DCAC	2:20.95
	31.60	1:06.60	1:42.53	2:20.95

Men 50-54 100 Yard IM

NATL: 54.28 N 5/11/13 DAVID SIMS
ZONE: 55.06 Z 4/15/12 Clay Britt
VA: 58.53 V 4/4/14 Gregory Harris

1	Harris, Greg	52	VMST	58.05V
	27.05	58.05		
2	Evans, Jeff	50	SVY	58.12
	26.28	58.12		
3	Elshafei, Emad	50	UMAC	1:00.60
	27.90	1:00.60		
4	Strouse, Gregory	53	GERM	1:06.77
	31.75	1:06.77		
5	Ruggieri, James	52	SVY	1:08.48
	31.79	1:08.48		
6	Murphy, Matthew	54	GSM	1:09.10
	31.94	1:09.10		
7	Eliot, Doug	51	RMST	1:09.73
	31.34	1:09.73		
8	McGowan, Thomas	54	UC12	1:20.40
	37.97	1:20.40		

Men 50-54 200 Yard IM

NATL: 1:59.99 N 5/4/14 DAVID SIMS
ZONE: 2:10.92 Z 4/15/07 Robert Hansen
VA: 2:10.99 V 2/6/16 Gregory Harris

1	Harris, Greg	52	VMST	2:08.74Z
	26.83	1:00.06	1:38.26	2:08.74
2	Evans, Jeff	50	SVY	2:09.87Z
	26.85	59.06	1:38.67	2:09.87
3	Kress, Jay	53	L4S	2:23.91
	29.38	1:06.95	1:49.66	2:23.91
4	Reilly, Jeff	54	1776	2:24.15
	29.47	1:11.26	1:51.43	2:24.15
5	Murphy, Matthew	54	GSM	2:28.22
	30.25	1:08.05	1:53.76	2:28.22
6	Strouse, Gregory	53	GERM	2:28.69
	31.57	1:11.41	1:55.38	2:28.69
7	Worst, Jeremy	53	WAVA	2:37.07
	30.83	1:10.04	1:58.06	2:37.07
8	Evans, Brian	51	RMST	2:37.87
	34.93	1:14.09	2:02.74	2:37.87

9	Scheller, Robert	51	MSSC	2:47.96
	32.37	1:16.98	2:05.01	2:47.96
10	Bamford, Sherman	51	VMST	3:52.14
	45.97	1:52.99	2:59.99	3:52.14

Men 50-54 400 Yard IM

NATL: 4:16.57 N 5/2/14 DARREN PHELAN
ZONE: 4:46.38 Z 4/15/07 Robert Hansen
VA: 4:51.62 V 4/27/00 Rick Stringer

1	Elshafei, Emad	50	UMAC	4:42.34Z
	30.80	1:06.93	1:42.44	2:17.93
	2:58.54	3:38.00	4:11.14	4:42.34
2	Dever, Frederick	50	DCAC	5:17.98
	31.51	1:07.62	1:50.61	2:33.90
	3:20.03	4:08.07	4:43.64	5:17.98
3	Grecco, Paul	54	GMUP	5:19.87
	34.35	1:13.99	1:55.49	2:35.54
	3:20.20	4:07.06	4:44.89	5:19.87

Men 55-59 50 Yard Freestyle

NATL: 21.82 N 4/30/00 RICHARD ABRAHAMS
ZONE: 24.13 Z 4/22/01 Richard Arluck
VA: 24.62 V 5/20/10 Charles Tupitza

1	Laiti, Chris	55	TA	25.60
2	Morozin, Joe	56	1776	25.66
3	Linehan, Sean	55	L4S	28.44
4	Black, Thomas	55	MACH	29.12
5	Sen, Ercan	58	NAMI	35.91

Men 55-59 100 Yard Freestyle

NATL: 48.37 N 4/30/00 RICHARD ABRAHAMS
ZONE: 53.39 Z 4/22/01 Richard Arluck
VA: 54.06 V 4/11/08 Dave Oates

1	Morozin, Joe	56	1776	55.37
	26.44	55.37		
2	Shipp, Bill	55	UMAC	58.80
	28.35	58.80		
3	Denes, Thomas	58	ANCM	1:00.35
	29.29	1:00.35		
4	Laiti, Chris	55	TA	1:00.63
	28.52	1:00.63		
5	Rickard, Alan	59	RIPM	1:01.58
	29.33	1:01.58		
6	Allen, Douglas Dewey	56	UC10	1:05.45
	31.59	1:05.45		
7	Black, Thomas	55	MACH	1:06.28
	31.69	1:06.28		
8	Linehan, Sean	55	L4S	1:06.93
	30.91	1:06.93		
9	Burgess, Douglas	59	MERR	1:10.71
	32.88	1:10.71		
10	Sen, Ercan	58	NAMI	1:26.02
	41.35	1:26.02		

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 55-59 200 Yard Freestyle****NATL: 1:48.79 N 4/10/10 MICHAEL MANN****ZONE: 1:56.76 Z 4/13/08 Dave Oates****VA: 1:56.76 V 4/11/08 Dave Oates**

1	Shipp, Bill	55	UMAC	2:07.12
	30.25	1:02.64	1:35.66	2:07.12
2	Rickard, Alan	59	RIPM	2:18.08
	31.73	1:06.76	1:42.27	2:18.08
3	Rumble, Wilson	55	DCAC	2:20.71
	32.00	1:06.89	1:43.94	2:20.71
4	Allen, Douglas Dewey	56	UC10	2:29.38
	33.81	1:10.92	1:50.59	2:29.38
5	Black, Thomas	55	MACH	2:32.88
	34.67	1:12.09	1:52.47	2:32.88

Men 55-59 500 Yard Freestyle**NATL: 4:56.82 N 4/11/10 MICHAEL MANN****ZONE: 5:23.18 Z 4/24/10 James Thornton****VA: 5:25.51 V 4/24/09 Dave Oates**

1	Shipp, Bill	55	UMAC	5:48.88
	30.71	1:05.06	1:40.06	2:15.34
	2:50.77	3:26.56	4:02.75	4:38.55
	5:14.25	5:48.88		
2	Denes, Thomas	58	ANCM	6:20.40
	34.44	1:11.59	1:48.75	2:26.42
	3:04.52	3:43.08	4:21.68	5:00.94
	5:40.85	6:20.40		
3	Rumble, Wilson	55	DCAC	6:25.65
	34.34	1:11.51	1:50.73	2:30.59
	3:10.71	3:51.10	4:29.83	5:10.17
	5:48.01	6:25.65		
4	Rickard, Alan	59	RIPM	6:29.70
	34.06	1:11.70	1:50.69	2:31.63
	3:11.60	3:51.98	4:32.69	5:12.11
	5:51.51	6:29.70		
5	Schall, James	55	UC08	6:43.55
	35.83	1:14.56	1:55.17	2:36.65
	3:17.83	3:58.85	4:39.83	5:22.40
	6:04.06	6:43.55		
6	Allen, Douglas Dewey	56	UC10	7:11.74
	35.66	1:17.25	2:00.22	2:44.30
	3:29.36	4:14.58	4:59.73	5:45.42
	6:30.21	7:11.74		

Men 55-59 1000 Yard Freestyle**NATL: 10:07.36 N 5/14/06 JIM MC CONICA****ZONE: 11:22.39 Z 4/23/10 James Thornton****VA: 11:58.79 V 4/6/13 Jim McFarland**

1	Rickard, Alan	59	RIPM	13:15.47
	33.49	1:10.80	1:49.05	2:27.55
	3:07.29	3:46.75	4:26.26	5:05.81
	5:45.83	6:26.25	7:07.85	7:48.95
	8:30.13	9:11.35	9:53.35	10:34.44
	11:15.27	11:55.88	12:36.41	13:15.47

2	Allen, Douglas Dewey	56	UC10	14:55.20
	36.75	1:19.18	2:03.37	2:47.79
	3:32.10	4:16.89	5:02.42	5:46.87
	6:33.09	7:19.58	8:05.23	8:51.78
	9:37.88	10:24.28	11:10.86	11:56.96
	12:42.84	13:29.15	14:14.03	14:55.20

Men 55-59 1650 Yard Freestyle**NATL: 17:11.12 N 5/20/07 JIM MC CONICA****ZONE: 18:46.55 Z 4/10/15 Jerry De Muro****VA: 19:37.29 V 4/6/13 Jim McFarland**

1	Fetters, Matthew	55	UC10	20:33.40
	35.22	1:12.95	1:51.29	2:28.83
	3:06.18	3:43.74	4:20.89	4:58.33
	5:35.90	6:13.31	6:50.59	7:27.68
	8:04.85	8:42.22	9:19.92	9:57.21
	10:34.81	11:12.45	11:50.12	12:27.62
	13:05.18	13:43.21	14:20.92	14:58.48
	15:36.23	16:13.86	16:51.69	17:29.13
	18:06.52	18:43.62	19:20.86	19:57.68
2	Scoggin, Sam	55	RMST	21:11.80
	34.10	1:10.19	1:47.85	2:26.07
	3:03.71	3:41.77	4:20.18	4:58.45
	5:36.89	6:15.56	6:53.94	7:32.52
	8:11.44	8:50.51	9:29.18	10:08.43
	10:47.56	11:26.64	12:05.37	12:44.29
	13:23.00	14:01.92	14:41.02	15:19.87
	15:58.72	16:37.63	17:16.95	17:55.99
	18:35.37	19:15.03	19:54.13	20:33.65
3	Rumble, Wilson	55	DCAC	21:11.80
	34.03	1:11.27	1:49.50	2:28.76
	3:09.32	3:49.23	4:29.94	5:10.42
	5:51.53	6:32.44	7:12.86	7:52.88
	8:33.53	9:13.50	9:54.00	10:34.17
	11:14.97	11:55.34	12:35.88	13:16.25
	13:56.97	14:37.49	15:17.62	15:58.49
	16:38.84	17:19.79	18:00.75	18:41.10
	19:21.59	20:00.85	20:40.76	21:20.88
4	Schall, James	55	UC08	21:58.35
	36.01	1:14.58	1:54.45	2:38.15
	3:18.79	3:59.67	4:40.40	5:20.74
	6:01.33	6:42.82	7:23.87	8:04.67
	8:46.09	9:28.38	10:08.82	10:50.02
	11:32.20	12:14.02	12:54.91	13:36.54
	14:18.52	15:00.12	15:41.81	16:24.39
	17:07.71	17:50.72	18:33.26	19:15.79
	19:58.64	20:41.61	21:24.11	22:06.93
5	Moyer, Steven	58	RMST	22:46.90
	41.44	1:26.35	2:12.12	2:57.55
	3:42.85	4:27.95	5:13.45	5:59.24
	6:43.97	7:27.99	8:13.60	8:58.31
	9:43.61	10:27.72	11:13.53	11:58.73
	12:42.98	13:27.54	14:12.23	14:56.45
	15:41.32	16:25.90	17:10.18	17:54.54
	18:37.82	19:23.65	20:08.08	20:52.04
	21:37.20	22:22.24	23:05.91	23:49.43
				24:32.01

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002

George Mason University, Fairfax, VA

Results**(Men 55-59 1650 Yard Freestyle)**

6	Harwit-Whewell, Stephen	55	WAVA	24:32.83
	39.57	1:22.93	2:07.43	2:52.06
	3:37.49	4:22.58	5:07.58	5:52.47
	6:37.58	7:22.36	8:07.71	8:52.19
	9:36.66	10:20.68	11:05.18	11:49.28
	12:33.93	13:18.32	14:02.56	14:47.26
	15:32.21	16:16.74	17:01.77	17:46.99
	18:32.31	19:17.48	20:03.32	20:48.97
	21:34.87	22:20.14	23:05.27	23:50.44
				24:32.83
7	Sickenberger, Bill	56	RMST	24:57.61
	38.89	1:21.46	2:06.48	2:51.91
	3:37.87	4:23.93	5:10.63	5:56.76
	6:42.12	7:28.97	8:15.06	9:00.77
	9:46.69	10:32.01	11:17.94	12:03.79
	12:49.50	13:35.15	14:21.13	15:06.44
	15:51.75	16:37.57	17:23.77	18:09.02
	18:55.44	19:41.44	20:27.07	21:13.38
	21:59.14	22:45.57	23:31.08	24:16.27
				24:57.61
8	Katz, Ronald	58	JCCN	26:31.31
	41.20	1:25.85	2:11.41	2:58.53
	3:45.52	4:32.79	5:20.94	6:08.83
	6:58.49	7:46.96	8:35.55	9:25.13
	10:14.22	11:02.48	11:51.25	12:39.23
	13:27.25	14:15.10	15:02.57	15:50.25
	16:38.76	17:27.10	18:16.64	19:04.84
	19:54.62	20:44.27	21:33.56	22:23.05
	23:12.83	24:02.48	24:52.69	25:42.82
				26:31.31

Men 55-59 50 Yard Backstroke

	NATL:	25.71 N 2/28/16	STEVE WOOD	
	ZONE:	28.39 Z 4/2/00	Richard Alexander	
	VA:	29.26 V 4/19/02	William Bacon	
1	Romo, Robert	57	VMST	34.88
2	Linehan, Sean	55	L4S	37.56
3	Sen, Ercan	58	NAMI	51.50

Men 55-59 200 Yard Backstroke

	NATL:	2:03.14 N 3/31/12	TOM BARTON	
	ZONE:	2:18.02 Z 4/25/09	David Bright	
	VA:	2:14.63 V 5/19/05	Rick Stringer	
1	Romo, Robert	57	VMST	2:51.54
	41.02	1:23.47	2:07.74	2:51.54
2	Swiger, Ralph	59	VMST	3:44.96
	54.75	1:51.44	2:49.07	3:44.96

Men 55-59 50 Yard Breaststroke

	NATL:	27.60 N 3/12/16	DAVID GUTHRIE	
	ZONE:	31.19 Z 5/2/99	Jack Schiltz	
	VA:	31.11 V 6/1/99	Jack Schiltz	
1	Scoggin, Sam	55	RMST	34.59
2	Schall, James	55	UC08	40.74
3	Burgess, Douglas	59	MERR	46.76
4	Sen, Ercan	58	NAMI	51.20

Men 55-59 100 Yard Breaststroke

	NATL:	1:00.91 N 3/12/16	DAVID GUTHRIE	
	ZONE:	1:04.36 Z 4/12/15	Gregory Oxley	
	VA:	1:08.18 V 4/30/99	Jack Schiltz	
1	Hong, Chun	55	RMST	1:25.16
	39.72	1:25.16		

Men 55-59 200 Yard Breaststroke

	NATL:	2:16.14 N 3/12/16	DAVID GUTHRIE	
	ZONE:	2:33.72 Z 4/14/12	Jose E Cunningham	
	VA:	2:33.17 V 5/7/98	Jack Schiltz	
1	Schall, James	55	UC08	3:06.62
	42.60	1:31.23	2:20.26	3:06.62
2	Romo, Robert	57	VMST	3:08.29
	42.46	1:30.82	2:20.99	3:08.29
3	Rumble, Wilson	55	DCAC	3:11.58
	44.46	1:34.23	2:23.31	3:11.58

Men 55-59 50 Yard Butterfly

	NATL:	24.13 N 4/26/15	BRUCE KONE	
	ZONE:	26.05 Z 4/12/08	Mark Pugliese	
	VA:	26.78 V 4/30/99	Jack Schiltz	
1	Morozin, Joe	56	1776	29.69
2	Denes, Thomas	58	ANCM	30.13
3	Linehan, Sean	55	L4S	32.83
4	Sen, Ercan	58	NAMI	50.02

Men 55-59 100 Yard Butterfly

	NATL:	53.90 N 5/12/13	PAUL CARTER	
	ZONE:	59.53 Z 4/13/08	Mark Pugliese	
	VA:	1:02.27 V 10/26/08	Dave Oates	
1	Morozin, Joe	56	1776	1:09.20
	33.56	1:09.20		
2	Rumble, Wilson	55	DCAC	1:13.92
	34.81	1:13.92		
3	Swiger, Ralph	59	VMST	1:49.14

Men 55-59 200 Yard Butterfly

	NATL:	2:03.18 N 5/23/10	BRAD HORNER	
	ZONE:	2:21.96 Z 3/29/98	Jack Geoghegan	
	VA:	2:22.76 V 5/20/10	Charles Tupitza	
1	Rumble, Wilson	55	DCAC	2:56.05
	35.82	1:19.28	2:07.01	2:56.05
2	Swiger, Ralph	59	VMST	4:20.61
	54.98	1:56.80	3:10.69	4:20.61

Men 55-59 100 Yard IM

	NATL:	56.20 N 5/4/08	TIMOTHY SHEAD	
	ZONE:	1:00.94 Z 4/25/10	Paul Trevisan	
	VA:	1:01.50 V 5/19/05	Rick Stringer	
1	Morozin, Joe	56	1776	1:04.74
	30.71	1:04.74		
2	Scoggin, Sam	55	RMST	1:08.25
	31.80	1:08.25		
---	Sen, Ercan	58	NAMI	DQ
	50.09	DQ		

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1	Morozin, Joe	56	1776	2:24.71
	31.77	1:10.98	1:52.66	2:24.71
2	Romo, Robert	57	VMST	2:47.57
	34.45	1:18.44	2:08.68	2:47.57
3	Burgess, Douglas	59	MERR	3:25.07
	43.52	1:35.04	2:35.35	3:25.07

Men 55-59 400 Yard IM**NATL: 4:28.66 N 5/2/14 JIM SAUER****ZONE: 4:53.50 Z 4/21/13 Robert Kannegiese****VA: 4:59.66 V 5/19/05 Rick Stringer**

1	Shipp, Bill	55	UMAC	5:15.33
	32.76	1:10.98	1:53.86	2:35.06
	3:20.94	4:06.96	4:41.25	5:15.33
2	Rumble, Wilson	55	DCAC	5:52.16
	34.90	1:17.59	2:07.13	2:55.71
	3:46.03	4:37.05	5:14.88	5:52.16
3	Swiger, Ralph	59	VMST	7:53.32
	52.79	1:52.03	2:57.08	4:00.25
	5:05.90	6:10.51	7:53.32	

Men 60-64 50 Yard Freestyle**NATL: 22.30 N 5/22/05 RICHARD ABRAHAMS****ZONE: 24.53 Z 4/23/06 Jim Dragon****VA: 24.16 V 4/14/11 Scott Kauffman**

1	Saint-Amour, Craig	63	AGUA	25.67
2	Keith, Dale	61	1776	27.06
3	Franz, Craig	62	DCAC	28.20
4	Dearfield, Kerry	63	L4S	28.33
5	Tipler, David	60	RMST	28.97
6	Swenson, Rick	63	CMYM	31.86
7	Boyle, Michael	64	GERM	37.64

Men 60-64 100 Yard Freestyle**NATL: 49.14 N 5/22/05 RICHARD ABRAHAMS****ZONE: 58.56 Z 5/2/99 David Harrison****VA: 54.55 V 4/14/11 Scott Kauffman**

1	Saint-Amour, Craig	63	AGUA	55.89Z
	26.39	55.89		
2	Meyer, Geoffrey	64	1776	58.07Z
	28.46	58.07		
3	Franz, Craig	62	DCAC	1:02.10
	30.31	1:02.10		
4	Dearfield, Kerry	63	L4S	1:03.30
	30.35	1:03.30		
5	Ryan, James	63	GSM	1:05.12
	32.10	1:05.12		
6	Edgell, Don	63	L4S	1:06.07
	32.01	1:06.07		
7	Tipler, David	60	RMST	1:09.92
8	Burstein, Dennis	64	GMUP	1:18.39
	37.79	1:18.39		
9	Boyle, Michael	64	GERM	1:25.77
	41.52	1:25.77		

Men 60-64 200 Yard Freestyle**NATL: 1:51.08 N 4/24/15 RICK COLELLA****ZONE: 2:06.98 Z 4/13/08 Jack Zakim****VA: 2:12.68 V 4/11/03 Jack Schiltz**

1	Saint-Amour, Craig	63	AGUA	2:05.13Z
	28.55	59.88	1:32.63	2:05.13
2	Keith, Dale	61	1776	2:14.46
	30.50	1:04.31	1:38.88	2:14.46
3	Franz, Craig	62	DCAC	2:16.39
	31.54	1:05.74	1:41.73	2:16.39
4	Swenson, Rick	63	CMYM	2:44.69
	37.83	1:18.67	2:01.05	2:44.69

Men 60-64 500 Yard Freestyle**NATL: 5:11.17 N 4/29/12 JIM MC CONICA****ZONE: 5:32.86 Z 4/20/13 James Thornton****VA: 6:00.57 V 5/15/03 Warner Brundage**

1	Saint-Amour, Craig	63	AGUA	5:51.17
	31.64	1:06.27	1:40.76	2:15.88
	2:51.09	3:26.67	4:02.33	4:38.48
	5:15.29	5:51.17		
2	Ryan, James	63	GSM	6:03.97
	34.79	1:10.70	1:47.58	2:24.69
	3:01.73	3:38.75	4:15.97	4:52.76
	5:29.33	6:03.97		
3	Franz, Craig	62	DCAC	6:15.92
	32.95	1:08.27	1:45.58	2:23.64
	3:02.33	3:41.37	4:21.05	5:00.63
	5:39.39	6:15.92		
4	Edgell, Don	63	L4S	6:50.91
	36.46	1:17.54	1:59.47	2:41.80
	3:24.00	4:06.08	4:48.08	5:30.15
	6:11.50	6:50.91		

Men 60-64 1000 Yard Freestyle**NATL: 10:42.16 N 4/23/15 MICHAEL MANN****ZONE: 12:07.48 Z 4/21/02 David Harrison****VA: 12:29.83 V 5/15/03 Warner Brundage**

1	Burstein, Dennis	64	GMUP	16:38.74
	44.92	1:33.91	2:24.60	3:15.58
	4:05.36	4:55.81	5:47.10	6:38.66
	7:28.89	8:19.38	9:10.07	10:01.16
	10:52.73	11:41.94	12:32.87	13:23.88
	14:13.81	15:04.73	15:53.32	16:38.74

Men 60-64 1650 Yard Freestyle**NATL: 17:59.55 N 5/20/10 JIM CLEMMONS****ZONE: 20:01.66 Z 5/2/99 David Harrison****VA: 20:59.69 V 6/1/04 Neil Watts**

1	Ryan, James	63	GSM	20:50.24
	35.25	1:12.47	1:49.87	2:27.65
	3:05.69	3:43.69	4:21.62	4:59.53
	5:37.14	6:15.43	6:53.60	7:31.22
	8:08.81	8:46.57	9:24.49	10:01.97
	10:40.54	11:18.28	11:56.75	12:35.28
	13:13.88	13:51.97	14:30.30	15:08.39
	15:46.29	16:24.71	17:02.64	17:41.08
	18:19.32	18:57.24	19:35.68	20:13.83
				20:50.24

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 60-64 1650 Yard Freestyle)**

2	Chambers, John	60	CHEL	21:01.82
	33.99	1:10.89	1:48.71	2:26.77
	3:05.68	3:44.40	4:23.29	5:02.55
	5:41.55	6:20.45	6:59.43	7:38.46
	8:17.01	8:55.84	9:34.80	10:13.74
	10:52.48	11:31.19	12:10.21	12:48.76
	13:27.45	14:06.01	14:44.71	15:23.15
	16:01.57	16:40.30	17:18.87	17:57.25
	18:35.64	19:13.72	19:51.34	20:28.05
				21:01.82
3	Franz, Craig	62	DCAC	22:00.13
	35.50	1:13.99	1:53.96	2:33.57
	3:13.92	3:54.13	4:34.48	5:14.47
	5:54.76	6:35.11	7:15.63	7:55.17
	8:36.28	9:17.43	9:57.99	10:37.45
	11:18.21	11:59.08	12:39.02	13:20.01
	14:00.27	14:41.24	15:21.78	16:01.82
	16:42.15	17:23.71	18:03.54	18:43.24
	19:23.79	20:04.40	20:44.12	21:22.71
				22:00.13
4	Desrosiers, Jim	61	RMST	22:42.92
	37.04	1:17.68	1:58.03	2:38.90
	3:19.63	4:00.59	4:41.75	5:22.84
	6:04.11	6:45.56	7:27.09	8:08.53
	8:49.78	9:31.93	10:13.32	10:55.16
	11:36.31	12:18.28	12:59.20	13:41.20
	14:23.30	15:05.38	15:47.20	16:29.26
	17:10.87	17:52.86	18:35.20	19:17.32
	19:58.96	20:40.79	21:22.16	22:03.61
				22:42.92
5	Tupitza, Charles	61	WAVA	23:02.55
	33.78	1:13.01	1:53.37	2:34.28
	3:14.00	3:54.83	4:35.06	5:15.58
	5:56.95	6:38.38	7:20.13	8:03.05
	8:45.01	9:27.26	10:09.67	10:52.20
	11:34.89	12:17.82	13:00.91	13:44.22
	14:26.86	15:10.79	15:53.73	16:36.23
	17:19.17	18:02.87	18:46.13	19:30.00
	20:14.29	20:57.53	21:40.53	22:22.45
				23:02.55
6	Beachler, Michael	64	NCMS	26:04.07
	40.61	1:27.10	2:15.98	3:04.75
	3:54.08	4:43.37	5:32.52	6:21.81
	7:10.87	8:00.19	8:48.59	9:37.20
	10:25.75	11:14.82	12:03.43	12:51.48
	13:39.40	14:27.01	15:14.92	16:03.27
	16:51.39	17:39.05	18:26.74	19:14.00
	20:01.21	20:47.68	21:33.95	22:19.13
	23:04.04	23:49.20	24:35.26	25:20.86
				26:04.07
7	Boyle, Michael	64	GERM	30:07.55
	50.63	1:43.52	2:36.85	3:30.95
	4:28.18	5:24.65	6:19.42	7:13.90
	8:09.34	9:05.25	10:00.96	10:56.20
	11:51.37	12:47.31	13:42.84	14:38.85
	15:33.42	16:28.88	17:24.45	18:20.15
	19:16.48	20:10.39	21:04.86	22:00.41
	22:55.57	23:50.11	24:45.59	25:40.98
	26:35.67	27:29.23	28:22.86	29:16.13
				30:07.55

---	Weinberg, Norman	61	UC10	23:07.63
	38.97	1:21.78	2:05.31	2:49.22
	3:32.87	4:17.38	5:01.91	5:46.03
	6:29.46	7:12.96	7:56.34	8:39.61
	9:22.85	10:06.05	10:49.19	11:32.75
	12:16.39	12:59.96	13:42.91	14:26.34
	15:10.21	15:54.15	16:37.61	17:20.76
	18:04.46	18:48.17	19:31.91	20:16.14
	21:00.34	21:44.03	22:26.85	23:07.63

Men 60-64 50 Yard Backstroke

NATL: 26.82 N 5/4/08 HUGH WILDER
ZONE: 28.98 Z 4/23/06 Richard Alexander
VA: 31.61 V 5/20/10 David Frisch

1	Meyer, Geoffrey	64	1776	29.76
2	Keith, Dale	61	1776	30.20
3	Rysdon, Jon	64	RMST	33.94
4	Dearfield, Kerry	63	L4S	35.96
5	Nash, Dawson	62	DCAC	37.99
6	Woody, Chip	64	GAJA	40.24
7	Boyle, Michael	64	GERM	50.15

Men 60-64 100 Yard Backstroke

NATL: 59.29 N 5/4/08 HUGH WILDER
ZONE: 1:06.22 Z 4/23/06 Richard Alexander
VA: 1:09.84 V 2/10/07 William Bacon

1	Keith, Dale	61	1776	1:06.03Z
	32.00	1:06.03		
2	Meyer, Geoffrey	64	1776	1:06.88
	33.09	1:06.88		
3	Rysdon, Jon	64	RMST	1:12.53
	35.51	1:12.53		
4	Mccorkle, John	64	VMST	1:17.36
	37.92	1:17.36		

Men 60-64 200 Yard Backstroke

NATL: 2:12.85 N 4/11/15 DAVE HANNULA
ZONE: 2:23.07 Z 4/15/12 Richard Bober
VA: 2:36.99 V 6/27/07 William Bacon

1	Meyer, Geoffrey	64	1776	2:28.14
	34.79	1:12.24	1:50.83	2:28.14
2	Rysdon, Jon	64	RMST	2:42.22
	37.58	1:19.25	2:01.41	2:42.22
3	Nash, Dawson	62	DCAC	3:02.75
	42.37	1:29.17	2:18.13	3:02.75
4	Novitske, Ray	60	ALEX	3:33.65
	1:55.50	2:44.75	3:33.65	

Men 60-64 50 Yard Breaststroke

NATL: 28.76 N 4/24/15 RICK COLELLA
ZONE: 31.63 Z 4/23/06 Louis Kronfeld
VA: 31.47 V 5/15/03 Jack Schiltz

1	Saint-Amour, Craig	63	AGUA	37.20
2	Novitske, Ray	60	ALEX	38.88
3	Woody, Chip	64	GAJA	39.42
4	Dearfield, Kerry	63	L4S	41.79
5	Burstein, Dennis	64	GMUP	42.57

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 60-64 100 Yard Breaststroke**

NATL: 1:02.61 N 5/2/14 RICK COLELLA
ZONE: 1:10.26 Z 4/6/14 Berry Hamilton
VA: 1:11.87 V 5/15/03 Jack Schiltz

1	Dougherty, Stephen	64	1776	1:16.23
	35.95	1:16.23		
2	Saint-Amour, Craig	63	AGUA	1:23.01
	39.31	1:23.01		
3	Novitske, Ray	60	ALEX	1:24.77
	41.13	1:24.77		
4	Woody, Chip	64	GAJA	1:31.74
	41.34	1:31.74		
5	Boyle, Michael	64	GERM	1:52.42
	57.31	1:52.42		

Men 60-64 200 Yard Breaststroke

NATL: 2:16.71 N 5/3/14 RICK COLELLA
ZONE: 2:38.50 Z 4/5/14 Berry Hamilton
VA: 2:39.51 V 5/15/03 Jack Schiltz

1	Dougherty, Stephen	64	1776	2:48.58
	37.38	1:19.53	2:03.17	2:48.58
2	Mccorkle, John	64	VMST	3:00.40
	41.02	1:26.45	2:13.82	3:00.40
3	Burstein, Dennis	64	GMUP	3:34.24
	49.42	1:42.71	2:38.60	3:34.24
4	Boyle, Michael	64	GERM	4:10.79
	1:00.56	2:04.45	3:09.80	4:10.79

Men 60-64 50 Yard Butterfly

NATL: 24.46 N 5/22/05 RICHARD ABRAHAMS
ZONE: 26.13 Z 4/12/08 Jim Dragon
VA: 26.99 V 4/14/11 Scott Kauffman

1	Keith, Dale	61	1776	29.08
2	Saint-Amour, Craig	63	AGUA	29.23
3	Dearfield, Kerry	63	L4S	31.82
4	Dougherty, Stephen	64	1776	32.06
5	Rysdon, Jon	64	RMST	32.69
6	Tipler, David	60	RMST	34.21
7	Edgell, Don	63	L4S	35.06
8	Woody, Chip	64	GAJA	35.99
9	Novitske, Ray	60	ALEX	38.81

Men 60-64 100 Yard Butterfly

NATL: 54.92 N 5/22/05 RICHARD ABRAHAMS
ZONE: 1:00.63 Z 4/25/09 Kieran Kelleher
VA: 1:04.11 V 5/15/03 Jack Schiltz

1	Saint-Amour, Craig	63	AGUA	1:06.26
	30.61	1:06.26		
2	Rysdon, Jon	64	RMST	1:23.88
	38.44	1:23.88		
3	Nash, Dawson	62	DCAC	1:30.38
	40.59	1:30.38		

Men 60-64 200 Yard Butterfly

NATL: 2:10.06 N 4/16/11 LAWRENCE DAY
ZONE: 2:39.99 Z 4/5/14 Chuck Berke
VA: 2:54.36 V 5/15/03 Edward Gaulrapp

1	Chambers, John	60	CHEL	2:34.84Z
	34.25	1:12.81	1:52.36	2:34.84
2	Mccorkle, John	64	VMST	2:37.18Z
	33.44	1:11.66	1:54.17	2:37.18
3	Rysdon, Jon	64	RMST	3:09.57
	39.00	1:24.80	2:18.01	3:09.57

Men 60-64 100 Yard IM

NATL: 57.23 N 5/11/13 RICK COLELLA
ZONE: 1:02.78 Z 4/12/15 Ed McCleskey
VA: 1:04.53 V 5/7/09 David Frisch

1	Meyer, Geoffrey	64	1776	1:05.72
	30.22	1:05.72		
2	Dougherty, Stephen	64	1776	1:08.86
	32.00	1:08.86		
3	Dearfield, Kerry	63	L4S	1:15.63
	33.83	1:15.63		
4	Woody, Chip	64	GAJA	1:20.97
	38.19	1:20.97		
5	Nash, Dawson	62	DCAC	1:22.68
	36.98	1:22.68		
6	Boyle, Michael	64	GERM	1:47.29
	52.30	1:47.29		

Men 60-64 200 Yard IM

NATL: 2:03.26 N 5/4/14 RICK COLELLA
ZONE: 2:22.04 Z 4/5/14 Berry Hamilton
VA: 2:24.04 V 5/15/03 Jack Schiltz

1	Dougherty, Stephen	64	1776	2:32.37
	33.08	1:11.41	1:55.48	2:32.37
2	Rysdon, Jon	64	RMST	2:54.15
	36.37	1:21.11	2:16.09	2:54.15
3	Boyle, Michael	64	GERM	4:24.33
	1:02.97	3:30.82	4:24.33	
---	Mccorkle, John	64	VMST	DQ
	33.01	1:15.37	2:02.84	DQ

Men 60-64 400 Yard IM

NATL: 4:24.24 N 5/2/14 RICK COLELLA
ZONE: 5:06.11 Z 4/21/13 James Thornton
VA: 5:23.02 V 5/15/03 Warner Brundage

1	Rysdon, Jon	64	RMST	6:09.26
	39.37	1:24.53	2:11.27	2:59.24
	3:55.80	4:53.52	5:32.44	6:09.26
2	Nash, Dawson	62	DCAC	6:40.08
	40.94	1:28.33	2:18.40	3:07.52
	4:09.46	5:11.70	5:57.03	6:40.08

Men 65-69 50 Yard Freestyle

NATL: 22.10 N 5/23/10 RICHARD ABRAHAMS
ZONE: 27.92 Z 4/23/06 Jerry Katz
VA: 26.47 V 4/11/08 Harry Sober

1	Jackins, Joseph	68	MARY	30.09
2	Lengle, James	66	ARMS	30.60

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 65-69 50 Yard Freestyle)**

3	Miller, Jim	65	VMST	30.98
4	Meyer, Jerry	66	CMYM	33.76
5	Stuart, Ian	69	ALEX	34.34
6	Timmons, Timothy	69	GMUP	36.37

Men 65-69 100 Yard Freestyle**NATL: 49.42 N 5/22/10 RICHARD ABRAHAMS****ZONE: 59.92 Z 4/13/03 David Harrison****VA: 1:00.72 V 2/11/12 Hank Holswade**

1	Hoffman, Charlie	65	UMAC	1:04.52
	30.81	1:04.52		
2	Harmon, David	66	ANCM	1:04.86
	31.77	1:04.86		
3	Wallace, Richard	68	GSM	1:08.52
	32.94	1:08.52		
4	Jackins, Joseph	68	MARY	1:08.66
	33.28	1:08.66		
5	Miller, Jim	65	VMST	1:10.52
	34.08	1:10.52		
6	Lengle, James	66	ARMS	1:11.16
	33.74	1:11.16		
7	Long, Robert	66	ADMS	1:13.45
	34.90	1:13.45		
8	Kurtz, Geoff	66	UC08	1:14.33
	35.66	1:14.33		
9	Stuart, Ian	69	ALEX	1:18.39
	38.10	1:18.39		
10	Meyer, Jerry	66	CMYM	1:20.18
	36.23	1:20.18		

Men 65-69 200 Yard Freestyle**NATL: 1:57.54 N 5/21/10 RICHARD ABRAHAMS****ZONE: 2:09.58 Z 4/13/03 David Harrison****VA: 2:16.51 V 5/1/08 Warner Brundage**

1	Harmon, David	66	ANCM	2:28.67
	35.44	1:13.51	1:51.21	2:28.67
2	Lengle, James	66	ARMS	2:53.60
	39.93	1:22.75	2:08.81	2:53.60
3	Stuart, Ian	69	ALEX	2:54.41
	40.07	1:25.18	2:11.44	2:54.41
4	Meyer, Jerry	66	CMYM	3:06.88
	38.20	1:27.50	2:17.56	3:06.88

Men 65-69 500 Yard Freestyle**NATL: 5:34.54 N 1/31/15 DAN KIRKLAND****ZONE: 5:53.27 Z 4/13/03 David Harrison****VA: 6:28.02 V 5/7/09 Sandy Galletly**

1	Jackins, Joseph	68	MARY	7:08.90
	36.49	1:17.26	2:00.44	2:44.07
	3:28.39	4:12.89	4:58.15	5:42.77
	6:28.47	7:08.90		
2	Wallace, Richard	68	GSM	7:17.80
	37.04	1:19.13	2:04.09	2:50.30
	3:36.39	4:22.73	5:08.77	5:54.28
	6:38.87	7:17.80		

3	Stuart, Ian	69	ALEX	7:45.34
	41.41	1:27.64	2:14.85	3:02.77
	3:50.73	4:38.94	5:26.63	6:14.86
	7:02.27	7:45.34		

Men 65-69 1650 Yard Freestyle**NATL: 19:07.81 N 4/23/15 JIM CLEMMONS****ZONE: 23:03.74 Z 4/13/12 Rich Bernstein****VA: 22:36.37 V 5/7/09 Sandy Galletly**

1	Wallace, Richard	68	GSM	24:50.01
	37.91	1:22.04	2:07.34	2:52.60
	3:37.97	4:23.41	5:08.74	5:54.73
	6:40.69	7:26.57	8:12.44	8:57.80
	9:43.46	10:29.22	11:14.63	12:00.75
	12:46.55	13:32.63	14:18.42	15:04.46
	15:50.34	16:35.79	17:21.94	18:07.88
	18:53.98	19:39.57	20:25.62	21:11.66
	21:57.14	22:43.19	23:28.03	24:11.21
				24:50.01
2	Tharp, Louis	65	UC06	25:17.98
	41.87	1:27.15	2:13.22	2:58.91
	3:44.73	4:31.26	5:17.15	6:03.37
	6:49.54	7:35.65	8:21.25	9:07.16
	9:53.15	10:39.30	11:25.59	12:11.40
	12:57.52	13:43.27	14:28.90	15:15.51
	16:02.48	16:49.34	17:36.78	18:23.61
	19:10.24	19:56.09	20:42.71	21:29.61
	22:16.69	23:03.41	23:49.70	24:34.81
				25:17.98
3	Griffith, Lee	67	L4S	28:33.69
	40.19	1:26.46	2:16.41	3:08.44
	4:01.26	4:52.76	5:45.21	6:38.93
	7:31.59	8:24.25	9:16.55	10:10.10
	11:03.29	11:55.37	12:48.17	13:39.88
	14:31.97	15:25.37	16:17.37	17:10.98
	18:03.86	18:56.44	19:48.71	20:41.75
	21:34.95	22:28.60	23:21.22	24:13.97
	25:08.16	26:00.07	26:52.58	27:45.33
				28:33.69
4	Paulson, Laurence	67	RMST	32:33.83
	47.28	1:45.78	2:47.69	3:48.48
	4:50.26	5:50.27	6:51.11	7:51.00
	8:47.93	9:45.75	10:41.78	11:37.14
	12:32.63	13:27.68	14:23.16	15:20.26
	16:31.11	17:43.63	18:54.60	20:06.08
	21:17.49	22:29.74	23:41.35	24:51.32
	25:41.47	26:31.86	27:23.92	28:17.42
	29:10.33	30:02.32	30:54.10	31:45.63
				32:33.83

Men 65-69 50 Yard Backstroke**NATL: 27.74 N 5/23/10 RICHARD ABRAHAMS****ZONE: 33.48 Z 4/21/02 Marshall Greer****VA: 33.50 V 4/11/08 Harry Sober**

1	Wright, Stephen	66	GERM	35.50
2	Downey, Andy	65	WOW	37.71
3	Meyer, Jerry	66	CMYM	38.41
4	Miller, Jim	65	VMST	38.88
5	Jackins, Joseph	68	MARY	40.29
6	Paulson, Laurence	67	RMST	44.62
---	Timmons, Timothy	69	GMUP	DQ

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George Mason University, Fairfax, VA

Results**Men 65-69 100 Yard Backstroke****NATL: 59.62 N 5/12/13 HUGH WILDER****ZONE: 1:13.00 Z 5/1/94 Roger Franks****VA: 1:14.70 V 4/11/08 Harry Sober**

1	Wright, Stephen	66	GERM	1:20.05
	37.74	1:20.05		
2	Downey, Andy	65	WOW	1:23.36
	40.09	1:23.36		
3	Miller, Jim	65	VMST	1:25.09
	42.01	1:25.09		
4	Paulson, Laurence	67	RMST	1:36.27
	48.32	1:36.27		
5	Kurtz, Geoff	66	UC08	1:38.87
	47.70	1:38.87		

Men 65-69 200 Yard Backstroke**NATL: 2:16.72 N 5/11/13 HUGH WILDER****ZONE: 2:48.33 Z 4/21/13 Bob Kolonkowski****VA: 2:45.20 V 5/20/10 Warner Brundage**

1	Wright, Stephen	66	GERM	2:53.83
	39.76	1:23.11	2:09.39	2:53.83
2	Miller, Jim	65	VMST	3:02.33
	43.02	1:29.35	2:16.43	3:02.33
3	Paulson, Laurence	67	RMST	3:24.87
	48.16	1:40.78	2:34.50	3:24.87

Men 65-69 50 Yard Breaststroke**NATL: 30.53 N 5/10/13 ROBERT STRAND****ZONE: 32.59 Z 4/13/08 Louis Kronfeld****VA: 36.02 V 5/1/08 Warner Brundage**

1	Hoffman, Charlie	65	UMAC	36.59
2	Lengle, James	66	ARMS	36.95
3	Long, Robert	66	ADMS	37.33
4	Frost, Tim	68	L4S	39.87
5	Davis, James	69	VMST	41.18
6	Kurtz, Geoff	66	UC08	45.44
7	Meyer, Jerry	66	CMYM	48.26

Men 65-69 100 Yard Breaststroke**NATL: 1:07.35 N 5/11/13 ROBERT STRAND****ZONE: 1:14.03 Z 4/12/08 Louis Kronfeld****VA: 1:18.36 V 4/18/09 Warner Brundage**

1	Lengle, James	66	ARMS	1:23.27
	38.30	1:23.27		

Men 65-69 200 Yard Breaststroke**NATL: 2:30.17 N 5/1/11 ROBERT STRAND****ZONE: 2:52.57 Z 4/14/12 Henry Cole****VA: 2:52.59 V 4/18/09 Warner Brundage**

1	Lengle, James	66	ARMS	3:17.16
	44.28	1:34.23	2:27.92	3:17.16
2	Long, Robert	66	ADMS	3:28.01
	45.55	1:38.16	2:33.56	3:28.01
3	Paulson, Laurence	67	RMST	4:13.27
	58.33	2:02.48	3:09.36	4:13.27

Men 65-69 50 Yard Butterfly**NATL: 24.94 N 5/22/10 RICHARD ABRAHAMS****ZONE: 25.93 Z 4/25/10 Jim Dragon****VA: 29.12 V 5/19/05 Art Wolfe**

1	Downey, Andy	65	WOW	33.40
2	Jackins, Joseph	68	MARY	38.35
3	Paulson, Laurence	67	RMST	38.77
4	Meyer, Jerry	66	CMYM	41.91

Men 65-69 100 Yard Butterfly**NATL: 56.36 N 5/21/10 RICHARD ABRAHAMS****ZONE: 1:14.48 Z 5/9/93 Joseph Kurtzman****VA: 1:09.61 V 5/19/05 Art Wolfe**

1	Paulson, Laurence	67	RMST	1:33.29
	43.81	1:33.29		

Men 65-69 200 Yard Butterfly**NATL: 2:18.25 N 2/7/16 LAWRENCE DAY****ZONE: 2:47.86 Z 4/17/11 Hugh Roddin****VA: 2:56.75 V 5/11/06 Art Wolfe**

1	Paulson, Laurence	67	RMST	3:43.50
	44.95	1:43.61	2:44.23	3:43.50

Men 65-69 100 Yard IM**NATL: 1:00.32 N 5/23/10 RICHARD ABRAHAMS****ZONE: 1:11.46 Z 4/12/15 Michael Campbell****VA: 1:08.17 V 5/19/05 Art Wolfe**

1	Downey, Andy	65	WOW	1:22.19
	35.24	1:22.19		
2	Jackins, Joseph	68	MARY	1:22.41
	40.20	1:22.41		
3	Davis, James	69	VMST	1:26.04
	41.27	1:26.04		
4	Miller, Jim	65	VMST	1:27.27
	40.27	1:27.27		
5	Paulson, Laurence	67	RMST	1:35.52
	42.71	1:35.52		

Men 65-69 200 Yard IM**NATL: 2:19.21 N 5/4/14 ALEK SHESTAKOV****ZONE: 2:38.89 Z 4/15/07 Michael Laux****VA: 2:34.93 V 5/11/06 Art Wolfe**

1	Harmon, David	66	ANCM	2:51.34
	38.64	1:24.05	2:13.99	2:51.34
2	Paulson, Laurence	67	RMST	3:28.45
	44.35	1:35.82	2:44.61	3:28.45

Men 65-69 400 Yard IM**NATL: 4:57.17 N 5/2/14 ALEK SHESTAKOV****ZONE: 5:56.71 Z 4/13/08 Art Wolfe****VA: 5:40.97 V 5/11/06 Art Wolfe**

1	Harmon, David	66	ANCM	6:11.06
	41.26	1:31.29	2:20.18	3:07.07
	4:00.49	4:52.09	5:33.22	6:11.06
2	Paulson, Laurence	67	RMST	7:27.81
	46.77	1:45.85	2:40.32	3:33.66
	4:42.60	5:49.76	6:40.07	7:27.81

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 70-74 50 Yard Freestyle****NATL: 24.13 N 5/4/08 JEFF FARRELL****ZONE: 28.09 Z 4/4/04 Walter Lincoln****VA: 28.12 V 4/19/13 Harry Sober**

1	Dragon, Jim	71	GSM	26.45Z
2	Sober, Harry	73	VMST	29.20
3	Novell, Ken	73	VMST	29.27
4	Zamon, Frederick	74	GMUP	31.42
5	Robinson, David	72	GERM	33.72

Men 70-74 100 Yard Freestyle**NATL: 54.58 N 4/26/15 RICHARD ABRAHAMS****ZONE: 1:03.73 Z 4/4/04 Walter Lincoln****VA: 1:04.53 V 4/4/14 Ken Novell**

1	Novell, Ken	73	VMST	1:05.32
	31.72	1:05.32		
2	Sober, Harry	73	VMST	1:07.22
	31.00	1:07.22		
3	Tulenko, Tom	73	1776	1:11.94
	35.08	1:11.94		
4	Bernstein, Rich	70	AGUA	1:14.51
	36.35	1:14.51		

Men 70-74 200 Yard Freestyle**NATL: 2:06.63 N 5/8/15 DAVID QUIGGIN****ZONE: 2:17.89 Z 4/13/08 David Harrison****VA: 2:29.13 V 4/19/13 Ken Novell**

1	Novell, Ken	73	VMST	2:32.27
	33.71	1:10.64	1:50.65	2:32.27
2	Bernstein, Rich	70	AGUA	2:38.78
	37.72	1:18.27	1:58.67	2:38.78
3	Gaulrapp, Edward	73	VMST	3:25.50
	45.61	1:38.54	2:32.19	3:25.50

Men 70-74 500 Yard Freestyle**NATL: 5:48.21 N 5/9/15 DAVID QUIGGIN****ZONE: 6:15.86 Z 4/12/08 David Harrison****VA: 7:08.50 V 4/19/13 Ken Novell**

1	Bernstein, Rich	70	AGUA	6:50.71
	38.06	1:19.97	2:02.07	2:44.15
	3:25.67	4:07.50	4:48.88	5:30.28
	6:11.07	6:50.71		
2	Tulenko, Tom	73	1776	7:26.55
	39.93	1:23.96	2:10.63	2:57.51
	3:44.28	4:30.78	5:16.39	6:01.93
	6:46.64	7:26.55		
3	Gaulrapp, Edward	73	VMST	9:11.54
	46.50	1:41.26	2:36.63	3:32.35
	4:28.57	5:25.69	6:23.23	7:18.50
	8:17.10	9:11.54		

Men 70-74 1000 Yard Freestyle**NATL: 12:09.40 N 5/7/15 DAVID QUIGGIN****ZONE: 12:50.23 Z 4/11/08 David Harrison****VA: 15:43.88 V 1/20/13 Robin Wilson**

1	Bernstein, Rich	70	AGUA	13:32.26
	37.23	1:17.06	1:57.38	2:38.50
	3:19.40	4:00.23	4:41.11	5:22.19
	6:02.76	6:43.49	7:24.56	8:05.63
	8:47.07	9:28.47	10:09.25	10:50.27
	11:31.10	12:12.22	12:52.92	13:32.26
2	Tulenko, Tom	73	1776	15:26.15
	41.05	1:26.18	2:13.37	3:01.16
	3:48.79	4:36.72	5:24.77	6:12.84
	7:00.08	7:47.31	8:34.47	9:21.73
	10:08.41	10:55.24	11:41.93	12:28.64
	13:14.93	14:00.34	14:44.64	15:26.15
3	Gaulrapp, Edward	73	VMST	18:23.69
	46.38	1:40.11	2:34.80	3:30.21
	4:24.64	5:20.23	6:15.23	7:10.94
	8:12.30	9:13.12	10:13.83	11:15.26
	12:08.72	13:02.71	13:57.61	14:51.56
	15:44.90	16:38.32	17:31.71	18:23.69

Men 70-74 50 Yard Backstroke**NATL: 29.72 N 4/26/15 RICHARD BURNS****ZONE: 35.62 Z 4/21/02 William VanPelt****VA: 35.96 V 4/19/13 Harry Sober**

1	Dragon, Jim	71	GSM	34.72Z
2	Sober, Harry	73	VMST	38.26
3	Novell, Ken	73	VMST	39.62
4	Robinson, David	72	GERM	42.16

Men 70-74 100 Yard Backstroke**NATL: 1:05.42 N 4/24/15 RICHARD BURNS****ZONE: 1:13.47 Z 5/2/99 Roger Franks****VA: 1:24.54 V 4/10/15 Warner Brundage**

1	Gaulrapp, Edward	73	VMST	1:46.13
	54.58	1:46.13		

Men 70-74 200 Yard Backstroke**NATL: 2:23.68 N 5/2/14 RICHARD BURNS****ZONE: 2:40.19 Z 5/2/99 Roger Franks****VA: 3:00.68 V 2/8/14 Warner Brundage**

1	Bernstein, Rich	70	AGUA	3:07.14
	45.80	1:33.40	2:20.99	3:07.14
2	Robinson, David	72	GERM	3:21.99
	48.67	1:40.01	2:32.47	3:21.99

Men 70-74 50 Yard Breaststroke**NATL: 32.86 N 9/29/13 DAVID GILDEA****ZONE: 37.20 Z 4/22/01 Charles Urstadt****VA: 37.91 V 5/9/13 Terry Gernstein**

1	Dragon, Jim	71	GSM	33.94Z
2	Greger, Ron	71	GERM	41.18
3	Gaulrapp, Edward	73	VMST	43.89
4	Finz, Samuel	71	VMST	48.13

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 70-74 100 Yard Breaststroke****NATL: 1:11.75 N 9/29/13 DAVID GILDEA****ZONE: 1:19.39 Z 4/25/10 Hans Reichelt****VA: 1:26.41 V 5/9/13 Terry Gernstein**

1 Greger, Ron	71 GERM	1:28.09
42.52	1:28.09	
2 Gaulrapp, Edward	73 VMST	1:46.31
50.62	1:46.31	
3 Robinson, David	72 GERM	1:48.32
52.94	1:48.32	

Men 70-74 200 Yard Breaststroke**NATL: 2:43.16 N 4/26/15 KENNETH FROST****ZONE: 2:55.54 Z 4/24/10 Hans Reichelt****VA: 3:06.81 V 3/29/08 Richard Scott**

1 Cole, Henry	71 MARY	3:05.76
42.15	1:28.60	2:15.58 3:05.76
2 Bernstein, Rich	70 AGUA	3:15.90
45.36	1:35.40	2:25.75 3:15.90
3 Greger, Ron	71 GERM	3:24.75
47.16	1:39.31	2:33.01 3:24.75

Men 70-74 50 Yard Butterfly**NATL: 26.92 N 4/26/15 RICHARD ABRAHAMS****ZONE: 28.27 Z 4/11/15 Jim Dragon****VA: 31.59 V 4/26/12 Randolph Wise**

1 Dragon, Jim	71 GSM	28.60
2 Sober, Harry	73 VMST	34.19
3 Novell, Ken	73 VMST	36.17
4 Zamon, Frederick	74 GMUP	40.92

Men 70-74 100 Yard Butterfly**NATL: 1:00.77 N 4/24/15 RICHARD ABRAHAMS****ZONE: 1:23.28 Z 5/9/93 Birch Davidson****VA: 1:29.95 V 4/19/13 Edward Gaulrapp**

1 Gaulrapp, Edward	73 VMST	1:39.12
46.49	1:39.12	
2 Zamon, Frederick	74 GMUP	1:42.42
47.46	1:42.42	

Men 70-74 200 Yard Butterfly**NATL: 2:34.31 N 1/26/14 ROBERT POILETMAN****ZONE: 3:03.53 Z 4/14/12 Raymond Loewe****VA: 3:38.49 V 4/4/14 Edward Gaulrapp**

1 Gaulrapp, Edward	73 VMST	3:50.15
49.56	1:48.89	2:50.47 3:50.15
2 Zamon, Frederick	74 GMUP	4:15.51
48.20	1:51.54	3:02.36 4:15.51

Men 70-74 100 Yard IM**NATL: 1:05.05 N 5/3/14 JAMES ELDER****ZONE: 1:15.35 Z 4/25/10 Hans Reichelt****VA: 1:17.51 V 4/26/12 Randolph Wise**

1 Sober, Harry	73 VMST	1:18.92
34.49	1:18.92	
2 Novell, Ken	73 VMST	1:24.99
38.49	1:24.99	
3 Robinson, David	72 GERM	1:28.24
41.30	1:28.24	

4 Zamon, Frederick	74 GMUP	1:29.07
40.10	1:29.07	
5 Bernstein, Rich	70 AGUA	1:31.63
45.16	1:31.63	
6 Gaulrapp, Edward	73 VMST	1:34.17
45.32	1:34.17	

Men 70-74 200 Yard IM**NATL: 2:29.92 N 2/23/08 DAVID COSTILL****ZONE: 2:51.62 Z 4/20/97 Roger Franks****VA: 2:58.07 V 3/29/14 Warner Brundage**

1 Bernstein, Rich	70 AGUA	3:06.56
47.56	1:34.92	2:25.80 3:06.56
2 Novell, Ken	73 VMST	3:21.23
40.66	1:31.74	2:38.59 3:21.23
3 Gaulrapp, Edward	73 VMST	3:27.07
50.00	1:45.30	2:41.06 3:27.07
4 Zamon, Frederick	74 GMUP	3:29.57
44.38	1:37.41	2:41.12 3:29.57

Men 70-74 400 Yard IM**NATL: 5:34.47 N 4/27/03 BURWELL JONES****ZONE: 6:16.23 Z 5/2/99 Roger Franks****VA: 7:01.91 V 4/19/13 Edward Gaulrapp**

1 Bernstein, Rich	70 AGUA	6:23.68
49.57	1:44.55	2:33.38 3:20.88
4:11.15	5:02.39	5:44.28 6:23.68
2 Gaulrapp, Edward	73 VMST	7:24.98
50.72	1:47.03	2:45.08 3:41.05
4:40.94	5:42.03	6:33.93 7:24.98
3 Zamon, Frederick	74 GMUP	7:43.67
48.63	2:49.87	3:48.43 4:56.35
6:00.55	6:54.47	7:43.67

Men 75-79 50 Yard Freestyle**NATL: 25.58 N 3/4/12 JEFF FARRELL****ZONE: 31.49 Z 4/12/92 Harry Class****VA: 32.75 V 4/23/10 Owen Maher**

1 Hamada, Ahmed	77 GOLD	30.62Z
2 Shay, Barry	75 DCM	38.15
3 Hatchette, Michael	75 NEM	42.74
4 Nobbe, Nick	77 RMST	43.69

Men 75-79 100 Yard Freestyle**NATL: 58.68 N 5/10/09 DAVID RADCLIFF****ZONE: 1:10.97 Z 4/21/02 Roger Franks****VA: 1:16.12 V 2/13/10 Owen Maher**

1 Hamada, Ahmed	77 GOLD	1:11.64
32.86	1:11.64	
2 Shay, Barry	75 DCM	1:27.17
42.05	1:27.17	
3 Nobbe, Nick	77 RMST	1:37.79
47.56	1:37.79	
4 Gladfelter, David	79 1776	1:49.59
52.17	1:49.59	

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 75-79 200 Yard Freestyle****NATL: 2:08.77 N 5/10/09 DAVID RADCLIFF****ZONE: 2:29.79 Z 4/21/02 Roger Franks****VA: 2:58.53 V 6/1/85 Patrick Frank**

1	Rolston, Howard	75	GOLD	2:29.42Z
	34.35	1:11.95	1:50.81	2:29.42
2	Hamada, Ahmed	77	GOLD	2:38.00
	35.19	1:16.39	1:58.74	2:38.00
3	Shay, Barry	75	DCM	3:17.57
	45.02	1:35.86	2:28.08	3:17.57
4	Nobbe, Nick	77	RMST	3:34.80
	51.75	1:45.56	2:41.45	3:34.80
5	Hatchette, Michael	75	NEM	3:55.66
	47.78	1:46.97	2:50.91	3:55.66

Men 75-79 500 Yard Freestyle**NATL: 6:03.87 N 5/8/10 DAVID RADCLIFF****ZONE: 6:43.59 Z 4/21/02 Roger Franks****VA: 8:20.45 V 4/17/99 Calvin Barnes**

1	Hamada, Ahmed	77	GOLD	7:26.26
		1:22.55	2:07.47	2:54.61
		3:39.74	4:24.53	5:11.91
		6:45.40	7:26.26	
2	Shay, Barry	75	DCM	9:00.89
		46.76	1:39.54	2:33.93
		4:27.04	5:22.94	6:18.41
		8:09.50	9:00.89	
3	Nobbe, Nick	77	RMST	9:29.67
		52.31	1:49.14	2:46.76
		4:42.18	5:40.25	6:37.04
		8:33.68	9:29.67	
4	Gladfelter, David	79	1776	11:15.26
		59.70	2:06.18	3:15.65
		5:36.22	6:46.82	7:56.82
		10:14.04	11:15.26	

Men 75-79 1000 Yard Freestyle**NATL: 12:20.59 N 5/10/09 DAVID RADCLIFF****ZONE: 15:11.04 Z 4/4/14 Ahmed Hamada****VA: 16:38.58 V 1/1/99 Calvin Barnes**

1	Hamada, Ahmed	77	GOLD	15:25.49
		38.28	2:08.94	2:56.47
		4:30.95	5:19.01	6:05.97
		6:54.79	7:41.15	8:29.25
		10:06.13	10:52.87	11:41.09
		13:13.18	14:01.07	14:45.28
				15:25.49
2	Shay, Barry	75	DCM	18:56.52
		50.81	1:46.25	2:44.01
		4:38.82	5:36.72	6:34.78
		8:30.29	9:28.67	10:26.71
		12:21.85	13:19.45	14:17.29
		16:11.28	17:08.25	18:04.17
				18:56.52

3	Nobbe, Nick	77	RMST	19:01.65
		54.52	1:52.54	2:52.12
		4:47.35	5:44.61	6:42.36
		8:36.84	9:34.08	10:30.65
		12:26.18	13:22.84	14:19.38
		16:12.75	17:09.82	18:06.84
				19:01.65

Men 75-79 1650 Yard Freestyle**NATL: 20:25.49 N 5/10/09 DAVID RADCLIFF****ZONE: 23:50.03 Z 4/21/02 Roger Franks****VA: 28:54.93 V 2/6/99 Calvin Barnes**

1	Gladfelter, David	79	1776	37:35.89
		1:02.62	2:11.86	3:22.13
		5:39.46	6:48.39	7:57.25
		10:14.48	11:22.96	12:30.55
		14:47.06	15:54.96	17:01.83
		19:16.56	20:24.14	21:31.89
		23:47.57	24:55.55	26:04.63
		28:22.28	29:31.90	30:41.14
		32:58.28	34:06.98	35:15.89
				36:26.30
				37:35.89

Men 75-79 50 Yard Backstroke**NATL: 32.11 N 4/19/09 YOSHI OYAKAWA****ZONE: 37.02 Z 4/21/02 Roger Franks****VA: 42.09 V 4/17/99 Calvin Barnes**

1	Hamada, Ahmed	77	GOLD	42.22
2	Hatchette, Michael	75	NEM	1:01.24

Men 75-79 100 Yard Backstroke**NATL: 1:08.55 N 4/19/09 BURWELL JONES****ZONE: 1:17.17 Z 4/21/02 Roger Franks****VA: 1:34.39 V 4/17/99 Calvin Barnes**

1	Rolston, Howard	75	GOLD	1:19.66
		39.30	1:19.66	
2	Deege, Leonard	76	UC10	1:54.87
		54.23	1:54.87	
3	Gerson, Gordon	79	RMST	2:15.90
		1:06.95	2:15.90	

Men 75-79 200 Yard Backstroke**NATL: 2:31.41 N 4/17/10 BURWELL JONES****ZONE: 2:54.61 Z 4/13/03 Roger Franks****VA: 3:27.19 V 6/1/99 Calvin Barnes**

1	Rolston, Howard	75	GOLD	2:56.02
		40.35	1:24.19	2:10.47
				2:56.02

Men 75-79 50 Yard Breaststroke**NATL: 35.64 N 4/30/06 JOHN KORTHEUER****ZONE: 42.37 Z 5/9/93 Roger Chamberlain****VA: 45.18 V 1/1/04 Norman Rainer**

1	Diamond, Louis	76	ANCM	47.29
2	Deege, Leonard	76	UC10	53.31
3	Gladfelter, David	79	1776	1:07.69
4	Gerson, Gordon	79	RMST	1:11.39

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 75-79 100 Yard Breaststroke****NATL: 1:19.21 N 3/27/11 DAVID COSTILL****ZONE: 1:37.14 Z 4/12/15 Louis Diamond****VA: 1:40.60 V 1/1/04 Norman Rainer**

---	Hatchette, Michael	75	NEM	DQ
	1:09.92		DQ	

Men 75-79 200 Yard Breaststroke**NATL: 2:59.83 N 4/14/11 DAVID COSTILL****ZONE: 3:40.55 Z 4/12/92 Murray Eager****VA: 3:46.29 V 1/1/04 Norman Rainer**

1	Gladfelter, David	79	1776	5:03.42
	1:11.50	2:31.17	3:49.72	5:03.42
2	Gerson, Gordon	79	RMST	5:57.71
	1:23.48	2:56.44	4:31.59	5:57.71

Men 75-79 50 Yard Butterfly**NATL: 30.84 N 4/15/11 DAVID COSTILL****ZONE: 36.05 Z 4/5/14 Jerry Katz****VA: 38.99 V 2/13/10 Owen Maher**

1	Hamada, Ahmed	77	GOLD	36.58
2	Deege, Leonard	76	UC10	57.10
3	Gladfelter, David	79	1776	1:07.31

Men 75-79 100 Yard Butterfly**NATL: 1:12.71 N 4/17/11 DAVID COSTILL****ZONE: 1:29.57 Z 4/6/14 Ahmed Hamada****VA: 1:43.82 V 4/23/10 Owen Maher**

1	Hamada, Ahmed	77	GOLD	1:32.77
	44.46	1:32.77		

Men 75-79 200 Yard Butterfly**NATL: 2:59.30 N 5/10/13 DAVID COSTILL****ZONE: 3:36.42 Z 4/5/14 Ahmed Hamada****VA: 4:43.67 V 2/12/11 Richard Scott**

1	Hamada, Ahmed	77	GOLD	3:44.90
	48.73	2:47.63	3:44.90	

Men 75-79 100 Yard IM**NATL: 1:09.69 N 3/27/11 DAVID COSTILL****ZONE: 1:24.45 Z 4/21/02 Roger Franks****VA: 1:36.76 V 2000 Calvin Barnes**

1	Hamada, Ahmed	77	GOLD	1:25.32
	39.73	1:25.32		
2	Hatchette, Michael	75	NEM	2:13.58

Men 75-79 200 Yard IM**NATL: 2:39.07 N 3/27/11 DAVID COSTILL****ZONE: 3:11.25 Z 4/12/92 Norris Fluke****VA: 3:40.65 V 2/6/99 Calvin Barnes**

1	Rolston, Howard	75	GOLD	2:53.87Z
	36.60	1:21.03	2:12.25	2:53.87
---	Hamada, Ahmed	77	GOLD	DNF

Men 80-84 100 Yard Freestyle**NATL: 1:04.60 N 5/3/14 DAVID RADCLIFF****ZONE: 1:20.12 Z 4/20/97 Robert Knapp****VA: 1:29.79 V 6/1/88 Patrick Frank**

1	Nicholas, David	80	L4S	1:25.46
	40.22	1:25.46		

Men 80-84 200 Yard Freestyle**NATL: 2:23.60 N 4/12/15 DAVID RADCLIFF****ZONE: 3:10.55 Z 4/20/97 Robert Knapp****VA: 3:17.79 V 6/1/88 Patrick Frank**

1	Nicholas, David	80	L4S	3:21.50
	42.30	1:31.81	2:26.89	3:21.50

Men 80-84 500 Yard Freestyle**NATL: 6:27.81 N 5/1/14 DAVID RADCLIFF****ZONE: 8:04.31 Z 4/15/07 Roger Franks****VA: 9:06.23 V 6/1/88 Patrick Frank**

1	Nicholas, David	80	L4S	8:56.31
	42.27	1:34.45	2:31.22	3:25.29
	4:20.24	5:17.04	6:12.09	7:07.98
	8:02.61	8:56.31		

Men 80-84 1650 Yard Freestyle**NATL: 21:54.87 N 5/1/14 DAVID RADCLIFF****ZONE: 30:18.27 Z 5/2/99 Jim Pendergrass****VA: 30:49.45 V 2/11/06 Calvin Barnes**

---	Nicholas, David	80	L4S	DNF
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Men 80-84 50 Yard Breaststroke**NATL: 37.74 N 3/12/16 DAVID COSTILL****ZONE: 46.29 Z 5/8/90 Dan Dotterweich****VA: 53.77 V 10/25/15 Richard Scott**

1	Nicholas, David	80	L4S	46.09Z
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Men 80-84 100 Yard Breaststroke**NATL: 1:30.27 N 5/2/14 BOB BEST****ZONE: 1:47.95 Z 5/8/90 Dan Dotterweich****VA: 2:02.19 V 6/1/99 Harry Howell**

1	Nicholas, David	80	L4S	1:41.66Z
	47.23	1:41.66		
2	Lyons, Thomas	82	VMST	2:39.96

Men 80-84 200 Yard Breaststroke**NATL: 3:09.84 N 3/12/16 DAVID COSTILL****ZONE: 4:07.15 Z 5/8/90 Dan Dotterweich****VA: 4:42.90 V 2/6/16 Richard Scott**

1	Lyons, Thomas	82	VMST	6:07.71
	1:18.92	2:52.46	6:07.71	

Men 80-84 400 Yard IM**NATL: 6:26.09 N 2/20/16 DAVID COSTILL****ZONE: 9:21.95 Z 4/13/03 Clarence Webb**

---	Scott, Dick	80	VMST	DQ
	1:11.94	3:54.35	5:17.69	6:34.16
	7:51.06	9:01.94	DQ	

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Women 18+ 200 Yard Freestyle Relay****NATL: 1:35.70 N 5/3/14 THE OLYMPIC CLU****K KASTES, M GILL, O'DONNELL-MCCARTH, K RAATZ****ZONE: 1:41.60 Z 2006 Terrapin Master**

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VA: 1:41.68 V 5/20/93 VMST**B Gardner, C Bolek, H Coulson-Moore, A Phillips**

1 1693 A 1:45.76

1) Hurtubise, Courtney W35 2) Grier, Katie W37

3) Lovett, Mandy W41 4) Shaner, Sara W24

25.39 49.62 1:20.97 1:45.76

2 SVY A 1:55.09

1) Lampe, Corinne W24 2) Mahaney, Melanie W25

3) Fleck, Danielle W33 4) Bieloski, Stephanie W36

27.30 55.80 1:26.41 1:55.09

3 NAMI A 2:03.77

1) Jenkins, Alison W42 2) Walters, Suzanne W45

3) Mockler, Shannon W31 4) Bugel, Madeleine W21

30.56 1:03.02 1:35.80 2:03.77

Women 18+ 400 Yard Freestyle Relay**NATL: 3:38.39 N 3/29/09 RED TIDE OF NYC****K MOUGHTY, T SHPAIZER, S WAGER, K GARY****ZONE: 3:47.29 Z 4/25/10 Reston Masters****J Van Erden, J Orton, J Brielmaier, J O'Reilly****VA: 4:01.39 V 4/22/05 VMST****C Dobyns, K Cleary, E Burlovich, C Conlin**

1 1693 A 3:35.45N

1) Hurtubise, Courtney W35 2) Grier, Katie W37

3) Mizerak, Gabrielle W24 4) Shaner, Sara W24

27.40 56.72 1:21.83 1:49.42

2:14.59 2:42.44 3:07.77 3:35.45

2 L4S A 5:01.58

1) Jue, Heather W32 2) Bowman, Branka W50

3) Romack, Erika W48 4) Walden, Hannah W23

38.09 1:41.51 2:08.06 2:57.29

3:18.73 4:03.39 4:31.65 5:01.58

Women 18+ 800 Yard Freestyle Relay**NATL: 7:55.34 N 3/29/09 RED TIDE OF NYC****K MOUGHTY, S UPTON, J KELSEY, K GARY****ZONE: 8:10.58 Z 4/4/04 Terrapin Master**

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1 SVY A 9:05.56

1) Lampe, Corinne W24 2) Mahaney, Melanie W25

3) Fleck, Danielle W33 4) Bieloski, Stephanie W36

30.37 1:03.29 1:37.45 2:11.74

2:42.57 3:17.55 3:53.93 4:29.67

5:01.24 5:36.38 6:12.32 6:48.22

7:19.40 7:54.18 8:30.33 9:05.56

Women 18+ 400 Yard Medley Relay**NATL: 4:03.73 N 4/4/04 TERRAPIN MASTER****J TEERLINK, J MARTIN, K BOWMAN, M STAKEM****ZONE: 4:03.73 Z 4/4/04 Terrapin Master**

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VA: 4:19.23 V 4/10/15 1693**S Sleman, K Harris, G Mizerak, K Grier**

1 1693 A 4:23.70

1) Sullivan, Shannon W40 2) Harris, Kristen W39

3) Mizerak, Gabrielle W24 4) Greene, Shannon W30

37.22 1:16.01 1:49.14 2:25.92

2:53.03 3:24.08 3:52.80 4:23.70

Women 25+ 200 Yard Freestyle Relay**NATL: 1:35.01 N 4/25/15 THE OLYMPIC CLU****O'DONNELL-MCCARTH, K KASTES, M GILL, K RAATZ****ZONE: 1:40.67 Z 4/24/10 Red Tide****S Wager, K Gary, T Shpaizer, J Kelsey****VA: 1:42.63 V 5/21/95 VMST****B Bishop, C Bolek, R Hampton, A Phillips**

1 L4S A 2:07.02

1) Bentley, Margaret W28 2) Frost, Holly W56

3) Wood, Pamela W46 4) Romack, Erika W48

32.47 1:08.72 1:40.97 2:07.02

2 RMST B 2:08.10

1) Lunde-Habash, Emily W34 2) Moyer, Michelle W53

3) Sickenberger, Phyllis W52 4) Sidoti, Barbara W26

29.16 1:03.39 1:37.90 2:08.10

3 FAC A 2:26.40

1) Chu, Jan W48 2) Corbett, Alice W57

3) Richards, Staci W45 4) Harris, Melissa W28

47.40 1:21.38 1:56.38 2:26.40

Women 25+ 400 Yard Freestyle Relay**NATL: 3:37.75 N 4/14/91 WALNUT CREEK MA****C LEWIS, P ROEMER, W INGRAHAM, S SHAND****ZONE: 3:39.54 Z 4/25/10 Red Tide****J Kelsey, T Shpaizer, S Wager, K Gary****VA: 3:50.62 V 2000 VMST****D Reed, L Deputy, T Flounders, A Phillips**

1 RMST C 5:00.78

1) Flynn, Merri W56 2) Schwarz, Stacey W25

3) Sickenberger, Phyllis W52 4) Sidoti, Barbara W26

42.84 1:28.88 1:45.19 2:01.91

2:37.36 3:13.84 3:53.89 5:00.78

2 1776 B 5:03.73

1) Watts, Sue W61 2) Lech, Melissa W36

3) Plimpton, Hannah W30 4) Tokos- Marcolina, Eve W47

35.78 1:11.95 1:56.33 2:45.84

3:17.87 3:53.77 4:25.49 5:03.73

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002

George Mason University, Fairfax, VA

Results**Women 25+ 800 Yard Freestyle Relay**

NATL: 7:43.29 N 2/23/13 RED TIDE OF NYC

B O'CONNOR, W SPRAGUE, K GARY, K VANDENBERG

ZONE: 8:03.09 Z 4/24/10 Red Tide

J Kelsey, T Shpaizer, S Wager, K Gary

VA: 9:50.89 V 4/21/06 VMST

D Jaeger, P Miller, M Barry, A Lotz

1	VMST	A	9:57.87
1)	Cota, Devon W25	2)	Gras Thompson, Beni W44
3)	Kassens, Alice W41	4)	Jaeger, Debbie W53
	31.31	1:05.14	1:39.64
	2:47.15	3:23.93	4:02.24
	5:18.50	5:59.96	6:43.26
	8:01.27	8:39.71	9:19.20
			9:57.87

Women 25+ 200 Yard Medley Relay

NATL: 1:45.01 N 5/4/08 SOUTHERN METHOD

L OBERSTAR-BROWN, K MCCLELLAND, L HOLT, D DIEZI

ZONE: 1:50.68 Z 4/15/07 Curl-Burke Swim

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VA: 1:55.29 V 4/26/12 VMST

K Hibbard, C Russo, D Myers, E Tudor

1	1693	A	2:00.30
1)	Joiner, Elizabeth W31	2)	Harris, Kristen W39
3)	Greene, Shannon W30	4)	Farhat, Stefanie W37
	30.43	1:01.97	1:32.89
2	L4S	A	2:13.64
1)	Wood, Pamela W46	2)	Rawson, Laurelyn W44
3)	Bentley, Margaret W28	4)	Jue, Heather W32
	36.75	1:15.85	1:44.52
3	1776	B	2:19.57
1)	Wolff, Melinda W63	2)	Plimpton, Hannah W30
3)	Burke, Barbara W54	4)	Figenshu, Susan W61
	36.89	1:15.47	1:48.19
4	RMST	C	2:36.02
1)	Sidoti, Barbara W26	2)	Sickenberger, Phyllis W52
3)	Flynn, Merri W56	4)	Schwarz, Stacey W25
	37.63	1:21.00	2:20.34
---	FAC	A	DQ
1)	Chu, Jan W48	2)	Corbett, Alice W57
3)	Harris, Melissa W28	4)	Clark, Debra W61
	51.06	1:38.63	2:10.75
			DQ

Women 25+ 400 Yard Medley Relay

NATL: 4:02.73 N 3/30/08 SOUTHERN METHOD

L OBERSTAR-BROWN, K MCCLELLAND, L HOLT, M CHOW

ZONE: 4:09.62 Z 2007 Curl-Burke

,,,

VA: 4:23.91 V 2000 VMST

C Buscaglia, C Conlin, M Dean, V Nellen

1	RMST	A	6:26.59
1)	Manheim, Lucy W73	2)	Moyer, Michelle W53
3)	Lunde-Habash, Emily W34	4)	Flynn, Merri W56
	1:01.09	2:03.84	3:44.77
	4:18.30	4:55.97	5:38.96
			6:26.59

Women 35+ 400 Yard Freestyle Relay

NATL: 3:34.28 N 3/29/14 NORTH CAROLINA

K LINDAUER, J STRINGER, A UHL, E BRAUN

ZONE: 3:55.51 Z 2000 Colonials 1776

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VA: 3:59.36 V 1/1/04 VMST

D Jaeger, T Seubert, C Hokenson, A Phillips

1	RMST	A	6:51.14
1)	Manheim, Lucy W73	2)	Greenfield Sheeche, Heather W
3)	Kelly, Anne Marie W46	4)	Beels, Kendall W43
	54.36	1:54.97	2:36.15
	3:40.05	4:21.60	6:04.99
			6:51.14

Women 35+ 800 Yard Freestyle Relay

NATL: 7:58.40 N 1/31/15 NCMS

E BRAUN, J STRINGER, A UHL, K LINDAUER

ZONE: 8:37.23 Z 2002 Virginia

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VA: 8:37.23 V 1/1/02 VMST

W Weil, M Bittner, A Phillips, B Baker

1	RMST	B	12:07.12
1)	Moyer, Michelle W53	2)	Flynn, Merri W56
3)	Sickenberger, Phyllis W52	4)	Beels, Kendall W43
	37.55	1:19.30	2:01.46
	3:26.80	4:15.89	5:07.55
		6:34.65	7:16.70
	9:03.87	9:33.17	10:25.24
			12:07.12
2	GERM	A	12:11.57
1)	Postma, Terri W46	2)	Bancroft, Caren W45
3)	Mallon, Barbara W49	4)	Scherschligt, Julia W39
	36.03	1:14.52	1:53.65
	3:08.42	3:52.92	4:41.30
	6:08.68	6:55.97	7:46.44
	9:25.27	10:18.17	11:15.99
			12:11.57

Women 35+ 200 Yard Medley Relay

NATL: 1:48.55 N 5/14/06 COLORADO MASTER

S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER

ZONE: 1:58.26 Z 2000 Colonials 1776

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VA: 1:56.54 V 1/1/02 VMST

B Baker, P Powis, A Phillips, M Dean

1	1693	B	2:16.00
1)	Sullivan, Shannon W40	2)	Lovett, Mandy W41
3)	Davidson, Julia W39	4)	Choe, Michele W38
	36.60	1:16.19	1:48.58
2	GERM	A	2:29.91
1)	Postma, Terri W46	2)	Mallon, Barbara W49
3)	Schneider, Johanna W42	4)	Bancroft, Caren W45
	37.62	1:22.46	1:58.54
3	RMST	A	3:22.51
1)	Beels, Kendall W43	2)	Greenfield Sheeche, Heather W
3)	Manheim, Lucy W73	4)	Kelly, Anne Marie W46
	59.90	1:50.39	2:32.84
			3:22.51

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002

George Mason University, Fairfax, VA

Results**Women 45+ 200 Yard Freestyle Relay**

NATL: 1:40.44 N 4/30/11 COLORADO MASTER

K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE

ZONE: 1:51.84 Z 2003 Virginia

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VA: 1:48.11 V 4/26/12 VMST

A Phillips, J Kellinger, M Dean Bittner, A Patters

1	RMST	A	1:57.64
	1) Brightwell, Kim W56	2) Dawson, Mandy W53	
	3) Groves, Lisa W51	4) Katsaros, Sheryl W46	
	28.76	58.06	1:26.22 1:57.64
2	1776	A	1:59.40
	1) Burke, Barbara W54	2) Saucy, Stephanie W52	
	3) Swanson, Vibeke W54	4) Wolff, Melinda W63	
	30.38	59.56	1:40.14 1:59.40
3	1776	B	2:02.44
	1) Tokos- Marcolina, Eve W47	2) Figenshu, Susan W61	
	3) Watts, Sue W61	4) Hug, Laurie W50	
	30.51	1:02.56	1:33.31 2:02.44
4	SVY	B	2:12.64
	1) Jordan, Tammy W56	2) Sommer, Lisa W46	
	3) Lampe, Betty W60	4) Keisling, Christine W59	
	30.33	1:02.22	1:40.06 2:12.64

Women 45+ 400 Yard Freestyle Relay

NATL: 3:53.33 N 5/9/15 SARASOTA YMCA

S BUXTON, L CARMICHAEL, J TAFUTO, S TAORMINA

ZONE: 4:13.71 Z 4/12/15 Reston Masters

K Brightwell, L Groves, M Johnson, M Dawson

VA: 5:04.62 V 4/30/99 VMST

N Miller, B Durrant, R Schanzer, T Sue Gault

1	RMST	B	4:22.74
	1) Brightwell, Kim W56	2) Dawson, Mandy W53	
	3) Groves, Lisa W51	4) Katsaros, Sheryl W46	
	30.47	1:03.23	1:33.92 2:17.61
	2:39.69	3:14.46	3:47.38 4:22.74
2	1776	A	4:24.13
	1) Swanson, Vibeke W54	2) Burke, Barbara W54	
	3) Saucy, Stephanie W52	4) Hug, Laurie W50	
	31.75	1:04.86	1:20.04 1:38.41
	2:15.05	2:46.09	3:19.90 4:24.13
3	TRI3	A	6:16.32
	1) Schroder, Armella W51	2) Baumgarten, Elizabeth W59	
	3) Rome, Julie W54	4) DiPietro, Nancy W49	
	42.10		2:12.80 2:57.57
	3:49.80		6:16.32

Women 45+ 800 Yard Freestyle Relay

NATL: 8:39.13 N 4/13/08 WALNUT CREEK MA

M CURRAN, L VIDAL, L SULLIVAN, C O'BRIEN

ZONE: 9:37.99 Z 4/5/14 Colonials 1776

V Swanson, S Saucy, B Burke, L Hug

VA: 9:48.84 V 4/11/03 VMST

K Braaten, N Miller, T Sue Gault, L Bennett

1	1776	A	9:23.63Z
	1) Saucy, Stephanie W52	2) Burke, Barbara W54	
	3) Swanson, Vibeke W54	4) Hug, Laurie W50	
	31.95	1:06.48	1:42.12 2:17.86
	2:51.35	3:29.67	4:09.21 4:47.31
	5:05.72	5:54.77	6:30.99 7:06.70
	7:22.68	8:12.93	8:48.57 9:23.63
2	RMST	A	9:47.24
	1) Brightwell, Kim W56	2) Dawson, Mandy W53	
	3) Groves, Lisa W51	4) Katsaros, Sheryl W46	
	32.37	1:07.27	1:43.33 2:19.58
	2:37.13		3:28.69 4:07.99
	5:17.69	5:54.95	6:33.54 7:47.71
	8:27.49	9:07.66	9:47.24

Women 45+ 200 Yard Medley Relay

NATL: 1:52.93 N 5/1/11 COLORADO MASTER

C SAPPEY, K CROUCH, S VON DER LIPPE, A SCOTT-KUBE

ZONE: 2:03.64 Z 4/15/12 Patriot Masters

B Clifford-Dicks, K Toner, L Livingston, C Ward

VA: 2:01.16 V 4/26/12 VMST

A Patterson, P Miller, A Phillips, J Kellinger

1	RMST	B	2:11.18
	1) Katsaros, Sheryl W46	2) Groves, Lisa W51	
	3) Brightwell, Kim W56	4) Dawson, Mandy W53	
	36.07	1:11.02	1:41.64 2:11.18
2	1776	A	2:15.18
	1) Swanson, Vibeke W54	2) Tokos- Marcolina, Eve W47	
	3) Hug, Laurie W50	4) Saucy, Stephanie W52	
	33.87	1:12.11	1:45.27 2:15.18
3	TRI3	A	3:30.47
	1) Batko, Margaret W65	2) Rome, Julie W54	
	3) Baumgarten, Elizabeth W59	4) DiPietro, Nancy W49	
	1:03.89	2:03.88	2:53.37 3:30.47

Men 18+ 200 Yard Freestyle Relay

NATL: 1:18.32 N 5/22/10 NORTH CAROLINA

N BRUNELLI, C JONES, N WESTBY, J SKUBA

ZONE: 1:26.42 Z 1991 TA "A"

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VA: 1:28.17 V 2000 VMST

S Robinson, D Malsbury, M Gill, N Williams

1	FINS	A	1:30.06
	1) Kimball, William M23	2) Acquaviva, Joseph M24	
	3) Corcoran, Ryan M28	4) Limouze, Thomas M32	
	22.49	44.65	1:05.67 1:30.06
2	1693	A	1:30.14
	1) Lovett, Brian M41	2) Williams, Rich M40	
	3) Lovett, Michael M38	4) Glass, Sidney M24	
	23.47	46.76	1:08.76 1:30.14

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 18+ 200 Yard Freestyle Relay)**

3	GMUP	A	1:46.39
1)	Kirkendall, Billy M18	2)	Gordon, Joshua M20
3)	Goldstein, Jeremy M20	4)	Lessem, Alexander M20
	24.22	53.20	1:20.50 1:46.39

Men 18+ 400 Yard Freestyle Relay

NATL: 3:01.60 N 2/13/16 Golden Road Aqu
M MARSHALL, N KORTH, M JABEN, T COX
 ZONE: 3:15.05 Z 1993 Colonials 1776

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VA: 3:15.41 V 1/1/04 VMST

T Johnson, M Meyer, E Cornell, F Byskov

---	1693	A	DQ
1)	Gallagher, Kevin M28	2)	Moyar, Nathaniel M24
3)	D'Aguillo, Mike M25	4)	Loughran, Kyle M28
	22.46	47.03	1:11.09 1:38.58
	2:02.76	2:32.22	2:54.50 DQ

Men 18+ 800 Yard Freestyle Relay

NATL: 7:05.96 N 4/4/04 DAVIS AQUATIC M
M CALLAGHAN, Z LEMKE, M ROPER, A NONAKA
 ZONE: 7:12.63 Z 1996 Trigger

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VA: 8:02.73 V 1/1/04 VMST

M Meyer, F Byskov, E Cornell, S Waters

1	FINS	A	7:19.13
1)	Kimball, William M23	2)	Corcoran, Ryan M28
3)	Hersh, David M34	4)	Acquaviva, Joseph M24
	24.69	52.42	1:20.10 1:47.60
	2:12.41	2:40.39	3:09.00 3:37.61
	4:05.20	4:34.86	5:04.60 5:32.96
	5:57.47	6:24.68	6:51.96 7:19.13

Men 18+ 200 Yard Medley Relay

NATL: 1:26.71 N 5/2/14 THE OLYMPIC CLU
A SAETA, N KOON, N ADRIAN, A ERVIN
 ZONE: 1:39.21 Z 1991 Connecticut

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VA: 1:36.95 V 2/6/16 VMST

David Wren, Clark Hou, John Hogan, Jonathan Nelson

1	1693	A	1:39.29
1)	Glass, Sidney M24	2)	Williams, Rich M40
3)	Lovett, Michael M38	4)	Lovett, Brian M41
	24.58	53.67	1:16.83 1:39.29
2	GMUP	A	1:58.58
1)	McKnight, Patrick M49	2)	Gordon, Joshua M20
3)	Lessem, Alexander M20	4)	Kirkendall, Billy M18
	34.49	1:08.82	1:35.59 1:58.58

Men 18+ 400 Yard Medley Relay

NATL: 3:29.49 N 4/18/10 MICHIGAN MASTER
K DOAK, P SAUCEDO, A MULL, A SCHMITT
 ZONE: 3:39.04 Z 4/24/05 Terrapin Master

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VA: 3:59.95 V 2000 VMST

D Malsbury, C Riordan, J Wolffe, C Cockrell

1	DCAC	A	3:59.26
1)	Grasha, Eric M40	2)	Williams, Neill M48
3)	Dever, Frederick M50	4)	Wilson, Taylor M23
	31.69	1:05.34	1:34.34 2:08.17
	2:36.92	3:09.99	3:33.93 3:59.26
2	GMUP	A	3:59.78
1)	Krajewski, Thomas M37	2)	Gordon, Joshua M20
3)	Lessem, Alexander M20	4)	Kirkendall, Billy M18
	28.08	58.81	1:34.01 2:13.89
	2:33.74	3:11.13	3:34.36 3:59.78

Men 25+ 200 Yard Freestyle Relay

NATL: 1:21.82 N 5/22/10 CLEMSON AQUATIC
L ASTI, B MAC LENNAN, B HERRINGTON, A SCHEERHORN
 ZONE: 1:26.34 Z 4/20/13 Fairfax County

M Veintimilla, S Bulakul, M Bazylewicz, K Loughran

VA: 1:26.20 V 5/21/95 VMST

N Williams, J Wolffe, C Flood, C Stevenson

1	1693	B	1:42.58
1)	Mee, Daniel M38	2)	Earle, Dan M44
3)	Ahlgren, Kyle M40	4)	D'Aguillo, Mike M25
	23.98	50.46	1:19.49 1:42.58
2	RMST	B	1:45.53
1)	Baldwin, Craig M41	2)	Clouse, Jason M25
3)	Chisholm, Alex M34	4)	Thomasian, Aram M30
	25.75	51.80	1:18.72 1:45.53

Men 25+ 400 Yard Freestyle Relay

NATL: 3:06.20 N 4/10/11 ILLINOIS MASTER
D KINSELLA, T CARLSON, V ALLEGRA, D SIMS
 ZONE: 3:09.74 Z 4/21/13 Fairfax County

M Bazylewicz, M Veintimilla, K Loughran, S Bulakul

VA: 3:35.57 V 4/30/99 VMST

D Holland, T Russell, L Meem, K Sprenger

1	RMST	B	3:48.52
1)	Baldwin, Craig M41	2)	Clouse, Jason M25
3)	Eliot, Doug M51	4)	Thomasian, Aram M30
	26.00	54.42	1:21.29 1:51.03
	2:19.25	2:49.38	3:18.19 3:48.52

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 25+ 800 Yard Freestyle Relay****NATL: 6:56.28 N 3/22/14 NEW ENGLAND SWI****T WORK, D MORAN, E NILSSON, M EMMONS****ZONE: 7:14.89 Z 1991 Empire**

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VA: 8:15.23 V 4/24/09 VMST**S Rhodes, J Gustafson, P McGraw, C Severt**

1 RMST B 9:19.39

1) Eliot, Doug M51 2) Chisholm, Alex M34

3) Clouse, Jason M25 4) Thomasian, Aram M30

30.61 1:03.99 1:38.45 2:12.39

2:45.05 3:21.94 4:00.60 4:40.73

5:10.34 5:45.10 6:20.99 6:54.90

7:26.70 8:03.60 8:42.48 9:19.39

Men 25+ 200 Yard Medley Relay**NATL: 1:30.97 N 4/12/14 WISCONSIN MASTE****A MANIA, E JOHNSON, D DICKINSON, K EWALD****ZONE: 1:35.91 Z 1999 Ancient Mariner**

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VA: 1:39.34 V 2000 VMST**C Stevenson, N Williams, J Smith, D Malsbury**

1 RMST B 1:58.86

1) Clouse, Jason M25 2) Baldwin, Craig M41

3) Thomasian, Aram M30 4) Eliot, Doug M51

30.07 1:03.71 1:32.20 1:58.86

2 ALEX A 2:03.01

1) Bingaman, Cory M41 2) Novitske, Ray M60

3) Hastings, Corey M40 4) Vayda, Robert M28

30.15 1:08.44 1:36.68 2:03.01

Men 25+ 400 Yard Medley Relay**NATL: 3:25.49 N 4/21/12 ILLINOIS MASTER****C CUNNICK, T CARLSON, J CHILES, V ALLEGRA****ZONE: 3:30.45 Z 1999 Ancient Mariner**

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VA: 4:05.05 V 4/11/03 VMST**J Taschek, C Cockrell, E Cornell, D Scotty**

1 RMST B 4:28.92

1) Baldwin, Craig M41 2) Thomasian, Aram M30

3) Clouse, Jason M25 4) Gwilliam, Glenn M37

32.05 1:05.90 1:42.20 2:22.94

2:51.24 3:25.16 3:55.64 4:28.92

2 ALEX A 4:52.51

1) Bingaman, Cory M41 2) Vayda, Robert M28

3) Jaskot, Brian M37 4) Novitske, Ray M60

32.34 1:06.20 1:39.78 2:17.48

2:48.62 3:23.86 4:05.57 4:52.51

Men 35+ 200 Yard Freestyle Relay**NATL: 1:23.32 N 5/29/10 LONGHORN AQUATI****T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN****ZONE: 1:28.05 Z 4/25/09 Jersey Area Mas**

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VA: 1:28.59 V 1/1/98 VMST**L Tudor, D Malsbury, C Flood, J Tudor**

1 SVY A 1:38.40

1) Dryburgh, Andrew M35 2) Ruggieri, James M52

3) Gross, Jeremy M44 4) Stull, Eric M41

24.74 50.82 1:14.12 1:38.40

2 L4S A 1:51.07

1) Edgell, Don M63 2) Dearfield, Kerry M63

3) Linehan, Sean M55 4) Romack, Dave M38

30.00 57.95 1:13.98 1:51.07

3 DCAC A 1:52.70

1) Franz, Craig M62 2) Rumble, Wilson M55

3) Bezerra, Andre M44 4) Reyes, Ted M50

28.35 57.86 1:27.00 1:52.70

4 GMUP B 1:54.80

1) Junta, Donald M53 2) McKnight, Patrick M49

3) Sax, William M47 4) Krajewski, Thomas M37

37.18 1:04.41 1:31.46 1:54.80

5 RMST D 1:56.99

1) Eliot, Doug M51 2) Evans, Brian M51

3) Gwilliam, Glenn M37 4) Wynes, Tony M46

26.58 54.15 1:23.92 1:56.99

Men 35+ 400 Yard Freestyle Relay**NATL: 3:06.12 N 5/30/10 LONGHORN AQUATI****T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN****ZONE: 3:15.40 Z 4/26/09 Jersey Area Mas**

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VA: 3:52.78 V 1/1/04 VMST**J Woffle, H Olsen, D Malsbury, C Cockrell**

1 GERM A 4:34.31

1) Tomson, Farol M44 2) Boyle, Michael M64

3) Wright, Stephen M66 4) Strouse, Gregory M53

28.14 59.52 1:39.81 2:24.36

2:56.92 3:35.18 4:03.61 4:34.31

Men 35+ 800 Yard Freestyle Relay**NATL: 6:56.69 N 5/4/07 TEAM TYR****D WEGNER, S HUBBARD, C BEACH, E HOCHSTEIN****ZONE: 7:09.04 Z 2001 Badger**

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VA: 8:32.79 V 2000 VMST**T Lewis, D Malsbury, G Lanzara, J Brinkman**

1 RMST C 9:48.04

1) Wynes, Tony M46 2) Rysdon, Jon M64

3) Baldwin, Craig M41 4) Evans, Brian M51

38.26 1:20.36 2:02.22 2:45.79

3:20.71 4:00.32 4:40.53 5:20.37

5:40.08 6:23.39 6:56.69 7:30.37

8:01.68 8:36.67 9:13.05 9:48.04

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 35+ 800 Yard Freestyle Relay)**

2	GERM	A	10:26.36
1)	Tomson, Farol M44	2) Boyle, Michael M64	
3)	Wright, Stephen M66	4) Strouse, Gregory M53	
	29.75	1:04.45	1:41.56 2:18.44
	3:01.46	3:49.41	4:40.56 5:30.57
	6:06.15	6:48.17	7:31.99 8:13.59
	8:43.75	9:16.95	9:51.37 10:26.36

Men 35+ 200 Yard Medley Relay**NATL: 1:34.16 N 5/10/09 LONGHORN AQUATICS****T BLESSING, T BARTEE, B BAILEY, M VAROZZA****ZONE: 1:41.88 Z 1994 Colonials 1776**

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VA: 1:39.88 V 1/1/98 VMST**D Malsbury, M Slowey, J Tudor, L Tudor**

1	L4S	A	1:53.92
1)	Romack, Dave M38	2) Rudolph, Daniel M44	
3)	Schutzmeister, Scott M51	4) Kress, Jay M53	
	28.48	1:01.74	1:28.46 1:53.92

Men 35+ 400 Yard Medley Relay**NATL: 3:28.46 N 3/5/09 LONGHORN AQUATICS****A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA****ZONE: 3:48.99 Z 2001 Badger**

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VA: 3:59.04 V 4/11/08 VMST**C Stevenson, E Davis, D Holland, T Morton**

1	SVY	A	4:11.97
1)	Dryburgh, Andrew M35	2) Houchins, Bradford M38	
3)	Gross, Jeremy M44	4) Stull, Eric M41	
	33.39	1:12.36	1:42.51 2:18.34
	2:45.00	3:16.17	3:42.66 4:11.97

Men 45+ 200 Yard Freestyle Relay**NATL: 1:27.70 N 5/4/08 ARIZONA MASTERS****JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH****ZONE: 1:35.96 Z 2008 Binghamton U**

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VA: 1:37.45 V 4/26/12 VMST**G Harris, W Throne, D Malsbury, W Kennedy**

1	SVY	B	1:37.48
1)	Rees, Greg M46	2) Sangmeister, Gary M45	
3)	Evans, Jeff M50	4) McGuire, Jim M51	
	23.81	48.07	1:11.14 1:37.48
2	VMST	A	1:54.06
1)	Sprenger, Kurt M46	2) Clear, Kirk M48	
3)	Bamford, Sherman M51	4) Harris, Greg M52	
	25.34	50.43	1:31.56 1:54.06
3	GMUP	C	2:12.15
1)	Grecco, Paul M54	2) Zamon, Frederick M74	
3)	Burstein, Dennis M64	4) Timmons, Timothy M69	
	27.18	1:01.57	1:35.99 2:12.15

Men 45+ 400 Yard Freestyle Relay**NATL: 3:18.25 N 5/7/10 WILDCAT ALUMNI****A JAEGER, T HARVILL, M VOLZING, D CUNIFF****ZONE: 3:35.09 Z 4/13/08 Binghamton Univ**

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VA: 3:59.45 V 4/11/03 VMST**Lang Meem, Ralph Swiger, Jim Miller, Rick Stringer**

1	CMYM	A	4:36.80
1)	Meyer, Jerry M66	2) Ruckdeschel, Jonathan M47	
3)	Toy, Raymond M49	4) Swenson, Rick M63	
	37.52	1:24.70	1:51.05 2:20.60
	2:51.12	3:24.18	3:58.42 4:36.80
2	GMUP	A	4:37.97
1)	McKnight, Patrick M49	2) Sax, William M47	
3)	Zamon, Frederick M74	4) Junta, Donald M53	
	30.19	1:02.43	1:30.52 2:01.87
	2:38.00	3:18.26	3:55.32 4:37.97
3	RMST	C	4:58.70
1)	Desrosiers, Jim M61	2) Raful, Mitchell M54	
3)	Evans, Brian M51	4) Wynes, Tony M46	
	32.92	1:09.17	1:25.24 1:49.44
	2:38.09	3:08.11	3:41.82 4:58.70

Men 45+ 200 Yard Medley Relay**NATL: 1:36.56 N 5/23/10 GEORGIA MASTERS****E ERICSON, C WEISSMAN, B BUGG, M ELLISON****ZONE: 1:49.94 Z 1997 Empire**

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VA: 1:48.42 V 2/8/15 VMST**C Stevenson, D Malsbury, K Clear, G Harris**

1	SVY	A	1:45.70Z
1)	Rees, Greg M46	2) Sangmeister, Gary M45	
3)	Evans, Jeff M50	4) McGuire, Jim M51	
	26.68	56.28	1:20.78 1:45.70
2	DCAC	A	2:03.84
1)	Nash, Dawson M62	2) Williams, Neill M48	
3)	Dever, Frederick M50	4) Franz, Craig M62	
	39.82	1:08.22	1:35.75 2:03.84
3	CMYM	A	2:16.53
1)	Meyer, Jerry M66	2) Ruckdeschel, Jonathan M47	
3)	Toy, Raymond M49	4) Swenson, Rick M63	
	39.31	1:11.75	1:44.17 2:16.53
4	RMST	C	2:41.92
1)	Wynes, Tony M46	2) Evans, Brian M51	
3)	Raful, Mitchell M54	4) Desrosiers, Jim M61	
	1:21.93	2:09.60	2:41.92

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Men 45+ 400 Yard Medley Relay****NATL: 3:38.41 N 4/10/10 TEXAS LONGHORN****N BREAZEALE, D GUTHRIE, A RASMUSSEN, M STINCHCOMBE****ZONE: 4:06.60 Z 2001 Metro**

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VA: 4:23.81 V 4/22/05 VMST**R Romo, W White, S Bailey, T Hernlen**

1 SVY B 4:06.43Z

1) Rees, Greg M46 2) Sangmeister, Gary M45

3) Evans, Jeff M50 4) McGuire, Jim M51

29.76 1:01.91 1:34.25 2:11.35

2:37.98 3:08.57 3:35.44 4:06.43

2 GMUP B 4:57.88

1) McKnight, Patrick M49 2) Grecco, Paul M54

3) Sax, William M47 4) Junta, Donald M53

36.86 1:16.18 1:51.31 2:31.23

2:59.97 3:35.18 4:12.95 4:57.88

Men 55+ 200 Yard Freestyle Relay**NATL: 1:32.18 N 4/11/09 OREGON MASTERS****M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK****ZONE: 1:42.82 Z 4/5/14 Colonials 1776****D Keith, G Meyer, T Steel, J Thornton****VA: 1:46.98 V 2/11/12 VMST****Hank Holswade, David Frisch, Mark Kutz, Mike Wren**

1 1776 A 1:47.98

1) Meyer, Geoffrey M64 2) Dougherty, Stephen M64

3) Keith, Dale M61 4) Morozin, Joe M56

27.31 54.39 1:22.74 1:47.98

2 RMST A 2:00.35

1) Moyer, Steven M58 2) Scoggin, Sam M55

3) Sickenberger, Bill M56 4) Tipler, David M60

31.11 1:00.94 1:31.13 2:00.35

3 VMST B 2:09.27

1) Romo, Robert M57 2) Swiger, Ralph M59

3) Mccorkle, John M64 4) Miller, Jim M65

30.52 1:08.28 1:38.78 2:09.27

4 RMST C 2:52.76

1) Gerson, Gordon M79 2) Nobbe, Nick M77

3) Paulson, Laurence M67 4) Rysdon, Jon M64

58.90 1:46.07 2:20.94 2:52.76

Men 55+ 400 Yard Freestyle Relay**NATL: 3:28.26 N 3/28/15 CMS****K ANDERSON, M MANN, C PETERSEN, G SCOTT****ZONE: 3:43.13 Z 4/17/11 Colonials 1776****J Martin, S Dougherty, G Meyer, P Trevisan****VA: 4:11.76 V 4/11/03 VMST****A Wolfe, W Bacon, E Gaulrapp, J Schlitz**

1 1776 A 3:56.94

1) Keith, Dale M61 2) Dougherty, Stephen M64

3) Meyer, Geoffrey M64 4) Morozin, Joe M56

28.56 59.76 1:29.26 2:01.49

2:30.05 3:00.94 3:27.58 3:56.94

2 RMST A 4:36.59

1) Rysdon, Jon M64 2) Hong, Chun M55

3) Sickenberger, Bill M56 4) Tipler, David M60

34.32 1:08.95 1:24.35 1:40.77

2:15.85 2:31.58 2:49.45 4:36.59

Men 55+ 800 Yard Freestyle Relay**NATL: 7:42.24 N 3/29/15 CMS****M MANN, C PETERSEN, G SCOTT, K ANDERSON****ZONE: 8:13.77 Z 4/17/11 Colonials 1776**

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VA: 9:49.54 V 4/4/14 VMST**J McFarland, R Romo, R Swiger, J McCorkle**

1 RMST A 9:38.79

1) Moyer, Steven M58 2) Scoggin, Sam M55

3) Sickenberger, Bill M56 4) Tipler, David M60

36.30 1:16.37 1:58.08 2:43.50

2:59.35 3:44.82 4:20.36

4:55.72 5:36.38 6:19.04 6:58.88

7:18.76 8:58.15 9:38.79

2 VMST A 10:36.88

1) Romo, Robert M57 2) Swiger, Ralph M59

3) Mccorkle, John M64 4) Miller, Jim M65

32.13 1:09.18 1:48.52 2:28.18

3:08.98 3:55.77 4:46.00 5:31.83

6:03.82 6:39.55 7:16.38 7:52.94

8:29.54 9:11.24 9:54.72 10:36.88

Men 55+ 200 Yard Medley Relay**NATL: 1:45.32 N 4/11/09 OREGON MASTERS****W EDWARDS, A STARK, L PHILBRICK, M TENNANT****ZONE: 1:52.98 Z 4/17/11 Colonials 1776****G Meyer, S Dougherty, P Sweeney, P Trevisan****VA: 1:59.19 V 1/1/03 VMST****W Bacon, J Schiltz, A Wolfe, H Sober**

1 1776 A 2:04.30

1) Keith, Dale M61 2) Dougherty, Stephen M64

3) Morozin, Joe M56 4) Meyer, Geoffrey M64

31.71 1:07.16 1:37.63 2:04.30

2 RMST A 2:15.56

1) Rysdon, Jon M64 2) Hong, Chun M55

3) Tipler, David M60 4) Sickenberger, Bill M56

34.84 53.13 1:25.28 2:15.56

Men 55+ 400 Yard Medley Relay**NATL: 3:57.13 N 3/28/15 CMS****C PETERSEN, G SCOTT, M MANN, K ANDERSON****ZONE: 4:19.39 Z 4/17/11 Colonials 1776**

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VA: 4:43.94 V 1/1/05 VMST**R Stringer, W Brundage, E Gaulrapp, H Sober**

1 1776 A 4:28.11

1) Meyer, Geoffrey M64 2) Dougherty, Stephen M64

3) Morozin, Joe M56 4) Keith, Dale M61

32.76 1:06.33 1:22.95 2:22.45

2:52.17 3:29.31 3:57.13 4:28.11

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Men 55+ 400 Yard Medley Relay)**

2	VMST	A	5:23.79
1)	Romo, Robert M57	2) Swiger, Ralph M59	
3)	Mccorkle, John M64	4) Miller, Jim M65	
	39.76 1:21.81	2:07.54 3:00.11	
	3:16.95 3:32.33	4:25.02 5:23.79	
3	RMST	A	5:40.35
1)	Sickenberger, Bill M56	2) Scoggin, Sam M55	
3)	Rysdon, Jon M64	4) Tipler, David M60	
	48.00 1:38.16	2:05.76 3:00.00	
	3:37.55 4:21.82	5:40.35 5:40.35	
4	RMST	C	7:39.85
1)	Moyer, Steven M58	2) Gerson, Gordon M79	
3)	Paulson, Laurence M67	4) Nobbe, Nick M77	
	51.12 1:47.30	2:03.39 4:19.40	
	5:02.48 5:54.07	6:10.03 7:39.85	

Men 65+ 200 Yard Freestyle Relay

NATL: 1:40.07 N 5/10/09 SAN DIEGO SWIM
M FRESHLEY, P ANDERSEN, V VAN BAALEN, K LODWIG
 ZONE: 1:59.99 Z 4/20/13 Colonials 1776
T Tulenko, J Kremzier, H Detering, J Amundsen
 VA: 1:55.84 V 5/20/10 VMST

W Brundage, S Galletly, K Novell, H Sober

1	VMST	C	2:57.50
1)	Sober, Harry M73	2) Lyons, Thomas M82	
3)	Novell, Ken M73	4) Davis, James M69	
	30.42 1:55.88	2:57.50	

Men 65+ 400 Yard Freestyle Relay

NATL: 4:01.05 N 3/28/15 GOLD COAST MAST
G SCHMIDT, L CHILDS, R PARSONS, D QUIGGIN
 ZONE: 4:26.84 Z 4/13/08 Virginia Master

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VA: 4:26.84 V 4/11/08 VMST

H Sober, W Brundage, A Wolfe, E Gaulrapp

1	VMST	A	5:01.97
1)	Sober, Harry M73	2) Davis, James M69	
3)	Gaulrapp, Edward M73	4) Novell, Ken M73	
	32.65 1:08.97	2:27.29 3:06.94	
	3:50.64 4:24.64	5:01.97	

Men 65+ 200 Yard Medley Relay

NATL: 1:51.58 N 5/10/09 SAN DIEGO SWIM
V VAN BAALEN, P ANDERSEN, K LODWIG, M FRESHLEY
 ZONE: 2:20.10 Z 4/13/08 Virginia Master

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VA: 2:11.46 V 5/20/10 VMST

S Galletly, W Brundage, H Sober, K Novell

1	VMST	A	2:32.59
1)	Sober, Harry M73	2) Davis, James M69	
3)	Gaulrapp, Edward M73	4) Novell, Ken M73	
	39.21 1:25.97	2:02.93 2:32.59	

Men 65+ 400 Yard Medley Relay

NATL: 4:30.63 N 2/21/16 Michigan Master
K REVENAUGH, R DUBOIS, L DAY, C OLSON
 ZONE: 5:01.35 Z 4/13/08 Virginia Master

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VA: 5:01.35 V 4/11/08 VMST

H Sober, W Brundage, A Wolfe, E Gaulrapp

1	VMST	B	7:25.34
1)	Sober, Harry M73	2) Lyons, Thomas M82	
3)	Novell, Ken M73	4) Davis, James M69	
	42.48 1:29.85	2:48.01 4:25.38	
	5:06.25 6:01.75	6:19.41 7:25.34	

Mixed 18+ 200 Yard Freestyle Relay

NATL: 1:24.76 N 5/2/14 THE OLYMPIC CLU
N ADRIAN, K RAATZ, K KASTES, A ERVIN
 ZONE: 1:29.36 Z 4/15/07 Curl-Burke Swim

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VA: 1:33.02 V 5/20/93 VMST

B Gardner, N Williams, J Wolffe, A Phillips

1	1693	A	1:29.76V
1)	Gallagher, Kevin M28	2) Shaner, Sara W24	
3)	Loughran, Kyle M28	4) Mizerak, Gabrielle W24	
	21.05 44.92	1:05.88 1:29.76	
2	FINS	A	1:35.89
1)	Corcoran, Ryan M28	2) Mohorn, Heather W29	
3)	Chialastri, Kate W28	4) Acquaviva, Joseph M24	
	22.63 47.36	1:14.63 1:35.89	
3	GMUP	A	1:44.77
1)	Kirkendall, Billy M18	2) Lessem, Alexander M20	
3)	Toner, Karlin W54	4) Hughes, Meghan W37	
	23.24 48.80	1:18.08 1:44.77	
4	FAC	A	1:51.44
1)	Shinaishin, Tarik M48	2) Harris, Melissa W28	
3)	Boston, Brittany W28	4) Rhodes, Stephen M20	
	28.72 57.70	1:27.10 1:51.44	

Mixed 18+ 400 Yard Freestyle Relay

NATL: 3:24.53 N 3/23/13 NEW ENGLAND MAS
N LAPIERRE, C HEALEY, E MANCUSO, C HON
 ZONE: 3:33.61 Z 4/22/06 Curl-Burke Swim

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VA: 3:37.92 V 4/22/05 VMST

M Miller, C Conlin, K Cleary, F Byskov

1	FINS	A	3:30.48Z
1)	Kimball, William M23	2) Mohorn, Heather W29	
3)	Chialastri, Kate W28	4) Acquaviva, Joseph M24	
	23.43 48.39	1:14.50 1:42.95	
	2:11.22 2:42.68	3:05.56 3:30.48	
2	1693	A	3:32.70Z
1)	Moyar, Nathaniel M24	2) Shaner, Sara W24	
3)	Mee, Daniel M38	4) Grier, Katie W37	
	24.52 52.00	1:18.07 1:46.81	
	2:11.95 2:39.74	3:05.26 3:32.70	

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Mixed 18+ 400 Yard Freestyle Relay)**

3	DCAC	A	3:52.76
1)	Grasha, Eric M40	2)	Jerome, Kimberly W23
3)	Walsh, Sheila W45	4)	Wilson, Taylor M23
	26.70	56.03	1:24.16
	2:26.53	3:01.83	3:25.97
			3:52.76

Mixed 18+ 200 Yard Medley Relay**NATL: 1:37.96 N 4/26/15 THE OLYMPIC CLU****A SENKO, C BABCOCK, K MURPHY, K FERGUSON****ZONE: 1:40.03 Z 4/14/07 Curl-Burke Swim**

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VA: 1:44.11 V 5/20/93 VMST**B Gardner, N Williams, J Wolfle, A Phillips**

1	1693	A	1:43.36V
1)	Glass, Sidney M24	2)	Williams, Rich M40
3)	Mizerak, Gabrielle W24	4)	Hurtubise, Courtney W35
	24.30	53.33	1:18.59
			1:43.36
2	SVY	C	1:52.43
1)	Rees, Greg M46	2)	Sangmeister, Gary M45
3)	Lampe, Corinne W24	4)	Bieloski, Stephanie W36
	25.70	55.88	1:24.37
			1:52.43
3	GMUP	A	1:57.16
1)	Krajewski, Thomas M37	2)	Gordon, Joshua M20
3)	Hughes, Meghan W37	4)	Layton, Katie W43
	27.45	1:01.47	1:29.97
			1:57.16
4	FAC	A	2:02.82
1)	Boston, Brittany W28	2)	Rhodes, Stephen M20
3)	Sims, Charles M19	4)	Harris, Melissa W28
	32.53	1:05.24	1:33.91
			2:02.82

Mixed 18+ 400 Yard Medley Relay**NATL: 3:41.71 N 3/29/09 RED TIDE OF NYC****K GARY, N WERNER, K MOUGHTY, J FAIN****ZONE: 3:51.34 Z 2001 Metro**

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VA: 3:53.66 V 4/21/06 VMST**T Bassett, S Lawrence, D Jaeger, C Buist**

---	1693	A	DQ
1)	Glass, Sidney M24	2)	Moyar, Nathaniel M24
3)	Greene, Shannon W30	4)	Choe, Michele W38
	25.35	52.75	1:23.07
	2:28.64	3:05.06	3:33.79
			DQ

Mixed 25+ 200 Yard Freestyle Relay**NATL: 1:29.40 N 5/21/90 SOUTHERN CALA****C PONTHER, D GRANER, K BUSH, P MC CLAFFERTY****ZONE: 1:34.48 Z 4/26/09 Curl-Burke Swim**

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VA: 1:35.49 V 1/1/02 VMST**N Williams, A Phillips, W Fitzhugh, B Baker**

1	CHRM	A	1:43.49
1)	Colalillo, Tony M27	2)	Shaw, Dana W31
3)	Menz, Corinne W26	4)	Hiskey, Justin M32
	24.21	51.80	1:19.44
			1:43.49

2	RMST	A	1:52.97
1)	Clouse, Jason M25	2)	Thomasian, Aram M30
3)	Schwarz, Stacey W25	4)	Sidoti, Barbara W26
	26.24	52.44	1:22.59
			1:52.97
3	ALEX	A	1:59.44
1)	Stuart, Ian M69	2)	Gauzens, Stephanie W32
3)	Vayda, Shannon W27	4)	Conroy, Michael M36
	35.26	1:02.45	1:34.13
			1:59.44
---	FAFF	A	DQ
1)	McGroarty, Patrick M52	2)	Jennings, Matthew M40
3)	Smickley, Megan W27		
	29.90	58.92	1:28.10
			DQ

Mixed 25+ 400 Yard Freestyle Relay**NATL: 3:16.77 N 2/24/13 RED TIDE OF NYC****K VANDENBERG, B O'CONNOR, G PALUMBO, B KELLY****ZONE: 3:24.32 Z 4/24/10 Red Tide****K Gary, S Wager, D Lippin, N Werner****VA: 3:45.32 V 2000 VMST****V Nellen, M Kontos, M Dean, J Wolfle**

1	VMST	A	3:59.29
1)	Cota, Devon W25	2)	Jaeger, Debbie W53
3)	Sprenger, Kurt M46	4)	Harris, Greg M52
	29.73	1:02.94	1:35.53
	2:37.33	3:06.25	3:31.61
			3:59.29
2	RMST	B	4:11.04
1)	Clouse, Jason M25	2)	Baldwin, Craig M41
3)	Lunde-Habash, Emily W34	4)	Sontag, Jen W33
	28.19	59.34	1:28.51
	2:33.34	3:16.69	3:38.70
			4:11.04
3	RMST	C	4:13.99
1)	Sidoti, Barbara W26	2)	Chisholm, Alex M34
3)	Thomasian, Aram M30	4)	Schwarz, Stacey W25
	32.60	1:08.16	1:37.47
	2:39.56	3:09.78	3:40.10
			4:13.99

Mixed 25+ 800 Yard Freestyle Relay**NATL: 7:25.46 N 4/4/04 ILLINOIS MASTER****J RIDGE, N DAY, P ELDER, M KELLER****ZONE: 7:40.50 Z 1999 Colonials 1776**

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VA: 8:22.50 V 1/1/02 VMST**V Schlesinger, S Boyer, M Bittner, W Fitzhugh**

1	CHRM	A	8:18.97
1)	Colalillo, Tony M27	2)	Menz, Corinne W26
3)	Shaw, Dana W31	4)	Kirby, Devin M28
	27.52	57.84	1:27.92
	2:27.76	3:00.93	3:34.94
			4:08.17
	4:38.31	5:11.46	5:45.57
	6:46.98	7:16.31	7:47.35
			8:18.97
2	L4S	A	9:17.59
1)	Dearfield, Kerry M63	2)	Becker, Marlene W51
3)	Jue, Heather W32	4)	Romack, Dave M38
	34.76	1:13.44	1:53.90
	3:06.73	3:44.71	4:23.35
			5:00.97
	5:32.17	6:06.69	6:42.60
	7:44.99	8:14.89	8:45.69
			9:17.59

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Mixed 25+ 800 Yard Freestyle Relay)**

3 RMST	A	9:48.30
1) Desrosiers, Jim M61	2) Thomasian, Aram M30	
3) Schwarz, Stacey W25	4) Sidoti, Barbara W26	
33.11	1:09.83	1:49.62 2:29.76
3:03.58	3:41.31	4:19.49 4:53.00
5:27.10	6:05.53	6:44.55 7:21.71
7:54.56	8:31.72	9:10.31 9:48.30

Mixed 25+ 200 Yard Medley Relay**NATL: 1:35.20 N 4/26/15 ARIZONA MASTERS****M GREVERS, A GREVERS, T DEBERRY, C VORRASI****ZONE: 1:45.69 Z 4/5/14 Lane 4 Swimming****M Bazylewicz, L Fuchs, M Conze, K Loughran****VA: 1:45.77 V 1/1/94 VMST****R Hampton, N Williams, J Woffle, A Phillips**

1 AGUA	A	1:53.06
1) Coman, Maria W27	2) Sabovici, Adrian M28	
3) Ripley, Rachel W25	4) Saint-Amour, Craig M63	
30.87	1:00.40	1:27.13 1:53.06
2 SVY	A	1:56.64
1) Mahaney, Melanie W25	2) Houchins, Bradford M38	
3) Fleck, Danielle W33	4) Gross, Jeremy M44	
32.67	1:01.84	1:34.61 1:56.64
3 RMST	B	1:57.06
1) Clouse, Jason M25	2) Baldwin, Craig M41	
3) Lunde-Habash, Emily W34	4) Sontag, Jen W33	
29.70	1:02.07	1:30.81 1:57.06
4 ALEX	A	1:58.00
1) Gauzens, Stephanie W32	2) McGuire, Daniel M25	
3) Mazur, Jessica W35	4) Jaskot, Brian M37	
32.76	1:01.39	1:32.03 1:58.00
5 1693	B	2:03.64
1) Earle, Dan M44	2) D'Aguillo, Mike M25	
3) Greene, Shannon W30	4) Sullivan, Shannon W40	
31.10	1:01.45	1:32.77 2:03.64
6 RMST	C	2:12.87
1) Sidoti, Barbara W26	2) Chisholm, Alex M34	
3) Thomasian, Aram M30	4) Schwarz, Stacey W25	
48.44	1:42.93	2:12.87
7 L4S	B	2:14.42
1) Dearfield, Kerry M63	2) Wood, Pamela W46	
3) Bentley, Margaret W28	4) Linehan, Sean M55	
43.76	1:17.46	1:45.67 2:14.42
8 ALEX	B	2:23.88
1) Vayda, Shannon W27	2) Novitske, Ray M60	
3) Bingaman, Cory M41	4) Stuart, Margaret W57	
39.23	1:17.75	1:45.63 2:23.88

Mixed 25+ 400 Yard Medley Relay**NATL: 3:45.13 N 4/25/10 RED TIDE OF NYC****K GARY, N WERNER, T SHPAIZER, D LIPPIN****ZONE: 3:45.13 Z 4/25/10 Red Tide****K Gary, N Werner, T Shpaizer, D Lippin****VA: 3:56.65 V 4/23/10 VMST****K Hibbard, C Russo, A Barley, B Gaines**

1 1693	B	4:18.80
1) Joiner, Elizabeth W31	2) D'Aguillo, Mike M25	
3) Lovett, Brian M41	4) Davidson, Julia W39	
31.86	1:05.69	1:36.74 2:14.90
2:40.91	3:11.91	3:43.30 4:18.80
2 RMST	A	4:56.89
1) Baldwin, Craig M41	2) Greenfield Sheeche, Heather V	
3) Clouse, Jason M25	4) Schwarz, Stacey W25	
30.26	1:03.74	1:51.45 3:13.27
3:56.11	4:20.51	4:56.89

Mixed 35+ 200 Yard Freestyle Relay**NATL: 1:30.17 N 4/25/04 ROCKY MOUNTAIN****K GARNIER, S VON DER LIPPE, J SMITH, P SMITH****ZONE: 1:36.19 Z 1998 Colonials 1776**

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VA: 1:33.44 V 4/26/12 VMST**D Summerlin, C John, S Summerlin, J John**

1 1693	B	1:34.00Z
1) Hurtubise, Courtney W35	2) Williams, Rich M40	
3) Lovett, Michael M38	4) Grier, Katie W37	
25.19	48.33	1:10.04 1:34.00
2 L4S	A	1:41.15
1) Williams, Susan W50	2) Kress, Jay M53	
3) Conze, Margaret W44	4) Schutzmeister, Scott M51	
26.21	51.13	1:16.66 1:41.15
3 UMAC	A	2:06.21
1) Payne, Stephen M54	2) Fu, Angela W36	
3) Redford, Gabi W49	4) Strahota, Jeffrey M35	
30.39	1:13.50	1:40.84 2:06.21
4 RMST	D	2:31.66
1) Beels, Kendall W43	2) Raful, Mitchell M54	
3) Greenfield Sheeche, Heather V	4) Wynes, Tony M46	
39.55	1:19.71	1:58.50 2:31.66

Mixed 35+ 400 Yard Freestyle Relay**NATL: 3:28.42 N 3/15/08 VIRGINIA MASTER****S SUMMERLIN, J JOHN, C JOHN, D SUMMERLIN****ZONE: 3:36.79 Z 1997 Colonials 1776**

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VA: 3:28.42 V 3/15/08 VMST**S Summerlin, J John, C John, D Summerlin**

1 GMUP	A	4:16.94
1) Sax, William M47	2) Hughes, Meghan W37	
3) Toner, Karlin W54	4) Church, Aaron M40	
28.90		1:28.46 2:00.10
2:31.76	3:09.20	3:41.83 4:16.94

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****(Mixed 35+ 400 Yard Freestyle Relay)**

2 RMST	D	4:20.45
1) Katsaros, Sheryl W46	2) Dawson, Mandy W53	
3) Gwilliam, Glenn M37	4) Evans, Brian M51	
33.77 1:09.64	1:40.11 2:14.21	
2:45.07 3:18.87	3:48.17 4:20.45	
3 GERM	A	4:38.36
1) Postma, Terri W46	2) Scherschligt, Julia W39	
3) Tomson, Farol M44	4) Strouse, Gregory M53	
33.07 1:07.60	1:51.25 2:36.77	
3:05.25 3:37.86	4:06.84 4:38.36	
4 RMST	E	5:26.42
1) Wynes, Tony M46	2) Flynn, Merri W56	
3) Beels, Kendall W43	4) Tipler, David M60	
36.94 1:15.24	1:57.95 2:43.62	
3:27.23 4:14.71	5:26.42	

Mixed 35+ 800 Yard Freestyle Relay**NATL: 7:24.36 N 4/17/05 ILLINOIS MASTER****L DILLMANN, J RIDGE, R KURZA, M KELLER****ZONE: 7:52.32 Z 1997 Colonials 1776**

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VA: 8:30.63 V 4/30/99 VMST**Lang Meem, Beth Baker, Susan Skiff, Todd Russell**

1 1776	A	8:55.23
1) Reilly, Jeff M54	2) Hug, Laurie W50	
3) Burke, Barbara W54	4) Patterson, Thomas M38	
30.56 1:02.94	1:35.68 2:07.43	
2:38.28 3:12.40	3:47.25 4:20.70	
4:53.21 5:30.04	6:08.39 6:46.53	
7:15.70 7:48.32	8:22.32 8:55.23	
2 GERM	A	9:30.74
1) Postma, Terri W46	2) Schneider, Johanna W42	
3) Tomson, Farol M44	4) Strouse, Gregory M53	
34.27 1:12.14	1:50.99 2:28.02	
3:05.91 3:47.18	4:27.63 5:06.90	
5:35.91 6:10.17	6:46.12 7:20.96	
7:50.90 8:23.35	8:56.86 9:30.74	
3 RMST	D	11:02.51
1) Beels, Kendall W43	2) Hong, Chun M55	
3) Groves, Lisa W51	4) Wynes, Tony M46	
44.59 1:34.08	2:26.10 3:15.69	
3:31.98 3:48.04	4:25.42 5:45.34	
6:08.30	6:58.55 8:19.05	
8:57.74 9:38.07	10:20.29 11:02.51	

Mixed 35+ 200 Yard Medley Relay**NATL: 1:39.85 N 5/22/10 COLORADO MASTER****S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY****ZONE: 1:45.00 Z 4/20/13 Montgomery Anci****S Williams, W Dicks, M Conze, D Conze****VA: 1:44.17 V 4/26/12 VMST****C John, S Summerlin, D Summerlin, J John**

1 1693	C	2:10.04
1) Lovett, Lindsay W37	2) Lovett, Mandy W41	
3) Lovett, Michael M38	4) Lovett, Brian M41	
42.70 1:23.03	1:47.80 2:10.04	

2 SVY	B	2:11.31
1) Boris, Joseph M36	2) Henion, Theresa W44	
3) Baker, Maribeth W42	4) Ruggieri, James M52	
33.29 1:12.32	1:44.24 2:11.31	
3 DCAC	A	2:28.06
1) Preis, Sarah W37	2) Menes, Rebecca W55	
3) Rumble, Wilson M55	4) Franz, Craig M62	
41.21 1:25.26	1:59.55 2:28.06	
4 RMST	D	2:39.67
1) Katsaros, Sheryl W46	2) Beels, Kendall W43	
3) Gwilliam, Glenn M37	4) Eliot, Doug M51	
38.40 1:30.08	2:10.52 2:39.67	

Mixed 45+ 200 Yard Freestyle Relay**NATL: 1:34.48 N 5/4/08 ARIZONA MASTERS****J SMITH, M BAILEY, S ROLLINS, P SMITH****ZONE: 1:44.07 Z 4/6/14 Virginia Master****K Clear, C Conlin, G Harris, D Jaeger****VA: 1:39.35 V 4/26/12 VMST****D Malsbury, A Patterson, A Phillips, G Harris**

1 1776	A	1:51.17
1) Morozin, Joe M56	2) Hug, Laurie W50	
3) Saucy, Stephanie W52	4) Reilly, Jeff M54	
25.47 54.89	1:23.61 1:51.17	
2 RMST	C	2:08.08
1) Moyer, Michelle W53	2) Hong, Chun M55	
3) Sickenberger, Bill M56	4) Sickenberger, Phyllis W52	
32.88 1:02.39	1:32.26 2:08.08	

Mixed 45+ 400 Yard Freestyle Relay**NATL: 3:34.92 N 4/13/08 WALNUT CREEK MA****G REMMERT, L VIDAL, C MC NAMARA, D BOATWRIGHT****ZONE: 4:03.93 Z 4/4/04 Virginia Master**

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VA: 3:56.45 V 4/11/03 VMST**L Meem, T Sue Gault, L Bennett, R Stringer**

1 RMST	F	4:12.37
1) Scoggin, Sam M55	2) Brightwell, Kim W56	
3) Groves, Lisa W51	4) Eliot, Doug M51	
31.09 1:04.02	1:34.22 2:07.29	
2:38.88 3:14.08	3:41.45 4:12.37	
2 RMST	A	4:53.69
1) Sickenberger, Phyllis W52	2) Moyer, Steven M58	
3) Moyer, Michelle W53	4) Sickenberger, Bill M56	
35.80 1:15.20	1:31.72 1:49.24	
2:25.89 3:02.79	3:43.17 4:53.69	

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Mixed 45+ 800 Yard Freestyle Relay****NATL: 7:51.33 N 4/17/09 WALNUT CREEK MA****D BOATWRIGHT, C O'BRIEN, M CURRAN, B GOTHBERG****ZONE: 8:30.46 Z 4/17/11 Colonials 1776**

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VA: 8:51.34 V 4/11/03 VMST**L Meem, T Sue Gault, L Bennett, R Stringer**

1 RMST E 9:27.77

1) Dawson, Mandy W53 2) Eliot, Doug M51

3) Evans, Brian M51 4) Katsaros, Sheryl W46

33.21 1:10.08 1:48.77 2:26.82

2:56.66 3:30.26 4:05.34 4:42.36

5:11.45 5:46.32 6:22.08 6:56.77

7:33.75 8:12.80 8:50.74 9:27.77

2 RMST C 10:32.77

1) Moyer, Michelle W53 2) Scoggin, Sam M55

3) Sickenberger, Bill M56 4) Sickenberger, Phyllis W52

36.89 1:18.38 2:01.35 2:42.96

3:15.47 3:51.64 4:29.35 5:06.48

5:40.30 6:20.11 7:02.34 7:41.53

8:20.59 9:02.91 9:47.33 10:32.77

3 GERM B 12:19.09

1) Robinson, David M72 2) Bancroft, Caren W45

3) Mallon, Barbara W49 4) Boyle, Michael M64

41.33 1:26.81 2:13.22 2:55.13

3:11.05 3:33.13 4:17.17 5:04.24

5:45.39 6:28.70 7:15.75 8:57.32

9:43.72 10:34.76 12:19.09

Mixed 45+ 200 Yard Medley Relay**NATL: 1:44.02 N 5/4/08 ARIZONA MASTERS****J SMITH, G MILLS, S ROLLINS, M BAILEY****ZONE: 1:56.02 Z 4/5/14 Patriot Masters****L Livingston, K Toner, R Hansen, B Gandee****VA: 1:53.63 V 4/28/11 VMST****C Stevenson, L Bennett, M Kutz, S Newell**

1 L4S A 1:55.19Z

1) Williams, Susan W50 2) Kress, Jay M53

3) Schutzmeister, Scott M51 4) Buchholz, Nancy W49

28.13 1:00.35 1:26.80 1:55.19

2 1776 A 2:07.38

1) Swanson, Vibeke W54 2) Dougherty, Stephen M64

3) Reilly, Jeff M54 4) Hug, Laurie W50

32.91 1:07.60 1:37.61 2:07.38

3 GERM A 2:27.20

1) Wright, Stephen M66 2) Greger, Ron M71

3) Postma, Terri W46 4) Bancroft, Caren W45

36.25 1:16.47 1:55.26 2:27.20

4 RMST A 2:38.83

1) Sickenberger, Phyllis W52 2) Sickenberger, Bill M56

3) Moyer, Michelle W53 4) Moyer, Steven M58

42.67 58.08 1:29.08 2:38.83

Mixed 45+ 400 Yard Medley Relay**NATL: 4:00.80 N 5/2/04 OREGON MASTERS****K ANDRUS-HUGHES, P ALLENDER, C CRABBE, M TENNANT****ZONE: 4:28.24 Z 2002 Virginia**

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VA: 4:28.24 V 1/1/02 VMST**R Stringer, L Bennett, T Sue Gault, J Miller**

1 RMST C 6:15.88

1) Moyer, Michelle W53 2) Scoggin, Sam M55

3) Raful, Mitchell M54 4) Sickenberger, Phyllis W52

44.44 1:28.00 2:07.11 2:50.81

3:39.56 5:21.72 6:15.88

2 RMST B 7:31.98

1) Nobbe, Nick M77 2) Flynn, Merri W56

3) Paulson, Laurence M67 4) Kelly, Anne Marie W46

1:07.14 2:18.48 3:05.43

4:44.08 5:37.86 5:53.62 7:31.98

Mixed 55+ 200 Yard Freestyle Relay**NATL: 1:40.97 N 4/13/14 SARASOTA Y SHAR****J GROSELLE, T HEDRICK, N KRYKA, D DOYLE****ZONE: 2:01.83 Z 1990 New England**

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VA: 1:54.27 V 4/26/12 VMST**W Throne, D Frisch, M Barry, S Loftus-Charley**

1 L4S A 2:09.18

1) Frost, Holly W56 2) Duquette, Bobbe W62

3) Dearfield, Kerry M63 4) Linehan, Sean M55

37.75 1:11.55 1:40.12 2:09.18

2 VMST A 2:10.93

1) Romo, Robert M57 2) Miller, Patricia W55

3) Swiger, Ralph M59 4) Loftus-Charley, Shirley W64

29.52 1:02.41 1:39.51 2:10.93

3 RMST B 2:31.15

1) Manheim, Lucy W73 2) Flynn, Merri W56

3) Desrosiers, Jim M61 4) Tipler, David M60

50.26 1:44.11 2:31.15

Mixed 55+ 400 Yard Freestyle Relay**NATL: 3:48.60 N 4/1/12 PLANO WETCATS****T BARTON, J GOODING, L MORRISON, K MACCURITY****ZONE: 4:26.21 Z 4/4/04 DC Masters**

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VA: 4:38.92 V 4/13/12 VMST**S Loftus-Charley, K Braaten, R Swiger, J McCorkle**

1 VMST B 5:05.41

1) Braaten, Kitten W60 2) Loftus-Charley, Shirley W64

3) Swiger, Ralph M59 4) Romo, Robert M57

40.54 1:23.22 1:56.91 2:33.09

3:14.53 3:58.80 4:30.97 5:05.41

2016 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 106-S002**George Mason University, Fairfax, VA****Results****Mixed 55+ 800 Yard Freestyle Relay****NATL: 8:34.48 N 4/21/13 UCLA BRUIN MAST****B MAGIT, J COOK, P O'KEEFE, V HIBBEN****ZONE: 9:35.98 Z 4/3/04 DC Masters**

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VA: 10:43.45 V 4/4/14 VMST**R Romo, R Swiger, K Braaten, S Loftus-Charley**

1 VMST A 10:26.10V

1) Romo, Robert M57	2) Miller, Patricia W55
3) Swiger, Ralph M59	4) Loftus-Charley, Shirley W64

32.64	1:08.78	1:47.47	2:26.86
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3:02.48	3:41.46	4:21.04	4:59.64
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5:41.35	6:28.16	7:17.78	8:02.58
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8:35.92	9:12.65	9:50.06	10:26.10
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2 RMST B 10:55.65

1) Brightwell, Kim W56	2) Flynn, Merri W56
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3) Tipler, David M60	4) Rysdon, Jon M64
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32.28	1:07.91	1:44.91	2:21.14
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3:04.24	3:53.43	4:44.98	
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			8:15.46
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8:50.87	9:31.03	10:13.58	10:55.65
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Mixed 55+ 200 Yard Medley Relay**NATL: 1:52.96 N 4/26/15 PUGET SOUND MAS****Z COURTNEY, R COLELLA, D GRAHAM, C DAVIS****ZONE: 2:16.14 Z 1987 New England**

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VA: 2:12.57 V 4/26/12 VMST**N Betts, D Frisch, W Throne, S Loftus-Charley**

1 VMST A 2:31.65

1) Romo, Robert M57	2) Swiger, Ralph M59
3) Braaten, Kitten W60	4) Loftus-Charley, Shirley W64

35.15	1:18.81	2:31.65
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2 RMST E 3:00.73

1) Brightwell, Kim W56	2) Manheim, Lucy W73
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3) Tipler, David M60	4) Rysdon, Jon M64
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34.02	2:29.02	3:00.73
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Mixed 55+ 400 Yard Medley Relay**NATL: 4:17.57 N 3/31/12 PLANO WETCATS****T BARTON, K MACCURDY, J GOODING, L MORRISON****ZONE: 5:04.64 Z 1995 DC Masters**

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VA: 5:09.07 V 4/30/99 VMST**B Durrant, E Gaulrapp, J Schlitz, L Walker**

1 VMST A 5:38.71

1) Romo, Robert M57	2) Miller, Patricia W55
3) Swiger, Ralph M59	4) Loftus-Charley, Shirley W64

40.35	1:20.36	1:59.92	2:43.93
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3:33.85	4:28.36	5:01.97	5:38.71
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