

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Women 18-24 50 Yard Freestyle****NATL: 22.21 ! 1/31/15 VANDERPOOL-WALLAC****ZONE: 23.96 Z 4/13/03 Petra Adamkova**

1 Breuer, Lauren	24 TIDE SWIMMING	25.99
2 Halner, Kristina	22 CENTRAL BUCKS F	26.75

Women 18-24 100 Yard Freestyle**NATL: 48.18 ! 12/6/14 KATIE MEILI****ZONE: 51.99 Z 4/11/15 Harumi Katsuyama****VA: 52.01 V 3/6/14 Rachel Nelson**

1 Breuer, Lauren	24 TIDE SWIMMING	55.23
26.71	55.23	
2 Halner, Kristina	22 CENTRAL BUCKS F	57.61
27.75	57.61	
3 Csapo, Jennifer	23 UC12	1:03.61
30.17	1:03.61	

Women 18-24 200 Yard Freestyle**NATL: 1:43.28 ! 11/8/09 DANA VOLLMER****ZONE: 1:54.63 Z 4/10/16 Gabrielle Mizerak****VA: 1:54.11 V 4/28/16 Gabrielle Mizerak**

1 Csapo, Jennifer	23 UC12	2:19.36
30.66	1:05.42	1:42.36
		2:19.36
2 Sours, Kate	18 LANE 4 SWIMMING	2:50.08
39.54	1:22.77	2:07.86
		2:50.08

Women 18-24 500 Yard Freestyle**NATL: 4:49.97 ! 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 Bade, Marian	22 ALEXANDRIA MAS	5:51.28
31.07	1:05.05	1:39.51
		2:14.64
	2:50.24	3:26.18
		4:02.47
		4:38.64
	5:15.20	5:51.28
2 Sours, Kate	18 LANE 4 SWIMMING	7:32.63
39.40	1:22.40	2:08.84
		2:53.72
	3:39.76	4:26.15
		5:12.92
		6:00.82
	6:47.52	7:32.63

Women 18-24 1650 Yard Freestyle**NATL: 17:27.91 ! 4/28/16 ALLISON ARNOLD****ZONE: 18:41.96 Z 4/23/06 Eliz. Schlicher****VA: 18:08.86 V 4/28/16 Kaley Gregory**

1 Bade, Marian	22 ALEXANDRIA MAS	20:35.22
33.62	1:09.57	1:46.06
		2:22.79
	2:59.78	3:36.62
		4:13.38
		4:50.63
	5:27.74	6:04.68
		6:41.97
		7:19.22
	7:56.62	8:33.91
		9:11.37
		9:49.05
	10:26.90	11:04.57
		11:43.23
		12:21.41
	12:59.26	13:37.45
		14:15.63
		14:53.62
	15:31.85	16:10.41
		16:48.95
		17:27.01
	18:05.20	18:43.39
		19:20.92
		19:58.49
		20:35.22

2 Hicks, Felicity	23 SPORT & HEALTH	23:03.66
32.75	1:10.23	1:50.18
		2:32.13
	3:17.43	3:59.99
		4:44.64
		5:27.00
	6:10.78	6:53.86
		7:37.53
		8:20.31
	9:02.21	9:44.99
		10:26.90
		11:08.82
	11:50.55	12:32.18
		13:14.30
		13:56.14
	14:37.63	15:19.89
		16:01.46
		16:43.64
	17:26.12	18:07.84
		18:49.51
		19:31.10
	20:12.26	20:53.64
		21:34.68
		22:16.12
		23:03.66

Women 18-24 50 Yard Backstroke Time Trial**NATL: 26.18 ! 5/22/10 O'DONNELL-MCCARTH****ZONE: 27.60 Z 4/23/06 Stacy Peterson****VA: 26.73 V 4/12/15 Gabrielle Mizerak****- Time Trial**

1 Adams, Gail	23 VIRGINIA MASTER	33.09
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Women 18-24 50 Yard Backstroke**NATL: 26.18 ! 5/22/10 O'DONNELL-MCCARTH****ZONE: 27.46 Z 4/10/16 Gabrielle Mizerak****VA: 26.73 V 4/12/15 Gabrielle Mizerak**

1 Breuer, Lauren	24 TIDE SWIMMING	28.01
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Women 18-24 100 Yard Backstroke**NATL: 55.90 ! 5/23/10 EMILE EWING****ZONE: 56.80 Z 4/17/11 Kellyanne Tomasula****VA: 58.59 V 4/10/15 Gabrielle Mizerak**

1 Breuer, Lauren	24 TIDE SWIMMING	59.17
28.56	59.17	
2 Adams, Gail	23 VIRGINIA MASTER	1:10.01
33.68	1:10.01	

Women 18-24 200 Yard Backstroke**NATL: 1:59.22 ! 4/30/00 SARA SCHWEITZER****ZONE: 2:02.91 Z 4/17/11 Kellyanne Tomasula****VA: 2:07.40 V 2/12/11 Lori Leitzinger**

1 Adams, Gail	23 VIRGINIA MASTER	2:28.42
34.08	1:11.12	1:49.45
		2:28.42

Women 18-24 50 Yard Breaststroke**NATL: 27.76 ! 12/5/14 KATIE MEILI****ZONE: 30.06 Z 4/13/03 Petra Adamkova****VA: 29.59 V 4/28/16 Amalia Kobelja**

1 Breuer, Lauren	24 TIDE SWIMMING	33.39
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Women 18-24 100 Yard Breaststroke**NATL: 58.71 ! 12/5/14 KATIE MEILI****ZONE: 1:06.88 Z 4/4/04 Jillian Martin****VA: 1:09.80 V 4/28/16 Sara Shaner**

1 Burke, Rebecca	21 LANE 4 SWIMMING	1:11.15
33.51	1:11.15	
2 Csapo, Jennifer	23 UC12	1:23.96
39.45	1:23.96	

Women 18-24 50 Yard Butterfly**NATL: 24.54 ! 11/8/09 DANA VOLLMER****ZONE: 25.56 Z 4/9/16 Gabrielle Mizerak****VA: 25.53 V 4/28/16 Gabrielle Mizerak**

1 Halner, Kristina	22 CENTRAL BUCKS F	30.00
2 Adams, Gail	23 VIRGINIA MASTER	32.32

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Women 18-24 100 Yard Butterfly**

NATL: 52.30 ! 11/8/09 **DANA VOLLMER**
ZONE: 57.38 Z 4/12/15 **Harumi Katsuyama**
VA: 56.22 V 4/28/16 **Gabrielle Mizerak**

1 Halner, Kristina 22 CENTRAL BUCKS F 1:07.75
 31.53 1:07.75

Women 18-24 100 Yard IM

NATL: 53.02 ! 12/21/14 **KATIE MEILI**
ZONE: 59.90 Z 4/15/12 **Kellyanne Tomasula**
VA: 59.49 V 4/28/16 **Gabrielle Mizerak**

1 Burke, Rebecca 21 LANE 4 SWIMMING 1:02.37
 28.59 1:02.37
 2 Breuer, Lauren 24 TIDE SWIMMING 1:02.44
 28.03 1:02.44
 3 Adams, Gail 23 VIRGINIA MASTER 1:10.51
 31.27 1:10.51

Women 18-24 200 Yard IM

NATL: 1:54.20 ! 12/4/14 **KATIE MEILI**
ZONE: 2:14.25 Z 4/25/09 **Erika Norris**
VA: 2:14.60 V 3/19/16 **Gabrielle Mizerak**

1 Adams, Gail 23 VIRGINIA MASTER 2:39.34
 34.03 1:12.86 2:00.15 2:39.34

Women 25-29 50 Yard Freestyle

NATL: 22.62 ! 1/25/14 **MADISON KENNEDY**
ZONE: 23.16 Z 4/24/05 **Petra Martin**
VA: 24.71 V 2/5/17 **Rachel Nelson**

1 Bentley, Margaret 29 LANE 4 SWIMMING 26.03
 2 Letendre, Denise 28 VIRGINIA MASTER 26.15
 3 Lampe, Corinne 25 SPRING VALLEY YI 26.78
 4 Mahaney, Melanie 26 SPRING VALLEY YI 26.80
 5 Schwartz, Carleigh 26 ARLINGTON MAST 27.51
 6 Wallace, Devon 26 VIRGINIA MASTER 27.57
 7 Edmunds, Addey 29 CENTRAL BUCKS F 27.94
 8 Karszes, Courtney 26 BINGHAMTON UNI 27.96
 9 McCarthy, Margaret 27 COLUMBIA MAST 34.47
 10 Basinsky, Kathryn 28 SPORT & HEALTH 35.76
 11 Hatchette, Natalie 27 UC10 42.24

Women 25-29 50 Yard Freestyle Time Trial

NATL: 22.62 ! 1/25/14 **MADISON KENNEDY**
ZONE: 23.16 Z 4/24/05 **Petra Martin**
VA: 24.71 V 2/5/17 **Rachel Nelson**

- Time Trial

2 Minzenmayer, Ellen 28 CLUB TRIBE 28.55

Women 25-29 100 Yard Freestyle

NATL: 49.18 ! 2/24/13 **KIM VANDENBERG**
ZONE: 53.07 Z 4/25/09 **Jennifer O'Reilly**
VA: 53.09 V 1/29/17 **Marina Falcone**

1 Falcone, Marina 29 CLUB TRIBE 52.00Z
 25.35 52.00
 2 Randolph, Courtney 25 UMAC-TERRAPIN I 54.12
 26.49 54.12
 3 Letendre, Denise 28 VIRGINIA MASTER 56.20
 26.74 56.20

4 Mahaney, Melanie 26 SPRING VALLEY YI 58.04
 27.81 58.04
 5 Karszes, Courtney 26 BINGHAMTON UNI 59.47
 28.51 59.47
 6 Schwartz, Carleigh 26 ARLINGTON MAST 59.85
 28.73 59.85
 7 Obenhuber, Briana 28 ALEXANDRIA MAS 1:00.40
 28.12 1:00.40
 8 Edmunds, Addey 29 CENTRAL BUCKS F 1:01.86
 29.81 1:01.86
 9 Vayda, Shannon 28 ALEXANDRIA MAS 1:09.14
 33.16 1:09.14

Women 25-29 100 Yard Freestyle Time Trial

NATL: 49.18 ! 2/24/13 **KIM VANDENBERG**
ZONE: 53.31 Z 4/23/06 **Kelly Bowman**
VA: 53.09 V 1/29/17 **Marina Falcone**

- Time Trial

1 Falcone, Marina 29 CLUB TRIBE 52.20V
 2 Wallace, Devon 26 VIRGINIA MASTER 59.68

Women 25-29 200 Yard Freestyle Time Trial

NATL: 1:48.80 ! 5/20/01 **LIMIN LIU**
ZONE: 1:56.79 Z 4/23/06 **Kelly Bowman**
VA: 1:54.67 V 3/18/17 **Marina Falcone**

- Time Trial

1 Falcone, Marina 29 CLUB TRIBE 1:52.76V
 2 Letendre, Denise 28 VIRGINIA MASTER 2:01.69

Women 25-29 200 Yard Freestyle

NATL: 1:48.80 ! 5/20/01 **LIMIN LIU**
ZONE: 1:56.57 Z 4/26/09 **Jennifer O'Reilly**
VA: 1:54.67 V 3/18/17 **Marina Falcone**

1 Randolph, Courtney 25 UMAC-TERRAPIN I 1:57.89
 28.41 58.32 1:28.29 1:57.89
 2 Letendre, Denise 28 VIRGINIA MASTER 2:02.21
 28.51 59.49 1:30.65 2:02.21
 3 Mahaney, Melanie 26 SPRING VALLEY YI 2:07.62
 28.45 59.85 1:33.47 2:07.62
 4 Karszes, Courtney 26 BINGHAMTON UNI 2:09.54
 30.62 1:03.72 1:36.85 2:09.54
 5 Wallace, Devon 26 VIRGINIA MASTER 2:09.97
 29.81 1:02.41 1:36.24 2:09.97
 6 Schwartz, Carleigh 26 ARLINGTON MAST 2:12.08
 30.48 1:03.71 1:37.76 2:12.08
 7 Tonelli, Marlena 28 SANTA BARBARA M 2:14.43
 31.68 1:05.50 1:39.87 2:14.43
 8 Aepli, Lauren 29 ALEXANDRIA MAS 2:18.06
 31.41 1:05.73 1:41.28 2:18.06
 9 Obenhuber, Briana 28 ALEXANDRIA MAS 2:20.97
 32.91 1:08.23 1:44.63 2:20.97
 10 Edmunds, Addey 29 CENTRAL BUCKS F 2:21.09
 30.02 1:04.76 1:43.15 2:21.09
 11 Vayda, Shannon 28 ALEXANDRIA MAS 2:32.22
 34.89 1:13.02 1:52.94 2:32.22

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Women 25-29 500 Yard Freestyle****NATL: 4:49.88 ! 1/3/96 SHEILA TAORMINA****ZONE: 5:12.74 Z 4/20/13 Katie Gilmore****VA: 5:22.19 V 5/9/85 Deborah Cain**

1	Randolph, Courtney	25	UMAC-TERRAPIN I	5:21.90
	29.45 1:01.28 1:33.70 2:06.42			
	2:38.95 3:11.87 3:44.93 4:18.10			
	4:50.62 5:21.90			
2	Mahaney, Melanie	26	SPRING VALLEY YI	5:46.45
	29.84 1:03.33 1:37.75 2:12.91			
	2:48.32 3:24.25 4:00.38 4:36.49			
	5:12.11 5:46.45			
3	Tonelli, Marlana	28	SANTA BARBARA I	5:48.70
	32.24 1:06.37 1:40.68 2:15.56			
	2:50.53 3:25.83 4:01.25 4:37.22			
	5:13.26 5:48.70			
4	Bentley, Margaret	29	LANE 4 SWIMMING	5:54.28
	31.48 1:06.38 1:42.03 2:18.29			
	2:54.39 3:31.08 4:07.34 4:43.42			
	5:19.54 5:54.28			
5	Schwartz, Carleigh	26	ARLINGTON MAST	5:57.52
	31.67 1:06.90 1:42.54 2:18.88			
	2:55.34 3:32.13 4:08.52 4:45.34			
	5:21.87 5:57.52			
6	Antos, Jess	25	UC12	6:00.23
	32.27 1:07.83 1:44.42 2:20.70			
	2:57.59 3:34.36 4:11.19 4:48.00			
	5:24.68 6:00.23			
7	Vayda, Shannon	28	ALEXANDRIA MAS	6:45.10
	36.86 1:15.98 1:56.62 2:38.11			
	3:19.84 4:01.64 4:43.37 5:24.88			
	6:05.91 6:45.10			
8	Mundi, Jessica	27	ALEXANDRIA MAS	7:15.98
	37.90 1:21.68 2:06.94 2:51.49			
	3:36.26 4:21.41 5:06.78 5:51.14			
	6:34.76 7:15.98			

Women 25-29 1000 Yard Freestyle**NATL: 10:10.67 ! 2/3/17 HANNAH SAIZ****ZONE: 10:34.30 Z 4/19/13 Katie Gilmore****VA: 11:00.56 V 4/26/12 Danielle Myers**

1	Tonelli, Marlana	28	SANTA BARBARA I	12:07.60
	33.10 1:08.47 1:44.13 2:20.31			
	2:56.95 3:33.49 4:10.80 4:47.83			
	5:25.09 6:02.46 6:39.28 7:16.36			
	7:53.19 8:30.30 9:07.41 9:44.53			
	10:20.61 10:56.31 11:31.80 12:07.60			

Women 25-29 1650 Yard Freestyle**NATL: 16:50.17 ! 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	Baughner, Liz	29	CLUB TRIBE	20:41.31
	32.64 1:07.73 1:43.97 2:21.56			
	2:59.84 3:37.90 4:15.72 4:53.70			
	5:31.98 6:10.14 6:48.05 7:26.06			
	8:04.17 8:42.26 9:20.40 9:58.57			
	10:36.46 11:14.31 11:52.28 12:30.08			
	13:08.06 13:45.85 14:23.76 15:01.63			
	15:39.61 16:17.81 16:55.62 17:33.45			
	18:11.38 18:49.17 19:26.96 20:41.31			
2	McDonald, Megan	28	FREDRICKSBURG	21:48.46
	33.72 1:12.13 1:51.33 2:30.74			
	3:09.45 3:48.57 4:28.35 5:08.08			
	5:48.26 6:27.70 7:08.11 7:48.21			
	8:28.29 9:08.97 9:49.69 10:30.09			
	11:10.04 11:50.71 12:31.09 13:11.38			
	13:51.26 14:31.19 15:11.15 15:51.21			
	16:31.91 17:12.06 17:51.72 18:31.89			
	19:11.33 19:51.77 20:31.54 21:10.30			21:48.46
3	Bloss, Stephanie	27	LANE 4 SWIMMING	22:36.50
	36.37 1:16.06 1:55.88 2:36.02			
	3:16.65 3:57.76 4:38.77 5:19.58			
	6:00.94 6:42.14 7:23.22 8:04.72			
	8:46.11 9:27.03 10:08.40 10:50.36			
	11:32.31 12:13.83 12:55.88 13:37.59			
	14:19.63 15:01.15 15:43.25 16:24.98			
	17:06.74 17:48.35 18:30.02 19:11.52			
	19:52.87 20:34.28 21:16.30 21:57.88			22:36.50
4	Vayda, Shannon	28	ALEXANDRIA MAS	23:33.18
	37.27 1:17.69 1:58.15 2:39.62			
	3:21.70 4:03.84 4:46.24 5:28.77			
	6:11.45 6:54.12 7:36.86 8:19.47			
	9:02.05 9:44.51 10:27.65 11:10.52			
	11:53.82 12:37.49 13:21.84 14:06.59			
	14:50.97 15:35.82 16:20.08 17:04.36			
	17:48.57 18:32.95 19:17.23 20:01.08			
	20:44.74 21:28.76 22:12.01 22:53.62			23:33.18

Women 25-29 50 Yard Backstroke**NATL: 25.26 ! 5/22/10 TANICA JAMISON****ZONE: 27.51 Z 4/25/09 Stacy Peterson****VA: 28.22 V 5/20/10 Kate Hibbard**

1	Lampe, Corinne	25	SPRING VALLEY YI	30.60
2	Mahaney, Melanie	26	SPRING VALLEY YI	31.02
3	Obenhuber, Briana	28	ALEXANDRIA MAS	31.44
4	Smith, Katherine	26	ALEXANDRIA MAS	34.35
5	Dudley, Mariah	29	VIRGINIA MASTER	35.72
6	Basinsky, Kathryn	28	SPORT & HEALTH I	39.85
---	McCarthy, Margaret	27	COLUMBIA MASTE	DQ

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George Mason University, Fairfax, VA

Results**Women 25-29 50 Yard Backstroke Time Trial**

NATL: 25.26 ! 5/22/10 TANICA JAMISON
 ZONE: 28.15 Z 4/15/07 Stacy Peterson
 VA: 28.22 V 5/20/10 Kate Hibbard

- Time Trial

1 Czaplicki, Alexandra 26 CLUB TRIBE 29.26

Women 25-29 100 Yard Backstroke Time Trial

NATL: 54.06 ! 5/23/10 TANICA JAMISON
 ZONE: 59.56 Z 4/15/07 Stacey Peterson
 VA: 59.21 V 5/20/10 Kate Hibbard

- Time Trial

1 Czaplicki, Alexandra 26 CLUB TRIBE 1:04.04

Women 25-29 100 Yard Backstroke

NATL: 54.06 ! 5/23/10 TANICA JAMISON
 ZONE: 59.56 Z 4/15/07 Stacey Peterson
 VA: 59.21 V 5/20/10 Kate Hibbard

1 Czaplicki, Alexandra 26 CLUB TRIBE 1:03.09
 30.62 1:03.09
 2 Mahaney, Melanie 26 SPRING VALLEY YI 1:07.35
 32.82 1:07.35
 3 Obenhuber, Briana 28 ALEXANDRIA MAS 1:09.51
 33.40 1:09.51
 4 Smith, Katherine 26 ALEXANDRIA MAS 1:11.34
 34.49 1:11.34
 5 Edmunds, Addey 29 CENTRAL BUCKS F 1:13.17
 35.41 1:13.17
 6 Wallace, Devon 26 VIRGINIA MASTER 1:13.58
 36.78 1:13.58

Women 25-29 200 Yard Backstroke

NATL: 1:56.87 ! 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 Mahaney, Melanie 26 SPRING VALLEY YI 2:23.92
 33.56 1:09.98 1:47.87 2:23.92
 2 Antos, Jess 25 UC12 2:28.84
 34.78 1:12.46 1:51.43 2:28.84
 3 Smith, Katherine 26 ALEXANDRIA MAS 2:32.26
 36.22 1:14.42 2:32.26
 4 Edmunds, Addey 29 CENTRAL BUCKS F 2:43.84
 36.72 1:17.16 2:01.02 2:43.84
 5 Vayda, Shannon 28 ALEXANDRIA MAS 2:55.43
 40.87 1:24.64 2:10.36 2:55.43
 --- Obenhuber, Briana 28 ALEXANDRIA MAS DQ
 35.72 1:15.44 DQ

Women 25-29 50 Yard Breaststroke

NATL: 27.10 ! 4/30/16 KATIE MEILI
 ZONE: 30.03 Z 4/24/05 Petra Martin
 VA: 31.81 V 1/1/96 Cheryl Conlin

1 Shaner, Sara 25 CLUB TRIBE 33.00
 2 Minzenmayer, Ellen 28 CLUB TRIBE 34.10
 3 Tonelli, Marlana 28 SANTA BARBARA M 34.93
 4 Lampe, Corinne 25 SPRING VALLEY YI 35.04
 5 Mundi, Jessica 27 ALEXANDRIA MAS 42.77

Women 25-29 100 Yard Breaststroke

NATL: 59.58 ! 2/6/10 MEGAN JENDRICK
 ZONE: 1:08.30 Z 4/25/10 Jen Brielmaier
 VA: 1:09.46 V 4/28/16 Denise Letendre

1 Letendre, Denise 28 VIRGINIA MASTER 1:11.89
 34.08 1:11.89
 2 Minzenmayer, Ellen 28 CLUB TRIBE 1:14.00
 35.52 1:14.00
 3 Lampe, Corinne 25 SPRING VALLEY YI 1:16.36
 36.13 1:16.36
 4 Tonelli, Marlana 28 SANTA BARBARA M 1:19.33
 36.30 1:19.33
 5 McDonald, Megan 28 FREDRICKSBURG J 1:19.79
 38.26 1:19.79
 6 Hatchette, Natalie 27 UC10 1:42.07
 48.68 1:42.07

Women 25-29 200 Yard Breaststroke

NATL: 2:09.05 ! 2/6/10 MEGAN JENDRICK
 ZONE: 2:28.92 Z 4/9/16 Rachel Ripley
 VA: 2:28.96 V 4/28/16 Denise Letendre

1 Letendre, Denise 28 VIRGINIA MASTER 2:34.55
 35.14 1:14.66 1:54.35 2:34.55
 2 Randolph, Courtney 25 UMAC-TERRAPIN I 2:36.55
 36.82 1:17.25 1:56.85 2:36.55
 3 Minzenmayer, Ellen 28 CLUB TRIBE 2:40.36
 35.94 1:15.39 1:56.94 2:40.36
 4 Lampe, Corinne 25 SPRING VALLEY YI 2:49.84
 39.09 1:22.88 2:06.66 2:49.84
 5 Tonelli, Marlana 28 SANTA BARBARA M 2:55.33
 39.43 1:23.06 2:09.32 2:55.33

Women 25-29 50 Yard Butterfly

NATL: 24.41 ! 5/22/10 TANICA JAMISON
 ZONE: 25.83 Z 4/24/05 Petra Martin
 VA: 26.24 V 2/5/17 Rachel Nelson

1 Falcone, Marina 29 CLUB TRIBE 26.00V
 2 Lampe, Corinne 25 SPRING VALLEY YI 28.08
 3 Czaplicki, Alexandra 26 CLUB TRIBE 28.10
 4 Bentley, Margaret 29 LANE 4 SWIMMING 28.12
 5 Shaner, Sara 25 CLUB TRIBE 28.58
 6 Mahaney, Melanie 26 SPRING VALLEY YI 30.07
 7 Edmunds, Addey 29 CENTRAL BUCKS F 31.26
 8 Smith, Katherine 26 ALEXANDRIA MAS 31.71
 9 Mundi, Jessica 27 ALEXANDRIA MAS 38.93

Women 25-29 100 Yard Butterfly

NATL: 53.20 ! 4/24/15 AMANDA SIMS
 ZONE: 57.58 Z 4/6/14 Jessica Koltz
 VA: 58.05 V 4/28/16 Katie Sieben

1 Falcone, Marina 29 CLUB TRIBE 58.21
 26.84 58.21
 2 Bentley, Margaret 29 LANE 4 SWIMMING 1:04.05
 29.58 1:04.05
 3 Dudley, Mariah 29 VIRGINIA MASTER 1:08.35
 33.49 1:08.35
 4 Wallace, Devon 26 VIRGINIA MASTER 1:10.28
 32.65 1:10.28

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Results**(Women 25-29 100 Yard Butterfly)**

5 McDonald, Megan	28 FREDRICKSBURG	1:11.21
33.72	1:11.21	
6 Smith, Katherine	26 ALEXANDRIA MAS	1:12.49
34.64	1:12.49	

Women 25-29 200 Yard Butterfly**NATL: 1:57.84 ! 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 Wallace, Devon	26 VIRGINIA MASTER	2:41.69
33.94	1:13.33	1:55.40 2:41.69
2 Smith, Katherine	26 ALEXANDRIA MAS	2:47.47
35.25	1:16.35	2:00.82 2:47.47
3 Mundi, Jessica	27 ALEXANDRIA MAS	3:18.39
39.78	1:30.39	2:24.33 3:18.39

Women 25-29 100 Yard IM**NATL: 54.43 ! 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 Randolph, Courtney	25 UMAC-TERRAPIN	1:01.35
28.75	1:01.35	
2 Shaner, Sara	25 CLUB TRIBE	1:03.49
30.19	1:03.49	
3 Lampe, Corinne	25 SPRING VALLEY Y	1:04.24
29.28	1:04.24	
4 Antos, Jess	25 UC12	1:09.73
31.45	1:09.73	
5 Wallace, Devon	26 VIRGINIA MASTER	1:10.59
33.67	1:10.59	
6 Tonelli, Marlana	28 SANTA BARBARA	1:11.78
33.90	1:11.78	
7 Dudley, Mariah	29 VIRGINIA MASTER	1:13.64
34.52	1:13.64	
8 Basinsky, Kathryn	28 SPORT & HEALTH	1:32.07
42.01	1:32.07	

Women 25-29 200 Yard IM**NATL: 1:57.56 ! 12/5/13 JUSTINE MUELLER****ZONE: 2:10.22 Z 4/9/16 Rachel Ripley****VA: 2:10.46 V 4/28/11 Kate Hibbard**

1 Letendre, Denise	28 VIRGINIA MASTER	2:16.34
29.36	1:03.34	1:42.93 2:16.34
2 Czaplicki, Alexandra	26 CLUB TRIBE	2:20.86
29.90	1:04.94	1:46.79 2:20.86
3 Lampe, Corinne	25 SPRING VALLEY Y	2:22.33
29.99	1:06.10	1:49.12 2:22.33
4 Tonelli, Marlana	28 SANTA BARBARA	2:32.74
33.60	1:13.92	1:57.26 2:32.74
5 Wallace, Devon	26 VIRGINIA MASTER	2:37.29
33.63	1:13.89	2:37.29
6 Basinsky, Kathryn	28 SPORT & HEALTH	3:29.75
49.69	1:40.88	2:41.01 3:29.75

Women 25-29 400 Yard IM**NATL: 4:19.02 ! 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 Randolph, Courtney	25 UMAC-TERRAPIN	4:45.52
30.43	1:04.96	1:41.12 2:16.67
	2:58.37	3:40.17 4:13.57 4:45.52
2 McDonald, Megan	28 FREDRICKSBURG	5:23.16
33.76	1:13.37	1:55.34 2:38.39
	3:22.97	4:08.85 4:47.05 5:23.16
3 Aepli, Lauren	29 ALEXANDRIA MAS	5:40.24
34.63	1:17.00	2:00.61 2:43.55
	3:32.15	4:20.68 5:01.13 5:40.24

Women 30-34 50 Yard Freestyle**NATL: 22.48 ! 11/29/12 ERIKA ERNDL****ZONE: 24.04 Z 4/26/09 Petra Martin****VA: 25.13 V 2/9/13 Courtney Hurtubise**

1 Appel, Lindsey	31 UC12	26.75
2 McWilliams, Katie	33 ALEXANDRIA MAS	27.40
3 Greene, Shannon	31 CLUB TRIBE	27.60
4 Mathey Lambeth, Alison	32 ARLINGTON MAST	28.90
5 Vaughan, Mason	32 PELUSO OPEN WA	29.02
6 Trainor, Gabriela	31 RESTON MASTERS	30.58
7 Whittle, Julia	33 UC09	40.55

Women 30-34 100 Yard Freestyle**NATL: 48.03 ! 2/23/13 ERIKA ERNDL****ZONE: 52.34 Z 4/25/09 Petra Martin****VA: 54.78 V 1/1/94 Beth Scheimann**

1 McWilliams, Katie	33 ALEXANDRIA MAS	56.83
27.99	56.83	
2 Appel, Lindsey	31 UC12	1:00.48
28.72	1:00.48	
3 Jue, Heather	33 LANE 4 SWIMMING	1:00.74
29.67	1:00.74	
4 Rai, Vanessa	34 LANE 4 SWIMMING	1:03.04
30.66	1:03.04	
5 Vaughan, Mason	32 PELUSO OPEN WA	1:03.68
30.64	1:03.68	
6 Erby, Nicole	32 MERRITT MARLIN	1:04.35
30.34	1:04.35	
7 Plimpton, Hannah	31 COLONIALS 1776	1:10.92
33.48	1:10.92	
8 Trainor, Gabriela	31 RESTON MASTERS	1:12.73
34.24	1:12.73	
9 Goldberg, Julie	32 MONTGOMERY AN	1:19.17
38.10	1:19.17	
10 Hufford, Ellen	34 ARLINGTON MAST	1:20.32
38.31	1:20.32	
11 Whittle, Julia	33 UC09	1:33.55

Women 30-34 200 Yard Freestyle**NATL: 1:43.46 ! 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 McWilliams, Katie	33 ALEXANDRIA MAS	2:04.97
29.25	1:00.96	1:32.87 2:04.97

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Women 30-34 200 Yard Freestyle)**

2	Gauzens, Stephanie	33	ALEXANDRIA MAS	2:07.52
	29.05 1:01.03		1:34.02 2:07.52	
3	Jue, Heather	33	LANE 4 SWIMMINC	2:12.62
	30.85 1:03.99		1:38.12 2:12.62	
4	Rai, Vanessa	34	LANE 4 SWIMMINC	2:21.57
	32.87 1:08.03		1:44.18 2:21.57	
5	Whittle, Julia	33	UC09	3:24.47
	45.86		2:33.13 3:24.47	
---	Greene, Shannon	31	CLUB TRIBE	DQ
	29.42 1:01.63		1:34.85 DQ	

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

1	McWilliams, Katie	33	ALEXANDRIA MAS	5:22.74
	29.71 1:01.90		1:34.72 2:07.73	
	2:40.95 3:13.87		3:46.96 4:19.59	
	4:51.94 5:22.74			
2	Gauzens, Stephanie	33	ALEXANDRIA MAS	5:41.34
	31.23 1:04.87		1:39.40 2:14.17	
	2:49.11 3:23.59		3:58.12 4:33.31	
	5:07.94 5:41.34			
3	Jakubchak, Lindsey	34	ALEXANDRIA MAS	5:44.17
	30.18 1:03.05		1:37.09 2:11.57	
	2:46.35 3:21.25		3:56.82 4:32.86	
	5:08.74 5:44.17			
4	Jue, Heather	33	LANE 4 SWIMMINC	6:05.24
	32.76 1:08.83		1:45.62 2:22.96	
	3:00.37 3:37.84		4:14.92 4:52.35	
	5:29.34 6:05.24			
5	Whittle, Julia	33	UC09	9:09.40
	49.50 1:43.39			
	6:22.92			
	8:16.35 9:09.40			

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

1	McWilliams, Katie	33	ALEXANDRIA MAS	11:04.45
	29.62 1:02.07		1:35.36 2:08.83	
	2:42.26 3:16.01		3:49.47 4:23.05	
	4:56.71 5:30.57		6:04.28 6:37.81	
	7:11.62 7:45.21		8:18.79 8:52.35	
	9:25.88 9:59.48		10:32.60 11:04.45	
2	Plimpton, Hannah	31	COLONIALS 1776	14:27.47
	36.28 1:16.18		1:58.05 2:40.24	
	3:23.65 4:07.07		4:50.76 5:34.98	
	6:18.83 7:03.18		7:47.50 8:32.42	
	9:17.26 10:02.03		10:46.48 11:31.01	
	12:15.07 13:00.12		13:43.53 14:27.47	

3	Long, Uliana	31	MERRITT MARLIN	14:49.99
	38.04 1:20.72		2:05.72 2:52.50	
	3:36.86 4:23.38		5:07.93 5:53.20	
	6:38.18 7:23.10		8:07.73 8:53.25	
	9:38.76 10:24.43		11:09.92 11:55.30	
	12:40.39 13:25.18		14:09.09 14:49.99	
4	Finneren, Holli	30	CLUB TRIBE	16:03.34
	41.53 1:27.44		2:14.30 3:01.17	
	3:50.14 4:38.66		5:26.87 6:15.55	
	7:04.02 7:52.47		8:42.47 9:30.95	
	10:20.28 11:10.28		11:59.75 12:49.38	
	13:38.99 14:28.22		15:18.01 16:03.34	
5	Duquette, Michelle	34	LANE 4 SWIMMINC	19:39.42
	51.45 1:49.28		2:48.89 3:49.13	
	4:48.51 5:50.80		6:48.95 7:47.90	
	8:46.73 9:46.80		10:45.43 11:43.77	
	12:44.43 13:43.61		14:42.85 15:44.19	
	16:49.31 17:48.53		18:45.97 19:39.42	
6	McCarty, Amy	32	LANE 4 SWIMMINC	21:09.86
	55.08 1:54.77		2:57.22 4:00.12	
	5:02.58 6:06.20		7:13.90 8:17.76	
	9:19.75 10:23.24		11:32.25 12:34.68	
	13:44.65 14:51.68		16:02.01 17:01.98	
	18:05.49 19:09.66		20:11.03 21:09.86	

Women 30-34 1650 Yard Freestyle**NATL: 17:07.52 ! 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	Greenawalt, Anne	32	DUMPSTER FISH	20:07.82
	31.81 1:07.08		1:43.30 2:19.20	
	2:55.86 3:31.94		4:08.28 4:44.81	
	5:21.15 5:57.65		6:34.98 7:11.73	
	7:48.44 8:25.48		9:02.54 9:39.01	
	10:16.60 10:53.41		11:29.46 12:06.09	
	12:42.65 13:20.28		13:57.11 14:34.01	
	15:11.09 15:48.08		16:25.64 17:02.37	
	17:40.08 18:16.80		18:54.75 19:31.98	20:07.82
2	Miller, Megan	30	LANE 4 SWIMMINC	23:44.32
	35.25 1:14.16		1:55.19 2:37.32	
	3:19.92 4:03.06		4:46.33 5:29.17	
	6:12.40 6:56.13		7:39.25 8:22.83	
	9:06.20 9:49.62		10:33.08 11:16.37	
	11:59.83 12:43.26		13:26.51 14:09.99	
	14:53.60 15:37.55		16:21.31 17:05.21	
	17:49.48 18:33.86		19:18.45 20:03.18	
	20:47.91 21:32.37		22:16.81 23:00.94	23:44.32
3	Goldberg, Marci	32	LANE 4 SWIMMINC	26:14.62
	42.28 1:29.18		2:16.52 3:04.54	
	3:52.79 4:40.47		5:27.78 6:15.49	
	7:03.79 7:51.48		8:39.62 9:27.73	
	10:16.34 11:05.89		11:54.11 12:41.58	
	13:30.23 14:19.07		15:07.39 15:56.28	
	16:44.12 17:31.87		18:20.28 19:08.06	
	19:56.04 20:44.44		21:32.43 22:19.79	
	23:07.34 23:55.23		24:42.89 25:29.88	26:14.62

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Results**(Women 30-34 1650 Yard Freestyle)**

4 Kleitz, Jean	34 FREEDOM AQUATI	27:07.76
44.64	1:30.62	2:18.68 3:07.39
3:56.38	4:45.72	5:37.19 6:26.17
	8:06.56	
10:36.56	12:14.61	13:04.26
13:54.70	14:44.13	15:33.31 16:22.98
17:12.76	18:02.47	18:52.18 19:42.34
20:32.31	21:22.38	22:11.93 23:01.77
23:51.27	24:40.96	25:30.58 27:07.76

Women 30-34 50 Yard Backstroke

NATL: 24.96 ! 5/1/11 **NORIKO INADA**
ZONE: 28.15 Z 5/1/94 **Liz Hobbs**
VA: 29.18 V 4/28/16 **Elizabeth Joiner**

1 Jue, Heather	33 LANE 4 SWIMMING	32.48
2 Mathey Lambeth, Alison	32 ARLINGTON MAST	33.24
3 Mockler, Shannon	32 SPORT & HEALTH	38.89
4 Trainor, Gabriela	31 RESTON MASTERS	39.42

Women 30-34 100 Yard Backstroke

NATL: 54.60 ! 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 Appel, Lindsey	31 UC12	1:08.92
33.28	1:08.92	
2 Long, Uliana	31 MERRITT MARLIN	1:14.30
35.83	1:14.30	
3 Erby, Nicole	32 MERRITT MARLIN	1:16.00
36.11	1:16.00	
4 Mockler, Shannon	32 SPORT & HEALTH	1:23.98
41.45	1:23.98	

Women 30-34 200 Yard Backstroke

NATL: 1:59.93 ! 2/19/96 **K PIPES-NEILSEN**
ZONE: 2:07.61 Z 5/9/93 **Zena Herrmann**
VA: 2:19.89 V 4/28/16 **Elizabeth Joiner**

1 Gauzens, Stephanie	33 ALEXANDRIA MAS	2:24.67
33.51	1:09.63	1:47.54 2:24.67
2 Jue, Heather	33 LANE 4 SWIMMING	2:34.92
35.82	1:14.53	1:54.88 2:34.92
3 Mathey Lambeth, Alison	32 ARLINGTON MAST	2:37.56
36.55	1:16.36	1:57.01 2:37.56

Women 30-34 50 Yard Breaststroke

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

1 Jakubchak, Lindsey	34 ALEXANDRIA MAS	34.24
2 Vaughan, Mason	32 PELUSO OPEN WA	38.97
3 Plimpton, Hannah	31 COLONIALS 1776	39.16
4 Mockler, Shannon	32 SPORT & HEALTH	42.62
5 Trainor, Gabriela	31 RESTON MASTERS	43.01
6 Hufford, Ellen	34 ARLINGTON MAST	52.35

Women 30-34 100 Yard Breaststroke

NATL: 1:02.08 ! 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	33 ARLINGTON MAST	1:12.67
34.53	1:12.67	
2 Vaughan, Mason	32 PELUSO OPEN WA	1:23.22
39.36	1:23.22	
3 Plimpton, Hannah	31 COLONIALS 1776	1:24.93
40.01	1:24.93	

Women 30-34 200 Yard Breaststroke

NATL: 2:15.99 ! 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 Jakubchak, Lindsey	34 ALEXANDRIA MAS	2:43.34
36.83	1:18.51	2:01.33 2:43.34
2 Plimpton, Hannah	31 COLONIALS 1776	3:02.39
40.32	1:25.28	2:14.01 3:02.39

Women 30-34 50 Yard Butterfly

NATL: 24.18 ! 4/15/00 **ANGEL MARTINO**
ZONE: 26.43 Z 4/26/09 **Petra Martin**
VA: 27.85 V 1/1/93 **Beth Scheimann**

1 Rai, Vanessa	34 LANE 4 SWIMMING	30.54
2 Long, Uliana	31 MERRITT MARLIN	32.53
3 Vaughan, Mason	32 PELUSO OPEN WA	33.82
4 Plimpton, Hannah	31 COLONIALS 1776	37.38
5 Hufford, Ellen	34 ARLINGTON MAST	43.64
6 Whittle, Julia	33 UC09	52.29
--- Trainor, Gabriela	31 RESTON MASTERS	DQ

Women 30-34 100 Yard Butterfly

NATL: 55.01 ! 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	33 ARLINGTON MAST	1:02.49
28.76	1:02.49	
2 Appel, Lindsey	31 UC12	1:08.40
31.00	1:08.40	

Women 30-34 200 Yard Butterfly

NATL: 2:03.46 ! 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	31 CLUB TRIBE	2:21.39
31.63	1:07.12	1:44.91 2:21.39

Women 30-34 100 Yard IM

NATL: 57.01 ! 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	33 ARLINGTON MAST	1:06.86
31.24	1:06.86	
2 Appel, Lindsey	31 UC12	1:07.29
30.66	1:07.29	
3 Jakubchak, Lindsey	34 ALEXANDRIA MAS	1:08.28
31.92	1:08.28	

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Results**(Women 30-34 100 Yard IM)**

4	Vaughan, Mason	32	PELUSO OPEN WA1	1:15.38
	34.97	1:15.38		
5	Rai, Vanessa	34	LANE 4 SWIMMING	1:16.44
	34.86	1:16.44		
6	Mockler, Shannon	32	SPORT & HEALTH	1:22.37
	38.91	1:22.37		
---	Trainor, Gabriela	31	RESTON MASTERS	DQ
	37.66	DQ		

Women 30-34 200 Yard IM

NATL: 1:58.80 ! 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	Appel, Lindsey	31	UC12	2:29.36
	31.65	1:08.45	1:53.69	2:29.36
2	Erby, Nicole	32	MERRITT MARLIN	2:52.52
	33.72	1:14.11	2:07.82	2:52.52
3	Trainor, Gabriela	31	RESTON MASTERS	3:16.76
	40.67	1:34.65	3:16.76	
4	Goldberg, Julie	32	MONTGOMERY AN	3:18.82
	44.54	1:36.45	2:33.73	3:18.82

Women 30-34 400 Yard IM

NATL: 4:14.84 ! 1/20/13 **ERIKA ERNDL**
ZONE: 4:37.99 Z 5/2/99 **Laurie Hug**
VA: 4:44.90 V 4/26/12 **Maura Bolger**

1	Jakubchak, Lindsey	34	ALEXANDRIA MAS	5:09.72
	32.57	1:10.38	1:50.07	2:30.20
	3:14.69	4:00.02	4:35.35	5:09.72
---	Plimpton, Hannah	31	COLONIALS 1776	DQ
	40.03	1:28.29	2:20.59	3:11.01
	4:02.09	4:53.04	5:37.84	DQ

Women 35-39 50 Yard Freestyle

NATL: 22.34 ! 2/25/07 **DARA TORRES**
ZONE: 24.40 Z 4/10/16 **Katie Grier**
VA: 24.02 V 4/28/16 **Katie Grier**

1	Grier, Katie	38	CLUB TRIBE	24.11Z
2	Boris, Stephanie	37	SPRING VALLEY YI	27.09
3	Gass, Krista	38	UC12	27.43
4	Wolf, Katie	37	ALEXANDRIA MAS	29.04
5	Pace, Austyn	36	PELUSO OPEN WA1	30.27
6	Hilal, Bridget	38	SPORT & HEALTH	32.86
7	Lovett, Lindsay	38	CLUB TRIBE	33.66
8	Fu, Angela	37	UMAC-TERRAPIN I	39.95

Women 35-39 100 Yard Freestyle

NATL: 49.72 ! 2/25/07 **DARA TORRES**
ZONE: 52.47 Z 4/9/16 **Katie Grier**
VA: 52.29 V 4/28/16 **Katie Grier**

1	Grover, Mollie	36	UMAC-TERRAPIN I	56.55
	27.71	56.55		
2	Mazur, Jessica	36	ALEXANDRIA MAS	58.26
	27.92	58.26		
3	Boyer, Emily	36	LANE 4 SWIMMING	59.66
	28.38	59.66		

4	Taylor, Alaina	35	ALEXANDRIA MAS	1:04.81
	31.10	1:04.81		
5	Pace, Austyn	36	PELUSO OPEN WA1	1:07.49
	31.93	1:07.49		
6	Thompson, Tessa	39	LANE 4 SWIMMING	1:10.48
	33.29	1:10.48		
7	Lovett, Lindsay	38	CLUB TRIBE	1:16.53
	36.24	1:16.53		

Women 35-39 100 Yard Freestyle Time Trial

NATL: 49.72 ! 2/25/07 **DARA TORRES**
ZONE: 54.14 Z 5/8/90 **Jacki Hirsty**
VA: 52.29 V 4/28/16 **Katie Grier**

- Time Trial

1	Grier, Katie	38	CLUB TRIBE	52.82Z
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Women 35-39 200 Yard Freestyle

NATL: 1:51.55 ! 5/3/97 **K PIPES-NEILSEN**
ZONE: 1:57.03 Z 4/22/01 **Andrea Luallen**
VA: 1:57.30 V 4/28/16 **Katie Grier**

1	Taylor, Alaina	35	ALEXANDRIA MAS	2:22.46
	33.34	1:08.54	1:45.52	2:22.46
2	Pace, Austyn	36	PELUSO OPEN WA1	2:31.87
	33.22	1:10.06	1:50.21	2:31.87
3	Thompson, Tessa	39	LANE 4 SWIMMING	2:35.71
	34.33	1:12.79	1:54.15	2:35.71

Women 35-39 500 Yard Freestyle

NATL: 4:56.09 ! 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	Taylor, Alaina	35	ALEXANDRIA MAS	6:29.26
	35.05	1:13.73	1:52.71	2:32.25
	3:13.43	3:53.03	4:32.97	5:12.89
	5:51.64	6:29.26		

Women 35-39 1000 Yard Freestyle

NATL: 10:11.23 ! 11/15/14 **HEIDI GEORGE**
ZONE: 10:37.40 Z 4/22/01 **Laurie Hug**
VA: 11:06.62 V 1/1/99 **Kelly Parker**

1	Willard, Kristen	35	LANE 4 SWIMMING	20:13.05
	56.86	1:56.65	2:55.42	4:00.03
	4:59.91	6:01.28	7:04.71	8:05.56
	9:07.01	10:08.58	11:11.30	12:11.53
	13:12.33	14:12.49	15:14.78	16:16.60
	17:15.42	18:15.19	19:15.79	20:13.05

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Results**Women 35-39 1650 Yard Freestyle****NATL: 16:46.85 ! 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	Taylor, Alaina	35	ALEXANDRIA MAS	22:04.97
	35.52	1:14.66	1:54.96	2:35.50
	3:15.95	3:56.57	4:38.09	5:19.12
	5:59.34	6:39.55	7:20.29	8:00.71
	8:41.73	9:22.10	10:02.70	10:43.17
	11:23.18	12:03.67	12:43.97	13:23.89
	14:04.23	14:44.34	15:25.09	16:05.42
	16:45.82	17:26.18	18:06.29	18:46.20
	19:26.03	20:06.26	20:46.48	21:26.76
				22:04.97
2	Benjamin, Alexis	36	LANE 4 SWIMMING	31:36.38
	51.50	1:47.79	2:46.01	3:44.65
	4:40.40	5:38.13	6:35.73	7:33.66
		9:29.24	10:27.43	11:24.55
	12:21.95	13:19.95	14:17.98	15:15.74
	16:13.23	17:11.55	18:09.51	19:07.89
	20:06.06	21:03.69	22:00.85	22:59.91
	23:59.78	24:57.14	25:55.21	26:54.19
	27:53.02	28:50.89	29:47.77	30:44.63
				31:36.38

Women 35-39 50 Yard Backstroke Time Trial**NATL: 25.02 ! 5/3/14 NORIKO INADA****ZONE: 28.55 Z 4/21/02 Susan Williams****VA: 27.94 V 4/28/16 Katie Grier****- Time Trial**

1	Grier, Katie	38	CLUB TRIBE	27.81V
2	Thomas, RuthAnne	36	CLUB TRIBE	31.78

Women 35-39 50 Yard Backstroke**NATL: 25.02 ! 5/3/14 NORIKO INADA****ZONE: 28.55 Z 4/21/02 Susan Williams****VA: 27.94 V 4/28/16 Katie Grier**

1	Grover, Mollie	36	UMAC-TERRAPIN I	30.45
2	Boris, Stephanie	37	SPRING VALLEY YI	31.20
3	Pace, Austyn	36	PELUSO OPEN WA	37.74
4	Lovett, Lindsay	38	CLUB TRIBE	41.60
5	Fu, Angela	37	UMAC-TERRAPIN I	56.73

Women 35-39 100 Yard Backstroke**NATL: 54.43 ! 11/15/15 NORIKO INADA****ZONE: 59.32 Z 5/2/99 Vibeke Swanson****VA: 59.87 V 4/27/00 Beth Baker**

1	Grier, Katie	38	CLUB TRIBE	1:00.54
	29.55	1:00.54		
2	Grover, Mollie	36	UMAC-TERRAPIN I	1:03.36
	31.42	1:03.36		
3	Jamison, Jackie	37	CROZET PARC YM	1:07.75
	32.98	1:07.75		
4	Boris, Stephanie	37	SPRING VALLEY YI	1:07.84
	32.81	1:07.84		
5	Bianco, Jennifer	39	ALEXANDRIA MAS	1:23.34
	40.14	1:23.34		

Women 35-39 200 Yard Backstroke**NATL: 2:00.54 ! 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	Grover, Mollie	36	UMAC-TERRAPIN I	2:15.08
	33.07	1:07.36	1:41.50	2:15.08
2	Taylor, Alaina	35	ALEXANDRIA MAS	2:34.96
	38.09	1:17.35	1:56.40	2:34.96

Women 35-39 50 Yard Breaststroke**NATL: 28.51 ! 5/2/14 KATIE GLENN****ZONE: 31.56 Z 4/9/16 Kristen Harris****VA: 31.45 V 5/15/91 Lisa Bennett**

1	Boris, Stephanie	37	SPRING VALLEY YI	37.84
2	Kays, Amelia	37	ALEXANDRIA MAS	38.04
3	Pace, Austyn	36	PELUSO OPEN WA	43.60
4	Bianco, Jennifer	39	ALEXANDRIA MAS	46.61

Women 35-39 100 Yard Breaststroke**NATL: 1:01.88 ! 4/25/15 KATIE GLENN****ZONE: 1:09.80 Z 4/10/16 Kristen Harris****VA: 1:09.09 V 4/28/16 Kristen Harris**

1	Thomas, RuthAnne	36	CLUB TRIBE	1:12.99
	34.10	1:12.99		
2	Gass, Krista	38	UC12	1:21.07
	38.62	1:21.07		
3	Wolf, Katie	37	ALEXANDRIA MAS	1:22.96
	39.76	1:22.96		

Women 35-39 200 Yard Breaststroke**NATL: 2:17.51 ! 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	Kays, Amelia	37	ALEXANDRIA MAS	2:54.23
	40.89	1:24.62	2:10.15	2:54.23

Women 35-39 50 Yard Butterfly**NATL: 25.05 ! 4/26/15 NORIKO INADA****ZONE: 26.81 Z 4/9/16 Katie Grier****VA: 26.68 V 4/27/00 Beth Baker**

1	Grier, Katie	38	CLUB TRIBE	26.26V
2	Jamison, Jackie	37	CROZET PARC YM	29.36
3	Hughes, Meghan	38	PATRIOT MASTERS	29.43
4	Boyer, Emily	36	LANE 4 SWIMMING	29.72
5	Boris, Stephanie	37	SPRING VALLEY YI	30.47
6	Pace, Austyn	36	PELUSO OPEN WA	37.99
7	Hilal, Bridget	38	SPORT & HEALTH	38.61

Women 35-39 100 Yard Butterfly**NATL: 55.78 ! 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	38	PATRIOT MASTERS	1:06.29
	31.32	1:06.29		

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Results**Women 35-39 200 Yard Butterfly****NATL: 2:03.48 ! 5/22/05 S VON DER LIPPE****ZONE: 2:16.89 Z 4/13/03 Laurie Hug****VA: 2:11.41 V 1/1/01 Beth Baker**

1	Jamison, Jackie	37	CROZET PARC YM	2:32.08
	34.68	1:13.37	1:52.69	2:32.08

Women 35-39 100 Yard IM**NATL: 57.67 ! 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	Thomas, RuthAnne	36	CLUB TRIBE	1:06.89
	30.63	1:06.89		
2	Hughes, Meghan	38	PATRIOT MASTERS	1:09.36
	31.89	1:09.36		
3	Boris, Stephanie	37	SPRING VALLEY YI	1:10.05
	32.26	1:10.05		
4	Gass, Krista	38	UC12	1:10.50
	31.78	1:10.50		
5	Wolf, Katie	37	ALEXANDRIA MAS	1:13.71
	33.70	1:13.71		
6	Fu, Angela	37	UMAC-TERRAPIN I	1:53.03
	52.26	1:53.03		

Women 35-39 200 Yard IM**NATL: 2:05.24 ! 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	38	PATRIOT MASTERS	2:29.23
	29.97	1:10.17	1:52.99	2:29.23
2	Jamison, Jackie	37	CROZET PARC YM	2:29.83
	30.95	1:08.34	1:54.95	2:29.83
3	Boyer, Emily	36	LANE 4 SWIMMING	2:33.47
	32.13	1:12.63	1:57.53	2:33.47
4	Bianco, Jennifer	39	ALEXANDRIA MAS	3:12.10
	45.57	1:32.50	2:27.26	3:12.10

Women 40-44 50 Yard Freestyle**NATL: 21.91 ! 4/15/07 DARA TORRES****ZONE: 24.84 Z 4/15/12 Michelle Chow****VA: 24.65 V 5/14/02 Beth Baker**

1	Granade, Sarah	42	ARLINGTON MAST	25.62
2	Wood, Lindsay	40	FLYING FISH HEAT	26.63
3	Davidson, Julia	40	CLUB TRIBE	28.65
4	Swain, Jayme	42	ARLINGTON MAST	30.04

Women 40-44 100 Yard Freestyle**NATL: 48.34 ! 4/15/07 DARA TORRES****ZONE: 54.52 Z 4/24/10 Susan Wager****VA: 54.79 V 5/14/02 Beth Baker**

1	Wood, Lindsay	40	FLYING FISH HEAT	58.42
	27.76	58.42		
2	Granade, Sarah	42	ARLINGTON MAST	59.35
	28.42	59.35		
3	Schneider, Johanna	43	GERMANTOWN M/	1:10.80
	34.43	1:10.80		

Women 40-44 200 Yard Freestyle**NATL: 1:51.06 ! 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	Roddin, Julie	40	MONTGOMERY AN	2:10.18
	30.39	1:03.40	1:37.12	2:10.18

Women 40-44 500 Yard Freestyle**NATL: 4:58.98 ! 10/5/02 K PIPES-NEILSEN****ZONE: 5:20.75 Z 4/25/09 Laurie Hug****VA: 5:33.24 V 4/2/04 Kelly Parker**

1	Roddin, Julie	40	MONTGOMERY AN	5:35.98
	30.75	1:03.68	1:37.42	2:11.73
	2:45.78	3:19.89	3:53.90	4:28.17
	5:02.47	5:35.98		
2	Baker, Maribeth	43	SPRING VALLEY YI	7:00.78
	36.83	1:18.22	2:00.21	2:42.92
	3:26.37	4:10.42	4:54.18	5:37.74
	6:20.65	7:00.78		
3	Butler, Maura	40	LANE 4 SWIMMING	7:30.25
	38.46	1:20.77	2:05.61	2:52.48
	3:39.53	4:25.66	5:12.77	5:59.58
	6:46.64	7:30.25		

Women 40-44 1000 Yard Freestyle**NATL: 10:20.45 ! 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	Fitzgerald, Lauren	41	LANE 4 SWIMMING	12:11.72
	32.49	1:07.26	1:43.35	2:19.64
	2:55.95	3:32.67	4:09.90	4:47.25
	5:24.37	6:01.63	6:39.41	7:16.84
	7:54.27	8:31.71	9:08.04	9:44.82
	10:22.10	10:59.33	11:36.24	12:11.72
2	Layton, Katie	44	PATRIOT MASTERS	13:14.69
	32.31	1:09.45	1:48.66	2:29.30
	3:09.58	3:50.06	4:31.30	5:11.85
	5:52.90	6:33.08	7:13.05	7:53.76
	8:34.43	9:15.67	9:55.74	10:36.50
	11:17.15	11:57.93	12:36.89	13:14.69
3	Tromble, Katherine	44	LANE 4 SWIMMING	16:31.85
	43.81	1:30.96	2:20.43	3:10.41
	4:00.49	4:50.96	5:43.02	6:33.94
	7:24.86	8:15.54	9:06.72	9:56.92
	10:47.77	11:37.26	12:26.68	13:16.37
	14:06.12	14:56.02	15:44.56	16:31.85

Women 40-44 1000 Yard Freestyle Time Trial**NATL: 10:20.45 ! 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****- Time Trial**

1	Roddin, Julie	40	MONTGOMERY AN	11:38.77
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Results**Women 40-44 1650 Yard Freestyle****NATL: 17:12.04 ! 11/5/16 HEIDI GEORGE****ZONE: 18:00.35 Z 4/15/07 Laurie Hug****VA: 19:17.63 V 4/2/04 Kelly Parker**

1	Roddin, Julie	40	MONTGOMERY AN	19:16.91
	31.66	1:05.50	1:39.89	2:14.54
	2:49.27	3:24.04	3:59.00	4:34.02
	5:09.14	5:44.42	6:19.85	6:55.22
	7:30.49	8:05.94	8:41.45	9:17.05
	9:52.50	10:27.96	11:03.35	11:38.77
	12:14.20	12:49.40	13:24.87	14:00.38
	14:35.92	15:11.28	15:46.99	16:22.32
	16:57.56	17:32.81	18:08.30	18:43.51
				19:16.91
2	Brothers, Sherri	43	LANE 4 SWIMMING	30:27.69
	50.46	1:41.97	2:35.71	3:30.60
	4:24.89	5:21.39	6:16.01	7:11.87
	8:06.98	9:03.09	9:58.71	10:53.85
	11:50.12	12:44.74	13:41.22	14:37.11
	15:33.01	16:28.19	17:25.20	18:20.77
	19:16.65	20:13.41	21:09.19	22:05.78
	23:02.25	23:58.81	24:55.76	25:51.62
	26:48.61	27:44.93	28:41.09	29:37.22
				30:27.69
3	LaPorte, Tracy	43	LANE 4 SWIMMING	32:13.36
	50.86	1:45.83	2:40.85	3:36.07
	4:32.05	5:26.68	6:22.16	7:18.26
	8:14.97	9:10.97	10:07.16	11:02.82
	11:59.17	12:57.10	13:55.25	14:53.33
	15:50.91	16:48.65	17:45.69	18:43.71
	19:41.34	20:39.26	21:36.91	22:35.15
	23:33.38	24:32.06	25:30.69	26:29.30
	27:27.44	28:25.24	29:23.08	30:18.95
				32:13.36

Women 40-44 50 Yard Backstroke**NATL: 26.12 ! 5/1/11 SHERI HART****ZONE: 27.69 Z 4/24/10 Kristin Gary****VA: 28.95 V 4/19/02 Beth Baker**

1	Wood, Lindsay	40	FLYING FISH HEAT	29.50
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Women 40-44 100 Yard Backstroke**NATL: 56.03 ! 4/30/11 SHERI HART****ZONE: 58.33 Z 4/25/10 Kristin Gary****VA: 1:00.71 V 4/19/02 Beth Baker**

1	Wood, Lindsay	40	FLYING FISH HEAT	1:04.47
	31.26	1:04.47		

Women 40-44 200 Yard Backstroke**NATL: 2:04.43 ! 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	Wood, Lindsay	40	FLYING FISH HEAT	2:17.88
	31.87	1:06.64	1:42.70	2:17.88
2	Roddin, Julie	40	MONTGOMERY AN	2:22.06
	34.74	1:10.64	1:47.28	2:22.06
3	Shapiro, Margie	40	RESTON MASTERS	2:34.75
	37.02	1:15.89	1:55.90	2:34.75

Women 40-44 50 Yard Breaststroke**NATL: 29.24 ! 2/28/10 S VON DER LIPPE****ZONE: 33.16 Z 4/20/97 Lisa Bennett****VA: 32.65 V 3/18/17 Kristen Harris**

1	Harris, Kristen	40	CLUB TRIBE	31.34V
2	Schneider, Johanna	43	GERMANTOWN M/	40.40

Women 40-44 100 Yard Breaststroke**NATL: 1:03.00 ! 5/4/08 S VON DER LIPPE****ZONE: 1:11.73 Z 4/4/04 Patricia Powis****VA: 1:11.18 V 3/18/17 Kristen Harris**

1	Harris, Kristen	40	CLUB TRIBE	1:09.86V
	33.44	1:09.86		
2	Swain, Jayme	42	ARLINGTON MAST	1:21.55
	38.06	1:21.55		
3	Baker, Maribeth	43	SPRING VALLEY YI	1:31.12
	43.58	1:31.12		
4	Algera, Bonnie	40	FREEDOM AQUATI	1:31.40
	43.97	1:31.40		

Women 40-44 200 Yard Breaststroke**NATL: 2:17.06 ! 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	Harris, Kristen	40	CLUB TRIBE	2:32.09Z
	35.19	1:13.37	1:52.46	2:32.09
2	Schneider, Johanna	43	GERMANTOWN M/	3:04.82
	42.32	1:28.88	2:17.77	3:04.82

Women 40-44 50 Yard Butterfly**NATL: 25.14 ! 5/10/09 S VON DER LIPPE****ZONE: 26.72 Z 4/20/13 Margaret Conze****VA: 26.42 V 5/17/01 Beth Baker**

1	Wimberly, Lisa	40	CLUB TRIBE	29.05
2	Granade, Sarah	42	ARLINGTON MAST	29.45
3	Davidson, Julia	40	CLUB TRIBE	31.34
4	Baker, Maribeth	43	SPRING VALLEY YI	32.84
5	Algera, Bonnie	40	FREEDOM AQUATI	34.85

Women 40-44 100 Yard Butterfly**NATL: 54.83 ! 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	Baker, Maribeth	43	SPRING VALLEY YI	1:13.20
	34.91	1:13.20		

Women 40-44 200 Yard Butterfly**NATL: 2:03.13 ! 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	43	SPRING VALLEY YI	2:49.10
	36.56	1:19.13	2:05.19	2:49.10

Women 40-44 100 Yard IM**NATL: 57.95 ! 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	Granade, Sarah	42	ARLINGTON MAST	1:10.73
	32.26	1:10.73		

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Results**(Women 40-44 100 Yard IM)**

2	Swain, Jayme	42	ARLINGTON MAST	1:14.77
	36.18	1:14.77		
3	Baker, Maribeth	43	SPRING VALLEY YI	1:18.17
	38.01	1:18.17		
4	Algera, Bonnie	40	FREEDOM AQUATI	1:20.91
	38.60	1:20.91		

Women 40-44 200 Yard IM

NATL: 2:04.85 ! 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	Algera, Bonnie	40	FREEDOM AQUATI	2:59.27
	38.39	1:28.25	2:19.70	2:59.27

Women 40-44 400 Yard IM

NATL: 4:28.43 ! 5/4/08 S VON DER LIPPE

ZONE: 4:34.29 Z 4/21/02 Vibeke Swanson

VA: 4:49.61 V 2/24/01 Beth Baker

1	Roddin, Julie	40	MONTGOMERY AN	5:11.34
	34.06	1:15.28	1:53.66	2:32.83
	3:18.43	4:04.16	4:38.71	5:11.34

Women 45-49 50 Yard Freestyle

NATL: 24.00 ! 5/4/08 SUSAN WALSH

ZONE: 24.20 Z 4/15/12 Fall Willeboordse

VA: 25.53 V 4/26/12 Annette Patterson

1	Booth, Gretchen	46	CENTRAL BUCKS I	26.32
2	Della Guardia, Jennifer	49	SPRING VALLEY YI	27.36
3	Bass, Amy	46	RESTON MASTERS	28.04
4	Davidson, Michelle	46	GARDEN STATE M/	28.52
5	Henion, Theresa	45	SPRING VALLEY YI	29.12
6	Sommer, Lisa	47	SPRING VALLEY YI	30.82
7	Bancroft, Caren	46	GERMANTOWN M/	30.92
8	Walters, Suzanne	46	SPORT & HEALTH T	31.38
9	Chu, Jan	49	FREEDOM AQUATI	46.82

Women 45-49 50 Yard Freestyle Time Trial

NATL: 24.00 ! 5/4/08 SUSAN WALSH

ZONE: 25.57 Z 4/15/07 Leslie Livingston

VA: 25.53 V 4/26/12 Annette Patterson

- Time Trial

1	Cantilina, Amy	48	RIPTIDE MASTERS	28.43
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Women 45-49 100 Yard Freestyle

NATL: 52.23 ! 12/16/07 K PIPES-NEILSEN

ZONE: 52.66 Z 4/14/12 Fall Willeboordse

VA: 55.86 V 4/26/12 Annette Patterson

1	Dawson, Deborah	48	EAGLE SWIM TEAM	57.52
	27.77	57.52		
2	Booth, Gretchen	46	CENTRAL BUCKS I	59.27
	28.71	59.27		
3	Pellegrini, Traci	47	COLUMBIA MASTE	59.28
	28.31	59.28		
4	Della Guardia, Jennifer	49	SPRING VALLEY YI	59.65
	28.60	59.65		
5	Cantilina, Amy	48	RIPTIDE MASTERS	1:01.46
	29.52	1:01.46		

6	Davidson, Michelle	46	GARDEN STATE M/	1:02.02
	29.57	1:02.02		
7	Henion, Theresa	45	SPRING VALLEY YI	1:05.70
	30.66	1:05.70		
8	Sommer, Lisa	47	SPRING VALLEY YI	1:08.01
	32.08	1:08.01		
9	Bancroft, Caren	46	GERMANTOWN M/	1:08.71
	33.08	1:08.71		
10	Walters, Suzanne	46	SPORT & HEALTH T	1:09.12
	33.31	1:09.12		
11	Travia, Cynthia	45	ALEXANDRIA MAS	1:12.31
	34.05	1:12.31		
12	Anderson-Kratzer, Jill	49	VIRGINIA MASTER	1:30.11
	42.79	1:30.11		
13	Nelson, Tanja	47	RESTON MASTERS	1:35.59
	44.18	1:35.59		

Women 45-49 200 Yard Freestyle Time Trial

NATL: 1:53.28 ! 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

- Time Trial

4	Dawson, Deborah	48	EAGLE SWIM TEAM	2:31.30
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Women 45-49 200 Yard Freestyle

NATL: 1:53.28 ! 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	Cantilina, Amy	48	RIPTIDE MASTERS	2:14.94
	31.19	1:05.12	1:40.12	2:14.94
2	Bass, Amy	46	RESTON MASTERS	2:30.73
	31.73	1:07.97	1:48.58	2:30.73
3	Travia, Cynthia	45	ALEXANDRIA MAS	2:40.80
	35.55	1:15.05	1:57.71	2:40.80

Women 45-49 500 Yard Freestyle

NATL: 5:04.13 ! 4/11/09 K PIPES-NEILSEN

ZONE: 5:23.32 Z 4/14/12 Laurie Hug

VA: 5:31.34 V 4/14/11 Kelly Parker Palace

1	Travia, Cynthia	45	ALEXANDRIA MAS	7:17.61
	38.18	1:21.15	2:05.98	2:50.84
	3:36.12	4:21.35	5:06.43	5:51.32
	6:36.62	7:17.61		
2	Anderson-Kratzer, Jill	49	VIRGINIA MASTER	8:50.02
	47.01	1:39.54	2:34.07	
	4:22.08	5:16.32	6:11.65	7:06.66
	7:59.80	8:50.02		

Women 45-49 1000 Yard Freestyle

NATL: 10:32.91 ! 4/19/09 K PIPES-NEILSEN

ZONE: 10:57.88 Z 4/17/11 Laurie Hug

VA: 11:18.46 V 5/15/11 Kelly Parker Palace

1	Dawson, Deborah	48	EAGLE SWIM TEAM	11:34.08
	29.18	1:00.90	1:33.80	2:07.54
	2:41.80	3:16.05	3:50.37	4:25.46
	5:01.16	5:37.13	6:13.05	6:49.16
	7:25.37	8:00.87	8:36.60	9:12.45
	9:48.27	10:23.68	10:59.45	11:34.08

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**(Women 45-49 1000 Yard Freestyle)**

2	Bancroft, Caren	46	GERMANTOWN M	16:28.67
	42.35	1:28.07	2:16.53	3:05.10
	3:53.98	4:43.39	5:33.00	6:22.71
	7:12.91	8:03.13	8:53.65	9:45.08
	10:35.79	11:27.65	12:19.54	13:11.61
	14:03.42	14:54.76	15:44.80	16:28.67
3	Anderson-Kratzer, Jill	49	VIRGINIA MASTER	17:52.02
	47.70	1:39.40	2:32.85	3:28.01
	4:23.59	5:19.15	6:14.16	7:08.69
	8:04.05	8:58.46	9:53.40	10:46.30
	11:40.71	12:34.72	13:29.23	14:22.63
	15:16.57	16:09.96	17:01.99	17:52.02

Women 45-49 1650 Yard Freestyle

NATL: 17:39.79 ! 4/8/16 **ALISON ZAMANIAN**
ZONE: 18:09.22 Z 4/17/11 **Laurie Hug**
VA: 18:52.84 V 4/1/11 **Kelly Parker Palace**

1	Roder, Aileen	46	LANE 4 SWIMMING	27:14.86
	50.92	1:42.04	2:33.08	3:24.49
	4:16.02	5:07.17	5:59.41	
		7:43.23	8:34.74	9:26.63
	10:17.85	11:10.15	12:02.38	12:53.49
	13:44.67	14:35.79	15:27.24	16:19.02
	17:11.43	18:03.95	18:55.15	19:46.45
	20:37.81	21:27.56	22:17.85	23:08.34
	23:59.36	24:51.20	25:40.94	26:29.15
				27:14.86

Women 45-49 50 Yard Backstroke

NATL: 27.35 ! 12/21/08 **K PIPES-NEILSEN**
ZONE: 27.61 Z 4/21/13 **Susan Williams**
VA: 28.94 V 4/26/12 **Annette Patterson**

1	Booth, Gretchen	46	CENTRAL BUCKS I	29.30
2	Davidson, Michelle	46	GARDEN STATE M	30.33
3	Della Guardia, Jennifer	49	SPRING VALLEY YI	31.99
4	Cantilina, Amy	48	RIPTIDE MASTERS	33.31

Women 45-49 100 Yard Backstroke

NATL: 57.83 ! 5/23/10 **ELLEN REYNOLDS**
ZONE: 58.46 Z 4/14/12 **Fall Willeboordse**
VA: 1:06.03 V 10/28/12 **Annette Patterson**

1	Booth, Gretchen	46	CENTRAL BUCKS I	1:04.27
	30.58	1:04.27		
2	Davidson, Michelle	46	GARDEN STATE M	1:06.84
	32.13	1:06.84		
3	Della Guardia, Jennifer	49	SPRING VALLEY YI	1:07.98
	33.03	1:07.98		
4	Cantilina, Amy	48	RIPTIDE MASTERS	1:12.08
	35.24	1:12.08		
---	Nelson, Tanja	47	RESTON MASTERS	DQ
	51.34	DQ		

Women 45-49 200 Yard Backstroke

NATL: 2:04.65 ! 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	Booth, Gretchen	46	CENTRAL BUCKS I	2:24.00
	32.16	1:08.85	1:47.04	2:24.00

2	Davidson, Michelle	46	GARDEN STATE M	2:25.28
	33.67	1:10.22	1:47.85	2:25.28
3	Pellegrini, Traci	47	COLUMBIA MASTE	2:29.28
	34.98	1:12.98	1:52.04	2:29.28
4	Cantilina, Amy	48	RIPTIDE MASTERS	2:33.76
	35.44	1:14.43	1:54.01	2:33.76

Women 45-49 50 Yard Breaststroke

NATL: 30.17 ! 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	48	COLONIALS 1776	36.30
2	Postma, Terri	47	GERMANTOWN M	37.68
3	Henion, Theresa	45	SPRING VALLEY YI	38.65
4	Sommer, Lisa	47	SPRING VALLEY YI	38.80
5	Davidson, Michelle	46	GARDEN STATE M	40.37
6	Shang, Alice	46	ARLINGTON MAST	55.50
7	Anderson-Kratzer, Jill	49	VIRGINIA MASTER	57.44

Women 45-49 100 Yard Breaststroke

NATL: 1:05.85 ! 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	48	COLONIALS 1776	1:18.21
	37.06	1:18.21		
2	Henion, Theresa	45	SPRING VALLEY YI	1:22.75
	39.25	1:22.75		
3	Sommer, Lisa	47	SPRING VALLEY YI	1:23.89
	39.44	1:23.89		
4	Shang, Alice	46	ARLINGTON MAST	2:01.20

Women 45-49 200 Yard Breaststroke

NATL: 2:22.76 ! 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	47	COLUMBIA MASTE	2:43.58
	37.84	1:19.25	2:01.80	2:43.58
2	Dawson, Deborah	48	EAGLE SWIM TEAM	2:48.68
	39.00	1:21.04	2:05.88	2:48.68
3	Tokos- Marcolina, Eve	48	COLONIALS 1776	2:52.79
	38.98	1:21.93	2:06.46	2:52.79
4	Henion, Theresa	45	SPRING VALLEY YI	3:01.36
	39.99	1:25.37	2:13.28	3:01.36
5	Sommer, Lisa	47	SPRING VALLEY YI	3:02.12
	41.27	1:27.27	2:15.36	3:02.12
6	Anderson-Kratzer, Jill	49	VIRGINIA MASTER	4:39.01
	1:04.47	2:16.29	3:29.18	4:39.01

Women 45-49 50 Yard Butterfly

NATL: 25.96 ! 4/21/13 **SUSAN WILLIAMS**
ZONE: 25.96 Z 4/20/13 **Susan Williams**
VA: 28.52 V 4/26/12 **Annette Patterson**

1	Booth, Gretchen	46	CENTRAL BUCKS I	30.07
2	Della Guardia, Jennifer	49	SPRING VALLEY YI	30.32
3	Davidson, Michelle	46	GARDEN STATE M	31.46
4	Tokos- Marcolina, Eve	48	COLONIALS 1776	33.74
5	Postma, Terri	47	GERMANTOWN M	34.35
6	Walters, Suzanne	46	SPORT & HEALTH	35.61
7	Bancroft, Caren	46	GERMANTOWN M	36.99

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Women 45-49 100 Yard Butterfly****NATL:** 56.97 ! 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 Tokos- Marcolina, Eve	48 COLONIALS 1776	1:20.89
37.64	1:20.89	

Women 45-49 100 Yard Butterfly Time Trial**NATL:** 56.97 ! 5/1/11 **S VON DER LIPPE****ZONE:** 1:05.54 Z 4/13/08 **Leslie Livingston****VA:** 1:05.45 V 4/26/12 **Alice Phillips****- Time Trial**

2 Pellegrini, Traci	47 COLUMBIA MASTE	1:07.98
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Women 45-49 100 Yard IM**NATL:** 59.39 ! 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 Booth, Gretchen	46 CENTRAL BUCKS I	1:06.02
29.57	1:06.02	
2 Pellegrini, Traci	47 COLUMBIA MASTE	1:07.23
31.96	1:07.23	
3 Della Guardia, Jennifer	49 SPRING VALLEY YI	1:10.37
31.64	1:10.37	
4 Davidson, Michelle	46 GARDEN STATE M/	1:10.59
31.25	1:10.59	
5 Tokos- Marcolina, Eve	48 COLONIALS 1776	1:14.78
35.50	1:14.78	
6 Walters, Suzanne	46 SPORT & HEALTH T	1:22.33
38.73	1:22.33	
7 Travia, Cynthia	45 ALEXANDRIA MAS	1:24.40
40.33	1:24.40	
8 Bancroft, Caren	46 GERMANTOWN M/	1:26.16
41.27	1:26.16	

Women 45-49 200 Yard IM**NATL:** 2:07.26 ! 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	47 COLUMBIA MASTE	2:24.57
30.68	1:08.50	1:50.93 2:24.57
2 Dawson, Deborah	48 EAGLE SWIM TEA	2:29.38
32.87	1:11.32	1:54.50 2:29.38
3 Davidson, Michelle	46 GARDEN STATE M/	2:32.45
32.34	1:09.10	1:56.57 2:32.45
4 Cantilina, Amy	48 RIPTIDE MASTERS	2:34.34
33.07	1:12.35	2:00.40 2:34.34
5 Tokos- Marcolina, Eve	48 COLONIALS 1776	2:44.99
36.47	1:21.11	2:05.96 2:44.99
6 Walters, Suzanne	46 SPORT & HEALTH T	3:04.87
39.48	1:28.45	2:24.27 3:04.87
7 Bancroft, Caren	46 GERMANTOWN M/	3:14.46
42.30	1:35.29	2:34.26 3:14.46

Women 45-49 400 Yard IM**NATL:** 4:32.87 ! 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	47 COLUMBIA MASTE	5:09.00
32.29	1:07.98	1:48.70 2:29.14
3:13.75	3:58.28	4:34.16 5:09.00
2 Davidson, Michelle	46 GARDEN STATE M/	5:22.88
33.90	1:13.68	1:53.69 2:33.13
3:22.15	4:10.18	4:46.47 5:22.88
3 Tokos- Marcolina, Eve	48 COLONIALS 1776	6:00.92
38.01	1:24.18	2:12.14 3:00.88
3:47.12	4:36.22	6:00.92

Women 50-54 50 Yard Freestyle**NATL:** 24.53 ! 3/18/16 **FALL WILLEBOORDSE****ZONE:** 24.84 Z 4/10/16 **Fall Willeboordse****VA:** 26.12 V 4/28/16 **Annette Patterson**

1 Williams, Susan	51 LANE 4 SWIMMING	25.96
2 Groves, Lisa	52 RESTON MASTERS	28.36
3 Restrepo, Marie	54 UC12	30.14
4 Emanuel, Florence	54 RIPTIDE MASTERS	31.07
5 McNamara, Beth	51 RESTON MASTERS	31.41
6 Thompson, Kim	53 PATRIOT MASTERS	32.19
7 Cameron, Terri	52 FREEDOM AQUATI	35.01
8 Mallon, Barbara	50 GERMANTOWN M/	35.99

Women 50-54 100 Yard Freestyle**NATL:** 53.60 ! 4/29/16 **FALL WILLEBOORDSE****ZONE:** 54.51 Z 4/9/16 **Fall Willeboordse****VA:** 57.72 V 4/28/11 **Suzanne Newell**

1 Buchholz, Nancy	50 LANE 4 SWIMMING	1:01.76
29.26	1:01.76	
2 Dawson, Mandy	54 RESTON MASTERS	1:06.54
31.17	1:06.54	
3 Di Pippa, Tammy	50 RIPTIDE MASTERS	1:08.78
32.72	1:08.78	
4 Emanuel, Florence	54 RIPTIDE MASTERS	1:09.32
33.35	1:09.32	
5 Thompson, Kim	53 PATRIOT MASTERS	1:10.65
33.67	1:10.65	
6 McNamara, Beth	51 RESTON MASTERS	1:12.63
34.03	1:12.63	
7 Brown, Ann	54 MERRITT MARLIN	1:15.12
36.02	1:15.12	
8 Mackall, Suni	54 VIRGINIA MASTER	1:15.60
35.99	1:15.60	
9 Wetzel, Denise	51 UC12	1:18.20
36.80	1:18.20	
10 Cameron, Terri	52 FREEDOM AQUATI	1:18.90
37.76	1:18.90	
11 Ellis, Susan	53 RIPTIDE MASTERS	1:24.98
40.17	1:24.98	

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Women 50-54 200 Yard Freestyle****NATL: 1:58.34 ! 4/10/16 ELLEN REYNOLDS****ZONE: 2:05.65 Z 4/12/15 Kelly Parker Palace****VA: 2:05.65 V 4/10/15 Kelly Parker Palace**

1	Hug, Laurie	51	COLONIALS 1776	2:07.89
	30.19	1:02.44	1:35.21	2:07.89
2	Saucy, Stephanie	53	COLONIALS 1776	2:16.79
	31.60	1:05.52	1:41.04	2:16.79
3	Emanuel, Florence	54	RIPTIDE MASTERS	2:32.45
	36.06	1:15.12	1:54.26	2:32.45
4	McNamara, Beth	51	RESTON MASTERS	2:41.51
	35.60	1:15.45	1:57.85	2:41.51

Women 50-54 500 Yard Freestyle**NATL: 5:14.56 ! 5/12/13 JILL HERNANDEZ****ZONE: 5:35.62 Z 4/10/16 Laurie Hug****VA: 5:37.30 V 5/17/15 Kelly Parker Palace**

1	Hug, Laurie	51	COLONIALS 1776	5:32.11Z
	30.67	1:03.54	1:36.75	2:09.94
	2:43.38	3:17.33	3:51.40	4:25.29
	4:59.39	5:32.11		
2	Brown, Ann	54	MERRITT MARLIN'	6:59.64
	37.39	1:20.29	2:05.93	2:49.13
	3:31.35	4:13.43	4:55.66	5:37.02
	6:18.51	6:59.64		
3	Swavely, Jill	50	COLONIALS 1776	7:22.71
	37.82	1:21.71	2:05.91	2:49.93
	3:33.91	4:18.92	5:04.63	5:51.25
	7:22.71			
4	Mackall, Suni	54	VIRGINIA MASTER	7:55.07
	40.04	1:23.71	2:09.43	2:56.15
	3:43.75	4:31.49	5:21.46	6:12.79
	7:04.41	7:55.07		

Women 50-54 1000 Yard Freestyle Time Trial**NATL: 10:58.56 ! 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****- Time Trial**

1	Hug, Laurie	51	COLONIALS 1776	11:14.62Z
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Women 50-54 1000 Yard Freestyle**NATL: 10:58.56 ! 4/23/15 JILL HERNANDEZ****ZONE: 11:17.52 Z 4/12/16 Laurie Hug****VA: 11:26.42 V 4/10/15 Kelly Parker Palace**

1	Dawson, Mandy	54	RESTON MASTERS	13:42.02
	34.30	1:12.72	1:53.27	2:34.20
	3:15.35	3:57.34	4:39.99	5:21.71
	6:03.56	6:45.78	7:28.11	8:10.43
	8:52.79	9:35.19	10:17.12	10:58.74
	11:40.71	12:22.76	13:03.16	13:42.02
2	Dewing, Maria	53	RIPTIDE MASTERS	15:39.24
	40.77	1:27.35	2:13.78	3:01.08
	3:48.59	4:35.86	5:23.10	6:10.31
	6:58.27	7:46.30	8:34.16	9:21.72
	10:09.27	10:57.32	11:45.02	12:32.98
	13:20.70	14:07.92	14:54.91	15:39.24

3	Petersen, Kris	52	LANE 4 SWIMMING	18:41.85
	47.75	1:39.70	2:34.71	3:30.90
	4:27.42	5:24.95	6:23.43	7:21.79
	8:19.67	9:17.12	10:15.15	11:12.45
	12:09.96	13:06.17	14:03.10	14:58.22
	15:55.03	16:52.78	17:48.22	18:41.85

Women 50-54 1650 Yard Freestyle**NATL: 18:16.49 ! 4/23/15 C PETERSEN****ZONE: 18:41.92 Z 4/8/16 Laurie Hug****VA: 19:22.83 V 5/17/15 Kelly Parker Palace**

1	Hug, Laurie	51	COLONIALS 1776	18:37.93Z
	31.10	1:04.56	1:38.60	2:12.39
	2:45.72	3:19.18	3:53.05	4:26.95
	5:00.73	5:34.39	6:08.57	6:42.92
	7:17.15	7:51.68	8:25.52	8:59.42
	9:33.40	10:07.39	10:40.98	11:14.62
	11:49.28	12:23.68	12:57.68	13:31.86
	14:05.91	14:40.18	15:14.13	15:48.39
	16:22.82	16:56.82	17:30.65	18:04.78
				18:37.93
2	Saucy, Stephanie	53	COLONIALS 1776	20:42.91
	34.47	1:11.44	1:49.12	2:26.60
	3:04.09	3:41.83	4:19.52	4:57.09
	5:34.70	6:12.60	6:50.11	7:27.41
	8:04.69	8:42.13	9:20.04	9:57.44
	10:35.56	11:13.31	11:51.07	12:29.18
	13:06.68	13:44.27	14:22.24	14:59.94
	15:38.51	16:16.53	16:54.83	17:32.92
	18:11.65	18:50.44	19:28.27	20:06.25
				20:42.91
3	Hutchings, Cynthia	54	LANE 4 SWIMMING	23:02.06
	34.87	1:15.58	1:57.02	2:39.78
	3:22.17	4:04.58	4:47.92	5:30.49
	6:13.36	6:56.15	7:38.41	8:20.71
	9:02.98	9:45.28	10:27.95	11:10.39
	11:52.60	12:34.82	13:17.31	14:00.04
	14:42.00	15:24.21	16:06.38	16:48.72
	17:30.93	18:13.46	18:54.67	19:36.50
	20:18.75	21:00.63	21:41.95	22:23.30
				23:02.06
4	Moyer, Michelle	54	RESTON MASTERS	23:18.66
	38.04	1:20.58	2:03.29	2:46.24
	3:28.88	4:11.53	4:54.07	5:36.60
	6:19.03	7:01.38	7:43.54	8:25.82
	9:07.73	9:49.93	10:32.17	11:15.09
	11:57.08	12:40.28	13:23.08	14:05.65
	14:48.11	15:30.41	16:12.53	16:54.95
	17:37.13	18:19.52	19:02.80	19:45.96
	20:29.06	21:11.68	21:54.49	22:37.23
				23:18.66
5	Brown, Ann	54	MERRITT MARLIN'	23:38.35
	38.34	1:20.75	2:04.86	2:48.05
	3:31.87	4:15.01	4:57.87	5:40.60
	6:23.66	7:06.26	7:49.50	8:33.07
	9:16.16	9:59.45	10:42.41	11:25.32
	12:08.91	12:52.34	13:36.16	14:18.64
	15:02.34	15:45.61	16:28.47	17:12.10
	17:55.58	18:39.14	19:22.96	20:06.06
	20:49.46	21:32.49	22:14.88	22:57.49
				23:38.35

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**(Women 50-54 1650 Yard Freestyle)**

6 Swavely, Jill	50 COLONIALS 1776	24:37.45
38.55	1:22.31	2:07.62 2:51.72
3:37.08	4:21.94	5:07.62 5:52.80
6:38.75	7:23.77	8:08.80 8:53.01
9:37.36	10:22.32	11:07.11 11:52.48
12:37.19	13:22.72	14:07.38 14:51.62
15:37.02	16:21.87	17:07.59 17:52.09
18:37.90	19:22.02	20:06.14 20:51.36
21:37.84	22:24.23	23:10.29 23:56.33
		24:37.45

7 DiPietro, Nancy	50 SPORTFIT LAB	28:10.31
44.87	1:33.58	2:24.15 3:16.81
4:08.26	5:00.90	5:51.91 6:42.36
	7:33.31	8:25.16 9:15.98
10:06.88	10:59.79	11:50.75 12:42.15
13:34.66	14:24.97	15:16.26 16:07.89
16:59.62	17:51.82	18:43.35 19:34.64
20:26.01	21:19.96	22:12.15 23:03.39
23:56.31	24:47.44	25:39.06 26:30.08
		28:10.31

8 Sumption, Donna	53 LANE 4 SWIMMING	34:17.85
55.82	1:57.38	2:58.85 4:00.29
5:01.52	6:03.63	7:05.39 8:08.37
9:12.49	10:15.22	11:17.50 12:21.20
13:23.76	14:28.19	15:29.97 16:32.72
17:36.11	18:38.81	19:43.32 20:45.55
21:48.48	22:50.76	23:53.73 24:56.26
25:59.89	27:03.48	28:05.85 29:07.97
30:12.25	31:14.44	32:16.16 33:17.41
		34:17.85

--- Christopher, Jody	51 LANE 4 SWIMMING	DQ
1:02.44	2:09.68	3:19.49 4:28.91
5:38.31	6:50.21	8:04.43 9:12.30
10:21.41	11:29.47	12:35.99 13:43.45
14:52.41	15:59.80	17:07.90 18:14.98
19:23.06	20:31.92	21:41.70 22:51.24
24:00.76	25:07.58	26:13.96 27:21.17
28:28.06	29:02.52	31:50.53
32:57.53	34:02.01	35:07.88 DQ

Women 50-54 50 Yard Backstroke**NATL: 27.04 ! 5/10/13 LESLIE LIVINGSTON****ZONE: 27.27 Z 4/21/13 Leslie Livingston****VA: 29.00 V 4/28/16 Annette Patterson**

1 Williams, Susan	51 LANE 4 SWIMMING	28.40
2 Saucy, Stephanie	53 COLONIALS 1776	31.92
3 Uppstrom, Noreen	52 COLONIALS 1776	33.58
4 Restrepo, Marie	54 UC12	36.34
5 Emanuel, Florence	54 RIPTIDE MASTERS	39.45

Women 50-54 100 Yard Backstroke**NATL: 59.19 ! 3/18/16 FALL WILLEBOORDSE****ZONE: 1:02.11 Z 4/20/13 Leslie Livingston****VA: 1:05.74 V 4/28/16 Annette Patterson**

1 Saucy, Stephanie	53 COLONIALS 1776	1:08.66
33.83	1:08.66	
2 Buchholz, Nancy	50 LANE 4 SWIMMING	1:11.19
35.13	1:11.19	

3 Uppstrom, Noreen	52 COLONIALS 1776	1:15.91
36.15	1:15.91	
4 Jaeger, Debbie	54 VIRGINIA MASTER	1:21.56
39.46	1:21.56	
--- Wetzel, Denise	51 UC12	DQ
45.35	DQ	

Women 50-54 200 Yard Backstroke**NATL: 2:07.51 ! 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 Hug, Laurie	51 COLONIALS 1776	2:23.68
34.44	1:10.26	1:47.09 2:23.68
2 Saucy, Stephanie	53 COLONIALS 1776	2:27.74
34.07	1:11.16	1:49.01 2:27.74

Women 50-54 50 Yard Breaststroke**NATL: 32.37 ! 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	52 RESTON MASTERS	35.88
2 Di Pippa, Tammy	50 RIPTIDE MASTERS	37.92
3 Uppstrom, Noreen	52 COLONIALS 1776	39.50
4 Dawson, Mandy	54 RESTON MASTERS	40.44
5 Thompson, Kim	53 PATRIOT MASTERS	43.61
6 Mallon, Barbara	50 GERMANTOWN M/	44.93
7 Wetzel, Denise	51 UC12	46.13
8 Cameron, Terri	52 FREEDOM AQUATI	50.60

Women 50-54 100 Yard Breaststroke**NATL: 1:09.21 ! 2/18/12 CAROLINE KRATTLI****ZONE: 1:09.87 Z 4/10/16 Fall Willeboordse****VA: 1:12.46 V 5/20/10 Lisa Bennett**

1 Groves, Lisa	52 RESTON MASTERS	1:17.66
36.33	1:17.66	
2 Dawson, Mandy	54 RESTON MASTERS	1:31.11
42.59	1:31.11	
3 Thompson, Kim	53 PATRIOT MASTERS	1:33.14
44.14	1:33.14	
4 Mallon, Barbara	50 GERMANTOWN M/	1:42.14
47.36	1:42.14	

Women 50-54 200 Yard Breaststroke**NATL: 2:29.92 ! 2/20/12 CAROLINE KRATTLI****ZONE: 2:44.31 Z 4/9/16 Laurie Hug****VA: 2:45.89 V 5/11/06 Lisa Bennett**

1 Hug, Laurie	51 COLONIALS 1776	2:43.75Z
38.31	1:20.12	2:01.96 2:43.75
2 Groves, Lisa	52 RESTON MASTERS	2:51.85
38.12	1:21.24	2:06.18 2:51.85
3 Mallon, Barbara	50 GERMANTOWN M/	3:39.91
49.66	1:46.23	2:43.66 3:39.91

Women 50-54 50 Yard Butterfly**NATL: 25.70 ! 5/11/13 LESLIE LIVINGSTON****ZONE: 25.90 Z 4/20/13 Leslie Livingston****VA: 29.03 V 4/28/11 Suzanne Newell**

1 Williams, Susan	51 LANE 4 SWIMMING	26.39
2 Uppstrom, Noreen	52 COLONIALS 1776	34.06

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Results**(Women 50-54 50 Yard Butterfly)**

3	Dawson, Mandy	54	RESTON MASTERS	34.44
4	Wetzel, Denise	51	UC12	41.76

Women 50-54 100 Yard Butterfly Time Trial

NATL: 1:00.17 ! 5/12/13 JILL HERNANDEZ

ZONE: 1:08.25 Z 4/13/08 Katherine Branch

VA: 1:05.96 V 2/8/15 Val Van Horn Pate

- Time Trial

1	Hug, Laurie	51	COLONIALS 1776	1:06.93Z
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Women 50-54 200 Yard Butterfly

NATL: 2:15.18 ! 5/17/02 LAURA VAL

ZONE: 2:23.14 Z 4/9/16 Laurie Hug

VA: 2:35.47 V 5/9/13 Val Van Horn Pate

1	Hug, Laurie	51	COLONIALS 1776	2:20.77Z
	31.75	1:07.03	1:43.86	2:20.77

Women 50-54 100 Yard IM

NATL: 1:01.28 ! 4/29/16 FALL WILLEBOORDSE

ZONE: 1:01.41 Z 4/10/16 Fall Willeboordse

VA: 1:05.26 V 4/28/11 Suzanne Newell

1	Williams, Susan	51	LANE 4 SWIMMING	1:03.15
	28.60	1:03.15		
2	Groves, Lisa	52	RESTON MASTERS	1:11.52
	33.14	1:11.52		
3	Uppstrom, Noreen	52	COLONIALS 1776	1:13.91
	35.30	1:13.91		
4	Restrepo, Marie	54	UC12	1:17.37
	35.48	1:17.37		
5	Moyer, Michelle	54	RESTON MASTERS	1:28.49
	41.46	1:28.49		
6	Dewing, Maria	53	RIPTIDE MASTERS	1:29.36
	43.16	1:29.36		
7	Mallon, Barbara	50	GERMANTOWN M/	1:33.14
	44.86	1:33.14		

Women 50-54 200 Yard IM

NATL: 2:13.16 ! 5/10/15 ELLEN REYNOLDS

ZONE: 2:15.51 Z 4/9/16 Fall Willeboordse

VA: 2:31.51 V 4/10/15 Kelly Parker Palace

1	Hug, Laurie	51	COLONIALS 1776	2:24.63
	31.59	1:10.04	1:52.35	2:24.63
2	Saucy, Stephanie	53	COLONIALS 1776	2:35.79
	33.30	1:11.81	1:59.02	2:35.79

Women 50-54 400 Yard IM

NATL: 4:43.11 ! 4/9/16 ELLEN REYNOLDS

ZONE: 5:04.65 Z 4/10/16 Laurie Hug

VA: 5:24.23 V 5/17/15 Kelly Parker Palace

1	Hug, Laurie	51	COLONIALS 1776	4:59.57Z
	31.45	1:06.93	1:46.54	2:24.85
	3:07.92	3:51.35	4:26.32	4:59.57

Women 55-59 50 Yard Freestyle

NATL: 25.29 ! 5/10/09 LAURA VAL

ZONE: 27.03 Z 5/8/90 Jane Bruner

VA: 26.37 V 5/13/11 Lisa Bennett

1	Toner, Karlin	55	PATRIOT MASTERS	30.55
2	Miller, Patricia	56	VIRGINIA MASTER	30.92
3	Adams, Blanca	59	WARRENTON FAUC	35.37
4	Frost, Holly	57	LANE 4 SWIMMING	38.46
5	Mothershead, Martha	58	LANE 4 SWIMMING	40.93
6	Li, Eileen	56	RESTON MASTERS	42.59

Women 55-59 50 Yard Freestyle Time Trial

NATL: 25.29 ! 5/10/09 LAURA VAL

ZONE: 27.03 Z 5/8/90 Jane Bruner

VA: 26.37 V 5/13/11 Lisa Bennett

- Time Trial

3	Brightwell, Kim	57	RESTON MASTERS	28.71
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Women 55-59 100 Yard Freestyle

NATL: 54.72 ! 5/4/08 LAURA VAL

ZONE: 1:02.38 Z 5/8/90 Jane Bruner

VA: 58.81 V 5/13/11 Lisa Bennett

1	Swanson, Vibeke	55	COLONIALS 1776	1:02.32Z
	30.31	1:02.32		
2	Cook, Jenny	59	UC06	1:03.86
	30.72	1:03.86		
3	Toner, Karlin	55	PATRIOT MASTERS	1:08.86
	32.74	1:08.86		

Women 55-59 100 Yard Freestyle Time Trial

NATL: 54.72 ! 5/4/08 LAURA VAL

ZONE: 1:02.38 Z 5/8/90 Jane Bruner

VA: 58.81 V 5/13/11 Lisa Bennett

- Time Trial

1	Brightwell, Kim	57	RESTON MASTERS	1:03.44
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Women 55-59 200 Yard Freestyle Time Trial

NATL: 1:59.02 ! 5/10/09 LAURA VAL

ZONE: 2:24.68 Z 4/4/04 Marcia Barry

VA: 2:16.25 V 1/1/10 Shirley Loftus-Charley

- Time Trial

3	Brightwell, Kim	57	RESTON MASTERS	2:24.76
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Women 55-59 200 Yard Freestyle

NATL: 1:59.02 ! 5/10/09 LAURA VAL

ZONE: 2:19.58 Z 4/10/16 Kim Brightwell

VA: 2:16.25 V 1/1/10 Shirley Loftus-Charley

1	Landers, Denise	55	WARRENTON FAUC	2:24.32
	32.95	1:08.19	1:45.66	2:24.32
2	Miller, Patricia	56	VIRGINIA MASTER	2:29.91
	35.49	1:13.63	1:52.20	2:29.91
3	Corbett, Alice	58	WARRENTON FAUC	2:57.26
	39.27	1:23.93	2:10.44	2:57.26

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Results**Women 55-59 500 Yard Freestyle Time Trial**

NATL: 5:27.33 ! 1/25/09 LAURA VAL
 ZONE: 6:25.12 Z 4/4/04 Marcia Barry
 VA: 5:54.39 V 4/15/11 Shirley Loftus-Charley

- Time Trial

1 Swanson, Vibeke 55 COLONIALS 1776 6:05.64Z

Women 55-59 1000 Yard Freestyle

NATL: 11:19.85 ! 2/5/17 K PARKER PALACE
 ZONE: 11:49.98 Z 4/17/11 Shirley Loftus-Charley
 VA: 11:49.98 V 4/15/11 Shirley Loftus-Charley

1 Swanson, Vibeke 55 COLONIALS 1776 12:13.31

32.89 1:09.06 1:46.17 2:23.43
 3:00.79 3:37.96 4:15.00 4:52.35
 5:29.27 6:05.64 6:42.89 7:20.03
 7:57.34 8:34.27 9:11.25 9:48.09
 10:24.94 11:01.89 11:38.43 12:13.31

2 Landers, Denise 55 WARRENTON FAUC 12:41.05

33.52 1:09.42 1:46.81 2:24.41
 3:02.51 3:41.18 4:20.19 4:59.23
 5:38.12 6:16.75 6:55.61 7:33.95
 8:12.78 8:51.74 9:30.64 10:09.41
 10:47.92 11:26.10 12:04.29 12:41.05

3 Burke, Barbara 55 COLONIALS 1776 13:09.33

34.39 1:11.47 1:50.07 2:29.74
 3:09.05 3:49.23 4:29.93 5:09.95
 5:49.85 6:29.93 7:10.52 7:50.82
 8:31.31 9:11.46 9:52.27 10:32.60
 11:12.76 11:52.72 12:31.64 13:09.33

4 Travers, Allison 58 MARYLAND MAST 16:35.42

42.29 1:30.44 2:19.92 3:09.37
 3:59.12 4:48.79 5:38.61 6:28.83
 7:18.60 8:10.33 9:01.45 9:52.33
 10:42.71 11:33.36 12:23.41 13:14.05
 14:04.65 14:55.40 15:46.19 16:35.42

5 Menes, Rebecca 56 DISTRICT OF COLU 18:17.25

47.30 1:40.97 2:35.79 3:30.67
 4:25.63 5:20.72 6:17.38 7:14.71
 8:11.68 9:08.90 10:05.21 11:00.76
 11:56.77 12:52.69 13:48.18 14:45.02
 15:40.03 16:35.35 17:28.51 18:17.25

6 Smith, Tamara 58 LANE 4 SWIMMINC 20:43.39

56.02 1:54.23 2:54.75 3:56.25
 4:58.57 6:00.36 7:04.10 8:06.95
 9:10.11 10:13.57 11:17.38 12:21.18
 13:24.62 14:28.00 15:31.03 16:33.91
 17:37.51 18:40.74 19:42.80 20:43.39

Women 55-59 1650 Yard Freestyle

NATL: 18:56.04 ! 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 Flynn, Merri 57 RESTON MASTERS 27:27.19

44.85 1:32.25 2:21.56 3:11.17
 4:00.94 4:50.28 5:40.58 6:30.70
 7:21.00 8:11.45 9:02.27 9:52.81
 10:43.70 11:33.81 12:25.17 13:16.06
 14:06.79 14:57.66 15:48.15 16:39.03
 17:29.95 18:20.86 19:11.68 20:02.57
 20:53.37 21:43.65 22:33.28 23:23.03
 24:12.56 25:02.53 25:52.28 26:41.16 27:27.19

Women 55-59 50 Yard Backstroke

NATL: 28.14 ! 10/30/16 LESLIE LIVINGSTON
 ZONE: 31.03 Z 4/10/16 Kim Brightwell
 VA: 34.01 V 10/30/11 Lisa Bennett

1 Brightwell, Kim 57 RESTON MASTERS 31.44

2 Swanson, Vibeke 55 COLONIALS 1776 32.17

3 Li, Eileen 56 RESTON MASTERS 55.75

Women 55-59 100 Yard Backstroke Time Trial

NATL: 1:04.65 ! 5/23/10 LAURA VAL
 ZONE: 1:14.98 Z 4/15/07 Denise Kirwan
 VA: 1:15.29 V 10/30/11 Lisa Bennett

- Time Trial

1 Swanson, Vibeke 55 COLONIALS 1776 1:08.59Z
 33.63 1:08.59

Women 55-59 100 Yard Backstroke

NATL: 1:04.65 ! 5/23/10 LAURA VAL
 ZONE: 1:08.72 Z 4/11/15 Kim Brightwell
 VA: 1:15.29 V 10/30/11 Lisa Bennett

1 Swanson, Vibeke 55 COLONIALS 1776 1:08.77

33.79 1:08.77

2 Brightwell, Kim 57 RESTON MASTERS 1:09.04

34.44 1:09.04

Women 55-59 200 Yard Backstroke

NATL: 2:19.94 ! 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 Swanson, Vibeke 55 COLONIALS 1776 2:29.03Z

34.75 1:11.79 1:50.57 2:29.03

2 Landers, Denise 55 WARRENTON FAUC 3:06.97

44.76 1:32.27 2:19.79 3:06.97

3 Corbett, Alice 58 WARRENTON FAUC 3:19.42

46.54 1:36.26 2:28.52 3:19.42

Women 55-59 50 Yard Breaststroke

NATL: 33.76 ! 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 57 RESTON MASTERS 36.73

2 Toner, Karlin 55 PATRIOT MASTERS 37.66

3 Flynn, Merri 57 RESTON MASTERS 42.39

4 Frost, Holly 57 LANE 4 SWIMMINC 50.35

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Results**Women 55-59 100 Yard Breaststroke****NATL: 1:13.76 ! 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	Cook, Jenny	59	UC06	1:19.05Z
	37.34	1:19.05		
2	Miller, Patricia	56	VIRGINIA MASTER	1:22.05
	39.87	1:22.05		
3	Miller, Caroline	55	LANE 4 SWIMMING	1:22.13
	39.03	1:22.13		
4	Toner, Karlin	55	PATRIOT MASTERS	1:23.84
	38.74	1:23.84		
5	Landers, Denise	55	WARRENTON FAUC	1:32.14
	45.18	1:32.14		
6	Visos, Rebecca	58	PATRIOT MASTERS	1:33.72
	44.67	1:33.72		
7	Adams, Blanca	59	WARRENTON FAUC	1:39.48
	46.85	1:39.48		

Women 55-59 200 Yard Breaststroke**NATL: 2:40.19 ! 5/10/09 CATHERINE KOHN****ZONE: 2:53.73 Z 4/17/11 Janet Bright****VA: 2:52.25 V 4/28/16 Patricia Miller**

1	Swanson, Vibeke	55	COLONIALS 1776	2:51.46Z
	40.15	1:23.70	2:07.52	2:51.46
2	Cook, Jenny	59	UC06	2:56.18
	38.71	1:23.41	2:09.92	2:56.18
3	Snow, Karen	57	MERRITT MARLIN	3:13.54
	43.26	1:31.44	2:22.34	3:13.54

Women 55-59 50 Yard Butterfly**NATL: 27.04 ! 10/30/16 LESLIE LIVINGSTON****ZONE: 31.34 Z 4/11/15 Kim Brightwell****VA: 30.34 V 5/13/11 Lisa Bennett**

1	Brightwell, Kim	57	RESTON MASTERS	30.74Z
2	Burke, Barbara	55	COLONIALS 1776	31.84
3	Snow, Karen	57	MERRITT MARLIN	36.00
4	Visos, Rebecca	58	PATRIOT MASTERS	37.92
5	Flynn, Merri	57	RESTON MASTERS	42.78
6	Frost, Holly	57	LANE 4 SWIMMING	46.67

Women 55-59 100 Yard Butterfly**NATL: 1:01.31 ! 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	Cook, Jenny	59	UC06	1:14.62
	35.98	1:14.62		
2	Snow, Karen	57	MERRITT MARLIN	1:20.71
	38.09	1:20.71		

Women 55-59 200 Yard Butterfly**NATL: 2:16.28 ! 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	Burke, Barbara	55	COLONIALS 1776	2:54.89
	37.76	1:21.20	2:54.89	

Women 55-59 100 Yard IM**NATL: 1:05.21 ! 5/20/07 LAURA VAL****ZONE: 1:09.37 Z 4/10/16 Kim Brightwell****VA: 1:07.93 V 5/13/11 Lisa Bennett**

1	Swanson, Vibeke	55	COLONIALS 1776	1:10.86
	33.25	1:10.86		
2	Brightwell, Kim	57	RESTON MASTERS	1:10.97
	32.81	1:10.97		
3	Miller, Caroline	55	LANE 4 SWIMMING	1:11.14
	31.68	1:11.14		
4	Cook, Jenny	59	UC06	1:11.46
	33.68	1:11.46		
5	Burke, Barbara	55	COLONIALS 1776	1:13.63
	35.65	1:13.63		
6	Snow, Karen	57	MERRITT MARLIN	1:16.44
	36.18	1:16.44		
7	Visos, Rebecca	58	PATRIOT MASTERS	1:22.00
	39.47	1:22.00		
8	Flynn, Merri	57	RESTON MASTERS	1:35.69
	47.28	1:35.69		
9	Frost, Holly	57	LANE 4 SWIMMING	1:38.94
	46.25	1:38.94		

Women 55-59 200 Yard IM**NATL: 2:21.91 ! 5/22/10 LAURA VAL****ZONE: 2:35.70 Z 4/24/10 Shirley Loftus-Charley****VA: 2:35.70 V 4/23/10 Shirley Loftus-Charley**

1	Swanson, Vibeke	55	COLONIALS 1776	2:31.35Z
	35.83	1:12.08	1:57.60	2:31.35
2	Cook, Jenny	59	UC06	2:40.20
	34.57	1:13.62	2:00.20	2:40.20
3	Burke, Barbara	55	COLONIALS 1776	2:42.08
	34.87	1:17.91	2:04.86	2:42.08
4	Snow, Karen	57	MERRITT MARLIN	2:55.59
	39.06	1:25.50	2:14.79	2:55.59
5	Visos, Rebecca	58	PATRIOT MASTERS	3:02.24
	40.47	1:27.34	2:19.30	3:02.24

Women 55-59 400 Yard IM**NATL: 5:03.92 ! 5/7/10 LAURA VAL****ZONE: 5:29.09 Z 4/25/10 Shirley Loftus-Charley****VA: 5:28.24 V 2/12/11 Shirley Loftus-Charley**

1	Burke, Barbara	55	COLONIALS 1776	5:44.50
	37.12	1:20.51	2:07.36	2:54.79
	3:41.92	4:30.27	5:08.45	5:44.50
2	Snow, Karen	57	MERRITT MARLIN	6:19.47
	38.88	1:26.59	2:15.37	3:03.50
	3:55.44	4:48.05	5:36.36	6:19.47

Women 60-64 50 Yard Freestyle**NATL: 26.48 ! 3/9/14 LAURA VAL****ZONE: 28.09 Z 4/12/15 Melinda Wolff****VA: 30.54 V 3/25/12 Shirley Loftus-Charley**

1	Watts, Sue	62	COLONIALS 1776	32.59
2	Figenshu, Susan	62	COLONIALS 1776	33.12
3	Antonioli, Bernadette	63	CHESTER RIVER A	40.42
4	Clark, Debra	62	FREEDOM AQUATI	1:04.18

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Results**Women 60-64 100 Yard Freestyle**

NATL: 56.45 ! 4/29/12 LAURA VAL
 ZONE: 1:03.63 Z 4/11/15 Nancy Steadman Martin
 VA: 1:04.18 V 4/13/12 Shirley Loftus-Charley

1	Watts, Sue	62	COLONIALS 1776	1:10.53
	34.05	1:10.53		
2	Figenshu, Susan	62	COLONIALS 1776	1:12.80
	33.88	1:12.80		
3	White, Maureen	61	CHESTER RIVER A	1:20.57
	37.50	1:20.57		
4	Clark, Debra	62	FREEDOM AQUATI	2:32.48
	1:10.33	2:32.48		

Women 60-64 200 Yard Freestyle

NATL: 2:05.75 ! 5/22/16 LAURA VAL
 ZONE: 2:15.58 Z 4/12/15 Nancy Steadman Martin
 VA: 2:16.92 V 1/29/12 Shirley Loftus-Charley

1	Pfinsgraff, Joan	63	MARYLAND MAST	2:18.21
	32.39	1:07.10	1:42.52	2:18.21
2	Watts, Sue	62	COLONIALS 1776	2:38.58
	36.61	1:16.47	1:57.93	2:38.58
3	White, Maureen	61	CHESTER RIVER A	3:03.92
	38.44	1:23.71	2:12.35	3:03.92
4	Antonioli, Bernadette	63	CHESTER RIVER A	3:27.49
	45.56	1:37.44	2:33.26	3:27.49

Women 60-64 500 Yard Freestyle

NATL: 5:39.00 ! 1/26/14 LAURA VAL
 ZONE: 5:59.61 Z 4/11/15 Nancy Steadman Martin
 VA: 5:56.62 V 3/25/12 Shirley Loftus-Charley

1	Antonioli, Bernadette	63	CHESTER RIVER A	8:59.67
	48.91	1:43.34	2:38.79	3:33.73
	4:28.03	5:23.03	6:17.58	7:12.77
	8:07.88	8:59.67		

Women 60-64 1650 Yard Freestyle

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

1	Watts, Sue	62	COLONIALS 1776	24:25.90
	39.19	1:22.58	2:06.55	2:51.49
	3:36.25	4:20.92	5:05.93	5:50.76
	6:36.11	7:20.74	8:06.03	8:51.29
	9:36.17	10:21.40	11:05.58	11:50.54
	12:35.40	13:20.07	14:05.19	14:50.16
	15:35.77	16:20.46	17:05.21	17:50.51
	18:35.47	19:20.14	20:04.50	20:49.23
	21:33.97	22:18.58	23:02.52	23:45.97
				24:25.90

Women 60-64 50 Yard Backstroke

NATL: 29.58 ! 4/26/15 LAURA VAL
 ZONE: 32.45 Z 4/12/15 Joan Pfinsgraff
 VA: 36.94 V 4/26/12 Marcia Barry

1	Pfinsgraff, Joan	63	MARYLAND MAST	32.43Z
2	Watts, Sue	62	COLONIALS 1776	37.33
3	Figenshu, Susan	62	COLONIALS 1776	37.81
4	Clark, Debra	62	FREEDOM AQUATI	1:18.19

Women 60-64 100 Yard Backstroke Time Trial

NATL: 1:03.72 ! 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

- Time Trial

1	Watts, Sue	62	COLONIALS 1776	1:23.24
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Women 60-64 100 Yard Backstroke

NATL: 1:03.72 ! 5/12/13 LAURA VAL
 ZONE: 1:10.39 Z 4/11/15 Joan Pfinsgraff
 VA: 1:17.33 V 4/13/12 Shirley Loftus-Charley

1	Pfinsgraff, Joan	63	MARYLAND MAST	1:10.43
	35.28	1:10.43		

Women 60-64 200 Yard Backstroke

NATL: 2:21.44 ! 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	63	MARYLAND MAST	2:29.39Z
	35.04	1:12.24	1:50.90	2:29.39
2	Lampe, Betty	61	SPRING VALLEY YI	3:40.83
	50.68	1:47.54	2:45.45	3:40.83

Women 60-64 50 Yard Breaststroke

NATL: 35.09 ! 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	White, Maureen	61	CHESTER RIVER A	44.67
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Women 60-64 100 Yard Breaststroke

NATL: 1:16.80 ! 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	White, Maureen	61	CHESTER RIVER A	1:35.06
	45.70	1:35.06		

Women 60-64 200 Yard Breaststroke

NATL: 2:44.73 ! 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	61	CHESTER RIVER A	3:32.83
	48.95	1:42.97	3:32.83	
2	Lampe, Betty	61	SPRING VALLEY YI	3:43.96
	49.93	1:47.32	3:43.96	

Women 60-64 50 Yard Butterfly

NATL: 29.14 ! 5/11/13 CHARLOTTE DAVIS
 ZONE: 32.07 Z 4/11/15 Melinda Wolff
 VA: 33.58 V 4/13/12 Shirley Loftus-Charley

1	Figenshu, Susan	62	COLONIALS 1776	34.23
2	Antonioli, Bernadette	63	CHESTER RIVER A	50.71

Women 60-64 100 Yard Butterfly

NATL: 1:04.27 ! 4/27/12 LAURA VAL
 ZONE: 1:16.83 Z 4/10/16 Shirley Loftus-Charley
 VA: 1:12.93 V 1/29/12 Shirley Loftus-Charley

1	Antonioli, Bernadette	63	CHESTER RIVER A	1:59.91
	55.60	1:59.91		

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Women 60-64 200 Yard Butterfly**

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

1	Lampe, Betty	61	SPRING VALLEY YI	3:39.21
	43.70	1:37.28	2:37.11	3:39.21
2	Antonoli, Bernadette	63	CHESTER RIVER A	4:20.87
	53.24	1:56.53	3:07.45	4:20.87

Women 60-64 100 Yard IM

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

1	Lampe, Betty	61	SPRING VALLEY YI	1:32.60
	45.06	1:32.60		
2	Clark, Debra	62	FREEDOM AQUATI	3:35.95
	1:59.30	3:35.95		

Women 60-64 200 Yard IM

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

1	Pfinsgraff, Joan	63	MARYLAND MAST	2:42.61
	37.15	1:18.02	2:06.48	2:42.61
2	Lampe, Betty	61	SPRING VALLEY YI	3:23.32
	43.69	1:42.49	2:38.60	3:23.32
3	White, Maureen	61	CHESTER RIVER A	3:32.08
	48.67	1:45.34	2:43.15	3:32.08

Women 60-64 400 Yard IM

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

1	Lampe, Betty	61	SPRING VALLEY YI	7:07.94
	43.86	1:37.76	2:37.18	3:34.00
	4:33.59	5:32.30	6:20.74	7:07.94

Women 65-69 50 Yard Freestyle

NATL: 27.37 ! 1/14/17 **LAURA VAL**
ZONE: 31.08 Z 4/26/09 **Beth Schreiner**
VA: 30.42 V 5/17/07 **Beth Schreiner**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	31.14
2	Boslego, Barbara	65	VIRGINIA MASTER	33.38
3	Andrews, Lynne	69	GERMANTOWN M/	38.91
4	Tartt, Judith	68	WARRENTON FAUC	40.26

Women 65-69 100 Yard Freestyle

NATL: 59.78 ! 1/21/17 **LAURA VAL**
ZONE: 1:09.79 Z 5/9/93 **Clara Walker**
VA: 1:07.76 V 11/12/16 **Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	1:07.58V
	33.06	1:07.58		
2	Kirwan, Denise	65	RESTON MASTERS	1:11.39
	34.55	1:11.39		
3	Boslego, Barbara	65	VIRGINIA MASTER	1:13.10
	35.79	1:13.10		
4	Andrews, Lynne	69	GERMANTOWN M/	1:26.99
	40.36	1:26.99		

Women 65-69 200 Yard Freestyle

NATL: 2:17.15 ! 3/6/16 **CHARLOTTE DAVIS**
ZONE: 2:35.59 Z 5/9/93 **Clara Walker**
VA: 2:23.77 V 2/5/17 **Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	2:25.05Z
	33.99	1:10.74	1:47.82	2:25.05
2	Boslego, Barbara	65	VIRGINIA MASTER	2:48.24
	38.92	1:21.57	2:06.78	2:48.24
3	Andrews, Lynne	69	GERMANTOWN M/	3:18.10
	41.72	1:31.44	2:23.72	3:18.10
4	Johnston, Jennifer	69	LANE 4 SWIMMING	5:38.77
	1:18.82	2:47.27	4:14.54	5:38.77

Women 65-69 500 Yard Freestyle

NATL: 6:03.86 ! 4/10/16 **CHARLOTTE DAVIS**
ZONE: 6:57.63 Z 5/9/93 **Clara Walker**
VA: 6:15.46 V 1/29/17 **Shirley Loftus-Charley**

1	Lahtinen-Hicks, Wallis	66	SPORT & HEALTH I	8:56.99
	48.91	1:40.36	2:36.80	3:30.45
	4:24.95	5:19.57	6:14.85	7:10.26
	8:05.45	8:56.99		

Women 65-69 1000 Yard Freestyle

NATL: 12:30.97 ! 4/9/16 **CHARLOTTE DAVIS**
ZONE: 14:04.18 Z 5/9/93 **Clara Walker**
VA: 12:29.29 V 11/12/16 **Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	12:44.58Z
	34.71	1:12.02	1:49.64	2:27.39
	3:05.48	3:43.69	4:22.14	5:00.76
	5:39.41	6:18.27	6:56.90	7:35.72
	8:14.61	8:53.33	9:31.88	10:10.65
	10:49.29	11:28.37	12:07.22	12:44.58
2	Layne, Leanne	65	LANE 4 SWIMMING	19:38.57
	54.17	1:50.52	2:47.99	3:47.03
	5:49.23	6:48.34	7:48.18	8:47.22
	9:47.51	10:44.45	11:43.69	12:43.73
	13:41.75	14:42.33	15:40.25	
	16:40.05	17:41.09	18:40.61	19:38.57

Women 65-69 1650 Yard Freestyle

NATL: 20:43.29 ! 11/12/16 **S LOFTUS-CHARLEY**
ZONE: 23:55.07 Z 5/1/94 **Clara Walker**
VA: 20:43.29 V 11/12/16 **Shirley Loftus-Charley**

1	Johnston, Jennifer	69	LANE 4 SWIMMING	50:30.71
	22.03	2:53.63	4:25.52	5:52.29
	7:26.90	9:01.19	10:28.66	12:02.59
	13:35.08	15:03.45	16:38.79	18:12.54
	19:39.80	21:13.67	22:49.06	24:18.34
	25:52.78	27:29.33	29:01.86	30:35.94
	32:06.69	33:35.37	35:08.88	36:40.09
	38:13.59	39:46.41	41:19.18	42:54.59
	44:28.07	45:59.73	47:33.61	49:05.61
				50:30.71

Women 65-69 50 Yard Backstroke

NATL: 30.87 ! 1/14/17 **LAURA VAL**
ZONE: 32.49 Z 4/12/15 **Cecilia McCloskey**
VA: 38.10 V 4/28/16 **Marcia Barry**

1	Kirwan, Denise	65	RESTON MASTERS	37.47
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2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**(Women 65-69 50 Yard Backstroke)**

2	Andrews, Lynne	69	GERMANTOWN M/	43.89
3	Tartt, Judith	68	WARRENTON FAUC	48.60

Women 65-69 100 Yard Backstroke**NATL: 1:10.15 ! 4/11/15 CECILIA MCCLOSKEY****ZONE: 1:10.15 Z 4/11/15 Cecilia McCloskey****VA: 1:21.46 V 1/29/17 Shirley Loftus-Charley**

1	Kirwan, Denise	65	RESTON MASTERS	1:19.58
				39.07 1:19.58
2	Loftus-Charley, Shirley	65	VIRGINIA MASTER	1:20.04V
				39.78 1:20.04
3	Andrews, Lynne	69	GERMANTOWN M/	1:38.85
				46.77 1:38.85
---	Dew, Rosemary	66	MARYLAND MAST	DQ
				57.56 DQ

Women 65-69 200 Yard Backstroke**NATL: 2:28.21 ! 1/21/17 LAURA VAL****ZONE: 2:35.00 Z 4/12/15 Cecilia McCloskey****VA: 2:47.11 V 2/5/17 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	2:46.37V
				41.44 1:22.36 2:04.26 2:46.37
2	Kirwan, Denise	65	RESTON MASTERS	2:51.52
				41.02 1:24.54 2:08.53 2:51.52
3	Johnston, Jennifer	69	LANE 4 SWIMMING	7:19.84
				1:43.20 3:34.60 5:26.22 7:19.84

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

1	Boslego, Barbara	65	VIRGINIA MASTER	43.00
2	Dew, Rosemary	66	MARYLAND MAST	54.36
3	Lahtinen-Hicks, Wallis	66	SPORT & HEALTH	1:01.35

Women 65-69 100 Yard Breaststroke**NATL: 1:23.95 ! 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	Kirwan, Denise	65	RESTON MASTERS	1:28.29
				41.69 1:28.29
2	Boslego, Barbara	65	VIRGINIA MASTER	1:36.56
				45.82 1:36.56
3	Johnston, Jennifer	69	LANE 4 SWIMMING	4:14.36

Women 65-69 200 Yard Breaststroke**NATL: 3:01.50 ! 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	Loftus-Charley, Shirley	65	VIRGINIA MASTER	3:12.53
				43.21 1:32.14 2:22.19 3:12.53
2	Johnston, Jennifer	69	LANE 4 SWIMMING	8:37.93
				1:57.09 4:12.95 8:37.93

Women 65-69 50 Yard Butterfly**NATL: 29.91 ! 4/10/16 CHARLOTTE DAVIS****ZONE: 32.41 Z 4/11/15 Cecilia McCloskey****VA: 35.94 V 4/28/16 Terry Sue Gault**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	35.02V
2	Johnston, Jennifer	69	LANE 4 SWIMMING	2:35.70

Women 65-69 100 Yard Butterfly**NATL: 1:10.12 ! 4/30/16 CHARLOTTE DAVIS****ZONE: 1:24.21 Z 4/15/12 Margot Pettijohn****VA: 1:17.35 V 11/12/16 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	1:17.52Z
				37.38 1:17.52

Women 65-69 100 Yard IM**NATL: 1:10.09 ! 4/29/16 CHARLOTTE DAVIS****ZONE: 1:12.22 Z 4/12/15 Cecilia McCloskey****VA: 1:20.01 V 11/12/16 Shirley Loftus-Charley**

1	Kirwan, Denise	65	RESTON MASTERS	1:19.55
				38.10 1:19.55

Women 65-69 200 Yard IM**NATL: 2:35.18 ! 4/30/16 CHARLOTTE DAVIS****ZONE: 2:37.07 Z 4/11/15 Cecilia McCloskey****VA: 2:46.13 V 2/5/17 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	2:45.52V
				36.48 1:19.57 2:09.19 2:45.52
2	Kirwan, Denise	65	RESTON MASTERS	2:55.52
				42.47 1:26.23 2:15.95 2:55.52
3	Boslego, Barbara	65	VIRGINIA MASTER	3:16.57
				42.52 1:36.72 2:34.14 3:16.57

Women 65-69 400 Yard IM**NATL: 5:35.85 ! 5/1/16 CHARLOTTE DAVIS****ZONE: 6:38.26 Z 4/6/14 Margot Pettijohn****VA: 5:41.79 V 1/29/17 Shirley Loftus-Charley**

1	Loftus-Charley, Shirley	65	VIRGINIA MASTER	5:46.46Z
				38.26 1:22.02 2:05.52 2:50.59
				3:40.86 4:31.84 5:09.79 5:46.46

Women 70-74 50 Yard Freestyle**NATL: 31.05 ! 4/30/00 GAIL ROPER****ZONE: 32.12 Z 4/17/11 Beth Schreiner****VA: 31.51 V 4/26/12 Beth Schreiner**

1	Bennett, Ruth	70	UC10	34.64
2	Manheim, Lucy	74	RESTON MASTERS	46.56

Women 70-74 100 Yard Freestyle**NATL: 1:09.79 ! 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	74	RESTON MASTERS	1:43.03
				49.93 1:43.03

Women 70-74 200 Yard Freestyle**NATL: 2:35.85 ! 4/30/00 GAIL ROPER****ZONE: 2:47.81 Z 4/17/11 Beth Schreiner****VA: 2:46.03 V 4/26/12 Beth Schreiner**

1	Bennett, Ruth	70	UC10	2:56.33
				39.52 1:23.86 2:10.10 2:56.33

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Women 70-74 1000 Yard Freestyle**

NATL: 13:58.55 ! 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	74	RESTON MASTERS	20:49.52
	55.96	1:57.61	3:01.89	4:07.65
	5:09.68	6:13.15	7:15.98	8:18.80
	9:23.14	10:26.34	11:30.50	12:34.00
	13:37.74	14:40.02	15:42.25	16:43.66
	17:45.56	18:48.52	19:51.08	20:49.52

Women 70-74 50 Yard Backstroke

NATL: 36.91 ! 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	74	RESTON MASTERS	54.29
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Women 70-74 100 Yard Backstroke

NATL: 1:21.68 ! 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	74	RESTON MASTERS	2:00.33
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Women 70-74 100 Yard IM

NATL: 1:21.97 ! 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	74	RESTON MASTERS	2:11.63
	1:00.87	2:11.63		

Women 75-79 50 Yard Freestyle

NATL: 33.87 ! 4/3/05 GAIL ROPER

ZONE: 35.17 Z 4/10/16 Beth Schreiner

VA: 34.44 V 3/3/12 Johnnie Detrick

1	Schreiner, Beth	76	VIRGINIA MASTER	35.32
2	Walker, Laura	79	VIRGINIA MASTER	43.22
3	Hannam, Karen	76	LANE 4 SWIMMING	59.37

Women 75-79 100 Yard Freestyle

NATL: 1:16.23 ! 4/24/05 GAIL ROPER

ZONE: 1:17.32 Z 4/17/11 Johnnie Detrick

VA: 1:17.32 V 4/15/11 Johnnie Detrick

1	Schreiner, Beth	76	VIRGINIA MASTER	1:21.32
	39.06	1:21.32		
2	Walker, Laura	79	VIRGINIA MASTER	1:32.02
	43.47	1:32.02		
3	Hannam, Karen	76	LANE 4 SWIMMING	2:17.10
	1:04.81	2:17.10		

Women 75-79 200 Yard Freestyle

NATL: 2:53.05 ! 3/8/09 RONNIE KAMPHAUSEN

ZONE: 2:59.85 Z 4/10/16 Beth Schreiner

VA: 2:59.85 V 4/10/16 Beth Schreiner

1	Schreiner, Beth	76	VIRGINIA MASTER	3:05.59
	41.89	1:29.73	2:18.80	3:05.59

Women 75-79 1650 Yard Freestyle

NATL: 26:53.24 ! 5/16/09 RONNIE KAMPHAUSEN

ZONE: 35:00.06 Z 4/20/97 Billie A. Burrill

VA: 33:29.74 V 11/8/03 Jeanne Meredith

1	Hannam, Karen	76	LANE 4 SWIMMING	44:17.11
	1:12.74	2:31.04	3:51.86	5:11.76
	6:30.71	7:50.56	9:10.96	10:33.20
	11:54.58	13:17.95	14:39.31	16:01.49
	17:20.68	18:42.63	20:02.77	21:26.25
	22:44.11	24:05.57	25:28.37	26:49.57
	28:10.58	29:34.18	30:54.48	32:17.27
	33:36.27	34:54.87	36:16.01	37:36.33
	38:58.10	40:18.77	41:41.95	43:00.39
				44:17.11

Women 75-79 50 Yard Backstroke

NATL: 40.25 ! 4/30/00 DORIS STEADMAN

ZONE: 43.32 Z 4/10/16 Beth Schreiner

VA: 41.62 V 4/28/16 Beth Schreiner

1	Schreiner, Beth	76	VIRGINIA MASTER	43.94
2	Walker, Laura	79	VIRGINIA MASTER	52.11
3	Hannam, Karen	76	LANE 4 SWIMMING	1:19.06

Women 75-79 100 Yard Backstroke

NATL: 1:27.70 ! 4/15/11 NANCY BROWN

ZONE: 1:36.73 Z 4/9/16 Beth Schreiner

VA: 1:31.70 V 4/28/16 Beth Schreiner

1	Schreiner, Beth	76	VIRGINIA MASTER	1:38.99
	48.38	1:38.99		
2	Walker, Laura	79	VIRGINIA MASTER	1:50.29
	54.01	1:50.29		

Women 75-79 200 Yard Backstroke

NATL: 3:15.04 ! 4/15/11 NANCY BROWN

ZONE: 3:31.02 Z 5/2/99 Ruth Morrill

VA: 3:20.54 V 4/28/16 Beth Schreiner

1	Walker, Laura	79	VIRGINIA MASTER	4:07.35
	56.13	1:57.94	3:01.13	4:07.35

Women 75-79 50 Yard Breaststroke

NATL: 41.53 ! 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	76	LANE 4 SWIMMING	1:16.25
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Women 75-79 100 Yard Breaststroke

NATL: 1:29.24 ! 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	76	LANE 4 SWIMMING	2:43.36
	1:19.40	2:43.36		

Women 75-79 200 Yard Breaststroke

NATL: 3:16.31 ! 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	76	LANE 4 SWIMMING	5:57.26
	1:24.92	2:59.51	4:30.19	5:57.26

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Women 75-79 50 Yard Butterfly****NATL: 38.05 ! 4/26/15 MARY ANN CASE****ZONE: 53.53 Z 4/17/11 Johnnie Detrick****VA: 44.16 V 3/23/14 Lucille Griffin**

1 Hannam, Karen 76 LANE 4 SWIMMINC 1:29.97

Women 75-79 100 Yard IM**NATL: 1:27.31 ! 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 Walker, Laura 79 VIRGINIA MASTER 2:04.20
58.78 2:04.202 Hannam, Karen 76 LANE 4 SWIMMINC 2:45.50
1:23.18 2:45.50**Women 75-79 200 Yard IM****NATL: 3:18.40 ! 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 76 LANE 4 SWIMMINC 6:04.53
1:41.45 3:19.58 6:04.53**Women 85-89 100 Yard Freestyle****NATL: 1:31.20 ! 4/12/14 NAN BOHL****ZONE: 1:45.80 Z 5/7/95 Julia Dolce****VA: 1:55.09 V 6/27/07 Marianna Berkley**1 Francis, Lesley 85 VIRGINIA MASTER 2:05.39
59.48 2:05.39**Women 85-89 500 Yard Freestyle****NATL: 9:07.55 ! 4/13/13 BETTY LORENZI****ZONE: 13:44.77 Z 4/21/02 Mary Lathram**1 Francis, Lesley 85 VIRGINIA MASTER 11:37.61Z
1:05.34 3:26.71 4:37.98
5:47.12 6:59.73 8:09.64 9:19.17
10:32.21 11:37.61**Men 18-24 50 Yard Freestyle****NATL: 19.36 ! 4/28/12 JOSH SCHNEIDER****ZONE: 21.02 Z 4/25/10 Yannick Van Heers****VA: 21.45 V 5/21/92 Neill Williams**1 Frederick, Aaron 23 ARLINGTON MAST 23.51
2 Sims, Charles 20 FREEDOM AQUATI 25.81
3 Perry, Lavelle 23 CLUB TRIBE 25.89
4 Magd, Basem 23 UC09 27.13
5 Hoang, Ryan 24 ARLINGTON MAST 27.42
6 Veatch, Richard 22 LANE 4 SWIMMINC 29.74**Men 18-24 100 Yard Freestyle Time Trial****NATL: 42.59 ! 12/1/12 EUGENE GODSOE****ZONE: 44.96 Z 4/23/06 William Liscinsky****VA: 46.94 V 4/4/14 Nathan Destree****- Time Trial**

3 Head, Carter 23 CLUB TRIBE 52.84

Men 18-24 100 Yard Freestyle**NATL: 42.59 ! 12/1/12 EUGENE GODSOE****ZONE: 44.96 Z 4/23/06 William Liscinsky****VA: 46.94 V 4/4/14 Nathan Destree**1 Stoffa, Gregory 23 BINGHAMTON UNI 49.72
24.05 49.72
2 Shu, Jack 24 ARLINGTON MAST 50.01
23.89 50.01
3 Millard, Jelani 23 LIFE TIME SWIM N 52.06
24.89 52.06
4 Turek-Herman, Josh 23 MONOCACY AQUA 53.57
26.31 53.57
5 Van Ness, Jacob 21 RESTON MASTERS 54.17
25.96 54.17
6 Koons, Andrew 24 LANE 4 SWIMMINC 55.01
26.63 55.01
7 Sims, Charles 20 FREEDOM AQUATI 58.10
27.86 58.10
8 Perry, Lavelle 23 CLUB TRIBE 58.54
28.76 58.54
9 Magd, Basem 23 UC09 58.97
28.09 58.97**Men 18-24 200 Yard Freestyle****NATL: 1:35.02 ! 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 Wolfe, Ryan 24 PATRIOT MASTERS 1:50.60
26.42 54.63 1:22.95 1:50.60
2 Shu, Jack 24 ARLINGTON MAST 1:52.28
26.67 54.83 1:23.05 1:52.28
3 Head, Carter 23 CLUB TRIBE 1:53.36
26.18 55.00 1:24.77 1:53.36
4 Frederick, Aaron 23 ARLINGTON MAST 1:55.02
26.65 55.19 1:24.41 1:55.02
5 Millard, Jelani 23 LIFE TIME SWIM N 2:02.68
28.23 59.43 1:32.33 2:02.68**Men 18-24 500 Yard Freestyle****NATL: 4:24.81 ! 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 Turek-Herman, Josh 23 MONOCACY AQUA 5:14.12
27.44 57.70 1:29.01 2:01.02
2:33.05 3:05.89 3:38.53 4:11.07
4:43.62 5:14.12
2 Koons, Andrew 24 LANE 4 SWIMMINC 5:26.46
30.02 1:02.53 1:35.67 2:09.55
2:42.62 3:15.35 3:48.45 4:21.55
4:54.96 5:26.46

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 18-24 1650 Yard Freestyle****NATL:** 15:48.70 ! 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	Koons, Andrew	24	LANE 4 SWIMMING	18:44.06
	30.86	1:03.73	1:36.94	2:10.39
	2:43.84	3:17.51	3:51.50	4:25.54
	4:59.49	5:33.60	6:07.55	6:41.80
	7:16.17	7:50.72	8:24.82	8:59.25
	9:33.15	10:07.18	10:41.53	11:15.67
	11:49.94	12:24.27	12:58.96	13:33.37
	14:07.90	14:43.03	15:17.65	15:52.80
	16:27.61	17:02.32	17:36.75	18:11.00
				18:44.06

Men 18-24 50 Yard Backstroke**NATL:** 22.33 ! 5/10/13 **ANDREW ELLIOTT****ZONE:** 23.22 Z 4/15/07 **Chris Gibson****VA:** 23.45 V 4/28/16 **Sidney Glass**

1	Shu, Jack	24	ARLINGTON MAST	26.29
2	Magd, Basem	23	UC09	32.89
3	Veatch, Richard	22	LANE 4 SWIMMING	35.84

Men 18-24 100 Yard Backstroke**NATL:** 45.36 ! 11/30/12 **EUGENE GODSOE****ZONE:** 49.19 Z 4/15/07 **Chris Gibson****VA:** 52.30 V 4/28/16 **Sidney Glass**

1	Shu, Jack	24	ARLINGTON MAST	57.00
	27.48	57.00		

Men 18-24 200 Yard Backstroke**NATL:** 1:44.18 ! 5/11/13 **ANDREW ELLIOTT****ZONE:** 1:50.23 Z 4/12/15 **Jeffrey Gomez****VA:** 1:54.51 V 4/28/16 **Sidney Glass**

1	Shu, Jack	24	ARLINGTON MAST	2:05.87
	30.62	1:02.75	1:34.05	2:05.87

Men 18-24 50 Yard Breaststroke**NATL:** 24.53 ! 2/1/15 **ROSTYSLAV FEDYNA****ZONE:** 25.32 Z 4/23/06 **William Liscinsky****VA:** 27.00 V 4/10/15 **Nathan Destree**

1	May, Eric	23	UC04	26.55
2	Stoffa, Gregory	23	BINGHAMTON UNI	29.76
3	Koons, Andrew	24	LANE 4 SWIMMING	32.37
4	Magd, Basem	23	UC09	33.15
5	Sims, Charles	20	FREEDOM AQUATIC	34.46
6	Veatch, Richard	22	LANE 4 SWIMMING	36.36

Men 18-24 100 Yard Breaststroke**NATL:** 54.07 ! 4/25/15 **COLIN BABCOCK****ZONE:** 56.37 Z 4/23/06 **William Liscinsky****VA:** 58.69 V 5/21/92 **Neill Williams**

1	Wolfe, Ryan	24	PATRIOT MASTERS	59.67
	28.21	59.67		
2	Frederick, Aaron	23	ARLINGTON MAST	1:04.44
	30.27	1:04.44		
3	Head, Carter	23	CLUB TRIBE	1:04.68
	30.39	1:04.68		
4	Van Ness, Jacob	21	RESTON MASTERS	1:10.75
	33.70	1:10.75		

Men 18-24 200 Yard Breaststroke**NATL:** 1:57.33 ! 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	Wolfe, Ryan	24	PATRIOT MASTERS	2:09.53
	29.52	1:01.92	1:35.21	2:09.53
2	Head, Carter	23	CLUB TRIBE	2:24.76
	32.21	1:07.74	1:45.77	2:24.76
3	Magd, Basem	23	UC09	2:53.64
	38.28	1:23.21	2:08.42	2:53.64

Men 18-24 50 Yard Butterfly**NATL:** 21.13 ! 4/26/15 **HENRIK LINDAU****ZONE:** 22.40 Z 4/11/15 **Nathan Destree****VA:** 22.40 V 4/10/15 **Nathan Destree**

1	May, Eric	23	UC04	24.44
2	Millard, Jelani	23	LIFE TIME SWIM N	25.36
3	Stoffa, Gregory	23	BINGHAMTON UNI	25.75
4	Turek-Herman, Josh	23	MONOCACY AQUA	26.79
5	Sims, Charles	20	FREEDOM AQUATIC	27.74
6	Veatch, Richard	22	LANE 4 SWIMMING	31.56

Men 18-24 100 Yard Butterfly**NATL:** 46.65 ! 11/30/12 **EUGENE GODSOE****ZONE:** 49.92 Z 4/12/15 **Nathan Destree****VA:** 49.92 V 4/10/15 **Nathan Destree**

1	Millard, Jelani	23	LIFE TIME SWIM N	57.62
	26.64	57.62		
2	Sims, Charles	20	FREEDOM AQUATIC	1:02.83
	29.57	1:02.83		

Men 18-24 100 Yard IM**NATL:** 49.52 ! 4/25/15 **COLIN BABCOCK****ZONE:** 50.72 Z 4/23/06 **William Liscinsky****VA:** 51.86 V 4/28/16 **Sidney Glass**

1	May, Eric	23	UC04	55.24
	25.38	55.24		
2	Frederick, Aaron	23	ARLINGTON MAST	59.41
	28.07	59.41		
3	Magd, Basem	23	UC09	1:07.14
	30.72	1:07.14		
4	Hoang, Ryan	24	ARLINGTON MAST	1:08.97
	31.32	1:08.97		
5	Veatch, Richard	22	LANE 4 SWIMMING	1:15.14
	33.46	1:15.14		

Men 18-24 200 Yard IM**NATL:** 1:49.30 ! 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	Stoffa, Gregory	23	BINGHAMTON UNI	2:04.58
	27.02	1:00.57	1:35.47	2:04.58
2	Shu, Jack	24	ARLINGTON MAST	2:06.73
	27.42	58.83	1:37.49	2:06.73
3	Head, Carter	23	CLUB TRIBE	2:09.85
	27.21	59.96	1:38.04	2:09.85
4	Van Ness, Jacob	21	RESTON MASTERS	2:17.45
	28.63	1:04.47	1:44.63	2:17.45

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Men 18-24 200 Yard IM)**

5	Koons, Andrew	24	LANE 4 SWIMMING	2:18.09
	31.08	1:06.63	1:46.77	2:18.09

Men 25-29 50 Yard Freestyle**NATL: 18.67 ! 12/20/14 BOUSQUET\ADRIAN****ZONE: 20.49 Z 4/6/14 Jarryd Botha****VA: 20.61 V 4/28/16 Kevin Gallagher**

1	Gallagher, Kevin	29	CLUB TRIBE	20.56V
2	McHenry, Scott	25	ALEXANDRIA MAS	21.21
3	Compton, Taylor	28	LANE 4 SWIMMING	22.21
4	Robbins, Luke	26	CLUB TRIBE	22.35
5	Parker, Jonathan	25	SPORT & HEALTH	24.48
6	Maguire, Andrew	28	UC10	24.91
7	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	26.04
8	Ochs, Thomas	25	SPORT & HEALTH	29.55

Men 25-29 50 Yard Freestyle Time Trial**NATL: 18.67 ! 12/20/14 BOUSQUET\ADRIAN****ZONE: 21.18 Z 5/2/99 David Lawson****VA: 20.61 V 4/28/16 Kevin Gallagher****- Time Trial**

1	Loughran, Kyle	29	CLUB TRIBE	21.49
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Men 25-29 100 Yard Freestyle**NATL: 41.13 ! 5/3/14 NATHAN ADRIAN****ZONE: 45.53 Z 4/20/13 Kyle Loughran/Will Liscinsky****VA: 45.70 V 4/22/04 Troy Johnson**

1	Gallagher, Kevin	29	CLUB TRIBE	45.53Z
	21.55	45.53		
2	McHenry, Scott	25	ALEXANDRIA MAS	46.50
	22.43	46.50		
3	Loughran, Kyle	29	CLUB TRIBE	46.58
	22.37	46.58		
4	Robbins, Luke	26	CLUB TRIBE	49.64
	23.91	49.64		
5	Compton, Taylor	28	LANE 4 SWIMMING	49.91
	23.30	49.91		
6	VanRoden, Jack	26	MERRITT MARLIN	52.98
	25.41	52.98		
7	Parker, Jonathan	25	SPORT & HEALTH	53.80
	25.46	53.80		
8	Xu, Tim	26	PATRIOT MASTERS	56.32
	27.27	56.32		
9	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	58.71
	28.50	58.71		
10	Vayda, Robert	29	ALEXANDRIA MAS	1:02.04
	29.36	1:02.04		
11	Milajevs, Dmitrijs	29	GERMANTOWN M	1:04.52
	30.53	1:04.52		

Men 25-29 100 Yard Freestyle Time Trial**NATL: 41.13 ! 5/3/14 NATHAN ADRIAN****ZONE: 45.61 Z 4/15/07 William Liscinsky****VA: 45.70 V 4/22/04 Troy Johnson****- Time Trial**

1	Gallagher, Kevin	29	CLUB TRIBE	46.39
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Men 25-29 200 Yard Freestyle**NATL: 1:31.93 ! 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	McHenry, Scott	25	ALEXANDRIA MAS	1:43.20
	23.74	49.71	1:16.30	1:43.20
2	Robbins, Luke	26	CLUB TRIBE	1:46.24
	25.26	52.54	1:19.51	1:46.24
3	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	2:01.10
	29.31	1:00.46	1:31.52	2:01.10
4	VanRoden, Jack	26	MERRITT MARLIN	2:01.43
	28.03	59.04	1:30.50	2:01.43
5	Parker, Jonathan	25	SPORT & HEALTH	2:02.47
	27.15	58.00	1:31.14	2:02.47
6	Vayda, Robert	29	ALEXANDRIA MAS	2:21.16
	31.81	1:07.05	1:44.49	2:21.16
7	Ochs, Thomas	25	SPORT & HEALTH	2:36.28
	33.91	1:12.99	1:53.92	2:36.28

Men 25-29 500 Yard Freestyle**NATL: 4:20.82 ! 4/17/10 ANDY GRANT****ZONE: 4:39.22 Z 4/12/92 Bruce Hayes****VA: 4:42.26 V 4/2/04 Frank Byskov**

1	Robbins, Luke	26	CLUB TRIBE	5:07.22
	27.68	57.36	1:27.43	1:57.95
	2:29.37	3:00.90	3:32.67	4:04.34
	4:35.98	5:07.22		
2	Loughran, Kyle	29	CLUB TRIBE	5:13.00
	21.37	56.30	1:27.80	1:59.72
	2:32.92	3:06.03	3:38.61	4:11.28
	4:43.78	5:13.00		
3	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	5:20.45
	29.48	1:01.47	1:33.73	2:06.37
	2:38.26	3:11.18	3:43.73	4:16.72
	4:49.31	5:20.45		
4	Allen, Brian	28	COLUMBIA MASTE	5:27.50
	29.36	1:01.87	1:34.63	2:07.85
	2:41.08	3:15.13	3:48.92	4:22.63
	4:56.19	5:27.50		

Men 25-29 1000 Yard Freestyle**NATL: 9:19.61 ! 3/15/14 TOBIAS WORK****ZONE: 9:55.05 Z 4/14/91 Steve Fisher****VA: 10:05.95 V 3/3/11 Adam Barley**

1	Loughran, Kyle	29	CLUB TRIBE	10:42.34
	27.33	58.56	1:30.56	2:03.02
	2:35.90	3:08.43	3:41.53	4:14.41
	4:47.67	5:20.44	5:52.69	6:25.77
	6:58.62	7:31.63	8:04.39	8:36.58
	9:07.71	9:39.60	10:11.52	10:42.34
2	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	10:54.81
	29.94	1:02.00	1:34.76	2:08.22
	2:41.21	3:14.49	3:48.00	4:21.20
	4:54.43	5:27.95	6:00.51	6:32.81
	7:04.96	7:37.72	8:10.16	8:42.71
	9:15.90	9:49.31	10:22.34	10:54.81
---	Alliot, Xavier	27	LANE 4 SWIMMING	DNF

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George Mason University, Fairfax, VA

Results**Men 25-29 50 Yard Backstroke****NATL:** 21.46 ! 4/16/10 **ADAM MANIA****ZONE:** 23.28 Z 4/6/14 **Jarryd Botha****VA:** 23.74 V 3/18/17 **Sidney Glass**

1	Maguire, Andrew	28	UC10	28.62
2	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	29.46
3	Parker, Jonathan	25	SPORT & HEALTH T	30.13

Men 25-29 100 Yard Backstroke**NATL:** 45.95 ! 4/15/10 **ADAM MANIA****ZONE:** 50.56 Z 4/5/14 **Jarryd Botha****VA:** 51.06 V 2/6/16 **David Wren**

1	VanRoden, Jack	26	MERRITT MARLIN	1:02.28
	30.20	1:02.28		
2	Parker, Jonathan	25	SPORT & HEALTH T	1:04.39
	31.07	1:04.39		
3	Vayda, Robert	29	ALEXANDRIA MAS	1:15.27
	36.62	1:15.27		

Men 25-29 200 Yard Backstroke**NATL:** 1:45.77 ! 3/20/16 **DAVID RUSSELL****ZONE:** 1:53.99 Z 4/22/01 **Peter Hezky****VA:** 1:53.60 V 1/1/94 **Chris Stevenson**

1	Vayda, Robert	29	ALEXANDRIA MAS	2:50.88
	41.63	1:25.13	2:09.10	2:50.88

Men 25-29 50 Yard Breaststroke**NATL:** 23.87 ! 5/21/10 **MARK GANGLOFF****ZONE:** 25.23 Z 4/15/07 **William Liscinsky****VA:** 26.64 V 1/30/05 **Jeremy Linn**

1	Parker, Jonathan	25	SPORT & HEALTH T	31.59
2	VanRoden, Jack	26	MERRITT MARLIN	31.65
3	Vayda, Robert	29	ALEXANDRIA MAS	31.82
4	D'Aguillo, Mike	26	CLUB TRIBE	32.31
5	Levit, David	28	LANE 4 SWIMMING	32.77
6	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	33.07

Men 25-29 100 Yard Breaststroke**NATL:** 51.57 ! 4/25/15 **MARCUS TITUS****ZONE:** 56.76 Z 4/25/10 **William Liscinsky****VA:** 57.49 V 5/16/94 **Neill Williams**

1	McHenry, Scott	25	ALEXANDRIA MAS	57.97
	26.90	57.97		
2	Maguire, Andrew	28	UC10	1:05.19
	30.13	1:05.19		
3	Levit, David	28	LANE 4 SWIMMING	1:12.98
	33.57	1:12.98		

Men 25-29 200 Yard Breaststroke**NATL:** 1:53.04 ! 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	Allen, Brian	28	COLUMBIA MASTE	2:30.95
	35.92	1:14.26	1:52.39	2:30.95
2	Levit, David	28	LANE 4 SWIMMING	2:43.07
	33.98	1:14.13	1:58.29	2:43.07

Men 25-29 50 Yard Butterfly**NATL:** 21.11 ! 11/30/12 **DAVIS TARWATER****ZONE:** 22.24 Z 4/5/14 **Jarryd Botha****VA:** 23.33 V 4/28/16 **Kevin Gallagher**

1	Gallagher, Kevin	29	CLUB TRIBE	22.99V
2	VanRoden, Jack	26	MERRITT MARLIN	25.84
3	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	30.02
4	Milajevs, Dmitrijs	29	GERMANTOWN M	35.33
---	Parker, Jonathan	25	SPORT & HEALTH T	DQ

Men 25-29 100 Yard Butterfly**NATL:** 45.32 ! 11/30/12 **DAVIS TARWATER****ZONE:** 49.79 Z 4/6/14 **Jarryd Botha****VA:** 50.52 V 4/2/04 **Frank Byskov**

1	Robbins, Luke	26	CLUB TRIBE	55.53
	25.97	55.53		
2	Parker, Jonathan	25	SPORT & HEALTH T	56.67
	25.96	56.67		
3	Maguire, Andrew	28	UC10	1:01.35
	27.76	1:01.35		
4	Xu, Tim	26	PATRIOT MASTERS	1:01.37
	28.76	1:01.37		

Men 25-29 100 Yard IM**NATL:** 47.77 ! 5/3/14 **DARIAN TOWNSEND****ZONE:** 50.51 Z 4/15/07 **William Liscinsky****VA:** 52.26 V 5/16/94 **Neill Williams**

1	Maguire, Andrew	28	UC10	1:00.17
	28.61	1:00.17		
2	Parker, Jonathan	25	SPORT & HEALTH T	1:00.33
	27.59	1:00.33		
3	VanRoden, Jack	26	MERRITT MARLIN	1:00.34
	27.47	1:00.34		
4	Altman-Kurosaki, Jonas	28	ASPHALT GREEN M	1:01.73
	29.58	1:01.73		
5	Xu, Tim	26	PATRIOT MASTERS	1:05.69
	30.13	1:05.69		

Men 25-29 200 Yard IM**NATL:** 1:41.79 ! 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	McHenry, Scott	25	ALEXANDRIA MAS	1:55.87
	25.02	55.69	1:28.71	1:55.87
2	Loughran, Kyle	29	CLUB TRIBE	2:01.11
	25.98	58.32	1:33.35	2:01.11
3	Allen, Brian	28	COLUMBIA MASTE	2:13.52
	28.46	1:03.01	1:42.47	2:13.52
4	Xu, Tim	26	PATRIOT MASTERS	2:20.53
	28.62	1:04.51	1:46.56	2:20.53

Men 30-34 50 Yard Freestyle**NATL:** 19.33 ! 5/2/14 **ERVIN ERVIN****ZONE:** 20.91 Z 4/15/12 **Terrence Fenningham****VA:** 20.93 V 1/27/07 **Daniel Summerlin**

1	Macedonia, Nicholas	30	LANE 4 SWIMMING	22.81
2	Stratton, Rob	32	PATRIOT MASTERS	23.12
3	Lesnewsky, Erik	34	CLUB TRIBE	24.13

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Results**(Men 30-34 50 Yard Freestyle)**

4	Tikhonoff, Jonathan	30	UC38	24.21
5	Summers, Dan	30	ARLINGTON MAST	24.71
6	Oloughlin, Jonathan	33	UMAC-TERRAPIN I	25.22
7	Shaw, Chris	34	UMAC-TERRAPIN I	26.53

Men 30-34 100 Yard Freestyle**NATL: 42.75 ! 12/21/14 DARIAN TOWNSEND****ZONE: 46.38 Z 4/13/08 Troy Johnson****VA: 46.38 V 4/11/08 Troy Johnson**

1	Stratton, Rob	32	PATRIOT MASTERS	51.57
	25.26	51.57		
2	Tikhonoff, Jonathan	30	UC38	52.41
	24.96	52.41		
3	Laiti, Patrick	31	UC12	52.84
	25.53	52.84		
4	Frampton, Andrew	30	DISTRICT OF COLU	53.32
	25.55	53.32		
5	Bauzon, Jaszver	32	BEARCAT MASTER	53.93
	25.44	53.93		
6	Oloughlin, Jonathan	33	UMAC-TERRAPIN I	53.99
	25.91	53.99		
7	Lesnewsky, Erik	34	CLUB TRIBE	54.13
	25.55	54.13		
8	Taylor, Tim	30	ALEXANDRIA MAS	54.65
	26.05	54.65		
9	Ryan, Tim	34	CENTRAL BUCKS I	56.64
	27.56	56.64		
10	Shaw, Chris	34	UMAC-TERRAPIN I	58.84
	27.05	58.84		

Men 30-34 200 Yard Freestyle**NATL: 1:34.00 ! 12/19/14 DARIAN TOWNSEND****ZONE: 1:43.00 Z 4/21/13 Michael Bazylewicz****VA: 1:44.90 V 5/21/95 Chris Stevenson**

1	Shaw, Chris	34	UMAC-TERRAPIN I	2:14.12
	28.61	1:01.54	1:37.40	2:14.12

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

1	Helfers, Edward	34	UC10	5:02.14
	27.91	58.58	1:29.03	1:59.82
	2:30.54	3:01.32	3:32.21	4:02.93
	4:33.52	5:02.14		
2	Schmitt, Sam	31	ARLINGTON MAST	5:27.45
	29.73	1:01.57	1:33.79	2:06.40
	2:38.84	3:12.01	3:45.53	4:19.48
	4:54.23	5:27.45		
3	Oloughlin, Jonathan	33	UMAC-TERRAPIN I	5:29.05
	28.91	1:01.12	1:34.61	2:08.23
	2:41.86	3:15.65	3:49.56	4:23.58
	4:57.00	5:29.05		

Men 30-34 1000 Yard Freestyle**NATL: 9:26.93 ! 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	Taylor, Tim	30	ALEXANDRIA MAS	12:10.67
	32.16	1:07.73	1:43.60	2:20.18
	2:56.28	3:33.48	4:10.41	4:47.49
	5:26.21	6:03.97	6:41.23	7:18.25
	7:55.33	8:32.59	9:09.83	9:46.81
	10:23.50	10:59.85	11:36.09	12:10.67

Men 30-34 50 Yard Backstroke**NATL: 21.51 ! 4/26/15 MATT GREVERS****ZONE: 24.35 Z 4/23/06 Troy Johnson****VA: 24.18 V 5/21/95 Chris Stevenson**

1	Lesnewsky, Erik	34	CLUB TRIBE	27.97
2	Tikhonoff, Jonathan	30	UC38	28.12
3	Ryan, Tim	34	CENTRAL BUCKS I	29.61

Men 30-34 100 Yard Backstroke Time Trial**NATL: 46.34 ! 12/21/13 ADAM MANIA****ZONE: 54.60 Z 4/14/91 Rick Reynolds****VA: 50.49 V 3/9/07 Ryan Bradley****- Time Trial**

1	Hensley, Scott	34	CLUB TRIBE	54.68
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Men 30-34 100 Yard Backstroke**NATL: 46.34 ! 12/21/13 ADAM MANIA****ZONE: 51.93 Z 4/20/13 Michael Bazylewicz****VA: 50.49 V 3/9/07 Ryan Bradley**

1	Hensley, Scott	34	CLUB TRIBE	54.23
	25.90	54.23		
2	Norton, Timothy	33	UC08	57.33
	27.33	57.33		
3	Tikhonoff, Jonathan	30	UC38	59.57
	28.90	59.57		
4	Bauzon, Jaszver	32	BEARCAT MASTER	1:02.08
	29.78	1:02.08		
5	Ryan, Tim	34	CENTRAL BUCKS I	1:04.37
	32.18	1:04.37		
6	Shaw, Chris	34	UMAC-TERRAPIN I	1:15.06
	34.00	1:15.06		

Men 30-34 200 Yard Backstroke**NATL: 1:43.73 ! 12/21/14 ADAM MANIA****ZONE: 1:51.42 Z 4/21/13 Michael Bazylewicz****VA: 1:54.10 V 5/21/95 Chris Stevenson**

1	Hensley, Scott	34	CLUB TRIBE	2:00.37
	27.78	58.28	1:29.17	2:00.37
2	Taylor, Tim	30	ALEXANDRIA MAS	2:17.75
	31.53	1:05.90	1:41.57	2:17.75

Men 30-34 50 Yard Breaststroke**NATL: 24.35 ! 4/24/15 MATT GREVERS****ZONE: 26.54 Z 4/17/11 Joe Nagy****VA: 26.59 V 9/29/12 Vanja Rogulj**

1	Macedonia, Nicholas	30	LANE 4 SWIMMING	28.27
2	Laiti, Patrick	31	UC12	29.22

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**(Men 30-34 50 Yard Breaststroke)**

3	Vera, Art	34	SPORT & HEALTH	29.43
4	Tikhonoff, Jonathan	30	UC38	30.31
5	Murphy, Matthew	32	SPORT & HEALTH	31.43
6	Ryan, Tim	34	CENTRAL BUCKS	33.45
7	Shaw, Chris	34	UMAC-TERRAPIN	37.26

Men 30-34 100 Yard Breaststroke**NATL: 53.44 ! 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	Tikhonoff, Jonathan	30	UC38	1:05.67
	31.77	1:05.67		
2	Taylor, Tim	30	ALEXANDRIA MAS	1:07.99
	32.32	1:07.99		
3	Summers, Dan	30	ARLINGTON MAST	1:10.79
	33.59	1:10.79		
4	Oloughlin, Jonathan	33	UMAC-TERRAPIN	1:12.32
	34.23	1:12.32		

Men 30-34 200 Yard Breaststroke**NATL: 1:56.02 ! 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	Taylor, Tim	30	ALEXANDRIA MAS	2:32.50
	33.81	1:11.90	1:51.46	2:32.50
2	Vera, Art	34	SPORT & HEALTH	2:46.89
	35.07	1:17.51	2:01.77	2:46.89

Men 30-34 50 Yard Butterfly**NATL: 21.11 ! 4/26/15 MATT GREVERS****ZONE: 22.73 Z 4/14/12 Terrence Fenningham****VA: 23.38 V 5/8/98 Coll Haddon**

1	Macedonia, Nicholas	30	LANE 4 SWIMMING	24.77
2	Tikhonoff, Jonathan	30	UC38	25.55
3	Lesnewsky, Erik	34	CLUB TRIBE	25.94
4	Bauzon, Jaszver	32	BEARCAT MASTER	26.23
5	Murphy, Matthew	32	SPORT & HEALTH	26.66
6	Schmitt, Sam	31	ARLINGTON MAST	27.26
7	Ryan, Tim	34	CENTRAL BUCKS	31.18

Men 30-34 100 Yard Butterfly**NATL: 47.28 ! 12/20/13 ADAM MANIA****ZONE: 51.08 Z 4/13/03 Curtis Sawin****VA: 50.08 V 12/2/10 Matt Haupt**

1	Tikhonoff, Jonathan	30	UC38	55.07
	25.87	55.07		
2	Hensley, Scott	34	CLUB TRIBE	1:00.14
	27.74	1:00.14		

Men 30-34 200 Yard Butterfly**NATL: 1:45.01 ! 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	34	UC10	2:04.17
	27.46	58.68	1:30.76	2:04.17
2	Schmitt, Sam	31	ARLINGTON MAST	2:12.98
	28.55	1:00.49	1:34.44	2:12.98

Men 30-34 100 Yard IM**NATL: 47.78 ! 4/25/15 MATT GREVERS****ZONE: 53.61 Z 4/15/12 Terrence Fenningham****VA: 53.09 V 1/27/07 Daniel Summerlin**

1	Tikhonoff, Jonathan	30	UC38	58.65
	26.67	58.65		
2	Macedonia, Nicholas	30	LANE 4 SWIMMING	58.77
	27.11	58.77		
3	Stratton, Rob	32	PATRIOT MASTERS	59.45
	27.61	59.45		
4	Lesnewsky, Erik	34	CLUB TRIBE	59.57
	28.23	59.57		
5	Taylor, Tim	30	ALEXANDRIA MAS	1:01.42
	28.29	1:01.42		
6	Summers, Dan	30	ARLINGTON MAST	1:05.92
	31.08	1:05.92		

Men 30-34 200 Yard IM**NATL: 1:42.03 ! 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	Helfers, Edward	34	UC10	2:04.16
	26.47	59.99	1:35.41	2:04.16
2	Stratton, Rob	32	PATRIOT MASTERS	2:13.81
	28.97	1:03.74	1:43.07	2:13.81
3	Taylor, Tim	30	ALEXANDRIA MAS	2:15.27
	29.34	1:04.35	1:43.10	2:15.27
4	Frampton, Andrew	30	DISTRICT OF COLU	2:15.34
	28.42	1:03.57	1:43.75	2:15.34
5	Oloughlin, Jonathan	33	UMAC-TERRAPIN	2:18.81
	29.30	1:06.44	1:46.18	2:18.81
6	Bauzon, Jaszver	32	BEARCAT MASTER	2:19.62
	29.18	1:05.20	1:46.23	2:19.62

Men 30-34 400 Yard IM**NATL: 3:40.98 ! 12/19/14 DARIAN TOWNSEND****ZONE: 4:14.93 Z 4/12/15 Gregory Danner****VA: 4:13.74 V 4/28/16 Adam Barley**

1	Norton, Timothy	33	UC08	4:44.13
	27.37	1:00.41	1:36.17	2:11.48
	2:53.30	3:35.79	4:10.74	4:44.13
2	Ryan, Tim	34	CENTRAL BUCKS	5:16.85
	34.28	1:14.25	1:54.29	2:33.81
	3:17.82	4:01.69	4:39.83	5:16.85

Men 35-39 50 Yard Freestyle**NATL: 20.14 ! 5/4/08 JOSH DAVIS****ZONE: 21.05 Z 4/23/06 Michael Ross****VA: 21.18 V 1/26/08 Daniel Summerlin**

1	Lovett, Michael	39	CLUB TRIBE	22.24
2	Jent, Daniel	39	ALEXANDRIA MAS	23.86
3	Dryburgh, Andrew	36	SPRING VALLEY YI	24.28
4	Strahota, Jeffrey	36	UMAC-TERRAPIN	25.22
5	Gass, Kraig	37	WINCHESTER MAS	25.45
6	Gwilliam, Glenn	38	RESTON MASTERS	26.91

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 35-39 100 Yard Freestyle****NATL: 44.24 ! 4/20/09 VLAD PYSHNENKO****ZONE: 45.54 Z 4/23/06 Michael Ross****VA: 47.33 V 4/26/12 Daniel Summerlin**

1	Bellamy, Robert	35	MARYLAND MAST	48.08
	23.15			48.08
2	Lovett, Michael	39	CLUB TRIBE	49.88
	23.55			49.88
3	Krajewski, Thomas	38	PATRIOT MASTERS	51.98
	24.55			51.98
4	Hegna, Ryan	36	CENTRAL BUCKS I	52.85
	24.99			52.85
5	Sady, Darek	39	DISTRICT OF COLU	53.01
	25.36			53.01
6	Jent, Daniel	39	ALEXANDRIA MAS	53.14
	25.44			53.14
7	Hegna, Jon	38	LANE 4 SWIMMINC	54.13
	25.75			54.13
8	Kaplan, Jordan	38	LANE 4 SWIMMINC	57.00
	27.31			57.00
9	Gwilliam, Glenn	38	RESTON MASTERS	1:01.37
	29.63			1:01.37
10	Sugar, David	37	MERRITT MARLIN	1:14.55
	34.51			1:14.55

Men 35-39 200 Yard Freestyle**NATL: 1:36.56 ! 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	Bellamy, Robert	35	MARYLAND MAST	1:46.43
	24.88		1:18.54	1:46.43
2	Jent, Daniel	39	ALEXANDRIA MAS	1:56.06
	26.50		1:25.67	1:56.06
3	Hegna, Ryan	36	CENTRAL BUCKS I	1:58.46
	26.15		1:26.85	1:58.46
4	Dryburgh, Andrew	36	SPRING VALLEY YI	2:00.54
	26.74		1:28.99	2:00.54
5	Connors, Dana	36	DISTRICT OF COLU	2:17.57
	32.51		1:43.42	2:17.57

Men 35-39 500 Yard Freestyle**NATL: 4:33.97 ! 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	Jent, Daniel	39	ALEXANDRIA MAS	5:22.83
	28.01		1:30.43	2:03.02
	2:35.98		3:43.30	4:16.92
	4:50.47			5:22.83
2	Hegna, Ryan	36	CENTRAL BUCKS I	5:25.14
	27.78		1:30.85	2:03.49
	2:36.62		3:43.94	4:18.21
	4:52.33			5:25.14
3	Hegna, Jon	38	LANE 4 SWIMMINC	5:25.18
	28.96		1:33.55	2:06.69
	2:39.69		3:46.25	4:20.18
	4:53.35			5:25.18

4	Strahota, Jeffrey	36	UMAC-TERRAPIN I	5:27.55
	29.73		1:35.42	2:08.66
	2:42.16		3:49.09	4:22.52
	4:55.87			5:27.55
5	Dryburgh, Andrew	36	SPRING VALLEY YI	5:36.17
	29.73		1:37.72	2:12.30
	2:46.97		3:56.04	4:30.28
	5:04.02			5:36.17
6	Patterson, Thomas	39	COLONIALS 1776	5:41.61
	31.36		1:39.64	2:14.04
	2:48.31		3:57.73	4:32.76
	5:08.02			5:41.61
7	Boris, Joseph	37	SPRING VALLEY YI	5:43.29
	30.39		1:39.47	2:14.81
	2:50.02		4:00.52	4:35.80
	5:10.61			5:43.29
8	Gwilliam, Glenn	38	RESTON MASTERS	6:43.16
	35.70		1:58.19	2:40.68
	3:23.31		4:44.57	5:25.01
	6:05.58			6:43.16
9	Sugar, David	37	MERRITT MARLIN	7:40.68
	35.76		2:04.76	2:52.49
	3:41.35		5:17.32	6:07.08
	6:53.48			7:40.68

Men 35-39 1000 Yard Freestyle Time Trial**NATL: 9:27.97 ! 5/20/10 ERIC CHRISTENSEN****ZONE: 10:18.45 Z 4/12/92 Matthew Clark****VA: 10:33.12 V 4/9/05 Rob St Jean****- Time Trial**

1	Patterson, Thomas	39	COLONIALS 1776	11:51.77
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Men 35-39 1000 Yard Freestyle**NATL: 9:27.97 ! 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	Wheeler, Michael	36	CENTRAL MARYLA	11:02.84
	28.77		1:32.53	2:04.98
	2:37.65		3:43.70	4:16.82
	4:49.96		5:57.40	6:31.43
	7:05.48		8:13.57	8:47.60
	9:22.15		10:30.03	11:02.84
2	Kaplan, Jordan	38	LANE 4 SWIMMINC	11:35.54
	30.95		1:39.07	2:13.93
	2:48.88		3:59.16	4:34.88
	5:10.12		6:21.62	6:57.58
	7:33.01		8:43.28	9:18.72
	9:54.14		11:03.31	11:35.54
3	Dryburgh, Andrew	36	SPRING VALLEY YI	11:36.33
	30.27		1:39.23	2:14.04
	2:49.16		3:59.62	4:35.51
	5:11.25		6:22.25	6:57.26
	7:32.22		8:42.65	9:18.43
	9:54.26		11:04.79	11:36.33

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 35-39 1650 Yard Freestyle****NATL: 15:53.88 ! 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	Methric, Tim	39	MARYLAND MAST	18:51.25
	28.15	59.97	1:33.26	2:07.18
	2:41.51	3:16.15	3:51.69	4:26.75
	5:02.11	5:37.95	6:13.26	6:48.22
	7:23.33	7:58.62	8:33.68	9:09.09
	9:44.25	10:19.58	10:54.93	11:29.57
	12:04.23	12:39.23	13:13.49	13:47.83
	14:22.98	14:57.56	15:31.84	16:06.36
	16:40.67	17:14.34	17:47.94	18:21.04
				18:51.25
2	Patterson, Thomas	39	COLONIALS 1776	19:43.93
	32.00	1:05.93	1:40.16	2:14.83
	2:49.80	3:24.87	4:00.12	4:35.43
	5:10.89	5:46.70	6:22.66	6:58.74
	7:35.05	8:11.75	8:48.76	9:25.41
	10:02.32	10:38.52	11:15.07	11:51.77
	12:28.18	13:04.69	13:41.51	14:18.04
	14:54.85	15:31.51	16:08.51	16:45.19
	17:21.37	17:57.77	18:34.37	19:09.11
				19:43.93
3	Boris, Joseph	37	SPRING VALLEY YI	20:14.76
	30.85	1:05.21	1:40.00	2:15.38
	2:51.37	3:27.39	4:03.59	4:40.30
	5:16.97	5:53.89	6:30.57	7:07.56
	7:44.57	8:21.51	8:58.38	9:35.68
	10:13.26	10:50.24	11:27.22	12:04.45
	12:41.78	13:19.62	13:57.16	14:35.11
	15:12.83	15:50.85	16:28.98	17:07.24
	17:45.57	18:23.70	19:01.34	19:38.64
				20:14.76
4	Takeguchi, Kevin	38	LANE 4 SWIMMING	34:44.14
	43.00	1:35.87	2:28.55	3:22.59
	4:19.11	5:17.90	6:14.71	7:18.57
	8:34.10	9:30.29	10:44.83	12:00.78
	13:10.42	14:17.62	15:24.43	16:26.87
	17:39.14	18:40.83	19:42.60	20:43.12
	21:48.09	22:52.07	23:52.18	24:52.83
	26:03.93	27:05.00	28:09.17	29:18.19
	30:26.18	31:33.54	32:39.16	33:42.77
				34:44.14

Men 35-39 50 Yard Backstroke**NATL: 22.70 ! 5/4/08 JOSH DAVIS****ZONE: 23.06 Z 4/23/06 Michael Ross****VA: 24.64 V 4/1/00 Chris Stevenson**

1	Fry, Jonathan	37	ALEXANDRIA MAS	28.21
2	Hegna, Ryan	36	CENTRAL BUCKS I	28.75
3	Gass, Kraig	37	WINCHESTER MAS	29.78
4	Strahota, Jeffrey	36	UMAC-TERRAPIN I	30.47

Men 35-39 100 Yard Backstroke**NATL: 49.12 ! 5/4/08 JOSH DAVIS****ZONE: 49.62 Z 4/24/05 Michael Ross****VA: 52.93 V 4/1/00 Chris Stevenson**

1	Sugar, David	37	MERRITT MARLIN	1:59.19
	56.90			1:59.19

Men 35-39 200 Yard Backstroke**NATL: 1:47.72 ! 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	Patterson, Thomas	39	COLONIALS 1776	2:19.01
	32.99	1:08.13	1:44.18	2:19.01
2	Boris, Joseph	37	SPRING VALLEY YI	2:28.43
	35.33	1:13.13	1:51.28	2:28.43

Men 35-39 50 Yard Breaststroke Time Trial**NATL: 25.35 ! 5/21/10 STEVE WEST****ZONE: 26.29 Z 4/22/01 Wally Dicks****VA: 28.20 V 1/1/93 Michael Slowey****- Time Trial**

1	Houchins, Bradford	39	SPRING VALLEY YI	29.63
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Men 35-39 50 Yard Breaststroke**NATL: 25.35 ! 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	39	SPRING VALLEY YI	30.05
2	Fry, Jonathan	37	ALEXANDRIA MAS	30.60
3	Wheeler, Michael	36	CENTRAL MARYLA	30.81
4	Sady, Darek	39	DISTRICT OF COLU	32.37
5	Strahota, Jeffrey	36	UMAC-TERRAPIN I	32.44
6	Hegna, Ryan	36	CENTRAL BUCKS I	32.71
7	Hegna, Jon	38	LANE 4 SWIMMING	32.92

Men 35-39 100 Yard Breaststroke**NATL: 54.98 ! 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	39	SPRING VALLEY YI	1:05.13
	29.63			1:05.13

Men 35-39 200 Yard Breaststroke**NATL: 1:59.23 ! 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	39	SPRING VALLEY YI	2:28.56
	32.39	1:09.46	1:48.40	2:28.56
2	Wheeler, Michael	36	CENTRAL MARYLA	2:33.48
	34.00	1:13.24	1:53.30	2:33.48
3	Boris, Joseph	37	SPRING VALLEY YI	2:40.32
	36.31	1:17.26	1:59.02	2:40.32
4	Patterson, Thomas	39	COLONIALS 1776	2:43.56
	36.61	1:17.35	2:00.22	2:43.56

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

1	Lovett, Michael	39	CLUB TRIBE	23.87
2	Krajewski, Thomas	38	PATRIOT MASTERS	25.52
3	Fry, Jonathan	37	ALEXANDRIA MAS	26.56
4	Hegna, Ryan	36	CENTRAL BUCKS I	26.63
5	Dryburgh, Andrew	36	SPRING VALLEY YI	26.64
6	Strahota, Jeffrey	36	UMAC-TERRAPIN I	27.55

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Men 35-39 50 Yard Butterfly)**

7	Hegna, Jon	38	LANE 4 SWIMMING	27.62
8	Gwilliam, Glenn	38	RESTON MASTERS	30.86

Men 35-39 100 Yard Butterfly

NATL: 49.12 ! 4/24/15 **GLENN COUNTS**
ZONE: 50.06 Z 4/23/06 **Michael Ross**
VA: 51.69 V 1/26/08 **Daniel Summerlin**

1	Nilson, Matt	36	CLUB TRIBE	55.44
	26.03		55.44	
2	Torgesen, Harald	38	ALEXANDRIA MAS	1:00.49
	27.72		1:00.49	
3	Dryburgh, Andrew	36	SPRING VALLEY YI	1:00.87
	27.55		1:00.87	
4	Strahota, Jeffrey	36	UMAC-TERRAPIN I	1:01.42
	28.01		1:01.42	
5	Jent, Daniel	39	ALEXANDRIA MAS	1:01.51
	27.93		1:01.51	
6	Gass, Kraig	37	WINCHESTER MAS	1:03.19
	29.33		1:03.19	

Men 35-39 200 Yard Butterfly

NATL: 1:50.74 ! 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	Nilson, Matt	36	CLUB TRIBE	2:01.92
	27.35		58.31	
			1:29.96	2:01.92
2	Wheeler, Michael	36	CENTRAL MARYLA	2:12.32
	28.28		1:01.65	
			1:36.06	2:12.32
3	Patterson, Thomas	39	COLONIALS 1776	2:17.05
	29.98		1:03.09	
			1:38.49	2:17.05
4	Dryburgh, Andrew	36	SPRING VALLEY YI	2:20.25
	30.00		1:05.34	
			1:42.03	2:20.25

Men 35-39 100 Yard IM

NATL: 50.06 ! 5/4/08 **JOSH DAVIS**
ZONE: 53.98 Z 4/13/08 **Jeffrey Roddin**
VA: 53.70 V 4/28/16 **Michael Lovett**

1	Lovett, Michael	39	CLUB TRIBE	54.75
	25.11		54.75	
2	Fry, Jonathan	37	ALEXANDRIA MAS	1:03.14
	28.91		1:03.14	
3	Boris, Joseph	37	SPRING VALLEY YI	1:06.41
	32.03		1:06.41	
4	Gass, Kraig	37	WINCHESTER MAS	1:09.36
	29.75		1:09.36	
5	Gwilliam, Glenn	38	RESTON MASTERS	1:11.44
	32.50		1:11.44	
6	Connors, Dana	36	DISTRICT OF COLU	1:12.85
	34.60		1:12.85	

Men 35-39 200 Yard IM

NATL: 1:48.74 ! 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	Boris, Joseph	37	SPRING VALLEY YI	2:21.71
	30.32		1:08.27	
			1:49.07	2:21.71

Men 35-39 400 Yard IM

NATL: 3:56.76 ! 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	Patterson, Thomas	39	COLONIALS 1776	4:53.36
	31.02		1:05.57	
			1:42.08	2:19.06
	3:02.33		3:45.74	
			4:20.47	4:53.36
2	Boris, Joseph	37	SPRING VALLEY YI	5:02.70
	32.08		1:10.67	
			1:51.24	2:30.65
	3:12.95		3:55.65	
			4:29.89	5:02.70
3	Connors, Dana	36	DISTRICT OF COLU	5:33.60
	37.09		1:19.01	
			2:01.81	2:43.80
	3:30.15		4:18.77	
			4:57.17	5:33.60

Men 40-44 50 Yard Freestyle Time Trial

NATL: 20.67 ! 12/20/14 **JOSH DAVIS**
ZONE: 21.78 Z 4/21/02 **Michael Fell**
VA: 21.84 V 1/1/98 **John Tudor**

- Time Trial

1	Williams, Rich	41	CLUB TRIBE	23.54
2	Baldwin, Craig	42	RESTON MASTERS	24.23

Men 40-44 50 Yard Freestyle

NATL: 20.67 ! 12/20/14 **JOSH DAVIS**
ZONE: 20.84 Z 4/26/09 **Michael Ross**
VA: 21.84 V 1/1/98 **John Tudor**

1	Hasbach, Christian	42	UC12	22.34
2	Bohan, Michael	40	UC07	25.17
3	Rockwell, John	42	CLUB TRIBE	25.37
4	Hanneschlager, Michael	42	LANE 4 SWIMMING	25.76
5	Milhiser, Mark	42	ALEXANDRIA MAS	28.83
6	Vannier, David	40	UC10	31.12
7	Ghaleb, Ragaey	41	COLUMBIA MASTE	32.18
8	Casstevens, Wade	43	SPORT & HEALTH I	34.69
9	McCready, Matthew	41	ALEXANDRIA MAS	45.70

Men 40-44 100 Yard Freestyle Time Trial

NATL: 45.15 ! 5/3/14 **JOSH DAVIS**
ZONE: 47.63 Z 4/21/02 **Michael Fell**
VA: 47.58 V 4/27/00 **John Tudor**

- Time Trial

2	Williams, Rich	41	CLUB TRIBE	52.22
4	Baldwin, Craig	42	RESTON MASTERS	53.16

Men 40-44 100 Yard Freestyle

NATL: 45.15 ! 5/3/14 **JOSH DAVIS**
ZONE: 45.61 Z 4/25/09 **Michael Ross**
VA: 47.58 V 4/27/00 **John Tudor**

1	Zenyuh, James	40	RIPTIDE MASTERS	48.35
	22.84		48.35	
2	Berry, Chip	42	UC10	50.62
	24.69		50.62	
3	Kirschner, Brad	43	SPRING VALLEY YI	52.37
	24.93		52.37	
4	Baldwin, Craig	42	RESTON MASTERS	52.95
	25.46		52.95	
5	Harbourt, Cliff	44	SANTA CRUZ MAS	54.25
	26.05		54.25	

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Men 40-44 100 Yard Freestyle)**

6	Bingaman, Cory	42	ALEXANDRIA MAS	54.68
	26.31	54.68		
7	Grasha, Eric	41	DISTRICT OF COLU	55.42
	26.68	55.42		
8	Bohan, Michael	40	UC07	57.99
	27.37	57.99		
9	Bartkowski, Mac	40	LANE 4 SWIMMING	58.17
	27.83	58.17		
10	Hinz, Brian	43	CENTRAL MARYLA	1:00.36
	28.65	1:00.36		
11	Joubert, Kevin	44	MERRITT MARLIN	1:00.92
	29.70	1:00.92		
12	Casstevens, Wade	43	SPORT & HEALTH	1:18.31
	37.61	1:18.31		

Men 40-44 200 Yard Freestyle

NATL: 1:38.23 ! 4/24/15 JOSH DAVIS
ZONE: 1:47.76 Z 4/26/09 William Segal
VA: 1:44.37 V 3/6/09 Chris Stevenson

1	Berry, Chip	42	UC10	1:49.59
	25.70	53.12	1:21.13	1:49.59
2	Bell, David	41	SANTA CRUZ MAS	1:54.56
	26.42	55.59	1:25.55	1:54.56
3	Bingaman, Cory	42	ALEXANDRIA MAS	2:02.83
	28.22	58.20	1:30.10	2:02.83
4	Dragon, Tony	40	UC10	2:08.77
	28.97	1:00.83	1:34.62	2:08.77
5	Di Filippo, Mario	40	DISTRICT OF COLU	2:10.74
	30.62	1:03.39	1:37.30	2:10.74
6	McCready, Matthew	41	ALEXANDRIA MAS	3:32.49
	51.90	1:45.02	2:39.86	3:32.49

Men 40-44 500 Yard Freestyle

NATL: 4:33.36 ! 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	Berry, Chip	42	UC10	5:01.04
	27.40	56.81	1:26.80	1:57.63
	2:28.83	2:59.84	3:30.91	4:01.76
	4:32.69	5:01.04		
2	Bell, David	41	SANTA CRUZ MAS	5:10.63
	27.55	57.66	1:28.79	2:00.48
	2:32.64	3:04.71	3:36.33	4:08.24
	4:40.16	5:10.63		
3	Baldwin, Craig	42	RESTON MASTERS	5:18.64
	28.49	58.81	1:30.26	2:02.55
	2:35.62	3:08.58	3:41.46	4:14.00
	4:46.52	5:18.64		
4	Scott, Clint	42	RESTON MASTERS	5:40.39
	30.43	1:04.05	1:38.25	2:13.44
	2:48.40	3:23.28	3:58.02	4:32.81
	5:07.60	5:40.39		
5	Kirschner, Brad	43	SPRING VALLEY YI	5:44.95
	29.25	1:01.97	1:34.67	2:08.28
	2:43.65	3:19.10	3:55.11	4:31.54
	5:08.78	5:44.95		

6	Joubert, Kevin	44	MERRITT MARLIN	5:45.76
	31.41	1:05.94	1:41.34	2:16.68
	2:51.96	3:27.11	4:02.28	4:37.17
	5:11.90	5:45.76		
7	Di Filippo, Mario	40	DISTRICT OF COLU	5:48.32
	29.93	1:03.89	1:39.43	2:15.23
	2:50.93	3:26.76	4:02.84	4:38.52
	5:14.71	5:48.32		
8	Dragon, Tony	40	UC10	5:58.31
	32.54	1:07.19	1:42.89	2:19.25
	2:55.64	3:32.12	4:09.55	4:46.82
	5:23.60	5:58.31		
9	Hanneschlager, Michael	42	LANE 4 SWIMMING	6:18.60
	32.63	1:09.47	1:47.08	2:25.13
	3:03.12	3:41.18	4:20.63	5:00.84
	5:39.93	6:18.60		

Men 40-44 1000 Yard Freestyle

NATL: 9:32.66 ! 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	Ahlgren, Kyle	41	CLUB TRIBE	15:02.30
	42.58	1:28.48	2:14.51	3:00.15
	3:45.41	4:30.33	5:15.03	6:00.10
	6:45.26	7:30.90	8:16.21	9:01.42
	9:47.31	10:33.20	11:18.71	12:04.29
	12:49.41	13:34.18	14:18.86	15:02.30
2	Jarrell, Noble	40	ALEXANDRIA MAS	16:34.23
	45.71	1:32.56	2:20.09	3:08.36
	3:56.47	4:45.90	5:37.08	6:27.47
	7:18.79	8:09.95	9:00.76	9:50.91
	10:40.54	11:31.02	12:22.28	13:14.65
	14:04.75	14:55.70	15:45.12	16:34.23

Men 40-44 1650 Yard Freestyle

NATL: 15:51.52 ! 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	Di Filippo, Mario	40	DISTRICT OF COLU	19:40.65
	30.84	1:04.90	1:39.99	2:15.42
	2:50.98	3:26.47	4:02.14	4:38.37
	5:14.11	5:50.30	6:26.37	7:02.48
	7:38.69	8:15.07	8:51.47	9:27.85
	10:03.98	10:40.44	11:16.58	11:52.85
	12:29.20	13:05.60	13:42.19	14:18.86
	14:55.25	15:31.58	16:07.79	16:43.91
	17:19.84	17:55.67	18:31.51	19:07.45
				19:40.65
2	Joubert, Kevin	44	MERRITT MARLIN	20:15.84
	32.87	1:08.61	1:44.79	2:21.10
	2:57.66	3:33.92	4:10.13	4:47.00
	5:23.64	5:59.78	6:36.12	7:12.37
	7:48.76	8:25.50	9:02.37	9:39.07
	10:15.49	10:51.86	11:28.72	12:05.68
	12:43.21	13:21.03	13:58.96	14:37.03
	15:15.18	15:52.89	16:30.90	17:09.09
	17:46.58	18:24.49	19:01.80	19:39.47
				20:15.84

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**(Men 40-44 1650 Yard Freestyle)**

3	Dragon, Tony	40	UC10	21:23.93
	35.21	1:13.06	1:51.63	2:31.38
	3:11.10	3:51.29	4:31.02	5:10.87
	5:51.00	6:30.62	7:10.29	7:50.14
	8:30.46	9:10.45	9:50.41	10:31.01
	11:11.27	11:51.22	12:30.91	13:09.91
	13:49.35	14:28.67	15:08.22	15:47.55
	16:27.58	17:07.83	17:47.50	18:27.32
	19:07.20	19:46.95	20:24.56	21:00.24
				21:23.93

Men 40-44 50 Yard Backstroke

NATL: 22.77 ! 4/26/09 **MICHAEL ROSS**
ZONE: 22.77 Z 4/25/09 **Michael Ross**
VA: 24.45 V 4/11/08 **Chris Stevenson**

1	Zenyuh, James	40	RIPTIDE MASTERS	23.81
2	Bell, David	41	SANTA CRUZ MAS	26.35
3	Rockwell, John	42	CLUB TRIBE	28.05
4	Joubert, Kevin	44	MERRITT MARLIN	32.91
5	Hinz, Brian	43	CENTRAL MARYLA	33.27
6	Vannier, David	40	UC10	35.38
7	McCready, Matthew	41	ALEXANDRIA MAS	59.30

Men 40-44 50 Yard Backstroke Time Trial

NATL: 22.77 ! 4/26/09 **MICHAEL ROSS**
ZONE: 24.45 Z 4/13/08 **Chris Stevenson**
VA: 24.45 V 4/11/08 **Chris Stevenson**

- Time Trial

1	Zenyuh, James	40	RIPTIDE MASTERS	23.94Z
2	Rockwell, John	42	CLUB TRIBE	28.10
3	Baldwin, Craig	42	RESTON MASTERS	28.99

Men 40-44 100 Yard Backstroke

NATL: 48.49 ! 4/26/09 **MICHAEL ROSS**
ZONE: 48.49 Z 4/26/09 **Michael Ross**
VA: 50.67 V 3/6/09 **Chris Stevenson**

1	Zenyuh, James	40	RIPTIDE MASTERS	51.47
	24.79	51.47		
2	Bell, David	41	SANTA CRUZ MAS	58.49
	28.40	58.49		
3	Rockwell, John	42	CLUB TRIBE	1:00.23
	29.20	1:00.23		
4	Kirschner, Brad	43	SPRING VALLEY Y	1:03.37
	30.58	1:03.37		
5	Grasha, Eric	41	DISTRICT OF COLU	1:05.24
	31.58	1:05.24		

Men 40-44 100 Yard Backstroke Time Trial

NATL: 48.49 ! 4/26/09 **MICHAEL ROSS**
ZONE: 51.88 Z 4/13/08 **Chris Stevenson**
VA: 50.67 V 3/6/09 **Chris Stevenson**

- Time Trial

1	Rockwell, John	42	CLUB TRIBE	1:00.06
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Men 40-44 200 Yard Backstroke

NATL: 1:50.09 ! 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	41	SANTA CRUZ MAS	2:05.71
	28.33	1:00.12	1:33.01	2:05.71
2	Baldwin, Craig	42	RESTON MASTERS	2:21.00
	32.89	1:09.35	1:44.99	2:21.00
3	Vannier, David	40	UC10	2:46.27
	39.99	1:21.68	2:04.96	2:46.27
4	McCready, Matthew	41	ALEXANDRIA MAS	4:20.89
	1:03.41	4:20.89		

Men 40-44 50 Yard Breaststroke

NATL: 25.02 ! 3/12/16 **JARROD MARRS**
ZONE: 27.42 Z 5/2/99 **Benn Doyle**
VA: 28.52 V 5/19/05 **David Malsbury**

1	Williams, Rich	41	CLUB TRIBE	28.43V
2	Scott, Clint	42	RESTON MASTERS	31.42
3	Bartkowski, Mac	40	LANE 4 SWIMMING	33.67
4	Hinz, Brian	43	CENTRAL MARYLA	35.23
5	Grasha, Eric	41	DISTRICT OF COLU	36.87
6	Casstevens, Wade	43	SPORT & HEALTH	41.87

Men 40-44 100 Yard Breaststroke

NATL: 55.37 ! 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	41	CLUB TRIBE	1:03.98
	30.11	1:03.98		
2	Sandi, Gustavo	44	GERMANTOWN M	1:05.92
	30.84	1:05.92		
3	Baldwin, Craig	42	RESTON MASTERS	1:06.47
	31.39	1:06.47		
4	Milhiser, Mark	42	ALEXANDRIA MAS	1:22.51
	38.43	1:22.51		
5	Vannier, David	40	UC10	1:22.74
	39.53	1:22.74		
6	Kraeuter, Michael	41	BLUE WAVE SWIM	1:28.93
	42.02	1:28.93		
7	Ghaleb, Ragaey	41	COLUMBIA MASTE	1:31.90
	41.73	1:31.90		
8	Casstevens, Wade	43	SPORT & HEALTH	1:32.02
	43.07	1:32.02		

Men 40-44 200 Yard Breaststroke

NATL: 2:00.53 ! 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	Williams, Rich	41	CLUB TRIBE	2:25.20
	32.63	1:09.21	1:46.81	2:25.20
2	McNelis, Michael	41	UC04	2:27.39
	33.13	1:10.88	1:49.09	2:27.39
3	Sandi, Gustavo	44	GERMANTOWN M	2:27.92
	32.86	1:10.19	1:48.61	2:27.92
4	Kirschner, Brad	43	SPRING VALLEY Y	2:52.70
	38.55	1:21.39	2:06.63	2:52.70

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 40-44 50 Yard Butterfly Time Trial****NATL:** 22.61 ! 4/26/09 **MICHAEL ROSS****ZONE:** 23.72 Z 4/12/08 **Steve Hiltabiddle****VA:** 23.82 V 5/7/09 **Chris Stevenson****- Time Trial**

1 Zenyuh, James 40 RIPTIDE MASTERS 23.34Z

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

1 Zenyuh, James 40 RIPTIDE MASTERS 22.75

2 Scott, Clint 42 RESTON MASTERS 26.42

3 Harbourt, Cliff 44 SANTA CRUZ MAS' 26.63

4 Grasha, Eric 41 DISTRICT OF COLU 27.63

5 Rockwell, John 42 CLUB TRIBE 27.71

6 Hanneschlager, Michael 42 LANE 4 SWIMMING 27.86

7 Bohan, Michael 40 UC07 28.08

8 Joubert, Kevin 44 MERRITT MARLIN' 29.40

9 Hinz, Brian 43 CENTRAL MARYLA 29.47

10 Bartkowski, Mac 40 LANE 4 SWIMMING 30.35

Men 40-44 100 Yard Butterfly**NATL:** 49.27 ! 5/4/08 **MICHAEL ROSS****ZONE:** 51.92 Z 4/13/08 **Chris Stevenson****VA:** 50.81 V 5/7/09 **Chris Stevenson**1 Zenyuh, James 40 RIPTIDE MASTERS 51.41Z
23.34 51.412 Baldwin, Craig 42 RESTON MASTERS 59.48
28.13 59.483 Bingaman, Cory 42 ALEXANDRIA MAS 1:03.29
29.18 1:03.294 Bohan, Michael 40 UC07 1:06.84
30.05 1:06.845 Kraeuter, Michael 41 BLUE WAVE SWIM 1:27.10
39.85 1:27.10**Men 40-44 200 Yard Butterfly****NATL:** 1:50.61 ! 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 McNelis, Michael 41 UC04 2:24.09
31.95 1:09.20 1:46.66 2:24.092 Di Filippo, Mario 40 DISTRICT OF COLU 2:28.71
32.43 1:10.20 1:49.53 2:28.71**Men 40-44 100 Yard IM****NATL:** 51.07 ! 4/25/15 **JEFF COMMINGS****ZONE:** 53.51 Z 4/26/09 **Jim Tuchler****VA:** 55.67 V 5/8/98 **John Tudor**1 Zenyuh, James 40 RIPTIDE MASTERS 55.04
23.78 55.042 Berry, Chip 42 UC10 58.68
26.98 58.683 Rockwell, John 42 CLUB TRIBE 59.79
27.81 59.794 Sandi, Gustavo 44 GERMANTOWN M/ 1:02.51
29.80 1:02.51

5 McNelis, Michael 41 UC04 1:02.71

29.94 1:02.71

6 Hanneschlager, Michael 42 LANE 4 SWIMMING 1:06.76
29.08 1:06.767 Hinz, Brian 43 CENTRAL MARYLA 1:09.14
31.53 1:09.148 Milhiser, Mark 42 ALEXANDRIA MAS 1:14.30
34.41 1:14.309 Vannier, David 40 UC10 1:17.14
36.66 1:17.1410 Kraeuter, Michael 41 BLUE WAVE SWIM 1:23.94
40.16 1:23.94**Men 40-44 200 Yard IM****NATL:** 1:51.85 ! 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 Rockwell, John 42 CLUB TRIBE 2:12.57
28.44 1:00.92 1:40.03 2:12.572 Kirschner, Brad 43 SPRING VALLEY YI 2:20.21
28.84 1:04.27 1:48.28 2:20.213 Grasha, Eric 41 DISTRICT OF COLU 2:22.33
29.69 1:06.88 1:50.46 2:22.334 Bohan, Michael 40 UC07 2:30.25
28.94 1:06.98 1:54.21 2:30.255 Joubert, Kevin 44 MERRITT MARLIN' 2:35.60
33.17 1:14.78 2:00.68 2:35.60**Men 40-44 400 Yard IM****NATL:** 4:01.87 ! 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 41 UC04 4:52.84
30.85 1:06.47 1:44.04 2:22.102 Joubert, Kevin 44 MERRITT MARLIN' 5:18.97
3:02.51 3:44.05 4:18.86 4:52.843 Kraeuter, Michael 41 BLUE WAVE SWIM 6:06.09
35.73 1:15.28 1:57.97 2:39.63

3:23.42 4:08.57 4:44.84 5:18.97

39.82 1:27.46 2:16.47 3:06.30

3:57.44 4:48.87 5:28.03 6:06.09

Men 45-49 50 Yard Freestyle**NATL:** 21.06 ! 5/21/10 **RICHARD HUGHEY****ZONE:** 22.10 Z 4/25/10 **William Segal****VA:** 22.65 V 2/5/17 **Brent Holsten**

1 Gross, Jeremy 45 SPRING VALLEY YI 22.00Z

2 Doane, Michael 46 UMAC-TERRAPIN I 23.43

3 Sangmeister, Gary 46 SPRING VALLEY YI 23.72

4 Ruckdeschel, Jonathan 48 CENTRAL MARYLA 24.06

5 Owings, Adam 45 UC12 24.68

6 Clear, Kirk 49 VIRGINIA MASTER 25.00

7 Rudolph, Daniel 45 LANE 4 SWIMMING 25.52

8 Wiley, Keith 49 CENTRAL BUCKS I 25.57

9 Reynolds, Sean 48 CENTRAL BUCKS I 26.08

10 Shinaishin, Ahmed 49 FREEDOM AQUATI 29.95

11 Coleman, Wisdom 47 UC12 32.29

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 45-49 100 Yard Freestyle****NATL: 46.21 ! 4/26/15 NICOLAS GRANGER****ZONE: 47.99 Z 4/9/16 Michael Ross****VA: 50.09 V 2/5/17 Brent Holsten**

1	Gross, Jeremy	45	SPRING VALLEY YI	48.92
	23.52	48.92		
2	Sprenger, Kurt	47	VIRGINIA MASTER	52.73
	25.07	52.73		
3	Sangmeister, Gary	46	SPRING VALLEY YI	52.76
	25.02	52.76		
4	Ruckdeschel, Jonathan	48	CENTRAL MARYLA	53.22
	24.94	53.22		
5	Clear, Kirk	49	VIRGINIA MASTER	55.26
	26.74	55.26		
6	Rudolph, Daniel	45	LANE 4 SWIMMING	55.42
	27.23	55.42		
7	Wiley, Keith	49	CENTRAL BUCKS I	57.87
	28.18	57.87		
8	Reynolds, Sean	48	CENTRAL BUCKS I	58.10
	27.31	58.10		
9	Brooks, James	47	ARLINGTON MAST	59.09
	28.28	59.09		
10	Jacobson, Michael	48	CENTRAL MARYLA	1:00.06
	28.93	1:00.06		
11	Wynes, Tony	47	RESTON MASTERS	1:14.48
	35.72	1:14.48		
12	Coleman, Wisdom	47	UC12	1:15.62
	35.10	1:15.62		
13	Luciano, Jaime	45	ALEXANDRIA MAS	1:20.56
	38.99	1:20.56		

Men 45-49 100 Yard Freestyle Time Trial**NATL: 46.21 ! 4/26/15 NICOLAS GRANGER****ZONE: 51.49 Z 4/13/03 Bradford Gandee****VA: 50.09 V 2/5/17 Brent Holsten****- Time Trial**

5	Clear, Kirk	49	VIRGINIA MASTER	56.83
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Men 45-49 200 Yard Freestyle**NATL: 1:41.69 ! 5/21/10 DAVID SIMS****ZONE: 1:48.05 Z 4/25/10 William Segal****VA: 1:45.92 V 3/5/10 Chris Stevenson**

1	Gross, Jeremy	45	SPRING VALLEY YI	1:51.40
	25.58	53.60	1:22.32	1:51.40
2	Sprenger, Kurt	47	VIRGINIA MASTER	1:57.28
	26.90	56.89	1:27.29	1:57.28
3	Earle, Daniel	45	CLUB TRIBE	2:00.26
	27.86	57.48	1:28.29	2:00.26
4	Rudolph, Daniel	45	LANE 4 SWIMMING	2:05.66
	28.79	1:01.04	1:33.77	2:05.66
5	Wiley, Keith	49	CENTRAL BUCKS I	2:09.46
	29.87	1:02.54	1:35.92	2:09.46
6	Reynolds, Sean	48	CENTRAL BUCKS I	2:09.85
	28.78	1:01.15	1:35.95	2:09.85
7	Wynes, Tony	47	RESTON MASTERS	2:44.85
	38.68	1:19.70	2:02.77	2:44.85

Men 45-49 500 Yard Freestyle**NATL: 4:39.10 ! 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	Earle, Daniel	45	CLUB TRIBE	5:30.63
	30.57	1:03.80	1:36.33	2:09.57
	2:43.22	3:16.93	3:50.66	4:24.34
	4:57.88	5:30.63		
2	Reynolds, Sean	48	CENTRAL BUCKS I	6:02.99
	31.03	1:05.55	1:41.43	2:17.93
	2:55.30	3:32.75	4:11.25	4:49.63
	5:27.43	6:02.99		
3	Wiley, Keith	49	CENTRAL BUCKS I	6:05.67
	30.97	1:05.50	1:41.14	2:17.64
	2:54.65	3:32.04	4:10.24	4:48.64
	5:27.45	6:05.67		
4	Wynes, Tony	47	RESTON MASTERS	7:05.07
	39.12	1:19.93	2:03.09	2:46.26
	3:30.09	4:13.23	4:56.60	5:40.70
	6:23.87	7:05.07		

Men 45-49 1000 Yard Freestyle**NATL: 9:43.93 ! 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	Earle, Daniel	45	CLUB TRIBE	12:01.76
	32.55	1:08.14	1:44.21	2:20.74
	2:57.42	3:33.78	4:10.32	4:47.18
	5:24.15	6:01.80	6:39.11	7:17.02
	7:54.37	8:31.36	9:06.55	9:41.84
	10:16.80	10:51.64	11:27.22	12:01.76
2	Reynolds, Sean	48	CENTRAL BUCKS I	12:38.85
	33.01	1:07.89	2:27.99	
	3:06.35	3:44.65	4:22.78	5:00.83
	5:39.29	6:18.11	6:56.53	7:35.68
	8:14.28	8:52.54	9:31.25	10:10.34
	10:49.35	11:27.46	12:04.16	12:38.85
3	Luciano, Jaime	45	ALEXANDRIA MAS	19:34.83
	53.85	1:50.85	2:45.91	3:46.40
	4:46.69	5:46.86	6:49.21	7:50.24
	8:52.65	9:53.84	10:53.28	11:54.75
	12:55.93	13:53.02	14:54.69	15:51.70
	16:49.75	17:47.39	18:44.85	19:34.83

Men 45-49 1650 Yard Freestyle**NATL: 16:08.05 ! 5/20/10 JEFF ERWIN****ZONE: 18:08.53 Z 4/21/02 John Hudson****VA: 17:20.40 V 1/7/11 Chris Stevenson**

1	Murray, James	48	FORT BELVOIR MA	20:07.68
	32.20	1:06.60	1:42.01	2:18.08
	2:54.23	3:31.19	4:08.07	4:45.07
	5:21.90	5:58.65	6:35.19	7:12.36
	7:49.05	8:26.04	9:02.63	9:39.69
	10:16.43	10:53.34	11:30.07	12:07.09
	12:44.05	13:21.09	13:58.10	14:35.47
	15:12.58	15:49.65	16:27.22	17:04.67
	17:41.75	18:18.91	18:56.01	19:32.85
				20:07.68

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Men 45-49 1650 Yard Freestyle)**

2	Garwood, Chase	48	LANE 4 SWIMMING	29:36.37
	45.85	1:35.08	2:27.08	3:20.19
	4:14.78	5:09.55	6:04.29	6:58.90
	7:53.85			11:33.42
	12:27.89	13:21.71		14:16.14
	15:11.65	16:07.68	17:03.14	17:57.80
	18:53.71	19:48.61	20:43.87	21:38.98
	22:34.33	23:29.30	24:23.04	25:16.29
	26:09.71	27:02.70	27:57.05	29:36.37
3	Stiglitz, David	47	LANE 4 SWIMMING	32:45.82
	54.66	1:50.61	2:48.23	
	4:46.19	5:46.29		8:49.12
		9:50.02	10:50.44	
	12:52.23		14:51.87	
	17:52.89	18:53.07	19:53.95	
	20:55.15	21:56.47	22:57.83	23:58.42
		25:59.32		28:01.03
	28:58.40	29:56.65	30:54.90	31:51.55
				32:45.82

Men 45-49 50 Yard Backstroke Time Trial

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

- Time Trial

1	Clear, Kirk	49	VIRGINIA MASTER	28.14
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Men 45-49 50 Yard Backstroke

NATL: 23.58 ! 4/26/15 **MICHAEL ROSS**
ZONE: 24.18 Z 4/10/16 **Michael Ross**
VA: 24.28 V 5/20/10 **Chris Stevenson**

1	Chiappetta, Michael	45	UC11	27.09
2	Clear, Kirk	49	VIRGINIA MASTER	27.54
3	Sprenger, Kurt	47	VIRGINIA MASTER	29.47
4	Rudolph, Daniel	45	LANE 4 SWIMMING	29.91
5	Ruckdeschel, Jonathan	48	CENTRAL MARYLAND	30.44
6	Wiley, Keith	49	CENTRAL BUCKS IN	32.41

Men 45-49 100 Yard Backstroke Time Trial

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

- Time Trial

1	Earle, Daniel	45	CLUB TRIBE	1:01.57
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Men 45-49 100 Yard Backstroke

NATL: 51.55 ! 4/30/11 **CHRIS STEVENSON**
ZONE: 52.03 Z 4/9/16 **Michael Ross**
VA: 51.55 V 4/28/11 **Chris Stevenson**

1	Roddin, Jeffrey	48	MONTGOMERY AN	56.24
	26.85	56.24		
2	Chiappetta, Michael	45	UC11	57.98
	27.86	57.98		
3	Clear, Kirk	49	VIRGINIA MASTER	1:00.74
	29.18	1:00.74		
4	Sprenger, Kurt	47	VIRGINIA MASTER	1:00.86
	30.03	1:00.86		

5	Earle, Daniel	45	CLUB TRIBE	1:01.70
	30.23	1:01.70		
6	Ruckdeschel, Jonathan	48	CENTRAL MARYLAND	1:05.54
	31.61	1:05.54		
7	Jacobson, Michael	48	CENTRAL MARYLAND	1:07.46
	32.93	1:07.46		
8	Shinaishin, Ahmed	49	FREEDOM AQUATIC	1:25.72
	42.39	1:25.72		

Men 45-49 200 Yard Backstroke

NATL: 1:53.97 ! 5/1/16 **SAEGER\GRANGER**
ZONE: 2:06.85 Z 5/2/99 **Paul Fetter**
VA: 1:55.04 V 4/28/11 **Chris Stevenson**

1	Chiappetta, Michael	45	UC11	2:07.66
	29.35	1:01.53	1:34.25	2:07.66
2	Sprenger, Kurt	47	VIRGINIA MASTER	2:12.13
	30.92	1:04.25	1:38.33	2:12.13
3	Earle, Daniel	45	CLUB TRIBE	2:17.33
	31.90	1:05.22	1:41.05	2:17.33
4	Sangmeister, Gary	46	SPRING VALLEY YI	2:31.50
	36.53	1:14.61	1:53.76	2:31.50
5	Reynolds, Sean	48	CENTRAL BUCKS IN	2:50.00
	40.75	1:24.04	2:07.39	2:50.00
6	Wynes, Tony	47	RESTON MASTERS	3:16.93
	47.18	1:37.00	2:28.40	3:16.93

Men 45-49 50 Yard Breaststroke

NATL: 26.17 ! 3/28/15 **TODD TORRES**
ZONE: 28.09 Z 4/9/16 **Neill Williams**
VA: 28.60 V 5/17/07 **David Malsbury**

1	Doane, Michael	46	UMAC-TERRAPIN I	28.89
2	Goodison, Michael	45	UMAC-TERRAPIN I	28.97
3	Sangmeister, Gary	46	SPRING VALLEY YI	29.40
4	Gross, Jeremy	45	SPRING VALLEY YI	30.07
5	Ruckdeschel, Jonathan	48	CENTRAL MARYLAND	31.59
6	Reynolds, Sean	48	CENTRAL BUCKS IN	34.08
7	Coleman, Wisdom	47	UC12	44.31
8	Luciano, Jaime	45	ALEXANDRIA MAS	46.87
9	Shinaishin, Ahmed	49	FREEDOM AQUATIC	48.21

Men 45-49 100 Yard Breaststroke

NATL: 56.83 ! 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	Goodison, Michael	45	UMAC-TERRAPIN I	1:04.12
	29.73	1:04.12		
2	Sangmeister, Gary	46	SPRING VALLEY YI	1:05.76
	30.52	1:05.76		
3	Owings, Adam	45	UC12	1:11.72
	33.86	1:11.72		
4	Reynolds, Sean	48	CENTRAL BUCKS IN	1:16.63
	35.44	1:16.63		
5	Coleman, Wisdom	47	UC12	1:41.99
	45.22	1:41.99		

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 45-49 200 Yard Breaststroke****NATL: 2:07.40 ! 4/29/16 NICOLAS GRANGER****ZONE: 2:17.87 Z 4/25/09 Jon Blank****VA: 2:24.61 V 4/23/06 Tom Royal**

1	Goodison, Michael	45	UMAC-TERRAPIN I	2:25.02
	32.34	1:09.27	1:47.19	2:25.02
2	Reynolds, Sean	48	CENTRAL BUCKS I	2:59.14
	38.44	1:24.05	2:11.28	2:59.14
3	Wynes, Tony	47	RESTON MASTERS	3:14.58
	46.08	1:34.72	2:25.56	3:14.58
4	Luciano, Jaime	45	ALEXANDRIA MAS	4:04.80
	52.50	1:54.99	3:02.73	4:04.80

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

1	Gross, Jeremy	45	SPRING VALLEY YI	23.75Z
2	Doane, Michael	46	UMAC-TERRAPIN I	24.72
3	Sangmeister, Gary	46	SPRING VALLEY YI	25.31
4	Ruckdeschel, Jonathan	48	CENTRAL MARYLA	26.65
5	Sprenger, Kurt	47	VIRGINIA MASTER	27.26
6	Chiappetta, Michael	45	UC11	27.30
7	Clear, Kirk	49	VIRGINIA MASTER	27.40
8	Jacobson, Michael	48	CENTRAL MARYLA	29.98
9	Luciano, Jaime	45	ALEXANDRIA MAS	49.41

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

1	Roddin, Jeffrey	48	MONTGOMERY AN	54.06
	25.26	54.06		
2	Gross, Jeremy	45	SPRING VALLEY YI	54.44
	25.54	54.44		
3	Doane, Michael	46	UMAC-TERRAPIN I	57.00
	26.83	57.00		
4	Goodison, Michael	45	UMAC-TERRAPIN I	59.84
	28.06	59.84		
5	Ruckdeschel, Jonathan	48	CENTRAL MARYLA	1:04.20
	30.09	1:04.20		

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

1	Roddin, Jeffrey	48	MONTGOMERY AN	55.45
	25.54	55.45		
2	Goodison, Michael	45	UMAC-TERRAPIN I	59.83
	28.48	59.83		
3	Sangmeister, Gary	46	SPRING VALLEY YI	59.92
	27.81	59.92		
4	Ruckdeschel, Jonathan	48	CENTRAL MARYLA	1:01.97
	28.66	1:01.97		
5	Owings, Adam	45	UC12	1:03.95
	29.86	1:03.95		
6	Marcy, Matthew	49	UMAC-TERRAPIN I	1:06.39
	31.01	1:06.39		

7	Shinaishin, Ahmed	49	FREEDOM AQUATI	1:23.98
	38.53	1:23.98		

Men 45-49 200 Yard IM**NATL: 1:51.44 ! 4/26/15 NICOLAS GRANGER****ZONE: 2:02.31 Z 4/11/15 Jeffrey Roddin****VA: 2:00.26 V 5/20/10 Chris Stevenson**

1	Roddin, Jeffrey	48	MONTGOMERY AN	2:03.44
	26.89	57.74	1:33.93	2:03.44
2	Goodison, Michael	45	UMAC-TERRAPIN I	2:13.08
	27.53	1:03.86	1:41.68	2:13.08
3	Sprenger, Kurt	47	VIRGINIA MASTER	2:15.69
	29.41	1:03.23	1:45.06	2:15.69
4	Rudolph, Daniel	45	LANE 4 SWIMMING	2:17.46
	30.04	1:05.66	1:45.54	2:17.46

Men 45-49 400 Yard IM**NATL: 4:01.32 ! 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	Wynes, Tony	47	RESTON MASTERS	6:42.33
	48.14	1:44.11	2:38.55	3:30.65
	4:23.66	5:15.91	6:00.03	6:42.33

Men 50-54 50 Yard Freestyle**NATL: 21.36 ! 4/29/11 ROWDY GAINES****ZONE: 22.03 Z 4/13/03 Paul Trevisan****VA: 22.83 V 4/10/16 Gregory Harris**

1	Harris, Greg	53	VIRGINIA MASTER	23.59
2	Daum, Brian	50	RESTON MASTERS	23.99
3	Graf, Chuck	50	LAKELAND HILLS	24.64
4	McGuire, James	52	SPRING VALLEY YI	25.02
5	Harris, Mark	54	ALEXANDRIA MAS	25.18
6	Kress, Jay	54	LANE 4 SWIMMING	25.51
7	Oliphant, Mark	54	TALBOT MASTERS	26.09
8	Sullivan, Joseph	52	MONTEREY BAY M	26.61
9	Toy, Raymond	50	CENTRAL MARYLA	28.54
10	Hill, Richard	51	UC12	36.82
11	Bamford, Sherman	52	VIRGINIA MASTER	41.12

Men 50-54 100 Yard Freestyle**NATL: 46.59 ! 5/10/09 ROWDY GAINES****ZONE: 49.28 Z 4/24/05 Paul Trevisan****VA: 49.96 V 4/28/16 Gregory Harris**

1	Harris, Greg	53	VIRGINIA MASTER	51.11
	24.18	51.11		
2	Graf, Chuck	50	LAKELAND HILLS	54.97
	25.65	54.97		
3	Howe, Randy	50	ARLINGTON MAST	56.36
	27.33	56.36		
4	McGuire, James	52	SPRING VALLEY YI	56.42
	26.41	56.42		
5	Harris, Mark	54	ALEXANDRIA MAS	57.28
	26.25	57.28		
6	Oliphant, Mark	54	TALBOT MASTERS	58.86
	27.26	58.86		
7	Worst, Jeremy	54	WARRENTON MAS	1:00.33
	29.15	1:00.33		

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Men 50-54 100 Yard Freestyle)**

8	Golden, Scott	53	GERMANTOWN M/	1:00.51
	28.47	1:00.51		
9	Moreland, Michael	54	ROCHESTER AREA	1:01.01
	29.37	1:01.01		
10	Toy, Raymond	50	CENTRAL MARYLA/	1:03.37
	31.03	1:03.37		
11	Porter, Erford	54	SPORT & HEALTH	1:05.63
	31.61	1:05.63		

Men 50-54 200 Yard Freestyle**NATL: 1:43.76 ! 5/10/09 ROWDY GAINES****ZONE: 1:52.67 Z 4/24/05 Bradford Gandee****VA: 1:54.59 V 4/10/16 Gregory Harris**

1	Harris, Greg	53	VIRGINIA MASTER	1:58.75
	26.99	56.48	1:27.43	1:58.75
2	Graf, Chuck	50	LAKELAND HILLS	1:59.55
	27.52	57.40	1:27.30	1:59.55
3	Harris, Mark	54	ALEXANDRIA MAS	2:06.98
	27.48	58.75	1:32.58	2:06.98
4	Moreland, Michael	54	ROCHESTER AREA	2:11.56
	30.78	1:03.72	1:37.66	2:11.56
5	Evans, Brian	52	RESTON MASTERS	2:16.55
	30.91	1:05.47	1:41.15	2:16.55
6	Porter, Erford	54	SPORT & HEALTH	2:30.24
	34.07	1:12.25	1:50.75	2:30.24

Men 50-54 500 Yard Freestyle**NATL: 4:47.57 ! 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	Harris, Mark	54	ALEXANDRIA MAS	5:38.75
	30.49	1:03.83	1:37.30	2:10.94
	2:45.02	3:19.68	3:54.57	4:29.79
	5:04.64	5:38.75		
2	Swinnerton, Kenneth	53	LANE 4 SWIMMING	5:47.00
	30.72	1:04.13	1:38.52	2:13.90
	2:49.75	3:25.91	4:01.55	4:37.35
	5:12.76	5:47.00		
3	Alleva, Brian	54	TALBOT MASTERS	5:48.58
	31.35	1:06.67	1:42.01	2:17.35
	2:53.49	3:29.46	4:05.10	4:40.06
	5:15.27	5:48.58		
4	Hebner, John	52	MARYLAND MAST	5:50.73
	31.44	1:06.02	1:40.40	2:15.53
	2:51.04	3:26.67	4:02.73	4:38.56
	5:14.96	5:50.73		
5	Moreland, Michael	54	ROCHESTER AREA	5:52.59
	30.86	1:04.41	1:39.31	2:14.83
	2:50.96	3:27.14	4:03.87	4:40.63
	5:17.11	5:52.59		
6	Eliot, Doug	52	RESTON MASTERS	6:10.82
	32.41	1:07.94	1:44.17	2:21.67
	2:59.63	3:38.05	4:16.69	4:55.24
	5:33.73	6:10.82		

7	Worst, Jeremy	54	WARRENTON MAS	6:31.33
	33.71	1:10.87	1:49.84	2:30.53
	3:11.28	3:51.48	4:32.01	5:12.74
	5:52.64	6:31.33		
8	Porter, Erford	54	SPORT & HEALTH	7:05.83
	39.44	1:22.87	2:08.53	2:52.59
	3:34.32	4:16.30	4:58.47	5:41.44
	6:24.62	7:05.83		
9	Junta, Donald	54	PATRIOT MASTERS	7:21.61
	38.88	1:22.52	2:08.28	2:53.72
	3:39.25	4:24.86	5:09.33	5:54.84
	6:39.93	7:21.61		

Men 50-54 1000 Yard Freestyle**NATL: 9:55.84 ! 4/6/13 KEITH SWITZER****ZONE: 10:36.39 Z 4/10/16 Rob Jones****VA: 10:36.39 V 4/10/16 Rob Jones**

1	Moreland, Michael	54	ROCHESTER AREA	12:06.37
	32.27	1:07.24	1:43.16	2:18.93
	2:55.08	3:30.99	4:07.20	4:43.78
	5:20.14	5:56.73	6:33.29	7:10.01
	7:46.93	8:24.15	9:01.04	9:38.48
	10:15.93	10:53.40	11:30.49	12:06.37
2	Eliot, Doug	52	RESTON MASTERS	12:37.11
	32.63	1:08.17	1:44.43	2:21.26
	2:58.38	3:35.67	4:13.09	4:51.40
	5:30.15	6:08.61	6:47.24	7:26.31
	8:05.62	8:44.66	9:23.64	10:02.19
	10:41.44	11:20.47	11:59.48	12:37.11
3	McGuire, James	52	SPRING VALLEY YI	12:58.53
	34.26	1:11.15	1:48.92	2:27.08
	3:05.37	3:44.58	4:23.57	5:02.67
	5:42.07	6:21.20	7:01.03	7:40.56
	8:20.40	9:00.72	9:40.20	10:20.21
	11:00.38	11:40.70	12:20.01	12:58.53
4	Brown, Ray	53	FREDRICKSBURG	14:59.49
	37.21	1:18.33	2:00.36	2:43.20
	3:27.76	4:13.87	4:59.96	5:46.35
	6:33.07	7:20.28	8:07.91	8:54.92
	9:41.70	10:29.48	11:15.39	12:01.55
	12:47.01	13:32.59	14:17.17	14:59.49
5	Mikesh, Bryan	52	UC12	17:03.19
	39.54	1:23.50	2:10.66	3:00.05
	3:50.03	4:40.08	5:31.78	6:24.74
	7:16.71	8:10.77	9:04.64	9:57.82
	10:51.52	11:45.16	12:39.33	13:32.49
	14:26.45	15:20.32	16:14.36	17:03.19

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 50-54 1650 Yard Freestyle****NATL: 16:28.77 ! 4/23/15 JEFF ERWIN****ZONE: 17:41.21 Z 4/8/16 Rob Jones****VA: 17:41.21 V 4/10/16 Rob Jones**

1 Swinnerton, Kenneth 53 LANE 4 SWIMMINC 19:06.80

30.71 1:03.86 1:37.90 2:12.37

2:47.32 3:22.02 3:56.81 4:31.62

5:06.59 5:41.63 6:16.59 6:51.51

7:26.46 8:01.18 8:36.26 9:11.16

9:46.17 10:20.93 10:55.99 11:31.01

12:05.88 12:40.76 13:15.80 13:51.02

14:26.09 15:01.16 15:36.33 16:11.40

16:46.55 17:21.90 17:57.18 18:32.44 19:06.80

2 House, Christopher 53 LANE 4 SWIMMINC 19:28.56

30.89 1:04.16 1:38.31 2:12.53

2:47.15 3:21.63 3:56.40 4:31.48

5:06.75 5:41.79 6:17.35 6:52.92

7:28.34 8:03.40 8:38.44 9:13.42

9:48.95 10:24.58 11:00.54 11:36.21

12:12.35 12:49.10 13:25.82 14:02.63

14:39.14 15:15.87 15:52.70 16:29.38

17:06.14 17:42.65 18:18.58 18:53.96 19:28.56

3 Evans, Brian 52 RESTON MASTERS 22:14.92

33.68 1:11.82 1:51.05 2:30.34

3:09.73 3:49.74 4:29.33 5:09.47

5:49.48 6:29.94 7:11.24 7:52.22

8:33.21 9:14.05 9:55.83 10:36.92

11:17.80 11:58.12 12:39.35 13:20.34

14:02.10 14:43.71 15:25.07 16:06.85

16:48.80 17:31.05 18:12.22 18:53.90

19:34.68 20:15.03 20:56.05 21:36.30 22:14.92

4 Porter, Erford 54 SPORT & HEALTH 24:05.00

41.51 1:26.65 2:12.98 2:59.30

3:45.10 4:30.52 5:15.76 6:01.40

6:46.78 7:31.37 8:15.67 9:00.39

9:45.00 10:28.81 11:12.65 11:56.47

12:40.26 13:23.84 14:07.56 14:50.65

15:34.37 16:16.92 17:00.12 17:42.82

18:25.87 19:09.23 19:51.88 20:34.11

21:16.46 22:00.19 22:43.10 23:26.00 24:05.00

5 Junta, Donald 54 PATRIOT MASTERS 24:38.00

39.98 2:10.56 3:41.97 4:27.30

5:11.27 5:57.85

6:42.73 7:27.84 8:11.78 8:56.72

9:41.80 10:26.81 11:11.27 11:56.46

12:41.26 13:27.71 14:12.07 14:56.96

15:40.84 16:25.60 17:11.28 17:54.99

18:40.04 19:25.93 20:11.05 20:55.20

21:41.00 22:26.00 23:10.60 23:55.91 24:38.00

6 Smith, Paul 52 LANE 4 SWIMMINC 37:58.31

58.48 2:01.61 3:06.08 4:13.35

5:19.42 6:28.86 7:36.51 8:45.62

9:55.28 11:07.43 12:17.49 13:27.29

14:37.41 15:47.57 16:55.92 18:05.26

19:14.98 20:26.95 21:36.75 22:47.59

23:58.10 25:07.98 26:18.12 27:27.16

28:36.62 29:47.15 30:58.22 32:07.59

33:16.22 34:26.39 35:40.53 36:51.44 37:58.31

Men 50-54 50 Yard Backstroke**NATL: 24.57 ! 5/4/14 FRITZ BEDFORD****ZONE: 25.24 Z 4/15/12 Clay Britt****VA: 25.99 V 2/8/15 Chris Stevenson**

1 Evans, Jeffrey 51 SPRING VALLEY YI 27.41

2 Daum, Brian 50 RESTON MASTERS 30.51

3 Moreland, Michael 54 ROCHESTER AREA 31.36

4 Oliphant, Mark 54 TALBOT MASTERS 32.05

5 Ruff, Cullen 51 DISTRICT OF COLU 33.76

6 Toy, Raymond 50 CENTRAL MARYLA 36.56

7 Bamford, Sherman 52 VIRGINIA MASTER 54.52

Men 50-54 100 Yard Backstroke**NATL: 52.72 ! 3/21/15 FRITZ BEDFORD****ZONE: 53.77 Z 4/14/12 Clay Britt****VA: 55.10 V 2/8/15 Chris Stevenson**

1 Evans, Jeffrey 51 SPRING VALLEY YI 58.16

28.32 58.16

2 Moreland, Michael 54 ROCHESTER AREA 1:07.04

32.81 1:07.04

3 Czander, Eric 51 DISTRICT OF COLU 1:07.20

33.39 1:07.20

4 Evans, Brian 52 RESTON MASTERS 1:11.66

35.43 1:11.66

5 Jones, Mark 54 LANE 4 SWIMMINC 1:12.65

35.79 1:12.65

6 Toy, Raymond 50 CENTRAL MARYLA 1:21.73

38.23 1:21.73

Men 50-54 200 Yard Backstroke**NATL: 1:59.04 ! 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 House, Christopher 53 LANE 4 SWIMMINC 2:18.20

32.54 1:06.37 1:42.06 2:18.20

2 Moreland, Michael 54 ROCHESTER AREA 2:24.44

34.03 1:10.08 1:47.28 2:24.44

3 Evans, Brian 52 RESTON MASTERS 2:34.26

35.77 1:14.81 1:55.31 2:34.26

4 Eliot, Doug 52 RESTON MASTERS 2:35.61

36.60 1:15.92 1:56.84 2:35.61

5 Ruff, Cullen 51 DISTRICT OF COLU 2:48.33

37.53 1:19.49 2:03.38 2:48.33

Men 50-54 50 Yard Breaststroke**NATL: 26.45 ! 3/30/14 DAVID GUTHRIE****ZONE: 27.96 Z 4/20/13 Wally Dicks****VA: 29.16 V 4/28/16 Gregory Harris**

1 Harris, Mark 54 ALEXANDRIA MAS 32.12

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**(Men 50-54 50 Yard Breaststroke)**

2	Kress, Jay	54	LANE 4 SWIMMINC	33.19
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Men 50-54 100 Yard Breaststroke

NATL:	58.41 ! 3/29/14	DAVID GUTHRIE
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ZONE:	1:02.71 Z 4/10/16	Greg Harris
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VA:	1:02.71 V 4/10/16	Gregory Harris
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1	Graf, Chuck	50	LAKELAND HILLS	1:07.27
	31.23			1:07.27
2	Harris, Greg	53	VIRGINIA MASTER	1:07.28
	31.44			1:07.28
3	Harris, Mark	54	ALEXANDRIA MAS	1:11.83
	33.29			1:11.83
4	Jones, Mark	54	LANE 4 SWIMMINC	1:16.52
	37.03			1:16.52
5	Mueller, Jim	51	LANE 4 SWIMMINC	2:08.77
	1:00.51			2:08.77

Men 50-54 200 Yard Breaststroke

NATL:	2:07.25 ! 3/30/14	DAVID GUTHRIE
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ZONE:	2:18.34 Z 4/24/10	Benn Doyle
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VA:	2:24.40 V 4/28/16	Gregory Harris
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1	Harris, Greg	53	VIRGINIA MASTER	2:28.85
	33.78		1:11.46	1:50.31
				2:28.85

Men 50-54 50 Yard Butterfly

NATL:	23.19 ! 4/25/04	TRIP HEDRICK
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ZONE:	24.24 Z 4/15/07	Donald Graham
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VA:	24.76 V 2/8/15	Chris Stevenson
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1	Evans, Jeffrey	51	SPRING VALLEY YI	24.94
2	McGuire, James	52	SPRING VALLEY YI	26.87
3	Harris, Greg	53	VIRGINIA MASTER	27.06
4	Graf, Chuck	50	LAKELAND HILLS	27.56
5	Dever, Frederick	51	DISTRICT OF COLU	27.61
6	Kress, Jay	54	LANE 4 SWIMMINC	28.27
*7	Oliphant, Mark	54	TALBOT MASTERS	28.39
*7	Worst, Jeremy	54	WARRENTON MAS	28.39
9	Golden, Scott	53	GERMANTOWN M/	28.73
10	Alleva, Brian	54	TALBOT MASTERS	30.34
11	Eliot, Doug	52	RESTON MASTERS	30.62
12	Toy, Raymond	50	CENTRAL MARYLA	32.13
13	Porter, Erford	54	SPORT & HEALTH	37.78
14	Junta, Donald	54	PATRIOT MASTERS	41.44

Men 50-54 100 Yard Butterfly

NATL:	51.73 ! 5/12/13	DAVID SIMS
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ZONE:	55.19 Z 4/24/05	Jim O'Connor
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VA:	56.35 V 2/8/15	Chris Stevenson
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1	Evans, Jeffrey	51	SPRING VALLEY YI	56.54
	26.37		56.54	
2	McGuire, James	52	SPRING VALLEY YI	1:02.11
	29.51		1:02.11	
3	Oliphant, Mark	54	TALBOT MASTERS	1:03.86
	29.52		1:03.86	
4	Golden, Scott	53	GERMANTOWN M/	1:04.18
	29.94		1:04.18	
5	Bamford, Sherman	52	VIRGINIA MASTER	1:43.60
	46.19		1:43.60	

6	Junta, Donald	54	PATRIOT MASTERS	1:49.29
	47.78		1:49.29	

Men 50-54 200 Yard Butterfly

NATL:	1:58.49 ! 4/29/16	DAVID SIMS
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ZONE:	2:02.75 Z 4/24/05	Jim O'Connor
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VA:	2:08.96 V 2/8/15	Chris Stevenson
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1	Dever, Frederick	51	DISTRICT OF COLU	2:21.82
	31.18		1:06.05	1:43.08
				2:21.82

Men 50-54 100 Yard IM

NATL:	54.28 ! 5/11/13	DAVID SIMS
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ZONE:	55.06 Z 4/15/12	Clay Britt
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VA:	58.05 V 4/10/16	Gregory Harris
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1	Evans, Jeffrey	51	SPRING VALLEY YI	58.39
	26.26		58.39	
2	Harris, Greg	53	VIRGINIA MASTER	59.80
	28.10		59.80	
3	Kress, Jay	54	LANE 4 SWIMMINC	1:03.86
	29.74		1:03.86	
4	Daum, Brian	50	RESTON MASTERS	1:04.60
	30.50		1:04.60	
5	Oliphant, Mark	54	TALBOT MASTERS	1:05.43
	30.09		1:05.43	
6	House, Christopher	53	LANE 4 SWIMMINC	1:05.51
	30.08		1:05.51	
7	Ruff, Cullen	51	DISTRICT OF COLU	1:12.52
	33.66		1:12.52	
8	Toy, Raymond	50	CENTRAL MARYLA	1:16.37
	35.11		1:16.37	
9	Bamford, Sherman	52	VIRGINIA MASTER	1:45.94
	50.89		1:45.94	

Men 50-54 200 Yard IM

NATL:	1:58.19 ! 3/11/17	MIKE IRVIN
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ZONE:	2:08.74 Z 4/9/16	Greg Harris
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VA:	2:08.37 V 3/19/16	Gregory Harris
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1	Evans, Jeffrey	51	SPRING VALLEY YI	2:07.91Z
	26.74		58.57	1:37.22
				2:07.91
2	Harris, Greg	53	VIRGINIA MASTER	2:12.50
	27.93		1:01.79	1:41.23
				2:12.50
3	Graf, Chuck	50	LAKELAND HILLS	2:15.94
	28.72		1:04.83	1:43.73
				2:15.94
4	Czander, Eric	51	DISTRICT OF COLU	2:21.97
	31.19		1:07.66	1:48.72
				2:21.97
5	Jones, Mark	54	LANE 4 SWIMMINC	2:26.85
	31.57		1:11.51	1:53.47
				2:26.85
6	Oliphant, Mark	54	TALBOT MASTERS	2:29.52
	30.91		1:11.67	1:55.38
				2:29.52
7	Evans, Brian	52	RESTON MASTERS	2:37.78
	35.24		1:15.19	2:03.16
				2:37.78

Men 50-54 400 Yard IM

NATL:	4:16.57 ! 5/2/14	DARREN PHELAN
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ZONE:	4:42.34 Z 4/10/16	Emad Elshafei
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VA:	4:47.01 V 4/28/16	Gregory Harris
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1	Porter, Erford	54	SPORT & HEALTH	7:02.17
	43.52		1:35.07	2:38.09
				3:38.23
	4:37.09		5:35.50	6:20.59
				7:02.17

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Men 50-54 400 Yard IM)**

2	Junta, Donald	54	PATRIOT MASTERS	7:23.38
	52.24 1:56.60		4:02.64	
	7:23.38			

Men 55-59 50 Yard Freestyle

NATL: 21.82 ! 4/30/00 RICHARD ABRAHAMS
ZONE: 22.24 Z 4/25/10 Paul Trevisan
VA: 23.95 V 5/1/16 Douglas Slater

1	Hellmann, Ralph	55	SARASOTA Y SHAR	24.96
2	Jarosz, Mark	59	SHEPHERD UNIVE	26.15
3	Hennessy, William	56	EXCEL SWIMMING	26.24
4	Bales, Paul	58	ALEXANDRIA MAS	26.53
5	Murphy, Matthew	55	GARDEN STATE M	26.86
6	Matz, Michael	55	COLONIALS 1776	27.74
7	Prince, Douglas	55	ALEXANDRIA MAS	28.75
8	Miller, Haywood	57	LANE 4 SWIMMIN	29.58
9	Payne, Steve	55	UMAC-TERRAPIN I	29.88

Men 55-59 100 Yard Freestyle

NATL: 48.37 ! 4/30/00 RICHARD ABRAHAMS
ZONE: 50.24 Z 4/24/10 Paul Trevisan
VA: 52.72 V 3/19/16 Douglas Slater

1	Heuchling, Geoffrey	57	DISTRICT OF COLU	53.74
	25.92 53.74			
2	Hellmann, Ralph	55	SARASOTA Y SHAR	55.55
	26.42 55.55			
3	Jarosz, Mark	59	SHEPHERD UNIVE	56.96
	26.84 56.96			
4	Hennessy, William	56	EXCEL SWIMMING	57.13
	28.33 57.13			
5	Shipp, Bill	56	UMAC-TERRAPIN I	58.41
	28.32 58.41			
6	Murphy, Matthew	55	GARDEN STATE M	59.94
	28.36 59.94			
7	Matz, Michael	55	COLONIALS 1776	1:01.83
	29.72 1:01.83			
8	Harwit-Whewell, Stephen	56	WARRENTON MAS	1:05.61
	31.37 1:05.61			

Men 55-59 200 Yard Freestyle

NATL: 1:48.79 ! 4/10/10 MICHAEL MANN
ZONE: 1:54.89 Z 4/25/10 James Thornton
VA: 1:56.76 V 4/11/08 Dave Oates

1	Jarosz, Mark	59	SHEPHERD UNIVE	2:04.45
	29.26 1:00.58		1:32.40 2:04.45	
2	Hennessy, William	56	EXCEL SWIMMING	2:04.56
	29.26 1:00.78		1:32.93 2:04.56	
3	Kannegieser, Robert	59	FINS AQUATICS CL	2:04.89
	28.12 59.33		1:32.17 2:04.89	
4	Mc Elhattan, Chip	55	TEAM AMERICA	2:05.90
	28.22 59.02		1:31.73 2:05.90	
5	Shipp, Bill	56	UMAC-TERRAPIN I	2:06.43
	30.21 1:02.50		1:35.14 2:06.43	
6	Murphy, Matthew	55	GARDEN STATE M	2:11.20
	29.19 1:01.65		1:35.80 2:11.20	

7	Grecco, Paul	55	PATRIOT MASTERS	2:12.38
	31.39 1:04.66		1:38.97 2:12.38	
8	Prince, Douglas	55	ALEXANDRIA MAS	2:27.04
	33.87 1:11.11		1:49.79 2:27.04	
9	Hong, Chun	56	RESTON MASTERS	2:27.71
	33.25 1:10.06		2:27.71	
10	Black, Thomas	56	MACHINE AQUATI	2:32.63
	35.34 1:14.04		1:53.86 2:32.63	

Men 55-59 500 Yard Freestyle

NATL: 4:56.82 ! 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	56	UMAC-TERRAPIN I	5:40.23
	31.32 1:05.72		1:40.73 2:16.04	
	2:51.53 3:26.62		4:00.20 4:34.44	
	5:08.70 5:40.23			
2	Hennessy, William	56	EXCEL SWIMMING	5:46.52
	32.63 1:07.21		1:42.42 2:17.92	
	2:53.85 3:29.67		4:05.09 4:39.99	
	5:13.98 5:46.52			
3	Murphy, Matthew	55	GARDEN STATE M	6:01.43
	30.63 1:04.05		1:38.67 2:15.00	
	2:51.51 3:28.53		5:22.76 6:01.43	
4	Grecco, Paul	55	PATRIOT MASTERS	6:06.15
	33.00 1:08.40		1:44.31 2:20.52	
	2:57.42 3:35.49		4:13.60 4:51.72	
	5:29.83 6:06.15			
5	Harwit-Whewell, Stephen	56	WARRENTON MAS	7:09.62
	37.04 1:17.34		1:59.68 2:44.33	
	3:28.51 4:12.72		4:57.29 5:42.65	
	6:27.41 7:09.62			

Men 55-59 1000 Yard Freestyle

NATL: 10:07.36 ! 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	Hennessy, William	56	EXCEL SWIMMING	12:05.91
	34.24 1:10.58		1:47.34 2:23.96	
	3:00.28 3:36.70		4:13.51 4:50.27	
	5:26.61 6:02.82		6:39.16 7:15.57	
	7:52.01 8:28.95		9:05.60 9:42.61	
	10:19.23 10:55.72		11:31.86 12:05.91	
2	Grecco, Paul	55	PATRIOT MASTERS	12:24.45
	33.76 1:10.80		1:47.36 2:24.07	
	3:00.71 3:37.42		4:14.76 4:52.28	
	5:29.76 6:07.36		6:45.03 7:22.68	
	8:00.32 8:38.28		9:16.13 9:54.53	
	10:32.94 11:10.89		11:48.54 12:24.45	
3	Bales, Paul	58	ALEXANDRIA MAS	13:48.78
	37.84 1:18.37		1:59.61 2:40.20	
	3:21.87 4:03.20		4:44.44 5:26.06	
	6:07.33 6:49.01		7:30.91 8:13.29	
	8:55.25 9:36.74		10:18.80 11:00.69	
	11:43.67 12:25.85		13:08.24 13:48.78	

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 55-59 1650 Yard Freestyle****NATL: 17:11.12 ! 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	Kannegieser, Robert	59	FINS AQUATICS CL	19:29.89
	30.77	1:04.45	1:39.02	2:13.63
	2:48.44	3:23.36	3:58.42	4:33.50
	5:08.91	5:44.05	6:19.58	6:55.32
	7:30.81	8:06.52	8:42.22	9:17.78
	9:53.55	10:29.53	11:05.58	11:41.81
	12:17.96	12:54.34	13:30.75	14:07.26
	14:43.38	15:19.91	15:56.32	16:33.15
	17:09.70	17:45.48	18:21.11	18:56.12
				19:29.89

2	Scoggin, Sam	56	RESTON MASTERS	20:52.77
	32.64	1:07.51	1:43.70	2:20.82
	2:57.79	3:35.32	4:13.18	4:50.68
	5:28.35	6:06.39	6:44.52	7:22.43
	8:00.57	8:38.59	9:16.54	9:54.65
	10:32.80	11:11.13	11:49.25	12:27.37
	13:05.45	13:44.03	14:22.16	15:00.68
	15:39.69	16:18.81	16:57.66	17:36.91
	18:16.37	18:55.70	19:35.27	20:14.35
				20:52.77

3	Moyer, Steven	59	RESTON MASTERS	23:48.89
	39.66	1:21.17	2:04.77	2:48.28
	3:32.30	4:16.09	4:59.89	5:43.61
	6:28.35	7:11.24	7:54.67	8:37.96
	9:21.82	10:05.90	10:50.44	11:33.40
	12:16.63	12:59.64	13:42.68	14:26.47
	15:10.39	15:54.25	16:36.68	17:20.43
	18:04.11	18:47.97	19:31.62	20:14.37
	20:58.00	21:40.80	22:24.45	23:07.73
				23:48.89

4	Harwit-Whewell, Stephen	56	WARRENTON MAS	24:29.99
	39.47	1:22.37	2:06.28	2:50.54
	3:34.97	4:19.42	5:04.26	5:48.73
	6:33.73	7:18.53	8:03.34	8:48.30
	9:33.02	10:17.63	11:03.04	11:48.14
	12:33.24	13:18.42	14:03.67	14:48.99
	15:34.41	16:19.64	17:04.56	17:49.52
	18:34.58	19:19.65	20:04.07	20:48.43
	21:33.79	22:18.85	23:03.44	23:48.33
				24:29.99

5	Khorshide, Sam	58	LANE 4 SWIMMING	28:22.72
	47.37	1:38.03	2:28.37	3:18.49
	4:09.79	5:00.69	5:52.49	6:42.79
	7:35.19	8:27.07	9:18.60	10:10.08
	11:01.91	11:53.91	12:46.68	13:39.01
	14:31.36	15:23.38	16:16.42	17:09.32
	18:01.69	18:53.62	20:39.65	21:31.57
		22:23.20	23:15.50	24:07.78
	24:59.73	25:52.17	26:44.71	27:35.66
				28:22.72

Men 55-59 50 Yard Backstroke**NATL: 25.66 ! 4/10/16 STEVE WOOD****ZONE: 27.73 Z 4/17/11 Pete Reider****VA: 27.64 V 4/28/16 Douglas Slater**

1	Gittins, Tom	55	UC12	30.70
2	Matz, Michael	55	COLONIALS 1776	32.58
3	Romo, Robert	58	VIRGINIA MASTER	35.58

4	Miller, Haywood	57	LANE 4 SWIMMING	38.64
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Men 55-59 100 Yard Backstroke**NATL: 53.81 ! 2/25/17 STEVE WOOD****ZONE: 1:01.77 Z 4/13/08 Mark Pugliese****VA: 59.71 V 4/28/16 Douglas Slater**

1	Heuchling, Geoffrey	57	DISTRICT OF COLU	1:03.23
	31.31			1:03.23
2	McGough, Tim	59	MERRITT MARLIN	1:05.52
	32.05			1:05.52
3	Gittins, Tom	55	UC12	1:06.89
	32.37			1:06.89
4	Matz, Michael	55	COLONIALS 1776	1:10.88
	34.20			1:10.88

Men 55-59 200 Yard Backstroke**NATL: 2:03.14 ! 3/31/12 TOM BARTON****ZONE: 2:18.02 Z 4/25/09 David Bright****VA: 2:13.79 V 4/28/16 Douglas Slater**

1	Gittins, Tom	55	UC12	2:30.96
	33.81	1:11.78	1:52.07	2:30.96
2	Carlson, Eric	56	NORTH CAROLINA	2:48.64
	41.36	1:23.79	2:07.25	2:48.64
3	Romo, Robert	58	VIRGINIA MASTER	2:54.95
	41.94	1:25.21	2:10.50	2:54.95
4	Murray, Keith	58	VIRGINIA MASTER	3:12.56
	44.59	1:33.66	2:24.24	3:12.56

Men 55-59 50 Yard Breaststroke**NATL: 27.60 ! 3/12/16 DAVID GUTHRIE****ZONE: 29.15 Z 4/11/15 Gregory Oxley****VA: 31.11 V 6/1/99 Jack Schiltz**

1	Scoggin, Sam	56	RESTON MASTERS	33.57
2	North, Dirk	56	VCU RECREATION	33.85
3	Romo, Robert	58	VIRGINIA MASTER	35.33

Men 55-59 100 Yard Breaststroke**NATL: 1:00.34 ! 4/9/16 DAVID GUTHRIE****ZONE: 1:04.36 Z 4/12/15 Gregory Oxley****VA: 1:08.18 V 4/30/99 Jack Schiltz**

1	Hellmann, Ralph	55	SARASOTA Y SHAR	1:09.96
	33.19			1:09.96
2	Hennessy, William	56	EXCEL SWIMMING	1:14.17
	36.11			1:14.17
3	Scoggin, Sam	56	RESTON MASTERS	1:15.20
	36.01			1:15.20
4	Murray, Keith	58	VIRGINIA MASTER	1:24.90
	40.41			1:24.90
5	Hong, Chun	56	RESTON MASTERS	1:27.70
	42.08			1:27.70

Men 55-59 200 Yard Breaststroke**NATL: 2:11.95 ! 4/10/16 DAVID GUTHRIE****ZONE: 2:33.72 Z 4/14/12 Jose E Cunningham****VA: 2:33.17 V 5/7/98 Jack Schiltz**

1	Hellmann, Ralph	55	SARASOTA Y SHAR	2:36.99
	34.16	1:12.83	1:53.79	2:36.99
2	Murray, Keith	58	VIRGINIA MASTER	3:13.94
	43.78	1:32.85	2:23.51	3:13.94

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 55-59 50 Yard Butterfly**

NATL: 24.00 ! 5/1/16 **BRUCE KONE**
ZONE: 26.05 Z 4/12/08 **Mark Pugliese**
VA: 26.78 V 4/30/99 **Jack Schiltz**

1	Heuchling, Geoffrey	57	DISTRICT OF COLU	26.42
2	Kannegieser, Robert	59	FINS AQUATICS CL	28.33
3	Matz, Michael	55	COLONIALS 1776	30.24
4	North, Dirk	56	VCU RECREATION	35.32

Men 55-59 100 Yard Butterfly

NATL: 53.90 ! 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	Carlson, Eric	56	NORTH CAROLINA	1:26.15
	40.97	1:26.15		

Men 55-59 100 Yard IM

NATL: 55.85 ! 4/9/16 **STEVE WOOD**
ZONE: 1:00.94 Z 4/25/10 **Paul Trevisan**
VA: 1:00.60 V 4/28/16 **Douglas Slater**

1	Gittins, Tom	55	UC12	1:07.43
	30.75	1:07.43		
2	Scoggin, Sam	56	RESTON MASTERS	1:08.37
	31.57	1:08.37		
3	Bales, Paul	58	ALEXANDRIA MAS	1:09.47
	31.69	1:09.47		
4	Matz, Michael	55	COLONIALS 1776	1:11.07
5	Prince, Douglas	55	ALEXANDRIA MAS	1:18.37
	37.30	1:18.37		
6	Payne, Steve	55	UMAC-TERRAPIN I	1:24.78
	40.98	1:24.78		

Men 55-59 200 Yard IM

NATL: 2:04.09 ! 5/4/08 **TIMOTHY SHEAD**
ZONE: 2:16.49 Z 4/17/11 **Jamie Hemmerle**
VA: 2:17.43 V 5/19/05 **Rick Stringer**

1	Kannegieser, Robert	59	FINS AQUATICS CL	2:19.36
	29.32	1:03.97	1:45.55	2:19.36
2	McGough, Tim	59	MERRITT MARLIN	2:23.80
	30.51	1:07.64	1:48.74	2:23.80
3	Gittins, Tom	55	UC12	2:36.89
	30.83	1:08.54	1:58.83	2:36.89
4	Murray, Keith	58	VIRGINIA MASTER	2:53.37
	37.84	1:22.11	2:14.46	2:53.37

Men 55-59 400 Yard IM

NATL: 4:28.66 ! 5/2/14 **JIM SAUER**
ZONE: 4:53.50 Z 4/21/13 **Robert Kannegieser**
VA: 4:59.66 V 5/19/05 **Rick Stringer**

1	Kannegieser, Robert	59	FINS AQUATICS CL	5:03.61
	31.61	1:09.63	1:47.95	2:26.81
	3:12.02	3:56.48	4:31.33	5:03.61
2	Shipp, Bill	56	UMAC-TERRAPIN I	5:19.84
	33.34	1:11.48	1:53.69	2:35.46
	3:22.35	4:09.15	4:45.05	5:19.84
3	Carlson, Eric	56	NORTH CAROLINA	6:16.98
	41.64	1:29.79	2:17.39	3:05.05
	4:00.13	4:56.27	5:37.71	6:16.98

Men 60-64 50 Yard Freestyle

NATL: 22.30 ! 5/22/05 **RICHARD ABRAHAM**
ZONE: 24.32 Z 4/13/08 **Jim Dragon**
VA: 24.16 V 4/14/11 **Scott Kauffman**

1	Crossland, Jerry	60	CENTRAL BUCKS F	25.24
2	Tudor, Louis	61	VIRGINIA MASTER	26.20
3	Morosky, Ron	60	FLYING FISH HEAL	26.33
4	Keyser, Brian	60	COLONIALS 1776	27.24
5	Dearfield, Kerry	64	LANE 4 SWIMMING	28.98
6	Edgell, Don	64	LANE 4 SWIMMING	30.32
7	Nelson, Bill	64	VIRGINIA MASTER	32.21
8	Swenson, Richard	64	CENTRAL MARYLA	33.11

Men 60-64 100 Yard Freestyle

NATL: 49.14 ! 5/22/05 **RICHARD ABRAHAM**
ZONE: 54.02 Z 4/20/13 **James Thornton**
VA: 54.55 V 4/14/11 **Scott Kauffman**

1	Crossland, Jerry	60	CENTRAL BUCKS F	56.35
	27.36	56.35		
2	Morosky, Ron	60	FLYING FISH HEAL	59.33
	28.25	59.33		
3	Rickard, Alan	60	RIPTIDE MASTERS	1:00.52
	28.56	1:00.52		
4	Dearfield, Kerry	64	LANE 4 SWIMMING	1:02.94
	30.24	1:02.94		
5	Burgess, Doug	60	MERRITT MARLIN	1:07.67
	31.66	1:07.67		
6	Weidner, Bob	60	PATRIOT MASTERS	1:14.18
	35.69	1:14.18		
7	Nelson, Bill	64	VIRGINIA MASTER	1:15.04
	35.22	1:15.04		

Men 60-64 200 Yard Freestyle

NATL: 1:51.08 ! 4/24/15 **RICK COLELLA**
ZONE: 1:58.43 Z 4/21/13 **James Thornton**
VA: 2:12.68 V 4/11/03 **Jack Schiltz**

1	Crossland, Jerry	60	CENTRAL BUCKS F	2:07.47
	29.27	1:00.91	1:33.47	2:07.47
2	Rickard, Alan	60	RIPTIDE MASTERS	2:24.54
	32.20	1:08.27	1:47.02	2:24.54
3	Edgell, Don	64	LANE 4 SWIMMING	2:27.56
	33.60	1:10.58	1:49.57	2:27.56
4	Nelson, Bill	64	VIRGINIA MASTER	2:57.11
	38.59	1:25.15	2:12.64	2:57.11

Men 60-64 500 Yard Freestyle

NATL: 5:11.17 ! 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	Rickard, Alan	60	RIPTIDE MASTERS	6:44.00
	33.34	1:11.42	1:53.26	2:35.82
	3:18.32	4:00.67	4:42.17	5:23.16
	6:04.13	6:44.00		

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 60-64 1000 Yard Freestyle**

NATL: 10:42.16 ! 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	Chambers, John	61	CHELSEA PIERS M	12:29.76
	33.70	1:10.00	1:47.74	2:26.30
	3:04.73	3:43.28	4:21.81	5:00.40
	5:38.86	6:17.47	6:55.51	7:33.43
	8:11.01	8:48.91	9:26.58	10:03.94
	10:41.10	11:17.83	11:54.26	12:29.76

Men 60-64 50 Yard Backstroke

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

1	Crossland, Jerry	60	CENTRAL BUCKS F	30.86
2	Nash, Dawson	63	DISTRICT OF COLU	38.18

Men 60-64 100 Yard Backstroke

NATL: 57.46 ! 4/30/16 **TOM BARTON**
ZONE: 1:03.68 Z 4/20/13 **Geoffrey Meyer**
VA: 1:09.84 V 2/10/07 **William Bacon**

1	Crossland, Jerry	60	CENTRAL BUCKS F	1:04.58
	31.50	1:04.58		
2	Nash, Dawson	63	DISTRICT OF COLU	1:23.08
	41.34	1:23.08		
3	Weidner, Bob	60	PATRIOT MASTERS	1:38.08
	48.01	1:38.08		

Men 60-64 200 Yard Backstroke

NATL: 2:07.91 ! 5/1/16 **TOM BARTON**
ZONE: 2:23.07 Z 4/15/12 **Richard Bober**
VA: 2:36.99 V 6/27/07 **William Bacon**

1	Crossland, Jerry	60	CENTRAL BUCKS F	2:24.98
	34.91	1:11.15	1:48.71	2:24.98
2	Nash, Dawson	63	DISTRICT OF COLU	3:03.41
	42.96	1:29.37	3:03.41	
3	Swiger, Ralph	60	VIRGINIA MASTER	3:50.68
	55.93	1:55.23	2:54.37	3:50.68

Men 60-64 50 Yard Breaststroke

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

1	Keyser, Brian	60	COLONIALS 1776	31.92
2	Blackburne, Tom	64	GARDEN STATE M	38.40
3	Walters, Mark	64	GERMANTOWN M	39.26
4	Rickard, Alan	60	RIPTIDE MASTERS	40.62
5	Nelson, Bill	64	VIRGINIA MASTER	46.51
6	Burgess, Doug	60	MERRITT MARLIN	48.46

Men 60-64 100 Yard Breaststroke

NATL: 1:02.61 ! 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	Keyser, Brian	60	COLONIALS 1776	1:10.72
	32.77	1:10.72		
2	Swiger, Ralph	60	VIRGINIA MASTER	1:46.79

Men 60-64 200 Yard Breaststroke

NATL: 2:16.71 ! 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	Walters, Mark	64	GERMANTOWN M	3:14.61
	42.95	1:31.14	2:22.91	3:14.61
2	Swiger, Ralph	60	VIRGINIA MASTER	3:48.22
	50.14	1:48.34	2:48.94	3:48.22
---	Keyser, Brian	60	COLONIALS 1776	DQ
	36.05	1:16.52	1:58.98	DQ

Men 60-64 50 Yard Butterfly

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

1	Crossland, Jerry	60	CENTRAL BUCKS F	29.26
2	Morosky, Ron	60	FLYING FISH HEAT	29.63
3	Tudor, Louis	61	VIRGINIA MASTER	29.99
4	Dearfield, Kerry	64	LANE 4 SWIMMING	31.48
5	Blackburne, Tom	64	GARDEN STATE M	32.65
6	Walters, Mark	64	GERMANTOWN M	33.49
7	Nash, Dawson	63	DISTRICT OF COLU	37.91

Men 60-64 100 Yard Butterfly

NATL: 54.92 ! 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	Walters, Mark	64	GERMANTOWN M	1:14.45
	34.86	1:14.45		
2	Edgell, Don	64	LANE 4 SWIMMING	1:28.19
	39.40	1:28.19		
3	Swiger, Ralph	60	VIRGINIA MASTER	1:47.56
	53.24	1:47.56		

Men 60-64 200 Yard Butterfly

NATL: 2:10.06 ! 4/16/11 **LAWRENCE DAY**
ZONE: 2:34.84 Z 4/9/16 **John Chambers**
VA: 2:37.18 V 4/10/16 **John Mccorkle**

1	Chambers, John	61	CHELSEA PIERS M	2:36.31
	34.86	1:13.70	1:53.55	2:36.31
2	Walters, Mark	64	GERMANTOWN M	3:09.84
	37.00	1:24.25	2:14.42	3:09.84
3	Nash, Dawson	63	DISTRICT OF COLU	3:32.70
	41.93	1:34.92	2:33.27	3:32.70

Men 60-64 100 Yard IM

NATL: 57.23 ! 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	Morosky, Ron	60	FLYING FISH HEAT	1:08.11
	31.04	1:08.11		
*1	Keyser, Brian	60	COLONIALS 1776	1:08.11
	33.62	1:08.11		
3	Dearfield, Kerry	64	LANE 4 SWIMMING	1:16.40
	33.69	1:16.40		
4	Walters, Mark	64	GERMANTOWN M	1:19.04
	37.26	1:19.04		

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Results**(Men 60-64 100 Yard IM)**

5 Swenson, Richard	64 CENTRAL MARYLA	1:29.57
40.12	1:29.57	

Men 60-64 200 Yard IM

NATL: 2:03.26 ! 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 Keyser, Brian	60 COLONIALS 1776	2:32.01
34.57	1:13.95	1:56.02 2:32.01
2 Morosky, Ron	60 FLYING FISH HEAD	2:32.70
31.84	1:10.28	1:56.10 2:32.70
3 Burgess, Doug	60 MERRITT MARLIN	3:20.03
44.89	1:35.41	2:35.97 3:20.03
4 Swiger, Ralph	60 VIRGINIA MASTER	3:40.54
49.44	1:48.75	2:52.29 3:40.54

Men 60-64 400 Yard IM

NATL: 4:24.24 ! 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 Walters, Mark	64 GERMANTOWN M	6:36.73
36.48	1:19.39	2:16.38 3:11.46
4:09.29	5:06.19	5:52.80 6:36.73
2 Nash, Dawson	63 DISTRICT OF COL	6:43.82
44.26	1:35.15	2:25.04 3:14.87
4:18.33	5:17.70	6:02.03 6:43.82
3 Swiger, Ralph	60 VIRGINIA MASTER	8:05.58
54.36	1:55.16	3:01.87 4:07.03
5:12.69	6:17.27	7:12.79 8:05.58

Men 65-69 50 Yard Freestyle

NATL: 22.10 ! 5/23/10 RICHARD ABRAHAMS
ZONE: 24.54 Z 4/25/10 Jim Dragon
VA: 26.47 V 4/11/08 Harry Sober

1 Youtt, George	68 BINGHAMTON UNI	28.35
2 Pot, Gene	66 BINGHAMTON UNI	28.53
3 Miller, Jim	66 VIRGINIA MASTER	32.67
4 Meyer, Jerry	67 CENTRAL MARYLA	36.08

Men 65-69 100 Yard Freestyle

NATL: 49.42 ! 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 Kornblatt, Daniel	67 BINGHAMTON UNI	1:03.36
30.48	1:03.36	
2 Pot, Gene	66 BINGHAMTON UNI	1:05.42
30.74	1:05.42	
3 Harmon, David	67 MONTGOMERY AN	1:05.52
31.67	1:05.52	
4 Wallace, Richard	69 GARDEN STATE M	1:09.64
34.34	1:09.64	
5 Wright, Steve	67 GERMANTOWN M	1:10.02
33.11	1:10.02	
6 Langendorfer, Stephen	66 BINGHAMTON UNI	1:14.17
34.53	1:14.17	
7 Boyle, Michael	65 GERMANTOWN M	1:22.17
40.15	1:22.17	

Men 65-69 200 Yard Freestyle

NATL: 1:57.54 ! 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 Kornblatt, Daniel	67 BINGHAMTON UNI	2:20.13
33.40	1:08.44	1:44.40 2:20.13
2 Harmon, David	67 MONTGOMERY AN	2:28.74
33.98	1:11.99	1:50.33 2:28.74
3 Miller, Jim	66 VIRGINIA MASTER	2:41.84
37.69	1:18.87	2:00.95 2:41.84
4 Langendorfer, Stephen	66 BINGHAMTON UNI	2:43.59
38.50	1:20.43	2:02.74 2:43.59

Men 65-69 500 Yard Freestyle

NATL: 5:29.10 ! 4/29/16 JIM MC CONICA
ZONE: 5:53.27 Z 4/13/03 David Harrison
VA: 6:28.02 V 5/7/09 Sandy Galletly

1 Kornblatt, Daniel	67 BINGHAMTON UNI	6:28.56
34.36	1:11.98	1:50.89 2:30.11
3:09.67	3:49.11	4:28.70 5:09.62
5:49.81	6:28.56	
2 Langendorfer, Stephen	66 BINGHAMTON UNI	6:55.35
39.84	1:23.15	2:06.14 2:48.61
3:31.04	4:12.89	4:54.15 5:35.29
6:16.18	6:55.35	
3 Wallace, Richard	69 GARDEN STATE M	7:14.19
38.44	1:21.79	2:07.19 2:52.62
3:38.21	4:23.41	5:08.15 5:52.32
6:36.35	7:14.19	

Men 65-69 1000 Yard Freestyle

NATL: 11:23.13 ! 4/16/16 JIM MC CONICA
ZONE: 12:26.16 Z 4/4/04 David Harrison
VA: 13:34.58 V 5/7/09 Sandy Galletly

1 Wallace, Richard	69 GARDEN STATE M	15:03.75
39.54	1:23.95	2:09.70 2:55.56
3:41.60	4:27.30	5:13.07 5:58.75
6:44.43	7:30.44	8:16.22 9:02.35
9:48.52	10:35.16	11:21.33 12:07.82
12:53.72	13:39.66	14:24.75 15:03.75
2 Meyer, Jerry	67 CENTRAL MARYLA	16:02.85
41.62	1:28.70	2:17.83 3:06.01
3:55.40	4:43.76	5:31.75 6:20.14
7:09.65	7:58.11	8:47.39 9:36.67
10:25.70	11:13.35	12:03.66 12:52.64
13:40.91	14:30.08	15:18.30 16:02.85
3 Laughlin, Terry	66 ADIRONDACK MA	16:19.28
46.73	1:35.74	2:25.25 3:14.13
4:03.09	4:52.02	5:41.31 6:30.03
7:19.09	8:08.19	8:57.09 9:46.70
10:35.89	11:25.09	12:14.53 13:03.47
13:52.83	14:41.98	15:31.61 16:19.28

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Results**(Men 65-69 1000 Yard Freestyle)**

4 Paulson, Laurence	68 RESTON MASTERS	20:22.68	
49.41	1:52.03	2:55.04	4:01.03
5:04.98	6:03.42	6:59.39	7:56.85
8:54.47	9:53.48	11:08.23	12:19.69
13:31.48	14:46.64	16:01.75	16:53.86
17:46.19	18:39.56	19:33.01	20:22.68

Men 65-69 1650 Yard Freestyle**NATL: 19:07.81 ! 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	Langendorfer, Stephen	66	BINGHAMTON UNI	23:51.21
	40.31	1:24.21	2:07.98	2:51.47
	3:34.64	4:17.93	5:01.09	5:43.62
	6:27.14	7:10.46	7:54.15	8:38.21
	9:22.35	10:06.84	10:50.78	11:34.50
	12:18.40	13:03.19	13:46.82	14:30.12
	15:13.74	15:58.09	16:41.68	17:25.54
	18:09.36	18:52.11	19:35.50	20:19.07
	21:02.39	21:44.98	22:27.62	23:10.14
				23:51.21
2	Tharp, Louis	66	UC06	26:08.87
	41.37	1:25.86	2:12.88	2:59.74
	3:46.79	4:33.87	5:23.23	6:12.29
	7:01.40	7:50.16	8:37.18	9:25.07
	10:15.50	11:03.21	11:51.21	12:39.02
	13:27.51	14:15.97	15:04.22	15:52.77
	16:40.30	17:29.47	18:17.28	19:05.88
	19:54.19	20:42.34	21:29.55	22:16.81
	23:03.48	23:49.98	24:38.31	25:25.24
				26:08.87
3	Griffith, Lee	68	LANE 4 SWIMMING	29:04.45
	42.42	1:28.84	2:19.44	3:11.94
	4:05.96	4:59.35	5:52.49	6:45.56
	7:37.79	8:31.45	9:24.96	10:18.56
	11:12.11	12:06.90	13:00.02	13:53.02
	14:47.32	15:41.20	16:35.37	17:28.16
	18:20.90	19:13.66	20:07.57	21:01.33
	21:54.77	22:48.53	23:43.00	24:37.06
	25:30.20	26:25.49	27:20.66	28:13.86
				29:04.45

Men 65-69 50 Yard Backstroke**NATL: 27.74 ! 5/23/10 RICHARD ABRAHAMS****ZONE: 32.23 Z 4/24/10 Jim Dragon****VA: 33.50 V 4/11/08 Harry Sober**

1 Rysdon, Jon	65 RESTON MASTERS	32.93
2 Kornblatt, Daniel	67 BINGHAMTON UNI	34.30
3 Cothren, Jack	67 BINGHAMTON UNI	34.35
4 Pot, Gene	66 BINGHAMTON UNI	35.82
5 Meyer, Jerry	67 CENTRAL MARYLAND	37.83
6 Miller, Jim	66 VIRGINIA MASTER	40.30
7 Paulson, Laurence	68 RESTON MASTERS	43.20
8 Boyle, Michael	65 GERMANTOWN M/	48.00

Men 65-69 100 Yard Backstroke**NATL: 59.62 ! 5/12/13 HUGH WILDER****ZONE: 1:11.47 Z 4/17/11 Hugh Roddin****VA: 1:14.70 V 4/11/08 Harry Sober**

1 Rysdon, Jon	65 RESTON MASTERS	1:11.89
35.35	1:11.89	
2 Cothren, Jack	67 BINGHAMTON UNI	1:16.83
37.03	1:16.83	
3 Pot, Gene	66 BINGHAMTON UNI	1:18.77
39.00	1:18.77	
4 Wright, Steve	67 GERMANTOWN M/	1:19.96
37.57	1:19.96	
5 Paulson, Laurence	68 RESTON MASTERS	1:36.23
47.94	1:36.23	

Men 65-69 100 Yard Backstroke Time Trial**NATL: 59.62 ! 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****- Time Trial**

1 Kornblatt, Daniel	67 BINGHAMTON UNI	1:14.15
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Men 65-69 200 Yard Backstroke**NATL: 2:16.72 ! 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	Rysdon, Jon	65	RESTON MASTERS	2:37.81Z
	36.77	1:16.84	1:57.70	2:37.81
2	Cothren, Jack	67	BINGHAMTON UNI	3:02.83
	42.23	1:28.61	2:16.41	3:02.83
3	Paulson, Laurence	68	RESTON MASTERS	3:30.07
	49.12	1:42.24	2:37.96	3:30.07

Men 65-69 50 Yard Breaststroke**NATL: 30.53 ! 5/10/13 ROBERT STRAND****ZONE: 31.35 Z 4/24/10 Jim Dragon****VA: 36.02 V 5/1/08 Warner Brundage**

1 Hoffman, Charlie	66 UMAC-TERRAPIN I	36.14
2 Pot, Gene	66 BINGHAMTON UNI	36.25
3 Youtt, George	68 BINGHAMTON UNI	39.02
4 Haddan, Barry	66 WINCHESTER MAS	40.15
5 Boyle, Michael	65 GERMANTOWN M/	50.64

Men 65-69 100 Yard Breaststroke**NATL: 1:07.35 ! 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 Dougherty, Stephen	65 COLONIALS 1776	1:17.48
37.34	1:17.48	
2 Hoffman, Charlie	66 UMAC-TERRAPIN I	1:19.66
38.43	1:19.66	
3 Boyle, Michael	65 GERMANTOWN M/	1:53.57
55.46	1:53.57	

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 65-69 200 Yard Breaststroke**

NATL: 2:30.17 ! 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	Dougherty, Stephen	65	COLONIALS 1776	2:50.63Z
	38.41 1:21.07		2:05.03 2:50.63	
2	Hoffman, Charlie	66	UMAC-TERRAPIN I	2:56.05
	40.32 1:25.18		2:10.80 2:56.05	
3	Boyle, Michael	65	GERMANTOWN M	4:03.83
	57.30 2:00.50		3:04.36 4:03.83	
4	Paulson, Laurence	68	RESTON MASTERS	4:21.65
	58.47 2:05.56		3:15.29 4:21.65	

Men 65-69 50 Yard Butterfly

NATL: 24.94 ! 5/22/10 **RICHARD ABRAHAMS**
ZONE: 25.93 Z 4/25/10 **Jim Dragon**
VA: 29.12 V 5/19/05 **Art Wolfe**

1	Youtt, George	68	BINGHAMTON UNI	30.62
2	Dougherty, Stephen	65	COLONIALS 1776	31.59
3	Cothren, Jack	67	BINGHAMTON UNI	31.82
4	Rysdon, Jon	65	RESTON MASTERS	33.17
5	Paulson, Laurence	68	RESTON MASTERS	39.52

Men 65-69 100 Yard Butterfly

NATL: 56.36 ! 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	Dougherty, Stephen	65	COLONIALS 1776	1:12.52Z
	33.91 1:12.52			
2	Paulson, Laurence	68	RESTON MASTERS	1:38.92
	44.92 1:38.92			

Men 65-69 200 Yard Butterfly

NATL: 2:13.55 ! 4/29/16 **LAWRENCE DAY**
ZONE: 2:47.86 Z 4/17/11 **Hugh Roddin**
VA: 2:56.75 V 5/11/06 **Art Wolfe**

1	Rysdon, Jon	65	RESTON MASTERS	3:16.83
	41.15 1:28.84		2:23.14 3:16.83	
2	Paulson, Laurence	68	RESTON MASTERS	3:48.83
	45.84 1:45.69		2:49.97 3:48.83	

Men 65-69 100 Yard IM

NATL: 1:00.32 ! 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	Dougherty, Stephen	65	COLONIALS 1776	1:10.57Z
	33.43 1:10.57			
2	Pot, Gene	66	BINGHAMTON UNI	1:15.99
	36.74 1:15.99			
3	Meyer, Jerry	67	CENTRAL MARYLA	1:32.00
	41.77 1:32.00			
4	Paulson, Laurence	68	RESTON MASTERS	1:38.14
	42.50 1:38.14			
5	Langendorfer, Stephen	66	BINGHAMTON UNI	1:40.10
	51.47 1:40.10			
6	Boyle, Michael	65	GERMANTOWN M	1:43.70
	50.11 1:43.70			

Men 65-69 200 Yard IM

NATL: 2:16.17 ! 4/30/16 **LAWRENCE DAY**
ZONE: 2:38.89 Z 4/15/07 **Michael Laux**
VA: 2:34.93 V 5/11/06 **Art Wolfe**

1	Dougherty, Stephen	65	COLONIALS 1776	2:33.77Z
	33.76 1:13.45		1:57.34 2:33.77	
2	Harmon, David	67	MONTGOMERY AN	2:50.78
	37.61 1:22.01		2:13.44 2:50.78	
3	Rysdon, Jon	65	RESTON MASTERS	2:58.32
	38.89 1:22.66		2:18.98 2:58.32	
4	Paulson, Laurence	68	RESTON MASTERS	3:35.29
	44.50 1:38.18		2:47.45 3:35.29	

Men 65-69 400 Yard IM

NATL: 4:56.46 ! 5/1/16 **LAWRENCE DAY**
ZONE: 5:56.71 Z 4/13/08 **Art Wolfe**
VA: 5:40.97 V 5/11/06 **Art Wolfe**

1	Rysdon, Jon	65	RESTON MASTERS	6:12.50
	37.55 1:23.94		2:10.29 2:56.70	
	3:54.21 4:51.28		5:33.18 6:12.50	
2	Paulson, Laurence	68	RESTON MASTERS	7:41.47
	49.06 1:47.69		2:43.30 3:40.79	
	4:53.25 6:04.76		6:55.96 7:41.47	

Men 70-74 50 Yard Freestyle

NATL: 24.13 ! 5/4/08 **JEFF FARRELL**
ZONE: 26.15 Z 4/12/15 **Jim Dragon**
VA: 26.96 V 4/28/16 **Hank Holswade**

1	Dragon, Jim	72	GARDEN STATE M	26.85
2	Culhane, Kevin	70	ALEXANDRIA MAS	28.05
3	Sober, Harry	74	VIRGINIA MASTER	28.34
4	Amundsen, Joseph	71	COLONIALS 1776	28.87
5	Novell, Ken	74	VIRGINIA MASTER	29.59
6	Bernstein, Rich	71	ASPHALT GREEN M	37.24

Men 70-74 100 Yard Freestyle

NATL: 54.58 ! 4/26/15 **RICHARD ABRAHAMS**
ZONE: 1:03.73 Z 4/4/04 **Walter Lincoln**
VA: 1:01.52 V 4/28/16 **Hank Holswade**

1	Sober, Harry	74	VIRGINIA MASTER	1:04.83
	30.27 1:04.83			
2	Novell, Ken	74	VIRGINIA MASTER	1:05.39
	31.98 1:05.39			
3	Brundage, Warner	74	VIRGINIA MASTER	1:12.73
	34.48 1:12.73			
4	Tulenko, Tom	74	COLONIALS 1776	1:13.99
	36.43 1:13.99			
5	Bernstein, Rich	71	ASPHALT GREEN M	1:18.86
	37.78 1:18.86			
6	Robinson, David	73	GERMANTOWN M	1:27.16
	41.22 1:27.16			
7	Snowwhite, Larry	70	RESTON MASTERS	1:32.87
	41.53 1:32.87			

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 70-74 200 Yard Freestyle****NATL: 2:06.63 ! 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	Amundsen, Joseph	71	COLONIALS 1776	2:29.75
	32.90	1:10.31	1:49.51	2:29.75
2	Novell, Ken	74	VIRGINIA MASTER	2:38.98
	35.15	1:14.43	1:56.66	2:38.98
3	Robinson, David	73	GERMANTOWN M	2:47.02
	38.33	1:21.62	2:05.73	2:47.02
4	Bernstein, Rich	71	ASPHALT GREEN M	2:47.09
	38.69	1:21.17	2:04.21	2:47.09
5	Snowwhite, Larry	70	RESTON MASTERS	3:15.13
	43.11	1:32.30	2:24.59	3:15.13
6	Gaulrapp, Edward	74	VIRGINIA MASTER	3:27.13
	48.05	1:39.73	2:33.56	3:27.13

Men 70-74 500 Yard Freestyle**NATL: 5:48.21 ! 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	71	ASPHALT GREEN M	6:54.31
	38.01	1:19.67	2:02.00	2:44.32
	3:26.98	4:09.31	4:51.64	5:33.77
	6:14.80	6:54.31		
2	Tulenko, Tom	74	COLONIALS 1776	7:34.26
	39.98	1:24.92	2:11.99	2:59.79
	3:47.67	4:34.79	5:21.28	6:07.30
	6:51.99	7:34.26		
3	Gaulrapp, Edward	74	VIRGINIA MASTER	9:01.20
	46.69	1:40.00	2:35.68	3:32.42
	4:29.30	5:24.31	6:19.91	7:14.40
	8:08.89	9:01.20		
4	Snowwhite, Larry	70	RESTON MASTERS	9:10.83
	50.37	1:41.38	2:39.58	3:39.55
	4:35.94	5:32.55	6:28.39	7:23.77
	8:18.06	9:10.83		

Men 70-74 1000 Yard Freestyle**NATL: 12:09.40 ! 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	71	ASPHALT GREEN M	14:00.96
	37.07	1:17.44	1:59.15	2:41.13
	3:23.77	4:06.16	4:47.98	5:30.13
	6:12.45	6:55.30	7:37.78	8:20.44
	9:03.34	9:46.44	10:28.74	11:11.36
	11:54.13	12:37.20	13:19.65	14:00.96
2	Tulenko, Tom	74	COLONIALS 1776	15:58.40
	41.87	1:28.25	2:17.99	3:07.75
	3:57.84	4:47.99	5:38.04	6:27.06
	7:16.21	8:05.28	8:54.44	9:42.26
	10:30.72	11:19.12	12:07.77	12:55.05
	13:42.67	14:29.03	15:14.67	15:58.40

3	Gaulrapp, Edward	74	VIRGINIA MASTER	18:34.20
	46.89	1:38.27	2:32.36	3:26.67
	4:20.63	5:15.82	6:10.67	7:12.65
	8:15.08	9:18.70	10:30.30	11:28.38
	12:19.84	13:12.99	14:06.22	15:00.14
	15:55.33	16:47.63	18:34.20	

Men 70-74 1650 Yard Freestyle**NATL: 20:29.18 ! 5/20/01 GRAHAM JOHNSTON****ZONE: 22:41.59 Z 3/29/98 Roger Franks****VA: 26:48.09 V 4/28/16 James Slaughter**

1	Snowwhite, Larry	70	RESTON MASTERS	29:55.20
	46.24		3:22.41	
	8:53.34		10:44.55	
	11:41.05	12:38.03	13:32.58	14:27.87
	15:21.82	16:18.38	17:14.80	18:10.62
	19:06.90	20:00.24	20:53.98	21:47.61
	22:41.95	23:34.29	24:27.51	25:23.06
	26:20.72	27:16.55	28:09.16	29:03.67
				29:55.20

Men 70-74 50 Yard Backstroke**NATL: 29.72 ! 4/26/15 RICHARD BURNS****ZONE: 33.75 Z 4/21/13 John Snooks****VA: 33.86 V 4/28/16 Hank Holswade**

1	Dragon, Jim	72	GARDEN STATE M	33.91
2	Culhane, Kevin	70	ALEXANDRIA MAS	34.19
3	Sober, Harry	74	VIRGINIA MASTER	35.84
4	Robinson, David	73	GERMANTOWN M	41.35

Men 70-74 100 Yard Backstroke**NATL: 1:05.42 ! 4/24/15 RICHARD BURNS****ZONE: 1:13.47 Z 5/2/99 Roger Franks****VA: 1:15.38 V 4/30/16 Hank Holswade**

1	Brundage, Warner	74	VIRGINIA MASTER	1:25.78
2	Novell, Ken	74	VIRGINIA MASTER	1:26.21
	42.77	1:26.21		
3	Robinson, David	73	GERMANTOWN M	1:28.03
	42.81	1:28.03		
4	Bernstein, Rich	71	ASPHALT GREEN M	1:29.26
	44.96	1:29.26		
5	Gaulrapp, Edward	74	VIRGINIA MASTER	1:48.33
	51.83	1:48.33		

Men 70-74 200 Yard Backstroke**NATL: 2:23.68 ! 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	71	ASPHALT GREEN M	3:08.40
	45.89	1:34.04	2:21.69	3:08.40
2	Brundage, Warner	74	VIRGINIA MASTER	3:11.29
	44.34	1:32.95	2:22.59	3:11.29
3	Robinson, David	73	GERMANTOWN M	3:18.21
	46.84	1:36.57	3:18.21	
4	Gaulrapp, Edward	74	VIRGINIA MASTER	3:58.35
	57.97	1:57.75	2:59.23	3:58.35

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 70-74 50 Yard Breaststroke****NATL: 31.70 ! 4/30/16 ROBERT STRAND****ZONE: 33.58 Z 4/11/15 Jim Dragon****VA: 37.91 V 5/9/13 Terry Gernstein**

1	Dragon, Jim	72	GARDEN STATE M/	35.16
2	Culhane, Kevin	70	ALEXANDRIA MAS	36.59
3	Brundage, Warner	74	VIRGINIA MASTER	43.44
4	Robinson, David	73	GERMANTOWN M/	51.73

Men 70-74 100 Yard Breaststroke**NATL: 1:09.47 ! 5/1/16 ROBERT STRAND****ZONE: 1:19.39 Z 4/25/10 Hans Reichelt****VA: 1:26.41 V 5/9/13 Terry Gernstein**

1	Bernstein, Rich	71	ASPHALT GREEN M	1:37.58
	46.37	1:37.58		
2	Brundage, Warner	74	VIRGINIA MASTER	1:38.50
	46.43	1:38.50		
3	Gaulrapp, Edward	74	VIRGINIA MASTER	1:47.54
	49.60	1:47.54		
4	Robinson, David	73	GERMANTOWN M/	1:57.82
	56.16	1:57.82		

Men 70-74 200 Yard Breaststroke**NATL: 2:35.66 ! 4/29/16 ROBERT STRAND****ZONE: 2:55.54 Z 4/24/10 Hans Reichelt****VA: 3:06.81 V 3/29/08 Richard Scott**

1	Bernstein, Rich	71	ASPHALT GREEN M	3:16.80
	44.37	1:34.18	2:25.26	3:16.80
2	Gaulrapp, Edward	74	VIRGINIA MASTER	3:47.19
	51.04	1:50.16	2:49.38	3:47.19
3	Robinson, David	73	GERMANTOWN M/	3:55.36
	54.78	1:55.99	2:57.30	3:55.36

Men 70-74 50 Yard Butterfly**NATL: 26.92 ! 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	72	GARDEN STATE M/	29.02
2	Sober, Harry	74	VIRGINIA MASTER	32.99
3	Culhane, Kevin	70	ALEXANDRIA MAS	33.72
4	Novell, Ken	74	VIRGINIA MASTER	36.73

Men 70-74 100 Yard Butterfly**NATL: 1:00.77 ! 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	74	VIRGINIA MASTER	1:42.95
	48.25	1:42.95		

Men 70-74 200 Yard Butterfly**NATL: 2:34.31 ! 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	74	VIRGINIA MASTER	3:47.88
	49.48	1:46.70	2:47.14	3:47.88

Men 70-74 100 Yard IM**NATL: 1:05.05 ! 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	74	VIRGINIA MASTER	1:18.83
	35.02	1:18.83		
2	Novell, Ken	74	VIRGINIA MASTER	1:23.42
	39.26	1:23.42		
3	Brundage, Warner	74	VIRGINIA MASTER	1:24.29
	38.49	1:24.29		
4	Robinson, David	73	GERMANTOWN M/	1:25.82
	40.90	1:25.82		

Men 70-74 200 Yard IM**NATL: 2:26.42 ! 4/30/16 ROBERT STRAND****ZONE: 2:51.62 Z 4/20/97 Roger Franks****VA: 2:58.07 V 3/29/14 Warner Brundage**

1	Robinson, David	73	GERMANTOWN M/	3:20.40
	44.09	1:37.90	2:40.19	3:20.40
2	Gaulrapp, Edward	74	VIRGINIA MASTER	3:29.78
	47.57	1:42.81	2:40.16	3:29.78

Men 70-74 400 Yard IM**NATL: 5:34.47 ! 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	Gaulrapp, Edward	74	VIRGINIA MASTER	7:45.75
	51.18	1:49.17	2:50.76	3:50.44
	4:57.20	6:01.49	6:52.98	7:45.75

Men 75-79 50 Yard Freestyle**NATL: 25.58 ! 3/4/12 JEFF FARRELL****ZONE: 30.46 Z 4/12/15 Ahmed Hamada****VA: 32.75 V 4/23/10 Owen Maher**

1	Deege, Leo	77	UC10	40.63
2	Hatchette, Michael	76	NEW ENGLAND M/	46.56

Men 75-79 100 Yard Freestyle**NATL: 58.68 ! 5/10/09 DAVID RADCLIFF****ZONE: 1:08.17 Z 4/5/14 Ahmed Hamada****VA: 1:16.12 V 2/13/10 Owen Maher**

1	Rolston, Howard	76	GOLD COAST MAS	1:09.66
	33.72	1:09.66		
2	Pilette, Sterling	75	RESTON MASTERS	1:25.85
	41.68	1:25.85		
3	Nobbe, Nick	78	RESTON MASTERS	1:43.32
	48.77	1:43.32		
4	Harrison, Maurice	76	UC09	1:50.65
	52.95	1:50.65		

Men 75-79 200 Yard Freestyle**NATL: 2:08.77 ! 5/10/09 DAVID RADCLIFF****ZONE: 2:29.42 Z 4/10/16 Howard Rolston****VA: 2:58.53 V 6/1/85 Patrick Frank**

1	Hatchette, Michael	76	NEW ENGLAND M/	4:08.11
2	Harrison, Maurice	76	UC09	4:19.51
	55.06	1:57.17	3:07.95	4:19.51

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 75-79 50 Yard Backstroke**

NATL: 32.11 ! 4/19/09 **YOSHI OYAKAWA**
ZONE: 37.02 Z 4/21/02 **Roger Franks**
VA: 42.09 V 4/17/99 **Calvin Barnes**

1	Rolston, Howard	76	GOLD COAST MAS	36.38Z
2	Deege, Leo	77	UC10	50.38
3	Hatchette, Michael	76	NEW ENGLAND M	1:07.19

Men 75-79 200 Yard Backstroke

NATL: 2:31.41 ! 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	76	GOLD COAST MAS	3:00.89
				42.04 1:26.96 2:14.64 3:00.89

Men 75-79 50 Yard Breaststroke

NATL: 34.58 ! 3/5/17 **MIKE FRESHLEY**
ZONE: 40.92 Z 4/5/14 **Jerry Katz**
VA: 45.18 V 1/1/04 **Norman Rainer**

1	Loewe, Raymond	75	UC08	40.98
2	Harrison, Maurice	76	UC09	1:04.84

Men 75-79 100 Yard Breaststroke

NATL: 1:16.74 ! 9/18/16 **MIKE FRESHLEY**
ZONE: 1:37.14 Z 4/12/15 **Louis Diamond**
VA: 1:40.60 V 1/1/04 **Norman Rainer**

1	Harrison, Maurice	76	UC09	2:23.06
				1:09.68 2:23.06
2	Hatchette, Michael	76	NEW ENGLAND M	2:30.90
				1:10.97 2:30.90

Men 75-79 200 Yard Breaststroke

NATL: 2:45.33 ! 4/29/16 **MIKE FRESHLEY**
ZONE: 3:40.55 Z 4/12/92 **Murray Eager**
VA: 3:46.29 V 1/1/04 **Norman Rainer**

1	Loewe, Raymond	75	UC08	3:20.49Z
				47.30 1:38.90 2:29.52 3:20.49
2	Harrison, Maurice	76	UC09	5:16.83
				1:09.98 2:31.44 3:53.83 5:16.83

Men 75-79 50 Yard Butterfly

NATL: 28.99 ! 1/14/17 **MIKE FRESHLEY**
ZONE: 36.05 Z 4/5/14 **Jerry Katz**
VA: 35.38 V 3/18/17 **Randolph Wise**

1	Rolston, Howard	76	GOLD COAST MAS	34.41Z
2	Wise, Randy	75	VIRGINIA MASTER	35.04V
3	Pilette, Sterling	75	RESTON MASTERS	48.96

Men 75-79 100 Yard IM

NATL: 1:08.68 ! 9/18/16 **MIKE FRESHLEY**
ZONE: 1:24.45 Z 4/21/02 **Roger Franks**
VA: 1:26.84 V 3/18/17 **Randolph Wise**

1	Rolston, Howard	76	GOLD COAST MAS	1:18.91Z
				35.63 1:18.91
2	Wise, Randy	75	VIRGINIA MASTER	1:23.65Z
				38.44 1:23.65
3	Deege, Leo	77	UC10	2:03.83
				59.21 2:03.83

Men 80-84 500 Yard Freestyle

NATL: 6:27.81 ! 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	Gladfelter, David	80	COLONIALS 1776	12:16.64
				1:02.16 2:12.58 3:27.75 4:45.43
				6:01.25 7:18.27 8:37.91 9:55.45
				11:12.69 12:16.64

Men 80-84 1000 Yard Freestyle

NATL: 13:10.14 ! 5/1/14 **DAVID RADCLIFF**
ZONE: 17:49.00 Z 4/26/88 **Gus Langner**
VA: 20:39.89 V 2/6/16 **Carl Russ**

1	Barreiro, Marcelo	83	BINGHAMTON UNI	32:48.02
				1:27.81 3:01.74 4:42.58 6:23.18
				8:05.81 9:49.97 11:33.53 13:10.49
				14:50.31 16:32.23 18:14.42 19:51.58
				21:30.76 23:10.57 24:50.77 26:23.63
				28:01.18 29:35.24 31:13.80 32:48.02

Men 80-84 1650 Yard Freestyle

NATL: 21:54.87 ! 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**

1	Gladfelter, David	80	COLONIALS 1776	39:19.49
				1:06.10 2:18.30 3:30.82 4:42.72
				5:55.81 7:08.29 8:20.14 9:31.54
				10:42.80 11:55.19 13:07.84 14:22.52
				15:36.65 16:48.30 18:00.31 19:11.92
				20:23.27 21:35.10 22:47.09 23:59.26
				25:10.65 26:22.97 27:35.23 28:47.40
				29:59.99 31:11.47 32:23.27 33:34.40
				34:47.31 35:57.81 37:07.93 38:15.65 39:19.49

Men 80-84 50 Yard Backstroke

NATL: 34.49 ! 4/29/16 **YOSHI OYAKAWA**
ZONE: 40.87 Z 4/15/07 **Roger Franks**
VA: 47.48 V 3/20/99 **Harry Howell**

1	Gerson, Gordon	80	RESTON MASTERS	1:02.39
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Men 80-84 100 Yard Backstroke

NATL: 1:15.69 ! 3/11/17 **DAVID COSTILL**
ZONE: 1:37.71 Z 4/14/12 **Frank Manheim**
VA: 1:47.61 V 2/6/99 **Harry Howell**

1	Gerson, Gordon	80	RESTON MASTERS	2:27.68
				1:10.72 2:27.68

Men 80-84 200 Yard Backstroke

NATL: 2:48.59 ! 3/23/13 **BURWELL JONES**
ZONE: 3:06.36 Z 4/15/07 **Roger Franks**
VA: 3:40.29 V 2/11/06 **Calvin Barnes**

1	Gerson, Gordon	80	RESTON MASTERS	5:17.64
				1:14.79 2:35.29 3:58.38 5:17.64

Men 80-84 50 Yard Breaststroke

NATL: 37.74 ! 3/12/16 **DAVID COSTILL**
ZONE: 46.09 Z 4/9/16 **David Nicholas**
VA: 53.77 V 10/25/15 **Richard Scott**

1	Gerson, Gordon	80	RESTON MASTERS	1:17.21
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2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Men 80-84 100 Yard Breaststroke**

NATL: 1:24.10 ! 2/14/16 DAVID COSTILL

ZONE: 1:41.66 Z 4/10/16 David Nicholas

VA: 2:02.19 V 6/1/99 Harry Howell

1 Gerson, Gordon 80 RESTON MASTERS 3:00.69

Men 80-84 200 Yard Breaststroke

NATL: 3:09.84 ! 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 Gerson, Gordon 80 RESTON MASTERS 6:31.54

1:25.87 3:10.92 4:54.09 6:31.54

Women 18+ 200 Yard Freestyle Relay

NATL: 1:35.66 ! 4/30/16 CLUB TRIBE ALUM

G MIZERAK, S SHANER, C HURTUBISE, K GRIER

ZONE: 1:41.60 Z 2006 Terrapin Masters

VA: 1:35.66 V 4/28/16 1693

G Mizerak, S Shaner, C Hurtubise, K Grier

1 VIRGINIA MASTERS A 2:05.42

1) Letendre, Denise W28	2) Adams, Gail W23
3) Wallace, Devon W26	4) Anderson-Kratzer, Jill W49
27.38 57.82	1:25.19 2:05.42

Women 18+ 400 Yard Freestyle Relay

NATL: 3:35.45 ! 4/10/16 CLUB TRIBE ALUM

C HURTUBISE, K GRIER, G MIZERAK, S SHANER

ZONE: 3:35.45 Z 4/10/16 Club Tribe Alumni

C Hurtubise, K Grier, G Mizerak, S Shaner

VA: 3:35.45 V 4/10/16 1693

C Hurtubise, K Grier, G Mizerak, S Shaner

1 VIRGINIA MASTERS A 4:10.77

1) Wallace, Devon W26	2) Adams, Gail W23
3) Letendre, Denise W28	4) Dudley, Mariah W29
28.66 59.68	1:30.86 2:06.60
2:33.93 3:05.07	3:35.34 4:10.77

Women 18+ 800 Yard Freestyle Relay

NATL: 7:55.34 ! 3/29/09 RED TIDE OF NYC

K MOUGHTY, S UPTON, J KELSEY, K GARY

ZONE: 8:10.58 Z 4/4/04 Terrapin Masters

1 VIRGINIA MASTERS A 10:20.56

1) Adams, Gail W23	2) Wallace, Devon W26
3) Letendre, Denise W28	4) Anderson-Kratzer, Jill W49
33.72 1:12.20	1:52.61 2:32.20
2:49.64 3:40.17	4:15.48 4:49.85
5:19.33 5:53.05	6:26.95 7:00.66
7:47.38 8:38.13	9:31.06 10:20.56

Women 18+ 200 Yard Medley Relay

NATL: 1:45.34 ! 4/24/15 THE OLYMPIC CLU

A SENKO, K MCGRAW, K KASTES, K MURPHY

ZONE: 1:52.97 Z 4/23/05 Terrapin Masters

VA: 1:47.62 V 4/28/16 1693

G Mizerak, K Harris, K Grier, S Shaner

1 VIRGINIA MASTERS A 2:05.49

1) Adams, Gail W23 2) Letendre, Denise W28

3) Dudley, Mariah W29 4) Wallace, Devon W26

32.29 1:06.69 1:37.66 2:05.49

Women 18+ 400 Yard Medley Relay

NATL: 4:00.08 ! 4/17/16 ILLINOIS MASTER

J GREEN, A LLOYD, G CHANG, A MILLER

ZONE: 4:03.73 Z 4/4/04 Terrapin Masters

VA: 4:19.23 V 4/10/15 1693

S Sleman, K Harris, G Mizerak, K Grier

1 ALEXANDRIA MASTE A 5:14.70

1) Kays, Amelia W37 2) Mundi, Jessica W27

3) Bade, Marian W22 4) Vayda, Shannon W28

36.15 1:13.61 1:58.39 2:49.51

3:23.77 4:04.17 4:37.91 5:14.70

Women 25+ 200 Yard Freestyle Relay

NATL: 1:35.01 ! 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 ALEXANDRIA MASTE A 1:48.51

1) Gauzens, Stephanie W33 2) Jakubchak, Lindsey W34

3) McWilliams, Katie W33 4) Mazur, Jessica W36

27.26 55.65 1:22.29 1:48.51

2 CLUB TRIBE A 1:50.05

1) Minzenmayer, Ellen W28 2) Davidson, Julia W40

3) Wimberly, Lisa W40 4) Shaner, Sara W25

28.55 57.48 1:25.72 1:50.05

3 SPRING VALLEY YM A 1:51.70

1) Mahaney, Melanie W26 2) Sommer, Lisa W47

3) Della Guardia, Jennifer W49 4) Lampe, Corinne W25

27.43 57.81 1:25.38 1:51.70

4 COLONIALS 1776 A 2:02.81

1) Tokos- Marcolina, Eve W48 2) Plimpton, Hannah W31

3) Uppstrom, Noreen W52 4) Saucy, Stephanie W53

31.46 1:03.56 1:33.87 2:02.81

5 ALEXANDRIA MASTE B 2:03.24

1) Mundi, Jessica W27 2) Taylor, Alaina W35

3) Vayda, Shannon W28 4) Obenhuber, Briana W28

33.65 1:03.22 1:35.72 2:03.24

6 LANE 4 SWIMMING A 2:06.00

1) Butler, Maura W40 2) Frost, Holly W57

3) Jue, Heather W33 4) Bentley, Margaret W29

34.80 1:11.59 1:39.86 2:06.00

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Women 25+ 200 Yard Freestyle Relay)**

7 RESTON MASTERS S	A	2:37.26
1) Manheim, Lucy W74	2) Nelson, Tanja W47	
3) Moyer, Michelle W54	4) Trainor, Gabriela W31	
47.23	1:35.05	2:05.01 2:37.26

Women 25+ 400 Yard Freestyle Relay**NATL: 3:37.75 ! 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 CLUB TRIBE	A	3:38.21Z
1) Grier, Katie W38	2) Greene, Shannon W31	
3) Falcone, Marina W29	4) Shaner, Sara W25	
25.40	52.82	1:20.81 1:51.36
2:16.93	2:44.40	3:09.67 3:38.21
2 ALEXANDRIA MASTE	A	4:09.82
1) Wolf, Katie W37	2) Aepli, Lauren W29	
3) Obenhuber, Briana W28	4) McWilliams, Katie W33	
30.79	1:10.91	1:34.63 2:08.55
2:39.18	3:11.68	3:39.28 4:09.82
3 RESTON MASTERS S	B	6:06.08
1) Flynn, Merri W57	2) Trainor, Gabriela W31	
3) Li, Eileen W56	4) Manheim, Lucy W74	
40.86	1:24.16	1:59.96 2:40.03
3:27.90	4:49.49	5:12.99 6:06.08

Women 25+ 800 Yard Freestyle Relay**NATL: 7:43.29 ! 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 ALEXANDRIA MASTE	A	8:30.47
1) Mazur, Jessica W36	2) Gauzens, Stephanie W33	
3) Jakubchak, Lindsey W34	4) McWilliams, Katie W33	
29.60	1:02.09	1:36.27 2:11.09
2:39.97	3:12.10	3:45.50 4:18.35
4:47.52	5:19.76	5:53.52 6:26.95
6:55.07	7:26.78	7:59.12 8:30.47
2 RESTON MASTERS S	A	10:29.83
1) Moyer, Michelle W54	2) Flynn, Merri W57	
3) Kirwan, Denise W65	4) Trainor, Gabriela W31	
35.69	1:16.58	1:58.54 2:40.51
3:21.79	4:06.79	4:54.67 5:39.71
6:14.91	6:56.18	7:39.50 8:21.61
9:01.66	9:45.58	10:29.83
3 MERRITT MARLINS	A	10:41.14
1) Long, Uliana W31	2) Brown, Ann W54	
3) Snow, Karen W57	4) Erby, Nicole W32	
33.20	1:10.66	1:50.77 2:31.30
	3:50.59	4:33.29 5:14.61
5:50.50	6:33.16	7:17.59 8:01.34
8:33.73	9:13.90	9:57.60 10:41.14

Women 25+ 200 Yard Medley Relay**NATL: 1:45.01 ! 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 Club****VA: 1:55.29 V 4/26/12 VMST****K Hibbard, C Russo, D Myers, E Tudor**

1 CLUB TRIBE	A	1:53.15V
1) Grier, Katie W38	2) Harris, Kristen W40	
3) Falcone, Marina W29	4) Shaner, Sara W25	
29.75	1:01.74	1:28.15 1:53.15
2 ALEXANDRIA MASTE	A	2:02.56
1) Gauzens, Stephanie W33	2) Jakubchak, Lindsey W34	
3) Aepli, Lauren W29	4) McWilliams, Katie W33	
31.59	1:05.80	1:36.03 2:02.56
3 SPRING VALLEY YM	B	2:05.07
1) Della Guardia, Jennifer W49	2) Henion, Theresa W45	
3) Lampe, Corinne W25	4) Mahaney, Melanie W26	
32.25	1:10.38	1:38.40 2:05.07
4 CLUB TRIBE	B	2:09.13
1) Thomas, RuthAnne W36	2) Minzenmayer, Ellen W28	
3) Davidson, Julia W40	4) Lovett, Lindsay W38	
31.78	1:05.60	1:36.69 2:09.13
5 ALEXANDRIA MASTE	B	2:17.19
1) Obenhuber, Briana W28	2) Wolf, Katie W37	
3) Taylor, Alaina W35	4) Vayda, Shannon W28	
33.42	1:11.54	1:45.12 2:17.19
6 ARLINGTON MASTER	A	2:28.32
1) Mathey Lambeth, Alison W3	2) Shang, Alice W46	
3) Granade, Sarah W42	4) Schwartz, Carleigh W26	
34.88	1:37.70	2:00.09 2:28.32
7 SPORT & HEALTH T	A	2:37.48
1) Mockler, Shannon W32	2) Basinsky, Kathryn W28	
3) Walters, Suzanne W46	4) Hilal, Bridget W38	
39.82	1:29.88	2:05.05 2:37.48
8 RESTON MASTERS S	B	2:57.91
1) Manheim, Lucy W74	2) Flynn, Merri W57	
3) Trainor, Gabriela W31	4) Li, Eileen W56	
54.96	1:37.73	2:57.91

Women 25+ 400 Yard Medley Relay**NATL: 4:02.73 ! 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 CLUB TRIBE	A	4:00.63!
1) Czaplicki, Alexandra W26	2) Harris, Kristen W40	
3) Falcone, Marina W29	4) Grier, Katie W38	
31.02	1:04.04	1:36.25 2:12.23
2:38.37	3:08.79	3:33.82 4:00.63

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Women 35+ 200 Yard Freestyle Relay**

NATL: 1:36.42 ! 2/1/15 NCMS

K LINDAUER, A UHL, J STRINGER, E BRAUN

ZONE: 1:46.45 Z 2001 Metro

VA: 1:44.79 V 3/18/17 VMST

K Harris, M Choe, C Hurtubise, K Grier

1	PATRIOT MASTERS	A	2:00.18
	1) Hughes, Meghan W38	2) Thompson, Kim W53	
	3) Visos, Rebecca W58	4) Ward, Cheryl W50	
	28.25	1:00.01	1:32.90 2:00.18
2	GERMANTOWN MARYI	A	2:12.74
	1) Schneider, Johanna W43	2) Andrews, Lynne W69	
	3) Postma, Terri W47	4) Bancroft, Caren W46	
	32.89	1:11.28	1:41.34 2:12.74

Women 35+ 400 Yard Freestyle Relay

NATL: 3:34.28 ! 3/29/14 NORTH CAROLINA

K LINDAUER, J STRINGER, A UHL, E BRAUN

ZONE: 3:55.51 Z 2000 Colonials 1776

VA: 3:59.36 V 1/1/04 VMST

D Jaeger, T Seubert, C Hokenson, A Phillips

1	RESTON MASTERS S	A	4:15.96
	1) Shapiro, Margie W40	2) Bass, Amy W46	
	3) Groves, Lisa W52	4) Brightwell, Kim W57	
	30.70	1:04.11	1:34.89 2:07.81
	2:39.12	3:12.96	3:43.20 4:15.96
2	SPRING VALLEY YM	A	4:26.46
	1) Della Guardia, Jennifer W49	2) Sommer, Lisa W47	
	3) Henion, Theresa W45	4) Boris, Stephanie W37	
	29.93	1:02.32	1:34.95 2:12.85
	2:30.20	3:22.92	3:53.42 4:26.46

Women 35+ 800 Yard Freestyle Relay

NATL: 7:58.40 ! 1/31/15 NCMS

E BRAUN, J STRINGER, A UHL, K LINDAUER

ZONE: 8:37.23 Z 2002 Virginia

VA: 8:37.23 V 1/1/02 VMST

W Weil, M Bittner, A Phillips, B Baker

1	SPRING VALLEY YM	A	9:43.64
	1) Henion, Theresa W45	2) Baker, Maribeth W43	
	3) Della Guardia, Jennifer W49	4) Boris, Stephanie W37	
	33.85	1:11.61	1:51.17 2:29.55
	3:04.39	3:44.42	4:26.36 5:07.29
	5:37.44	6:11.21	6:47.37 7:23.70
	7:56.22	8:31.72	9:08.04 9:43.64
2	GERMANTOWN MARYI	A	11:03.18
	1) Mallon, Barbara W50	2) Schneider, Johanna W43	
	3) Postma, Terri W47	4) Bancroft, Caren W46	
	40.37	1:26.51	2:15.97 3:03.43
	3:39.65	4:20.97	5:02.89 5:44.38
	6:19.01	6:58.08	7:38.06 8:17.09
	8:53.54	9:35.13	10:19.99 11:03.18

Women 35+ 200 Yard Medley Relay

NATL: 1:48.55 ! 5/14/06 COLORADO MASTER

S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER

ZONE: 1:58.26 Z 2000 Colonials 1776

VA: 1:56.54 V 1/1/02 VMST

B Baker, P Powis, A Phillips, M Dean

1	PATRIOT MASTERS	A	2:10.24
	1) Ward, Cheryl W50	2) Toner, Karlin W55	
	3) Hughes, Meghan W38	4) Visos, Rebecca W58	
	31.75	1:08.58	1:37.32 2:10.24
2	RESTON MASTERS S	A	2:11.97
	1) Brightwell, Kim W57	2) Groves, Lisa W52	
	3) Bass, Amy W46	4) Shapiro, Margie W40	
		1:08.00	1:42.35 2:11.97
3	SPRING VALLEY YM	A	2:26.57
	1) Lampe, Betty W61	2) Sommer, Lisa W47	
	3) Baker, Maribeth W43	4) Boris, Stephanie W37	
	48.32	1:26.77	1:58.49 2:26.57

Women 45+ 200 Yard Freestyle Relay

NATL: 1:40.44 ! 4/30/11 COLORADO MASTER

K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE

ZONE: 1:51.84 Z 2003 Virginia

VA: 1:48.11 V 4/26/12 VMST

A Phillips, J Kellinger, M Dean Bittner, A Patters

1	RESTON MASTERS S	B	1:57.77
	1) Brightwell, Kim W57	2) Dawson, Mandy W54	
	3) Groves, Lisa W52	4) McNamara, Beth W51	
	28.71	58.31	1:26.66 1:57.77

Women 45+ 400 Yard Freestyle Relay

NATL: 3:53.33 ! 5/9/15 SARASOTA YMCA

S BUXTON, L CARMICHAEL, J TAFUTO, S TAORMINA

ZONE: 4:13.71 Z 4/12/15 Reston Masters Swim Team

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	COLONIALS 1776	A	4:20.95
	1) Saucy, Stephanie W53	2) Tokos- Marcolina, Eve W48	
	3) Uppstrom, Noreen W52	4) Hug, Laurie W51	
	30.90	1:04.38	1:36.68 2:13.12
	2:44.70	3:18.04	3:48.21 4:20.95
2	RESTON MASTERS S	C	4:49.58
	1) Kirwan, Denise W65	2) Dawson, Mandy W54	
	3) Moyer, Michelle W54	4) McNamara, Beth W51	
	34.84	1:13.85	1:45.18 2:20.34
	2:56.50	3:35.95	4:10.60 4:49.58

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Women 45+ 800 Yard Freestyle Relay**

NATL: 8:39.13 ! 4/13/08 WALNUT CREEK MA

M CURRAN, L VIDAL, L SULLIVAN, C O'BRIEN

ZONE: 9:23.63 Z 4/9/16 Colonials 1776

S Saucy, B Burke, V Swanson, L Hug

VA: 9:48.84 V 4/11/03 VMST

K Braaten, N Miller, T Sue Gault, L Bennett

1 COLONIALS 1776 A 9:19.05Z

1) Saucy, Stephanie W53 2) Swanson, Vibeke W55

3) Burke, Barbara W55 4) Hug, Laurie W51

32.53 1:07.17 1:42.51 2:17.79

2:49.27 3:24.65 4:00.62 4:36.14

5:09.82 5:47.79 6:26.58 7:03.75

7:35.05 8:10.22 8:45.04 9:19.05

2 RESTON MASTERS S B 10:11.35

1) Brightwell, Kim W57 2) Dawson, Mandy W54

3) Groves, Lisa W52 4) McNamara, Beth W51

33.29 1:09.31 1:47.41 2:24.76

2:57.93 3:36.85 4:16.52 4:54.15

5:28.52 6:08.20 6:48.71 7:27.39

8:03.33 8:44.14 9:27.73 10:11.35

Women 45+ 200 Yard Medley Relay

NATL: 1:52.93 ! 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 Swim Team

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 COLONIALS 1776 A 2:08.52

1) Saucy, Stephanie W53 2) Tokos- Marcolina, Eve W48

3) Hug, Laurie W51 4) Uppstrom, Noreen W52

32.04 1:08.18 1:38.57 2:08.52

2 RESTON MASTERS S C 2:33.84

1) Kirwan, Denise W65 2) Dawson, Mandy W54

3) Moyer, Michelle W54 4) McNamara, Beth W51

38.37 1:20.45 2:01.00 2:33.84

Women 45+ 400 Yard Medley Relay

NATL: 4:12.53 ! 4/11/10 OREGON REIGN MA

V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES

ZONE: 4:41.88 Z 4/11/15 Reston Masters Swim Team

K Brightwell, L Groves, M Johnson, M Dawson

VA: 5:13.31 V 4/11/08 VMST

D Jaeger, P Miller, K Braaten, L Bushmire

1 COLONIALS 1776 A 4:46.07

1) Saucy, Stephanie W53 2) Tokos- Marcolina, Eve W48

3) Hug, Laurie W51 4) Uppstrom, Noreen W52

33.67 1:09.13 1:47.27 2:29.17

3:01.46 3:39.17 4:11.93 4:46.07

Women 55+ 200 Yard Freestyle Relay

NATL: 1:51.52 ! 4/28/13 UCLA BRUIN MAST

J COOK, C CIRAULO, K EINSIDLER, V HIBBEN

ZONE: 2:02.14 Z 4/11/15 Colonials 1776

M Wolff, S Watts, S Figenshu, C McCloskey

VA: 2:08.09 V 4/26/12 VMST

M Barry, K Braaten, N Betts, S Loftus-Charley

1 COLONIALS 1776 B 2:04.71

1) Burke, Barbara W55 2) Watts, Sue W62

3) Figenshu, Susan W62 4) Swanson, Vibeke W55

30.10 1:01.80 1:35.87 2:04.71

Women 55+ 400 Yard Freestyle Relay

NATL: 4:04.74 ! 2/13/16 UCLA BRUIN MAST

J HIRSTY, C CIRAULO, J COOK, V HIBBEN

ZONE: 4:42.36 Z 1997 DC Masters

VA: 5:10.58 V 1/1/04 VMST

B Durrant, B Schreiner, P Cox, M Barry

1 COLONIALS 1776 A 4:43.10

1) Burke, Barbara W55 2) Watts, Sue W62

3) Figenshu, Susan W62 4) Swanson, Vibeke W55

31.95 1:07.18 1:42.16 2:20.00

2:55.96 4:08.32 4:43.10

2 VIRGINIA MASTERS B 5:06.82V

1) Miller, Patricia W56 2) Walker, Laura W79

3) Loftus-Charley, Shirley W65 4) Boslego, Barbara W65

33.55 1:09.75 1:26.29 1:54.18

2:44.53 3:17.09 3:52.30 5:06.82

Women 55+ 200 Yard Medley Relay

NATL: 2:04.50 ! 4/24/15 PUGET SOUND MAS

Z COURTNEY, L CHAPMAN, C DAVIS, M LIPPOLD

ZONE: 2:17.75 Z 4/12/15 Colonials 1776

C McCloskey, M Wolff, S Figenshu, S Watts

VA: 2:23.43 V 4/26/12 VMST

N Betts, S Loftus-Charley, K Braaten, M Barry

1 COLONIALS 1776 B 2:22.72

1) Swanson, Vibeke W55 2) Burke, Barbara W55

3) Figenshu, Susan W62 4) Watts, Sue W62

33.83 1:12.85 1:51.68 2:22.72

2 WARRENTON FAUQUI A 2:46.37

1) Landers, Denise W55 2) Adams, Blanca W59

3) Corbett, Alice W58 4) Tartt, Judith W68

54.31 1:25.55 2:07.92 2:46.37

Women 55+ 400 Yard Medley Relay

NATL: 4:38.48 ! 4/26/13 UCLA BRUIN MAST

K EINSIDLER, J COOK, C CIRAULO, V HIBBEN

ZONE: 5:14.80 Z 1997 DC Masters

VA: 6:27.30 V 4/21/06 VMST

B Durrant, P Dameron, K Gregory, L Walker

1 COLONIALS 1776 B 5:25.00

1) Watts, Sue W62 2) Swanson, Vibeke W55

3) Burke, Barbara W55 4) Figenshu, Susan W62

41.07 1:23.24 2:03.01 2:47.54

3:24.54 4:12.58 4:43.91 5:25.00

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 18+ 200 Yard Freestyle Relay****NATL: 1:18.32 ! 5/22/10 NORTH CAROLINA****N BRUNELLI, C JONES, N WESTBY, J SKUBA****ZONE: 1:26.42 Z 1991 TA "A"****VA: 1:23.73 V 4/28/16 1693****K Gallagher, K Loughran, C Fay, S Glass**

1	RESTON MASTERS S	C	1:42.65
1)	Baldwin, Craig M42	2) Gwilliam, Glenn M38	
3)	Scott, Clint M42	4) Van Ness, Jacob M21	
	24.81	52.76	1:17.87 1:42.65

Men 18+ 400 Yard Freestyle Relay**NATL: 3:01.60 ! 2/13/16 GOLDEN ROAD AQU****M MARSHALL, N KORTH, M JABEN, T COX****ZONE: 3:15.05 Z 1993 Colonials 1776****VA: 3:15.41 V 1/1/04 VMST****T Johnson, M Meyer, E Cornell, F Byskov**

1	ARLINGTON MASTER	A	3:39.06
1)	Frederick, Aaron M23	2) Hoang, Ryan M24	
3)	Brooks, James M47	4) Summers, Dan M30	
	25.07	51.84	1:20.48 1:51.48
	2:16.26	2:43.32	3:09.97 3:39.06
2	RESTON MASTERS S	C	4:08.19
1)	Baldwin, Craig M42	2) Wynes, Tony M47	
3)	Gwilliam, Glenn M38	4) Van Ness, Jacob M21	
	25.66	53.85	1:29.93 2:11.01
	2:40.77	3:13.66	3:40.50 4:08.19

Men 18+ 800 Yard Freestyle Relay**NATL: 7:05.96 ! 4/4/04 DAVIS AQUATIC M****M CALLAGHAN, Z LEMKE, M ROPER, A NONAKA****ZONE: 7:12.63 Z 1996 Trigger****VA: 8:02.73 V 1/1/04 VMST****M Meyer, F Byskov, E Cornell, S Waters**

1	RESTON MASTERS S	C	8:33.00
1)	Scott, Clint M42	2) Baldwin, Craig M42	
3)	Gwilliam, Glenn M38	4) Van Ness, Jacob M21	
	28.45	1:00.42	1:33.78 2:06.03
	2:32.17	3:00.88	3:31.89 4:04.00
	4:35.89	5:12.81	5:50.77 6:28.20
	6:45.81	7:27.89	8:00.59 8:33.00

Men 18+ 200 Yard Medley Relay**NATL: 1:26.71 ! 5/2/14 THE OLYMPIC CLU****A SAETA, N KOON, N ADRIAN, A ERVIN****ZONE: 1:39.21 Z 1991 Connecticut****VA: 1:33.86 V 4/28/16 1693****S Glass, C Fay, K Gallagher, K Loughran**

1	CLUB TRIBE	A	1:44.39
1)	Rockwell, John M42	2) Head, Carter M23	
3)	Lesnewsky, Erik M34	4) Loughran, Kyle M29	
	28.10	57.98	1:23.64 1:44.39
2	PATRIOT MASTERS	A	1:49.34
1)	Stratton, Rob M32	2) Wolfe, Ryan M24	
3)	Xu, Tim M26	4) Grecco, Paul M55	
	28.20	55.89	1:23.70 1:49.34

3	RESTON MASTERS S	C	2:04.02
1)	Baldwin, Craig M42	2) Van Ness, Jacob M21	
3)	Gwilliam, Glenn M38	4) Moyer, Steven M59	
	28.99	1:02.42	1:34.19 2:04.02

Men 18+ 400 Yard Medley Relay**NATL: 3:24.55 ! 4/2/16 ARIZONA MASTERS****D ADALSTEINSSON, D KNITTLE, B CREAGER, Z DALBY****ZONE: 3:39.04 Z 4/24/05 Terrapin Masters****VA: 3:59.95 V 2000 VMST****D Malsbury, C Riordan, J Wolfe, C Cockrell**

1	PATRIOT MASTERS	A	3:51.34
1)	Krajewski, Thomas M38	2) Wolfe, Ryan M24	
3)	Xu, Tim M26	4) Stratton, Rob M32	
	28.35	59.29	1:16.51 1:58.48
	2:27.38	3:00.03	3:24.79 3:51.34
2	CLUB TRIBE	B	4:02.77
1)	Earle, Daniel M45	2) Lesnewsky, Erik M34	
3)	Head, Carter M23	4) Perry, Lavelle M23	
	29.95	1:01.57	1:32.57 2:07.05
	2:33.62	3:06.35	3:33.11 4:02.77

Men 25+ 200 Yard Freestyle Relay**NATL: 1:20.22 ! 4/30/16 THE OLYMPIC CLU****J LEOPOLD, S GREENWOOD, K FERGUSON, A SAETA****ZONE: 1:26.34 Z 4/20/13 Fairfax County Masters****M Veintimilla, S Bulakul, M Bazylewicz, K Loughran****VA: 1:26.20 V 5/21/95 VMST****N Williams, J Wolfe, C Flood, C Stevenson**

1	CLUB TRIBE	A	1:26.34Z
1)	Loughran, Kyle M29	2) Hensley, Scott M34	
3)	Robbins, Luke M26	4) Gallagher, Kevin M29	
	21.49	44.01	1:05.97 1:26.34
2	ALEXANDRIA MASTE	A	1:33.70
1)	Brado, Matthew M37	2) Jent, Daniel M39	
3)	Fry, Jonathan M37	4) McHenry, Scott M25	
	24.66	48.15	1:12.49 1:33.70
3	UMAC-TERRAPIN MA	A	1:36.95
1)	Oloughlin, Jonathan M33	2) Strahota, Jeffrey M36	
3)	Goodison, Michael M45	4) Doane, Michael M46	
	24.84	50.17	1:14.12 1:36.95
4	CENTRAL BUCKS FA	A	1:41.51
1)	Ryan, Tim M34	2) Reynolds, Sean M48	
3)	Wiley, Keith M49	4) Hegna, Ryan M36	
	25.37	51.84	1:17.62 1:41.51
5	MERRITT MARLINS	A	1:49.19
1)	Sugar, David M37	2) Joubert, Kevin M44	
3)	McGough, Tim M59	4) VanRoden, Jack M26	
	33.67	59.74	1:26.06 1:49.19

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 25+ 400 Yard Freestyle Relay****NATL: 3:06.20 ! 4/10/11 ILLINOIS MASTER****D KINSELLA, T CARLSON, V ALLEGRA, D SIMS****ZONE: 3:09.74 Z 4/21/13 Fairfax County Masters****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 CLUB TRIBE A 3:21.37V

1) Gallagher, Kevin M29 2) Loughran, Kyle M29

3) Hensley, Scott M34 4) Robbins, Luke M26

22.15 46.39 1:10.79 1:37.64

2:00.87 2:27.17 2:52.83 3:21.37

2 ALEXANDRIA MASTE A 3:33.22

1) Torgesen, Harald M38 2) Taylor, Tim M30

3) Jent, Daniel M39 4) McHenry, Scott M25

27.67 58.36 1:24.57 1:54.18

2:18.76 2:46.78 3:08.72 3:33.22

Men 25+ 800 Yard Freestyle Relay**NATL: 6:56.28 ! 3/22/14 NEW ENGLAND SWI****T WORK, D MORAN, E NILSSON, M EMMONS****ZONE: 7:14.89 Z 1991 Empire****VA: 8:15.23 V 4/24/09 VMST****S Rhodes, J Gustafson, P McGraw, C Severt**

1 ALEXANDRIA MASTE A 8:06.18

1) Vayda, Robert M29 2) Taylor, Tim M30

3) Jent, Daniel M39 4) McHenry, Scott M25

31.71 1:07.33 1:44.04 2:20.85

2:49.22 3:20.62 3:52.96 4:25.44

4:51.66 5:20.97 5:51.15 6:21.76

6:45.13 7:11.73 7:38.95 8:06.18

Men 25+ 200 Yard Medley Relay**NATL: 1:28.48 ! 5/1/16 THE OLYMPIC CLU****A SAETA, J LEOPOLD, J DUNFORD, K FERGUSON****ZONE: 1:35.91 Z 1999 Ancient Mariners****VA: 1:39.34 V 2000 VMST****C Stevenson, N Williams, J Smith, D Malsbury**

1 ALEXANDRIA MASTE A 1:50.11

1) Taylor, Tim M30 2) Bingaman, Cory M42

3) Fry, Jonathan M37 4) Jent, Daniel M39

28.83 1:00.20 1:26.25 1:50.11

2 CENTRAL BUCKS FA A 1:56.33

1) Ryan, Tim M34 2) Reynolds, Sean M48

3) Wiley, Keith M49 4) Crossland, Jerry M60

29.36 1:03.19 1:31.13 1:56.33

3 ALEXANDRIA MASTE B 1:58.82

1) Brado, Matthew M37 2) Vayda, Robert M29

3) Torgesen, Harald M38 4) Prince, Douglas M55

29.97 1:02.48 1:30.02 1:58.82

4 SPORT & HEALTH T A 2:19.33

1) Parker, Jonathan M25 2) Bowman, Erik M46

3) Porter, Erford M54 4) Ochs, Thomas M25

31.01 1:12.07 1:49.80 2:19.33

Men 25+ 400 Yard Medley Relay**NATL: 3:25.49 ! 4/21/12 ILLINOIS MASTER****C CUNNICK, T CARLSON, J CHILES, V ALLEGRA****ZONE: 3:30.45 Z 1999 Ancient Mariners****VA: 4:05.05 V 4/11/03 VMST****J Taschek, C Cockrell, E Cornell, D Scotty**

1 ALEXANDRIA MASTE A 4:20.30

1) Taylor, Tim M30 2) Vayda, Robert M29

3) Torgesen, Harald M38 4) Jent, Daniel M39

31.84 1:05.21 1:39.49 2:18.39

2:45.90 3:20.49 3:47.98 4:20.30

2 GERMANTOWN MARYI A 4:51.04

1) Wright, Steve M67 2) Sandi, Gustavo M44

3) Golden, Scott M53 4) Milajevs, Dmitrijs M29

38.83 1:21.58 1:58.11 2:38.84

3:10.04 3:44.99 4:15.35 4:51.04

Men 35+ 200 Yard Freestyle Relay**NATL: 1:23.32 ! 5/29/10 LONGHORN AQUATI****T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN****ZONE: 1:28.05 Z 4/25/09 Jersey Area Masters****VA: 1:28.59 V 1/1/98 VMST****L Tudor, D Malsbury, C Flood, J Tudor**

1 CENTRAL MARYLAND A 1:40.68

1) Ruckdeschel, Jonathan M48 2) Jacobson, Michael M48

3) Hinz, Brian M43 4) Wheeler, Michael M36

24.03 50.97 1:17.50 1:40.68

2 SPRING VALLEY YM A 1:41.05

1) Kirschner, Brad M43 2) Houchins, Bradford M39

3) Dryburgh, Andrew M36 4) Boris, Joseph M37

24.12 50.02 1:14.56 1:41.05

3 PATRIOT MASTERS A 1:59.89

1) Krajewski, Thomas M38 2) Grecco, Paul M55

3) Weidner, Bob M60 4) Junta, Donald M54

27.10 1:03.13 1:35.91 1:59.89

Men 35+ 400 Yard Freestyle Relay**NATL: 3:06.12 ! 5/30/10 LONGHORN AQUATI****T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN****ZONE: 3:15.40 Z 4/26/09 Jersey Area Masters****VA: 3:52.78 V 1/1/04 VMST****J Woffle, H Olsen, D Malsbury, C Cockrell**

1 CLUB TRIBE B 3:29.37V

1) Williams, Rich M41 2) Earle, Daniel M45

3) Nilson, Matt M36 4) Lovett, Michael M39

24.85 52.22 1:18.04 1:46.46

2:11.17 2:39.80 3:02.93 3:29.37

2 SPRING VALLEY YM A 3:42.54

1) Houchins, Bradford M39 2) Boris, Joseph M37

3) Dryburgh, Andrew M36 4) Gross, Jeremy M45

26.67 56.14 1:23.45 1:54.03

2:20.09 2:49.19 3:14.23 3:42.54

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Men 35+ 400 Yard Freestyle Relay)**

3	COLONIALS 1776	A	4:12.10
	1) Amundsen, Joseph M71	2) Dougherty, Stephen M65	
	3) Patterson, Thomas M39	4) Keyser, Brian M60	
	30.36	1:04.89	1:35.49
	2:39.44	3:11.55	3:40.23
			4:12.10
4	CENTRAL MARYLAND	A	4:18.44
	1) Ruckdeschel, Jonathan M48	2) Hinz, Brian M43	
	3) Swenson, Richard M64	4) Toy, Raymond M50	
	28.10	58.64	1:26.34
	2:32.97	3:12.32	3:44.78
			4:18.44

Men 35+ 800 Yard Freestyle Relay**NATL: 6:56.69 ! 5/4/07 TEAM TYR****D WEGNER, S HUBBARD, C BEACH, E HOCHSTEIN****ZONE: 7:09.04 Z 2001 Badger****VA: 8:32.79 V 2000 VMST****T Lewis, D Malsbury, G Lanzara, J Brinkman**

1	CENTRAL MARYLAND	A	8:42.09
	1) Wheeler, Michael M36	2) Jacobson, Michael M48	
	3) Ruckdeschel, Jonathan M48	4) Hinz, Brian M43	
	27.17	57.14	1:28.05
	2:29.53	3:03.29	3:38.04
	4:42.97	5:16.37	5:50.78
	6:55.93	7:29.50	8:05.50
			8:42.09
2	CENTRAL BUCKS FA	A	8:44.47
	1) Reynolds, Sean M48	2) Crossland, Jerry M60	
	3) Wiley, Keith M49	4) Hegna, Ryan M36	
	30.54	1:06.10	1:43.54
	2:48.00	3:21.28	3:55.28
	5:00.71	5:35.20	6:09.50
	7:10.21	7:40.65	8:12.43
			8:44.47

Men 35+ 200 Yard Medley Relay**NATL: 1:34.16 ! 5/10/09 LONGHORN AQUATI****T BLESSING, T BARTEE, B BAILEY, M VAROZZA****ZONE: 1:41.88 Z 1994 Colonials 1776****VA: 1:39.88 V 1/1/98 VMST****D Malsbury, M Slowey, J Tudor, L Tudor**

1	UMAC-TERRAPIN MA	A	1:54.09
	1) Strahota, Jeffrey M36	2) Goodison, Michael M45	
	3) Doane, Michael M46	4) Payne, Steve M55	
	31.30	59.80	1:24.70
			1:54.09
2	COLONIALS 1776	A	2:07.13
	1) Patterson, Thomas M39	2) Keyser, Brian M60	
	3) Dougherty, Stephen M65	4) Amundsen, Joseph M71	
	33.94	1:06.26	1:37.65
			2:07.13
3	CENTRAL MARYLAND	A	2:14.18
	1) Meyer, Jerry M67	2) Ruckdeschel, Jonathan M48	
	3) Hinz, Brian M43	4) Swenson, Richard M64	
	38.45	1:11.83	1:41.42
			2:14.18
4	GERMANTOWN MARYI	A	2:17.34
	1) Robinson, David M73	2) Sandi, Gustavo M44	
	3) Golden, Scott M53	4) Walters, Mark M64	
	43.52	1:13.55	1:42.84
			2:17.34

Men 35+ 400 Yard Medley Relay**NATL: 3:28.46 ! 3/5/09 LONGHORN AQUATI****A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA****ZONE: 3:48.99 Z 2001 Badger****VA: 3:59.04 V 4/11/08 VMST****C Stevenson, E Davis, D Holland, T Morton**

1	CLUB TRIBE	A	3:45.77Z
	1) Rockwell, John M42	2) Williams, Rich M41	
	3) Nilson, Matt M36	4) Lovett, Michael M39	
	29.00	1:00.06	1:28.69
	2:27.15	2:56.53	3:19.69
			3:45.77
2	SPRING VALLEY YM	A	4:10.76
	1) Kirschner, Brad M43	2) Houchins, Bradford M39	
	3) Dryburgh, Andrew M36	4) Boris, Joseph M37	
	30.98	1:04.09	1:34.88
	2:38.71	3:12.21	3:40.26
			4:10.76
3	CENTRAL MARYLAND	A	4:32.41
	1) Jacobson, Michael M48	2) Ruckdeschel, Jonathan M48	
	3) Wheeler, Michael M36	4) Toy, Raymond M50	
	34.40	1:11.15	1:46.31
	2:52.70	3:25.23	3:57.28
			4:32.41

Men 45+ 200 Yard Freestyle Relay**NATL: 1:27.70 ! 5/4/08 ARIZONA MASTERS****JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH****ZONE: 1:35.96 Z 2008 Binghamton U****VA: 1:36.57 V 4/28/16 VMST****G Harris, K Sprenger, D Vaughn, K Clear**

1	SPRING VALLEY YM	B	1:32.95Z
	1) Gross, Jeremy M45	2) Sangmeister, Gary M46	
	3) Evans, Jeffrey M51	4) McGuire, James M52	
	22.10	45.66	1:08.60
			1:32.95
2	VIRGINIA MASTERS	A	1:40.97
	1) Clear, Kirk M49	2) Sprenger, Kurt M47	
	3) Harris, Greg M53	4) Tudor, Louis M61	
	25.37	49.69	1:13.41
			1:40.97
3	RESTON MASTERS S	A	1:54.07
	1) Evans, Brian M52	2) Eliot, Doug M52	
	3) Scoggin, Sam M56	4) Moyer, Steven M59	
	28.36	55.02	1:23.46
			1:54.07

Men 45+ 400 Yard Freestyle Relay**NATL: 3:18.25 ! 5/7/10 WILDCAT ALUMNI****A JAEGER, T HARVILL, M VOLZING, D CUNNIFF****ZONE: 3:35.09 Z 4/13/08 Binghamton Univ Masters Swir****VA: 3:59.45 V 4/11/03 VMST****Lang Meem, Ralph Swiger, Jim Miller, Rick Stringer**

1	VIRGINIA MASTERS	B	3:42.85V
	1) Clear, Kirk M49	2) Harris, Greg M53	
	3) Tudor, Louis M61	4) Sprenger, Kurt M47	
	26.92	56.83	1:21.66
	2:17.84	2:49.19	3:14.72
			3:42.85

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Men 45+ 400 Yard Freestyle Relay)**

2	RESTON MASTERS S	B	4:11.92
1)	Daum, Brian M50	2) Evans, Brian M52	
3)	Moyer, Steven M59	4) Hong, Chun M56	
	26.16	54.95	1:24.18
	2:30.09	3:05.38	3:37.29
3	GERMANTOWN MARYI	A	5:08.79
1)	Robinson, David M73	2) Walters, Mark M64	
3)	Golden, Scott M53	4) Boyle, Michael M65	
	38.76	1:22.32	1:59.10
	3:10.36	3:43.25	4:24.62

Men 45+ 800 Yard Freestyle Relay**NATL: 7:22.85 ! 5/8/10 WILDCAT ALUMNI****A JAEGER, S TRIMBLE, M VOLZING, D CUNNIFF****ZONE: 8:04.45 Z 2008 Binghamton U****VA: 9:37.80 V 4/11/08 VMST****W White, M Saks, R Swiger, J McFarland**

1	SPRING VALLEY YM	A	8:37.74
1)	Evans, Jeffrey M51	2) Sangmeister, Gary M46	
3)	Gross, Jeremy M45	4) McGuire, James M52	
	28.91	1:00.60	1:32.90
	2:35.31	3:09.48	3:44.57
	4:47.61	5:20.06	5:52.91
	6:55.11	7:28.33	8:03.01
2	VIRGINIA MASTERS	A	8:38.62V
1)	Clear, Kirk M49	2) Tudor, Louis M61	
3)	Harris, Greg M53	4) Sprenger, Kurt M47	
	29.17	1:03.62	1:39.47
	2:47.17	3:22.82	4:00.02
	5:03.79	5:34.59	6:06.46
	7:05.24	7:35.88	8:07.42
3	RESTON MASTERS S	A	9:30.16
1)	Evans, Brian M52	2) Eliot, Doug M52	
3)	Scoggin, Sam M56	4) Moyer, Steven M59	
	31.42	1:05.57	1:42.25
	2:48.12	3:21.34	3:56.19
	5:02.46	5:37.11	6:13.32
	7:27.40	8:08.79	8:51.25

Men 45+ 200 Yard Medley Relay**NATL: 1:36.56 ! 5/23/10 GEORGIA MASTERS****E ERICSON, C WEISSMAN, B BUGG, M ELLISON****ZONE: 1:45.70 Z 4/10/16 Spring Valley YMCA Masters****G Rees, G Sangmeister, J Evans, J McGuire****VA: 1:48.04 V 4/28/16 VMST****K Clear, G Harris, L Tudor, T Johnson**

1	SPRING VALLEY YM	A	1:44.79Z
1)	Evans, Jeffrey M51	2) Sangmeister, Gary M46	
3)	Gross, Jeremy M45	4) McGuire, James M52	
	27.46	56.36	1:20.49
2	RESTON MASTERS S	B	2:01.70
1)	Evans, Brian M52	2) Scoggin, Sam M56	
3)	Eliot, Doug M52	4) Daum, Brian M50	
	32.85	1:06.75	1:36.81

3	VIRGINIA MASTERS	A	2:05.78
1)	Clear, Kirk M49	2) Harris, Greg M53	
3)	Sprenger, Kurt M47	4) Bamford, Sherman M52	
	28.14	58.45	1:26.77

Men 45+ 400 Yard Medley Relay**NATL: 3:38.41 ! 4/10/10 TEXAS LONGHORN****N BREAZEALE, D GUTHRIE, A RASMUSSEN, M STINCHCOMBE****ZONE: 4:06.43 Z 4/9/16 Spring Valley YMCA Masters****G Rees, G Sangmeister, J Evans, J McGuire****VA: 4:23.81 V 4/22/05 VMST****R Romo, W White, S Bailey, T Hernlen**

1	VIRGINIA MASTERS	B	4:18.48V
1)	Clear, Kirk M49	2) Tudor, Louis M61	
3)	Harris, Greg M53	4) Sprenger, Kurt M47	
	31.94	1:05.97	1:38.15
	2:44.49	3:18.08	3:46.52

Men 55+ 200 Yard Freestyle Relay**NATL: 1:32.18 ! 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	COLONIALS 1776	A	1:58.42
1)	Matz, Michael M55	2) Keyser, Brian M60	
3)	Dougherty, Stephen M65	4) Tulenko, Tom M74	
	28.28	55.89	1:25.46
2	VIRGINIA MASTERS	B	2:10.81
1)	Romo, Robert M58	2) Nelson, Bill M64	
3)	Murray, Keith M58	4) Swiger, Ralph M60	
	29.74	1:01.96	1:32.95

Men 55+ 800 Yard Freestyle Relay**NATL: 7:42.24 ! 3/29/15 CMS****M MANN, C PETERSEN, G SCOTT, K ANDERSON****ZONE: 8:13.77 Z 4/17/11 Colonnials 1776****VA: 9:49.54 V 4/4/14 VMST****J McFarland, R Romo, R Swiger, J McCorkle**

1	VIRGINIA MASTERS	B	11:10.16
1)	Romo, Robert M58	2) Nelson, Bill M64	
3)	Murray, Keith M58	4) Swiger, Ralph M60	
	33.42	1:10.95	1:49.95
	3:07.80	3:55.48	4:47.01
	6:08.47	6:47.07	7:26.39
	8:47.69	9:35.71	10:24.01
2	GERMANTOWN MARYI	A	11:42.06
1)	Wright, Steve M67	2) Walters, Mark M64	
3)	Robinson, David M73	4) Boyle, Michael M65	
	35.77	1:18.01	2:02.35
	3:24.51	4:07.48	4:50.29
	5:48.03	6:12.04	6:57.46
	8:25.41	8:45.42	9:11.63

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 55+ 200 Yard Medley Relay****NATL: 1:45.32 ! 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 VIRGINIA MASTERS	C	2:18.67
1) Miller, Jim M66	2) Romo, Robert M58	
3) Tudor, Louis M61	4) Nelson, Bill M64	
39.96	1:16.03	1:46.91 2:18.67

Men 55+ 400 Yard Medley Relay**NATL: 3:57.13 ! 3/28/15 CMS****C PETERSEN, G SCOTT, M MANN, K ANDERSON****ZONE: 4:19.39 Z 4/17/11 Colonials 1776****VA: 4:43.94 V 1/1/05 VMST****R Stringer, W Brundage, E Gaulrapp, H Sober**

1 VIRGINIA MASTERS	A	6:16.46
1) Romo, Robert M58	2) Murray, Keith M58	
3) Swiger, Ralph M60	4) Gaulrapp, Edward M74	
41.11	1:23.09	1:40.42 2:07.02
2:55.59	3:46.92	4:46.97 6:16.46

Men 65+ 200 Yard Freestyle Relay**NATL: 1:40.07 ! 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 BINGHAMTON UNIV	A	1:54.94Z
1) Youtt, George M68	2) Pot, Gene M66	
3) Kornblatt, Daniel M67	4) Cothren, Jack M67	
28.29	56.77	1:25.41 1:54.94
2 VIRGINIA MASTERS	C	2:04.15
1) Sober, Harry M74	2) Brundage, Warner M74	
3) Wise, Randy M75	4) Novell, Ken M74	
28.83	1:01.67	1:34.79 2:04.15
3 RESTON MASTERS S	A	2:24.38
1) Paulson, Laurence M68	2) Pilette, Sterling M75	
3) Rysdon, Jon M65	4) Snowwhite, Larry M70	
34.02	1:12.48	1:43.24 2:24.38

Men 65+ 400 Yard Freestyle Relay**NATL: 3:48.65 ! 4/16/16 VENTURA COUNTY****G GRUBER, J MC CONICA, H KERNS, B ROLLINS****ZONE: 4:26.84 Z 4/13/08 Virginia Masters Swim Team****VA: 4:26.84 V 4/11/08 VMST****H Sober, W Brundage, A Wolfe, E Gaulrapp**

1 BINGHAMTON UNIV	A	4:32.25
1) Pot, Gene M66	2) Langendorfer, Stephen M66	
3) Cothren, Jack M67	4) Kornblatt, Daniel M67	
31.66	1:06.76	1:41.34 2:20.04
2:52.26	3:28.29	3:59.10 4:32.25

2 VIRGINIA MASTERS A 4:43.20

1) Sober, Harry M74 2) Brundage, Warner M74
3) Wise, Randy M75 4) Novell, Ken M7432.25 1:07.24 1:43.12 2:22.61
2:58.33 3:36.22 4:07.78 4:43.20

3 RESTON MASTERS S A 6:52.17

1) Gerson, Gordon M80 2) Rysdon, Jon M65
3) Paulson, Laurence M68 4) Snowwhite, Larry M701:11.16 2:32.88 3:06.76 3:45.84
4:27.01 5:12.77 5:59.95 6:52.17**Men 65+ 800 Yard Freestyle Relay****NATL: 8:32.89 ! 4/17/16 VENTURA COUNTY****J MC CONICA, B ROLLINS, H KERNS, G GRUBER****ZONE: 10:13.65 Z 4/20/13 Colonials 1776****T Tulenko, H Detering, J Keane, J Amundsen****VA: 11:34.87 V 4/10/15 VMST****H Sober, W Brundage, E Gaulrapp, K Novell**

1 VIRGINIA MASTERS C 11:40.61

1) Sober, Harry M74 2) Brundage, Warner M74
3) Gaulrapp, Edward M74 4) Novell, Ken M7435.33 1:16.47 2:00.01 2:43.45
3:22.48 4:06.61 4:51.69 5:35.51
6:20.38 7:12.00 8:03.91 8:53.67
9:29.05 10:09.98 10:54.58 11:40.61

2 RESTON MASTERS S B 12:47.45

1) Rysdon, Jon M65 2) Paulson, Laurence M68
3) Pilette, Sterling M75 4) Snowwhite, Larry M7036.52 1:17.03 1:58.12 2:37.32
3:19.70 4:08.54 4:59.99 5:49.20
6:36.39 7:31.61 8:30.84 9:23.46
10:08.30 10:57.72 11:54.78 12:47.45**Men 65+ 200 Yard Medley Relay****NATL: 1:51.58 ! 5/10/09 SAN DIEGO SWIM****V VAN BAALEN, P ANDERSEN, K LODWIG, M FRESHLEY****ZONE: 2:20.10 Z 4/13/08 Virginia Masters Swim Team****VA: 2:11.46 V 5/20/10 VMST****S Galletly, W Brundage, H Sober, K Novell**

1 BINGHAMTON UNIV A 2:13.78Z

1) Kornblatt, Daniel M67 2) Pot, Gene M66
3) Cothren, Jack M67 4) Langendorfer, Stephen M66

34.44 1:09.89 1:41.05 2:13.78

2 VIRGINIA MASTERS B 2:30.47

1) Sober, Harry M74 2) Brundage, Warner M74
3) Gaulrapp, Edward M74 4) Novell, Ken M74

38.14 1:21.19 2:00.71 2:30.47

3 RESTON MASTERS S A 3:06.32

1) Gerson, Gordon M80 2) Rysdon, Jon M65
3) Paulson, Laurence M68 4) Snowwhite, Larry M70

1:02.23 1:46.76 2:27.36 3:06.32

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Men 65+ 400 Yard Medley Relay****NATL: 4:21.08 ! 4/17/16 VENTURA COUNTY****J MC CONICA, B ROLLINS, H KERNS, G GRUBER****ZONE: 5:01.35 Z 4/13/08 Virginia Masters Swim Team****VA: 5:01.35 V 4/11/08 VMST****H Sober, W Brundage, A Wolfe, E Gaulrapp**

1 BINGHAMTON UNIV	A	5:22.93
1) Kornblatt, Daniel M67	2) Pot, Gene M66	
3) Cothren, Jack M67	4) Langendorfer, Stephen M66	
36.11	1:14.15	1:55.58
3:23.85	4:08.49	4:44.53
		5:22.93

Mixed 18+ 200 Yard Freestyle Relay**NATL: 1:24.76 ! 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 Club****VA: 1:29.14 V 4/28/16 1693****K Gallagher, K Loughran, S Shaner, G Mizerak**

1 PATRIOT MASTERS	A	1:39.86
1) Wolfe, Ryan M24	2) Stratton, Rob M32	
3) Hughes, Meghan W38	4) Ward, Cheryl W50	
22.92	45.72	1:12.91
		1:39.86
2 CENTRAL BUCKS FA	A	1:43.57
1) Hegna, Ryan M36	2) Halner, Kristina W22	
3) Edmunds, Addey W29	4) Ryan, Tim M34	
23.97	50.23	1:19.19
		1:43.57
3 RESTON MASTERS S	D	2:02.70
1) Flynn, Merri W57	2) Gwilliam, Glenn M38	
3) Trainor, Gabriela W31	4) Van Ness, Jacob M21	
38.26	1:05.63	1:38.79
		2:02.70

Mixed 18+ 400 Yard Freestyle Relay**NATL: 3:14.92 ! 4/29/16 CLUB TRIBE ALUM****K GALLAGHER, K LOUGHRAN, K GRIER, G MIZERAK****ZONE: 3:30.48 Z 4/9/16 Fins Aquatics Club****W Kimball, H Mohorn, K Chialastri, J Acquaviva****VA: 3:14.92 V 4/28/16 1693****K Gallagher, K Loughran, K Grier, G Mizerak**

1 PATRIOT MASTERS	A	3:52.38
1) Stratton, Rob M32	2) Wolfe, Ryan M24	
3) Thompson, Kim W53	4) Ward, Cheryl W50	
24.97	51.49	1:14.68
		1:40.58
		2:14.15
		2:51.44
		3:20.43
		3:52.38
2 CENTRAL BUCKS FA	A	3:52.50
1) Halner, Kristina W22	2) Ryan, Tim M34	
3) Edmunds, Addey W29	4) Wiley, Keith M49	
27.64	57.56	1:25.08
		1:54.50
		2:23.94
		2:57.17
		3:23.26
		3:52.50
3 CLUB TRIBE	B	3:53.05
1) Head, Carter M23	2) Greene, Shannon W31	
3) Davidson, Julia W40	4) Lesnewsky, Erik M34	
24.70	52.84	1:21.14
		1:52.17
		2:22.43
		2:58.29
		3:24.65
		3:53.05

4 RESTON MASTERS S	D	4:16.08
1) Brightwell, Kim W57	2) Trainor, Gabriela W31	
3) Gwilliam, Glenn M38	4) Van Ness, Jacob M21	
31.27	1:03.44	1:38.99
		2:18.26
		2:48.60
		3:21.80
		3:48.01
		4:16.08

Mixed 18+ 800 Yard Freestyle Relay**NATL: 7:32.95 ! 3/30/03 NEW ENGLAND MAS****R LORENZ, P WORLAND, J EADDY, J STOKES****ZONE: 7:54.89 Z 2002 Colonials 1776****VA: 8:13.19 V 1/1/04 VMST****F Byskov, D Jaeger, T Seubert, M Meyer**

1 CENTRAL BUCKS FA	A	8:39.23
1) Hegna, Ryan M36	2) Edmunds, Addey W29	
3) Wiley, Keith M49	4) Halner, Kristina W22	
26.54	55.56	1:26.00
		1:56.50
		2:26.82
		3:01.67
		3:39.54
		4:17.36
		4:48.73
		5:23.35
		5:57.98
		6:30.61
		6:59.74
		7:31.91
		8:05.32
		8:39.23

Mixed 18+ 200 Yard Medley Relay**NATL: 1:35.89 ! 4/30/16 THE OLYMPIC CLU****A SAETA, C BABCOCK, A SENKO, M STIPE****ZONE: 1:40.03 Z 4/14/07 Curl-Burke Swim Club****VA: 1:39.74 V 4/28/16 1693****G Mizerak, S Glass, K Gallagher, S Shaner**

1 CENTRAL BUCKS FA	A	1:58.59
1) Booth, Gretchen W46	2) Reynolds, Sean M48	
3) Halner, Kristina W22	4) Hegna, Ryan M36	
29.60	1:03.84	1:34.06
		1:58.59
2 VIRGINIA MASTERS	A	2:03.07
1) Adams, Gail W23	2) Sprenger, Kurt M47	
3) Wallace, Devon W26	4) Clear, Kirk M49	
31.86	1:06.03	1:37.59
		2:03.07
3 RESTON MASTERS S	B	2:28.08
1) Baldwin, Craig M42	2) Moyer, Michelle W54	
3) Van Ness, Jacob M21	4) Nelson, Tanja W47	
29.79	1:17.27	1:46.14
		2:28.08

Mixed 18+ 400 Yard Medley Relay**NATL: 3:41.71 ! 3/29/09 RED TIDE OF NYC****K GARY, N WERNER, K MOUGHTY, J FAIN****ZONE: 3:51.34 Z 2001 Metro****VA: 3:53.66 V 4/21/06 VMST****T Bassett, S Lawrence, D Jaeger, C Buist**

1 CLUB TRIBE	A	3:58.00
1) Hensley, Scott M34	2) Head, Carter M23	
3) Greene, Shannon W31	4) Shaner, Sara W25	
26.51	54.68	1:24.46
		1:58.74
		2:29.24
		3:04.17
		3:29.59
		3:58.00

2017 COLONIES ZONE SCY CHAMPIONSHIP

George Mason University, Fairfax, VA

Results**Mixed 25+ 200 Yard Freestyle Relay****NATL: 1:28.83 ! 4/29/16 THE OLYMPIC CLU****C BURCKLE, K KASTES, O'DONNELL-MCCARTH, A SAETA****ZONE: 1:34.48 Z 4/26/09 Curl-Burke Swim Club****VA: 1:35.49 V 1/1/02 VMST****N Williams, A Phillips, W Fitzhugh, B Baker**

1	ALEXANDRIA MASTE	A	1:37.99
	1) Gauzens, Stephanie W33	2) McWilliams, Katie W33	
	3) Jent, Daniel M39	4) McHenry, Scott M25	
	26.98	53.87	1:17.26 1:37.99
2	VIRGINIA MASTERS	A	1:41.60
	1) Sprenger, Kurt M47	2) Letendre, Denise W28	
	3) Wallace, Devon W26	4) Harris, Greg M53	
	24.63	51.17	1:18.23 1:41.60
3	SPRING VALLEY YM	B	1:44.10
	1) Lampe, Corinne W25	2) Mahaney, Melanie W26	
	3) McGuire, James M52	4) Boris, Joseph M37	
	26.54	53.16	1:17.88 1:44.10
4	ALEXANDRIA MASTE	B	1:45.87
	1) Aepli, Lauren W29	2) Obenhuber, Briana W28	
	3) Brado, Matthew M37	4) Fry, Jonathan M37	
	29.23	57.77	1:21.97 1:45.87
5	ALEXANDRIA MASTE	C	1:52.96
	1) Vayda, Shannon W28	2) Taylor, Alaina W35	
	3) Bales, Paul M58	4) Taylor, Tim M30	
	32.23	1:01.60	1:27.96 1:52.96
6	UMAC-TERRAPIN MA	A	1:54.82
	1) Oloughlin, Jonathan M33	2) Fu, Angela W37	
	3) Randolph, Courtney W25	4) Strahota, Jeffrey M36	
	24.76	1:04.15	1:29.83 1:54.82
7	SPORT & HEALTH T	A	1:57.07
	1) Vera, Art M34	2) Walters, Suzanne W46	
	3) Basinsky, Kathryn W28	4) Bowman, Erik M46	
	27.35	58.22	1:33.27 1:57.07
8	PATRIOT MASTERS	B	1:57.58
	1) Xu, Tim M26	2) Grecco, Paul M55	
	3) Visos, Rebecca W58	4) Thompson, Kim W53	
	26.60	52.77	1:25.67 1:57.58
9	SPORT & HEALTH T	B	2:09.51
	1) Casstevens, Wade M43	2) Hilal, Bridget W38	
	3) Ochs, Thomas M25	4) Mockler, Shannon W32	
	35.58	1:06.90	1:37.11 2:09.51

Mixed 25+ 400 Yard Freestyle Relay**NATL: 3:16.12 ! 4/29/16 THE OLYMPIC CLU****A SAETA, O'DONNELL-MCCARTH, K KASTES, C BURCKLE****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 Wolfe**

1	CLUB TRIBE	A	3:19.84Z
	1) Falcone, Marina W29	2) Loughran, Kyle M29	
	3) Shaner, Sara W25	4) Gallagher, Kevin M29	
	25.46	52.20	1:15.04 1:39.85
	2:05.37	2:33.57	2:55.37 3:19.84

2	ALEXANDRIA MASTE	A	3:55.85
	1) Vayda, Shannon W28	2) McWilliams, Katie W33	
	3) Torgesen, Harald M38	4) Jent, Daniel M39	
	33.52	1:09.57	1:37.20 2:07.18
	2:33.57	3:04.24	3:28.68 3:55.85

3	VIRGINIA MASTERS	A	4:13.19
	1) Wallace, Devon W26	2) Letendre, Denise W28	
	3) Clear, Kirk M49	4) Nelson, Bill M64	
	28.72	1:00.36	1:28.51 2:00.00
	2:26.72	2:56.92	3:33.36 4:13.19

Mixed 25+ 800 Yard Freestyle Relay**NATL: 7:25.46 ! 4/4/04 ILLINOIS MASTER****J RIDGE, N DAY, P ELDER, M KELLER****ZONE: 7:40.50 Z 1999 Colonials 1776****VA: 8:22.50 V 1/1/02 VMST****V Schlesinger, S Boyer, M Bittner, W Fitzhugh**

1	CLUB TRIBE	A	7:20.49!
	1) Falcone, Marina W29	2) Grier, Katie W38	
	3) Robbins, Luke M26	4) Gallagher, Kevin M29	
	26.07	54.08	1:22.85 1:52.76
	2:18.52	2:47.61	3:17.68 3:48.73
	4:14.09	4:41.90	5:09.00 5:35.46
	5:58.35	6:24.47	6:52.61 7:20.49
2	VIRGINIA MASTERS	A	8:09.15V
	1) Letendre, Denise W28	2) Wallace, Devon W26	
	3) Sprenger, Kurt M47	4) Harris, Greg M53	
	27.75	57.95	1:29.39 2:01.69
	2:31.15	3:03.77	3:37.62 4:11.70
	4:38.46	5:08.14	5:38.98 6:08.98
	6:35.56	7:05.92	7:37.80 8:09.15
3	ALEXANDRIA MASTE	A	8:47.68
	1) Milhisser, Mark M42	2) Jakubchak, Lindsey W34	
	3) McWilliams, Katie W33	4) Jent, Daniel M39	
	30.52	1:05.80	1:48.24 2:48.53
	3:36.74	4:10.85	4:44.18 5:12.75
	5:44.64	6:17.31	6:50.10 7:16.63
		7:46.33	8:16.40 8:47.68
---	SPRING VALLEY YM	A	DQ
	1) Houchins, Bradford M39	2) Lampe, Corinne W25	
	3) Mahaney, Melanie W26	4) McGuire, James M52	
	30.09	1:03.55	1:38.06 2:12.43
	2:44.89	3:21.71	3:58.75 4:40.24
		5:41.58	6:16.83 6:55.94
	7:33.45	8:10.58	8:47.32 DQ

Mixed 25+ 200 Yard Medley Relay**NATL: 1:35.20 ! 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 Wolfe, A Phillips**

1	ALEXANDRIA MASTE	A	1:48.83
	1) McWilliams, Katie W33	2) McHenry, Scott M25	
	3) Fry, Jonathan M37	4) Gauzens, Stephanie W33	
	30.57	56.55	1:21.97 1:48.83

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Mixed 25+ 200 Yard Medley Relay)**

2 CLUB TRIBE	A	1:48.90
1) Czaplicki, Alexandra W26	2) Minzenmayer, Ellen W28	
3) Hensley, Scott M34	4) Robbins, Luke M26	
29.26 1:02.78	1:26.67 1:48.90	
3 SPRING VALLEY YM	B	1:52.76
1) Kirschner, Brad M43	2) Houchins, Bradford M39	
3) Lampe, Corinne W25	4) Mahaney, Melanie W26	
29.08 58.05	1:25.75 1:52.76	
4 ALEXANDRIA MASTE	B	1:56.14
1) Obenhuber, Briana W28	2) Jakubchak, Lindsey W34	
3) Taylor, Tim M30	4) Brado, Matthew M37	
31.69 1:05.76	1:32.07 1:56.14	
5 PATRIOT MASTERS	A	1:58.09
1) Krajewski, Thomas M38	2) Xu, Tim M26	
3) Hughes, Meghan W38	4) Ward, Cheryl W50	
26.76 1:02.03	1:30.99 1:58.09	
6 LANE 4 SWIMMING	A	1:58.71
1) Jue, Heather W33	2) Levit, David M28	
3) Bentley, Margaret W29	4) Jones, Mark M54	
32.57 1:04.66	1:32.38 1:58.71	
7 MERRITT MARLINS	A	2:05.15
1) VanRoden, Jack M26	2) Long, Uliana W31	
3) Joubert, Kevin M44	4) Erby, Nicole W32	
28.78 1:06.72	1:37.45 2:05.15	
8 ALEXANDRIA MASTE	C	2:07.04
1) Bianco, Jennifer W39	2) Vayda, Robert M29	
3) Torgesen, Harald M38	4) Kays, Amelia W37	
38.02 1:10.64	1:37.95 2:07.04	
9 SPORT & HEALTH T	A	2:07.50
1) Basinsky, Kathryn W28	2) Vera, Art M34	
3) Walters, Suzanne W46	4) Parker, Jonathan M25	
39.21 1:08.85	1:44.07 2:07.50	
10 GERMANTOWN MARYI	B	2:26.78
1) Bancroft, Caren W46	2) Sandi, Gustavo M44	
3) Schneider, Johanna W43	4) Milajevs, Dmitrijs M29	
51.17 1:18.68	2:26.78	
11 SPORT & HEALTH T	B	2:41.77
1) Mockler, Shannon W32	2) Casstevens, Wade M43	
3) Porter, Erford M54	4) Lahtinen-Hicks, Wallis W66	
39.01 1:20.82	1:58.46 2:41.77	

Mixed 25+ 400 Yard Medley Relay**NATL: 3:45.13 ! 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 LANE 4 SWIMMING	A	4:24.85
1) Jue, Heather W33	2) Levit, David M28	
3) Bentley, Margaret W29	4) Jones, Mark M54	
34.33 1:10.29	1:42.59 2:22.15	
2:51.07 3:24.74	3:53.78 4:24.85	

2 CLUB TRIBE	C	4:31.20
1) Earle, Daniel M45	2) Minzenmayer, Ellen W28	
3) Lesnewsky, Erik M34	4) Lovett, Lindsay W38	
30.38 1:02.25	1:37.68 2:15.73	
2:42.47 3:14.75	3:50.36 4:31.20	
--- ALEXANDRIA MASTE	A	DQ
1) Smith, Katherine W26	2) Vayda, Robert M29	
3) Taylor, Tim M30	4) Aepli, Lauren W29	
35.62 1:13.35	1:46.90 2:25.22	
2:53.56 3:26.51	3:55.52 DQ	

Mixed 35+ 200 Yard Freestyle Relay**NATL: 1:30.17 ! 4/25/04 ROCKY MOUNTAIN****K GARNIER, S VON DER LIPPE, J SMITH, P SMITH****ZONE: 1:34.00 Z 4/10/16 Club Tribe Alumni****C Hurtubise, R Williams, M Lovett, K Grier****VA: 1:33.01 V 4/28/16 1693****C Hurtubise, M Lovett, R Williams, K Grier**

1 CLUB TRIBE	A	1:36.32
1) Williams, Rich M41	2) Lovett, Michael M39	
3) Harris, Kristen W40	4) Grier, Katie W38	
23.54 45.42	1:11.87 1:36.32	
2 RESTON MASTERS S	A	1:44.09
1) Baldwin, Craig M42	2) Groves, Lisa W52	
3) Daum, Brian M50	4) Bass, Amy W46	
24.23 52.22	1:16.03 1:44.09	
3 RIPTIDE MASTERS	A	1:52.32
1) Cantilina, Amy W48	2) Rickard, Alan M60	
3) Emanuel, Florence W54	4) Zenyuh, James M40	
28.43 56.00	1:26.63 1:52.32	
--- MONTEREY BAY MAS	A	DQ
3) Sullivan, Joseph M52		
27.34 58.88	1:24.92 DQ	

Mixed 35+ 400 Yard Freestyle Relay**NATL: 3:26.42 ! 4/29/16 NORTH CAROLINA****H STEWART, E BRAUN, K LINDAUER, V FLETCHER****ZONE: 3:36.79 Z 1997 Colonials 1776****VA: 3:28.42 V 3/15/08 VMST****S Summerlin, J John, C John, D Summerlin**

1 RESTON MASTERS S	C	4:08.61
1) Baldwin, Craig M42	2) Dawson, Mandy W54	
3) McNamara, Beth W51	4) Scott, Clint M42	
25.75 53.16	1:24.24 2:00.07	
2:33.55 3:13.25	3:39.78 4:08.61	

Mixed 35+ 800 Yard Freestyle Relay**NATL: 7:24.36 ! 4/17/05 ILLINOIS MASTER****L DILLMANN, J RIDGE, R KURZA, M KELLER****ZONE: 7:52.32 Z 1997 Colonials 1776****VA: 8:30.63 V 4/30/99 VMST****Lang Meem, Beth Baker, Susan Skiff, Todd Russell**

1 SPRING VALLEY YM	B	9:27.83
1) Dryburgh, Andrew M36	2) Baker, Maribeth W43	
3) Evans, Jeffrey M51	4) Boris, Stephanie W37	
29.93 1:04.48	1:39.89 2:14.21	
2:49.95 3:30.56	4:12.32 4:53.24	
5:22.57 5:55.50	6:29.08 7:02.10	
7:35.38 8:12.06	8:50.82 9:27.83	

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Mixed 35+ 200 Yard Medley Relay****NATL: 1:39.85 ! 5/22/10 COLORADO MASTER****S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY****ZONE: 1:45.00 Z 4/20/13 Montgomery Ancient Mariners****S Williams, W Dicks, M Conze, D Conze****VA: 1:44.12 V 4/28/16 1693****K Grier, R Williams, M Lovett, C Hurtubise**

1 CLUB TRIBE	B	1:47.14
1) Grier, Katie W38	2) Williams, Rich M41	
3) Wimberly, Lisa W40	4) Lovett, Michael M39	
27.81 55.62	1:25.38 1:47.14	
2 SPRING VALLEY YM	C	1:57.47
1) Evans, Jeffrey M51	2) Dryburgh, Andrew M36	
3) Baker, Maribeth W43	4) Boris, Stephanie W37	
27.33 58.34	1:30.15 1:57.47	
3 RIPTIDE MASTERS	A	1:59.73
1) Zenyuh, James M40	2) Di Pippa, Tammy W50	
3) Cantilina, Amy W48	4) Rickard, Alan M60	
23.94 1:00.34	1:32.46 1:59.73	

Mixed 35+ 400 Yard Medley Relay**NATL: 3:48.70 ! 4/19/09 WALNUT CREEK MA****D SANTOS, R SANTOS, A ZAMANIAN, D BOATWRIGHT****ZONE: 4:00.75 Z 1997 Colonials 1776****VA: 3:50.42 V 3/15/08 VMST****C John, S Summerlin, J John, D Summerlin**

1 CLUB TRIBE	B	4:11.45
1) Rockwell, John M42	2) Thomas, RuthAnne W36	
3) Nilson, Matt M36	4) Davidson, Julia W40	
29.11 1:00.15	1:17.81 2:12.34	
2:37.23 3:06.28	3:36.63 4:11.45	
2 COLONIALS 1776	A	4:33.29
1) Swanson, Vibeke W55	2) Dougherty, Stephen M65	
3) Patterson, Thomas M39	4) Hug, Laurie W51	
33.63 1:08.59	1:45.74 2:27.24	
2:56.68 3:31.37	4:00.86 4:33.29	

Mixed 45+ 200 Yard Freestyle Relay**NATL: 1:34.48 ! 5/4/08 ARIZONA MASTERS****J SMITH, M BAILEY, S ROLLINS, P SMITH****ZONE: 1:44.07 Z 4/6/14 Virginia Masters Swim Team****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 SPRING VALLEY YM	A	1:41.19Z
1) Della Guardia, Jennifer W49	2) Sangmeister, Gary M46	
3) Henion, Theresa W45	4) Gross, Jeremy M45	
27.13 50.82	1:19.69 1:41.19	
2 RESTON MASTERS S	B	1:55.48
1) Evans, Brian M52	2) Dawson, Mandy W54	
3) Eliot, Doug M52	4) McNamara, Beth W51	
28.19 57.83	1:24.33 1:55.48	
3 RESTON MASTERS S	C	2:19.33
1) Moyer, Michelle W54	2) Hong, Chun M56	
3) Li, Eileen W56	4) Wynes, Tony M47	
33.22 1:02.89	2:19.33	

Mixed 45+ 400 Yard Freestyle Relay**NATL: 3:33.66 ! 4/29/16 NEW YORK ATHLET****C BLAZE, T GLEASON, S WAGER, K GARY****ZONE: 4:03.93 Z 4/4/04 Virginia Masters SwimTeam****VA: 3:53.71 V 4/28/16 VMST****G Harris, K Clear, J Kellinger, B Gras Thompson**

1 VIRGINIA MASTERS	B	4:14.34
1) Jaeger, Debbie W54	2) Mackall, Suni W54	
3) Sprenger, Kurt M47	4) Harris, Greg M53	
33.56 1:09.91	1:48.10 2:27.38	
2:53.57 3:21.80	3:47.03 4:14.34	
2 RESTON MASTERS S	A	4:42.94
1) Evans, Brian M52	2) Flynn, Merri W57	
3) Moyer, Michelle W54	4) Moyer, Steven M59	
28.96 1:00.90	1:40.34 2:21.56	
2:56.60 3:34.60	4:07.68 4:42.94	

Mixed 45+ 800 Yard Freestyle Relay**NATL: 7:51.33 ! 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****VA: 8:51.34 V 4/11/03 VMST****L Meem, T Sue Gault, L Bennett, R Stringer**

1 RESTON MASTERS S	B	9:38.44
1) Dawson, Mandy W54	2) Bass, Amy W46	
3) Evans, Brian M52	4) Eliot, Doug M52	
32.35 1:10.20	1:51.69 2:34.68	
3:08.29 3:45.17	4:24.98 5:05.77	
5:22.26	6:11.84 6:48.61	
7:24.82 7:42.31	8:27.93 9:38.44	
2 RESTON MASTERS S	C	10:42.66
1) Moyer, Michelle W54	2) McNamara, Beth W51	
3) Wynes, Tony M47	4) Hong, Chun M56	
36.38 1:16.69	1:57.93 2:38.20	
3:14.28 3:56.18	4:40.39 5:24.18	
6:02.11 6:43.38	7:25.94 8:43.45	
9:22.06 10:03.89	10:42.66	

Mixed 45+ 200 Yard Medley Relay**NATL: 1:44.02 ! 5/4/08 ARIZONA MASTERS****J SMITH, G MILLS, S ROLLINS, M BAILEY****ZONE: 1:55.19 Z 4/9/16 Lane 4 Swimming****S Williams, J Kress, S Schutzmeister, N Buchholz****VA: 1:52.78 V 4/28/16 VMST****K Clear, G Harris, D Hodgert, A Patterson**

1 SPRING VALLEY YM	A	1:54.82Z
1) Della Guardia, Jennifer W49	2) Sangmeister, Gary M46	
3) Gross, Jeremy M45	4) Henion, Theresa W45	
32.27 1:01.75	1:25.46 1:54.82	
2 VIRGINIA MASTERS	B	2:10.02
1) Jaeger, Debbie W54	2) Harris, Greg M53	
3) Romo, Robert M58	4) Loftus-Charley, Shirley W65	
37.46 1:07.54	1:38.64 2:10.02	
3 RESTON MASTERS S	A	2:23.47
1) Groves, Lisa W52	2) McNamara, Beth W51	
3) Eliot, Doug M52	4) Moyer, Steven M59	
34.83 1:22.67	2:23.47	

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****(Mixed 45+ 200 Yard Medley Relay)**

4	MERRITT MARLINS	B	2:24.02
	1) McGough, Tim M59	2) Snow, Karen W57	
	3) Burgess, Doug M60	4) Brown, Ann W54	
	30.88	1:11.09	1:49.10 2:24.02
5	GERMANTOWN MARYI	A	2:48.46
	1) Andrews, Lynne W69	2) Mallon, Barbara W50	
	3) Robinson, David M73	4) Boyle, Michael M65	
	50.41	1:27.46	2:09.78 2:48.46

Mixed 45+ 400 Yard Medley Relay**NATL: 4:00.80 ! 5/2/04 OREGON MASTERS****K ANDRUS-HUGHES, P ALLENDER, C CRABBE, M TENNANT****ZONE: 4:28.24 Z 2002 Virginia****VA: 4:28.24 V 1/1/02 VMST****R Stringer, L Bennett, T Sue Gault, J Miller**

1	GERMANTOWN MARYI	A	6:22.65
	1) Andrews, Lynne W69	2) Boyle, Michael M65	
	3) Robinson, David M73	4) Bancroft, Caren W46	
	45.97	1:37.78	2:31.34 3:29.04
	4:18.49	5:13.86	5:30.41 6:22.65

Mixed 55+ 200 Yard Freestyle Relay**NATL: 1:40.97 ! 4/13/14 SARASOTA Y SHAR****J GROSELLE, T HEDRICK, N KRYKA, D DOYLE****ZONE: 2:01.83 Z 1990 New England****VA: 1:52.81 V 4/28/16 VMST****L Tudor, S Loftus-Charley, P Miller, H Holswade**

1	VIRGINIA MASTERS	A	2:04.27
	1) Miller, Patricia W56	2) Loftus-Charley, Shirley W65	
	3) Murray, Keith M58	4) Miller, Jim M66	
	32.12	1:03.78	1:32.78 2:04.27

Mixed 55+ 400 Yard Freestyle Relay**NATL: 3:48.60 ! 4/1/12 PLANO WETCATS****T BARTON, J GOODING, L MORRISON, K MACCUDY****ZONE: 4:26.21 Z 4/4/04 DC Masters****VA: 4:38.92 V 4/13/12 VMST****S Loftus-Charley, K Braaten, R Swiger, J McCorkle**

1	VIRGINIA MASTERS	C	5:02.04
	1) Boslego, Barbara W65	2) Loftus-Charley, Shirley W65	
	3) Murray, Keith M58	4) Swiger, Ralph M60	
	37.80	1:53.56	2:30.51
	3:02.21	3:38.21	4:18.45 5:02.04

Mixed 55+ 800 Yard Freestyle Relay**NATL: 8:34.48 ! 4/21/13 UCLA BRUIN MAST****B MAGIT, J COOK, P O'KEEFFE, V HIBBEN****ZONE: 9:35.98 Z 4/3/04 DC Masters****VA: 10:26.10 V 4/10/16 VMST****R Romo, P Miller, R Swiger, S Loftus-Charley**

1	VIRGINIA MASTERS	B	10:30.09
	1) Miller, Patricia W56	2) Loftus-Charley, Shirley W65	
	3) Murray, Keith M58	4) Swiger, Ralph M60	
	35.63	1:13.86	1:52.37 2:30.79
	3:04.61	3:41.49	4:18.87 4:54.20
	6:05.21	6:44.55	7:23.12
	8:04.54	8:51.56	9:41.03 10:30.09
2	RESTON MASTERS S	A	10:37.16
	1) Brightwell, Kim W57	2) Flynn, Merri W57	
	3) Rysdon, Jon M65	4) Scoggin, Sam M56	
	32.55	1:08.91	1:46.75 2:24.78
	3:06.55	3:52.91	4:41.06 5:25.99
	6:02.08	6:42.20	7:23.48 8:03.75
	8:38.68	9:17.67	9:57.32 10:37.16

Mixed 55+ 200 Yard Medley Relay**NATL: 1:52.96 ! 4/26/15 PUGET SOUND MAS****Z COURTNEY, R COLELLA, D GRAHAM, C DAVIS****ZONE: 2:16.14 Z 1987 New England****VA: 2:12.57 V 4/26/12 VMST****N Betts, D Frisch, W Throne, S Loftus-Charley**

1	COLONIALS 1776	A	2:15.04Z
	1) Swanson, Vibeke W55	2) Burke, Barbara W55	
	3) Dougherty, Stephen M65	4) Tulenko, Tom M74	
	33.09	1:11.28	1:41.96 2:15.04
2	PATRIOT MASTERS	B	2:17.78
	1) Visos, Rebecca W58	2) Toner, Karlin W55	
	3) Grecco, Paul M55	4) Weidner, Bob M60	
	1:17.15	1:46.71	2:17.78 2:17.78

Mixed 55+ 400 Yard Medley Relay**NATL: 4:17.57 ! 3/31/12 PLANO WETCATS****T BARTON, K MACCUDY, J GOODING, L MORRISON****ZONE: 5:04.64 Z 1995 DC Masters****VA: 5:09.07 V 4/30/99 VMST****B Durrant, E Gaulrapp, J Schlitz, L Walker**

1	VIRGINIA MASTERS	A	5:27.26
	1) Romo, Robert M58	2) Miller, Patricia W56	
	3) Loftus-Charley, Shirley W65	4) Swiger, Ralph M60	
	38.94	1:18.92	1:58.64 2:41.88
	3:19.55	4:01.96	4:42.87 5:27.26

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Mixed 65+ 400 Yard Freestyle Relay****NATL: 4:19.23 ! 3/11/17 PALM BEACH MAST****D QUIGGIN, B JOHNSTON, F HARE, L CHILDS****ZONE: 4:36.77 Z 4/12/08 Virginia Masters Swim Team****VA: 4:36.77 V 4/11/08 VMST****H Sober, J Detrick, A Wolfe, B Schreiner**

1	RESTON MASTERS S	B	5:37.01
1)	Kirwan, Denise W65	2)	Manheim, Lucy W74
3)	Rysdon, Jon M65	4)	Snowwhite, Larry M70
	33.51	1:10.76	2:01.83 2:58.21
	3:32.84	4:09.54	5:37.01

Mixed 65+ 200 Yard Medley Relay**NATL: 2:06.22 ! 5/10/09 SAN DIEGO SWIM****B JORDAN, P ANDERSEN, K LODWIG, J MARR****ZONE: 2:29.78 Z 1987 Connecticut****VA: 2:20.95 V 5/20/10 VMST****B Durrant, W Brundage, H Sober, B Schreiner**

1	VIRGINIA MASTERS	C	2:49.44
1)	Walker, Laura W79	2)	Gaulrapp, Edward M74
3)	Wise, Randy M75	4)	Schreiner, Beth W76
	54.10	1:36.17	2:12.21 2:49.44
2	RESTON MASTERS S	C	3:12.61
1)	Manheim, Lucy W74	2)	Kirwan, Denise W65
3)	Pilette, Sterling M75	4)	Nobbe, Nick M78
	55.73	2:24.98	3:12.61

Mixed 65+ 400 Yard Medley Relay**NATL: 5:20.49 ! 4/1/07 SAN DIEGO SWIM****B JORDAN, B BEST, M FRESHLEY, G CLIFFORD****ZONE: 5:23.62 Z 4/13/08 Virginia Masters Swim Team****VA: 5:23.62 V 4/11/08 VMST****H Sober, B Durrant, A Wolfe, B Schreiner**

1	RESTON MASTERS S	A	6:34.74
1)	Manheim, Lucy W74	2)	Kirwan, Denise W65
3)	Paulson, Laurence M68	4)	Snowwhite, Larry M70
	1:00.06	2:00.62	2:42.05
	4:14.15	5:05.38	5:22.76 6:34.74

Combined Team Scores**Combined Team Scores - Through Event 151**

1.	Virginia Masters Swim Team	1344
2.	Reston Masters Swim Team	1213
3.	Alexandria Masters Swimming	902
4.	Club Tribe	890
5.	Spring Valley YMCA Masters	870
6.	Colonials 1776	862
7.	Lane 4 Swimming	788
8.	Central Bucks Family YMCA	380
9.	Germantown Maryland Masters	360
10.	Patriot Masters Swim Team	357
11.	Umac-Terrapin Masters	318
12.	Binghamton Univ Masters	273

13.	Arlington Masters	270
14.	Merritt Marlins	217
15.	Uc12	211
16.	Central Maryland YMCA Masters	182
17.	Riptide Masters	181
18.	District Of Columbia Aquatics	176
19.	Sport & Health Tsunami Masters	174
20.	Uc10	164
21.	Garden State Masters	140
22.	Asphalt Green Masters	104
22.	Montgomery Ancient Mariners	104
24.	Maryland Masters	89
25.	Chester River Aquatic Blues	88
26.	Freedom Aquatic Club	80
27.	Flying Fish Heads	78
28.	Uc09	77
29.	Warrenton Fauquier Aquatic Clu	72
30.	Columbia Masters Swim Team	70
31.	Uc38	64
32.	Peluso Open Water Masters	63
33.	Uc04	56
34.	Tide Swimming	52
35.	Uc06	51
36.	Santa Cruz Masters Aquatics	47
37.	Gold Coast Masters	45
38.	Excel Swimming	41
39.	Fins Aquatics Club	40
39.	Lakeland Hills Family YMCA	40
39.	Santa Barbara Masters	40
42.	Rochester Area Masters Swimmin	38
43.	Uc08	34
43.	Sarasota Y Sharks	34
45.	Eagle Swim Team Masters	32
46.	Talbot Masters	30.5
47.	New England Masters Swim Club	29
47.	Crozet Parc YMCA Masters	29
49.	Uc11	28
50.	Fredricksburg American Family	27
51.	Life Time Swim New Jersey	26
52.	Winchester Masters Swim Team	23
53.	Shepherd University Wellness C	22
53.	North Carolina Masters Swimmin	22
55.	Uc07	20
56.	Monocacy Aquatic Club Masters	19
57.	Chelsea Piers Masters	18
58.	Bearcat Masters	17
59.	Warrenton Masters Swim Team	15.5
60.	Blue Wave Swim Team	13
61.	Vcu Recreational Sports	12
62.	Fort Belvoir Masters	9
62.	Dumpster Fish	9
64.	Adirondack Masters	6
65.	Team America	5
66.	Sportfit Lab	2
67.	Monterey Bay Masters Seaside A	1

2017 COLONIES ZONE SCY CHAMPIONSHIP**George Mason University, Fairfax, VA****Results****Scores - Women****Women - Team Rankings - Through Event 151**

1. Colonials 1776	576
2. Virginia Masters Swim Team	513
3. Lane 4 Swimming	454
4. Reston Masters Swim Team	435
5. Alexandria Masters Swimming	399
6. Spring Valley YMCA Masters	375
7. Club Tribe	298
8. Patriot Masters Swim Team	132
9. Arlington Masters	131
10. Uc12	126
11. Germantown Maryland Masters	120
12. Central Bucks Family YMCA	107
13. Merritt Marlins	95
14. Umac-Terrapin Masters	92
15. Chester River Aquatic Blues	88
16. Riptide Masters	76
17. Warrenton Fauquier Aquatic Clu	72
18. Sport & Health Tsunami Masters	67
19. Peluso Open Water Masters	63
20. Maryland Masters	57
20. Garden State Masters	57
22. Freedom Aquatic Club	53
23. Tide Swimming	52
24. Montgomery Ancient Mariners	48
25. Columbia Masters Swim Team	46
26. Uc06	44
27. Flying Fish Heads	43
28. Santa Barbara Masters	40
29. Eagle Swim Team Masters	32
30. Crozet Parc YMCA Masters	29
31. Fredricksburg American Family	22
32. Uc10	21
33. Uc09	13
34. Binghamton Univ Masters	10
35. Dumpster Fish	9
36. District Of Columbia Aquatics	4
37. Sportfit Lab	2

Scores - Men**Men - Team Rankings - Through Event 151**

1. Virginia Masters Swim Team	655
2. Reston Masters Swim Team	564
3. Club Tribe	444
4. Alexandria Masters Swimming	411
5. Spring Valley YMCA Masters	403
6. Lane 4 Swimming	310
7. Binghamton Univ Masters	263
8. Colonials 1776	254
9. Umac-Terrapin Masters	220
10. Germantown Maryland Masters	214
11. Central Bucks Family YMCA	209
12. Central Maryland YMCA Masters	182

13. District Of Columbia Aquatics	172
14. Patriot Masters Swim Team	165
15. Uc10	143
16. Arlington Masters	139
17. Merritt Marlins	108
18. Asphalt Green Masters	104
19. Sport & Health Tsunami Masters	103
20. Uc12	85
21. Garden State Masters	83
22. Riptide Masters	81
23. Uc09	64
23. Uc38	64
25. Montgomery Ancient Mariners	56
25. Uc04	56
27. Santa Cruz Masters Aquatics	47
28. Gold Coast Masters	45
29. Excel Swimming	41
30. Lakeland Hills Family YMCA	40
30. Fins Aquatics Club	40
32. Rochester Area Masters Swimmin	38
33. Flying Fish Heads	35
34. Uc08	34
34. Sarasota Y Sharks	34
36. Maryland Masters	32
37. Talbot Masters	30.5
38. New England Masters Swim Club	29
39. Uc11	28
40. Freedom Aquatic Club	27
41. Life Time Swim New Jersey	26
42. Columbia Masters Swim Team	24
43. Winchester Masters Swim Team	23
44. Shepherd University Wellness C	22
44. North Carolina Masters Swimmin	22
46. Uc07	20
47. Monocacy Aquatic Club Masters	19
48. Chelsea Piers Masters	18
49. Bearcat Masters	17
50. Warrenton Masters Swim Team	15.5
51. Blue Wave Swim Team	13
52. Vcu Recreational Sports	12
53. Fort Belvoir Masters	9
54. Uc06	7
55. Adirondack Masters	6
56. Fredricksburg American Family	5
56. Team America	5
58. Monterey Bay Masters Seaside A	1