

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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  
 VA: 23.86 V 3/6/14 Rachel Nelson

1	Hernandez, Grace	22	FINS AQUATICS CL	24.14
2	Ryczek, Emily	24	CLUB TRIBE	24.95
3	Greene, Eva	24	UC10	25.33
4	Halner, Kristina	23	CENTRAL BUCKS FA	27.37
5	Enright, Schuyler	22	ALEXANDRIA MAST	30.87

**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	Wujciak, Anna	23	CLUB TRIBE	53.46
	25.78	53.46		
2	Ryczek, Emily	24	CLUB TRIBE	53.67
	25.53	53.67		
3	Moyer, Caroline	23	LIFE TIME SWIM D	56.58
	26.85	56.58		
4	Halner, Kristina	23	CENTRAL BUCKS FA	58.50
	28.26	58.50		
5	Olbum, Orly	23	UC10	1:02.01
	29.35	1:02.01		
6	Dickhudt, Mackenzie	23	CLUB TRIBE	1:02.15
	29.83	1:02.15		
7	Enright, Schuyler	22	ALEXANDRIA MAST	1:07.86
	32.34	1:07.86		
8	Romero, Sharon	23	RESTON MASTERS S	1:09.78
	32.63	1:09.78		

**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	Ryczek, Emily	24	CLUB TRIBE	1:58.61
	27.19	56.95	1:27.47	1:58.61
2	Halner, Kristina	23	CENTRAL BUCKS FA	2:07.23
	28.86	1:00.28	1:33.81	2:07.23
3	Olbum, Orly	23	UC10	2:15.08
	30.92	1:05.00	1:40.08	2:15.08
4	Sours, Kate	19	LANE 4 SWIMMING	2:49.99
	39.93	1:22.48	2:05.65	2:49.99

**Women 18-24 200 Yard Freestyle Time Trial**

NATL: 1:43.28 ! 11/8/09 DANA VOLLMER  
 ZONE: 1:55.38 Z 4/4/04 Kelly Bowman  
 VA: 1:54.11 V 4/28/16 Gabrielle Mizerak

**- Time Trial**

1	Wujciak, Anna	23	CLUB TRIBE	1:56.80
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**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	Olbum, Orly	23	UC10	5:49.64
	31.44	1:06.31	1:41.93	2:17.63
	2:53.40	3:29.32	4:04.28	4:39.33
	5:14.63	5:49.64		
2	Halner, Kristina	23	CENTRAL BUCKS FA	5:51.68
	32.04	1:06.07	1:40.98	2:16.84
	2:53.00	3:28.91	4:04.88	4:40.68
	5:16.64	5:51.68		
3	Bade, Marian	23	ALEXANDRIA MAST	5:53.58
	31.50	1:05.99	1:41.28	2:16.70
	2:52.77	3:29.21	4:05.61	4:42.34
	5:18.44	5:53.58		
4	Sours, Kate	19	LANE 4 SWIMMING	7:30.83
	40.69	1:23.16	2:06.99	2:52.20
	3:38.50	4:24.96	5:11.84	5:59.15
	6:46.64	7:30.83		

**Women 18-24 1000 Yard Freestyle**

NATL:10:12.42 ! 3/31/12 LUANE ROWE  
 ZONE:10:52.83 Z 4/8/16 Kaley Gregory  
 VA:10:52.83 V 4/10/16 Kaley Gregory

1	Olbum, Orly	23	UC10	11:53.21
	31.80	1:06.32	1:42.13	2:18.11
	2:54.16	3:30.30	4:06.59	4:42.90
	5:19.10	5:55.05	6:31.07	7:07.45
	7:43.15	8:19.23	8:54.88	9:30.96
	10:07.06	10:42.85	11:18.21	11:53.21
2	Halner, Kristina	23	CENTRAL BUCKS FA	12:38.80
	33.55	1:10.44	1:47.86	2:25.78
	3:03.95	3:42.43	4:21.17	5:00.09
	5:39.36	6:17.91	6:56.31	7:34.85
	8:13.59	8:51.92	9:30.21	10:08.56
	10:46.77	11:24.63	12:02.35	12:38.80
3	Sours, Kate	19	LANE 4 SWIMMING	15:35.11
	41.44	1:26.78	2:12.36	2:58.64
	3:45.00	4:33.09	5:20.50	6:07.96
	6:55.23	7:42.62	8:30.53	9:17.30
	10:04.71	10:52.43	11:40.35	12:28.24
	13:16.39	14:04.07	14:50.43	15:35.11

**Women 18-24 1650 Yard Freestyle**

NATL:16:53.46 ! 5/4/17 GENEVIEVE MILLER  
 ZONE:18:41.96 Z 4/23/06 Eliz. Schlicher  
 VA:18:08.86 V 4/28/16 Kaley Gregory

1	Bade, Marian	23	ALEXANDRIA MAST	20:45.59
	34.43	1:11.56	1:49.18	2:27.76
	3:06.19	3:44.54	4:23.09	5:01.15
	5:39.62	6:18.29	6:56.46	7:34.56
	8:12.57	8:50.50	9:28.64	10:06.67
	10:44.78	11:22.60	12:00.65	12:38.80
	13:16.84	13:54.63	14:32.57	15:10.03
	15:47.85	16:25.38	17:02.69	17:40.28
	18:17.75	18:55.53	19:32.69	20:09.56
				20:45.59

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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## Results

**Women 18-24 50 Yard Backstroke**

NATL: 26.15 ! 2/4/17 FELICIA LEE  
 ZONE: 27.46 Z 4/10/16 Gabrielle Mizerak  
 VA: 26.73 V 4/12/15 Gabrielle Mizerak

1	Greene, Eva	24	UC10	27.97
2	Reiffenberger, Megan	23	PATRIOT MASTERS	32.21
3	Halner, Kristina	23	CENTRAL BUCKS FA	33.02
4	Romero, Sharon	23	RESTON MASTERS S	39.91

**Women 18-24 50 Yard Backstroke Time Trial**

NATL: 26.15 ! 2/4/17 FELICIA LEE  
 ZONE: 27.60 Z 4/23/06 Stacy Peterson  
 VA: 26.73 V 4/12/15 Gabrielle Mizerak

**- Time Trial**

3	Wujciak, Anna	23	CLUB TRIBE	28.93
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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	Reiffenberger, Megan	23	PATRIOT MASTERS	1:09.28
				33.27 1:09.28
2	Romero, Sharon	23	RESTON MASTERS S	1:23.23
				40.50 1:23.23

**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	Wujciak, Anna	23	CLUB TRIBE	2:14.13
				32.36 1:05.92 1:39.77 2:14.13
2	Reiffenberger, Megan	23	PATRIOT MASTERS	2:29.05
				34.92 1:12.72 2:29.05

**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	Moyer, Caroline	23	LIFE TIME SWIM D	31.01
2	Dickhudt, Mackenzie	23	CLUB TRIBE	36.23
3	Halner, Kristina	23	CENTRAL BUCKS FA	40.28
4	Enright, Schuyler	22	ALEXANDRIA MAST	45.12

**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	Schwartz, Laura	23	CLUB TRIBE	1:07.05V
				31.53 1:07.05
2	Rosenburg, Kaleigh	22	PATRIOT MASTERS	1:07.36
				32.91 1:07.36
3	Olbum, Orly	23	UC10	1:20.30
				37.64 1:20.30

**Women 18-24 200 Yard Breaststroke**

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

1	Schwartz, Laura	23	CLUB TRIBE	2:24.53V
				32.78 1:08.95 1:46.68 2:24.53
2	Moyer, Caroline	23	LIFE TIME SWIM D	2:25.58Z
				33.48 1:10.83 1:48.40 2:25.58
3	Rosenburg, Kaleigh	22	PATRIOT MASTERS	2:30.98Z
				34.26 1:12.12 1:50.57 2:30.98

**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	Olbum, Orly	23	UC10	30.13
2	Halner, Kristina	23	CENTRAL BUCKS FA	30.62
3	Dickhudt, Mackenzie	23	CLUB TRIBE	32.13
4	Romero, Sharon	23	RESTON MASTERS S	34.25

**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	Hernandez, Grace	22	FINS AQUATICS CL	58.80
				28.10 58.80
2	Halner, Kristina	23	CENTRAL BUCKS FA	1:11.17
				32.48 1:11.17
3	Romero, Sharon	23	RESTON MASTERS S	1:22.61
				37.27 1:22.61

**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	Schwartz, Laura	23	CLUB TRIBE	59.66Z
				27.79 59.66
2	Rosenburg, Kaleigh	22	PATRIOT MASTERS	1:00.76
				28.60 1:00.76
3	Greene, Eva	24	UC10	1:04.77
				29.18 1:04.77
4	Wujciak, Anna	23	CLUB TRIBE	1:05.37
				29.44 1:05.37
5	Halner, Kristina	23	CENTRAL BUCKS FA	1:09.18
				32.22 1:09.18
6	Reiffenberger, Megan	23	PATRIOT MASTERS	1:11.55
7	Romero, Sharon	23	RESTON MASTERS S	1:18.03
				36.66 1:18.03

**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	Schwartz, Laura	23	CLUB TRIBE	2:09.53Z
				27.30 1:00.03 1:37.75 2:09.53
2	Rosenburg, Kaleigh	22	PATRIOT MASTERS	2:14.82
				29.07 1:02.92 1:40.88 2:14.82

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**(Women 18-24 200 Yard IM)**

3	Reiffenberger, Megan	23	PATRIOT MASTERS	2:33.77
	33.39	1:10.78	1:56.93	2:33.77
4	Romero, Sharon	23	RESTON MASTERS S	2:51.09
	36.34	1:20.82	2:11.38	2:51.09

**Women 18-24 400 Yard IM**

NATL: 4:21.82 ! 1/28/12 KATHERINE MILLS  
 ZONE: 4:42.00 Z 4/21/13 Andrea Staub  
 VA: 4:48.20 V 5/7/09 Anne Muir

1	Shaw, Margaret	23	FINS AQUATICS CL	4:57.19
	31.89	1:09.74	1:47.01	2:23.55
	3:07.18	3:51.33	4:24.54	4:57.19
2	Bade, Marian	23	ALEXANDRIA MAST	5:31.73
	33.54	1:14.39	2:00.41	2:45.58
	3:31.12	4:16.93	4:55.27	5:31.73

**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: 24.13 V 3/1/18 Rachel Nelson

**- Time Trial**

1	Mizerak, Gabrielle	26	CLUB TRIBE	24.80
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**Women 25-29 50 Yard Freestyle**

NATL: 22.62 ! 1/25/14 MADISON KENNEDY  
 ZONE: 23.16 Z 4/24/05 Petra Martin  
 VA: 24.13 V 3/1/18 Rachel Nelson

1	Macedonia, Anna	28	ALEXANDRIA MAST	24.45
2	Shaner, Sara	26	CLUB TRIBE	24.66
3	Maqueda, Victoria	25	CLUB TRIBE	26.93
4	Mahaney, Melanie	27	SPRING VALLEY YM	27.20
5	Minzenmayer, Ellen	29	CLUB TRIBE	27.58
6	Duarte, Ana	28	ARLINGTON MASTE	27.90
7	Keesler, Missy	27	BINGHAMTON UNIV	29.26
8	Talty, Leah	29	UC04	29.97

**Women 25-29 100 Yard Freestyle**

NATL: 49.18 ! 2/24/13 KIM VANDENBERG  
 ZONE: 52.00 Z 4/8/17 Marina Falcone  
 VA: 52.00 V 4/7/17 Marina Falcone

1	Mizerak, Gabrielle	26	CLUB TRIBE	52.65
	25.28	52.65		
2	Maqueda, Victoria	25	CLUB TRIBE	57.25
	27.30	57.25		
3	Mahaney, Melanie	27	SPRING VALLEY YM	58.88
	28.43	58.88		
4	Wallace, Devon	27	VIRGINIA MASTERS	1:00.77
	28.87	1:00.77		
5	Talty, Leah	29	UC04	1:05.50
	31.47	1:05.50		

**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: 52.00 V 4/7/17 Marina Falcone

**- Time Trial**

1	Mizerak, Gabrielle	26	CLUB TRIBE	53.81
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3	Geroni, Deidre	27	VIRGINIA MASTERS	58.51
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**Women 25-29 200 Yard Freestyle**

NATL: 1:48.80 ! 5/20/01 LIMIN LIU  
 ZONE: 1:52.76 Z 4/9/17 Marina Falcone  
 VA: 1:52.76 V 4/7/17 Marina Falcone

1	Mahaney, Melanie	27	SPRING VALLEY YM	2:07.61
	29.35	1:00.98	1:34.07	2:07.61
2	Schwartz, Carleigh	28	ARLINGTON MASTE	2:08.38
	29.71	1:01.86	1:34.84	2:08.38
3	Talty, Leah	29	UC04	2:26.26
	33.99	1:10.83	1:48.65	2:26.26

**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	26	UMAC-TERRAPIN M	5:13.56
	28.74	1:00.12	1:31.70	2:03.56
	2:35.26	3:07.20	3:38.84	4:10.66
	4:42.50	5:13.56		
2	Mahaney, Melanie	27	SPRING VALLEY YM	5:43.62
	30.35	1:03.79	1:38.57	2:13.65
	2:48.99	3:24.33	3:59.53	4:34.91
	5:09.95	5:43.62		
3	Schwartz, Carleigh	28	ARLINGTON MASTE	5:58.64
	31.50	1:05.95	1:41.28	2:17.46
	2:53.41	3:29.94	4:06.61	4:43.97
	5:21.87	5:58.64		
4	Talty, Leah	29	UC04	6:44.39
	35.60	1:14.46	1:54.80	2:36.23
	3:18.21	3:59.97	4:42.54	5:24.23
	6:06.35	6:44.39		

**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	Mahaney, Melanie	27	SPRING VALLEY YM	11:44.26
	32.16	1:07.01	1:42.61	2:18.15
	2:53.85	3:29.31	4:05.03	4:40.81
	5:16.20	5:51.39	6:26.73	7:02.03
	7:37.33	8:12.69	8:48.23	9:24.11
	9:59.86	10:35.48	11:10.64	11:44.26
2	Hoffmann, Caroline	27	LANE 4 SWIMMING	25:51.77
	1:08.03	2:22.54		
	6:25.98	7:47.14	9:22.62	11:58.25
	13:14.99		15:49.56	18:25.61
			19:40.58	22:09.93
	24:39.22	25:51.77		

**Women 25-29 50 Yard Backstroke**

NATL: 25.26 ! 5/22/10 TANICA JAMISON  
 ZONE: 27.51 Z 4/25/09 Stacy Peterson  
 VA: 28.13 V 2/3/18 Rachel Nelson

1	Macedonia, Anna	28	ALEXANDRIA MAST	27.35Z
2	Mizerak, Gabrielle	26	CLUB TRIBE	28.11V
3	Geroni, Deidre	27	VIRGINIA MASTERS	29.65
4	Mahaney, Melanie	27	SPRING VALLEY YM	31.12

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## Results

**(Women 25-29 50 Yard Backstroke)**

5 Keesler, Missy 27 BINGHAMTON UNIV 32.06

**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: 28.13 V 2/3/18 Rachel Nelson

**- Time Trial**

2 Mizerak, Gabrielle 26 CLUB TRIBE 28.84

**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 Macedonia, Anna 28 ALEXANDRIA MAST 58.87Z  
28.56 58.872 Geroni, Deidre 27 VIRGINIA MASTERS 1:02.67  
30.59 1:02.673 Mahaney, Melanie 27 SPRING VALLEY YM 1:06.85  
32.40 1:06.85**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 27 SPRING VALLEY YM 2:24.98  
33.58 1:10.22 1:48.42 2:24.98**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 Maqueda, Victoria 25 CLUB TRIBE 31.30V

2 Shaner, Sara 26 CLUB TRIBE 32.73

3 Minzenmayer, Ellen 29 CLUB TRIBE 32.91

4 Wallace, Devon 27 VIRGINIA MASTERS 38.81

5 Talty, Leah 29 UC04 39.97

**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 Maqueda, Victoria 25 CLUB TRIBE 1:09.27V  
32.29 1:09.272 Letendre, Denise 29 VIRGINIA MASTERS 1:09.85  
33.25 1:09.853 Minzenmayer, Ellen 29 CLUB TRIBE 1:11.47  
34.47 1:11.474 Barrett, Rachelle 29 PATRIOT MASTERS 1:15.92  
36.17 1:15.925 Talty, Leah 29 UC04 1:28.84  
42.33 1:28.84**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 29 VIRGINIA MASTERS 2:28.64Z  
33.89 1:11.55 1:49.75 2:28.642 Minzenmayer, Ellen 29 CLUB TRIBE 2:34.13  
34.24 1:12.72 1:53.20 2:34.133 Maqueda, Victoria 25 CLUB TRIBE 2:36.07  
34.37 1:12.87 1:52.14 2:36.07**Women 25-29 50 Yard Butterfly**

NATL: 24.19 ! 4/28/17 DANIELLE HERRMANN

ZONE: 25.83 Z 4/24/05 Petra Martin

VA: 26.00 V 4/7/17 Marina Falcone

1 Mizerak, Gabrielle 26 CLUB TRIBE 25.89V

2 Geroni, Deidre 27 VIRGINIA MASTERS 27.39

3 Shaner, Sara 26 CLUB TRIBE 28.40

4 Wallace, Devon 27 VIRGINIA MASTERS 32.34

**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 Geroni, Deidre 27 VIRGINIA MASTERS 59.95  
28.19 59.95**Women 25-29 200 Yard Butterfly**

NATL: 1:57.48 ! 12/2/17 HANNAH SAIZ

ZONE: 2:09.97 Z 4/5/14 Denise Letendre

VA: 2:09.97 V 4/4/14 Denise Letendre

1 Letendre, Denise 29 VIRGINIA MASTERS 2:10.73  
29.25 1:02.03 1:35.93 2:10.732 Geroni, Deidre 27 VIRGINIA MASTERS 2:12.80  
29.49 1:02.34 1:36.60 2:12.80**Women 25-29 100 Yard IM**

NATL: 54.40 ! 4/29/17 DANIELLE HERRMANN

ZONE: 59.53 Z 4/24/05 Petra Martin

VA: 1:01.61 V 3/18/11 Kate Hibbard

1 Mizerak, Gabrielle 26 CLUB TRIBE 1:01.22V  
27.15 1:01.222 Randolph, Courtney 26 UMAC-TERRAPIN M. 1:01.69  
28.35 1:01.693 Shaner, Sara 26 CLUB TRIBE 1:02.11  
29.38 1:02.114 Maqueda, Victoria 25 CLUB TRIBE 1:05.87  
31.50 1:05.875 Schwartz, Carleigh 28 ARLINGTON MASTE 1:09.61  
33.15 1:09.616 Barrett, Rachelle 29 PATRIOT MASTERS 1:09.74  
33.38 1:09.747 Keesler, Missy 27 BINGHAMTON UNIV 1:11.36  
32.40 1:11.36

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## Results

**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	Randolph, Courtney	26	UMAC-TERRAPIN M	2:10.47
	28.85	1:01.87	1:40.10	2:10.47
2	Letendre, Denise	29	VIRGINIA MASTERS	2:13.06
	29.10	1:02.58	1:41.17	2:13.06
3	Schwartz, Carleigh	28	ARLINGTON MASTE	2:30.99
	32.21	1:10.90	1:55.48	2:30.99
4	Wallace, Devon	27	VIRGINIA MASTERS	2:38.53
	33.05	1:14.70	2:02.66	2:38.53

**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	26	UMAC-TERRAPIN M	4:35.31Z
	29.96	1:03.46	1:38.90	2:13.64
	2:53.11	3:33.01	4:04.92	4:35.31
2	Letendre, Denise	29	VIRGINIA MASTERS	4:37.98Z
	29.65	1:03.09	1:39.32	2:14.96
	2:54.09	3:33.39	4:05.95	4:37.98

**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	Masson, Carina	31	UC12	26.30
2	Greenawalt, Anne	33	DUMPSTER FISH	26.36
3	Greene, Shannon	32	CLUB TRIBE	27.08
4	Aeppli, Lauren	30	ALEXANDRIA MAST	28.25
5	Bofinger, Sarah	31	LANE 4 SWIMMING	29.17
6	Keylon, Rachel	30	ALEXANDRIA MAST	29.39
7	Stranzl, Colleen	31	LANE 4 SWIMMING	31.15
8	Mathey Lambeth, Alison	33	ARLINGTON MASTE	31.84
9	Majola, Ignatia	31	WARRENTON FAUQI	36.51

**Women 30-34 100 Yard Freestyle**

NATL: 48.03 ! 2/23/13 ERIKA ERNDL  
 ZONE: 52.34 Z 4/25/09 Petra Martin  
 VA: 54.52 V 1/28/18 Katie Grier

1	Greenawalt, Anne	33	DUMPSTER FISH	55.94
	26.58	55.94		
2	McWilliams, Katie	34	ALEXANDRIA MAST	57.17
	28.11	57.17		
3	Chialastri, Kate	30	FINS AQUATICS CL	58.68
	28.56	58.68		
4	Aeppli, Lauren	30	ALEXANDRIA MAST	1:01.37
	29.21	1:01.37		
5	Stranzl, Colleen	31	LANE 4 SWIMMING	1:09.00
	33.51	1:09.00		

**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	34	ALEXANDRIA MAST	2:02.45
	28.67	59.75	1:31.11	2:02.45
2	Greenawalt, Anne	33	DUMPSTER FISH	2:02.73
	28.19	58.99	1:30.44	2:02.73
3	Greene, Shannon	32	CLUB TRIBE	2:04.63
	28.81	59.79	1:31.92	2:04.63
4	Masson, Carina	31	UC12	2:06.82
	28.42	59.36	1:32.71	2:06.82
5	Aeppli, Lauren	30	ALEXANDRIA MAST	2:14.66
	30.80	1:04.79	1:39.78	2:14.66
6	Keylon, Rachel	30	ALEXANDRIA MAST	2:24.38
	32.76	1:08.74	1:46.43	2:24.38
7	Plimpton, Hannah	32	COLONIALS 1776	2:35.95
	35.66	1:15.61	1:56.04	2:35.95
8	Majola, Ignatia	31	WARRENTON FAUQI	3:35.22
	46.19	1:41.04	3:35.22	

**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: 5:14.58 V 10/7/17 Marina Falcone

1	McWilliams, Katie	34	ALEXANDRIA MAST	5:30.80
	29.42	1:01.61	1:34.59	2:08.49
	2:42.33	3:16.80	3:51.13	4:24.70
	4:57.95	5:30.80		
2	Greene, Shannon	32	CLUB TRIBE	5:34.56
	30.43	1:02.94	1:36.22	2:10.42
	2:43.96	3:17.82	3:51.67	4:25.88
	5:00.38	5:34.56		
3	Greenawalt, Anne	33	DUMPSTER FISH	5:36.59
	28.71	1:00.41	1:34.46	2:09.20
	2:43.05	3:17.45	3:52.16	4:27.51
	5:02.53	5:36.59		
4	Gauzens, Stephanie	34	ALEXANDRIA MAST	5:49.78
	30.64	1:04.15	1:38.61	2:13.99
	2:49.58	3:25.39	4:01.40	4:37.56
	5:14.21	5:49.78		
5	Plimpton, Hannah	32	COLONIALS 1776	6:56.95
	37.33	1:18.65	2:02.11	2:46.33
	3:29.82	4:11.94	4:53.70	5:36.80
	6:17.71	6:56.95		
6	DeVito, Christina	33	FREEDOM AQUATIC	7:14.33
	38.57	1:20.52	2:04.21	2:49.50
	3:34.38	4:19.51	5:03.87	5:48.40
	6:32.72	7:14.33		

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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	Greene, Shannon	32	CLUB TRIBE	11:50.16
	30.28	1:02.98	1:36.27	2:09.80
	2:43.24	3:16.90	3:50.95	4:24.94
	4:59.21	5:33.62	6:08.12	6:42.79
	7:21.02	8:17.32	8:52.38	9:27.90
	10:03.42	10:38.95	11:14.61	11:50.16

**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	Aeppli, Lauren	30	ALEXANDRIA MAST	21:31.27	
	33.99	1:11.10	1:49.53	2:27.81	
	3:06.63	3:45.46	4:24.29	5:03.74	
	5:42.91	6:22.34	7:00.94	7:39.77	
	8:18.42	8:57.93	9:36.78	10:16.56	
	10:56.58	11:36.41	12:16.48	12:56.45	
	13:35.93	14:16.36	14:56.27	15:36.08	
	16:15.75	16:54.82	17:34.38	18:14.00	
	18:53.28	19:33.39	20:12.92	20:52.67	21:31.27
2	Goldberg, Marci	33	LANE 4 SWIMMING	25:28.34	
	41.04	1:26.61	2:12.59	2:58.63	
	3:44.35	4:30.58	5:16.79	6:02.86	
	6:48.95	7:35.26	8:21.77	9:08.41	
	9:55.45	10:42.46	11:29.76	12:15.93	
	13:02.86	13:49.62	14:36.22	15:23.11	
	16:10.07	16:56.92	17:43.84	18:31.13	
	19:18.30	20:05.70	20:52.70	21:39.56	
	22:25.87	23:13.01	23:58.78	24:44.44	25:28.34

**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	Masson, Carina	31	UC12	29.48
2	Aeppli, Lauren	30	ALEXANDRIA MAST	31.41
3	Mathey Lambeth, Alison	33	ARLINGTON MASTE	35.43
4	DeVito, Christina	33	FREEDOM AQUATIC	44.45

**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: 1:03.14 V 2/3/18 Carina Masson

1	Long, Uliana	32	MERRITT MARLINS	1:12.80
	35.03	1:12.80		
2	Keylon, Rachel	30	ALEXANDRIA MAST	1:16.33
	36.63	1:16.33		

**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	34	ALEXANDRIA MAST	2:28.41
	35.02	1:12.06	1:50.48	2:28.41

2	Long, Uliana	32	MERRITT MARLINS	2:40.13
	36.73	1:16.88	1:59.21	2:40.13
3	Plimpton, Hannah	32	COLONIALS 1776	2:51.90
	42.07	1:25.80	2:09.56	2:51.90

**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	Geskos, Evangeline	34	PATRIOT MASTERS	33.44
2	Stranzl, Colleen	31	LANE 4 SWIMMING	37.13
3	Long, Uliana	32	MERRITT MARLINS	38.05
4	Pierce, Jennifer	34	UC12	39.61
5	Plimpton, Hannah	32	COLONIALS 1776	39.76
6	DeVito, Christina	33	FREEDOM AQUATIC	45.60

**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	Geskos, Evangeline	34	PATRIOT MASTERS	1:13.03
	34.38	1:13.03		
2	Chialastri, Kate	30	FINS AQUATICS CL	1:16.44
	36.29	1:16.44		
3	Stranzl, Colleen	31	LANE 4 SWIMMING	1:20.89
	37.92	1:20.89		
4	Long, Uliana	32	MERRITT MARLINS	1:24.80
5	DeVito, Christina	33	FREEDOM AQUATIC	1:39.18
	48.03	1:39.18		

**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	Geskos, Evangeline	34	PATRIOT MASTERS	2:39.44
	35.00	1:14.56	1:56.77	2:39.44

**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	Chialastri, Kate	30	FINS AQUATICS CL	28.65
2	Geskos, Evangeline	34	PATRIOT MASTERS	29.15
3	Aeppli, Lauren	30	ALEXANDRIA MAST	29.92
4	Stranzl, Colleen	31	LANE 4 SWIMMING	32.76
5	Long, Uliana	32	MERRITT MARLINS	32.87
6	Pierce, Jennifer	34	UC12	33.22
7	Plimpton, Hannah	32	COLONIALS 1776	36.35

**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	Masson, Carina	31	UC12	1:01.24
	29.42	1:01.24		
2	Chialastri, Kate	30	FINS AQUATICS CL	1:02.18
	29.05	1:02.18		
3	Geskos, Evangeline	34	PATRIOT MASTERS	1:05.57
	29.82	1:05.57		

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Women 30-34 100 Yard Butterfly)**

4	Greene, Shannon	32	CLUB TRIBE	1:06.23
	30.86	1:06.23		
5	Bofinger, Sarah	31	LANE 4 SWIMMING	1:11.16
	33.13	1:11.16		

**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	32	CLUB TRIBE	2:24.70
	31.30	1:06.58	1:43.94	2:24.70

**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	Geskos, Evangeline	34	PATRIOT MASTERS	1:06.43
	31.10	1:06.43		
2	Chialastri, Kate	30	FINS AQUATICS CL	1:07.27
	30.65	1:07.27		
3	Bofinger, Sarah	31	LANE 4 SWIMMING	1:13.06
	34.05	1:13.06		
4	Stranzl, Colleen	31	LANE 4 SWIMMING	1:15.73
	35.89	1:15.73		
5	Plimpton, Hannah	32	COLONIALS 1776	1:20.08
	39.06	1:20.08		
6	DeVito, Christina	33	FREEDOM AQUATIC	1:28.46
	43.10	1:28.46		

**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	Chialastri, Kate	30	FINS AQUATICS CL	2:24.53
	29.42	1:06.41	1:50.02	2:24.53
2	Keylon, Rachel	30	ALEXANDRIA MAST	2:50.26
	38.97	1:19.65	2:10.29	2:50.26
3	DeVito, Christina	33	FREEDOM AQUATIC	3:20.89
	43.82	1:40.20	2:37.86	3:20.89

**Women 35-39 50 Yard Freestyle**

**NATL: 22.34 ! 2/25/07 DARA TORRES**  
**ZONE: 24.11 Z 4/9/17 Katie Grier**  
**VA: 24.02 V 4/28/16 Katie Grier**

1	Grier, Katie	39	CLUB TRIBE	24.23
2	Gass, Krista	39	CLUB TRIBE	26.08
3	Fox, Amy	35	ALEXANDRIA MAST	27.58
4	Roberts, Cynthia	37	LANDSHARK MASTE	27.73
5	Jakubchak, Lindsey	35	ALEXANDRIA MAST	28.50
6	Jullien, Kate	39	ALEXANDRIA MAST	33.19
7	Lovett, Lindsay	39	CLUB TRIBE	34.48
8	Bozeman, Lesley	36	LANE 4 SWIMMING	34.98
9	Hufford, Ellen	35	ARLINGTON MASTE	36.79
10	Fu, Angela	38	UMAC-TERRAPIN M	40.42

**Women 35-39 100 Yard Freestyle**

**NATL: 49.72 ! 2/25/07 DARA TORRES**  
**ZONE: 52.47 Z 4/9/16 Katie Grier**  
**VA: 52.15 V 4/27/17 Katie Grier**

1	Grier, Katie	39	CLUB TRIBE	51.91V
	24.47	51.91		
2	Grover, Mollie	37	UMAC-TERRAPIN M	54.62
	26.74	54.62		
3	Gass, Krista	39	CLUB TRIBE	58.20
	27.48	58.20		
4	Roberts, Cynthia	37	LANDSHARK MASTE	1:00.97
	28.81	1:00.97		
5	Taylor, Alaina	36	ALEXANDRIA MAST	1:08.98
	33.24	1:08.98		
6	Bozeman, Lesley	36	LANE 4 SWIMMING	1:17.07
	36.73	1:17.07		
7	Herbein, Orsolya	39	UC09	1:20.48
	37.43	1:20.48		
8	Hufford, Ellen	35	ARLINGTON MASTE	1:21.71
	40.30	1:21.71		
9	Fu, Angela	38	UMAC-TERRAPIN M	1:31.89
	41.56	1:31.89		

**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: 1:56.71 V 4/27/17 Katie Grier**

1	Fox, Amy	35	ALEXANDRIA MAST	2:12.66
	30.55	1:03.38	1:37.53	2:12.66
2	Roberts, Cynthia	37	LANDSHARK MASTE	2:13.84
	30.83	1:05.24	1:40.30	2:13.84
3	Hufford, Ellen	35	ARLINGTON MASTE	2:53.83
	42.36	1:27.58	2:13.38	2:53.83
4	Duquette, Michelle	35	LANE 4 SWIMMING	3:37.58
	50.20	1:45.11	2:43.30	3:37.58

**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	Boris, Stephanie	38	SPRING VALLEY YM	6:30.37
	33.24	1:10.41	1:49.44	2:28.91
	3:09.03	3:49.02	4:30.04	5:10.72
	5:51.45	6:30.37		
2	Taylor, Alaina	36	ALEXANDRIA MAST	6:35.56
	35.66	1:14.40	1:53.87	2:34.25
	3:15.07	3:55.98	4:36.85	5:17.05
	5:56.78	6:35.56		
3	Duquette, Michelle	35	LANE 4 SWIMMING	9:37.96
	49.47	1:46.07		3:46.24
	4:46.91	5:47.80	6:48.58	
	8:45.93	9:37.96		

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## 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	Roberts, Cynthia	37	LANDSHARK MASTE	20:30.21
	32.09	1:09.84	1:47.48	2:25.73
	3:03.86	3:42.11	4:20.00	4:58.39
	5:36.51	6:14.42	6:52.27	7:29.49
	8:07.40	8:44.71	9:21.96	9:59.20
	10:37.00	11:14.49	11:52.01	12:29.38
	13:06.89	13:44.22	14:21.51	14:58.87
	15:36.50	16:13.71	16:51.11	17:28.29
	18:05.39	18:42.42	19:19.07	19:55.30
				20:30.21
2	Taylor, Alaina	36	ALEXANDRIA MAST	22:39.92
	37.54	1:19.30	2:01.51	2:44.43
	3:26.75	4:09.18	4:51.47	5:33.74
	6:15.66	6:57.81	7:39.59	8:21.30
	9:02.93	9:44.68	10:26.19	11:07.91
	11:49.24	12:30.69	13:12.12	13:53.51
	14:34.42	15:15.27	15:56.47	16:37.16
	17:17.73	17:58.34	18:38.91	19:19.81
	19:59.98	20:40.14	21:20.30	22:00.84
				22:39.92

**Women 35-39 50 Yard Backstroke**

**NATL:** 24.71 ! 4/29/17 **NORIKO INADA**  
**ZONE:** 27.81 Z 4/9/17 **Katie Grier**  
**VA:** 27.81 V 4/7/17 **Katie Grier**

1	Grover, Mollie	37	UMAC-TERRAPIN M	29.27
2	Boris, Stephanie	38	SPRING VALLEY YM	32.01
3	Lovett, Lindsay	39	CLUB TRIBE	42.21
4	Fu, Angela	38	UMAC-TERRAPIN M	52.25

**Women 35-39 50 Yard Backstroke Time Trial**

**NATL:** 24.71 ! 4/29/17 **NORIKO INADA**  
**ZONE:** 28.55 Z 4/21/02 **Susan Williams**  
**VA:** 27.81 V 4/7/17 **Katie Grier**

**- Time Trial**

1	Grier, Katie	39	CLUB TRIBE	28.42Z
6	Lovett, Lindsay	39	CLUB TRIBE	42.04

**Women 35-39 100 Yard Backstroke**

**NATL:** 53.58 ! 4/30/17 **NORIKO INADA**  
**ZONE:** 59.32 Z 5/2/99 **Vibeke Swanson**  
**VA:** 59.87 V 4/27/00 **Beth Baker**

1	Grier, Katie	39	CLUB TRIBE	1:01.17
	29.55	1:01.17		
2	Grover, Mollie	37	UMAC-TERRAPIN M	1:01.34
	30.64	1:01.34		
3	Boris, Stephanie	38	SPRING VALLEY YM	1:10.45
	34.68	1:10.45		
4	Roberts, Cynthia	37	LANDSHARK MASTE	1:13.34
	35.97	1:13.34		

**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	37	UMAC-TERRAPIN M	2:09.32Z
	31.56	1:04.38	1:37.05	2:09.32
2	Boris, Stephanie	38	SPRING VALLEY YM	2:42.48
	38.01	1:18.19	2:00.41	2:42.48

**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	Gass, Krista	39	CLUB TRIBE	33.60
2	Jakubchak, Lindsey	35	ALEXANDRIA MAST	34.07
3	Bozeman, Lesley	36	LANE 4 SWIMMING	42.07
4	Herbein, Orsolya	39	UC09	42.36
5	Hufford, Ellen	35	ARLINGTON MASTE	52.60
6	Fu, Angela	38	UMAC-TERRAPIN M	54.58

**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	Gass, Krista	39	CLUB TRIBE	1:16.07
	35.47	1:16.07		
2	Bozeman, Lesley	36	LANE 4 SWIMMING	1:33.12
	44.85	1:33.12		

**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	Bozeman, Lesley	36	LANE 4 SWIMMING	3:26.61
	47.77	1:41.07	2:33.97	3:26.61

**Women 35-39 50 Yard Butterfly**

**NATL:** 25.04 ! 4/28/17 **NORIKO INADA**  
**ZONE:** 26.26 Z 4/8/17 **Katie Grier**  
**VA:** 26.00 V 4/27/17 **Katie Grier**

1	Grier, Katie	39	CLUB TRIBE	26.85
2	Gass, Krista	39	CLUB TRIBE	28.33
3	Jakubchak, Lindsey	35	ALEXANDRIA MAST	29.25
4	Roberts, Cynthia	37	LANDSHARK MASTE	29.91
5	Hufford, Ellen	35	ARLINGTON MASTE	42.85

**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	Roberts, Cynthia	37	LANDSHARK MASTE	1:07.58
	31.64	1:07.58		

**Women 35-39 100 Yard IM**

**NATL:** 57.25 ! 4/29/17 **GABRIELLE CHANG**  
**ZONE:** 1:01.43 Z 5/2/99 **Beth Baker**  
**VA:** 1:01.35 V 4/27/00 **Beth Baker**

1	Gass, Krista	39	CLUB TRIBE	1:05.48
	30.67	1:05.48		

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Women 35-39 100 Yard IM)**

2	Jakubchak, Lindsey	35	ALEXANDRIA MAST	1:07.13
	31.57		1:07.13	
3	Roberts, Cynthia	37	LANDSHARK MASTE	1:10.59
	33.13		1:10.59	
4	Boris, Stephanie	38	SPRING VALLEY YM	1:10.69
	32.05		1:10.69	
5	Bozeman, Lesley	36	LANE 4 SWIMMING	1:28.14
	42.88		1:28.14	
6	Fu, Angela	38	UMAC-TERRAPIN M	1:53.28
	51.93		1:53.28	
---	Jullien, Kate	39	ALEXANDRIA MAST	DQ
	38.88		DQ	

**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	Jakubchak, Lindsey	35	ALEXANDRIA MAST	2:24.46
	31.72		1:09.59	1:51.07 2:24.46
2	Roberts, Cynthia	37	LANDSHARK MASTE	2:37.27
	31.40		1:13.49	2:00.92 2:37.27
3	Boris, Stephanie	38	SPRING VALLEY YM	2:44.05
	34.64		1:15.58	2:06.64 2:44.05

**Women 35-39 400 Yard IM**

NATL: 4:24.18 ! 3/14/98 K PIPES-NEILSEN  
 ZONE: 4:37.56 Z 5/2/99 Vibeke Swanson  
 VA: 4:48.65 V 4/30/99 Beth Baker

1	Jakubchak, Lindsey	35	ALEXANDRIA MAST	5:10.94
	32.72		1:10.60	1:50.61 2:30.84
	3:15.14		4:01.08	4:36.49 5:10.94

**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	Krause, Mary Kay	40	LANDSHARK MASTE	26.61
2	Choe, Michele	40	CLUB TRIBE	27.01
3	Messenlehner, Carina	42	LANDSHARK MASTE	27.50
4	Deaton, Rebecca	42	E TEAM	28.42
5	Woodrick, Lynn	42	MASTERS AQUATICS	29.43
6	Algera, Bonnie	41	FREEDOM AQUATIC	29.68
7	Skidmore, Joanne	43	SPORT & HEALTH T	40.25

**Women 40-44 100 Yard Freestyle Time Trial**

NATL: 48.34 ! 4/15/07 DARA TORRES  
 ZONE: 55.91 Z 4/20/97 Jacki Hirsty  
 VA: 54.79 V 5/14/02 Beth Baker

**- Time Trial**

2	Krause, Mary Kay	40	LANDSHARK MASTE	57.99
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**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	Krause, Mary Kay	40	LANDSHARK MASTE	57.66
	27.66		57.66	

2	Choe, Michele	40	CLUB TRIBE	1:00.47
	28.19		1:00.47	
3	Messenlehner, Carina	42	LANDSHARK MASTE	1:01.01
	28.38		1:01.01	
4	Adams, Anne-Marie	41	LANE 4 SWIMMING	1:01.41
	29.71		1:01.41	
5	Roddin, Julie	41	MONTGOMERY ANC	1:02.33
	30.33		1:02.33	
6	Algera, Bonnie	41	FREEDOM AQUATIC	1:06.12
	31.28		1:06.12	
7	Hopkins, Joanne	41	CENTRAL BUCKS FA	1:07.71
	32.69		1:07.71	

**Women 40-44 200 Yard Freestyle Time Trial**

NATL: 1:51.06 ! 12/22/02 K PIPES-NEILSEN  
 ZONE: 1:58.53 Z 4/21/02 Vibeke Swanson  
 VA: 1:59.41 V 6/1/01 Beth Baker

**- Time Trial**

1	Krause, Mary Kay	40	LANDSHARK MASTE	2:06.96
2	Shapiro, Margaret	41	RESTON MASTERS S	2:12.95

**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	Krause, Mary Kay	40	LANDSHARK MASTE	2:05.27
	29.80		1:00.96	1:32.38 2:05.27
2	Roddin, Julie	41	MONTGOMERY ANC	2:11.67
	31.23		1:04.92	1:39.01 2:11.67
3	Lovett, Mandy	43	LANDSHARK MASTE	2:28.77
	34.28		1:11.73	1:49.85 2:28.77

**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	Krause, Mary Kay	40	LANDSHARK MASTE	5:37.98
	31.06		1:04.31	1:37.86 2:12.24
	2:46.90		3:21.34	3:56.29 4:30.57
	5:04.95		5:37.98	
2	Roddin, Julie	41	MONTGOMERY ANC	5:42.42
	31.14		1:04.73	1:39.20 2:13.86
	2:48.71		3:23.79	3:58.74 4:33.66
	5:08.65		5:42.42	
3	Lovett, Mandy	43	LANDSHARK MASTE	6:36.80
	34.77		1:12.45	1:51.75 2:32.10
	3:12.20		3:53.06	4:34.46 5:15.31
	5:56.77		6:36.80	
4	Hopkins, Joanne	41	CENTRAL BUCKS FA	6:48.70
	35.51		1:15.97	1:58.21 2:41.04
	3:23.16		4:05.51	4:47.16 5:28.76
	6:09.22		6:48.70	

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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 41 MONTGOMERY ANC 11:42.65

**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 41 MONTGOMERY ANC 19:25.92  
 31.60 1:05.41 1:40.12 2:14.97  
 2:50.22 3:25.54 4:00.79 4:35.97  
 5:11.64 5:46.95 6:22.63 6:58.36  
 7:33.69 8:09.26 8:44.81 9:20.42  
 9:55.97 10:31.49 11:07.02 11:42.65  
 12:18.24 12:53.99 13:29.71 14:05.53  
 14:41.45 15:17.39 15:53.34 16:29.02  
 17:05.01 17:40.97 18:16.78 18:52.19 19:25.92

**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 Choe, Michele 40 CLUB TRIBE 32.54  
 2 Messenlehner, Carina 42 LANDSHARK MASTE 33.61  
 3 Woodrick, Lynn 42 MASTERS AQUATICS 37.97

**Women 40-44 50 Yard Backstroke Time Trial**

NATL: 26.12 ! 5/1/11 SHERI HART  
 ZONE: 28.72 Z 4/21/02 L. VanPelt-Diller  
 VA: 28.95 V 4/19/02 Beth Baker

**- Time Trial**

4 Krause, Mary Kay 40 LANDSHARK MASTE 31.48

**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 Roddin, Julie 41 MONTGOMERY ANC 1:09.80  
 35.49 1:09.80

**Women 40-44 100 Yard Backstroke Time Trial**

NATL: 56.03 ! 4/30/11 SHERI HART  
 ZONE: 58.87 Z 4/23/06 K. Pipes-Neilsen  
 VA: 1:00.71 V 4/19/02 Beth Baker

**- Time Trial**

1 Krause, Mary Kay 40 LANDSHARK MASTE 1:06.51

**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 Krause, Mary Kay 40 LANDSHARK MASTE 2:21.85  
 34.50 1:10.63 1:46.78 2:21.85  
 2 Roddin, Julie 41 MONTGOMERY ANC 2:26.00  
 35.42 1:12.15 1:49.53 2:26.00

3 Shapiro, Margaret 41 RESTON MASTERS S 2:36.24  
 37.18 1:15.95 1:55.88 2:36.24

**Women 40-44 50 Yard Breaststroke**

NATL: 29.24 ! 2/28/10 S VON DER LIPPE  
 ZONE: 31.34 Z 4/8/17 Kristen Harris  
 VA: 31.34 V 4/7/17 Kristen Harris

1 Deaton, Rebecca 42 E TEAM 36.19  
 2 Messenlehner, Carina 42 LANDSHARK MASTE 38.64  
 3 Lovett, Mandy 43 LANDSHARK MASTE 39.16

**Women 40-44 100 Yard Breaststroke**

NATL: 1:03.00 ! 5/4/08 S VON DER LIPPE  
 ZONE: 1:09.86 Z 4/9/17 Kristen Harris  
 VA: 1:09.86 V 4/7/17 Kristen Harris

1 Deaton, Rebecca 42 E TEAM 1:18.20  
 36.72 1:18.20  
 2 Lovett, Mandy 43 LANDSHARK MASTE 1:24.61  
 39.95 1:24.61  
 3 Algera, Bonnie 41 FREEDOM AQUATIC 1:26.92  
 40.68 1:26.92

**Women 40-44 200 Yard Breaststroke**

NATL: 2:17.06 ! 5/14/06 S VON DER LIPPE  
 ZONE: 2:32.09 Z 4/8/17 Kristen Harris  
 VA: 2:32.09 V 4/7/17 Kristen Harris

1 Deaton, Rebecca 42 E TEAM 2:49.72  
 37.91 1:20.32 2:04.78 2:49.72  
 2 Lovett, Mandy 43 LANDSHARK MASTE 3:01.48  
 42.15 1:26.79 2:13.26 3:01.48

**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 Choe, Michele 40 CLUB TRIBE 29.07  
 2 Adams, Anne-Marie 41 LANE 4 SWIMMING 29.80  
 3 Messenlehner, Carina 42 LANDSHARK MASTE 29.94  
 4 Hopkins, Joanne 41 CENTRAL BUCKS FA 38.03

**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 Lovett, Mandy 43 LANDSHARK MASTE 1:27.83  
 42.19 1:27.83

**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 Krause, Mary Kay 40 LANDSHARK MASTE 1:07.15  
 31.50 1:07.15  
 2 Messenlehner, Carina 42 LANDSHARK MASTE 1:11.32  
 33.16 1:11.32  
 3 Woodrick, Lynn 42 MASTERS AQUATICS 1:17.22  
 36.72 1:17.22  
 4 Algera, Bonnie 41 FREEDOM AQUATIC 1:17.35  
 37.08 1:17.35

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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	Krause, Mary Kay	40	LANDSHARK MASTE	2:23.57
	31.53	1:07.76	1:51.00	2:23.57
2	Shapiro, Margaret	41	RESTON MASTERS S	2:33.24
	32.56	1:10.86	1:57.16	2:33.24
3	Hopkins, Joanne	41	CENTRAL BUCKS FA	2:50.77
	39.30	1:23.66	2:12.47	2:50.77
4	Algera, Bonnie	41	FREEDOM AQUATIC	2:54.12
	37.36	1:24.55	2:15.17	2:54.12

**Women 45-49 50 Yard Freestyle**

**NATL: 23.80 ! 4/8/17 ERIKA BRAUN**  
**ZONE: 24.20 Z 4/15/12 Fall Willeboordse**  
**VA: 25.53 V 4/26/12 Annette Patterson**

1	Booth, Gretchen	47	CENTRAL BUCKS FA	26.94
2	Bass, Amy	47	RESTON MASTERS S	27.41
3	Krause, Dori	49	LANE 4 SWIMMING	27.85
4	Cantilina, Amy	49	RIPTIDE MASTERS	28.49
5	Sauvage, Marie	48	RESTON MASTERS S	29.11
6	Walters, Suzanne	47	LANE 4 SWIMMING	31.89
7	Lehr, Sandra	47	WARRENTON FAUQI	34.24

**Women 45-49 100 Yard Freestyle**

**NATL: 51.99 ! 4/9/17 ERIKA BRAUN**  
**ZONE: 52.66 Z 4/14/12 Fall Willeboordse**  
**VA: 55.86 V 4/26/12 Annette Patterson**

1	Booth, Gretchen	47	CENTRAL BUCKS FA	59.18
	28.51	59.18		
2	Davidson, Michelle	47	GARDEN STATE MAS	1:02.61
	29.61	1:02.61		
3	Bass, Amy	47	RESTON MASTERS S	1:02.71
	29.43	1:02.71		
4	Krause, Dori	49	LANE 4 SWIMMING	1:03.66
	29.18	1:03.66		
5	Sauvage, Marie	48	RESTON MASTERS S	1:05.07
	31.30	1:05.07		

**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	Gianniny, Dana	48	ROCHESTER AREA M	2:07.86
	30.10	1:02.49	1:35.58	2:07.86
2	Davidson, Michelle	47	GARDEN STATE MAS	2:13.37
	30.87	1:04.90	1:39.15	2:13.37
3	Cantilina, Amy	49	RIPTIDE MASTERS	2:18.14
	31.65	1:05.97	1:41.89	2:18.14
4	Bass, Amy	47	RESTON MASTERS S	2:22.75
	32.25	1:07.96	1:45.75	2:22.75
5	Ihrig, Ylva	48	LANE 4 SWIMMING	2:22.97
	33.45	1:09.03	1:46.35	2:22.97

**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	Gianniny, Dana	48	ROCHESTER AREA M	5:31.35
	30.83	1:04.34	1:38.33	2:12.09
	2:45.94	3:19.57	3:53.13	4:26.38
	4:59.43	5:31.35		
2	Ihrig, Ylva	48	LANE 4 SWIMMING	6:27.22
	34.55	1:11.97	1:50.64	2:30.09
	3:09.98	3:49.94	4:29.93	5:10.20
	5:49.97	6:27.22		
3	Postma, Terri	48	GERMANTOWN MAI	7:01.75
	37.56	1:18.76	2:00.81	2:43.53
	3:26.93	4:10.35	4:53.01	5:36.72
	6:20.16	7:01.75		

**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	Booth, Gretchen	47	CENTRAL BUCKS FA	12:48.04
	34.02	1:11.48	1:49.80	2:28.55
	3:07.33	3:46.50	4:25.46	5:04.61
	5:43.18	6:22.23	7:00.87	7:40.11
	8:18.84	8:58.26	9:37.48	10:16.34
	10:55.01	11:33.70	12:12.08	12:48.04
2	Ihrig, Ylva	48	LANE 4 SWIMMING	13:17.36
	35.58	1:13.91	1:53.33	2:33.36
	3:13.77	3:54.72	4:35.91	5:16.46
	5:57.15	6:37.83	7:18.44	7:59.05
	8:39.35	9:19.42	9:59.56	10:40.02
	11:20.22	12:00.58	12:40.08	13:17.36

**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	Tromble, Katherine	45	LANE 4 SWIMMING	28:29.01
	43.32	1:32.19	2:22.47	3:12.81
	4:04.35	4:55.75	5:47.35	6:38.93
	7:29.56	8:21.22	9:12.98	10:05.74
	10:58.75	11:51.27	12:43.22	13:35.80
	14:27.50	15:20.84	16:12.78	17:05.19
	17:58.07	18:50.02	19:42.52	20:34.66
	21:26.08	22:18.96	23:13.06	24:06.59
	24:58.76	25:51.55	26:46.52	28:29.01

**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	47	CENTRAL BUCKS FA	29.37
2	Davidson, Michelle	47	GARDEN STATE MAS	30.35
3	Cantilina, Amy	49	RIPTIDE MASTERS	33.95
4	Gianniny, Dana	48	ROCHESTER AREA M	34.50
5	Lehr, Sandra	47	WARRENTON FAUQI	40.14

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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	47	CENTRAL BUCKS FA	1:03.27
				30.89 1:03.27
2	Davidson, Michelle	47	GARDEN STATE MAS	1:05.01
				31.50 1:05.01
3	Gianniny, Dana	48	ROCHESTER AREA M	1:11.91
				35.40 1:11.91
4	Gregory, Barbie	49	VIRGINIA MASTERS	1:14.59
				36.97 1:14.59

**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	Davidson, Michelle	47	GARDEN STATE MAS	2:22.14
				33.22 1:08.72 1:45.29 2:22.14
2	Pellegrini, Traci	48	COLUMBIA MASTER	2:27.25
				34.66 1:11.77 1:50.20 2:27.25
3	Gianniny, Dana	48	ROCHESTER AREA M	2:31.20
				36.66 1:15.30 1:54.47 2:31.20
4	Cantilina, Amy	49	RIPTIDE MASTERS	2:31.74
				37.30 1:15.92 1:54.55 2:31.74

**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	Layton, Katie	45	PATRIOT MASTERS	37.81
2	Postma, Terri	48	GERMANTOWN MAI	38.13
3	Ihrig, Ylva	48	LANE 4 SWIMMING	41.74

**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	Lehr, Sandra	47	WARRENTON FAUQI	1:40.20
				46.92 1:40.20

**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	48	COLUMBIA MASTER	2:41.10Z
				37.11 1:17.34 1:59.19 2:41.10

**Women 45-49 50 Yard Butterfly**

NATL: 25.64 ! 4/9/17 ERIKA BRAUN  
 ZONE: 25.96 Z 4/20/13 Susan Williams  
 VA: 28.52 V 4/26/12 Annette Patterson

1	Davidson, Michelle	47	GARDEN STATE MAS	30.49
2	Booth, Gretchen	47	CENTRAL BUCKS FA	30.71
3	Bass, Amy	47	RESTON MASTERS S	31.30
4	Gregory, Barbie	49	VIRGINIA MASTERS	31.83
5	Gianniny, Dana	48	ROCHESTER AREA M	32.22
6	Krause, Dori	49	LANE 4 SWIMMING	32.25
7	Sauvage, Marie	48	RESTON MASTERS S	32.27

8	Layton, Katie	45	PATRIOT MASTERS	33.77
9	Ihrig, Ylva	48	LANE 4 SWIMMING	35.38

**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	Sauvage, Marie	48	RESTON MASTERS S	1:17.65
				36.94 1:17.65

**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**

1	Pellegrini, Traci	48	COLUMBIA MASTER	1:07.51
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**Women 45-49 200 Yard Butterfly**

NATL: 2:07.39 ! 12/26/08 K PIPES-NEILSEN  
 ZONE: 2:18.52 Z 4/17/11 Laurie Hug  
 VA: 2:28.93 V 4/26/15 Donna Hodgert

1	Davidson, Michelle	47	GARDEN STATE MAS	2:34.19
				33.55 1:13.27 1:53.75 2:34.19
2	Gianniny, Dana	48	ROCHESTER AREA M	2:36.03
				34.34 1:14.69 1:55.80 2:36.03

**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	47	CENTRAL BUCKS FA	1:06.64
				29.94 1:06.64
2	Pellegrini, Traci	48	COLUMBIA MASTER	1:07.23
				32.10 1:07.23
3	Davidson, Michelle	47	GARDEN STATE MAS	1:09.77
				31.08 1:09.77
4	Gianniny, Dana	48	ROCHESTER AREA M	1:11.48
				34.43 1:11.48
5	Sauvage, Marie	48	RESTON MASTERS S	1:17.11
				35.31 1:17.11
6	Walters, Suzanne	47	LANE 4 SWIMMING	1:24.23
				40.20 1:24.23

**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	48	COLUMBIA MASTER	2:23.94
				30.79 1:08.06 1:50.04 2:23.94
2	Davidson, Michelle	47	GARDEN STATE MAS	2:29.98
				31.05 1:06.37 1:54.84 2:29.98
3	Gregory, Barbie	49	VIRGINIA MASTERS	2:38.13
				33.35 1:13.38 2:00.20 2:38.13

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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	48	COLUMBIA MASTER	5:12.36
	31.15	1:07.51	1:47.89	2:28.57
	3:13.08	3:57.91	4:35.26	5:12.36
2	Gianniny, Dana	48	ROCHESTER AREA M	5:20.40
	35.78	1:16.54	1:57.13	2:38.50
	3:24.67	4:12.60	4:46.39	5:20.40

**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	Willeboordse, Fall	52	BEARCAT MASTERS	25.38
2	Groves, Lisa	53	RESTON MASTERS S	28.90
3	Johnson, Mindy	54	RESTON MASTERS S	28.95
4	McNamara, Beth	52	RESTON MASTERS S	29.89
5	Thompson, Kim	54	PATRIOT MASTERS	30.84
6	Wetzel, Denise	52	LANE 4 SWIMMING	31.41
7	Sickenberger, Phyllis	54	RESTON MASTERS S	34.15
8	Bershok, Rhonda	53	ALEXANDRIA MAST	34.48
9	Cameron, Terri	53	FREEDOM AQUATIC	34.49
10	Mallon, Barbara	51	GERMANTOWN MAI	35.48

**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	Willeboordse, Fall	52	BEARCAT MASTERS	55.29
	26.16	55.29		
2	Johnson, Mindy	54	RESTON MASTERS S	1:02.99
	30.17	1:02.99		
3	McNamara, Beth	52	RESTON MASTERS S	1:07.21
	32.16	1:07.21		
4	Thompson, Kim	54	PATRIOT MASTERS	1:08.27
	32.78	1:08.27		
5	Gainor, Cathy	50	MONTGOMERY ANC	1:10.50
	34.38	1:10.50		
6	Sadowski, Susan	51	CENTRAL BUCKS FA	1:11.71
	34.54	1:11.71		
7	Shuford, Carol	51	LANE 4 SWIMMING	1:14.44
	35.78	1:14.44		
8	Cameron, Terri	53	FREEDOM AQUATIC	1:15.78
	37.09	1:15.78		

**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	52	COLONIALS 1776	2:10.79
	30.99	1:04.07	1:37.56	2:10.79
2	Saucy, Stephanie	54	COLONIALS 1776	2:16.26
	32.09	1:06.33	1:41.66	2:16.26
3	Johnson, Mindy	54	RESTON MASTERS S	2:23.12
	32.05	1:08.36	1:46.16	2:23.12

4	Becker, Marlene	53	LANE 4 SWIMMING	2:27.24
	34.94	1:12.54	1:50.22	2:27.24
5	Thompson, Kim	54	PATRIOT MASTERS	2:31.31
	33.68	1:11.52	1:51.78	2:31.31
6	McNamara, Beth	52	RESTON MASTERS S	2:32.89
	34.31	1:12.84	1:53.69	2:32.89
7	Bershok, Rhonda	53	ALEXANDRIA MAST	2:52.33
	37.96	1:21.95	2:07.50	2:52.33
8	Cameron, Terri	53	FREEDOM AQUATIC	2:55.83
	40.01	1:24.03	2:10.77	2:55.83

**Women 50-54 500 Yard Freestyle**

NATL: 5:14.56 ! 5/12/13 JILL HERNANDEZ  
 ZONE: 5:32.11 Z 4/8/17 Laurie Hug  
 VA: 5:37.30 V 5/17/15 Kelly Parker Palace

1	Hug, Laurie	52	COLONIALS 1776	5:37.23
	31.25	1:04.98	1:39.29	2:13.74
	2:48.01	3:21.82	3:56.13	4:30.58
	5:04.62	5:37.23		
2	Uppstrom, Noreen	53	COLONIALS 1776	6:30.64
	35.01	1:12.98	1:52.05	2:32.04
	3:12.40	3:52.14	4:32.44	5:12.73
	5:52.99	6:30.64		
3	Becker, Marlene	53	LANE 4 SWIMMING	6:32.44
	36.10	1:14.85	1:54.64	2:35.17
	3:15.49	3:55.67	4:35.42	5:14.98
	5:53.96	6:32.44		
4	Gainor, Cathy	50	MONTGOMERY ANC	6:37.02
	37.38	1:17.49	1:57.69	2:37.77
	3:17.83	3:57.85	4:38.20	5:18.77
	5:58.79	6:37.02		
5	Shuford, Carol	51	LANE 4 SWIMMING	7:00.71
	38.61	1:20.61	2:03.83	2:46.82
	3:29.89	4:11.48	4:54.29	5:37.10
	6:19.33	7:00.71		
6	Sadowski, Susan	51	CENTRAL BUCKS FA	7:19.20
	38.34	1:20.55	2:04.29	2:49.13
	3:33.89	4:19.71	5:05.26	5:50.99
	7:19.20			

**Women 50-54 1000 Yard Freestyle**

NATL:10:58.56 ! 4/23/15 JILL HERNANDEZ  
 ZONE:11:14.62 Z 4/9/17 Laurie Hug  
 VA:11:26.42 V 4/10/15 Kelly Parker Palace

1	Hug, Laurie	52	COLONIALS 1776	11:30.73
	31.71	1:06.12	1:40.88	2:15.56
	2:50.06	3:24.55	3:59.37	4:33.89
	5:08.73	5:43.33	6:18.31	6:53.35
	7:28.22	8:03.16	8:38.26	9:12.81
	9:47.72	10:22.26	10:56.91	11:30.73
2	Becker, Marlene	53	LANE 4 SWIMMING	13:24.66
	37.13	1:17.04	1:57.20	2:37.77
	3:18.75	3:59.54	4:40.67	5:21.32
	6:01.96	6:42.54	7:22.77	8:03.07
	8:43.36	9:24.02	10:04.39	10:44.70
	11:24.72	12:04.93	12:45.14	13:24.66

**2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002**

**George Mason University, Fairfax, VA**

**Results**

**(Women 50-54 1000 Yard Freestyle)**

3 Dewing, Maria	54 RIPTIDE MASTERS	16:06.03
41.00	1:27.52	2:17.79
3:52.95	4:41.32	5:30.49
7:11.63	8:00.69	8:49.64
10:28.36	11:17.42	12:06.57
13:44.01	14:33.34	15:20.58
		16:06.03

**Women 50-54 1650 Yard Freestyle**  
**NATL:18:16.49 ! 4/23/15 C PETERSEN**  
**ZONE:18:37.93 Z 4/7/17 Laurie Hug**  
**VA:19:22.83 V 5/17/15 Kelly Parker Palace**

1 Saucy, Stephanie	54 COLONIALS 1776	20:45.50
33.27	1:09.47	1:46.31
3:01.63	3:39.66	4:17.19
5:32.42	6:10.26	6:47.55
8:03.02	8:40.72	9:18.32
10:33.94	11:12.05	11:50.10
13:06.53	13:44.87	14:23.20
15:39.04	16:16.98	16:55.11
18:11.86	18:50.51	19:29.51
		20:08.39
		20:45.50
2 Gainor, Cathy	50 MONTGOMERY ANC	22:45.57
38.65	1:20.59	2:02.50
3:26.98	4:09.11	4:51.20
6:15.02	6:56.81	7:38.15
9:00.83	9:42.11	10:23.65
11:46.32	12:28.17	13:09.74
14:32.93	15:14.40	15:55.91
17:18.52	17:59.80	18:41.14
20:04.27	20:45.46	21:25.93
		22:06.26
		22:45.57
3 Shuford, Carol	51 LANE 4 SWIMMING	24:27.52
39.45	1:21.38	2:05.06
3:35.47	4:20.25	5:05.33
6:36.20	7:20.25	8:04.42
9:33.65	10:19.84	11:04.81
12:36.06	13:21.39	14:06.35
15:36.67	16:20.04	17:04.70
18:34.47	19:20.16	20:04.07
21:33.06	22:17.81	23:02.50
		23:46.30
		24:27.52
4 McGhee, Karen	54 ALEXANDRIA MAST	26:29.73
41.80	1:27.35	2:14.34
3:50.14	4:38.68	5:27.40
7:04.65	7:53.53	8:42.62
10:20.42	11:09.43	11:58.59
13:35.62	14:23.87	15:12.50
16:50.27	17:39.03	18:27.64
20:05.82	20:53.62	21:42.20
23:18.74	24:07.75	24:55.56
		25:44.17
		26:29.73

5 Welc, Gina	53 LANE 4 SWIMMING	26:57.48
44.65	1:32.85	2:21.94
4:00.91	4:50.83	5:40.66
7:20.78	8:10.62	9:00.52
10:39.23	11:29.09	12:18.47
13:56.61	14:45.60	15:34.25
17:11.56	18:00.89	18:49.89
20:28.27	21:16.43	22:05.26
23:42.29	24:31.03	25:20.02
		26:08.83
		26:57.48
6 Bouchard, Rosemarie	54 LANE 4 SWIMMING	27:21.51
41.95	1:28.60	2:17.51
3:57.32	4:47.35	5:37.29
7:17.26	8:07.58	8:57.22
10:37.38	11:27.37	12:17.07
13:57.16	14:47.28	15:37.02
17:17.71	18:08.13	18:58.73
20:39.50	21:30.55	22:21.28
24:02.54	24:54.04	25:43.78
		27:21.51
7 Newcomb, Anna	54 UC12	28:34.47
42.92	1:29.86	2:19.38
4:01.53	4:53.05	5:44.45
7:29.07	8:20.78	9:12.64
10:58.32	11:50.40	12:42.92
14:27.45	15:19.78	16:13.16
18:00.19	18:53.45	19:46.00
21:30.35	22:21.60	23:16.01
25:03.20	25:56.30	26:49.56
		27:42.14
		28:34.47
8 Petersen, Kris	53 LANE 4 SWIMMING	29:08.83
48.63	1:39.92	2:32.48
4:18.40	5:11.64	6:05.40
7:55.05	8:48.47	9:42.61
11:29.72	12:23.22	13:15.70
15:03.14	15:55.79	16:49.37
18:35.57	19:29.15	20:22.50
22:07.84	23:01.14	23:53.09
25:40.28	26:32.40	27:25.68
		28:18.08
		29:08.83
9 Bowman, Branka	52 LANE 4 SWIMMING	30:39.59
44.95	1:36.79	2:31.33
4:22.69	5:18.10	6:14.57
8:05.99	9:00.54	9:56.35
11:47.95	12:42.70	13:38.87
15:30.97	16:26.18	17:21.76
19:15.29	20:13.26	21:09.51
23:02.77	23:59.43	24:55.74
26:51.99	27:48.62	28:45.16
		29:42.53
		30:39.59
10 Sumption, Donna	54 LANE 4 SWIMMING	34:41.59
54.30	1:54.71	2:59.35
5:05.25	6:09.16	7:11.44
9:18.19	10:22.13	11:24.41
13:29.85	14:32.29	15:36.72
17:44.22	18:48.40	19:53.03
22:01.96	23:06.26	24:10.28
26:17.12	27:20.33	28:25.98
30:34.73	31:38.19	32:40.81
		33:42.19
		34:41.59

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

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

11 Christopher, Jody	52 LANE 4 SWIMMING	38:36.87
57.97	2:04.61	3:15.00
5:31.05	6:36.79	7:44.52
10:00.82	11:10.05	12:17.21
14:35.82	15:44.15	16:54.22
19:14.22	20:24.80	21:34.99
23:51.52	25:02.67	26:12.35
28:35.32	29:50.58	31:03.65
33:38.38	34:52.51	36:11.62
		38:36.87

**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	52 LANE 4 SWIMMING	28.34
2 Willeboordse, Fall	52 BEARCAT MASTERS	29.20
3 Saucy, Stephanie	54 COLONIALS 1776	32.35
4 Uppstrom, Noreen	53 COLONIALS 1776	34.75
5 Mallon, Barbara	51 GERMANTOWN MAI	42.15
6 Greenfield Sheehe, Heather	51 RESTON MASTERS S	51.79

**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 Willeboordse, Fall	52 BEARCAT MASTERS	1:02.36
30.46	1:02.36	
2 Saucy, Stephanie	54 COLONIALS 1776	1:09.00
33.96	1:09.00	
3 Jin, Yimin	53 MASTERS AQUATICS	1:15.33
36.14	1:15.33	
4 Wetzel, Denise	52 LANE 4 SWIMMING	1:17.31
36.47	1:17.31	
5 Uppstrom, Noreen	53 COLONIALS 1776	1:17.60
37.60	1:17.60	
6 Cameron, Terri	53 FREEDOM AQUATIC	1:28.60
43.71	1:28.60	

**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	52 COLONIALS 1776	2:26.07
35.28	1:11.45	1:48.73
2 Saucy, Stephanie	54 COLONIALS 1776	2:29.19
34.75	1:11.89	1:50.58
3 Uppstrom, Noreen	53 COLONIALS 1776	2:41.78
37.72	1:17.60	1:59.30
		2:41.78

**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	53 RESTON MASTERS S	35.52
2 Kalibat, Rebecca	54 GARDEN STATE MAS	37.14
3 Wetzel, Denise	52 LANE 4 SWIMMING	39.95
4 Sadowski, Susan	51 CENTRAL BUCKS FA	42.71

5 Bershok, Rhonda	53 ALEXANDRIA MASTI	42.96
6 McNamara, Beth	52 RESTON MASTERS S	44.01

**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	53 RESTON MASTERS S	1:18.51
36.65	1:18.51	
2 Kalibat, Rebecca	54 GARDEN STATE MAS	1:21.17
38.37	1:21.17	
3 Wetzel, Denise	52 LANE 4 SWIMMING	1:26.82
41.99	1:26.82	
4 Bershok, Rhonda	53 ALEXANDRIA MASTI	1:34.59
44.92	1:34.59	
5 Cameron, Terri	53 FREEDOM AQUATIC	1:45.99
50.46	1:45.99	

**Women 50-54 200 Yard Breaststroke**

**NATL: 2:29.92 ! 2/20/12** **CAROLINE KRATTLI**  
**ZONE: 2:43.75 Z 4/8/17** **Laurie Hug**  
**VA: 2:45.89 V 5/11/06** **Lisa Bennett**

1 Hug, Laurie	52 COLONIALS 1776	2:48.99
38.70	1:21.63	2:05.20
2 Groves, Lisa	53 RESTON MASTERS S	2:54.19
38.70	1:22.96	2:08.10
3 Kalibat, Rebecca	54 GARDEN STATE MAS	2:55.13
39.93	1:24.26	2:09.80
4 Bershok, Rhonda	53 ALEXANDRIA MASTI	3:28.98
46.90	1:41.20	2:35.82
		3:28.98

**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	52 LANE 4 SWIMMING	26.94
2 Willeboordse, Fall	52 BEARCAT MASTERS	27.40
3 Johnson, Mindy	54 RESTON MASTERS S	32.27
4 Wetzel, Denise	52 LANE 4 SWIMMING	33.58
5 Uppstrom, Noreen	53 COLONIALS 1776	35.90
6 Gainor, Cathy	50 MONTGOMERY ANC	36.85
7 Cameron, Terri	53 FREEDOM AQUATIC	43.15
8 Shuford, Carol	51 LANE 4 SWIMMING	46.14

**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	52 COLONIALS 1776	1:08.20Z
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**Women 50-54 100 Yard Butterfly**

**NATL: 1:00.17 ! 5/12/13** **JILL HERNANDEZ**  
**ZONE: 1:00.81 Z 4/21/13** **Leslie Livingston**  
**VA: 1:05.96 V 2/8/15** **Val Van Horn Pate**

1 Willeboordse, Fall	52 BEARCAT MASTERS	1:02.26
29.09	1:02.26	
2 Wetzel, Denise	52 LANE 4 SWIMMING	1:20.02
36.63	1:20.02	

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Women 50-54 100 Yard Butterfly)**

3	Bershok, Rhonda	53	ALEXANDRIA MASTERS	1:43.22
	48.34		1:43.22	
4	Greenfield Sheehe, Heather	51	RESTON MASTERS S	1:51.86
	52.15		1:51.86	

**Women 50-54 200 Yard Butterfly**

**NATL: 2:15.18 ! 5/17/02 LAURA VAL**  
**ZONE: 2:20.77 Z 4/8/17 Laurie Hug**  
**VA: 2:35.47 V 5/9/13 Val Van Horn Pate**

1	Hug, Laurie	52	COLONIALS 1776	2:28.49
	32.78		1:10.37 1:49.29 2:28.49	

**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	52	LANE 4 SWIMMING	1:04.28
	28.47		1:04.28	
2	Groves, Lisa	53	RESTON MASTERS S	1:12.08
	34.11		1:12.08	
3	Uppstrom, Noreen	53	COLONIALS 1776	1:15.29
	35.23		1:15.29	
4	Wetzel, Denise	52	LANE 4 SWIMMING	1:16.39
	35.36		1:16.39	
5	McNamara, Beth	52	RESTON MASTERS S	1:26.08
	41.10		1:26.08	
6	Dewing, Maria	54	RIPTIDE MASTERS	1:29.86
	42.48		1:29.86	
7	Mallon, Barbara	51	GERMANTOWN MAI	1:31.15
	43.80		1:31.15	

**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	52	COLONIALS 1776	2:27.25
	31.96		1:09.98 1:53.46 2:27.25	
2	Saucy, Stephanie	54	COLONIALS 1776	2:36.06
	33.03		1:11.76 1:59.06 2:36.06	
3	Kalibat, Rebecca	54	GARDEN STATE MAS	2:37.07
	35.05		1:16.56 2:00.69 2:37.07	
4	Shuford, Carol	51	LANE 4 SWIMMING	3:28.55
	49.12		1:45.56 2:47.50 3:28.55	

**Women 50-54 400 Yard IM**

**NATL: 4:43.11 ! 4/9/16 ELLEN REYNOLDS**  
**ZONE: 4:59.57 Z 4/9/17 Laurie Hug**  
**VA: 5:24.23 V 5/17/15 Kelly Parker Palace**

1	Hug, Laurie	52	COLONIALS 1776	5:08.27
	31.74		1:08.20 1:51.42 2:32.31	
	3:15.74		4:00.36 4:34.20 5:08.27	
2	Kalibat, Rebecca	54	GARDEN STATE MAS	5:48.40
	36.72		1:22.28 2:07.14 2:51.44	
	3:39.57		4:28.11 5:08.26 5:48.40	

**Women 55-59 50 Yard Freestyle**

**NATL: 25.16 ! 4/8/17 SUE WALSH**  
**ZONE: 27.03 Z 5/8/90 Jane Bruner**  
**VA: 26.37 V 5/13/11 Lisa Bennett**

1	Restrepo, Marie	55	CLUB TRIBE	28.45
2	Brightwell, Kim	58	RESTON MASTERS S	29.65
3	Emanuel, Florence	55	RIPTIDE MASTERS	30.09
4	Dawson, Mandy	55	RESTON MASTERS S	30.78
5	Goldberg, Hillary	58	E TEAM	33.84
6	Frost, Holly	58	LANE 4 SWIMMING	38.16
7	Kidd, Sally	56	RESTON MASTERS S	47.52

**Women 55-59 100 Yard Freestyle**

**NATL: 54.72 ! 5/4/08 LAURA VAL**  
**ZONE: 1:02.32 Z 4/8/17 Vibeke Swanson**  
**VA: 58.81 V 5/13/11 Lisa Bennett**

1	Swanson, Vibeke	56	COLONIALS 1776	1:04.11
	30.48		1:04.11	
2	Norris, Kate	57	MERRITT MARLINS	1:07.01
	31.45		1:07.01	
3	Emanuel, Florence	55	RIPTIDE MASTERS	1:07.23
	32.33		1:07.23	
4	Weil, Wendy	59	MASTERS AQUATICS	1:07.25
	32.73		1:07.25	
5	Dawson, Mandy	55	RESTON MASTERS S	1:08.05
	31.68		1:08.05	
6	Miller, Patricia	57	VIRGINIA MASTERS	1:09.62
	33.35		1:09.62	
7	Kidd, Sally	56	RESTON MASTERS S	1:42.27
	48.14		1:42.27	

**Women 55-59 200 Yard Freestyle**

**NATL: 1:57.90 ! 4/30/17 KARLYN PIPES**  
**ZONE: 2:19.58 Z 4/10/16 Kim Brightwell**  
**VA: 2:16.25 V 1/1/10 Shirley Loftus-Charley**

1	Emanuel, Florence	55	RIPTIDE MASTERS	2:31.27
	34.13		1:11.01 1:50.50 2:31.27	
2	Speer, Nancy	55	VIRGINIA MASTERS	2:33.41
	34.49		1:13.41 1:53.28 2:33.41	
3	Dawson, Mandy	55	RESTON MASTERS S	2:33.91
	32.81		1:10.64 2:33.91	
4	Schaffer, Robyn	55	MARYLAND MASTEI	2:37.08
	36.42		1:15.52 1:55.86 2:37.08	
5	Brown, Ann	55	MERRITT MARLINS	2:41.39
	37.81		1:18.49 2:00.56 2:41.39	

**Women 55-59 500 Yard Freestyle**

**NATL: 5:20.68 ! 4/29/17 JILL HERNANDEZ**  
**ZONE: 5:54.39 Z 4/17/11 Shirley Loftus-Charley**  
**VA: 5:54.39 V 4/15/11 Shirley Loftus-Charley**

1	Jaeger, Debbie	55	VIRGINIA MASTERS	6:52.37
	36.92		1:18.17 2:00.22 2:42.01	
	3:23.97		4:05.53 4:47.56 5:29.45	
	6:11.68		6:52.37	
2	Brown, Ann	55	MERRITT MARLINS	6:52.44
	37.47		1:18.66 2:00.61 2:43.03	
	3:24.78		4:07.06 4:48.66 5:30.22	
	6:11.54		6:52.44	

**2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002**

**George Mason University, Fairfax, VA**

**Results**

**(Women 55-59 500 Yard Freestyle)**

3	Moyer, Michelle	55	RESTON MASTERS S	7:02.45
	38.86	1:21.38	2:04.42	2:47.25
	3:30.19	4:13.16	4:55.61	5:37.93
	6:20.57	7:02.45		
4	Flynn, Merri	58	RESTON MASTERS S	7:55.91
	42.38	1:29.30	2:18.24	3:07.17
	3:55.64	4:44.83	5:32.80	6:21.17
	7:10.14	7:55.91		

**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	56	COLONIALS 1776	12:41.74
	32.99	1:09.75	1:48.12	2:26.52
	3:04.97	3:43.71	4:22.37	5:00.74
	5:39.22	6:17.70	6:56.37	7:35.40
	8:14.42	8:52.93	9:32.00	10:10.25
	10:49.02	11:27.71	12:05.90	12:41.74
2	Burke, Barbara	56	COLONIALS 1776	13:22.61
	34.49	1:12.31	1:51.76	2:31.44
	3:11.28	3:51.95	4:32.43	5:13.39
	5:54.64	6:35.71	7:16.32	7:57.33
	8:38.13	9:19.02	9:59.56	10:40.33
	11:21.40	12:02.74	12:43.33	13:22.61
3	Dawson, Mandy	55	RESTON MASTERS S	14:02.80
	35.63	1:14.76	1:56.99	2:39.56
	3:22.51	4:04.87	4:47.62	5:31.37
	6:15.41	6:58.03	7:41.43	8:24.41
	9:07.06	9:50.85	10:33.33	11:15.29
	11:57.44	12:39.78	13:21.84	14:02.80
4	Sturm, Shari	57	MASTERS AQUATICS	14:48.98
	42.28	1:26.30	2:11.06	2:55.81
	3:40.89	4:25.76	5:10.46	5:55.27
	6:39.52	7:23.81	8:08.47	8:53.36
	9:37.86	10:22.64	11:07.31	11:52.07
	12:37.32	13:22.28	14:06.66	14:48.98

**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	Landers, Denise	56	WARRENTON FAUQI	20:57.48Z
	35.37	1:13.05	1:51.49	2:29.65
	3:08.10	3:46.41	4:24.80	5:02.71
	5:40.52	6:18.54	6:56.85	7:35.08
	8:13.08	8:51.06	9:29.13	10:07.22
	10:45.08	11:23.30	12:01.41	12:39.36
	13:17.24	13:55.61	14:33.76	15:11.88
	15:50.02	16:28.36	17:06.41	17:44.60
	18:22.84	19:01.75	19:40.65	20:19.85
				20:57.48

2	Brown, Ann	55	MERRITT MARLINS	23:36.02
	39.21	1:21.47	2:06.08	2:49.19
	3:32.77	4:16.23	5:00.12	5:43.77
	6:26.90	7:10.07	7:52.77	8:35.51
	9:18.27	10:00.83	10:44.16	11:26.51
	12:10.23	12:52.88	13:35.94	14:18.91
	15:02.20	15:44.94	16:28.59	17:11.46
	17:54.33	18:37.91	19:20.68	20:04.51
	20:47.17	21:29.97	22:12.64	22:55.64
				23:36.02
3	Moyer, Michelle	55	RESTON MASTERS S	23:43.48
	38.18	1:20.04	2:02.99	2:45.71
	3:29.05	4:12.15	4:55.15	5:37.72
	6:20.71	7:03.21	7:46.11	8:29.44
	9:12.49	9:56.19	10:39.42	11:22.99
	12:06.17	12:49.75	13:32.78	14:17.11
	15:00.68	15:43.67	16:27.15	17:10.88
	17:54.66	18:38.18	19:22.28	20:06.34
	20:50.12	21:33.94	22:17.53	23:00.92
				23:43.48
4	Flynn, Merri	58	RESTON MASTERS S	27:01.99
	43.77	1:31.98	2:21.24	3:10.29
	3:58.92	4:48.06	5:37.96	6:27.55
	7:17.20	8:06.67	8:55.87	9:46.02
	10:35.89	11:25.86	12:15.86	13:05.33
	13:55.03	14:45.34	15:34.64	16:24.44
	17:14.27	18:03.24	18:52.76	19:42.38
	20:31.59	21:21.01	22:10.35	22:59.87
	23:49.55	24:38.54	25:27.52	26:16.33
				27:01.99
5	Johns, Jean	57	UC10	28:43.11
		1:30.54	2:20.00	3:11.29
	4:02.10	4:55.26	5:48.11	6:42.11
	7:35.07	8:29.45	9:22.56	10:15.66
	11:09.51	12:02.34	12:55.39	13:48.19
	14:39.86	15:32.23	16:26.87	17:20.09
	18:12.89	19:05.57	19:58.77	20:51.89
	21:45.76	22:38.21	23:30.43	24:23.42
	25:16.40	26:09.90	27:03.39	27:54.92
				28:43.11
6	Crnic, Maggie	56	LANE 4 SWIMMING	29:01.16
	48.89	1:40.64	2:33.06	3:26.18
	4:20.31	5:13.84	6:07.32	7:00.69
	7:53.90	8:47.40	9:40.90	10:34.63
	11:27.19	12:20.94	13:13.93	14:07.57
	15:01.72	15:55.64	16:49.36	17:44.03
	18:37.07	19:30.05	20:22.78	21:16.02
	22:08.28	23:00.91	23:53.27	24:46.14
	25:38.97	26:31.09	27:21.74	28:12.24
				29:01.16
7	Hart, Ellen	56	UC12	31:50.18
	54.56	1:51.29	2:48.26	3:45.25
	4:42.22	5:39.34	6:36.68	7:34.01
	8:31.49	9:28.64	10:26.17	11:22.48
	12:20.20	13:18.59	14:16.25	15:14.82
	16:12.78	17:11.33	18:10.87	19:09.49
	20:07.00	21:05.59	22:03.84	23:02.21
	24:01.07	24:59.67	25:58.65	26:57.27
	27:55.97	28:55.50	29:54.25	30:55.31
				31:50.18

**2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002**

George Mason University, Fairfax, VA

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

8	Woodward, Shirley	56	LANE 4 SWIMMING	32:15.60
	51.80	1:47.09	2:43.79	3:41.66
	4:41.72	5:40.17	6:36.52	7:33.87
	8:32.89	9:30.00	10:29.62	11:26.74
	12:25.25	13:23.51	14:21.62	15:21.55
	16:20.34	17:19.01	18:19.82	19:20.22
	20:19.93	21:20.08	22:18.03	23:17.80
	24:17.48	25:17.58	26:18.06	27:18.55
	28:17.45	29:18.70	30:17.72	31:17.87
				32:15.60
9	Kidd, Sally	56	RESTON MASTERS S	33:49.22
	50.58		2:53.23	3:55.93
	4:57.66	6:00.27	7:03.46	8:06.33
	9:08.38	10:10.98	11:12.46	12:13.91
	13:16.39	14:18.14	15:20.01	16:21.61
	17:22.95	18:23.99	19:25.11	20:27.31
	21:28.96	22:31.46	23:33.61	24:36.19
	25:37.64	26:39.65	27:41.07	28:43.56
	29:45.50	30:47.61	31:50.56	32:51.85
				33:49.22
10	Smith, Tamara	59	LANE 4 SWIMMING	34:17.87
	57.66	1:56.39	2:58.12	3:58.37
	5:00.41	6:03.86	7:05.19	8:08.02
	9:10.47	10:13.17	11:16.17	12:19.84
	13:23.00	14:25.18	15:28.72	16:31.17
	17:34.84	18:38.09	19:40.40	20:42.42
	21:43.66	22:44.84	23:46.91	24:50.02
	25:53.40	26:56.84	27:59.99	29:03.38
	30:06.84	31:08.96	32:12.98	34:17.87

**Women 55-59 50 Yard Backstroke**

**NATL:** 28.14 ! 10/30/16 **LESLIE LIVINGSTON**  
**ZONE:** 31.03 Z 4/10/16 **Kim Brightwell**  
**VA:** 30.54 V 3/17/18 **Val Van Horn Pate**

1	Brightwell, Kim	58	RESTON MASTERS S	32.48
2	Swanson, Vibeke	56	COLONIALS 1776	32.50
3	Restrepo, Marie	55	CLUB TRIBE	35.06
4	Goldberg, Hillary	58	E TEAM	41.10
5	Kidd, Sally	56	RESTON MASTERS S	58.41

**Women 55-59 100 Yard Backstroke Time Trial**

**NATL:** 1:00.80 ! 4/30/17 **KARLYN PIPES**  
**ZONE:** 1:14.98 Z 4/15/07 **Denise Kirwan**  
**VA:** 1:06.99 V 3/17/18 **Val Van Horn Pate**

**- Time Trial**

1	Swanson, Vibeke	56	COLONIALS 1776	1:09.39Z
2	Restrepo, Marie	55	CLUB TRIBE	1:14.44Z

**Women 55-59 100 Yard Backstroke**

**NATL:** 1:00.80 ! 4/30/17 **KARLYN PIPES**  
**ZONE:** 1:08.59 Z 4/9/17 **Vibeke Swanson**  
**VA:** 1:06.99 V 3/17/18 **Val Van Horn Pate**

1	Swanson, Vibeke	56	COLONIALS 1776	1:09.58
	33.90	1:09.58		
2	Brightwell, Kim	58	RESTON MASTERS S	1:12.15
	35.91	1:12.15		
3	Restrepo, Marie	55	CLUB TRIBE	1:14.08
	36.09	1:14.08		

4	Jaeger, Debbie	55	VIRGINIA MASTERS	1:20.07
	39.16	1:20.07		
5	Norris, Kate	57	MERRITT MARLINS	1:22.11
	40.26	1:22.11		
6	Goldberg, Hillary	58	E TEAM	1:30.11
	43.41	1:30.11		
7	Moyer, Michelle	55	RESTON MASTERS S	1:32.09
	46.47	1:32.09		
8	Kidd, Sally	56	RESTON MASTERS S	2:08.86
	1:00.32	2:08.86		

**Women 55-59 200 Yard Backstroke**

**NATL:** 2:11.29 ! 4/28/17 **KARLYN PIPES**  
**ZONE:** 2:29.03 Z 4/9/17 **Vibeke Swanson**  
**VA:** 2:41.81 V 1/30/11 **Shirley Loftus-Charley**

1	Swanson, Vibeke	56	COLONIALS 1776	2:32.33
	35.98	1:14.21	1:53.63	2:32.33

**Women 55-59 50 Yard Breaststroke**

**NATL:** 32.13 ! 4/30/17 **CAROLINE KRATTLI**  
**ZONE:** 35.79 Z 4/11/15 **Kim Brightwell**  
**VA:** 33.76 V 5/13/11 **Lisa Bennett**

1	Dwyer, Cecelia	56	MASTERS AQUATICS	37.16
2	Miller, Patricia	57	VIRGINIA MASTERS	37.18
3	Restrepo, Marie	55	CLUB TRIBE	38.36
4	Brightwell, Kim	58	RESTON MASTERS S	38.59
5	Dawson, Mandy	55	RESTON MASTERS S	41.77
6	Flynn, Merri	58	RESTON MASTERS S	44.31
7	Frost, Holly	58	LANE 4 SWIMMING	52.77

**Women 55-59 100 Yard Breaststroke**

**NATL:** 1:10.55 ! 4/28/17 **CAROLINE KRATTLI**  
**ZONE:** 1:19.05 Z 4/9/17 **Jenny Cook**  
**VA:** 1:13.91 V 5/13/11 **Lisa Bennett**

1	Swanson, Vibeke	56	COLONIALS 1776	1:20.51
	39.57	1:20.51		
2	Miller, Patricia	57	VIRGINIA MASTERS	1:21.37
	39.39	1:21.37		
3	Restrepo, Marie	55	CLUB TRIBE	1:23.53
	39.05	1:23.53		
4	Speer, Nancy	55	VIRGINIA MASTERS	1:31.53
	43.45	1:31.53		
5	Schaffer, Robyn	55	MARYLAND MASTERS	1:31.62
	44.22	1:31.62		

**Women 55-59 200 Yard Breaststroke**

**NATL:** 2:40.19 ! 5/10/09 **CATHERINE KOHN**  
**ZONE:** 2:51.46 Z 4/8/17 **Vibeke Swanson**  
**VA:** 2:52.25 V 4/28/16 **Patricia Miller**

1	Swanson, Vibeke	56	COLONIALS 1776	2:51.27Z
	39.73	1:22.66	2:07.03	2:51.27
2	Miller, Patricia	57	VIRGINIA MASTERS	2:56.91
	41.38	1:26.02	2:11.88	2:56.91
3	Speer, Nancy	55	VIRGINIA MASTERS	3:14.76
	45.09	1:34.69	2:25.21	3:14.76

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Women 55-59 50 Yard Butterfly**

**NATL:** 27.04 ! 10/30/16 **LESLIE LIVINGSTON**  
**ZONE:** 30.74 Z 4/8/17 **Kim Brightwell**  
**VA:** 29.71 V 3/17/18 **Val Van Horn Pate**

1	Burke, Barbara	56	COLONIALS 1776	32.11
2	Restrepo, Marie	55	CLUB TRIBE	32.41
3	Brightwell, Kim	58	RESTON MASTERS S	32.93
*4	Norris, Kate	57	MERRITT MARLINS	34.79
*4	Weil, Wendy	59	MASTERS AQUATICS	34.79
6	Dawson, Mandy	55	RESTON MASTERS S	35.56
7	Flynn, Merri	58	RESTON MASTERS S	44.59
8	Brown, Ann	55	MERRITT MARLINS	44.77
9	Frost, Holly	58	LANE 4 SWIMMING	46.51

**Women 55-59 100 Yard Butterfly**

**NATL:** 1:00.41 ! 4/29/17 **KARLYN PIPES**  
**ZONE:** 1:09.68 Z 4/21/13 **Jeanne Lappin**  
**VA:** 1:08.34 V 5/13/11 **Lisa Bennett**

1	Dawson, Mandy	55	RESTON MASTERS S	1:27.14
				40.47 1:27.14

**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	56	COLONIALS 1776	2:57.89
				38.22 1:22.63 2:10.68 2:57.89

**Women 55-59 100 Yard IM**

**NATL:** 1:02.34 ! 4/29/17 **KARLYN PIPES**  
**ZONE:** 1:09.37 Z 4/10/16 **Kim Brightwell**  
**VA:** 1:07.93 V 5/13/11 **Lisa Bennett**

1	Swanson, Vibeke	56	COLONIALS 1776	1:10.80
				33.96 1:10.80
2	Restrepo, Marie	55	CLUB TRIBE	1:12.50
				33.46 1:12.50
3	Brightwell, Kim	58	RESTON MASTERS S	1:14.30
				33.48 1:14.30
4	Burke, Barbara	56	COLONIALS 1776	1:15.53
				36.35 1:15.53
5	Miller, Patricia	57	VIRGINIA MASTERS	1:18.46
				39.61 1:18.46
6	Brown, Ann	55	MERRITT MARLINS	1:29.13
				41.68 1:29.13
7	Frost, Holly	58	LANE 4 SWIMMING	1:39.61
				46.16 1:39.61
8	Kidd, Sally	56	RESTON MASTERS S	2:05.72
				1:00.81 2:05.72

**Women 55-59 200 Yard IM**

**NATL:** 2:15.70 ! 4/28/17 **JILL HERNANDEZ**  
**ZONE:** 2:31.35 Z 4/8/17 **Vibeke Swanson**  
**VA:** 2:30.22 V 3/17/18 **Val Van Horn Pate**

1	Swanson, Vibeke	56	COLONIALS 1776	2:34.24
				36.02 1:12.95 1:58.79 2:34.24
2	Burke, Barbara	56	COLONIALS 1776	2:44.33
				35.39 1:20.32 2:07.57 2:44.33

3	Norris, Kate	57	MERRITT MARLINS	2:53.40
				36.37 1:21.72 2:53.40
4	Speer, Nancy	55	VIRGINIA MASTERS	3:00.22
				40.35 1:28.17 2:19.22 3:00.22

**Women 55-59 400 Yard IM**

**NATL:** 4:49.56 ! 4/30/17 **JILL HERNANDEZ**  
**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	56	COLONIALS 1776	5:56.80
				38.02 1:24.20 2:12.35 3:00.20
				3:47.96 4:37.72 5:18.16 5:56.80

**Women 60-64 50 Yard Freestyle**

**NATL:** 26.28 ! 3/17/18 **NOYES\NOYES**  
**ZONE:** 28.09 Z 4/12/15 **Melinda Wolff**  
**VA:** 30.54 V 3/25/12 **Shirley Loftus-Charley**

1	Bowdring, Katherine	60	ALEXANDRIA MASTERS	31.14
2	Watts, Sue	63	COLONIALS 1776	32.44
3	Figenshu, Susan	63	COLONIALS 1776	32.82
4	Shell, Ellen	64	CLUB TRIBE	34.38
5	Adams, Blanca	60	WARRENTON FAUQUIER	35.27

**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	63	COLONIALS 1776	1:10.57
				34.11 1:10.57
2	Bowdring, Katherine	60	ALEXANDRIA MASTERS	1:11.29
				33.76 1:11.29
3	Figenshu, Susan	63	COLONIALS 1776	1:13.65
				34.52 1:13.65

**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	Watts, Sue	63	COLONIALS 1776	2:36.27
				36.95 1:16.94 1:57.71 2:36.27
2	Figenshu, Susan	63	COLONIALS 1776	2:57.40
				39.34 1:24.22 2:12.34 2:57.40
3	Foley, Linda	63	MONTGOMERY ANC	3:12.32
				44.13 1:33.49 3:12.32

**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	Watts, Sue	63	COLONIALS 1776	7:02.67
				38.74 1:20.75 2:03.49 2:46.61
				3:30.06 4:13.43 4:56.49 5:39.61
				6:22.59 7:02.67

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Women 60-64 1000 Yard Freestyle**

NATL:11:41.77 ! 3/30/12 LAURA VAL  
 ZONE:12:22.20 Z 4/8/16 Shirley Loftus-Charley  
 VA:12:06.00 V 4/26/12 Shirley Loftus-Charley

1	Ball, Nancy	62	FREDRICKSBURG AN	19:39.66
	51.20	1:47.62	2:46.81	3:46.23
	4:46.04	5:47.00	6:47.00	7:47.08
	8:45.65	9:45.27	10:44.83	11:47.11
	12:45.91	13:47.53	14:47.27	15:44.63
	16:45.15	17:45.24	18:46.15	19:39.66
2	Slaughter, Jodie	61	UC10	24:06.51
	1:00.50	2:11.40	3:26.15	4:41.52
	5:55.61	7:11.26	8:24.68	9:37.24
	10:49.75	12:03.62	13:14.70	14:29.27
	15:43.78	16:56.37	18:10.99	19:22.18
	20:34.76	21:47.67	23:00.35	24:06.51

**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	63	COLONIALS 1776	24:10.26
	39.46	1:23.12	2:07.85	2:53.02
	3:37.94	4:22.97	5:07.20	5:51.64
	6:36.32	7:20.76	8:05.03	8:49.11
	9:33.63	10:17.86	11:02.20	11:46.55
	12:31.01	13:15.15	13:59.09	14:43.27
	15:27.38	16:11.71	16:56.24	17:40.09
	18:24.03	19:07.97	19:52.17	20:36.72
	21:20.91	22:04.81	22:47.98	23:30.76
	24:10.26			
2	Calobong-Pierce, Carol Ly	60	FREEDOM AQUATIC	25:45.60
	38.25	1:22.82	2:10.15	2:58.49
	3:46.21	4:33.55	5:21.03	6:08.41
	6:56.00	7:43.73	8:31.35	9:18.32
	10:04.86	10:51.92	11:39.09	12:26.62
	13:13.78	14:00.82	14:47.77	15:34.94
	16:22.10	17:09.14	17:56.35	18:43.64
	19:30.89	20:18.06	21:05.33	21:52.09
	22:39.19	23:26.97	24:13.77	25:45.60
3	Stewart, Linda	60	LANE 4 SWIMMING	42:24.78
	1:04.08	2:18.31	3:36.28	4:52.72
	6:09.73	8:39.16	9:55.97	11:13.54
		12:28.97	13:45.19	15:00.97
	16:17.04	17:36.38	18:57.94	20:12.64
	21:28.97	22:47.27	24:06.68	25:24.90
	26:42.91	28:00.04	29:16.16	30:34.62
	31:51.48	33:11.94	34:30.74	35:49.97
	37:11.37	39:50.41	41:10.63	42:24.78

**Women 60-64 50 Yard Backstroke**

NATL: 29.58 ! 4/26/15 LAURA VAL  
 ZONE: 32.43 Z 4/9/17 Joan Pfinsgraff  
 VA: 36.94 V 4/26/12 Marcia Barry

1	Watts, Sue	63	COLONIALS 1776	37.85
2	Shell, Ellen	64	CLUB TRIBE	38.74
3	Figenshu, Susan	63	COLONIALS 1776	38.85
4	Duquette, Bobbe	64	LANE 4 SWIMMING	50.61

**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	Figenshu, Susan	63	COLONIALS 1776	1:25.20
	41.59	1:25.20		
2	Auer, Margie	60	LANE 4 SWIMMING	1:29.31
	44.34	1:29.31		

**Women 60-64 200 Yard Backstroke**

NATL: 2:21.44 ! 5/11/13 LAURA VAL  
 ZONE: 2:29.39 Z 4/9/17 Joan Pfinsgraff  
 VA: 2:38.63 V 4/26/12 Shirley Loftus-Charley

1	Foley, Linda	63	MONTGOMERY ANC	3:39.16
	51.13	1:45.38	2:42.49	3:39.16

**Women 60-64 50 Yard Breaststroke**

NATL: 33.79 ! 5/7/17 MELINDA MANN  
 ZONE: 36.77 Z 4/20/13 Melinda Wolff  
 VA: 39.46 V 4/13/12 Shirley Loftus-Charley

1	Calobong-Pierce, Carol Ly	60	FREEDOM AQUATIC	43.45
2	Duquette, Bobbe	64	LANE 4 SWIMMING	52.17

**Women 60-64 100 Yard Breaststroke**

NATL: 1:16.55 ! 5/6/17 MELINDA MANN  
 ZONE: 1:19.00 Z 4/21/13 Melinda Wolff  
 VA: 1:24.75 V 4/26/12 Shirley Loftus-Charley

1	Adams, Blanca	60	WARRENTON FAUQI	1:38.41
	45.89	1:38.41		

**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	63	COLONIALS 1776	35.08
2	Auer, Margie	60	LANE 4 SWIMMING	40.84
3	Calobong-Pierce, Carol Ly	60	FREEDOM AQUATIC	41.20

**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	Auer, Margie	60	LANE 4 SWIMMING	3:23.25
	44.82	1:36.10	2:30.28	3:23.25

**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	Adams, Blanca	60	WARRENTON FAUQI	1:32.36
	43.53	1:32.36		

**Women 65-69 50 Yard Freestyle Time Trial**

NATL: 26.73 ! 4/30/17 LAURA VAL  
 ZONE: 31.33 Z 5/1/94 Clara Walker  
 VA: 30.42 V 5/17/07 Beth Schreiner

**- Time Trial**

2	Wolff, Melinda	65	COLONIALS 1776	29.34Z
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## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Women 65-69 50 Yard Freestyle**

NATL: 26.73 ! 4/30/17 LAURA VAL  
 ZONE: 31.08 Z 4/26/09 Beth Schreiner  
 VA: 30.42 V 5/17/07 Beth Schreiner

1	Wolff, Melinda	65	COLONIALS 1776	28.91Z
2	Tartt, Judith	69	WARRENTON FAUQI	39.31
3	Thackston, Patricia	66	E TEAM	47.32

**Women 65-69 100 Yard Freestyle**

NATL: 58.21 ! 4/28/17 LAURA VAL  
 ZONE: 1:07.58 Z 4/8/17 Shirley Loftus-Charley  
 VA: 1:06.77 V 5/6/17 Shirley Loftus-Charley

1	Wolff, Melinda	65	COLONIALS 1776	1:06.27Z
				31.62 1:06.27
2	Barry, Marcia	69	VIRGINIA MASTERS	1:14.52
				36.16 1:14.52

**Women 65-69 200 Yard Freestyle**

NATL: 2:09.22 ! 3/11/17 LAURA VAL  
 ZONE: 2:25.05 Z 4/9/17 Shirley Loftus-Charley  
 VA: 2:23.77 V 2/5/17 Shirley Loftus-Charley

1	Barry, Marcia	69	VIRGINIA MASTERS	2:43.76
				37.05 1:17.88 2:00.70 2:43.76

**Women 65-69 500 Yard Freestyle**

NATL: 5:52.39 ! 5/21/17 LAURA VAL  
 ZONE: 6:57.63 Z 5/9/93 Clara Walker  
 VA: 6:15.42 V 3/19/17 Shirley Loftus-Charley

1	Barry, Marcia	69	VIRGINIA MASTERS	7:03.21
				37.78 1:19.74 2:02.55 2:45.40
				3:28.50 4:11.81 4:55.43 5:38.80
				6:22.29 7:03.21

**Women 65-69 1000 Yard Freestyle**

NATL:11:59.50 ! 4/9/17 LAURA VAL  
 ZONE:12:44.58 Z 4/7/17 Shirley Loftus-Charley  
 VA:12:29.29 V 11/12/16 Shirley Loftus-Charley

1	Barry, Marcia	69	VIRGINIA MASTERS	14:19.46
				37.88 1:19.47 2:02.57 2:46.20
				3:29.98 4:13.65 4:57.10 5:40.67
				6:24.16 7:07.76 7:51.14 8:34.41
				9:17.91 10:01.36 10:44.58 11:27.95
				12:11.55 12:54.89 13:38.42 14:19.46
2	Lim-Sharpe, Judy	67	MONTGOMERY ANC	15:58.85
				43.09 1:29.65 2:17.51 3:05.96
				3:54.75 4:43.80 5:32.12 6:20.80
				7:09.14 7:57.42 8:45.75 9:34.13
				10:22.76 11:11.13 11:59.60 12:48.20
				13:36.52 14:24.40 15:12.14 15:58.85

**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	Craffey, Joan	65	UC06	22:54.57Z
				37.88 1:18.52 2:00.25 2:42.02
				3:23.56 4:05.97 4:47.77 5:29.96
				6:12.11 6:54.65 7:36.51 8:18.83
				9:01.34 9:43.77 10:26.11 11:08.21
				11:50.39 12:32.36 13:14.50 13:56.56
				14:38.90 15:21.19 16:03.75 16:45.75
				17:27.90 18:09.63 18:51.15 19:32.74
				20:13.70 20:54.95 21:36.10 22:16.20 22:54.57
2	Wagner, Cheryl	65	UMAC-TERRAPIN M.	29:08.72
				47.23 1:40.06 2:32.91 3:27.15
				4:20.57 5:14.27 6:06.78 6:59.75
				7:53.05 8:45.73 9:39.23 10:32.40
				11:26.07 12:18.67 13:12.18 14:05.12
				14:59.13 15:52.74 16:46.33 17:39.22
				18:32.93 19:26.62 20:20.70 21:13.85
				22:07.29 23:00.09 23:53.17 24:46.22
				25:39.27 26:32.52 27:25.67 28:18.10 29:08.72

**Women 65-69 50 Yard Backstroke**

NATL: 30.39 ! 4/29/17 LAURA VAL  
 ZONE: 32.49 Z 4/12/15 Cecilia McCloskey  
 VA: 38.10 V 4/28/16 Marcia Barry

1	Kirwan, Denise	66	RESTON MASTERS S	38.29
2	Tartt, Judith	69	WARRENTON FAUQI	48.92

**Women 65-69 50 Yard Backstroke Time Trial**

NATL: 30.39 ! 4/29/17 LAURA VAL  
 ZONE: 39.45 Z 4/13/03 Nancy Brown  
 VA: 38.10 V 4/28/16 Marcia Barry

**- Time Trial**

5	Wolff, Melinda	65	COLONIALS 1776	36.77Z
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**Women 65-69 100 Yard Backstroke**

NATL: 1:06.48 ! 4/30/17 LAURA VAL  
 ZONE: 1:10.15 Z 4/11/15 Cecilia McCloskey  
 VA: 1:20.04 V 4/7/17 Shirley Loftus-Charley

1	Kirwan, Denise	66	RESTON MASTERS S	1:20.54
				39.62 1:20.54
2	Barry, Marcia	69	VIRGINIA MASTERS	1:27.42

**Women 65-69 200 Yard Backstroke**

NATL: 2:27.76 ! 4/28/17 LAURA VAL  
 ZONE: 2:35.00 Z 4/12/15 Cecilia McCloskey  
 VA: 2:46.37 V 4/7/17 Shirley Loftus-Charley

1	Kirwan, Denise	66	RESTON MASTERS S	2:52.71
				41.83 1:25.50 2:09.99 2:52.71

**Women 65-69 50 Yard Breaststroke**

NATL: 37.49 ! 4/30/17 CHARLOTTE DAVIS  
 ZONE: 38.59 Z 4/4/04 Joann Leilich  
 VA: 37.74 V 4/22/04 Joann Leilich

1	Wolff, Melinda	65	COLONIALS 1776	37.33!
2	Kirwan, Denise	66	RESTON MASTERS S	41.08

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Women 65-69 100 Yard Breaststroke**

NATL: 1:20.27 ! 4/28/17 CHARLOTTE DAVIS  
 ZONE: 1:24.51 Z 4/4/04 Joann Leilich  
 VA: 1:23.95 V 4/22/04 Joann Leilich

1	Wolff, Melinda	65	COLONIALS 1776	1:23.04Z
				38.68 1:23.04
2	Kirwan, Denise	66	RESTON MASTERS S	1:30.07
				42.58 1:30.07
---	Thackston, Patricia	66	E TEAM	DQ
				1:10.22 DQ

**Women 65-69 50 Yard Butterfly**

NATL: 29.58 ! 3/19/17 LAURA VAL  
 ZONE: 32.41 Z 4/11/15 Cecilia McCloskey  
 VA: 35.02 V 4/7/17 Shirley Loftus-Charley

1	Wolff, Melinda	65	COLONIALS 1776	32.87
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**Women 65-69 100 Yard IM**

NATL: 1:09.44 ! 2/4/17 LAURA VAL  
 ZONE: 1:12.22 Z 4/12/15 Cecilia McCloskey  
 VA: 1:20.01 V 11/12/16 Shirley Loftus-Charley

1	Wolff, Melinda	65	COLONIALS 1776	1:15.76
				37.13 1:15.76
2	Kirwan, Denise	66	RESTON MASTERS S	1:20.48
				38.40 1:20.48

**Women 70-74 50 Yard Freestyle**

NATL: 29.60 ! 4/30/17 DIANN UUSTAL  
 ZONE: 32.12 Z 4/17/11 Beth Schreiner  
 VA: 31.51 V 4/26/12 Beth Schreiner

1	Lyttle, Ann	70	VIRGINIA MASTERS	33.17
2	Bennett, Ruth	71	RESTON MASTERS S	36.67
3	Ammons, Patricia	71	WARRENTON FAUQI	41.94
4	Zalkind, Julie	71	ARLINGTON MASTE	59.68

**Women 70-74 100 Yard Freestyle**

NATL: 1:06.41 ! 5/7/17 DIANN UUSTAL  
 ZONE: 1:13.89 Z 4/23/06 Nancy Brown  
 VA: 1:12.24 V 4/28/11 Beth Schreiner

1	Lyttle, Ann	70	VIRGINIA MASTERS	1:12.64Z
				34.32 1:12.64
2	Bennett, Ruth	71	RESTON MASTERS S	1:21.21
				38.91 1:21.21
3	Andrews, Lynne	70	GERMANTOWN MAI	1:28.20
				41.91 1:28.20

**Women 70-74 200 Yard Freestyle**

NATL: 2:29.53 ! 5/5/17 DIANN UUSTAL  
 ZONE: 2:47.81 Z 4/17/11 Beth Schreiner  
 VA: 2:46.03 V 4/26/12 Beth Schreiner

1	Lyttle, Ann	70	VIRGINIA MASTERS	2:39.48V
				37.30 1:17.97 1:58.87 2:39.48
2	Bennett, Ruth	71	RESTON MASTERS S	2:54.42
				40.24 1:24.56 2:10.27 2:54.42

**Women 70-74 500 Yard Freestyle**

NATL: 6:46.78 ! 4/25/04 LAVELLE STOINOFF  
 ZONE: 7:34.77 Z 4/17/11 Beth Schreiner  
 VA: 7:34.77 V 4/15/11 Beth Schreiner

1	Bennett, Ruth	71	RESTON MASTERS S	7:53.98
				42.73 1:29.91 2:18.55 3:07.11
				3:54.89 4:43.07 5:30.75 6:19.34
				7:07.11 7:53.98

**Women 70-74 1650 Yard Freestyle**

NATL:23:45.69 ! 3/28/04 LAVELLE STOINOFF  
 ZONE:28:19.91 Z 4/20/97 Petey Smith  
 VA:26:53.60 V 4/26/12 Betsy Durrant

1	Johnston, Jennifer	70	LANE 4 SWIMMING	52:19.64
				1:23.13 2:54.53 4:28.13 6:06.98
				7:41.49 9:16.12 10:50.74 12:23.67
				13:57.85 15:32.94 17:06.10 18:39.65
				20:14.27 21:48.58 23:23.79 25:00.55
				26:35.19 28:11.99 29:49.13 31:28.52
				33:05.55 34:41.70 36:18.96 37:55.19
				39:32.34 41:07.96 42:45.47 44:22.57
				45:59.96 47:35.68 49:11.89 50:48.24 52:19.64

**Women 70-74 50 Yard Backstroke**

NATL: 34.77 ! 4/29/17 DIANN UUSTAL  
 ZONE: 39.48 Z 4/23/06 Nancy Brown  
 VA: 40.03 V 4/26/12 Beth Schreiner

1	Ammons, Patricia	71	WARRENTON FAUQI	50.66
2	Zalkind, Julie	71	ARLINGTON MASTE	58.99

**Women 70-74 100 Yard Backstroke**

NATL: 1:17.27 ! 4/30/17 DIANN UUSTAL  
 ZONE: 1:23.67 Z 4/23/06 Nancy Brown  
 VA: 1:29.24 V 4/26/12 Beth Schreiner

1	Andrews, Lynne	70	GERMANTOWN MAI	1:40.66
				46.84 1:40.66
2	Zalkind, Julie	71	ARLINGTON MASTE	2:07.57
				59.95 2:07.57
3	Johnston, Jennifer	70	LANE 4 SWIMMING	3:30.90
				1:42.77 3:30.90

**Women 70-74 200 Yard Backstroke**

NATL: 2:47.52 ! 4/28/17 DIANN UUSTAL  
 ZONE: 3:11.90 Z 3/29/98 Doris Steadman  
 VA: 3:22.27 V 2/3/13 Beth Schreiner

1	Johnston, Jennifer	70	LANE 4 SWIMMING	7:18.32
				1:46.28 3:38.84 7:18.32

**Women 70-74 100 Yard Breaststroke**

NATL: 1:26.77 ! 4/29/11 JOANN LEILICH  
 ZONE: 1:41.85 Z 4/23/06 Johnnie Detrick  
 VA: 1:41.85 V 4/21/06 Johnnie Detrick

1	Pettijohn, Margot	71	MONTGOMERY ANC	1:31.27Z
				44.59 1:31.27
2	Johnston, Jennifer	70	LANE 4 SWIMMING	4:07.87
				1:59.93 4:07.87

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George Mason University, Fairfax, VA

## Results

**Women 70-74 200 Yard Breaststroke**

NATL: 3:07.28 ! 2/2/09 JOANN LEILICH  
 ZONE: 3:47.11 Z 4/13/08 Johnnie Detrick  
 VA: 3:43.67 V 2/13/10 Johnnie Detrick

1	Pettijohn, Margot	71	MONTGOMERY ANC	3:18.26Z
	45.72	1:35.87	2:27.20	3:18.26
2	Johnston, Jennifer	70	LANE 4 SWIMMING	8:20.95
	2:00.17	4:06.19	6:16.43	8:20.95

**Women 70-74 100 Yard Butterfly**

NATL: 1:23.83 ! 9/17/16 MARGOT PETTIJOHN  
 ZONE: 1:38.98 Z 4/24/10 Lucille Griffin  
 VA: 1:38.98 V 4/23/10 Lucille Griffin

1	Pettijohn, Margot	71	MONTGOMERY ANC	1:27.60Z
	41.11	1:27.60		

**Women 70-74 100 Yard IM**

NATL: 1:15.29 ! 4/29/17 DIANN UUSTAL  
 ZONE: 1:26.07 Z 4/23/06 Nancy Brown  
 VA: 1:34.88 V 4/21/06 Johnnie Detrick

1	Pettijohn, Margot	71	MONTGOMERY ANC	1:25.11Z
	40.41	1:25.11		
2	Johnston, Jennifer	70	LANE 4 SWIMMING	3:50.90
	2:04.33	3:50.90		

**Women 70-74 200 Yard IM**

NATL: 2:51.31 ! 5/7/17 DIANN UUSTAL  
 ZONE: 3:10.13 Z 4/23/06 Nancy Brown  
 VA: 3:33.88 V 2/11/06 Johnnie Detrick

1	Pettijohn, Margot	71	MONTGOMERY ANC	3:05.22Z
	41.55	1:29.56	2:20.83	3:05.22

**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	77	VIRGINIA MASTERS	37.55
2	Leilich, Joann	79	WOODLANDS MAST	41.24
3	Hannam, Karen	77	LANE 4 SWIMMING	1:09.32

**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	77	VIRGINIA MASTERS	1:21.87
	39.59	1:21.87		
2	Manheim, Lucy	75	RESTON MASTERS S	1:41.94
	49.37	1:41.94		
3	Hannam, Karen	77	LANE 4 SWIMMING	2:31.50
	1:11.95	2:31.50		

**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	77	VIRGINIA MASTERS	3:06.52
	43.17	1:31.07	3:06.52	
2	Leilich, Joann	79	WOODLANDS MAST	3:17.87
	46.29	1:38.21	2:29.93	3:17.87

**Women 75-79 1000 Yard Freestyle**

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

1	Manheim, Lucy	75	RESTON MASTERS S	20:38.37
	57.93	1:59.03	3:01.55	4:04.26
	6:09.79		7:11.79	8:15.30
	9:18.18	10:19.32	11:21.54	13:26.43
		14:30.96	16:33.81	
		18:38.81	19:37.66	20:38.37

**Women 75-79 1650 Yard Freestyle**

NATL:26:47.55 ! 4/1/17 SARAH KOPSKY  
 ZONE:35:00.06 Z 4/20/97 Billie A. Burrill  
 VA:33:29.74 V 11/8/03 Jeanne Meredith

1	Hannam, Karen	77	LANE 4 SWIMMING	43:49.44
	1:14.92	2:38.37	4:01.00	5:23.72
	6:44.57		9:28.06	10:51.23
	12:15.15	13:39.21	15:02.17	16:27.06
	17:51.37	19:15.58	20:39.54	
	22:02.43	23:26.35	24:48.97	26:11.48
	27:32.91	28:55.80	30:17.44	31:37.08
	32:58.81	34:19.43	35:40.15	37:01.54
	38:23.93	39:47.07	41:08.67	42:28.95
				43:49.44

**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	77	VIRGINIA MASTERS	45.03
2	Hannam, Karen	77	LANE 4 SWIMMING	1:23.28

**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	77	VIRGINIA MASTERS	1:38.71
	48.71	1:38.71		
2	Manheim, Lucy	75	RESTON MASTERS S	2:07.94

**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	77	LANE 4 SWIMMING	1:21.47
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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	Leilich, Joann	79	WOODLANDS MAST	1:37.18Z
	47.97	1:37.18		
2	Hannam, Karen	77	LANE 4 SWIMMING	2:53.25
	1:25.52	2:53.25		

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**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 77 LANE 4 SWIMMING 6:19.21  
 1:32.05 3:11.60 4:48.51 6:19.21

**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 77 LANE 4 SWIMMING 1:33.16

**Women 75-79 100 Yard Butterfly**

NATL: 1:35.55 ! 4/24/15 MARY ANN CASE  
 ZONE: 2:33.03 Z 5/2/99 Mary Wixed  
 VA: 1:47.58 V 3/23/14 Lucille Griffin

1 Hannam, Karen 77 LANE 4 SWIMMING 3:34.03  
 1:31.55 3:34.03

**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 Leilich, Joann 79 WOODLANDS MAST 1:42.40Z  
 52.62 1:42.40  
 2 Hannam, Karen 77 LANE 4 SWIMMING 2:53.35  
 1:25.37 2:53.35  
 --- Manheim, Lucy 75 RESTON MASTERS S DQ  
 1:19.18 DQ

**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 77 LANE 4 SWIMMING 6:12.57  
 1:36.20 3:19.77 4:52.43 6:12.57

**Women 80-84 50 Yard Freestyle**

NATL: 34.20 ! 12/13/15 JOHNNIE DETRICK  
 ZONE: 42.48 Z 4/13/03 Jeanne Merryman  
 VA: 34.20 V 12/13/15 Johnnie Detrick

1 Walker, Laura 80 VIRGINIA MASTERS 44.60

**Women 80-84 100 Yard Freestyle**

NATL: 1:22.34 ! 12/13/15 JOHNNIE DETRICK  
 ZONE: 1:34.75 Z 4/9/16 Nancy Brown  
 VA: 1:22.34 V 12/13/15 Johnnie Detrick

1 Walker, Laura 80 VIRGINIA MASTERS 1:38.31  
 47.03 1:38.31

**Women 80-84 50 Yard Backstroke**

NATL: 43.57 ! 4/19/09 BETTY LORENZI  
 ZONE: 47.66 Z 4/10/16 Nancy Brown  
 VA: 50.15 V 3/19/16 Johnnie Detrick

1 Walker, Laura 80 VIRGINIA MASTERS 51.63

**Women 80-84 100 Yard Backstroke**

NATL: 1:32.37 ! 4/19/09 BETTY LORENZI  
 ZONE: 1:43.32 Z 4/9/16 Nancy Brown  
 VA: 1:52.18 V 3/19/16 Johnnie Detrick

1 Walker, Laura 80 VIRGINIA MASTERS 1:52.31  
 54.62 1:52.31

**Women 80-84 200 Yard Backstroke**

NATL: 3:26.72 ! 4/19/09 BETTY LORENZI  
 ZONE: 3:44.08 Z 4/10/16 Nancy Brown  
 VA: 4:51.99 V 4/2/04 Marianna Berkley

1 Walker, Laura 80 VIRGINIA MASTERS 4:01.30V  
 56.08 1:56.98 3:00.50 4:01.30

**Women 80-84 100 Yard IM**

NATL: 1:42.51 ! 4/29/16 JOHNNIE DETRICK  
 ZONE: 1:49.72 Z 4/10/16 Nancy Brown  
 VA: 1:42.51 V 4/28/16 Johnnie Detrick

1 Walker, Laura 80 VIRGINIA MASTERS 2:09.77  
 1:00.54 2:09.77

**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: 20.56 V 3/1/18 Jonathan Nelson

1 Littles, Jonathan 24 PATRIOT MASTERS 21.73  
 2 Henderson, James 23 CLUB TRIBE 22.13  
 3 Greenhalgh, Andrew 22 CLUB TRIBE 22.51  
 4 Fisher, Alex 23 LANE 4 SWIMMING 23.03  
 5 Frederick, Aaron 24 ARLINGTON MASTE 23.86  
 6 Rinald, Kevin 21 UC10 24.24  
 7 Dreier, Nate 23 SPORT & HEALTH T 24.52  
 8 Maj, Christopher 24 FINS AQUATICS CL 25.17  
 9 Lukacsy, Brian 23 CLUB TRIBE 25.40  
 10 Shinaishin, Omar 18 FREEDOM AQUATIC 28.31  
 11 Veatch, Richard 23 LANE 4 SWIMMING 28.97

**Men 18-24 50 Yard Freestyle Time Trial**

NATL: 19.36 ! 4/28/12 JOSH SCHNEIDER  
 ZONE: 21.04 Z 4/15/07 Geoffrey Meyer Jr  
 VA: 20.56 V 3/1/18 Jonathan Nelson

**- Time Trial**

1 Bureau, Lucas 23 CLUB TRIBE 20.24V  
 5 Head, Carter 24 CLUB TRIBE 23.06

**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: 45.17 V 3/1/18 Jonathan Nelson

**- Time Trial**

1 Greenhalgh, Andrew 22 CLUB TRIBE 47.36  
 3 Henderson, James 23 CLUB TRIBE 48.16

**Men 18-24 100 Yard Freestyle**

NATL: 42.59 ! 12/1/12 EUGENE GODSOE  
 ZONE: 44.96 Z 4/23/06 William Liscinsky  
 VA: 45.17 V 3/1/18 Jonathan Nelson

1 Bureau, Lucas 23 CLUB TRIBE 43.97Z  
 21.02 43.97

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**(Men 18-24 100 Yard Freestyle)**

2	Little, Jonathan	24	PATRIOT MASTERS	47.64
	22.99	47.64		
3	Franklin, Ryan	21	MONOCACY AQUATI	51.33
	24.29	51.33		
4	Maj, Christopher	24	FINS AQUATICS CL	53.26
	25.95	53.26		
5	Dreier, Nate	23	SPORT & HEALTH T	54.34
	25.80	54.34		
6	Rinald, Kevin	21	UC10	54.67
	25.76	54.67		
7	Guminski, Timothy	24	UC08	57.53
	26.65	57.53		

**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: 1:41.96 V 12/16/17 Jonathan Nelson

1	Frederick, Aaron	24	ARLINGTON MASTE	1:55.12
	26.27	54.51	1:24.56	1:55.12
2	Maj, Christopher	24	FINS AQUATICS CL	1:58.43
	27.58	56.74	1:27.38	1:58.43
3	Rinald, Kevin	21	UC10	2:09.04
	27.46	59.06	1:33.27	2:09.04
4	Magd, Basem	24	UC09	2:18.58
	29.95	1:05.56	1:42.34	2:18.58

**Men 18-24 200 Yard Freestyle Time Trial**

NATL: 1:35.02 ! 11/8/09 ANDY GRANT  
 ZONE: 1:42.51 Z 4/15/07 Geoffrey Meyer Jr  
 VA: 1:41.96 V 12/16/17 Jonathan Nelson

**- Time Trial**

1	Bureau, Lucas	23	CLUB TRIBE	1:39.93V
2	Greenhalgh, Andrew	22	CLUB TRIBE	1:40.71V

**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	Greenhalgh, Andrew	22	CLUB TRIBE	4:29.09V
	24.76	51.18	1:17.95	1:44.91
	2:11.96	2:38.69	3:05.65	3:33.17
	4:01.07	4:29.09		
2	Gordon, Joshua	22	PATRIOT MASTERS	5:42.80
	30.70	1:04.28	1:38.40	2:12.83
	2:47.33	3:22.27	3:57.22	4:32.45
	5:07.72	5:42.80		
3	Dreier, Nate	23	SPORT & HEALTH T	5:56.24
	28.47	1:00.31	1:33.86	2:09.82
	2:46.48	3:23.97	4:02.57	4:41.41
	5:19.87	5:56.24		
4	Shinaishin, Omar	18	FREEDOM AQUATIC	6:27.31
	32.02	1:08.19	1:46.94	2:26.57
	3:06.86	3:47.30	4:27.85	5:08.04
	5:48.41	6:27.31		

**Men 18-24 1000 Yard Freestyle**

NATL: 9:01.26 ! 2/13/10 JP ARNOLD  
 ZONE:10:32.60 Z 4/23/10 Christopher Stickle  
 VA: 9:37.03 V 5/19/05 Benjamin Garrett

1	Head, Carter	24	CLUB TRIBE	10:38.45
	26.64	55.87	1:26.14	1:57.08
	2:28.30	2:59.51	3:31.45	4:03.23
	4:35.14	5:07.54	5:39.79	6:12.92
	6:46.17	7:19.79	7:53.31	8:26.90
	9:00.79	9:34.20	10:07.21	10:38.45

**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	Gordon, Joshua	22	PATRIOT MASTERS	19:30.37
	31.25	1:05.14	1:39.96	2:14.68
	2:49.61	3:24.93	3:59.96	4:35.52
	5:11.03	5:46.64	6:22.37	6:58.13
	7:33.43	8:09.11	8:44.55	9:20.32
	9:55.94	10:31.68	11:07.29	11:43.03
	12:18.71	12:54.83	13:31.25	14:07.41
	14:43.38	15:19.68	15:55.92	16:31.93
	17:07.81	17:43.72	18:19.65	18:56.01
				19:30.37
2	Dreier, Nate	23	SPORT & HEALTH T	20:49.73
	30.41	1:04.69	1:40.70	2:17.70
	2:54.90	3:32.65	4:10.78	4:49.52
	5:27.07	6:05.64	6:43.95	7:22.51
	8:01.15	8:39.74	9:17.64	9:56.95
	10:35.30	11:14.06	11:52.76	12:32.08
	13:10.97	13:49.37	14:27.65	15:06.89
	15:45.57	16:24.23	17:03.18	17:43.14
	18:21.79	19:01.22	19:40.77	20:19.23
				20:49.73

**Men 18-24 50 Yard Backstroke Time Trial**

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

**- Time Trial**

1	Glass, Austin	23	CLUB TRIBE	24.22
2	Henderson, James	23	CLUB TRIBE	24.78

**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	Henderson, James	23	CLUB TRIBE	24.48
2	Lukacsy, Brian	23	CLUB TRIBE	30.51
3	Veatch, Richard	23	LANE 4 SWIMMING	35.03

**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	Henderson, James	23	CLUB TRIBE	52.17V
	25.62	52.17		
2	Glass, Austin	23	CLUB TRIBE	52.76
	25.46	52.76		

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**(Men 18-24 100 Yard Backstroke)**

3	Fisher, Alex	23	LANE 4 SWIMMING	57.88
	28.09		57.88	

**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	Fisher, Alex	23	LANE 4 SWIMMING	26.48
2	Franklin, Ryan	21	MONOCACY AQUATI	29.74
3	Guminski, Timothy	24	UC08	31.71
4	Veatch, Richard	23	LANE 4 SWIMMING	35.81

**Men 18-24 100 Yard Breaststroke**

NATL:	52.63 ! 2/3/18	JOSH PRENOT
ZONE:	56.37 Z 4/23/06	William Liscinsky
VA:	56.99 V 12/16/17	Jonathan Nelson

1	Fisher, Alex	23	LANE 4 SWIMMING	59.31
	27.06		59.31	
2	Greenhalgh, Andrew	22	CLUB TRIBE	1:04.49
	30.68		1:04.49	
3	Frederick, Aaron	24	ARLINGTON MASTE	1:05.17
	30.71		1:05.17	
4	Rinald, Kevin	21	UC10	1:13.55
	33.92		1:13.55	
5	Shinaishin, Omar	18	FREEDOM AQUATIC	1:22.74
	38.84		1:22.74	

**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	Head, Carter	24	CLUB TRIBE	2:14.27
	30.44		1:03.74	1:38.19
				2:14.27

**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	Bureau, Lucas	23	CLUB TRIBE	21.95Z
2	Littles, Jonathan	24	PATRIOT MASTERS	24.13
3	Bechtold, Leander	22	ARLINGTON MASTE	24.96
4	Greenhalgh, Andrew	22	CLUB TRIBE	25.01
5	Franklin, Ryan	21	MONOCACY AQUATI	25.88
6	Dreier, Nate	23	SPORT & HEALTH T	27.84
7	Magd, Basem	24	UC09	27.86
8	Rinald, Kevin	21	UC10	27.92
9	Veatch, Richard	23	LANE 4 SWIMMING	30.82
10	Shinaishin, Omar	18	FREEDOM AQUATIC	33.16

**Men 18-24 100 Yard Butterfly**

NATL:	46.65 ! 11/30/12	EUGENE GODSOE
ZONE:	49.92 Z 4/12/15	Nathan Destree
VA:	48.82 V 3/1/18	Jonathan Nelson

1	Bureau, Lucas	23	CLUB TRIBE	47.41V
	21.99		47.41	
2	Chestnut, Eric	24	PATRIOT MASTERS	52.01
	24.36		52.01	

3	Magd, Basem	24	UC09	1:02.99
	28.78		1:02.99	

**Men 18-24 200 Yard Butterfly**

NATL:	1:48.74 ! 3/19/17	MICKEY MOWRY
ZONE:	1:58.91 Z 4/5/14	John Guiffre
VA:	1:56.80 V 2/3/18	Jonathan Nelson

1	Chestnut, Eric	24	PATRIOT MASTERS	1:59.24
	27.02		57.01	1:27.76
				1:59.24
2	Magd, Basem	24	UC09	2:31.81
	30.93		1:07.97	1:48.98
				2:31.81

**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	Bureau, Lucas	23	CLUB TRIBE	49.23!
	22.80		49.23	
2	Fisher, Alex	23	LANE 4 SWIMMING	54.96
	26.19		54.96	
3	Dreier, Nate	23	SPORT & HEALTH T	1:03.98
	29.55		1:03.98	
4	Shinaishin, Omar	18	FREEDOM AQUATIC	1:12.40
	33.77		1:12.40	
5	Veatch, Richard	23	LANE 4 SWIMMING	1:13.34
	33.31		1:13.34	
---	Bechtold, Leander	22	ARLINGTON MASTE	DQ
	25.74		DQ	

**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	Bechtold, Leander	22	ARLINGTON MASTE	2:01.03
	25.75		57.36	1:32.40
				2:01.03
2	Guminski, Timothy	24	UC08	2:18.14
	27.57		1:04.79	1:43.43
				2:18.14
3	Maj, Christopher	24	FINS AQUATICS CL	2:21.39
	31.21		1:08.00	1:50.17
				2:21.39
4	Rinald, Kevin	21	UC10	2:26.64
	29.67		1:08.29	1:52.46
				2:26.64

**Men 18-24 400 Yard IM**

NATL:	3:50.12 ! 2/13/10	RUSSELL PAYNE
ZONE:	4:17.87 Z 4/6/14	John Guiffre
VA:	4:07.94 V 5/19/05	Benjamin Garrett

1	Head, Carter	24	CLUB TRIBE	4:21.27
	26.66		57.05	1:30.72
				2:04.60
	2:42.04		3:20.17	3:51.12
				4:21.27

**Men 25-29 50 Yard Freestyle**

NATL:	18.67 ! 12/20/14	BOUSQUET\ADRIAN
ZONE:	20.49 Z 4/6/14	Jarryd Botha
VA:	20.56 V 4/7/17	Kevin Gallagher

1	Fay, Christopher	29	CLUB TRIBE	21.57
2	McHenry, Scott	26	ALEXANDRIA MAST	21.71
3	Chestnut, Michael	26	PATRIOT MASTERS	22.12
4	Compton, Taylor	29	LANE 4 SWIMMING	22.32
5	Shu, Jack	25	ARLINGTON MASTE	22.90

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**(Men 25-29 50 Yard Freestyle)**

6 Deal, Fred	29 FINS AQUATICS CL	23.19
7 Wyatt, Haydon	27 MERRITT MARLINS	23.20
8 Snyder, Scott	29 VIRGINIA MASTERS	23.64
9 VanRoden, Jack	27 MERRITT MARLINS	23.71
10 Stamps, Nathan	26 CLUB TRIBE	23.73
11 Kendall, Cody	29 PATRIOT MASTERS	23.99
12 Kuldell, Philip	25 TIDE SWIMMING	24.58
13 Salazar, Lawrence	27 TIDE SWIMMING	26.29
14 Connell, Allan	28 MERRITT MARLINS	26.52
15 Kraus, Andrew	26 FLYING FISH HEAD	26.92
16 Gartner, Kenneth	28 ALEXANDRIA MAST	28.17

**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:** 20.56 V 4/7/17 **Kevin Gallagher**

**- Time Trial**

6 Snyder, Scott	29 VIRGINIA MASTERS	23.31
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**Men 25-29 100 Yard Freestyle**

**NATL:** 41.13 ! 5/3/14 **NATHAN ADRIAN**  
**ZONE:** 45.53 Z 4/8/17 **Gallagher/ Loughran/Lisci**  
**VA:** 45.53 V 4/7/17 **Kevin Gallagher**

1 Glass, Sidney	26 CLUB TRIBE	47.32
22.57	47.32	
2 Fay, Christopher	29 CLUB TRIBE	48.17
22.52	48.17	
3 Compton, Taylor	29 LANE 4 SWIMMING	50.04
23.74	50.04	
4 Deal, Fred	29 FINS AQUATICS CL	50.70
24.15	50.70	
5 VanRoden, Jack	27 MERRITT MARLINS	52.71
25.17	52.71	
6 Snyder, Scott	29 VIRGINIA MASTERS	52.78
24.64	52.78	
7 Laplante, Brett	29 UMAC-TERRAPIN M	53.11
25.57	53.11	
8 Walker, Adam	27 CENTRAL MARYLAN	53.59
25.87	53.59	
9 Kendall, Cody	29 PATRIOT MASTERS	54.26
25.86	54.26	
10 Xu, Tim	27 PATRIOT MASTERS	54.82
26.04	54.82	
11 Fitts, Marcus	29 DISTRICT OF COLU	54.97
26.27	54.97	
12 Stamps, Nathan	26 CLUB TRIBE	55.20
25.33	55.20	
13 Koons, Andrew	25 RESTON MASTERS S	55.81
26.93	55.81	
14 Moyer, Matthew	28 LIFE TIME SWIM D	55.93
26.28	55.93	
15 Dawson, Logan	27 DISTRICT OF COLU	56.51
27.21	56.51	
16 Kuldell, Philip	25 TIDE SWIMMING	56.79
26.72	56.79	

17 Connell, Allan	28 MERRITT MARLINS	58.59
27.49	58.59	
18 Kraus, Andrew	26 FLYING FISH HEAD	59.40
27.87	59.40	
19 Salazar, Lawrence	27 TIDE SWIMMING	1:01.15
29.23	1:01.15	
20 Gartner, Kenneth	28 ALEXANDRIA MAST	1:06.07
32.09	1:06.07	
21 Parker, Alexander	25 LANE 4 SWIMMING	1:08.66

**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:** 45.53 V 4/7/17 **Kevin Gallagher**

**- Time Trial**

2 McHenry, Scott	26 ALEXANDRIA MAST	47.84
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**Men 25-29 200 Yard Freestyle Time Trial**

**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**

**- Time Trial**

1 McHenry, Scott	26 ALEXANDRIA MAST	1:44.96
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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 Guiffre, John	28 UC02	1:46.16
24.48	51.15	1:18.39 1:46.16
2 Shu, Jack	25 ARLINGTON MASTE	1:54.54
27.75	56.07	1:24.41 1:54.54
3 Laplante, Brett	29 UMAC-TERRAPIN M	1:58.84
26.34	55.12	1:26.19 1:58.84
4 VanRoden, Jack	27 MERRITT MARLINS	2:01.20
28.05	59.34	1:31.20 2:01.20
5 Compton, Taylor	29 LANE 4 SWIMMING	2:01.96
26.61	57.59	1:29.72 2:01.96
6 Wyatt, Haydon	27 MERRITT MARLINS	2:02.90
27.22	57.83	1:30.45 2:02.90
7 Kuldell, Philip	25 TIDE SWIMMING	2:04.75
28.37	1:00.03	1:32.13 2:04.75
8 Kraus, Andrew	26 FLYING FISH HEAD	2:12.84
29.84	1:03.31	1:37.96 2:12.84
9 Salazar, Lawrence	27 TIDE SWIMMING	2:16.60
31.32	1:06.30	1:41.86 2:16.60

**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 Koons, Andrew	25 RESTON MASTERS S	5:34.53
30.38	1:03.76	1:38.06 2:12.26
2:46.19	3:19.72	3:53.71 4:27.83
5:01.67	5:34.53	

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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**(Men 25-29 500 Yard Freestyle)**

2 Dawson, Logan	27 DISTRICT OF COLU	5:58.46
31.93	1:06.39	1:41.98
2:54.86	3:30.97	4:07.67
5:21.88	5:58.46	4:44.78

**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 Koons, Andrew	25 RESTON MASTERS S	11:32.77	
30.70	1:03.91	1:38.07	
2:46.64	3:21.75	3:56.74	
5:07.27	5:42.89	6:17.93	
7:28.74	8:04.26	8:39.66	
9:50.63	10:25.65	10:59.80	
		11:32.77	

**Men 25-29 50 Yard Backstroke Time Trial**

NATL: 21.46 ! 4/16/10	ADAM MANIA
ZONE: 23.71 Z 4/15/07	William Liscinsky
VA: 23.74 V 3/18/17	Sidney Glass

**- Time Trial**

1 Glass, Sidney	26 CLUB TRIBE	23.60Z
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**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 Shu, Jack	25 ARLINGTON MASTE	26.78
2 Laplante, Brett	29 UMAC-TERRAPIN M	28.73
3 Connell, Allan	28 MERRITT MARLINS	29.90
4 Wyatt, Haydon	27 MERRITT MARLINS	30.01
5 Stamps, Nathan	26 CLUB TRIBE	30.17
6 Kuldell, Philip	25 TIDE SWIMMING	30.56
7 Kraus, Andrew	26 FLYING FISH HEAD	32.64

**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 Glass, Sidney	26 CLUB TRIBE	52.24
25.23	52.24	
2 McHenry, Scott	26 ALEXANDRIA MAST	55.44
26.73	55.44	
3 VanRoden, Jack	27 MERRITT MARLINS	1:03.44
30.50	1:03.44	
4 Connell, Allan	28 MERRITT MARLINS	1:03.86
30.63	1:03.86	
5 Moyer, Matthew	28 LIFE TIME SWIM D	1:08.67
33.16	1:08.67	
6 Salazar, Lawrence	27 TIDE SWIMMING	1:09.61
33.54	1:09.61	
7 Kraus, Andrew	26 FLYING FISH HEAD	1:11.71
34.24	1:11.71	

**Men 25-29 100 Yard Backstroke Time Trial**

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

**- Time Trial**

1 Glass, Sidney	26 CLUB TRIBE	51.63Z
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**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 Fay, Christopher	29 CLUB TRIBE	27.20
2 Stamps, Nathan	26 CLUB TRIBE	31.93
3 Connell, Allan	28 MERRITT MARLINS	35.15
4 Parker, Alexander	25 LANE 4 SWIMMING	40.67

**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	26 ALEXANDRIA MAST	59.75
27.94	59.75	
2 Wolfe, Ryan	25 PATRIOT MASTERS	1:01.15
28.71	1:01.15	
3 Fay, Christopher	29 CLUB TRIBE	1:01.74
28.17	1:01.74	
4 Maguire, Andrew	29 UC10	1:03.79
29.44	1:03.79	
5 Xu, Tim	27 PATRIOT MASTERS	1:08.12
32.14	1:08.12	
6 VanRoden, Jack	27 MERRITT MARLINS	1:10.08
32.90	1:10.08	
7 Salazar, Lawrence	27 TIDE SWIMMING	1:15.69
36.16	1:15.69	
8 Connell, Allan	28 MERRITT MARLINS	1:16.02
35.49	1:16.02	

**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 Wolfe, Ryan	25 PATRIOT MASTERS	2:11.30
29.22	1:01.60	1:35.91
2 Walker, Adam	27 CENTRAL MARYLAN	2:18.08
31.53	1:05.69	1:41.53
3 Fitts, Marcus	29 DISTRICT OF COLU	2:41.94
36.66	1:17.43	1:59.60
4 Koons, Andrew	25 RESTON MASTERS S	2:42.49
37.16	1:19.33	2:01.23
		2:42.49

**Men 25-29 50 Yard Butterfly**

NATL: 21.11 ! 11/30/12	DAVIS TARWATER
ZONE: 22.24 Z 4/5/14	Jarryd Botha
VA: 22.99 V 4/7/17	Kevin Gallagher

1 Snyder, Scott	29 VIRGINIA MASTERS	25.20
2 Deal, Fred	29 FINS AQUATICS CL	25.53
3 VanRoden, Jack	27 MERRITT MARLINS	26.03
4 Stamps, Nathan	26 CLUB TRIBE	26.75

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**(Men 25-29 50 Yard Butterfly)**

5	Laplante, Brett	29	UMAC-TERRAPIN M	26.80
6	Kuldell, Philip	25	TIDE SWIMMING	27.18
7	Kendall, Cody	29	PATRIOT MASTERS	27.52
8	Moyer, Matthew	28	LIFE TIME SWIM D	27.92
9	Salazar, Lawrence	27	TIDE SWIMMING	28.49
10	Dawson, Logan	27	DISTRICT OF COLU	28.75
11	Connell, Allan	28	MERRITT MARLINS	28.88
12	Kraus, Andrew	26	FLYING FISH HEAD	29.00
13	Gartner, Kenneth	28	ALEXANDRIA MAST	31.46

**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	Guiffre, John	28	UC02	53.09
	24.40	53.09		
2	Xu, Tim	27	PATRIOT MASTERS	59.38
	27.32	59.38		
3	Laplante, Brett	29	UMAC-TERRAPIN M	1:00.28
	28.02	1:00.28		
4	Hoang, Ryan	25	ARLINGTON MASTE	1:07.04
	31.95	1:07.04		

**Men 25-29 200 Yard Butterfly**

NATL: 1:47.62 ! 5/20/07 ERIK SCALISE

ZONE: 1:53.82 Z 4/2/00 Curtis Sawin

VA: 1:54.52 V 2/9/08 Scott Halasz

1	Guiffre, John	28	UC02	2:02.10
	26.93	57.15	1:28.78	2:02.10

**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	Glass, Sidney	26	CLUB TRIBE	53.37
	23.80	53.37		
2	Wolfe, Ryan	25	PATRIOT MASTERS	56.01
	26.85	56.01		
3	Deal, Fred	29	FINS AQUATICS CL	59.10
	27.48	59.10		
4	VanRoden, Jack	27	MERRITT MARLINS	1:00.53
	27.89	1:00.53		
5	Maguire, Andrew	29	UC10	1:02.23
	28.79	1:02.23		
6	Connell, Allan	28	MERRITT MARLINS	1:05.67
	30.39	1:05.67		
7	Salazar, Lawrence	27	TIDE SWIMMING	1:08.09
	32.01	1:08.09		
8	Kendall, Cody	29	PATRIOT MASTERS	1:10.51
	31.15	1:10.51		
9	Hoang, Ryan	25	ARLINGTON MASTE	1:10.64
	32.65	1:10.64		

**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	Guiffre, John	28	UC02	2:01.25
	25.56	57.99	1:34.38	2:01.25
2	Walker, Adam	27	CENTRAL MARYLAN	2:08.48
	28.16	1:01.81	1:38.78	2:08.48
3	Laplante, Brett	29	UMAC-TERRAPIN M	2:12.22
	28.11	1:01.28	1:40.91	2:12.22
4	Xu, Tim	27	PATRIOT MASTERS	2:15.54
	28.76	1:04.34	1:43.33	2:15.54
5	VanRoden, Jack	27	MERRITT MARLINS	2:19.34
	27.30	1:02.79	1:44.95	2:19.34
6	Koons, Andrew	25	RESTON MASTERS S	2:20.77
	30.94	1:06.63	1:48.34	2:20.77
7	Connell, Allan	28	MERRITT MARLINS	2:25.48
	30.59	1:05.73	1:50.00	2:25.48
8	Kuldell, Philip	25	TIDE SWIMMING	2:26.53
	29.59	1:08.10	1:55.19	2:26.53
9	Salazar, Lawrence	27	TIDE SWIMMING	2:26.67
	31.43	1:10.20	1:52.67	2:26.67

**Men 25-29 400 Yard IM**

NATL: 3:41.85 ! 12/20/13 DARIAN TOWNSEND

ZONE: 4:07.19 Z 4/22/01 Peter Hezky

VA: 4:16.15 V 3/11/04 Frank Byskov

1	Duval, Marcus	26	FINS AQUATICS CL	4:10.17
	26.79	56.73	1:29.97	2:02.18
	2:37.64	3:14.10	3:42.34	4:10.17
2	Guiffre, John	28	UC02	4:18.47
	27.49	57.10	1:31.04	2:04.80
	2:42.35	3:20.39	3:49.74	4:18.47

**Men 30-34 50 Yard Freestyle**

NATL: 19.33 ! 5/3/14 ERVIN\ERVIN

ZONE: 20.91 Z 4/15/12 Terrence Fenningham

VA: 20.93 V 4/27/17 Geoffrey Meyer

1	Gallagher, Kevin	30	CLUB TRIBE	20.65Z
2	Corcoran, Ryan	30	FINS AQUATICS CL	21.73
3	Loughran, Kyle	30	CLUB TRIBE	21.85
4	Bulakul, Sirin	30	CLUB TRIBE	22.09
5	McCafferty, Jacob	33	ALEXANDRIA MAST	22.52
6	Kirby, Devin	30	MERRITT MARLINS	22.74
7	Laiti, Patrick	32	UC12	23.35
8	Wolfred, Drew	30	LANE 4 SWIMMING	23.70
9	Tikhonoff, Jonathan	31	UC10	24.11
10	Miller, Michael	32	FINS AQUATICS CL	24.30
11	Holmes, Jonathan	30	UC08	24.34
12	Crosnicker, Mark	34	UC10	24.49
13	Summers, Dan	31	ARLINGTON MASTE	24.50
14	Weinbaum, David	32	UC09	24.81
15	Taylor, Tim	31	ALEXANDRIA MAST	25.46

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## Results

**Men 30-34 50 Yard Freestyle Time Trial**

NATL: 19.33 ! 5/3/14 ERVIN\ERVIN  
 ZONE: 21.83 Z 3/29/98 Billy Barr  
 VA: 20.93 V 4/27/17 Geoffrey Meyer

**- Time Trial**

2 Gallagher, Kevin 30 CLUB TRIBE 21.01Z  
 4 Elsaesser, Evan 33 CLUB TRIBE 22.71

**Men 30-34 100 Yard Freestyle Time Trial**

NATL: 42.75 ! 12/21/14 DARIAN TOWNSEND  
 ZONE: 47.40 Z 4/23/06 Troy Johnson  
 VA: 45.91 V 4/27/17 Geoffrey Meyer

**- Time Trial**

4 Bulakul, Sirin 30 CLUB TRIBE 49.50  
 5 Elsaesser, Evan 33 CLUB TRIBE 50.49

**Men 30-34 100 Yard Freestyle**

NATL: 42.75 ! 12/21/14 DARIAN TOWNSEND  
 ZONE: 46.38 Z 4/13/08 Troy Johnson  
 VA: 45.91 V 4/27/17 Geoffrey Meyer

1 Gallagher, Kevin 30 CLUB TRIBE 45.67V  
 21.68 45.67  
 2 Loughran, Kyle 30 CLUB TRIBE 47.83  
 23.07 47.83  
 3 Bulakul, Sirin 30 CLUB TRIBE 48.59  
 23.38 48.59  
 4 McCafferty, Jacob 33 ALEXANDRIA MAST 49.57  
 23.60 49.57  
 5 Wolfred, Drew 30 LANE 4 SWIMMING 51.32  
 24.84 51.32  
 6 Tikhonoff, Jonathan 31 UC10 51.94  
 25.00 51.94  
 7 Weinbaum, David 32 UC09 53.36  
 25.37 53.36  
 8 Miller, Michael 32 FINS AQUATICS CL 53.63  
 25.11 53.63  
 9 Crosnicker, Mark 34 UC10 54.82  
 25.87 54.82  
 10 Oloughlin, Jonathan 34 UMAC-TERRAPIN M 55.86  
 26.70 55.86  
 11 Marquet, Louis 31 ARLINGTON MASTE 1:02.76  
 29.60 1:02.76

**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: 1:42.39 V 4/27/17 Geoffrey Meyer

1 Wolfred, Drew 30 LANE 4 SWIMMING 1:53.99  
 25.90 54.22 1:23.85 1:53.99  
 2 Miller, Michael 32 FINS AQUATICS CL 1:58.84  
 27.41 57.54 1:28.44 1:58.84  
 3 Weinbaum, David 32 UC09 2:01.22  
 26.17 55.47 1:27.10 2:01.22  
 4 Crosnicker, Mark 34 UC10 2:06.38  
 28.02 59.59 1:32.64 2:06.38

**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 Schmitt, Sam 32 ARLINGTON MASTE 5:23.49  
 29.33 1:01.00 1:34.10 2:07.09  
 2:39.82 3:12.35 3:45.06 4:18.13  
 4:51.23 5:23.49  
 2 Oloughlin, Jonathan 34 UMAC-TERRAPIN M 5:34.08  
 30.00 1:03.16 1:37.15 2:11.46  
 2:45.51 3:19.49 3:53.47 4:27.76  
 5:01.69 5:34.08  
 3 Weinbaum, David 32 UC09 5:43.95  
 29.73 1:01.90 1:35.00 2:08.96  
 2:43.51 3:18.57 3:54.42 4:31.10  
 5:08.11 5:43.95  
 4 Crosnicker, Mark 34 UC10 6:08.68  
 30.61 1:05.52 1:40.73 2:17.07  
 2:54.47 3:32.72 4:11.68 4:51.66  
 5:30.78 6:08.68

**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 Tikhonoff, Jonathan 31 UC10 11:03.96  
 27.61 58.90 1:31.63 2:04.70  
 2:38.05 3:11.37 3:45.03 4:18.86  
 4:52.67 5:26.68 6:00.45 6:34.28  
 7:08.23 7:42.25 8:16.13 8:50.09  
 9:24.51 9:58.38 10:31.97 11:03.96

**Men 30-34 1650 Yard Freestyle**

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

1 Crosnicker, Mark 34 UC10 21:20.79  
 30.91 1:05.32 1:41.69 2:18.84  
 2:56.68 3:35.08 4:13.60 4:52.74  
 5:31.29 6:10.57 6:49.94 7:28.97  
 8:08.62 8:48.65 9:28.09 10:07.98  
 10:47.93 11:27.69 12:07.53 12:46.92  
 13:26.13 14:05.62 14:44.98 15:24.42  
 16:04.67 16:44.67 17:24.52 18:04.36  
 18:44.20 19:24.16 20:03.67 20:43.22 21:20.79

**Men 30-34 50 Yard Backstroke**

NATL: 21.51 ! 4/26/15 MATT GREVERS  
 ZONE: 24.35 Z 4/23/06 Troy Johnson  
 VA: 23.97 V 4/27/17 Joshua Fowler

1 Bulakul, Sirin 30 CLUB TRIBE 25.77  
 2 McCafferty, Jacob 33 ALEXANDRIA MASTE 25.92  
 3 Donohue, Matthew 32 MONOCACY AQUATI 27.66  
 4 Miller, Michael 32 FINS AQUATICS CL 28.28  
 5 Tikhonoff, Jonathan 31 UC10 28.64  
 6 Taylor, Tim 31 ALEXANDRIA MASTE 29.64  
 7 Weinbaum, David 32 UC09 29.87  
 8 Crosnicker, Mark 34 UC10 30.36

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## Results

**(Men 30-34 50 Yard Backstroke)**

9 Folgar, Javier 32 SPORT &amp; HEALTH T 35.89

**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 Elsaesser, Evan 33 CLUB TRIBE 56.19  
 26.79 56.19  
 2 Tikhonoff, Jonathan 31 UC10 59.43  
 29.17 59.43  
 3 Wolfred, Drew 30 LANE 4 SWIMMING 59.77  
 29.34 59.77  
 4 Miller, Michael 32 FINS AQUATICS CL 1:00.95  
 28.70 1:00.95

**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**

2 Bulakul, Sirin 30 CLUB TRIBE 57.46

**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 Miller, Michael 32 FINS AQUATICS CL 2:14.91  
31.17 1:05.19 1:40.64 2:14.91**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 Tikhonoff, Jonathan 31 UC10 30.21  
 2 Taylor, Tim 31 ALEXANDRIA MAST 32.31  
 3 Keyes, Brett 34 UC10 33.86  
 4 Folgar, Javier 32 SPORT & HEALTH T 36.16  
 5 Thomasian, Aram 32 RESTON MASTERS S 36.94  
 6 Marquet, Louis 31 ARLINGTON MASTE 37.06

**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 31 UC10 1:04.77  
 30.64 1:04.77  
 2 Laiti, Patrick 32 UC12 1:06.40  
 30.58 1:06.40  
 3 Summers, Dan 31 ARLINGTON MASTE 1:09.56  
 32.80 1:09.56  
 4 Folgar, Javier 32 SPORT & HEALTH T 1:22.69  
 38.91 1:22.69

**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 Folgar, Javier 32 SPORT & HEALTH T 3:03.14  
40.60 1:27.04 2:14.80 3:03.14**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 Bulakul, Sirin 30 CLUB TRIBE 23.64  
 2 Elsaesser, Evan 33 CLUB TRIBE 23.67  
 3 Gallagher, Kevin 30 CLUB TRIBE 23.72  
 4 McCafferty, Jacob 33 ALEXANDRIA MAST 24.44  
 5 Tikhonoff, Jonathan 31 UC10 25.36  
 6 Wolfred, Drew 30 LANE 4 SWIMMING 25.87  
 7 Weinbaum, David 32 UC09 27.26  
 8 Taylor, Tim 31 ALEXANDRIA MAST 27.79  
 9 Keyes, Brett 34 UC10 29.86  
 10 Folgar, Javier 32 SPORT & HEALTH T 38.37

**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 Elsaesser, Evan 33 CLUB TRIBE 52.53  
 24.61 52.53  
 2 Tikhonoff, Jonathan 31 UC10 55.71  
 26.42 55.71  
 3 Donohue, Matthew 32 MONOCACY AQUATI 56.52  
 26.74 56.52  
 4 Wolfred, Drew 30 LANE 4 SWIMMING 58.62  
 27.66 58.62

**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 Schmitt, Sam 32 ARLINGTON MASTE 2:10.77  
28.80 1:01.40 1:35.74 2:10.77**Men 30-34 100 Yard IM**

NATL: 47.71 ! 4/29/17 RYAN LOCHTE  
 ZONE: 53.61 Z 4/15/12 Terrence Fenningham  
 VA: 52.29 V 4/27/17 Geoffrey Meyer

1 Gallagher, Kevin 30 CLUB TRIBE 52.94Z  
 24.24 52.94  
 2 McCafferty, Jacob 33 ALEXANDRIA MAST 56.12  
 25.54 56.12  
 3 Bulakul, Sirin 30 CLUB TRIBE 56.40  
 25.69 56.40  
 4 Tikhonoff, Jonathan 31 UC10 58.71  
 27.36 58.71  
 5 Donohue, Matthew 32 MONOCACY AQUATI 59.95  
 26.31 59.95  
 6 Kirby, Devin 30 MERRITT MARLINS 59.98  
 26.54 59.98

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Men 30-34 100 Yard IM)**

7	Summers, Dan	31	ARLINGTON MASTE	1:03.25
	30.23	1:03.25		
8	Oloughlin, Jonathan	34	UMAC-TERRAPIN M	1:05.97
	31.05	1:05.97		
9	Folgar, Javier	32	SPORT & HEALTH T	1:14.59
	36.83	1:14.59		

**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	Krajewski, Thomas	39	PATRIOT MASTERS	23.46
2	Lesnewsky, Erik	35	CLUB TRIBE	23.99
3	Hegna, Ryan	37	CENTRAL BUCKS FA	24.16
4	Dryburgh, Andrew	37	SPRING VALLEY YM	24.29
5	Strahota, Jeffrey	37	UMAC-TERRAPIN M	24.52
6	Gass, Kraig	38	CLUB TRIBE	25.16
7	Gwilliam, Glenn	39	RESTON MASTERS S	26.27
8	Hanford, Jeremy	36	RESTON MASTERS S	26.38

**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	36	MARYLAND MASTE	48.41
	22.71	48.41		
2	Helfers, Edward	35	UC09	50.53
	24.70	50.53		
3	Barrett, Patrick	37	DISTRICT OF COLU	52.55
	24.66	52.55		
4	Hegna, Ryan	37	CENTRAL BUCKS FA	53.00
	25.01	53.00		
5	Lesnewsky, Erik	35	CLUB TRIBE	53.24
	26.02	53.24		
6	Hanford, Jeremy	36	RESTON MASTERS S	59.31
	28.28	59.31		
7	Gwilliam, Glenn	39	RESTON MASTERS S	1:00.11
	29.35	1:00.11		

**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	36	MARYLAND MASTE	1:46.41
	25.10	52.07	1:18.88	1:46.41
2	Hegna, Ryan	37	CENTRAL BUCKS FA	1:58.07
	26.52	56.04	1:26.94	1:58.07
3	Dryburgh, Andrew	37	SPRING VALLEY YM	2:11.76
	30.25	1:04.16	1:38.45	2:11.76
4	DeZago, Christopher	35	MERRITT MARLINS	2:12.31
	29.70	1:03.03	1:38.09	2:12.31

**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	Denrich, David	38	TEAM NEW YORK A	5:23.29
	28.50	59.72	1:31.52	2:03.83
	2:36.64	3:09.93	3:43.12	4:16.56
	4:50.46	5:23.29		
2	Hegna, Ryan	37	CENTRAL BUCKS FA	5:30.87
	27.94	59.01	1:31.86	2:05.19
	2:39.01	3:13.16	3:47.50	4:22.28
	4:56.92	5:30.87		
3	Dryburgh, Andrew	37	SPRING VALLEY YM	5:37.00
	29.96	1:03.59	1:37.84	2:12.32
	2:47.17	3:22.57	3:56.89	4:31.25
	5:04.87	5:37.00		
4	Boris, Joseph	38	SPRING VALLEY YM	5:45.59
	30.86	1:05.72	1:41.25	2:16.31
	2:51.79	3:27.30	4:02.98	4:38.11
	5:12.59	5:45.59		
5	Gwilliam, Glenn	39	RESTON MASTERS S	6:28.24
	33.91	1:10.98	1:49.66	2:29.56
	3:11.62	3:51.49	4:30.82	5:10.82
	5:51.27	6:28.24		

**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	Denrich, David	38	TEAM NEW YORK A	10:56.43
	28.87	1:00.73	1:33.25	2:05.88
	2:38.26	3:11.13	3:44.00	4:16.91
	4:50.01	5:23.30	5:56.67	6:29.92
	7:02.93	7:36.27	8:09.77	8:43.09
	9:16.31	9:49.77	10:23.04	10:56.43
2	Boris, Joseph	38	SPRING VALLEY YM	11:59.19
	30.91	1:04.56	1:39.54	2:15.18
	2:50.82	3:26.97	4:03.04	4:39.15
	5:15.77	5:52.61	6:29.50	7:06.20
	7:43.12	8:19.86	8:56.60	9:33.91
	10:10.82	10:47.65	11:24.04	11:59.19
3	Dryburgh, Andrew	37	SPRING VALLEY YM	12:02.58
	33.71	1:09.75	1:45.49	2:21.66
	2:57.78	3:34.13	4:10.72	4:47.10
	5:23.94	6:00.83	6:37.93	7:14.70
	7:51.49	8:28.30	9:04.97	9:40.87
	10:16.11	10:52.33	11:28.22	12:02.58

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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	Takeguchi, Kevin	39	LANE 4 SWIMMING	35:48.08
	53.43	1:51.05	2:49.45	4:00.28
	5:06.71	6:10.80	7:14.60	8:21.22
	9:29.89	10:42.22	11:49.16	12:55.26
	14:08.16		16:25.74	17:29.25
	18:31.47	19:37.49	20:39.43	21:44.66
	22:47.81	23:54.36	24:58.65	26:02.04
	27:06.82	28:24.69	29:28.98	30:35.75
	31:38.42	32:41.32	33:42.04	34:45.92
				35:48.08

**Men 35-39 50 Yard Backstroke**

**NATL: 22.62 ! 4/29/17** **JEFF NATALIZIO**  
**ZONE: 23.06 Z 4/23/06** **Michael Ross**  
**VA: 24.64 V 4/1/00** **Chris Stevenson**

1	Krajewski, Thomas	39	PATRIOT MASTERS	26.84
2	Lesnewsky, Erik	35	CLUB TRIBE	28.75
3	Hegna, Ryan	37	CENTRAL BUCKS FA	29.23
4	Strahota, Jeffrey	37	UMAC-TERRAPIN M	29.31
5	Gass, Kraig	38	CLUB TRIBE	29.46

**Men 35-39 100 Yard Backstroke**

**NATL: 47.86 ! 4/30/17** **JEFF NATALIZIO**  
**ZONE: 49.62 Z 4/24/05** **Michael Ross**  
**VA: 52.93 V 4/1/00** **Chris Stevenson**

1	Barrett, Patrick	37	DISTRICT OF COLU	1:00.36
	29.34	1:00.36		
2	Gass, Kraig	38	CLUB TRIBE	1:03.45
	31.08	1:03.45		
3	Hegna, Ryan	37	CENTRAL BUCKS FA	1:06.33
	32.44	1:06.33		

**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	Boris, Joseph	38	SPRING VALLEY YM	2:29.74
	35.51	1:13.08	1:51.72	2:29.74

**Men 35-39 50 Yard Breaststroke**

**NATL: 25.35 ! 5/21/10** **STEVE WEST**  
**ZONE: 26.29 Z 4/22/01** **Wally Dicks**  
**VA: 27.87 V 4/27/17** **Aaron Nester**

1	Hegna, Ryan	37	CENTRAL BUCKS FA	31.21
2	Dryburgh, Andrew	37	SPRING VALLEY YM	31.36
3	Hanford, Jeremy	36	RESTON MASTERS S	32.45

**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	Williams, Stuart	37	PATRIOT MASTERS	1:05.22
	30.48	1:05.22		
2	Hegna, Ryan	37	CENTRAL BUCKS FA	1:10.11
	33.01	1:10.11		

3	Hanford, Jeremy	36	RESTON MASTERS S	1:10.42
	33.51	1:10.42		
4	DeZago, Christopher	35	MERRITT MARLINS	1:21.74
	38.75	1:21.74		

**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	Helfers, Edward	35	UC09	2:17.61
	31.46	1:06.40	1:41.67	2:17.61
2	Hanford, Jeremy	36	RESTON MASTERS S	2:38.39
	33.90	1:13.48	1:55.77	2:38.39
3	Boris, Joseph	38	SPRING VALLEY YM	2:40.90
	36.99	1:17.74	1:59.87	2:40.90

**Men 35-39 50 Yard Butterfly**

**NATL: 22.05 ! 1/20/18** **MATTHEW MARSHALL**  
**ZONE: 22.86 Z 4/23/06** **Michael Ross**  
**VA: 23.69 V 4/26/12** **Daniel Summerlin**

1	Helfers, Edward	35	UC09	24.91
2	Hegna, Ryan	37	CENTRAL BUCKS FA	25.86
3	Lesnewsky, Erik	35	CLUB TRIBE	26.30
4	Gass, Kraig	38	CLUB TRIBE	26.82
5	Dryburgh, Andrew	37	SPRING VALLEY YM	27.56
6	Gwilliam, Glenn	39	RESTON MASTERS S	31.13

**Men 35-39 100 Yard Butterfly**

**NATL: 49.02 ! 4/29/17** **MARIO MARSHALL**  
**ZONE: 50.06 Z 4/23/06** **Michael Ross**  
**VA: 51.69 V 1/26/08** **Daniel Summerlin**

1	Williams, Stuart	37	PATRIOT MASTERS	56.56
	26.19	56.56		
2	Strahota, Jeffrey	37	UMAC-TERRAPIN M	59.35
	27.20	59.35		
3	Dryburgh, Andrew	37	SPRING VALLEY YM	1:00.38
	28.44	1:00.38		
4	Gass, Kraig	38	CLUB TRIBE	1:00.40
	28.49	1:00.40		

**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	Denrich, David	38	TEAM NEW YORK AC	2:16.78
	29.71	1:02.75	1:38.56	2:16.78
2	Dryburgh, Andrew	37	SPRING VALLEY YM	2:18.97
	31.32	1:06.19	1:41.75	2:18.97
3	Gass, Kraig	38	CLUB TRIBE	2:26.85
	29.64	1:04.37	1:42.05	2:26.85

**Men 35-39 100 Yard IM**

**NATL: 49.01 ! 4/29/17** **JEFF NATALIZIO**  
**ZONE: 53.98 Z 4/13/08** **Jeffrey Roddin**  
**VA: 53.70 V 4/28/16** **Michael Lovett**

1	Hegna, Ryan	37	CENTRAL BUCKS FA	1:00.58
	28.10	1:00.58		
2	Lesnewsky, Erik	35	CLUB TRIBE	1:00.97

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## Results

**(Men 35-39 100 Yard IM)**

3	Strahota, Jeffrey	37	UMAC-TERRAPIN M	1:01.31
	27.81	1:01.31		
4	Gass, Kraig	38	CLUB TRIBE	1:05.13
	27.87	1:05.13		
5	Boris, Joseph	38	SPRING VALLEY YM	1:06.56
	32.09	1:06.56		
6	Hanford, Jeremy	36	RESTON MASTERS S	1:07.77
	32.36	1:07.77		
7	Gwilliam, Glenn	39	RESTON MASTERS S	1:08.18
	31.73	1:08.18		
8	DeZago, Christopher	35	MERRITT MARLINS	1:11.77
	32.90	1:11.77		

**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	Helfers, Edward	35	UC09	2:01.87
	25.97	57.97	1:33.52	2:01.87
2	Boris, Joseph	38	SPRING VALLEY YM	2:22.91
	31.65	1:09.37	1:50.12	2:22.91

**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	Williams, Stuart	37	PATRIOT MASTERS	4:46.23
	28.12	1:01.42	1:40.15	2:18.91
	2:59.42	3:40.80	4:14.40	4:46.23
2	Boris, Joseph	38	SPRING VALLEY YM	5:07.78
	33.54	1:12.66	1:53.42	2:33.72
	3:16.13	3:58.77	4:34.04	5:07.78

**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**

3	Zenyuh, James	41	RIPTIDE MASTERS	21.77Z
7	Williams, Rich	42	CLUB TRIBE	23.45

**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	Lovett, Michael	40	CLUB TRIBE	23.20
2	Bower, Matthew	43	LANE 4 SWIMMING	23.52
3	Maholchic, Adrian	41	CLUB TRIBE	24.21
4	Baldwin, Craig	43	RESTON MASTERS S	24.51
5	Houchins, Bradford	40	SPRING VALLEY YM	25.01
6	Mucker, Vincent	40	PATRIOT MASTERS	25.41
7	Kidd, Michael	44	ALEXANDRIA MAST	26.31
8	Vannier, David	41	UC10	28.78
9	Chun, Yang	44	ARLINGTON MASTE	31.53
10	Casstevens, Wade	44	SPORT & HEALTH T	33.00

**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**

8	Rockwell, John	43	CLUB TRIBE	55.51
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**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	41	RIPTIDE MASTERS	48.48
	22.73	48.48		
2	Bower, Matthew	43	LANE 4 SWIMMING	52.48
	25.28	52.48		
3	Baldwin, Craig	43	RESTON MASTERS S	52.93
	25.33	52.93		
4	Grasha, Eric	42	DISTRICT OF COLU	53.42
	25.65	53.42		
5	Jent, Daniel	40	ALEXANDRIA MAST	53.76
	25.48	53.76		
6	Houchins, Bradford	40	SPRING VALLEY YM	57.22
	27.32	57.22		
7	Mucker, Vincent	40	PATRIOT MASTERS	59.20
	27.73	59.20		
8	Martin, Morgan	42	LANE 4 SWIMMING	1:02.12
	28.32	1:02.12		
9	Casstevens, Wade	44	SPORT & HEALTH T	1:16.08
	36.40	1:16.08		

**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	Jent, Daniel	40	ALEXANDRIA MAST	2:00.61
	27.51	57.95	1:28.65	2:00.61
2	Woodworth, Scott	41	LANE 4 SWIMMING	2:01.54
	28.16	58.36	1:29.66	2:01.54
3	Romack, Dave	40	UMAC-TERRAPIN M	2:01.61
	27.23	57.33	1:29.29	2:01.61
4	Dragon, Tony	41	UC10	2:08.60
	29.42	1:01.45	1:35.04	2:08.60
5	Hanneschlager, Michael	43	UC10	2:17.63
	29.55	1:03.49	1:40.76	2:17.63
6	Chun, Yang	44	ARLINGTON MASTE	2:33.89
	34.14	1:11.96	1:53.53	2:33.89
7	Zenyuh, James	41	RIPTIDE MASTERS	2:36.44
	21.77	1:12.89	1:55.56	2:36.44

**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	Jent, Daniel	40	ALEXANDRIA MAST	5:42.07
	29.31	1:01.94	1:36.66	2:11.68
	2:46.94	3:22.17	3:57.70	4:33.06
	5:08.32	5:42.07		

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## Results

**(Men 40-44 500 Yard Freestyle)**

2	Dean, Nathan	43	LANE 4 SWIMMING	5:49.48
	29.52	1:02.08	1:35.64	2:10.09
	2:45.06	3:20.70	3:57.17	4:34.48
	5:12.11	5:49.48		
3	Dragon, Tony	41	UC10	6:04.08
	34.59	1:09.71	1:45.74	2:22.03
	2:58.28	3:34.99	4:12.34	4:50.02
	5:27.64	6:04.08		
4	Hanneschlager, Michael	43	UC10	6:22.13
	32.91	1:08.35	1:46.17	2:24.05
	3:01.96	3:40.15	4:19.93	5:00.37
	5:40.98	6:22.13		
5	Martin, Morgan	42	LANE 4 SWIMMING	6:26.64
	31.43	1:06.57	1:44.74	2:24.67
	3:04.88	3:45.32	4:26.16	5:05.43
	5:45.99	6:26.64		
6	Ahlgren, Kyle	42	CLUB TRIBE	7:31.48
	44.15	1:30.49	2:15.27	3:01.19
	3:46.63	4:31.94	5:17.36	6:02.95
	6:47.64	7:31.48		

**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	Bower, Matthew	43	LANE 4 SWIMMING	11:01.45
	27.73	58.11	1:29.37	2:01.35
	2:33.52	3:06.04	3:38.93	4:11.93
	4:44.96	5:18.52	5:51.94	6:25.90
	7:00.20	7:34.87	8:09.83	8:44.57
	9:19.02	9:53.49	10:27.98	11:01.45
2	Houchins, Bradford	40	SPRING VALLEY YM	12:21.02
	31.79	1:07.41	1:44.82	2:22.00
	2:59.15	3:37.09	4:14.62	4:53.00
	5:31.28	6:08.08	6:45.80	7:23.99
	8:01.86	8:40.06	9:18.21	9:56.43
	10:33.93	11:09.91	11:45.81	12:21.02
3	Ahlgren, Kyle	42	CLUB TRIBE	15:36.26
	43.83	1:31.26	2:18.27	3:05.62
	3:53.28	4:40.43	5:27.90	6:15.47
	7:03.05	7:51.10	8:38.35	9:25.67
	10:12.67	10:59.73	11:47.06	12:34.01
	13:20.86	14:05.79	14:51.92	15:36.26

**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	41	RIPTIDE MASTERS	23.25
2	Bell, David	42	SANTA CRUZ MASTE	25.78
3	Rockwell, John	43	CLUB TRIBE	28.22
4	Baldwin, Craig	43	RESTON MASTERS S	28.60

**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	41	RIPTIDE MASTERS	51.25
	24.67	51.25		
2	Bell, David	42	SANTA CRUZ MASTE	56.84
	27.13	56.84		
3	Rockwell, John	43	CLUB TRIBE	59.25
	28.80	59.25		
4	Woodworth, Scott	41	LANE 4 SWIMMING	59.90
	28.94	59.90		
5	Baldwin, Craig	43	RESTON MASTERS S	1:02.64
	29.87	1:02.64		
6	Romack, Dave	40	UMAC-TERRAPIN M.	1:02.67
	30.19	1:02.67		
7	Grasha, Eric	42	DISTRICT OF COLU	1:03.48
	30.91	1:03.48		

**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	42	SANTA CRUZ MASTE	2:06.17
	28.86	1:00.80	1:33.88	2:06.17
2	Romack, Dave	40	UMAC-TERRAPIN M.	2:14.19
	31.84	1:05.73	1:39.88	2:14.19
3	Woodworth, Scott	41	LANE 4 SWIMMING	2:14.63
	31.78	1:05.54	1:40.25	2:14.63

**Men 40-44 50 Yard Breaststroke**

**NATL: 25.02 ! 3/12/16**      **JARROD MARRS**  
**ZONE: 27.42 Z 5/2/99**      **Benn Doyle**  
**VA: 28.43 V 4/7/17**      **Rich Williams**

1	Williams, Rich	42	CLUB TRIBE	29.04
2	Houchins, Bradford	40	SPRING VALLEY YM	29.38
3	Bower, Matthew	43	LANE 4 SWIMMING	29.60
4	Kidd, Michael	44	ALEXANDRIA MAST	30.47
5	McNelis, Michael	42	UC04	30.99
6	Moon, WonKee	43	DISTRICT OF COLU	31.00
7	Bingaman, Cory	43	ALEXANDRIA MAST	31.18
8	Grasha, Eric	42	DISTRICT OF COLU	34.90
9	Casstevens, Wade	44	SPORT & HEALTH T	41.01

**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	42	CLUB TRIBE	1:04.58
	30.10	1:04.58		
2	Houchins, Bradford	40	SPRING VALLEY YM	1:04.91
	30.23	1:04.91		
3	Bower, Matthew	43	LANE 4 SWIMMING	1:07.10
	30.73	1:07.10		
4	McNelis, Michael	42	UC04	1:07.35
	31.96	1:07.35		
5	Kidd, Michael	44	ALEXANDRIA MAST	1:07.94
	31.28	1:07.94		

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## Results

**(Men 40-44 100 Yard Breaststroke)**

6	Moon, WonKee	43	DISTRICT OF COLU	1:08.73
	32.08	1:08.73		
7	Casstevens, Wade	44	SPORT & HEALTH T	1:28.64
	41.16	1:28.64		

**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	42	CLUB TRIBE	2:26.84
	32.88	1:10.20	1:48.37	2:26.84
2	McNelis, Michael	42	UC04	2:26.96
	32.98	1:11.32	1:49.13	2:26.96
3	Moon, WonKee	43	DISTRICT OF COLU	2:29.78
	33.53	1:11.47	1:50.59	2:29.78
4	Houchins, Bradford	40	SPRING VALLEY YM	2:35.91
	34.07	1:12.35	1:54.36	2:35.91

**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	41	RIPTIDE MASTERS	22.60!
2	Bell, David	42	SANTA CRUZ MASTE	24.67
3	Lovett, Michael	40	CLUB TRIBE	24.80
4	Baldwin, Craig	43	RESTON MASTERS S	26.68
5	Bower, Matthew	43	LANE 4 SWIMMING	26.70
6	Grasha, Eric	42	DISTRICT OF COLU	26.80
7	Hastings, Corey	42	ALEXANDRIA MAST	27.36
8	Woodworth, Scott	41	LANE 4 SWIMMING	27.47
9	Rockwell, John	43	CLUB TRIBE	27.63

**Men 40-44 100 Yard Butterfly**

**NATL: 49.27 ! 5/4/08 MICHAEL ROSS**  
**ZONE: 51.41 Z 4/9/17 James Zenyuh**  
**VA: 50.81 V 5/7/09 Chris Stevenson**

1	Zenyuh, James	41	RIPTIDE MASTERS	50.75Z
	23.14	50.75		
2	Dean, Nathan	43	LANE 4 SWIMMING	1:03.09
	28.71	1:03.09		
3	Hastings, Corey	42	ALEXANDRIA MAST	1:05.78
	29.46	1:05.78		
4	McNelis, Michael	42	UC04	1:05.82
	30.62	1:05.82		

**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	42	UC04	2:23.11
	30.18	1:05.70	1:43.14	2:23.11
2	Romack, Dave	40	UMAC-TERRAPIN M	2:31.25
	30.98	1:06.91	1:46.81	2:31.25
3	Hastings, Corey	42	ALEXANDRIA MAST	2:47.43
	38.97	1:21.71	2:04.19	2:47.43

**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	41	RIPTIDE MASTERS	54.82
	23.61	54.82		
2	Lovett, Michael	40	CLUB TRIBE	57.14
	25.67	57.14		
3	Bell, David	42	SANTA CRUZ MASTE	57.59
	26.08	57.59		
4	Rockwell, John	43	CLUB TRIBE	59.01
	27.06	59.01		
5	Bower, Matthew	43	LANE 4 SWIMMING	59.37
	27.56	59.37		
6	Baldwin, Craig	43	RESTON MASTERS S	1:00.84
	27.88	1:00.84		
7	Moon, WonKee	43	DISTRICT OF COLU	1:02.61
	29.48	1:02.61		
8	Maholchic, Adrian	41	CLUB TRIBE	1:04.10
	28.92	1:04.10		
9	Houchins, Bradford	40	SPRING VALLEY YM	1:04.77
	32.41	1:04.77		

**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	43	CLUB TRIBE	2:11.59
	27.77	1:01.28	1:40.09	2:11.59
2	Romack, Dave	40	UMAC-TERRAPIN M	2:16.33
	29.43	1:03.37	1:44.04	2:16.33
3	Moon, WonKee	43	DISTRICT OF COLU	2:17.15
	30.32	1:05.76	1:45.62	2:17.15

**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	42	UC04	4:49.17
	31.78	1:08.52	1:46.08	2:23.11
	3:03.38	3:44.05	4:16.66	4:49.17
2	Romack, Dave	40	UMAC-TERRAPIN M	4:51.04
	30.65	1:06.48	1:42.47	2:19.17
	3:01.78	3:43.92	4:17.81	4:51.04
3	Rockwell, John	43	CLUB TRIBE	5:00.99
	29.77	1:04.59	1:43.45	2:23.12
	3:04.46	3:47.95	4:25.14	5:00.99
4	Jent, Daniel	40	ALEXANDRIA MAST	5:26.27
	31.52	1:07.91	1:49.45	2:32.11
	3:23.46	4:13.04	4:50.10	5:26.27
---	Ahlgren, Kyle	42	CLUB TRIBE	DQ
	45.47	1:38.00	2:27.55	3:16.78
	4:14.88	5:13.50	5:59.61	DQ

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## Results

**Men 45-49 50 Yard Freestyle**

**NATL: 21.06 ! 5/21/10 RICHARD HUGHEY**  
**ZONE: 22.00 Z 4/9/17 Jeremy Gross**  
**VA: 22.65 V 2/5/17 Brent Holsten**

1	Gross, Jeremy	46	SPRING VALLEY YM	21.95Z
2	Rees, Greg	48	SPRING VALLEY YM	23.00
3	Ruckdeschel, Jonathan	49	CENTRAL MARYLAN	23.54
4	O'Leary, Shawn	47	MAINE MASTERS SV	23.56
5	Sangmeister, Gary	47	SPRING VALLEY YM	23.66
6	Harbourt, Cliff	45	SANTA CRUZ MASTE	24.29
7	Gambale, Michael	46	CENTRAL BUCKS FA	24.58
8	Joubert, Kevin	45	MERRITT MARLINS	26.37
9	Canaday, Brent	47	CENTRAL MARYLAN	29.34
10	Coleman, Wisdom	49	UC12	31.98

**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	46	SPRING VALLEY YM	48.91
	23.53	48.91		
2	Rees, Greg	48	SPRING VALLEY YM	50.85
	24.13	50.85		
3	O'Leary, Shawn	47	MAINE MASTERS SV	52.71
	24.84	52.71		
4	Sangmeister, Gary	47	SPRING VALLEY YM	53.25
	25.30	53.25		
5	Ruckdeschel, Jonathan	49	CENTRAL MARYLAN	53.75
	25.00	53.75		
6	Harbourt, Cliff	45	SANTA CRUZ MASTE	54.53
	26.02	54.53		
7	Gambale, Michael	46	CENTRAL BUCKS FA	55.22
	26.46	55.22		
8	Grill, Michael	49	LANE 4 SWIMMING	57.14
	26.72	57.14		
9	Kroberger, Christopher	49	UC07	57.43
	26.83	57.43		
10	Joubert, Kevin	45	MERRITT MARLINS	58.54
	28.91	58.54		
11	Canaday, Brent	47	CENTRAL MARYLAN	1:05.92
	31.87	1:05.92		
12	Amezcuca, David	49	DISTRICT OF COLU	1:09.99
	33.32	1:09.99		
13	Wynes, Anthony	48	RESTON MASTERS S	1:14.07
	36.31	1:14.07		
14	Coleman, Wisdom	49	UC12	1:20.04
	38.03	1:20.04		

**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	46	SPRING VALLEY YM	1:51.29
	24.65	52.09	1:21.16	1:51.29
2	Earle, Daniel	46	CLUB TRIBE	2:00.93
	28.77	59.02	1:29.96	2:00.93

3	Harbourt, Cliff	45	SANTA CRUZ MASTE	2:01.71
	28.41	59.09	1:30.41	2:01.71
4	Gambale, Michael	46	CENTRAL BUCKS FA	2:01.92
	27.78	58.79	1:30.56	2:01.92
5	Ruckdeschel, Jonathan	49	CENTRAL MARYLAN	2:04.30
	27.28	58.18	1:30.57	2:04.30
6	Joubert, Kevin	45	MERRITT MARLINS	2:08.73
	29.71	1:02.12	1:35.62	2:08.73
7	Reynolds, Sean	49	CENTRAL BUCKS FA	2:10.72
	29.06	1:01.60	1:36.51	2:10.72
8	Jacobson, Michael	49	CENTRAL MARYLAN	2:15.66
	30.50	1:02.97	1:38.14	2:15.66
9	Irwin, Christopher	49	MASTERS AQUATICS	2:32.04
	33.57	1:11.57	1:52.32	2:32.04
10	Wynes, Anthony	48	RESTON MASTERS S	2:45.71
	36.75	1:17.62	2:45.71	

**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	46	CLUB TRIBE	5:37.16
	30.93	1:04.49	1:37.89	2:11.52
	2:45.63	3:19.91	3:54.72	4:29.05
	5:03.45	5:37.16		
2	Gambale, Michael	46	CENTRAL BUCKS FA	5:39.42
	29.74	1:02.82	1:36.65	2:10.92
	2:45.64	3:20.27	3:55.23	4:29.80
	5:04.24	5:39.42		
3	Joubert, Kevin	45	MERRITT MARLINS	5:57.20
	32.08	1:07.38	1:43.49	2:20.05
	2:56.52	3:33.23	4:10.18	4:46.79
	5:22.85	5:57.20		
4	Reynolds, Sean	49	CENTRAL BUCKS FA	6:05.95
	30.94	1:06.58	1:42.42	2:19.69
	2:57.54	3:35.62	4:13.71	4:51.14
	5:29.23	6:05.95		
5	Wynes, Anthony	48	RESTON MASTERS S	7:15.83
	39.46	1:21.61	2:05.71	2:49.78
	3:34.53	4:19.52	5:04.53	5:49.22
	6:33.09	7:15.83		

**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	46	CLUB TRIBE	12:13.32
	31.97	1:06.88	1:42.64	2:18.56
	2:54.61	3:30.63	4:07.21	4:43.99
	5:20.58	5:57.36	6:33.99	7:10.79
	7:47.60	8:24.80	9:02.75	9:41.23
	10:19.18	10:57.64	11:36.16	12:13.32
2	Reynolds, Sean	49	CENTRAL BUCKS FA	12:27.35
	31.94	1:07.62	1:45.07	2:23.08
	3:01.15	3:38.95	4:16.61	4:54.49
	5:32.34	6:10.37	6:48.61	7:27.05
	8:05.50	8:43.70	9:21.98	10:00.00
	10:37.70	11:15.23	11:52.39	12:27.35

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## Results

**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	Gambale, Michael	46	CENTRAL BUCKS FA	20:12.19	
	29.83	1:02.83	1:37.97	2:13.74	
	2:49.30	3:25.12	4:01.01	4:37.23	
	5:13.64	5:50.32	6:26.35	7:02.52	
	7:39.52	8:16.10	8:52.57	9:29.48	
	10:07.51	10:45.77	11:23.61	12:01.56	
	12:39.45	13:17.00	13:54.50	14:32.29	
	15:10.63	15:48.99	16:26.67	17:05.15	
	17:43.31	18:21.98	18:59.65	19:36.78	20:12.19
2	Joubert, Kevin	45	MERRITT MARLINS	20:44.06	
	31.93	1:07.52	1:44.55	2:21.89	
	3:00.12	3:38.14	4:16.22	4:53.96	
	5:32.33	6:10.64	6:49.38	7:27.67	
	8:05.31	8:43.59	9:21.37	9:59.39	
	10:37.50	11:15.67	11:53.93	12:33.09	
	13:11.23	13:49.32	14:27.66	15:05.74	
	15:43.73	16:21.98	16:59.71	17:37.91	
	18:15.30	18:52.45	19:29.60	20:07.30	20:44.06
3	Stiglitz, David	48	LANE 4 SWIMMING	32:33.51	
	53.68	1:49.87			
		5:43.87	6:44.38		
	8:43.70	9:43.64	10:43.93	11:43.84	
	12:43.91	13:44.03	14:43.84	15:44.49	
		17:43.97	18:43.02	19:42.65	
	20:43.32		22:43.34		
		25:42.81	26:42.14		
	28:41.12	29:40.52	30:40.22	31:38.21	32:33.51

**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	Earle, Daniel	46	CLUB TRIBE	29.55
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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	Rees, Greg	48	SPRING VALLEY YM	25.89
2	O'Leary, Shawn	47	MAINE MASTERS SV	29.09
3	Earle, Daniel	46	CLUB TRIBE	29.58
4	Grill, Michael	49	LANE 4 SWIMMING	30.52
5	Jacobson, Michael	49	CENTRAL MARYLAN	31.38
6	Gambale, Michael	46	CENTRAL BUCKS FA	32.15
7	Tomson, Farol	46	GERMANTOWN MAI	32.55
8	Joubert, Kevin	45	MERRITT MARLINS	33.45

**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	Rees, Greg	48	SPRING VALLEY YM	57.48
	27.45		57.48	
2	Earle, Daniel	46	CLUB TRIBE	1:04.05
	31.44		1:04.05	
3	Grill, Michael	49	LANE 4 SWIMMING	1:05.59
	32.20		1:05.59	
4	Ruckdeschel, Jonathan	49	CENTRAL MARYLAN	1:07.97
	32.74		1:07.97	
5	Joubert, Kevin	45	MERRITT MARLINS	1:17.15
	38.27		1:17.15	

**Men 45-49 200 Yard Backstroke**

NATL: 1:53.97 ! 5/13/11 GRANGER\SAEGER  
 ZONE: 2:06.85 Z 5/2/99 Paul Fetters  
 VA: 1:55.04 V 4/28/11 Chris Stevenson

1	Rees, Greg	48	SPRING VALLEY YM	2:18.95
	33.08	1:09.16	1:45.69	2:18.95
2	Earle, Daniel	46	CLUB TRIBE	2:25.80
		1:11.91	1:48.41	2:25.80
3	Jacobson, Michael	49	CENTRAL MARYLAN	2:30.22
	35.49	1:12.83	1:52.04	2:30.22
4	Tomson, Farol	46	GERMANTOWN MAI	2:40.91
	35.79		1:58.94	2:40.91
5	Reynolds, Sean	49	CENTRAL BUCKS FA	2:48.80
	40.36	1:22.02	2:07.00	2:48.80
6	Wynes, Anthony	48	RESTON MASTERS S	3:14.40
	47.51	1:35.40	2:26.75	3:14.40

**Men 45-49 50 Yard Breaststroke**

NATL: 26.05 ! 4/30/17 STEVE WEST  
 ZONE: 28.09 Z 4/9/16 Neill Williams  
 VA: 28.60 V 5/17/07 David Malsbury

1	Goodison, Michael	46	UMAC-TERRAPIN M.	29.05
2	Gross, Jeremy	46	SPRING VALLEY YM	29.17
3	Sangmeister, Gary	47	SPRING VALLEY YM	29.44
4	Rees, Greg	48	SPRING VALLEY YM	31.33
5	Canaday, Brent	47	CENTRAL MARYLAN	34.83
6	Amezcuca, David	49	DISTRICT OF COLU	35.44
7	Reynolds, Sean	49	CENTRAL BUCKS FA	35.45
8	Coleman, Wisdom	49	UC12	45.16

**Men 45-49 100 Yard Breaststroke**

NATL: 56.30 ! 4/28/17 STEVE WEST  
 ZONE: 1:00.59 Z 4/26/09 Jon Blank  
 VA: 1:04.24 V 4/15/10 David Malsbury

1	Sangmeister, Gary	47	SPRING VALLEY YM	1:05.55
	30.07		1:05.55	
2	Goodison, Michael	46	UMAC-TERRAPIN M.	1:05.68
	31.05		1:05.68	
3	Canaday, Brent	47	CENTRAL MARYLAN	1:17.72
	36.24		1:17.72	
4	Reynolds, Sean	49	CENTRAL BUCKS FA	1:20.83
	37.10		1:20.83	

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**(Men 45-49 100 Yard Breaststroke)**

5	Amezcuca, David	49	DISTRICT OF COLU	1:20.91
	38.16	1:20.91		
6	Coleman, Wisdom	49	UC12	1:41.15
	45.86	1:41.15		

**Men 45-49 200 Yard Breaststroke**

**NATL: 2:02.42 ! 4/29/17 STEVE WEST**  
**ZONE: 2:17.87 Z 4/25/09 Jon Blank**  
**VA: 2:24.61 V 4/23/06 Tom Royal**

1	Goodison, Michael	46	UMAC-TERRAPIN M	2:25.90
	32.07	1:08.62	1:47.27	2:25.90
2	Canaday, Brent	47	CENTRAL MARYLAN	2:55.84
	37.86	1:21.41	2:08.30	2:55.84
3	Amezcuca, David	49	DISTRICT OF COLU	2:56.01
	39.34	1:24.52	2:12.09	2:56.01
4	Reynolds, Sean	49	CENTRAL BUCKS FA	2:56.18
	38.08	1:24.20	2:11.50	2:56.18
5	Wynes, Anthony	48	RESTON MASTERS S	3:22.71
	46.46	1:36.62	2:29.22	3:22.71

**Men 45-49 50 Yard Butterfly**

**NATL: 22.67 ! 5/4/08 PAUL SMITH**  
**ZONE: 23.75 Z 4/8/17 Jeremy Gross**  
**VA: 23.89 V 3/5/10 Chris Stevenson**

1	Gross, Jeremy	46	SPRING VALLEY YM	23.55Z
2	Rees, Greg	48	SPRING VALLEY YM	24.21
3	Sangmeister, Gary	47	SPRING VALLEY YM	25.48
4	O'Leary, Shawn	47	MAINE MASTERS SV	25.62
5	Gambale, Michael	46	CENTRAL BUCKS FA	26.26
6	Kroberger, Christopher	49	UC07	26.46
7	Harbourt, Cliff	45	SANTA CRUZ MASTE	26.74
8	Ruckdeschel, Jonathan	49	CENTRAL MARYLAN	26.85
9	Grill, Michael	49	LANE 4 SWIMMING	29.49
10	Joubert, Kevin	45	MERRITT MARLINS	30.11

**Men 45-49 50 Yard Butterfly Time Trial**

**NATL: 22.67 ! 5/4/08 PAUL SMITH**  
**ZONE: 24.60 Z 4/12/08 Mark Michael**  
**VA: 23.89 V 3/5/10 Chris Stevenson**

- Time Trial				
1	Roddin, Jeffrey	49	MONTGOMERY ANC	24.60Z

**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	49	MONTGOMERY ANC	53.62
	24.60	53.62		
2	Gross, Jeremy	46	SPRING VALLEY YM	55.11
	25.73	55.11		
3	O'Leary, Shawn	47	MAINE MASTERS SV	59.90
	27.70	59.90		
4	Harbourt, Cliff	45	SANTA CRUZ MASTE	1:00.69
	29.13	1:00.69		
5	Ruckdeschel, Jonathan	49	CENTRAL MARYLAN	1:01.47
	28.52	1:01.47		

6	Gambale, Michael	46	CENTRAL BUCKS FA	1:01.53
	28.68	1:01.53		
7	Amezcuca, David	49	DISTRICT OF COLU	1:25.98
	36.44	1:25.98		

**Men 45-49 200 Yard Butterfly**

**NATL: 1:50.73 ! 12/6/08 DENNIS BAKER**  
**ZONE: 1:59.22 Z 4/26/09 Michael Schmidt**  
**VA: 1:57.08 V 3/5/10 Chris Stevenson**

1	Roddin, Jeffrey	49	MONTGOMERY ANC	2:05.52
	27.93	59.36	1:32.05	2:05.52
2	Wynes, Anthony	48	RESTON MASTERS S	3:35.64
	48.96	1:44.62	2:40.97	3:35.64

**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	49	MONTGOMERY ANC	55.96
	25.64	55.96		
2	Rees, Greg	48	SPRING VALLEY YM	58.47
	25.60	58.47		
3	Goodison, Michael	46	UMAC-TERRAPIN M	1:00.02
	28.77	1:00.02		
4	Sangmeister, Gary	47	SPRING VALLEY YM	1:00.04
	27.92	1:00.04		
5	O'Leary, Shawn	47	MAINE MASTERS SV	1:01.86
	27.93	1:01.86		
6	Grill, Michael	49	LANE 4 SWIMMING	1:06.21
	30.17	1:06.21		
7	Tomson, Farol	46	GERMANTOWN MAI	1:10.04
	31.39	1:10.04		
8	Amezcuca, David	49	DISTRICT OF COLU	1:15.78
	34.99	1:15.78		

**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	49	MONTGOMERY ANC	2:03.47
	26.40	58.61	1:33.75	2:03.47
2	Goodison, Michael	46	UMAC-TERRAPIN M	2:14.85
	27.88	1:04.79	1:42.41	2:14.85
3	O'Leary, Shawn	47	MAINE MASTERS SV	2:19.34
	26.24	1:03.03	1:45.71	2:19.34
4	Ruckdeschel, Jonathan	49	CENTRAL MARYLAN	2:20.00
	28.53	1:04.94	1:46.32	2:20.00
5	Tomson, Farol	46	GERMANTOWN MAI	2:37.69
	30.22	1:10.75	2:00.83	2:37.69

**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	Joubert, Kevin	45	MERRITT MARLINS	5:42.78
	37.06	1:19.18	2:03.23	2:47.94
	3:35.09	4:27.07	5:05.92	5:42.78

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Men 45-49 400 Yard IM)**

2 Reynolds, Sean	49 CENTRAL BUCKS FA	5:54.42
35.14 1:18.82	2:09.56 3:00.82	
3:50.49 4:41.27	5:20.55 5:54.42	
3 Wynes, Anthony	48 RESTON MASTERS S	6:39.37
48.02 1:43.21	2:34.97 3:26.14	
4:18.65 5:13.52	5:57.72 6:39.37	
4 Amezcuca, David	49 DISTRICT OF COLU	6:40.02
42.94 1:32.86	2:30.04 3:26.60	
4:19.92 5:11.52	5:56.44 6:40.02	

**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 Dearstyne, Lou	50 CONNECTICUT MAS'	22.30
2 Hiltabiddle, Steve	51 COLONIALS 1776	22.31
3 Harris, Gregory	54 VIRGINIA MASTERS	22.94
4 Williams, Neill	50 DISTRICT OF COLU	23.96
5 Eliot, Doug	53 RESTON MASTERS S	26.93
6 Toy, Raymond	51 CENTRAL MARYLAN	29.24
7 Shinaishin, Ahmed	50 FREEDOM AQUATIC	29.44

**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 Dearstyne, Lou	50 CONNECTICUT MAS'	49.47
23.60 49.47		
2 Harris, Gregory	54 VIRGINIA MASTERS	50.65
24.16 50.65		
3 Ellis, Brian	50 LANE 4 SWIMMING	57.52
27.38 57.52		
4 Thompson, Jeffery	53 FREEDOM AQUATIC	59.39
28.68 59.39		
5 Wells, Ernie	54 LANE 4 SWIMMING	1:00.14
28.92 1:00.14		
6 Czander, Eric	52 DISTRICT OF COLU	1:00.19
28.86 1:00.19		
7 Eliot, Doug	53 RESTON MASTERS S	1:00.31
28.59 1:00.31		
8 Golden, Scott	54 GERMANTOWN MAI	1:01.71
28.95 1:01.71		
9 Toy, Raymond	51 CENTRAL MARYLAN	1:04.64
31.22 1:04.64		
10 Bamford, Sherman	53 VIRGINIA MASTERS	1:37.90
46.81 1:37.90		

**Men 50-54 100 Yard Freestyle Time Trial**

**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**

**- Time Trial**

6 Hiltabiddle, Steve	51 COLONIALS 1776	50.52
7 Williams, Neill	50 DISTRICT OF COLU	54.29

**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 Dearstyne, Lou	50 CONNECTICUT MAS'	1:49.90Z
24.58 51.97	1:19.93 1:49.90	
2 Harris, Gregory	54 VIRGINIA MASTERS	1:56.42
27.20 57.13	1:26.85 1:56.42	
3 House, Christopher	54 LANE 4 SWIMMING	2:03.49
29.17 1:00.43	1:31.88 2:03.49	
4 Osinovsky, Alex	54 RESTON MASTERS S	2:34.50
32.58 1:10.15	2:34.50	
5 Shinaishin, Ahmed	50 FREEDOM AQUATIC	2:34.55
33.94 1:13.72	1:54.67 2:34.55	
6 Kenny, Phillip	51 MASTERS AQUATICS	2:50.24
38.39 1:22.41	2:07.71 2:50.24	
7 Hiltabiddle, Steve	51 COLONIALS 1776	2:51.84
24.30 50.52	2:51.84	
8 Segmuller, Hermann	52 FREEDOM AQUATIC	3:27.68
42.27 1:33.68	2:32.80 3:27.68	

**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 Dever, Frederick	52 DISTRICT OF COLU	5:51.98
31.42 1:05.81	1:41.05 2:16.75	
2:53.38 3:29.11	4:05.31 4:41.02	
5:17.36 5:51.98		
2 Thompson, Jeffery	53 FREEDOM AQUATIC	6:18.86
32.43 1:08.54	1:46.94 2:26.26	
3:06.21 3:45.31	4:24.34 5:02.88	
5:42.20 6:18.86		

**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 Eliot, Doug	53 RESTON MASTERS S	12:38.25
33.11 1:08.89	1:45.17 2:22.23	
2:59.15 3:36.73	4:14.71 4:53.09	
5:31.79 6:10.63	6:49.34 7:28.36	
8:07.37 8:46.57	9:25.67 10:04.67	
10:43.33 11:22.25	12:01.19 12:38.25	
2 Brown, Ray	54 FREDRICKSBURG AM	16:16.48
36.90 1:17.29	2:00.87 2:48.43	
3:39.48 4:28.91	5:18.28 6:13.27	
7:04.38 7:56.84	8:48.61	
9:39.78 10:29.99	11:20.25 13:51.72	
14:41.27 15:30.11	16:16.48	
3 Segmuller, Hermann	52 FREEDOM AQUATIC	19:13.49
45.25 1:39.28	2:37.24 3:34.18	
4:31.02 5:27.79	6:27.60 7:27.27	
8:26.30 9:23.83	10:24.94 11:23.40	
12:22.54 13:22.23	14:22.14 15:20.94	
16:21.88 17:21.27	18:20.74 19:13.49	

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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 Landers, Rich	54 WARRENTON FAUQI	24:01.16	
40.45		2:53.70	
3:39.10	4:23.36	5:07.30	
6:36.27	7:20.85	8:04.93	8:50.19
9:34.69	10:18.42	11:01.67	11:46.28
12:30.00	13:13.87	13:57.77	14:41.51
15:25.45	16:09.93	16:54.59	17:38.16
18:21.69	19:06.30	19:50.62	20:34.10
21:15.85	21:54.97	22:35.75	24:01.16
2 Esteve, Sebastian	53 UC12	31:46.58	
52.05	1:47.10	2:43.75	3:41.81
4:39.84	5:37.75	6:36.11	7:35.26
8:33.61	9:30.83	10:30.23	11:27.57
12:25.98	13:24.79	14:23.23	15:20.56
16:18.98	17:17.89	18:17.51	19:15.23
20:13.06	21:11.11	22:08.13	23:06.01
24:04.37	25:01.84	26:00.33	26:58.44
27:56.85	28:56.11	29:54.09	30:52.52
			31:46.58

**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 Hiltabiddle, Steve	51 COLONIALS 1776	27.06
2 Evans, Jeffrey	52 SPRING VALLEY YM	27.09
3 Eliot, Doug	53 RESTON MASTERS S	32.23
4 Toy, Raymond	51 CENTRAL MARYLAN	36.75

**Men 50-54 50 Yard Backstroke Time Trial**

NATL: 24.57 ! 5/4/14 FRITZ BEDFORD

ZONE: 27.54 Z 5/2/99 Bob Kolonkowski

VA: 25.99 V 2/8/15 Chris Stevenson

**- Time Trial**

1 Williams, Neill	50 DISTRICT OF COLU	27.03Z
2 Harris, Gregory	54 VIRGINIA MASTERS	28.53

**Men 50-54 100 Yard Backstroke**

NATL: 52.72 ! 3/21/15 FRITZ BEDFORD

ZONE: 53.77 Z 4/14/12 Clay Britt

VA: 54.99 V 5/11/17 Chris Stevenson

1 Evans, Jeffrey	52 SPRING VALLEY YM	58.12
28.48	58.12	
2 Williams, Neill	50 DISTRICT OF COLU	58.82
28.70	58.82	
3 Hiltabiddle, Steve	51 COLONIALS 1776	1:03.23
30.31	1:03.23	
4 House, Christopher	54 LANE 4 SWIMMING	1:05.20
32.40	1:05.20	
5 Czander, Eric	52 DISTRICT OF COLU	1:09.33
34.38	1:09.33	
6 Thompson, Jeffery	53 FREEDOM AQUATIC	1:12.56
35.40	1:12.56	

7 Toy, Raymond	51 CENTRAL MARYLAN	1:26.22
41.44	1:26.22	
8 Bamford, Sherman	53 VIRGINIA MASTERS	2:00.76
58.90	2:00.76	

**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	54 LANE 4 SWIMMING	2:21.12
32.76	1:07.37	1:43.43
		2:21.12

**Men 50-54 50 Yard Breaststroke**

NATL: 26.45 ! 3/30/14 DAVID GUTHRIE

ZONE: 27.96 Z 4/20/13 Wally Dicks

VA: 28.64 V 1/28/18 Gregory Harris

1 Williams, Neill	50 DISTRICT OF COLU	28.10
2 Harris, Gregory	54 VIRGINIA MASTERS	28.83
3 Thompson, Jeffery	53 FREEDOM AQUATIC	39.21
4 Bamford, Sherman	53 VIRGINIA MASTERS	1:01.24

**Men 50-54 100 Yard Breaststroke**

NATL: 58.41 ! 3/29/14 DAVID GUTHRIE

ZONE: 1:02.71 Z 4/10/16 Greg Harris

VA: 1:02.71 V 4/10/16 Gregory Harris

1 Williams, Neill	50 DISTRICT OF COLU	1:02.07Z
29.03	1:02.07	
2 Harris, Gregory	54 VIRGINIA MASTERS	1:02.93
29.77	1:02.93	
3 Frentsos, Jerome	52 DISTRICT OF COLU	1:04.62
31.07	1:04.62	
4 Osinovsky, Alex	54 RESTON MASTERS S	1:25.54
5 Shinaishin, Ahmed	50 FREEDOM AQUATIC	1:33.89
44.19	1:33.89	

**Men 50-54 200 Yard Breaststroke**

NATL: 2:07.25 ! 3/30/14 DAVID GUTHRIE

ZONE: 2:18.34 Z 4/24/10 Benn Doyle

VA: 2:23.17 V 1/28/18 Gregory Harris

1 Harris, Gregory	54 VIRGINIA MASTERS	2:20.62Z
31.93	1:07.36	1:43.80
		2:20.62
2 Thompson, Jeffery	53 FREEDOM AQUATIC	2:52.76
37.92	1:22.04	2:08.08
		2:52.76

**Men 50-54 50 Yard Butterfly**

NATL: 23.19 ! 4/25/04 TRIP HEDRICK

ZONE: 24.24 Z 4/15/07 Donald Graham

VA: 24.76 V 2/8/15 Chris Stevenson

1 Hiltabiddle, Steve	51 COLONIALS 1776	24.14Z
2 Williams, Neill	50 DISTRICT OF COLU	25.02
3 Evans, Jeffrey	52 SPRING VALLEY YM	25.17
4 Ellis, Brian	50 LANE 4 SWIMMING	27.77
5 King, Stephen	53 MASTERS AQUATICS	27.95
6 Dever, Frederick	52 DISTRICT OF COLU	28.22
7 Golden, Scott	54 GERMANTOWN MAI	29.55
8 Eliot, Doug	53 RESTON MASTERS S	31.20
9 Czander, Eric	52 DISTRICT OF COLU	31.49
10 Toy, Raymond	51 CENTRAL MARYLAN	32.46

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Men 50-54 100 Yard Butterfly**

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

1	Hiltabiddle, Steve	51	COLONIALS 1776	55.81
	26.14		55.81	
2	Frentsos, Jerome	52	DISTRICT OF COLU	56.42
	26.74		56.42	
3	Evans, Jeffrey	52	SPRING VALLEY YM	56.49
	26.46		56.49	
4	Ellis, Brian	50	LANE 4 SWIMMING	1:02.96
	29.02		1:02.96	
5	Golden, Scott	54	GERMANTOWN MAI	1:05.88
	31.32		1:05.88	

**Men 50-54 200 Yard Butterfly**

**NATL:** 1:58.49 ! 4/29/16 **DAVID SIMS**  
**ZONE:** 2:02.75 Z 4/24/05 **Jim O'Connor**  
**VA:** 2:08.96 V 2/8/15 **Chris Stevenson**

1	Hiltabiddle, Steve	51	COLONIALS 1776	2:18.61
	29.80	1:04.46	1:40.98	2:18.61
2	Dever, Frederick	52	DISTRICT OF COLU	2:22.42
	31.72	1:06.56	1:43.24	2:22.42
3	King, Stephen	53	MASTERS AQUATICS	2:34.41
	35.04	1:14.30	1:54.07	2:34.41

**Men 50-54 100 Yard IM**

**NATL:** 53.60 ! 4/29/17 **MIKE IRVIN**  
**ZONE:** 55.06 Z 4/15/12 **Clay Britt**  
**VA:** 57.79 V 4/27/17 **Gregory Harris**

1	Williams, Neill	50	DISTRICT OF COLU	56.75
	26.29		56.75	
2	Frentsos, Jerome	52	DISTRICT OF COLU	57.70
3	Hiltabiddle, Steve	51	COLONIALS 1776	58.09
	26.82	58.09		
4	Harris, Gregory	54	VIRGINIA MASTERS	58.23
	26.91	58.23		
5	Evans, Jeffrey	52	SPRING VALLEY YM	58.67
	26.59	58.67		
6	Ellis, Brian	50	LANE 4 SWIMMING	1:05.77
	31.07	1:05.77		
7	Toy, Raymond	51	CENTRAL MARYLAN	1:18.39
	36.89	1:18.39		
8	Bamford, Sherman	53	VIRGINIA MASTERS	1:48.06

**Men 50-54 200 Yard IM**

**NATL:** 1:58.19 ! 3/11/17 **MIKE IRVIN**  
**ZONE:** 2:07.91 Z 4/8/17 **Jeffrey Evans**  
**VA:** 2:08.37 V 3/19/16 **Gregory Harris**

1	Harris, Gregory	54	VIRGINIA MASTERS	2:08.10V
	28.97	1:01.30	1:38.47	2:08.10
2	Evans, Jeffrey	52	SPRING VALLEY YM	2:09.23
	26.86	59.57	1:37.88	2:09.23
3	Hiltabiddle, Steve	51	COLONIALS 1776	2:16.12
	27.68	1:04.91	1:44.88	2:16.12
4	House, Christopher	54	LANE 4 SWIMMING	2:20.20
	30.20	1:04.59	1:46.70	2:20.20

5	Ellis, Brian	50	LANE 4 SWIMMING	2:24.16
	29.34	1:07.72	1:50.05	2:24.16
6	Czander, Eric	52	DISTRICT OF COLU	2:25.53
	32.74	1:10.12	1:52.21	2:25.53
7	Wells, Ernie	54	LANE 4 SWIMMING	2:31.93
	31.47	1:12.22	1:58.55	2:31.93

**Men 50-54 400 Yard IM**

**NATL:** 4:16.57 ! 5/2/14 **DARREN PHELAN**  
**ZONE:** 4:42.34 Z 4/10/16 **Emad Elshafei**  
**VA:** 4:47.01 V 4/28/16 **Gregory Harris**

1	Wells, Ernie	54	LANE 4 SWIMMING	5:27.65
	32.88	1:10.05	1:54.16	2:39.02
	3:27.02	4:15.38	4:52.61	5:27.65
---	Segmuller, Hermann	52	FREEDOM AQUATIC	DQ
	50.29	1:53.72	3:10.29	4:26.58
	5:53.63	7:14.22	8:11.30	DQ

**Men 55-59 50 Yard Freestyle Time Trial**

**NATL:** 21.82 ! 4/30/00 **RICHARD ABRAHAMS**  
**ZONE:** 24.13 Z 4/22/01 **Richard Arluck**  
**VA:** 23.95 V 5/1/16 **Douglas Slater**

**- Time Trial**

8	Chenault, Robert	55	VIRGINIA MASTERS	27.34
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**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	Frentsos, Matthew	55	DISTRICT OF COLU	25.09
2	Laiti, Chris	57	TEAM AMERICA	25.46
3	Bales, Paul	59	ALEXANDRIA MAST	26.05
4	McComas, Tom	56	WARRIOR TEAM CO	26.67
5	Chenault, Robert	55	VIRGINIA MASTERS	27.18
6	Shipp, Bill	57	UMAC-TERRAPIN M.	27.36
7	Grecco, Paul	57	PATRIOT MASTERS	27.63
8	Linehan, Sean	57	LANE 4 SWIMMING	29.37
9	Sickenberger, William	58	RESTON MASTERS S	29.99
10	Considine, Brian	57	UC12	30.58
11	McGowan, Thomas	56	UC12	31.50

**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	Jones, Mark	55	PATRIOT MASTERS	58.87
	28.27	58.87		
2	Shipp, Bill	57	UMAC-TERRAPIN M.	59.56
	28.94	59.56		
3	Clark, Ted	55	MASTERS AQUATICS	1:00.00
	28.97	1:00.00		
4	Moreland, Michael	55	ROCHESTER AREA M	1:00.30
	29.13	1:00.30		
5	Sickenberger, William	58	RESTON MASTERS S	1:08.85
	33.11	1:08.85		
6	Massonneau, Christopher	59	DISTRICT OF COLU	1:10.91
	34.15	1:10.91		

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

## 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	Reilly, Jeff	56	COLONIALS 1776	2:07.15
	30.12	1:01.97	1:34.78	2:07.15
2	Shipp, Bill	57	UMAC-TERRAPIN M	2:08.66
	30.65	1:04.15	1:36.80	2:08.66
3	Bales, Paul	59	ALEXANDRIA MAST	2:10.46
	29.69	1:01.90	1:35.73	2:10.46
4	Moreland, Michael	55	ROCHESTER AREA M	2:11.90
	29.54	1:01.86	1:36.64	2:11.90
5	Raful, Mitchell	56	RESTON MASTERS S	3:10.28
	42.03	1:29.40	2:19.54	3:10.28

## 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	Reilly, Jeff	56	COLONIALS 1776	5:44.76
	32.81	1:07.35	1:41.96	2:16.78
	2:51.78	3:26.85	4:01.91	4:36.78
	5:11.27	5:44.76		
2	Shipp, Bill	57	UMAC-TERRAPIN M	5:48.93
	31.39	1:06.15	1:42.12	2:18.04
	2:54.08	3:29.91	4:04.24	4:39.35
	5:14.88	5:48.93		
3	Moreland, Michael	55	ROCHESTER AREA M	5:54.53
	31.75	1:05.87	1:41.15	2:16.82
	2:52.95	3:29.35	4:06.05	4:42.69
	5:18.99	5:54.53		
4	Junta, Donald	55	PATRIOT MASTERS	7:22.13
	39.89	1:24.75	2:09.93	2:55.18
	3:41.03	4:27.09	5:11.45	5:55.61
	6:39.48	7:22.13		

## 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	Reilly, Jeff	56	COLONIALS 1776	11:43.25
	33.52	1:09.25	1:44.83	2:20.52
	2:56.15	3:31.85	4:07.35	4:42.70
	5:18.40	5:53.80	6:29.18	7:04.62
	7:40.15	8:15.69	8:51.23	9:26.42
	10:01.64	10:36.32	11:10.25	11:43.25
2	Moreland, Michael	55	ROCHESTER AREA M	12:13.68
	31.68	1:05.67	1:41.20	2:16.85
	2:52.67	3:29.05	4:05.47	4:42.47
	5:19.55	5:56.64	6:34.23	7:11.80
	7:49.72	8:27.73	9:05.62	9:43.29
	10:20.93	10:58.89	11:36.94	12:13.68

## 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	Scoggin, Sam	57	RESTON MASTERS S	21:16.45
	34.08	1:11.16	1:49.31	2:28.02
	3:06.57	3:45.75	4:25.04	5:04.13
	5:42.70	6:21.02	6:59.41	7:38.05
	8:17.01	8:56.05	9:35.30	10:14.77
	10:53.72	11:33.02	12:11.81	12:51.03
	13:29.95	14:09.04	14:48.26	15:27.37
	16:06.32	16:45.32	17:24.41	18:03.70
	18:42.63	19:21.45	19:59.82	20:38.64
				21:16.45
2	Harwit-Whewell, Stepher	57	WARRENTON MAST	24:16.63
	39.55	1:23.19	2:06.34	2:50.00
	3:33.49	4:17.41	5:01.48	5:45.27
	6:28.96	7:12.68	7:56.93	8:41.02
	9:24.94	10:09.13	10:53.35	11:37.57
	12:21.85	13:06.84	13:51.50	14:36.06
	15:20.90	16:05.25	16:50.70	17:35.15
	18:19.85	19:04.75	19:49.92	20:35.24
	21:20.29	22:06.08	22:50.48	23:33.15
				24:16.63
3	Junta, Donald	55	PATRIOT MASTERS	24:30.08
	40.88	1:25.32	2:11.14	2:55.67
	3:39.50	4:23.53	5:08.32	5:52.61
	6:37.59	7:21.57	8:05.73	8:51.06
	9:35.29	10:19.88	11:04.07	11:48.66
	12:33.26	13:17.72	14:02.31	14:47.38
	15:32.19	16:16.40	17:01.72	17:47.04
	18:32.04	19:17.16	20:02.28	20:47.66
	21:32.16	22:17.39	23:02.27	23:46.66
				24:30.08
4	Sickenberger, William	58	RESTON MASTERS S	25:20.65
	37.30	1:19.47	2:04.78	2:50.98
	3:37.76	4:24.46	5:10.78	5:58.34
	6:44.79	7:32.13	8:17.92	9:04.63
	9:51.20	10:37.99	11:24.54	12:11.80
	12:57.86	13:44.70	14:31.74	15:18.55
	16:05.34	16:52.04	17:39.02	18:25.67
	19:12.42	19:58.79	20:45.27	21:33.84
	22:18.99	23:05.93	23:52.16	24:38.83
				25:20.65
5	Raful, Mitchell	56	RESTON MASTERS S	29:25.82
	44.32	1:32.62	2:23.59	3:15.67
	4:06.55	5:00.15	5:53.55	6:47.11
	7:40.65	8:34.20	9:27.84	10:22.66
	11:15.75	12:11.51	13:04.60	13:58.27
	14:52.73	15:46.38	16:39.67	17:34.34
	18:29.94	19:25.77	20:20.04	21:14.70
	22:11.20	23:05.11	23:58.51	24:53.70
	25:47.92	26:42.14	27:36.62	28:31.05
				29:25.82

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

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

6	Khorshide, Sam	59	LANE 4 SWIMMING	30:05.59
	48.75	1:40.71	2:34.22	3:30.05
	4:24.63	5:20.10	6:16.22	7:12.94
	8:08.47	9:03.63	10:00.29	10:55.39
	11:51.11	12:47.20	13:43.95	14:38.74
	15:34.21	16:29.51	17:24.62	18:19.62
	19:13.58	20:07.55	21:03.85	21:58.73
	22:53.29	23:47.32	24:42.15	25:36.33
	26:31.21	27:25.59	28:20.31	29:13.81
				30:05.59

**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	Moreland, Michael	55	ROCHESTER AREA M	31.19
2	Laiti, Chris	57	TEAM AMERICA	31.31
3	Grecco, Paul	57	PATRIOT MASTERS	33.51
4	Considine, Brian	57	UC12	35.98
5	Linehan, Sean	57	LANE 4 SWIMMING	37.14

**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	Moreland, Michael	55	ROCHESTER AREA M	1:08.11
	33.49	1:08.11		
2	Massonneau, Christopher	59	DISTRICT OF COLU	1:28.00
	43.44	1:28.00		

**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	Moreland, Michael	55	ROCHESTER AREA M	2:25.82
	34.10	1:10.97	1:48.64	2:25.82

**Men 55-59 50 Yard Breaststroke**

**NATL:** 27.59 ! 3/26/17 **DAVID GUTHRIE**  
**ZONE:** 29.15 Z 4/11/15 **Gregory Oxley**  
**VA:** 30.85 V 1/28/18 **Ralph Hellmann**

1	Chenault, Robert	55	VIRGINIA MASTERS	30.58V
2	Hellmann, Ralph	56	UC12	30.70V
3	Grecco, Paul	57	PATRIOT MASTERS	33.74
4	Collins, Michael	55	MARYLAND MASTEI	35.14
5	Romo, Robert	59	VIRGINIA MASTERS	35.54

**Men 55-59 100 Yard Breaststroke**

**NATL:** 1:00.13 ! 3/26/17 **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	56	UC12	1:08.53
	32.73	1:08.53		
2	Frentsos, Matthew	55	DISTRICT OF COLU	1:09.86
	33.04	1:09.86		
3	Chenault, Robert	55	VIRGINIA MASTERS	1:11.17
	33.68	1:11.17		

4	Shipp, Bill	57	UMAC-TERRAPIN M.	1:19.43
	36.91	1:19.43		
5	Collins, Michael	55	MARYLAND MASTEI	1:20.47
	37.91	1:20.47		
6	McGowan, Thomas	56	UC12	1:31.63
	43.71	1:31.63		

**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	Chenault, Robert	55	VIRGINIA MASTERS	2:33.69Z
	35.56	1:15.80	1:56.18	2:33.69
2	Collins, Michael	55	MARYLAND MASTEI	2:54.18
	39.29	1:24.39	2:10.46	2:54.18
3	Romo, Robert	59	VIRGINIA MASTERS	3:10.74
	42.50	1:31.21	2:21.35	3:10.74

**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	Hellmann, Ralph	56	UC12	27.08
2	Chenault, Robert	55	VIRGINIA MASTERS	28.58
3	Bales, Paul	59	ALEXANDRIA MASTI	28.71
4	Reilly, Jeff	56	COLONIALS 1776	29.55
5	Clark, Ted	55	MASTERS AQUATICS	30.02
6	Shipp, Bill	57	UMAC-TERRAPIN M.	30.54
7	Grecco, Paul	57	PATRIOT MASTERS	30.55
8	Romo, Robert	59	VIRGINIA MASTERS	31.49
9	Considine, Brian	57	UC12	33.07
10	Linehan, Sean	57	LANE 4 SWIMMING	34.62
11	Massonneau, Christopher	59	DISTRICT OF COLU	35.07
12	Junta, Donald	55	PATRIOT MASTERS	43.27
13	Raful, Mitchell	56	RESTON MASTERS S	46.26

**Men 55-59 100 Yard Butterfly**

**NATL:** 53.90 ! 5/12/13 **PAUL CARTER**  
**ZONE:** 59.53 Z 4/13/08 **Mark Pugliese**  
**VA:** 1:01.84 V 1/28/18 **Ralph Hellmann**

1	Collins, Michael	55	MARYLAND MASTEI	1:16.47
	33.64	1:16.47		
2	Junta, Donald	55	PATRIOT MASTERS	1:54.23
	50.27	1:54.23		

**Men 55-59 200 Yard Butterfly**

**NATL:** 2:03.18 ! 5/23/10 **BRAD HORNER**  
**ZONE:** 2:21.96 Z 3/29/98 **Jack Geoghegan**  
**VA:** 2:22.76 V 5/20/10 **Charles Tupitza**

1	Reilly, Jeff	56	COLONIALS 1776	2:42.56
	35.01	1:14.56	1:55.98	2:42.56
---	Raful, Mitchell	56	RESTON MASTERS S	DQ
	49.62	1:54.36	3:11.05	DQ

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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	Frentsos, Matthew	55	DISTRICT OF COLU	1:01.74
	28.34	1:01.74		
2	Chenault, Robert	55	VIRGINIA MASTERS	1:05.54
	31.29	1:05.54		
3	McComas, Tom	56	WARRIOR TEAM CO	1:05.58
	30.80	1:05.58		
4	Jones, Mark	55	PATRIOT MASTERS	1:05.79
	31.46	1:05.79		
5	Moreland, Michael	55	ROCHESTER AREA M	1:09.30
	30.82	1:09.30		
6	Grecco, Paul	57	PATRIOT MASTERS	1:09.85
	31.79	1:09.85		
7	Collins, Michael	55	MARYLAND MASTEI	1:12.91
	33.94	1:12.91		
8	Arnold, Scott	58	FREEDOM AQUATIC	1:21.30
	36.75	1:21.30		
9	McGowan, Thomas	56	UC12	1:21.96
	37.93	1:21.96		

**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	Jones, Mark	55	PATRIOT MASTERS	2:22.27
	30.85	1:10.06	1:50.15	2:22.27
2	Chenault, Robert	55	VIRGINIA MASTERS	2:26.28
	32.29	1:12.97	1:52.27	2:26.28
3	Bales, Paul	59	ALEXANDRIA MAST	2:34.98
	32.42	1:12.51	1:58.09	2:34.98

**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	Jones, Mark	55	PATRIOT MASTERS	5:01.08
	32.56	1:09.44	1:49.87	2:29.68
	3:11.54	3:54.07	4:27.97	5:01.08
2	Junta, Donald	55	PATRIOT MASTERS	7:32.63
	52.25	1:58.80	3:03.21	4:08.28
	5:06.99	6:06.40	6:49.38	7:32.63

**Men 60-64 50 Yard Freestyle**

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

1	Crossland, Jerry	61	CENTRAL BUCKS FA	25.47
2	Slater, Douglas	60	CLUB TRIBE	26.02
3	Schlapo, James	62	UC08	26.87

**Men 60-64 100 Yard Freestyle**

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

1	Slater, Douglas	60	CLUB TRIBE	54.14V
	25.78	54.14		
2	Crossland, Jerry	61	CENTRAL BUCKS FA	55.86
	26.49	55.86		
3	Keyser, Brian	61	COLONIALS 1776	1:01.40
	29.54	1:01.40		
4	Schlapo, James	62	UC08	1:01.44
	27.50	1:01.44		
5	Rickard, Alan	61	RIPTIDE MASTERS	1:02.63
	29.58	1:02.63		
6	Denes, Thomas	60	MONTGOMERY ANC	1:03.05
	30.01	1:03.05		
7	Burgess, Douglas	61	MERRITT MARLINS	1:08.60
	33.48	1:08.60		
8	Mandour, Saleh	64	MERRITT MARLINS	1:09.96

**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	61	CENTRAL BUCKS FA	2:08.10
	29.21	1:00.80	1:34.05	2:08.10

**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	Gibson, Christopher	62	PEDDIE AQUATIC A	5:42.81
	31.05	1:05.20	1:40.39	2:15.97
	2:51.55	3:27.10	4:02.09	4:36.68
	5:10.37	5:42.81		
2	Denes, Thomas	60	MONTGOMERY ANC	6:27.91
	34.82	1:13.08	1:51.91	2:31.40
	3:10.55	3:49.83	4:29.26	5:08.88
	5:48.77	6:27.91		
3	Mandour, Saleh	64	MERRITT MARLINS	7:03.89
	36.36	1:17.74	2:02.16	2:45.91
	3:31.19	4:14.83	4:58.40	5:41.44
	6:24.13	7:03.89		
4	Moyer, Steven	60	RESTON MASTERS S	7:06.76
	37.58	1:19.71	2:03.81	2:48.05
	3:32.24	4:16.14	4:59.97	5:43.35
	6:25.76	7:06.76		

**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	De Muro, Jerry	62	LANE 4 SWIMMING	11:20.87Z
	31.13	1:04.70	1:38.39	2:12.76
	2:46.81	3:21.33	3:55.81	4:29.96
	5:04.08	5:38.36	6:12.72	6:47.26
	7:21.54	7:56.03	8:30.29	9:04.80
	9:39.25	10:13.53	10:47.85	11:20.87

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Men 60-64 1000 Yard Freestyle)**

2	Kannegieser, Robert	60	FINS AQUATICS CL	11:38.54Z
	31.77	1:06.85	1:41.82	2:17.41
	2:52.92	3:28.52	4:04.05	4:39.52
	5:14.67	5:50.04	6:25.23	7:00.60
	7:35.68	8:10.64	8:45.96	9:21.17
	9:55.83	10:30.58	11:04.98	11:38.54
3	Crossland, Jerry	61	CENTRAL BUCKS FA	12:46.97
	33.79	1:10.12	1:47.82	2:25.93
	3:04.24	3:42.86	4:21.20	4:59.08
	5:37.58	6:16.12	6:55.10	7:33.79
	8:13.08	8:52.21	9:31.70	10:11.08
	10:50.71	11:29.90	12:09.00	12:46.97
4	Moyer, Steven	60	RESTON MASTERS S	14:52.09
	39.60	1:23.09	2:08.29	2:53.68
	3:38.80	4:23.66	5:09.90	5:54.66
	6:39.94	7:26.28	8:10.30	8:55.36
	9:41.49	10:25.43	11:11.41	11:55.99
	12:40.40	13:23.51	14:09.40	14:52.09

**Men 60-64 1650 Yard Freestyle**

NATL:17:59.55 ! 5/20/10 JIM CLEMMONS  
 ZONE:20:01.66 Z 5/2/99 David Harrison  
 VA:20:59.69 V 6/1/04 Neil Watts

1	Gibson, Christopher	62	PEDDIE AQUATIC A	20:15.23	
	31.95	1:07.76	1:45.06	2:22.78	
	3:00.82	3:38.56	4:16.11	4:54.16	
	5:31.78	6:09.37	6:46.58	7:24.29	
	8:01.39	8:38.51	9:15.67	9:53.32	
	10:30.28	11:07.89	11:44.96	12:22.25	
	12:59.71	13:37.12	14:14.58	14:51.78	
	15:29.16	16:05.72	16:42.70	17:20.11	
	17:56.56	18:32.63	19:08.56	19:42.52	20:15.23
2	Tupitza, Charles	63	WARRENTON MAST	29:55.32	
	43.61	1:33.55	2:27.00	3:20.97	
	4:15.44	6:05.15		6:59.53	
	7:54.40	8:50.42	9:46.14	10:41.23	
	11:36.51	12:32.48	13:28.35	14:24.19	
	15:20.55	16:14.96	17:11.34	18:07.91	
	19:03.03	19:58.77	20:54.54	21:49.77	
	22:45.09	23:39.90	24:35.09	25:30.41	
	26:26.13	27:21.19	28:15.71	29:08.79	29:55.32

**Men 60-64 50 Yard Backstroke Time Trial**

NATL: 26.70 ! 4/29/17 PHILIPP DJANG  
 ZONE: 28.98 Z 4/23/06 Richard Alexander  
 VA: 27.69 V 3/17/18 Douglas Slater

**- Time Trial**

1	Slater, Douglas	60	CLUB TRIBE	28.24Z
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**Men 60-64 50 Yard Backstroke**

NATL: 26.70 ! 4/29/17 PHILIPP DJANG  
 ZONE: 28.98 Z 4/23/06 Richard Alexander  
 VA: 27.69 V 3/17/18 Douglas Slater

1	Slater, Douglas	60	CLUB TRIBE	28.02Z
2	Crossland, Jerry	61	CENTRAL BUCKS FA	30.29
3	Schlappo, James	62	UC08	36.44

**Men 60-64 100 Yard Backstroke Time Trial**

NATL: 57.46 ! 4/30/16 TOM BARTON  
 ZONE: 1:06.22 Z 4/23/06 Richard Alexander  
 VA: 1:01.62 V 1/20/18 Douglas Slater

**- Time Trial**

3	Slater, Douglas	60	CLUB TRIBE	1:00.67V
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**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: 1:01.62 V 1/20/18 Douglas Slater

1	Slater, Douglas	60	CLUB TRIBE	1:00.29V
	29.34	1:00.29		
2	Crossland, Jerry	61	CENTRAL BUCKS FA	1:03.80
	31.06	1:03.80		
3	Burgess, Douglas	61	MERRITT MARLINS	1:28.93
	43.04	1:28.93		

**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: 2:16.58 V 1/20/18 Douglas Slater

1	Slater, Douglas	60	CLUB TRIBE	2:14.89V
	30.92	1:05.50	1:40.86	2:14.89
2	Moyer, Steven	60	RESTON MASTERS S	3:24.08
	48.93	1:41.55	2:33.68	3:24.08

**Men 60-64 50 Yard Breaststroke**

NATL: 28.30 ! 2/11/18 BRUCE KONE  
 ZONE: 31.63 Z 4/23/06 Louis Kronfeld  
 VA: 31.47 V 5/15/03 Jack Schiltz

1	Keyser, Brian	61	COLONIALS 1776	31.51Z
2	Nishimura, Koji	60	ARLINGTON MASTE	31.53Z
3	Van Horn, Larry	64	GARDEN STATE MAS	40.41
4	Denes, Thomas	60	MONTGOMERY ANC	41.71
5	Burgess, Douglas	61	MERRITT MARLINS	47.73

**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	61	COLONIALS 1776	1:09.83Z
	32.54	1:09.83		
2	Cheney, David	60	MONTGOMERY ANC	1:18.27
	38.30	1:18.27		

**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	Keyser, Brian	61	COLONIALS 1776	2:38.75
	34.80	1:14.58	1:56.23	2:38.75
2	Kannegieser, Robert	60	FINS AQUATICS CL	2:38.93
	37.77	1:18.20	1:58.97	2:38.93
3	Van Horn, Larry	64	GARDEN STATE MAS	3:20.27
	45.72	1:37.06	2:29.64	3:20.27

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Men 60-64 50 Yard Butterfly**

NATL: 24.36 ! 2/10/18 BRUCE KONE  
 ZONE: 26.13 Z 4/12/08 Jim Dragon  
 VA: 26.99 V 4/14/11 Scott Kauffman

1	Slater, Douglas	60	CLUB TRIBE	27.30
2	Crossland, Jerry	61	CENTRAL BUCKS FA	28.33
3	Cheney, David	60	MONTGOMERY ANC	28.57
4	Mandour, Saleh	64	MERRITT MARLINS	32.09
5	Denes, Thomas	60	MONTGOMERY ANC	32.70
6	Burgess, Douglas	61	MERRITT MARLINS	38.85
7	Van Horn, Larry	64	GARDEN STATE MAS	42.50

**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	Kannegieser, Robert	60	FINS AQUATICS CL	1:02.38
				29.39 1:02.38
2	Cheney, David	60	MONTGOMERY ANC	1:03.44
				31.34 1:03.44

**Men 60-64 200 Yard Butterfly**

NATL: 2:07.49 ! 4/30/17 JIM SAUER  
 ZONE: 2:34.84 Z 4/9/16 John Chambers  
 VA: 2:37.18 V 4/10/16 John Mccorkle

1	Kannegieser, Robert	60	FINS AQUATICS CL	2:26.29Z
				31.30 1:07.52 1:46.40 2:26.29
2	Cheney, David	60	MONTGOMERY ANC	2:30.94Z
				34.60 1:11.57 1:50.79 2:30.94

**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: 1:02.17 V 3/17/18 Douglas Slater

1	Slater, Douglas	60	CLUB TRIBE	1:00.09V
				27.51 1:00.09
2	Kannegieser, Robert	60	FINS AQUATICS CL	1:04.42
				29.67 1:04.42
3	Crossland, Jerry	61	CENTRAL BUCKS FA	1:07.35
				30.88 1:07.35
4	Keyser, Brian	61	COLONIALS 1776	1:08.83
				33.69 1:08.83
5	Cheney, David	60	MONTGOMERY ANC	1:09.21
				32.85 1:09.21

**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	Kannegieser, Robert	60	FINS AQUATICS CL	2:19.80Z
				28.99 1:04.67 1:46.89 2:19.80
2	Cheney, David	60	MONTGOMERY ANC	2:32.56
				31.36 1:14.04 1:58.86 2:32.56
3	Keyser, Brian	61	COLONIALS 1776	2:32.77
				33.75 1:15.35 1:56.40 2:32.77
4	Van Horn, Larry	64	GARDEN STATE MAS	3:07.64
				45.59 1:34.06 2:24.37 3:07.64

**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: 5:08.78 V 3/17/18 Douglas Slater

1	Kannegieser, Robert	60	FINS AQUATICS CL	4:59.55Z
				30.59 1:06.81 1:44.88 2:22.89
				3:06.49 3:51.67 4:26.94 4:59.55

**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	Gianniny, Bruce	67	ROCHESTER AREA M	28.26
2	Franz, Craig	65	DISTRICT OF COLU	28.60
3	Dougherty, Stephen	66	COLONIALS 1776	30.95
4	Levine, Steven	65	BERKELEY (NJ) AQ	31.04
5	Edgell, Don	65	LANE 4 SWIMMING	31.95
6	Miller, Jim	67	VIRGINIA MASTERS	32.21
7	Nelson, Bill	65	VIRGINIA MASTERS	32.46

**Men 65-69 100 Yard Freestyle**

NATL: 49.42 ! 5/22/10 RICHARD ABRAHAMS  
 ZONE: 59.92 Z 4/13/03 David Harrison  
 VA: 59.61 V 2/3/18 Craig Bauer

1	Meyer, Geoffrey	66	COLONIALS 1776	59.39Z
				28.43 59.39
2	Franz, Craig	65	DISTRICT OF COLU	1:03.35
				30.56 1:03.35
3	Gianniny, Bruce	67	ROCHESTER AREA M	1:04.49
				31.69 1:04.49
4	Ryan, James	65	GARDEN STATE MAS	1:06.92
				32.17 1:06.92
5	Wright, Stephen	68	GERMANTOWN MAI	1:09.74
				33.57 1:09.74
6	Levine, Steven	65	BERKELEY (NJ) AQ	1:11.63
				31.95 1:11.63
7	Miller, Jim	67	VIRGINIA MASTERS	1:12.50
				34.75 1:12.50
8	Nelson, Bill	65	VIRGINIA MASTERS	1:13.97
				35.15 1:13.97
9	Belfit, Scott	66	VIRGINIA MASTERS	1:28.92
				47.10 1:28.92

**Men 65-69 200 Yard Freestyle**

NATL: 1:52.57 ! 4/30/17 RICK COLELLA  
 ZONE: 2:09.58 Z 4/13/03 David Harrison  
 VA: 2:15.65 V 3/17/18 Craig Bauer

1	Franz, Craig	65	DISTRICT OF COLU	2:19.66
				32.77 1:08.85 1:45.74 2:19.66
2	Ryan, James	65	GARDEN STATE MAS	2:21.08
				32.84 1:08.30 1:44.77 2:21.08
3	Edgell, Don	65	LANE 4 SWIMMING	2:35.26
				35.53 1:15.20 1:55.41 2:35.26
4	Walters, Mark	65	GERMANTOWN MAI	2:42.24
				37.27 1:17.89 2:00.47 2:42.24
5	Levine, Steven	65	BERKELEY (NJ) AQ	2:46.35
				36.96 1:19.20 2:03.71 2:46.35

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Men 65-69 200 Yard Freestyle)**

6	Miller, Jim	67	VIRGINIA MASTERS	2:48.03
	39.19	1:22.01	2:06.24	2:48.03
7	Belfit, Scott	66	VIRGINIA MASTERS	3:06.86
	42.90	1:30.83	2:20.15	3:06.86
8	Nelson, Bill	65	VIRGINIA MASTERS	3:10.70
	37.78	1:27.13	2:22.09	3:10.70

**Men 65-69 500 Yard Freestyle**

**NATL: 5:05.44 ! 4/9/17 RICK COLELLA**  
**ZONE: 5:53.27 Z 4/13/03 David Harrison**  
**VA: 6:28.02 V 5/7/09 Sandy Galletly**

1	Ryan, James	65	GARDEN STATE MAS	6:15.82
	35.38	1:12.28	1:49.80	2:27.67
	3:05.94	3:44.47	4:22.23	5:00.49
	5:38.79	6:15.82		
2	Franz, Craig	65	DISTRICT OF COLU	6:17.65
	33.71	1:10.68	1:48.51	2:26.99
	3:05.58	3:44.49	4:23.67	5:02.77
	5:41.18	6:17.65		
3	Levine, Steven	65	BERKELEY (NJ) AQ	7:11.46
	38.38	1:23.65	2:09.18	2:53.95
	3:38.40	4:21.73	5:06.04	5:48.27
	6:31.60	7:11.46		
4	Belfit, Scott	66	VIRGINIA MASTERS	8:11.95
	44.07	1:31.32	2:21.52	3:12.50
	4:03.59	4:52.10	5:41.22	6:33.49
	7:22.92	8:11.95		

**Men 65-69 500 Yard Freestyle Time Trial**

**NATL: 5:05.44 ! 4/9/17 RICK COLELLA**  
**ZONE: 5:53.27 Z 4/13/03 David Harrison**  
**VA: 6:28.02 V 5/7/09 Sandy Galletly**

**- Time Trial**

1	Ryan, James	65	GARDEN STATE MAS	6:21.47
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**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	Paulson, Laurence	69	RESTON MASTERS S	20:55.78
	48.54	1:53.38	3:01.16	4:11.00
	5:17.72	6:17.68	7:16.29	8:15.50
	9:13.37	10:14.12	11:30.67	12:44.20
	13:57.57	15:11.11	16:25.20	17:19.36
	18:13.65	19:09.79	20:05.21	20:55.78
---	Levine, Steven	65	BERKELEY (NJ) AQ	14:25.98
	40.00	1:24.58	2:10.42	2:57.04
	3:41.90	4:28.02	5:13.19	5:58.20
	6:43.99	7:30.21	8:16.39	9:02.74
	9:48.91	10:36.28	11:23.61	12:10.27
	12:56.35	13:41.95	14:25.98	

**Men 65-69 1000 Yard Freestyle Time Trial**

**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**

**- Time Trial**

1	Ryan, James	65	GARDEN STATE MAS	12:53.96
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**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	Ryan, James	65	GARDEN STATE MAS	21:26.41Z
	35.06	1:12.76	1:50.40	2:28.46
	3:06.77	3:45.09	4:24.35	5:03.61
	5:42.70	6:21.47	7:00.73	7:39.83
	8:19.01	8:58.23	9:37.46	10:16.97
	10:56.06	11:35.03	12:14.36	12:53.96
	13:33.07	14:12.56	14:52.12	15:31.61
	16:11.28	16:51.37	17:30.77	18:10.49
	18:50.02	19:29.44	20:09.01	20:48.14
				21:26.41
2	Franz, Craig	65	DISTRICT OF COLU	21:40.46Z
	34.69	1:12.30	1:51.44	2:30.85
	3:10.48	3:49.83	4:29.24	5:08.61
	5:48.09	6:27.97	7:07.58	7:47.18
	8:26.49	9:06.44	9:46.98	10:26.50
	11:06.43	11:46.32	12:25.95	13:05.42
	13:44.99	14:24.03	15:03.66	15:43.67
	16:23.52	17:03.84	17:43.49	18:23.29
	19:03.29	19:43.34	20:23.13	21:03.48
				21:40.46
3	Tharp, Louis	67	TEAM NEW YORK AC	26:08.03
	42.05	1:28.58	2:16.45	3:04.09
	3:52.43	4:40.55	5:28.02	6:15.63
	7:03.83	7:51.96	8:39.98	9:27.18
	10:14.38	11:01.85	11:50.27	12:38.57
	13:27.09	14:15.34	15:04.04	15:51.71
	16:39.10	17:26.92	18:14.29	19:01.76
	19:50.17	20:38.48	21:26.92	22:15.30
	23:02.88	23:50.31	24:37.29	25:23.86
				26:08.03
4	Griffith, Lee	69	RIPTIDE MASTERS	28:40.30
	41.26	1:27.03	2:16.86	3:09.72
	4:03.00	4:56.11	5:49.15	6:42.17
	7:35.68	8:29.51	9:22.00	10:15.24
	11:08.73	12:02.21	12:54.00	13:46.40
	14:38.91	15:31.45	16:23.87	17:16.48
	18:08.93	19:01.73	19:54.38	20:47.37
	21:40.93	22:34.38	23:28.02	24:21.29
	25:14.82	26:07.63	27:00.60	27:52.77
				28:40.30

**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	Meyer, Geoffrey	66	COLONIALS 1776	30.20Z
2	Wright, Stephen	68	GERMANTOWN MAI	35.64
3	Miller, Jim	67	VIRGINIA MASTERS	40.49
4	Paulson, Laurence	69	RESTON MASTERS S	44.28

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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	Meyer, Geoffrey	66	COLONIALS 1776	1:07.00Z
	33.17	1:07.00		
2	Wright, Stephen	68	GERMANTOWN MAI	1:20.11
	38.91	1:20.11		
3	Miller, Jim	67	VIRGINIA MASTERS	1:30.24
	44.51	1:30.24		
4	Paulson, Laurence	69	RESTON MASTERS S	1:39.55
	49.37	1:39.55		

**Men 65-69 200 Yard Backstroke**

**NATL:** 2:15.61 ! 1/14/18 **LAWRENCE DAY**  
**ZONE:** 2:37.81 Z 4/9/17 **Jon Rysdon**  
**VA:** 2:45.20 V 5/20/10 **Warner Brundage**

1	Meyer, Geoffrey	66	COLONIALS 1776	2:33.09Z
	36.89	1:15.63	1:55.17	2:33.09
2	Wright, Stephen	68	GERMANTOWN MAI	2:54.06
	39.73	1:23.27	2:09.07	2:54.06
3	Paulson, Laurence	69	RESTON MASTERS S	3:33.37
	49.74	1:44.85	2:40.62	3:33.37
4	Boyle, Michael	66	GERMANTOWN MAI	4:01.88
	58.15	1:59.32	3:02.35	4:01.88

**Men 65-69 50 Yard Breaststroke**

**NATL:** 29.10 ! 4/8/17 **RICK COLELLA**  
**ZONE:** 31.35 Z 4/24/10 **Jim Dragon**  
**VA:** 35.94 V 3/17/18 **Craig Bauer**

1	Dougherty, Stephen	66	COLONIALS 1776	36.62
2	Ryan, James	65	GARDEN STATE MAS	39.45
3	Haddan, Barry	67	DISTRICT OF COLU	39.47
4	Gianniny, Bruce	67	ROCHESTER AREA M	43.01
5	Nelson, Bill	65	VIRGINIA MASTERS	47.24

**Men 65-69 100 Yard Breaststroke**

**NATL:** 1:02.75 ! 4/28/17 **RICK COLELLA**  
**ZONE:** 1:14.03 Z 4/12/08 **Louis Kronfeld**  
**VA:** 1:18.36 V 4/18/09 **Warner Brundage**

1	Dougherty, Stephen	66	COLONIALS 1776	1:19.21
	37.66	1:19.21		
2	Morrow, Dan	68	MONTGOMERY ANC	1:20.83
	38.31	1:20.83		
3	Haddan, Barry	67	DISTRICT OF COLU	1:31.46
4	Gondek, Paul	65	UC08	1:32.06
	43.80	1:32.06		

**Men 65-69 200 Yard Breaststroke**

**NATL:** 2:16.70 ! 4/29/17 **RICK COLELLA**  
**ZONE:** 2:50.63 Z 4/8/17 **Stephen Dougherty**  
**VA:** 2:52.59 V 4/18/09 **Warner Brundage**

1	Dougherty, Stephen	66	COLONIALS 1776	2:56.21
	40.02	1:23.89	2:09.40	2:56.21
2	Walters, Mark	65	GERMANTOWN MAI	3:14.67
	43.42	1:33.05	2:23.96	3:14.67
3	Gondek, Paul	65	UC08	3:16.48
	44.14	1:33.26	2:23.94	3:16.48

4	Haddan, Barry	67	DISTRICT OF COLU	3:29.55
	41.80	1:31.21	3:29.55	
5	Boyle, Michael	66	GERMANTOWN MAI	4:27.41
	1:02.13	2:10.29	3:20.90	4:27.41
6	Paulson, Laurence	69	RESTON MASTERS S	4:28.82
	1:01.13	2:10.33	3:20.14	4:28.82

**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	Meyer, Geoffrey	66	COLONIALS 1776	29.66
2	Walters, Mark	65	GERMANTOWN MAI	32.64
3	Gianniny, Bruce	67	ROCHESTER AREA M	32.72
4	Paulson, Laurence	69	RESTON MASTERS S	43.48

**Men 65-69 100 Yard Butterfly**

**NATL:** 56.36 ! 5/21/10 **RICHARD ABRAHAMS**  
**ZONE:** 1:12.52 Z 4/9/17 **Stephen Dougherty**  
**VA:** 1:09.61 V 5/19/05 **Art Wolfe**

1	Walters, Mark	65	GERMANTOWN MAI	1:16.14
	33.87	1:16.14		
2	Paulson, Laurence	69	RESTON MASTERS S	1:45.46
	49.19	1:45.46		

**Men 65-69 200 Yard Butterfly**

**NATL:** 2:08.94 ! 4/9/17 **RICK COLELLA**  
**ZONE:** 2:47.86 Z 4/17/11 **Hugh Roddin**  
**VA:** 2:56.75 V 5/11/06 **Art Wolfe**

1	Walters, Mark	65	GERMANTOWN MAI	3:04.27
	36.40	1:21.35	2:11.96	3:04.27
2	Paulson, Laurence	69	RESTON MASTERS S	4:02.19
	51.03	1:53.98	3:02.73	4:02.19

**Men 65-69 100 Yard IM**

**NATL:** 57.45 ! 4/29/17 **RICK COLELLA**  
**ZONE:** 1:10.57 Z 4/9/17 **Stephen Dougherty**  
**VA:** 1:08.17 V 5/19/05 **Art Wolfe**

1	Meyer, Geoffrey	66	COLONIALS 1776	1:06.90Z
	30.68	1:06.90		
2	Dougherty, Stephen	66	COLONIALS 1776	1:12.59
	33.81	1:12.59		
3	Gianniny, Bruce	67	ROCHESTER AREA M	1:17.16
	35.65	1:17.16		
4	Walters, Mark	65	GERMANTOWN MAI	1:21.53
	38.17	1:21.53		
5	Morrow, Dan	68	MONTGOMERY ANC	1:21.57
	41.01	1:21.57		
6	Haddan, Barry	67	DISTRICT OF COLU	1:22.44
	38.75	1:22.44		
7	Ryan, James	65	GARDEN STATE MAS	1:22.48
	40.13	1:22.48		
8	Edgell, Don	65	LANE 4 SWIMMING	1:25.42
	40.19	1:25.42		
9	Gondek, Paul	65	UC08	1:30.86
	45.05	1:30.86		
10	Paulson, Laurence	69	RESTON MASTERS S	1:40.78
	43.38	1:40.78		
11	Boyle, Michael	66	GERMANTOWN MAI	1:52.78

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Men 65-69 200 Yard IM**

NATL: 2:03.63 ! 4/28/17 RICK COLELLA  
 ZONE: 2:33.77 Z 4/8/17 Stephen Dougherty  
 VA: 2:34.93 V 5/11/06 Art Wolfe

1	Dougherty, Stephen	66	COLONIALS 1776	2:39.78
				35.33 1:15.45 2:39.78
2	Walters, Mark	65	GERMANTOWN MAI	3:02.94
				35.86 1:28.06 2:20.51 3:02.94
3	Gondek, Paul	65	UC08	3:28.58
				49.48 1:45.78 2:38.85 3:28.58
4	Paulson, Laurence	69	RESTON MASTERS S	3:41.21
				1:41.41 2:55.52 3:41.21
5	Boyle, Michael	66	GERMANTOWN MAI	4:34.98
				1:01.98 2:14.38 3:37.39 4:34.98

**Men 65-69 400 Yard IM**

NATL: 4:32.37 ! 4/8/17 RICK COLELLA  
 ZONE: 5:56.71 Z 4/13/08 Art Wolfe  
 VA: 5:40.97 V 5/11/06 Art Wolfe

1	Morrow, Dan	68	MONTGOMERY ANC	6:37.34
				4:15.11 2:32.67 3:26.22 5:54.90 6:37.34
2	Paulson, Laurence	69	RESTON MASTERS S	7:58.79
				5:02.13 1:52.86 2:50.28 3:46.40 7:58.79

**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	73	GARDEN STATE MAS	27.05
2	Walters, Dan	72	ROCHESTER AREA M	31.79
3	Kremzier, James	71	COLONIALS 1776	34.50

**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	Leonard, Roger	70	MONTGOMERY ANC	1:09.33
				33.37 1:09.33
2	Lowe, Jet	71	MERRITT MARLINS	1:16.27
				36.44 1:16.27
3	Frogley, Christopher	74	VIRGINIA MASTERS	1:23.67
				40.74 1:23.67

**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	Leonard, Roger	70	MONTGOMERY ANC	2:38.04
				35.46 1:15.62 1:56.86 2:38.04
2	Bernstein, Rich	72	ASPHALT GREEN MA	2:46.02
				40.04 1:23.04 2:05.58 2:46.02
3	Frogley, Christopher	74	VIRGINIA MASTERS	3:13.47
				44.10 1:32.86 2:23.67 3:13.47

**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	72	ASPHALT GREEN MA	6:59.87
				38.26 1:19.41 2:01.35 2:43.89 3:26.93 4:10.26 4:53.24 5:36.12 6:18.62 6:59.87
2	Lowe, Jet	71	MERRITT MARLINS	8:28.39
				42.41 1:30.60 2:21.81 3:15.22 4:09.57 5:02.25 5:56.00 6:48.98 7:41.68 8:28.39
3	Frogley, Christopher	74	VIRGINIA MASTERS	9:13.12
				48.10 1:39.75 2:35.07 3:30.25 4:25.97 5:23.89 6:20.43 7:18.59 8:16.77 9:13.12

**Men 70-74 500 Yard Freestyle Time Trial**

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

**- Time Trial**

1	Bernstein, Rich	72	ASPHALT GREEN MA	7:03.71
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**Men 70-74 1000 Yard Freestyle Time Trial**

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

**- Time Trial**

2	Bernstein, Rich	72	ASPHALT GREEN MA	14:11.29
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**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	Bernstein, Rich	72	ASPHALT GREEN MA	23:25.59
				38.43 1:20.22 2:03.14 2:46.14 3:28.98 4:12.28 4:55.36 5:38.13 6:20.76 7:03.71 7:46.32 8:29.13 9:11.89 9:54.65 10:37.63 11:20.16 12:02.74 12:45.93 13:28.38 14:11.29 14:53.91 15:36.88 16:19.51 17:02.17 17:44.92 18:27.74 19:10.55 19:53.16 20:35.98 21:18.68 22:01.40 22:44.55 23:25.59
2	Lowe, Jet	71	MERRITT MARLINS	28:55.25
				44.98 1:35.60 2:29.13 3:21.85 4:15.92 6:01.69 6:54.72 7:48.75 9:36.18 11:22.53 12:16.10 14:03.76 14:58.25 17:37.83 18:31.63 19:25.00 20:17.23 21:09.58 22:56.89 23:49.27 24:41.14 26:25.38 27:17.95 28:07.72 28:55.25

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Men 70-74 1650 Yard Freestyle)**

3 Breese, David	71 UC10	30:56.95
52.91	1:47.30	2:42.19
3:37.55	4:32.77	5:29.69
6:26.49	7:21.95	8:17.61
9:15.19	10:12.05	11:08.01
12:04.47	12:58.38	13:55.98
14:53.11	15:48.68	16:45.50
17:42.05	18:37.29	19:33.79
20:29.59	21:28.11	22:25.57
23:22.55	24:19.84	25:16.02
26:13.02	27:10.78	28:08.75
29:05.05	30:02.34	30:56.95

**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	73 GARDEN STATE MAS	34.89
2 Kremzier, James	71 COLONIALS 1776	53.85

**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 Leonard, Roger	70 MONTGOMERY ANC	1:22.76
40.98	1:22.76	
2 Bernstein, Rich	72 ASPHALT GREEN MA	1:30.52
45.31	1:30.52	

**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 Leonard, Roger	70 MONTGOMERY ANC	3:00.93
44.56	1:31.27	2:18.02
3:00.93	2 Bernstein, Rich	72 ASPHALT GREEN MA
3:13.27	47.09	1:37.15
2:25.30	3:13.27	

**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 Greger, Ronald	73 GERMANTOWN MAI	43.23
2 Kremzier, James	71 COLONIALS 1776	43.63
3 Lowe, Jet	71 MERRITT MARLINS	43.87
4 Walters, Dan	72 ROCHESTER AREA M	44.10
5 Frogley, Christopher	74 VIRGINIA MASTERS	48.64

**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 Leonard, Roger	70 MONTGOMERY ANC	1:25.96
41.55	1:25.96	
2 Bernstein, Rich	72 ASPHALT GREEN MA	1:38.40
47.54	1:38.40	
3 Kremzier, James	71 COLONIALS 1776	1:41.11
47.53	1:41.11	

**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	72 ASPHALT GREEN MA	3:20.87
45.54	1:35.27	2:27.71
3:20.87	2 Greger, Ronald	73 GERMANTOWN MAI
3:37.82	48.80	1:44.68
2:41.92	3:37.82	
3 Kremzier, James	71 COLONIALS 1776	3:59.49
51.98	1:54.17	3:59.49

**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	73 GARDEN STATE MAS	28.79
2 Kremzier, James	71 COLONIALS 1776	45.63

**Men 70-74 100 Yard IM**

NATL: 1:04.77 ! 4/29/17 ANDREW MCPHERSON  
 ZONE: 1:15.35 Z 4/25/10 Hans Reichelt  
 VA: 1:17.51 V 4/26/12 Randolph Wise

1 Kremzier, James	71 COLONIALS 1776	1:41.52
50.06	1:41.52	

**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 Leonard, Roger	70 MONTGOMERY ANC	3:00.96
42.28	1:28.68	2:20.06
3:00.96	2 Bernstein, Rich	72 ASPHALT GREEN MA
3:11.32	53.09	1:40.09
2:31.00	3:11.32	

**Men 70-74 400 Yard IM**

NATL: 5:28.47 ! 6/5/17 DOUGLAS SPRINGER  
 ZONE: 6:16.23 Z 5/2/99 Roger Franks  
 VA: 7:01.91 V 4/19/13 Edward Gaulrapp

1 Bernstein, Rich	72 ASPHALT GREEN MA	6:49.02
54.61	1:57.12	2:48.38
3:38.66	4:30.74	5:24.43
6:07.71	6:49.02	

**Men 75-79 50 Yard Freestyle**

NATL: 25.58 ! 3/4/12 JEFF FARRELL  
 ZONE: 30.46 Z 4/12/15 Ahmed Hamada  
 VA: 28.93 V 1/28/18 Harry Sober

1 Sober, Harry	75 VIRGINIA MASTERS	28.89V
2 Novell, Ken	75 VIRGINIA MASTERS	30.11Z
3 Hamada, Ahmed	79 GOLD COAST MASTE	32.06
4 Pilette, Sterling	76 RESTON MASTERS S	37.63
5 Shay, Barry	77 DC MASTERS	40.79
6 Hendrick, John	75 HANOVER YMCA SR.	41.65
7 Hatchette, Michael	77 NEW ENGLAND MAS	45.53
8 Nobbe, Nick	79 RESTON MASTERS S	46.74
9 Horne, David	75 WARRENTON FAUQI	1:06.55

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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: 1:07.39 V 1/28/18 Harry Sober**

1	Sober, Harry	75	VIRGINIA MASTERS	1:04.67V
	30.39			1:04.67
2	Novell, Ken	75	VIRGINIA MASTERS	1:07.75Z
	32.56			1:07.75
3	Hamada, Ahmed	79	GOLD COAST MASTE	1:13.16
	34.64			1:13.16
4	Tulenko, Tom	75	COLONIALS 1776	1:18.56
	38.39			1:18.56
5	Pilette, Sterling	76	RESTON MASTERS S	1:29.00
	44.80			1:29.00
6	Shay, Barry	77	DC MASTERS	1:35.34
	45.57			1:35.34
7	Nobbe, Nick	79	RESTON MASTERS S	1:45.89
	51.50			1:45.89

**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	Rolston, Howard	77	GOLD COAST MASTE	2:34.49
	35.43		1:54.61	2:34.49
2	Novell, Ken	75	VIRGINIA MASTERS	2:40.56V
	35.69		1:58.72	2:40.56
3	Hamada, Ahmed	79	GOLD COAST MASTE	2:46.13
	36.47		2:05.06	2:46.13
4	Gaulrapp, Edward	75	VIRGINIA MASTERS	3:19.89
	45.93		2:28.67	3:19.89
5	Shay, Barry	77	DC MASTERS	3:28.44
	47.07		2:35.49	3:28.44
6	Hendrick, John	75	HANOVER YMCA SR.	3:34.75
	45.76		3:34.75	
7	Pilette, Sterling	76	RESTON MASTERS S	3:42.38
	44.61		2:43.57	3:42.38
8	Nobbe, Nick	79	RESTON MASTERS S	3:45.87
	52.60		2:49.70	3:45.87

**Men 75-79 500 Yard Freestyle**

**NATL: 6:03.87 ! 5/8/10 DAVID RADCLIFF**  
**ZONE: 6:43.59 Z 4/21/02 Roger Franks**  
**VA: 8:20.45 V 4/17/99 Calvin Barnes**

1	Hamada, Ahmed	79	GOLD COAST MASTE	7:59.95
	37.75		2:14.20	3:05.23
	3:56.01		5:39.03	6:27.30
	7:17.07			7:59.95
2	Tulenko, Tom	75	COLONIALS 1776	8:03.15
	41.83		2:19.25	3:09.38
	3:59.69		5:39.66	6:29.56
	7:18.18			8:03.15
3	Gaulrapp, Edward	75	VIRGINIA MASTERS	9:14.88
	46.40		2:40.12	3:35.80
	4:33.43		6:26.51	7:24.40
	8:19.63			9:14.88

4	Shay, Barry	77	DC MASTERS	9:21.62
	51.35		1:48.84	2:46.70
	4:43.03		5:40.67	6:39.16
	8:29.71		9:21.62	
5	Nobbe, Nick	79	RESTON MASTERS S	9:57.53
	55.49		1:57.18	2:59.74
	5:00.79		6:00.16	7:00.70
	9:01.40		9:57.53	8:01.59

**Men 75-79 1000 Yard Freestyle**

**NATL:12:20.59 ! 5/10/09 DAVID RADCLIFF**  
**ZONE:15:11.04 Z 4/4/14 Ahmed Hamada**  
**VA:16:38.58 V 1/1/99 Calvin Barnes**

1	Tulenko, Tom	75	COLONIALS 1776	16:39.34
	43.43		1:31.55	2:22.61
	4:05.80		4:57.72	5:49.83
	7:31.60		8:22.63	9:13.41
	10:54.84		11:45.18	12:35.72
	14:15.95		15:04.56	15:53.36
				16:39.34
2	Gaulrapp, Edward	75	VIRGINIA MASTERS	17:27.12
	47.05		1:40.00	2:34.98
	4:26.27		5:22.16	6:19.68
	8:11.53		9:09.39	10:04.26
	11:56.33		12:52.52	13:49.06
	15:39.92		16:34.08	17:27.08
				17:27.12
3	Nobbe, Nick	79	RESTON MASTERS S	19:57.80
	56.34		1:57.75	2:59.36
	5:01.93		6:03.34	7:03.96
	9:03.55		10:02.97	11:03.16
	13:01.57		14:01.06	15:01.09
	17:00.79		18:00.55	19:00.54
				19:57.80

**Men 75-79 1650 Yard Freestyle**

**NATL:20:25.49 ! 5/10/09 DAVID RADCLIFF**  
**ZONE:23:50.03 Z 4/21/02 Roger Franks**  
**VA:28:54.93 V 2/6/99 Calvin Barnes**

1	Hamada, Ahmed	79	GOLD COAST MASTE	27:58.27
	41.36		1:29.28	2:23.45
	4:10.49		5:03.32	5:57.74
	7:42.51		8:36.11	9:28.72
	11:12.91		12:06.70	12:57.94
	14:41.90		15:33.33	16:25.83
	18:07.97		18:57.20	19:47.82
	21:30.20		22:19.75	23:10.84
	24:50.74			26:26.25
				27:16.30
				27:58.27
2	Kelleher, Joseph	76	VIRGINIA MASTERS	34:15.47
	53.02		1:56.07	3:01.29
	5:09.96		6:14.53	7:18.58
	9:26.01		10:28.28	11:31.87
	13:38.47		14:41.75	15:44.35
	17:51.34		18:53.58	19:55.56
	21:59.83		23:02.77	24:02.51
	26:06.93		27:08.88	28:10.02
	30:12.06		31:13.86	32:13.74
				33:14.61
				34:15.47

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Men 75-79 50 Yard Backstroke**

**NATL:** 32.11 ! 4/19/09 **YOSHI OYAKAWA**  
**ZONE:** 36.38 Z 4/9/17 **Howard Rolston**  
**VA:** 42.09 V 4/17/99 **Calvin Barnes**

1	Rolston, Howard	77	GOLD COAST MASTE	35.98Z
2	Sober, Harry	75	VIRGINIA MASTERS	36.23Z
3	Hamada, Ahmed	79	GOLD COAST MASTE	43.63
4	Hendrick, John	75	HANOVER YMCA SR.	50.25
5	Hatchette, Michael	77	NEW ENGLAND MAS	1:03.43

**Men 75-79 100 Yard Backstroke**

**NATL:** 1:08.55 ! 4/19/09 **BURWELL JONES**  
**ZONE:** 1:17.17 Z 4/21/02 **Roger Franks**  
**VA:** 1:34.39 V 4/17/99 **Calvin Barnes**

1	Rolston, Howard	77	GOLD COAST MASTE	1:18.58
				38.06 1:18.58
2	Novell, Ken	75	VIRGINIA MASTERS	1:27.68V
				42.93 1:27.68
3	Gaulrapp, Edward	75	VIRGINIA MASTERS	1:52.87
				54.76 1:52.87

**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	Gaulrapp, Edward	75	VIRGINIA MASTERS	3:51.34
				53.95 1:52.42 2:52.25 3:51.34
2	Hendrick, John	75	HANOVER YMCA SR.	3:53.46
				51.74 3:53.46

**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	Pilette, Sterling	76	RESTON MASTERS S	1:12.58
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**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	Gaulrapp, Edward	75	VIRGINIA MASTERS	1:45.48
				48.81 1:45.48
2	Hendrick, John	75	HANOVER YMCA SR.	2:20.76
				1:06.43 2:20.76
3	Hatchette, Michael	77	NEW ENGLAND MAS	2:46.15
				1:15.09 2:46.15

**Men 75-79 200 Yard Breaststroke**

**NATL:** 2:45.33 ! 4/29/16 **MIKE FRESHLEY**  
**ZONE:** 3:20.49 Z 4/8/17 **Raymond Loewe**  
**VA:** 3:46.29 V 1/1/04 **Norman Rainer**

1	Gaulrapp, Edward	75	VIRGINIA MASTERS	3:45.81V
				51.89 1:50.16 2:48.61 3:45.81

**Men 75-79 50 Yard Butterfly**

**NATL:** 28.99 ! 1/14/17 **MIKE FRESHLEY**  
**ZONE:** 34.41 Z 4/8/17 **Howard Rolston**  
**VA:** 33.76 V 1/28/18 **Harry Sober**

1	Sober, Harry	75	VIRGINIA MASTERS	33.48V
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2	Wise, Randolph	76	VIRGINIA MASTERS	35.64
3	Rolston, Howard	77	GOLD COAST MASTE	36.01
4	Novell, Ken	75	VIRGINIA MASTERS	36.54
5	Hamada, Ahmed	79	GOLD COAST MASTE	38.68
6	Pilette, Sterling	76	RESTON MASTERS S	54.77

**Men 75-79 100 Yard Butterfly**

**NATL:** 1:12.71 ! 4/17/11 **DAVID COSTILL**  
**ZONE:** 1:29.57 Z 4/6/14 **Ahmed Hamada**  
**VA:** 1:43.82 V 4/23/10 **Owen Maher**

1	Hamada, Ahmed	79	GOLD COAST MASTE	1:37.42
2	Gaulrapp, Edward	75	VIRGINIA MASTERS	1:48.52
				50.16 1:48.52

**Men 75-79 200 Yard Butterfly**

**NATL:** 2:58.65 ! 4/2/16 **MIKE FRESHLEY**  
**ZONE:** 3:36.42 Z 4/5/14 **Ahmed Hamada**  
**VA:** 4:43.67 V 2/12/11 **Richard Scott**

1	Hamada, Ahmed	79	GOLD COAST MASTE	3:43.03
				2:40.05 3:43.03
2	Gaulrapp, Edward	75	VIRGINIA MASTERS	3:57.02V
				52.36 1:52.76 2:56.37 3:57.02

**Men 75-79 100 Yard IM**

**NATL:** 1:08.68 ! 9/18/16 **MIKE FRESHLEY**  
**ZONE:** 1:18.91 Z 4/9/17 **Howard Rolston**  
**VA:** 1:23.08 V 4/27/17 **Randolph Wise**

1	Sober, Harry	75	VIRGINIA MASTERS	1:19.78V
				34.48 1:19.78
2	Wise, Randolph	76	VIRGINIA MASTERS	1:24.34
				38.94 1:24.34
3	Novell, Ken	75	VIRGINIA MASTERS	1:24.55
				40.49 1:24.55
4	Hamada, Ahmed	79	GOLD COAST MASTE	1:29.40
				43.46 1:29.40
5	Hatchette, Michael	77	NEW ENGLAND MAS	2:26.50
				1:13.02 2:26.50

**Men 75-79 200 Yard IM**

**NATL:** 2:35.67 ! 4/30/16 **MIKE FRESHLEY**  
**ZONE:** 2:53.87 Z 4/9/16 **Howard Rolston**  
**VA:** 3:40.65 V 2/6/99 **Calvin Barnes**

1	Rolston, Howard	77	GOLD COAST MASTE	2:59.32
				36.59 1:21.22 2:16.07 2:59.32
2	Hamada, Ahmed	79	GOLD COAST MASTE	3:21.75
				45.24 1:37.80 2:40.46 3:21.75
3	Gaulrapp, Edward	75	VIRGINIA MASTERS	3:38.27V
				49.69 1:46.32 2:45.73 3:38.27

**Men 75-79 400 Yard IM**

**NATL:** 5:43.80 ! 4/15/16 **MIKE FRESHLEY**  
**ZONE:** 6:49.07 Z 4/12/92 **Norris Fluke**  
**VA:** 8:47.06 V 2/12/11 **Richard Scott**

1	Gaulrapp, Edward	75	VIRGINIA MASTERS	7:37.23V
				51.83 1:52.61 2:52.42 3:52.08
				4:53.42 5:54.77 6:46.94 7:37.23

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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	PATRIOT MASTERS	A		1:54.25
	1) Rosenburg, Kaleigh W22	2) Reiffenberger, Megan W23		
	3) Layton, Katie W45	4) Thompson, Kim W54		
	26.31	55.48	1:23.98	1:54.25
2	CENTRAL BUCKS FA	A		2:02.13
	1) Halner, Kristina W23	2) Hopkins, Joanne W41		
	3) Sadowski, Susan W51	4) Booth, Gretchen W47		
	28.23	59.91	1:35.30	2:02.13
3	RESTON MASTERS S	D		2:05.61
	1) Shapiro, Margaret W41	2) Romero, Sharon W23		
	3) Sickenberger, Phyllis W54	4) McNamara, Beth W52		
	28.67	1:00.18	1:34.96	2:05.61

**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	ALEXANDRIA MASTE	A		4:45.56
	1) Keylon, Rachel W30	2) Bershok, Rhonda W53		
	3) Bowdring, Katherine W60	4) Enright, Schuyler W22		
	31.84	1:07.12	1:43.89	2:24.57
	2:59.01	3:37.37	4:09.67	4:45.56
2	RESTON MASTERS S	D		5:18.94
	1) Greenfield Sheehe, Heather W51	2) Romero, Sharon W23		
	3) McNamara, Beth W52	4) Sickenberger, Phyllis W54		
	43.46	1:32.03	2:07.39	2:47.57
	3:21.48	3:58.81	4:36.21	5:18.94

**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

VA: 10:20.56 V 4/7/17 VMST

G Adams, D Wallace, D Letendre, J Anderson-Kratzer

1	CLUB TRIBE	A		8:01.73Z
	1) Wujciak, Anna W23	2) Schwartz, Laura W23		
	3) Ryczek, Emily W24	4) Greene, Shannon W32		
	27.16	56.66	1:26.83	1:56.80
	2:12.44			3:56.36
	4:23.73	4:54.32	5:25.66	5:56.79
	6:25.85	6:57.05	7:29.36	8:01.73

2	ALEXANDRIA MASTE	A		8:42.67
	1) Jakubchak, Lindsey W35	2) Gauzens, Stephanie W34		
	3) Bade, Marian W23	4) McWilliams, Katie W34		
	29.70	1:01.88	1:35.20	2:08.65
	2:38.51	3:11.37	3:45.81	4:20.40
	4:50.83	5:25.02	6:00.21	6:35.07
	7:03.61	7:35.59	8:08.89	8:42.67

3	CENTRAL BUCKS FA	A		9:45.81
	1) Hopkins, Joanne W41	2) Sadowski, Susan W51		
	3) Booth, Gretchen W47	4) Halner, Kristina W23		
	33.07	1:11.32	1:52.29	2:31.98
	3:07.78	3:48.66		5:14.62
	5:45.41	6:19.99	6:56.36	7:32.97
	8:03.15	8:36.72	9:10.78	9:45.81

4	RESTON MASTERS S	A		10:30.10
	1) Shapiro, Margaret W41	2) Romero, Sharon W23		
	3) Sickenberger, Phyllis W54	4) McNamara, Beth W52		
	31.02	1:04.60	1:38.71	2:12.95
	2:49.45	3:31.87	4:15.54	4:55.25
	5:35.29	6:18.62	7:04.79	7:51.42
	8:26.22	9:06.21	9:47.95	10:30.10

**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	CLUB TRIBE	A		1:52.82Z
	1) Wujciak, Anna W23	2) Schwartz, Laura W23		
	3) Gass, Krista W39	4) Ryczek, Emily W24		
	28.93	59.65	1:28.18	1:52.82
2	RESTON MASTERS S	D		2:47.88
	1) Greenfield Sheehe, Heather W51	2) McNamara, Beth W52		
	3) Romero, Sharon W23	4) Sickenberger, Phyllis W54		
	51.52	1:36.18	2:10.71	2:47.88
---	PATRIOT MASTERS	A		DQ
	1) Reiffenberger, Megan W23	2) Rosenburg, Kaleigh W22		
	3) Geskos, Evangeline W34	4) Barrett, Rachelle W29		
	34.99	1:03.91	1:33.05	DQ

**Women 18+ 400 Yard Medley Relay**

NATL: 3:56.63 ! 4/8/17 MARCIA'S ENTHUS

T CHOY, P YAMAUCHI, A SIMS, C BREED

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	CENTRAL BUCKS FA	A		5:14.94
	1) Booth, Gretchen W47	2) Sadowski, Susan W51		
	3) Halner, Kristina W23	4) Hopkins, Joanne W41		
	33.90	1:09.74	1:57.02	2:54.31
	3:23.30	5:14.94		

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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 CLUB TRIBE	A			1:38.28Z
1) Mizerak, Gabrielle W26	2) Shaner, Sara W26			
3) Gass, Krista W39	4) Grier, Katie W39			
24.80	49.09	1:14.50	1:38.28	
2 VIRGINIA MASTERS	A			1:53.80
1) Letendre, Denise W29	2) Wallace, Devon W27			
3) Geroni, Deidre W27	4) Jaeger, Debbie W55			
26.41	55.43	1:22.01	1:53.80	
3 COLONIALS 1776	A			2:05.99
1) Figenshu, Susan W63	2) Plimpton, Hannah W32			
3) Saucy, Stephanie W54	4) Uppstrom, Noreen W53			
33.05	1:05.09	1:34.38	2:05.99	
4 ALEXANDRIA MASTE	A			2:06.53
1) Aepli, Lauren W30	2) Bershok, Rhonda W53			
3) Bowdring, Katherine W60	4) Keylon, Rachel W30			
28.56	1:03.46	1:36.38	2:06.53	

**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: 3:38.21 Z 4/9/17 Club Tribe

K Grier, S Greene, M Falcone, S Shaner

VA: 3:38.21 V 4/7/17 1693

K Grier, S Greene, M Falcone, S Shaner

1 CLUB TRIBE	A			3:36.62!
1) Mizerak, Gabrielle W26	2) Maqueda, Victoria W25			
3) Grier, Katie W39	4) Shaner, Sara W26			
25.65	53.81	1:20.89	1:51.51	
2:16.44	2:43.72	3:08.96	3:36.62	
2 ALEXANDRIA MASTE	B			4:03.36
1) Gauzens, Stephanie W34	2) Aepli, Lauren W30			
3) Jakubchak, Lindsey W35	4) Fox, Amy W35			
28.89	1:00.22	1:29.36	2:02.17	
2:31.19	3:02.82	3:31.63	4:03.36	
3 VIRGINIA MASTERS	A			4:20.66
1) Geroni, Deidre W27	2) Letendre, Denise W29			
3) Lyttle, Ann W70	4) Speer, Nancy W55			
28.05	58.51	1:25.82	1:56.03	
2:30.36	3:07.34	3:24.17	4:20.66	

**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 VIRGINIA MASTERS	A				9:23.37V
1) Letendre, Denise W29	2) Gregory, Barbie W49				
3) Wallace, Devon W27	4) Barry, Marcia W69				
27.98	59.01	1:31.78	2:05.17		
2:41.92	3:22.38	4:04.37	4:45.49		
5:17.92	5:53.57	6:30.29	7:06.75		
7:38.74	8:13.44	8:49.08	9:23.37		

**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: 1:53.15 V 4/7/17 1693

K Grier, K Harris, M Falcone, S Shaner

1 CLUB TRIBE	B			1:57.62
1) Mizerak, Gabrielle W26	2) Minzenmayer, Ellen W29			
3) Choe, Michele W40	4) Greene, Shannon W32			
28.84	1:01.54	1:30.73	1:57.62	
2 CLUB TRIBE	C			2:13.76
1) Lovett, Lindsay W39	2) Restrepo, Marie W55			
3) Grier, Katie W39	4) Shaner, Sara W26			
42.04	1:19.71	1:47.86	2:13.76	
3 ALEXANDRIA MASTE	A			2:14.82
1) Aepli, Lauren W30	2) Bershok, Rhonda W53			
3) Jakubchak, Lindsey W35	4) Keylon, Rachel W30			
31.56	1:15.40	1:44.95	2:14.82	
4 COLONIALS 1776	A			2:17.67
1) Saucy, Stephanie W54	2) Plimpton, Hannah W32			
3) Figenshu, Susan W63	4) Hug, Laurie W52			
33.09	1:12.51	1:48.57	2:17.67	

**Women 25+ 400 Yard Medley Relay**

NATL: 4:00.63 ! 4/8/17 CLUB TRIBE

A CZAPLICKI, K HARRIS, M FALCONE, K GRIER

ZONE: 4:00.63 Z 4/8/17 Club Tribe

A Czaplicki, K Harris, M Falcone, K Grier

VA: 4:00.63 V 4/7/17 1693

A Czaplicki, K Harris, M Falcone, K Grier

1 ALEXANDRIA MASTE	A			4:20.91
1) Macedonia, Anna W28	2) Jakubchak, Lindsey W35			
3) Gauzens, Stephanie W34	4) McWilliams, Katie W34			
28.86	59.38	1:34.91	2:15.65	
2:47.24	3:23.34	3:50.51	4:20.91	
2 CLUB TRIBE	A			4:33.60
1) Restrepo, Marie W55	2) Maqueda, Victoria W25			
3) Choe, Michele W40	4) Minzenmayer, Ellen W29			
36.23	1:14.44	1:47.38	2:24.63	
2:55.81	3:33.52	4:02.13	4:33.60	

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Women 25+ 400 Yard Medley Relay)**

3 VIRGINIA MASTERS	A	4:36.91
1) Gregory, Barbie W49	2) Letendre, Denise W29	
3) Geroni, Deidre W27	4) Wallace, Devon W27	
37.40 1:16.50	1:50.09 2:28.68	
2:57.46 3:30.11	4:00.40 4:36.91	
4 ALEXANDRIA MASTE	B	5:18.55
1) Keylon, Rachel W30	2) Bershok, Rhonda W53	
3) Aepli, Lauren W30	4) Bowdring, Katherine W60	
36.90 1:17.49	2:01.33 2:49.95	
3:24.72	4:40.56 5:18.55	

**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 LANDSHARK MASTER	A	4:07.32
1) Krause, Mary Kay W40	2) Lovett, Mandy W43	
3) Messenlehner, Carina W42	4) Roberts, Cynthia W37	
28.17 57.99	1:30.13 2:04.85	
2:33.88 3:06.11	3:35.51 4:07.32	
2 RESTON MASTERS S	C	4:26.49
1) Shapiro, Margaret W41	2) Kirwan, Denise W66	
3) Sauvage, Marie W48	4) Bass, Amy W47	
29.84 1:02.01	1:36.10 2:14.38	
2:47.85 3:25.28	3:52.91 4:26.49	

**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 LANDSHARK MASTER	A	9:08.43
1) Krause, Mary Kay W40	2) Lovett, Mandy W43	
3) Messenlehner, Carina W42	4) Roberts, Cynthia W37	
29.83 1:02.13	1:35.00 2:06.96	
2:40.69 3:17.68	3:56.33 4:34.92	
5:04.92 5:39.65	6:16.55 6:54.11	
7:24.43 7:59.99	8:35.37 9:08.43	

**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 LANDSHARK MASTER	A	2:08.07
1) Krause, Mary Kay W40	2) Lovett, Mandy W43	
3) Messenlehner, Carina W42	4) Roberts, Cynthia W37	
31.48 1:10.37	1:40.58 2:08.07	
2 RESTON MASTERS S	C	2:21.60
1) Shapiro, Margaret W41	2) Kirwan, Denise W66	
3) Sauvage, Marie W48	4) Bass, Amy W47	
34.92 1:16.56	1:53.75 2:21.60	

**Women 35+ 400 Yard Medley Relay**

NATL: 4:04.48 ! 2/1/15 NCMS

J STRINGER, K LINDAUER, A UHL, E BRAUN

ZONE: 4:15.70 Z 2000 Colonials 1776

VA: 4:26.96 V 4/30/99 VMST

B Baker, C Boxley, W Weil, S Skiff

1 LANDSHARK MASTER	A	4:48.01
1) Krause, Mary Kay W40	2) Lovett, Mandy W43	
3) Roberts, Cynthia W37	4) Messenlehner, Carina W42	
32.70 1:06.51	1:47.21 2:33.47	
3:05.32 3:42.77	4:12.97 4:48.01	

**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	C	1:54.47
1) Sauvage, Marie W48	2) Johnson, Mindy W54	
3) Bass, Amy W47	4) Groves, Lisa W53	
29.65 58.57	1:26.11 1:54.47	

**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	4:23.12
1) Saucy, Stephanie W54	2) Swanson, Vibeke W56	
3) Hug, Laurie W52	4) Uppstrom, Noreen W53	
30.92 1:04.85	1:35.72 2:09.64	
2:40.76 3:15.21	3:48.27 4:23.12	
2 RESTON MASTERS S	B	4:30.31
1) Brightwell, Kim W58	2) Groves, Lisa W53	
3) Johnson, Mindy W54	4) Dawson, Mandy W55	
32.37 1:08.04	1:40.25 2:15.55	
2:47.22 3:21.29	3:53.04 4:30.31	
3 WARRENTON FAUQUI	A	5:25.64
1) Landers, Denise W56	2) Ammons, Patricia W71	
3) Adams, Blanca W60	4) Lehr, Sandra W47	
32.49 1:06.41	1:54.44 2:50.56	
3:27.21 4:09.44	4:45.21 5:25.64	

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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: 9:19.05 Z 4/8/17 Colonials 1776

S Saucy, V Swanson, B Burke, L Hug

VA: 9:48.84 V 4/11/03 VMST

K Braaten, N Miller, T Sue Gault, L Bennett

1 COLONIALS 1776 A 9:25.08

1) Swanson, Vibeke W56 2) Saucy, Stephanie W54

3) Burke, Barbara W56 4) Hug, Laurie W52

32.65 1:09.17 1:46.84 2:23.37

2:41.07 3:29.97

5:15.23 5:53.56 6:32.63 7:11.31

7:41.94 8:16.52 8:51.75 9:25.08

2 RESTON MASTERS S B 9:57.10

1) Groves, Lisa W53 2) Sauvage, Marie W48

3) Johnson, Mindy W54 4) Bass, Amy W47

33.30 1:11.09 1:50.55 2:29.43

3:05.48 3:45.28 4:25.56 5:05.01

5:38.67 6:15.59 6:53.82 7:31.95

8:04.20 8:40.06 9:18.12 9:57.10

**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 Tear

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 RESTON MASTERS S B 2:15.74

1) Brightwell, Kim W58 2) Groves, Lisa W53

3) Johnson, Mindy W54 4) Dawson, Mandy W55

33.38 1:10.01 1:44.49 2:15.74

**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 Tear

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 4:57.59

1) Saucy, Stephanie W54 2) Swanson, Vibeke W56

3) Hug, Laurie W52 4) Uppstrom, Noreen W53

34.39 1:10.12 1:49.85 2:42.05

3:04.93 3:45.39 4:57.59

**Women 55+ 200 Yard Freestyle Relay**

NATL: 1:45.60 ! 4/29/17 PALM BEACH MAST

K PIPES, E JONES, K TREIBLE SLATON, C WENZEL

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 2:00.30Z

1) Wolff, Melinda W65 2) Burke, Barbara W56

3) Watts, Sue W63 4) Swanson, Vibeke W56

29.34 58.91 1:30.50 2:00.30

2 RESTON MASTERS S B 2:08.59

1) Moyer, Michelle W55 2) Dawson, Mandy W55

3) Brightwell, Kim W58 4) Kirwan, Denise W66

34.75 1:06.30 1:36.43 2:08.59

3 RESTON MASTERS S A 2:47.42

1) Bennett, Ruth W71 2) Kidd, Sally W56

3) Manheim, Lucy W75 4) Flynn, Merri W58

37.90 1:23.14 2:09.56 2:47.42

**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: 5:06.82 V 4/7/17 VMST

P Miller, L Walker, S Loftus-Charley, B Boslego

1 RESTON MASTERS S A 6:13.87

1) Manheim, Lucy W75 2) Kidd, Sally W56

3) Flynn, Merri W58 4) Bennett, Ruth W71

47.06 1:43.32 2:32.22 3:28.00

4:06.68 4:49.94 5:29.75 6:13.87

**Women 55+ 800 Yard Freestyle Relay**

NATL: 9:04.47 ! 4/28/13 UCLA BRUIN MAST

V HIBBEN, K EINSIDLER, C CIRAULO, J COOK

ZONE:10:38.43 Z 1997 DC Masters

VA:11:40.89 V 1/1/04 VMST

B Schreiner, B Durrant, J Leilich, P Cox

1 RESTON MASTERS S A 11:10.63

1) Moyer, Michelle W55 2) Dawson, Mandy W55

3) Flynn, Merri W58 4) Kirwan, Denise W66

37.60 1:19.18 2:02.10 2:43.95

3:18.54 3:57.93 4:39.12 5:19.47

6:01.01 6:48.42 7:37.66 8:24.33

9:00.80 9:43.44 10:27.59 11:10.63

**Women 55+ 200 Yard Medley Relay**

NATL: 1:59.24 ! 4/29/17 PALM BEACH MAST

K PIPES, C WENZEL, E JONES, K TREIBLE SLATON

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 2:19.10

1) Wolff, Melinda W65 2) Swanson, Vibeke W56

3) Burke, Barbara W56 4) Watts, Sue W63

36.77 1:47.82 2:19.10

2 WARRENTON FAUQUI A 3:02.23

1) Tartt, Judith W69 2) Adams, Blanca W60

3) Landers, Denise W56 4) Ammons, Patricia W71

53.08 1:45.77 3:02.23

3 RESTON MASTERS S A 3:20.13

1) Manheim, Lucy W75 2) Kidd, Sally W56

3) Flynn, Merri W58 4) Bennett, Ruth W71

58.78 2:00.55 2:48.83 3:20.13

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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## Results

**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 VIRGINIA MASTERS	B	5:46.19V
1) Barry, Marcia W69	2) Speer, Nancy W55	
3) Miller, Patricia W57	4) Jaeger, Debbie W55	
43.30	1:27.81	2:11.73
3:41.75	4:32.46	5:07.74
		5:46.19

**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 PATRIOT MASTERS	A	1:36.79
1) Xu, Tim M27	2) Mucker, Vincent M40	
3) Kendall, Cody M29	4) Littles, Jonathan M24	
26.19	51.31	1:14.92
		1:36.79

**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 CLUB TRIBE	A	3:04.86Z
1) Greenhalgh, Andrew M22	2) Bureau, Lucas M23	
3) Loughran, Kyle M30	4) Gallagher, Kevin M30	
23.08	47.36	1:08.01
1:54.36	2:19.44	2:40.82
		3:04.86

**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 CLUB TRIBE	A	6:53.52!
1) Bureau, Lucas M23	2) Henderson, James M23	
3) Glass, Austin M23	4) Greenhalgh, Andrew M22	
23.12	48.21	1:14.10
2:31.22		2:58.49
3:49.25	4:15.76	4:43.80
5:36.45	6:01.98	6:27.79
		6:53.52

**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	1:36.73Z
1) Henderson, James M23	2) Head, Carter M24	
3) Glass, Austin M23	4) Bureau, Lucas M23	
24.78	52.75	1:16.21
		1:36.73
2 PATRIOT MASTERS	A	1:37.27Z
1) Chestnut, Eric M24	2) Wolfe, Ryan M25	
3) Littles, Jonathan M24	4) Chestnut, Michael M26	
25.02	52.37	1:15.89
		1:37.27
3 CLUB TRIBE	D	1:55.54
1) Earle, Daniel M46	2) Stamps, Nathan M26	
3) Rockwell, John M43	4) Lukacsy, Brian M23	
29.55	1:02.45	1:30.52
		1:55.54
4 FREEDOM AQUATIC	A	2:30.29
1) Shinaishin, Omar M18	2) Shinaishin, Ahmed M50	
3) Segmuller, Hermann M52	4) Arnold, Scott M58	
34.56	1:15.94	2:02.60
		2:30.29

**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 CLUB TRIBE	B	3:58.49V
1) Slater, Douglas M60	2) Head, Carter M24	
3) Gass, Kraig M38	4) Stamps, Nathan M26	
29.60	1:00.67	1:29.12
2:29.28	3:03.92	3:29.53
		3:58.49
2 PATRIOT MASTERS	A	4:11.87
1) Jones, Mark M55	2) Wolfe, Ryan M25	
3) Xu, Tim M27	4) Gordon, Joshua M22	
34.84	1:10.43	1:38.26
2:26.01	3:09.86	3:39.27
		4:11.87

**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 4/8/17

Club Tribe / FXCM

VA: 1:25.89 V 4/27/17

DDP

J Hicks, T Martin, J Fowler, G Meyer

1 CLUB TRIBE	A	1:24.75V
1) Gallagher, Kevin M30	2) Loughran, Kyle M30	
3) Fay, Christopher M29	4) Glass, Sidney M26	
21.01	42.32	1:03.49
		1:24.75
2 ALEXANDRIA MASTE	A	1:31.96
1) McHenry, Scott M26	2) Jent, Daniel M40	
3) Brado, Matthew M38	4) McCafferty, Jacob M33	
21.80	45.75	1:10.02
		1:31.96

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Men 25+ 200 Yard Freestyle Relay)**

3	DISTRICT OF COLU	A		1:43.09
	1) Barrett, Patrick M37		2) Moon, WonKee M43	
	3) Dawson, Logan M27		4) Fitts, Marcus M29	
	25.61	50.75	1:16.95	1:43.09
4	RESTON MASTERS S	C		1:47.11
	1) Baldwin, Craig M43		2) Hanford, Jeremy M36	
	3) Thomasian, Aram M32		4) Koons, Andrew M25	
	24.66	51.59	1:20.97	1:47.11

**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: 3:21.37 V 4/7/17 1693

K Gallagher, K Loughran, S Hensley, L Robbins

1	ALEXANDRIA MASTE	A		3:33.64
	1) McHenry, Scott M26		2) Bingaman, Cory M43	
	3) Taylor, Tim M31		4) Jent, Daniel M40	
	23.42	48.03	1:14.42	1:43.10
	2:10.01	2:39.74	3:04.83	3:33.64
2	UMAC-TERRAPIN MA	A		3:40.01
	1) Oloughlin, Jonathan M34		2) Romack, Dave M40	
	3) Strahota, Jeffrey M37		4) Laplante, Brett M29	
	26.75	56.59	1:23.06	1:52.29
	2:18.18	2:46.43	3:11.96	3:40.01
3	MERRITT MARLINS	A		3:42.16
	1) Joubert, Kevin M45		2) Kirby, Devin M30	
	3) DeZago, Christopher M35		4) Wyatt, Haydon M27	
	28.51	57.96	1:25.17	1:56.10
	2:21.48	2:49.79	3:13.53	3:42.16
4	PATRIOT MASTERS	A		3:55.06
	1) Jones, Mark M55		2) Mucker, Vincent M40	
	3) Xu, Tim M27		4) Grecco, Paul M57	
	28.27	58.60	1:25.83	1:57.14
	2:26.32	2:59.46	3:25.87	3:55.06

**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		7:55.84
	1) McHenry, Scott M26		2) Bingaman, Cory M43	
	3) Jent, Daniel M40		4) Brado, Matthew M38	
	24.51	51.84	1:19.33	1:46.86
	2:14.83	2:45.25	3:16.96	3:49.46
	4:16.60	4:47.95	5:20.02	
	6:20.67	6:51.22	7:22.83	7:55.84

2	UMAC-TERRAPIN MA	A		8:07.85
	1) Oloughlin, Jonathan M34		2) Goodison, Michael M46	
	3) Laplante, Brett M29		4) Romack, Dave M40	
	27.90	59.52	1:32.41	2:05.57
	2:33.13	3:04.83	3:37.32	4:09.36
	4:35.84	5:04.63	5:34.74	6:06.21
	6:22.70	7:02.98	7:35.06	8:07.85
3	MERRITT MARLINS	A		9:40.18
	1) Burgess, Douglas M61		2) Joubert, Kevin M45	
	3) Connell, Allan M28		4) VanRoden, Jack M27	
	36.42	1:20.32	2:09.65	2:54.20
	3:24.47	3:59.98	4:37.62	5:14.60
	5:45.90	6:20.78	6:56.68	7:32.72
	7:59.86	8:32.27	9:06.03	9:40.18

**Men 25+ 200 Yard Medley Relay**

NATL: 1:27.81 ! 4/29/17 GOLDEN ROAD AQU

R LOCHTE, M ALEXANDROV, T COX, L PECHMANN

ZONE: 1:35.91 Z 1999 Ancient Mariners

VA: 1:36.23 V 4/27/17 DDP

J Hicks, A Nester, J Fowler, G Meyer

1	CLUB TRIBE	B		1:34.71Z
	1) Glass, Sidney M26		2) Fay, Christopher M29	
	3) Elsaesser, Evan M33		4) Bulakul, Sirin M30	
	24.09	50.58	1:13.32	1:34.71
2	ALEXANDRIA MASTE	A		1:43.65
	1) McCafferty, Jacob M33		2) McHenry, Scott M26	
	3) Hastings, Corey M42		4) Jent, Daniel M40	
	25.76	52.68	1:20.17	1:43.65
3	PATRIOT MASTERS	B		1:48.50
	1) Krajewski, Thomas M39		2) Williams, Stuart M37	
	3) Jones, Mark M55		4) Kendall, Cody M29	
	27.04	56.29	1:24.90	1:48.50
4	VIRGINIA MASTERS	A		1:57.74
	1) Harris, Gregory M54		2) Chenault, Robert M55	
	3) Snyder, Scott M29		4) Nelson, Bill M65	
	28.53	59.94	1:57.74	

**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	CLUB TRIBE	A		3:45.52V
	1) Bulakul, Sirin M30		2) Williams, Rich M42	
	3) Elsaesser, Evan M33		4) Lovett, Michael M40	
	27.63	57.59	1:27.26	2:01.27
	2:25.48	2:54.37	3:18.54	3:45.52
2	DISTRICT OF COLU	A		4:01.20
	1) Barrett, Patrick M37		2) Williams, Neill M50	
	3) Dawson, Logan M27		4) Fitts, Marcus M29	
	29.08	1:00.10	1:29.93	2:02.63
	2:31.68	3:06.58	3:32.38	4:01.20

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**(Men 25+ 400 Yard Medley Relay)**

3	RESTON MASTERS S	B	4:21.07
1)	Baldwin, Craig M43	2)	Hanford, Jeremy M36
3)	Thomasian, Aram M32	4)	Koons, Andrew M25
	31.98	1:06.17	1:39.46
	2:47.33	3:23.90	3:50.83
			4:21.07

**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 BUCKS FA	A	1:43.56
1)	Crossland, Jerry M61	2)	Reynolds, Sean M49
3)	Hegna, Ryan M37	4)	Gambale, Michael M46
	26.66	53.64	1:18.86
			1:43.56
2	DISTRICT OF COLU	B	1:45.32
1)	Grasha, Eric M42	2)	Czander, Eric M52
3)	Dever, Frederick M52	4)	Williams, Neill M50
	25.17	52.69	1:20.91
			1:45.32
3	RESTON MASTERS S	B	2:14.99
1)	Eliot, Doug M53	2)	Evans, Brian M53
3)	Wynes, Anthony M48	4)	Gwilliam, Glenn M39
	27.52	1:13.82	1:29.33
			2:14.99

**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: 3:29.37 V 4/7/17 1693

**R Williams, D Earle, M Nilson, M Lovett**

1	CLUB TRIBE	B	3:38.62
1)	Rockwell, John M43	2)	Gass, Kraig M38
3)	Earle, Daniel M46	4)	Lesnewsy, Erik M35
	26.77	55.51	1:20.69
	2:17.04	2:45.39	3:11.06
			3:38.62
2	LANE 4 SWIMMING	A	3:42.48
1)	Woodworth, Scott M41	2)	House, Christopher M54
3)	Bower, Matthew M43	4)	Ellis, Brian M50
	27.38	56.71	1:24.38
	2:18.19	2:45.42	3:12.17
			3:42.48
3	CENTRAL BUCKS FA	A	3:45.55
1)	Gambale, Michael M46	2)	Crossland, Jerry M61
3)	Reynolds, Sean M49	4)	Hegna, Ryan M37
	27.85	56.70	1:23.70
	2:20.23	2:51.72	3:16.88
			3:45.55
4	SPRING VALLEY YM	A	3:46.72
1)	Sangmeister, Gary M47	2)	Gross, Jeremy M46
3)	Boris, Joseph M38	4)	Houchins, Bradford M40
	26.05	54.65	1:20.82
	2:18.12	2:49.46	3:17.15
			3:46.72

5	RESTON MASTERS S	C	3:51.57
1)	Baldwin, Craig M43	2)	Hanford, Jeremy M36
3)	Gwilliam, Glenn M39	4)	Eliot, Doug M53
	26.25	53.50	1:21.21
	2:20.55	2:51.13	3:20.15
			3:51.57

**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	CLUB TRIBE	B	8:16.59V
1)	Gass, Kraig M38	2)	Rockwell, John M43
3)	Lesnewsy, Erik M35	4)	Earle, Daniel M46
	29.39	1:00.55	1:33.13
	2:33.99	3:04.61	3:37.06
	4:37.44	5:09.11	5:41.40
	7:13.52	7:45.10	8:16.59
2	SPRING VALLEY YM	A	8:28.62
1)	Gross, Jeremy M46	2)	Houchins, Bradford M40
3)	Boris, Joseph M38	4)	Dryburgh, Andrew M37
	27.67	58.06	1:29.89
	2:31.08	3:04.82	3:40.22
	4:43.36	5:16.42	5:50.43
	6:50.82	7:22.57	7:55.52
			8:28.62
3	CENTRAL BUCKS FA	A	8:44.25
1)	Reynolds, Sean M49	2)	Hegna, Ryan M37
3)	Gambale, Michael M46	4)	Crossland, Jerry M61
	30.70	1:05.19	1:41.14
	2:43.33	3:15.02	3:49.24
	4:53.29	5:26.04	5:59.61
	7:03.83	7:36.91	8:10.89
			8:44.25
4	RESTON MASTERS S	A	11:05.87
1)	Eliot, Doug M53	2)	Evans, Brian M53
3)	Wynes, Anthony M48	4)	Gwilliam, Glenn M39
	31.91	1:06.84	1:42.36
	3:04.61	3:59.05	4:56.36
	6:27.30	7:09.32	7:52.98
	9:10.06	9:47.60	11:05.87

**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	LANE 4 SWIMMING	A	1:53.51
1)	Woodworth, Scott M41	2)	Bower, Matthew M43
3)	Ellis, Brian M50	4)	House, Christopher M54
	29.13	59.36	1:27.01
			1:53.51
2	RESTON MASTERS S	C	1:58.15
1)	Baldwin, Craig M43	2)	Hanford, Jeremy M36
3)	Gwilliam, Glenn M39	4)	Eliot, Doug M53
	28.72	1:01.21	1:31.77
			1:58.15

**2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002**

George Mason University, Fairfax, VA

**Results****(Men 35+ 200 Yard Medley Relay)**

3	CENTRAL BUCKS FA	A		2:01.50
	1) Crossland, Jerry M61	2) Reynolds, Sean M49		
	3) Gambale, Michael M46	4) Hegna, Ryan M37		
	32.32	1:07.85	1:36.23	2:01.50
---	CLUB TRIBE	C		DQ
	1) Slater, Douglas M60	2) Williams, Rich M42		
	3) Lovett, Michael M40	4) Maholchic, Adrian M41		
	28.02	56.12	1:19.79	DQ

**Men 35+ 400 Yard Medley Relay**

NATL: 3:28.46 ! 3/5/09 LONGHORN AQUATI

A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA

ZONE: 3:45.77 Z 4/8/17 Club Tribe

J Rockwell, R Williams, M Nilson, M Lovett

VA: 3:45.77 V 4/7/17 1693

J Rockwell, R Williams, M Nilson, M Lovett

1	LANE 4 SWIMMING	A		4:11.08
	1) Grill, Michael M49	2) Bower, Matthew M43		
	3) Ellis, Brian M50	4) House, Christopher M54		
	32.24	1:05.79	1:36.59	2:12.62
	2:40.96	3:14.69	3:42.75	4:11.08
2	DISTRICT OF COLU	B		4:14.19
	1) Czander, Eric M52	2) Moon, WonKee M43		
	3) Dever, Frederick M52	4) Grasha, Eric M42		
	34.65	1:10.45	1:41.38	2:16.67
	2:46.32	3:20.35	3:45.95	4:14.19
3	CENTRAL BUCKS FA	A		4:23.74
	1) Crossland, Jerry M61	2) Hegna, Ryan M37		
	3) Gambale, Michael M46	4) Reynolds, Sean M49		
	32.70	1:06.16	1:39.48	2:18.01
	2:47.46	3:23.73	3:52.43	4:23.74

**Men 45+ 200 Yard Freestyle Relay**

NATL: 1:27.70 ! 5/4/08 ARIZONA MASTERS

JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH

ZONE: 1:32.95 Z 4/8/17 Spring Valley YMCA Master

J Gross, G Sangmeister, J Evans, J McGuire

VA: 1:36.57 V 4/28/16 VMST

G Harris, K Sprenger, D Vaughn, K Clear

1	SPRING VALLEY YM	A		1:32.30Z
	1) Gross, Jeremy M46	2) Sangmeister, Gary M47		
	3) Evans, Jeffrey M52	4) Rees, Greg M48		
	22.60	46.20	1:09.48	1:32.30
2	VIRGINIA MASTERS	A		1:55.41
	1) Belfit, Scott M66	2) Harris, Gregory M54		
	3) Chenault, Robert M55	4) Romo, Robert M59		
	35.10	58.80	1:26.63	1:55.41
3	DISTRICT OF COLU	C		2:07.74
	1) Massonneau, Christopher M	2) Franz, Craig M65		
	3) Haddan, Barry M67	4) Amezcua, David M49		
	35.70	1:02.99	1:20.03	2:07.74

**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

VA: 3:42.85 V 4/7/17

VMST

K Clear, G Harris, L Tudor, K Sprenger

1	DISTRICT OF COLU	A		4:30.98
	1) Williams, Neill M50	2) Franz, Craig M65		
	3) Haddan, Barry M67	4) Amezcua, David M49		
	26.06	54.29	1:26.39	1:59.49
	2:34.42	3:17.51	3:51.50	4:30.98
2	GERMANTOWN MARYL	A		5:05.03
	1) Tomson, Farol M46	2) Wright, Stephen M68		
	3) Boyle, Michael M66	4) Walters, Mark M65		
	29.52	1:04.61	1:38.58	2:16.53
	2:59.43	3:45.86	4:23.80	5:05.03
3	RESTON MASTERS S	B		5:26.54
	1) Sickenberger, William M58	2) Osinovsky, Alex M54		
	3) Wynes, Anthony M48	4) Nobbe, Nick M79		
	34.38	1:11.31		
	2:58.15	3:38.78	4:31.51	5:26.54

**Men 45+ 200 Yard Medley Relay**

NATL: 1:36.56 ! 5/23/10

GEORGIA MASTERS

E ERICSON, C WEISSMAN, B BUGG, M ELLISON

ZONE: 1:44.79 Z 4/9/17

Spring Valley YMCA Master

J Evans, G Sangmeister, J Gross, J McGuire

VA: 1:48.04 V 4/28/16

VMST

K Clear, G Harris, L Tudor, T Johnson

1	SPRING VALLEY YM	A		1:42.32Z
	1) Rees, Greg M48	2) Sangmeister, Gary M47		
	3) Evans, Jeffrey M52	4) Gross, Jeremy M46		
	27.77	55.50	1:20.13	1:42.32
2	CENTRAL MARYLAND	A		2:03.02
	1) Jacobson, Michael M49	2) Canaday, Brent M47		
	3) Ruckdeschel, Jonathan M49	4) Toy, Raymond M51		
	31.34	1:06.11	1:32.88	2:03.02
3	DISTRICT OF COLU	A		2:12.83
	1) Williams, Neill M50	2) Amezcua, David M49		
	3) Haddan, Barry M67	4) Franz, Craig M65		
	27.03	1:04.03	1:42.73	2:12.83
4	RESTON MASTERS S	B		2:40.64
	1) Sickenberger, William M58	2) Osinovsky, Alex M54		
	3) Wynes, Anthony M48	4) Pilette, Sterling M76		
		1:20.29	1:40.43	2:40.64

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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 Master

G Rees, G Sangmeister, J Evans, J McGuire

VA: 4:18.48 V 4/7/17 VMST

**K Clear, L Tudor, G Harris, K Sprenger**

1	SPRING VALLEY YM	A		4:07.73
	1) Rees, Greg M48	2) Sangmeister, Gary M47		
	3) Evans, Jeffrey M52	4) Gross, Jeremy M46		
	31.37 1:04.20	1:36.65 2:13.43		
	2:41.67 3:13.01	3:39.33 4:07.73		
2	VIRGINIA MASTERS	A		5:06.13
	1) Miller, Jim M67	2) Chenault, Robert M55		
	3) Harris, Gregory M54	4) Frogley, Christopher M74		
	44.56 1:29.94	2:03.52 2:39.37		
	3:09.12 3:45.32	4:24.48 5:06.13		
3	DISTRICT OF COLU	C		5:30.36
	1) Massonneau, Christopher M	2) Amezcua, David M49		
	3) Haddan, Barry M67	4) Franz, Craig M65		
	42.86 1:25.92	2:03.72 2:46.80		
	3:28.91 4:23.56	4:55.87 5:30.36		

**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		1:53.54
	1) Reilly, Jeff M56	2) Dougherty, Stephen M66		
	3) Meyer, Geoffrey M66	4) Keyser, Brian M61		
	28.64 59.50	1:26.71 1:53.54		
2	RESTON MASTERS S	A		2:16.20
	1) Moyer, Steven M60	2) Sickenberger, William M58		
	3) Paulson, Laurence M69	4) Raful, Mitchell M56		
	1:02.18 2:16.20			

**Men 55+ 400 Yard Freestyle Relay**

NATL: 3:28.26 ! 3/28/15 CMS

K ANDERSON, M MANN, C PETERSEN, G SCOTT

ZONE: 3:43.13 Z 4/17/11 Colonials 1776

J Martin, S Dougherty, G Meyer, P Trevisan

VA: 4:11.76 V 4/11/03 VMST

**A Wolfe, W Bacon, E Gaulrapp, J Schlitz**

1	RESTON MASTERS S	A		5:41.55
	1) Moyer, Steven M60	2) Pilette, Sterling M76		
	3) Paulson, Laurence M69	4) Raful, Mitchell M56		
	34.36 1:12.75	1:57.21 2:46.12		
	3:26.68 4:12.15	4:28.02 5:41.55		

**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	RESTON MASTERS S	A		3:19.28
	1) Moyer, Steven M60	2) Paulson, Laurence M69		
	3) Raful, Mitchell M56	4) Nobbe, Nick M79		
	43.70 1:43.48	2:49.62 3:19.28		

**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	RESTON MASTERS S	A		6:36.57
	1) Moyer, Steven M60	2) Sickenberger, William M58		
	3) Paulson, Laurence M69	4) Raful, Mitchell M56		
	45.85 1:38.45	3:19.39		
		5:49.11 6:36.57		

**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 Tea

VA: 5:01.35 V 4/11/08 VMST

**H Sober, W Brundage, A Wolfe, E Gaulrapp**

1	GERMANTOWN MARYL	A		5:48.71
	1) Wright, Stephen M68	2) Greger, Ronald M73		
	3) Walters, Mark M65	4) Boyle, Michael M66		
	38.70 1:19.39	2:07.57 2:57.17		
	3:14.14 3:34.28	4:17.54 5:48.71		

**Men 75+ 200 Yard Freestyle Relay**

NATL: 1:57.74 ! 4/11/14 GOLD COAST MAST

A MORROW, D MCINTYRE, A HAMADA, D PAINTER

ZONE: 3:03.29 Z 4/17/11 VMST

VA: 2:55.35 V 4/26/12 VMST

**Francis Hall, Thomas Lyons, Carl Russ, Owen Maher**

1	VIRGINIA MASTERS	B		2:07.86V
	1) Sober, Harry M75	2) Gaulrapp, Edward M75		
	3) Novell, Ken M75	4) Wise, Randolph M76		
	29.11 1:05.44	1:35.17 2:07.86		

**Men 75+ 400 Yard Freestyle Relay**

NATL: 4:57.61 ! 5/3/08 ILLINOIS MASTER

W LEENGRAN, F LEHMAN, S MULLINS, T BANFIELD

1	VIRGINIA MASTERS	A		4:53.92!
	1) Sober, Harry M75	2) Gaulrapp, Edward M75		
	3) Wise, Randolph M76	4) Novell, Ken M75		
	31.93 1:07.70	1:45.64 2:27.19		
	3:04.62 3:42.76	4:16.23 4:53.92		

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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**Men 75+ 200 Yard Medley Relay**

NATL: 2:17.11 ! 4/12/14 SARASOTA Y SHAR

B JONES, M SANGUILY, J SMITH, T VERTH

VA: 3:08.55 V 4/26/12 VMST

A Newbury, T Lyons, O Maher, C Russ

1 VIRGINIA MASTERS	B	2:23.92V
1) Sober, Harry M75	2) Gaulrapp, Edward M75	
3) Wise, Randolph M76	4) Novell, Ken M75	
38.52	1:20.40	1:53.78 2:23.92

**Men 75+ 400 Yard Medley Relay**

NATL: 5:49.57 ! 4/18/10 WALNUT CREEK MA

D BROWN, N STUFFEL, S MORNER, R MAYO

1 VIRGINIA MASTERS	B	6:42.67
1) Sober, Harry M75	2) Gaulrapp, Edward M75	
3) Novell, Ken M75	4) Wise, Randolph M76	
43.51	1:32.74	2:23.17 3:21.67
4:14.89	5:16.87	6:42.67

**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 CLUB TRIBE	A	1:29.21Z
1) Bureau, Lucas M23	2) Shaner, Sara W26	
3) Gallagher, Kevin M30	4) Mizerak, Gabrielle W26	
20.24	44.38	1:04.91 1:29.21
2 CENTRAL BUCKS FA	A	1:43.10
1) Gambale, Michael M46	2) Booth, Gretchen W47	
3) Halner, Kristina W23	4) Hegna, Ryan M37	
25.11	52.26	1:19.76 1:43.10
3 ARLINGTON MASTER	A	1:47.83
1) Shu, Jack M25	2) Duarte, Ana W28	
3) Mathey Lambeth, Alison W	4) Frederick, Aaron M24	
32.53	55.68	1:24.30 1:47.83
4 CLUB TRIBE	D	1:50.38
1) Head, Carter M24	2) Davidson, Julia W41	
3) Lovett, Lindsay W39	4) Lesnewsky, Erik M35	
23.06	52.37	1:25.84 1:50.38
5 RESTON MASTERS S	C	2:16.53
1) Kidd, Sally W56	2) Wynes, Anthony M48	
3) Romero, Sharon W23	4) Koons, Andrew M25	
46.94	1:19.99	1:51.48 2:16.53

**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 CLUB TRIBE	A	3:27.67Z
1) Henderson, James M23	2) Wujciak, Anna W23	
3) Greene, Shannon W32	4) Gallagher, Kevin M30	
23.24	48.16	1:13.91 1:41.94
2:09.85	2:40.61	3:02.78 3:27.67
2 ALEXANDRIA MASTE	A	3:31.64
1) McHenry, Scott M26	2) Bade, Marian W23	
3) Macedonia, Anna W28	4) McCafferty, Jacob M33	
22.72	47.84	1:16.78 1:48.52
2:13.77	2:42.37	3:05.72 3:31.64
3 CENTRAL BUCKS FA	A	3:47.65
1) Halner, Kristina W23	2) Booth, Gretchen W47	
3) Hegna, Ryan M37	4) Gambale, Michael M46	
28.17	58.70	1:26.81 1:57.89
2:23.48	2:51.32	3:18.05 3:47.65
4 CLUB TRIBE	C	3:48.33
1) Elsaesser, Evan M33	2) Restrepo, Marie W55	
3) Head, Carter M24	4) Dickhudt, Mackenzie W23	
24.48	50.49	1:20.00 1:55.26
2:19.05	2:45.17	3:15.23 3:48.33

**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 CLUB TRIBE	A	7:21.24!
1) Greenhalgh, Andrew M22	2) Ryczek, Emily W24	
3) Henderson, James M23	4) Wujciak, Anna W23	
23.96	49.34	1:15.01 1:40.71
2:07.66	2:37.64	3:08.17 3:39.32
4:03.18	4:30.43	4:58.29 5:25.67
5:52.26	6:21.87	6:51.52 7:21.24
2 FINS AQUATICS CL	A	7:28.75!
1) Duval, Marcus M26	2) Shaw, Margaret W23	
3) Hernandez, Grace W22	4) Corcoran, Ryan M30	
25.35	52.59	1:20.18 1:47.78
2:14.73	2:45.02	3:16.04 3:46.92
4:13.34	4:42.36	5:11.66 5:40.61
6:04.83	6:32.80	7:01.54 7:28.75
3 ALEXANDRIA MASTE	B	8:08.37
1) McHenry, Scott M26	2) Bade, Marian W23	
3) McWilliams, Katie W34	4) Bingaman, Cory M43	
23.95	50.50	1:17.33 1:44.96
2:14.81	2:48.59	3:23.19 3:57.82
4:26.25	4:58.01	5:30.37 6:02.75
6:29.91	7:01.27	7:33.94 8:08.37

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**(Mixed 18+ 800 Yard Freestyle Relay)**

4	CENTRAL BUCKS FA	A		8:57.02
	1) Halner, Kristina W23	2) Booth, Gretchen W47		
	3) Gambale, Michael M46	4) Hegna, Ryan M37		
	28.79	1:01.04	1:35.46	2:09.94
	2:40.17	3:15.41	3:52.52	4:29.16
	4:59.88	5:34.41	6:09.48	6:44.98
	7:14.17	7:47.85	8:22.63	8:57.02

**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	CLUB TRIBE	A		1:40.68
	1) Glass, Austin M23	2) Schwartz, Laura W23		
	3) Bureau, Lucas M23	4) Ryczek, Emily W24		
	24.22	54.42	1:16.25	1:40.68
2	PATRIOT MASTERS	A		1:48.16
	1) Reiffenberger, Megan W23	2) Rosenburg, Kaleigh W22		
	3) Chestnut, Eric M24	4) Littles, Jonathan M24		
	31.78	1:02.67	1:26.44	1:48.16
3	CENTRAL BUCKS FA	A		1:57.12
	1) Booth, Gretchen W47	2) Hegna, Ryan M37		
	3) Gambale, Michael M46	4) Halner, Kristina W23		
	29.66	1:02.62	1:30.14	1:57.12
4	ALEXANDRIA MASTE	A		2:10.06
	1) Taylor, Tim M31	2) Taylor, Alaina W36		
	3) Bales, Paul M59	4) Enright, Schuyler W22		
	31.39	1:11.78	1:40.60	2:10.06
5	FREEDOM AQUATIC	A		2:19.00
	1) Cameron, Terri W53	2) Shinaishin, Omar M18		
	3) Algera, Bonnie W41	4) Thompson, Jeffery M53		
	39.93	1:18.04	1:52.52	2:19.00
6	RESTON MASTERS S	C		3:04.29
	1) Kidd, Sally W56	2) Wynes, Anthony M48		
	3) Romero, Sharon W23	4) Nobbe, Nick M79		
	1:41.26	2:15.11	3:04.29	

**Mixed 18+ 400 Yard Medley Relay**

NATL: 3:41.63 ! 1/14/18 MICHIGAN MASTER

M KLUEH, P ASCHAN, A HELANDER, A WOODS

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		3:41.42!
	1) Glass, Sidney M26	2) Schwartz, Laura W23		
	3) Glass, Austin M23	4) Grier, Katie W39		
	25.05	51.63	1:22.50	1:57.22
	2:21.13	2:49.27	3:13.95	3:41.42
2	PATRIOT MASTERS	B		4:04.10
	1) Rosenburg, Kaleigh W22	2) Barrett, Rachelle W29		
	3) Littles, Jonathan M24	4) Krajewski, Thomas M39		
	30.50	1:02.17	1:37.52	2:17.84
	2:43.33	3:12.53	3:35.88	4:04.10

3	CENTRAL BUCKS FA	A		4:13.87
	1) Booth, Gretchen W47	2) Hegna, Ryan M37		
	3) Gambale, Michael M46	4) Halner, Kristina W23		
	31.59	1:05.14	1:37.01	2:13.55
	2:41.80	3:15.38	3:42.94	4:13.87

4	PATRIOT MASTERS	A		4:27.65
	1) Reiffenberger, Megan W23	2) Chestnut, Michael M26		
	3) Grecco, Paul M57	4) Thompson, Kim W54		
	32.55	1:08.52	1:34.77	2:06.52
	2:37.90	3:18.62	3:51.51	4:27.65

**Mixed 25+ 200 Yard Freestyle Relay**

NATL: 1:27.70 ! 4/28/17 THE OLYMPIC CLU

M BALLENGER, K RAATZ, M MARSHALL, S GREENWOOD

ZONE: 1:34.48 Z 4/26/09 Curl-Burke Swim Club

VA: 1:34.46 V 3/17/18 1693

K Gallagher, G Mizerak, K Loughran, K Grier

1	CLUB TRIBE	B		1:37.86
	1) Elsaesser, Evan M33	2) Restrepo, Marie W55		
	3) Minzenmayer, Ellen W29	4) Fay, Christopher M29		
	22.71	50.31	1:16.87	1:37.86
2	VIRGINIA MASTERS	A		1:38.11
	1) Snyder, Scott M29	2) Letendre, Denise W29		
	3) Geroni, Deidre W27	4) Harris, Gregory M54		
	23.31	49.48	1:15.19	1:38.11
3	ALEXANDRIA MASTE	A		1:42.57
	1) McHenry, Scott M26	2) Bowdring, Katherine W60		
	3) McWilliams, Katie W34	4) Jent, Daniel M40		
	21.91	52.31	1:19.12	1:42.57
4	MERRITT MARLINS	A		1:54.22
	1) Long, Uliana W32	2) Brown, Ann W55		
	3) Connell, Allan M28	4) VanRoden, Jack M27		
	26.77	56.81	1:30.84	1:54.22
5	SPRING VALLEY YM	A		1:58.96
	1) Mahaney, Melanie W27	2) Boris, Stephanie W38		
	3) Dryburgh, Andrew M37	4) Boris, Joseph M38		
	31.06	1:02.07	1:29.16	1:58.96

**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: 3:19.84 Z 4/8/17 Club Tribe

M Falcone, K Loughran, S Shaner, K Gallagher

VA: 3:19.84 V 4/7/17 1693

M Falcone, K Loughran, S Shaner, K Gallagher

1	CLUB TRIBE	B		3:36.30
	1) Bulakul, Sirin M30	2) Minzenmayer, Ellen W29		
	3) Choe, Michele W40	4) Loughran, Kyle M30		
	24.38	49.50	1:17.34	1:48.42
	2:16.32	2:48.39	3:11.09	3:36.30
2	ALEXANDRIA MASTE	B		3:45.72
	1) Jent, Daniel M40	2) Gauzens, Stephanie W34		
	3) McWilliams, Katie W34	4) Taylor, Tim M31		
	25.40	53.84	1:21.76	1:52.53
	2:19.60	2:49.21	3:15.51	3:45.72

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

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**(Mixed 25+ 400 Yard Freestyle Relay)**

3	SPRING VALLEY YM	A		4:00.49
	1) Mahaney, Melanie W27	2) Boris, Stephanie W38		
	3) Boris, Joseph M38	4) Evans, Jeffrey M52		
	28.46	59.33	1:30.39	
	2:33.24	3:04.46	3:31.40	4:00.49
4	RESTON MASTERS S	D		4:32.93
	1) Koons, Andrew M25	2) Thomasian, Aram M32		
	3) McNamara, Beth W52	4) Sickenberger, Phyllis W54		
	31.79	1:04.34	1:42.20	
	2:58.13	3:36.90	4:03.62	4:32.93

**Mixed 25+ 800 Yard Freestyle Relay**

NATL: 7:20.49 ! 4/9/17 CLUB TRIBE

**M FALCONE, K GRIER, L ROBBINS, K GALLAGHER**

ZONE: 7:20.49 Z 4/9/17 Club Tribe

**M Falcone, K Grier, L Robbins, K Gallagher**

VA: 7:20.49 V 4/7/17 1693

**M Falcone, K Grier, L Robbins, K Gallagher**

1	SPRING VALLEY YM	A		9:32.11
	1) Mahaney, Melanie W27	2) Boris, Stephanie W38		
	3) Evans, Jeffrey M52	4) Dryburgh, Andrew M37		
	32.52	1:07.53	1:43.38	2:18.86
	2:54.05	3:32.93	4:13.09	4:54.11
	5:25.23	6:00.22	6:36.06	7:11.74
	7:44.11	8:20.22	8:56.53	9:32.11
2	RESTON MASTERS S	B		10:03.03
	1) Koons, Andrew M25	2) Hanford, Jeremy M36		
	3) McNamara, Beth W52	4) Sickenberger, Phyllis W54		
	28.50	59.00	1:30.72	2:02.37
	2:33.39	3:07.26	3:44.47	4:21.90
	4:58.52	5:39.82	6:23.03	7:05.46
	7:43.74	8:27.14	9:14.16	10:03.03

**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	CLUB TRIBE	B		1:39.63Z
	1) Glass, Sidney M26	2) Fay, Christopher M29		
	3) Mizerak, Gabrielle W26	4) Shaner, Sara W26		
	23.60	50.14	1:15.67	1:39.63
2	ALEXANDRIA MASTE	B		1:51.81
	1) Aepli, Lauren W30	2) McHenry, Scott M26		
	3) Jakubchak, Lindsey W35	4) Jent, Daniel M40		
	31.29	58.93	1:27.93	1:51.81
3	SPRING VALLEY YM	A		1:54.88
	1) Mahaney, Melanie W27	2) Houchins, Bradford M40		
	3) Dryburgh, Andrew M37	4) Boris, Stephanie W38		
	30.94	1:00.02	1:27.22	1:54.88
4	CLUB TRIBE	D		1:56.45
	1) Slater, Douglas M60	2) Maqueda, Victoria W25		
	3) Lesnewsky, Erik M35	4) Davidson, Julia W41		
	28.24	1:00.47	1:56.45	

5	MERRITT MARLINS	A		2:05.98
	1) Connell, Allan M28	2) Long, Uliana W32		
	3) Norris, Kate W57	4) VanRoden, Jack M27		
	29.56	1:08.03	1:43.17	2:05.98

**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	CLUB TRIBE	B		4:01.02
	1) Bulakul, Sirin M30	2) Maqueda, Victoria W25		
	3) Greene, Shannon W32	4) Loughran, Kyle M30		
	27.60	57.46	1:29.58	2:07.38
	2:37.31	3:12.69	3:35.86	4:01.02
2	ALEXANDRIA MASTE	A		4:04.58
	1) McCafferty, Jacob M33	2) Taylor, Tim M31		
	3) Gauzens, Stephanie W34	4) Macedonia, Anna W28		
	27.15	55.89	1:28.24	2:05.44
	2:36.03	3:11.27	3:36.14	4:04.58
3	SPRING VALLEY YM	A		4:55.34
	1) Mahaney, Melanie W27	2) Houchins, Bradford M40		
	3) Dryburgh, Andrew M37	4) Boris, Stephanie W38		
	38.78	1:19.29	1:57.67	2:38.74
	3:10.21	3:45.93	4:19.04	4:55.34

**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	C		1:38.21
	1) Williams, Rich M42	2) Lovett, Michael M40		
	3) Choe, Michele W40	4) Gass, Krista W39		
	23.45	45.89	1:12.61	1:38.21
2	ALEXANDRIA MASTE	B		1:58.21
	1) Bales, Paul M59	2) Jullien, Kate W39		
	3) Bershok, Rhonda W53	4) Bingaman, Cory M43		
	26.21	59.60	1:15.76	1:58.21
3	FREEDOM AQUATIC	A		2:01.08
	1) Cameron, Terri W53	2) Shinaishin, Ahmed M50		
	3) Algera, Bonnie W41	4) Arnold, Scott M58		
	33.88	1:04.05	1:33.43	2:01.08

**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		4:06.43
	1) Shapiro, Margaret W41	2) Johnson, Mindy W54		
	3) Gwilliam, Glenn M39	4) Baldwin, Craig M43		
	29.92	1:02.48	1:33.39	2:07.21
	2:37.38	3:10.07	3:37.21	4:06.43

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**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	ALEXANDRIA MASTE	A	8:23.87
	1) Brado, Matthew M38	2) Fox, Amy W35	
	3) Jakubchak, Lindsey W35	4) Jent, Daniel M40	
	28.12	58.65	1:30.48
	2:32.90	3:04.88	3:38.73
	4:42.61	5:15.06	5:48.69
	6:49.90	7:20.53	7:52.34
			8:23.87

**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 Mari

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	C	1:45.59
	1) Grier, Katie W39	2) Williams, Rich M42	
	3) Lovett, Michael M40	4) Gass, Krista W39	
	28.42	56.61	1:20.29
			1:45.59

**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	RESTON MASTERS S	B	4:45.59
	1) Shapiro, Margaret W41	2) Baldwin, Craig M43	
	3) Gwilliam, Glenn M39	4) Johnson, Mindy W54	
	35.21	1:12.46	1:44.26
	2:53.77	3:38.35	3:54.12
			4:45.59

**Mixed 45+ 200 Yard Freestyle Relay**

NATL: 1:34.48 ! 5/4/08 ARIZONA MASTERS

J SMITH, M BAILEY, S ROLLINS, P SMITH

ZONE: 1:41.19 Z 4/9/17 Spring Valley YMCA Master

J Della Guardia, G Sangmeister, T Henion, J Gross

VA: 1:39.35 V 4/26/12 VMST

D Malsbury, A Patterson, A Phillips, G Harris

1	RESTON MASTERS S	B	2:09.57
	1) Groves, Lisa W53	2) Osinovsky, Alex M54	
	3) Sickenberger, Phyllis W54	4) Paulson, Laurence M69	
	30.75	1:01.22	1:35.39
			2:09.57
2	VIRGINIA MASTERS	B	2:13.65
	1) Chenault, Robert M55	2) Miller, Patricia W57	
	3) Speer, Nancy W55	4) Bamford, Sherman M53	
	27.34	59.30	1:32.54
			2:13.65
3	WARRENTON FAUQUI	A	2:40.33
	1) Horne, David M75	2) Lehr, Sandra W47	
	3) Landers, Rich M54	4) Landers, Denise W56	
	1:36.82	2:09.02	2:40.33

**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 SwimTea

VA: 3:53.71 V 4/28/16 VMST

G Harris, K Clear, J Kellinger, B Gras Thompson

1	RESTON MASTERS S	B	4:17.04
	1) Sauvage, Marie W48	2) Bass, Amy W47	
	3) Eliot, Doug M53	4) Scoggin, Sam M57	
	31.56	1:10.84	1:36.01
		3:11.17	3:43.03
			4:17.04

**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	A	9:50.11
	1) Sauvage, Marie W48	2) Bass, Amy W47	
	3) Eliot, Doug M53	4) Sickenberger, William M58	
	34.64	1:13.71	1:54.31
			2:34.66
			3:42.17
	5:29.44	6:03.49	6:39.87
	7:51.05	8:31.85	9:11.93
			9:50.11
2	WARRENTON FAUQUI	A	12:55.60
	1) Horne, David M75	2) Lehr, Sandra W47	
	3) Landers, Rich M54	4) Landers, Denise W56	
	1:08.31		3:43.36
			5:08.20
	5:42.39	6:24.61	7:08.68
			7:52.80
	8:29.40	9:09.04	9:51.48
			10:30.29
	11:04.13	11:40.42	12:17.84
			12:55.60

**Mixed 45+ 200 Yard Medley Relay**

NATL: 1:44.02 ! 5/4/08 ARIZONA MASTERS

J SMITH, G MILLS, S ROLLINS, M BAILEY

ZONE: 1:54.82 Z 4/8/17 Spring Valley YMCA Master

J Della Guardia, G Sangmeister, J Gross, T Henion

VA: 1:52.78 V 4/28/16 VMST

K Clear, G Harris, D Hodgert, A Patterson

1	PATRIOT MASTERS	B	2:09.53
	1) Grecco, Paul M57	2) Layton, Katie W45	
	3) Jones, Mark M55	4) Thompson, Kim W54	
	32.53	1:09.87	1:38.88
			2:09.53
2	GERMANTOWN MARYL	A	2:25.54
	1) Andrews, Lynne W70	2) Postma, Terri W48	
	3) Golden, Scott M54	4) Wright, Stephen M68	
			1:23.77
			1:53.53
			2:25.54
3	RESTON MASTERS S	B	2:35.03
	1) Moyer, Michelle W55	2) Sickenberger, Phyllis W54	
	3) Scoggin, Sam M57	4) Sickenberger, William M58	
	43.69	1:27.68	2:03.66
			2:35.03
---	MASTERS AQUATICS	A	DQ
	1) Jin, Yimin W53	2) Weil, Wendy W59	
	3) Dwyer, Cecelia W56	4) Clark, Ted M55	
	36.13	1:14.58	1:49.94
			DQ

## 2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002

George Mason University, Fairfax, VA

## Results

**Mixed 55+ 200 Yard Freestyle Relay**

NATL: 1:38.64 ! 4/9/17 NORTH CAROLINA

F MCEACHRAN, N CLARK, S WALSH, J KLEIN

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	COLONIALS 1776	A		2:12.14
	1) Figenshu, Susan W63		2) Kremzier, James M71	
	3) Dougherty, Stephen M66		4) Burke, Barbara W56	
	34.91	1:11.64	1:41.99	2:12.14

**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	A		4:41.74
	1) Chenault, Robert M55		2) Speer, Nancy W55	
	3) Miller, Jim M67		4) Lyttle, Ann W70	
	29.85	1:01.21	1:35.83	2:14.15
	2:49.84	3:29.22	4:04.20	4:41.74
2	MERRITT MARLINS	A		5:03.43
	1) Lowe, Jet M71		2) Brown, Ann W55	
	3) Burgess, Douglas M61		4) Norris, Kate W57	
	38.18	1:57.95	2:38.82	
	3:12.95	3:52.78	4:25.77	5:03.43
3	RESTON MASTERS S	A		5:13.51
	1) Flynn, Merri W58		2) Moyer, Michelle W55	
	3) Moyer, Steven M60		4) Raful, Mitchell M56	
	40.05	1:22.30	1:59.35	2:39.30
	3:12.91	3:48.61	5:13.51	

**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	A		11:12.18
	1) Belfit, Scott M66		2) Barry, Marcia W69	
	3) Miller, Jim M67		4) Miller, Patricia W57	
	42.38	1:30.14	2:19.43	3:05.61
	3:43.56	4:25.79	5:08.89	5:51.19
	6:29.54	7:12.59	7:56.03	8:38.33
	9:14.01	9:53.31	10:33.02	11:12.18

**Mixed 55+ 200 Yard Medley Relay**

NATL: 1:50.70 ! 4/8/17 NORTH CAROLINA

F MCEACHRAN, N VESTAL, J KLEIN, S WALSH

ZONE: 2:15.04 Z 4/8/17 Colonials 1776

VA: 2:12.57 V 4/26/12 VMST

V Swanson, B Burke, S Dougherty, T Tulenko

N Betts, D Frisch, W Throne, S Loftus-Charley

1	VIRGINIA MASTERS	B		2:12.79Z
	1) Jaeger, Debbie W55		2) Miller, Patricia W57	
	3) Chenault, Robert M55		4) Romo, Robert M59	
	37.76	1:15.01	1:43.94	2:12.79
2	COLONIALS 1776	A		2:21.25
	1) Swanson, Vibeke W56		2) Burke, Barbara W56	
	3) Reilly, Jeff M56		4) Kremzier, James M71	
	33.47	1:11.12	2:21.25	

**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	COLONIALS 1776	A		4:39.92Z
	1) Swanson, Vibeke W56		2) Keyser, Brian M61	
	3) Reilly, Jeff M56		4) Burke, Barbara W56	
	33.86	1:09.39	1:44.24	2:23.93
	2:56.52	3:32.28	4:04.57	4:39.92
2	VIRGINIA MASTERS	A		5:22.96
	1) Barry, Marcia W69		2) Speer, Nancy W55	
	3) Chenault, Robert M55		4) Novell, Ken M75	
	43.45		2:12.55	3:01.05
	3:34.11	4:12.52	4:45.54	5:22.96
---	RESTON MASTERS S	A		DQ
	1) Moyer, Steven M60		2) Dawson, Mandy W55	
	3) Raful, Mitchell M56		4) Flynn, Merri W58	
	43.52	1:31.04	2:13.38	3:02.76
	3:54.29	5:10.81	5:49.25	DQ

**Mixed 65+ 200 Yard Freestyle Relay**

NATL: 1:49.23 ! 4/28/17 PUGET SOUND MAS

C DAVIS, S PREISSLER, W HAYES, R COLELLA

ZONE: 2:10.43 Z 4/12/15 Colonials 1776

VA: 2:05.79 V 5/1/08 VMST

T Tulenko, C McCloskey, N Puckett, J Amundsen

B Zaremski, B Schreiner, W Brundage, T Woods

1	VIRGINIA MASTERS	C		2:14.56
	1) Frogley, Christopher M74		2) Barry, Marcia W69	
	3) Lyttle, Ann W70		4) Miller, Jim M67	
	35.62	1:10.28	1:42.63	2:14.56
2	RESTON MASTERS S	A		2:46.10
	1) Manheim, Lucy W75		2) Pilette, Sterling M76	
	3) Nobbe, Nick M79		4) Bennett, Ruth W71	
	46.61	1:23.61	2:09.01	2:46.10

**2018 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 108-S002**

George Mason University, Fairfax, VA

**Results****Mixed 65+ 200 Yard Medley Relay**

NATL: 2:04.19 ! 4/30/17 PUGET SOUND MAS

S PREISSLER, R COLELLA, C DAVIS, W HAYES

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	RESTON MASTERS S	A	3:25.31
	1) Manheim, Lucy W75	2) Pilette, Sterling M76	
	3) Paulson, Laurence M69	4) Bennett, Ruth W71	
	55.54	2:06.36	3:25.31

**Mixed 75+ 200 Yard Freestyle Relay**

NATL: 2:28.52 ! 1/22/17 ARIZONA MASTERS

A WORTH, K MCKINNEY, C GOODMAN, J FRITZ

ZONE: 3:26.91 Z 4/25/10 Virginia Masters Swim Tea

L Francis, O Maher, C Barnes, S Henley

VA: 2:56.60 V 4/29/12 VMST

J Averette, J Detrick, T Lyons, O Maher

1	VIRGINIA MASTERS	D	2:26.97!
	1) Schreiner, Beth W77	2) Walker, Laura W80	
	3) Gaulrapp, Edward M75	4) Novell, Ken M75	
	37.00	1:20.25	1:56.75
			2:26.97

**Mixed 75+ 200 Yard Medley Relay**

NATL: 2:46.58 ! 5/10/09 WALNUT CREEK MA

D BROWN, N STUPFEL, J ALEXANDER, D MONROE

ZONE: 3:44.47 Z 4/24/10 Virginia Masters Swim Tea

S Henley, T Lyons, O Maher, L Francis

VA: 3:11.60 V 2/14/09 VMST

A Newbury, M Berkley, T Lyons, T Sokolik

1	VIRGINIA MASTERS	A	2:51.39V
	1) Walker, Laura W80	2) Gaulrapp, Edward M75	
	3) Wise, Randolph M76	4) Schreiner, Beth W77	
	53.77	1:37.45	2:13.31
			2:51.39

**Combined Team Scores****Combined Team Scores - Through Event 151**

1.	Club Tribe	1545
2.	Reston Masters Swim Team	1251
3.	Virginia Masters Swim Team	1054
4.	Colonials 1776	943
5.	Lane 4 Swimming	822
6.	Alexandria Masters Swimming	699
7.	Spring Valley YMCA Masters	545
8.	Central Bucks Family YMCA	520
9.	Patriot Masters Swim Team	510
10.	District Of Columbia Aquatics	375
11.	Merritt Marlins	298.5
12.	Montgomery Ancient Mariners	296
13.	Umac-Terrapin Masters	280
14.	Landshark Masters	273
15.	Fins Aquatics Club	226
16.	Uc10	217
17.	Germantown Maryland Masters	203
18.	Garden State Masters	186

19.	Arlington Masters	177
20.	Freedom Aquatic Club	169
21.	Rochester Area Masters Swimmin	156
22.	Warrenton Fauquier Aquatic Clu	137
23.	Gold Coast Masters	118
24.	Riptide Masters	117
25.	Central Maryland YMCA Masters	98
26.	Uc12	97
27.	Uc09	79
28.	Asphalt Green Masters	71
29.	Masters Aquatics At Spring Hil	68.5
30.	Uc04	63
31.	Santa Cruz Masters Aquatics	55
32.	Maryland Masters	54
33.	Sport & Health Tsunami Masters	51
34.	Bearcat Masters	50
34.	E Team	50
36.	Uc08	49
37.	Uc02	43
38.	Columbia Masters Swim Team	41
39.	Maine Masters Swim Club	39
40.	Monocacy Aquatic Club Masters	33
40.	Team New York Aquatics	33
42.	Woodlands Masters Swim Team	32
43.	Dumpster Fish	29
44.	Life Time Swim Delaware Valley	27
44.	Connecticut Masters	27
46.	Hanover YMCA Sr. Stingrays	25
47.	Berkeley (Nj) Aquatic Masters	18
47.	Peddie Aquatic Association	18
49.	Fredricksburg American Family	16
49.	DC Masters	16
49.	Tide Swimming	16
49.	New England Masters Swim Club	16
53.	Team America	14
53.	Warrenton Masters Swim Team	14
55.	Warrior Team Considine	11
56.	Uc06	9
57.	Binghamton Univ Masters	8
58.	Flying Fish Heads	5
59.	Uc07	3