

**Pickin' Up Steam - 9/29/18**  
**Estes Aquatic Center, Randolph-Macon College,**  
**Meet Dir. - David Harmon (davidcharmon77@gmail**  
**Results - Session 1**

**Women 18-24 50 Yard Freestyle**  
 NATL: 22.21 N 1/31/15 VANDERPOOL-WALLAC  
 VA: 23.86 V 3/6/14 Rachel Nelson  
 1 Csapo, Carly 23 UC12 29.31

**Women 18-24 100 Yard Freestyle**  
 NATL: 48.18 N 12/6/14 KATIE MEILI  
 VA: 52.01 V 3/6/14 Rachel Nelson  
 1 Csapo, Carly 23 UC12 1:04.61  
 30.77 1:04.61

**Women 18-24 200 Yard Freestyle**  
 NATL: 1:43.28 N 11/8/09 DANA VOLLMER  
 VA: 1:54.11 V 4/28/16 Gabrielle Mizerak  
 1 MacDonald, Emilie 19 ETM 2:08.97  
 29.68 1:03.20 1:36.39 2:08.97

**Women 18-24 500 Yard Freestyle**  
 NATL: 4:49.97 N 10/25/03 JESSICA FOSCHI  
 VA: 5:17.94 V 5/7/09 Anne Muir  
 1 MacDonald, Emilie 19 ETM 5:55.01  
 31.22 1:06.55 1:42.16 2:18.34  
 2:54.57 3:30.50 4:06.80 4:43.73  
 5:20.32 5:55.01

**Women 18-24 50 Yard Butterfly**  
 NATL: 24.54 N 11/8/09 DANA VOLLMER  
 VA: 25.53 V 4/28/16 Gabrielle Mizerak  
 1 Csapo, Carly 23 UC12 31.28

**Women 18-24 100 Yard IM**  
 NATL: 53.02 N 12/21/14 KATIE MEILI  
 VA: 59.49 V 4/28/16 Gabrielle Mizerak  
 1 MacDonald, Emilie 19 ETM 1:09.06  
 30.90 1:09.06

**Women 25-29 50 Yard Freestyle**  
 NATL: 22.45 N 5/13/18 KATARZYNA WILK  
 MEET: 26.56 M 9/29/12 Bonnie L Rogulj  
 VA: 24.13 V 3/1/18 Rachel Nelson  
 1 Carpio, Emely 28 FAC 30.17

**Women 25-29 100 Yard Freestyle**  
 NATL: 48.58 N 5/12/18 KATARZYNA WILK  
 MEET: 1:03.56 M 9/29/12 Sarah Legas  
 VA: 52.00 V 4/7/17 Marina Falcone  
 1 Carpio, Emely 28 FAC 1:10.26  
 33.46 1:10.26  
 2 Smith, Erika 27 NYMS 1:16.42  
 35.76 1:16.42

**Women 25-29 200 Yard Freestyle**  
 NATL: 1:48.80 N 5/20/01 LIMIN LIU  
 MEET: 2:22.55 M 9/29/12 Carrie R Wilson  
 VA: 1:52.76 V 4/7/17 Marina Falcone  
 1 Smith, Erika 27 NYMS 2:48.34  
 37.79 1:20.59 2:04.24 2:48.34

**Women 25-29 500 Yard Freestyle**  
 NATL: 4:49.88 N 1/3/96 SHEILA TAORMINA  
 MEET: 6:17.00 M 9/29/12 Carrie R Wilson  
 VA: 5:22.19 V 5/9/85 Deborah Cain  
 1 Smith, Erika 27 NYMS 7:32.42  
 38.46 1:21.77 2:05.92 2:51.19  
 3:36.92 4:23.47 5:10.51 5:57.85  
 6:45.97 7:32.42

**Women 25-29 50 Yard Backstroke**  
 NATL: 25.26 N 5/22/10 TANICA JAMISON  
 VA: 28.11 V 4/13/18 Gabrielle Mizerak  
 1 Carpio, Emely 28 FAC 36.84

**Women 25-29 50 Yard Butterfly**  
 NATL: 24.19 N 4/28/17 DANIELLE HERRMANN  
 MEET: 31.41 M 9/29/12 Sarah Lega  
 VA: 25.89 V 4/13/18 Gabrielle Mizerak  
 1 Carpio, Emely 28 FAC 33.92

**Women 25-29 100 Yard IM**  
 NATL: 54.40 N 4/29/17 DANIELLE HERRMANN  
 MEET: 1:19.72 M 9/29/12 Carrie R Wilson  
 VA: 1:01.22 V 4/13/18 Gabrielle Mizerak  
 1 Carpio, Emely 28 FAC 1:23.39  
 38.16 1:23.39

**Women 30-34 100 Yard Freestyle**  
 NATL: 48.03 N 2/23/13 ERIKA ERNDL  
 MEET: 1:03.30 M Beth Scheimann  
 VA: 54.78 V 1/1/94  
 1 Letendre, Denise 30 VMST 59.03M  
 27.91 59.03

**Women 30-34 200 Yard Freestyle**  
 NATL: 1:43.46 N 11/30/12 ERIKA ERNDL  
 VA: 1:58.35 V 4/26/12 Maura Bolger  
 1 Letendre, Denise 30 VMST 2:05.05  
 28.45 59.72 1:32.23 2:05.05  
 2 Godesky, Alyssa 33 ETM 2:20.92  
 32.35 1:07.93 1:44.82 2:20.92

**Women 30-34 500 Yard Freestyle**  
 NATL: 4:46.92 N 4/14/12 DAWN HECKMAN  
 MEET: 6:22.11 M 9/29/12 Tess Andres  
 VA: 5:14.58 V 10/7/17 Marina Falcone  
 1 Godesky, Alyssa 33 ETM 6:13.48M  
 34.14 1:10.94 1:48.05 2:25.37  
 3:03.15 3:41.63 4:19.88 4:58.19  
 5:36.45 6:13.48

**Women 30-34 200 Yard Backstroke**  
 NATL: 1:59.93 N 2/19/96 K PIPES-NEILSEN  
 MEET: 2:40.93 M 9/29/12 Tess Andres  
 VA: 2:19.89 V 4/28/16 Elizabeth Joiner  
 1 Letendre, Denise 30 VMST 2:18.18V  
 32.84 1:07.70 1:43.07 2:18.18

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**Women 35-39 50 Yard Freestyle**

NATL: 22.34 N 2/25/07 DARA TORRES  
 VA: 23.82 V 5/10/18 Katie Grier

1 Coons, Dana 38 BAM1 38.01  
 2 Whittle, Julia 35 UC09 39.67

**Women 35-39 100 Yard Freestyle**

NATL: 49.72 N 2/25/07 DARA TORRES  
 MEET: 1:03.30 M 9/29/12 Jenny E de Hart  
 VA: 51.91 V 4/13/18 Katie Grier

1 Whittle, Julia 35 UC09 1:28.04  
 42.45 1:28.04

**Women 35-39 500 Yard Freestyle**

NATL: 4:56.09 N 5/3/97 K PIPES-NEILSEN  
 MEET: 6:09.72 M 9/29/12 Jenny E de Hart  
 VA: 5:26.91 V 1/1/99 Kelly Parker

1 Bozeman, Lesley 36 L4S 7:59.57  
 42.61 1:29.36 2:16.86 3:05.50  
 3:54.90 4:44.71 5:34.68 6:24.33  
 7:13.25 7:59.57  
 2 Whittle, Julia 35 UC09 9:24.61  
 51.78 1:51.22 2:50.69  
 5:46.97 6:43.48 7:39.28  
 8:33.41 9:24.61

**Women 35-39 50 Yard Breaststroke**

NATL: 28.51 N 5/2/14 KATIE GLENN  
 MEET: 41.29 M 9/29/12 Andrea T Latell  
 VA: 31.45 V 5/15/91 Lisa Bennett

1 Bozeman, Lesley 36 L4S 43.96  
 2 Coons, Dana 38 BAM1 46.85

**Women 35-39 100 Yard Breaststroke**

NATL: 1:01.88 N 4/25/15 KATIE GLENN  
 VA: 1:09.09 V 4/28/16 Kristen Harris

1 Bozeman, Lesley 36 L4S 1:38.08  
 46.13 1:38.08

**Women 35-39 50 Yard Butterfly**

NATL: 25.04 N 4/28/17 NORIKO INADA  
 VA: 26.00 V 4/27/17 Katie Grier

1 Whittle, Julia 35 UC09 48.74

**Women 35-39 200 Yard Butterfly**

NATL: 2:03.48 N 5/22/05 S VON DER LIPPE  
 VA: 2:11.41 V 1/1/01 Beth Baker

1 Whittle, Julia 35 UC09 4:14.10  
 56.90 2:00.61 4:14.10

**Women 35-39 100 Yard IM**

NATL: 57.25 N 4/29/17 GABRIELLE CHANG  
 VA: 1:01.35 V 4/27/00 Beth Baker

1 Coons, Dana 38 BAM1 1:38.10  
 45.18 1:38.10

**Women 40-44 50 Yard Freestyle**

NATL: 21.91 N 4/15/07 DARA TORRES  
 MEET: 31.80 M 9/29/12 Terri Postma  
 VA: 24.65 V 5/14/02 Beth Baker

1 Williams, Nicole 41 BAM1 31.35M

**Women 40-44 100 Yard Freestyle**

NATL: 48.34 N 4/15/07 DARA TORRES  
 MEET: 1:09.63 M 9/29/12 Terri Postma  
 VA: 54.79 V 5/14/02 Beth Baker

1 Williams, Nicole 41 BAM1 1:10.60  
 34.30 1:10.60

**Women 40-44 200 Yard Freestyle**

NATL: 1:51.06 N 12/22/02 K PIPES-NEILSEN  
 VA: 1:59.41 V 6/1/01 Beth Baker

1 Moore, Kathleen 44 UC12 3:00.81  
 41.64 1:27.51 2:14.63 3:00.81

**Women 40-44 500 Yard Freestyle**

NATL: 4:58.98 N 10/5/02 K PIPES-NEILSEN  
 VA: 5:33.24 V 4/2/04 Kelly Parker

1 Moore, Kathleen 44 UC12 7:52.99  
 42.60 1:28.80 2:16.74 3:05.45  
 3:53.35 4:41.97 5:29.94 6:18.03  
 7:06.40 7:52.99

**Women 40-44 200 Yard Backstroke**

NATL: 2:04.43 N 4/24/10 KRISTIN GARY  
 MEET: 3:23.08 M 9/29/12 Jennifer M Catucci-Crowt  
 VA: 2:11.40 V 5/17/01 Beth Baker

1 Moore, Kathleen 44 UC12 3:25.07  
 49.31 1:40.23 2:33.11 3:25.07

**Women 40-44 100 Yard Breaststroke**

NATL: 1:02.70 N 5/13/18 KATIE GLENN  
 VA: 1:09.86 V 4/7/17 Kristen Harris

1 Moore, Kathleen 44 UC12 1:44.36  
 49.80 1:44.36

**Women 40-44 200 Yard Breaststroke**

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

1 Moore, Kathleen 44 UC12 3:38.54  
 49.83 1:44.99 2:42.08 3:38.54

**Women 40-44 50 Yard Butterfly**

NATL: 25.14 N 5/10/09 S VON DER LIPPE  
 MEET: 36.68 M 9/29/12 Terri Postma  
 VA: 26.42 V 5/17/01 Beth Baker

1 Williams, Nicole 41 BAM1 35.42M

**Women 40-44 100 Yard IM**

NATL: 57.95 N 4/28/12 ERIKA BRAUN  
 VA: 1:01.22 V 5/17/01 Beth Baker

1 Williams, Nicole 41 BAM1 1:24.59  
 38.55 1:24.59

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**Women 45-49 200 Yard Freestyle**

NATL: 1:53.28 N 12/16/07 K PIPES-NEILSEN  
 VA: 2:05.36 V 4/14/11 Kelly Parker Palace  
 1 Boggess, Wendi 46 BAM1 2:44.07  
 35.15 1:16.94 2:02.42 2:44.07

**Women 45-49 50 Yard Backstroke**

NATL: 27.35 N 12/21/08 K PIPES-NEILSEN  
 VA: 28.94 V 4/26/12 Annette Patterson  
 1 Boggess, Wendi 46 BAM1 37.86

**Women 50-54 50 Yard Freestyle**

NATL: 24.53 N 3/18/16 FALL WILLEBOORDSE  
 MEET: 31.25 M 9/29/12 Patricia M Miller  
 VA: 26.12 V 4/28/16 Annette Patterson  
 1 Wetzel, Denise 52 RMST 31.00M

**Women 50-54 200 Yard Freestyle**

NATL: 1:58.34 N 4/10/16 ELLEN REYNOLDS  
 VA: 2:05.65 V 4/10/15 Kelly Parker Palace  
 1 Wetzel, Denise 52 RMST 2:37.43  
 35.50 1:13.97 1:54.97 2:37.43

**Women 50-54 50 Yard Breaststroke**

NATL: 31.61 N 4/14/18 S VON DER LIPPE  
 MEET: 38.50 M 9/29/12 Patricia M Miller  
 VA: 32.83 V 5/20/10 Lisa Bennett  
 1 Wetzel, Denise 52 RMST 39.61

**Women 50-54 100 Yard IM**

NATL: 1:01.28 N 4/29/16 FALL WILLEBOORDSE  
 VA: 1:05.26 V 4/28/11 Suzanne Newell  
 1 Gainor, Cathy 51 ANCM 1:24.38  
 41.24 1:24.38

**Women 55-59 100 Yard Freestyle**

NATL: 54.72 N 5/4/08 LAURA VAL  
 MEET: 1:24.79 M 9/29/12 Cheryl E Benn  
 VA: 58.81 V 5/13/11 Lisa Bennett  
 1 Schirmer, Jenny 59 TIDE 1:33.37  
 44.68 1:33.37

**Women 55-59 200 Yard Freestyle**

NATL: 1:57.90 N 4/30/17 KARLYN PIPES  
 MEET: 2:47.83 M 9/29/12 Kitten Braaten  
 VA: 2:16.25 V 1/1/10 Shirley Loftus-Charley  
 1 Schirmer, Jenny 59 TIDE 3:20.11  
 47.00 1:38.73 2:30.78 3:20.11

**Women 55-59 500 Yard Freestyle**

NATL: 5:20.68 N 4/29/17 JILL HERNANDEZ  
 VA: 5:54.39 V 4/15/11 Shirley Loftus-Charley  
 1 Schirmer, Jenny 59 TIDE 8:47.35  
 48.45 1:41.45 2:35.87 3:29.74  
 4:23.66 5:18.11 6:11.65 7:06.40  
 7:58.55 8:47.35

**Women 60-64 50 Yard Freestyle**

NATL: 26.20 N 5/11/18 PENNY NOYES  
 VA: 30.54 V 3/25/12 Shirley Loftus-Charley  
 1 Cobb, Dianne 63 TIDE 35.68

**Women 60-64 100 Yard Freestyle**

NATL: 56.45 N 4/29/12 LAURA VAL  
 VA: 1:04.18 V 4/13/12 Shirley Loftus-Charley  
 1 Hichak, Barbara 64 VMST 1:16.23  
 35.57 1:16.23  
 2 Barrett, Elizabeth 62 BAM1 1:36.26  
 40.69 1:36.26

**Women 60-64 200 Yard Freestyle**

NATL: 2:05.75 N 5/22/16 LAURA VAL  
 VA: 2:16.92 V 1/29/12 Shirley Loftus-Charley  
 1 Hichak, Barbara 64 VMST 2:51.12  
 37.21 1:20.38 2:06.31 2:51.12

**Women 60-64 500 Yard Freestyle**

NATL: 5:39.00 N 1/26/14 LAURA VAL  
 VA: 5:56.62 V 3/25/12 Shirley Loftus-Charley  
 1 Hichak, Barbara 64 VMST 7:44.07  
 37.65 1:20.78 2:07.70 2:55.81  
 3:44.22 4:31.54 5:20.39 6:08.70  
 6:57.18 7:44.07

**Women 60-64 50 Yard Breaststroke**

NATL: 33.79 N 5/7/17 MELINDA MANN  
 VA: 39.46 V 4/13/12 Shirley Loftus-Charley  
 1 Barrett, Elizabeth 62 BAM1 46.58  
 2 Cobb, Dianne 63 TIDE 47.55

**Women 60-64 50 Yard Butterfly**

NATL: 27.93 N 5/13/18 TRACI GRANGER  
 VA: 33.58 V 4/13/12 Shirley Loftus-Charley  
 1 Barrett, Elizabeth 62 BAM1 46.28

**Women 60-64 100 Yard IM**

NATL: 1:07.08 N 5/17/15 LAURA VAL  
 VA: 1:15.44 V 2/11/12 Shirley Loftus-Charley  
 1 Barrett, Elizabeth 62 BAM1 1:36.24  
 45.67 1:36.24

**Women 65-69 100 Yard Backstroke**

NATL: 1:03.96 N 5/11/18 LAURA VAL  
 MEET: 1:48.71 M 9/29/12 Jane I Rice  
 VA: 1:20.04 V 4/7/17 Shirley Loftus-Charley  
 1 Craffey, Joan 65 PBM 1:19.68M  
 39.85 1:19.68

**Women 65-69 200 Yard Backstroke**

NATL: 2:23.88 N 5/13/18 LAURA VAL  
 VA: 2:46.37 V 4/7/17 Shirley Loftus-Charley  
 1 Craffey, Joan 65 PBM 2:49.14  
 41.45 1:24.30 2:07.75 2:49.14

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**Women 65-69 200 Yard Breaststroke**

NATL: 3:01.50 N 4/4/04 **JOANN LEILICH**  
 VA: 3:01.50 V 4/2/04 **Joann Leilich**

1 Craffey, Joan 65 PBM 3:28.59  
 48.04 1:42.14 2:35.68 3:28.59

**Women 65-69 200 Yard IM**

NATL: 2:30.60 N 5/21/17 **LAURA VAL**  
 VA: 2:45.52 V 4/7/17 **Shirley Loftus-Charley**

1 Craffey, Joan 65 PBM 2:58.01  
 42.15 1:25.86 2:17.42 2:58.01

**Women 70-74 50 Yard Freestyle**

NATL: 28.72 N 5/11/18 **MARGARET TOPPEL**  
 MEET: 39.16 M 9/29/12 **Laura S Walker**  
 VA: 31.51 V 4/26/12 **Beth Schreiner**

1 Lucas, Jane 73 TIDE 37.42M

**Women 70-74 100 Yard Freestyle**

NATL: 1:06.41 N 5/7/17 **DIANN UUSTAL**  
 MEET: 1:24.80 M 9/29/12 **Betsy Durrant**  
 VA: 1:12.24 V 4/28/11 **Beth Schreiner**

1 Lucas, Jane 73 TIDE 1:25.30  
 39.34 1:25.30

**Women 70-74 50 Yard Backstroke**

NATL: 34.60 N 5/12/18 **MARGARET TOPPEL**  
 MEET: 46.62 M 9/29/12 **Betsy Durrant**  
 VA: 40.03 V 4/26/12 **Beth Schreiner**

1 Lucas, Jane 73 TIDE 48.61

**Women 80-84 50 Yard Freestyle**

NATL: 34.20 N 12/13/15 **JOHNNIE DETRICK**  
 MEET: 52.21 M 9/29/12 **Jeanne H Meredith**  
 VA: 34.20 V 12/13/15 **Johnnie Detrick**

1 Detrick, Johnnie 82 VMST 36.45M

**Women 80-84 100 Yard Freestyle**

NATL: 1:22.34 N 12/13/15 **JOHNNIE DETRICK**  
 MEET: 2:00.80 M 9/29/12 **Jeanne H Meredith**  
 VA: 1:22.34 V 12/13/15 **Johnnie Detrick**

1 Detrick, Johnnie 82 VMST 1:26.86M  
 1:27.01 1:26.86

**Women 80-84 50 Yard Breaststroke**

NATL: 48.29 N 2/12/11 **ANN HIRSCH**  
 VA: 50.93 V 4/28/16 **Johnnie Detrick**

1 Detrick, Johnnie 82 VMST 51.90

**Women 80-84 100 Yard Breaststroke**

NATL: 1:46.69 N 3/12/11 **ANN HIRSCH**  
 VA: 1:54.18 V 5/11/17 **Johnnie Detrick**

1 Detrick, Johnnie 82 VMST 1:56.33  
 55.64 1:56.33

**Men 18-24 50 Yard Freestyle**

NATL: 19.36 N 4/28/12 **JOSH SCHNEIDER**  
 VA: 20.24 V 4/13/18 **Lucas Bureau**

1 Fletcher, David 23 NCMS 25.64

**Men 18-24 100 Yard Freestyle**

NATL: 42.59 N 12/1/12 **EUGENE GODSOE**  
 VA: 43.97 V 4/13/18 **Lucas Bureau**

1 Pierce, Harrison 22 TIDE 47.19  
 22.87 47.19  
 2 Wiggins, Grant 22 TIDE 53.26  
 25.87 53.26

**Men 18-24 200 Yard Freestyle**

NATL: 1:35.02 N 11/8/09 **ANDY GRANT**  
 VA: 1:39.93 V 4/13/18 **Lucas Bureau**

1 Arroyo, Sito 24 UC12 2:09.26  
 29.82 1:02.71 1:37.07 2:09.26

**Men 18-24 500 Yard Freestyle**

NATL: 4:24.81 N 1/24/10 **ANDY GRANT**  
 VA: 4:29.09 V 4/13/18 **Andrew Greenhalgh**

1 Wiggins, Grant 22 TIDE 5:14.88  
 30.10 1:01.97 1:33.63 2:05.91  
 2:37.86 3:09.69 3:41.90 4:13.62  
 4:44.54 5:14.88

**Men 18-24 50 Yard Backstroke**

NATL: 22.33 N 5/10/13 **ANDREW ELLIOTT**  
 VA: 23.45 V 4/28/16 **Sidney Glass**

1 Gay, Russell 21 NYMS 29.06

**Men 18-24 100 Yard Backstroke**

NATL: 45.36 N 11/30/12 **EUGENE GODSOE**  
 VA: 52.17 V 4/13/18 **James Henderson**

1 Gay, Russell 21 NYMS 1:02.78  
 31.00 1:02.78

**Men 18-24 50 Yard Breaststroke**

NATL: 24.53 N 2/1/15 **ROSTYSLAV FEDYNA**  
 VA: 27.00 V 4/10/15 **Nathan Destree**

1 Fletcher, David 23 NCMS 32.68

**Men 18-24 100 Yard Breaststroke**

NATL: 52.63 N 2/3/18 **JOSH PRENOT**  
 VA: 56.99 V 12/16/17 **Jonathan Nelson**

1 Fletcher, David 23 NCMS 1:16.72  
 34.87 1:16.72

**Men 18-24 50 Yard Butterfly**

NATL: 21.13 N 4/26/15 **HENRIK LINDAU**  
 VA: 21.95 V 4/13/18 **Lucas Bureau**

1 Pierce, Harrison 22 TIDE 23.23  
 2 Glass, Austin 24 1693 23.98  
 3 Gay, Russell 21 NYMS 25.66  
 4 Wiggins, Grant 22 TIDE 27.45

**Men 18-24 100 Yard Butterfly**

NATL: 46.65 N 11/30/12 **EUGENE GODSOE**  
 VA: 47.41 V 4/13/18 **Lucas Bureau**

1 Pierce, Harrison 22 TIDE 50.72  
 23.61 50.72  
 2 Arroyo, Sito 24 UC12 59.61  
 27.24 59.61

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**Men 18-24 100 Yard IM**

NATL: 49.23 N 4/15/18 LUCAS BUREAU  
 VA: 49.23 V 4/13/18 Lucas Bureau  
 --- Glass, Austin 24 1693 DQ  
 24.58 DQ

**Men 18-24 400 Yard IM**

NATL: 3:50.12 N 2/13/10 RUSSELL PAYNE  
 VA: 4:07.94 V 5/19/05 Benjamin Garrett  
 1 Arroyo, Sito 24 UC12 4:56.27  
 29.50 1:04.98 1:44.16 2:24.27  
 3:04.34 3:46.49 4:22.37 4:56.27

**Men 25-29 100 Yard Freestyle**

NATL: 41.13 N 5/3/14 NATHAN ADRIAN  
 MEET: 55.57 M 9/29/12 James W Landis  
 VA: 45.53 V 4/7/17 Kevin Gallagher  
 1 Verheul, Dirk 25 TIDE 48.29M  
 23.17 48.29  
 2 Glass, Sidney 27 1693 49.18M  
 23.14 49.18

**Men 25-29 200 Yard Freestyle**

NATL: 1:31.93 N 12/6/13 DARIAN TOWNSEND  
 VA: 1:41.48 V 4/22/04 Troy Johnson  
 1 Verheul, Dirk 25 TIDE 1:48.25  
 24.54 51.19 1:19.97 1:48.25

**Men 25-29 50 Yard Breaststroke**

NATL: 23.87 N 5/21/10 MARK GANGLOFF  
 VA: 26.64 V 1/30/05 Jeremy Linn  
 1 Glass, Sidney 27 1693 28.03  
 2 Verheul, Dirk 25 TIDE 29.01

**Men 40-44 50 Yard Freestyle**

NATL: 20.67 N 12/20/14 JOSH DAVIS  
 MEET: 24.46 M 9/29/12 Kirk W Clear  
 VA: 21.84 V 1/1/98 John Tudor  
 1 Deal, Bryan 41 BAM1 29.34

**Men 40-44 100 Yard Freestyle**

NATL: 45.15 N 5/3/14 JOSH DAVIS  
 VA: 47.58 V 4/27/00 John Tudor  
 1 Deal, Bryan 41 BAM1 1:11.39  
 34.08 1:11.39

**Men 40-44 100 Yard Breaststroke**

NATL: 55.37 N 4/25/15 JEFF COMMINGS  
 VA: 1:02.36 V 5/7/98 Michael Slowey  
 1 Federico, Sam 44 UC12 1:20.39  
 37.36 1:20.39  
 2 Deal, Bryan 41 BAM1 1:27.20  
 40.57 1:27.20

**Men 40-44 100 Yard IM**

NATL: 51.07 N 4/25/15 JEFF COMMINGS  
 VA: 55.67 V 5/8/98 John Tudor  
 1 Deal, Bryan 41 BAM1 1:21.86  
 38.18 1:21.86

**Men 45-49 50 Yard Freestyle**

NATL: 21.06 N 5/21/10 RICHARD HUGHEY  
 MEET: 26.98 M 9/29/12 Raymond Toy  
 VA: 22.65 V 2/5/17 Brent Holsten  
 1 Lucie, Quin 45 ETM 26.10M

**Men 45-49 100 Yard Freestyle**

NATL: 46.21 N 4/26/15 NICOLAS GRANGER  
 MEET: 1:01.50 M 9/29/12 Raymond Toy  
 VA: 50.09 V 2/5/17 Brent Holsten  
 1 Mirt, Chad 45 L4S 56.30M  
 26.91 56.30

**Men 45-49 50 Yard Backstroke**

NATL: 23.58 N 4/26/15 MICHAEL ROSS  
 MEET: 32.03 M 9/29/12 Jeremy A Worst  
 VA: 24.28 V 5/20/10 Chris Stevenson  
 1 Mirt, Chad 45 L4S 29.05M

**Men 45-49 100 Yard Backstroke**

NATL: 51.55 N 4/30/11 CHRIS STEVENSON  
 MEET: 1:17.08 M 9/29/12 Patrick J Bradley  
 VA: 51.55 V 4/28/11 Chris Stevenson  
 1 Mirt, Chad 45 L4S 1:02.56M  
 31.08 1:02.56

**Men 45-49 50 Yard Breaststroke**

NATL: 26.05 N 4/30/17 STEVE WEST  
 MEET: 36.52 M 9/29/12 Jeremy A Worst  
 VA: 28.60 V 5/17/07 David Malsbury  
 1 Lucie, Quin 45 ETM 34.49M

**Men 50-54 200 Yard Freestyle**

NATL: 1:43.76 N 5/10/09 ROWDY GAINES  
 MEET: 2:24.48 M 9/29/12 Wilson B Rumble  
 VA: 1:54.59 V 4/10/16 Gregory Harris  
 1 Bloom, Scott 54 DCAC 2:36.21  
 34.58 1:14.30 1:56.78 2:36.21

**Men 50-54 100 Yard Butterfly**

NATL: 51.73 N 5/12/13 DAVID SIMS  
 VA: 56.35 V 2/8/15 Chris Stevenson  
 1 Bloom, Scott 54 DCAC 1:23.80  
 36.87 1:23.80

**Men 50-54 200 Yard IM**

NATL: 1:58.19 N 3/11/17 MIKE IRVIN  
 MEET: 2:49.19 M 9/29/12 John B Bullard  
 VA: 2:08.10 V 4/13/18 Gregory Harris  
 1 Bloom, Scott 54 DCAC 3:01.88  
 37.94 1:23.93 2:21.46 3:01.88

**Men 55-59 50 Yard Freestyle**

NATL: 21.82 N 4/30/00 RICHARD ABRAHAMS  
 MEET: 44.29 M 9/29/12 David G Lasrado  
 VA: 23.95 V 5/1/16 Douglas Slater  
 1 Gay, Kent 59 VMST 27.27M  
 2 Johnson, Peter 57 ANCM 31.77M

**Pickin' Up Steam - 9/29/18**  
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**Men 55-59 100 Yard Freestyle**

NATL: 48.37 N 4/30/00 RICHARD ABRAHAMS  
 MEET: 58.67 M 9/29/12 William C Throne  
 VA: 52.72 V 3/19/16 Douglas Slater

1	Gay, Kent	59	VMST	1:04.31
	30.82	1:04.31		
2	Johnson, Peter	57	ANCM	1:11.21
	33.93	1:11.21		

**Men 55-59 200 Yard Freestyle**

NATL: 1:48.79 N 4/10/10 MICHAEL MANN  
 MEET: 2:40.46 M 9/29/12 Dawson Nash  
 VA: 1:56.76 V 4/11/08 Dave Oates

1	Johnson, Peter	57	ANCM	2:48.63
	38.71	1:21.69	2:06.67	2:48.63

**Men 55-59 500 Yard Freestyle**

NATL: 4:56.82 N 4/11/10 MICHAEL MANN  
 MEET: 7:17.67 M 9/29/12 Dawson Nash  
 VA: 5:25.51 V 4/24/09 Dave Oates

1	Ingebretsen, Carl	57	FAFF	6:16.85M
	33.16	1:09.14	1:47.32	2:25.95
	3:04.96	3:43.86	4:22.52	5:00.88
	5:39.30	6:16.85		
2	Gardner, Kenneth	56	TMAS	8:46.01
	44.52	1:35.28	2:28.94	3:24.08
	4:19.06	5:14.23	6:09.23	7:03.85
	7:58.17	8:46.01		

**Men 55-59 100 Yard Backstroke**

NATL: 53.81 N 2/25/17 STEVE WOOD  
 MEET: 1:07.24 M 9/29/12 William C Throne  
 VA: 59.71 V 4/28/16 Douglas Slater

1	Ingebretsen, Carl	57	FAFF	1:11.96
	34.97	1:11.96		
2	Gay, Kent	59	VMST	1:21.52
	39.62	1:21.52		

**Men 55-59 200 Yard Backstroke**

NATL: 2:03.14 N 3/31/12 TOM BARTON  
 VA: 2:13.79 V 4/28/16 Douglas Slater

1	Ingebretsen, Carl	57	FAFF	2:35.54
		1:56.12	2:35.54	

**Men 55-59 50 Yard Breaststroke**

NATL: 26.72 N 5/11/18 CARLO TRAVAINI  
 MEET: 37.79 M 9/29/12 Ray Novitske  
 VA: 30.58 V 4/13/18 Robert Chenault

1	Gardner, Kenneth	56	TMAS	43.01
2	Johnson, Peter	57	ANCM	45.16

**Men 55-59 100 Yard Breaststroke**

NATL: 57.95 N 5/13/18 CARLO TRAVAINI  
 MEET: 1:24.85 M 9/29/12 Ray Novitske  
 VA: 1:08.18 V 4/30/99 Jack Schiltz

1	Gay, Kent	59	VMST	1:33.66
	44.99	1:33.66		

**Men 55-59 50 Yard Butterfly**

NATL: 24.00 N 5/1/16 BRUCE KONE  
 MEET: 37.85 M 9/29/12 Ray Novitske  
 VA: 26.78 V 4/30/99 Jack Schiltz

1	Ingebretsen, Carl	57	FAFF	30.89M
2	Gardner, Kenneth	56	TMAS	39.01

**Men 55-59 100 Yard IM**

NATL: 55.85 N 4/9/16 STEVE WOOD  
 MEET: 1:21.07 M 9/29/12 Dawson Nash  
 VA: 1:00.60 V 4/28/16 Douglas Slater

1	Ingebretsen, Carl	57	FAFF	1:12.57M
	32.10	1:12.57		
2	Johnson, Peter	57	ANCM	1:29.48
	44.40	1:29.48		

**Men 60-64 50 Yard Freestyle**

NATL: 22.30 N 5/22/05 RICHARD ABRAHAMS  
 MEET: 27.76 M 9/29/12 David J Frisch  
 VA: 24.16 V 4/14/11 Scott Kauffman

1	Burwell, Wes	64	SHYM	33.76
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**Men 60-64 100 Yard Freestyle**

NATL: 49.14 N 5/22/05 RICHARD ABRAHAMS  
 VA: 54.14 V 4/13/18 Douglas Slater

1	Burwell, Wes	64	SHYM	1:16.94
	36.81	1:16.94		

**Men 60-64 200 Yard Freestyle**

NATL: 1:51.08 N 4/24/15 RICK COLELLA  
 VA: 2:12.68 V 4/11/03 Jack Schiltz

1	Denes, Thomas	61	ANCM	2:25.75
	33.62	1:10.30	1:47.80	2:25.75
2	Burwell, Wes	64	SHYM	2:51.42
	37.64	1:21.04	2:06.34	2:51.42

**Men 60-64 500 Yard Freestyle**

NATL: 5:11.17 N 4/29/12 JIM MC CONICA  
 VA: 6:00.57 V 5/15/03 Warner Brundage

1	Burwell, Wes	64	SHYM	7:42.20
	39.60	1:22.22	2:06.74	2:54.15
	3:43.83	4:31.74	5:20.23	6:08.56
	6:57.28	7:42.20		

**Men 60-64 100 Yard Backstroke**

NATL: 57.46 N 4/30/16 TOM BARTON  
 VA: 1:00.29 V 4/13/18 Douglas Slater

1	Stone, Bryan	61	VMST	1:34.37
	45.76	1:34.37		

**Men 60-64 200 Yard Backstroke**

NATL: 2:07.91 N 5/1/16 TOM BARTON  
 VA: 2:14.18 V 5/10/18 Douglas Slater

1	Denes, Thomas	61	ANCM	3:27.57
	48.85	1:41.90	2:35.27	3:27.57

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**Men 60-64 50 Yard Breaststroke**

NATL: 28.30 N 2/11/18 BRUCE KONE  
 MEET: 35.21 M 9/29/12 David J Frisch  
 VA: 31.47 V 5/15/03 Jack Schiltz  
 1 Stone, Bryan 61 VMST 44.95

**Men 60-64 200 Yard Breaststroke**

NATL: 2:16.71 N 5/3/14 RICK COLELLA  
 VA: 2:39.51 V 5/15/03 Jack Schiltz  
 1 Denes, Thomas 61 ANCM 3:29.09  
 47.05 1:40.51 2:35.76 3:29.09

**Men 60-64 100 Yard Butterfly**

NATL: 54.70 N 5/11/18 PAUL CARTER  
 VA: 1:04.11 V 5/15/03 Jack Schiltz  
 1 Denes, Thomas 61 ANCM 1:19.16  
 38.87 1:19.16  
 2 Stone, Bryan 61 VMST 1:41.68  
 45.79 1:41.68

**Men 60-64 200 Yard IM**

NATL: 2:03.26 N 5/4/14 RICK COLELLA  
 VA: 2:17.83 V 5/10/18 Douglas Slater  
 1 Stone, Bryan 61 VMST 3:27.06  
 46.30 1:38.38 2:37.96 3:27.06

**Men 60-64 400 Yard IM**

NATL: 4:24.24 N 5/2/14 RICK COLELLA  
 VA: 5:08.78 V 3/17/18 Douglas Slater  
 1 Stone, Bryan 61 VMST 7:33.00  
 50.00 1:50.87 2:48.91 3:47.29  
 4:50.84 5:51.87 6:43.53 7:33.00

**Men 65-69 100 Yard Backstroke**

NATL: 59.62 N 5/12/13 HUGH WILDER  
 VA: 1:14.70 V 4/11/08 Harry Sober  
 1 Wardle, William 66 ETM 1:13.70V  
 36.57 1:13.70

**Men 65-69 200 Yard Backstroke**

NATL: 2:15.61 N 1/14/18 LAWRENCE DAY  
 VA: 2:45.20 V 5/20/10 Warner Brundage  
 1 Wardle, William 66 ETM 2:36.64V  
 37.15 1:16.31 1:56.59 2:36.64

**Men 65-69 100 Yard IM**

NATL: 57.45 N 4/29/17 RICK COLELLA  
 VA: 1:08.17 V 5/19/05 Art Wolfe  
 1 Wardle, William 66 ETM 1:16.18  
 35.55 1:16.18

**Men 70-74 50 Yard Freestyle**

NATL: 24.13 N 5/4/08 JEFF FARRELL  
 VA: 26.96 V 4/28/16 Hank Holswade  
 1 Culhane, Kevin 71 ALEX 29.43

**Men 70-74 50 Yard Backstroke**

NATL: 29.72 N 4/26/15 RICHARD BURNS  
 VA: 33.86 V 4/28/16 Hank Holswade  
 1 Culhane, Kevin 71 ALEX 35.64

**Men 70-74 50 Yard Breaststroke**

NATL: 31.70 N 4/30/16 ROBERT STRAND  
 VA: 37.91 V 5/9/13 Terry Gernstein  
 1 Culhane, Kevin 71 ALEX 38.16

**Men 75-79 200 Yard Freestyle**

NATL: 2:08.77 N 5/10/09 DAVID RADCLIFF  
 VA: 2:34.73 V 5/10/18 Ken Novell  
 1 Kelleher, Joseph 77 VMST 3:57.86  
 50.45 1:53.34 2:56.20 3:57.86

**Men 75-79 500 Yard Freestyle**

NATL: 6:03.87 N 5/8/10 DAVID RADCLIFF  
 VA: 8:20.45 V 4/17/99 Calvin Barnes  
 1 Kelleher, Joseph 77 VMST 10:10.62  
 53.42 1:53.30 3:57.36 4:58.50  
 6:03.97 7:06.47 8:07.89  
 10:12.33 10:10.62

**Men 75-79 100 Yard Backstroke**

NATL: 1:08.55 N 4/19/09 BURWELL JONES  
 MEET: 1:47.98 M 9/29/12 Alfred C Newbury  
 VA: 1:27.68 V 4/13/18 Ken Novell  
 1 Kelleher, Joseph 77 VMST 2:05.08  
 59.89 2:05.08

**Men 75-79 200 Yard Backstroke**

NATL: 2:31.41 N 4/17/10 BURWELL JONES  
 MEET: 3:47.47 M 9/29/12 Alfred C Newbury  
 VA: 3:27.19 V 6/1/99 Calvin Barnes  
 1 Kelleher, Joseph 77 VMST 4:12.23  
 58.13 2:01.79 3:09.12 4:12.23

**Men 75-79 50 Yard Butterfly**

NATL: 28.99 N 1/14/17 MIKE FRESHLEY  
 MEET: 41.29 M 9/29/12 Owen C Maher  
 VA: 33.17 V 5/10/18 Harry Sober  
 1 Kelleher, Joseph 77 VMST 53.98

**Mixed 18+ 200 Yard Freestyle Relay**

NATL: 1:24.76 N 5/2/14 THE OLYMPIC CLU  
 N ADRIAN, K RAATZ, K KASTES, A ERVIN  
 VA: 1:29.14 V 4/28/16 1693  
 K Gallagher, K Loughran, S Shaner, G Mizerak  
 1 ETM A 1:52.85  
 1) MacDonald, Emilie W19 2) Godesky, Alyssa W33  
 3) Wardle, William M66 4) Lucie, Quin M45  
 27.50 56.72 1:26.60 1:52.85  
 2 TIDE A 2:05.12  
 1) Pierce, Harrison M22 2) Lucas, Jane W73  
 3) Schirmer, Jenny W59 4) Wiggins, Grant M22  
 21.80 1:40.22 2:05.12  
 3 BAM1 A DQ  
 1) Deal, Bryan M41 2) Barrett, Elizabeth W62  
 3) Boggess, Wendi W46 4) Williams, Nicole W41  
 29.44 1:06.50 1:46.48 DQ

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**Mixed 18+ 200 Yard Medley Relay**

NATL: 1:35.89 N 4/30/16 THE OLYMPIC CLU

**A SAETA, C BABCOCK, A SENKO, M STIPE**

VA: 1:39.74 V 4/28/16 1693

**G Mizerak, S Glass, K Gallagher, S Shaner**

1	ETM	A	2:12.11
	1) Wardle, William M66	2) MacDonald, Emilie W19	
	3) Lucie, Quin M45	4) Godesky, Alyssa W33	
	34.12 1:10.37	1:43.10 2:12.11	
2	TIDE	A	2:17.41
	1) Verheul, Dirk M25	2) Cobb, Dianne W63	
	3) Wiggins, Grant M22	4) Lucas, Jane W73	
	27.81 1:14.00	1:29.16 2:17.41	
3	BAM1	A	DQ
	1) Boggess, Wendi W46	2) Barrett, Elizabeth W62	
	3) Williams, Nicole W41	4) Deal, Bryan M41	
	37.65 1:23.09	1:39.48 DQ	