

## TIDE 2nd Annual Speedo Masters Meet - 7/14/18

## Results

**Women 25-29 1500 LC Meter Freestyle**

NATL: 16:39.77 N 7/19/01 RACHEL KOMISARZ

VA: 19:01.31 V 8/17/85 Deborah Cain

1	Shepard, Megan C	28	VMST-VA	34:00.09
	54.35		3:19.50	4:18.03
	5:18.48	6:18.79	7:19.98	8:46.53
	10:11.14	11:11.91	12:12.74	13:14.90
	14:16.89	15:19.25	16:42.57	18:09.05
		20:16.65		22:20.52
	23:23.11	24:56.12	26:24.08	27:28.40
	28:53.03	29:54.99	30:55.32	31:57.69
	32:57.69	34:00.09		

**Women 25-29 50 LC Meter Backstroke**

NATL: 29.15 N 8/8/14 MADISON KENNEDY

VA: 32.26 V 10/1/84 Diane Cayce

1	Shepard, Megan C	28	VMST-VA	55.55
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**Women 25-29 100 LC Meter Breaststroke**

NATL: 1:06.07 N 6/28/16 KATIE MEILI

VA: 1:19.95 V 10/1/85 Lisa Tubergen

1	Maciejczyk, Monique	26	UC12-VA	1:27.35
	41.13	1:27.35		

**Women 25-29 200 LC Meter Breaststroke**

NATL: 2:29.90 N 6/26/13 JUSTINE MUELLER

VA: 2:49.95 V 8/17/14 Denise Letendre

1	Shepard, Megan C	28	VMST-VA	4:55.60
	1:07.09	2:22.71	3:40.63	4:55.60

**Women 25-29 50 LC Meter Butterfly**

NATL: 27.37 N 6/28/17 HANNAH SAIZ

VA: 30.64 V 6/17/17 Hayley Edwards

1	Maciejczyk, Monique	26	UC12-VA	33.22
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**Women 25-29 100 LC Meter Butterfly**

NATL: 59.74 N 8/4/17 HANNAH SAIZ

VA: 1:08.69 V 6/17/17 Hayley Edwards

1	Maciejczyk, Monique	26	UC12-VA	1:14.94
	33.65	1:14.94		
2	Shepard, Megan C	28	VMST-VA	2:01.05
	54.90	2:01.05		

**Women 25-29 200 LC Meter IM**

NATL: 2:14.03 N 6/29/13 JUSTINE MUELLER

VA: 2:32.64 V 8/17/14 Denise Letendre

1	Maciejczyk, Monique	26	UC12-VA	2:55.53
	34.11	1:24.55	2:14.16	2:55.53
2	Shepard, Megan C	28	VMST-VA	4:08.07
	53.54	2:00.20	3:14.21	4:08.07

**Women 35-39 50 LC Meter Freestyle**

NATL: 25.52 N 6/29/13 ERIKA ERNDL

VA: 27.65 V 10/1/00 Beth Baker

1	Geskos, Evangeline A	35	GMUP-PV	32.61
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**Women 35-39 50 LC Meter Backstroke**

NATL: 28.63 N 8/18/16 NORIKO INADA

VA: 32.72 V 8/19/99 Beth Baker

1	Geskos, Evangeline A	35	GMUP-PV	41.28
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**Women 35-39 50 LC Meter Breaststroke**

NATL: 32.86 N 8/9/13 KATIE GLENN

VA: 36.60 V 8/20/98 Patricia Powis

1	Geskos, Evangeline A	35	GMUP-PV	41.97
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**Women 35-39 100 LC Meter Breaststroke**

NATL: 1:12.30 N 5/27/12 CYNTHIA LEWIS

VA: 1:22.46 V 7/1/95 Lisa Bennett

1	Geskos, Evangeline A	35	GMUP-PV	1:29.68
	41.52	1:29.68		

**Women 35-39 50 LC Meter Butterfly**

NATL: 27.46 N 8/5/14 NORIKO INADA

VA: 29.71 V 8/19/99 Beth Baker

1	Geskos, Evangeline A	35	GMUP-PV	33.84
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**Women 40-44 100 LC Meter Freestyle**

NATL: 53.78 N 7/4/08 DARA TORRES

VA: 1:01.48 V 7/29/01 Beth Baker

1	Moore, Katie	44	UC12-VA	1:34.88
	44.59	1:34.88		

**Women 40-44 200 LC Meter Freestyle**

NATL: 2:09.00 N 5/25/03 K PIPES-NEILSEN

VA: 2:15.83 V 8/15/02 Kelly Parker

1	Moore, Katie	44	UC12-VA	3:26.23
	47.57	1:39.74	2:33.10	3:26.23

**Women 40-44 400 LC Meter Freestyle**

NATL: 4:22.87 N 8/13/11 JANET EVANS

VA: 4:48.37 V 8/15/02 Kelly Parker

1	Moore, Katie	44	UC12-VA	7:15.43
	50.48	1:45.25	2:40.28	3:36.69
	4:32.71	5:28.56	6:23.52	7:15.43

**Women 40-44 200 LC Meter Backstroke**

NATL: 2:23.18 N 8/6/09 JODY SMITH

VA: 2:31.66 V 10/1/01 Beth Baker

1	Moore, Katie	44	UC12-VA	4:06.00
	1:00.10	2:03.32	3:07.70	4:06.00

**Women 40-44 200 LC Meter Breaststroke**

NATL: 2:38.44 N 8/9/06 S VON DER LIPPE

VA: 3:03.20 V 8/12/04 Patricia Powis

1	Moore, Katie	44	UC12-VA	4:18.60
	1:00.44	3:13.42	4:18.60	

**Women 40-44 200 LC Meter IM**

NATL: 2:25.03 N 8/5/07 S VON DER LIPPE

VA: 2:52.14 V 8/15/08 Paula Jones

1	Moore, Katie	44	UC12-VA	3:57.04
	55.17	2:01.63	3:06.20	3:57.04

**Women 45-49 50 LC Meter Freestyle**

NATL: 27.09 N 8/5/17 THOMAS BRAUN

VA: 28.72 V 6/30/12 Annette Patterson

1	Greene, Dana M	49	NCMS-NC	38.83
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**Women 45-49 200 LC Meter Freestyle**

NATL: 2:10.09 N 6/13/09 K PIPES-NEILSEN  
VA: 2:25.12 V 8/9/10 Kelly Parker Palace

1 Greene, Dana M 49 NCMS-NC 3:27.14  
45.50 2:38.71 3:27.14

**Women 45-49 400 LC Meter Freestyle**

NATL: 4:35.84 N 9/6/08 K PIPES-NEILSEN  
VA: 5:15.56 V 8/9/10 Kelly Parker Palace

1 Greene, Dana M 49 NCMS-NC 7:58.01

**Women 45-49 400 LC Meter Freestyle**

NATL: 4:35.84 N 9/6/08 K PIPES-NEILSEN  
VA: 5:15.56 V 8/9/10 Kelly Parker Palace

1 Greene, Dana M 49 NCMS-NC 7:46.35  
49.52 1:50.67 2:52.28 3:53.86  
4:53.93 6:52.10 7:46.35

**Women 45-49 800 LC Meter Freestyle**

NATL: 9:24.11 N 8/5/07 K PIPES-NEILSEN  
VA:10:25.48 V 8/15/10 Kelly Parker Palace

1 Greene, Dana M 49 NCMS-NC 15:57.00

**Women 45-49 1500 LC Meter Freestyle**

NATL:17:55.83 N 8/17/03 S HEIM-BOWEN  
VA:20:17.34 V 8/9/10 Kelly Parker Palace

1 Greene, Dana M 49 NCMS-NC 30:01.79  
2:53.78 3:53.72  
4:52.18 6:53.83 7:58.01  
8:57.88 9:58.47 10:57.81 11:57.14  
12:56.41 14:55.84  
16:55.50 17:56.60 19:58.74  
20:59.98 22:01.82 23:02.78 24:03.54  
25:04.45 26:06.88 28:09.37  
30:01.79

**Women 50-54 50 LC Meter Freestyle**

NATL: 28.17 N 7/9/16 FALL WILLEBOORDSE  
VA: 30.41 V 6/24/10 Lisa Bennett

1 Wall, Janet 50 NCMS-NC 36.00  
2 Nicholls, Victoria 52 VMST-VA 55.77

**Women 50-54 100 LC Meter Freestyle**

NATL: 1:01.13 N 8/19/01 LAURA VAL  
VA: 1:05.83 V 6/10/11 Kelly Parker Palace

1 Wall, Janet 50 NCMS-NC 1:23.23  
39.65 1:23.23  
2 Nicholls, Victoria 52 VMST-VA 2:14.88  
1:02.96 2:14.88

**Women 50-54 1500 LC Meter Freestyle**

NATL:18:32.76 N 8/14/08 S HEIM-BOWEN  
VA:19:22.55 V 7/21/11 Kelly Parker Palace

1 Anderson-Kratzer, Jill E 51 VMST-VA 30:43.78  
53.84 1:52.50 2:53.63 3:54.52  
4:55.50 5:56.80 6:58.48 8:00.39  
8:59.83 10:02.87 10:58.83 12:06.26  
13:08.10 14:08.70 15:11.69 16:12.85  
17:15.59 18:18.36 19:20.63 20:22.69  
21:25.74 22:28.64 23:25.58 24:34.45  
25:36.88 26:40.51 27:41.97 28:42.30  
29:39.82 30:43.78

**Women 50-54 50 LC Meter Backstroke**

NATL: 32.41 N 6/22/13 LESLIE LIVINGSTON  
VA: 36.39 V 8/15/14 Val Van Horn Pate

1 Nicholls, Victoria 52 VMST-VA 1:16.49

**Women 50-54 50 LC Meter Breaststroke**

NATL: 37.31 N 8/19/16 KRATTLI\TRACY  
VA: 39.85 V 8/26/06 Lisa Bennett

1 Nicholls, Victoria 52 VMST-VA 1:31.49

**Women 50-54 100 LC Meter Breaststroke**

NATL: 1:22.23 N 8/4/14 CORRIN POPPS  
VA: 1:26.89 V 6/24/10 Lisa Bennett

1 Anderson-Kratzer, Jill E 51 VMST-VA 2:32.58  
1:12.78 2:32.58

**Women 50-54 50 LC Meter Butterfly**

NATL: 29.82 N 7/24/16 SUSAN WILLIAMS  
VA: 34.33 V 6/22/13 Val Van Horn Pate

1 Nicholls, Victoria 52 VMST-VA 1:18.54

**Women 55-59 50 LC Meter Freestyle**

NATL: 28.69 N 7/16/17 VAL\PIPES  
VA: 30.90 V 8/18/16 Kelly Parker Palace

1 Dore, Mary G 55 NCMS-NC 32.49

**Women 55-59 100 LC Meter Freestyle**

NATL: 1:02.02 N 8/13/07 VAL\VAL  
VA: 1:06.16 V 8/18/16 Kelly Parker Palace

1 Schirmer, Jenny 59 TIDE-VA 1:47.06  
52.09 1:47.06

**Women 55-59 200 LC Meter Freestyle**

NATL: 2:16.28 N 8/6/09 LAURA VAL  
VA: 2:23.56 V 9/10/16 Kelly Parker Palace

1 Dore, Mary G 55 NCMS-NC 2:32.26  
35.43 1:14.14 1:53.69 2:32.26  
2 Schirmer, Jenny 59 TIDE-VA 3:54.14  
54.28 1:56.24 2:57.70 3:54.14

**Women 55-59 400 LC Meter Freestyle**

NATL: 4:46.69 N 7/26/15 JILL HERNANDEZ  
VA: 4:59.94 V 8/18/16 Kelly Parker Palace

1 Dore, Mary G 55 NCMS-NC 5:23.19  
38.15 1:19.60 2:01.82 2:43.41  
3:24.43 4:04.89 4:45.15 5:23.19

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**(Women 55-59 400 LC Meter Freestyle)**

2 Schirmer, Jenny	59 TIDE-VA	8:20.22
56.38	1:59.39	3:03.98
4:10.18	5:14.60	6:20.09
7:22.90	8:20.22	

**Women 55-59 400 LC Meter Freestyle**

NATL: 4:46.69 N 7/26/15 JILL HERNANDEZ  
VA: 4:59.94 V 8/18/16 Kelly Parker Palace

1 Parker Palace, Kelly	57 RMSC-FL	5:40.43
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**Women 55-59 800 LC Meter Freestyle**

NATL: 9:46.56 N 7/25/15 JILL HERNANDEZ  
VA:10:18.29 V 8/18/16 Kelly Parker Palace

1 Parker Palace, Kelly	57 RMSC-FL	11:30.28
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**Women 55-59 1500 LC Meter Freestyle**

NATL:19:14.70 N 7/8/07 LAURA VAL  
VA:19:29.84 V 8/5/16 Kelly Parker Palace

1 Parker Palace, Kelly	57 RMSC-FL	21:36.10
37.37	1:20.27	2:03.39
2:46.78	3:30.06	4:14.05
4:56.76	5:40.43	6:23.98
7:07.37	7:51.67	8:35.65
9:19.98	10:03.86	10:47.03
11:30.28	12:15.00	12:57.96
13:42.13	14:25.60	15:09.84
15:53.82	16:38.79	17:22.82
18:05.22	18:47.76	19:30.94
20:13.78	20:56.75	21:36.10

**Women 55-59 200 LC Meter Backstroke**

NATL: 2:37.77 N 7/16/17 KARLYN PIPES  
VA: 2:52.33 V 7/7/16 Kelly Parker Palace

1 Zhang, Ying	55 UC12-VA	3:10.32
44.80	1:33.62	2:23.07
3:10.32		

**Women 55-59 50 LC Meter Breaststroke**

NATL: 37.13 N 7/16/17 CAROLINE KRATTLI  
VA: 42.55 V 9/10/11 Lisa Bennett

1 Zhang, Ying	55 UC12-VA	46.37
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**Women 55-59 50 LC Meter Butterfly**

NATL: 30.52 N 7/10/16 LESLIE LIVINGSTON  
VA: 35.07 V 6/10/12 Susan Skiff

1 Dore, Mary G	55 NCMS-NC	36.98
2 Zhang, Ying	55 UC12-VA	37.00

**Women 55-59 200 LC Meter IM**

NATL: 2:38.74 N 7/26/15 JILL HERNANDEZ  
VA: 2:49.48 V 8/5/16 Kelly Parker Palace

1 Zhang, Ying	55 UC12-VA	3:08.05
37.44	1:27.41	2:23.70
3:08.05		

**Women 55-59 400 LC Meter IM**

NATL: 5:49.40 N 7/10/09 LAURA VAL  
VA: 6:01.36 V 7/7/16 Kelly Parker Palace

1 Dore, Mary G	55 NCMS-NC	6:33.71
41.18	1:28.70	2:23.07
3:15.53	4:16.23	5:15.30
5:55.30	6:33.71	

**Women 60-64 50 LC Meter Freestyle**

NATL: 29.31 N 8/6/11 LAURA VAL  
VA: 34.11 V 7/6/13 Shirley Loftus-Charley

1 Cobb, Dianne L	63 UC12-VA	41.71
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**Women 60-64 50 LC Meter Breaststroke**

NATL: 39.02 N 8/19/16 BETH ESTEL  
VA: 46.27 V 8/13/14 Barbara Boslego

1 Cobb, Dianne L	63 UC12-VA	57.00
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**Women 60-64 100 LC Meter Breaststroke**

NATL: 1:27.24 N 8/18/16 BETH ESTEL  
VA: 1:40.20 V 7/6/13 Shirley Loftus-Charley

1 Cobb, Dianne L	63 UC12-VA	2:05.60
55.21	2:05.60	

**Women 65-69 50 LC Meter Freestyle**

NATL: 29.92 N 8/19/16 LAURA VAL  
VA: 34.54 V 8/6/09 Beth Schreiner

1 Williams, Dale B	66 SMS-SO	39.86
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**Women 65-69 100 LC Meter Freestyle**

NATL: 1:05.00 N 8/16/17 LAURA VAL  
VA: 1:17.63 V 8/18/07 Beth Schreiner

1 Boslego, Barbara E	67 VMST-VA	1:33.21
44.87	1:33.21	

**Women 65-69 50 LC Meter Backstroke**

NATL: 34.46 N 8/20/17 LAURA VAL  
VA: 42.77 V 6/22/13 Marcia Barry

1 Williams, Dale B	66 SMS-SO	49.07
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**Women 65-69 100 LC Meter Backstroke**

NATL: 1:15.66 N 8/19/17 LAURA VAL  
VA: 1:34.07 V 6/22/13 Marcia Barry

1 Williams, Dale B	66 SMS-SO	1:46.01
51.90	1:46.01	

**Women 65-69 200 LC Meter Backstroke**

NATL: 2:49.39 N 8/21/16 LAURA VAL  
VA: 3:22.47 V 8/16/14 Marcia Barry

1 Boslego, Barbara E	67 VMST-VA	3:55.59
57.59	1:57.12	2:58.60
3:55.59		

**Women 65-69 100 LC Meter Breaststroke**

NATL: 1:34.48 N 6/3/18 CHARLOTTE DAVIS  
VA: 1:36.94 V 8/12/04 Joann Leilich

1 Boslego, Barbara E	67 VMST-VA	1:57.26
55.78	1:57.26	

**Women 65-69 50 LC Meter Butterfly**

NATL: 33.66 N 8/21/16 CHARLOTTE DAVIS  
VA: 43.55 V 8/4/06 Beth Schreiner

1 Williams, Dale B	66 SMS-SO	44.18
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**Women 65-69 100 LC Meter Butterfly**

NATL: 1:13.70 N 8/18/16 LAURA VAL  
VA: 1:34.98 V 6/17/17 Shirley Loftus-Charley

1 Williams, Dale B	66 SMS-SO	1:54.32
51.36	1:54.32	

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**Women 70-74 100 LC Meter Freestyle**

NATL: 1:15.30 N 8/4/17 UUSTAL\UUSTAL

VA: 1:24.10 V 7/5/12 Beth Schreiner

1	Barry, Marcia L	70	VMST-VA	1:23.84V
	40.57	1:23.84		

**Women 70-74 200 LC Meter Freestyle**

NATL: 2:46.63 N 8/27/16 DIANN UUSTAL

VA: 3:08.53 V 6/9/18 Marcia Barry

1	Barry, Marcia L	70	VMST-VA	3:01.04V
	42.55	1:28.62	2:16.09	3:01.04

**Women 70-74 400 LC Meter Freestyle**

NATL: 6:06.39 N 8/20/16 CAROLYN BOAK

VA: 6:26.68 V 6/9/18 Marcia Barry

1	Barry, Marcia L	70	VMST-VA	6:17.00V
	43.49	1:30.97	2:18.48	3:06.75
	3:54.51	4:42.59	5:31.07	6:17.00

**Women 70-74 800 LC Meter Freestyle**

NATL:12:35.14 N 8/15/04 LAVELLE STOINOFF

VA:12:59.05 V 6/9/18 Marcia Barry

1	Barry, Marcia L	70	VMST-VA	12:52.66V
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**Women 70-74 1500 LC Meter Freestyle**

NATL:24:24.13 N 7/13/03 LAVELLE STOINOFF

VA:28:46.50 V 7/5/12 Betsy Durrant

1	Barry, Marcia L	70	VMST-VA	24:14.23N
	43.78	1:32.26	2:20.30	3:08.92
	3:57.48	4:46.22	5:33.89	6:23.93
	7:12.08	8:01.24	8:49.29	9:38.46
	10:26.76	11:15.56	12:04.04	12:52.66
	13:41.78	14:30.75	15:19.26	16:07.98
	16:56.51	17:45.88	18:34.62	19:23.65
	20:12.39	21:01.30	21:50.22	22:39.06
	23:27.40	24:14.23		

**Women 70-74 50 LC Meter Backstroke**

NATL: 39.11 N 8/4/17 DIANN UUSTAL

VA: 46.11 V 7/5/12 Beth Schreiner

1	Barry, Marcia L	70	VMST-VA	46.98
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**Women 70-74 200 LC Meter Backstroke**

NATL: 3:14.66 N 8/5/17 DIANN UUSTAL

VA: 3:37.44 V 6/9/18 Marcia Barry

1	Barry, Marcia L	70	VMST-VA	3:36.86V
	52.81	1:47.92	2:43.34	3:36.86

**Women 75-79 50 LC Meter Backstroke**

NATL: 44.43 N 8/23/99 DORIS STEADMAN

VA: 48.01 V 7/8/16 Beth Schreiner

1	Martin, Judy	76	VMST-VA	1:13.15
	1:11.40	1:13.15		

**Women 75-79 100 LC Meter Backstroke**

NATL: 1:39.06 N 8/23/99 DORIS STEADMAN

VA: 1:50.11 V 8/2/17 Beth Schreiner

1	Martin, Judy	76	VMST-VA	2:38.26
	1:14.95	2:38.26		

**Women 75-79 50 LC Meter Breaststroke**

NATL: 47.10 N 7/19/14 JOANN LEILICH

VA: 55.21 V 6/9/12 Johnnie Detrick

1	Marens, Susan E	76	VMST-VA	1:01.80
2	Martin, Judy	76	VMST-VA	1:16.69

**Women 75-79 100 LC Meter Breaststroke**

NATL: 1:42.18 N 8/15/14 JOANN LEILICH

VA: 2:03.34 V 7/25/10 Johnnie Detrick

1	Marens, Susan E	76	VMST-VA	2:19.18
2	Martin, Judy	76	VMST-VA	2:54.33
	1:22.24	2:54.33		

**Women 75-79 200 LC Meter Breaststroke**

NATL: 3:40.84 N 7/19/14 JOANN LEILICH

VA: 4:29.13 V 8/7/10 Johnnie Detrick

1	Marens, Susan E	76	VMST-VA	5:02.36
	1:12.15	2:30.79	3:49.01	5:02.36

**Women 75-79 50 LC Meter Butterfly**

NATL: 44.95 N 8/1/04 GAIL ROPER

VA: 51.31 V 7/6/13 Lucille Griffin

1	Marens, Susan E	76	VMST-VA	1:07.13
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**Women 80-84 50 LC Meter Freestyle**

NATL: 38.64 N 3/7/09 GAIL ROPER

VA: 39.51 V 7/8/16 Johnnie Detrick

1	Detrick, Johnnie	83	VMST-VA	41.35
2	Walker, Laura S	81	VMST-VA	47.87
3	Averette, Joan	82	VMST-VA	1:17.54

**Women 80-84 100 LC Meter Freestyle**

NATL: 1:27.55 N 3/7/09 GAIL ROPER

VA: 1:37.04 V 7/25/15 Johnnie Detrick

1	Detrick, Johnnie	83	VMST-VA	1:41.07
	47.93	1:41.07		
2	Walker, Laura S	81	VMST-VA	1:49.02
	51.23	1:49.02		

**Women 80-84 200 LC Meter Freestyle**

NATL: 3:27.26 N 6/10/07 JEAN TROY

VA: 3:55.47 V 7/8/16 Johnnie Detrick

1	Detrick, Johnnie	83	VMST-VA	3:50.71V
	54.50	1:53.67	2:53.61	3:50.71

**Women 80-84 50 LC Meter Backstroke**

NATL: 46.39 N 3/29/02 BUNNY CEDERLUND

VA: 1:00.64 V 6/17/17 Laura Walker

1	Walker, Laura S	81	VMST-VA	1:00.50V
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**Women 80-84 100 LC Meter Backstroke**

NATL: 1:47.29 N 8/7/09 BETTY LORENZI

VA: 2:10.00 V 6/17/17 Laura Walker

1	Walker, Laura S	81	VMST-VA	2:13.52
	1:06.95	2:13.52		

**Women 80-84 200 LC Meter Backstroke**

NATL: 3:53.12 N 3/13/10 BETTY LORENZI

VA: 4:37.91 V 6/17/17 Laura Walker

1	Walker, Laura S	81	VMST-VA	4:48.05
	1:10.32	2:22.58	3:39.76	4:48.05

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**Women 80-84 50 LC Meter Breaststroke**

NATL: 53.40 N 8/4/11 ANN HIRSCH  
 VA: 58.45 V 7/8/16 Johnnie Detrick

1 Averette, Joan 82 VMST-VA 1:41.46

**Women 90-94 50 LC Meter Freestyle**

NATL: 52.09 N 6/11/17 JEAN TROY  
 VA: 1:23.96 V 6/22/13 Marianna Berkley

1 Meredith, Jeanne H 90 VMST-VA 1:10.61V

**Women 90-94 50 LC Meter Backstroke**

NATL: 56.89 N 8/4/17 BETTY LORENZI

1 Meredith, Jeanne H 90 VMST-VA 1:32.87

**Women 90-94 100 LC Meter Backstroke**

NATL: 2:07.31 N 8/6/17 BETTY LORENZI  
 VA: 3:13.54 V 6/22/13 Marianna Berkley

1 Meredith, Jeanne H 90 VMST-VA 3:16.44

**Men 18-24 200 LC Meter Butterfly**

NATL: 1:55.09 N 8/6/14 THOMAS SHIELDS  
 VA: 2:09.39 V 10/1/95 Ry Beville

1 Pierce, Harrison J 22 TIDE-VA 2:29.77  
 31.74 1:07.93 1:48.62 2:29.77

**Men 25-29 50 LC Meter Freestyle**

NATL: 21.69 N 8/10/14 NATHAN ADRIAN  
 VA: 23.58 V 8/20/98 Daniel Summerlin

1 Latimer, Morgan 25 TIDE-VA 25.77  
 2 Snyder, Scott 29 VMST-VA 26.48

**Men 25-29 100 LC Meter Freestyle**

NATL: 47.96 N 6/27/17 NATHAN ADRIAN  
 VA: 54.41 V 7/8/16 David Dent

1 Snyder, Scott 29 VMST-VA 1:00.02  
 27.83 1:00.02

**Men 25-29 50 LC Meter Backstroke**

NATL: 26.05 N 5/22/11 ADAM MANIA  
 VA: 28.46 V 8/27/05 Michael Vanderpool

1 Snyder, Scott 29 VMST-VA 33.60

**Men 25-29 50 LC Meter Butterfly**

NATL: 23.71 N 8/16/08 KOHEI KAWAMOTO  
 VA: 26.53 V 8/17/00 Ryan Bradley

1 Snyder, Scott 29 VMST-VA 29.05

**Men 25-29 200 LC Meter Butterfly**

NATL: 1:55.81 N 6/29/16 THOMAS SHIELDS  
 VA: 2:12.72 V 8/15/02 Frank Byskov

1 Latimer, Morgan 25 TIDE-VA 2:21.98  
 31.99 1:09.32 1:46.41 2:21.98

**Men 30-34 50 LC Meter Freestyle**

NATL: 21.55 N 8/10/14 ANTHONY ERVIN  
 VA: 24.93 V 1/1/89 John Tudor

1 Davies, Simon S 34 UC12-VA 27.58

**Men 30-34 100 LC Meter Freestyle**

NATL: 48.71 N 8/6/14 ANTHONY ERVIN  
 VA: 54.27 V 8/4/06 Troy Johnson

1 Buist, Chadwick 32 VMST-VA 1:05.94  
 31.07 1:05.94

**Men 30-34 100 LC Meter Breaststroke**

NATL: 1:00.19 N 6/26/16 MARCUS TITUS  
 VA: 1:12.32 V 8/25/88 Ken Neubauer

1 Davies, Simon S 34 UC12-VA 1:27.94  
 41.47 1:27.94

**Men 35-39 50 LC Meter Freestyle**

NATL: 23.35 N 6/30/12 BRIAN JACOBSON  
 VA: 25.74 V 8/4/06 Eric Cornell

1 Havens, Kurt 36 NCMS-NC 28.61  
 2 Friend, Billy 39 UC12-VA 30.91

**Men 35-39 100 LC Meter Freestyle**

NATL: 51.49 N 7/16/95 ROWDY GAINES  
 VA: 55.94 V 8/4/06 Eric Cornell

1 Havens, Kurt 36 NCMS-NC 1:04.21  
 30.01 1:04.21  
 2 Friend, Billy 39 UC12-VA 1:08.58  
 32.38 1:08.58

**Men 35-39 200 LC Meter Freestyle**

NATL: 1:52.84 N 8/6/06 VLAD PYSHNENKO  
 VA: 2:05.62 V 8/4/06 Eric Cornell

1 Friend, Billy 39 UC12-VA 2:33.80  
 34.07 1:11.11 1:51.75 2:33.80

**Men 35-39 400 LC Meter Freestyle**

NATL: 4:07.64 N 7/16/95 ROWDY GAINES  
 VA: 4:32.96 V 8/4/06 Dave Holland

1 Rodriguez, Jason 39 TIDE-VA 5:45.13  
 37.46 1:19.87 2:04.06 2:49.05  
 3:33.70 4:19.38 5:04.73 5:45.13

**Men 35-39 400 LC Meter IM**

NATL: 4:34.10 N 7/29/01 RON KARNAUGH  
 VA: 4:59.16 V 4/1/16 Adam Barley

1 Rodriguez, Jason 39 TIDE-VA 7:38.62  
 49.01 1:48.17 2:50.74 3:47.62  
 4:58.75 6:11.43 6:56.00 7:38.62

**Men 45-49 50 LC Meter Freestyle**

NATL: 24.29 N 8/10/06 PAUL SMITH  
 VA: 25.83 V 8/17/00 David Hefner

1 Walter, Joseph M 47 NCMS-NC 28.83  
 2 Palace, Mark 45 RMSC-FL 29.88

**Men 45-49 100 LC Meter Freestyle**

NATL: 53.77 N 8/7/16 NICOLAS GRANGER  
 VA: 56.50 V 8/10/02 John Tudor

1 Walter, Joseph M 47 NCMS-NC 1:03.97  
 30.93 1:03.97  
 2 Palace, Mark 45 RMSC-FL 1:08.60  
 33.83 1:08.60

**Men 45-49 200 LC Meter Freestyle**

NATL: 1:57.89 N 8/6/09 KEITH SWITZER  
 VA: 2:01.76 V 8/6/09 Chris Stevenson

1 Walter, Joseph M 47 NCMS-NC 2:18.94  
 32.38 1:07.74 1:44.21 2:18.94

## TIDE 2nd Annual Speedo Masters Meet - 7/14/18

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**Men 45-49 400 LC Meter Freestyle**

NATL: 4:09.20 N 7/19/08 DENNIS BAKER  
VA: 4:21.26 V 8/6/09 Chris Stevenson

1	Walter, Joseph M	47	NCMS-NC	4:52.70
				32.58 1:08.40 1:44.91 2:22.65
				3:00.54 3:38.81 4:16.65 4:52.70
2	Ruback, Mark S	49	NCMS-NC	5:00.66
				33.64 1:10.48 1:48.21 2:26.60
				3:04.69 3:43.69 4:22.36 5:00.66

**Men 45-49 800 LC Meter Freestyle**

NATL: 8:51.98 N 8/9/10 JEFF ERWIN  
VA: 9:10.01 V 7/18/13 Chris Stevenson

1	Ruback, Mark S	49	NCMS-NC	10:09.68
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**Men 45-49 1500 LC Meter Freestyle**

NATL:16:38.81 N 8/10/09 JEFF ERWIN  
VA:17:49.63 V 6/22/13 Chris Stevenson

1	Ruback, Mark S	49	NCMS-NC	19:10.90
				34.07 1:11.59 1:49.40 2:27.67
				3:05.93 3:44.60 4:22.84 5:01.04
				5:39.16 6:17.83 6:56.31 7:35.08
				8:13.47 8:52.72 9:31.08 10:09.68
				10:48.02 11:26.89 12:04.94 12:44.38
				13:22.80 14:02.44 14:40.68 15:20.14
				15:58.60 16:37.98 17:16.74 17:55.76
				18:34.32 19:10.90

**Men 45-49 50 LC Meter Backstroke**

NATL: 28.05 N 6/7/08 STEVE WOOD  
VA: 28.44 V 8/6/09 Chris Stevenson

1	Palace, Mark	45	RMSC-FL	38.89
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**Men 45-49 50 LC Meter Breaststroke**

NATL: 30.10 N 8/20/17 BALEKA\BALEKA  
VA: 32.99 V 8/4/06 David Malsbury

1	Palace, Mark	45	RMSC-FL	37.48
2	O'Donnell, John E	45	NCMS-NC	39.68

**Men 45-49 100 LC Meter Breaststroke**

NATL: 1:05.08 N 5/25/18 STEVE WEST  
VA: 1:15.35 V 8/15/08 David Malsbury

1	Palace, Mark	45	RMSC-FL	1:25.94
				40.82 1:25.94
2	O'Donnell, John E	45	NCMS-NC	1:27.27
				42.60 1:27.27

**Men 45-49 200 LC Meter Breaststroke**

NATL: 2:19.44 N 6/22/18 STEVE WEST  
VA: 2:57.83 V 7/18/08 David Malsbury

1	O'Donnell, John E	45	NCMS-NC	3:12.49
				45.06 1:34.88 2:25.39 3:12.49

**Men 45-49 50 LC Meter Butterfly**

NATL: 25.65 N 7/8/12 NICHOLAS DECKER  
VA: 26.66 V 8/3/11 Chris Stevenson

1	Palace, Mark	45	RMSC-FL	32.60
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**Men 45-49 200 LC Meter Butterfly**

NATL: 2:04.07 N 7/19/08 DENNIS BAKER  
VA: 2:17.96 V 7/18/13 Chris Stevenson

1	Ruback, Mark S	49	NCMS-NC	2:53.33
				38.59 1:21.78 2:08.62 2:53.33

**Men 50-54 50 LC Meter Freestyle**

NATL: 24.58 N 8/9/09 ROWDY GAINES  
VA: 26.23 V 9/19/15 Gregory Harris

1	Vermaak, Paul	52	TIDE-VA	28.48
2	Schultz, Norman E	52	NCMS-NC	28.65

**Men 50-54 100 LC Meter Freestyle**

NATL: 54.18 N 8/4/17 NICOLAS GRANGER  
VA: 58.05 V 8/6/15 Gregory Harris

1	Vermaak, Paul	52	TIDE-VA	1:02.04
				29.55 1:02.04
2	Schultz, Norman E	52	NCMS-NC	1:08.21
				33.24 1:08.21

**Men 50-54 200 LC Meter Freestyle**

NATL: 2:00.34 N 8/13/07 DAN STEPHENSON  
VA: 2:08.11 V 6/22/13 Len Gushe

1	Schultz, Norman E	52	NCMS-NC	2:29.98
				36.06 1:15.71 1:54.59 2:29.98

**Men 50-54 400 LC Meter Freestyle**

NATL: 4:15.93 N 8/4/17 NICOLAS GRANGER  
VA: 4:32.22 V 8/16/14 Chris Stevenson

1	Smith, Stratton	54	NCMS-NC	5:02.44
				35.08 1:13.03 1:50.48 2:29.15
				3:07.47 3:46.62 4:24.39 5:02.44
2	Schultz, Norman E	52	NCMS-NC	5:17.19
				37.77 1:19.11 2:00.36 2:41.31
				3:21.04 4:00.72 4:40.64 5:17.19

**Men 50-54 50 LC Meter Backstroke**

NATL: 28.60 N 8/5/11 STEVE WOOD  
VA: 29.99 V 8/16/14 Chris Stevenson

1	Smith, Stratton	54	NCMS-NC	40.51
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**Men 50-54 100 LC Meter Backstroke**

NATL: 1:01.57 N 8/6/17 NICOLAS GRANGER  
VA: 1:03.71 V 8/17/14 Chris Stevenson

1	Smith, Stratton	54	NCMS-NC	1:16.02
				37.72 1:16.02

**Men 50-54 200 LC Meter Backstroke**

NATL: 2:14.53 N 8/5/17 NICOLAS GRANGER  
VA: 2:22.61 V 8/16/14 Chris Stevenson

1	Smith, Stratton	54	NCMS-NC	2:46.18
				41.26 1:23.82 2:05.81 2:46.18

**Men 50-54 50 LC Meter Breaststroke**

NATL: 30.48 N 8/9/13 DAVID GUTHRIE  
VA: 33.36 V 8/6/16 Gregory Harris

1	Cockrell, Charles E	50	TMAS-VA	37.24
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## TIDE 2nd Annual Speedo Masters Meet - 7/14/18

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**Men 50-54 100 LC Meter Breaststroke**

NATL: 1:06.98 N 8/15/14 DAVID GUTHRIE

VA: 1:12.45 V 8/2/17 Gregory Harris

1	Cockrell, Charles E	50	TMAS-VA	1:26.27
				40.58 1:26.27
2	Schultz, Norman E	52	NCMS-NC	1:30.36
				42.52 1:30.36

**Men 50-54 200 LC Meter Breaststroke**

NATL: 2:27.91 N 7/31/13 DAVID GUTHRIE

VA: 2:45.10 V 8/17/14 Gregory Harris

1	Cockrell, Charles E	50	TMAS-VA	3:09.36
				44.14 1:32.26 2:21.16 3:09.36
2	Schultz, Norman E	52	NCMS-NC	3:17.84
				45.24 1:37.05 2:27.73 3:17.84

**Men 50-54 50 LC Meter Butterfly**

NATL: 25.88 N 8/16/08 PAUL CARTER

VA: 27.18 V 8/17/14 Chris Stevenson

1	Vermaak, Paul	52	TIDE-VA	30.75
2	Smith, Stratton	54	NCMS-NC	33.23

**Men 50-54 200 LC Meter Butterfly**

NATL: 2:13.80 N 7/9/11 DENNIS BAKER

VA: 2:27.35 V 7/7/13 Len Gushe

---	Vermaak, Paul	52	TIDE-VA	1:09.87
				32.01 1:09.87

**Men 50-54 200 LC Meter IM**

NATL: 2:11.15 N 8/6/17 NICOLAS GRANGER

VA: 2:23.93 V 6/2/13 Len Gushe

1	Cockrell, Charles E	50	TMAS-VA	3:02.33
				41.66 1:30.03 2:19.02 3:02.33

**Men 50-54 400 LC Meter IM**

NATL: 4:45.61 N 8/3/17 NICOLAS GRANGER

VA: 5:25.06 V 8/26/17 Gregory Harris

1	Smith, Stratton	54	NCMS-NC	5:46.13
				37.60 1:19.09 2:05.08 2:50.41
				3:40.77 4:30.51 5:08.27 5:46.13

**Men 55-59 50 LC Meter Freestyle**

NATL: 25.01 N 6/7/09 JACK GROSELLE

VA: 28.54 V 6/30/12 Louis Tudor

1	Harris, Greg	55	VMST-VA	26.68V
2	Cowling, Frank H	59	UC12-VA	31.25

**Men 55-59 100 LC Meter Freestyle**

NATL: 56.07 N 7/10/15 STEVE WOOD

VA: 1:04.74 V 8/11/05 Jim Miller

1	Cowling, Frank H	59	UC12-VA	1:13.15
				34.35 1:13.15
2	Kammermann, Chris	56	SHYM-VA	1:25.78
				40.86 1:25.78

**Men 55-59 200 LC Meter Freestyle**

NATL: 2:04.01 N 7/26/09 MICHAEL MANN

VA: 2:28.06 V 8/17/00 Jack Schiltz

1	Harris, Greg	55	VMST-VA	2:21.17V
				32.63 1:07.96 1:44.78 2:21.17

2	Cortina, Jorge A	59	TMAS-VA	2:33.37
				34.78 1:13.65 1:53.40 2:33.37

**Men 55-59 400 LC Meter Freestyle**

NATL: 4:22.49 N 7/25/09 MICHAEL MANN

VA: 5:27.19 V 6/11/06 Bob Macionis

1	Cortina, Jorge A	59	TMAS-VA	5:29.04
				36.78 1:18.36 2:00.31 2:42.91
				3:24.73 4:07.41 4:48.93 5:29.04
2	Kammermann, Chris	56	SHYM-VA	6:52.15
				47.37 1:40.99 2:33.04 3:26.76
				4:19.42 5:12.07 6:04.02 6:52.15

**Men 55-59 50 LC Meter Backstroke**

NATL: 29.03 N 8/20/16 STEVE WOOD

VA: 32.01 V 8/18/16 David Malsbury

1	Harris, Greg	55	VMST-VA	32.88
2	Cowling, Frank H	59	UC12-VA	42.63

**Men 55-59 100 LC Meter Backstroke**

NATL: 1:03.50 N 6/21/15 STEVE WOOD

VA: 1:11.23 V 8/18/16 David Malsbury

1	Kammermann, Chris	56	SHYM-VA	1:50.72
				52.92 1:50.72

**Men 55-59 50 LC Meter Breaststroke**

NATL: 30.56 N 8/6/17 DAVID GUTHRIE

VA: 34.05 V 8/18/16 David Malsbury

1	Harris, Greg	55	VMST-VA	33.49V
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**Men 55-59 50 LC Meter Butterfly**

NATL: 26.86 N 8/6/09 GARY HALL

VA: 31.60 V 1/1/97 Kenneth Novell

1	Harris, Greg	55	VMST-VA	30.11V
2	Cowling, Frank H	59	UC12-VA	38.88

**Men 55-59 400 LC Meter IM**

NATL: 5:04.07 N 7/26/09 MICHAEL MANN

VA: 7:10.73 V 7/30/00 Edward Gaulrapp

1	Harris, Greg	55	VMST-VA	6:13.38V
				40.72 1:30.03 2:18.86 3:09.02
				3:57.12 4:47.71 5:29.91 6:13.38

**Men 60-64 50 LC Meter Freestyle**

NATL: 25.23 N 8/10/06 RICHARD ABRAHAMAS

VA: 28.84 V 6/22/13 Scott Kauffman

1	Plough, Robert J	62	UC13-NC	30.22
2	Trivette, Robert P	62	NCMS-NC	30.74

**Men 60-64 100 LC Meter Freestyle**

NATL: 57.79 N 6/14/14 JACK GROSELLE

VA: 1:05.46 V 8/15/02 Jack Schiltz

1	Plough, Robert J	62	UC13-NC	1:09.71
				34.09 1:09.71
2	Trivette, Robert P	62	NCMS-NC	1:11.77
				34.40 1:11.77
3	Hill, Harvey F	64	TIDE-VA	1:29.25
				43.21 1:29.25

## TIDE 2nd Annual Speedo Masters Meet - 7/14/18

## Results

**Men 60-64 200 LC Meter Freestyle**

NATL: 2:07.68 N 8/6/17 DAN STEPHENSON

VA: 2:18.60 V 8/4/06 John Calvert

1	Hill, Harvey F	64	TIDE-VA	3:09.16
	46.25	1:34.26	2:22.60	3:09.16

**Men 60-64 400 LC Meter Freestyle**

NATL: 4:36.85 N 8/4/17 DAN STEPHENSON

VA: 4:59.08 V 10/1/06 John Calvert

1	Stone, Bryan A	62	VMST-VA	7:28.28
	48.74	1:44.95	2:41.63	3:39.37
	4:37.23	5:35.09	6:32.53	7:28.28

**Men 60-64 1500 LC Meter Freestyle**

NATL:18:12.09 N 6/6/10 JIM MC CONICA

VA:22:04.07 V 8/13/03 Neil Watts

1	Throne, William C	62	VMST-VA	22:13.92
	39.36	1:22.12	2:04.22	2:49.51
		4:18.45		5:47.75
		7:17.89		8:47.72
		10:18.14		11:48.41
		13:18.62	14:17.31	14:49.10
		16:19.43		17:48.83
		19:18.91		20:48.84
	22:13.92			
2	Saks, Mitch	60	VMST-VA	23:24.12
	43.48	1:29.51	2:16.35	3:03.68
	3:50.41	4:37.75	5:24.48	6:11.36
	6:51.41	7:45.73	8:32.05	9:19.15
	10:05.77	10:53.03	11:39.51	12:26.80
	13:06.38	14:00.95	14:47.74	15:35.61
	16:22.22	17:09.89	17:57.05	18:43.87
	19:30.41	20:18.01	21:04.39	21:51.48
	22:38.07	23:24.12		

**Men 60-64 50 LC Meter Backstroke**

NATL: 31.33 N 8/18/16 ANDRE STEYNBERG

VA: 33.89 V 1/1/06 John Calvert

1	Plough, Robert J	62	UC13-NC	38.73
2	Swiger, Ralph B	62	VMST-VA	1:01.43

**Men 60-64 100 LC Meter Backstroke**

NATL: 1:07.85 N 7/31/16 TOM BARTON

VA: 1:23.27 V 10/1/83 Edward Hall

1	Trivette, Robert P	62	NCMS-NC	1:31.34
	45.23	1:31.34		
2	Hill, Harvey F	64	TIDE-VA	1:38.83
	47.96	1:38.83		
3	Stone, Bryan A	62	VMST-VA	1:52.04
	53.82	1:52.04		

**Men 60-64 200 LC Meter Backstroke**

NATL: 2:28.37 N 7/30/16 TOM BARTON

VA: 2:39.01 V 8/4/06 John Calvert

1	Trivette, Robert P	62	NCMS-NC	3:19.73
	46.62	1:36.77	2:28.11	3:19.73
2	Hill, Harvey F	64	TIDE-VA	3:39.56
	55.50	1:52.39	2:48.41	3:39.56
3	Stone, Bryan A	62	VMST-VA	4:03.99
	56.95	1:58.91	3:02.47	4:03.99

**Men 60-64 50 LC Meter Breaststroke**

NATL: 32.87 N 6/13/12 TIMOTHY SHEAD

VA: 38.27 V 8/15/02 Jack Schiltz

1	Swiger, Ralph B	62	VMST-VA	51.62
2	Stone, Bryan A	62	VMST-VA	52.15

**Men 60-64 100 LC Meter Breaststroke**

NATL: 1:13.38 N 8/8/13 RICK COLELLA

VA: 1:25.45 V 8/15/02 Jack Schiltz

1	Stone, Bryan A	62	VMST-VA	1:54.49
	52.92	1:54.49		
2	Swiger, Ralph B	62	VMST-VA	2:05.10
	1:00.25	2:05.10		

**Men 60-64 200 LC Meter Breaststroke**

NATL: 2:40.46 N 8/17/14 RICK COLELLA

VA: 3:16.64 V 8/15/02 Jack Schiltz

1	Swiger, Ralph B	62	VMST-VA	4:34.97
	1:02.29	3:25.26	4:34.97	

**Men 60-64 50 LC Meter Butterfly**

NATL: 27.85 N 8/6/17 TRIP HEDRICK

VA: 32.19 V 8/15/02 Jack Schiltz

1	Plough, Robert J	62	UC13-NC	33.48
2	Stone, Bryan A	62	VMST-VA	50.64
3	Swiger, Ralph B	62	VMST-VA	57.09

**Men 60-64 100 LC Meter Butterfly**

NATL: 1:03.03 N 8/15/05 RICHARD ABRAHAMS

VA: 1:13.20 V 1/1/06 John Calvert

1	Swiger, Ralph B	62	VMST-VA	2:27.37
	1:08.84	2:27.37		

**Men 60-64 400 LC Meter IM**

NATL: 5:08.20 N 8/15/14 RICK COLELLA

VA: 5:41.07 V 8/4/06 John Calvert

1	Trivette, Robert P	62	NCMS-NC	7:02.90
	47.78	1:43.56	2:38.30	3:30.64
	4:30.59	5:29.11	6:16.30	7:02.90

**Men 65-69 50 LC Meter Freestyle**

NATL: 26.21 N 7/6/18 DOUG MARTIN

VA: 31.35 V 8/23/08 Harry Sober

1	Nelson, Bill L	65	VMST-VA	40.05
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**Men 65-69 100 LC Meter Freestyle**

NATL: 1:00.38 N 8/12/10 RICHARD ABRAHAMS

VA: 1:10.21 V 6/17/17 Craig Bauer

1	Nelson, Bill L	65	VMST-VA	1:33.32
	43.88	1:33.32		

**Men 65-69 200 LC Meter Freestyle**

NATL: 2:09.39 N 8/6/17 RICK COLELLA

VA: 2:38.68 V 6/17/17 Craig Bauer

1	Nelson, Bill L	65	VMST-VA	3:35.88
	46.28	1:41.81	2:40.69	3:35.88

**Men 65-69 50 LC Meter Breaststroke**

NATL: 33.30 N 8/19/16 RICK COLELLA

VA: 42.64 V 7/17/11 James Davis

1	Nelson, Bill L	65	VMST-VA	57.12
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**TIDE 2nd Annual Speedo Masters Meet - 7/14/18****Results****Men 75-79 100 LC Meter Freestyle**

NATL: 1:06.63 N 7/12/09 DAVID RADCLIFF

VA: 1:28.06 V 10/1/85 Patrick Frank

1	Frogley, Chris S	75	VMST-VA	1:40.04
	48.64	1:40.04		

**Men 75-79 200 LC Meter Freestyle**

NATL: 2:25.66 N 6/6/09 DAVID RADCLIFF

VA: 3:22.27 V 10/1/85 Patrick Frank

1	Frogley, Chris S	75	VMST-VA	3:42.53
	52.30	1:49.37	2:49.08	3:42.53

**Men 75-79 400 LC Meter Freestyle**

NATL: 5:17.77 N 3/7/09 DAVID RADCLIFF

VA: 7:08.43 V 8/2/17 Sandy Galletly

1	Frogley, Chris S	75	VMST-VA	8:24.09
	55.76	1:59.56	3:04.24	4:10.47
	5:15.88	6:23.52	7:26.67	8:24.09

**Men 75-79 50 LC Meter Breaststroke**

NATL: 38.89 N 6/5/16 MIKE FRESHLEY

VA: 55.14 V 8/21/10 Richard Scott

1	Frogley, Chris S	75	VMST-VA	1:00.01
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**Mixed 240-279 400 LC Meter Freestyle Relay**

NATL: 4:24.45 N 6/15/14 SARASOTA Y SHARKS

J GROSELLE, L GROSELLE, N KRYKA, B COUCH

VA: 5:51.04 V 8/6/09 VMST

T Woods, K Braaten, J Meredith, C Stevenson

1	VMST-VA	A	7:07.11
	1) Nicholls, Victoria W52	2) Swiger, Ralph B M62	
	3) Stone, Bryan A M62	4) Boslego, Barbara E W67	
	1:00.82	3:00.55	3:53.45
	4:39.55	5:34.68	7:07.11

**Mixed 240-279 400 LC Meter Medley Relay**

NATL: 4:51.95 N 8/8/09 TAMALPAIS AQUATIC MAS

R BURNS, K FROST, L VAL, B WHEELER

VA: 6:27.56 V 8/6/09 VMST

K Braaten, S Galletly, R Swiger, B Schreiner

1	VMST-VA	A	7:38.35
	1) Stone, Bryan A M62	2) Frogley, Chris S M75	
	3) Swiger, Ralph B M62	4) Saks, Mitch M60	
	55.02	1:53.01	2:57.05
	5:08.80	6:22.35	7:38.35