

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 18-24 50 Yard Freestyle

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

1	Mulquin, Catherine	24	CLUB TRIBE	25.06
2	Wujciak, Anna	24	CLUB TRIBE	25.13
3	Schaffling, Staci	24	COLONIALS 1776	28.66
4	Wooley, Samantha	23	CLUB TRIBE	31.33

Women 18-24 100 Yard Freestyle

NATL: 48.18 N 12/6/14 **KATIE MEILI**
ZONE: 51.99 Z 4/11/15 **Harumi Katsuyama**
VA: 52.01 V 3/6/14 **Rachel Nelson**

1	Moyer, Caroline	24	LIFE TIME SWIM D	55.99
	26.88	55.99		
2	Burke, Rebecca	23	LANE 4 SWIMMING	56.95
	27.40	56.95		
3	Schaffling, Staci	24	COLONIALS 1776	1:04.32
	29.55	1:04.32		

Women 18-24 200 Yard Freestyle

NATL: 1:43.28 N 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	MacDonald, Emilie	19	E TEAM	2:08.36
	30.11	1:02.67	1:35.63	2:08.36
2	Basham, Abby	23	CHINN AQUATICS A	2:43.27
	36.59	1:17.86	2:00.63	2:43.27
3	Sours, Kate	20	LANE 4 SWIMMING	2:49.86
	37.66	1:19.60	2:04.25	2:49.86

Women 18-24 500 Yard Freestyle

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

1	Wujciak, Anna	24	CLUB TRIBE	5:13.39V
	28.62	59.90	1:31.88	2:03.82
	2:35.75	3:07.24	3:38.78	4:10.32
	4:42.05	5:13.39		
2	MacDonald, Emilie	19	E TEAM	5:46.63
	31.58	1:06.59	1:41.69	2:17.21
	2:52.67	3:28.08	4:03.37	4:38.49
	5:13.01	5:46.63		
3	Bade, Marian	24	ALEXANDRIA MASTI	6:04.23
	32.99	1:08.88	1:45.66	2:22.68
	2:59.64	3:36.57	4:13.36	4:50.78
	5:27.87	6:04.23		
4	Schaffling, Staci	24	COLONIALS 1776	6:19.92
	32.12	1:08.28	1:45.56	2:23.83
	3:02.46	3:41.68	4:21.13	5:01.35
	5:42.28	6:19.92		
5	Basham, Abby	23	CHINN AQUATICS A	7:15.52
	37.39	1:19.34	2:02.68	2:46.80
	3:31.21	4:16.40	5:01.70	5:46.80
	6:31.47	7:15.52		

6	Sours, Kate	20	LANE 4 SWIMMING	7:28.50
	39.64	1:21.57	2:05.54	2:50.36
	3:36.61	4:22.04	5:09.14	5:56.23
	6:42.48	7:28.50		

Women 18-24 1000 Yard Freestyle

NATL:10:12.42 N 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	Sours, Kate	20	LANE 4 SWIMMING	15:47.55
	40.27	1:23.76	2:09.38	2:55.84
	3:43.33	4:31.52	5:19.82	6:08.87
	6:56.28	7:46.36	8:33.67	9:21.70
	10:10.27	10:59.30	11:47.78	12:36.16
	13:25.46	14:13.45	15:01.49	15:47.55

Women 18-24 1650 Yard Freestyle

NATL:16:53.46 N 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	24	ALEXANDRIA MASTI	21:08.69
	34.94	1:12.79	1:50.78	2:29.50
	3:08.53	3:47.46	4:26.66	5:05.90
	5:44.87	6:23.40	7:02.17	7:40.89
	8:20.02	8:59.26	9:37.55	10:16.24
	10:55.08	11:33.99	12:12.85	12:51.79
	13:30.52	14:09.19	14:47.91	15:26.36
	16:04.49	16:42.39	17:20.50	17:58.85
	18:37.12	19:15.10	19:53.44	20:31.24
				21:08.69
2	Wei, Laurie	24	DC TRIATHLON CLU	21:16.92
	32.20	1:07.65	1:44.36	2:21.84
	2:59.74	3:38.52	4:17.23	4:56.34
	5:35.76	6:15.16	6:54.61	7:34.47
	8:14.89	8:54.47	9:34.15	10:13.85
	10:53.10	11:32.58	12:12.72	12:52.57
	13:31.87	14:11.44	14:50.85	15:29.79
	16:09.59	16:48.63	17:28.29	18:07.47
	18:46.73	19:25.00	20:03.00	20:40.99
				21:16.92

Women 18-24 50 Yard Backstroke

NATL: 25.47 N 3/23/19 **C BARTHOLOMEW**
ZONE: 27.46 Z 4/10/16 **Gabrielle Mizerak**
VA: 26.73 V 4/12/15 **Gabrielle Mizerak**

1	Mulquin, Catherine	24	CLUB TRIBE	25.92V
2	Burke, Rebecca	23	LANE 4 SWIMMING	29.63
3	Schaffling, Staci	24	COLONIALS 1776	34.88

Women 18-24 100 Yard Backstroke

NATL: 53.83 N 3/24/19 **C BARTHOLOMEW**
ZONE: 56.80 Z 4/17/11 **Kellyanne Tomasula**
VA: 58.59 V 4/10/15 **Gabrielle Mizerak**

1	Mulquin, Catherine	24	CLUB TRIBE	58.33V
	28.36	58.33		
2	Burke, Rebecca	23	LANE 4 SWIMMING	1:02.43
	30.63	1:02.43		

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Women 18-24 200 Yard Backstroke

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

1 Wujciak, Anna 24 CLUB TRIBE 2:14.29
 32.08 1:06.81 1:41.02 2:14.29

Women 18-24 50 Yard Breaststroke

NATL: 27.76 N 12/5/14 KATIE MEILI
 ZONE: 30.06 Z 4/13/03 Petra Adamkova
 VA: 29.59 V 4/28/16 Amalia Kobelja

1 Moyer, Caroline 24 LIFE TIME SWIM D 30.41
 2 Burke, Rebecca 23 LANE 4 SWIMMING 32.42
 3 Wooley, Samantha 23 CLUB TRIBE 40.18

Women 18-24 100 Yard Breaststroke

NATL: 58.71 N 12/5/14 KATIE MEILI
 ZONE: 1:06.88 Z 4/4/04 Jillian Martin
 VA: 1:07.05 V 4/13/18 Laura Schwartz

1 Schwartz, Laura 24 CLUB TRIBE 1:06.03Z
 31.07 1:06.03
 2 Moyer, Caroline 24 LIFE TIME SWIM D 1:06.27Z
 31.29 1:06.27
 3 Basham, Abby 23 CHINN AQUATICS A 1:36.55
 45.69 1:36.55

Women 18-24 200 Yard Breaststroke

NATL: 2:06.59 N 12/6/14 MICAH LAWRENCE
 ZONE: 2:24.53 Z 4/14/18 Laura Schwartz
 VA: 2:24.53 V 4/13/18 Laura Schwartz

1 Schwartz, Laura 24 CLUB TRIBE 2:23.56Z
 32.73 1:09.00 1:46.64 2:23.56
 2 Moyer, Caroline 24 LIFE TIME SWIM D 2:24.57
 32.60 1:09.38 1:46.94 2:24.57

Women 18-24 50 Yard Butterfly

NATL: 24.54 N 11/8/09 DANA VOLLMER
 ZONE: 25.56 Z 4/9/16 Gabrielle Mizerak
 VA: 25.37 V 10/28/18 Sydney Fisher

1 Mulquin, Catherine 24 CLUB TRIBE 25.16V
 2 Burke, Rebecca 23 LANE 4 SWIMMING 27.44
 3 Schaffling, Staci 24 COLONIALS 1776 31.66

Women 18-24 100 Yard Butterfly

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

1 Wujciak, Anna 24 CLUB TRIBE 58.99
 27.85 58.99
 2 MacDonald, Emilie 19 E TEAM 1:04.11
 29.61 1:04.11
 3 Schaffling, Staci 24 COLONIALS 1776 1:15.29
 34.06 1:15.29

Women 18-24 100 Yard IM

NATL: 53.02 N 12/21/14 KATIE MEILI
 ZONE: 59.66 Z 4/15/18 Laura Schwartz
 VA: 59.49 V 4/28/16 Gabrielle Mizerak

1 Schwartz, Laura 24 CLUB TRIBE 59.87
 27.70 59.87
 2 Moyer, Caroline 24 LIFE TIME SWIM D 1:01.99
 29.73 1:01.99
 3 Burke, Rebecca 23 LANE 4 SWIMMING 1:02.68
 28.71 1:02.68
 4 Schaffling, Staci 24 COLONIALS 1776 1:16.18
 33.36 1:16.18
 5 Wooley, Samantha 23 CLUB TRIBE 1:20.32
 37.64 1:20.32
 6 Basham, Abby 23 CHINN AQUATICS A 1:26.74
 39.93 1:26.74

Women 18-24 200 Yard IM

NATL: 1:54.20 N 12/4/14 KATIE MEILI
 ZONE: 2:09.53 Z 4/14/18 Laura Schwartz
 VA: 2:09.53 V 4/13/18 Laura Schwartz

1 Schwartz, Laura 24 CLUB TRIBE 2:10.35
 27.80 1:01.39 1:38.49 2:10.35
 2 Moyer, Caroline 24 LIFE TIME SWIM D 2:18.73
 28.95 1:09.58 1:46.31 2:18.73

Women 25-29 50 Yard Freestyle

NATL: 22.45 N 5/13/18 KATARZYNA WILK
 ZONE: 23.16 Z 4/24/05 Petra Martin
 VA: 24.13 V 3/1/18 Rachel Nelson

1 Ryczek, Emily 25 CLUB TRIBE 25.03
 2 Kulczycki, Shaina 25 CLUB TRIBE 26.15
 3 Maqueda, Victoria 26 CLUB TRIBE 27.56
 4 Duarte, Ana 29 ARLINGTON MASTE 27.94
 5 Mateja, Taylor 25 LIFE TIME SWIM D 29.13

Women 25-29 100 Yard Freestyle

NATL: 48.58 N 5/12/18 KATARZYNA WILK
 ZONE: 52.00 Z 4/8/17 Marina Falcone
 VA: 52.00 V 4/7/17 Marina Falcone

1 Ryczek, Emily 25 CLUB TRIBE 53.88
 25.50 53.88
 2 Kulczycki, Shaina 25 CLUB TRIBE 56.44
 26.89 56.44
 3 Maqueda, Victoria 26 CLUB TRIBE 57.83
 27.35 57.83

Women 25-29 200 Yard Freestyle

NATL: 1:48.80 N 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 Ryczek, Emily 25 CLUB TRIBE 1:59.16
 27.50 57.27 1:27.59 1:59.16

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Women 25-29 500 Yard Freestyle

NATL: 4:49.88 N 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	VanDoren, Sarah	27	RESTON MASTERS S	6:06.28
	33.12	1:09.61	1:46.14	2:23.25
	3:00.11	3:37.60	4:14.74	4:52.12
	5:29.15	6:06.28		
2	Adams, Gail	25	VIRGINIA MASTERS	6:58.35
	34.17	1:13.05	1:54.39	2:38.18
	3:20.89	4:04.84	4:49.24	5:34.21
	6:17.41	6:58.35		

Women 25-29 50 Yard Backstroke

NATL: 25.26 N 5/22/10 TANICA JAMISON
 ZONE: 27.35 Z 4/15/18 Anna Macedonia
 VA: 27.64 V 3/23/19 Gabrielle Mizerak

1	Mizerak, Gabrielle	27	CLUB TRIBE	27.98
2	Kulczycki, Shaina	25	CLUB TRIBE	28.94
3	Mateja, Taylor	25	LIFE TIME SWIM D	31.58
4	Adams, Gail	25	VIRGINIA MASTERS	33.93

Women 25-29 100 Yard Backstroke

NATL: 54.06 N 5/23/10 TANICA JAMISON
 ZONE: 58.87 Z 4/14/18 Anna Macedonia
 VA: 59.21 V 5/20/10 Kate Hibbard

1	Ryczek, Emily	25	CLUB TRIBE	1:03.27
	31.03	1:03.27		
2	Kulczycki, Shaina	25	CLUB TRIBE	1:03.33
	30.70	1:03.33		

Women 25-29 200 Yard Backstroke

NATL: 1:56.87 N 2/28/15 F PELLEGRINI
 ZONE: 2:08.40 Z 4/25/09 Alyssa Lengle
 VA: 2:07.06 V 5/20/10 Kate Hibbard

1	Adams, Gail	25	VIRGINIA MASTERS	2:36.83
	36.31	1:15.16	1:55.29	2:36.83

Women 25-29 50 Yard Breaststroke

NATL: 27.10 N 4/30/16 KATIE MEILI
 ZONE: 30.03 Z 4/24/05 Petra Martin
 VA: 31.30 V 4/13/18 Victoria Maqueda

1	Maqueda, Victoria	26	CLUB TRIBE	31.90
2	Mizerak, Gabrielle	27	CLUB TRIBE	34.55

Women 25-29 100 Yard Breaststroke

NATL: 59.58 N 2/6/10 MEGAN JENDRICK
 ZONE: 1:08.30 Z 4/25/10 Jen Brielmaier
 VA: 1:09.27 V 4/13/18 Victoria Maqueda

1	Maqueda, Victoria	26	CLUB TRIBE	1:08.57V
	32.10	1:08.57		

Women 25-29 200 Yard Breaststroke

NATL: 2:09.05 N 2/6/10 MEGAN JENDRICK
 ZONE: 2:28.64 Z 4/14/18 Denise Letendre
 VA: 2:28.64 V 4/13/18 Denise Letendre

1	Maqueda, Victoria	26	CLUB TRIBE	2:45.97
	35.44	1:16.08	2:00.26	2:45.97

Women 25-29 50 Yard Butterfly

NATL: 24.19 N 4/28/17 DANIELLE HERRMANN
 ZONE: 25.83 Z 4/24/05 Petra Martin
 VA: 25.89 V 4/13/18 Gabrielle Mizerak

1	Mizerak, Gabrielle	27	CLUB TRIBE	25.90
2	Mateja, Taylor	25	LIFE TIME SWIM D	31.47

Women 25-29 100 Yard IM

NATL: 54.40 N 4/29/17 DANIELLE HERRMANN
 ZONE: 59.53 Z 4/24/05 Petra Martin
 VA: 1:01.22 V 4/13/18 Gabrielle Mizerak

1	Kulczycki, Shaina	25	CLUB TRIBE	1:03.71
	28.86	1:03.71		
2	Maqueda, Victoria	26	CLUB TRIBE	1:06.74
	32.89	1:06.74		
3	Mateja, Taylor	25	LIFE TIME SWIM D	1:13.91
	32.51	1:13.91		

Women 30-34 50 Yard Freestyle

NATL: 22.48 N 11/29/12 ERIKA ERNDL
 ZONE: 24.04 Z 4/26/09 Petra Martin
 VA: 25.13 V 2/9/13 Courtney Hurtubise

1	Greenawalt, Anne	34	DUMPSTER FISH	25.78
2	Letendre, Claire	33	VIRGINIA MASTERS	28.84
3	Talty, Leah	30	FAIRPORT AREA SW	30.07
4	Gordon, Stephanie	31	YMCA RESTON WAT	30.32
5	DeVito, Christina	34	FREEDOM AQUATIC	35.68

Women 30-34 100 Yard Freestyle

NATL: 48.03 N 2/23/13 ERIKA ERNDL
 ZONE: 52.34 Z 4/25/09 Petra Martin
 VA: 54.78 V 1/1/94 Beth Scheimann

1	Greenawalt, Anne	34	DUMPSTER FISH	56.10
	26.72	56.10		
2	Minzenmayer, Ellen	30	CLUB TRIBE	58.86
	27.97	58.86		
3	Talty, Leah	30	FAIRPORT AREA SW	1:05.87
	31.01	1:05.87		
4	Gordon, Stephanie	31	YMCA RESTON WAT	1:10.56
	33.65	1:10.56		

Women 30-34 200 Yard Freestyle

NATL: 1:43.46 N 11/30/12 ERIKA ERNDL
 ZONE: 1:55.16 Z 4/6/14 Katie McWilliams
 VA: 1:58.35 V 4/26/12 Maura Bolger

1	Greenawalt, Anne	34	DUMPSTER FISH	2:01.91
	27.94	58.88	1:30.23	2:01.91
2	Greene, Shannon	33	CLUB TRIBE	2:05.84
	28.96	1:00.31	1:32.93	2:05.84
3	Letendre, Claire	33	VIRGINIA MASTERS	2:17.96
	31.75	1:06.47	1:42.13	2:17.96
4	Talty, Leah	30	FAIRPORT AREA SW	2:26.79
	32.79	1:09.03	1:48.12	2:26.79
5	DeVito, Christina	34	FREEDOM AQUATIC	2:43.18
	38.26	1:19.42	2:01.74	2:43.18

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Women 30-34 500 Yard Freestyle

NATL: 4:46.92 N 4/14/12 DAWN HECKMAN
 ZONE: 5:11.06 Z 4/2/00 Laurie Hug
 VA: 5:14.58 V 10/7/17 Marina Falcone

1	Greenawalt, Anne	34	DUMPSTER FISH	5:31.24
	29.54	1:02.29	1:35.59	2:09.17
	2:42.77	3:16.72	3:50.61	4:24.41
	4:58.36	5:31.24		
2	Greene, Shannon	33	CLUB TRIBE	5:37.62
	30.11	1:02.48	1:35.52	2:09.08
	2:43.08	3:17.61	3:52.26	4:27.36
	5:02.51	5:37.62		
3	Letendre, Claire	33	VIRGINIA MASTERS	6:09.81
	33.37	1:10.33	1:47.50	2:24.69
	3:02.15	3:39.91	4:17.60	4:55.55
	5:32.94	6:09.81		
4	Talty, Leah	30	FAIRPORT AREA SW	6:26.44
	33.17	1:10.29	1:49.11	2:28.86
	3:08.35	3:47.67	4:28.20	5:08.33
	5:48.18	6:26.44		
5	Plimpton, Hannah	33	COLONIALS 1776	6:50.87
	36.83	1:17.80	2:00.40	2:43.08
	3:25.13	4:07.45	4:48.70	5:29.86
	6:11.10	6:50.87		
6	Purnell-Sayle, Richena	33	FREEDOM AQUATIC	10:44.61
	54.52	1:53.78	2:56.81	4:03.63
	5:14.00	6:19.85	7:26.86	8:34.15
	9:40.36	10:44.61		

Women 30-34 1000 Yard Freestyle

NATL: 9:51.93 N 4/15/12 DAWN HECKMAN
 ZONE:10:32.92 Z 4/2/00 Laurie Hug
 VA:10:56.69 V 2000 Deborah Reed

1	Talty, Leah	30	FAIRPORT AREA SW	13:22.80
	34.99	1:13.80	1:53.29	2:33.67
	3:13.70	3:54.67	4:36.03	5:17.45
	5:58.39	6:39.93	7:21.55	8:02.85
	8:43.85	9:24.47	10:04.92	10:45.05
	11:25.92	12:06.23	12:45.55	13:22.80
2	McDonald, Megan	30	FREDRICKSBURG AN	13:38.43
	35.72	1:15.99	1:56.99	2:37.65
	3:18.28	3:59.25	4:40.33	5:21.31
	6:02.35	6:43.62	7:24.87	8:06.66
	8:47.87	9:29.11	10:11.12	10:52.74
	11:34.60	12:15.96	12:57.90	13:38.43

Women 30-34 1650 Yard Freestyle

NATL:17:07.52 N 5/23/93 KAREN BURTON
 ZONE:17:27.45 Z 4/2/00 Laurie Hug
 VA:18:03.83 V 1/1/03 Deborah Reed

1	Godesky, Alyssa	33	E TEAM	20:58.77
	33.95	1:11.80	1:50.48	2:28.44
	3:06.77	3:45.14	4:23.48	5:02.08
	5:40.64	6:19.29	6:58.10	7:36.47
	8:15.52	8:54.13	9:32.55	10:11.12
	10:49.88	11:27.98	12:06.61	12:44.84
	13:23.76	14:01.81	14:39.89	15:18.31
	15:56.69	16:35.08	17:13.45	17:51.44
	18:28.86	19:06.88	19:44.75	20:22.33
				20:58.77
2	Plimpton, Hannah	33	COLONIALS 1776	23:34.59
	36.70	1:17.44	1:59.25	2:41.25
	3:23.39	4:05.54	4:48.16	5:31.06
	6:13.67	6:56.13	7:39.14	8:22.00
	9:05.36	9:48.50	10:32.41	11:16.56
	12:00.19	12:44.64	13:28.58	14:12.43
	14:56.92	15:40.83	16:24.14	17:08.37
	17:52.89	18:37.50	19:21.51	20:04.97
	20:47.44	21:30.18	22:13.01	22:54.69
				23:34.59
3	Goldberg, Marci	34	LANE 4 SWIMMING	27:15.59
	45.01	1:33.94	2:22.79	3:11.77
	4:01.59	4:51.44	5:41.40	6:30.65
	7:19.76	8:08.94	8:58.68	9:48.05
	10:37.82	11:27.40	12:17.03	13:06.30
	13:55.30	14:44.89	15:34.72	16:24.27
	17:14.01	18:03.68	18:53.01	19:42.76
	20:33.30	21:23.94	22:15.17	23:05.60
	23:56.31	24:46.95	25:37.45	26:27.47
				27:15.59

Women 30-34 50 Yard Backstroke

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

1	Wittsack, Hayley	33	CLUB TRIBE	33.20
2	Gordon, Stephanie	31	YMCA RESTON WAT	33.90

Women 30-34 100 Yard Backstroke

NATL: 54.60 N 4/30/11 NORIKO INADA
 ZONE: 1:00.05 Z 5/9/93 Zena Herrmann
 VA: 1:03.14 V 2/3/18 Carina Masson

1	Wittsack, Hayley	33	CLUB TRIBE	1:07.42
	32.75	1:07.42		

Women 30-34 200 Yard Backstroke

NATL: 1:59.93 N 2/19/96 K PIPES-NEILSEN
 ZONE: 2:07.61 Z 5/9/93 Zena Herrmann
 VA: 2:18.18 V 9/29/18 Denise Letendre

1	Wittsack, Hayley	33	CLUB TRIBE	2:28.42
	34.35	1:11.33	1:49.64	2:28.42
2	Letendre, Claire	33	VIRGINIA MASTERS	2:32.52
	35.88	1:14.36	1:53.35	2:32.52
3	Plimpton, Hannah	33	COLONIALS 1776	2:55.64
	42.84	1:27.00	2:11.85	2:55.64

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Women 30-34 50 Yard Breaststroke

NATL: 28.48 N 5/4/08 KATIE MCCLELLAND

ZONE: 29.62 Z 4/25/09 Petra Martin

VA: 31.21 V 5/1/89 Lisa Bennett

1	Minzenmayer, Ellen	30	CLUB TRIBE	32.58
2	Rose, Laura	32	UMAC-TERRAPIN M	34.70
3	Talty, Leah	30	FAIRPORT AREA SW	40.53
4	Gordon, Stephanie	31	YMCA RESTON WAT	42.95

Women 30-34 100 Yard Breaststroke

NATL: 1:02.08 N 5/4/08 KATIE MCCLELLAND

ZONE: 1:10.00 Z 4/13/03 Cheryl Conlin

VA: 1:08.96 V 5/1/89 Lisa Bennett

1	Minzenmayer, Ellen	30	CLUB TRIBE	1:09.78Z
	33.34	1:09.78		
2	Letendre, Denise	30	VIRGINIA MASTERS	1:11.15
	33.72	1:11.15		
3	Rose, Laura	32	UMAC-TERRAPIN M	1:16.30
	35.64	1:16.30		
4	Plimpton, Hannah	33	COLONIALS 1776	1:28.95
	42.76	1:28.95		

Women 30-34 200 Yard Breaststroke

NATL: 2:15.99 N 1/20/13 ERIKA ERNDL

ZONE: 2:33.28 Z 4/22/01 Belinda Martin

VA: 2:33.76 V 4/11/03 Cheryl Conlin

1	Letendre, Denise	30	VIRGINIA MASTERS	2:28.53Z
	33.71	1:11.11	1:49.57	2:28.53
2	Minzenmayer, Ellen	30	CLUB TRIBE	2:33.54V
	34.75	1:12.57	1:52.76	2:33.54
3	Plimpton, Hannah	33	COLONIALS 1776	3:07.79
	42.05	1:29.80	2:19.80	3:07.79

Women 30-34 50 Yard Butterfly

NATL: 24.18 N 4/15/00 ANGEL MARTINO

ZONE: 26.43 Z 4/26/09 Petra Martin

VA: 27.85 V 1/1/93 Beth Scheimann

1	Greene, Shannon	33	CLUB TRIBE	29.57
2	Rose, Laura	32	UMAC-TERRAPIN M	30.07
3	Letendre, Claire	33	VIRGINIA MASTERS	30.83
4	Gordon, Stephanie	31	YMCA RESTON WAT	33.59
5	Talty, Leah	30	FAIRPORT AREA SW	37.33

Women 30-34 100 Yard Butterfly

NATL: 55.01 N 5/16/99 ANGEL MARTINO

ZONE: 59.11 Z 4/15/12 Yun Qu

VA: 1:00.17 V 4/26/12 Maura Bolger

1	Greenawalt, Anne	34	DUMPSTER FISH	1:03.81
	29.55	1:03.81		
2	Rose, Laura	32	UMAC-TERRAPIN M	1:07.06
	31.46	1:07.06		

Women 30-34 200 Yard Butterfly

NATL: 2:03.46 N 5/12/96 K PIPES-NEILSEN

ZONE: 2:11.83 Z 4/14/12 Yun Qu

VA: 2:12.37 V 4/26/12 Maura Bolger

1	Letendre, Denise	30	VIRGINIA MASTERS	2:11.98V
	29.01	1:02.30	1:36.77	2:11.98

2	Plimpton, Hannah	33	COLONIALS 1776	3:15.38
	42.07	1:31.41	2:23.29	3:15.38

Women 30-34 100 Yard IM

NATL: 57.01 N 4/15/00 ANGEL MARTINO

ZONE: 1:02.24 Z 4/14/91 Tray Rossa

VA: 1:02.99 V 1/1/95 Beth O'Connor

1	Wittsack, Hayley	33	CLUB TRIBE	1:07.23
	30.84	1:07.23		
2	Minzenmayer, Ellen	30	CLUB TRIBE	1:07.34
	33.40	1:07.34		
3	Gordon, Stephanie	31	YMCA RESTON WAT	1:19.39
	36.97	1:19.39		
4	Plimpton, Hannah	33	COLONIALS 1776	1:19.59
	38.22	1:19.59		
5	DeVito, Christina	34	FREEDOM AQUATIC	1:31.42
	46.50	1:31.42		

Women 30-34 200 Yard IM

NATL: 1:58.80 N 3/11/09 ERIKA ERNDL

ZONE: 2:13.54 Z 5/9/93 Zena Herrmann

VA: 2:14.62 V 4/26/12 Maura Bolger

1	Letendre, Denise	30	VIRGINIA MASTERS	2:11.73Z
	28.67	1:01.95	1:40.55	2:11.73
2	Wittsack, Hayley	33	CLUB TRIBE	2:31.49
	32.42	1:09.66	1:54.66	2:31.49

Women 30-34 400 Yard IM

NATL: 4:14.84 N 1/20/13 ERIKA ERNDL

ZONE: 4:37.99 Z 5/2/99 Laurie Hug

VA: 4:44.90 V 4/26/12 Maura Bolger

1	Letendre, Denise	30	VIRGINIA MASTERS	4:40.46V
	29.14	1:02.47	1:38.57	2:14.06
	2:54.24	3:34.47	4:07.79	4:40.46
2	Greene, Shannon	33	CLUB TRIBE	5:13.53
	31.30	1:07.05	1:49.66	2:31.72
	3:17.46	4:04.59	4:39.75	5:13.53
3	Plimpton, Hannah	33	COLONIALS 1776	6:13.98
	40.08	1:26.74	2:16.88	3:05.98
	3:56.78	4:48.84	5:32.56	6:13.98

Women 35-39 50 Yard Freestyle

NATL: 22.34 N 2/25/07 DARA TORRES

ZONE: 24.11 Z 4/9/17 Katie Grier

VA: 23.82 V 5/10/18 Katie Grier

1	Grover, Mollie	38	UMAC-TERRAPIN M	25.67
2	Thomas, Ruth Anne	38	CLUB TRIBE	26.53
3	Roberts, Cynthia	37	LANDSHARK MASTE	27.66
4	Bobbin, Esther	36	E TEAM	30.86
5	Bozeman, Lesley	37	LANE 4 SWIMMING	34.90

Women 35-39 100 Yard Freestyle

NATL: 49.72 N 2/25/07 DARA TORRES

ZONE: 51.91 Z 4/14/18 Katie Grier

VA: 51.91 V 4/13/18 Katie Grier

1	McWilliams, Katie	35	ALEXANDRIA MASTI	57.59
	27.93	57.59		
2	Orben, Erin	35	LANDSHARK MASTE	58.24
	27.93	58.24		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 35-39 100 Yard Freestyle)

3	Roberts, Cynthia	37	LANDSHARK MASTE	1:00.47
				29.01 1:00.47
4	Jakubchak, Lindsey	36	ALEXANDRIA MAST	1:01.06
				29.35 1:01.06
5	Hufford, Ellen	36	ARLINGTON MASTE	1:23.00
				41.17 1:23.00
---	Bozeman, Lesley	37	LANE 4 SWIMMING	DQ

Women 35-39 200 Yard Freestyle

NATL: 1:51.55 N 5/3/97 K PIPES-NEILSEN

ZONE: 1:57.03 Z 4/22/01 Andrea Luallen

VA: 1:56.11 V 5/10/18 Katie Grier

1	Jakubchak, Lindsey	36	ALEXANDRIA MAST	2:10.94
				30.25 1:02.96 1:36.54 2:10.94
2	Roberts, Cynthia	37	LANDSHARK MASTE	2:10.96
				29.66 1:02.57 1:36.89 2:10.96
3	Bozeman, Lesley	37	LANE 4 SWIMMING	2:51.22
				39.39 1:22.06 2:06.65 2:51.22
4	Hufford, Ellen	36	ARLINGTON MASTE	2:55.65
				41.23 1:26.60 2:12.30 2:55.65
5	Duquette, Michelle	36	LANE 4 SWIMMING	3:35.36
				50.22 1:43.04 2:39.40 3:35.36

Women 35-39 500 Yard Freestyle

NATL: 4:56.09 N 5/3/97 K PIPES-NEILSEN

ZONE: 5:11.87 Z 4/21/02 Laurie Hug

VA: 5:26.91 V 1/1/99 Kelly Parker

1	Fox, Amy	36	ALEXANDRIA MAST	5:48.64
				32.75 1:06.91 1:42.06 2:16.95
				2:51.05 3:25.79 4:01.13 4:36.98
				5:13.08 5:48.64
2	Geskos, Evangeline	35	PATRIOT MASTERS	5:54.98
				31.28 1:05.15 1:39.99 2:15.36
				2:51.34 3:27.86 4:04.85 4:41.94
				5:19.22 5:54.98
3	Taylor, Alaina	37	ALEXANDRIA MAST	6:47.26
				36.53 1:16.23 1:56.61 2:37.66
				3:19.00 4:00.31 4:41.84 5:24.28
				6:06.67 6:47.26
4	Latimer, Rebecca	37	VIRGINIA MASTERS	6:52.56
				35.37 1:15.42 1:57.36 2:39.45
				3:21.94 4:04.62 4:47.34 5:29.77
				6:12.09 6:52.56
5	Duquette, Michelle	36	LANE 4 SWIMMING	9:45.80
				55.27 1:56.50 2:55.93 3:55.36
				4:54.28 5:54.27 6:54.23 7:53.50
				8:51.42 9:45.80

Women 35-39 1650 Yard Freestyle

NATL:16:46.85 N 11/15/14 HEIDI GEORGE

ZONE:17:45.08 Z 4/22/01 Laurie Hug

VA:18:29.19 V 1/1/99 Kelly Parker

1	Roberts, Cynthia	37	LANDSHARK MASTE	20:21.03
				31.61 1:07.79 1:45.37 2:23.39
				3:01.88 3:40.46 4:18.53 4:56.23
				5:33.64 6:11.24 6:48.04 7:25.05
				8:03.01 8:40.56 9:17.95 9:54.66
				10:31.83 11:09.13 11:46.17 12:23.45
				13:00.93 13:38.28 14:15.54 14:52.50
				15:29.57 16:06.30 16:43.19 17:20.07
				17:56.66 18:33.30 19:10.22 19:46.59 20:21.03
2	Taylor, Alaina	37	ALEXANDRIA MAST	22:58.29
				36.78 1:17.40 1:59.00 2:40.67
				3:22.35 4:04.16 4:46.59 5:28.50
				6:11.05 6:52.99 7:35.37 8:17.74
				8:59.95 9:43.11 10:25.12 11:07.13
				11:49.45 12:31.90 13:13.82 13:55.62
				14:37.54 15:19.91 16:01.72 16:43.58
				17:25.42 18:07.48 18:49.50 19:31.30
				20:13.85 20:56.10 21:37.72 22:18.75 22:58.29
3	Benjamin, Alexis	38	LANE 4 SWIMMING	30:37.01
				46.73 1:40.05 2:39.56 3:38.58
				4:32.81 5:29.25 6:25.16 7:21.51
				8:18.11 9:13.98 10:09.63 11:05.08
				12:00.34 12:55.66 13:50.71 14:46.11
				15:41.77 16:37.97 17:33.28 18:29.28
				19:25.09 20:22.47 21:19.60 22:15.95
				23:12.59 24:09.51 25:07.82 26:04.17
				26:59.40 27:55.41 28:50.95 29:45.64 30:37.01

Women 35-39 50 Yard Backstroke

NATL: 24.71 N 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	38	UMAC-TERRAPIN M.	29.99
2	Thomas, Ruth Anne	38	CLUB TRIBE	30.73
3	McWilliams, Katie	35	ALEXANDRIA MAST	30.75
4	Gauzens, Stephanie	35	ALEXANDRIA MAST	32.41
5	King, Sarah	35	CONNECTICUT MAS	1:10.57

Women 35-39 100 Yard Backstroke

NATL: 53.58 N 4/30/17 NORIKO INADA

ZONE: 59.32 Z 5/2/99 Vibeke Swanson

VA: 59.87 V 4/27/00 Beth Baker

1	Grover, Mollie	38	UMAC-TERRAPIN M.	1:02.13
				31.30 1:02.13
2	King, Sarah	35	CONNECTICUT MAS	2:35.12
				1:14.79 2:35.12

Women 35-39 200 Yard Backstroke

NATL: 2:00.54 N 3/14/98 K PIPES-NEILSEN

ZONE: 2:09.32 Z 4/15/18 Mollie Grover

VA: 2:15.55 V 6/1/01 Beth Baker

1	Grover, Mollie	38	UMAC-TERRAPIN M.	2:15.10
				33.31 1:07.58 1:41.63 2:15.10

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 35-39 200 Yard Backstroke)

2	Stakem, Meredith	37	DISTRICT OF COLU	2:29.65
	34.92	1:13.79	1:52.74	2:29.65
3	Taylor, Alaina	37	ALEXANDRIA MAST	2:43.98
	39.69	1:20.90	2:02.67	2:43.98
4	King, Sarah	35	CONNECTICUT MAS'	5:19.50
	1:16.35	2:35.88	3:57.40	5:19.50

Women 35-39 50 Yard Breaststroke

NATL: 28.51 N 5/2/14 KATIE GLENN
ZONE: 31.56 Z 4/9/16 Kristen Harris
VA: 31.45 V 5/15/91 Lisa Bennett

1	Thomas, Ruth Anne	38	CLUB TRIBE	32.50
2	Jakubchak, Lindsey	36	ALEXANDRIA MAST	34.37
3	Bozeman, Lesley	37	LANE 4 SWIMMING	43.89
4	Hufford, Ellen	36	ARLINGTON MASTE	52.53

Women 35-39 100 Yard Breaststroke

NATL: 1:01.88 N 4/25/15 KATIE GLENN
ZONE: 1:09.80 Z 4/10/16 Kristen Harris
VA: 1:09.09 V 4/28/16 Kristen Harris

1	Thomas, Ruth Anne	38	CLUB TRIBE	1:11.31
	33.70	1:11.31		
2	Jakubchak, Lindsey	36	ALEXANDRIA MAST	1:15.87
	35.88	1:15.87		
3	Geskos, Evangeline	35	PATRIOT MASTERS	1:16.20
	35.43	1:16.20		
4	Stakem, Meredith	37	DISTRICT OF COLU	1:21.16
	38.65	1:21.16		
5	Pierce, Jennifer	35	FREEDOM AQUATIC	1:27.25
	39.75	1:27.25		
6	Bozeman, Lesley	37	LANE 4 SWIMMING	1:35.24
	44.32	1:35.24		
7	King, Sarah	35	CONNECTICUT MAS'	3:21.89
	1:34.22	3:21.89		

Women 35-39 200 Yard Breaststroke

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

1	King, Sarah	35	CONNECTICUT MAS'	6:55.16
	1:34.03	3:17.93	6:55.16	

Women 35-39 50 Yard Butterfly

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

1	Grover, Mollie	38	UMAC-TERRAPIN M	28.64
2	Sovik-Johnston, Amanda	38	E TEAM	28.80
3	Orben, Erin	35	LANDSHARK MASTE	29.40
4	Geskos, Evangeline	35	PATRIOT MASTERS	29.52
5	Roberts, Cynthia	37	LANDSHARK MASTE	29.66
6	Fox, Amy	36	ALEXANDRIA MAST	29.67
7	Gauzens, Stephanie	35	ALEXANDRIA MAST	30.67
8	Grammas, Amy	38	CENTRAL MARYLAN	32.78
9	Pierce, Jennifer	35	FREEDOM AQUATIC	33.27
10	Latimer, Rebecca	37	VIRGINIA MASTERS	34.16
11	Hufford, Ellen	36	ARLINGTON MASTE	42.50

Women 35-39 100 Yard Butterfly

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

1	Roberts, Cynthia	37	LANDSHARK MASTE	1:06.90
	31.55	1:06.90		
2	Orben, Erin	35	LANDSHARK MASTE	1:07.55
	31.59	1:07.55		
3	Grammas, Amy	38	CENTRAL MARYLAN	1:11.92
	33.90	1:11.92		
4	Bobbin, Esther	36	E TEAM	1:15.69
	34.31	1:15.69		
5	King, Sarah	35	CONNECTICUT MAS'	3:12.53
	1:24.53	3:12.53		

Women 35-39 200 Yard Butterfly

NATL: 2:03.48 N 5/22/05 S VON DER LIPPE
ZONE: 2:16.89 Z 4/13/03 Laurie Hug
VA: 2:11.41 V 1/1/01 Beth Baker

1	Sovik-Johnston, Amanda	38	E TEAM	2:28.25
	32.23	1:09.36	1:48.12	2:28.25
2	Grammas, Amy	38	CENTRAL MARYLAN	2:45.24
	35.82	1:17.24	2:00.94	2:45.24
3	King, Sarah	35	CONNECTICUT MAS'	7:11.56
	1:26.50	3:15.94	5:12.48	7:11.56

Women 35-39 100 Yard IM

NATL: 57.25 N 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	Grover, Mollie	38	UMAC-TERRAPIN M	1:04.69
	29.92	1:04.69		
2	Thomas, Ruth Anne	38	CLUB TRIBE	1:05.57
	30.26	1:05.57		
3	Roberts, Cynthia	37	LANDSHARK MASTE	1:09.83
	32.64	1:09.83		
4	Grammas, Amy	38	CENTRAL MARYLAN	1:15.28
	34.21	1:15.28		
5	Bobbin, Esther	36	E TEAM	1:19.13
	35.04	1:19.13		
6	King, Sarah	35	CONNECTICUT MAS'	2:29.73
	1:15.61	2:29.73		

Women 35-39 200 Yard IM

NATL: 2:05.24 N 3/14/98 K PIPES-NEILSEN
ZONE: 2:13.08 Z 5/2/99 Beth Baker
VA: 2:13.08 V 4/30/99 Beth Baker

1	Thomas, Ruth Anne	38	CLUB TRIBE	2:26.38
	31.28	1:09.61	1:51.04	2:26.38
2	Stakem, Meredith	37	DISTRICT OF COLU	2:31.70
	31.79	1:10.15	1:58.58	2:31.70
3	Roberts, Cynthia	37	LANDSHARK MASTE	2:32.56
	31.68	1:11.64	1:57.64	2:32.56
4	King, Sarah	35	CONNECTICUT MAS'	5:28.09
	1:25.05	2:51.14	4:28.30	5:28.09

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 35-39 400 Yard IM

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

1 King, Sarah	35 CONNECTICUT MAS'	12:21.77
1:29.05	3:25.57	4:59.42
8:13.04	10:00.10	11:09.14
		12:21.77

Women 40-44 50 Yard Freestyle

NATL: 21.91 N 4/15/07 DARA TORRES
 ZONE: 24.84 Z 4/15/12 Michelle Chow
 VA: 24.65 V 5/14/02 Beth Baker

1 Grier, Katie	40 CLUB TRIBE	24.02V
2 Congdon, Heather	40 SWIM FORT LAUDEI	25.77
3 Gass, Krista	40 CLUB TRIBE	26.06
4 Choe, Michele	41 CLUB TRIBE	26.72
5 Messenlehner, Carina	43 LANDSHARK MASTE	27.75
6 Comune, Tracey	40 FREEDOM AQUATIC	29.94
7 Flickinger, Erica	40 LANDSHARK MASTE	30.23
8 Algera, Bonnie	42 FREEDOM AQUATIC	30.73
9 Gibson, Rebecca	41 YMCA RESTON WAT	35.67
10 van Iersel, Miranda	43 UMAC-TERRAPIN M	39.29
11 Ayvaz, Meliha	42 RESTON MASTERS S	40.27

Women 40-44 100 Yard Freestyle

NATL: 48.34 N 4/15/07 DARA TORRES
 ZONE: 54.52 Z 4/24/10 Susan Wager
 VA: 54.36 V 3/23/19 Katie Grier

1 Grier, Katie	40 CLUB TRIBE	51.49V
24.43	51.49	
2 Congdon, Heather	40 SWIM FORT LAUDEI	57.59
27.52	57.59	
3 Gass, Krista	40 CLUB TRIBE	57.60
27.48	57.60	
4 Krause, Mary Kay	41 LANDSHARK MASTE	58.74
27.91	58.74	
5 Shapiro, Margaret	42 RESTON MASTERS S	1:00.64
29.12	1:00.64	
6 Flickinger, Erica	40 LANDSHARK MASTE	1:04.90
31.52	1:04.90	
7 Algera, Bonnie	42 FREEDOM AQUATIC	1:06.95
32.03	1:06.95	
8 Gibson, Rebecca	41 YMCA RESTON WAT	1:20.61
37.68	1:20.61	

Women 40-44 200 Yard Freestyle

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

1 Gross, Jennifer	41 UC09	2:07.48
30.89	1:03.69	1:35.19
		2:07.48
2 Shapiro, Margaret	42 RESTON MASTERS S	2:12.33
30.22	1:03.29	1:37.98
		2:12.33
3 Flickinger, Erica	40 LANDSHARK MASTE	2:21.45
32.59	1:08.12	1:45.22
		2:21.45
4 van Iersel, Miranda	43 UMAC-TERRAPIN M	3:04.18
41.74	1:27.93	2:16.88
		3:04.18

Women 40-44 500 Yard Freestyle

NATL: 4:58.98 N 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 Congdon, Heather	40 SWIM FORT LAUDEI	5:45.67
30.56	1:04.38	1:39.06
		2:13.98
	2:48.86	3:24.41
		3:59.82
	5:10.79	5:45.67
2 Shapiro, Margaret	42 RESTON MASTERS S	5:55.63
31.66	1:07.06	1:42.92
		2:18.88
	2:54.46	3:30.02
		4:06.30
	5:19.63	5:55.63
3 Flickinger, Erica	40 LANDSHARK MASTE	6:16.77
34.40	1:11.01	1:48.24
		2:26.21
	3:04.41	3:42.89
		4:21.55
	5:39.47	6:16.77

Women 40-44 1000 Yard Freestyle

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

1 Congdon, Heather	40 SWIM FORT LAUDEI	11:55.32
31.40	1:06.01	1:41.20
		2:16.80
	2:52.48	3:28.29
		4:04.18
	5:16.15	5:52.06
		6:27.98
	7:40.27	8:16.63
		8:53.13
	10:06.55	10:43.06
		11:19.28
		11:55.32
2 Shapiro, Margaret	42 RESTON MASTERS S	12:13.51
33.31	1:09.89	1:46.86
		2:23.94
	3:00.62	3:37.73
		4:14.91
	5:28.82	6:05.87
		6:42.77
	7:56.72	8:33.67
		9:10.70
	10:24.26	11:01.02
		11:38.01
		12:13.51
3 Butler, Maura	42 LANE 4 SWIMMING	15:21.95
38.75	1:21.71	2:06.62
		2:52.45
	3:38.75	4:25.30
		5:13.33
	6:48.00	7:35.34
		8:22.60
	9:56.13	10:43.10
		11:30.20
	13:04.89	13:51.71
		14:38.38
		15:21.95

Women 40-44 1650 Yard Freestyle

NATL:17:06.37 N 11/4/18 HEIDI GEORGE
 ZONE:18:00.35 Z 4/15/07 Laurie Hug
 VA:19:17.63 V 4/2/04 Kelly Parker

1 Krause, Mary Kay	41 LANDSHARK MASTE	19:38.89
32.63	1:07.48	1:42.80
		2:18.40
	2:54.04	3:29.17
		4:04.57
	5:15.05	5:50.83
		6:26.90
	7:39.51	8:15.63
		8:52.22
	10:05.80	10:42.83
		11:19.00
	12:31.26	13:06.41
		13:41.79
	14:52.24	15:28.09
		16:04.53
	17:16.78	17:53.05
		18:28.72
		19:04.54
		19:38.89

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 40-44 1650 Yard Freestyle)

2	Flickinger, Erica	40	LANDSHARK MASTE	22:05.51
	35.09	1:13.61	1:52.66	2:32.21
	3:11.68	3:51.32	4:31.18	5:11.59
	5:51.65	6:31.49	7:11.87	7:51.90
	8:31.75	9:12.11	9:52.46	10:33.14
	11:13.64	11:54.19	12:35.03	13:15.86
	13:56.59	14:37.30	15:18.32	15:59.67
	16:40.30	17:21.11	18:01.97	18:42.77
	19:23.85	20:05.09	20:46.05	21:26.50
				22:05.51

Women 40-44 50 Yard Backstroke

NATL: 26.12 N 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	41	CLUB TRIBE	31.83
2	Messenlehner, Carina	43	LANDSHARK MASTE	33.28
3	Ayvaz, Meliha	42	RESTON MASTERS S	46.04

Women 40-44 100 Yard Backstroke

NATL: 56.03 N 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	Grier, Katie	40	CLUB TRIBE	1:02.33
	30.78	1:02.33		
2	Shapiro, Margaret	42	RESTON MASTERS S	1:10.87
	34.77	1:10.87		

Women 40-44 50 Yard Breaststroke

NATL: 28.71 N 5/11/18 **KATIE GLENN**
ZONE: 31.34 Z 4/8/17 **Kristen Harris**
VA: 31.34 V 4/7/17 **Kristen Harris**

1	Harris, Kristen	42	CLUB TRIBE	31.98
2	Gass, Krista	40	CLUB TRIBE	34.85
3	Lovett, Mandy	44	LANDSHARK MASTE	38.47
4	Algera, Bonnie	42	FREEDOM AQUATIC	41.28
5	Comune, Tracey	40	FREEDOM AQUATIC	41.31
6	Gibson, Rebecca	41	YMCA RESTON WAT	46.23
7	van Iersel, Miranda	43	UMAC-TERRAPIN M.	46.88
---	Ayvaz, Meliha	42	RESTON MASTERS S	DQ

Women 40-44 100 Yard Breaststroke

NATL: 1:02.70 N 5/13/18 **KATIE GLENN**
ZONE: 1:09.86 Z 4/9/17 **Kristen Harris**
VA: 1:09.86 V 4/7/17 **Kristen Harris**

1	Lovett, Mandy	44	LANDSHARK MASTE	1:22.80
	38.59	1:22.80		
2	Algera, Bonnie	42	FREEDOM AQUATIC	1:29.66
	41.67	1:29.66		

Women 40-44 200 Yard Breaststroke

NATL: 2:17.06 N 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	Gross, Jennifer	41	UC09	2:39.03
	36.55	1:17.19	1:57.41	2:39.03
2	Harris, Kristen	42	CLUB TRIBE	2:40.53
	37.00	1:17.69	1:59.18	2:40.53

3	Lovett, Mandy	44	LANDSHARK MASTE	2:56.77
	40.66	1:25.37	2:10.37	2:56.77

Women 40-44 50 Yard Butterfly

NATL: 25.14 N 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	Grier, Katie	40	CLUB TRIBE	26.34V
2	Gass, Krista	40	CLUB TRIBE	28.36
3	Congdon, Heather	40	SWIM FORT LAUDEI	28.73
4	Choe, Michele	41	CLUB TRIBE	29.38
5	Messenlehner, Carina	43	LANDSHARK MASTE	30.01
6	Lovett, Mandy	44	LANDSHARK MASTE	33.76
7	Ayvaz, Meliha	42	RESTON MASTERS S	49.57

Women 40-44 100 Yard Butterfly

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

1	Congdon, Heather	40	SWIM FORT LAUDEI	1:04.66
	29.90	1:04.66		

Women 40-44 100 Yard IM

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

1	Grier, Katie	40	CLUB TRIBE	1:00.53V
	27.63	1:00.53		
2	Gass, Krista	40	CLUB TRIBE	1:05.82
	29.85	1:05.82		
3	Krause, Mary Kay	41	LANDSHARK MASTE	1:07.43
	31.35	1:07.43		
4	Choe, Michele	41	CLUB TRIBE	1:07.80
	30.38	1:07.80		
5	Lovett, Mandy	44	LANDSHARK MASTE	1:17.20
	36.22	1:17.20		
6	Algera, Bonnie	42	FREEDOM AQUATIC	1:18.10
	37.27	1:18.10		
7	Gibson, Rebecca	41	YMCA RESTON WAT	1:35.16
	44.11	1:35.16		

Women 40-44 200 Yard IM

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

1	Krause, Mary Kay	41	LANDSHARK MASTE	2:26.30
	33.12	1:08.91	1:53.35	2:26.30

Women 40-44 400 Yard IM

NATL: 4:28.43 N 5/4/08 **S VON DER LIPPE**
ZONE: 4:34.29 Z 4/21/02 **Vibeke Swanson**
VA: 4:49.61 V 2/24/01 **Beth Baker**

1	Gross, Jennifer	41	UC09	5:02.83
	33.32	1:11.04	1:47.15	2:23.88
	3:06.88	3:51.53	4:27.80	5:02.83
2	Krause, Mary Kay	41	LANDSHARK MASTE	5:15.28
	32.87	1:14.63	1:54.37	2:34.03
	3:19.89	4:05.35	4:40.64	5:15.28

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 45-49 50 Yard Freestyle

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

1	Sheppard, Rosie	49 UC09	25.49
2	Bass, Amy	48 RESTON MASTERS S	27.46
3	Garcia, Pauline	46 RESTON MASTERS S	27.89
4	Davidson, Michelle	48 GARDEN STATE MAS	28.13
5	Hayden, Alison	47 SOMERSET COUNTY	28.24
6	Layton, Katie	46 PATRIOT MASTERS	29.03
7	Shang, Xueqin (Alice)	48 ARLINGTON MASTE	47.59

Women 45-49 100 Yard Freestyle

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

1	Davidson, Michelle	48 GARDEN STATE MAS	1:00.54
		29.01	1:00.54
2	Bass, Amy	48 RESTON MASTERS S	1:01.91
		29.71	1:01.91
3	Hayden, Alison	47 SOMERSET COUNTY	1:02.30
		29.99	1:02.30
4	Donahue, Kendall	46 RESTON MASTERS S	1:24.83
		41.16	1:24.83
5	Nelson, Tanja	49 RESTON MASTERS S	1:29.96

Women 45-49 200 Yard Freestyle

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

1	Davidson, Michelle	48 GARDEN STATE MAS	2:13.45
		30.27	1:03.50
		1:38.39	2:13.45
2	Hayden, Alison	47 SOMERSET COUNTY	2:14.37
		30.86	1:04.59
		1:39.21	2:14.37
3	Bass, Amy	48 RESTON MASTERS S	2:23.02
		32.12	1:07.69
		1:45.08	2:23.02
4	Layton, Katie	46 PATRIOT MASTERS	2:30.07
		32.00	1:09.33
		1:49.71	2:30.07
5	Donahue, Kendall	46 RESTON MASTERS S	3:13.51
		44.03	1:31.93
		2:23.34	3:13.51

Women 45-49 500 Yard Freestyle

NATL: 5:04.13 N 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	Pellegrini, Traci	49 COLUMBIA MASTER	6:01.87
		31.57	1:06.53
		2:56.36	3:33.46
		5:25.68	6:01.87
2	Donahue, Kendall	46 RESTON MASTERS S	9:02.63
		45.15	1:32.73
		4:40.54	5:33.66
		8:12.98	9:02.63
		2:23.72	3:16.34
		6:26.96	7:19.39

Women 45-49 1000 Yard Freestyle

NATL:10:32.91 N 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	Murphy, Ruth	49 LANE 4 SWIMMING	44:52.81
2	Fairchild, KC	47 LANE 4 SWIMMING	49:37.21

Women 45-49 50 Yard Backstroke

NATL: 27.35 N 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	Davidson, Michelle	48 GARDEN STATE MAS	30.95
2	Brown, Lesley	45 RAPPAHANNOCK YM	36.53
3	Bowman, Christina	46 E TEAM	37.44

Women 45-49 200 Yard Backstroke

NATL: 2:04.65 N 4/19/09 K PIPES-NEILSEN
 ZONE: 2:15.03 Z 4/15/07 Vibeke Swanson
 VA: 2:31.47 V 4/15/11 Caycee Buscaglia

1	Davidson, Michelle	48 GARDEN STATE MAS	2:24.93
		33.83	1:10.57
		1:47.52	2:24.93
2	Pellegrini, Traci	49 COLUMBIA MASTER	2:27.83
		34.49	1:12.10
		1:50.44	2:27.83
3	Ihrig, Ylva	49 LANE 4 SWIMMING	2:43.80
		40.89	1:21.98
		2:03.97	2:43.80

Women 45-49 50 Yard Breaststroke

NATL: 30.17 N 5/20/07 CAROLINE KRATTLI
 ZONE: 32.24 Z 4/20/13 Fall Willeboordse
 VA: 33.96 V 2000 Patricia Miller

1	Sheppard, Rosie	49 UC09	33.51
2	Hayden, Alison	47 SOMERSET COUNTY	37.25
3	Layton, Katie	46 PATRIOT MASTERS	38.02
4	Shang, Xueqin (Alice)	48 ARLINGTON MASTE	54.22

Women 45-49 100 Yard Breaststroke

NATL: 1:05.85 N 3/27/11 S VON DER LIPPE
 ZONE: 1:12.86 Z 4/21/13 Lisa Groves
 VA: 1:12.78 V 2000 Patricia Miller

1	Hayden, Alison	47 SOMERSET COUNTY	1:21.38
		38.80	1:21.38
2	Brown, Lesley	45 RAPPAHANNOCK YM	1:25.16
		40.17	1:25.16
3	Shang, Xueqin (Alice)	48 ARLINGTON MASTE	1:58.58
		55.41	1:58.58

Women 45-49 200 Yard Breaststroke

NATL: 2:22.76 N 5/1/11 S VON DER LIPPE
 ZONE: 2:41.10 Z 4/14/18 Traci Pellegrini
 VA: 2:42.13 V 2000 Patricia Miller

1	Hayden, Alison	47 SOMERSET COUNTY	2:54.01
		39.44	1:24.03
		2:09.62	2:54.01

Women 45-49 50 Yard Butterfly

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

1	Bass, Amy	48 RESTON MASTERS S	31.19
2	Bowman, Christina	46 E TEAM	33.90

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 45-49 100 Yard Butterfly

NATL: 56.97 N 5/1/11 S VON DER LIPPE
 ZONE: 59.28 Z 4/15/12 Fall Willeboordse
 VA: 1:05.45 V 4/26/12 Alice Phillips

1	Sheppard, Rosie	49	UC09	1:01.01
	28.99	1:01.01		
2	Davidson, Michelle	48	GARDEN STATE MAS	1:06.03
	30.35	1:06.03		

Women 45-49 200 Yard Butterfly

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

1	Davidson, Michelle	48	GARDEN STATE MAS	2:32.46
	33.24	1:11.99	1:52.69	2:32.46
2	Hayden, Alison	47	SOMERSET COUNTY	2:44.47
	36.03	1:17.72	2:01.55	2:44.47

Women 45-49 100 Yard IM

NATL: 59.39 N 4/28/12 FALL WILLEBOORDSE
 ZONE: 59.81 Z 4/15/12 Fall Willeboordse
 VA: 1:05.25 V 10/28/12 Annette Patterson

1	Sheppard, Rosie	49	UC09	1:02.96
	28.30	1:02.96		
2	Davidson, Michelle	48	GARDEN STATE MAS	1:10.19
	31.43	1:10.19		
3	Ihrig, Ylva	49	LANE 4 SWIMMING	1:16.43
	35.20	1:16.43		

Women 45-49 200 Yard IM

NATL: 2:07.26 N 12/16/07 K PIPES-NEILSEN
 ZONE: 2:15.19 Z 4/15/07 Vibeke Swanson
 VA: 2:23.82 V 2/12/11 Alice Phillips

1	Pellegrini, Traci	49	COLUMBIA MASTER	2:26.44
	31.29	1:09.12	1:52.72	2:26.44
2	Davidson, Michelle	48	GARDEN STATE MAS	2:31.81
	32.82	1:09.25	1:56.38	2:31.81
3	Hayden, Alison	47	SOMERSET COUNTY	2:35.25
	32.13	1:14.03	1:59.60	2:35.25

Women 45-49 400 Yard IM

NATL: 4:32.87 N 12/26/09 K PIPES-NEILSEN
 ZONE: 4:49.51 Z 4/15/07 Vibeke Swanson
 VA: 5:17.95 V 4/26/15 Donna Hodgert

1	Davidson, Michelle	48	GARDEN STATE MAS	5:25.79
	32.61	1:10.86	1:51.36	2:31.28
	3:20.33	4:09.00	4:47.77	5:25.79

Women 50-54 50 Yard Freestyle

NATL: 24.53 N 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	53	UC06	25.32
2	Krause, Dori	50	LANE 4 SWIMMING	27.26
3	McNamara, Beth	53	RESTON MASTERS S	30.13
4	Becker, Marlene	54	LANE 4 SWIMMING	32.19
5	Cameron, Terri	54	FREEDOM AQUATIC	33.68
6	Mintling, Michele	50	LANE 4 SWIMMING	52.00

Women 50-54 100 Yard Freestyle

NATL: 53.60 N 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	53	UC06	56.01
	26.64	56.01		
2	Krause, Dori	50	LANE 4 SWIMMING	1:02.42
	29.30	1:02.42		
3	Cantilina, Amy	50	RIPTIDE MASTERS	1:02.65
	30.02	1:02.65		
4	Becker, Marlene	54	LANE 4 SWIMMING	1:11.43
	34.06	1:11.43		
5	Wiseman, Kathryn	54	MASTERS AQUATICS	1:13.04
	35.79	1:13.04		

Women 50-54 200 Yard Freestyle

NATL: 1:58.34 N 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	53	COLONIALS 1776	2:09.21
	30.46	1:03.46	1:36.58	2:09.21
2	Dustin, Kim	50	DC DEPT OF RECRE	2:17.76
	31.25	1:05.41	1:41.39	2:17.76
3	Gregory, Barbie	50	VIRGINIA MASTERS	2:18.46
	32.86	1:07.56	1:43.22	2:18.46
4	McNamara, Beth	53	RESTON MASTERS S	2:33.81
	34.25	1:13.39	1:53.81	2:33.81
5	Wiseman, Kathryn	54	MASTERS AQUATICS	2:42.06
	37.32	1:18.05	2:00.38	2:42.06
6	Cameron, Terri	54	FREEDOM AQUATIC	2:45.78
	38.50	1:20.43	2:04.35	2:45.78
7	Bowman, Branka	53	LANE 4 SWIMMING	3:16.66
	43.51	1:33.15	2:25.72	3:16.66

Women 50-54 500 Yard Freestyle

NATL: 5:14.56 N 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	53	COLONIALS 1776	5:34.02
	31.20	1:05.08	1:39.27	2:13.37
	2:46.98	3:20.88	3:54.23	4:27.35
	5:00.95	5:34.02		
2	Willeboordse, Fall	53	UC06	5:36.54
	29.64	1:02.51	1:36.35	2:10.11
	2:43.95	3:17.95	3:51.77	4:25.99
	5:01.11	5:36.54		
3	Uppstrom, Noreen	54	COLONIALS 1776	6:35.83
	35.01	1:13.28	1:52.68	2:32.96
	3:13.70	3:54.43	4:35.53	5:16.27
	5:57.33	6:35.83		
4	Gainor, Cathy	51	MONTGOMERY ANC	6:41.02
	38.62	1:19.24	2:00.05	2:40.75
	3:21.28	4:01.96	4:42.43	5:22.59
	6:02.37	6:41.02		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 50-54 500 Yard Freestyle)

5	Becker, Marlene	54	LANE 4 SWIMMING	6:41.42
	36.82	1:16.51	1:57.28	2:38.38
	3:19.22	3:59.72	4:40.11	5:20.85
	6:01.18	6:41.42		
6	Wiseman, Kathryn	54	MASTERS AQUATICS	6:58.56
	37.24	1:17.75	1:59.89	2:42.75
	3:25.92	4:08.73	4:51.48	5:33.99
	6:16.31	6:58.56		

Women 50-54 1000 Yard Freestyle

NATL:10:58.56 N 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	Gainor, Cathy	51	MONTGOMERY ANC	13:31.12
	38.32	1:19.38	2:01.02	2:42.48
	3:23.86	4:04.90	4:46.05	5:26.95
	6:07.71	6:48.83	7:29.53	8:10.21
	8:51.03	9:31.98	10:12.59	10:52.90
	11:33.08	12:13.22	12:52.87	13:31.12
2	Murrell, Christy	50	RIPTIDE MASTERS	17:00.86
	42.17	1:27.78	2:17.56	3:08.73
	3:59.77	4:52.09	5:45.05	6:37.68
	7:29.92	8:22.12	9:13.84	10:06.49
	10:59.19	11:51.59	12:43.78	13:35.65
	14:28.01	15:19.53	16:11.12	17:00.86
3	Johnson, Kathleen	50	LANE 4 SWIMMING	17:46.39
	42.74	1:30.82	2:22.42	3:15.27
	4:09.95	5:03.49	5:59.37	6:54.06
	7:49.10	8:43.62	9:38.74	10:33.90
	11:29.08	12:23.31	13:18.62	14:13.10
	15:07.55	16:02.47	16:56.49	17:46.39

Women 50-54 1650 Yard Freestyle

NATL:18:16.11 N 4/15/18 **ELLEN REYNOLDS**
ZONE:18:37.93 Z 4/7/17 **Laurie Hug**
VA:19:22.83 V 5/17/15 **Kelly Parker Palace**

1	Hug, Laurie	53	COLONIALS 1776	18:37.20Z
	30.95	1:04.63	1:38.69	2:12.59
	2:46.60	3:20.55	3:54.12	4:27.73
	5:01.79	5:35.31	6:09.27	6:43.19
	7:17.05	7:51.20	8:25.22	8:59.30
	9:33.44	10:07.72	10:41.65	11:15.19
	11:49.89	12:24.09	12:57.99	13:32.13
	14:05.94	14:39.96	15:13.50	15:47.70
	16:21.85	16:56.20	17:30.42	18:04.64
				18:37.20
2	Dustin, Kim	50	DC DEPT OF RECRE	21:19.88
	33.18	1:09.13	1:46.61	2:25.05
	3:03.60	3:42.17	4:20.94	4:59.77
	5:38.99	6:18.02	6:57.19	7:36.43
	8:15.38	8:54.94	9:34.02	10:13.00
	10:52.67	11:32.32	12:11.88	12:50.88
	13:30.23	14:08.85	14:47.86	15:26.96
	16:06.57	16:45.66	17:25.43	18:04.70
	18:44.13	19:23.47	20:02.78	20:41.88
				21:19.88

3	Bowman, Branka	53	LANE 4 SWIMMING	30:13.91
	46.83	1:38.51	2:31.30	3:24.53
	4:18.57	5:13.05	6:07.33	7:02.86
	7:57.27	8:52.56	9:47.33	10:42.96
	11:38.49	12:34.07	13:29.22	14:24.76
	15:20.40	16:16.61	17:12.45	18:08.88
	19:03.42	19:58.69	20:54.78	21:50.36
	22:45.28	23:41.68	24:38.37	25:34.43
	26:31.16	27:28.35	28:24.38	29:20.43
				30:13.91
4	Christopher, Jody	53	LANE 4 SWIMMING	35:29.04
	56.68	1:59.22	3:02.74	4:05.49
	5:08.39		7:17.07	8:20.68
	9:23.96	10:30.04	11:33.68	12:38.30
	13:45.58	14:48.30	15:54.60	16:58.93
	18:04.24	19:10.97	20:15.14	21:19.98
	22:28.25	23:35.10		25:46.03
	26:50.60	27:56.39	29:01.59	30:07.87
	31:12.03	32:17.00	33:21.09	35:29.04

Women 50-54 50 Yard Backstroke

NATL: 27.04 N 5/10/13 **LESLIE LIVINGSTON**
ZONE: 27.27 Z 4/21/13 **Leslie Livingston**
VA: 29.00 V 4/28/16 **Annette Patterson**

1	Wetzel, Denise	53	RESTON MASTERS S	32.84
2	Cantilina, Amy	50	RIPTIDE MASTERS	32.94
3	Uppstrom, Noreen	54	COLONIALS 1776	35.84
4	Cameron, Terri	54	FREEDOM AQUATIC	40.29

Women 50-54 100 Yard Backstroke

NATL: 59.19 N 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	Wetzel, Denise	53	RESTON MASTERS S	1:12.13
	34.79	1:12.13		
2	Gregory, Barbie	50	VIRGINIA MASTERS	1:13.83
	36.73	1:13.83		
3	Jin, Yimin	54	MASTERS AQUATICS	1:14.60
	36.35	1:14.60		
4	Uppstrom, Noreen	54	COLONIALS 1776	1:15.01
	36.91	1:15.01		
5	Cameron, Terri	54	FREEDOM AQUATIC	1:26.74
	43.42	1:26.74		
6	Bowman, Branka	53	LANE 4 SWIMMING	1:45.81
	51.51	1:45.81		

Women 50-54 200 Yard Backstroke

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

1	Hug, Laurie	53	COLONIALS 1776	2:27.67
	35.31	1:12.26	1:50.28	2:27.67
2	Cantilina, Amy	50	RIPTIDE MASTERS	2:32.25
	35.85	1:13.81	1:53.07	2:32.25
3	Dustin, Kim	50	DC DEPT OF RECRE	2:38.61
	36.57	1:16.07	1:57.18	2:38.61
4	Wetzel, Denise	53	RESTON MASTERS S	2:40.51
	36.05	1:16.21	1:58.10	2:40.51

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 50-54 200 Yard Backstroke)

5	Gainor, Cathy	51	MONTGOMERY ANC	3:05.78
	45.72 1:32.61		2:19.61 3:05.78	
6	Cameron, Terri	54	FREEDOM AQUATIC	3:08.86
			3:55.40 3:08.86	

Women 50-54 50 Yard Breaststroke

NATL: 31.61 N 4/14/18 S VON DER LIPPE
 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	37.64
2	Wetzel, Denise	53	RESTON MASTERS S	37.92
3	Uppstrom, Noreen	54	COLONIALS 1776	39.62
4	McNamara, Beth	53	RESTON MASTERS S	43.49
5	Greenfield Sheehe, Heather	52	RESTON MASTERS S	47.49

Women 50-54 100 Yard Breaststroke

NATL: 1:09.21 N 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	Willeboordse, Fall	53	UC06	1:15.44
	35.59 1:15.44			
2	Groves, Lisa	53	RESTON MASTERS S	1:22.44
	38.33 1:22.44			

Women 50-54 200 Yard Breaststroke

NATL: 2:29.92 N 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	53	COLONIALS 1776	2:46.27
	38.47 1:20.56		2:04.08 2:46.27	
2	Groves, Lisa	53	RESTON MASTERS S	3:03.31
	40.76 1:27.04		2:14.69 3:03.31	

Women 50-54 50 Yard Butterfly

NATL: 25.70 N 5/11/13 LESLIE LIVINGSTON
 ZONE: 25.90 Z 4/20/13 Leslie Livingston
 VA: 29.03 V 4/28/11 Suzanne Newell

1	Willeboordse, Fall	53	UC06	27.88
2	Krause, Dori	50	LANE 4 SWIMMING	31.22
3	Cantilina, Amy	50	RIPTIDE MASTERS	32.24
4	Uppstrom, Noreen	54	COLONIALS 1776	34.99
5	Gainor, Cathy	51	MONTGOMERY ANC	37.50
6	Wiseman, Kathryn	54	MASTERS AQUATICS	39.00

Women 50-54 100 Yard Butterfly

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

1	Willeboordse, Fall	53	UC06	1:01.74
	29.04 1:01.74			
2	Gregory, Barbie	50	VIRGINIA MASTERS	1:09.42
	32.50 1:09.42			

Women 50-54 200 Yard Butterfly

NATL: 2:15.18 N 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	53	COLONIALS 1776	2:24.99
	32.39 1:09.32		1:47.99 2:24.99	

Women 50-54 100 Yard IM

NATL: 1:01.28 N 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	Wetzel, Denise	53	RESTON MASTERS S	1:14.43
	33.58 1:14.43			
2	Uppstrom, Noreen	54	COLONIALS 1776	1:15.80
	35.62 1:15.80			
3	Jin, Yimin	54	MASTERS AQUATICS	1:16.14
	33.85 1:16.14			
4	Becker, Marlene	54	LANE 4 SWIMMING	1:24.17
	41.06 1:24.17			
5	McNamara, Beth	53	RESTON MASTERS S	1:27.64
	43.32 1:27.64			

Women 50-54 200 Yard IM

NATL: 2:12.57 N 4/15/18 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	53	COLONIALS 1776	2:26.94
	32.06 1:09.81		1:54.09 2:26.94	
2	Wetzel, Denise	53	RESTON MASTERS S	2:43.81
	35.31 1:17.31		2:04.74 2:43.81	

Women 50-54 400 Yard IM

NATL: 4:43.11 N 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	53	COLONIALS 1776	5:08.91
	31.93 1:08.72		1:49.12 2:29.39	
	3:13.53 3:59.44		4:34.78 5:08.91	

Women 55-59 50 Yard Freestyle

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

1	Johnson, Mindy	55	RESTON MASTERS S	28.77
2	Brightwell, Kim	59	RESTON MASTERS S	28.85
3	Toner, Karlin	57	PATRIOT MASTERS	31.58
4	Goldberg, Hillary	59	E TEAM	33.05
5	Mackall, Suni	56	VIRGINIA MASTERS	35.06
6	Weigand, Elizabeth	56	RESTON MASTERS S	37.13

Women 55-59 100 Yard Freestyle

NATL: 54.72 N 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	Johnson, Mindy	55	RESTON MASTERS S	1:04.72
	30.87 1:04.72			
2	Brightwell, Kim	59	RESTON MASTERS S	1:04.81
	31.23 1:04.81			

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 55-59 100 Yard Freestyle)

3	Lachney, Fay	57	ALEXANDRIA MAST	1:05.96
	32.00	1:05.96		
4	Miller, Patricia	58	VIRGINIA MASTERS	1:09.06
	32.99	1:09.06		
5	RO, Duk	59	FREEDOM AQUATIC	1:46.74
	48.81	1:46.74		

Women 55-59 200 Yard Freestyle

NATL: 1:57.90 N 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	Saucy, Stephanie	55	COLONIALS 1776	2:14.94Z
	31.85	1:05.47	1:40.27	2:14.94
2	Johnson, Mindy	55	RESTON MASTERS S	2:23.66
	32.37	1:08.87	1:46.36	2:23.66
3	Brown, Ann	56	MERRITT MARLINS	2:43.23
	37.35	1:18.60	2:01.39	2:43.23
4	Mackall, Suni	56	VIRGINIA MASTERS	2:51.93
	39.94	1:23.89	2:09.05	2:51.93

Women 55-59 500 Yard Freestyle

NATL: 5:20.68 N 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	Saucy, Stephanie	55	COLONIALS 1776	6:05.50
	32.12	1:07.35	1:43.06	2:19.52
	2:55.68	3:32.85	4:10.15	4:48.31
	5:26.88	6:05.50		
2	Lachney, Fay	57	ALEXANDRIA MAST	6:12.84
	33.64	1:10.69	1:48.58	2:26.21
	3:04.08	3:42.37	4:20.54	4:58.68
	5:36.22	6:12.84		
3	Johnson, Mindy	55	RESTON MASTERS S	6:37.33
	34.86	1:13.07	1:52.48	2:32.54
	3:13.53	3:54.45	4:35.52	5:16.32
	5:57.10	6:37.33		
4	Miller, Patricia	58	VIRGINIA MASTERS	6:45.91
	37.11	1:16.51	1:57.18	2:38.23
	3:19.57	4:01.63	4:43.72	5:25.71
	6:07.04	6:45.91		
5	Brown, Ann	56	MERRITT MARLINS	7:03.59
	37.09	1:17.93	2:00.64	2:43.63
	3:27.84	4:10.68	4:53.87	5:36.70
	6:19.00	7:03.59		
6	Moyer, Michelle	56	RESTON MASTERS S	7:06.50
	38.78	1:20.34	2:04.04	2:47.48
	3:31.29	4:15.08	4:58.55	5:41.67
	6:24.41	7:06.50		
7	Flynn, Merri	59	RESTON MASTERS S	7:36.86
	42.28	1:27.68	2:13.65	3:00.26
	3:46.35	4:32.70	5:19.48	6:05.52
	6:52.12	7:36.86		
8	Dewing, Maria	55	RIPTIDE MASTERS	7:38.32
	40.39	1:25.45	2:12.28	2:59.15
	3:46.22	4:33.50	5:20.73	6:07.65
	6:54.01	7:38.32		

9	RO, Duk	59	FREEDOM AQUATIC	9:58.73
	49.44	1:48.06	2:50.65	3:53.09
	4:55.77	5:57.30	6:59.13	8:00.33
	9:01.36	9:58.73		

Women 55-59 1000 Yard Freestyle

NATL:11:19.85 N 2/5/17

ZONE:11:49.98 Z 4/17/11

VA:11:49.98 V 4/15/11

K PARKER PALACE

Shirley Loftus-Charley

Shirley Loftus-Charley

1	Swanson, Vibeke	57	COLONIALS 1776	12:31.13
	32.60	1:08.51	1:45.32	2:22.65
	3:00.58	3:38.66	4:16.84	4:55.08
	5:33.37	6:11.86	6:50.26	7:28.35
	8:06.39	8:44.54	9:22.76	10:00.86
	10:38.95	11:17.49	11:55.11	12:31.13
2	Lachney, Fay	57	ALEXANDRIA MAST	12:35.69
	34.67	1:11.75	1:49.50	2:27.18
	3:05.13	3:43.12	4:21.34	4:59.25
	5:37.30	6:15.51	6:53.65	7:32.03
	8:10.22	8:48.85	9:27.33	10:05.53
	10:43.84	11:22.11	11:59.97	12:35.69
3	Burke, Barbara	57	COLONIALS 1776	13:12.81
	33.94	1:11.56	1:50.70	2:29.99
	3:09.59	3:49.51	4:30.02	5:11.13
	5:51.50	6:31.78	7:12.02	7:52.40
	8:33.09	9:13.54	9:54.06	10:34.05
	11:14.50	11:54.67	12:34.65	13:12.81
4	Dewing, Maria	55	RIPTIDE MASTERS	15:22.99
	39.27	1:22.86	2:08.06	2:54.16
	3:40.44	4:27.24	5:13.97	6:01.07
	6:48.48	7:35.37	8:22.52	9:09.15
	9:56.22	10:42.88	11:31.25	12:18.02
	13:04.95	13:52.24	14:38.30	15:22.99

Women 55-59 1650 Yard Freestyle

NATL:18:56.04 N 4/16/10

ZONE:20:57.48 Z 4/13/18

VA:19:49.87 V 2/12/11

LAURA VAL

Denise Landers

Shirley Loftus-Charley

1	Saucy, Stephanie	55	COLONIALS 1776	20:44.26Z
	33.41	1:09.35	1:46.08	2:23.46
	3:00.74	3:38.42	4:15.60	4:52.58
	5:30.13	6:07.84	6:45.25	7:22.92
	8:00.90	8:38.62	9:15.91	9:54.02
	10:31.57	11:09.61	11:47.30	12:25.18
	13:03.02	13:41.19	14:19.15	14:57.12
	15:35.04	16:13.43	16:52.01	17:30.26
	18:08.75	18:48.31	19:27.95	20:07.38
				20:44.26
2	Brown, Ann	56	MERRITT MARLINS	23:49.32
	39.10	1:21.92	2:05.36	2:48.59
	3:31.89	4:15.05	4:58.57	5:42.31
	6:25.93	7:08.79	7:52.59	8:36.68
	9:20.52	10:04.13	10:48.17	11:32.01
	12:15.69	12:58.86	13:41.99	14:25.73
	15:09.01	15:52.65	16:36.32	17:20.81
	18:03.47	18:46.36	19:29.62	20:13.34
	20:57.49	21:41.74	22:25.52	23:49.32

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 55-59 1650 Yard Freestyle)

3 Flynn, Merri	59 RESTON MASTERS S	25:56.39
42.97	1:28.54	2:16.27 3:03.91
3:51.46	4:39.26	5:26.79 6:14.04
7:01.22	7:49.24	8:36.15 9:22.73
10:10.08	10:57.62	11:45.16 12:33.06
13:20.93	14:08.21	14:55.74 15:43.03
16:30.44	17:18.12	18:05.57 18:52.14
19:39.44	20:26.39	21:13.46 22:01.13
22:48.91	23:36.50	24:23.69 25:11.23 25:56.39
4 Barras, Shannon	56 E TEAM	33:13.82
50.08	1:48.08	2:51.09 3:53.52
4:54.78	5:57.20	6:58.20 7:58.68
9:00.22	10:00.78	11:01.75 12:02.63
13:03.64	14:05.03	15:06.87 16:07.47
17:07.55	18:07.61	20:09.45
21:09.70	22:10.60	23:11.03 24:11.36
25:12.84	26:13.73	27:13.98 28:14.88
29:15.11	30:15.43	31:16.72 32:16.83 33:13.82

Women 55-59 50 Yard Backstroke

NATL: 28.14 N 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	59 RESTON MASTERS S	32.03
2 Swanson, Vibeke	57 COLONIALS 1776	32.25
3 Saucy, Stephanie	55 COLONIALS 1776	32.41
4 Elshafei, Donna	55 UMAC-TERRAPIN M.	37.21
5 Jaeger, Debbie	56 VIRGINIA MASTERS	37.39
6 Goldberg, Hillary	59 E TEAM	42.08

Women 55-59 100 Yard Backstroke

NATL: 1:00.80 N 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 Saucy, Stephanie	55 COLONIALS 1776	1:08.98
34.25	1:08.98	
2 Swanson, Vibeke	57 COLONIALS 1776	1:09.89
34.29	1:09.89	
3 Brightwell, Kim	59 RESTON MASTERS S	1:10.34
35.11	1:10.34	
4 Goldberg, Hillary	59 E TEAM	1:28.65
43.88	1:28.65	
--- Li, Eileen	58 RESTON MASTERS S	DQ
56.36	DQ	

Women 55-59 200 Yard Backstroke

NATL: 2:11.29 N 4/28/17 KARLYN PIPES
ZONE: 2:29.03 Z 4/9/17 Vibeke Swanson
VA: 2:27.15 V 5/10/18 Val Van Horn Pate

1 Saucy, Stephanie	55 COLONIALS 1776	2:28.73Z
34.99	1:12.94	1:51.88 2:28.73
2 Swanson, Vibeke	57 COLONIALS 1776	2:30.52
35.02	1:12.51	1:51.55 2:30.52
3 Elshafei, Donna	55 UMAC-TERRAPIN M.	2:53.72
40.87	1:24.74	2:10.20 2:53.72

4 Jaeger, Debbie	56 VIRGINIA MASTERS	2:57.67
42.16	1:27.02	2:13.16 2:57.67
5 Goldberg, Hillary	59 E TEAM	3:17.00
45.01	1:35.18	2:28.67 3:17.00

Women 55-59 50 Yard Breaststroke

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

1 Miller, Patricia	58 VIRGINIA MASTERS	37.91
2 Toner, Karlin	57 PATRIOT MASTERS	39.46
3 Flynn, Merri	59 RESTON MASTERS S	43.80
4 Weigand, Elizabeth	56 RESTON MASTERS S	49.59
5 Li, Eileen	58 RESTON MASTERS S	53.61

Women 55-59 100 Yard Breaststroke

NATL: 1:10.55 N 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	57 COLONIALS 1776	1:20.33
39.62	1:20.33	
2 Miller, Patricia	58 VIRGINIA MASTERS	1:23.34
39.47	1:23.34	
3 Elshafei, Donna	55 UMAC-TERRAPIN M.	1:36.07
46.54	1:36.07	

Women 55-59 200 Yard Breaststroke

NATL: 2:40.19 N 5/10/09 CATHERINE KOHN
ZONE: 2:51.27 Z 4/14/18 Vibeke Swanson
VA: 2:52.25 V 4/28/16 Patricia Miller

1 Swanson, Vibeke	57 COLONIALS 1776	2:51.91
40.09	1:23.80	2:08.12 2:51.91

Women 55-59 50 Yard Butterfly

NATL: 27.04 N 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 Brightwell, Kim	59 RESTON MASTERS S	31.96
2 Burke, Barbara	57 COLONIALS 1776	32.65
3 Johnson, Mindy	55 RESTON MASTERS S	32.68
4 Flynn, Merri	59 RESTON MASTERS S	41.46
5 Brown, Ann	56 MERRITT MARLINS	42.46

Women 55-59 200 Yard Butterfly

NATL: 2:16.28 N 5/10/09 LAURA VAL
ZONE: 2:38.25 Z 4/20/13 Jeanne Lappin
VA: 2:28.21 V 5/10/18 Val Van Horn Pate

1 Burke, Barbara	57 COLONIALS 1776	2:56.71
39.31	1:24.60	2:11.85 2:56.71

Women 55-59 100 Yard IM

NATL: 1:02.34 N 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	57 COLONIALS 1776	1:10.50
32.77	1:10.50	
2 Brightwell, Kim	59 RESTON MASTERS S	1:12.95
33.34	1:12.95	
3 Burke, Barbara	57 COLONIALS 1776	1:14.20
35.83	1:14.20	

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results**(Women 55-59 100 Yard IM)**

4	Miller, Patricia	58	VIRGINIA MASTERS	1:18.19
	39.26	1:18.19		
5	Mackall, Suni	56	VIRGINIA MASTERS	1:30.66
	44.08	1:30.66		
6	Dewing, Maria	55	RIPTIDE MASTERS	1:31.03
	43.14	1:31.03		
7	Flynn, Merri	59	RESTON MASTERS S	1:31.49
	44.95	1:31.49		

Women 55-59 200 Yard IM

NATL: 2:15.70 N 4/28/17 JILL HERNANDEZ
 ZONE: 2:31.35 Z 4/8/17 Vibeke Swanson
 VA: 2:27.59 V 5/10/18 Val Van Horn Pate

1	Swanson, Vibeke	57	COLONIALS 1776	2:34.99
	35.72	1:14.33	1:59.85	2:34.99
2	Burke, Barbara	57	COLONIALS 1776	2:43.77
	35.50	1:19.39	2:06.53	2:43.77
3	Kidd, Sally	57	RESTON MASTERS S	4:25.08
		2:10.37	3:27.69	4:25.08

Women 55-59 400 Yard IM

NATL: 4:49.56 N 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	Saucy, Stephanie	55	COLONIALS 1776	5:29.15
	33.60	1:12.23	1:53.91	2:34.60
	3:22.81	4:11.85	4:51.41	5:29.15
2	Burke, Barbara	57	COLONIALS 1776	5:48.76
	36.76	1:20.88	2:07.16	2:54.16
	3:41.72	4:32.55	5:11.33	5:48.76

Women 60-64 50 Yard Freestyle

NATL: 26.20 N 5/11/18 PENNY NOYES
 ZONE: 28.09 Z 4/12/15 Melinda Wolff
 VA: 30.54 V 3/25/12 Shirley Loftus-Charley

1	Panagacos, Nancy	61	UC08	29.52
2	Steadman Martin, Nancy	64	GARDEN STATE MAS	29.69
3	Pennington, Catherine	60	LANE 4 SWIMMING	31.67
4	Watts, Sue	64	COLONIALS 1776	32.64
5	Figenshu, Susan	64	COLONIALS 1776	32.82
6	Adams, Blanca	61	WARRENTON FAUQI	34.19
7	Pratt, Lisa	61	DISTRICT OF COLU	47.00
8	Clark, Debra	64	FREEDOM AQUATIC	1:12.96

Women 60-64 100 Yard Freestyle

NATL: 56.45 N 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	Steadman Martin, Nancy	64	GARDEN STATE MAS	1:03.49Z
	30.72	1:03.49		
2	Panagacos, Nancy	61	UC08	1:08.22
	33.28	1:08.22		
3	Figenshu, Susan	64	COLONIALS 1776	1:14.12
	35.01	1:14.12		
4	Calobong-Pierce, Carol Ly	61	FREEDOM AQUATIC	1:16.86
	36.53	1:16.86		

5	Adams, Blanca	61	WARRENTON FAUQI	1:17.37
	36.36	1:17.37		
6	Lampe, Betty	63	UC08	1:21.34
	38.71	1:21.34		
7	White, Maureen	63	CHESTER RIVER AQ	1:21.58
	37.86	1:21.58		
8	Clark, Debra	64	FREEDOM AQUATIC	2:41.23
	1:15.52	2:41.23		

Women 60-64 200 Yard Freestyle

NATL: 2:05.75 N 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	Steadman Martin, Nancy	64	GARDEN STATE MAS	2:19.42
	31.75	1:06.92	1:43.50	2:19.42
2	Figenshu, Susan	64	COLONIALS 1776	2:55.51
	38.36	1:23.49	2:09.79	2:55.51
3	Adams, Blanca	61	WARRENTON FAUQI	2:59.93
	37.96	1:22.03	2:11.69	2:59.93
4	White, Maureen	63	CHESTER RIVER AQ	3:07.55
	40.11	1:27.06	3:07.55	

Women 60-64 500 Yard Freestyle

NATL: 5:39.00 N 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	Steadman Martin, Nancy	64	GARDEN STATE MAS	6:01.19
	32.43	1:08.09	1:44.28	2:20.94
	2:57.12	3:33.40	4:10.51	4:48.06
	5:24.77	6:01.19		
2	Panagacos, Nancy	61	UC08	7:05.37
	36.74	1:16.64	1:59.18	2:42.96
	3:27.60	4:12.70	4:56.82	5:40.62
	6:24.55	7:05.37		
3	Figenshu, Susan	64	COLONIALS 1776	8:07.05
	41.30	1:27.78	2:17.07	3:08.10
	3:58.91	4:49.75	5:39.99	6:30.36
	7:20.09	8:07.05		

Women 60-64 1000 Yard Freestyle

NATL:11:41.77 N 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	Calobong-Pierce, Carol Ly	61	FREEDOM AQUATIC	14:52.41
	37.88	1:20.43	2:05.57	2:51.22
	3:37.06	4:22.90	5:08.28	5:52.95
	6:37.51	7:22.06	8:07.36	8:52.60
	9:37.23	10:21.69	11:06.74	11:51.80
	12:37.15	13:22.53	14:08.33	14:52.41
2	Perfall, Betty	61	LANE 4 SWIMMING	14:53.25
	37.16	1:18.48	2:02.64	2:47.76
	3:32.29	4:17.76	5:03.01	5:48.91
	6:34.51	7:20.66	8:06.41	8:52.40
	9:38.13	10:23.54	11:08.99	11:54.28
	12:40.42	13:25.22	14:53.25	

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results**(Women 60-64 1000 Yard Freestyle)**

3	Smith, Tamara	60	LANE 4 SWIMMING	19:17.11
	51.57	1:46.63	2:43.22	3:40.07
	4:36.50	5:34.07	6:31.35	7:29.46
	8:27.94	9:26.75	10:24.11	11:22.95
	12:21.80	13:20.63	14:20.63	15:20.48
	16:20.18	17:20.06	18:19.98	19:17.11
4	Slaughter, Jodie	62	LANE 4 SWIMMING	23:08.43
	56.53	2:04.69	3:16.06	4:25.40
	5:35.57	6:45.90	7:54.93	9:05.47
	10:13.56	11:21.77	12:32.22	13:43.06
	14:53.48	16:04.66	17:15.23	18:26.06
	19:38.21	20:50.54	23:08.43	

Women 60-64 1650 Yard Freestyle

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

1	Watts, Sue	64	COLONIALS 1776	24:37.06
	39.11	1:22.35	2:06.71	2:51.51
	3:36.57	4:21.66	5:06.66	5:51.51
	6:36.70	7:21.83	8:07.27	8:52.28
	9:37.76	10:22.89	11:07.87	11:53.30
	12:38.66	13:23.74	14:08.55	14:53.71
	15:39.13	16:24.56	17:09.61	17:54.97
	18:40.32	19:25.63	20:10.79	20:56.09
	21:41.29	22:26.14	23:10.62	23:54.88
				24:37.06
2	Stewart, Linda	61	LANE 4 SWIMMING	40:31.32
	1:03.67	2:14.05	3:27.09	4:38.77
	5:49.27	6:59.70	8:12.54	10:36.91
		11:50.65	13:05.22	14:17.12
	15:29.58	16:44.05	17:56.87	19:10.88
	20:24.84	21:39.75	22:54.85	24:08.45
	26:36.94		27:53.69	29:10.13
	30:26.18	31:42.20	32:57.00	34:12.02
	35:28.52	36:43.88	38:00.55	39:17.70
				40:31.32

Women 60-64 50 Yard Backstroke

NATL: 29.58 N 4/26/15 LAURA VAL
 ZONE: 32.43 Z 4/9/17 Joan Pfinsgraff
 VA: 36.25 V 3/23/19 Lauren Hasselquist

1	Steadman Martin, Nancy	64	GARDEN STATE MAS	35.11
2	Watts, Sue	64	COLONIALS 1776	38.11
3	Figenshu, Susan	64	COLONIALS 1776	39.62
4	Adams, Blanca	61	WARRENTON FAUQI	43.69
5	Clark, Debra	64	FREEDOM AQUATIC	1:29.66

Women 60-64 100 Yard Backstroke

NATL: 1:03.72 N 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	64	COLONIALS 1776	1:24.85
	42.30	1:24.85		

Women 60-64 200 Yard Backstroke

NATL: 2:19.36 N 4/7/18 BONNIE BILICH
 ZONE: 2:29.39 Z 4/9/17 Joan Pfinsgraff
 VA: 2:38.63 V 4/26/12 Shirley Loftus-Charley

1	Steadman Martin, Nancy	64	GARDEN STATE MAS	2:39.10
	37.65	1:17.80	1:58.98	2:39.10

Women 60-64 50 Yard Breaststroke

NATL: 33.79 N 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	White, Maureen	63	CHESTER RIVER AQ	43.45
2	Pennington, Catherine	60	LANE 4 SWIMMING	44.03
3	Pratt, Lisa	61	DISTRICT OF COLU	56.08

Women 60-64 100 Yard Breaststroke

NATL: 1:16.55 N 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	Calobong-Pierce, Carol Ly	61	FREEDOM AQUATIC	1:34.79
	43.97	1:34.79		
2	White, Maureen	63	CHESTER RIVER AQ	1:37.62
	47.66	1:37.62		
3	Lampe, Betty	63	UC08	1:43.18
	48.68	1:43.18		
4	Palfey, Janet	60	LANE 4 SWIMMING	1:51.11
	54.25	1:51.11		

Women 60-64 200 Yard Breaststroke

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

1	White, Maureen	63	CHESTER RIVER AQ	3:34.32
	46.58	1:43.44	2:39.83	3:34.32
2	Lampe, Betty	63	UC08	3:43.69
	49.70	1:47.31	2:45.35	3:43.69
3	Palfey, Janet	60	LANE 4 SWIMMING	4:01.97
	53.30	1:53.12	2:57.20	4:01.97

Women 60-64 50 Yard Butterfly

NATL: 27.93 N 5/13/18 TRACI GRANGER
 ZONE: 32.07 Z 4/11/15 Melinda Wolff
 VA: 33.58 V 4/13/12 Shirley Loftus-Charley

1	Panagacos, Nancy	61	UC08	32.84
2	Figenshu, Susan	64	COLONIALS 1776	35.10
3	Calobong-Pierce, Carol Ly	61	FREEDOM AQUATIC	41.77
4	Lampe, Betty	63	UC08	42.02

Women 60-64 100 Yard Butterfly

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

1	Steadman Martin, Nancy	64	GARDEN STATE MAS	1:17.86
	36.10	1:17.86		
2	Lampe, Betty	63	UC08	1:36.75
	44.63	1:36.75		
3	Corbett, Alice	60	WARRENTON FAUQI	1:39.11
	47.15	1:39.11		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 60-64 200 Yard Butterfly

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

1 Steadman Martin, Nancy 64 GARDEN STATE MAS 2:42.91Z
 36.35 1:17.12 1:59.37 2:42.91

Women 60-64 100 Yard IM

NATL: 1:06.74 N 9/15/18 PENNY NOYES
 ZONE: 1:14.02 Z 4/12/15 Nancy Steadman Martin
 VA: 1:15.44 V 2/11/12 Shirley Loftus-Charley

1 Steadman Martin, Nancy 64 GARDEN STATE MAS 1:16.05
 34.70 1:16.05

2 Panagacos, Nancy 61 UC08 1:17.70
 35.88 1:17.70

3 Watts, Sue 64 COLONIALS 1776 1:23.42
 38.97 1:23.42

4 Corbett, Alice 60 WARRENTON FAUQI 1:33.75
 44.61 1:33.75

--- Clark, Debra 64 FREEDOM AQUATIC DQ
 2:20.06 DQ

Women 60-64 200 Yard IM

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

1 Watts, Sue 64 COLONIALS 1776 3:07.22
 42.00 1:29.82 2:26.90 3:07.22

2 White, Maureen 63 CHESTER RIVER AQ 3:31.90
 49.51 1:47.98 2:42.11 3:31.90

Women 60-64 400 Yard IM

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

1 Steadman Martin, Nancy 64 GARDEN STATE MAS 5:39.90
 35.81 1:17.76 2:01.87 2:44.25

3:35.55 4:26.36 5:04.72 5:39.90

Women 65-69 50 Yard Freestyle

NATL: 26.55 N 5/13/18 LAURA VAL
 ZONE: 28.91 Z 4/15/18 Melinda Wolff
 VA: 30.42 V 5/17/07 Beth Schreiner

1 Wolff, Melinda 66 COLONIALS 1776 28.87Z

2 Duquette, Bobbe 65 LANE 4 SWIMMING 36.33

Women 65-69 100 Yard Freestyle

NATL: 57.88 N 5/12/18 LAURA VAL
 ZONE: 1:06.27 Z 4/14/18 Melinda Wolff
 VA: 1:06.77 V 5/6/17 Shirley Loftus-Charley

1 McCloskey, Cecilia 69 SWIM FORT LAUDEI 1:04.65Z
 30.79 1:04.65

2 Wolff, Melinda 66 COLONIALS 1776 1:04.99Z
 31.60 1:04.99

3 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 1:06.93
 32.65 1:06.93

Women 65-69 200 Yard Freestyle

NATL: 2:07.23 N 5/11/18 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 Tourtual, Dorothy 67 E TEAM 2:35.53
 35.88 1:14.57 1:55.78 2:35.53

Women 65-69 500 Yard Freestyle

NATL: 5:52.39 N 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 Tourtual, Dorothy 67 E TEAM 6:58.24
 37.86 1:18.78 2:01.33 2:44.01

3:26.82 4:09.55 4:52.52 5:35.07

6:17.90 6:58.24

Women 65-69 1000 Yard Freestyle

NATL:11:59.50 N 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 Loftus-Charley, Shirley 67 VIRGINIA MASTERS 12:35.99Z
 35.11 1:12.31 1:50.08 2:27.59

3:05.56 3:43.85 4:22.05 5:00.50

5:38.70 6:16.73 6:54.84 7:32.91

8:10.86 8:49.09 9:27.20 10:05.85

10:43.84 11:22.20 12:00.15 12:35.99

2 Tourtual, Dorothy 67 E TEAM 14:14.76
 36.71 1:16.60 1:58.32 2:40.24

3:23.11 4:06.73 4:50.31 5:34.23

6:18.01 7:01.93 7:45.63 8:29.42

9:13.01 9:56.20 10:39.59 11:22.88

12:06.13 12:50.23 13:33.55 14:14.76

3 Lim-Sharpe, Judy 68 MONTGOMERY ANC 15:53.46
 43.10 1:28.96 2:16.47 3:04.89

3:53.12 4:41.47 5:29.43 6:17.32

7:05.42 7:53.61 8:42.09 9:30.91

10:18.99 11:07.70 11:55.86 12:44.20

13:32.47 14:20.36 15:07.89 15:53.46

Women 65-69 1650 Yard Freestyle

NATL:20:43.29 N 11/12/16 S LOFTUS-CHARLEY
 ZONE:22:54.57 Z 4/13/18 Joan Craffey
 VA:20:43.29 V 11/12/16 Shirley Loftus-Charley

1 Wagner, Cheryl 66 UMAC-TERRAPIN M. 28:49.26
 46.11 1:36.79 2:28.41 3:20.83

4:13.74 5:06.44 6:00.42 6:53.56

7:46.91 8:40.03 9:33.05 10:26.07

11:19.67 12:12.72 13:05.53 13:58.23

14:50.64 15:42.32 16:34.29 17:26.46

18:19.75 19:12.62 20:05.70 20:57.74

21:50.61 22:43.38 23:36.73 24:29.55

25:22.69 26:14.87 27:07.07 27:59.10 28:49.26

Women 65-69 50 Yard Backstroke

NATL: 29.65 N 5/12/18 LAURA VAL
 ZONE: 32.49 Z 4/12/15 Cecilia McCloskey
 VA: 38.10 V 4/28/16 Marcia Barry

1 McCloskey, Cecilia 69 SWIM FORT LAUDEI 32.40Z

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 65-69 50 Yard Backstroke)

2	Wolff, Melinda	66	COLONIALS 1776	35.55
3	Kirwan, Denise	67	RESTON MASTERS S	37.65
4	Duquette, Bobbe	65	LANE 4 SWIMMING	50.09

Women 65-69 100 Yard Backstroke

NATL: 1:03.96 N 5/11/18 LAURA VAL
ZONE: 1:10.15 Z 4/11/15 Cecilia McCloskey
VA: 1:20.04 V 4/7/17 Shirley Loftus-Charley

1	McCloskey, Cecilia	69	SWIM FORT LAUDEI	1:09.21Z
				33.76 1:09.21
2	Kirwan, Denise	67	RESTON MASTERS S	1:20.52
				39.83 1:20.52
3	Tourtual, Dorothy	67	E TEAM	1:23.85
				41.64 1:23.85

Women 65-69 200 Yard Backstroke

NATL: 2:23.88 N 5/13/18 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	67	RESTON MASTERS S	2:52.53
				40.33 1:23.15 2:08.17 2:52.53
2	Tourtual, Dorothy	67	E TEAM	2:58.52
				41.65 1:26.83 2:13.77 2:58.52

Women 65-69 50 Yard Breaststroke

NATL: 36.58 N 5/11/18 MELINDA WOLFF
ZONE: 37.33 Z 4/14/18 Melinda Wolff
VA: 37.74 V 4/22/04 Joann Leilich

1	Wolff, Melinda	66	COLONIALS 1776	37.40
2	Kirwan, Denise	67	RESTON MASTERS S	40.49
3	Loftus-Charley, Shirley	67	VIRGINIA MASTERS	41.13
4	Boslego, Barbara	67	VIRGINIA MASTERS	44.32
5	Duquette, Bobbe	65	LANE 4 SWIMMING	51.74

Women 65-69 100 Yard Breaststroke

NATL: 1:20.27 N 4/28/17 CHARLOTTE DAVIS
ZONE: 1:23.04 Z 4/15/18 Melinda Wolff
VA: 1:23.95 V 4/22/04 Joann Leilich

1	Wolff, Melinda	66	COLONIALS 1776	1:21.78Z
				38.65 1:21.78

Women 65-69 200 Yard Breaststroke

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

1	Loftus-Charley, Shirley	67	VIRGINIA MASTERS	3:10.03
				44.18 1:31.30 2:20.92 3:10.03

Women 65-69 50 Yard Butterfly

NATL: 29.58 N 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	McCloskey, Cecilia	69	SWIM FORT LAUDEI	31.83Z
2	Loftus-Charley, Shirley	67	VIRGINIA MASTERS	34.79V

Women 65-69 100 Yard Butterfly

NATL: 1:06.70 N 4/29/17 LAURA VAL
ZONE: 1:17.52 Z 4/9/17 Shirley Loftus-Charley
VA: 1:17.35 V 11/12/16 Shirley Loftus-Charley

1	McCloskey, Cecilia	69	SWIM FORT LAUDEI	1:12.46Z
				32.81 1:12.46
2	Tourtual, Dorothy	67	E TEAM	1:36.14
				44.73 1:36.14

Women 65-69 200 Yard Butterfly

NATL: 2:29.12 N 4/9/17 LAURA VAL
ZONE: 3:11.03 Z 4/14/12 Margot Pettijohn
VA: 2:46.89 V 1/29/17 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	67	VIRGINIA MASTERS	2:53.00Z
				37.65 1:21.60 2:08.45 2:53.00

Women 65-69 100 Yard IM

NATL: 1:09.44 N 2/4/17 LAURA VAL
ZONE: 1:12.22 Z 4/12/15 Cecilia McCloskey
VA: 1:19.25 V 1/19/19 Shirley Loftus-Charley

1	McCloskey, Cecilia	69	SWIM FORT LAUDEI	1:12.52
				31.83 1:12.52
2	Wolff, Melinda	66	COLONIALS 1776	1:15.86
				35.37 1:15.86
3	Loftus-Charley, Shirley	67	VIRGINIA MASTERS	1:17.97V
				37.99 1:17.97
4	Kirwan, Denise	67	RESTON MASTERS S	1:19.91
				38.24 1:19.91

Women 65-69 200 Yard IM

NATL: 2:30.60 N 5/21/17 LAURA VAL
ZONE: 2:37.07 Z 4/11/15 Cecilia McCloskey
VA: 2:45.52 V 4/7/17 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	67	VIRGINIA MASTERS	2:44.68V
				35.99 1:19.03 2:08.13 2:44.68
2	Kirwan, Denise	67	RESTON MASTERS S	2:58.84
				41.35 1:27.41 2:16.90 2:58.84
3	Boslego, Barbara	67	VIRGINIA MASTERS	3:20.33
				46.30 1:39.35 2:36.74 3:20.33

Women 65-69 400 Yard IM

NATL: 5:21.70 N 5/21/17 LAURA VAL
ZONE: 5:46.46 Z 4/9/17 Shirley Loftus-Charley
VA: 5:41.79 V 1/29/17 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	67	VIRGINIA MASTERS	5:40.18V
				37.11 1:21.27 2:04.75 2:48.80
				3:36.12 4:26.24 5:04.44 5:40.18

Women 70-74 50 Yard Freestyle

NATL: 28.72 N 5/11/18 MARGARET TOPPEL
ZONE: 32.12 Z 4/17/11 Beth Schreiner
VA: 31.51 V 4/26/12 Beth Schreiner

1	Hayes, Christie	71	NEW ENGLAND MAS	31.87Z
2	Lyttle, Ann	71	VIRGINIA MASTERS	33.46
3	Barry, Marcia	70	VIRGINIA MASTERS	33.89
4	Bennett, Ruth	72	RESTON MASTERS S	35.55
5	Tartt, Judith	70	WARRENTON FAUQI	38.39
6	Warren, Barbara	72	UC12	46.11

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 70-74 100 Yard Freestyle

NATL: 1:06.41 N 5/7/17 DIANN UUSTAL
 ZONE: 1:12.64 Z 4/14/18 Ann Lyttle
 VA: 1:12.24 V 4/28/11 Beth Schreiner

1	Hayes, Christie	71	NEW ENGLAND MAS	1:09.32Z
	33.35	1:09.32		
2	Lyttle, Ann	71	VIRGINIA MASTERS	1:13.51
	34.58	1:13.51		
3	Bennett, Ruth	72	RESTON MASTERS S	1:21.08
	38.87	1:21.08		
4	Warren, Barbara	72	UC12	1:59.34
	52.49	1:59.34		

Women 70-74 200 Yard Freestyle

NATL: 2:27.55 N 5/11/18 CHRISTIE HAYES
 ZONE: 2:39.48 Z 4/15/18 Ann Lyttle
 VA: 2:39.20 V 3/23/19 Ann Lyttle

1	Hayes, Christie	71	NEW ENGLAND MAS	2:32.06Z
	35.21	1:13.83	1:53.25	2:32.06
2	Lyttle, Ann	71	VIRGINIA MASTERS	2:40.07
	36.42	1:17.64	1:59.48	2:40.07
3	Barry, Marcia	70	VIRGINIA MASTERS	2:44.16
	37.88	1:19.27	2:01.60	2:44.16
4	Bennett, Ruth	72	RESTON MASTERS S	2:56.75
	40.80	1:26.04	2:11.62	2:56.75

Women 70-74 500 Yard Freestyle

NATL: 6:42.57 N 5/12/18 CHRISTIE HAYES
 ZONE: 7:34.77 Z 4/17/11 Beth Schreiner
 VA: 7:02.77 V 10/27/18 Marcia Barry

1	Hayes, Christie	71	NEW ENGLAND MAS	6:51.35Z
	36.10	1:15.78	1:56.86	2:38.75
	3:20.37	4:02.53	4:44.87	5:27.39
	6:10.49	6:51.35		
2	Barry, Marcia	70	VIRGINIA MASTERS	7:03.95Z
	38.55	1:20.22	2:02.82	2:45.93
	3:28.81	4:12.05	4:55.26	5:38.37
	6:21.64	7:03.95		
3	Lyttle, Ann	71	VIRGINIA MASTERS	7:13.25Z
	38.49	1:21.28	2:05.72	2:50.00
	3:34.18	4:18.38	5:02.50	5:46.60
	6:30.78	7:13.25		
4	Bennett, Ruth	72	RESTON MASTERS S	7:57.05
	41.13	1:27.47	2:15.69	3:04.40
	3:52.88	4:42.05	5:31.40	6:20.81
	7:09.89	7:57.05		

Women 70-74 1650 Yard Freestyle

NATL:23:07.52 N 5/10/18 CHRISTIE HAYES
 ZONE:28:19.91 Z 4/20/97 Petey Smith
 VA:24:06.55 V 1/19/19 Marcia Barry

1	Johnston, Jennifer	71	LANE 4 SWIMMING	55:28.86
	1:30.31	3:09.23	4:50.13	6:31.21
	8:13.75	9:54.68	11:36.03	13:18.37
	14:58.01	16:40.04	18:21.92	20:03.45
	21:46.23	23:27.87	25:09.51	26:50.87
	28:33.35	30:14.89	31:56.47	33:38.63
	35:21.01	37:01.26	38:43.16	40:24.42
	42:06.71	43:48.85	45:31.62	47:11.97
	48:52.47	50:32.94	52:14.25	53:54.27
				55:28.86

Women 70-74 50 Yard Backstroke

NATL: 34.60 N 5/12/18 MARGARET TOPPEL
 ZONE: 39.48 Z 4/23/06 Nancy Brown
 VA: 40.03 V 4/26/12 Beth Schreiner

1	Barry, Marcia	70	VIRGINIA MASTERS	40.62
2	Tartt, Judith	70	WARRENTON FAUQU	49.70
3	Burns, Suzi	71	E TEAM	53.60
4	Warren, Barbara	72	UC12	59.36

Women 70-74 100 Yard Backstroke

NATL: 1:14.57 N 5/11/18 MARGARET TOPPEL
 ZONE: 1:23.67 Z 4/23/06 Nancy Brown
 VA: 1:29.13 V 1/19/19 Marcia Barry

1	Barry, Marcia	70	VIRGINIA MASTERS	1:27.91V
	43.22	1:27.91		
2	Tartt, Judith	70	WARRENTON FAUQU	1:48.74
	50.84	1:48.74		
3	Warren, Barbara	72	UC12	2:19.46
	1:03.14	2:19.46		
4	Johnston, Jennifer	71	LANE 4 SWIMMING	3:44.82

Women 70-74 200 Yard Backstroke

NATL: 2:47.52 N 4/28/17 DIANN UUSTAL
 ZONE: 3:11.90 Z 3/29/98 Doris Steadman
 VA: 3:09.30 V 1/19/19 Marcia Barry

1	Barry, Marcia	70	VIRGINIA MASTERS	3:08.28V
	44.84	1:32.50	2:20.75	3:08.28
2	Tartt, Judith	70	WARRENTON FAUQU	4:11.23
		3:07.91	4:11.23	
3	Johnston, Jennifer	71	LANE 4 SWIMMING	7:29.38
	1:45.16	3:39.74	7:29.38	

Women 70-74 50 Yard Breaststroke

NATL: 39.44 N 9/16/17 DALE BARNHARD
 ZONE: 46.87 Z 4/13/08 Johnnie Detrick
 VA: 45.73 V 4/28/16 Pam Dameron

1	Hayes, Christie	71	NEW ENGLAND MAS	41.22Z
2	Burns, Suzi	71	E TEAM	51.54
3	Warren, Barbara	72	UC12	1:08.05

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 70-74 100 Yard Breaststroke

NATL: 1:25.63 N 5/13/18 DANA BROWN
 ZONE: 1:31.27 Z 4/15/18 Margot Pettijohn
 VA: 1:41.85 V 4/21/06 Johnnie Detrick

1	Hayes, Christie	71	NEW ENGLAND MAS	1:30.64Z
	43.17	1:30.64		
2	Burns, Suzi	71	E TEAM	1:53.51
3	Johnston, Jennifer	71	LANE 4 SWIMMING	3:57.92
	1:54.42	3:57.92		

Women 70-74 200 Yard Breaststroke

NATL: 3:07.28 N 2/2/09 JOANN LEILICH
 ZONE: 3:18.26 Z 4/14/18 Margot Pettijohn
 VA: 3:43.67 V 2/13/10 Johnnie Detrick

1	Burns, Suzi	71	E TEAM	4:11.14
	58.04	2:00.97	3:07.96	4:11.14
2	Johnston, Jennifer	71	LANE 4 SWIMMING	8:14.31
	1:51.92	3:58.74	6:05.86	8:14.31

Women 70-74 50 Yard Butterfly

NATL: 32.41 N 5/5/17 DIANN UUSTAL
 ZONE: 41.77 Z 5/9/93 Jeanne Merryman
 VA: 43.76 V 4/24/09 Lucille Griffin

--- Warren, Barbara 72 UC12 DQ

Women 70-74 100 Yard IM

NATL: 1:14.73 N 6/9/18 MARGARET TOPPEL
 ZONE: 1:25.11 Z 4/15/18 Margot Pettijohn
 VA: 1:28.99 V 3/23/19 Ann Lyttle

1	Hayes, Christie	71	NEW ENGLAND MAS	1:23.21Z
	40.77	1:23.21		
2	Warren, Barbara	72	UC12	2:10.02
	59.62	2:10.02		
3	Johnston, Jennifer	71	LANE 4 SWIMMING	3:56.76
	2:10.09	3:56.76		

Women 70-74 200 Yard IM

NATL: 2:51.31 N 5/7/17 DIANN UUSTAL
 ZONE: 3:05.22 Z 4/14/18 Margot Pettijohn
 VA: 3:33.88 V 2/11/06 Johnnie Detrick

1	Hayes, Christie	71	NEW ENGLAND MAS	2:59.53Z
	41.77	1:29.06	2:19.49	2:59.53
2	Warren, Barbara	72	UC12	5:33.80
	1:13.34	4:19.66	5:33.80	

Women 70-74 400 Yard IM

NATL: 6:15.30 N 5/1/16 KATHY SLIFER
 ZONE: 8:03.68 Z 4/26/09 Barbara Zaremski
 VA: 8:03.68 V 4/24/09 Barbara Zaremski

1	Hayes, Christie	71	NEW ENGLAND MAS	6:34.52Z
	45.36	1:45.02	2:33.70	3:24.17
	4:15.10	5:08.59	5:52.41	6:34.52

Women 75-79 50 Yard Freestyle

NATL: 33.87 N 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	78	VIRGINIA MASTERS	36.30
2	Manheim, Lucy	76	RESTON MASTERS S	46.03

Women 75-79 100 Yard Freestyle

NATL: 1:16.23 N 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	78	VIRGINIA MASTERS	1:23.68
	40.70	1:23.68		
2	Manheim, Lucy	76	RESTON MASTERS S	1:45.74
	51.23	1:45.74		
3	Hannam, Karen	78	LANE 4 SWIMMING	2:33.69
	1:12.45	2:33.69		

Women 75-79 200 Yard Freestyle

NATL: 2:53.05 N 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	78	VIRGINIA MASTERS	3:06.25
	42.21	1:29.60	2:18.41	3:06.25

Women 75-79 1000 Yard Freestyle

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

1	Manheim, Lucy	76	RESTON MASTERS S	21:02.41
	57.17	1:58.58	3:00.18	4:03.79
	5:06.71	6:12.68	7:17.78	8:21.19
	9:24.52	10:27.28	11:30.81	12:34.02
	13:37.59	14:41.53	15:44.70	16:50.26
	17:54.45	18:58.31	20:01.33	21:02.41

Women 75-79 1650 Yard Freestyle

NATL:26:47.55 N 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	78	LANE 4 SWIMMING	44:03.70
	1:16.49	2:38.43	3:59.84	5:22.43
	6:45.84	8:08.25	9:30.83	10:54.49
		12:18.94	13:44.37	15:05.84
	16:29.68	17:52.55	19:15.44	22:04.62
	23:29.90	24:50.56		26:11.21
	27:34.97	28:57.80	30:22.65	31:45.08
	33:05.76	34:29.80	35:53.40	37:15.20
	38:38.32	39:58.92	41:23.02	42:45.05
				44:03.70

Women 75-79 50 Yard Backstroke

NATL: 40.25 N 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	78	VIRGINIA MASTERS	44.22
2	Hannam, Karen	78	LANE 4 SWIMMING	1:24.95

Women 75-79 100 Yard Backstroke

NATL: 1:27.70 N 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	78	VIRGINIA MASTERS	1:38.93
	48.00	1:38.93		
2	Manheim, Lucy	76	RESTON MASTERS S	2:06.29
	1:02.69	2:06.29		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 75-79 200 Yard Backstroke

NATL: 3:15.04 N 4/15/11 NANCY BROWN
 ZONE: 3:31.02 Z 5/2/99 Ruth Morrill
 VA: 3:20.54 V 4/28/16 Beth Schreiner

1 Manheim, Lucy 76 RESTON MASTERS S 4:31.42
 1:07.02 2:15.39 3:25.16 4:31.42

Women 75-79 100 Yard Breaststroke

NATL: 1:29.24 N 4/11/14 JOANN LEILICH
 ZONE: 1:37.18 Z 4/15/18 Joann Leilich
 VA: 1:47.13 V 2/11/12 Johnnie Detrick

1 Hannam, Karen 78 LANE 4 SWIMMING 3:04.38

Women 75-79 100 Yard IM

NATL: 1:27.31 N 4/24/05 GAIL ROPER
 ZONE: 1:42.40 Z 4/15/18 Joann Leilich
 VA: 1:38.05 V 4/26/12 Johnnie Detrick

--- Manheim, Lucy 76 RESTON MASTERS S DQ
 1:13.00 DQ

Women 85-89 100 Yard Freestyle

NATL: 1:31.20 N 4/12/14 NAN BOHL
 ZONE: 1:45.80 Z 5/7/95 Julia Dolce
 VA: 1:55.09 V 6/27/07 Marianna Berkley

1 Francis, Lesley 87 VIRGINIA MASTERS 2:14.85
 1:06.74 2:14.85

Women 85-89 200 Yard Freestyle

NATL: 3:26.89 N 3/23/13 JEAN TROY
 ZONE: 4:08.61 Z 5/7/95 Julia Dolce
 VA: 4:21.41 V 5/7/98 Marie Kelleher

1 Francis, Lesley 87 VIRGINIA MASTERS 4:53.75
 1:10.97 2:27.90 3:42.83 4:53.75

Women 85-89 500 Yard Freestyle

NATL: 9:07.55 N 4/13/13 BETTY LORENZI
 ZONE: 11:37.61 Z 4/8/17 Lesley Francis
 VA: 11:37.61 V 4/7/17 Lesley Francis

1 Francis, Lesley 87 VIRGINIA MASTERS 12:41.90
 2:30.64 3:47.19 5:03.39
 6:19.92 7:39.37 8:56.25 10:12.96
 11:29.07 12:41.90

Men 18-24 50 Yard Freestyle

NATL: 19.36 N 4/28/12 JOSH SCHNEIDER
 ZONE: 21.02 Z 4/25/10 Yannick Van Heers
 VA: 20.24 V 4/13/18 Lucas Bureau

1 Montes de Oca, Alex 24 CLUB TRIBE 21.34
 2 Wang, Chris 23 CLUB TRIBE 21.94
 3 Xu, Ben 24 ARLINGTON MASTE 22.08
 4 Greenhalgh, Andrew 23 CLUB TRIBE 22.32
 5 Henderson, James 24 CLUB TRIBE 22.36
 6 Hain, Cameron 18 UC08 22.79
 7 Fisher, Alex 24 UC11 22.94
 8 Czerwinski, Michael 24 ARLINGTON MASTE 23.63
 9 Straka, Ryan 20 UC10 23.84
 10 Meek, Parker 22 CENTRAL MARYLAN 24.12
 11 Glover, Josh 23 PATRIOT MASTERS 24.37
 12 Murphy, Eric 23 ALEXANDRIA MAST 25.19

13 Gellerman, Jack 24 TSUNAMI MASTERS 26.49
 14 Veatch, Richard 24 PATRIOT MASTERS 28.95
 15 Guo, Yifan 24 ARLINGTON MASTE 31.59

Men 18-24 100 Yard Freestyle

NATL: 42.59 N 12/1/12 EUGENE GODSOE
 ZONE: 43.97 Z 4/14/18 Lucas Bureau
 VA: 43.97 V 4/13/18 Lucas Bureau

1 Pierce, Harrison 23 TIDE SWIMMING 47.21
 22.60 47.21
 2 Camp, Cory 24 CLUB TRIBE 48.11
 22.87 48.11
 3 Wang, Chris 23 CLUB TRIBE 48.17
 23.22 48.17
 4 Xu, Ben 24 ARLINGTON MASTE 48.61
 23.27 48.61
 5 Czerwinski, Michael 24 ARLINGTON MASTE 50.17
 23.80 50.17
 6 Franklin, Ryan 22 MONOCACY AQUATI 51.38
 24.27 51.38
 7 Ledecy, Michael 24 LANE 4 SWIMMING 51.58
 24.65 51.58
 8 Hain, Cameron 18 UC08 51.79
 24.93 51.79
 9 Straka, Ryan 20 UC10 52.35
 25.23 52.35
 10 Meek, Parker 22 CENTRAL MARYLAN 54.01
 25.07 54.01
 11 Murphy, Eric 23 ALEXANDRIA MAST 54.67
 26.39 54.67
 12 Glover, Josh 23 PATRIOT MASTERS 56.49
 13 Westbrooks, Francis 18 GERMANTOWN MAI 58.16
 27.16 58.16
 14 Gellerman, Jack 24 TSUNAMI MASTERS 1:01.66
 29.76 1:01.66
 15 Messaros, Joey 21 PATRIOT MASTERS 1:11.64
 32.95 1:11.64
 16 Guo, Yifan 24 ARLINGTON MASTE 1:19.36
 37.26 1:19.36
 17 Donovan, Glenn 22 ATHLETES WITHOU 1:22.01
 39.48 1:22.01

Men 18-24 200 Yard Freestyle

NATL: 1:35.02 N 11/8/09 ANDY GRANT
 ZONE: 1:42.51 Z 4/15/07 Geoffrey Meyer Jr
 VA: 1:39.93 V 4/13/18 Lucas Bureau

1 Arrieta, Alex 21 UC50 1:41.36Z
 23.70 49.64 1:15.92 1:41.36
 2 Meek, Parker 22 CENTRAL MARYLAN 2:03.28
 28.16 59.97 1:31.91 2:03.28
 3 Gellerman, Jack 24 TSUNAMI MASTERS 2:18.77
 31.53 1:05.87 1:42.75 2:18.77
 4 Messaros, Joey 21 PATRIOT MASTERS 2:49.62
 32.50 1:14.04 2:02.20 2:49.62

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 18-24 500 Yard Freestyle

NATL: 4:24.81 N 1/24/10 **ANDY GRANT**
ZONE: 4:29.09 Z 4/14/18 **Andrew Greenhalgh**
VA: 4:29.09 V 4/13/18 **Andrew Greenhalgh**

1	Greenhalgh, Andrew	23	CLUB TRIBE	4:30.54
	24.81	51.32	1:18.18	1:45.29
	2:12.36	2:39.55	3:07.02	3:34.77
	4:02.87	4:30.54		
2	Arrieta, Alex	21	UC50	4:40.11
	24.81	51.63	1:19.41	1:47.60
	2:16.11	2:44.68	3:13.82	3:42.97
	4:12.04	4:40.11		
3	Callaway, Jack	24	RESTON MASTERS S	7:15.82
	33.81	1:12.73	1:53.82	2:38.04
	3:23.35	4:09.29	4:55.87	5:42.50
	6:30.09	7:15.82		

Men 18-24 50 Yard Backstroke

NATL: 22.33 N 5/10/13 **ANDREW ELLIOTT**
ZONE: 23.22 Z 4/15/07 **Chris Gibson**
VA: 23.45 V 4/28/16 **Sidney Glass**

1	Burton, Logan	23	TIDE SWIMMING	22.62Z
2	Pierce, Harrison	23	TIDE SWIMMING	24.25
3	Glover, Bob	24	CLUB TRIBE	24.74
4	Murphy, Eric	23	ALEXANDRIA MAST	28.84
5	Westbrooks, Francis	18	GERMANTOWN MAI	30.90
6	Veatch, Richard	24	PATRIOT MASTERS	35.89
7	Callaway, Jack	24	RESTON MASTERS S	36.95
8	Guo, Yifan	24	ARLINGTON MASTE	41.86
9	Donovan, Glenn	22	ATHLETES WITHOU	52.78

Men 18-24 100 Yard Backstroke

NATL: 45.36 N 11/30/12 **EUGENE GODSOE**
ZONE: 49.19 Z 4/15/07 **Chris Gibson**
VA: 52.17 V 4/13/18 **James Henderson**

1	Burton, Logan	23	TIDE SWIMMING	49.46V
	23.42	49.46		
2	Glass, Austin	24	CLUB TRIBE	51.82V
	25.00	51.82		
3	Glover, Bob	24	CLUB TRIBE	53.23
	25.67	53.23		
4	Murphy, Eric	23	ALEXANDRIA MAST	1:01.30
	30.37	1:01.30		
---	Greenhalgh, Andrew	23	CLUB TRIBE	DQ
	28.14	DQ		

Men 18-24 200 Yard Backstroke

NATL: 1:44.18 N 5/11/13 **ANDREW ELLIOTT**
ZONE: 1:50.23 Z 4/12/15 **Jeffrey Gomez**
VA: 1:54.51 V 4/28/16 **Sidney Glass**

1	Burton, Logan	23	TIDE SWIMMING	1:49.09Z
	24.88	51.99	1:20.40	1:49.09
2	Murphy, Eric	23	ALEXANDRIA MAST	2:12.43
	32.34	1:05.70	1:39.72	2:12.43

Men 18-24 50 Yard Breaststroke

NATL: 24.53 N 2/1/15 **ROSTYSLAV FEDYNA**
ZONE: 25.32 Z 4/23/06 **William Liscinsky**
VA: 27.00 V 4/10/15 **Nathan Destree**

1	Fisher, Alex	24	UC11	26.69
2	Dean, Deion	23	TIDE SWIMMING	27.08
3	Glover, Josh	23	PATRIOT MASTERS	30.80
4	Veatch, Richard	24	PATRIOT MASTERS	35.11
5	Guo, Yifan	24	ARLINGTON MASTE	38.53

Men 18-24 100 Yard Breaststroke

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

1	Dean, Deion	23	TIDE SWIMMING	59.80
	27.47	59.80		
2	Fisher, Alex	24	UC11	1:00.44
	27.13	1:00.44		
3	Hain, Cameron	18	UC08	1:02.24
	29.21	1:02.24		
4	Czerwinski, Michael	24	ARLINGTON MASTE	1:02.86
	29.76	1:02.86		
5	Glover, Josh	23	PATRIOT MASTERS	1:10.38
	32.53	1:10.38		
6	Guo, Yifan	24	ARLINGTON MASTE	1:27.23
	41.55	1:27.23		
7	Messaros, Joey	21	PATRIOT MASTERS	1:42.79
	44.90	1:42.79		
8	Donovan, Glenn	22	ATHLETES WITHOU	1:54.26
	56.15	1:54.26		

Men 18-24 50 Yard Butterfly

NATL: 21.13 N 4/26/15 **HENRIK LINDAU**
ZONE: 21.95 Z 4/14/18 **Lucas Bureau**
VA: 21.95 V 4/13/18 **Lucas Bureau**

1	Pierce, Harrison	23	TIDE SWIMMING	22.92
2	Wang, Chris	23	CLUB TRIBE	23.69
3	Xu, Ben	24	ARLINGTON MASTE	24.02
4	Czerwinski, Michael	24	ARLINGTON MASTE	24.74
5	Glover, Bob	24	CLUB TRIBE	25.20
6	Fisher, Alex	24	UC11	25.73
7	Franklin, Ryan	22	MONOCACY AQUATI	25.97
8	Straka, Ryan	20	UC10	26.10
9	Ledecky, Michael	24	LANE 4 SWIMMING	26.18
10	Meek, Parker	22	CENTRAL MARYLAN	26.72
11	Glover, Josh	23	PATRIOT MASTERS	26.86
12	Westbrooks, Francis	18	GERMANTOWN MAI	27.84
13	Veatch, Richard	24	PATRIOT MASTERS	30.31
14	Gellerman, Jack	24	TSUNAMI MASTERS	32.46
15	Guo, Yifan	24	ARLINGTON MASTE	37.40
16	Donovan, Glenn	22	ATHLETES WITHOU	54.46

Men 18-24 100 Yard Butterfly

NATL: 46.65 N 11/30/12 **EUGENE GODSOE**
ZONE: 47.41 Z 4/15/18 **Lucas Bureau**
VA: 47.41 V 4/13/18 **Lucas Bureau**

1	Czerwinski, Michael	24	ARLINGTON MASTE	53.25
	24.55	53.25		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 18-24 100 Yard Butterfly)

2	Straka, Ryan	20	UC10	57.49
	26.88	57.49		
3	Meek, Parker	22	CENTRAL MARYLAN	59.07
	27.43	59.07		

Men 18-24 200 Yard Butterfly

NATL: 1:48.74 N 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	Arrieta, Alex	21	UC50	1:55.56Z
	26.10	55.87	1:25.23	1:55.56

Men 18-24 100 Yard IM

NATL: 49.23 N 4/15/18 LUCAS BUREAU
ZONE: 49.23 Z 4/15/18 Lucas Bureau
VA: 49.23 V 4/13/18 Lucas Bureau

1	Montes de Oca, Alex	24	CLUB TRIBE	52.20
	23.62	52.20		
2	Henderson, James	24	CLUB TRIBE	55.21
	24.83	55.21		
3	Fisher, Alex	24	UC11	55.41
	25.96	55.41		
4	Xu, Ben	24	ARLINGTON MASTE	55.48
	25.22	55.48		
5	Hain, Cameron	18	UC08	55.59
	26.42	55.59		
6	Czerwinski, Michael	24	ARLINGTON MASTE	56.67
	26.64	56.67		
7	Veatch, Richard	24	PATRIOT MASTERS	1:14.77
	34.39	1:14.77		
8	Guo, Yifan	24	ARLINGTON MASTE	1:24.69
	40.91	1:24.69		

Men 18-24 200 Yard IM

NATL: 1:49.30 N 4/26/15 COLIN BABCOCK
ZONE: 1:56.71 Z 4/15/07 Geoffrey Meyer Jr
VA: 1:57.45 V 5/19/05 Benjamin Garrett

1	Camp, Cory	24	CLUB TRIBE	1:59.99
	24.83	54.70	1:30.15	1:59.99
2	Franklin, Ryan	22	MONOCACY AQUATI	2:17.06
	28.04	1:04.74	1:45.38	2:17.06
3	Meek, Parker	22	CENTRAL MARYLAN	2:23.87
	27.77	1:04.54	1:50.56	2:23.87
4	Westbrooks, Francis	18	GERMANTOWN MAI	2:28.99
	30.09	1:09.30	1:55.84	2:28.99
5	Veatch, Richard	24	PATRIOT MASTERS	2:44.74
	31.89	1:16.91	2:03.13	2:44.74

Men 18-24 400 Yard IM

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

1	Greenhalgh, Andrew	23	CLUB TRIBE	4:09.99Z
	25.77	55.69	1:31.26	2:05.05
	2:41.18	3:17.65	3:44.43	4:09.99

2	Arrieta, Alex	21	UC50	4:10.23Z
	26.14	55.81	1:29.07	2:01.68
	2:38.58	3:15.07	3:44.86	4:10.23

Men 25-29 50 Yard Freestyle

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

1	Gibson, Justin	25	PATRIOT MASTERS	21.31
2	McGuire, Daniel	28	CLUB TRIBE	22.24
3	McKenzie, Shane	25	FINS	23.35
4	VanRoden, Jack	28	MERRITT MARLINS	24.17
5	Schaffling, Eric	27	COLONIALS 1776	24.34
6	Stamps, Nathan	27	CLUB TRIBE	24.38
7	Blutfield, Matthew	28	LIFE TIME SWIM D	24.66
8	Moyer, Matthew	29	LIFE TIME SWIM D	25.11
9	Connell, Allan	29	MERRITT MARLINS	25.28
10	Vaughan, Max	25	LANE 4 SWIMMING	25.46
11	Magd, Basem	25	UC09	25.90

Men 25-29 100 Yard Freestyle

NATL: 41.13 N 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	Verheul, Dirk	25	TIDE SWIMMING	47.52
	23.17	47.52		
2	McGuire, Daniel	28	CLUB TRIBE	49.69
	23.28	49.69		
3	Smith, Walter	28	LANE 4 SWIMMING	50.22
	24.11	50.22		
4	Buchanan, Blake	26	VIRGINIA MASTERS	51.66
	24.19	51.66		
5	Meadows, William	29	DISTRICT OF COLU	52.78
	26.06	52.78		
6	Walker, Adam	28	CENTRAL MARYLAN	53.14
	25.56	53.14		
7	Schaffling, Eric	27	COLONIALS 1776	53.43
	25.17	53.43		
8	VanRoden, Jack	28	MERRITT MARLINS	54.44
	25.66	54.44		
9	Blutfield, Matthew	28	LIFE TIME SWIM D	54.50
	25.70	54.50		
10	Connell, Allan	29	MERRITT MARLINS	55.43
	26.52	55.43		
11	Moyer, Matthew	29	LIFE TIME SWIM D	56.44
	26.66	56.44		
12	Martinez, Tylor	25	CLUB TRIBE	57.35
	27.68	57.35		
13	Magd, Basem	25	UC09	58.55
	27.36	58.55		

Men 25-29 200 Yard Freestyle

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

1	Verheul, Dirk	25	TIDE SWIMMING	1:43.30
	24.29	50.08	1:16.64	1:43.30

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 25-29 200 Yard Freestyle)

2 Koons, Andrew 26 RESTON MASTERS S 2:00.38
 27.92 58.13 1:29.16 2:00.38

Men 25-29 500 Yard Freestyle

NATL: 4:20.82 N 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 Walker, Adam 28 CENTRAL MARYLAN 5:24.09
 29.22 1:01.22 1:34.38 2:07.50
 2:40.37 3:13.52 3:46.50 4:19.85
 4:52.28 5:24.09

2 Koons, Andrew 26 RESTON MASTERS S 5:25.14
 30.11 1:02.55 1:35.61 2:09.03
 2:42.09 3:15.30 3:48.81 4:21.80
 4:54.76 5:25.14

3 Moyer, Matthew 29 LIFE TIME SWIM D 6:07.18
 30.48 1:06.69 1:45.35 2:23.77
 3:01.74 3:40.13 4:18.06 4:55.83
 5:32.53 6:07.18

Men 25-29 1000 Yard Freestyle

NATL: 9:19.61 N 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 Kertesz, Kristof 25 UC10 10:36.93
 27.95 57.98 1:28.80 2:00.27
 2:31.88 3:03.81 3:35.80 4:07.71
 4:39.49 5:11.27 5:43.08 6:15.28
 6:47.75 7:20.28 7:52.96 8:25.96
 8:58.78 9:32.28 10:05.09 10:36.93

Men 25-29 1650 Yard Freestyle

NATL:15:44.70 N 5/3/98 ALEX KOSTICH
 ZONE:16:19.50 Z 4/14/91 Garrow Kerr
 VA:17:04.03 V 2/8/15 John Hogan

1 Koons, Andrew 26 RESTON MASTERS S 18:36.56
 29.98 1:02.73 1:36.26 2:09.86
 2:43.44 3:17.48 3:51.41 4:25.31
 4:58.94 5:32.98 6:06.89 6:40.92
 7:14.86 7:48.93 8:22.91 8:57.09
 9:31.02 10:05.36 10:39.61 11:13.46
 11:48.04 12:22.65 12:57.19 13:31.67
 14:06.32 14:40.88 15:15.37 15:49.75
 16:24.52 16:59.20 17:33.82 18:06.51 18:36.56

Men 25-29 50 Yard Backstroke

NATL: 21.46 N 4/16/10 ADAM MANIA
 ZONE: 23.28 Z 4/6/14 Jarryd Botha
 VA: 23.60 V 4/13/18 Sidney Glass

1 Gibson, Justin 25 PATRIOT MASTERS 25.69
 2 Connell, Allan 29 MERRITT MARLINS 28.35
 3 Tran, William 27 ARLINGTON MASTE 28.57
 4 VanRoden, Jack 28 MERRITT MARLINS 28.99
 5 Schaffling, Eric 27 COLONIALS 1776 29.28
 6 Moyer, Matthew 29 LIFE TIME SWIM D 31.81
 7 Stamps, Nathan 27 CLUB TRIBE 32.47
 8 Martinez, Tylor 25 CLUB TRIBE 33.95

9 Vaughan, Max 25 LANE 4 SWIMMING 34.27

Men 25-29 100 Yard Backstroke

NATL: 45.95 N 4/15/10 ADAM MANIA
 ZONE: 50.56 Z 4/5/14 Jarryd Botha
 VA: 51.06 V 2/6/16 David Wren

1 Berger, Christoph 28 CLUB TRIBE 58.80
 28.63 58.80

2 Buchanan, Blake 26 VIRGINIA MASTERS 1:00.02
 28.72 1:00.02

3 Tran, William 27 ARLINGTON MASTE 1:00.04
 29.36 1:00.04

4 Connell, Allan 29 MERRITT MARLINS 1:01.30
 29.57 1:01.30

5 Koons, Andrew 26 RESTON MASTERS S 1:04.86
 32.19 1:04.86

6 Schaffling, Eric 27 COLONIALS 1776 1:05.41
 30.89 1:05.41

7 Moyer, Matthew 29 LIFE TIME SWIM D 1:11.88
 33.23 1:11.88

Men 25-29 200 Yard Backstroke

NATL: 1:45.77 N 3/20/16 DAVID RUSSELL
 ZONE: 1:53.99 Z 4/22/01 Peter Hezky
 VA: 1:53.60 V 1/1/94 Chris Stevenson

1 Tran, William 27 ARLINGTON MASTE 2:11.57
 31.43 1:04.61 1:37.87 2:11.57

2 Koons, Andrew 26 RESTON MASTERS S 2:16.77
 33.38 1:07.99 1:43.14 2:16.77

Men 25-29 50 Yard Breaststroke

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

1 Verheul, Dirk 25 TIDE SWIMMING 27.61
 2 McGuire, Daniel 28 CLUB TRIBE 28.14
 3 Meadows, William 29 DISTRICT OF COLU 30.07
 4 VanRoden, Jack 28 MERRITT MARLINS 31.38
 5 Magd, Basem 25 UC09 31.43
 6 Connell, Allan 29 MERRITT MARLINS 31.79
 7 Stamps, Nathan 27 CLUB TRIBE 32.90

Men 25-29 100 Yard Breaststroke

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

1 Taylor, Austin 25 COLUMBIA MASTER 58.34
 27.17 58.34

2 Walker, Adam 28 CENTRAL MARYLAN 1:03.53
 30.37 1:03.53

3 Meadows, William 29 DISTRICT OF COLU 1:08.39
 31.71 1:08.39

4 VanRoden, Jack 28 MERRITT MARLINS 1:08.42
 31.28 1:08.42

5 Blutfield, Matthew 28 LIFE TIME SWIM D 1:11.92
 33.53 1:11.92

6 Connell, Allan 29 MERRITT MARLINS 1:12.40
 33.05 1:12.40

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 25-29 100 Yard Breaststroke)

7	Magd, Basem	25	UC09	1:12.70
	33.11		1:12.70	

Men 25-29 200 Yard Breaststroke

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

1	Meadows, William	29	DISTRICT OF COLU	2:32.01
	33.47		1:11.36 1:50.93 2:32.01	

Men 25-29 50 Yard Butterfly

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

1	Gibson, Justin	25	PATRIOT MASTERS	23.83
2	Taylor, Austin	25	COLUMBIA MASTER	23.86
3	McGuire, Daniel	28	CLUB TRIBE	24.67
4	McKenzie, Shane	25	FINS	24.81
5	Buchanan, Blake	26	VIRGINIA MASTERS	24.96
6	Smith, Walter	28	LANE 4 SWIMMING	25.01
7	Schaffling, Eric	27	COLONIALS 1776	25.38
8	Meadows, William	29	DISTRICT OF COLU	25.92
9	VanRoden, Jack	28	MERRITT MARLINS	26.31
10	Connell, Allan	29	MERRITT MARLINS	26.94
11	Blutfield, Matthew	28	LIFE TIME SWIM D	27.01
12	Martinez, Tylor	25	CLUB TRIBE	27.82
13	Stamps, Nathan	27	CLUB TRIBE	28.31
14	Vaughan, Max	25	LANE 4 SWIMMING	28.32

Men 25-29 100 Yard Butterfly

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

1	McKenzie, Shane	25	FINS	55.67
	26.00		55.67	
2	Buchanan, Blake	26	VIRGINIA MASTERS	56.22
	25.90		56.22	
3	Schaffling, Eric	27	COLONIALS 1776	57.16
	26.30		57.16	
4	Meadows, William	29	DISTRICT OF COLU	59.99
	28.06		59.99	
5	VanRoden, Jack	28	MERRITT MARLINS	1:00.36
	27.56		1:00.36	
6	Connell, Allan	29	MERRITT MARLINS	1:01.29
	27.85		1:01.29	

Men 25-29 200 Yard Butterfly

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

1	Kertesz, Kristof	25	UC10	2:01.63
	26.50		56.14 1:27.24 2:01.63	
2	McKenzie, Shane	25	FINS	2:10.06
	28.09		1:00.49 1:34.39 2:10.06	
3	Walker, Adam	28	CENTRAL MARYLAN	2:15.70
	30.04		1:03.86 1:40.09 2:15.70	

4	Schaffling, Eric	27	COLONIALS 1776	2:27.48
	29.32		1:04.94 1:44.77 2:27.48	

Men 25-29 100 Yard IM

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

1	Berger, Christoph	28	CLUB TRIBE	57.17
	26.44		57.17	
2	McKenzie, Shane	25	FINS	58.05
	26.42		58.05	
3	Buchanan, Blake	26	VIRGINIA MASTERS	58.50
	26.54		58.50	
4	Tran, William	27	ARLINGTON MASTE	1:00.40
	28.05		1:00.40	
5	VanRoden, Jack	28	MERRITT MARLINS	1:00.54
	27.59		1:00.54	
6	Connell, Allan	29	MERRITT MARLINS	1:02.17
	27.95		1:02.17	
7	Schaffling, Eric	27	COLONIALS 1776	1:03.08
	28.03		1:03.08	
8	Blutfield, Matthew	28	LIFE TIME SWIM D	1:03.65
	28.58		1:03.65	
9	Moyer, Matthew	29	LIFE TIME SWIM D	1:07.91
	30.05		1:07.91	
---	Vaughan, Max	25	LANE 4 SWIMMING	DQ
	31.73		DQ	

Men 25-29 200 Yard IM

NATL: 1:41.79 N 12/21/13 DARIAN TOWNSEND
 ZONE: 1:55.03 Z 4/4/04 Frank Byskov
 VA: 1:55.03 V 4/2/04 Frank Byskov

1	Verheul, Dirk	25	TIDE SWIMMING	1:56.08
	25.14		55.11 1:28.88 1:56.08	
2	Berger, Christoph	28	CLUB TRIBE	2:07.83
	26.55		57.61 1:37.46 2:07.83	
3	Walker, Adam	28	CENTRAL MARYLAN	2:08.53
	27.13		1:00.70 1:37.17 2:08.53	
4	Tran, William	27	ARLINGTON MASTE	2:13.77
	28.69		1:01.98 1:42.75 2:13.77	
5	Koons, Andrew	26	RESTON MASTERS S	2:16.92
	30.76		1:06.21 1:45.91 2:16.92	
6	Meadows, William	29	DISTRICT OF COLU	2:17.35
	28.10		1:05.69 1:43.79 2:17.35	

Men 25-29 400 Yard IM

NATL: 3:41.85 N 12/20/13 DARIAN TOWNSEND
 ZONE: 4:07.19 Z 4/22/01 Peter Hezky
 VA: 4:16.15 V 3/11/04 Frank Byskov

1	Koons, Andrew	26	RESTON MASTERS S	4:56.83
	32.57		1:11.11 1:48.85 2:26.76	
	3:09.74		3:52.87 4:25.59 4:56.83	

Men 30-34 50 Yard Freestyle

NATL: 19.33 N 5/3/14 ERVIN\ERVIN
 ZONE: 20.65 Z 4/15/18 Kevin Gallagher
 VA: 20.65 V 4/13/18 Kevin Gallagher

1	Bulakul, Sirin	31	CLUB TRIBE	21.72
2	Compton, Taylor	30	LANE 4 SWIMMING	22.10

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 30-34 50 Yard Freestyle)

3	Elsaesser, Evan	34	CLUB TRIBE	22.20
4	Summers, Dan	32	ARLINGTON MASTE	24.44
5	Swift, Rory	33	RESTON MASTERS S	24.57

Men 30-34 100 Yard Freestyle

NATL: 42.75 N 12/21/14 **DARIAN TOWNSEND**
 ZONE: 45.67 Z 4/14/18 **Kevin Gallagher**
 VA: 45.67 V 4/13/18 **Kevin Gallagher**

1	Bulakul, Sirin	31	CLUB TRIBE	48.90
	23.70		48.90	
2	Elsaesser, Evan	34	CLUB TRIBE	49.78
	23.88		49.78	
3	Compton, Taylor	30	LANE 4 SWIMMING	50.01
	23.59		50.01	
4	Donohue, Matthew	33	MONOCACY AQUATI	52.58
	25.15		52.58	
5	Swift, Rory	33	RESTON MASTERS S	54.17
	26.81		54.17	
6	Pan, Harry	31	DISTRICT OF COLU	1:24.52
	39.65		1:24.52	

Men 30-34 200 Yard Freestyle

NATL: 1:34.00 N 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	Laplante, Brett	30	UMAC-TERRAPIN M	1:54.20
	25.76		53.42	1:22.68
				1:54.20

Men 30-34 1000 Yard Freestyle

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

1	Taylor, Tim	32	ALEXANDRIA MAST	12:26.16
	32.29		1:07.82	1:44.12
			2:57.46	3:35.09
			4:27.85	6:05.70
			5:27.85	6:05.70
			7:59.49	8:37.47
			9:15.64	9:54.36
			10:32.86	11:11.65
			11:49.73	12:26.16
2	Cintron, Luis	32	UC12	20:45.43
	48.15		1:42.66	2:41.03
			4:47.39	5:49.19
			7:59.33	9:03.04
			10:06.99	11:13.98
			12:20.25	13:25.71
			14:28.63	15:34.27
			16:36.03	17:45.01
			18:47.19	19:54.36
			20:45.43	20:45.43
3	Pan, Harry	31	DISTRICT OF COLU	21:21.06
	46.15		1:39.16	2:31.72
			6:25.25	7:26.99
			8:22.51	9:25.92
			10:24.06	11:23.80
			12:26.86	13:24.71
			14:30.85	15:32.79
			16:33.16	17:36.68
			18:34.90	19:29.16
			21:21.06	21:21.06

Men 30-34 50 Yard Backstroke

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

1	Bulakul, Sirin	31	CLUB TRIBE	25.81
2	Swift, Rory	33	RESTON MASTERS S	28.09

3	Taylor, Tim	32	ALEXANDRIA MAST	30.06
4	Thomasian, Aram	33	RESTON MASTERS S	35.04
5	Folgar, Javier	33	TSUNAMI MASTERS	37.57
---	Pan, Harry	31	DISTRICT OF COLU	DQ

Men 30-34 100 Yard Backstroke

NATL: 46.34 N 12/21/13 **ADAM MANIA**
 ZONE: 51.93 Z 4/20/13 **Michael Bazylewicz**
 VA: 50.49 V 3/9/07 **Ryan Bradley**

1	Thomasian, Aram	33	RESTON MASTERS S	1:11.29
	34.57		1:11.29	

Men 30-34 50 Yard Breaststroke

NATL: 24.35 N 4/24/15 **MATT GREVERS**
 ZONE: 26.54 Z 4/17/11 **Joe Nagy**
 VA: 26.59 V 9/29/12 **Vanja Rogulj**

1	Macedonia, Nicholas	32	LANE 4 SWIMMING	28.60
2	Maguire, Andrew	30	UC10	28.96
3	Summers, Dan	32	ARLINGTON MASTE	31.00
4	Swift, Rory	33	RESTON MASTERS S	32.33
5	Taylor, Tim	32	ALEXANDRIA MAST	32.52
6	Folgar, Javier	33	TSUNAMI MASTERS	37.24

Men 30-34 100 Yard Breaststroke

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

1	Macedonia, Nicholas	32	LANE 4 SWIMMING	1:04.23
	30.04		1:04.23	
2	Swift, Rory	33	RESTON MASTERS S	1:10.27
	33.65		1:10.27	
3	Thomasian, Aram	33	RESTON MASTERS S	1:14.99
	35.13		1:14.99	
4	Folgar, Javier	33	TSUNAMI MASTERS	1:22.42
	39.04		1:22.42	

Men 30-34 50 Yard Butterfly

NATL: 21.11 N 4/26/15 **MATT GREVERS**
 ZONE: 22.73 Z 4/14/12 **Terrence Fenningham**
 VA: 23.12 V 10/7/17 **Warren Cieslak**

1	Elsaesser, Evan	34	CLUB TRIBE	23.18
2	Bulakul, Sirin	31	CLUB TRIBE	23.69
3	Macedonia, Nicholas	32	LANE 4 SWIMMING	24.92
4	Swift, Rory	33	RESTON MASTERS S	26.53
5	Taylor, Tim	32	ALEXANDRIA MAST	27.67
6	Folgar, Javier	33	TSUNAMI MASTERS	34.48

Men 30-34 100 Yard Butterfly

NATL: 47.28 N 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	34	CLUB TRIBE	51.95
	24.17		51.95	
2	Maguire, Andrew	30	UC10	1:03.81
3	Thomasian, Aram	33	RESTON MASTERS S	1:05.69
	30.59		1:05.69	

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 30-34 200 Yard Butterfly

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

1	Laplante, Brett	30	UMAC-TERRAPIN M	2:18.29
	27.51	1:00.33	1:37.10	2:18.29
---	Thomasian, Aram	33	RESTON MASTERS S	DQ
	30.64	1:13.58	2:20.43	DQ

Men 30-34 100 Yard IM

NATL: 47.71 N 4/29/17 **RYAN LOCHTE**
 ZONE: 52.94 Z 4/15/18 **Kevin Gallagher**
 VA: 52.29 V 4/27/17 **Geoffrey Meyer**

1	Bulakul, Sirin	31	CLUB TRIBE	57.24
	25.56	57.24		
2	Macedonia, Nicholas	32	LANE 4 SWIMMING	59.55
	27.43	59.55		
3	Swift, Rory	33	RESTON MASTERS S	1:00.56
	27.50	1:00.56		
4	Maguire, Andrew	30	UC10	1:01.82
	27.98	1:01.82		
5	Summers, Dan	32	ARLINGTON MASTE	1:03.76
	29.02	1:03.76		
6	Thomasian, Aram	33	RESTON MASTERS S	1:06.60
	29.96	1:06.60		
7	Folgar, Javier	33	TSUNAMI MASTERS	1:15.19
	36.22	1:15.19		

Men 30-34 200 Yard IM

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

1	Laplante, Brett	30	UMAC-TERRAPIN M	2:06.77
	26.64	58.55	1:35.66	2:06.77

Men 30-34 400 Yard IM

NATL: 3:40.98 N 12/19/14 **DARIAN TOWNSEND**
 ZONE: 4:14.93 Z 4/12/15 **Gregory Danner**
 VA: 4:13.74 V 4/28/16 **Adam Barley**

1	Taylor, Tim	32	ALEXANDRIA MAST	5:14.73
	32.98	1:12.48	1:54.12	2:34.45
	3:17.48	4:01.38	4:38.62	5:14.73
2	Thomasian, Aram	33	RESTON MASTERS S	5:26.71
	33.60	1:11.47	1:55.23	2:38.24
	3:23.85	4:08.96	4:50.31	5:26.71

Men 35-39 50 Yard Freestyle

NATL: 20.01 N 3/25/18 **ROLAND SCHOEMAN**
 ZONE: 21.05 Z 4/23/06 **Michael Ross**
 VA: 21.18 V 1/26/08 **Daniel Summerlin**

1	Barrett, Patrick	38	DISTRICT OF COLU	23.52
2	Strahota, Jeffrey	38	UMAC-TERRAPIN M	25.05
3	Gass, Craig	39	CLUB TRIBE	25.22
4	Shaw, Chris	36	ALASKA MASTERS S	27.11
5	Fenwick, Darren	39	DISTRICT OF COLU	31.31

Men 35-39 100 Yard Freestyle

NATL: 44.24 N 4/20/09 **VLAD PYSHNENKO**
 ZONE: 45.54 Z 4/23/06 **Michael Ross**
 VA: 47.33 V 4/26/12 **Daniel Summerlin**

1	Helfers, Edward	36	UC09	50.12
	24.34	50.12		
2	Denrich, David	39	TEAM NEW YORK A	53.25
	25.50	53.25		
3	Oloughlin, Jonathan	35	UMAC-TERRAPIN M	56.29
	27.09	56.29		
4	Strahota, Jeffrey	38	UMAC-TERRAPIN M	57.04
	27.38	57.04		
5	Hanford, Jeremy	37	RESTON MASTERS S	59.53
	28.07	59.53		
6	Shaw, Chris	36	ALASKA MASTERS S	1:03.12
	29.20	1:03.12		

Men 35-39 200 Yard Freestyle

NATL: 1:36.56 N 5/4/08 **JOSH DAVIS**
 ZONE: 1:39.90 Z 4/24/05 **Michael Ross**
 VA: 1:47.91 V 4/1/00 **Chris Stevenson**

1	Helfers, Edward	36	UC09	1:48.92
	25.68	53.01	1:20.81	1:48.92
2	Bellamy, Robert	37	UC09	1:48.99
	25.26	52.51	1:20.36	1:48.99
3	Barrett, Patrick	38	DISTRICT OF COLU	2:05.24
	28.71	1:01.04	1:34.08	2:05.24
4	Boris, Joseph	39	SPRING VALLEY YM	2:08.00
	29.32	1:01.59	1:35.33	2:08.00
5	Cantwell, Andrew	38	LANE 4 SWIMMING	2:15.86
	30.74	1:04.22	1:39.60	2:15.86
6	Shaw, Chris	36	ALASKA MASTERS S	2:23.26
	30.27	1:05.48	1:43.90	2:23.26

Men 35-39 500 Yard Freestyle

NATL: 4:33.97 N 5/17/02 **RONALD KARNAUGH**
 ZONE: 4:43.62 Z 4/25/09 **Mark Matheson**
 VA: 4:50.41 V 4/1/00 **Chris Stevenson**

1	Denrich, David	39	TEAM NEW YORK A	5:15.88
	28.34	59.35	1:30.50	2:02.40
	2:34.59	3:06.78	3:38.92	4:11.26
	4:43.68	5:15.88		
2	Oloughlin, Jonathan	35	UMAC-TERRAPIN M	5:39.03
	30.83	1:04.55	1:39.26	2:13.91
	2:48.34	3:22.82	3:57.17	4:31.78
	5:06.21	5:39.03		
3	Boris, Joseph	39	SPRING VALLEY YM	5:46.26
	30.88	1:05.55	1:41.13	2:16.23
	2:51.73	3:27.32	4:02.94	4:38.37
	5:13.31	5:46.26		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 35-39 1000 Yard Freestyle

NATL: 9:27.97 N 5/20/10 ERIC CHRISTENSEN
 ZONE: 9:50.85 Z 4/13/12 Frederik Hviid
 VA:10:33.12 V 4/9/05 Rob St Jean

1	Denrich, David	39	TEAM NEW YORK A	10:55.09
	28.84	1:00.95	1:33.80	2:06.66
	2:39.61	3:12.06	3:44.72	4:17.79
	4:50.56	5:23.93	5:56.82	6:29.82
	7:02.96	7:36.36	8:09.57	8:42.65
	9:15.80	9:49.07	10:22.23	10:55.09
2	Boris, Joseph	39	SPRING VALLEY YM	11:56.34
	31.00	1:06.29	1:42.51	2:18.74
	2:54.95	3:31.31	4:07.98	4:44.12
	5:20.41	5:56.87	6:33.08	7:09.47
	7:45.97	8:22.53	8:59.69	9:36.04
	10:12.37	10:48.03	11:22.74	11:56.34

Men 35-39 1650 Yard Freestyle

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

1	Palavecino, Matias	37	ALEXANDRIA MAST	19:44.05
	30.57	1:04.38	1:38.96	2:14.12
	2:49.31	3:24.80	4:00.25	4:35.77
	5:11.54	5:47.40	6:23.73	6:59.97
	7:36.28	8:12.70	8:49.02	9:25.77
	10:02.60	10:39.35	11:15.88	11:52.86
	12:29.43	13:05.96	13:42.50	14:19.30
	14:55.73	15:32.44	16:09.04	16:45.80
	17:22.20	17:58.54	18:34.30	19:10.29
				19:44.05

Men 35-39 50 Yard Backstroke

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

1	Orben, Chris	35	LANDSHARK MASTE	29.07
2	Gass, Kraig	39	CLUB TRIBE	29.31
3	Strahota, Jeffrey	38	UMAC-TERRAPIN M	31.37

Men 35-39 100 Yard Backstroke

NATL: 47.86 N 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	38	DISTRICT OF COLU	1:00.36
	29.24	1:00.36		
2	Orben, Chris	35	LANDSHARK MASTE	1:02.21
	29.96	1:02.21		
3	Gass, Kraig	39	CLUB TRIBE	1:04.59
	30.91	1:04.59		

Men 35-39 200 Yard Backstroke

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

1	Boris, Joseph	39	SPRING VALLEY YM	2:31.70
	35.82	1:14.00	1:52.89	2:31.70

Men 35-39 50 Yard Breaststroke

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

1	Orben, Chris	35	LANDSHARK MASTE	31.34
2	Strahota, Jeffrey	38	UMAC-TERRAPIN M	33.61
---	Hanford, Jeremy	37	RESTON MASTERS S	DQ

Men 35-39 100 Yard Breaststroke

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

1	Helfers, Edward	36	UC09	1:02.44
	29.27	1:02.44		
2	Orben, Chris	35	LANDSHARK MASTE	1:07.64
	32.03	1:07.64		
3	Hanford, Jeremy	37	RESTON MASTERS S	1:10.22
	33.68	1:10.22		
4	Strahota, Jeffrey	38	UMAC-TERRAPIN M	1:12.77
	34.36	1:12.77		

Men 35-39 200 Yard Breaststroke

NATL: 1:59.23 N 12/16/01 RON KARNAUGH
 ZONE: 2:06.40 Z 4/22/01 Wally Dicks
 VA: 2:15.38 V 6/1/93 Michael Slowey

1	Helfers, Edward	36	UC09	2:16.56
	30.70	1:05.12	1:40.33	2:16.56
2	Hanford, Jeremy	37	RESTON MASTERS S	2:36.48
	34.39	1:13.69	1:55.28	2:36.48
3	Boris, Joseph	39	SPRING VALLEY YM	2:44.61
	38.74	1:20.15	2:03.08	2:44.61

Men 35-39 50 Yard Butterfly

NATL: 21.24 N 3/25/18 ROLAND SCHOEMAN
 ZONE: 22.86 Z 4/23/06 Michael Ross
 VA: 23.69 V 4/26/12 Daniel Summerlin

1	Orben, Chris	35	LANDSHARK MASTE	26.35
2	Gass, Kraig	39	CLUB TRIBE	26.71
3	Shaw, Chris	36	ALASKA MASTERS S	37.10

Men 35-39 100 Yard Butterfly

NATL: 47.62 N 3/25/18 ROLAND SCHOEMAN
 ZONE: 50.06 Z 4/23/06 Michael Ross
 VA: 51.69 V 1/26/08 Daniel Summerlin

1	Gass, Kraig	39	CLUB TRIBE	59.77
	27.74	59.77		
2	Strahota, Jeffrey	38	UMAC-TERRAPIN M	1:01.21
	27.74	1:01.21		

Men 35-39 200 Yard Butterfly

NATL: 1:50.74 N 5/16/99 BOBBY PATTEN
 ZONE: 1:52.21 Z 5/9/93 Bill Specht
 VA: 1:58.92 V 4/1/00 Chris Stevenson

1	Cantwell, Andrew	38	LANE 4 SWIMMING	3:05.02
	38.30	1:23.86	2:14.15	3:05.02

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 35-39 100 Yard IM

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

1	Strahota, Jeffrey	38	UMAC-TERRAPIN M	1:02.45
	28.18	1:02.45		
2	Gass, Kraig	39	CLUB TRIBE	1:04.48
	28.12	1:04.48		
3	Hanford, Jeremy	37	RESTON MASTERS S	1:06.43
	32.03	1:06.43		

Men 35-39 200 Yard IM

NATL: 1:48.74 N 12/22/02 RONALD KARNAUGH
 ZONE: 1:58.94 Z 4/15/07 Jeffrey Roddin
 VA: 1:59.02 V 1/26/08 Daniel Summerlin

1	Helfers, Edward	36	UC09	2:02.14
	25.83	58.47	1:33.57	2:02.14
2	Strahota, Jeffrey	38	UMAC-TERRAPIN M	2:21.03
	28.67	1:06.10	1:48.08	2:21.03
3	Boris, Joseph	39	SPRING VALLEY YM	2:23.43
	31.74	1:09.82	1:50.98	2:23.43
4	Hanford, Jeremy	37	RESTON MASTERS S	2:30.36
	31.00	1:11.26	1:53.40	2:30.36
5	Cantwell, Andrew	38	LANE 4 SWIMMING	2:37.95
	32.39	1:12.36	2:01.43	2:37.95

Men 35-39 400 Yard IM

NATL: 3:56.76 N 12/16/01 RON KARNAUGH
 ZONE: 4:25.68 Z 4/22/01 Danilo Vicioso
 VA: 4:24.06 V 6/1/04 Rob St Jean

1	Boris, Joseph	39	SPRING VALLEY YM	5:11.88
	34.27	1:14.77	1:56.65	2:37.54
	3:20.44	4:03.79	4:38.69	5:11.88
2	Cantwell, Andrew	38	LANE 4 SWIMMING	5:49.28
	36.72	1:21.99	2:06.54	2:51.18
	3:42.62	4:33.70	5:12.23	5:49.28

Men 40-44 50 Yard Freestyle

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

1	Zenyuh, James	42	RIPTIDE MASTERS	21.63
2	Stull, Eric	44	SPRING VALLEY YM	22.60
3	Lovett, Brian	44	LANDSHARK MASTE	23.37
4	Bell, David	43	CLUB TRIBE	23.50
5	Bower, Matthew	44	LANE 4 SWIMMING	23.73
6	Baldwin, Craig	44	RESTON MASTERS S	23.83
7	Krause, Matthew	42	LANDSHARK MASTE	24.51
8	Bingaman, Cory	44	ALEXANDRIA MAST	24.69
9	Grasha, Eric	43	DISTRICT OF COLU	25.03
10	Carsner, James	43	LANE 4 SWIMMING	25.08
11	Houchins, Bradford	41	SPRING VALLEY YM	25.29
12	Cramer, Jason	40	YMCA RESTON WAT	25.97
13	Andrew, Jason	42	LANE 4 SWIMMING	26.82
14	Thomas, Joel	42	CLUB TRIBE	26.97
15	Dowell, Noah	40	UMAC-TERRAPIN M	27.48
16	Vannier, David	42	UC10	29.22
17	Weaver, Aaron	41	YMCA RESTON WAT	31.36

18 McCready, Matthew 43 ALEXANDRIA MAST 45.91

Men 40-44 100 Yard Freestyle

NATL: 45.15 N 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	42	RIPTIDE MASTERS	48.34
	22.83	48.34		
2	Stull, Eric	44	SPRING VALLEY YM	49.54
	23.41	49.54		
3	Lovett, Brian	44	LANDSHARK MASTE	51.21
	24.40	51.21		
4	Krajewski, Thomas	40	PATRIOT MASTERS	52.00
	24.86	52.00		
5	Baldwin, Craig	44	RESTON MASTERS S	52.19
	24.97	52.19		
6	Bower, Matthew	44	LANE 4 SWIMMING	52.72
	25.25	52.72		
7	Grasha, Eric	43	DISTRICT OF COLU	54.49
	25.80	54.49		
8	Melinson, Timothy	43	LANE 4 SWIMMING	55.10
	26.07	55.10		
9	Bingaman, Cory	44	ALEXANDRIA MAST	55.19
	26.40	55.19		
10	Turner, George	42	UC08	55.22
	26.56	55.22		
11	Rooney, Tim	41	ARLINGTON MASTE	56.14
	27.17	56.14		
12	Houchins, Bradford	41	SPRING VALLEY YM	56.74
	26.85	56.74		
13	Cramer, Jason	40	YMCA RESTON WAT	58.01
	28.02	58.01		
14	Carsner, James	43	LANE 4 SWIMMING	58.14
	27.56	58.14		
15	Dowell, Noah	40	UMAC-TERRAPIN M	59.54
	28.82	59.54		
16	Gwilliam, Glenn	40	RESTON MASTERS S	59.77
	28.41	59.77		
17	Sutton, Marshall	41	ALEXANDRIA MAST	1:20.90
	37.62	1:20.90		

Men 40-44 200 Yard Freestyle

NATL: 1:38.23 N 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	Stull, Eric	44	SPRING VALLEY YM	1:51.26
	25.08	52.81	1:21.17	1:51.26
2	Baldwin, Craig	44	RESTON MASTERS S	1:54.33
	26.44	55.40	1:24.30	1:54.33
3	Bower, Matthew	44	LANE 4 SWIMMING	1:57.09
	26.47	55.86	1:26.23	1:57.09
4	Grasha, Eric	43	DISTRICT OF COLU	2:00.43
	27.34	57.98	1:29.54	2:00.43
5	Rooney, Tim	41	ARLINGTON MASTE	2:04.36
	28.33	58.58	1:30.64	2:04.36
6	Houchins, Bradford	41	SPRING VALLEY YM	2:08.59
	29.52	1:01.84	1:35.68	2:08.59

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 40-44 200 Yard Freestyle)

7	Dragon, Tony	42	UC10	2:11.27
	29.71	1:02.09	1:36.27	2:11.27
8	Hanneschlager, Michael	44	UC10	2:12.84
	28.48	1:01.79	1:37.85	2:12.84
9	Dowell, Noah	40	UMAC-TERRAPIN M	2:13.28
	30.53	1:04.48	1:39.11	2:13.28
10	Weaver, Aaron	41	YMCA RESTON WAT	2:42.79
	35.90	1:16.15	1:59.30	2:42.79
11	McCready, Matthew	43	ALEXANDRIA MAST	3:32.01
	51.88	1:45.94	2:39.12	3:32.01

Men 40-44 500 Yard Freestyle

NATL: 4:33.36 N 4/25/15 JOSH DAVIS
ZONE: 4:46.18 Z 4/12/08 Chris Stevenson
VA: 4:42.67 V 5/7/09 Chris Stevenson

1	Stull, Eric	44	SPRING VALLEY YM	5:20.13
	28.09	59.55	1:31.55	2:03.75
	2:36.50	3:09.91	3:42.97	4:16.14
	4:48.57	5:20.13		
2	Bower, Matthew	44	LANE 4 SWIMMING	5:25.05
	27.91	57.95	1:29.54	2:01.72
	2:34.50	3:07.84	3:41.40	4:16.28
	4:51.40	5:25.05		
3	Grasha, Eric	43	DISTRICT OF COLU	5:32.82
	30.23	1:03.77	1:37.69	2:11.84
	2:45.92	3:19.69	3:53.40	4:26.86
	5:00.26	5:32.82		
4	Rooney, Tim	41	ARLINGTON MASTE	5:39.11
	30.53	1:02.87	1:36.37	2:10.55
	2:45.50	3:20.59	3:55.85	4:31.21
	5:05.91	5:39.11		
5	McNelis, Michael	43	FAIRPORT AREA SW	5:58.15
	32.38	1:08.10	1:44.71	2:21.21
	2:58.20	3:35.16	4:11.63	4:47.83
	5:23.63	5:58.15		
6	Houchins, Bradford	41	SPRING VALLEY YM	6:00.76
	30.32	1:04.80	1:42.03	2:19.29
	2:57.26	3:33.57	4:10.68	4:48.78
	5:25.09	6:00.76		
7	Dragon, Tony	42	UC10	6:06.34
	32.83	1:08.36	1:44.59	2:21.40
	2:58.74	3:36.25	4:13.77	4:51.95
	5:29.93	6:06.34		
8	Hanneschlager, Michael	44	UC10	6:07.77
	31.28	1:06.78	1:43.64	2:20.99
	2:58.24	3:36.16	4:14.32	4:52.49
	5:30.57	6:07.77		
9	Gwilliam, Glenn	40	RESTON MASTERS S	6:26.09
	33.59	1:11.25	1:50.20	2:29.70
	3:09.82	3:49.60	4:28.92	5:07.61
	5:46.77	6:26.09		

Men 40-44 1000 Yard Freestyle

NATL: 9:32.66 N 5/7/10 ALEX KOSTICH
ZONE:10:19.02 Z 4/24/09 Rob Jones
VA: 9:50.25 V 4/18/09 Chris Stevenson

1	Houchins, Bradford	41	SPRING VALLEY YM	12:13.60
	30.01	1:03.83	1:39.07	2:14.78
	2:50.77	3:26.73	4:03.60	4:41.64
	5:19.60	5:57.14	6:35.18	7:12.93
	7:52.32	8:31.37	9:09.54	9:47.07
	10:24.24	11:02.09	11:38.92	12:13.60
2	Dragon, Tony	42	UC10	13:12.21
	36.07	1:13.64	1:52.37	2:31.65
	3:11.55	3:51.79	4:31.59	5:11.60
	5:51.74	6:32.11	7:12.69	7:53.89
	8:34.48	9:14.65	9:55.09	10:35.49
	11:15.48	11:55.84	12:35.01	13:12.21
3	Connell, Warren	41	LANE 4 SWIMMING	28:29.13
	1:05.39	2:13.34	3:30.42	
	6:18.70	9:14.19	10:45.23	12:19.55
	13:30.29	15:09.32	16:24.94	16:41.58
	18:11.15	19:24.56	19:48.72	
			27:13.55	28:29.13

Men 40-44 1650 Yard Freestyle

NATL:15:51.52 N 5/9/10 ALEX KOSTICH
ZONE:17:42.09 Z 4/23/06 Scott Brown
VA:17:40.34 V 4/10/10 Rob St Jean

1	Full, Patrick	44	LANE 4 SWIMMING	20:38.87
	32.13	1:07.74	1:45.01	2:23.21
	3:02.18	3:41.18	4:19.66	4:58.08
	5:36.08	6:13.97	6:51.84	7:29.51
	8:07.12	8:45.11	9:23.16	10:00.87
	10:38.72	11:16.38	11:53.84	12:31.39
	13:09.13	13:47.47	14:25.29	15:03.00
	15:41.07	16:19.16	16:56.39	17:34.05
	18:11.78	18:48.59	19:26.03	20:03.25
				20:38.87
2	Ahlgren, Kyle	43	CLUB TRIBE	23:03.81
	38.85	1:21.22	2:04.33	2:46.74
	3:29.07	4:11.59	4:53.97	5:36.27
	6:18.45	7:00.85	7:43.15	8:25.40
	9:07.83	9:50.14	10:32.40	11:14.83
	11:56.86	12:39.11	13:21.13	14:03.19
	14:45.01	15:27.04	16:08.60	16:50.76
	17:32.19	18:14.13	18:56.08	19:38.24
	20:20.13	21:02.13	21:43.94	22:25.18
				23:03.81

Men 40-44 50 Yard Backstroke

NATL: 22.77 N 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	42	RIPTIDE MASTERS	23.31
2	Bell, David	43	CLUB TRIBE	26.36
3	Krajewski, Thomas	40	PATRIOT MASTERS	27.11
4	Stull, Eric	44	SPRING VALLEY YM	28.94
5	Rockwell, John	44	CLUB TRIBE	28.99
6	Krause, Matthew	42	LANDSHARK MASTE	29.57
7	Grasha, Eric	43	DISTRICT OF COLU	29.69

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 40-44 50 Yard Backstroke)

8	Cramer, Jason	40	YMCA RESTON WAT	29.81
9	Sutton, Marshall	41	ALEXANDRIA MAST	45.54

Men 40-44 100 Yard Backstroke

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

1	Rockwell, John	44	CLUB TRIBE	59.42
				29.12 59.42
2	Grasha, Eric	43	DISTRICT OF COLU	1:03.37
				30.76 1:03.37
3	Zenyuh, James	42	RIPTIDE MASTERS	1:03.91
				23.46 1:03.91
4	McCready, Matthew	43	ALEXANDRIA MAST	2:07.07
				1:03.29 2:07.07

Men 40-44 200 Yard Backstroke

NATL: 1:50.09 N 5/4/08 MICHAEL ROSS
ZONE: 1:53.29 Z 4/12/08 Chris Stevenson
VA: 1:51.10 V 5/7/09 Chris Stevenson

1	Rockwell, John	44	CLUB TRIBE	2:10.91
				29.32 1:01.75 1:35.85 2:10.91
2	Krause, Matthew	42	LANDSHARK MASTE	2:17.34
				31.82 1:06.69 1:41.81 2:17.34

Men 40-44 50 Yard Breaststroke

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

1	Houchins, Bradford	41	SPRING VALLEY YM	29.46
2	Stull, Eric	44	SPRING VALLEY YM	29.59
3	Bower, Matthew	44	LANE 4 SWIMMING	30.03
4	McNelis, Michael	43	FAIRPORT AREA SW	30.08
5	Bingaman, Cory	44	ALEXANDRIA MAST	31.03
6	Andrew, Jason	42	LANE 4 SWIMMING	33.62
7	Vannier, David	42	UC10	41.08

Men 40-44 100 Yard Breaststroke

NATL: 55.37 N 4/25/15 JEFF COMMINGS
ZONE: 58.39 Z 4/26/09 Jim Tuchler
VA: 1:02.36 V 5/7/98 Michael Slowey

1	Lovett, Brian	44	LANDSHARK MASTE	1:04.70
				30.32 1:04.70
2	Houchins, Bradford	41	SPRING VALLEY YM	1:04.82
				30.47 1:04.82
3	McNelis, Michael	43	FAIRPORT AREA SW	1:06.53
				31.18 1:06.53
4	Turner, George	42	UC08	1:08.51
				32.69 1:08.51
5	Bingaman, Cory	44	ALEXANDRIA MAST	1:08.94
				32.45 1:08.94
6	Andrew, Jason	42	LANE 4 SWIMMING	1:14.82
				35.73 1:14.82
7	Dowell, Noah	40	UMAC-TERRAPIN M	1:14.89
				35.46 1:14.89

Men 40-44 200 Yard Breaststroke

NATL: 2:00.53 N 5/3/14 STEVE WEST
ZONE: 2:08.34 Z 4/25/09 Jim Tuchler
VA: 2:18.21 V 5/7/98 Michael Slowey

1	Baldwin, Craig	44	RESTON MASTERS S	2:19.27
				33.01 1:08.86 1:44.15 2:19.27
2	McNelis, Michael	43	FAIRPORT AREA SW	2:28.35
				33.61 1:12.39 1:51.19 2:28.35
3	Houchins, Bradford	41	SPRING VALLEY YM	2:29.07
				33.37 1:11.02 1:49.88 2:29.07

Men 40-44 50 Yard Butterfly

NATL: 22.60 N 4/14/18 JAMES ZENYUH
ZONE: 22.60 Z 4/14/18 James Zenyuh
VA: 23.82 V 5/7/09 Chris Stevenson

1	Zenyuh, James	42	RIPTIDE MASTERS	22.65
2	Bell, David	43	CLUB TRIBE	24.97
3	Lovett, Brian	44	LANDSHARK MASTE	24.98
4	Krajewski, Thomas	40	PATRIOT MASTERS	25.26
5	Stull, Eric	44	SPRING VALLEY YM	25.28
6	Melinson, Timothy	43	LANE 4 SWIMMING	26.42
7	Torgesen, Harald	40	ALEXANDRIA MAST	26.90
8	Grasha, Eric	43	DISTRICT OF COLU	26.98
9	Houchins, Bradford	41	SPRING VALLEY YM	28.98
10	Krause, Matthew	42	LANDSHARK MASTE	29.21
11	Thomas, Joel	42	CLUB TRIBE	29.55
12	Cramer, Jason	40	YMCA RESTON WAT	29.72
13	Carsner, James	43	LANE 4 SWIMMING	29.96
14	Gwilliam, Glenn	40	RESTON MASTERS S	32.16
15	Sutton, Marshall	41	ALEXANDRIA MAST	42.35

Men 40-44 100 Yard Butterfly

NATL: 49.27 N 5/4/08 MICHAEL ROSS
ZONE: 50.75 Z 4/15/18 James Zenyuh
VA: 50.81 V 5/7/09 Chris Stevenson

1	Zenyuh, James	42	RIPTIDE MASTERS	50.78
				23.35 50.78
2	Lovett, Brian	44	LANDSHARK MASTE	55.50
				25.64 55.50
3	Bell, David	43	CLUB TRIBE	56.05
				26.61 56.05
4	Rockwell, John	44	CLUB TRIBE	1:00.04
				28.13 1:00.04
5	Torgesen, Harald	40	ALEXANDRIA MAST	1:00.78
				27.76 1:00.78
6	Cramer, Jason	40	YMCA RESTON WAT	1:05.13
				30.77 1:05.13
---	McCready, Matthew	43	ALEXANDRIA MAST	DQ

Men 40-44 200 Yard Butterfly

NATL: 1:50.61 N 4/14/02 DENNIS BAKER
ZONE: 1:57.61 Z 4/12/08 Chris Stevenson
VA: 1:54.85 V 5/7/09 Chris Stevenson

1	McNelis, Michael	43	FAIRPORT AREA SW	2:27.22
				33.59 1:11.03 1:49.48 2:27.22

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 40-44 100 Yard IM

NATL: 51.07 N 4/25/15 **JEFF COMMINGS**
ZONE: 53.51 Z 4/26/09 **Jim Tuchler**
VA: 55.67 V 5/8/98 **John Tudor**

1	Bell, David	43	CLUB TRIBE	57.36
	26.30			57.36
2	Lovett, Brian	44	LANDSHARK MASTE	58.29
	26.80			58.29
3	Rockwell, John	44	CLUB TRIBE	59.64
	28.17			59.64
4	Grasha, Eric	43	DISTRICT OF COLU	1:04.64
	28.87			1:04.64
5	Houchins, Bradford	41	SPRING VALLEY YM	1:06.05
	33.03			1:06.05
6	Stull, Eric	44	SPRING VALLEY YM	1:06.72
	30.32			1:06.72
7	Carsner, James	43	LANE 4 SWIMMING	1:06.76
	30.60			1:06.76
8	Cramer, Jason	40	YMCA RESTON WAT	1:07.02
	30.28			1:07.02
9	Dowell, Noah	40	UMAC-TERRAPIN M	1:08.92
	33.53			1:08.92
10	Gwilliam, Glenn	40	RESTON MASTERS S	1:09.54
	32.14			1:09.54
11	Vannier, David	42	UC10	1:15.88
	35.71			1:15.88

Men 40-44 200 Yard IM

NATL: 1:51.85 N 4/26/09 **MICHAEL ROSS**
ZONE: 1:51.85 Z 4/25/09 **Michael Ross**
VA: 2:03.51 V 4/27/00 **John Tudor**

1	Lovett, Brian	44	LANDSHARK MASTE	2:09.58
	26.51		1:38.59	2:09.58
2	Rockwell, John	44	CLUB TRIBE	2:14.30
	29.01		1:41.43	2:14.30
3	Turner, George	42	UC08	2:15.91
	28.57		1:44.14	2:15.91
4	Dowell, Noah	40	UMAC-TERRAPIN M	2:29.16
	31.32		1:54.54	2:29.16
5	Cramer, Jason	40	YMCA RESTON WAT	2:29.83
	31.44		1:54.11	2:29.83

Men 40-44 400 Yard IM

NATL: 4:01.87 N 4/19/09 **ROQUE SANTOS**
ZONE: 4:18.94 Z 4/26/09 **Jim Tuchler**
VA: 4:23.70 V 2/9/08 **Chris Stevenson**

1	McNelis, Michael	43	FAIRPORT AREA SW	4:53.50
	31.92		1:47.84	2:25.82
	3:05.76		3:46.09	4:20.67
				4:53.50

Men 45-49 50 Yard Freestyle

NATL: 21.06 N 5/21/10 **RICHARD HUGHEY**
ZONE: 21.95 Z 4/15/18 **Jeremy Gross**
VA: 22.65 V 2/5/17 **Brent Holsten**

1	Gross, Jeremy	47	SPRING VALLEY YM	21.85Z
2	Rees, Greg	49	SPRING VALLEY YM	23.02
3	Doane, Michael	48	UMAC-TERRAPIN M	23.06
4	Kelliher, Sean	45	UC10	23.62

5	Sangmeister, Gary	48	SPRING VALLEY YM	23.76
6	Gambale, Michael	47	CENTRAL BUCKS FA	24.91
7	Hain, Michael	48	UC08	25.91
8	Lucie, Quin	45	E TEAM	26.03
9	Gill, Thomas	48	CLUB TRIBE	26.58
10	Gay, Arturo	48	YMCA RESTON WAT	32.77

Men 45-49 100 Yard Freestyle

NATL: 46.21 N 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	47	SPRING VALLEY YM	49.23
	23.63		49.23	
2	Rees, Greg	49	SPRING VALLEY YM	50.73
	24.12		50.73	
3	Sangmeister, Gary	48	SPRING VALLEY YM	52.08
	24.85		52.08	
4	Delaney, Ryan	46	MARYLAND MASTEI	54.11
	25.16		54.11	
5	Gambale, Michael	47	CENTRAL BUCKS FA	55.29
	26.41		55.29	
6	Hain, Michael	48	UC08	59.09
	28.37		59.09	
7	Hinz, Brian	45	CENTRAL MARYLAN	1:00.81
	28.09		1:00.81	
8	Wynes, Anthony	49	RESTON MASTERS S	1:13.00
	35.37		1:13.00	
9	Gay, Arturo	48	YMCA RESTON WAT	1:13.23
	34.06		1:13.23	

Men 45-49 200 Yard Freestyle

NATL: 1:41.69 N 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	Rees, Greg	49	SPRING VALLEY YM	1:56.93
	25.49		54.79	1:25.75
				1:56.93
2	Earle, Daniel	47	CLUB TRIBE	2:02.28
	29.21		1:00.13	1:31.41
				2:02.28
3	Joubert, Kevin	46	MERRITT MARLINS	2:08.00
	30.38		1:02.73	1:35.92
				2:08.00
4	Wynes, Anthony	49	RESTON MASTERS S	2:39.25
	37.30		1:16.37	1:58.14
				2:39.25
5	Gay, Arturo	48	YMCA RESTON WAT	2:51.48
	36.20		1:18.00	2:04.46
				2:51.48

Men 45-49 500 Yard Freestyle

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

1	Higgins, Anthony	49	GERMANTOWN MAI	5:22.45
	30.19		1:03.27	1:35.95
				2:08.65
				2:40.93
				3:13.51
				3:46.52
				4:19.18
				4:51.34
				5:22.45
2	Earle, Daniel	47	CLUB TRIBE	5:38.00
	31.00		1:05.13	1:38.91
				2:13.53
				2:48.41
				3:23.05
				3:57.78
				4:32.00
				5:05.97
				5:38.00

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 45-49 500 Yard Freestyle)

3	Gambale, Michael	47	CENTRAL BUCKS FA	5:44.65
	30.22	1:03.78	1:37.99	2:12.58
	2:47.43	3:22.42	3:57.77	4:34.00
	5:09.53	5:44.65		
4	Joubert, Kevin	46	MERRITT MARLINS	5:55.29
	31.70	1:06.20	1:41.44	2:17.41
	2:53.39	3:29.36	4:05.92	4:42.94
	5:19.61	5:55.29		
5	Anthes, Peter	48	LANE 4 SWIMMING	6:15.09
	34.45	1:10.21	1:48.03	2:26.47
	3:04.62	3:42.18	4:20.65	5:00.13
	5:38.36	6:15.09		
6	Wynes, Anthony	49	RESTON MASTERS S	7:05.83
	38.41	1:18.67	2:00.93	2:44.05
	3:27.95	4:12.51	4:56.93	5:40.88
	6:23.98	7:05.83		

Men 45-49 1000 Yard Freestyle

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

1	Gambale, Michael	47	CENTRAL BUCKS FA	11:51.58
	29.79	1:03.12	1:37.32	2:12.42
	2:47.51	3:22.85	3:58.58	4:34.72
	5:11.01	5:47.53	6:23.35	7:00.03
	7:37.01	8:13.84	8:50.11	9:26.77
	10:03.18	10:39.86	11:16.04	11:51.58
2	Earle, Daniel	47	CLUB TRIBE	12:17.31
	33.48	1:09.79	1:47.10	2:24.82
	3:02.42	3:40.47	4:18.52	4:56.31
	5:33.85	6:11.66	6:49.40	7:27.07
	8:04.64	8:41.87	9:19.43	9:55.38
	10:31.30	11:07.18	11:42.77	12:17.31

Men 45-49 1650 Yard Freestyle

NATL:16:08.05 N 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	Anthes, Peter	48	LANE 4 SWIMMING	21:47.08
	35.23	1:12.78	1:50.87	2:29.22
	3:07.90	3:46.75	4:26.88	5:06.76
	5:46.79	6:26.65	7:06.36	7:46.23
	8:26.51	9:06.79	9:46.59	10:26.86
	11:07.40	11:47.49	12:27.45	13:07.53
	13:48.74	14:28.84	15:09.28	15:49.03
	16:29.52	17:10.21	17:50.48	18:30.96
	19:10.87	19:51.10	20:31.22	21:10.53
				21:47.08

Men 45-49 50 Yard Backstroke

NATL: 23.58 N 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	49	SPRING VALLEY YM	25.83
2	Kelliher, Sean	45	UC10	28.35
3	Mirt, Chad	45	ALEXANDRIA MAST	28.44
4	Gross, Jeremy	47	SPRING VALLEY YM	28.69

5	Earle, Daniel	47	CLUB TRIBE	29.73
6	Sangmeister, Gary	48	SPRING VALLEY YM	30.37
7	Gambale, Michael	47	CENTRAL BUCKS FA	31.86
8	Hinz, Brian	45	CENTRAL MARYLAN	34.78

Men 45-49 100 Yard Backstroke

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

1	Mirt, Chad	45	ALEXANDRIA MAST	59.86
	29.03	59.86		
2	Rees, Greg	49	SPRING VALLEY YM	59.93
	28.57	59.93		
3	Earle, Daniel	47	CLUB TRIBE	1:04.15
	31.25	1:04.15		
4	Gay, Arturo	48	YMCA RESTON WAT	1:25.79
	39.95	1:25.79		

Men 45-49 200 Yard Backstroke

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

1	Mirt, Chad	45	ALEXANDRIA MAST	2:16.06
	31.12	1:05.13	1:40.99	2:16.06
2	Earle, Daniel	47	CLUB TRIBE	2:16.10
	31.80	1:05.86	1:41.25	2:16.10

Men 45-49 50 Yard Breaststroke

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

1	Sangmeister, Gary	48	SPRING VALLEY YM	28.77
2	Doane, Michael	48	UMAC-TERRAPIN M.	28.93
3	Goodison, Michael	47	UMAC-TERRAPIN M.	29.99
4	Lucie, Quin	45	E TEAM	33.61

Men 45-49 100 Yard Breaststroke

NATL: 55.69 N 5/13/18 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	48	SPRING VALLEY YM	1:05.03
	30.04	1:05.03		
2	Goodison, Michael	47	UMAC-TERRAPIN M.	1:05.20
	30.98	1:05.20		
3	Doane, Michael	48	UMAC-TERRAPIN M.	1:05.64
	30.89	1:05.64		
4	Gross, Jeremy	47	SPRING VALLEY YM	1:11.80
	29.10	1:11.80		

Men 45-49 200 Yard Breaststroke

NATL: 2:02.42 N 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	47	UMAC-TERRAPIN M.	2:27.60
	33.64	1:11.12	1:49.23	2:27.60
2	Wynes, Anthony	49	RESTON MASTERS S	3:24.00
	47.53	1:39.72	2:32.82	3:24.00

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 45-49 50 Yard Butterfly

NATL: 22.67 N 5/4/08 **PAUL SMITH**
ZONE: 23.55 Z 4/14/18 **Jeremy Gross**
VA: 23.89 V 3/5/10 **Chris Stevenson**

1	Gross, Jeremy	47	SPRING VALLEY YM	23.75
2	Rees, Greg	49	SPRING VALLEY YM	24.00
3	Sangmeister, Gary	48	SPRING VALLEY YM	24.74
4	Doane, Michael	48	UMAC-TERRAPIN M	24.80
5	Kelliher, Sean	45	UC10	25.07
6	Delaney, Ryan	46	MARYLAND MASTE	26.35
7	Gill, Thomas	48	CLUB TRIBE	28.51
8	Hinz, Brian	45	CENTRAL MARYLAN	29.39
9	Joubert, Kevin	46	MERRITT MARLINS	29.81
10	Hain, Michael	48	UC08	30.19

Men 45-49 100 Yard Butterfly

NATL: 50.90 N 5/21/10 **DAVID SIMS**
ZONE: 52.58 Z 4/25/09 **Scott Carpenter**
VA: 51.36 V 3/5/10 **Chris Stevenson**

1	Gross, Jeremy	47	SPRING VALLEY YM	53.71
	25.05			53.71
2	Rees, Greg	49	SPRING VALLEY YM	55.33
	25.21			55.33
3	Gill, Thomas	48	CLUB TRIBE	1:04.28
	29.90			1:04.28
4	Joubert, Kevin	46	MERRITT MARLINS	1:09.41
	32.35			1:09.41

Men 45-49 200 Yard Butterfly

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

1	Delaney, Ryan	46	MARYLAND MASTE	2:40.37
	28.79		1:04.39	1:48.98
				2:40.37
2	Joubert, Kevin	46	MERRITT MARLINS	2:46.14
	37.48		1:20.45	2:03.99
				2:46.14
3	Wynes, Anthony	49	RESTON MASTERS S	3:49.80
	51.07		1:49.70	2:50.70
				3:49.80

Men 45-49 100 Yard IM

NATL: 52.14 N 5/23/10 **RICHARD HUGHEY**
ZONE: 54.88 Z 4/12/15 **Jeffrey Roddin**
VA: 54.99 V 5/20/10 **Chris Stevenson**

1	Gross, Jeremy	47	SPRING VALLEY YM	56.56
	25.93			56.56
2	Sangmeister, Gary	48	SPRING VALLEY YM	59.36
	27.68			59.36
3	Goodison, Michael	47	UMAC-TERRAPIN M	1:00.95
	29.19			1:00.95
4	Delaney, Ryan	46	MARYLAND MASTE	1:02.06
	28.60			1:02.06
5	Gambale, Michael	47	CENTRAL BUCKS FA	1:03.09
	28.89			1:03.09
6	Gill, Thomas	48	CLUB TRIBE	1:06.67

Men 45-49 200 Yard IM

NATL: 1:51.44 N 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	Goodison, Michael	47	UMAC-TERRAPIN M	2:14.71
	28.51		1:05.35	1:42.45
				2:14.71
2	Gill, Thomas	48	CLUB TRIBE	2:27.89
	30.02		1:10.90	1:53.81
				2:27.89

Men 45-49 400 Yard IM

NATL: 4:01.32 N 4/24/15 **NICOLAS GRANGER**
ZONE: 4:24.92 Z 4/12/15 **Jerome Frentsos**
VA: 4:17.52 V 5/20/10 **Chris Stevenson**

1	Sangmeister, Gary	48	SPRING VALLEY YM	5:02.40
	28.96		1:03.09	1:44.07
				2:24.32
	3:07.28		3:50.93	4:28.08
				5:02.40
2	Joubert, Kevin	46	MERRITT MARLINS	5:32.19
	36.73		1:18.37	2:04.06
				2:48.39
	3:35.33		4:21.68	4:58.64
				5:32.19
---	Wynes, Anthony	49	RESTON MASTERS S	DQ
	48.93		1:40.96	2:34.13
				3:25.41
	4:18.59			5:02.82

Men 50-54 50 Yard Freestyle

NATL: 21.36 N 4/29/11 **ROWDY GAINES**
ZONE: 22.03 Z 4/13/03 **Paul Trevisan**
VA: 22.83 V 4/10/16 **Gregory Harris**

1	Hiltabiddle, Steve	52	COLONIALS 1776	22.10
2	Ruckdeschel, Jonathan	50	CENTRAL MARYLAN	23.20
3	Tingstrom, Michael	51	CLUB TRIBE	24.40
4	Clear, Kirk	51	VIRGINIA MASTERS	25.29
5	Reynolds, Sean	50	CENTRAL BUCKS FA	25.95
6	Kimball, Joe	50	CLUB TRIBE	26.00
7	Toy, Raymond	52	CENTRAL MARYLAN	28.92
8	Shinaishin, Ahmed	51	FREEDOM AQUATIC	30.11
9	Harper, Bill	51	CLUB TRIBE	35.93

Men 50-54 100 Yard Freestyle

NATL: 46.59 N 5/10/09 **ROWDY GAINES**
ZONE: 49.28 Z 4/24/05 **Paul Trevisan**
VA: 49.96 V 4/28/16 **Gregory Harris**

1	Hiltabiddle, Steve	52	COLONIALS 1776	48.26Z
	23.22			48.26
2	Ruckdeschel, Jonathan	50	CENTRAL MARYLAN	53.38
	24.59			53.38
3	Brennan, Edward	52	LANDSHARK MASTE	56.17
	27.04			56.17
4	Clear, Kirk	51	VIRGINIA MASTERS	56.70
	27.14			56.70
5	Ellis, Brian	51	LANE 4 SWIMMING	57.49
	27.30			57.49
6	Kimball, Joe	50	CLUB TRIBE	57.77
	27.28			57.77
7	Reynolds, Sean	50	CENTRAL BUCKS FA	58.04
	27.04			58.04
8	Tingstrom, Michael	51	CLUB TRIBE	58.11
	26.71			58.11

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 50-54 100 Yard Freestyle)

9	Toy, Raymond	52	CENTRAL MARYLAN	1:06.01
	32.57	1:06.01		
10	Zemo, David	53	WARRENTON FAUQI	1:07.16
	31.93	1:07.16		
11	Purcell, Frank	53	LANE 4 SWIMMING	1:12.57
	33.48	1:12.57		
12	Harper, Bill	51	CLUB TRIBE	1:23.43
	38.05	1:23.43		
13	Bamford, Sherman	54	VIRGINIA MASTERS	1:40.11
	47.79	1:40.11		

Men 50-54 200 Yard FreestyleNATL: 1:43.76 N 5/10/09 **ROWDY GAINES**ZONE: 1:49.90 Z 4/15/18 **Lou Dearstynne**VA: 1:54.59 V 4/10/16 **Gregory Harris**

1	Ruckdeschel, Jonathan	50	CENTRAL MARYLAN	2:03.29
	27.21	57.53	1:29.82	2:03.29
2	Brennan, Edward	52	LANDSHARK MASTE	2:05.79
	28.99	1:00.22	1:32.81	2:05.79
3	Reynolds, Sean	50	CENTRAL BUCKS FA	2:08.21
	28.44	59.84	1:33.84	2:08.21
4	Irwin, Christopher	50	MASTERS AQUATICS	2:32.72
	34.30	1:13.69	1:54.16	2:32.72
5	Kenny, Phillip	52	MASTERS AQUATICS	2:51.98
	36.27	1:18.33	2:06.10	2:51.98
6	Hiltabiddle, Steve	52	COLONIALS 1776	2:58.96
	22.05	1:17.66	2:07.25	2:58.96
7	Harper, Bill	51	CLUB TRIBE	3:07.55
	39.09	1:25.13	2:16.66	3:07.55

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

1	Brennan, Edward	52	LANDSHARK MASTE	5:37.54
	30.68	1:04.26	1:38.42	2:12.87
	2:47.59	3:22.26	3:57.11	4:31.10
	5:04.61	5:37.54		
2	Reynolds, Sean	50	CENTRAL BUCKS FA	5:51.89
	30.87	1:04.88	1:40.33	2:16.48
	2:52.72	3:28.88	4:05.13	4:41.76
	5:17.62	5:51.89		
3	Kovacs, John	51	YMCA RESTON WAT	6:04.79
	33.67	1:09.52	1:45.88	2:22.70
	2:59.56	3:36.75	4:13.71	4:50.90
	5:28.41	6:04.79		
4	Zemo, David	53	WARRENTON FAUQI	7:04.67
	35.31	1:16.39	1:59.58	2:46.13
	3:30.10	4:14.91	4:58.75	5:42.80
	6:25.59	7:04.67		

Men 50-54 1000 Yard FreestyleNATL: 9:55.84 N 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	Elshafei, Emad	53	UMAC-TERRAPIN M.	11:18.34
	31.26	1:04.86	1:39.18	2:13.66
	2:48.28	3:22.83	3:57.57	4:32.24
	5:06.99	5:40.93	6:15.24	6:49.50
	7:23.50	7:57.80	8:31.85	9:05.69
	9:39.54	10:13.12	10:46.33	11:18.34
2	Dever, Frederick	53	DISTRICT OF COLU	12:05.78
	31.84	1:07.03	1:43.14	2:19.00
	2:55.43	3:31.79	4:08.08	4:44.52
	5:21.00	5:57.67	6:34.09	7:10.55
	7:47.52	8:24.80	9:01.64	9:39.18
	10:16.57	10:53.67	11:30.91	12:05.78
3	Reynolds, Sean	50	CENTRAL BUCKS FA	12:07.59
	30.66	1:04.80	1:40.91	2:17.30
	2:54.01	3:30.78	4:07.12	4:44.03
	5:20.76	5:57.87	6:35.83	7:13.62
	7:50.89	8:28.13	9:05.83	9:43.74
	10:21.38	10:58.95	11:34.54	12:07.59
4	Segmuller, Hermann	53	FREEDOM AQUATIC	18:14.71
	43.20	1:33.83	2:25.22	3:18.39
	4:10.77	5:04.54	6:01.35	6:53.84
	7:50.63	8:47.68	9:45.22	10:42.63
	11:40.79	12:40.35	13:38.05	14:35.04
	15:31.83	16:28.20	17:23.99	18:14.71

Men 50-54 1650 Yard FreestyleNATL: 16:28.77 N 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	Murray, James	50	ALEXANDRIA MAST	19:22.78
	31.70	1:05.94	1:41.00	2:16.27
	2:51.94	3:27.77	4:03.38	4:38.84
	5:14.75	5:50.31	6:25.78	7:01.62
	7:37.19	8:12.94	8:48.79	9:24.37
	9:59.75	10:35.29	11:10.78	11:45.81
	12:21.18	12:56.62	13:31.88	14:07.50
	14:42.71	15:17.99	15:53.50	16:28.81
	17:04.19	17:39.51	18:14.53	18:49.41
				19:22.78

Men 50-54 50 Yard BackstrokeNATL: 24.57 N 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	52	COLONIALS 1776	26.06
2	Williams, Neill	51	DISTRICT OF COLU	26.43
3	Evans, Jeffrey	53	SPRING VALLEY YM	26.88
4	Clear, Kirk	51	VIRGINIA MASTERS	28.78
5	Jacobson, Michael	50	CENTRAL MARYLAN	30.89
6	Czander, Eric	53	DISTRICT OF COLU	32.75
7	Kimball, Joe	50	CLUB TRIBE	33.24
8	Krall, Corey	50	E TEAM	34.20
9	Reynolds, Sean	50	CENTRAL BUCKS FA	34.37
10	Bamford, Sherman	54	VIRGINIA MASTERS	1:15.03

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 50-54 100 Yard Backstroke

NATL: 52.72 N 3/21/15 FRITZ BEDFORD
 ZONE: 53.77 Z 4/14/12 Clay Britt
 VA: 54.99 V 5/11/17 Chris Stevenson

1	Roddin, Jeffrey	50	MONTGOMERY ANC	57.04
	27.45	57.04		
2	Evans, Jeffrey	53	SPRING VALLEY YM	58.01
	28.27	58.01		
3	Hiltabiddle, Steve	52	COLONIALS 1776	59.95
	29.06	59.95		
4	Clear, Kirk	51	VIRGINIA MASTERS	1:03.46
	30.36	1:03.46		
5	Toy, Raymond	52	CENTRAL MARYLAN	1:26.98
	41.48	1:26.98		
6	Shinaishin, Ahmed	51	FREEDOM AQUATIC	1:33.37

Men 50-54 200 Yard Backstroke

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

1	Evans, Jeffrey	53	SPRING VALLEY YM	2:08.02
	30.72	1:02.77	1:35.72	2:08.02
2	Elshafei, Emad	53	UMAC-TERRAPIN M	2:12.58
	31.32	1:04.91	1:38.92	2:12.58
3	Czander, Eric	53	DISTRICT OF COLU	2:24.25
	34.49	1:10.49	1:47.20	2:24.25
4	Jacobson, Michael	50	CENTRAL MARYLAN	2:28.24
	33.53	1:09.20	1:47.42	2:28.24
5	Krall, Corey	50	E TEAM	2:42.75
	39.04	1:20.19	2:01.65	2:42.75

Men 50-54 50 Yard Breaststroke

NATL: 26.45 N 3/30/14 DAVID GUTHRIE
 ZONE: 27.96 Z 4/20/13 Wally Dicks
 VA: 28.30 V 5/10/18 Gregory Harris

1	Williams, Neill	51	DISTRICT OF COLU	28.21
2	Farello, Paul	51	PATRIOT MASTERS	31.55
3	Reynolds, Sean	50	CENTRAL BUCKS FA	34.48

Men 50-54 100 Yard Breaststroke

NATL: 58.41 N 3/29/14 DAVID GUTHRIE
 ZONE: 1:02.07 Z 4/15/18 Neill Williams
 VA: 1:01.38 V 5/10/18 Gregory Harris

1	Williams, Neill	51	DISTRICT OF COLU	1:02.35
	28.90	1:02.35		
2	Ruckdeschel, Jonathan	50	CENTRAL MARYLAN	1:09.16
	32.14	1:09.16		
3	Farello, Paul	51	PATRIOT MASTERS	1:09.27
	33.18	1:09.27		
4	Czander, Eric	53	DISTRICT OF COLU	1:16.05
	36.61	1:16.05		
5	Purcell, Frank	53	LANE 4 SWIMMING	1:42.27
	49.79	1:42.27		

Men 50-54 200 Yard Breaststroke

NATL: 2:07.25 N 3/30/14 DAVID GUTHRIE
 ZONE: 2:18.34 Z 4/24/10 Benn Doyle
 VA: 2:20.62 V 4/13/18 Gregory Harris

1	Williams, Neill	51	DISTRICT OF COLU	2:21.42
	31.64	1:07.51	1:44.44	2:21.42
2	Kovacs, John	51	YMCA RESTON WAT	3:00.04
	41.37	1:26.96	2:13.62	3:00.04

Men 50-54 50 Yard Butterfly

NATL: 23.19 N 4/25/04 TRIP HEDRICK
 ZONE: 24.14 Z 4/14/18 Steve Hiltabiddle
 VA: 24.76 V 2/8/15 Chris Stevenson

1	Hiltabiddle, Steve	52	COLONIALS 1776	23.27Z
2	Williams, Neill	51	DISTRICT OF COLU	24.92
3	Ruckdeschel, Jonathan	50	CENTRAL MARYLAN	26.42
4	Farello, Paul	51	PATRIOT MASTERS	26.53
5	Tingstrom, Michael	51	CLUB TRIBE	27.74
6	Clear, Kirk	51	VIRGINIA MASTERS	27.78
7	Ellis, Brian	51	LANE 4 SWIMMING	27.96
8	Dever, Frederick	53	DISTRICT OF COLU	28.35
9	Kimball, Joe	50	CLUB TRIBE	29.22
10	Toy, Raymond	52	CENTRAL MARYLAN	34.16
11	Krall, Corey	50	E TEAM	35.15
12	Purcell, Frank	53	LANE 4 SWIMMING	35.33

Men 50-54 100 Yard Butterfly

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

1	Roddin, Jeffrey	50	MONTGOMERY ANC	54.16Z
	24.87	54.16		
2	Evans, Jeffrey	53	SPRING VALLEY YM	56.13
	26.18	56.13		
3	Ruckdeschel, Jonathan	50	CENTRAL MARYLAN	59.61
	27.73	59.61		
4	Ellis, Brian	51	LANE 4 SWIMMING	1:03.16
	29.42	1:03.16		
5	Kovacs, John	51	YMCA RESTON WAT	1:12.38
	33.28	1:12.38		
6	Hiltabiddle, Steve	52	COLONIALS 1776	2:00.15
	23.29	2:00.15		

Men 50-54 200 Yard Butterfly

NATL: 1:58.49 N 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	Roddin, Jeffrey	50	MONTGOMERY ANC	2:06.19
	27.38	59.15	1:31.11	2:06.19
2	Dever, Frederick	53	DISTRICT OF COLU	2:19.99
	32.13	1:08.05	1:44.07	2:19.99
3	Ellis, Brian	51	LANE 4 SWIMMING	2:25.81
	32.35	1:09.30	1:46.09	2:25.81
4	Kovacs, John	51	YMCA RESTON WAT	2:48.48
	37.60	1:20.46	2:04.26	2:48.48
5	Hiltabiddle, Steve	52	COLONIALS 1776	3:31.73
	24.78	54.05	2:26.79	3:31.73

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 50-54 100 Yard IM

NATL: 53.60 N 4/29/17 MIKE IRVIN
 ZONE: 55.06 Z 4/15/12 Clay Britt
 VA: 57.04 V 5/10/18 Gregory Harris

1	Roddin, Jeffrey	50	MONTGOMERY ANC	55.67
	25.60	55.67		
2	Williams, Neill	51	DISTRICT OF COLU	56.73
	26.10	56.73		
3	Evans, Jeffrey	53	SPRING VALLEY YM	58.44
	26.50	58.44		
4	Farello, Paul	51	PATRIOT MASTERS	1:03.23
	29.82	1:03.23		
5	Tingstrom, Michael	51	CLUB TRIBE	1:06.27
	30.19	1:06.27		
6	Kovacs, John	51	YMCA RESTON WAT	1:11.99
	33.02	1:11.99		
7	Toy, Raymond	52	CENTRAL MARYLAN	1:21.59
	37.67	1:21.59		
8	Shinaishin, Ahmed	51	FREEDOM AQUATIC	1:24.69
	40.21	1:24.69		
9	Bamford, Sherman	54	VIRGINIA MASTERS	2:04.53

Men 50-54 200 Yard IM

NATL: 1:58.19 N 3/11/17 MIKE IRVIN
 ZONE: 2:07.91 Z 4/8/17 Jeffrey Evans
 VA: 2:08.10 V 4/13/18 Gregory Harris

1	Roddin, Jeffrey	50	MONTGOMERY ANC	2:03.44Z
	25.72	57.30	1:33.82	2:03.44
2	Evans, Jeffrey	53	SPRING VALLEY YM	2:08.84
	27.00	59.97	1:38.55	2:08.84
3	Jacobson, Michael	50	CENTRAL MARYLAN	2:30.86
	32.33	1:10.05	1:56.11	2:30.86
4	Kovacs, John	51	YMCA RESTON WAT	2:36.22
	32.50	1:13.26	1:59.15	2:36.22
5	Hiltabiddle, Steve	52	COLONIALS 1776	3:11.05
	23.37	1:26.75	2:28.31	3:11.05
6	Bamford, Sherman	54	VIRGINIA MASTERS	4:33.37
	54.18	2:22.18	4:33.37	

Men 50-54 400 Yard IM

NATL: 4:16.57 N 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	Kovacs, John	51	YMCA RESTON WAT	5:25.89
	35.80	1:16.63	1:58.31	2:38.58
	3:24.80	4:12.01	4:49.84	5:25.89
2	Purcell, Frank	53	LANE 4 SWIMMING	7:24.30
	44.55	1:37.01	2:42.63	3:49.59
	4:49.28	5:50.02	6:37.37	7:24.30

Men 55-59 50 Yard Freestyle

NATL: 21.82 N 4/30/00 RICHARD ABRAHAMS
 ZONE: 22.24 Z 4/25/10 Paul Trevisan
 VA: 23.89 V 2/2/19 Gregory Harris

1	Harris, Gregory	55	VIRGINIA MASTERS	23.16V
2	Kress, Jay	56	LANE 4 SWIMMING	25.18
3	Laiti, Chris	58	LIFE TIME SWIM M	25.97
4	Richey, Steven	58	MASTERS OF SOUTH	26.01

5	Clark, Ted	56	MASTERS AQUATICS	26.25
6	Hennessy, William	58	EXCEL SWIMMING	26.29
7	Bender, William	57	CLUB TRIBE	26.51
8	Golden, Scott	55	GERMANTOWN MAI	26.82
9	Jones, Mark	56	PATRIOT MASTERS	26.94
10	Shipp, Bill	58	UMAC-TERRAPIN M.	27.38
11	Wong, John	55	SANTA BARBARA M.	27.99
12	Linehan, Sean	58	LANE 4 SWIMMING	29.27
13	Belyea, David	58	RESTON MASTERS S	30.58
14	Hong, Chun	58	RESTON MASTERS S	30.71
15	Osinovsky, Alex	55	RESTON MASTERS S	31.14

Men 55-59 100 Yard Freestyle

NATL: 48.37 N 4/30/00 RICHARD ABRAHAMS
 ZONE: 50.24 Z 4/24/10 Paul Trevisan
 VA: 52.42 V 3/23/19 Gregory Harris

1	Harris, Gregory	55	VIRGINIA MASTERS	51.21V
	24.41	51.21		
2	Hennessy, William	58	EXCEL SWIMMING	56.92
	27.91	56.92		
3	Shipp, Bill	58	UMAC-TERRAPIN M.	59.15
	28.82	59.15		
4	Jones, Mark	56	PATRIOT MASTERS	1:00.02
	29.29	1:00.02		
5	Chenault, Robert	56	VIRGINIA MASTERS	1:00.17
	29.19	1:00.17		
6	Golden, Scott	55	GERMANTOWN MAI	1:00.69
	28.52	1:00.69		
7	Laiti, Chris	58	LIFE TIME SWIM M	1:01.11
	29.35	1:01.11		
8	Arnold, Scott	59	FREEDOM AQUATIC	1:02.79
	29.81	1:02.79		
9	Wong, John	55	SANTA BARBARA M.	1:05.10
	31.16	1:05.10		
10	Belyea, David	58	RESTON MASTERS S	1:06.64
	32.14	1:06.64		
11	Linehan, Sean	58	LANE 4 SWIMMING	1:10.03
	32.32	1:10.03		

Men 55-59 200 Yard Freestyle

NATL: 1:48.79 N 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	Harris, Gregory	55	VIRGINIA MASTERS	1:56.14V
	26.10	55.49	1:26.05	1:56.14
2	Hennessy, William	58	EXCEL SWIMMING	2:05.78
	28.95	1:00.26	1:33.10	2:05.78
3	Jones, Mark	56	PATRIOT MASTERS	2:08.43
	30.25	1:02.89	1:36.05	2:08.43
4	Shipp, Bill	58	UMAC-TERRAPIN M.	2:09.76
	30.55	1:03.93	1:37.15	2:09.76
5	Richey, Steven	58	MASTERS OF SOUTH	2:20.56
	30.32	1:05.26	1:42.35	2:20.56
6	Osinovsky, Alex	55	RESTON MASTERS S	2:37.14
	35.04	1:14.57	1:56.68	2:37.14

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 55-59 500 Yard Freestyle

NATL: 4:56.82 N 4/11/10 MICHAEL MANN

ZONE: 5:23.18 Z 4/24/10 James Thornton

VA: 5:25.51 V 4/24/09 Dave Oates

1	Hennessy, William	58	EXCEL SWIMMING	5:48.52
	32.24	1:07.46	1:43.20	2:18.88
	2:55.08	3:30.62	4:05.96	4:40.93
	5:15.25	5:48.52		
2	Junta, Donald	56	PATRIOT MASTERS	7:12.51
	39.57	1:24.64	2:07.56	2:51.34
	3:34.93	4:19.04	5:02.12	5:46.05
	6:29.87	7:12.51		

Men 55-59 1000 Yard Freestyle

NATL:10:07.36 N 5/14/06 JIM MC CONICA

ZONE:11:22.39 Z 4/23/10 James Thornton

VA:11:58.79 V 4/6/13 Jim McFarland

1	Hennessy, William	58	EXCEL SWIMMING	12:06.86
	33.44	1:09.30	1:45.94	2:22.93
	3:00.08	3:36.71	4:13.86	4:50.99
	5:27.54	6:04.06	6:40.25	7:16.91
	7:53.59	8:30.45	9:07.29	9:45.03
	10:21.95	10:58.47	11:33.87	12:06.86
2	Brown, Ray	55	FREDRICKSBURG AM	16:08.54
	38.79	1:21.40	2:08.13	2:55.99
	3:44.49	4:33.33	5:23.08	6:13.53
	7:03.62	7:54.31	8:45.03	9:34.82
	10:24.84	11:14.77	12:03.85	12:54.44
	13:45.10	14:34.92	15:23.40	16:08.54

Men 55-59 1650 Yard Freestyle

NATL:17:11.12 N 5/20/07 JIM MC CONICA

ZONE:18:46.55 Z 4/10/15 Jerry De Muro

VA:19:37.29 V 4/6/13 Jim McFarland

1	Grecco, Paul	57	PATRIOT MASTERS	21:54.65
	36.44	1:15.29	1:54.85	2:34.31
	3:13.31	3:52.86	4:33.18	5:13.01
	5:52.64	6:32.10	7:11.61	7:51.61
	8:31.99	9:11.77	9:52.39	10:32.42
	11:12.97	11:53.12	12:33.29	13:13.32
	13:53.57	14:33.66	15:14.31	15:54.97
	16:34.99	17:15.51	17:56.21	18:37.00
	19:17.02	19:57.48	20:38.08	21:17.59
	21:54.65			
2	Junta, Donald	56	PATRIOT MASTERS	24:22.47
	39.96	1:24.82	2:10.39	2:56.03
	3:41.79	4:16.34	5:10.90	5:55.15
	6:41.02	7:25.04	8:09.76	8:55.13
	9:39.75	10:24.43	11:08.52	11:52.88
	12:37.80	13:22.38	14:06.58	14:50.88
	15:35.08	16:19.56	17:03.82	17:47.62
	18:31.46	19:15.41	19:59.62	20:44.47
	21:28.86	22:12.49	22:56.90	23:40.42
	24:22.47			

3	Porter, Erford	56	TSUNAMI MASTERS	24:36.51
	40.64	1:25.99	2:12.50	2:59.34
	3:46.51	4:32.13	5:16.81	6:03.51
	6:48.68	7:34.27	8:20.12	9:05.46
	9:49.43	10:35.08	11:20.83	12:05.76
	12:51.15	13:36.00	14:19.90	15:04.71
	15:50.01	16:34.09	17:19.41	18:02.72
	18:47.35	19:32.20	20:16.54	21:01.50
	21:45.01	22:28.19	23:11.18	23:54.88
	24:36.51			

4	McGroarty, Patrick	55	FREDRICKSBURG AM	25:14.50
	43.26	1:32.25	2:21.14	3:09.03
	3:56.52	4:43.95	5:31.79	6:19.32
	7:06.87	7:54.10	8:40.55	9:27.06
	10:13.33	10:59.35	11:45.71	12:32.47
	13:18.37	14:04.29	14:50.17	15:35.66
	16:20.10	17:05.47	17:51.88	18:38.52
	19:24.01	20:10.50	20:55.58	21:40.49
	22:25.85	23:08.84	23:51.74	24:34.46
	25:14.50			

5	Allen, Donald	56	UC10	26:26.59
	42.95	1:28.05	2:15.42	3:50.63
	4:38.12	5:26.15	6:13.80	7:01.92
	7:49.87	8:37.80	9:25.38	10:13.13
	11:01.39	11:49.86	12:38.45	13:27.00
		14:14.82	15:03.34	15:51.64
	16:40.22	17:28.92	19:07.01	19:56.84
		20:46.16	21:34.21	22:22.66
	23:11.46	24:01.07	24:51.18	25:39.96
	26:26.59			

Men 55-59 50 Yard Backstroke

NATL: 25.30 N 3/23/19 FRITZ BEDFORD

ZONE: 27.73 Z 4/17/11 Pete Reider

VA: 27.64 V 4/28/16 Douglas Slater

1	Harris, Gregory	55	VIRGINIA MASTERS	28.49
2	Gittins, Tom	57	LANE 4 SWIMMING	31.12
3	Bender, William	57	CLUB TRIBE	31.96
4	Jones, Mark	56	PATRIOT MASTERS	33.52
5	Chenault, Robert	56	VIRGINIA MASTERS	34.16
6	Arnold, Scott	59	FREEDOM AQUATIC	36.99
7	Linehan, Sean	58	LANE 4 SWIMMING	38.76
8	Belyea, David	58	RESTON MASTERS S	39.33

Men 55-59 100 Yard Backstroke

NATL: 53.81 N 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	Gittins, Tom	57	LANE 4 SWIMMING	1:08.20
	32.80	1:08.20		
2	Bender, William	57	CLUB TRIBE	1:08.25
	33.31	1:08.25		
3	Linehan, Sean	58	LANE 4 SWIMMING	1:28.55
	41.98	1:28.55		

Men 55-59 200 Yard Backstroke

NATL: 2:03.14 N 3/31/12 TOM BARTON

ZONE: 2:18.02 Z 4/25/09 David Bright

VA: 2:13.79 V 4/28/16 Douglas Slater

1	Gittins, Tom	57	LANE 4 SWIMMING	2:29.69
	34.37	1:11.43	1:50.38	2:29.69

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 55-59 50 Yard Breaststroke

NATL: 26.72 N 5/11/18 CARLO TRAVAINI
 ZONE: 29.15 Z 4/11/15 Gregory Oxley
 VA: 29.85 V 2/2/19 Gregory Harris

1	Harris, Gregory	55	VIRGINIA MASTERS	29.18V
2	Chenault, Robert	56	VIRGINIA MASTERS	30.99
3	Kress, Jay	56	LANE 4 SWIMMING	32.91
4	Hennessy, William	58	EXCEL SWIMMING	34.78
5	Wong, John	55	SANTA BARBARA M.	35.14
6	Shipp, Bill	58	UMAC-TERRAPIN M.	35.59
7	Hong, Chun	58	RESTON MASTERS S	38.24
8	Osinovsky, Alex	55	RESTON MASTERS S	39.08
9	Belyea, David	58	RESTON MASTERS S	41.50

Men 55-59 100 Yard Breaststroke

NATL: 57.95 N 5/13/18 CARLO TRAVAINI
 ZONE: 1:04.36 Z 4/12/15 Gregory Oxley
 VA: 1:06.01 V 3/23/19 Gregory Harris

1	Harris, Gregory	55	VIRGINIA MASTERS	1:02.98Z
				29.76 1:02.98
2	Chenault, Robert	56	VIRGINIA MASTERS	1:09.80
				33.55 1:09.80
3	Hellmann, Ralph	57	SARASOTA SHARKS	1:10.31
				33.24 1:10.31
4	Kress, Jay	56	LANE 4 SWIMMING	1:13.17
				34.37 1:13.17
5	Hennessy, William	58	EXCEL SWIMMING	1:15.28
				35.53 1:15.28
6	Shipp, Bill	58	UMAC-TERRAPIN M.	1:18.36
				37.49 1:18.36
7	Wong, John	55	SANTA BARBARA M.	1:20.14
				38.24 1:20.14
8	Belyea, David	58	RESTON MASTERS S	1:30.30
				43.41 1:30.30

Men 55-59 200 Yard Breaststroke

NATL: 2:07.80 N 5/12/18 CARLO TRAVAINI
 ZONE: 2:33.69 Z 4/14/18 Robert Chenault
 VA: 2:26.31 V 1/27/19 Gregory Harris

1	Harris, Gregory	55	VIRGINIA MASTERS	2:26.32Z
				32.63 1:09.80 1:47.87 2:26.32
2	Chenault, Robert	56	VIRGINIA MASTERS	2:35.93
				35.46 1:15.38 1:56.37 2:35.93
3	Osinovsky, Alex	55	RESTON MASTERS S	3:06.16
				42.17 1:30.05 2:17.97 3:06.16

Men 55-59 50 Yard Butterfly

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

1	Harris, Gregory	55	VIRGINIA MASTERS	26.37V
2	Hellmann, Ralph	57	SARASOTA SHARKS	27.29
3	Chenault, Robert	56	VIRGINIA MASTERS	28.01
4	Golden, Scott	55	GERMANTOWN MAI	28.87
5	Jones, Mark	56	PATRIOT MASTERS	29.81
6	Bender, William	57	CLUB TRIBE	29.85
7	Shipp, Bill	58	UMAC-TERRAPIN M.	30.88
8	Linehan, Sean	58	LANE 4 SWIMMING	33.29

Men 55-59 100 Yard Butterfly

NATL: 53.68 N 5/11/18 DAVID SIMS
 ZONE: 59.53 Z 4/13/08 Mark Pugliese
 VA: 1:01.59 V 1/27/19 Gregory Harris

1	Hellmann, Ralph	57	SARASOTA SHARKS	1:01.70
				28.90 1:01.70
2	Jones, Mark	56	PATRIOT MASTERS	1:04.78
				30.65 1:04.78
3	Golden, Scott	55	GERMANTOWN MAI	1:05.26
				30.50 1:05.26

Men 55-59 200 Yard Butterfly

NATL: 2:01.59 N 5/12/18 DAVID SIMS
 ZONE: 2:21.96 Z 3/29/98 Jack Geoghegan
 VA: 2:22.76 V 5/20/10 Charles Tupitza

1	Grecco, Paul	57	PATRIOT MASTERS	2:49.99
				35.33 1:17.79 2:03.72 2:49.99
2	McComas, Tom	57	WARRIOR TEAM COI	2:57.22
				34.60 1:17.73 2:04.72 2:57.22
3	Junta, Donald	56	PATRIOT MASTERS	3:57.77
				47.91 1:51.45 2:56.72 3:57.77

Men 55-59 100 Yard IM

NATL: 55.85 N 4/9/16 STEVE WOOD
 ZONE: 1:00.94 Z 4/25/10 Paul Trevisan
 VA: 1:00.16 V 2/2/19 Gregory Harris

1	Harris, Gregory	55	VIRGINIA MASTERS	58.80V
				27.70 58.80
2	Chenault, Robert	56	VIRGINIA MASTERS	1:05.95
				31.50 1:05.95
3	Bender, William	57	CLUB TRIBE	1:07.68
				31.20 1:07.68
4	Gittins, Tom	57	LANE 4 SWIMMING	1:08.62
				30.81 1:08.62
5	Clark, Ted	56	MASTERS AQUATICS	1:10.31
				32.58 1:10.31
6	Belyea, David	58	RESTON MASTERS S	1:20.87
				38.75 1:20.87

Men 55-59 200 Yard IM

NATL: 2:02.25 N 5/13/18 DAVID SIMS
 ZONE: 2:16.49 Z 4/17/11 Jamie Hemmerle
 VA: 2:15.32 V 1/27/19 Gregory Harris

1	Harris, Gregory	55	VIRGINIA MASTERS	2:10.48V
				27.97 1:03.33 1:41.06 2:10.48
2	Bender, William	57	CLUB TRIBE	2:29.06
				30.41 1:08.12 1:54.22 2:29.06
3	Gittins, Tom	57	LANE 4 SWIMMING	2:33.06
				33.64 1:11.89 1:58.56 2:33.06
4	Junta, Donald	56	PATRIOT MASTERS	3:18.52
				44.00 1:42.10 2:36.43 3:18.52

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 55-59 400 Yard IM

NATL: 4:28.66 N 5/2/14

ZONE: 4:53.50 Z 4/21/13

VA: 4:56.10 V 1/27/19

JIM SAUER

Robert Kannegieser

Gregory Harris

1	Gittins, Tom	57	LANE 4 SWIMMING	5:33.33
	37.59	1:21.85	2:04.19	2:46.06
	3:33.20	4:21.84	4:59.55	5:33.33
2	Grecco, Paul	57	PATRIOT MASTERS	5:57.99
	37.23	1:20.22	2:04.24	2:46.83
	3:35.58	4:28.54	5:14.01	5:57.99
3	Junta, Donald	56	PATRIOT MASTERS	7:09.72
	45.31	1:48.11	2:51.61	3:52.49
	4:48.18	5:44.75	6:26.51	7:09.72

Men 60-64 50 Yard Freestyle

NATL: 22.30 N 5/22/05

ZONE: 24.32 Z 4/13/08

VA: 24.16 V 4/14/11

RICHARD ABRAHAMS

Jim Dragon

Scott Kauffman

1	Oxley, Gregory	60	LANDSHARK MASTE	23.86Z
2	Slater, Douglas	61	CLUB TRIBE	24.34
3	Seaman, Bruce	61	KEYSTONE AQUATIC	24.90
4	Bales, Paul	60	ALEXANDRIA MAST	25.87
5	Watson, Jon	61	YMCA RESTON WAT	27.35
6	Eppink, Jeffrey	64	LANE 4 SWIMMING	29.67
7	Massonneau, Christopher	60	CLUB TRIBE	31.05

Men 60-64 100 Yard Freestyle

NATL: 49.14 N 5/22/05

ZONE: 54.02 Z 4/20/13

VA: 54.14 V 4/13/18

RICHARD ABRAHAMS

James Thornton

Douglas Slater

1	Seaman, Bruce	61	KEYSTONE AQUATIC	54.31
	25.96	54.31		
2	Gandee, Brad	64	PATRIOT MASTERS	58.17
	27.93	58.17		
3	Bales, Paul	60	ALEXANDRIA MAST	58.55
	27.95	58.55		
4	Meade, Thomas	61	LANDSHARK MASTE	58.71
	27.61	58.71		
5	Watson, Jon	61	YMCA RESTON WAT	1:01.50
	28.84	1:01.50		
6	Rickard, Alan	62	RIPTIDE MASTERS	1:01.51
	29.06	1:01.51		
7	Denes, Thomas	61	MONTGOMERY ANC	1:02.41
	30.18	1:02.41		
8	Massonneau, Christopher	60	CLUB TRIBE	1:09.78
	33.65	1:09.78		
9	Weidner, Robert	62	PATRIOT MASTERS	1:23.16

Men 60-64 200 Yard Freestyle

NATL: 1:51.08 N 4/24/15

ZONE: 1:58.43 Z 4/21/13

VA: 2:12.68 V 4/11/03

RICK COLELLA

James Thornton

Jack Schiltz

1	Kannegieser, Robert	61	UC08	2:02.55
	28.02	58.75	1:30.76	2:02.55
2	Chambers, John	63	CHELSEA PIERS FI	2:07.75
	29.65	1:02.32	1:35.44	2:07.75
3	Eppink, Jeffrey	64	LANE 4 SWIMMING	2:27.82
	31.97	1:08.97	1:48.29	2:27.82

Men 60-64 500 Yard Freestyle

NATL: 5:11.17 N 4/29/12

ZONE: 5:32.86 Z 4/20/13

VA: 6:00.57 V 5/15/03

JIM MC CONICA

James Thornton

Warner Brundage

1	Weidner, Robert	62	PATRIOT MASTERS	8:40.02
	42.00	2:20.15	3:13.06	
	4:07.36	5:01.23	5:55.55	6:49.59
	7:45.12	8:40.02		

Men 60-64 1650 Yard Freestyle

NATL:17:48.66 N 2/10/19

ZONE:20:01.66 Z 5/2/99

VA:20:59.69 V 6/1/04

ANDREW BRAY

David Harrison

Neil Watts

1	Kannegieser, Robert	61	UC08	19:08.47Z
	30.96	1:05.31	1:40.49	2:15.42
	2:50.74	3:25.86	4:01.07	4:36.17
	5:11.33	5:46.30	6:21.10	6:55.93
	7:30.92	8:05.72	8:41.06	9:16.30
	9:51.16	10:26.07	11:01.22	11:36.19
	12:11.12	12:46.41	13:21.32	13:56.12
	14:30.94	15:05.95	15:40.64	16:15.63
	16:50.74	17:25.71	18:00.35	18:35.01
				19:08.47
2	Chambers, John	63	CHELSEA PIERS FI	20:18.08
	32.18	1:07.00	1:42.99	2:19.79
	2:56.73	3:33.98	4:11.07	4:47.98
	5:24.85	6:02.27	6:39.58	7:16.90
	7:54.53	8:32.14	9:09.64	9:47.31
	10:24.91	11:02.32	11:39.75	12:17.34
	12:54.85	13:32.44	14:09.81	14:47.26
	15:24.63	16:01.95	16:39.23	17:16.32
	17:53.44	18:30.14	19:06.73	19:43.19
				20:18.08
3	Rickard, Alan	62	RIPTIDE MASTERS	22:43.13
	34.15	1:13.42	1:54.24	2:35.39
	3:17.19	3:58.79	4:40.62	5:22.21
	6:05.24	6:47.61	7:29.28	8:11.83
	8:52.96	9:34.53	10:16.35	10:58.38
	11:39.39	12:20.74	13:01.98	13:44.44
	14:26.09	15:07.56	15:48.69	16:30.53
	17:11.76	17:52.90	18:34.03	19:16.01
	19:57.71	20:39.11	21:21.27	22:03.49
				22:43.13
4	Viellieu, Benjamin	64	LANE 4 SWIMMING	24:57.62
	42.10	1:23.21	2:06.85	2:51.43
	3:35.79	4:20.65	5:05.15	5:49.44
	6:33.94	7:18.43	8:02.94	8:47.94
	9:32.56	10:17.61	11:02.82	11:48.43
	12:33.55	13:18.61	14:04.19	14:49.52
	15:35.35	16:22.66	17:09.82	17:56.61
	18:43.25	19:30.59	20:17.63	21:04.38
	21:51.29	22:38.06	23:25.07	24:11.62
				24:57.62

Men 60-64 50 Yard Backstroke

NATL: 26.60 N 4/7/18

ZONE: 28.02 Z 4/15/18

VA: 27.69 V 3/17/18

BRUCE KONE

Douglas Slater

Douglas Slater

1	Slater, Douglas	61	CLUB TRIBE	28.27
2	Romo, Robert	60	VIRGINIA MASTERS	35.61
3	Massonneau, Christopher	60	CLUB TRIBE	39.47

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 60-64 50 Yard Backstroke)

4 Weidner, Robert 62 PATRIOT MASTERS 48.47

Men 60-64 100 Yard Backstroke

NATL: 57.46 N 4/30/16 TOM BARTON

ZONE: 1:00.29 Z 4/14/18 Douglas Slater

VA: 1:00.29 V 4/13/18 Douglas Slater

1 Slater, Douglas 61 CLUB TRIBE 1:00.66
29.43 1:00.66

2 Massonneau, Christopher 60 CLUB TRIBE 1:23.32
41.63 1:23.32

Men 60-64 200 Yard Backstroke

NATL: 2:07.91 N 5/1/16 TOM BARTON

ZONE: 2:14.89 Z 4/15/18 Douglas Slater

VA: 2:14.18 V 5/10/18 Douglas Slater

1 Slater, Douglas 61 CLUB TRIBE 2:13.15V
30.85 1:04.73 1:39.02 2:13.15

2 Denes, Thomas 61 MONTGOMERY ANC 2:47.52
38.85 1:21.50 2:04.76 2:47.52

3 Romo, Robert 60 VIRGINIA MASTERS 2:54.08
43.05 1:27.18 2:11.83 2:54.08

Men 60-64 50 Yard Breaststroke

NATL: 28.30 N 2/11/18 BRUCE KONE

ZONE: 31.51 Z 4/14/18 Brian Keyser

VA: 31.47 V 5/15/03 Jack Schiltz

1 Oxley, Gregory 60 LANDSHARK MASTE 29.66Z

2 Slater, Douglas 61 CLUB TRIBE 31.83

3 Neubauer, Kenneth 61 UC12 32.87

4 Heinemann, William 60 UC08 35.08

5 Massonneau, Christopher 60 CLUB TRIBE 46.24

Men 60-64 100 Yard Breaststroke

NATL: 1:02.61 N 5/2/14 RICK COLELLA

ZONE: 1:09.83 Z 4/15/18 Brian Keyser

VA: 1:11.87 V 5/15/03 Jack Schiltz

1 Oxley, Gregory 60 LANDSHARK MASTE 1:04.66Z
30.37 1:04.66

2 Neubauer, Kenneth 61 UC12 1:10.68V
33.35 1:10.68

3 Heinemann, William 60 UC08 1:18.34
36.63 1:18.34

4 Massonneau, Christopher 60 CLUB TRIBE 1:40.08
46.90 1:40.08

Men 60-64 200 Yard Breaststroke

NATL: 2:16.71 N 5/3/14 RICK COLELLA

ZONE: 2:38.50 Z 4/5/14 Berry Hamilton

VA: 2:39.51 V 5/15/03 Jack Schiltz

1 Neubauer, Kenneth 61 UC12 2:37.08Z
37.12 1:17.81 1:57.90 2:37.08

2 Heinemann, William 60 UC08 2:57.83
40.56 1:26.90 2:12.82 2:57.83

Men 60-64 50 Yard Butterfly

NATL: 24.36 N 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 61 CLUB TRIBE 27.19

2 Bales, Paul 60 ALEXANDRIA MAST 28.75

3 Meade, Thomas 61 LANDSHARK MASTE 29.14

4 Chambers, John 63 CHELSEA PIERS FI 30.53

5 Denes, Thomas 61 MONTGOMERY ANC 31.28

6 Romo, Robert 60 VIRGINIA MASTERS 32.82

7 Massonneau, Christopher 60 CLUB TRIBE 33.61

Men 60-64 200 Yard Butterfly

NATL: 2:07.49 N 4/30/17 JIM SAUER

ZONE: 2:26.29 Z 4/14/18 Robert Kannegieser

VA: 2:37.18 V 4/10/16 John Mccorkle

1 Kannegieser, Robert 61 UC08 2:21.58Z
30.81 1:06.20 1:44.19 2:21.58

2 Chambers, John 63 CHELSEA PIERS FI 2:30.28
33.52 1:10.91 1:50.19 2:30.28

Men 60-64 100 Yard IM

NATL: 57.23 N 5/11/13 RICK COLELLA

ZONE: 1:00.09 Z 4/15/18 Douglas Slater

VA: 1:00.09 V 4/13/18 Douglas Slater

1 Oxley, Gregory 60 LANDSHARK MASTE 1:00.00Z
28.29 1:00.00

2 Slater, Douglas 61 CLUB TRIBE 1:01.84
28.47 1:01.84

3 Bales, Paul 60 ALEXANDRIA MAST 1:07.41
30.92 1:07.41

4 Heinemann, William 60 UC08 1:10.50
33.76 1:10.50

5 Watson, Jon 61 YMCA RESTON WAT 1:15.46
36.41 1:15.46

6 Massonneau, Christopher 60 CLUB TRIBE 1:23.22
38.25 1:23.22

Men 60-64 200 Yard IM

NATL: 2:03.26 N 5/4/14 RICK COLELLA

ZONE: 2:19.80 Z 4/14/18 Robert Kannegieser

VA: 2:17.83 V 5/10/18 Douglas Slater

1 Kannegieser, Robert 61 UC08 2:19.10Z
29.04 1:03.56 1:46.23 2:19.10

2 Heinemann, William 60 UC08 2:39.35
33.99 1:17.53 2:01.05 2:39.35

Men 60-64 400 Yard IM

NATL: 4:24.24 N 5/2/14 RICK COLELLA

ZONE: 4:59.55 Z 4/15/18 Robert Kannegieser

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

1 Kannegieser, Robert 61 UC08 4:59.71
31.17 1:07.64 1:45.94 2:24.26
3:08.14 3:52.70 4:26.97 4:59.71

2 Chambers, John 63 CHELSEA PIERS FI 5:19.05
33.09 1:10.02 1:51.66 2:33.44
3:22.26 4:11.99 4:46.09 5:19.05

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 65-69 50 Yard Freestyle

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

1 Meyer, Geoffrey	67 COLONIALS 1776	27.32
2 Dearfield, Kerry	66 LANE 4 SWIMMING	29.76
3 Belanger, Donald	66 MARYLAND MASTERS	30.53
4 Levine, Steven	66 BERKELEY (NJ) AQ	30.70
5 Walters, Mark	66 GERMANTOWN MASTERS	31.84
6 Miller, Jim	68 VIRGINIA MASTERS	33.67

Men 65-69 100 Yard Freestyle

NATL: 49.42 N 5/22/10 RICHARD ABRAHAMS
ZONE: 59.39 Z 4/14/18 Geoffrey Meyer
VA: 59.61 V 2/3/18 Craig Bauer

1 Meyer, Geoffrey	67 COLONIALS 1776	1:00.79
29.86	1:00.79	
2 Franz, Craig	65 DISTRICT OF COLU	1:03.18
30.80	1:03.18	
3 Dearfield, Kerry	66 LANE 4 SWIMMING	1:05.70
31.26	1:05.70	
4 Ryan, James	66 GARDEN STATE MASTERS	1:07.09
32.21	1:07.09	
5 Edgell, Don	66 LANE 4 SWIMMING	1:08.72
32.52	1:08.72	
6 Wright, Stephen	69 GERMANTOWN MASTERS	1:09.07
32.93	1:09.07	
7 Belanger, Donald	66 MARYLAND MASTERS	1:10.66
33.34	1:10.66	
8 Grayson, Cab	65 UC10	1:11.14
35.07	1:11.14	
9 Levine, Steven	66 BERKELEY (NJ) AQ	1:13.82
33.62	1:13.82	
10 Miller, Jim	68 VIRGINIA MASTERS	1:16.29
36.18	1:16.29	

Men 65-69 200 Yard Freestyle

NATL: 1:52.57 N 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	2:19.87
30.67	1:05.82	1:43.84 2:19.87
2 Walters, Mark	66 GERMANTOWN MASTERS	2:37.33
36.02	1:16.04	1:56.97 2:37.33
3 Levine, Steven	66 BERKELEY (NJ) AQ	2:49.82
38.21	1:22.97	2:10.08 2:49.82

Men 65-69 500 Yard Freestyle

NATL: 5:05.44 N 4/9/17 RICK COLELLA
ZONE: 5:53.27 Z 4/13/03 David Harrison
VA: 6:19.06 V 2/2/19 Craig Bauer

1 Franz, Craig	65 DISTRICT OF COLU	6:13.07
32.28	1:07.99	1:45.84 2:24.20
3:02.92	3:41.56	4:20.34 4:58.40
5:36.43	6:13.07	

2 Ryan, James	66 GARDEN STATE MASTERS	6:20.78
35.57	1:12.96	1:51.15 2:29.50
3:08.22	3:47.45	4:26.19 5:04.88
5:43.20	6:20.78	

3 Mandour, Saleh	65 MERRITT MARLINS	6:57.15
37.61	1:17.96	2:00.15 2:43.10
3:25.13	4:08.37	4:51.47 5:34.45
6:16.33	6:57.15	

4 Edgell, Don	66 LANE 4 SWIMMING	7:08.21
37.89	1:19.69	2:02.34 2:45.66
3:29.58	4:13.25	4:57.31 5:40.78
6:25.24	7:08.21	

5 Levine, Steven	66 BERKELEY (NJ) AQ	7:29.03
39.64	1:25.17	2:12.34 2:59.48
3:45.95	6:03.60	6:48.24
7:29.03	7:29.03	

6 Conway, Raleigh	66 WARRENTON FAUCONIER	8:55.31
49.16	2:35.38	3:28.64
4:24.24	5:18.48	6:12.61 7:05.71
8:00.09	8:55.31	

Men 65-69 1000 Yard Freestyle

NATL:11:23.13 N 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 Franz, Craig	65 DISTRICT OF COLU	12:51.64
34.21	1:11.39	1:49.28 2:28.13
3:06.80	3:46.23	4:25.69 5:04.84
5:44.66	6:23.73	7:03.07 7:42.03
8:20.37	8:59.97	9:39.57 10:18.72
10:58.31	11:37.63	12:16.64 12:51.64

2 Mandour, Saleh	65 MERRITT MARLINS	14:18.99
36.92	1:19.67	2:02.79 2:47.55
3:31.79	4:15.61	4:58.39 5:43.18
6:27.13	7:09.58	7:53.61 8:38.34
9:20.98	10:06.09	10:48.69 11:32.01
12:15.23	12:58.22	13:40.75 14:18.99

Men 65-69 1650 Yard Freestyle

NATL:19:07.81 N 4/23/15 JIM CLEMMONS
ZONE:21:26.41 Z 4/13/18 James Ryan
VA:22:36.37 V 5/7/09 Sandy Galletly

1 Ryan, James	66 GARDEN STATE MASTERS	21:50.00
37.18	1:15.88	1:55.37 2:34.93
3:14.09	3:53.62	4:33.51 5:13.01
5:52.40	6:32.07	7:12.46 7:52.56
8:32.59	9:12.77	9:52.58 10:32.59
11:13.04	11:53.40	12:33.10 13:13.52
13:53.42	14:33.46	15:13.25 15:53.09
16:33.05	17:12.31	17:51.70 18:31.54
19:11.25	19:51.11	20:30.88 21:10.82 21:50.00

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 65-69 1650 Yard Freestyle)

2	Levine, Steven	66	BERKELEY (NJ) AQ	26:12.38
	43.78	1:33.66	2:24.58	3:14.83
	4:01.49	4:48.76	5:35.86	6:23.20
	7:11.25	7:59.98	8:48.37	9:36.85
	10:25.67	11:14.32	12:02.76	12:50.66
	13:38.41	14:23.43	15:10.03	15:56.44
	16:45.16	17:33.06	18:21.75	19:08.74
	19:56.50	20:44.22	21:30.94	22:17.50
	23:05.79	23:54.50	24:42.85	25:29.79
				26:12.38

Men 65-69 50 Yard Backstroke

NATL: 27.74 N 5/23/10 **RICHARD ABRAHAMS**
ZONE: 30.20 Z 4/15/18 **Geoffrey Meyer**
VA: 33.50 V 4/11/08 **Harry Sober**

1	Meyer, Geoffrey	67	COLONIALS 1776	30.86
2	Wardle, William	67	E TEAM	33.65
3	Dougherty, Stephen	67	COLONIALS 1776	35.31
4	Wright, Stephen	69	GERMANTOWN MAI	35.92
5	Meyer, Jerry	69	CENTRAL MARYLAN	40.01
6	Miller, Jim	68	VIRGINIA MASTERS	41.49
7	Swenson, Richard	66	CENTRAL MARYLAN	41.75
8	Grayson, Cab	65	UC10	43.34
9	Conway, Raleigh	66	WARRENTON FAUQI	59.63

Men 65-69 100 Yard Backstroke

NATL: 59.62 N 5/12/13 **HUGH WILDER**
ZONE: 1:07.00 Z 4/14/18 **Geoffrey Meyer**
VA: 1:13.14 V 10/28/18 **William Wardle**

1	Meyer, Geoffrey	67	COLONIALS 1776	1:07.69
	33.67	1:07.69		
2	Wardle, William	67	E TEAM	1:11.89V
	35.55	1:11.89		

Men 65-69 200 Yard Backstroke

NATL: 2:15.61 N 1/14/18 **LAWRENCE DAY**
ZONE: 2:33.09 Z 4/15/18 **Geoffrey Meyer**
VA: 2:36.64 V 9/29/18 **William Wardle**

1	Wardle, William	67	E TEAM	2:35.18V
	35.52	1:13.64	1:54.83	2:35.18
2	Wright, Stephen	69	GERMANTOWN MAI	2:55.29
	40.64	1:24.51	2:10.17	2:55.29
3	Mccorkle, John	67	VIRGINIA MASTERS	2:59.78
	43.62	1:29.17	2:15.60	2:59.78
4	Meyer, Jerry	69	CENTRAL MARYLAN	3:00.00
	41.22	1:26.98	2:13.69	3:00.00
5	Miller, Jim	68	VIRGINIA MASTERS	3:17.20
	46.89	1:35.41	2:26.56	3:17.20
6	Grayson, Cab	65	UC10	3:19.66
	45.81	1:34.80	2:26.97	3:19.66

Men 65-69 50 Yard Breaststroke

NATL: 28.88 N 5/11/18 **RICK COLELLA**
ZONE: 31.35 Z 4/24/10 **Jim Dragon**
VA: 35.94 V 3/17/18 **Craig Bauer**

1	Dougherty, Stephen	67	COLONIALS 1776	36.22
2	Hoffman, Charles	68	COLONIALS 1776	37.17
3	Meyer, Geoffrey	67	COLONIALS 1776	37.36

4	Haddan, Barry	68	DISTRICT OF COLU	37.75
5	Long, Bob	69	MARYLAND MASTEI	38.43
6	Walters, Mark	66	GERMANTOWN MAI	39.52
7	Belanger, Donald	66	MARYLAND MASTEI	42.21

Men 65-69 100 Yard Breaststroke

NATL: 1:02.75 N 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	67	COLONIALS 1776	1:18.63
	37.44	1:18.63		
2	Haddan, Barry	68	DISTRICT OF COLU	1:21.41
	38.27	1:21.41		
3	Hoffman, Charles	68	COLONIALS 1776	1:22.59
	39.53	1:22.59		
4	Long, Bob	69	MARYLAND MASTEI	1:27.44
	40.77	1:27.44		
5	Ryan, James	66	GARDEN STATE MAS	1:30.21
	43.29	1:30.21		
6	Grayson, Cab	65	UC10	1:33.67
	44.82	1:33.67		
7	Belanger, Donald	66	MARYLAND MASTEI	1:37.36
	46.49	1:37.36		

Men 65-69 200 Yard Breaststroke

NATL: 2:16.70 N 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	67	COLONIALS 1776	2:53.62
	38.89	1:22.49	2:07.82	2:53.62
2	Hoffman, Charles	68	COLONIALS 1776	3:03.05
	42.73	1:28.34	2:15.13	3:03.05
3	Haddan, Barry	68	DISTRICT OF COLU	3:06.08
	39.63	1:27.81	2:18.26	3:06.08

Men 65-69 50 Yard Butterfly

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

1	Meyer, Geoffrey	67	COLONIALS 1776	31.07
2	Mandour, Saleh	65	MERRITT MARLINS	31.89
3	Hoffman, Charles	68	COLONIALS 1776	31.97
4	Dearfield, Kerry	66	LANE 4 SWIMMING	32.96
5	Belanger, Donald	66	MARYLAND MASTEI	33.06
6	Edgell, Don	66	LANE 4 SWIMMING	36.80
7	Swenson, Richard	66	CENTRAL MARYLAN	39.23
8	Ryan, James	66	GARDEN STATE MAS	40.29
---	Meyer, Jerry	69	CENTRAL MARYLAN	DQ

Men 65-69 100 Yard Butterfly

NATL: 56.36 N 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	66	GERMANTOWN MAI	1:14.66
	34.51	1:14.66		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 65-69 200 Yard Butterfly

NATL: 2:08.94 N 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	Mccorkle, John	67	VIRGINIA MASTERS	2:45.15Z
				34.87 1:16.29 1:59.54 2:45.15
---	Mandour, Saleh	65	MERRITT MARLINS	DQ
				41.21 1:29.62 2:21.18 DQ

Men 65-69 100 Yard IM

NATL: 57.45 N 4/29/17 RICK COLELLA
 ZONE: 1:06.90 Z 4/15/18 Geoffrey Meyer
 VA: 1:08.17 V 5/19/05 Art Wolfe

1	Meyer, Geoffrey	67	COLONIALS 1776	1:08.40
				30.98 1:08.40
2	Dougherty, Stephen	67	COLONIALS 1776	1:11.67
				33.85 1:11.67
3	Wardle, William	67	E TEAM	1:14.16
				33.94 1:14.16
4	Walters, Mark	66	GERMANTOWN MAI	1:20.56
				38.05 1:20.56
5	Belanger, Donald	66	MARYLAND MASTEI	1:22.28
				38.47 1:22.28
6	Miller, Jim	68	VIRGINIA MASTERS	1:35.12
				43.78 1:35.12

Men 65-69 200 Yard IM

NATL: 2:03.63 N 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	67	COLONIALS 1776	2:36.21
				32.85 1:13.01 1:58.40 2:36.21
2	Mccorkle, John	67	VIRGINIA MASTERS	2:42.89
				34.53 1:20.03 2:06.05 2:42.89

Men 70-74 50 Yard Freestyle

NATL: 24.13 N 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	74	GARDEN STATE MAS	27.55
2	Fisher, Bruce	70	CLUB TRIBE	31.95
3	Snowwhite, Larry	72	RESTON MASTERS S	40.22

Men 70-74 100 Yard Freestyle

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

1	Fisher, Bruce	70	CLUB TRIBE	1:09.19
				33.11 1:09.19
2	Lowe, Jet	72	MERRITT MARLINS	1:20.15
				37.37 1:20.15
3	Romano, Vince	72	CLUB TRIBE	1:25.65
				39.36 1:25.65
4	Snowwhite, Larry	72	RESTON MASTERS S	1:29.24
				41.15 1:29.24

Men 70-74 200 Yard Freestyle

NATL: 2:05.33 N 3/24/19 FRED SCHLICHER
 ZONE: 2:17.89 Z 4/13/08 David Harrison
 VA: 2:29.13 V 4/19/13 Ken Novell

1	Fisher, Bruce	70	CLUB TRIBE	2:40.80
				36.13 1:17.16 1:59.65 2:40.80
2	Bernstein, Rich	73	AGUA MASTERS	2:44.48
				39.16 1:21.39 2:03.07 2:44.48
3	Lowe, Jet	72	MERRITT MARLINS	3:00.33
				39.67 1:24.15 2:12.40 3:00.33
4	Romano, Vince	72	CLUB TRIBE	3:08.31
				40.89 1:26.77 2:18.83 3:08.31
5	Snowwhite, Larry	72	RESTON MASTERS S	3:13.59
				44.81 2:23.72 3:13.59

Men 70-74 500 Yard Freestyle

NATL: 5:41.21 N 11/4/18 DAN KIRKLAND
 ZONE: 6:15.86 Z 4/12/08 David Harrison
 VA: 7:08.50 V 4/19/13 Ken Novell

1	Bernstein, Rich	73	AGUA MASTERS	7:08.21
				40.21 1:23.54 2:07.26 2:51.09
				3:34.50 4:17.68 5:00.53 5:43.62
				6:26.57 7:08.21
2	Fisher, Bruce	70	CLUB TRIBE	7:27.97
				38.03 1:21.60 2:08.09 2:54.57
				3:41.19 4:28.07 5:14.50 6:00.57
				6:45.39 7:27.97
3	Romano, Vince	72	CLUB TRIBE	8:14.41
				39.84 1:26.96 2:16.45 3:07.25
				3:59.16 4:51.31 5:43.35 6:34.71
				7:27.83 8:14.41
4	Lowe, Jet	72	MERRITT MARLINS	8:25.74
				43.74 1:33.92 2:26.58 4:12.98
				5:04.88 5:56.40 6:48.29
				7:40.22 8:25.74
5	Snowwhite, Larry	72	RESTON MASTERS S	8:36.68
				46.12 1:35.08 2:26.84 3:20.19
				4:12.64 5:06.69 6:00.46 6:53.36
				7:46.01 8:36.68

Men 70-74 1000 Yard Freestyle

NATL:11:52.71 N 1/27/19 DAN KIRKLAND
 ZONE:12:50.23 Z 4/11/08 David Harrison
 VA:15:43.88 V 1/20/13 Robin Wilson

1	Bernstein, Rich	73	AGUA MASTERS	14:00.99
				39.11 1:20.67 2:03.18 2:45.46
				3:28.11 4:10.97 4:53.24 5:35.27
				6:17.44 6:59.72 7:41.65 8:24.08
				9:06.22 9:48.83 10:31.20 11:13.96
				11:56.21 12:38.70 13:20.46 14:00.99
2	Romano, Vince	72	CLUB TRIBE	16:44.28
				41.30 1:27.54 2:17.04 3:07.86
				3:58.77 4:50.34 5:42.24 6:33.42
				7:26.42 8:18.58 9:10.40 10:02.51
				10:55.03 11:45.79 12:37.24 13:28.49
				14:18.83 15:10.44 16:00.84 16:44.28

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 70-74 1000 Yard Freestyle)

3 Griffith, Lee	70 RIPTIDE MASTERS	17:35.06
43.14	1:29.29	2:20.27 3:15.07
4:10.16	5:03.26	5:58.33 6:53.17
7:47.89	8:41.33	9:35.78 10:29.67
11:23.75	12:17.43	13:10.98 14:04.72
14:58.39	15:51.64	16:44.37 17:35.06

Men 70-74 1650 Yard Freestyle

NATL:20:29.18 N 5/20/01 GRAHAM JOHNSTON
 ZONE:22:41.59 Z 3/29/98 Roger Franks
 VA:26:48.09 V 4/28/16 James Slaughter

1 Snowwhite, Larry	72 RESTON MASTERS S	28:44.05
46.40	1:37.11	2:30.51 3:23.84
4:17.60	5:10.74	6:04.29 6:56.41
7:48.21	8:40.71	10:26.62 11:19.09
12:11.13		13:04.44 13:56.40
14:47.90		16:30.89 17:22.77
18:16.70	19:08.72	20:01.89 20:55.46
21:48.08	22:39.67	23:32.63 24:25.19
25:18.69	26:12.33	27:04.22 27:55.94 28:44.05
2 Lowe, Jet	72 MERRITT MARLINS	28:50.22
45.48	1:37.10	2:30.21 3:25.28
4:18.48	5:11.38	6:04.25 6:58.31
7:49.59	8:43.03	9:35.77 10:28.34
11:20.24	12:14.21	13:06.83 13:58.18
14:49.86	15:41.20	16:33.78 17:26.67
18:19.63	19:12.88	20:05.40 20:59.78
21:53.11	22:44.83	23:38.37 24:31.48
25:24.96	26:17.71	27:09.80 28:03.71 28:50.22
3 Wallace, Richard	71 GARDEN STATE MAS	28:55.65
44.41	1:35.56	2:28.75 3:20.83
4:14.10	5:06.74	5:59.20 6:51.82
7:44.93	8:37.34	9:29.99 10:23.62
11:16.20	12:08.32	13:01.41 13:54.48
14:47.87	15:41.31	16:34.38 17:28.03
18:21.19	19:15.51	20:09.04 21:02.42
21:56.62	22:50.58	23:43.97 24:37.35
25:31.03	26:23.95	27:15.93 28:07.57 28:55.65

Men 70-74 50 Yard Backstroke

NATL: 29.72 N 4/26/15 RICHARD BURNS
 ZONE: 33.75 Z 4/21/13 John Snooks
 VA: 33.86 V 4/28/16 Hank Holswade

1 Bernstein, Rich	73 AGUA MASTERS	44.45
2 Walters, Dan	73 ROCHESTER AREA M	46.47

Men 70-74 100 Yard Backstroke

NATL: 1:05.25 N 5/11/18 HUGH WILDER
 ZONE: 1:13.47 Z 5/2/99 Roger Franks
 VA: 1:15.38 V 4/30/16 Hank Holswade

1 Bernstein, Rich	73 AGUA MASTERS	1:34.03
47.20	1:34.03	
2 Paulson, Laurence	70 RESTON MASTERS S	1:38.41
48.43	1:38.41	

Men 70-74 200 Yard Backstroke

NATL: 2:23.68 N 5/2/14 RICHARD BURNS
 ZONE: 2:40.19 Z 5/2/99 Roger Franks
 VA: 3:00.68 V 2/8/14 Warner Brundage

1 Bernstein, Rich	73 AGUA MASTERS	3:13.25
45.97	1:34.93	2:24.44 3:13.25

Men 70-74 50 Yard Breaststroke

NATL: 31.70 N 4/30/16 ROBERT STRAND
 ZONE: 33.58 Z 4/11/15 Jim Dragon
 VA: 37.91 V 5/9/13 Terry Gernstein

1 Dragon, Jim	74 GARDEN STATE MAS	35.85
2 Greger, Ronald	74 GERMANTOWN MAI	45.09

Men 70-74 100 Yard Breaststroke

NATL: 1:09.47 N 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 Greger, Ronald	74 GERMANTOWN MAI	1:39.36
48.82	1:39.36	
2 Lowe, Jet	72 MERRITT MARLINS	1:45.65
47.80	1:45.65	

Men 70-74 200 Yard Breaststroke

NATL: 2:35.66 N 4/29/16 ROBERT STRAND
 ZONE: 2:55.54 Z 4/24/10 Hans Reichelt
 VA: 3:15.64 V 1/20/13 Terry Gernstein

1 Bernstein, Rich	73 AGUA MASTERS	3:25.16
46.37	1:38.94	2:32.35 3:25.16
2 Greger, Ronald	74 GERMANTOWN MAI	3:44.39
50.78	1:46.78	2:46.69 3:44.39

Men 70-74 50 Yard Butterfly

NATL: 26.92 N 4/26/15 RICHARD ABRAHAMS
 ZONE: 28.27 Z 4/11/15 Jim Dragon
 VA: 31.59 V 4/26/12 Randolph Wise

1 Dragon, Jim	74 GARDEN STATE MAS	29.74
2 Walters, Dan	73 ROCHESTER AREA M	44.57

Men 70-74 100 Yard Butterfly

NATL: 1:00.77 N 4/24/15 RICHARD ABRAHAMS
 ZONE: 1:23.28 Z 5/9/93 Birch Davidson
 VA: 1:29.95 V 4/19/13 Edward Gaulrapp

1 Paulson, Laurence	70 RESTON MASTERS S	1:48.93
48.92	1:48.93	

Men 70-74 100 Yard IM

NATL: 1:04.77 N 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 Paulson, Laurence	70 RESTON MASTERS S	1:44.25
44.62	1:44.25	

Men 70-74 200 Yard IM

NATL: 2:26.42 N 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 Bernstein, Rich	73 AGUA MASTERS	3:16.60
53.08	1:41.79	2:34.90 3:16.60

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 70-74 400 Yard IM

NATL: 5:21.90 N 3/22/19 FRED SCHLICHER
ZONE: 6:16.23 Z 5/2/99 Roger Franks
VA: 7:01.91 V 4/19/13 Edward Gaulrapp

1	Bernstein, Rich	73	AGUA MASTERS	6:50.28
	57.04	2:00.15	2:51.83	3:42.01
	4:33.12	5:26.61	6:09.55	6:50.28
2	Paulson, Laurence	70	RESTON MASTERS S	8:14.24
	51.16	1:55.00	2:55.70	3:55.88
	5:12.83	6:28.49	7:22.54	8:14.24

Men 75-79 50 Yard Freestyle

NATL: 25.58 N 3/4/12 JEFF FARRELL
ZONE: 28.89 Z 4/15/18 Harry Sober
VA: 28.59 V 5/10/18 Harry Sober

1	Sober, Harry	76	VIRGINIA MASTERS	29.05
2	Novell, Ken	76	VIRGINIA MASTERS	30.02
3	Zamon, Frederick	77	PATRIOT MASTERS	32.02
4	Frogley, Christopher	75	VIRGINIA MASTERS	37.97
5	Pilette, Sterling	77	RESTON MASTERS S	39.19
6	Hatchette, Michael	78	NEW ENGLAND MAS	46.48

Men 75-79 100 Yard Freestyle

NATL: 58.68 N 5/10/09 DAVID RADCLIFF
ZONE: 1:04.67 Z 4/14/18 Harry Sober
VA: 1:04.67 V 4/13/18 Harry Sober

1	Sober, Harry	76	VIRGINIA MASTERS	1:07.02
	31.18	1:07.02		
2	Novell, Ken	76	VIRGINIA MASTERS	1:08.01
	32.97	1:08.01		
3	Zamon, Frederick	77	PATRIOT MASTERS	1:13.77
	34.63	1:13.77		
4	Robinson, David	75	GERMANTOWN MAI	1:17.04
	36.65	1:17.04		
5	Pilette, Sterling	77	RESTON MASTERS S	1:27.78
	41.36	1:27.78		
6	Frogley, Christopher	75	VIRGINIA MASTERS	1:27.90
	41.78	1:27.90		
7	Middleton, Paul	75	WARRENTON FAUQI	1:54.54
	51.00	1:54.54		

Men 75-79 200 Yard Freestyle

NATL: 2:08.77 N 5/10/09 DAVID RADCLIFF
ZONE: 2:29.42 Z 4/10/16 Howard Rolston
VA: 2:34.73 V 5/10/18 Ken Novell

1	Novell, Ken	76	VIRGINIA MASTERS	2:47.39
	35.32	1:16.05	2:02.21	2:47.39
2	Gaulrapp, Edward	76	VIRGINIA MASTERS	3:20.37
	47.17	1:37.52	2:28.38	3:20.37
3	Frogley, Christopher	75	VIRGINIA MASTERS	3:22.13
	45.86	1:37.76	2:30.59	3:22.13
4	Pilette, Sterling	77	RESTON MASTERS S	3:33.30
	46.73	1:42.20	2:40.31	3:33.30
5	Hatchette, Michael	78	NEW ENGLAND MAS	4:12.12
	53.70	1:57.28	3:04.73	4:12.12

Men 75-79 500 Yard Freestyle

NATL: 6:03.87 N 5/8/10 DAVID RADCLIFF
ZONE: 6:43.59 Z 4/21/02 Roger Franks
VA: 7:41.94 V 2/2/19 Warner Brundage

1	Brundage, Warner	76	VIRGINIA MASTERS	7:32.99V
	37.30	1:18.72	2:02.61	2:48.20
	3:34.62	4:21.78	5:09.73	5:57.57
	6:45.71	7:32.99		
2	Robinson, David	75	GERMANTOWN MAI	8:18.43
	44.03	1:34.18	2:26.51	3:19.39
	4:11.27	5:03.31	5:55.61	6:46.65
	7:35.67	8:18.43		
3	Frogley, Christopher	75	VIRGINIA MASTERS	9:21.50
	49.64	1:45.51	2:44.06	3:40.69
	4:39.12	5:36.75	6:35.08	7:32.34
	8:29.69	9:21.50		

Men 75-79 1650 Yard Freestyle

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

1	Kelleher, Joseph	77	VIRGINIA MASTERS	35:40.47
	53.28	1:55.22	2:58.98	4:03.18
	5:06.75	6:09.79	7:16.50	8:20.32
	9:24.21	10:29.61	11:35.30	13:47.27
		14:51.77	15:56.04	17:01.03
	18:07.36	19:11.94	20:15.77	21:21.72
	22:27.92	23:34.15	24:42.02	25:47.12
	26:52.86	27:59.59	29:05.17	30:11.91
		32:26.85	33:32.09	34:37.76
				35:40.47

Men 75-79 50 Yard Backstroke

NATL: 31.47 N 1/12/19 RICHARD BURNS
ZONE: 35.98 Z 4/15/18 Howard Rolston
VA: 36.23 V 4/13/18 Harry Sober

1	Rolston, Howard	78	GOLD COAST MASTE	36.47
2	Sober, Harry	76	VIRGINIA MASTERS	36.96
3	Novell, Ken	76	VIRGINIA MASTERS	40.70
4	Brundage, Warner	76	VIRGINIA MASTERS	41.29
5	Robinson, David	75	GERMANTOWN MAI	42.40
6	Pilette, Sterling	77	RESTON MASTERS S	56.28

Men 75-79 100 Yard Backstroke

NATL: 1:08.55 N 4/19/09 BURWELL JONES
ZONE: 1:17.17 Z 4/21/02 Roger Franks
VA: 1:27.68 V 4/13/18 Ken Novell

1	Novell, Ken	76	VIRGINIA MASTERS	1:28.32
	43.01	1:28.32		
2	Brundage, Warner	76	VIRGINIA MASTERS	1:29.50
	43.95	1:29.50		
3	Hatchette, Michael	78	NEW ENGLAND MAS	2:29.28
	1:09.71	2:29.28		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 75-79 200 Yard Backstroke

NATL: 2:31.41 N 4/17/10

ZONE: 2:54.61 Z 4/13/03

VA: 3:10.02 V 2/2/19

BURWELL JONES

Roger Franks

Warner Brundage

1	Brundage, Warner	76	VIRGINIA MASTERS	3:04.37V
				42.70 1:28.99 2:16.48 3:04.37
2	Robinson, David	75	GERMANTOWN MAI	3:27.32
				48.96 1:40.72 2:35.47 3:27.32
3	Horne, David	76	WARRENTON FAUQI	5:08.70
				1:12.04 3:54.16 5:08.70

Men 75-79 50 Yard Breaststroke

NATL: 34.58 N 3/5/17

ZONE: 40.92 Z 4/5/14

VA: 41.80 V 5/17/18

MIKE FRESHLEY

Jerry Katz

Terry Gernstein

1	Brundage, Warner	76	VIRGINIA MASTERS	45.03
2	Frogley, Christopher	75	VIRGINIA MASTERS	53.69
---	Pilette, Sterling	77	RESTON MASTERS S	DQ

Men 75-79 100 Yard Breaststroke

NATL: 1:16.74 N 9/18/16

ZONE: 1:37.14 Z 4/12/15

VA: 1:33.43 V 5/17/18

MIKE FRESHLEY

Louis Diamond

Terry Gernstein

1	Frogley, Christopher	75	VIRGINIA MASTERS	2:04.70
				1:00.01 2:04.70

Men 75-79 50 Yard Butterfly

NATL: 28.99 N 1/14/17

ZONE: 33.48 Z 4/14/18

VA: 33.17 V 5/10/18

MIKE FRESHLEY

Harry Sober

Harry Sober

1	Sober, Harry	76	VIRGINIA MASTERS	34.76
2	Novell, Ken	76	VIRGINIA MASTERS	38.46
3	Zamon, Frederick	77	PATRIOT MASTERS	40.70
4	Pilette, Sterling	77	RESTON MASTERS S	56.90
5	Middleton, Paul	75	WARRENTON FAUQI	1:02.68

Men 75-79 100 Yard Butterfly

NATL: 1:10.58 N 2/2/19

ZONE: 1:29.57 Z 4/6/14

VA: 1:38.82 V 10/28/18

RICHARD BURNS

Ahmed Hamada

Edward Gaulrapp

1	Zamon, Frederick	77	PATRIOT MASTERS	1:44.55
				47.03 1:44.55

Men 75-79 200 Yard Butterfly

NATL: 2:58.65 N 4/2/16

ZONE: 3:36.42 Z 4/5/14

VA: 3:57.02 V 4/13/18

MIKE FRESHLEY

Ahmed Hamada

Edward Gaulrapp

---	Zamon, Frederick	77	PATRIOT MASTERS	DQ
				52.04 1:54.53 DQ

Men 75-79 100 Yard IM

NATL: 1:08.68 N 9/18/16

ZONE: 1:18.91 Z 4/9/17

VA: 1:19.78 V 4/13/18

MIKE FRESHLEY

Howard Rolston

Harry Sober

1	Rolston, Howard	78	GOLD COAST MASTE	1:20.44
				35.80 1:20.44
2	Sober, Harry	76	VIRGINIA MASTERS	1:20.80
				34.93 1:20.80

3	Brundage, Warner	76	VIRGINIA MASTERS	1:28.66
				41.90 1:28.66
4	Novell, Ken	76	VIRGINIA MASTERS	1:28.86
				40.57 1:28.86
5	Zamon, Frederick	77	PATRIOT MASTERS	1:32.55
				42.24 1:32.55
6	Hatchette, Michael	78	NEW ENGLAND MAS	2:24.08
				1:11.98 2:24.08

Men 75-79 200 Yard IM

NATL: 2:35.67 N 4/30/16

ZONE: 2:53.87 Z 4/9/16

VA: 3:38.27 V 4/13/18

MIKE FRESHLEY

Howard Rolston

Edward Gaulrapp

1	Rolston, Howard	78	GOLD COAST MASTE	3:05.21
				38.33 1:26.67 2:21.69 3:05.21
2	Zamon, Frederick	77	PATRIOT MASTERS	3:32.28
				46.11 1:40.15 2:44.43 3:32.28
3	Gaulrapp, Edward	76	VIRGINIA MASTERS	4:11.27
				57.06 2:02.43 3:19.11 4:11.27

Men 80-84 50 Yard Freestyle

NATL: 28.68 N 4/30/17

ZONE: 32.97 Z 4/20/97

VA: 39.91 V 6/1/88

FARRELL\FARRELL

Robert Knapp

Patrick Frank

1	Hamada, Ahmed	80	GOLD COAST MASTE	32.74Z
2	Nicholas, David	82	VIRGINIA MASTERS	40.37
3	Nobbe, Nick	80	RESTON MASTERS S	46.25

Men 80-84 100 Yard Freestyle

NATL: 1:04.60 N 5/3/14

ZONE: 1:18.22 Z 4/24/10

VA: 1:29.79 V 6/1/88

DAVID RADCLIFF

Nickolas Demas

Patrick Frank

1	Hamada, Ahmed	80	GOLD COAST MASTE	1:13.45Z
				34.86 1:13.45
2	Nicholas, David	82	VIRGINIA MASTERS	1:32.74
3	Nobbe, Nick	80	RESTON MASTERS S	1:46.99
				50.99 1:46.99

Men 80-84 200 Yard Freestyle

NATL: 2:23.60 N 4/12/15

ZONE: 3:10.55 Z 4/20/97

VA: 3:17.79 V 6/1/88

DAVID RADCLIFF

Robert Knapp

Patrick Frank

1	Hamada, Ahmed	80	GOLD COAST MASTE	2:54.81Z
				38.41 1:23.93 2:11.51 2:54.81
2	Nicholas, David	82	VIRGINIA MASTERS	3:23.56
				44.78 1:36.26 2:29.44 3:23.56
3	Nobbe, Nick	80	RESTON MASTERS S	3:49.68
				53.42 1:53.10 2:52.25 3:49.68

Men 80-84 500 Yard Freestyle

NATL: 6:27.81 N 5/1/14

ZONE: 8:04.31 Z 4/15/07

VA: 9:06.23 V 6/1/88

DAVID RADCLIFF

Roger Franks

Patrick Frank

1	Hamada, Ahmed	80	GOLD COAST MASTE	8:23.40
				1:27.98 2:20.90 3:13.22
				4:06.33 4:59.37 5:53.23 6:44.15
				7:36.56 8:23.40

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Men 80-84 500 Yard Freestyle)

2	Nicholas, David	82	VIRGINIA MASTERS	9:34.99
	50.36	1:43.84	2:42.02	3:40.14
	4:38.65	5:38.59	6:37.87	7:36.43
	8:36.98	9:34.99		
3	Nobbe, Nick	80	RESTON MASTERS S	10:26.99
	59.03	2:04.47	3:11.96	4:16.80
	5:21.10	6:23.02	7:25.37	8:27.79
	9:29.31	10:26.99		

Men 80-84 1000 Yard Freestyle

NATL:13:10.14 N 5/1/14 DAVID RADCLIFF
 ZONE:17:49.00 Z 4/26/88 Gus Langner
 VA:20:39.89 V 2/6/16 Carl Russ

1	Hamada, Ahmed	80	GOLD COAST MASTE	17:14.77Z
	41.43	2:23.13	3:15.59	
	4:07.09	4:59.92	5:53.09	6:46.28
	7:40.89	8:35.25	9:28.87	10:22.14
	11:13.74	12:05.22	12:58.67	13:52.09
	14:45.17	15:38.06	16:29.57	17:14.77
2	Nobbe, Nick	80	RESTON MASTERS S	20:18.49
	56.67	1:58.42	3:00.60	4:03.39
	5:05.74	6:07.24	7:09.07	8:10.78
	9:12.51	10:14.40	11:16.06	12:17.60
	13:19.19	14:20.60	15:20.99	16:21.83
	17:22.07	18:22.62	19:22.41	20:18.49

Men 80-84 1650 Yard Freestyle

NATL:21:54.87 N 5/1/14 DAVID RADCLIFF
 ZONE:30:18.27 Z 5/2/99 Jim Pendergrass
 VA:30:49.45 V 2/11/06 Calvin Barnes

1	Nicholas, David	82	VIRGINIA MASTERS	35:17.18
	49.81	1:45.26	2:43.07	3:43.73
	4:40.40	5:38.67	6:39.10	7:37.82
	8:34.61	9:33.63	10:33.93	
	13:44.90	14:45.32	15:46.15	16:53.02
	17:57.32	19:58.60	21:06.06	22:12.10
	23:14.19	24:21.65	25:26.99	26:28.99
	27:31.30	29:45.23		
	30:56.73	32:01.82	33:09.44	35:17.18

Men 80-84 50 Yard Backstroke

NATL: 34.49 N 4/29/16 YOSHI OYAKAWA
 ZONE: 40.87 Z 4/15/07 Roger Franks
 VA: 47.48 V 3/20/99 Harry Howell

1	Hamada, Ahmed	80	GOLD COAST MASTE	45.87
2	Nobbe, Nick	80	RESTON MASTERS S	1:04.19

Men 80-84 100 Yard Backstroke

NATL: 1:15.69 N 3/11/17 DAVID COSTILL
 ZONE: 1:37.71 Z 4/14/12 Frank Manheim
 VA: 1:47.61 V 2/6/99 Harry Howell

1	Hamada, Ahmed	80	GOLD COAST MASTE	1:40.14
	47.75	1:40.14		

Men 80-84 50 Yard Breaststroke

NATL: 37.74 N 3/12/16 DAVID COSTILL
 ZONE: 46.09 Z 4/9/16 David Nicholas
 VA: 53.77 V 10/25/15 Richard Scott

1	Nicholas, David	82	VIRGINIA MASTERS	49.16V
2	Nobbe, Nick	80	RESTON MASTERS S	1:09.26

Men 80-84 100 Yard Breaststroke

NATL: 1:24.10 N 2/14/16 DAVID COSTILL
 ZONE: 1:41.66 Z 4/10/16 David Nicholas
 VA: 2:02.19 V 6/1/99 Harry Howell

1	Nicholas, David	82	VIRGINIA MASTERS	1:56.48V
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Men 80-84 50 Yard Butterfly

NATL: 33.32 N 3/11/17 DAVID COSTILL
 ZONE: 46.45 Z 4/20/97 Robert Knapp
 VA: 1:14.27 V 10/25/15 Richard Scott

1	Hamada, Ahmed	80	GOLD COAST MASTE	39.30Z
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Men 80-84 100 Yard Butterfly

NATL: 1:22.34 N 4/8/17 DAVID COSTILL
 ZONE: 2:02.73 Z 5/2/99 Jim Pendergrass
 VA: 3:19.89 V 10/25/15 Richard Scott

1	Hamada, Ahmed	80	GOLD COAST MASTE	1:41.01Z
	49.13	1:41.01		

Men 80-84 200 Yard Butterfly

NATL: 3:25.55 N 4/23/06 THOMAS MAINE
 ZONE: 5:18.37 Z 5/9/93 Jesse Coon
 VA: 7:07.00 V 2/6/16 Richard Scott

1	Hamada, Ahmed	80	GOLD COAST MASTE	3:55.04Z
	1:52.46	2:55.66	3:55.04	

Men 80-84 100 Yard IM

NATL: 1:14.86 N 4/16/16 DAVID COSTILL
 ZONE: 1:37.06 Z 4/15/12 Frank Manheim
 VA: 1:47.02 V 2/14/98 Harry Howell

1	Hamada, Ahmed	80	GOLD COAST MASTE	1:30.44Z
	41.57	1:30.44		
2	Nobbe, Nick	80	RESTON MASTERS S	2:22.26
	1:10.40	2:22.26		

Women 18+ 200 Yard Freestyle Relay

NATL: 1:35.66 N 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

---	E TEAM	A	DQ
1)	Sovik-Johnston, Amanda W	2)	Tourtual, Dorothy W67
3)	Goldberg, Hillary W59	4)	MacDonald, Emilie W19
	29.15	1:02.40	DQ

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 18+ 400 Yard Freestyle Relay

NATL: 3:35.45 N 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 CLUB TRIBE	A	4:13.56
1) Minzenmayer, Ellen W30	2) Wittsack, Hayley W33	
3) Wooley, Samantha W23	4) Maqueda, Victoria W26	
28.69	1:00.14	1:29.68
2:03.11		
2:34.80	3:12.17	3:40.48
4:13.56		
2 COLONIALS 1776	B	4:25.47
1) Hug, Laurie W53	2) Uppstrom, Noreen W54	
3) Plimpton, Hannah W33	4) Schaffling, Staci W24	
30.57	1:03.35	1:37.07
2:13.42		
2:46.98	3:23.30	3:52.17
4:25.47		

Women 18+ 800 Yard Freestyle Relay

NATL: 7:55.34 N 3/29/09 RED TIDE OF NYC

K MOUGHTY, S UPTON, J KELSEY, K GARY

ZONE: 8:01.73 Z 4/14/18 Club Tribe

A Wujciak, L Schwartz, E Ryczek, S Greene

VA: 8:01.73 V 4/13/18 1693

A Wujciak, L Schwartz, E Ryczek, S Greene

1 CLUB TRIBE	A	7:59.09Z
1) Wujciak, Anna W24	2) Grier, Katie W40	
3) Ryczek, Emily W25	4) Mulquin, Catherine W24	
27.09	56.30	1:26.07
1:55.70		
2:22.89	2:52.75	3:23.54
3:53.55		
4:20.75	4:51.69	5:23.11
5:54.61		
6:22.15	6:53.42	7:26.36
7:59.09		

Women 18+ 200 Yard Medley Relay

NATL: 1:45.34 N 4/24/15 THE OLYMPIC CLU

A SENKO, K MCGRAW, K KASTES, K MURPHY

ZONE: 1:52.82 Z 4/7/18 Club Tribe

A Wujciak, L Schwartz, K Gass, E Ryczek

VA: 1:47.62 V 4/28/16 1693

G Mizerak, K Harris, K Grier, S Shaner

1 CLUB TRIBE	A	1:48.40Z
1) Mulquin, Catherine W24	2) Schwartz, Laura W24	
3) Mizerak, Gabrielle W27	4) Wujciak, Anna W24	
27.38	58.25	1:24.06
1:48.40		
2 E TEAM	A	2:23.54
1) Goldberg, Hillary W59	2) Bobbin, Esther W36	
3) MacDonald, Emilie W19	4) Tourtual, Dorothy W67	
42.98	1:23.56	1:51.52
2:23.54		

Women 18+ 400 Yard Medley Relay

NATL: 3:56.63 N 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 CLUB TRIBE	A	4:14.87V
1) Mizerak, Gabrielle W27	2) Schwartz, Laura W24	
3) Greene, Shannon W33	4) Maqueda, Victoria W26	
29.30	1:01.50	1:33.33
2:09.44		
2:40.26	3:15.37	3:43.57
4:14.87		
2 COLONIALS 1776	A	5:20.72
1) Uppstrom, Noreen W54	2) Plimpton, Hannah W33	
3) Schaffling, Staci W24	4) Watts, Sue W64	
37.91	1:17.71	1:59.14
2:44.98		
3:21.83	4:06.41	4:42.49
5:20.72		

Women 25+ 200 Yard Freestyle Relay

NATL: 1:35.01 N 4/25/15

THE OLYMPIC CLU

O'DONNELL-MCCARTH, K KASTES, M GILL, K RAATZ

ZONE: 1:38.28 Z 4/14/18

Club Tribe

G Mizerak, S Shaner, K Gass, K Grier

VA: 1:38.28 V 4/13/18

1693

G Mizerak, S Shaner, K Gass, K Grier

1 VIRGINIA MASTERS	A	2:00.27
1) Adams, Gail W25	2) Letendre, Denise W30	
3) Latimer, Rebecca W37	4) Letendre, Claire W33	
32.37	59.21	1:30.72
2:00.27		
2 FREEDOM AQUATIC	A	3:23.95
1) Purnell-Sayle, Richena W35	2) RO, Duk W59	
3) Pierce, Jennifer W35	4) Clark, Debra W64	
58.84	1:39.22	2:11.13
3:23.95		

Women 25+ 800 Yard Freestyle Relay

NATL: 7:43.29 N 2/23/13

RED TIDE OF NYC

B O'CONNOR, W SPRAGUE, K GARY, K VANDENBERG

ZONE: 8:03.09 Z 4/24/10

Red Tide

J Kelsey, T Shpaizer, S Wager, K Gary

VA: 9:23.37 V 4/13/18

VMST

D Letendre, B Gregory, D Wallace, M Barry

1 CLUB TRIBE	B	8:48.97V
1) Greene, Shannon W33	2) Minzenmayer, Ellen W30	
3) Wittsack, Hayley W33	4) Kulczycki, Shaina W25	
29.07	1:00.88	1:33.73
2:06.83		
2:36.58	3:10.05	3:45.14
4:19.95		
4:51.08	5:26.09	6:03.16
6:41.19		
7:10.00	7:42.86	8:16.48
8:48.97		
2 VIRGINIA MASTERS	A	10:01.10
1) Latimer, Rebecca W37	2) Miller, Patricia W58	
3) Letendre, Denise W30	4) Jaeger, Debbie W56	
33.91	1:13.21	1:54.94
2:36.59		
3:12.72	3:52.94	4:33.66
5:13.41		
5:42.74	6:15.51	6:48.95
7:22.04		
7:58.16	8:38.72	9:20.42
10:01.10		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 25+ 200 Yard Medley Relay

NATL: 1:45.01 N 5/4/08 SOUTHERN METHOD

L OBERSTAR-BROWN, K MCCLELLAND, L HOLT, D DIEZI

ZONE: 1:50.68 Z 4/15/07 Curl-Burke Swim Club

S Peterson, E Betts, A Adams, L Lauwaert

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

K Grier, K Harris, M Falcone, S Shaner

1 CLUB TRIBE	B	1:54.38
1) Kulczycki, Shaina W25	2) Thomas, Ruth Anne W38	
3) Greene, Shannon W33	4) Ryczek, Emily W25	
28.94 1:00.53	1:29.50 1:54.38	
2 FREEDOM AQUATIC	A	2:30.07
1) Cameron, Terri W54	2) Comune, Tracey W40	
3) Algera, Bonnie W42	4) DeVito, Christina W34	
41.02 1:20.36	1:56.27 2:30.07	

Women 25+ 400 Yard Medley Relay

NATL: 4:00.63 N 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 VIRGINIA MASTERS	A	4:45.45
1) Adams, Gail W25	2) Miller, Patricia W58	
3) Letendre, Denise W30	4) Letendre, Claire W33	
34.86 1:12.64	1:52.29 2:36.16	
3:05.78 3:39.69	4:10.76 4:45.45	
--- RESTON MASTERS S	B	DQ
1) Shapiro, Margaret W42	2) Wetzal, Denise W53	
3) Bass, Amy W48	4) VanDoren, Sarah W27	
35.38 1:12.23	1:51.46 2:35.51	
3:07.87 3:48.49	4:05.66 DQ	

Women 35+ 200 Yard Freestyle Relay

NATL: 1:36.42 N 2/1/15 NCMS

K LINDAUER, A UHL, J STRINGER, E BRAUN

ZONE: 1:46.45 Z 2001 Metro

VA: 1:44.79 V 3/18/17 1693

K Harris, M Choe, C Hurtubise, K Grier

1 CLUB TRIBE	A	1:41.49V
1) Thomas, Ruth Anne W38	2) Choe, Michele W41	
3) Gass, Krista W40	4) Grier, Katie W40	
26.34 52.58	1:18.00 1:41.49	
2 ALEXANDRIA MASTE	A	1:50.67
1) Gauzens, Stephanie W35	2) Jakubchak, Lindsey W36	
3) Fox, Amy W36	4) McWilliams, Katie W35	
28.10 56.31	1:24.33 1:50.67	
3 LANDSHARK MASTER	A	1:52.29
1) Roberts, Cynthia W37	2) Flickinger, Erica W40	
3) Orben, Erin W35	4) Messenlehner, Carina W43	
27.50 56.96	1:23.84 1:52.29	
4 LANE 4 SWIMMING	A	2:09.09
1) Duquette, Bobbe W65	2) Becker, Marlene W54	
3) Bozeman, Lesley W37	4) Krause, Dori W50	
35.51 1:06.90	1:41.86 2:09.09	

5 RESTON MASTERS S	A	2:54.23
1) Donahue, Kendall W46	2) Manheim, Lucy W76	
3) Ayvaz, Meliha W42	4) Kidd, Sally W57	
40.29 1:28.67	2:08.95 2:54.23	

Women 35+ 400 Yard Freestyle Relay

NATL: 3:34.28 N 3/29/14 NORTH CAROLINA

K LINDAUER, J STRINGER, A UHL, E BRAUN

ZONE: 3:55.51 Z 2000 Colonials 1776

VA: 3:59.36 V 1/1/04 VMST

D Jaeger, T Seubert, C Hokenson, A Phillips

1 LANDSHARK MASTER	A	3:57.47
1) Krause, Mary Kay W41	2) Messenlehner, Carina W43	
3) Roberts, Cynthia W37	4) Orben, Erin W35	
28.03 58.26	1:27.16 1:59.59	
2:28.28 2:59.61	3:27.40 3:57.47	
2 RESTON MASTERS S	B	4:21.36
1) Shapiro, Margaret W42	2) Bass, Amy W48	
3) Wetzal, Denise W53	4) McNamara, Beth W53	
30.11 1:02.09	1:32.59 2:04.71	
2:37.36 3:14.54	3:46.57 4:21.36	

Women 35+ 800 Yard Freestyle Relay

NATL: 7:58.40 N 1/31/15 NCMS

E BRAUN, J STRINGER, A UHL, K LINDAUER

ZONE: 8:37.23 Z 2002 Virginia

VA: 8:37.23 V 1/1/02 VMST

W Weil, M Bittner, A Phillips, B Baker

1 LANDSHARK MASTER	A	9:07.97
1) Krause, Mary Kay W41	2) Lovett, Mandy W44	
3) Flickinger, Erica W40	4) Roberts, Cynthia W37	
29.99 1:02.32	1:35.45 2:08.65	
2:42.43 3:19.34	3:56.97 4:33.62	
5:06.49 5:42.22	6:19.16 6:55.58	
7:25.02 7:59.24	8:34.24 9:07.97	
2 LANE 4 SWIMMING	A	10:29.81
1) Butler, Maura W42	2) Janas, Janet W58	
3) Becker, Marlene W54	4) Ihrig, Ylva W49	
37.85 1:20.45	2:04.87 2:48.67	
3:27.05 4:07.87	4:50.77 5:40.12	
6:47.32 7:26.45	8:05.00	
8:38.06 9:14.67	9:52.88 10:29.81	

Women 35+ 200 Yard Medley Relay

NATL: 1:48.55 N 5/14/06 COLORADO MASTER

S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER

ZONE: 1:58.26 Z 2000 Colonials 1776

VA: 1:56.54 V 1/1/02 VMST

B Baker, P Powis, A Phillips, M Dean

1 CLUB TRIBE	C	1:55.50V
1) Grier, Katie W40	2) Harris, Kristen W42	
3) Choe, Michele W41	4) Gass, Krista W40	
28.23 1:00.27	1:28.79 1:55.50	
2 LANDSHARK MASTER	A	2:09.42
1) Krause, Mary Kay W41	2) Lovett, Mandy W44	
3) Roberts, Cynthia W37	4) Messenlehner, Carina W43	
33.25 1:11.20	1:40.95 2:09.42	

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Women 35+ 200 Yard Medley Relay)

3	LANE 4 SWIMMING	A		2:41.53
	1) Bowman, Branka W53	2) Palfey, Janet W60		
	3) Krause, Dori W50	4) Bozeman, Lesley W37		
	47.19	1:34.94	2:06.67	2:41.53
4	RESTON MASTERS S	A		3:19.71
	1) Manheim, Lucy W76	2) Donahue, Kendall W46		
	3) Ayvaz, Meliha W42	4) Weigand, Elizabeth W56		
	1:02.80	1:55.23	2:47.35	3:19.71

Women 35+ 400 Yard Medley Relay

NATL: 4:04.48 N 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	ALEXANDRIA MASTE	A		4:27.12
	1) Gauzens, Stephanie W35	2) Jakubchak, Lindsey W36		
	3) Fox, Amy W36	4) McWilliams, Katie W35		
	33.41	1:08.78	1:44.06	2:24.00
	2:53.93	3:29.47	3:57.06	4:27.12
2	LANDSHARK MASTER	A		4:36.55
	1) Krause, Mary Kay W41	2) Lovett, Mandy W44		
	3) Orben, Erin W35	4) Messenlehner, Carina W43		
	34.32	1:09.11	1:47.69	2:30.81
	3:00.96	3:35.59	4:04.09	4:36.55
3	FREEDOM AQUATIC	A		5:33.38
	1) Cameron, Terri W54	2) Calobong-Pierce, Carol Lyn		
	3) Pierce, Jennifer W35	4) Algera, Bonnie W42		
	41.62	1:24.72	2:09.02	3:00.43
	3:37.42	4:26.60	4:58.70	5:33.38

Women 45+ 200 Yard Freestyle Relay

NATL: 1:40.44 N 4/30/11 COLORADO MASTER

K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE

ZONE: 1:51.84 Z 2003 Virginia

VA: 1:48.11 V 4/26/12 VMST

A Phillips, J Kellinger, M Dean Bittner, A Patters

1	COLONIALS 1776	B		2:07.23
	1) Figenshu, Susan W64	2) Watts, Sue W64		
	3) Uppstrom, Noreen W54	4) Hug, Laurie W53		
	33.48	1:05.79	1:37.42	2:07.23
2	RESTON MASTERS S	B		2:28.38
	1) Kirwan, Denise W67	2) Bennett, Ruth W72		
	3) Nelson, Tanja W49	4) Flynn, Merri W59		
	32.54	1:09.04	2:28.38	

Women 45+ 400 Yard Freestyle Relay

NATL: 3:47.01 N 1/19/19 NORTH CAROLINA

A HOLLAND, S DUNN, J BUCKLEY, E BRAUN

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	RESTON MASTERS S	A		4:20.53
	1) Garcia, Pauline W46	2) Groves, Lisa W53		
	3) Brightwell, Kim W59	4) Johnson, Mindy W55		
	29.84	1:02.65	1:19.51	2:09.47
	2:42.22	3:18.38	3:48.64	4:20.53

Women 45+ 800 Yard Freestyle Relay

NATL: 8:39.13 N 4/13/08 WALNUT CREEK MA

M CURRAN, L VIDAL, L SULLIVAN, C O'BRIEN

ZONE: 9:19.05 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		9:39.12
	1) Hug, Laurie W53	2) Burke, Barbara W57		
	3) Swanson, Vibeke W57	4) Saucy, Stephanie W55		
	31.77	1:07.54	1:43.82	2:18.95
	2:53.20	3:32.61	4:12.72	5:00.31
	5:24.75	6:01.39	6:39.27	7:15.68
	7:47.79	8:24.16	9:01.88	9:39.12

Women 45+ 200 Yard Medley Relay

NATL: 1:51.83 N 5/12/18 NORTH CAROLINA

J BUCKLEY, S DUNN, E BRAUN, A HOLLAND

ZONE: 2:03.64 Z 4/15/12 Patriot Masters Swim Team

B Clifford-Dicks, K Toner, L Livingston, C Ward

VA: 2:01.16 V 4/26/12 VMST

A Patterson, P Miller, A Phillips, J Kellinger

1	COLONIALS 1776	B		2:20.12
	1) Uppstrom, Noreen W54	2) Hug, Laurie W53		
	3) Figenshu, Susan W64	4) Watts, Sue W64		
	34.91	1:12.46	1:47.90	2:20.12
2	RESTON MASTERS S	B		2:52.77
	1) Kirwan, Denise W67	2) Greenfield Sheehe, Heather W52		
	3) Flynn, Merri W59	4) Li, Eileen W58		
	38.69	1:24.49	2:09.48	2:52.77

Women 45+ 400 Yard Medley Relay

NATL: 4:12.53 N 4/11/10 OREGON REIGN MA

V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES

ZONE: 4:41.88 Z 4/11/15 Reston Masters Swim Team

K Brightwell, L Groves, M Johnson, M Dawson

VA: 5:13.31 V 4/11/08 VMST

D Jaeger, P Miller, K Braaten, L Bushmire

1	RESTON MASTERS S	A		4:54.41
	1) Brightwell, Kim W59	2) Groves, Lisa W53		
	3) Johnson, Mindy W55	4) Garcia, Pauline W46		
	35.38	1:10.93	1:49.20	2:33.86
	3:09.85	3:51.05	4:21.46	4:54.41

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Women 55+ 200 Yard Freestyle Relay

NATL: 1:45.60 N 4/29/17 PALM BEACH MAST

K PIPES, E JONES, K TREIBLE SLATON, C WENZEL

ZONE: 2:00.30 Z 4/14/18 Colonials 1776

M Wolff, B Burke, S Watts, V Swanson

VA: 2:08.09 V 4/26/12 VMST

M Barry, K Braaten, N Betts, S Loftus-Charley

1	COLONIALS 1776	A		1:57.33Z
	1) Wolff, Melinda W66		2) Burke, Barbara W57	
	3) Saucy, Stephanie W55		4) Swanson, Vibeke W57	
	28.90	59.11	1:28.28	1:57.33

Women 55+ 400 Yard Freestyle Relay

NATL: 4:04.74 N 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	COLONIALS 1776	A		4:26.59Z
	1) Burke, Barbara W57		2) Watts, Sue W64	
	3) Swanson, Vibeke W57		4) Saucy, Stephanie W55	
	31.67	1:06.69	1:41.01	2:18.04
	2:49.08	3:22.98	3:52.95	4:26.59

Women 55+ 200 Yard Medley Relay

NATL: 1:59.24 N 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 Figsenshu, S Watts

VA: 2:23.43 V 4/26/12 VMST

N Betts, S Loftus-Charley, K Braaten, M Barry

1	COLONIALS 1776	A		2:12.18Z
	1) Swanson, Vibeke W57		2) Wolff, Melinda W66	
	3) Burke, Barbara W57		4) Saucy, Stephanie W55	
	33.10	1:10.94	1:43.25	2:12.18

Women 65+ 200 Yard Freestyle Relay

NATL: 1:57.98 N 3/30/19 NORTH TEXAS LON

J COLE, J WOOLSLAYER, K MACCOURDY, C MCKELVEY

ZONE: 2:20.56 Z 2008 Virginia

VA: 2:09.02 V 3/19/17 VMST

K Umbdenstock, S Loftus-Charley, M Barry, B Bosleg

1	VIRGINIA MASTERS	B		2:13.33Z
	1) Lyttle, Ann W71		2) Loftus-Charley, Shirley W6'	
	3) Barry, Marcia W70		4) Boslego, Barbara W67	
	33.57	1:04.96	1:39.24	2:13.33

Women 65+ 400 Yard Freestyle Relay

NATL: 4:27.54 N 3/31/19 NORTH TEXAS LON

J COLE, J WOOLSLAYER, K MACCOURDY, C MCKELVEY

ZONE: 5:19.35 Z 4/13/08 Virginia

VA: 4:44.37 V 3/19/17 VMST

S Loftus-Charley, K Umbdenstock, B Boslego, M Barr

1	VIRGINIA MASTERS	A		4:57.29Z
	1) Barry, Marcia W70		2) Boslego, Barbara W67	
	3) Loftus-Charley, Shirley W6'		4) Lyttle, Ann W71	
	36.56	1:15.95	1:52.61	2:36.42
	3:07.53	3:44.33	4:19.50	4:57.29

Women 65+ 800 Yard Freestyle Relay

NATL:10:23.97 N 5/6/17 VIRGINIA MASTER

B BOSLEGO, M BARRY, K UMBDENSTOCK, S LOFTUS-CHARLE

ZONE:12:03.97 Z 2008 Virginia

VA:10:23.97 V 5/6/17 VMST

B Boslego, M Barry, K Umbdenstock, S Loftus-Charle

1	VIRGINIA MASTERS	B		10:42.29Z
	1) Boslego, Barbara W67		2) Barry, Marcia W70	
	3) Lyttle, Ann W71		4) Loftus-Charley, Shirley W6'	
	38.13	1:21.55	2:05.73	2:49.25
	3:16.90	4:08.08	4:50.03	5:30.72
	6:07.36	6:49.09	7:30.90	8:13.09
	8:47.23	9:25.58	10:04.39	10:42.29

Women 65+ 200 Yard Medley Relay

NATL: 2:21.19 N 3/31/19 NORTH TEXAS LON

J WOOLSLAYER, C MCKELVEY, K MACCOURDY, J COLE

ZONE: 2:35.40 Z 4/23/05 Virginia Masters Swim Tea

L Adams, J Leilich, L Griffin, J Detrick

VA: 2:28.14 V 2/5/17 VMST

M Barry, B Boslego, S Loftus-Charley, K Umbdenstoc

1	VIRGINIA MASTERS	A		2:37.25
	1) Barry, Marcia W70		2) Boslego, Barbara W67	
	3) Loftus-Charley, Shirley W6'		4) Lyttle, Ann W71	
	40.77	1:26.53	2:03.14	2:37.25

Women 65+ 400 Yard Medley Relay

NATL: 5:27.83 N 5/6/17 VIRGINIA MASTER

M BARRY, B BOSLEGO, S LOFTUS-CHARLEY, K UMBDENSTOC

ZONE: 5:54.65 Z 4/24/05 Virginia Masters Swim Tea

VA: 5:27.83 V 5/6/17 VMST

M Barry, B Boslego, S Loftus-Charley, K Umbdenstoc

1	VIRGINIA MASTERS	B		5:44.60Z
	1) Barry, Marcia W70		2) Boslego, Barbara W67	
	3) Loftus-Charley, Shirley W6'		4) Lyttle, Ann W71	
	43.93	1:29.02	2:17.16	3:10.59
	3:48.85	4:32.64	5:07.10	5:44.60

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 18+ 200 Yard Freestyle Relay

NATL: 1:18.32 N 5/22/10 NORTH CAROLINA

N BRUNELLI, C JONES, N WESTBY, J SKUBA

ZONE: 1:26.42 Z 1991 TA "A"

VA: 1:23.73 V 4/28/16 1693

K Gallagher, K Loughran, C Fay, S Glass

1	TIDE SWIMMING	A		1:26.28Z
	1) Verheul, Dirk M25	2) Burton, Logan M23		
	3) Dean, Deion M23	4) Pierce, Harrison M23		
	22.01 42.97	1:05.35 1:26.28		
2	CLUB TRIBE	A		1:30.89
	1) Bulakul, Sirin M31	2) Wang, Chris M23		
	3) Stamps, Nathan M27	4) Bell, David M43		
	22.01 43.91	1:08.22 1:30.89		
3	LANE 4 SWIMMING	A		1:37.07
	1) Ledecy, Michael M24	2) Andrew, Jason M42		
	3) Vaughan, Max M25	4) Compton, Taylor M30		
	23.69 49.99	1:15.23 1:37.07		
4	CENTRAL MARYLAND	A		1:39.21
	1) Ruckdeschel, Jonathan M50	2) Walker, Adam M28		
	3) Meek, Parker M22	4) Hinz, Brian M45		
	23.60 47.89	1:12.48 1:39.21		
5	ALEXANDRIA MASTE	A		1:40.27
	1) Bingaman, Cory M44	2) Bales, Paul M60		
	3) Murphy, Eric M23	4) Taylor, Tim M32		
	25.15 50.68	1:15.04 1:40.27		
6	PATRIOT MASTERS	A		1:51.11
	1) Gibson, Justin M25	2) Glover, Josh M23		
	3) Veatch, Richard M24	4) Messaros, Joey M21		
	24.80 49.55	1:18.14 1:51.11		

Men 18+ 400 Yard Freestyle Relay

NATL: 3:01.60 N 2/13/16 GOLDEN ROAD AQU

M MARSHALL, N KORTH, M JABEN, T COX

ZONE: 3:04.86 Z 4/15/18 Club Tribe

VA: 3:04.86 V 4/13/18 1693

A Greenhalgh, L Bureau, K Loughran, K Gallagher

1	CLUB TRIBE	A		3:13.23
	1) Henderson, James M24	2) Wang, Chris M23		
	3) Glass, Austin M24	4) Bulakul, Sirin M31		
	23.22 48.42	1:10.79 1:35.61		
	1:58.74 2:25.01	2:47.96 3:13.23		
2	LANE 4 SWIMMING	A		3:30.42
	1) Ledecy, Michael M24	2) Bower, Matthew M44		
	3) Vaughan, Max M25	4) Compton, Taylor M30		
	24.32 51.13	1:16.09 1:43.58		
	2:11.78 2:41.76	3:04.40 3:30.42		
3	ALEXANDRIA MASTE	A		3:46.72
	1) Taylor, Tim M32	2) Bingaman, Cory M44		
	3) Murphy, Eric M23	4) Bales, Paul M60		
	26.95 58.01	1:24.17 1:52.93		
	2:19.07 2:47.69	3:15.93 3:46.72		

Men 18+ 200 Yard Medley Relay

NATL: 1:26.71 N 5/2/14

THE OLYMPIC CLU

A SAETA, N KOON, N ADRIAN, A ERVIN

ZONE: 1:36.73 Z 4/7/18

Club Tribe

J Henderson, C Head, a Glass, L Bureau

VA: 1:33.86 V 4/28/16 1693

S Glass, C Fay, K Gallagher, K Loughran

1	CLUB TRIBE	A		1:34.56Z
	1) Glover, Bob M24	2) Montes de Oca, Alex M24		
	3) Elsaesser, Evan M34	4) Greenhalgh, Andrew M23		
	24.33 50.46	1:12.78 1:34.56		
2	ALEXANDRIA MASTE	A		1:57.70
	1) Mirt, Chad M45	2) Taylor, Tim M32		
	3) Bingaman, Cory M44	4) Murphy, Eric M23		
	29.64 1:03.65	1:31.58 1:57.70		
3	PATRIOT MASTERS	A		2:00.05
	1) Grecco, Paul M57	2) Glover, Josh M23		
	3) Veatch, Richard M24	4) Farello, Paul M51		
	33.67 1:03.69	1:34.65 2:00.05		

Men 18+ 400 Yard Medley Relay

NATL: 3:24.55 N 4/2/16

ARIZONA MASTERS

D ADALSTEINSSON, D KNITTLE, B CREAGER, Z DALBY

ZONE: 3:39.04 Z 4/24/05

Terrapin Masters

VA: 3:58.49 V 4/13/18 1693

D Slater, C Head, K Gass, N Stamps

1	CLUB TRIBE	A		3:36.99Z
	1) Glover, Bob M24	2) McGuire, Daniel M28		
	3) Elsaesser, Evan M34	4) Greenhalgh, Andrew M23		
	25.98 53.61	1:22.90 1:58.25		
	2:22.25 2:50.34	3:12.86 3:36.99		
2	RESTON MASTERS S	B		4:40.22
	1) Koons, Andrew M26	2) Callaway, Jack M24		
	3) Thomasian, Aram M33	4) Belyea, David M58		
	32.22 1:05.66	1:42.67 2:25.67		
	2:56.87 3:34.11	4:04.90 4:40.22		

Men 25+ 200 Yard Freestyle Relay

NATL: 1:19.71 N 4/7/18

RICE AQUATICS

W WAGNER, A SURHOFF, D HILL, B COLLINS

ZONE: 1:24.75 Z 4/14/18

Club Tribe

K Gallagher, K Loughran, C Fay, S Glass

VA: 1:24.75 V 4/13/18 1693

K Gallagher, K Loughran, C Fay, S Glass

1	MERRITT MARLINS	A		1:49.96
	1) Mandour, Saleh M65	2) Joubert, Kevin M46		
	3) Connell, Allan M29	4) VanRoden, Jack M28		
	35.38 1:01.39	1:26.60 1:49.96		
2	COLONIALS 1776	A		1:53.89
	1) Meyer, Geoffrey M67	2) Hoffman, Charles M68		
	3) Dougherty, Stephen M67	4) Schaffling, Eric M27		
	28.58 59.12	1:28.79 1:53.89		
3	CLUB TRIBE	D		2:10.58
	1) Martinez, Tylor M25	2) Massonneau, Christopher M		
	3) Romano, Vince M72	4) Harper, Bill M51		
	26.15 58.32	1:35.22 2:10.58		

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 25+ 400 Yard Freestyle Relay

NATL: 2:56.95 N 4/8/18 RICE AQUATICS

W WAGNER, A SURHOFF, B COLLINS, D HILL

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	RESTON MASTERS S	B		3:40.21
	1) Thomasian, Aram M33	2) Swift, Rory M33		
	3) Koons, Andrew M26	4) Baldwin, Craig M44		
	28.19	58.63	1:24.75	1:52.67
	2:18.90	2:48.01	3:12.89	3:40.21
2	UMAC-TERRAPIN MA	A		3:44.78
	1) Laplante, Brett M30	2) Shipp, Bill M58		
	3) Dowell, Noah M40	4) Strahota, Jeffrey M38		
	25.19	52.37	1:20.34	1:51.20
	2:19.27	2:50.55	3:16.40	3:44.78

Men 25+ 800 Yard Freestyle Relay

NATL: 6:33.89 N 4/7/18 RICE AQUATICS

B COLLINS, W WAGNER, D HILL, A SURHOFF

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	CLUB TRIBE	A		8:04.79V
	1) Rockwell, John M44	2) Earle, Daniel M47		
	3) Gass, Kraig M39	4) Berger, Christoph M28		
	28.98	1:00.77	1:32.85	2:04.86
	2:33.31	3:04.32	3:36.59	4:08.53
	4:37.74	5:08.94	5:40.25	6:13.09
	6:38.02	7:06.13	7:35.28	8:04.79

Men 25+ 200 Yard Medley Relay

NATL: 1:27.81 N 4/29/17 GOLDEN ROAD AQU

R LOCHTE, M ALEXANDROV, T COX, L PECHMANN

ZONE: 1:34.71 Z 4/7/18 Club Tribe

S Glass, C Fay, E Elsaesser, S Bulakul

VA: 1:34.71 V 4/13/18 1693

S Glass, C Fay, E Elsaesser, S Bulakul

1	CLUB TRIBE	B		1:43.54
	1) Bell, David M43	2) McGuire, Daniel M28		
	3) Berger, Christoph M28	4) Stamps, Nathan M27		
	26.07	54.70	1:19.74	1:43.54
2	DISTRICT OF COLU	A		1:46.14
	1) Barrett, Patrick M38	2) Meadows, William M29		
	3) Williams, Neill M51	4) Grasha, Eric M43		
	27.75	56.76	1:21.78	1:46.14
3	RESTON MASTERS S	A		1:59.48
	1) Baldwin, Craig M44	2) Hanford, Jeremy M37		
	3) Thomasian, Aram M33	4) Swift, Rory M33		
	31.70	1:03.53	1:34.14	1:59.48

Men 25+ 400 Yard Medley Relay

NATL: 3:17.17 N 4/7/18 RICE AQUATICS

A SURHOFF, E FRIEDLAND, B COLLINS, W WAGNER

ZONE: 3:30.45 Z 1999 Ancient Mariners

VA: 3:45.52 V 4/13/18 1693

S Bulakul, R Williams, E Elsaesser, M Lovett

1	DISTRICT OF COLU	A		4:02.59
	1) Williams, Neill M51	2) Meadows, William M29		
	3) Dever, Frederick M53	4) Grasha, Eric M43		
	28.98	59.48	1:30.20	2:07.36
	2:35.98	3:10.15	3:34.28	4:02.59
2	PATRIOT MASTERS	A		4:04.60
	1) Krajewski, Thomas M40	2) Farello, Paul M51		
	3) Jones, Mark M56	4) Gibson, Justin M25		
	28.90	59.32	1:16.74	2:08.73
	2:38.75	3:13.64	3:36.79	4:04.60
3	LANE 4 SWIMMING	A		4:05.96
	1) Kress, Jay M56	2) Macedonia, Nicholas M32		
	3) Ellis, Brian M51	4) Bower, Matthew M44		
	31.58	1:04.86	1:35.12	2:09.84
	2:38.65	3:12.57	3:37.74	4:05.96
4	RESTON MASTERS S	A		4:23.06
	1) Swift, Rory M33	2) Hanford, Jeremy M37		
	3) Gwilliam, Glenn M40	4) Baldwin, Craig M44		
	29.47	1:01.21	1:33.80	2:10.86
	2:44.12	3:29.61	3:55.00	4:23.06
5	COLONIALS 1776	A		4:46.22
	1) Meyer, Geoffrey M67	2) Hoffman, Charles M68		
	3) Schaffling, Eric M27	4) Dougherty, Stephen M67		
	36.33	1:13.97	1:33.30	
	3:07.19	3:41.88	4:12.73	4:46.22

Men 35+ 200 Yard Freestyle Relay

NATL: 1:23.32 N 5/29/10 LONGHORN AQUATI

T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN

ZONE: 1:28.05 Z 4/25/09 Jersey Area Masters

VA: 1:28.59 V 1/1/98 VMST

L Tudor, D Malsbury, C Flood, J Tudor

1	LANDSHARK MASTER	A		1:37.39
	1) Meade, Thomas M61	2) Orben, Chris M35		
	3) Lovett, Brian M44	4) Brennan, Edward M52		
	26.25	49.63	1:12.21	1:37.39
2	LANE 4 SWIMMING	B		1:41.68
	1) Gittins, Tom M57	2) Kress, Jay M56		
	3) Bower, Matthew M44	4) Ellis, Brian M51		
	26.60	52.17	1:15.86	1:41.68
3	CLUB TRIBE	C		1:48.62
	1) Rockwell, John M44	2) Thomas, Joel M42		
	3) Fisher, Bruce M70	4) Gill, Thomas M48		
	25.70	51.99	1:22.00	1:48.62

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 35+ 400 Yard Freestyle Relay

NATL: 3:06.12 N 5/30/10 LONGHORN AQUATI

T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN

ZONE: 3:15.40 Z 4/26/09 Jersey Area Masters

VA: 3:29.37 V 4/7/17 1693

R Williams, D Earle, M Nilson, M Lovett

1	LANDSHARK MASTER	A		3:33.07
	1) Krause, Matthew M42	2) Oxley, Gregory M60		
	3) Lovett, Brian M44	4) Brennan, Edward M52		
	25.49	54.66	1:19.47	1:47.07
	2:10.58	2:37.66	3:04.20	3:33.07
2	SPRING VALLEY YM	A		3:56.71
	1) Stull, Eric M44	2) Gross, Jeremy M47		
	3) Houchins, Bradford M41	4) Boris, Joseph M39		
	27.06	55.18	1:23.64	1:54.87
	2:24.91	2:55.78	3:25.19	3:56.71
3	CLUB TRIBE	B		4:17.35
	1) Gass, Kraig M39	2) Rockwell, John M44		
	3) Thomas, Joel M42	4) Harper, Bill M51		
	27.02	56.67	1:24.35	1:55.37
	2:23.16	2:55.59	3:32.64	4:17.35

Men 35+ 800 Yard Freestyle Relay

NATL: 6:56.69 N 5/4/07 TEAM TYR

D WEGNER, S HUBBARD, C BEACH, E HOCHSTEIN

ZONE: 7:09.04 Z 2001 Badger

VA: 8:16.59 V 4/13/18 1693

K Gass, J Rockwell, E Lenewsky, D Earle

1	SPRING VALLEY YM	A		8:34.39
	1) Stull, Eric M44	2) Evans, Jeffrey M53		
	3) Houchins, Bradford M41	4) Boris, Joseph M39		
	28.75	1:00.44	1:31.77	2:02.72
	2:32.17	3:04.83	3:37.55	4:08.16
	4:37.93	5:10.98	5:46.95	6:23.09
	6:53.61	7:27.03	8:01.22	8:34.39

Men 35+ 200 Yard Medley Relay

NATL: 1:33.66 N 5/12/18 THE OLYMPIC CLU

T WANG, T HOLSMAN, M MARSHALL, S GREENWOOD

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	LANDSHARK MASTER	A		1:48.37
	1) Krause, Matthew M42	2) Oxley, Gregory M60		
	3) Lovett, Brian M44	4) Orben, Chris M35		
	30.95	1:00.47	1:25.16	1:48.37

Men 35+ 400 Yard Medley Relay

NATL: 3:28.46 N 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	LANDSHARK MASTER	A		4:01.04
	1) Krause, Matthew M42	2) Oxley, Gregory M60		
	3) Lovett, Brian M44	4) Brennan, Edward M52		
	30.33	1:02.28	1:32.37	2:08.77
	2:34.87	3:05.51	3:31.96	4:01.04

Men 45+ 200 Yard Freestyle Relay

NATL: 1:27.70 N 5/4/08 ARIZONA MASTERS

JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH

ZONE: 1:32.30 Z 4/14/18 Spring Valley YMCA Masters

J Gross, G Sangmeister, J Evans, G Rees

VA: 1:36.57 V 4/28/16 VMST

G Harris, K Sprenger, D Vaughn, K Clear

1	SPRING VALLEY YM	A		1:30.85Z
	1) Sangmeister, Gary M48	2) Rees, Greg M49		
	3) Evans, Jeffrey M53	4) Gross, Jeremy M47		
	23.66	46.17	1:09.24	1:30.85
2	CLUB TRIBE	B		1:39.88
	1) Tingstrom, Michael M51	2) Kimball, Joe M50		
	3) Bender, William M57	4) Slater, Douglas M61		
	24.34	50.04	1:16.08	1:39.88
3	LANE 4 SWIMMING	C		1:59.94
	1) Edgell, Don M66	2) Linehan, Sean M58		
	3) Anthes, Peter M48	4) Dearfield, Kerry M66		
	31.77	1:02.62	1:30.65	1:59.94
4	RESTON MASTERS S	A		2:38.06
	1) Wynes, Anthony M49	2) Nobbe, Nick M80		
	3) Pilette, Sterling M77	4) Snowwhite, Larry M72		
	41.97	1:19.72	1:58.98	2:38.06
5	WARRENTON FAUQUI	A		3:02.51
	1) Horne, David M76	2) Conway, Raleigh M66		
	3) Middleton, Paul M75	4) Zemo, David M53		
	59.75	1:42.45	2:31.26	3:02.51

Men 45+ 400 Yard Freestyle Relay

NATL: 3:18.25 N 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	CLUB TRIBE	C		3:46.87
	1) Earle, Daniel M47	2) Gill, Thomas M48		
	3) Kimball, Joe M50	4) Tingstrom, Michael M51		
	26.91	55.83	1:23.47	1:53.54
	2:20.64	2:51.17	3:16.87	3:46.87
2	RESTON MASTERS S	C		4:36.51
	1) Hong, Chun M58	2) Osinovsky, Alex M55		
	3) Wynes, Anthony M49	4) Belyea, David M58		
	31.92	1:07.19	1:39.01	2:17.39
	2:51.58	3:29.67	4:00.92	4:36.51

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results**Men 45+ 800 Yard Freestyle Relay**

NATL: 7:22.85 N 5/8/10 WILDCAT ALUMNI

A JAEGER, S TRIMBLE, M VOLZING, D CUNNIFF

ZONE: 8:04.45 Z 2008 Binghamton U

VA: 8:38.62 V 4/7/17 VMST

K Clear, L Tudor, G Harris, K Sprenger

1	CENTRAL MARYLAND	A		10:26.80
	1) Hinz, Brian M45		2) Meyer, Jerry M69	
	3) Swenson, Richard M66		4) Jacobson, Michael M50	
	31.83	1:07.70	1:45.07	2:22.16
	3:01.77	3:48.89	4:37.33	5:23.92
	6:01.98	6:45.09	7:29.27	8:12.84
	8:43.38	9:17.08	9:51.89	10:26.80

Men 45+ 200 Yard Medley Relay

NATL: 1:36.56 N 5/23/10 GEORGIA MASTERS

E ERICSON, C WEISSMAN, B BUGG, M ELLISON

ZONE: 1:42.32 Z 4/7/18 Spring Valley YMCA Master

VA: 1:48.04 V 4/28/16 VMST

G Rees, G Sangmeister, J Evans, J Gross

K Clear, G Harris, L Tudor, T Johnson

1	SPRING VALLEY YM	A		1:41.51Z
	1) Rees, Greg M49		2) Sangmeister, Gary M48	
	3) Evans, Jeffrey M53		4) Gross, Jeremy M47	
	26.00	54.35	1:19.02	1:41.51
2	LANE 4 SWIMMING	A		2:00.78
	1) Gittins, Tom M57		2) Kress, Jay M56	
	3) Ellis, Brian M51		4) Eppink, Jeffrey M64	
	30.89	1:03.86	1:31.74	2:00.78
3	VIRGINIA MASTERS	A		2:02.37
	1) Clear, Kirk M51		2) Harris, Gregory M55	
	3) Chenault, Robert M56		4) Frogley, Christopher M75	
	28.42	57.70	1:26.05	2:02.37

Men 55+ 200 Yard Freestyle Relay

NATL: 1:32.18 N 4/11/09 OREGON MASTERS

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

ZONE: 1:42.82 Z 4/5/14 Colonials 1776

D Keith, G Meyer, T Steel, J Thornton

VA: 1:46.98 V 2/11/12 VMST

Hank Holswade, David Frisch, Mark Kutz, Mike Wren

1	VIRGINIA MASTERS	A		1:52.07
	1) Harris, Gregory M55		2) Chenault, Robert M56	
	3) Mccorkle, John M67		4) Miller, Jim M68	
	23.67	50.24	1:19.92	1:52.07
2	PATRIOT MASTERS	B		2:04.04
	1) Jones, Mark M56		2) Junta, Donald M56	
	3) Grecco, Paul M57		4) Weidner, Robert M62	
	27.75	1:03.63	1:36.74	2:04.04

Men 55+ 400 Yard Freestyle Relay

NATL: 3:28.26 N 3/28/15 CMS

K ANDERSON, M MANN, C PETERSEN, G SCOTT

ZONE: 3:43.13 Z 4/17/11 Colonials 1776

J Martin, S Dougherty, G Meyer, P Trevisan

VA: 4:11.76 V 4/11/03 VMST

A Wolfe, W Bacon, E Gaulrapp, J Schlitz

1	CLUB TRIBE	D		4:17.83
	1) Bender, William M57		2) Massonneau, Christopher M	
	3) Fisher, Bruce M70		4) Slater, Douglas M61	
	28.20	59.50	1:33.40	2:10.32
	2:44.11	3:21.08	3:47.60	4:17.83
2	PATRIOT MASTERS	A		4:42.00
	1) Jones, Mark M56		2) Grecco, Paul M57	
	3) Junta, Donald M56		4) Zamon, Frederick M77	
	29.22	59.89	1:29.51	2:03.26
	2:41.54	3:23.95	4:01.04	4:42.00

Men 55+ 400 Yard Medley Relay

NATL: 3:57.13 N 3/28/15 CMS

C PETERSEN, G SCOTT, M MANN, K ANDERSON

ZONE: 4:19.39 Z 4/17/11 Colonials 1776

VA: 4:43.94 V 1/1/05 VMST

R Stringer, W Brundage, E Gaulrapp, H Sober

1	VIRGINIA MASTERS	A		4:52.95
	1) Romo, Robert M60		2) Harris, Gregory M55	
	3) Chenault, Robert M56		4) Miller, Jim M68	
	38.93	1:18.57	1:49.87	2:25.70
	2:58.65	3:35.40	4:12.64	4:52.95
2	GERMANTOWN MARYL	A		5:47.59
	1) Wright, Stephen M69		2) Greger, Ronald M74	
	3) Golden, Scott M55		4) Robinson, David M75	
	38.11	1:19.08	2:06.86	2:58.13
	3:34.74	4:25.47	5:02.77	5:47.59

Men 65+ 400 Yard Freestyle Relay

NATL: 3:48.65 N 4/16/16 VENTURA COUNTY

G GRUBER, J MC CONICA, H KERNS, B ROLLINS

ZONE: 4:26.84 Z 4/13/08 Virginia Masters Swim Tea

VA: 4:26.84 V 4/11/08 VMST

H Sober, W Brundage, A Wolfe, E Gaulrapp

1	RESTON MASTERS S	A		6:12.54
	1) Pilette, Sterling M77		2) Snowwhite, Larry M72	
	3) Paulson, Laurence M70		4) Nobbe, Nick M80	
	43.21	1:31.52	2:15.35	3:01.18
	3:41.88	4:25.99	5:18.25	6:12.54

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Men 75+ 200 Yard Freestyle Relay

NATL: 1:56.99 N 3/31/19 SAN DIEGO SWIM

M FRESHLEY, L WALKER, T RALPHS, P ANDERSEN

ZONE: 2:07.86 Z 4/14/18 Virginia Masters Swim Tea

H Sober, E Gaulrapp, K Novell, R Wise

VA: 2:07.86 V 4/13/18 VMST

H Sober, E Gaulrapp, K Novell, R Wise

1 VIRGINIA MASTERS	B	2:18.39
1) Sober, Harry M76	2) Nicholas, David M82	
3) Brundage, Warner M76	4) Novell, Ken M76	
30.23	1:47.05	2:18.39

Men 75+ 400 Yard Freestyle Relay

NATL: 4:29.90 N 3/30/19 SAN DIEGO SWIM

L WALKER, M FRESHLEY, P ANDERSEN, T RALPHS

ZONE: 4:53.92 Z 4/15/18 Virginia Masters Swim Tea

H Sober, E Gaulrapp, R Wise, K Novell

VA: 4:53.92 V 4/13/18 VMST

H Sober, E Gaulrapp, R Wise, K Novell

1 VIRGINIA MASTERS	A	5:06.41	
1) Sober, Harry M76	2) Frogley, Christopher M75		
3) Brundage, Warner M76	4) Novell, Ken M76		
32.04	1:08.90	1:50.94	2:37.37
3:14.92	3:54.87	4:28.52	5:06.41

Men 75+ 800 Yard Freestyle Relay

NATL:10:17.84 N 3/30/19 SAN DIEGO SWIM

P ANDERSEN, L WALKER, M FRESHLEY, T RALPHS

1 VIRGINIA MASTERS	A	11:55.36	
1) Gaulrapp, Edward M76	2) Sober, Harry M76		
3) Brundage, Warner M76	4) Novell, Ken M76		
49.33	1:41.72	2:34.74	3:28.01
4:04.28	4:47.12	5:33.47	6:21.30
6:58.44	7:39.93	8:24.22	9:08.34
9:44.18	10:25.74	11:11.10	11:55.36

Men 75+ 200 Yard Medley Relay

NATL: 2:15.38 N 3/31/19 SAN DIEGO SWIM

L WALKER, P ANDERSEN, M FRESHLEY, T RALPHS

ZONE: 2:23.92 Z 4/7/18 Virginia Masters Swim Tea

H Sober, E Gaulrapp, R Wise, K Novell

VA: 2:23.92 V 4/13/18 VMST

H Sober, E Gaulrapp, R Wise, K Novell

1 VIRGINIA MASTERS	B	2:43.38	
1) Sober, Harry M76	2) Nicholas, David M82		
3) Novell, Ken M76	4) Brundage, Warner M76		
38.53	1:28.17	2:08.64	2:43.38

Mixed 18+ 200 Yard Freestyle Relay

NATL: 1:24.76 N 5/2/14 THE OLYMPIC CLU

N ADRIAN, K RAATZ, K KASTES, A ERVIN

ZONE: 1:29.21 Z 4/15/18 Club Tribe

L Bureau, S Shaner, K Gallagher, G Mizerak

VA: 1:29.14 V 4/28/16 1693

K Gallagher, K Loughran, S Shaner, G Mizerak

1 CLUB TRIBE	A	1:32.04	
1) Glover, Bob M24	2) Mulquin, Catherine W24		
3) Mizerak, Gabrielle W27	4) Montes de Oca, Alex M24		
22.25	46.92	1:11.20	1:32.04

2 LIFE TIME SWIM D A 1:42.70

1) Moyer, Caroline W24	2) Moyer, Matthew M29		
3) Mateja, Taylor W25	4) Blutfeld, Matthew M28		
25.37	50.24	1:18.93	1:42.70

3 CLUB TRIBE B 1:47.25

1) Stamps, Nathan M27	2) Wooley, Samantha W23		
3) Gass, Kraig M39	4) Wittsack, Hayley W33		
24.33	55.06	1:20.10	1:47.25

4 PATRIOT MASTERS A 1:49.60

1) Gibson, Justin M25	2) Glover, Josh M23		
3) Toner, Karlin W57	4) Layton, Katie W46		
25.20	49.60	1:20.59	1:49.60

Mixed 18+ 400 Yard Freestyle Relay

NATL: 3:14.92 N 4/29/16 CLUB TRIBE ALUM

K GALLAGHER, K LOUGHRAN, K GRIER, G MIZERAK

ZONE: 3:27.67 Z 4/14/18 Club Tribe

J Henderson, A Wujciak, S Greene, K Gallagher

VA: 3:14.92 V 4/28/16 1693

K Gallagher, K Loughran, K Grier, G Mizerak

1 CLUB TRIBE	A	3:20.12Z	
1) Camp, Cory M24	2) Mulquin, Catherine W24		
3) Wujciak, Anna W24	4) Greenhalgh, Andrew M23		
22.90	48.31	1:13.42	1:40.32
2:05.78	2:33.24	2:55.88	3:20.12
2 COLONIALS 1776	A	4:12.84	
1) Meyer, Geoffrey M67	2) Schaffling, Staci W24		
3) Hug, Laurie W53	4) Schaffling, Eric M27		
31.99	1:06.02	1:36.70	2:11.90
2:43.60	3:17.55	3:43.31	4:12.84

Mixed 18+ 800 Yard Freestyle Relay

NATL: 7:21.24 N 4/15/18 CLUB TRIBE

A GREENHALGH, E RYCZEK, J HENDERSON, A WUJCIAK

ZONE: 7:21.24 Z 4/15/18 Club Tribe

A Greenhalgh, E Ryczek, J Henderson, A Wujciak

VA: 7:21.24 V 4/13/18 1693

A Greenhalgh, E Ryczek, J Henderson, A Wujciak

1 CLUB TRIBE	A	7:24.82	
1) Greenhalgh, Andrew M23	2) Ryczek, Emily W25		
3) Wujciak, Anna W24	4) Henderson, James M24		
23.81	49.03	1:14.72	1:40.59
2:07.12	2:36.48	3:06.62	3:36.48
4:03.84	4:33.74	5:04.07	5:34.69
5:59.77	6:27.76	6:56.39	7:24.82

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

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	1:42.52	
1) Glover, Bob M24	2) Schwartz, Laura W24		
3) Wang, Chris M23	4) Ryczek, Emily W25		
24.37	54.73	1:17.54	1:42.52

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Mixed 18+ 200 Yard Medley Relay)

2	LIFE TIME SWIM D	A	1:52.98
	1) Mateja, Taylor W25	2) Moyer, Caroline W24	
	3) Blutfield, Matthew M28	4) Moyer, Matthew M29	
	31.29 1:01.57	1:27.56 1:52.98	
3	COLONIALS 1776	A	2:07.11
	1) Meyer, Geoffrey M67	2) Plimpton, Hannah W33	
	3) Schaffling, Eric M27	4) Schaffling, Staci W24	
	32.77 1:12.99	1:38.67 2:07.11	
4	RESTON MASTERS S	B	2:40.92
	1) Kidd, Sally W57	2) Callaway, Jack M24	
	3) Koons, Andrew M26	4) Donahue, Kendall W46	
	1:33.76 2:03.12	2:40.92	

Mixed 18+ 400 Yard Medley Relay

NATL: 3:41.42 N 4/15/18 CLUB TRIBE

S GLASS, L SCHWARTZ, A GLASS, K GRIER

ZONE: 3:41.42 Z 4/15/18 Club Tribe

S Glass, L Schwartz, A Glass, K Grier

VA: 3:41.42 V 4/13/18 1693

S Glass, L Schwartz, A Glass, K Grier

1	CLUB TRIBE	A	3:44.55
	1) Glass, Austin M24	2) Schwartz, Laura W24	
	3) Wang, Chris M23	4) Kulczycki, Shaina W25	
	24.56 50.96	1:22.02 1:57.66	
	2:21.70 2:48.31	3:14.73 3:44.55	
2	COLONIALS 1776	A	4:34.33
	1) Swanson, Vibeke W57	2) Dougherty, Stephen M67	
	3) Schaffling, Eric M27	4) Schaffling, Staci W24	
	33.56 1:09.01	1:45.87 2:27.28	
	2:55.33 3:28.09	3:58.99 4:34.33	

Mixed 25+ 200 Yard Freestyle Relay

NATL: 1:27.70 N 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	C	1:39.43
	1) Elsaesser, Evan M34	2) Minzenmayer, Ellen W30	
	3) Greene, Shannon W33	4) Tingstrom, Michael M51	
	22.20 48.65	1:15.28 1:39.43	
2	LANE 4 SWIMMING	B	1:46.61
	1) Krause, Dori W50	2) Bower, Matthew M44	
	3) Bozeman, Lesley W37	4) Compton, Taylor M30	
	27.65 51.20	1:25.18 1:46.61	
3	UMAC-TERRAPIN MA	A	1:57.51
	1) Dowell, Noah M40	2) van Iersel, Miranda W43	
	3) Rose, Laura W32	4) Laplante, Brett M30	
	27.80 1:06.16	1:33.63 1:57.51	
4	YMCA RESTON WATE	A	2:08.72
	1) Gordon, Stephanie W31	2) Gay, Arturo M48	
	3) Gibson, Rebecca W41	4) Weaver, Aaron M41	
	30.72 1:02.51	1:38.02 2:08.72	

Mixed 25+ 400 Yard Freestyle Relay

NATL: 3:16.12 N 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	3:34.03
	1) Berger, Christoph M28	2) Kulczycki, Shaina W25	
	3) Greene, Shannon W33	4) Bulakul, Sirin M31	
	24.16 50.40	1:16.94 1:46.77	
	2:14.32 2:44.95	3:08.38 3:34.03	
2	ALEXANDRIA MASTE	A	3:59.90
	1) Bales, Paul M60	2) Lachney, Fay W57	
	3) McWilliams, Katie W35	4) Taylor, Tim M32	
	29.04 1:00.96	1:18.34 2:06.45	
	2:34.04 3:04.68	3:30.52 3:59.90	

Mixed 25+ 800 Yard Freestyle Relay

NATL: 7:20.49 N 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	RESTON MASTERS S	A	8:28.53
	1) Baldwin, Craig M44	2) Bass, Amy W48	
	3) Shapiro, Margaret W42	4) Koons, Andrew M26	
	26.26 55.17	1:24.26 1:54.35	
	2:26.74 3:02.75	3:40.71 4:16.73	
	4:47.00 5:20.02	5:53.66 6:27.45	
	6:55.48 7:26.15	7:57.29 8:28.53	

Mixed 25+ 200 Yard Medley Relay

NATL: 1:35.20 N 4/26/15 ARIZONA MASTERS

M GREVERS, A GREVERS, T DEBERRY, C VORRASI

ZONE: 1:39.63 Z 4/14/18 Club Tribe

S Glass, C Fay, G Mizerak, S Shaner

VA: 1:39.63 V 4/13/18 1693

S Glass, C Fay, G Mizerak, S Shaner

1	CLUB TRIBE	B	1:46.21
	1) Mizerak, Gabrielle W27	2) McGuire, Daniel M28	
	3) Elsaesser, Evan M34	4) Maqueda, Victoria W26	
	28.32 56.95	1:19.58 1:46.21	
2	CLUB TRIBE	D	1:55.22
	1) Wittsack, Hayley W33	2) Minzenmayer, Ellen W30	
	3) Gass, Kraig M39	4) Stamps, Nathan M27	
	32.93 1:05.09	1:31.17 1:55.22	
3	ALEXANDRIA MASTE	A	1:58.21
	1) Taylor, Tim M32	2) Bingaman, Cory M44	
	3) Fox, Amy W36	4) McWilliams, Katie W35	
	30.69 1:02.26	1:31.84 1:58.21	
4	RESTON MASTERS S	A	2:02.53
	1) Baldwin, Craig M44	2) Shapiro, Margaret W42	
	3) Thomasian, Aram M33	4) VanDoren, Sarah W27	
	28.42 1:05.00	1:33.10 2:02.53	

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

(Mixed 25+ 200 Yard Medley Relay)

5 VIRGINIA MASTERS	B	2:31.67
1) Clear, Kirk M51	2) Bamford, Sherman M54	
3) Letendre, Denise W30	4) Letendre, Claire W33	
28.20	1:31.63	2:01.21 2:31.67

Mixed 25+ 400 Yard Medley Relay

NATL: 3:45.13 N 4/25/10 RED TIDE OF NYC

K GARY, N WERNER, T SHPAIZER, D LIPPIN

ZONE: 3:45.13 Z 4/25/10 Red Tide

K Gary, N Werner, T Shpaizer, D Lippin

VA: 3:56.65 V 4/23/10 VMST

K Hibbard, C Russo, A Barley, B Gaines

1 CLUB TRIBE	B	3:55.30V
1) Berger, Christoph M28	2) Maqueda, Victoria W26	
3) Bulakul, Sirin M31	4) Grier, Katie W40	
28.39	58.35	1:30.79 2:09.59
2:34.11	3:03.45	3:28.16 3:55.30

Mixed 35+ 200 Yard Freestyle Relay

NATL: 1:30.17 N 4/25/04 ROCKY MOUNTAIN

K GARNIER, S VON DER LIPPE, J SMITH, P SMITH

ZONE: 1:34.00 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	D	1:39.24
1) Maholchic, Adrian M42	2) Harris, Kristen W42	
3) Gass, Krista W40	4) Bell, David M43	
23.79	50.44	1:16.34 1:39.24
2 LANDSHARK MASTER	A	1:45.54
1) Brennan, Edward M52	2) Orben, Erin W35	
3) Messenlehner, Carina W43	4) Krause, Matthew M42	
25.80	52.94	1:20.09 1:45.54
--- RESTON MASTERS S	A	DQ
1) Gwilliam, Glenn M40	2) Donahue, Kendall W46	
3) Bennett, Ruth W72	4) Wynes, Anthony M49	
26.88	1:05.86	1:42.01 DQ

Mixed 35+ 400 Yard Freestyle Relay

NATL: 3:26.42 N 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 LANDSHARK MASTER	A	3:48.69
1) Orben, Erin W35	2) Lovett, Mandy W44	
3) Lovett, Brian M44	4) Orben, Chris M35	
28.35	58.88	1:30.66 2:05.88
2:29.69	2:56.92	3:21.33 3:48.69
2 CLUB TRIBE	C	3:54.73
1) Rockwell, John M44	2) Choe, Michele W41	
3) Tingstrom, Michael M51	4) Gass, Krista W40	
26.98	57.05	1:24.92 1:56.98
2:24.08	2:55.36	3:23.05 3:54.73

Mixed 35+ 800 Yard Freestyle Relay

NATL: 7:24.36 N 4/17/05 ILLINOIS MASTER

L DILLMANN, J RIDGE, R KURZA, M KELLER

ZONE: 7:52.32 Z 1997 Colonials 1776

VA: 8:30.63 V 4/30/99 VMST

Lang Meem, Beth Baker, Susan Skiff, Todd Russell

1 LANDSHARK MASTER	A	8:44.22
1) Orben, Erin W35	2) Orben, Chris M35	
3) Flickinger, Erica W40	4) Brennan, Edward M52	
30.30	1:03.53	1:37.89 2:12.36
2:39.12	3:09.08	3:41.15 4:14.03
4:46.80	5:22.67	5:59.98 6:37.05
7:06.24	7:38.37	8:11.52 8:44.22

Mixed 35+ 200 Yard Medley Relay

NATL: 1:39.85 N 5/22/10 COLORADO MASTER

S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY

ZONE: 1:45.00 Z 4/20/13 Montgomery 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	1:46.40
1) Bell, David M43	2) Thomas, Ruth Anne W38	
3) Grier, Katie W40	4) Maholchic, Adrian M42	
25.68	57.22	1:23.16 1:46.40
2 LANDSHARK MASTER	A	1:54.52
1) Krause, Matthew M42	2) Oxley, Gregory M60	
3) Messenlehner, Carina W43	4) Krause, Mary Kay W41	
29.39	58.43	1:28.11 1:54.52
3 ALEXANDRIA MASTE	B	2:17.73
1) Gauzens, Stephanie W35	2) Taylor, Alaina W37	
3) Torgesen, Harald M40	4) Sutton, Marshall M41	
32.59	1:13.55	1:40.68 2:17.73

Mixed 35+ 400 Yard Medley Relay

NATL: 3:48.70 N 4/19/09 WALNUT CREEK MA

D SANTOS, R SANTOS, A ZAMANIAN, D BOATWRIGHT

ZONE: 4:00.75 Z 1997 Colonials 1776

VA: 3:50.42 V 3/15/08 VMST

C John, S Summerlin, J John, D Summerlin

1 CLUB TRIBE	C	4:13.02
1) Slater, Douglas M61	2) Thomas, Ruth Anne W38	
3) Rockwell, John M44	4) Choe, Michele W41	
29.66	1:01.48	1:34.53 2:12.54
2:40.26	3:12.86	3:40.90 4:13.02
2 LANDSHARK MASTER	A	4:24.89
1) Krause, Matthew M42	2) Orben, Chris M35	
3) Roberts, Cynthia W37	4) Flickinger, Erica W40	
29.97	1:01.54	1:35.01 2:12.80
2:43.81	3:19.75	3:50.75 4:24.89

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results

Mixed 45+ 200 Yard Freestyle Relay

NATL: 1:34.48 N 5/4/08 ARIZONA MASTERS

J SMITH, M BAILEY, S ROLLINS, P SMITH

ZONE: 1:41.19 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	LANE 4 SWIMMING	A		2:00.56
	1) Ihrig, Ylva W49		2) Becker, Marlene W54	
	3) Linehan, Sean M58		4) Dearfield, Kerry M66	
	30.50	1:01.71	1:30.72	2:00.56
2	MASTERS AQUATICS	A		2:00.74
	1) Irwin, Christopher M50		2) Wiseman, Kathryn W54	
	3) Jin, Yimin W54		4) Clark, Ted M56	
	30.88	1:03.36	2:00.79	2:00.74

Mixed 45+ 400 Yard Freestyle Relay

NATL: 3:33.11 N 1/19/19 NORTH CAROLINA

H STEWART, A HOLLAND, M ANDERSEN, E BRAUN

ZONE: 4:03.93 Z 4/4/04 Virginia Masters Swim Tea

VA: 3:53.71 V 4/28/16 VMST

G Harris, K Clear, J Kellinger, B Gras Thompson

1	RESTON MASTERS S	A		5:17.25
	1) Moyer, Michelle W56		2) Nelson, Tanja W49	
	3) Wynes, Anthony M49		4) Belyea, David M58	
	36.89	1:59.49		
	3:31.40	4:09.16	4:41.39	5:17.25
2	WARRENTON FAUQUI	A		5:26.18
	1) Conway, Raleigh M66		2) Zemo, David M53	
	3) Corbett, Alice W60		4) Adams, Blanca W61	
	46.00	1:35.64	2:09.84	2:46.79
	3:26.75	4:08.76	4:45.18	5:26.18

Mixed 45+ 800 Yard Freestyle Relay

NATL: 7:51.33 N 4/17/09 WALNUT CREEK MA

D BOATWRIGHT, C O'BRIEN, M CURRAN, B GOTHBERG

ZONE: 8:30.46 Z 4/17/11 Colonials 1776

VA: 8:51.34 V 4/11/03 VMST

L Meem, T Sue Gault, L Bennett, R Stringer

1	LANE 4 SWIMMING	A		10:03.30
	1) Dearfield, Kerry M66		2) Ihrig, Ylva W49	
	3) Becker, Marlene W54		4) Eppink, Jeffrey M64	
	32.60	1:09.75	1:50.73	2:34.95
	3:45.77	4:24.10	5:01.94	5:37.80
	6:17.05	6:57.07	7:36.05	
	8:07.40	8:45.68	9:24.49	10:03.30

Mixed 45+ 200 Yard Medley Relay

NATL: 1:44.02 N 5/4/08 ARIZONA MASTERS

J SMITH, G MILLS, S ROLLINS, M BAILEY

ZONE: 1:54.82 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	WARRENTON FAUQUI	A		3:01.80
	1) Conway, Raleigh M66		2) Zemo, David M53	
	3) Corbett, Alice W60		4) Adams, Blanca W61	
	58.90	1:41.59	2:25.62	3:01.80

Mixed 55+ 200 Yard Freestyle Relay

NATL: 1:38.64 N 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		1:55.60Z
	1) Dougherty, Stephen M67		2) Burke, Barbara W57	
	3) Saucy, Stephanie W55		4) Meyer, Geoffrey M67	
	30.51	59.63	1:28.92	1:55.60

Mixed 55+ 400 Yard Freestyle Relay

NATL: 3:48.60 N 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		4:41.64
	1) Frogley, Christopher M75		2) Jaeger, Debbie W56	
	3) Miller, Patricia W58		4) Harris, Gregory M55	
	41.95	1:28.05	2:02.19	2:39.31
	3:12.88	3:49.00	4:14.08	4:41.64

Mixed 55+ 200 Yard Medley Relay

NATL: 1:50.70 N 4/8/17 NORTH CAROLINA

F MCEACHRAN, N VESTAL, J KLEIN, S WALSH

ZONE: 2:12.79 Z 4/14/18 Virginia Masters Swim Tea

VA: 2:12.57 V 4/26/12 VMST

D Jaeger, P Miller, R Chenault, R Romo

N Betts, D Frisch, W Throne, S Loftus-Charley

1	VIRGINIA MASTERS	A		2:08.58V
	1) Jaeger, Debbie W56		2) Miller, Patricia W58	
	3) Chenault, Robert M56		4) Harris, Gregory M55	
	38.17	1:16.76	1:44.83	2:08.58
2	COLONIALS 1776	B		2:10.02Z
	1) Swanson, Vibeke W57		2) Hoffman, Charles M68	
	3) Dougherty, Stephen M67		4) Saucy, Stephanie W55	
	32.92	1:09.94	1:41.50	2:10.02

2019 COLONIES ZONE SCY CHAMPIONSHIP, Sanction #: 109-S001

George Mason University, Fairfax, VA

Results**Mixed 65+ 200 Yard Freestyle Relay**

NATL: 1:49.23 N 4/28/17 PUGET SOUND MAS

C DAVIS, S PREISSLER, W HAYES, R COLELLA

ZONE: 2:10.43 Z 4/12/15 Colonials 1776

T Tulenko, C McCloskey, N Puckett, J Amundsen

VA: 2:05.79 V 5/1/08 VMST

B Zaremski, B Schreiner, W Brundage, T Woods

1 VIRGINIA MASTERS	A	2:14.58
1) Frogley, Christopher M75	2) Loftus-Charley, Shirley W6	
3) Miller, Jim M68	4) Lyttle, Ann W71	
37.50	1:08.75	1:41.84 2:14.58

Mixed 65+ 400 Yard Freestyle Relay

NATL: 4:19.23 N 3/11/17 PALM BEACH MAST

D QUIGGIN, B JOHNSTON, F HARE, L CHILDS

ZONE: 4:36.77 Z 4/12/08 Virginia Masters Swim Tea

VA: 4:36.77 V 4/11/08 VMST

H Sober, J Detrick, A Wolfe, B Schreiner

1 VIRGINIA MASTERS	B	4:48.75
1) Mccorkle, John M67	2) Loftus-Charley, Shirley W6	
3) Miller, Jim M68	4) Boslego, Barbara W67	
31.80	1:06.20	1:39.06 2:15.29
2:52.01	3:32.28	4:09.55 4:48.75
2 RESTON MASTERS S	B	6:26.35
1) Kirwan, Denise W67	2) Nobbe, Nick M80	
3) Manheim, Lucy W76	4) Snowwhite, Larry M72	
36.09	1:16.18	2:11.69 3:09.31
4:01.37	5:00.64	5:40.85 6:26.35

Combined Team Scores**Combined Team Scores - Through Event 152**

1. Club Tribe	1756
2. Virginia Masters Swim Team	1227
3. Reston Masters Swim Team	1036
4. Colonials 1776	939
5. Lane 4 Swimming	785
6. Landshark Masters	574
7. Spring Valley YMCA Masters	411
8. Alexandria Masters Swimming	355
9. Patriot Masters Swim Team	354
10. Umac-Terrapin Masters	336
11. District Of Columbia Aquatics	287
12. Garden State Masters	227
13. E Team	225
14. Central Maryland YMCA Masters	179
15. Merritt Marlins	174
16. Uc08	172
17. Freedom Aquatic Club	156
18. Arlington Masters	145
19. Germantown Maryland Masters	136
20. Gold Coast Masters	126
21. Tide Swimming	122
22. Uc09	121
23. YMCA Reston Water Wolves	118
24. Life Time Swim Delaware Valley	116

25. Warrenton Fauquier Aquatic Clu	114
26. Riptide Masters	108
27. Swim Fort Lauderdale	101
28. New England Masters Swim Club	97
29. Uc10	88
30. Montgomery Ancient Mariners	86
31. Fairport Area Swim Team Master	81
32. Agua Masters	79
33. Uc12	68
34. Central Bucks Family YMCA	59
35. Masters Aquatics At Spring Hil	57
36. Somerset County YMCA Masters	55
37. Connecticut Masters	54
38. Uc06	52
39. Maryland Masters	51
40. Dumpster Fish	45
41. Excel Swimming	44
42. Columbia Masters Swim Team	41
43. Chester River Aquatic Blues	39
44. Fins Aquatic Club	34
45. Chelsea Piers Fitness Ny/Bk	33
46. Uc50	32
47. Tsunami Masters	29
48. Uc11	27
49. Team New York Aquatics	25
50. Sarasota Sharks Masters	22
50. Berkeley (Nj) Aquatic Masters	22
52. Chinn Aquatics and Fitness Cen	20
52. DC Dept Of Recreation & Parks	20
54. Fredricksburg American Family	19
55. Alaska Masters Swim Club	17
55. Monocacy Aquatic Club Masters	17
57. Keystone Aquatics	15
58. Rappahannock YMCA Master's Swi	14
58. Rochester Area Masters Swimmin	14
60. Masters of South Texas	9
61. Life Time Swim Mid-Atlantic (P	8
62. Warrior Team Considine	7
62. DC Triathlon Club	7
64. Santa Barbara Masters	6
65. Athletes Without Limits	1