

The Wet Gazette

March - April 2023

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Serving Masters Swimming in Virginia and West Virginia

Club Tribe Meet Results

Club Tribe renamed their March 4, 2023, meet permanently in honor of their teammate and dear friend, Katie Grauman Grier, who died of cancer in 2021 at the age of 43. In addition to being an incredible mom, daughter, sister, aunt, friend, and teammate, Katie was named the USMS Pool All-Star for Women 40-44 in 2019, earned National #1 rankings 17 times in individual events and 20 times on relays, and currently holds 7 USMS national relay records. Katie was Club Tribe's center of gravity, and she made incalculable contributions to Club Tribe and this meet.

— 110 swimmers entered the meet representing 14 clubs. Club Tribe (38), VMST (17), and SwimNERD (11) were the largest. This included (for the first time) two VMST workout groups: Stripers and SwimRVA.

— 7 new LMSC records were set, by Shirley Loftus-Charley (3), Victoria Barley (2), and Lana Berry, Marie Restrepo, and Lauren Hasselquist. The latest LMSC records are available [here](#).

Full meet results are available starting on page 5.

Congratulations Club Tribe and all competitors for a great meet!

John Shrum Cable Swim (aka Chris Greene)

The John Shrum 2-Mile Cable Swim is scheduled for June 3, 2023, at Chris Greene Lake in Charlottesville, Virginia. The event will include both a 1-mile swim (at 8:30 AM) and a 2-mile swim (at 10:00 AM). The 2-mile swim is the USMS 2023 2-Mile Cable Open Water National Championship this year so the competition will be terrific. Don't miss signing up for this one!

The event website is at <https://chrisgreenecableswim.com>.

Online entries are through Club Assistant and are available [here](#).

USMS Rule Changes

By Michael Abegg, Chair of the USMS Officials Committee

On behalf of the USMS Officials Committee, I wanted to reach out and send some information to all of you. The article reflects an unusual time period where a number of rules changes are being pushed out by governing bodies that affect us, outside of the normal cycle of things. Many of you who are also involved in USA Swimming will have heard of these already. There are 7 (gulp!) areas of recent note:

USMS Rule Changes:

1 - Breaststroke - a rule change has recently been completed by the USMS Rules Committee that eliminates the requirement for arm and/or leg movements to be conducted “in the same horizontal plane.” As far as the orientation of the body, the requirement is now simply that breaststroke is performed “at or past vertical toward the breast.” This rule change is effective now. Note also that no change was made to the requirement that legal breaststroke is defined as a kick where the feet are pointed out during the propulsive portion of the kick. *Enforcement: An athlete shall not be disqualified for arm or leg motions not performed in a horizontal plane, but shall be disqualified for non-simultaneous arm or leg motions.*

2 - Backstroke Finish - another rule change has just been completed by the USMS Rules Committee that permits a swimmer on the finish length of the backstroke, to resubmerge prior to the finish, once some point of the head has passed the finish-end backstroke flags. This rule is effective now. The previous rule did not permit this and created an enforcement issue to observe an entire swimmers body being below the surface with the hand not yet in contact with the wall. This is primarily an issue with elite swimmers who gain an advantage in dolphin-kicking underwater compared to swimming on the surface; violations of both the previous and new rules have been and are likely to continue to be rare in Masters swimming. However, the new rule has the advantage of being judged in a manner very similar to the existing enforcement of the 15-meter mark heading away from the wall on freestyle, backstroke, and butterfly.

I have been made aware that there are YouTube channels purporting to demonstrate the newly legal version of both of these changes. I cannot vouch for them as they are not channels run by any governing body. The Officials Committee will be reviewing them and perhaps will make a recommendation to Rules to jointly “endorse” one of more these videos, but that has not happened yet.

FINA/USA-S Rule Changes not requiring USMS Rule Changes:

3 - Backstroke Ledge - FINA (World Aquatics) and USA Swimming have improved the wording of language requiring that at least one toe from each foot be in contact with the actual wall of the pool, when using the ledge at the start. As our rule already required this, there is no change to our rules or interpretations. Enforcement (No change): It continues to be the starter’s responsibility to ensure all athletes have at least one toe of each foot in contact with the vertical surface of the start end wall prior to starting the heat.

4 - Freestyle portion of the Individual Medley or Medley Relay - the “Lochte rule” was written into the FINA rule book as previously it had only been an interpretation in their rules. The athlete is required to come to a position “at or past vertical toward the breast” prior to any kicking or arm stroking motion on the freestyle leg of medley events. The athlete may push off the wall “past vertical toward the back” but must at least make it to 90 degrees (perpendicular to the surface of the water) before any arm or leg propulsion. As with the previous change, this already existed as a rule in USMS so no change to our rules or interpretations is required. Enforcement (No Change): During the freestyle portion of a medley event, an athlete shall be disqualified if *observed to be conducting a propulsive motion of the arms or legs and then observed to be past vertical toward the back.*

(cont'd on page 3)

Rule Changes (cont'd from page 2)

Interpretation Updates:

5 - False Start - The interpretation of what movement constitutes a False Start has been slightly refined, and while the rule is unchanged, it is better understood that a minimum criteria for committing a false start is forward progress “down the pool” before the start signal has been given. Thus twitching legs, repositioning feet, etc. are not considered to be a false start, when they occur in the interval between when an athlete has become stationary and when the field is released by the Starter. Point of Emphasis: An athlete shall not be disqualified for motion after the “Take your mark” invitation, unless such motion has the effect of propelling the athlete down the pool.

6 - Use of Technology - no rule change here, simply the note that nothing in the rules prohibits the use of a device that stores data for later retrieval or a device that transmits data in real-time. The only prohibition is on receiving data in real-time. So during a 1000 Free, a coach could receive data from the athlete’s Fitbit on the athlete’s stroke rate, and tell an assistant operating a lap counter to move the counter board in a particular way to indicate to increase or decrease the stroke rate. However, the coach is not permitted to transmit a signal to a device attached to the swimmer’s body that provides this feedback. Point of Emphasis: An athlete shall not be disqualified for wearing a device similar in form to a wristwatch, unless that athlete is clearly observed receiving visual, audible, and/or haptic feedback from the device.

7 - Starter’s Protocol - The use of “Take Your Marks” is now preferred over “Take Your Mark” to conform to international protocol. Either is acceptable but consistency for starters across all types of meets is helpful. Point of. Emphasis: None.

We will be updating the educational materials as needed to correspond to these changes and clarifications. Please reach out if you have any questions!

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QUEST Masters Practice on February 27, 2023. Who is that guy in the middle?

Rowdy Gaines!



Current and Upcoming Events

Go The Distance

Jan 1 - Dec 31, 2023: any pool

Colonies Zone SCY Championship

April 14-16, 2023: Piscataway, NJ

USMS SCY Nationals

April 27-30, 2023: Irvine, CA

NOVA Meet (SCY Sat. & LCM Sun.)

May 6-7, 2023: Henrico, VA

USMS 2K Summer Fitness Challenge

June 1 - 30, 2023: any pool

Reston Masters' Jim McDonnell Lake Swims (1 & 2 mile swims)

May 28, 2023: Reston, VA

USMS 2-Mile Cable Swim National Championship - John Shrum Chris Greene Lake Swims (1 & 2 mile swims)

June 3, 2023: Charlottesville, VA

Big Kahuna Masters Classic (LCM)

June 17, 2023: Virginia Beach, VA

USMS LCM Nationals

August 2-6, 2023: Sarasota, FL



Cullen Jones and Margaret Dameron at the QUEST Ribbon Cutting

General Information

LMSC for Virginia Website: www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: <https://www.teamunify.com/Home.jsp?team=msmdlmsc>

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone: www.colonieszone.org

Southeast Zone: www.SouthEastZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Caycee Buscaglia

Vice-Chair: Ken Gardner

Secretary: Nancy Speer

Treasurer: Becca Latimer

Membership Coordinator: Chris Stevenson

Diversity, Equity & Inclusion: LaTonya Moyer

Coaches: Alice Phillips

Fitness: Alice Phillips

Long Distance: Dave Holland

Newsletter: Heather & Chris Stevenson

Officials: Vacant

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Angela Howsmon

Webmaster/Social Media: George Sushkoff

Katie Grauman Grier ClubTribe Masters Classic - 3/4/2023

Results - SESSION 1

Women 18-24 50 Yard Freestyle

NATL: 22.21 N 1/31/2015 VANDERPOOL-WALLAC

VA: 23.63 V 4/29/2022 Bonnie Zhang

1 Ellsmore, Rachel 24 FAFF-VA 28.26

Women 18-24 100 Yard Freestyle

NATL: 48.18 N 12/6/2014 KATIE MEILI

VA: 52.01 V 3/6/2014 Rachel Nelson

1 Ashley, Elizabeth 24 1693-VA 59.48
28.29 59.48**Women 18-24 200 Yard Freestyle**

NATL: 1:43.28 N 11/8/2009 DANA VOLLMER

VA: 1:52.85 V 4/29/2022 Bonnie Zhang

1 Ashley, Elizabeth 24 1693-VA 2:09.67
29.14 1:01.05 1:34.72 2:09.67
2 Jacobs, Elyse 24 1693-VA 2:17.32
31.05 1:04.85 1:40.69 2:17.32**Women 18-24 1000 Yard Freestyle**

NATL:10:12.42 N 3/31/2012 LUANE ROWE

VA:10:52.83 V 4/10/2016 Kaley Gregory

1 Jacobs, Elyse 24 1693-VA 12:50.41
32.85 1:08.22 1:45.40 2:23.43
3:02.10 3:41.03 4:20.38 4:59.91
5:39.23 6:18.89 6:58.29 7:37.86
8:17.68 8:57.14 9:36.67 10:15.66
10:54.68 11:33.60 12:11.93 12:50.41**Women 18-24 50 Yard Breaststroke**

NATL: 27.76 N 12/5/2014 KATIE MEILI

VA: 29.59 V 4/28/2016 Amalia Kobelja

1 Berry, Lana 24 TIDE-VA 30.74
2 Ellsmore, Rachel 24 FAFF-VA 42.32**Women 18-24 100 Yard Breaststroke**

NATL: 58.71 N 12/5/2014 KATIE MEILI

VA: 1:06.03 V 4/5/2019 Laura Schwartz

1 Berry, Lana 24 TIDE-VA 1:04.94V
30.63 1:04.94**Women 18-24 50 Yard Butterfly**

NATL: 24.54 N 11/8/2009 DANA VOLLMER

VA: 25.16 V 4/5/2019 Catherine Mulquin

1 Berry, Lana 24 TIDE-VA 26.29
2 Ellsmore, Rachel 24 FAFF-VA 30.84**Women 18-24 100 Yard Butterfly**

NATL: 52.30 N 11/8/2009 DANA VOLLMER

VA: 56.22 V 4/28/2016 Gabrielle Mizerak

1 Ellsmore, Rachel 24 FAFF-VA 1:12.15
33.05 1:12.15**Women 18-24 100 Yard IM**

NATL: 53.02 N 12/21/2014 KATIE MEILI

VA: 59.49 V 4/28/2016 Gabrielle Mizerak

1 Berry, Lana 24 TIDE-VA 1:00.55
28.09 1:00.55**Women 18-24 200 Yard IM**

NATL: 1:54.20 N 12/4/2014 KATIE MEILI

VA: 2:09.53 V 4/13/2018 Laura Schwartz

1 Jacobs, Elyse 24 1693-VA 2:39.63
33.12 1:17.82 2:02.24 2:39.63**Women 25-29 50 Yard Freestyle**

NATL: 22.00 N 4/27/2019 KATARZYNA WILK

VA: 24.13 V 3/1/2018 Rachel Nelson

1 Terryberry, Paige 29 UC12-VA 27.43

Women 25-29 100 Yard Freestyle

NATL: 48.58 N 5/12/2018 KATARZYNA WILK

VA: 52.00 V 4/7/2017 Marina Falcone

1 Terryberry, Paige 29 UC12-VA 1:01.78
28.89 1:01.78
2 Johnson, Kristen 29 TIDE-VA 1:05.85
31.81 1:05.85**Women 25-29 50 Yard Breaststroke**

NATL: 27.10 N 4/30/2016 KATIE MEILI

VA: 31.30 V 4/13/2018 Victoria Maqueda

1 Barley, Victoria 27 1693-VA 30.58V

Women 25-29 100 Yard Breaststroke

NATL: 59.58 N 2/6/2010 MEGAN JENDRICK

VA: 1:08.57 V 4/5/2019 Victoria Maqueda

1 Dewey, Anna 29 NERD-VA 1:21.43
38.12 1:21.43**Women 25-29 50 Yard Butterfly**

NATL: 24.19 N 4/28/2017 DANIELLE HERRMANN

VA: 25.89 V 4/13/2018 Gabrielle Mizerak

1 Barley, Victoria 27 1693-VA 27.05
2 Johnson, Kristen 29 TIDE-VA 32.01**Women 25-29 100 Yard IM**

NATL: 54.40 N 4/29/2017 DANIELLE HERRMANN

VA: 1:01.22 V 4/13/2018 Gabrielle Mizerak

1 Barley, Victoria 27 1693-VA 59.85V
27.43 59.85
2 Johnson, Kristen 29 TIDE-VA 1:13.92
33.66 1:13.92**Women 25-29 200 Yard IM**

NATL: 1:57.56 N 12/5/2013 JUSTINE MUELLER

VA: 2:10.46 V 4/28/2011 Kate Hibbard

1 Dewey, Anna 29 NERD-VA 2:34.28
33.45 1:13.42 1:57.52 2:34.28**Women 30-34 50 Yard Freestyle**

NATL: 22.37 N 4/7/2019 MADISON KENNEDY

VA: 25.13 V 2/9/2013 Courtney Hurtubise

1 Shepard, Megan C 32 VMST-VA 36.92

Women 30-34 50 Yard Backstroke

NATL: 24.96 N 5/1/2011 NORIKO INADA

VA: 29.18 V 4/28/2016 Elizabeth Joiner

1 Shepard, Megan C 32 VMST-VA 49.51

Katie Grauman Grier ClubTribe Masters Classic - 3/4/2023

Results - SESSION 1

Women 30-34 50 Yard Butterfly

NATL: 24.18 N 4/15/2000 ANGEL MARTINO
 VA: 25.66 V 1/30/2022 Gabrielle Mizerak

1 Shepard, Megan C 32 VMST-VA 44.41

Women 30-34 200 Yard IM

NATL: 1:58.80 N 3/11/2009 ERIKA ERNDL
 VA: 2:11.73 V 4/5/2019 Denise Letendre

1 Shepard, Megan C 32 VMST-VA 3:31.11
 45.82 1:42.84 2:45.13 3:31.11

Women 35-39 100 Yard IM

NATL: 57.25 N 4/29/2017 GABRIELLE CHANG
 VA: 1:01.35 V 4/27/2000 Beth Baker

1 Greene, Shannon 37 1693-VA 1:09.64
 32.07 1:09.64

Women 35-39 400 Yard IM

NATL: 4:24.18 N 3/14/1998 K PIPES-NEILSEN
 VA: 4:48.65 V 4/30/1999 Beth Baker

1 Greene, Shannon 37 1693-VA 5:19.03
 33.07 1:09.85 1:51.11 2:32.88
 3:20.00 4:07.98 4:43.44 5:19.03

Women 40-44 50 Yard Freestyle

NATL: 21.91 N 4/15/2007 DARA TORRES
 VA: 24.00 V 4/25/2019 Katie Grier

1 Gass, Krista 44 1693-VA 27.27

Women 40-44 200 Yard Freestyle

NATL: 1:51.06 N 12/22/2002 K PIPES-NEILSEN
 VA: 1:57.95 V 4/25/2019 Katie Grier

1 Thomas, Ruth Anne 42 1693-VA 2:17.93
 30.92 1:05.08 1:40.65 2:17.93
 2 King, Erin 43 NERD-VA 2:38.68
 34.63 1:15.62 1:58.09 2:38.68

Women 40-44 50 Yard Backstroke

NATL: 26.12 N 5/1/2011 SHERI HART
 VA: 27.97 V 4/25/2019 Katie Grier

1 Farhat, Stefanie 44 1693-VA 34.20

Women 40-44 50 Yard Breaststroke

NATL: 28.71 N 5/11/2018 KATIE GLENN
 VA: 31.34 V 4/7/2017 Kristen Harris

1 Thomas, Ruth Anne 42 1693-VA 34.43
 2 King, Erin 43 NERD-VA 40.42

Women 40-44 50 Yard Butterfly

NATL: 25.14 N 5/10/2009 S VON DER LIPPE
 VA: 26.34 V 4/5/2019 Katie Grier

1 Gass, Krista 44 1693-VA 30.26

Women 40-44 100 Yard IM

NATL: 57.95 N 4/28/2012 ERIKA BRAUN
 VA: 1:00.40 V 4/25/2019 Katie Grier

1 Thomas, Ruth Anne 42 1693-VA 1:09.27
 32.52 1:09.27

Women 45-49 50 Yard Freestyle

NATL: 23.80 N 4/8/2017 ERIKA BRAUN
 VA: 25.53 V 4/26/2012 Annette Patterson

1 Choe, Michele 45 1693-VA 28.50

Women 45-49 50 Yard Backstroke

NATL: 27.35 N 12/21/2008 K PIPES-NEILSEN
 VA: 28.94 V 4/26/2012 Annette Patterson

1 Choe, Michele 45 1693-VA 33.89

Women 45-49 50 Yard Butterfly

NATL: 25.64 N 4/9/2017 ERIKA BRAUN
 VA: 28.52 V 4/26/2012 Annette Patterson

1 Choe, Michele 45 1693-VA 33.03

Women 50-54 50 Yard Freestyle

NATL: 24.19 N 4/30/2022 ERIKA BRAUN
 VA: 25.54 V 1/26/2020 Fall Willeboordse

1 Torian, Penny 52 1693-VA 34.63
 2 Collins, Kimberly 51 CGMS-VA 41.36
 3 Souders, Suzanne 51 NNYS-VA 41.91

Women 50-54 100 Yard Freestyle

NATL: 52.77 N 5/1/2022 ERIKA BRAUN
 VA: 57.72 V 4/28/2011 Suzanne Newell

1 Torian, Penny 52 1693-VA 1:17.29
 2 Collins, Kimberly 51 CGMS-VA 1:31.53
 43.54 1:31.53
 3 Souders, Suzanne 51 NNYS-VA 1:35.89
 44.64 1:35.89

Women 50-54 200 Yard Freestyle

NATL: 1:57.96 N 4/1/2022 ALISON ZAMANIAN
 VA: 2:05.65 V 4/10/2015 Kelly Parker Palace

1 Torian, Penny 52 1693-VA 2:42.30
 37.26 1:18.30 2:01.12 2:42.30
 2 Collins, Kimberly 51 CGMS-VA 3:15.49
 44.64 1:32.63 2:24.08 3:15.49

Women 50-54 50 Yard Backstroke

NATL: 27.04 N 5/10/2013 LESLIE LIVINGSTON
 VA: 28.97 V 10/12/2019 Susan Williams

1 Boggess, Wendi 50 BAM1-VA 36.03

Women 50-54 100 Yard Backstroke

NATL: 59.19 N 3/18/2016 FALL WILLEBOORDSE
 VA: 1:03.19 V 1/26/2020 Fall Willeboordse

1 Boggess, Wendi 50 BAM1-VA 1:22.44
 39.10 1:22.44

Women 50-54 50 Yard Breaststroke

NATL: 31.61 N 4/14/2018 S VON DER LIPPE
 VA: 32.83 V 5/20/2010 Lisa Bennett

1 Boggess, Wendi 50 BAM1-VA 43.45

Women 50-54 100 Yard Breaststroke

NATL: 1:09.21 N 2/18/2012 CAROLINE KRATTLI
 VA: 1:12.46 V 5/20/2010 Lisa Bennett

1 Boggess, Wendi 50 BAM1-VA 1:35.23
 44.54 1:35.23

Katie Grauman Grier ClubTribe Masters Classic - 3/4/2023

Results - SESSION 1

Women 50-54 100 Yard IM

NATL: 1:00.21 N 4/30/2022 ERIKA BRAUN

VA: 1:04.32 V 1/26/2020 Fall Willeboordse

1	Collins, Kimberly	51	CGMS-VA	1:51.96
				54.97 1:51.96

Women 55-59 50 Yard Freestyle

NATL: 25.16 N 4/8/2017 SUE WALSH

VA: 25.61 V 4/29/2022 Fall Willeboordse

1	May, Julia	59	CM-Y-VA	36.81
2	Chadwick, Teresa	57	VMST-VA	54.72

Women 55-59 100 Yard Freestyle

NATL: 54.72 N 5/4/2008 LAURA VAL

VA: 56.27 V 4/29/2022 Fall Willeboordse

1	Cook, Amy H	55	SRVA-VA	1:09.93
				33.70 1:09.93
2	May, Julia	59	CM-Y-VA	1:24.40
				39.86 1:24.40

Women 55-59 200 Yard Freestyle

NATL: 1:57.90 N 4/30/2017 KARLYN PIPES

VA: 2:16.25 V 1/1/2010 Shirley Loftus-Charley

1	Hollings, Charlotte	58	NNYS-VA	2:16.79
				31.15 1:05.41 1:41.15 2:16.79
2	Cook, Amy H	55	SRVA-VA	2:34.26
				35.99 1:15.24 1:55.97 2:34.26

Women 55-59 1000 Yard Freestyle

NATL:11:19.85 N 2/5/2017 K PARKER PALACE

VA:11:49.98 V 4/15/2011 Shirley Loftus-Charley

1	Hollings, Charlotte	58	NNYS-VA	12:24.35
				33.13 1:09.03 1:46.23 2:23.32
				3:00.85 3:38.31 4:15.89 4:53.78
				5:31.61 6:09.00 6:47.09 7:24.77
				8:02.34 8:40.20 9:18.46 9:56.58
				10:34.38 11:11.78 11:48.77 12:24.35
2	Cook, Amy H	55	SRVA-VA	13:53.07
				37.44 1:18.85 2:01.65 2:45.29
				3:27.91 4:10.59 4:53.01 5:35.16
				6:17.20 6:59.08 7:40.92 8:22.61
				9:03.84 9:45.46 10:27.41 11:09.12
				11:50.82 12:32.40 13:13.83 13:53.07

Women 55-59 50 Yard Backstroke

NATL: 28.14 N 10/30/2016 LESLIE LIVINGSTON

VA: 29.48 V 1/15/2023 Susan Williams

1	Chadwick, Teresa	57	VMST-VA	1:07.99
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Women 55-59 50 Yard Butterfly

NATL: 27.04 N 10/30/2016 LESLIE LIVINGSTON

VA: 27.44 V 4/29/2022 Susan Williams

1	Hollings, Charlotte	58	NNYS-VA	33.40
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Women 55-59 200 Yard IM

NATL: 2:13.92 N 12/14/2019 ELLEN REYNOLDS

VA: 2:27.59 V 5/10/2018 Val Van Horn Pate

1	Hollings, Charlotte	58	NNYS-VA	2:43.51
				36.81 1:21.00 2:08.14 2:43.51

Women 60-64 50 Yard Freestyle

NATL: 26.20 N 5/11/2018 PENNY NOYES

VA: 28.23 V 2/11/2023 Val Van Horn Pate

1	Restrepo, Marie	60	1693-VA	27.84V
2	Mackall, Suni	60	1693-VA	33.65
3	Dickens, Susan	61	FAFF-VA	34.22
4	Sowers, Alison M	60	NNYS-VA	43.33
5	Upton, Becky	60	NERD-VA	44.22

Women 60-64 100 Yard Freestyle

NATL: 56.45 N 4/29/2012 LAURA VAL

VA: 1:03.68 V 9/12/2021 Kelly Parker Palace

1	Restrepo, Marie	60	1693-VA	1:06.08
				33.46 1:06.08
2	Mackall, Suni	60	1693-VA	1:14.13
				36.39 1:14.13
3	Dickens, Susan	61	FAFF-VA	1:17.80
				36.23 1:17.80
4	Upton, Becky	60	NERD-VA	1:40.98
				46.32 1:40.98

Women 60-64 200 Yard Freestyle

NATL: 2:05.75 N 5/22/2016 LAURA VAL

VA: 2:12.50 V 9/12/2021 Kelly Parker Palace

1	Dickens, Susan	61	FAFF-VA	2:43.85
				36.21 1:17.72 2:00.95 2:43.85
2	Bauer, Carol	61	VMST-VA	2:44.13
				36.02 1:17.63 2:00.90 2:44.13
3	Upton, Becky	60	NERD-VA	3:55.36
				50.14 1:46.01 3:55.36

Women 60-64 1000 Yard Freestyle

NATL:11:40.89 N 5/19/2019 BONNIE SPIVEY

VA:12:06.00 V 4/26/2012 Shirley Loftus-Charley

1	Dickens, Susan	61	FAFF-VA	15:03.10
				37.37 1:20.77 2:04.91 2:50.35
				3:36.47 4:23.03 5:09.38 5:55.30
				6:41.11 7:27.24 8:12.23 8:58.20
				9:44.82 10:30.23 11:16.16 12:02.08
				12:48.04 13:33.92 14:19.20 15:03.10

Women 60-64 50 Yard Breaststroke

NATL: 33.79 N 5/7/2017 MELINDA MANN

VA: 36.59 V 7/21/2021 Patricia Miller

1	Dickens, Susan	61	FAFF-VA	46.33
2	Sowers, Alison M	60	NNYS-VA	53.49

Women 60-64 50 Yard Butterfly

NATL: 27.93 N 5/13/2018 TRACI GRANGER

VA: 30.95 V 2/11/2023 Val Van Horn Pate

1	Bauer, Carol	61	VMST-VA	39.09
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Women 60-64 100 Yard IM

NATL: 1:05.01 N 4/30/2022 KARLYN PIPES

VA: 1:15.44 V 2/11/2012 Shirley Loftus-Charley

1	Bauer, Carol	61	VMST-VA	1:27.89
				40.36 1:27.89
2	Mackall, Suni	60	1693-VA	1:30.08
				41.33 1:30.08

Katie Grauman Grier ClubTribe Masters Classic - 3/4/2023

Results - SESSION 1

Women 60-64 200 Yard IM

NATL: 2:24.28 N 4/3/2022 AMY RIEGER
 VA: 2:36.65 V 4/13/2012 Shirley Loftus-Charley
 1 Bauer, Carol 61 VMST-VA 3:12.00
 40.30 1:28.80 2:27.10 3:12.00

Women 65-69 50 Yard Freestyle

NATL: 26.31 N 3/7/2020 PENNY NOYES
 VA: 30.42 V 5/17/2007 Beth Schreiner
 1 Hichak, Barbara 68 SRVA-VA 32.72
 2 Morgan, Kathleen 67 YOBX-NC 43.21

Women 65-69 100 Yard Freestyle

NATL: 57.88 N 5/12/2018 LAURA VAL
 VA: 1:06.77 V 5/6/2017 Shirley Loftus-Charley
 1 Hichak, Barbara 68 SRVA-VA 1:11.65
 34.14 1:11.65
 2 Hasselquist, Lauren 65 VMST-VA 1:12.33
 35.06 1:12.33
 3 Baskin, Elizabeth W 66 1693-VA 1:20.28
 37.99 1:20.28
 4 Morgan, Kathleen 67 YOBX-NC 1:37.74
 44.28 1:37.74

Women 65-69 200 Yard Freestyle

NATL: 2:07.23 N 5/11/2018 LAURA VAL
 VA: 2:23.77 V 2/5/2017 Shirley Loftus-Charley
 1 Baskin, Elizabeth W 66 1693-VA 2:58.84
 39.89 1:23.37 2:11.02 2:58.84
 2 Dunstan, Sarah 68 NNYS-VA 3:19.40
 45.14 1:35.56 2:28.19 3:19.40
 3 Morgan, Kathleen 67 YOBX-NC 3:27.97
 44.68 1:36.51 2:32.44 3:27.97

Women 65-69 1000 Yard Freestyle

NATL:11:59.50 N 4/9/2017 LAURA VAL
 VA:12:29.29 V 11/12/2016 Shirley Loftus-Charley
 1 Baskin, Elizabeth W 66 1693-VA 16:27.77
 40.55 1:25.99 2:14.79 3:03.95
 3:53.88 4:44.51 5:35.18 6:25.57
 7:16.38 8:07.11 8:57.97 9:47.98
 10:38.69 11:29.18 12:19.35 13:10.46
 14:00.48 14:50.22 15:40.69 16:27.77

Women 65-69 50 Yard Backstroke

NATL: 29.65 N 5/12/2018 LAURA VAL
 VA: 38.10 V 4/28/2016 Marcia Barry
 1 Hasselquist, Lauren 65 VMST-VA 36.61V
 2 Hichak, Barbara 68 SRVA-VA 41.08

Women 65-69 100 Yard Backstroke

NATL: 1:03.96 N 5/11/2018 LAURA VAL
 VA: 1:20.04 V 4/7/2017 Shirley Loftus-Charley
 1 Hasselquist, Lauren 65 VMST-VA 1:20.50
 39.74 1:20.50

Women 65-69 50 Yard Breaststroke

NATL: 36.58 N 5/11/2018 MELINDA WOLFF
 VA: 37.74 V 4/22/2004 Joann Leilich
 1 Morgan, Kathleen 67 YOBX-NC 1:09.01

Women 65-69 100 Yard IM

NATL: 1:07.03 N 2/1/2020 PENNY NOYES
 VA: 1:17.97 V 4/5/2019 Shirley Loftus-Charley
 1 Hasselquist, Lauren 65 VMST-VA 1:21.91
 37.77 1:21.91

Women 70-74 50 Yard Freestyle

NATL: 27.10 N 4/30/2022 LAURA VAL
 VA: 31.37 V 2/11/2023 Shirley Loftus-Charley
 1 Broderson, Molly 71 NNYS-VA 36.36

Women 70-74 100 Yard Freestyle

NATL: 59.11 N 5/1/2022 LAURA VAL
 VA: 1:08.65 V 2/11/2023 Shirley Loftus-Charley
 1 Broderson, Molly 71 NNYS-VA 1:25.69
 40.86 1:25.69

Women 70-74 200 Yard Freestyle

NATL: 2:21.31 N 6/6/2021 CHARLOTTE DAVIS
 VA: 2:27.19 V 1/22/2022 Shirley Loftus-Charley
 1 Loftus-Charley, Shirley 71 CM-Y-VA 2:28.33
 34.19 1:12.09 1:50.44 2:28.33
 2 Broderson, Molly 71 NNYS-VA 3:19.57
 46.55 1:36.30 2:28.79 3:19.57

Women 70-74 1000 Yard Freestyle

NATL:13:11.75 N 2/11/2023 S LOFTUS-CHARLEY
 VA:13:11.75 V 2/11/2023 Shirley Loftus-Charley
 1 Loftus-Charley, Shirley 71 CM-Y-VA 13:14.61
 34.74 1:13.15 1:52.86 2:32.20
 3:11.56 3:51.26 4:30.99 5:10.91
 5:51.22 6:31.70 7:11.84 7:52.31
 8:32.86 9:13.40 9:53.90 10:34.28
 11:14.65 11:55.09 12:35.38 13:14.61

Women 70-74 100 Yard Backstroke

NATL: 1:05.60 N 4/29/2022 LAURA VAL
 VA: 1:25.86 V 1/30/2022 Shirley Loftus-Charley
 1 Loftus-Charley, Shirley 71 CM-Y-VA 1:23.58V
 41.16 1:23.58

Women 70-74 50 Yard Breaststroke

NATL: 38.35 N 5/13/2022 KATHLEEN LEWIS
 VA: 43.95 V 4/29/2022 Barbara Boslego
 1 Boslego, Barbara 71 VMST-VA 44.77

Women 70-74 100 Yard Breaststroke

NATL: 1:24.44 N 8/22/2021 CHARLOTTE DAVIS
 VA: 1:35.59 V 2/26/2022 Shirley Loftus-Charley
 1 Loftus-Charley, Shirley 71 CM-Y-VA 1:34.85V
 45.81 1:34.85

Women 70-74 100 Yard Butterfly

NATL: 1:09.20 N 4/29/2022 LAURA VAL
 VA: 1:23.82 V 2/26/2022 Shirley Loftus-Charley
 1 Loftus-Charley, Shirley 71 CM-Y-VA 1:23.16V
 38.34 1:23.16

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Women 70-74 400 Yard IM

NATL: 5:34.57 N 4/1/2022 LAURA VAL
 VA: 6:05.52 V 2/26/2022 Shirley Loftus-Charley
 1 Boslego, Barbara 71 VMST-VA 7:35.69
 51.41 1:53.46 2:53.26 3:52.56
 4:56.49 5:58.74 6:47.63 7:35.69

Women 80-84 100 Yard IM

NATL: 1:41.47 N 4/30/2022 SUSAN MEYERS
 VA: 1:42.51 V 4/28/2016 Johnnie Detrick
 1 Marens, Susan 80 VMST-VA 2:15.79
 1:10.72 2:15.79

Men 18-24 200 Yard Freestyle

NATL: 1:35.02 N 11/8/2009 ANDY GRANT
 VA: 1:39.93 V 4/13/2018 Lucas Bureau
 1 Major, Kyle 23 1693-VA 1:55.99
 26.61 56.23 1:26.49 1:55.99

Men 18-24 50 Yard Backstroke

NATL: 22.33 N 5/10/2013 ANDREW ELLIOTT
 VA: 22.62 V 4/5/2019 Logan Burton
 1 Neubauer, Benjamin 24 TIDE-VA 25.06
 2 De Maria, David 24 FAFF-VA 29.04

Men 18-24 100 Yard Backstroke

NATL: 45.36 N 11/30/2012 EUGENE GODSOE
 VA: 49.46 V 4/5/2019 Logan Burton
 1 Neubauer, Benjamin 24 TIDE-VA 57.07
 26.70 57.07
 2 De Maria, David 24 FAFF-VA 1:04.99
 31.65 1:04.99

Men 18-24 50 Yard Breaststroke

NATL: 24.53 N 2/1/2015 ROSTYSLAV FEDYNA
 VA: 25.67 V 2/29/2020 Austin Temple
 1 Neubauer, Benjamin 24 TIDE-VA 28.64

Men 18-24 50 Yard Butterfly

NATL: 21.13 N 4/26/2015 HENRIK LINDAU
 VA: 21.95 V 4/13/2018 Lucas Bureau
 1 De Maria, David 24 FAFF-VA 27.67

Men 18-24 100 Yard Butterfly

NATL: 46.65 N 11/30/2012 EUGENE GODSOE
 VA: 47.41 V 4/13/2018 Lucas Bureau
 1 Major, Kyle 23 1693-VA 56.80
 26.40 56.80

Men 18-24 100 Yard IM

NATL: 48.96 N 4/26/2019 ANDREW APPLEBY
 VA: 49.23 V 4/13/2018 Lucas Bureau
 1 Neubauer, Benjamin 24 TIDE-VA 57.17
 25.97 57.17
 2 Major, Kyle 23 1693-VA 1:00.04
 28.27 1:00.04
 3 De Maria, David 24 FAFF-VA 1:02.42
 28.41 1:02.42

Men 18-24 200 Yard IM

NATL: 1:48.91 N 2/2/2020 SAMUEL STEWART
 VA: 1:57.45 V 5/19/2005 Benjamin Garrett
 1 De Maria, David 24 FAFF-VA 2:19.52
 29.17 1:04.45 1:46.16 2:19.52

Men 25-29 50 Yard Freestyle

NATL: 18.67 N 12/20/2014 BOUSQUET\ADRIAN
 VA: 20.54 V 3/3/2022 Kevin Mastracci
 1 Kettlewell-Sltes, Sam 25 1693-VA 21.00
 2 Kreider, Joshua 26 TIDE-VA 21.96

Men 25-29 100 Yard Freestyle

NATL: 41.13 N 5/3/2014 NATHAN ADRIAN
 VA: 45.47 V 3/3/2022 Kevin Mastracci
 1 Eichler, Gunnar 25 VMST-VA 52.67
 25.61 52.67

Men 25-29 100 Yard Backstroke

NATL: 45.95 N 4/15/2010 ADAM MANIA
 VA: 51.06 V 2/6/2016 David Wren
 1 Kettlewell-Sltes, Sam 25 1693-VA 52.00
 25.24 52.00

Men 25-29 50 Yard Breaststroke

NATL: 23.87 N 5/21/2010 MARK GANGLOFF
 VA: 26.64 V 1/30/2005 Jeremy Linn
 1 Kreider, Joshua 26 TIDE-VA 27.71
 2 Dean, Deion 27 TIDE-VA 28.53
 3 Kimbel, Nathan 26 TIDE-VA 29.04

Men 25-29 100 Yard Breaststroke

NATL: 51.57 N 4/25/2015 MARCUS TITUS
 VA: 57.49 V 5/16/1994 Neill Williams
 1 Burton, Logan 27 TIDE-VA 1:00.51
 28.77 1:00.51
 2 Dean, Deion 27 TIDE-VA 1:02.52
 28.92 1:02.52
 3 Eichler, Gunnar 25 VMST-VA 1:03.66
 30.07 1:03.66
 4 Kimbel, Nathan 26 TIDE-VA 1:05.64
 30.86 1:05.64

Men 25-29 50 Yard Butterfly

NATL: 20.99 N 4/28/2019 MARCIN CIESLAK
 VA: 22.89 V 4/29/2022 Joshua Kreider
 1 Burton, Logan 27 TIDE-VA 23.20
 2 Kreider, Joshua 26 TIDE-VA 23.35

Men 25-29 400 Yard IM

NATL: 3:41.85 N 12/20/2013 DARIAN TOWNSEND
 VA: 4:08.77 V 2/11/2023 Logan Burton
 1 Eichler, Gunnar 25 VMST-VA 4:42.83
 31.73 1:08.15 1:45.15 2:22.18
 3:00.24 3:39.09 4:42.83

Men 30-34 50 Yard Freestyle

NATL: 19.33 N 5/3/2014 ERVIN\ERVIN
 VA: 20.65 V 4/13/2018 Kevin Gallagher
 1 Opp, Garrett 34 NERD-VA 24.06
 2 Deal, Brian 33 CGMS-VA 26.38

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Men 30-34 200 Yard Freestyle

NATL: 1:34.00 N 12/19/2014 DARIAN TOWNSEND

VA: 1:42.39 V 4/27/2017 Geoffrey Meyer

1	Graf, William H	32	FAFF-VA	2:40.54
				34.65 1:15.57 1:58.85 2:40.54
2	Prince, Bryan	31	1693-VA	2:52.28
				38.07 2:08.57 2:52.28

Men 30-34 50 Yard Backstroke

NATL: 21.37 N 4/26/2019 MATT GREVERS

VA: 23.97 V 4/27/2017 Joshua Fowler

1	Opp, Garrett	34	NERD-VA	27.88
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Men 30-34 50 Yard Breaststroke

NATL: 24.35 N 4/24/2015 MATT GREVERS

VA: 26.59 V 9/29/2012 Vanja Rogulj

1	Kirchgessner, Richard	33	RRY-VA	33.69
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Men 30-34 100 Yard Breaststroke

NATL: 52.09 N 12/18/2021 BRANDON FISCHER

VA: 1:00.14 V 5/14/2002 Neill Williams

1	Deal, Brian	33	CGMS-VA	1:19.57
				36.63 1:19.57
2	Prince, Bryan	31	1693-VA	1:47.12
				50.44 1:47.12

Men 30-34 50 Yard Butterfly

NATL: 21.11 N 4/26/2015 MATT GREVERS

VA: 23.12 V 10/7/2017 Warren Cieslak

1	Opp, Garrett	34	NERD-VA	25.88
2	Deal, Brian	33	CGMS-VA	29.11
---	Prince, Bryan	31	1693-VA	DQ

Men 30-34 100 Yard Butterfly

NATL: 47.28 N 12/20/2013 ADAM MANIA

VA: 50.08 V 12/2/2010 Matt Haupt

1	Deal, Brian	33	CGMS-VA	1:06.48
				30.92 1:06.48

Men 30-34 100 Yard IM

NATL: 47.71 N 4/29/2017 RYAN LOCHTE

VA: 52.29 V 4/27/2017 Geoffrey Meyer

1	Kirchgessner, Richard	33	RRY-VA	1:10.10
				32.19 1:10.10
2	Graf, William H	32	FAFF-VA	1:23.50
				37.65 1:23.50
3	Prince, Bryan	31	1693-VA	1:35.60
				46.46 1:35.60

Men 35-39 50 Yard Freestyle

NATL: 20.01 N 3/25/2018 ROLAND SCHOEMAN

VA: 21.18 V 1/26/2008 Daniel Summerlin

1	Bulakul, Sirin	35	1693-VA	22.45
2	Elsaesser, Evan	38	1693-VA	22.95
3	Dougherty, William M	35	1693-VA	23.05
4	Carroll, Devin	38	UC12-VA	26.27
5	Kennedy, Joe	38	1693-VA	31.48

Men 35-39 100 Yard Freestyle

NATL: 44.24 N 4/20/2009 VLAD PYSHNENKO

VA: 47.33 V 4/26/2012 Daniel Summerlin

1	Caywood, Chris	38	VMST-VA	56.20
				26.54 56.20
2	Deppe, Russell	37	NERD-VA	56.43
				26.57 56.43
3	Carroll, Devin	38	UC12-VA	59.35
				28.55 59.35
4	Kennedy, Joe	38	1693-VA	1:12.01
				32.72 1:12.01

Men 35-39 200 Yard Freestyle

NATL: 1:36.56 N 5/4/2008 JOSH DAVIS

VA: 1:47.91 V 4/1/2000 Chris Stevenson

1	Caywood, Chris	38	VMST-VA	2:02.94
				27.35 57.30 1:29.34 2:02.94
2	Deppe, Russell	37	NERD-VA	2:07.39
				29.05 1:01.55 1:34.94 2:07.39

Men 35-39 1000 Yard Freestyle

NATL: 9:27.97 N 5/20/2010 ERIC CHRISTENSEN

VA:10:33.12 V 4/9/2005 Rob St Jean

1	Tschohl, Nathan	38	NERD-VA	11:08.72
				30.42 1:03.43 1:36.66 2:09.91
				2:43.17 3:16.79 3:50.38 4:23.94
				4:57.97 5:31.79 6:05.87 6:40.21
				7:14.12 7:48.65 8:22.54 8:56.51
				9:30.45 10:04.06 10:37.37 11:08.72

Men 35-39 50 Yard Backstroke

NATL: 22.62 N 4/29/2017 JEFF NATALIZIO

VA: 24.64 V 4/1/2000 Chris Stevenson

1	Bulakul, Sirin	35	1693-VA	26.15
2	Dougherty, William M	35	1693-VA	28.27

Men 35-39 100 Yard Backstroke

NATL: 47.86 N 4/30/2017 JEFF NATALIZIO

VA: 52.93 V 4/1/2000 Chris Stevenson

1	Dougherty, William M	35	1693-VA	1:00.90
				29.73 1:00.90
2	Caywood, Chris	38	VMST-VA	1:05.25
				31.74 1:05.25

Men 35-39 50 Yard Breaststroke

NATL: 25.03 N 3/4/2021 JAMES FIKE

VA: 27.87 V 4/27/2017 Aaron Nester

1	Tschohl, Nathan	38	NERD-VA	32.19
2	Carroll, Devin	38	UC12-VA	33.57

Men 35-39 100 Yard Breaststroke

NATL: 54.14 N 3/4/2021 JAMES FIKE

VA: 1:01.50 V 1/1/1993 Michael Slowey

1	Carroll, Devin	38	UC12-VA	1:12.72
				34.72 1:12.72

Men 35-39 50 Yard Butterfly

NATL: 21.24 N 3/25/2018 ROLAND SCHOEMAN

VA: 23.36 V 2/29/2020 Evan Elsaesser

1	Elsaesser, Evan	38	1693-VA	23.61
2	Bulakul, Sirin	35	1693-VA	24.19

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Men 35-39 100 Yard Butterfly

NATL: 47.62 N 3/25/2018 ROLAND SCHOEMAN

VA: 51.69 V 1/26/2008 Daniel Summerlin

1	Elsaesser, Evan	38	1693-VA	54.03
	25.17			54.03
2	Carroll, Devin	38	UC12-VA	1:05.79
	31.45			1:05.79

Men 35-39 100 Yard IM

NATL: 49.01 N 4/29/2017 JEFF NATALIZIO

VA: 53.70 V 4/28/2016 Michael Lovett

1	Dougherty, William M	35	1693-VA	58.83
	26.64			58.83
2	Caywood, Chris	38	VMST-VA	1:06.08
	30.16			1:06.08

Men 35-39 200 Yard IM

NATL: 1:48.74 N 12/22/2002 RONALD KARNAUGH

VA: 1:59.02 V 1/26/2008 Daniel Summerlin

1	Dougherty, William M	35	1693-VA	2:11.66
	27.59			1:00.19
				1:40.12
				2:11.66

Men 40-44 50 Yard Freestyle

NATL: 20.67 N 12/20/2014 JOSH DAVIS

VA: 21.84 V 1/1/1998 John Tudor

1	Gass, Kraig	43	1693-VA	25.42
2	Hardy, Ryan	40	VMST-VA	25.45
3	Walton, Jeffrey H	43	1693-VA	32.31

Men 40-44 100 Yard Freestyle

NATL: 45.15 N 5/3/2014 JOSH DAVIS

VA: 47.58 V 4/27/2000 John Tudor

1	Walton, Jeffrey H	43	1693-VA	1:12.03
	34.17			1:12.03

Men 40-44 200 Yard Freestyle

NATL: 1:38.23 N 4/24/2015 JOSH DAVIS

VA: 1:44.37 V 3/6/2009 Chris Stevenson

1	Robbins, Michael	42	NERD-VA	2:20.00
	31.34			1:06.63
				1:43.19
				2:20.00
2	Walton, Jeffrey H	43	1693-VA	2:47.53
	35.10			1:16.12
				2:02.28
				2:47.53

Men 40-44 50 Yard Backstroke

NATL: 22.77 N 4/26/2009 MICHAEL ROSS

VA: 24.45 V 4/11/2008 Chris Stevenson

1	Gass, Kraig	43	1693-VA	29.93
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Men 40-44 50 Yard Breaststroke

NATL: 24.19 N 12/19/2021 JAMES FIKE

VA: 28.43 V 4/7/2017 Rich Williams

1	Hardy, Ryan	40	VMST-VA	33.41
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Men 40-44 100 Yard Butterfly

NATL: 49.27 N 5/4/2008 MICHAEL ROSS

VA: 50.81 V 5/7/2009 Chris Stevenson

1	Gass, Kraig	43	1693-VA	1:01.74
	27.68			1:01.74
2	Robbins, Michael	42	NERD-VA	1:03.10
	28.87			1:03.10

Men 40-44 100 Yard IM

NATL: 50.65 N 4/30/2022 JAMES FIKE

VA: 55.67 V 5/8/1998 John Tudor

1	Hardy, Ryan	40	VMST-VA	1:07.19
	30.69			1:07.19

Men 45-49 50 Yard Freestyle

NATL: 21.06 N 5/21/2010 RICHARD HUGHEY

VA: 22.65 V 2/5/2017 Brent Holsten

1	Thomas, Joel	46	1693-VA	25.83
2	Driscoll, Keith	47	1693-VA	26.10
3	Adkins, Dana	45	1693-VA	27.14

Men 45-49 100 Yard Freestyle

NATL: 46.21 N 4/26/2015 NICOLAS GRANGER

VA: 50.09 V 2/5/2017 Brent Holsten

1	Adkins, Dana	45	1693-VA	59.73
	29.01			59.73

Men 45-49 200 Yard Freestyle

NATL: 1:41.69 N 5/21/2010 DAVID SIMS

VA: 1:45.92 V 3/5/2010 Chris Stevenson

1	Bengtson, Jon	45	NERD-VA	2:06.13
	27.63			59.16
				1:32.89
				2:06.13

Men 45-49 50 Yard Backstroke

NATL: 23.58 N 4/26/2015 MICHAEL ROSS

VA: 24.28 V 5/20/2010 Chris Stevenson

1	Rockwell, John	48	1693-VA	29.31
2	Williams, Rich	47	1693-VA	29.50

Men 45-49 100 Yard Backstroke

NATL: 51.49 N 4/29/2022 CHUCK BARNES

VA: 51.55 V 4/28/2011 Chris Stevenson

1	Bengtson, Jon	45	NERD-VA	1:04.10
	31.43			1:04.10

Men 45-49 50 Yard Breaststroke

NATL: 25.66 N 4/27/2019 JEFF COMMINGS

VA: 28.60 V 5/17/2007 David Malsbury

1	Williams, Rich	47	1693-VA	31.99
2	Rockwell, John	48	1693-VA	34.00

Men 45-49 100 Yard Breaststroke

NATL: 55.69 N 5/13/2018 STEVE WEST

VA: 1:04.24 V 4/15/2010 David Malsbury

1	Rockwell, John	48	1693-VA	1:13.24
	33.98			1:13.24

Men 45-49 50 Yard Butterfly

NATL: 22.67 N 5/4/2008 PAUL SMITH

VA: 23.89 V 3/5/2010 Chris Stevenson

1	Thomas, Joel	46	1693-VA	27.64
2	Rockwell, John	48	1693-VA	29.32
3	Adkins, Dana	45	1693-VA	30.97

Men 45-49 100 Yard Butterfly

NATL: 50.20 N 4/29/2022 CHUCK BARNES

VA: 51.36 V 3/5/2010 Chris Stevenson

1	Adkins, Dana	45	1693-VA	1:09.43
	32.33			1:09.43

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Men 45-49 100 Yard IM

NATL: 52.14 N 5/23/2010 RICHARD HUGHEY

VA: 54.99 V 5/20/2010 Chris Stevenson

1	Adkins, Dana	45	1693-VA	1:09.25
	33.38	1:09.25		
2	Thomas, Joel	46	1693-VA	1:13.21
	33.31	1:13.21		

Men 50-54 50 Yard Freestyle

NATL: 21.36 N 4/29/2011 ROWDY GAINES

VA: 22.20 V 4/29/2022 Brent Holsten

1	O'Brien, Terrence	52	1693-VA	26.15
2	Kimball, Joe	54	1693-VA	26.53
3	Gill, Thomas	51	1693-VA	28.60

Men 50-54 100 Yard Freestyle

NATL: 46.59 N 5/10/2009 ROWDY GAINES

VA: 49.93 V 4/29/2022 Brent Holsten

1	Lillehei, Peter	50	VMST-VA	54.81
	26.65	54.81		
2	O'Brien, Terrence	52	1693-VA	56.23
	26.75	56.23		
3	Callender, Sean	53	VMST-VA	59.42
	28.04	59.42		

Men 50-54 200 Yard Freestyle

NATL: 1:43.76 N 5/10/2009 ROWDY GAINES

VA: 1:54.59 V 4/10/2016 Gregory Harris

1	Lillehei, Peter	50	VMST-VA	2:00.74
	27.56	58.25	1:30.01	2:00.74
2	O'Brien, Terrence	52	1693-VA	2:06.79
	28.24	1:00.64	1:34.82	2:06.79
3	Mills, Edward	54	CM-Y-VA	2:44.97
	40.61	1:22.76	2:04.58	2:44.97

Men 50-54 1000 Yard Freestyle

NATL: 9:55.84 N 4/6/2013 KEITH SWITZER

VA: 10:36.39 V 4/10/2016 Rob Jones

--- Mills, Edward 54 CM-Y-VA DNF

Men 50-54 50 Yard Backstroke

NATL: 24.57 N 5/4/2014 FRITZ BEDFORD

VA: 25.19 V 4/29/2022 Brent Holsten

1	Holsten, Brent	51	1693-VA	26.40
2	Callender, Sean	53	VMST-VA	35.52

Men 50-54 50 Yard Breaststroke

NATL: 26.20 N 4/29/2022 STEVE WEST

VA: 28.30 V 5/10/2018 Gregory Harris

1	Lillehei, Peter	50	VMST-VA	33.64
2	Kimball, Joe	54	1693-VA	36.67

Men 50-54 50 Yard Butterfly

NATL: 23.19 N 4/25/2004 TRIP HEDRICK

VA: 23.62 V 4/29/2022 Brent Holsten

1	Kimball, Joe	54	1693-VA	30.39
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Men 50-54 100 Yard Butterfly

NATL: 51.73 N 5/12/2013 DAVID SIMS

VA: 56.35 V 2/8/2015 Chris Stevenson

1	Gill, Thomas	51	1693-VA	1:12.02
	32.98	1:12.02		

Men 50-54 100 Yard IM

NATL: 53.60 N 4/29/2017 MIKE IRVIN

VA: 56.08 V 4/29/2022 Brent Holsten

1	Earle, Daniel T	50	1693-VA	1:11.46
	32.08	1:11.46		
2	Callender, Sean	53	VMST-VA	1:12.22
	32.95	1:12.22		
3	Gill, Thomas	51	1693-VA	1:14.11
	34.55	1:14.11		

Men 50-54 200 Yard IM

NATL: 1:58.19 N 3/11/2017 MIKE IRVIN

VA: 2:08.10 V 4/13/2018 Gregory Harris

1	Earle, Daniel T	50	1693-VA	2:41.08
	33.27	1:14.08	2:02.69	2:41.08

Men 50-54 400 Yard IM

NATL: 4:16.57 N 5/2/2014 DARREN PHELAN

VA: 4:47.01 V 4/28/2016 Gregory Harris

1	Earle, Daniel T	50	1693-VA	5:46.08
	36.48	1:19.85	2:04.72	2:48.96
	3:39.16	4:29.12	5:08.59	5:46.08

Men 60-64 50 Yard Freestyle

NATL: 22.30 N 5/22/2005 RICHARD ABRAHAMAS

VA: 24.16 V 4/14/2011 Scott Kauffman

1	Cook, Michael S	60	1693-VA	27.52
2	North, Dirk	62	RRY-VA	30.66
3	Horst, Jack	63	1693-VA	31.08

Men 60-64 100 Yard Freestyle

NATL: 49.14 N 5/22/2005 RICHARD ABRAHAMAS

VA: 54.14 V 4/13/2018 Douglas Slater

1	Keith, Algernon J	62	VMST-VA	56.49
	26.49	56.49		
2	Cortina, Jorge	63	VMST-VA	59.16
	27.95	59.16		
3	Finger, Craig	62	O*H*-LE	1:00.65
	29.72	1:00.65		
4	Cook, Michael S	60	1693-VA	1:02.90
	30.26	1:02.90		
5	Keating, Raymond G	63	VMST-VA	1:03.38
	30.37	1:03.38		
6	Bickley, Matthew	61	CGMS-VA	1:03.63
	30.06	1:03.63		
7	Ingebretsen, Carl	61	FAFF-VA	1:04.06
	31.03	1:04.06		
8	Kammermann, Chris	60	TIDE-VA	1:10.75
	33.72	1:10.75		
9	Horst, Jack	63	1693-VA	1:11.28
10	Randolph, David B	62	NERD-VA	1:16.67
	36.35	1:16.67		
11	Kato, Seiji	61	VMST-VA	1:17.14
	37.35	1:17.14		

Katie Grauman Grier ClubTribe Masters Classic - 3/4/2023

Results - SESSION 1

Men 60-64 200 Yard Freestyle

NATL: 1:51.08 N 4/24/2015 RICK COLELLA

VA: 2:12.68 V 4/11/2003 Jack Schiltz

1	Finger, Craig	62	O*H*-LE	2:12.62
	31.49	1:05.24	1:39.43	2:12.62
2	Cortina, Jorge	63	VMST-VA	2:13.73
	30.84	1:04.28	1:39.23	2:13.73
3	Bickley, Matthew	61	CGMS-VA	2:15.46
	31.36	1:04.84	1:40.24	2:15.46
4	Ingebretsen, Carl	61	FAFF-VA	2:20.33
	32.33	1:07.58	1:43.93	2:20.33
5	McLeod, Gregor	63	NERD-VA	2:21.92
	32.00	1:07.02	1:44.37	2:21.92
6	Kato, Seiji	61	VMST-VA	2:57.96
	41.23	1:27.10	2:14.32	2:57.96
---	Keith, Algernon J	62	VMST-VA	DQ
	38.96	1:24.45	2:12.40	DQ

Men 60-64 1000 Yard Freestyle

NATL:10:42.16 N 4/23/2015 MICHAEL MANN

VA:12:21.93 V 7/21/2021 Jorge Cortina

1	Brown, David W	61	VMST-VA	13:08.82
	36.25	1:14.81	1:54.38	2:34.77
	3:14.96	3:55.12	4:35.04	5:15.22
	5:55.71	6:35.33	7:15.05	7:54.74
	8:34.78	9:14.18	9:54.41	10:33.90
	11:13.39	11:52.74	12:31.76	13:08.82
2	Bickley, Matthew	61	CGMS-VA	13:12.21
	33.55	1:11.62	1:50.99	2:30.50
	3:10.40	3:49.67	4:29.36	5:08.81
	5:48.16	6:28.29	7:08.80	7:49.04
	8:29.45	9:09.92	9:50.24	10:30.95
	11:11.67	11:51.97	12:32.60	13:12.21
3	Kammermann, Chris	60	TIDE-VA	14:54.21
	37.85	1:20.69	2:04.84	2:49.56
	3:34.52	4:18.74	5:04.13	5:49.68
	6:35.66	7:21.19	8:05.73	8:51.13
		10:23.31	11:09.11	11:55.83
	12:41.73	13:27.00	14:12.12	14:54.21

Men 60-64 50 Yard Backstroke

NATL: 26.60 N 4/7/2018 BRUCE KONE

VA: 27.69 V 3/17/2018 Douglas Slater

1	Keating, Raymond G	63	VMST-VA	33.33
2	Horst, Jack	63	1693-VA	37.52

Men 60-64 100 Yard Backstroke

NATL: 57.46 N 4/30/2016 TOM BARTON

VA: 1:00.29 V 4/13/2018 Douglas Slater

1	Keating, Raymond G	63	VMST-VA	1:12.40
	35.44	1:12.40		

Men 60-64 50 Yard Breaststroke

NATL: 28.20 N 7/24/2021 DAVID GUTHRIE

VA: 31.47 V 5/15/2003 Jack Schiltz

1	North, Dirk	62	RRY-VA	36.01
2	Kato, Seiji	61	VMST-VA	48.85

Men 60-64 100 Yard Breaststroke

NATL: 1:00.64 N 4/30/2022 DAVID GUTHRIE

VA: 1:10.68 V 4/5/2019 Ken Neubauer

1	Ingebretsen, Carl	61	FAFF-VA	1:30.41
	42.64	1:30.41		

Men 60-64 50 Yard Butterfly

NATL: 24.36 N 2/10/2018 BRUCE KONE

VA: 26.99 V 4/14/2011 Scott Kauffman

1	Finger, Craig	62	O*H*-LE	29.98
2	Cook, Michael S	60	1693-VA	30.81
3	McLeod, Gregor	63	NERD-VA	31.14
4	Ingebretsen, Carl	61	FAFF-VA	31.61

Men 60-64 100 Yard Butterfly

NATL: 54.70 N 5/11/2018 PAUL CARTER

VA: 1:00.28 V 2/29/2020 Douglas Slater

1	McLeod, Gregor	63	NERD-VA	1:08.92
	31.79	1:08.92		
2	Ingebretsen, Carl	61	FAFF-VA	1:15.37
	33.67	1:15.37		

Men 60-64 100 Yard IM

NATL: 57.23 N 5/11/2013 RICK COLELLA

VA: 1:00.09 V 4/13/2018 Douglas Slater

1	Finger, Craig	62	O*H*-LE	1:08.19
	32.63	1:08.19		
2	Keating, Raymond G	63	VMST-VA	1:11.09
	33.16	1:11.09		

Men 60-64 400 Yard IM

NATL: 4:24.24 N 5/2/2014 RICK COLELLA

VA: 5:08.78 V 3/17/2018 Douglas Slater

1	Keith, Algernon J	62	VMST-VA	6:04.91
	37.47	1:23.96	2:12.96	3:01.88
	3:53.27	4:44.42	5:26.09	6:04.91

Men 65-69 50 Yard Freestyle

NATL: 22.10 N 5/23/2010 RICHARD ABRAHAMAS

VA: 26.47 V 4/11/2008 Harry Sober

1	Plough, Robert	66	UC13-NC	28.77
2	Donlan, John E	67	YOBX-NC	32.82
3	Anderson, Paul	65	UC12-VA	33.17
4	Brown, Andrew	65	NNYS-VA	37.13

Men 65-69 100 Yard Freestyle

NATL: 49.42 N 5/22/2010 RICHARD ABRAHAMAS

VA: 59.61 V 2/3/2018 Craig Bauer

1	Trivette, Robert	66	YOBX-NC	1:02.42
	30.76	1:02.42		
2	Plough, Robert	66	UC13-NC	1:03.40
	30.55	1:03.40		
3	Donlan, John E	67	YOBX-NC	1:15.48
	37.60	1:15.48		
4	Brown, Andrew	65	NNYS-VA	1:21.27
	38.85	1:21.27		

Katie Grauman Grier ClubTribe Masters Classic - 3/4/2023

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Men 65-69 200 Yard Freestyle

NATL: 1:52.57 N 4/30/2017 RICK COLELLA

VA: 2:15.65 V 3/17/2018 Craig Bauer

1	Plough, Robert	66	UC13-NC	2:20.66
				1:06.27
				1:43.84
				2:20.66
2	Anderson, Paul	65	UC12-VA	2:46.60
				37.33
				1:19.87
				2:04.80
				2:46.60
3	Donlan, John E	67	YOBX-NC	2:52.31
				39.82
				1:23.62
				2:09.78
				2:52.31
4	Brown, Andrew	65	NNYS-VA	3:21.04
				3:02.83
				3:21.04

Men 65-69 50 Yard Backstroke

NATL: 27.74 N 5/23/2010 RICHARD ABRAHAMS

VA: 33.50 V 4/11/2008 Harry Sober

1	Trivette, Robert	66	YOBX-NC	33.28
2	Anderson, Paul	65	UC12-VA	43.57

Men 65-69 100 Yard Breaststroke

NATL: 1:02.75 N 4/28/2017 RICK COLELLA

VA: 1:18.36 V 4/18/2009 Warner Brundage

1	Anderson, Paul	65	UC12-VA	1:45.62
				48.55
				1:45.62

Men 65-69 50 Yard Butterfly

NATL: 24.94 N 5/22/2010 RICHARD ABRAHAMS

VA: 29.12 V 5/19/2005 Art Wolfe

1	Plough, Robert	66	UC13-NC	30.86
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Men 65-69 100 Yard IM

NATL: 57.37 N 4/26/2019 RICK COLELLA

VA: 1:08.17 V 5/19/2005 Art Wolfe

1	Trivette, Robert	66	YOBX-NC	1:13.04
				34.35
				1:13.04
2	Plough, Robert	66	UC13-NC	1:17.24
				34.72
				1:17.24
3	Anderson, Paul	65	UC12-VA	1:33.09
				44.93
				1:33.09

Men 65-69 400 Yard IM

NATL: 4:30.64 N 5/11/2018 RICK COLELLA

VA: 5:40.97 V 5/11/2006 Art Wolfe

1	Trivette, Robert	66	YOBX-NC	5:59.20
				37.89
				1:22.55
				2:08.72
				2:54.02
				3:45.18
				4:36.88
				5:18.50
				5:59.20

Men 70-74 50 Yard Freestyle

NATL: 24.13 N 5/4/2008 JEFF FARRELL

VA: 26.96 V 4/28/2016 Hank Holswade

1	Burke, Anthony A	74	SRVA-VA	38.35
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Men 70-74 50 Yard Backstroke

NATL: 28.79 N 11/6/2022 RICK COLELLA

VA: 33.86 V 4/28/2016 Hank Holswade

1	Burke, Anthony A	74	SRVA-VA	48.71
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Men 70-74 50 Yard Breaststroke

NATL: 29.84 N 4/29/2022 RICK COLELLA

VA: 37.91 V 5/9/2013 Terry Gernstein

1	Burke, Anthony A	74	SRVA-VA	54.25
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Men 70-74 100 Yard IM

NATL: 59.97 N 4/30/2022 RICK COLELLA

VA: 1:17.51 V 4/26/2012 Randolph Wise

1	Burke, Anthony A	74	SRVA-VA	1:48.91
				51.22
				1:48.91

Men 75-79 50 Yard Freestyle

NATL: 25.58 N 3/4/2012 JEFF FARRELL

VA: 28.59 V 5/10/2018 Harry Sober

1	Pecori, Peter	76	1693-VA	1:10.33
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Men 75-79 100 Yard Freestyle

NATL: 58.68 N 5/10/2009 DAVID RADCLIFF

VA: 1:04.67 V 4/13/2018 Harry Sober

1	Romano, Vince	76	1693-VA	1:25.56
				41.02
				1:25.56

Men 75-79 200 Yard Freestyle

NATL: 2:08.77 N 5/10/2009 DAVID RADCLIFF

VA: 2:34.73 V 5/10/2018 Ken Novell

1	Romano, Vince	76	1693-VA	3:04.43
				42.75
				1:30.51
				2:19.52
				3:04.43

Men 75-79 1000 Yard Freestyle

NATL:12:20.59 N 5/10/2009 DAVID RADCLIFF

VA:16:38.58 V 1/1/1999 Calvin Barnes

1	Romano, Vince	76	1693-VA	17:26.91
				45.77
				1:36.72
				2:28.63
				3:20.05
				4:11.93
				5:04.79
				5:58.57
				6:52.08
				7:45.75
				8:38.87
				9:32.78
				10:26.57
				11:20.58
				12:13.71
				13:08.12
				14:02.10
				14:56.18
				15:49.34
				16:42.00
				17:26.91

Men 85-89 100 Yard Freestyle

NATL: 1:10.92 N 4/18/2010 FRANK PIEMME

VA: 1:26.81 V 7/21/2021 Lee Bergen

1	Beattie, Cal	88	UC12-VA	2:14.58
				1:04.00
				2:14.58

Men 85-89 200 Yard Freestyle

NATL: 2:42.78 N 5/19/2019 DAVID RADCLIFF

VA: 3:32.32 V 7/21/2021 Lee Bergen

1	Beattie, Cal	88	UC12-VA	5:03.45
				2:22.84
				5:03.45

Women 18+ 200 Yard Freestyle Relay

NATL: 1:35.66 N 4/30/2016 CLUB TRIBE ALUM

G MIZERAK, S SHANER, C HURTUBISE, K GRIER

VA: 1:35.66 V 4/28/2016 1693

G Mizerak, S Shaner, C Hurtubise, K Grier

1	1693-VA	B	2:11.66
	1) Ashley, Elizabeth W24	2) Baskin, Elizabeth W W66	
	3) Torian, Penny W52	4) Mackall, Suni W60	
			27.92
			1:02.44
			1:37.46
			2:11.66

Women 18+ 100 Yard Medley Relay

1	1693-VA	B	58.22
	1) Choe, Michele W45	2) Thomas, Ruth Anne W42	
	3) Greene, Shannon W37	4) Jacobs, Elyse W24	
			31.48
			58.22

Katie Grauman Grier ClubTribe Masters Classic - 3/4/2023

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(Women 18+ 100 Yard Medley Relay)

2	1693-VA	A	1:02.66
	1) Farhat, Stefanie W44	2) Mackall, Suni W60	
	3) Ashley, Elizabeth W24	4) Restrepo, Marie W60	
	36.17	1:02.66	

Women 25+ 100 Yard Medley Relay

1	VMST-VA	A	1:35.79
	1) Boslego, Barbara W71	2) Marens, Susan W80	
	3) Shepard, Megan C W32	4) Chadwick, Teresa W57	
	50.56	1:35.79	

Women 35+ 200 Yard Freestyle Relay

NATL: 1:36.42 N 2/1/2015 NCMS

K LINDAUER, A UHL, J STRINGER, E BRAUN

VA: 1:41.49 V 4/3/2019 1693

R Ann Thomas, M Choe, K Gass, K Grier

1	1693-VA	A	1:53.38
	1) Thomas, Ruth Anne W42	2) Farhat, Stefanie W44	
	3) Greene, Shannon W37	4) Gass, Krista W44	
	28.29	57.76	1:25.65
	1:53.38		
2	NERD-VA	A	2:13.10
	1) King, Erin W43	2) Upton, Becky W60	
	3) Terryberry, Paige W29	4) Dewey, Anna W29	
	33.67	1:17.36	1:44.66
	2:13.10		

Women 45+ 200 Yard Freestyle Relay

NATL: 1:40.44 N 4/30/2011 COLORADO MASTER

K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE

VA: 1:48.11 V 4/26/2012 VMST

A Phillips, J Kellinger, M Dean Bittner, A Patters

1	NNYS-VA	A	2:44.45
	1) Souders, Suzanne W51	2) Sowers, Alison M W60	
	3) Broderson, Molly W71	4) Dunstan, Sarah W68	
	42.00	1:25.58	2:01.84
	2:44.45		

Women 55+ 100 Yard Medley Relay

1	NNYS-VA	A	1:22.92
	1) Hollings, Charlotte W58	2) Sowers, Alison M W60	
	3) Broderson, Molly W71	4) Dunstan, Sarah W68	
	42.71	1:22.92	

Men 18+ 100 Yard Medley Relay

1	TIDE-VA	A	44.91
	1) Neubauer, Benjamin M24	2) Dean, Deion M27	
	3) Burton, Logan M27	4) Kreider, Joshua M26	
	25.06	44.91	
2	1693-VA	A	48.31
	1) Kettlewell-Sites, Sam M25	2) Williams, Rich M47	
	3) Elsaesser, Evan M38	4) Major, Kyle M23	

Men 25+ 200 Yard Freestyle Relay

NATL: 1:19.71 N 4/7/2018 RICE AQUATICS

W WAGNER, A SURHOFF, D HILL, B COLLINS

VA: 1:24.75 V 4/13/2018 1693

K Gallagher, K Loughran, C Fay, S Glass

1	1693-VA	A	2:56.13
	1) Ahlgren, Kyle M47	2) Prince, Bryan M31	
	3) Pecori, Peter M76	4) Romano, Vince M76	
	33.54	1:08.57	2:18.06
	2:56.13		

Men 35+ 200 Yard Freestyle Relay

NATL: 1:23.32 N 5/29/2010 LONGHORN AQUATI

T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN

VA: 1:28.59 V 1/1/1998 VMST

L Tudor, D Malsbury, C Flood, J Tudor

1	1693-VA	B	1:32.43
	1) Bulakul, Sirin M35	2) Dougherty, William M M35	
	3) Gass, Kraig M43	4) Elsaesser, Evan M38	
	22.33	45.16	1:10.07
	1:32.43		
2	VMST-VA	A	1:45.17
	1) Cortina, Jorge M63	2) Lillehei, Peter M50	
	3) Callender, Sean M53	4) Caywood, Chris M38	
	26.22	51.13	1:18.74
	1:45.17		
3	1693-VA	C	2:03.04
	1) Gill, Thomas M51	2) Kennedy, Joe M38	
	3) Horst, Jack M63	4) Walton, Jeffrey H M43	
	29.02	1:00.18	1:30.37
	2:03.04		

Men 35+ 100 Yard Medley Relay

1	1693-VA	B	51.47
	1) Rockwell, John M48	2) O'Brien, Terrence M52	
	3) Gass, Kraig M43	4) Dougherty, William M M35	
	29.18	51.47	
2	1693-VA	C	1:00.74
	1) Driscoll, Keith M47	2) Walton, Jeffrey H M43	
	3) Gill, Thomas M51	4) Kimball, Joe M54	
	32.64	1:00.74	
3	VMST-VA	A	1:05.92
	1) Callender, Sean M53	2) Kato, Seiji M61	
	3) Keating, Raymond G M63	4) Caywood, Chris M38	
	39.44	1:05.92	

Men 45+ 200 Yard Freestyle Relay

NATL: 1:27.70 N 5/4/2008 ARIZONA MASTERS

JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH

VA: 1:31.67 V 4/29/2022 1693

R Williams, B Holsten, P Klepckick, D Bell

1	1693-VA	A	1:43.13
	1) O'Brien, Terrence M52	2) Rockwell, John M48	
	3) Thomas, Joel M46	4) Driscoll, Keith M47	
	26.17	52.38	1:17.85
	1:43.13		
2	1693-VA	B	1:48.38
	1) Cook, Michael S M60	2) Earle, Daniel T M50	
	3) Kimball, Joe M54	4) Adkins, Dana M45	
	27.59	55.15	1:21.25
	1:48.38		

Men 45+ 100 Yard Medley Relay

1	1693-VA	A	57.71
	1) Earle, Daniel T M50	2) Adkins, Dana M45	
	3) Cook, Michael S M60	4) Thomas, Joel M46	
	32.58	57.71	

Katie Grauman Grier ClubTribe Masters Classic - 3/4/2023**Results - SESSION 1****Mixed 18+ 200 Yard Freestyle Relay**

NATL: 1:24.76 N 5/2/2014 THE OLYMPIC CLU

N ADRIAN, K RAATZ, K KASTES, A ERVIN

VA: 1:29.14 V 4/28/2016 1693

K Gallagher, K Loughran, S Shaner, G Mizerak

1	1693-VA	A	1:44.38
	1) Kettlewell-Sites, Sam M25	2) Major, Kyle M23	
	3) Jacobs, Elyse W24	4) Barley, Victoria W27	
	26.07	49.66	1:18.43 1:44.38
2	FAFF-VA	A	1:56.78
	1) Ellsmore, Rachel W24	2) Ingebretsen, Carl M61	
	3) Dickens, Susan W61	4) De Maria, David M24	
	28.51	57.49	1:32.10 1:56.78

Mixed 25+ 100 Yard Medley Relay

1	1693-VA	A	49.87
	1) Bulakul, Sirin M35	2) Kettlewell-Sites, Sam M25	
	3) Barley, Victoria W27	4) Gass, Krista W44	
	25.33	49.87	
2	NERD-VA	A	56.52
	1) Deppe, Russell M37	2) Dewey, Anna W29	
	3) Opp, Garrett M34	4) Terryberry, Paige W29	

Mixed 35+ 100 Yard Medley Relay

1	NERD-VA	A	1:11.95
	1) Randolph, David B M62	2) King, Erin W43	
	3) McLeod, Gregor M63	4) Upton, Becky W60	
	38.99	1:11.95	

Mixed 45+ 200 Yard Freestyle Relay

NATL: 1:34.48 N 5/4/2008 ARIZONA MASTERS

J SMITH, M BAILEY, S ROLLINS, P SMITH

VA: 1:37.43 V 4/29/2022 1693

B Holsten, R Williams, F Willeboordse, S Williams

1	1693-VA	A	1:47.82
	1) Williams, Rich M47	2) O'Brien, Terrence M52	
	3) Choe, Michele W45	4) Restrepo, Marie W60	
	24.95	52.10	1:20.37 1:47.82
2	NNYS-VA	A	2:34.09
	1) Souders, Suzanne W51	2) Dunstan, Sarah W68	
	3) Brown, Andrew M65	4) Hollings, Charlotte W58	
	43.43	1:26.00	2:03.60 2:34.09

Mixed 45+ 100 Yard Medley Relay

1	VMST-VA	A	1:01.12
	1) Hasselquist, Lauren W65	2) Lillehei, Peter M50	
	3) Bauer, Carol W61	4) Cortina, Jorge M63	
	32.37	1:01.12	