

2024 USMS Virginia SC Championship - 2/9/2024 to 2/10/2024

Results

Women 18-24 50 Yard Freestyle

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

VA: 23.24 V 12/16/2023 Missy Cundiff

1	Haywood, Che' Rel	24	NOVA-VA	26.13
2	ElzHowe, Acadia	20	LACG-VA	27.58
3	Lankford, Meredith	24	NOVA-VA	29.23
4	Ricci, Alice	24	GERM-VA	30.33

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	ElzHowe, Acadia	20	LACG-VA	59.07
2	Lankford, Meredith	24	NOVA-VA	1:05.07
				31.78 1:05.07
3	Hager, Caroline	21	UC12-VA	1:09.08
				32.59 1:09.08

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	Lankford, Meredith	24	NOVA-VA	2:29.82
				32.95 1:10.25 1:50.06 2:29.82

Women 18-24 500 Yard Freestyle

NATL: 4:49.97 N 10/25/2003 JESSICA FOSCHI

VA: 5:13.39 V 4/5/2019 Anna Wujciak

1	ElzHowe, Acadia	20	LACG-VA	5:49.01
				30.36 1:03.57 1:37.77 2:12.79
				2:48.35 3:24.41 4:00.93 4:37.21
				5:13.64 5:49.01
2	Ricci, Alice	24	GERM-VA	6:12.64
				33.71 1:11.51 1:50.33 2:28.53
				3:06.72 3:44.68 4:22.93 5:00.57
				5:37.69 6:12.64

Women 18-24 50 Yard Backstroke

NATL: 24.83 N 4/29/2023 CAROLINE GMELICH

VA: 25.92 V 4/5/2019 Catherine Mulquin

1	Hager, Caroline	21	UC12-VA	34.00
2	Lankford, Meredith	24	NOVA-VA	35.28

Women 18-24 100 Yard Backstroke

NATL: 53.83 N 3/24/2019 C BARTHOLOMEW

VA: 58.33 V 4/5/2019 Catherine Mulquin

1	Hager, Caroline	21	UC12-VA	1:16.81
				36.58 1:16.81
2	Lankford, Meredith	24	NOVA-VA	1:17.30
				36.83 1:17.30

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	Hager, Caroline	21	UC12-VA	40.42
2	Lankford, Meredith	24	NOVA-VA	44.32

Women 18-24 100 Yard Breaststroke

NATL: 58.71 N 12/5/2014 KATIE MEILI

VA: 1:04.94 V 3/4/2023 Lana Berry

1	Lankford, Meredith	24	NOVA-VA	1:32.64
				44.26 1:32.64

Women 18-24 200 Yard Breaststroke

NATL: 2:06.59 N 12/6/2014 MICAH LAWRENCE

VA: 2:23.56 V 4/5/2019 Laura Schwartz

1	Haywood, Che' Rel	24	NOVA-VA	2:39.05
				33.48 1:13.34 1:57.33 2:39.05

Women 18-24 50 Yard Butterfly

NATL: 24.51 N 4/28/2023 CAROLINE GMELICH

VA: 25.16 V 4/5/2019 Catherine Mulquin

1	Haywood, Che' Rel	24	NOVA-VA	27.70
2	ElzHowe, Acadia	20	LACG-VA	28.99
3	Lankford, Meredith	24	NOVA-VA	30.29
4	Ricci, Alice	24	GERM-VA	32.15
5	Hager, Caroline	21	UC12-VA	33.21

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	Lankford, Meredith	24	NOVA-VA	1:17.72
				34.66 1:17.72
2	Hager, Caroline	21	UC12-VA	1:18.42
				35.40 1:18.42

Women 18-24 200 Yard IM

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

VA: 2:09.28 V 4/28/2023 Carter Bristow

1	ElzHowe, Acadia	20	LACG-VA	2:26.33
				30.43 1:07.23 1:52.30 2:26.33

Women 25-29 100 Yard Backstroke

NATL: 52.69 N 4/30/2023 ALLY HOWE

VA: 59.21 V 5/20/2010 Kate Hibbard

1	Durusu, Elise	26	FAFC-VA	1:33.38
				43.35 1:33.38

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	Chandler, Carolyn	32	NCMS-NC	26.94
2	Jimeno, Amanda	31	PSDN-VA	30.94

Women 30-34 100 Yard Freestyle

NATL: 48.03 N 2/23/2013 ERIKA ERNDL

VA: 54.78 V 1/1/1994 Beth Scheimann

1	Chandler, Carolyn	32	NCMS-NC	1:00.03
				28.14 1:00.03
2	Henkler, Amanda	33	CM-Y-VA	1:03.65
				30.54 1:03.65
3	Fitz, Natalie	32	NOVA-VA	1:04.24
				31.05 1:04.24
4	Jimeno, Amanda	31	PSDN-VA	1:06.66
				32.00 1:06.66
5	Booker, Sarah	32	RVCM-VA	1:08.08
				32.65 1:08.08

Women 30-34 200 Yard Freestyle

NATL: 1:43.46 N 11/30/2012 ERIKA ERNDL

VA: 1:58.35 V 4/26/2012 Maura Bolger

1	Chandler, Carolyn	32	NCMS-NC	2:14.69
				31.21 1:05.16 1:40.43 2:14.69

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2	Dodson, Jessica	30	PSDN-VA	2:41.42
	38.50	1:20.37	2:02.97	2:41.42
3	Bates, Lindsey	30	FAFF-VA	3:16.80
	44.58	1:34.81	2:26.32	3:16.80

Women 30-34 500 Yard Freestyle

NATL: 4:46.92 N 4/14/2012 DAWN HECKMAN

VA: 5:14.58 V 10/7/2017 Marina Falcone

1	Jimeno, Amanda	31	PSDN-VA	6:51.96
	38.77	1:20.68	2:03.98	2:46.57
	3:29.68	4:10.89	4:52.82	5:33.38
	6:14.34	6:51.96		
2	Booker, Sarah	32	RVCN-VA	7:00.32
	35.59	1:15.02	1:57.37	2:40.71
	3:23.97	4:07.84	4:52.74	5:36.68
	6:19.63	7:00.32		
3	Bates, Lindsey	30	FAFF-VA	8:42.40
	44.30	1:34.13	2:26.12	3:19.20
	4:13.16	5:07.05	6:01.81	6:56.94
	7:51.06	8:42.40		

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	Dodson, Jessica	30	PSDN-VA	39.26
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Women 30-34 100 Yard Backstroke

NATL: 54.60 N 4/30/2011 NORIKO INADA

VA: 1:03.14 V 2/3/2018 Carina Masson

1	Dodson, Jessica	30	PSDN-VA	1:23.26
	41.55	1:23.26		

Women 30-34 200 Yard Backstroke

NATL: 1:59.93 N 2/19/1996 K PIPES-NEILSEN

VA: 2:18.18 V 9/29/2018 Denise Letendre

1	Henkler, Amanda	33	CM-Y-VA	2:39.24
	38.32	1:18.08	1:59.23	2:39.24

Women 30-34 50 Yard Breaststroke

NATL: 28.48 N 5/4/2008 KATIE MCCLELLAND

VA: 31.21 V 5/1/1989 Lisa Bennett

1	Chandler, Carolyn	32	NCMS-NC	35.21
2	Fitz, Natalie	32	NOVA-VA	37.80
3	Dodson, Jessica	30	PSDN-VA	44.11
4	Bates, Lindsey	30	FAFF-VA	51.90
5	Shepard, Megan	33	VMST-VA	55.18

Women 30-34 100 Yard Breaststroke

NATL: 58.81 N 3/6/2022 DANIELLE HERRMANN

VA: 1:08.96 V 5/1/1989 Lisa Bennett

1	Chandler, Carolyn	32	NCMS-NC	1:17.03
	36.32	1:17.03		
2	Dodson, Jessica	30	PSDN-VA	1:32.38
	44.15	1:32.38		
3	Bates, Lindsey	30	FAFF-VA	1:48.87
	52.17	1:48.87		

Women 30-34 200 Yard Breaststroke

NATL: 2:11.78 N 12/19/2021 DANIELLE HERRMANN

VA: 2:28.53 V 4/5/2019 Denise Letendre

1	Chandler, Carolyn	32	NCMS-NC	2:49.94
	39.46	1:23.21	2:07.44	2:49.94
2	Bates, Lindsey	30	FAFF-VA	3:49.09
	53.00	1:51.73	2:50.89	3:49.09

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	Jimeno, Amanda	31	PSDN-VA	32.51
2	Dodson, Jessica	30	PSDN-VA	35.43
3	Shepard, Megan	33	VMST-VA	44.71

Women 30-34 100 Yard Butterfly

NATL: 52.93 N 3/5/2022 DANIELLE HERRMANN

VA: 1:00.17 V 4/26/2012 Maura Bolger

1	Bates, Lindsey	30	FAFF-VA	1:41.46
	47.58	1:41.46		

Women 30-34 100 Yard IM

NATL: 57.01 N 4/15/2000 ANGEL MARTINO

VA: 1:02.99 V 1/1/1995 Beth O'Connor

1	Fitz, Natalie	32	NOVA-VA	1:12.71
	34.81	1:12.71		
2	Henkler, Amanda	33	CM-Y-VA	1:13.68
	33.26	1:13.68		
3	Booker, Sarah	32	RVCN-VA	1:21.55
	38.62	1:21.55		
4	Dodson, Jessica	30	PSDN-VA	1:21.92
	38.65	1:21.92		
5	Shepard, Megan	33	VMST-VA	1:38.35
	46.82	1:38.35		
6	Bates, Lindsey	30	FAFF-VA	1:42.69
	50.53	1:42.69		

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	Dodson, Jessica	30	PSDN-VA	3:00.38
	38.40	1:28.06	2:19.40	3:00.38
2	Shepard, Megan	33	VMST-VA	3:33.18
	47.38	1:44.61	2:47.63	3:33.18
3	Bates, Lindsey	30	FAFF-VA	3:37.26
	48.33	1:47.16	2:46.86	3:37.26

Women 35-39 50 Yard Freestyle

NATL: 22.34 N 2/25/2007 DARA TORRES

VA: 23.82 V 5/10/2018 Katie Grier

1	Vaughan, Mason	39	RVCN-VA	28.25
2	Scott, Lillian	36	NCMS-NC	29.79

Women 35-39 100 Yard Freestyle

NATL: 49.72 N 2/25/2007 DARA TORRES

VA: 51.91 V 4/13/2018 Katie Grier

1	Vaughan, Mason	39	RVCN-VA	1:01.16
	28.84	1:01.16		
2	Scott, Lillian	36	NCMS-NC	1:04.90
	30.12	1:04.90		

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3	Burgess, Noelle	35	HRBM-VA	1:06.30
	31.82		1:06.30	

Women 35-39 200 Yard Freestyle

NATL: 1:51.55 N 5/3/1997 K PIPES-NEILSEN

VA: 1:56.11 V 5/10/2018 Katie Grier

1	Vaughan, Mason	39	RVCN-VA	2:19.73
	31.87		1:07.45	1:43.50
				2:19.73
2	Scott, Lillian	36	NCMS-NC	2:45.27
	36.78		1:18.80	2:03.22
				2:45.27

Women 35-39 50 Yard Backstroke

NATL: 24.71 N 4/29/2017 NORIKO INADA

VA: 27.81 V 4/7/2017 Katie Grier

1	Scott, Lillian	36	NCMS-NC	39.45
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Women 35-39 200 Yard Backstroke

NATL: 2:00.54 N 3/14/1998 K PIPES-NEILSEN

VA: 2:15.55 V 6/1/2001 Beth Baker

1	Taylor, Sharon	38	NCMS-NC	2:18.41
	32.56		1:07.29	1:42.99
				2:18.41

Women 35-39 50 Yard Breaststroke

NATL: 28.51 N 5/2/2014 KATIE GLENN

VA: 31.45 V 5/15/1991 Lisa Bennett

1	Taylor, Sharon	38	NCMS-NC	31.28
2	Vaughan, Mason	39	RVCN-VA	36.82
3	Scott, Lillian	36	NCMS-NC	38.50
4	Burgess, Noelle	35	HRBM-VA	40.41

Women 35-39 100 Yard Breaststroke

NATL: 1:01.88 N 4/25/2015 KATIE GLENN

VA: 1:09.09 V 4/28/2016 Kristen Harris

1	Vaughan, Mason	39	RVCN-VA	1:20.07
	38.06		1:20.07	
2	Scott, Lillian	36	NCMS-NC	1:26.44
	40.69		1:26.44	

Women 35-39 200 Yard Breaststroke

NATL: 2:17.51 N 4/26/2015 KATIE GLENN

VA: 2:33.72 V 1/1/2005 Cheryl Conlin

1	Taylor, Sharon	38	NCMS-NC	2:29.52
	35.03		1:12.89	1:51.71
				2:29.52

Women 35-39 50 Yard Butterfly

NATL: 25.04 N 4/28/2017 NORIKO INADA

VA: 26.00 V 4/27/2017 Katie Grier

*1	Vaughan, Mason	39	RVCN-VA	32.43
*1	Burgess, Noelle	35	HRBM-VA	32.43
3	Scott, Lillian	36	NCMS-NC	33.48

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	Taylor, Sharon	38	NCMS-NC	1:03.54
	30.08		1:03.54	
2	Vaughan, Mason	39	RVCN-VA	1:12.48
	34.32		1:12.48	
3	Burgess, Noelle	35	HRBM-VA	1:15.27
	34.97		1:15.27	

4	Scott, Lillian	36	NCMS-NC	1:22.61
	39.57		1:22.61	

Women 35-39 200 Yard IM

NATL: 2:05.24 N 3/14/1998 K PIPES-NEILSEN

VA: 2:13.08 V 4/30/1999 Beth Baker

1	Burgess, Noelle	35	HRBM-VA	2:45.14
	34.18		1:14.58	2:05.19
				2:45.14

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	Miller, Elizabeth	42	NOVA-VA	26.14
2	Selema, Frances	42	NCMS-NC	26.30
3	Strobl, Lori	43	RVCN-VA	27.58
4	Quattropani, LeeAnne	44	NCMS-NC	28.54
5	Booker, Lauren	40	PSDN-VA	33.44
6	Olson, Erin	41	SRVA-VA	33.61

Women 40-44 100 Yard Freestyle

NATL: 48.34 N 4/15/2007 DARA TORRES

VA: 51.49 V 4/5/2019 Katie Grier

1	Miller, Elizabeth	42	NOVA-VA	56.67
	27.17		56.67	
2	Selema, Frances	42	NCMS-NC	57.93
	27.65		57.93	
3	Wirt, Melissa	42	PSDN-VA	1:14.36
	34.28		1:14.36	
4	Booker, Lauren	40	PSDN-VA	1:15.56
	36.91		1:15.56	
5	Olson, Erin	41	SRVA-VA	1:17.22
	36.01		1:17.22	

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	Miller, Elizabeth	42	NOVA-VA	2:04.42
	28.89		1:00.28	1:31.99
				2:04.42
2	Selema, Frances	42	NCMS-NC	2:09.74
	31.00		1:04.29	1:37.38
				2:09.74

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	Quattropani, LeeAnne	44	NCMS-NC	30.88
2	Wirt, Melissa	42	PSDN-VA	40.22
3	Olson, Erin	41	SRVA-VA	41.58

Women 40-44 100 Yard Backstroke

NATL: 56.03 N 4/30/2011 SHERI HART

VA: 1:00.71 V 4/19/2002 Beth Baker

1	Miller, Elizabeth	42	NOVA-VA	1:03.27
	30.69		1:03.27	
2	Quattropani, LeeAnne	44	NCMS-NC	1:08.13
	32.74		1:08.13	
3	Wirt, Melissa	42	PSDN-VA	1:27.21
	40.20		1:27.21	
4	Olson, Erin	41	SRVA-VA	1:39.54
	49.29		1:39.54	

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Women 40-44 200 Yard Backstroke

NATL: 2:03.61 N 7/25/2021 JENNIFER MIHALIK

VA: 2:11.40 V 5/17/2001 Beth Baker

1	Miller, Elizabeth	42	NOVA-VA	2:16.94
	32.18	1:06.95	1:42.26	2:16.94
2	Selema, Frances	42	NCMS-NC	2:31.19
	37.65	1:15.85	1:53.94	2:31.19

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	Booker, Lauren	40	PSDN-VA	41.96
2	Wirt, Melissa	42	PSDN-VA	43.24

Women 40-44 100 Yard Breaststroke

NATL: 1:02.70 N 5/13/2018 KATIE GLENN

VA: 1:09.86 V 4/7/2017 Kristen Harris

1	Wirt, Melissa	42	PSDN-VA	1:39.12
	45.25	1:39.12		

Women 40-44 200 Yard Breaststroke

NATL: 2:17.06 N 5/14/2006 S VON DER LIPPE

VA: 2:32.09 V 4/7/2017 Kristen Harris

1	Booker, Lauren	40	PSDN-VA	3:32.17
	48.74	1:42.45	2:39.57	3:32.17

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	Selema, Frances	42	NCMS-NC	28.17
2	Strobl, Lori	43	RVCN-VA	30.04
3	Quattropani, LeeAnne	44	NCMS-NC	30.50
4	Wirt, Melissa	42	PSDN-VA	36.08

Women 40-44 100 Yard Butterfly

NATL: 54.83 N 5/10/2009 S VON DER LIPPE

VA: 58.56 V 6/1/2001 Beth Baker

1	Selema, Frances	42	NCMS-NC	1:02.73
	28.97	1:02.73		

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	Selema, Frances	42	NCMS-NC	1:07.12
	31.72	1:07.12		
2	Quattropani, LeeAnne	44	NCMS-NC	1:11.90
	32.20	1:11.90		
3	Strobl, Lori	43	RVCN-VA	1:13.51
	34.37	1:13.51		
4	Wirt, Melissa	42	PSDN-VA	1:26.97
	40.01	1:26.97		
5	Booker, Lauren	40	PSDN-VA	1:29.99
	42.38	1:29.99		

Women 40-44 200 Yard IM

NATL: 2:04.85 N 5/4/2008 S VON DER LIPPE

VA: 2:15.17 V 4/21/2001 Beth Baker

1	Miller, Elizabeth	42	NOVA-VA	2:19.84
	29.37	1:03.36	1:46.65	2:19.84

Women 45-49 100 Yard Freestyle

NATL: 51.26 N 3/12/2023 GABRIELLE ROSE

VA: 55.86 V 4/26/2012 Annette Patterson

1	Swain, Jayme	49	RVCN-VA	1:05.40
	31.59	1:05.40		

Women 45-49 50 Yard Breaststroke

NATL: 28.54 N 4/30/2023 GABRIELLE ROSE

VA: 33.96 V 1/2000 Patricia Miller

1	Swain, Jayme	49	RVCN-VA	37.88
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Women 45-49 100 Yard IM

NATL: 56.20 N 4/29/2023 GABRIELLE ROSE

VA: 1:05.25 V 10/28/2012 Annette Patterson

1	Swain, Jayme	49	RVCN-VA	1:13.75
	35.70	1:13.75		

Women 50-54 100 Yard Freestyle

NATL: 52.00 N 4/28/2023 JENNY THOMPSON

VA: 57.72 V 4/28/2011 Suzanne Newell

1	Bogges, Wendi	51	BAM1-VA	1:12.52
	33.88	1:12.52		
2	Dalton, Wendy	52	CM-Y-VA	1:13.98
	32.59	1:13.98		
3	Grenfell, Daisie	54	RVCN-VA	1:34.81
	41.63	1:34.81		

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	Grenfell, Daisie	54	RVCN-VA	3:25.19
	42.80	1:33.77	2:31.01	3:25.19

Women 50-54 500 Yard Freestyle

NATL: 5:12.67 N 4/29/2023 ALISON ZAMANIAN

VA: 5:37.30 V 5/17/2015 Kelly Parker Palace

1	Grenfell, Daisie	54	RVCN-VA	8:54.52
	45.63	1:35.75	2:31.67	3:26.17
	4:21.08	5:16.24	6:11.43	7:06.55
	8:01.73	8:54.52		

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	Bogges, Wendi	51	BAM1-VA	37.81
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Women 50-54 100 Yard Backstroke

NATL: 58.87 N 4/30/2023 JENNY THOMPSON

VA: 1:03.19 V 1/26/2020 Fall Willeboordse

1	Bogges, Wendi	51	BAM1-VA	1:26.03
	40.75	1:26.03		

Women 50-54 50 Yard Breaststroke

NATL: 31.55 N 4/1/2023 ERIKA BRAUN

VA: 32.83 V 5/20/2010 Lisa Bennett

1	Dalton, Wendy	52	CM-Y-VA	43.13
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Women 50-54 100 Yard Breaststroke

NATL: 1:07.97 N 4/28/2023 ERIKA BRAUN

VA: 1:12.46 V 5/20/2010 Lisa Bennett

1	Grenfell, Daisie	54	RVCN-VA	1:54.98
	53.25	1:54.98		

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Women 50-54 50 Yard Butterfly

NATL: 25.70 N 4/28/2023 LIVINGSTON\THOMPS

VA: 27.06 V 10/27/2019 Susan Williams

1	Dalton, Wendy	52	CM-Y-VA	35.93
2	Bogges, Wendi	51	BAM1-VA	36.35
3	Grenfell, Daisie	54	RVCN-VA	52.21

Women 50-54 100 Yard IM

NATL: 59.88 N 1/20/2024 JENNY THOMPSON

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

1	Bogges, Wendi	51	BAM1-VA	1:24.06
	36.00	1:24.06		
2	Dalton, Wendy	52	CM-Y-VA	1:24.09
	39.73	1:24.09		
3	Grenfell, Daisie	54	RVCN-VA	1:46.04
	49.67	1:46.04		

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	Lipstreuer, Marilyn	57	BLOC-HI	31.81
2	May, Julia	59	CM-Y-VA	36.26
3	Waitkus, Pamela	55	SRVA-VA	38.87

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	Hollings, Charlotte	59	NNYS-VA	1:05.67
	31.76	1:05.67		
2	Cook, Amy	56	SRVA-VA	1:11.88
	34.50	1:11.88		
3	May, Julia	59	CM-Y-VA	1:19.60
	37.63	1:19.60		
4	Waitkus, Pamela	55	SRVA-VA	1:28.40
	39.65	1:28.40		

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	59	NNYS-VA	2:20.35
	31.84	1:06.78	1:43.93	2:20.35
2	Lipstreuer, Marilyn	57	BLOC-HI	2:34.08
	36.88	1:16.19	1:55.87	2:34.08
3	Buscaglia, Caycee	59	RVCN-VA	2:34.32
	35.21	1:13.98	1:54.36	2:34.32

Women 55-59 500 Yard Freestyle

NATL: 5:20.68 N 4/29/2017 JILL HERNANDEZ

VA: 5:46.57 V 10/16/2022 Fall Willeboordse

1	Hollings, Charlotte	59	NNYS-VA	6:08.07
	33.38	1:09.66	1:46.71	2:24.39
	3:01.61	3:39.85	4:17.43	4:54.97
	5:32.49	6:08.07		
2	Cook, Amy	56	SRVA-VA	6:56.74
	37.54	1:18.58	2:00.92	2:44.00
	3:27.14	4:09.79	4:52.26	5:34.69
	6:16.45	6:56.74		

Women 55-59 1650 Yard Freestyle

NATL:18:56.04 N 4/16/2010 LAURA VAL

VA:19:49.87 V 2/12/2011 Shirley Loftus-Charley

1	Lipstreuer, Marilyn	57	BLOC-HI	23:30.32
	39.30	1:20.61	2:02.63	2:44.85
	3:27.05	4:08.92	4:51.79	5:34.51
	6:17.39	7:00.29	7:43.63	8:26.37
	9:09.30	9:51.57	10:34.56	11:17.95
	12:01.39	12:45.17	13:29.02	14:12.24
	14:54.82	15:37.32	16:20.07	17:03.16
	17:45.58	18:28.73	19:12.71	19:56.73
	20:39.68	21:22.62	22:05.83	22:48.77
				23:30.32
2	Cook, Amy	56	SRVA-VA	23:37.89
	39.69	1:21.48	2:04.23	2:47.78
	3:32.05	4:15.73	4:59.72	5:43.62
	6:27.43	7:10.44	7:53.83	8:36.65
	9:20.16	10:03.53	10:46.19	11:29.57
	12:12.09	12:55.17	13:38.20	14:21.05
	15:04.05	15:46.77	16:29.34	17:12.39
	17:55.32	18:38.08	19:20.77	20:03.72
	20:46.85	21:30.38	22:13.82	22:56.56
				23:37.89

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	Buscaglia, Caycee	59	RVCN-VA	35.47
2	Lipstreuer, Marilyn	57	BLOC-HI	39.34
3	Waitkus, Pamela	55	SRVA-VA	48.30

Women 55-59 100 Yard Backstroke

NATL: 1:00.80 N 4/30/2017 KARLYN PIPES

VA: 1:04.48 V 4/29/2022 Fall Willeboordse

1	Buscaglia, Caycee	59	RVCN-VA	1:17.51
	37.40	1:17.51		
2	Lipstreuer, Marilyn	57	BLOC-HI	1:24.98
	41.45	1:24.98		

Women 55-59 200 Yard Backstroke

NATL: 2:10.65 N 11/23/2019 ELLEN REYNOLDS

VA: 2:27.15 V 5/10/2018 Val Van Horn Pate

1	Buscaglia, Caycee	59	RVCN-VA	2:50.32
	39.30	1:21.71	2:06.62	2:50.32
2	Lipstreuer, Marilyn	57	BLOC-HI	3:28.41
	49.41	1:41.88	2:35.11	3:28.41

Women 55-59 50 Yard Breaststroke

NATL: 31.83 N 4/1/2023 S VON DER LIPPE

VA: 33.76 V 5/13/2011 Lisa Bennett

1	Lipstreuer, Marilyn	57	BLOC-HI	43.54
2	Waitkus, Pamela	55	SRVA-VA	50.37
3	May, Julia	59	CM-Y-VA	54.24

Women 55-59 100 Yard Breaststroke

NATL: 1:10.55 N 4/28/2017 CAROLINE KRATTLI

VA: 1:13.91 V 5/13/2011 Lisa Bennett

1	Hollings, Charlotte	59	NNYS-VA	1:28.41
	41.39	1:28.41		
2	Buscaglia, Caycee	59	RVCN-VA	1:33.86
	44.75	1:33.86		

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(Women 55-59 100 Yard Breaststroke)

3	Lipstreuer, Marilyn	57	BLOC-HI	1:36.28
	45.95		1:36.28	

Women 55-59 200 Yard Breaststroke

NATL: 2:36.82 N 12/15/2019 ELLEN REYNOLDS

VA: 2:52.25 V 4/28/2016 Patricia Miller

1	Lipstreuer, Marilyn	57	BLOC-HI	3:34.60
	49.49		1:44.20 2:39.46 3:34.60	

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	Lipstreuer, Marilyn	57	BLOC-HI	42.25
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Women 55-59 100 Yard IM

NATL: 1:02.34 N 4/29/2017 KARLYN PIPES

VA: 1:03.98 V 3/20/2022 Fall Willeboordse

1	Buscaglia, Caycee	59	RVCN-VA	1:18.68
	35.76		1:18.68	

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	59	NNYS-VA	2:47.88
	36.79		1:22.99 2:11.53 2:47.88	
2	Buscaglia, Caycee	59	RVCN-VA	2:51.23
	39.05		1:21.81 2:11.91 2:51.23	

Women 55-59 400 Yard IM

NATL: 4:45.55 N 11/22/2019 ELLEN REYNOLDS

VA: 5:28.24 V 2/12/2011 Shirley Loftus-Charley

1	Lipstreuer, Marilyn	57	BLOC-HI	6:36.88
	45.78		1:37.92 2:30.27 3:21.48	
	4:17.98		5:12.19 5:54.75 6:36.88	

Women 60-64 50 Yard Freestyle

NATL: 26.20 N 5/11/2018 PENNY NOYES

VA: 27.84 V 3/4/2023 Marie Restrepo

1	King, Kate	61	NOVA-VA	32.87
2	Mackall, Suni	61	1693-VA	32.96
3	Dickens, Susan	62	FAFF-VA	34.76

Women 60-64 100 Yard Freestyle

NATL: 56.45 N 4/29/2012 LAURA VAL

VA: 1:02.89 V 3/19/2023 Marie Restrepo

1	King, Kate	61	NOVA-VA	1:08.47
	33.55		1:08.47	
2	Mackall, Suni	61	1693-VA	1:11.87
	34.58		1:11.87	
3	Dickens, Susan	62	FAFF-VA	1:19.75
	36.23		1:19.75	

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	King, Kate	61	NOVA-VA	2:37.65
	37.74		1:18.04 1:57.87 2:37.65	
2	Armand, Peggy	60	CM-Y-VA	2:41.39
	36.75		1:17.76 2:00.03 2:41.39	

Women 60-64 500 Yard Freestyle

NATL: 5:38.86 N 10/8/2023 K PARKER PALACE

VA: 5:56.62 V 3/25/2012 Shirley Loftus-Charley

1	Rohner, Patricia	64	NCMS-NC	6:24.64
	35.42		1:14.11 1:53.04 2:32.16	
	3:10.94		3:49.74 4:28.78 5:07.56	
	5:46.72		6:24.64	
2	King, Kate	61	NOVA-VA	6:50.49
	36.03		1:15.20 1:55.50 2:36.51	
	3:18.27		4:00.33 4:42.68 5:25.77	
	6:08.71		6:50.49	
3	Armand, Peggy	60	CM-Y-VA	7:03.49
	37.98		1:19.19 2:02.17 2:45.33	
	3:28.64		4:12.01 4:55.65 5:39.05	
	6:22.24		7:03.49	
4	Dickens, Susan	62	FAFF-VA	7:27.87
	38.83		1:22.54 2:08.03 2:54.15	
	3:40.05		4:26.36 5:11.65 5:57.34	
	6:43.67		7:27.87	

Women 60-64 1650 Yard Freestyle

NATL:19:24.90 N 11/5/2023 K PARKER PALACE

VA:20:04.71 V 2/11/2012 Shirley Loftus-Charley

1	Speer, Nancy	61	VMST-VA	23:41.63
	39.27		1:22.23 2:05.79 2:49.24	
	3:32.67		4:15.94 4:59.40 5:42.66	
	6:26.02		7:09.37 7:52.51 8:35.84	
	9:19.06		10:02.40 10:45.54 11:30.49	
	12:13.32		12:55.99 13:39.04 14:22.60	
	15:06.05		15:49.13 16:32.59 17:16.89	
	18:00.12		18:43.73 19:26.60 20:09.99	
	20:53.11		21:35.79 22:18.54 23:00.63	23:41.63
2	Armand, Peggy	60	CM-Y-VA	24:29.44
	38.98		1:21.71 2:06.01 2:49.97	
	3:33.89		4:17.80 5:01.94 5:46.34	
	6:31.08		7:15.49 8:00.43 8:45.70	
	9:30.89		10:15.49 11:00.83 11:45.51	
	12:30.61		13:15.68 14:00.84 14:46.04	
	15:31.27		16:16.14 17:01.16 17:46.77	
	18:31.79		19:17.88 20:03.10 20:48.31	
	21:32.97		22:17.87 23:02.43 23:47.31	24:29.44
3	Dickens, Susan	62	FAFF-VA	26:28.25
	40.50		1:27.17 2:14.71 3:03.05	
	3:51.26		4:39.32 5:27.98 6:15.87	
	7:03.91		7:52.15 8:40.37 9:28.64	
	10:16.95		11:05.06 11:53.83 12:42.53	
	13:30.61		14:19.49 15:07.99 15:55.70	
	16:44.65		17:34.29 18:23.27 19:12.18	
	20:00.21		20:48.36 21:36.76 22:25.23	
	23:13.66		24:02.59 24:51.53 25:40.17	26:28.25

Women 60-64 50 Yard Backstroke

NATL: 29.58 N 4/26/2015 LAURA VAL

VA: 31.49 V 7/16/2023 Val Van Horn Pate

1	Mackall, Suni	61	1693-VA	39.94
2	King, Kate	61	NOVA-VA	40.93
3	Sowers, Alison	61	NNYS-VA	54.30

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Women 60-64 100 Yard Backstroke

NATL: 1:03.72 N 5/12/2013 LAURA VAL

VA: 1:09.01 V 7/14/2023 Val Van Horn Pate

1 King, Kate	61 NOVA-VA	1:27.94
43.34	1:27.94	

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 Kroll, Kate	62 HRBM-VA	43.78
2 Dickens, Susan	62 FAFF-VA	44.58

Women 60-64 100 Yard Breaststroke

NATL: 1:16.55 N 5/6/2017 MELINDA MANN

VA: 1:21.10 V 7/21/2021 Patricia Miller

1 Sowers, Alison	61 NNYS-VA	1:50.03
52.85	1:50.03	

Women 60-64 50 Yard Butterfly

NATL: 27.93 N 5/13/2018 TRACI GRANGER

VA: 29.97 V 7/16/2023 Val Van Horn Pate

1 Speer, Nancy	61 VMST-VA	38.70
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Women 60-64 100 Yard IM

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

VA: 1:09.77 V 7/15/2023 Val Van Horn Pate

1 Rohner, Patricia	64 NCMS-NC	1:21.42
40.61	1:21.42	
2 Kroll, Kate	62 HRBM-VA	1:27.09
42.50	1:27.09	
3 Mackall, Suni	61 1693-VA	1:30.43
42.01	1:30.43	
4 Dickens, Susan	62 FAFF-VA	1:30.63
45.58	1:30.63	
5 Armand, Peggy	60 CM-Y-VA	1:32.14
46.43	1:32.14	

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 Kroll, Kate	62 HRBM-VA	3:15.53
44.37	1:33.61	2:27.27 3:15.53

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 Rogers, Phyllis	67 FAFC-VA	43.34
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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 Rogers, Phyllis	67 FAFC-VA	1:37.97
46.15	1:37.97	

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	67 1693-VA	3:01.49
39.59	1:24.60	2:13.26 3:01.49
2 Rogers, Phyllis	67 FAFC-VA	3:38.25
47.36	1:44.86	2:43.92 3:38.25

Women 65-69 500 Yard Freestyle

NATL: 5:52.39 N 5/21/2017 LAURA VAL

VA: 6:15.42 V 3/19/2017 Shirley Loftus-Charley

1 Rogers, Phyllis	67 FAFC-VA	9:40.54
47.52	1:44.06	2:44.35 3:44.19
4:43.82	5:42.49	6:41.67 7:41.65
8:41.40	9:40.54	

Women 65-69 1650 Yard Freestyle

NATL:20:33.09 N 7/21/2021 N STEADMAN MARTIN

VA:20:43.29 V 11/12/2016 Shirley Loftus-Charley

1 Baskin, Elizabeth	67 1693-VA	26:43.43
42.55	1:28.80	2:16.94 3:05.28
3:54.07	4:42.98	5:31.40 6:20.00
7:08.61	7:57.60	8:46.26 9:34.82
10:23.17	11:12.39	12:01.15 12:49.79
13:39.19	14:28.56	15:17.50 16:06.99
16:56.01	17:44.54	18:33.62 19:23.40
20:13.00	21:02.58	21:52.42 22:42.27
23:31.16	24:20.13	25:08.94 25:57.77 26:43.43

Women 65-69 50 Yard Backstroke

NATL: 29.65 N 5/12/2018 LAURA VAL

VA: 36.61 V 3/4/2023 Lauren Hasselquist

1 Rogers, Phyllis	67 FAFC-VA	54.86
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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 Blair-fleetwood, Janet	65 UC12-VA	1:39.43
48.73	1:39.43	

Women 65-69 50 Yard Breaststroke

NATL: 36.45 N 4/23/2023 MELINDA MANN

VA: 37.74 V 4/22/2004 Joann Leilich

1 Blair-fleetwood, Janet	65 UC12-VA	48.19
2 Rogers, Phyllis	67 FAFC-VA	1:00.06

Women 65-69 100 Yard Breaststroke

NATL: 1:20.08 N 4/2/2022 COLETTE CRABBE

VA: 1:23.95 V 4/22/2004 Joann Leilich

1 Blair-fleetwood, Janet	65 UC12-VA	1:46.37
52.28	1:46.37	
2 Rogers, Phyllis	67 FAFC-VA	2:15.76
1:04.34	2:15.76	

Women 65-69 200 Yard Breaststroke

NATL: 2:56.56 N 4/3/2022 COLETTE CRABBE

VA: 3:01.50 V 4/2/2004 Joann Leilich

1 Blair-fleetwood, Janet	65 UC12-VA	3:48.47
52.61	1:49.84	2:49.76 3:48.47

Women 70-74 200 Yard Freestyle

NATL: 2:12.26 N 4/30/2023 LAURA VAL

VA: 2:27.19 V 1/22/2022 Shirley Loftus-Charley

1 Loftus-Charley, Shirley	72 CM-Y-VA	2:27.50
34.77	1:12.65	1:50.68 2:27.50

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Women 70-74 1650 Yard Freestyle

NATL: 21:50.68 N 2/11/2023 S LOFTUS-CHARLEY

VA: 21:50.68 V 2/11/2023 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	22:07.30
	36.75	1:15.94	1:55.96	2:36.36
	3:16.39	3:56.83	4:37.01	5:18.14
	5:58.61	6:38.91	7:19.36	7:59.80
	8:40.37	9:20.83	10:01.21	10:41.55
	11:21.92	12:02.44	12:42.79	13:23.46
	14:03.76	14:44.37	15:24.99	16:05.31
	16:45.68	17:26.14	18:06.63	18:46.97
	19:27.76	20:08.23	20:48.38	21:28.54
				22:07.30

Women 70-74 50 Yard Backstroke

NATL: 30.49 N 5/1/2022 LAURA VAL

VA: 39.02 V 2/11/2023 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	40.88
2	Boslego, Barbara	72	VMST-VA	45.15

Women 70-74 100 Yard Backstroke

NATL: 1:05.60 N 4/29/2022 LAURA VAL

VA: 1:23.58 V 3/4/2023 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	1:22.82V
	40.94			1:22.82

Women 70-74 200 Yard Backstroke

NATL: 2:26.12 N 4/28/2023 LAURA VAL

VA: 2:53.86 V 5/6/2023 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	2:56.09
	42.28	1:26.24	2:11.19	2:56.09

Women 70-74 50 Yard Breaststroke

NATL: 38.35 N 5/13/2022 KATHLEEN LEWIS

VA: 43.79 V 5/6/2023 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	43.74V
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Women 70-74 100 Yard Breaststroke

NATL: 1:24.44 N 8/22/2021 CHARLOTTE DAVIS

VA: 1:34.85 V 3/4/2023 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	1:34.67V
	46.16			1:34.67

Women 70-74 200 Yard Breaststroke

NATL: 3:07.28 N 2/2/2009 JOANN LEILICH

VA: 3:22.03 V 5/6/2023 Shirley Loftus-Charley

1	Boslego, Barbara	72	VMST-VA	3:58.31
	54.84	1:56.65	3:00.26	3:58.31

Women 70-74 50 Yard Butterfly

NATL: 30.84 N 4/15/2023 LAURA VAL

VA: 36.72 V 5/6/2023 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	37.35
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Women 70-74 100 Yard IM

NATL: 1:11.64 N 4/2/2022 LAURA VAL

VA: 1:21.86 V 2/26/2022 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	1:21.78V
	40.25			1:21.78
2	Boslego, Barbara	72	VMST-VA	1:38.65

Women 70-74 200 Yard IM

NATL: 2:35.20 N 4/3/2022 LAURA VAL

VA: 2:51.49 V 2/11/2023 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	72	CM-Y-VA	2:54.87
	39.43	1:24.17	2:16.81	2:54.87

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	Loftus-Charley, Shirley	72	CM-Y-VA	6:06.94
	39.83	1:25.70	2:12.37	3:00.72
	3:54.20	4:48.61	5:28.28	6:06.94
2	Boslego, Barbara	72	VMST-VA	7:47.15
	53.27	1:55.70	2:55.87	3:57.89
	5:03.23	6:09.59	6:57.80	7:47.15

Women 75-79 50 Yard Freestyle

NATL: 30.53 N 4/30/2022 DIANN UUSTAL

VA: 34.44 V 3/3/2012 Johnnie Detrick

1	Campbell, Valerie	76	FAFC-VA	1:04.05
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Women 75-79 100 Yard Freestyle

NATL: 1:09.34 N 5/1/2022 DIANN UUSTAL

VA: 1:17.32 V 4/15/2011 Johnnie Detrick

1	Fishburne, Harriette	76	CM-Y-VA	1:53.74
	53.03			1:53.74
2	Bachman, Martha	75	CM-Y-VA	2:15.96
	1:02.60			2:15.96
3	Campbell, Valerie	76	FAFC-VA	2:20.10
	1:03.35			2:20.10

Women 75-79 200 Yard Freestyle

NATL: 2:32.99 N 4/29/2022 DIANN UUSTAL

VA: 2:53.03 V 5/6/2023 Ann Lyttle

1	Fishburne, Harriette	76	CM-Y-VA	4:14.45
	55.80	2:01.39	3:10.00	4:14.45
2	Bachman, Martha	75	CM-Y-VA	4:59.51
	1:06.63			2:27.37
				4:59.51
3	Campbell, Valerie	76	FAFC-VA	5:30.27
	1:07.21			2:34.38
				5:30.27

Women 75-79 50 Yard Backstroke

NATL: 36.68 N 2/11/2023 DIANN UUSTAL

VA: 41.62 V 4/28/2016 Beth Schreiner

1	Bachman, Martha	75	CM-Y-VA	1:08.21
2	Campbell, Valerie	76	FAFC-VA	1:13.17

Women 75-79 100 Yard Backstroke

NATL: 1:19.46 N 4/21/2023 DIANN UUSTAL

VA: 1:31.70 V 4/28/2016 Beth Schreiner

1	Campbell, Valerie	76	FAFC-VA	2:31.33
	1:17.44			2:31.33
2	Fishburne, Harriette	76	CM-Y-VA	2:32.49
3	Bachman, Martha	75	CM-Y-VA	2:33.24
	1:14.52			2:33.24

Women 75-79 200 Yard Backstroke

NATL: 2:53.97 N 4/30/2022 DIANN UUSTAL

VA: 3:20.54 V 4/28/2016 Beth Schreiner

1	Bachman, Martha	75	CM-Y-VA	5:22.40
	1:16.11	2:40.76	4:02.68	5:22.40

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Women 75-79 50 Yard Breaststroke

NATL: 41.53 N 4/13/2014 JOANN LEILICH

VA: 47.56 V 9/29/2012 Johnnie Detrick

1 Carter, Susan 76 VMST-VA 53.51

Women 75-79 100 Yard Breaststroke

NATL: 1:29.24 N 4/11/2014 JOANN LEILICH

VA: 1:47.13 V 2/11/2012 Johnnie Detrick

1 Carter, Susan 76 VMST-VA 1:59.97
57.98 1:59.972 Fishburne, Harriette 76 CM-Y-VA 2:45.11
1:13.21 2:45.11**Women 75-79 200 Yard Breaststroke**

NATL: 3:16.31 N 4/5/2014 JOANN LEILICH

VA: 3:49.28 V 4/15/2011 Johnnie Detrick

1 Fishburne, Harriette 76 CM-Y-VA 6:07.92
1:21.10 2:58.47 4:36.47 6:07.92**Women 75-79 50 Yard Butterfly**

NATL: 33.93 N 4/28/2023 MARGARET TOPPEL

VA: 44.16 V 3/23/2014 Lucille Griffin

1 Bachman, Martha 75 CM-Y-VA 1:25.64

Women 75-79 100 Yard IM

NATL: 1:20.26 N 4/3/2022 DIANN UUSTAL

VA: 1:38.05 V 4/26/2012 Johnnie Detrick

1 Fishburne, Harriette 76 CM-Y-VA 2:27.97

2 Bachman, Martha 75 CM-Y-VA 2:38.33
1:19.81 2:38.33**Women 75-79 200 Yard IM**

NATL: 3:14.61 N 4/27/2019 DANIELA BARNEA

VA: 3:37.74 V 2/12/2011 Johnnie Detrick

1 Bachman, Martha 75 CM-Y-VA 5:37.84
1:30.56 2:55.28 4:22.50 5:37.84**Women 85-89 50 Yard Freestyle**

NATL: 41.21 N 3/9/2013 BETTY RUSS

VA: 48.59 V 2/11/2023 Laura Walker

1 Walker, Laura 86 VMST-VA 51.72

Women 85-89 50 Yard Backstroke

NATL: 46.77 N 2/9/2013 BETTY LORENZI

VA: 56.07 V 2/11/2023 Laura Walker

1 Walker, Laura 86 VMST-VA 58.22

Women 85-89 100 Yard Backstroke

NATL: 1:40.00 N 2/10/2013 BETTY LORENZI

VA: 2:02.67 V 2/11/2023 Laura Walker

1 Walker, Laura 86 VMST-VA 2:00.55V
59.27 2:00.55**Women 85-89 200 Yard Backstroke**

NATL: 3:34.09 N 2/9/2013 BETTY LORENZI

VA: 4:13.16 V 2/11/2023 Laura Walker

1 Walker, Laura 86 VMST-VA 4:25.21
1:03.74 2:11.91 3:21.14 4:25.21**Men 18-24 50 Yard Freestyle**

NATL: 19.36 N 4/28/2012 JOSH SCHNEIDER

VA: 20.24 V 4/13/2018 Lucas Bureau

1 Higgins, Matthew 24 FAFF-VA 30.51

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 Higgins, Matthew 24 FAFF-VA 37.61

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 Higgins, Matthew 24 FAFF-VA 40.07

Men 18-24 100 Yard Breaststroke

NATL: 52.63 N 2/3/2018 JOSH PRENOT

VA: 55.72 V 2/29/2020 Austin Temple

1 Higgins, Matthew 24 FAFF-VA 1:26.75
39.52 1:26.75**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 Higgins, Matthew 24 FAFF-VA 33.70

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 Higgins, Matthew 24 FAFF-VA 1:18.30
36.95 1:18.30**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 Rich, Justin 26 PSDN-VA 23.12
2 McQuiggan, Jacob 29 CM-Y-VA 25.27**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 Rich, Justin 26 PSDN-VA 50.78
24.33 50.78**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 McQuiggan, Jacob 29 CM-Y-VA 29.34

Men 25-29 200 Yard Breaststroke

NATL: 1:53.04 N 12/21/2013 BJ JOHNSON

VA: 2:09.35 V 5/16/1994 Neill Williams

1 McQuiggan, Jacob 29 CM-Y-VA 2:25.63
32.90 1:09.61 1:46.78 2:25.63**Men 25-29 50 Yard Butterfly**

NATL: 20.99 N 4/28/2019 MARCIN CIESLAK

VA: 22.23 V 4/28/2023 Kevin Mastracci

1 Rich, Justin 26 PSDN-VA 24.90

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Men 25-29 100 Yard IM

NATL: 47.77 N 5/3/2014 DARIAN TOWNSEND

VA: 51.39 V 4/29/2023 Kevin Mastracci

1 Rich, Justin	26 PSDN-VA	1:01.13
27.97	1:01.13	

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 Peterson, Brian	31 CM-Y-VA	23.86
2 Goehring, Kevin	34 CMSA-SE	24.45
3 Hunt, Thomas	31 RRY-VA	25.34
4 Vaughan, Max	30 SRVA-VA	26.21
5 Jennings, Richard	31 NOVA-VA	27.82

Men 30-34 100 Yard Freestyle

NATL: 42.75 N 12/21/2014 DARIAN TOWNSEND

VA: 45.67 V 4/13/2018 Kevin Gallagher

1 Peterson, Brian	31 CM-Y-VA	52.69
25.38	52.69	
2 Goehring, Kevin	34 CMSA-SE	54.42
25.33	54.42	
3 Vaughan, Max	30 SRVA-VA	1:00.75
28.89	1:00.75	
4 Jennings, Richard	31 NOVA-VA	1:01.20
29.57	1:01.20	

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 Peterson, Brian	31 CM-Y-VA	2:00.25
27.87	58.22	1:29.12
		2:00.25
2 Goehring, Kevin	34 CMSA-SE	2:04.98
27.84	58.63	1:31.19
		2:04.98

Men 30-34 500 Yard Freestyle

NATL: 4:26.34 N 2/19/2022 DREW MODROV

VA: 4:43.29 V 5/21/1995 Chris Stevenson

1 Goehring, Kevin	34 CMSA-SE	6:07.71	
30.90	1:06.70	1:44.09	
		2:22.45	
	3:00.93	3:39.18	
		4:17.65	
		4:55.43	
	5:32.82	6:07.71	
2 Graf, William	33 FAFF-VA	7:20.28	
35.93	1:18.06	2:02.37	2:46.47
	3:31.66	4:16.99	5:02.97
		5:49.27	
	6:34.89	7:20.28	

Men 30-34 1650 Yard Freestyle

NATL:15:51.57 N 5/12/1996 JEFF ERWIN

VA:16:31.38 V 2/9/2013 Eric Limkemann

1 Graf, William	33 FAFF-VA	25:53.54	
37.35	1:21.06	2:06.72	2:53.41
	3:39.49	4:27.23	5:14.70
		5:14.70	6:02.13
	6:50.11	7:37.22	8:25.08
		8:25.08	9:11.89
	9:58.20	10:45.38	11:32.44
		11:32.44	12:19.27
	13:06.39	13:53.86	14:41.27
		13:53.86	15:29.03
	16:17.13	17:05.15	17:53.40
		17:53.40	18:40.86
	19:29.19	20:16.79	21:04.64
		21:04.64	21:52.65
	22:41.54	23:30.13	24:19.42
		23:30.13	25:07.82
			25:53.54

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 Peterson, Brian	31 CM-Y-VA	28.20
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Men 30-34 100 Yard Backstroke

NATL: 46.34 N 12/21/2013 ADAM MANIA

VA: 50.49 V 3/9/2007 Ryan Bradley

1 Peterson, Brian	31 CM-Y-VA	59.36
29.26	59.36	

Men 30-34 200 Yard Backstroke

NATL: 1:43.73 N 12/21/2014 ADAM MANIA

VA: 1:54.10 V 5/21/1995 Chris Stevenson

1 Peterson, Brian	31 CM-Y-VA	2:14.14
32.20	1:06.55	1:40.80
		2:14.14

Men 30-34 100 Yard Breaststroke

NATL: 51.97 N 12/15/2023 BRANDON FISCHER

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

1 Peterson, Brian	31 CM-Y-VA	1:13.78
34.72	1:13.78	

Men 30-34 200 Yard Breaststroke

NATL: 1:52.08 N 12/16/2023 BRANDON FISCHER

VA: 2:15.57 V 5/14/2002 Neill Williams

1 Hunt, Thomas	31 RRY-VA	2:36.98
35.17	1:14.82	1:55.72
		2:36.98
2 Kirchgessner, Richard	33 RRY-VA	2:53.53
40.25	1:23.20	2:07.49
		2:53.53

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 Peterson, Brian	31 CM-Y-VA	27.28
2 Hunt, Thomas	31 RRY-VA	27.94
3 Vaughan, Max	30 SRVA-VA	28.90
4 Jennings, Richard	31 NOVA-VA	40.37

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	1:12.62
33.56	1:12.62	
2 Graf, William	33 FAFF-VA	1:23.80
37.94	1:23.80	

Men 30-34 200 Yard IM

NATL: 1:42.03 N 12/20/2014 DARIAN TOWNSEND

VA: 1:57.59 V 1/27/2007 Daniel Summerlin

1 Peterson, Brian	31 CM-Y-VA	2:16.11
29.21	1:03.36	1:44.58
		2:16.11

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 Deppe, Russell	38 NERD-VA	25.95
2 Williamson, Austin	37 RVCM-VA	28.36

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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	Deppe, Russell	38	NERD-VA	57.56
	27.19	57.56		

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	Dellanoce, Michael	39	NCMS-NC	1:47.87
	25.35	52.27	1:19.89	1:47.87
2	Deppe, Russell	38	NERD-VA	2:05.50
	28.79	1:00.39	1:33.11	2:05.50
3	Williamson, Austin	37	RVCN-VA	2:26.54
	35.00	1:14.63	1:52.14	2:26.54

Men 35-39 500 Yard Freestyle

NATL: 4:33.97 N 5/17/2002 RONALD KARNAUGH

VA: 4:50.41 V 4/1/2000 Chris Stevenson

1	Dellanoce, Michael	39	NCMS-NC	4:53.80
	26.62	54.83	1:23.98	1:53.67
	2:23.63	2:53.95	3:24.46	3:54.63
	4:24.65	4:53.80		
2	Deppe, Russell	38	NERD-VA	5:51.51
	31.34	1:06.23	1:41.91	2:17.70
	2:53.72	3:29.96	4:06.09	4:42.13
	5:17.27	5:51.51		

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	Deppe, Russell	38	NERD-VA	1:06.89
	31.67	1:06.89		

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	Williamson, Austin	37	RVCN-VA	31.74
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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	Williamson, Austin	37	RVCN-VA	1:11.92
	34.30	1:11.92		

Men 35-39 200 Yard Breaststroke

NATL: 1:58.71 N 3/6/2021 JAMES FIKE

VA: 2:15.38 V 6/1/1993 Michael Slowey

1	Dellanoce, Michael	39	NCMS-NC	2:12.31
	30.21	1:03.58	1:37.48	2:12.31
2	Williamson, Austin	37	RVCN-VA	2:48.20
	36.88	1:18.38	2:01.86	2:48.20

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	Dellanoce, Michael	39	NCMS-NC	55.73
	26.12	55.73		

Men 35-39 400 Yard IM

NATL: 3:56.76 N 12/16/2001 RON KARNAUGH

VA: 4:24.06 V 6/1/2004 Rob St Jean

1	Dellanoce, Michael	39	NCMS-NC	4:16.53
	26.81	57.41	1:30.75	2:03.73
	2:40.75	3:17.83	3:48.02	4:16.53

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	Black, Rick	43	RVCN-VA	25.20
2	Bibikau, Alex	43	UC12-VA	25.25
3	Schwartz, Dane	43	NOVA-VA	25.51
4	Hess, Christopher	43	WCMS-VA	26.18
5	Merrill, Matt	44	PSDN-VA	26.59

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	Laurence, Noah	42	NOVA-VA	54.17
	26.29	54.17		
2	Bibikau, Alex	43	UC12-VA	55.14
	26.60	55.14		
3	Schwartz, Dane	43	NOVA-VA	55.74
	26.60	55.74		
4	Black, Rick	43	RVCN-VA	56.48
	27.54	56.48		
5	Merrill, Matt	44	PSDN-VA	58.88
	27.80	58.88		

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	Cheatham, Josh	42	UC12-VA	2:07.64
	30.06	1:02.61	1:35.76	2:07.64
2	Schwartz, Dane	43	NOVA-VA	2:08.34
	29.32	1:01.43	1:35.16	2:08.34
3	Black, Rick	43	RVCN-VA	2:08.46
	30.36	1:03.40	1:36.74	2:08.46
4	Merrill, Matt	44	PSDN-VA	2:14.49
	30.50	1:03.53	1:38.77	2:14.49

Men 40-44 500 Yard Freestyle

NATL: 4:33.36 N 4/25/2015 JOSH DAVIS

VA: 4:42.67 V 5/7/2009 Chris Stevenson

1	Laurence, Noah	42	NOVA-VA	5:28.70
	29.33	1:01.69	1:34.44	2:07.74
	2:41.47	3:15.34	3:49.17	4:23.45
	4:57.01	5:28.70		
2	Denrich, David	44	DCAC-PV	5:31.13
	29.71	1:01.87	1:34.42	2:07.19
	2:40.67	3:14.55	3:48.71	4:23.06
	4:57.55	5:31.13		
3	Black, Rick	43	RVCN-VA	6:03.51
	32.56	1:09.25	1:46.54	2:24.27
	3:01.53	3:38.72	4:15.88	4:52.75
	5:28.98	6:03.51		

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(Men 40-44 500 Yard Freestyle)

4	Merrill, Matt	44	PSDN-VA	6:27.27
	35.14	1:14.32	1:54.49	2:35.35
	3:15.80	3:54.87	4:33.36	5:12.18
	5:50.56	6:27.27		

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	Bibikau, Alex	43	UC12-VA	31.31
2	Merrill, Matt	44	PSDN-VA	33.89

Men 40-44 100 Yard Backstroke

NATL: 48.49 N 4/26/2009 MICHAEL ROSS
VA: 50.67 V 3/6/2009 Chris Stevenson

1	Merrill, Matt	44	PSDN-VA	1:11.81
	35.08	1:11.81		

Men 40-44 200 Yard Backstroke

NATL: 1:50.09 N 5/4/2008 MICHAEL ROSS
VA: 1:51.10 V 5/7/2009 Chris Stevenson

1	Denrich, David	44	DCAC-PV	2:11.69
	30.94	1:04.16	1:37.81	2:11.69
2	Schwartz, Dane	43	NOVA-VA	2:23.50
	32.68	1:08.06	1:45.91	2:23.50

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	Bibikau, Alex	43	UC12-VA	33.40
2	O'Neill, Patrick	40	HRBM-VA	35.25

Men 40-44 100 Yard Breaststroke

NATL: 53.13 N 3/4/2023 JAMES FIKE
VA: 1:02.36 V 5/7/1998 Michael Slowey

1	Bibikau, Alex	43	UC12-VA	1:13.55
	34.30	1:13.55		
2	Black, Rick	43	RVCN-VA	1:17.69
	37.41	1:17.69		

Men 40-44 200 Yard Breaststroke

NATL: 1:56.61 N 3/3/2023 JAMES FIKE
VA: 2:18.21 V 5/7/1998 Michael Slowey

1	O'Neill, Patrick	40	HRBM-VA	2:53.46
	37.29	1:19.76	2:05.36	2:53.46

Men 40-44 50 Yard Butterfly

NATL: 22.35 N 4/28/2023 MARIO MARSHALL
VA: 23.82 V 5/7/2009 Chris Stevenson

1	Laurence, Noah	42	NOVA-VA	26.86
2	Hess, Christopher	43	WCMS-VA	28.14
3	Bibikau, Alex	43	UC12-VA	28.82

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	Cheatham, Josh	42	UC12-VA	1:05.63
	28.84	1:05.63		

Men 40-44 100 Yard IM

NATL: 49.61 N 1/13/2024 JAMES FIKE
VA: 55.67 V 5/8/1998 John Tudor

1	Laurence, Noah	42	NOVA-VA	1:02.74
	29.50	1:02.74		
2	Bibikau, Alex	43	UC12-VA	1:06.20
	30.63	1:06.20		
3	Merrill, Matt	44	PSDN-VA	1:14.11
	35.48	1:14.11		

Men 40-44 200 Yard IM

NATL: 1:50.17 N 4/28/2023 MARKUS ROGAN
VA: 2:03.51 V 4/27/2000 John Tudor

1	Laurence, Noah	42	NOVA-VA	2:12.41
	28.77	1:02.53	1:41.07	2:12.41

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	Dash, Randy	49	SRVA-VA	24.82
2	Szobota, Jason	46	NOVA-VA	25.89
3	Adkins, Dana	46	1693-VA	26.59
4	Richardson, Kevin	47	RVCN-VA	29.93

Men 45-49 100 Yard Freestyle

NATL: 46.21 N 4/26/2015 NICOLAS GRANGER
VA: 49.89 V 4/28/2023 David Cole

1	Dash, Randy	49	SRVA-VA	55.57
	26.29	55.57		
2	Szobota, Jason	46	NOVA-VA	57.94
	26.77	57.94		
3	Adkins, Dana	46	1693-VA	58.45
	27.94	58.45		
4	Winfrey, Travis	47	RRY-VA	58.87
	29.14	58.87		
5	Richardson, Kevin	47	RVCN-VA	1:04.70
	31.77	1:04.70		

Men 45-49 500 Yard Freestyle

NATL: 4:39.10 N 5/20/2007 DENNIS BAKER
VA: 4:52.46 V 4/28/2011 Chris Stevenson

1	Dion, Thomas	45	RMST-PV	5:16.03
	29.11	1:00.94	1:32.92	2:04.53
	2:36.99	3:08.67	3:40.45	4:12.60
	4:44.82	5:16.03		

Men 45-49 1650 Yard Freestyle

NATL:16:08.05 N 5/20/2010 JEFF ERWIN
VA:17:20.40 V 1/7/2011 Chris Stevenson

---	Winfrey, Travis	47	RRY-VA	DFS
	32.81	1:07.05	1:41.92	2:17.70
	2:53.78	3:30.15	4:06.35	4:43.27
	5:20.15	5:57.45	6:35.32	7:12.71
	7:50.23	8:27.28	9:04.67	9:42.32
	10:19.30	10:56.83	11:34.81	12:12.18
	12:49.64	13:27.18	14:04.90	14:42.49
	15:19.63	15:57.66	16:35.80	17:15.44
	17:53.34	18:31.14	19:08.01	19:43.29

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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 Poynter, William 47 1693-VA 33.78

Men 45-49 100 Yard Backstroke

NATL: 50.83 N 4/1/2023 CHUCK BARNES
VA: 51.55 V 4/28/2011 Chris Stevenson

1 Poynter, William 47 1693-VA 1:10.30
34.08 1:10.30

Men 45-49 50 Yard Breaststroke

NATL: 25.66 N 4/27/2019 JEFF COMMINGS
VA: 28.45 V 4/30/2023 Paul Klepchick

1 Szobota, Jason 46 NOVA-VA 31.95
2 Richardson, Kevin 47 RVCN-VA 38.48

Men 45-49 100 Yard Breaststroke

NATL: 55.69 N 5/13/2018 STEVE WEST
VA: 1:02.16 V 4/28/2023 Paul Klepchick

1 Poynter, William 47 1693-VA 1:18.70
36.63 1:18.70

Men 45-49 200 Yard Breaststroke

NATL: 2:02.42 N 4/29/2017 STEVE WEST
VA: 2:18.26 V 4/29/2023 Paul Klepchick

1 Richardson, Kevin 47 RVCN-VA 2:52.08
41.01 1:24.68 2:08.78 2:52.08

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 Winfrey, Travis 47 RRY-VA 29.50
2 Adkins, Dana 46 1693-VA 30.22

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 Dash, Randy 49 SRVA-VA 1:01.42
28.47 1:01.42
2 Adkins, Dana 46 1693-VA 1:08.99
32.84 1:08.99

Men 45-49 400 Yard IM

NATL: 4:01.32 N 4/24/2015 NICOLAS GRANGER
VA: 4:17.52 V 5/20/2010 Chris Stevenson

1 Dion, Thomas 45 RMST-PV 4:56.66
30.93 1:07.24 1:46.44 2:25.99
3:07.99 3:51.81 4:25.19 4:56.66

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 Bratzke, Chad 52 NCMS-NC 26.58
2 Gustafson, Dean 54 UC12-VA 28.23

Men 50-54 100 Yard Freestyle

NATL: 46.59 N 5/10/2009 ROWDY GAINES
VA: 49.78 V 4/28/2023 Brent Holsten

1 Rubacky, Mark 54 NCMS-NC 59.28
28.80 59.28

2 Bratzke, Chad 52 NCMS-NC 1:00.93
28.62 1:00.93
3 Gustafson, Dean 54 UC12-VA 1:03.27
29.78 1:03.27

Men 50-54 500 Yard Freestyle

NATL: 4:47.57 N 5/20/2001 JIM MCCONICA
VA: 5:23.90 V 2/14/2009 Jim McFarland

1 Rubacky, Mark 54 NCMS-NC 5:33.49
31.60 1:05.19 1:39.19 2:12.96
2:46.92 3:20.69 3:54.76 4:28.43
5:01.65 5:33.49

Men 50-54 1650 Yard Freestyle

NATL:16:28.77 N 4/23/2015 JEFF ERWIN
VA:17:41.21 V 4/10/2016 Rob Jones

1 Rubacky, Mark 54 NCMS-NC 19:00.48
31.19 1:05.06 1:39.70 2:14.53
2:49.20 3:24.05 3:58.74 4:33.46
5:09.01 5:44.04 6:19.25 6:54.54
7:29.46 8:04.55 8:39.63 9:14.77
9:49.78 10:24.76 10:59.44 11:34.14
12:08.83 12:43.40 13:18.12 13:52.86
14:27.82 15:02.50 15:36.87 16:11.71
16:46.66 17:21.03 17:55.16 18:28.98 19:00.48
2 Mello, James 52 SDS-PV 21:37.24
36.14 1:14.36 1:54.31 2:34.54
3:14.52 3:54.55 4:34.91 5:14.60
5:54.40 6:33.99 7:13.78 7:53.22
8:33.48 9:13.34 9:53.36 10:32.61
11:12.50 11:51.32 12:31.00 13:10.21
13:49.48 14:28.17 15:08.36 15:46.90
16:26.82 17:06.71 17:47.19 18:25.83
19:06.02 19:43.65 20:22.84 21:00.07 21:37.24

Men 50-54 50 Yard Backstroke

NATL: 24.24 N 1/13/2024 PETER MOORE
VA: 25.19 V 4/29/2022 Brent Holsten

1 Mello, James 52 SDS-PV 33.24

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 Gustafson, Dean 54 UC12-VA 35.43
2 Mello, James 52 SDS-PV 36.28

Men 50-54 100 Yard Breaststroke

NATL: 56.25 N 4/30/2022 STEVE WEST
VA: 1:01.38 V 5/10/2018 Gregory Harris

1 Mello, James 52 SDS-PV 1:21.48
38.84 1:21.48

Men 50-54 200 Yard Breaststroke

NATL: 2:03.67 N 5/1/2022 STEVE WEST
VA: 2:20.62 V 4/13/2018 Gregory Harris

1 Mello, James 52 SDS-PV 3:15.65
41.89 1:31.76 2:24.60 3:15.65

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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	Mello, James	52	SDS-PV	30.81
2	Bratzke, Chad	52	NCMS-NC	31.62

Men 50-54 100 Yard IM

NATL: 53.60 N 4/29/2017 MIKE IRVIN

VA: 56.03 V 4/29/2023 Brent Holsten

1	Bratzke, Chad	52	NCMS-NC	1:13.51
	33.84	1:13.51		
2	Gustafson, Dean	54	UC12-VA	1:13.87
	34.62	1:13.87		

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	Mello, James	52	SDS-PV	5:44.70
	36.67	1:16.94	2:02.86	2:47.73
	3:41.19	4:33.33	5:10.23	5:44.70

Men 55-59 50 Yard Freestyle

NATL: 21.82 N 4/30/2000 RICHARD ABRAHAMS

VA: 23.16 V 4/5/2019 Gregory Harris

1	Williams, Neill	55	DCAC-PV	24.28
2	Yates, Glenn	58	NCMS-NC	27.75
3	Anderson, Pete	59	UC12-VA	30.27

Men 55-59 100 Yard Freestyle

NATL: 48.37 N 4/30/2000 RICHARD ABRAHAMS

VA: 51.21 V 4/5/2019 Gregory Harris

1	Yates, Glenn	58	NCMS-NC	1:01.84
	30.04	1:01.84		
2	Anderson, Pete	59	UC12-VA	1:09.74
	33.27	1:09.74		

Men 55-59 200 Yard Freestyle

NATL: 1:48.79 N 4/10/2010 MICHAEL MANN

VA: 1:56.14 V 4/5/2019 Gregory Harris

1	Yates, Glenn	58	NCMS-NC	2:21.20
	32.30	1:07.44	1:44.53	2:21.20
2	Anderson, Pete	59	UC12-VA	2:45.06
	34.88	1:15.67	2:00.29	2:45.06

Men 55-59 500 Yard Freestyle

NATL: 4:56.82 N 4/11/2010 MICHAEL MANN

VA: 5:25.51 V 4/24/2009 Dave Oates

1	Sushkoff, George	58	RVCN-VA	5:57.25
	33.87	1:09.53	1:45.81	2:21.92
	2:57.84	3:34.11	4:09.96	4:46.34
	5:22.36	5:57.25		

Men 55-59 50 Yard Backstroke

NATL: 25.08 N 3/17/2023 MIKE IRVIN

VA: 27.64 V 4/28/2016 Douglas Slater

1	Yates, Glenn	58	NCMS-NC	34.25
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Men 55-59 100 Yard Backstroke

NATL: 53.81 N 2/25/2017 STEVE WOOD

VA: 59.71 V 4/28/2016 Douglas Slater

1	Yates, Glenn	58	NCMS-NC	1:16.81
	36.53	1:16.81		

Men 55-59 200 Yard Backstroke

NATL: 1:59.64 N 3/19/2023 MIKE IRVIN

VA: 2:13.79 V 4/28/2016 Douglas Slater

1	Williams, Neill	55	DCAC-PV	2:18.59
	31.90	1:07.49	1:43.60	2:18.59

Men 55-59 50 Yard Breaststroke

NATL: 26.32 N 4/27/2019 CARLO TRAVAINI

VA: 29.18 V 4/5/2019 Gregory Harris

1	Yates, Glenn	58	NCMS-NC	35.52
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Men 55-59 100 Yard Breaststroke

NATL: 57.95 N 5/13/2018 CARLO TRAVAINI

VA: 1:02.98 V 4/5/2019 Gregory Harris

1	Yates, Glenn	58	NCMS-NC	1:19.21
	37.82	1:19.21		

Men 55-59 200 Yard Breaststroke

NATL: 2:07.80 N 5/12/2018 CARLO TRAVAINI

VA: 2:26.31 V 1/27/2019 Gregory Harris

1	Williams, Neill	55	DCAC-PV	2:31.82
	33.87	1:11.40	1:51.75	2:31.82

Men 55-59 50 Yard Butterfly

NATL: 23.57 N 7/25/2021 STEVE HILTABIDDLE

VA: 26.34 V 4/25/2019 Doug Bergen

1	Yates, Glenn	58	NCMS-NC	32.81
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Men 55-59 100 Yard IM

NATL: 55.07 N 4/29/2023 MIKE IRVIN

VA: 58.80 V 4/5/2019 Gregory Harris

1	Yates, Glenn	58	NCMS-NC	1:17.47
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Men 55-59 200 Yard IM

NATL: 2:00.19 N 3/18/2023 MIKE IRVIN

VA: 2:10.48 V 4/5/2019 Gregory Harris

1	Sushkoff, George	58	RVCN-VA	2:37.83
	36.12	1:15.93	2:02.04	2:37.83

Men 60-64 50 Yard Freestyle

NATL: 22.30 N 5/22/2005 RICHARD ABRAHAMS

VA: 24.16 V 4/14/2011 Scott Kauffman

1	Keith, Algernon	63	VMST-VA	25.04
2	Bailey, Bret	64	LMSF-FL	28.06
3	Armand, Gregory	60	CM-Y-VA	35.09

Men 60-64 100 Yard Freestyle

NATL: 49.14 N 5/22/2005 RICHARD ABRAHAMS

VA: 54.14 V 4/13/2018 Douglas Slater

1	Keith, Algernon	63	VMST-VA	57.00
	27.23	57.00		
2	Bailey, Bret	64	LMSF-FL	1:02.29
	29.44	1:02.29		
3	Ingebretsen, Carl	62	FAFF-VA	1:04.35
	30.85	1:04.35		

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4	Armand, Gregory	60	CM-Y-VA	1:16.38
	36.25	1:16.38		

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	Bailey, Bret	64	LMSC-FL	2:23.56
	31.81	1:08.44	1:46.52	2:23.56
2	Ingebretsen, Carl	62	FAFF-VA	2:26.06
	34.17	1:12.22	1:51.01	2:26.06
3	Armand, Gregory	60	CM-Y-VA	2:52.40
	37.90	1:21.14	2:06.75	2:52.40

Men 60-64 500 Yard Freestyle

NATL: 5:09.95 N 5/1/2022 ARNALDO PEREZ

VA: 5:55.87 V 7/21/2021 Jorge Cortina

1	Bailey, Bret	64	LMSC-FL	6:29.74
	33.96	1:12.69	1:52.79	2:32.70
	3:13.35	3:53.15	4:32.75	5:13.16
	5:52.67	6:29.74		
2	Kammermann, Chris	61	TIDE-VA	7:13.04
	37.84	1:20.02	2:03.06	2:47.76
	3:32.49	4:17.53	5:01.75	5:47.22
	6:31.06	7:13.04		
3	Armand, Gregory	60	CM-Y-VA	7:54.77
	41.22	1:27.10	2:15.16	3:03.76
	3:53.29	4:43.27	5:32.54	6:21.65
	7:09.15	7:54.77		

Men 60-64 1650 Yard Freestyle

NATL:17:44.05 N 4/28/2022 ARNALDO PEREZ

VA:20:25.03 V 7/21/2021 Jorge Cortina

1	Bailey, Bret	64	LMSC-FL	22:23.87
	33.27	1:10.73	1:50.92	2:31.89
	3:12.68	3:53.90	4:34.12	5:14.21
	5:56.80	6:37.20	7:18.45	7:59.68
	8:40.71	9:22.17	10:03.22	10:44.96
	11:26.67	12:08.51	12:49.50	13:30.32
	14:11.90	14:52.90	15:33.97	16:15.17
	16:56.55	17:38.08	18:19.63	19:00.56
	19:41.67	20:22.83	21:03.61	21:44.53
				22:23.87
2	Ingebretsen, Carl	62	FAFF-VA	22:35.77
	37.31	1:18.55	1:59.77	2:41.24
	3:23.09	4:04.70	4:46.38	5:27.98
	6:09.83	6:51.69	7:33.36	8:15.04
	8:56.62	9:37.97	10:19.27	11:01.28
	11:42.13	12:23.58	13:05.26	13:46.79
	14:28.33	15:09.54	15:50.96	16:32.35
	17:13.73	17:55.12	18:36.20	19:17.32
	19:58.21	20:38.78	21:19.26	21:58.97
				22:35.77

3	Kammermann, Chris	61	TIDE-VA	26:06.94
	43.20	1:30.11	2:18.40	3:06.77
	3:55.27	4:43.26	5:30.11	6:18.10
	7:05.81	7:54.00	8:41.86	9:30.16
	10:18.56	11:06.12	11:53.79	12:41.62
	13:29.83	14:18.03	15:06.33	15:54.77
	16:42.82	17:30.88	18:19.19	19:07.87
	19:55.85	20:43.81	21:31.68	22:19.54
	23:06.95	23:53.77	24:39.42	25:25.16
				26:06.94

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	Ingebretsen, Carl	62	FAFF-VA	33.36
2	Murphy, Richard	64	VMST-VA	33.41
3	Armand, Gregory	60	CM-Y-VA	51.24

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	Ingebretsen, Carl	62	FAFF-VA	1:12.54
	36.06	1:12.54		
2	Murphy, Richard	64	VMST-VA	1:15.40
	35.27	1:15.40		

Men 60-64 200 Yard Backstroke

NATL: 2:07.91 N 5/1/2016 TOM BARTON

VA: 2:13.15 V 4/5/2019 Douglas Slater

1	Ingebretsen, Carl	62	FAFF-VA	2:45.52
	39.53	1:22.17	2:04.75	2:45.52

Men 60-64 100 Yard Breaststroke

NATL: 58.98 N 4/28/2023 CARLO TRAVAINI

VA: 1:10.65 V 7/15/2023 David Malsbury

1	Bailey, Bret	64	LMSC-FL	1:34.02
	44.51	1:34.02		

Men 60-64 200 Yard Breaststroke

NATL: 2:10.08 N 4/29/2023 CARLO TRAVAINI

VA: 2:37.08 V 4/5/2019 Ken Neubauer

1	Keith, Algernon	63	VMST-VA	2:53.24
	38.36	1:23.15	2:08.74	2:53.24

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	Murphy, Richard	64	VMST-VA	31.16
2	Ingebretsen, Carl	62	FAFF-VA	31.23

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	Ingebretsen, Carl	62	FAFF-VA	1:16.47
	35.35	1:16.47		

Men 60-64 200 Yard Butterfly

NATL: 2:07.21 N 3/28/2021 MIKE LAMONICA

VA: 2:37.18 V 4/10/2016 John Mccorkle

1	Ingebretsen, Carl	62	FAFF-VA	2:52.94
	37.46	1:21.43	2:07.68	2:52.94

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Men 60-64 100 Yard IM

NATL: 56.69 N 4/29/2023 CARLO TRAVAINI

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

1	Murphy, Richard	64	VMST-VA	1:13.88
	33.04	1:13.88		
2	Ingebretsen, Carl	62	FAFF-VA	1:14.81
	33.50	1:14.81		

Men 60-64 200 Yard IM

NATL: 2:03.26 N 5/4/2014 RICK COLELLA

VA: 2:17.83 V 5/10/2018 Douglas Slater

1	Ingebretsen, Carl	62	FAFF-VA	2:44.77
	34.43	1:14.71	2:07.37	2:44.77

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	63	VMST-VA	5:43.83
	36.00	1:19.95	2:05.59	2:50.16
	3:40.76	4:28.93	5:09.20	5:43.83
2	Ingebretsen, Carl	62	FAFF-VA	5:59.93
	38.12	1:23.34	2:08.43	2:53.15
	3:48.69	4:42.94	5:22.49	5:59.93

Men 65-69 50 Yard Freestyle

NATL: 22.10 N 5/23/2010 RICHARD ABRAHAMS

VA: 26.47 V 4/11/2008 Harry Sober

1	Edelman, Paul	67	RVCN-VA	33.48
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Men 65-69 100 Yard Freestyle

NATL: 49.42 N 5/22/2010 RICHARD ABRAHAMS

VA: 59.61 V 2/3/2018 Craig Bauer

1	Edelman, Paul	67	RVCN-VA	1:16.28
	37.31	1:16.28		

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	Edelman, Paul	67	RVCN-VA	2:58.47
	40.90	1:26.79	2:14.20	2:58.47

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	Swiger, Ralph	67	VMST-VA	53.93
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Men 65-69 100 Yard Backstroke

NATL: 59.62 N 5/12/2013 HUGH WILDER

VA: 1:11.72 V 10/27/2019 William Wardle

1	Swiger, Ralph	67	VMST-VA	2:02.61
	1:01.27	2:02.61		

Men 65-69 200 Yard Backstroke

NATL: 2:11.06 N 4/30/2022 DAN STEPHENSON

VA: 2:35.18 V 4/5/2019 William Wardle

1	Swiger, Ralph	67	VMST-VA	4:10.31
	1:02.43	2:07.67	3:11.28	4:10.31

Men 65-69 50 Yard Breaststroke

NATL: 28.88 N 5/11/2018 RICK COLELLA

VA: 33.58 V 1/14/2024 Pat Ryan

1	Edelman, Paul	67	RVCN-VA	44.37
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2	Swiger, Ralph	67	VMST-VA	50.50
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Men 65-69 100 Yard Breaststroke

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

VA: 1:15.36 V 1/14/2024 Pat Ryan

1	Edelman, Paul	67	RVCN-VA	1:42.04
	49.50	1:42.04		
2	Swiger, Ralph	67	VMST-VA	2:05.07
	58.94	2:05.07		

Men 65-69 200 Yard Breaststroke

NATL: 2:16.70 N 4/29/2017 RICK COLELLA

VA: 2:52.59 V 4/18/2009 Warner Brundage

1	Swiger, Ralph	67	VMST-VA	4:25.41
	1:00.02	2:11.61	3:20.22	4:25.41

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	Swiger, Ralph	67	VMST-VA	52.18
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Men 65-69 100 Yard Butterfly

NATL: 56.36 N 5/21/2010 RICHARD ABRAHAMS

VA: 1:09.61 V 5/19/2005 Art Wolfe

1	Swiger, Ralph	67	VMST-VA	2:16.82
	1:06.92	2:16.82		

Men 65-69 200 Yard Butterfly

NATL: 2:08.94 N 4/9/2017 RICK COLELLA

VA: 2:45.15 V 4/5/2019 John Mccorkle

1	Durusu, Nezhir	66	FAFC-VA	5:07.16
		2:20.04	3:42.26	5:07.16
2	Swiger, Ralph	67	VMST-VA	5:12.04
		2:18.79	3:50.16	5:12.04

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	Swiger, Ralph	67	VMST-VA	1:59.02
	59.05	1:59.02		

Men 65-69 200 Yard IM

NATL: 2:03.63 N 4/28/2017 RICK COLELLA

VA: 2:34.93 V 5/11/2006 Art Wolfe

1	Swiger, Ralph	67	VMST-VA	4:21.82
	1:01.23	2:08.93	3:25.08	4:21.82

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	Swiger, Ralph	67	VMST-VA	9:42.71
	1:09.64	2:23.35	3:46.14	5:02.25
	6:22.52	7:39.55	8:43.61	9:42.71

Men 70-74 50 Yard Freestyle

NATL: 24.01 N 5/20/2023 DOUG MARTIN

VA: 26.96 V 4/28/2016 Hank Holswade

1	Stone, Richard	73	VMST-VA	40.53
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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	Burke, Anthony	75	SRVA-VA	40.17
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Men 75-79 50 Yard Breaststroke
NATL: 33.89 N 5/13/2022 DOUGLAS SPRINGER
VA: 41.80 V 5/17/2018 Terry Gernstein
1 Burke, Anthony 75 SRVA-VA 55.00

Men 80-84 50 Yard Freestyle
NATL: 28.68 N 4/30/2017 FARRELL\FARRELL
VA: 31.15 V 2/11/2023 Harry Sober
1 Sober, Harry 81 VMST-VA 31.75

Men 80-84 100 Yard Freestyle
NATL: 1:04.60 N 5/3/2014 DAVID RADCLIFF
VA: 1:12.43 V 2/11/2023 Harry Sober
1 Sober, Harry 81 VMST-VA 1:13.40
33.59 1:13.40

Men 80-84 50 Yard Backstroke
NATL: 34.49 N 4/29/2016 YOSHI OYAKAWA
VA: 40.62 V 2/11/2023 Harry Sober
1 Sober, Harry 81 VMST-VA 39.23V

Men 85-89 50 Yard Freestyle
NATL: 31.04 N 5/15/2022 JEFF FARRELL
VA: 37.40 V 5/6/2023 Lee Bettis
1 Beattie, Cal 89 UC12-VA 1:03.63

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 89 UC12-VA 2:23.38

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 89 UC12-VA 5:07.93
1:07.84 2:26.12 3:48.19 5:07.93

Women 25+ 200 Yard Freestyle Relay
NATL: 1:34.62 N 4/7/2019 NORTH CAROLINA
M KENNEDY, L SMITH, K LINDAUER, E BRAUN
VA: 1:38.28 V 4/13/2018 1693

G Mizerak, S Shaner, K Gass, K Grier
1 RVCN-VA A 1:58.41
1) Vaughan, Mason W39 2) Booker, Sarah W32
3) Swain, Jayme W49 4) Strobl, Lori W43
28.81 59.91 1:30.25 1:58.41
2 PSDN-VA A 2:11.38
1) Dodson, Jessica W30 2) Booker, Lauren W40
3) Wirt, Melissa W42 4) Jimeno, Amanda W31
33.34 1:07.01 1:39.90 2:11.38
3 VMST-VA A 2:35.28
1) Speer, Nancy W61 2) Carter, Susan W76
3) Shepard, Megan W33 4) Boslego, Barbara W72
18.38 1:20.45 1:58.82 2:35.28

Women 35+ 400 Yard Medley Relay
NATL: 4:04.48 N 2/1/2015 NCMS
J STRINGER, K LINDAUER, A UHL, E BRAUN
VA: 4:26.96 V 4/30/1999 VMST
B Baker, C Boxley, W Weil, S Skiff

1 RVCN-VA A 5:32.77
1) Buscaglia, Caycee W59 2) Swain, Jayme W49
3) Vaughan, Mason W39 4) Grenfell, Daisie W54
37.92 1:19.24 2:00.40 2:43.55
3:18.93 4:00.89 4:43.58 5:32.77

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 CM-Y-VA A 2:43.57
1) Dalton, Wendy W52 2) Armand, Peggy W60
3) May, Julia W59 4) Bachman, Martha W75
31.60 1:47.93 2:43.57

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 RVCN-VA A 1:55.84
1) Sushkoff, George M58 2) Richardson, Kevin M47
3) Williamson, Austin M37 4) Black, Rick M43
33.53 1:03.17 1:30.45 1:55.84

Men 35+ 400 Yard Medley Relay
NATL: 3:28.46 N 3/5/2009 LONGHORN AQUATI
A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA
VA: 3:45.77 V 4/7/2017 1693
J Rockwell, R Williams, M Nilson, M Lovett
1 RVCN-VA A 5:11.84
1) Richardson, Kevin M47 2) Williamson, Austin M37
3) Black, Rick M43 4) Edelman, Paul M67
37.51 1:15.57 1:51.14 2:30.23
3:10.19 3:55.75 4:32.85 5:11.84

Men 55+ 200 Yard Freestyle Relay
NATL: 1:32.18 N 4/11/2009 OREGON MASTERS
M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK
VA: 1:46.98 V 2/11/2012 VMST
Hank Holswade, David Frisch, Mark Kutz, Mike Wren
1 VMST-VA A 2:23.28
1) Sober, Harry M81 2) Swiger, Ralph M67
3) Stone, Richard M73 4) Keith, Algernon M63
32.33 1:16.62 1:57.86 2:23.28

2024 USMS Virginia SC Championship - 2/9/2024 to 2/10/2024

Results

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: 1:28.96 V 4/27/2023 1693

M Healey, S Kettlewell-Sites, C Bristow, B Zhang

1	NOVA-VA	A	1:42.89
1)	Szobota, Jason M46	2)	Miller, Elizabeth W42
3)	Haywood, Che' Rel W24	4)	Schwartz, Dane M43
	25.68		51.82
	1:17.56		1:42.89
2	FAFF-VA	A	2:19.03
1)	Dickens, Susan W62	2)	Bates, Lindsey W30
3)	Graf, William M33	4)	Higgins, Matthew M24
	35.34		1:16.11
	1:49.03		2:19.03

Mixed 25+ 200 Yard Freestyle Relay

NATL: 1:27.54 N 4/28/2023 NEW YORK ATHLET

T DILLINGER, Z FONG, E MCDONALD, A HOWE

VA: 1:34.46 V 3/17/2018 1693

K Gallagher, G Mizerak, K Loughran, K Grier

1	CM-Y-VA	A	1:48.70
1)	McQuiggan, Jacob M29	2)	Loftus-Charley, Shirley W7
3)	Henkler, Amanda W33	4)	Peterson, Brian M31
	24.78		56.57
	1:24.89		1:48.70

Mixed 25+ 400 Yard Freestyle Relay

NATL: 3:16.11 N 4/27/2023 THE OLYMPIC CLU

E SOLAECHE, B CONO, C MONSEES, A ARNOLD

VA: 3:19.84 V 4/7/2017 1693

M Falcone, K Loughran, S Shaner, K Gallagher

1	CM-Y-VA	A	4:38.56
1)	Loftus-Charley, Shirley W7	2)	Armand, Peggy W60
3)	Armand, Gregory M60	4)	Peterson, Brian M31
	33.80		1:09.93
	1:45.93		2:24.29
	2:57.16		3:43.00
	4:10.24		4:38.56

Mixed 25+ 200 Yard Medley Relay

NATL: 1:34.12 N 4/30/2022 THE OLYMPIC CLU

F LEE, J PRENOT, E SOLAECHE, C MONSEES

VA: 1:39.63 V 4/13/2018 1693

S Glass, C Fay, G Mizerak, S Shaner

1	CM-Y-VA	A	2:37.15
1)	Armand, Gregory M60	2)	Loftus-Charley, Shirley W7
3)	Peterson, Brian M31	4)	Armand, Peggy W60
	51.76		1:34.88
	2:03.51		2:37.15
---	FAFC-VA	A	X3:27.12
1)	Campbell, Valerie W76	2)	Bailey, Bret M64
3)	Durusu, Nezih M66	4)	Durusu, Elise W26
	1:18.19		1:40.64
	2:54.44		3:27.12

Mixed 25+ 400 Yard Medley Relay

NATL: 3:45.13 N 4/25/2010 RED TIDE OF NYC

K GARY, N WERNER, T SHPAIZER, D LIPPIN

VA: 3:55.30 V 4/3/2019 1693

C Berger, V Maqueda, S Bulakul, K Grier

1	CM-Y-VA	A	4:35.14
1)	Henkler, Amanda W33	2)	McQuiggan, Jacob M29
3)	Peterson, Brian M31	4)	Loftus-Charley, Shirley W7
	35.90		1:13.95
	1:44.63		2:19.25
	2:49.68		3:24.43
	3:58.34		4:35.14

2	FAFF-VA	A	6:01.18
1)	Graf, William M33	2)	Bates, Lindsey W30
3)	Ingebretsen, Carl M62	4)	Dickens, Susan W62
	39.32		1:22.47
	2:15.52		3:13.84
	3:53.87		4:41.19
	5:18.64		6:01.18

Mixed 35+ 400 Yard Freestyle Relay

NATL: 3:23.51 N 4/27/2023 NORTH CAROLINA

T BACCICH, J MIHALIK, E BRAUN, M HEIJNEN

VA: 3:28.42 V 3/15/2008 VMST

S Summerlin, J John, C John, D Summerlin

1	RVCN-VA	A	4:52.95
1)	Edelman, Paul M67	2)	Grenfell, Daisie W54
3)	Vaughan, Mason W39	4)	Black, Rick M43
	30.10		1:03.20
	1:46.05		2:42.38
	3:06.19		3:52.57
	4:21.31		4:52.95

Mixed 35+ 200 Yard Medley Relay

NATL: 1:39.85 N 5/22/2010 COLORADO MASTER

S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY

VA: 1:44.12 V 4/28/2016 1693

K Grier, R Williams, M Lovett, C Hurtubise

1	RVCN-VA	A	2:05.18
1)	Buscaglia, Caycee W59	2)	Williamson, Austin M37
3)	Vaughan, Mason W39	4)	Black, Rick M43
	36.30		1:07.63
	1:39.62		2:05.18

Mixed 55+ 400 Yard Freestyle Relay

NATL: 3:45.72 N 4/28/2022 LONE STAR MASTE

D GUTHRIE, R VAN DYKE, S STONE, K HENDERSON

VA: 4:38.92 V 4/13/2012 VMST

S Loftus-Charley, K Braaten, R Swiger, J McCorkle

1	VMST-VA	A	5:30.10
1)	Carter, Susan W76	2)	Boslego, Barbara W72
3)	Sober, Harry M81	4)	Keith, Algernon M63
	51.29		1:50.34
	2:30.85		3:14.93
	3:48.58		4:28.70
	4:58.00		5:30.10

Mixed 55+ 200 Yard Medley Relay

NATL: 1:50.70 N 4/8/2017 NORTH CAROLINA

F MCEACHRAN, N VESTAL, J KLEIN, S WALSH

VA: 2:08.58 V 4/3/2019 VMST

D Jaeger, P Miller, R Chenault, G Harris

1	VMST-VA	A	3:01.15
1)	Walker, Laura W86	2)	Boslego, Barbara W72
3)	Keith, Algernon M63	4)	Swiger, Ralph M67
	56.78		1:45.94
	2:18.72		3:01.15

Mixed 65+ 400 Yard Medley Relay

NATL: 4:32.76 N 4/3/2022 LONE STAR MASTE

J WOOLSLAYER, R NEVILLE, J GOODING, L MORRISON

VA: 5:23.62 V 4/11/2008 VMST

H Sober, B Durrant, A Wolfe, B Schreiner

1	VMST-VA	A	7:42.02
1)	Walker, Laura W86	2)	Boslego, Barbara W72
3)	Swiger, Ralph M67	4)	Stone, Richard M73
	1:02.52		2:06.62
	2:57.94		4:58.95
	6:07.25		6:53.08
	7:42.02		

2024 USMS Virginia SC Championship - 2/9/2024 to 2/10/2024**Results****Combined Team Scores****Combined Team Scores - Through Event 46**

1. Cavalier Masters	1238
2. River City Masters	1146.5
3. North Carolina Masters Swimmin	999
4. Virginia Masters Swim Team	949
5. Nova of Virginia	811
6. Fredericksburg American Family	687
7. Poseidon Masters	638
8. Uc12	534
9. SwimRVA Hammerheads	320
10. Freedom Aquatic Club	294
11. Club Tribe	236
12. Brian Lee Ohana Club	204
13. Harrisonburg Masters	179.5
14. Stripers	136
15. Sea Devil Swimming Masters	134
16. Rappahannock YMCA Master's Swi	125
17. Legend Masters Swim Club	114
18. District Of Columbia Aquatics	97
18. Burkwood Aquatics Masters	97
20. Swimmerd	94
20. Lynchburg Aquatic Club	94
22. City of Mobile Masters	71
23. Germantown Maryland Masters	47
24. Reston Masters Swim Team	40
25. Tide Swimming	33
26. Sentara Rmh Wellness Center	32

3. Fredericksburg American Family	429
4. North Carolina Masters Swimmin	411
5. Cavalier Masters	396
6. Uc12	347
7. Nova of Virginia	284
8. Poseidon Masters	191
9. SwimRVA Hammerheads	147
10. Sea Devil Swimming Masters	134
11. Club Tribe	126
12. Rappahannock YMCA Master's Swi	125
13. Legend Masters Swim Club	114
14. District Of Columbia Aquatics	97
15. Swimmerd	94
16. City of Mobile Masters	71
17. Reston Masters Swim Team	40
18. Harrisonburg Masters	37
18. Freedom Aquatic Club	37
20. Tide Swimming	33
21. Sentara Rmh Wellness Center	32

Scores - Women**Women - Team Rankings - Through Event 46**

1. Cavalier Masters	842
2. River City Masters	646.5
3. North Carolina Masters Swimmin	588
4. Nova of Virginia	527
5. Poseidon Masters	447
6. Virginia Masters Swim Team	384
7. Fredericksburg American Family	258
8. Freedom Aquatic Club	257
9. Brian Lee Ohana Club	204
10. Uc12	187
11. SwimRVA Hammerheads	173
12. Harrisonburg Masters	142.5
13. Stripers	136
14. Club Tribe	110
15. Burkwood Aquatics Masters	97
16. Lynchburg Aquatic Club	94
17. Germantown Maryland Masters	47

Scores - Men**Men - Team Rankings - Through Event 46**

1. Virginia Masters Swim Team	565
2. River City Masters	500