

2018 Virginia Commonwealth Games LCM - 12/15/18

Results - 2018 Virginia Commonwealth Games LCM

Women 18-24 50 LC Meter Freestyle

NATL: 26.22 N 7/26/09 KARA DENBY

VA: 26.75 V 7/21/16 Amalia Kobelja

1 Geisler, Kristina 23 TIDE-VA 32.26

Women 18-24 100 LC Meter Backstroke

NATL: 1:04.67 N 7/20/12 JENNY VON JOUANNE

VA: 1:18.65 V 10/1/91 Robin Hampton

1 Geisler, Kristina 23 TIDE-VA 1:28.16

42.08 1:28.16

Women 18-24 50 LC Meter Butterfly

NATL: 28.62 N 7/12/09 MEG GILL

VA: 29.56 V 6/25/12 Elizabeth Shaw

1 Geisler, Kristina 23 TIDE-VA 36.54

Women 45-49 50 LC Meter Freestyle

NATL: 27.09 N 8/5/17 THOMAS\BRAUN

VA: 28.72 V 6/30/12 Annette Patterson

1 Lowe-Thompson, Carolyr 48 VMST-VA 41.17

Women 45-49 100 LC Meter Freestyle

NATL: 57.40 N 8/8/15 MELANIE THOMAS

VA: 1:06.98 V 8/1/99 Susan Skiff

1 Lowe-Thompson, Carolyr 48 VMST-VA 1:33.23

44.01 1:33.23

Women 45-49 200 LC Meter Freestyle

NATL: 2:10.09 N 6/13/09 K PIPES-NEILSEN

VA: 2:25.12 V 8/9/10 Kelly Parker Palace

1 Lowe-Thompson, Carolyr 48 VMST-VA 3:20.91

46.47 1:38.98 2:30.53 3:20.91

Women 45-49 400 LC Meter Freestyle

NATL: 4:35.84 N 9/6/08 K PIPES-NEILSEN

VA: 5:15.56 V 8/9/10 Kelly Parker Palace

1 Lowe-Thompson, Carolyr 48 VMST-VA 6:56.11

48.98 1:43.37 2:35.90 3:29.10

4:21.63 5:14.05 6:06.52 6:56.11

Women 45-49 800 LC Meter Freestyle

NATL: 9:24.11 N 8/5/07 K PIPES-NEILSEN

VA:10:25.48 V 8/15/10 Kelly Parker Palace

1 Lowe-Thompson, Carolyr 48 VMST-VA 14:25.17

48.86 1:43.26 2:37.32 3:31.53

4:25.44 5:20.90 6:15.57 7:10.44

8:05.53 8:58.49 9:52.93 10:48.09

11:43.64 12:37.66 13:31.39 14:25.17

Women 50-54 50 LC Meter Freestyle

NATL: 28.17 N 7/9/16 FALL WILLEBOORDSE

VA: 30.41 V 6/24/10 Lisa Bennett

1 Nicholls, Victoria 52 VMST-VA 1:01.03

Women 50-54 100 LC Meter Freestyle

NATL: 1:01.13 N 8/19/01 LAURA VAL

VA: 1:05.83 V 6/10/11 Kelly Parker Palace

1 Nicholls, Victoria 52 VMST-VA 2:19.35

1:06.66 2:19.35

Women 50-54 800 LC Meter Freestyle

NATL: 9:34.12 N 7/23/16 SUSAN PRESTON

VA:10:10.10 V 8/3/11 Kelly Parker Palace

1 Ericsson, Kate 52 VMST-VA 13:19.93

43.56 1:32.70 2:22.06 3:12.00

4:02.27 4:52.78 5:43.30 6:34.60

7:25.72 8:16.81 9:07.19 9:59.28

10:49.91 11:40.67 12:31.49 13:19.93

Women 50-54 50 LC Meter Backstroke

NATL: 32.41 N 6/22/13 LESLIE LIVINGSTON

VA: 36.39 V 8/15/14 Val Van Horn Pate

1 Nicholls, Victoria 52 VMST-VA 1:16.15

Women 50-54 100 LC Meter Backstroke

NATL: 1:09.28 N 8/8/14 ELLEN REYNOLDS

VA: 1:19.67 V 6/22/13 Val Van Horn Pate

1 Ericsson, Kate 52 VMST-VA 1:49.50

53.36 1:49.50

2 Nicholls, Victoria 52 VMST-VA 2:35.80

1:16.43 2:35.80

Women 50-54 50 LC Meter Breaststroke

NATL: 37.31 N 8/19/16 KRATTLI\TRACY

VA: 39.85 V 8/26/06 Lisa Bennett

1 Nicholls, Victoria 52 VMST-VA 1:30.78

Women 50-54 200 LC Meter IM

NATL: 2:31.02 N 8/7/16 ELLEN REYNOLDS

VA: 2:54.44 V 7/9/11 Kelly Parker Palace

1 Ericsson, Kate 52 VMST-VA 3:40.25

49.83 1:46.14 2:54.03 3:40.25

2 Nicholls, Victoria 52 VMST-VA 5:38.55

1:20.14 2:45.16 4:28.12 5:38.55

Women 50-54 400 LC Meter IM

NATL: 5:20.68 N 8/5/14 ELLEN REYNOLDS

VA: 6:08.20 V 7/9/11 Kelly Parker Palace

1 Ericsson, Kate 52 VMST-VA 7:51.56

54.33 1:57.04 3:54.66

5:02.30 6:10.22 7:00.34 7:51.56

Women 55-59 50 LC Meter Freestyle

NATL: 28.69 N 7/16/17 VAL\PIPES

VA: 30.90 V 8/18/16 Kelly Parker Palace

1 Knight, Janet 56 ETM-VA 46.99

Women 55-59 800 LC Meter Freestyle

NATL: 9:46.56 N 7/25/15 JILL HERNANDEZ

VA:10:18.29 V 8/18/16 Kelly Parker Palace

1 Barras, Shannon 56 ETM-VA 18:35.07

53.66 1:59.83 3:12.69

5:38.42 6:50.12 8:02.52

10:25.28 11:36.34 12:47.84 13:57.96

16:18.22 17:27.58 18:35.07

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Women 55-59 1500 LC Meter Freestyle

NATL:19:14.70 N 7/8/07		LAURA VAL	
VA:19:29.84 V 8/5/16		Kelly Parker Palace	
1	Barras, Shannon	56	ETM-VA 35:12.38
	58.13	2:03.87	3:12.70 4:22.86
	5:32.56	6:42.69	9:02.73
		11:23.12	12:32.56 13:42.56
	14:52.15	16:02.33	
			21:59.95
			25:35.92
			30:24.96 32:50.33
	34:03.09	35:12.38	

Women 55-59 50 LC Meter Breaststroke

NATL: 37.13 N 7/16/17		CAROLINE KRATTLI	
VA: 40.81 V 7/28/18		Patricia Miller	
1	Knight, Janet	56	ETM-VA 1:06.71

Women 55-59 100 LC Meter Breaststroke

NATL: 1:21.21 N 7/15/17		CAROLINE KRATTLI	
VA: 1:31.62 V 8/5/16		Kelly Parker Palace	
1	Knight, Janet	56	ETM-VA 2:47.18
	1:18.92	2:47.18	

Women 65-69 50 LC Meter Freestyle

NATL: 29.17 N 7/29/18		LAURA VAL	
VA: 34.54 V 8/6/09		Beth Schreiner	
1	Loftus-Charley, Shirley	67	VMST-VA 36.39

Women 65-69 100 LC Meter Freestyle

NATL: 1:04.89 N 7/30/18		LAURA VAL	
VA: 1:17.63 V 8/18/07		Beth Schreiner	
1	Loftus-Charley, Shirley	67	VMST-VA 1:19.28
	38.72	1:19.28	

Women 65-69 1500 LC Meter Freestyle

NATL:21:00.15 N 7/22/16		LAURA VAL	
VA:22:19.43 V 6/17/17		Shirley Loftus-Charley	
1	Loftus-Charley, Shirley	67	VMST-VA 22:03.45V
	39.73	1:22.67	2:06.75 2:50.73
	3:35.06	4:19.76	5:04.26 5:48.12
	6:32.60	7:17.05	8:01.72 8:46.07
	9:31.00	10:15.05	10:59.56 11:43.66
	12:28.41	13:12.61	13:57.20 14:41.50
	15:26.17	16:10.09	16:54.67 17:38.86
	18:23.41	19:07.52	19:51.85 20:36.09
	21:20.39	22:03.45	

Women 65-69 100 LC Meter Backstroke

NATL: 1:14.49 N 7/31/18		LAURA VAL	
VA: 1:34.07 V 6/22/13		Marcia Barry	
1	Loftus-Charley, Shirley	67	VMST-VA 1:38.01
	48.73	1:38.01	

Women 65-69 200 LC Meter IM

NATL: 2:54.16 N 7/24/16		LAURA VAL	
VA: 3:19.02 V 6/17/17		Shirley Loftus-Charley	
1	Loftus-Charley, Shirley	67	VMST-VA 3:17.99V
	43.40	1:37.51	2:35.04 3:17.99

Women 70-74 50 LC Meter Freestyle

NATL: 32.89 N 7/22/18		MARGARET TOPPEL	
VA: 35.22 V 8/3/11		Beth Schreiner	
1	Ptak, Cheryl	71	VMST-VA 1:30.69

Women 70-74 200 LC Meter Freestyle

NATL: 2:46.63 N 8/27/16		DIANN UUSTAL	
VA: 3:01.04 V 7/14/18		Marcia Barry	
1	Barry, Marcia	70	VMST-VA 3:10.34
	44.37	1:33.29	2:22.92 3:10.34

Women 70-74 800 LC Meter Freestyle

NATL:12:35.14 N 8/15/04		LAVELLE STOINOFF	
VA:12:52.66 V 7/14/18		Marcia Barry	
1	Barry, Marcia	70	VMST-VA 13:14.70
	43.47	1:31.46	2:20.43 3:10.12
	4:00.24	4:50.65	5:40.91 6:31.07
	7:21.73	8:12.23	9:03.04 9:53.80
	10:44.71	11:36.24	12:26.56 13:14.70

Women 70-74 50 LC Meter Backstroke

NATL: 39.11 N 8/4/17		DIANN UUSTAL	
VA: 46.11 V 7/5/12		Beth Schreiner	
1	Barry, Marcia	70	VMST-VA 48.22
2	Burns, Suzi	71	ETM-VA 1:02.33

Women 70-74 200 LC Meter Backstroke

NATL: 3:14.66 N 8/5/17		DIANN UUSTAL	
VA: 3:36.86 V 7/14/18		Marcia Barry	
1	Barry, Marcia	70	VMST-VA 3:43.52
	53.45	1:50.47	2:48.69 3:43.52

Women 70-74 50 LC Meter Breaststroke

NATL: 43.19 N 8/3/18		DANA BROWN	
VA: 48.87 V 8/6/15		Susan Bricken	
1	Burns, Suzi	71	ETM-VA 1:00.74
2	Ptak, Cheryl	71	VMST-VA 2:34.12

Women 70-74 100 LC Meter Breaststroke

NATL: 1:38.78 N 7/18/09		JOANN LEILICH	
VA: 2:01.35 V 8/3/11		Betsy Durrant	
1	Burns, Suzi	71	ETM-VA 2:15.67
	1:03.87	2:15.67	

Women 70-74 200 LC Meter Breaststroke

NATL: 3:34.49 N 8/20/11		JOANN LEILICH	
VA: 4:20.98 V 8/23/08		Johnnie Detrick	
1	Burns, Suzi	71	ETM-VA 4:52.11
	1:12.03	2:28.07	3:44.91 4:52.11

Women 70-74 50 LC Meter Butterfly

NATL: 35.02 N 8/5/17		DIANN UUSTAL	
VA: 50.09 V 8/23/08		Lucille Griffin	
1	Ptak, Cheryl	71	VMST-VA 3:00.80

Women 70-74 200 LC Meter IM

NATL: 3:20.72 N 6/26/16		MARGOT PETTIJOHN	
VA: 4:03.81 V 1/1/07		Barbara Zaremski	
---	Ptak, Cheryl	71	VMST-VA DQ
	2:40.26	5:18.23	8:13.23

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Men 35-39 100 LC Meter Freestyle

NATL: 51.49 N 7/16/95 ROWDY GAINES

VA: 55.94 V 8/4/06 Eric Cornell

1	Gustafson, Jeremy	37	UC-12-VA	1:10.20
		32.72		1:10.20

Men 35-39 100 LC Meter Breaststroke

NATL: 1:03.76 N 7/14/13 JEFF COMMINGS

VA: 1:12.30 V 8/28/94 Michael Slowey

1	Gustafson, Jeremy	37	UC-12-VA	1:38.99
		45.51		1:38.99

Men 35-39 100 LC Meter Butterfly

NATL: 53.65 N 8/2/18 KOHEI KAWAMOTO

VA: 1:00.42 V 4/1/16 Adam Barley

1	Gustafson, Jeremy	37	UC-12-VA	1:33.54
		39.82		1:33.54

Men 55-59 50 LC Meter Backstroke

NATL: 29.03 N 8/20/16 STEVE WOOD

VA: 31.15 V 6/16/18 Len Gushe

1	Reynolds, Jim	59	VMST-VA	38.72
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Men 55-59 100 LC Meter Backstroke

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

VA: 1:08.20 V 6/1/18 Len Gushe

1	Reynolds, Jim	59	VMST-VA	1:26.11
		41.31		1:26.11

Men 55-59 200 LC Meter Backstroke

NATL: 2:22.68 N 8/7/15 CRAIG PETERSEN

VA: 2:26.23 V 6/1/18 Len Gushe

1	Trieman, Gerald S	58	UTAH-UT	2:56.94
		41.76	1:25.96	2:11.09
				2:56.94

Men 55-59 50 LC Meter Breaststroke

NATL: 30.56 N 8/6/17 DAVID GUTHRIE

VA: 32.68 V 7/28/18 Gregory Harris

1	Reynolds, Jim	59	VMST-VA	40.35
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Men 55-59 100 LC Meter Breaststroke

NATL: 1:07.97 N 7/31/15 DAVID GUTHRIE

VA: 1:10.84 V 7/28/18 Gregory Harris

1	Reynolds, Jim	59	VMST-VA	1:33.49
		43.89		1:33.49

Men 55-59 200 LC Meter Butterfly

NATL: 2:18.37 N 8/4/17 DAVID SIMS

VA: 2:30.83 V 8/4/18 Len Gushe

1	Trieman, Gerald S	58	UTAH-UT	4:09.02
		53.09	1:56.28	3:02.46
				4:09.02

Men 60-64 800 LC Meter Freestyle

NATL: 9:29.70 N 8/12/18 ANDREW BRAY

VA: 10:09.12 V 8/4/06 John Calvert

1	Swiger, Ralph	62	VMST-VA	17:12.83
			2:03.35	3:07.63
			4:13.37	
			5:18.35	6:24.50
			7:29.47	8:36.11
			9:41.16	10:47.00
			11:51.89	12:59.01
			14:04.05	15:08.44
			16:11.09	17:12.83

Men 60-64 1500 LC Meter Freestyle

NATL: 18:01.45 N 7/22/18 ANDREW BRAY

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

1	Wright, Robert E	64	DOC-IN	22:44.92
			41.04	1:25.79
			2:11.03	2:57.44
			3:43.37	4:30.14
			5:16.23	6:03.47
			6:50.28	7:37.31
			8:23.10	9:10.02
			9:56.13	10:42.77
			11:28.56	12:14.74
			13:00.28	13:46.04
			14:31.11	15:16.57
			16:01.91	16:47.03
			17:31.98	18:17.00
			19:02.05	19:47.18
			20:32.17	21:17.21
			22:01.38	22:44.92

Men 60-64 50 LC Meter Backstroke

NATL: 30.63 N 8/2/18 ANDRE STEYNBERG

VA: 33.89 V 1/1/06 John Calvert

1	Stone, Bryan	62	VMST-VA	50.90
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Men 60-64 100 LC Meter Backstroke

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

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

1	Stone, Bryan	62	VMST-VA	1:56.32
			54.80	1:56.32

Men 60-64 200 LC Meter Backstroke

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

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

1	Wright, Robert E	64	DOC-IN	3:09.52
			45.61	1:33.52
			2:21.74	3:09.52
2	Stone, Bryan	62	VMST-VA	4:01.25
			53.00	1:53.57
			2:57.75	4:01.25
3	Swiger, Ralph	62	VMST-VA	4:48.77
			1:10.69	3:35.18
				4:48.77

Men 60-64 50 LC Meter Breaststroke

NATL: 32.87 N 6/13/12 TIMOTHY SHEAD

VA: 38.27 V 8/15/02 Jack Schiltz

1	Treen, Dave W	60	UC-08-DV	44.31
2	Stone, Bryan	62	VMST-VA	53.02

Men 60-64 100 LC Meter Breaststroke

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

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

1	Treen, Dave W	60	UC-08-DV	1:41.15
			47.32	1:41.15

Men 60-64 200 LC Meter Breaststroke

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

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

1	Treen, Dave W	60	UC-08-DV	3:42.87
			50.26	1:47.92
			2:45.84	3:42.87

Men 60-64 50 LC Meter Butterfly

NATL: 27.85 N 8/6/17 TRIP HEDRICK

VA: 32.19 V 8/15/02 Jack Schiltz

1	Stone, Bryan	62	VMST-VA	54.04
2	Swiger, Ralph	62	VMST-VA	57.53

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Men 60-64 100 LC Meter Butterfly

NATL: 1:03.03 N 8/15/05 RICHARD ABRAHAMS
 VA: 1:13.20 V 1/1/06 John Calvert

1 Swiger, Ralph 62 VMST-VA 2:23.63
 1:08.96 2:23.63

Men 60-64 200 LC Meter Butterfly

NATL: 2:29.05 N 8/6/11 LAWRENCE DAY
 VA: 3:23.33 V 2000 William Irwin

1 Wright, Robert E 64 DOC-IN 3:20.30
 44.53 1:36.93 2:29.35 3:20.30

Men 60-64 200 LC Meter IM

NATL: 2:21.99 N 8/17/14 RICK COLELLA
 VA: 2:36.07 V 8/4/06 John Calvert

1 Swiger, Ralph 62 VMST-VA 4:28.38
 1:02.39 2:18.95 3:27.37 4:28.38

Men 60-64 400 LC Meter IM

NATL: 5:08.20 N 8/15/14 RICK COLELLA
 VA: 5:41.07 V 8/4/06 John Calvert

1 Wright, Robert E 64 DOC-IN 6:51.55
 44.80 1:35.26 2:26.74 3:16.10
 4:20.90 5:25.02 6:09.09 6:51.55
 2 Stone, Bryan 62 VMST-VA 8:43.54
 56.72 2:08.15 3:16.81 4:23.71
 5:38.30 6:50.90 7:46.43 8:43.54
 3 Swiger, Ralph 62 VMST-VA 9:20.70
 1:07.94 2:28.80 3:43.17 4:57.70
 6:08.83 7:20.98 8:22.42 9:20.70

Men 65-69 50 LC Meter Freestyle

NATL: 26.21 N 7/6/18 DOUG MARTIN
 VA: 31.35 V 8/23/08 Harry Sober

1 Wright, David R 68 DOC-IN 42.94

Men 65-69 100 LC Meter Freestyle

NATL: 1:00.38 N 8/12/10 RICHARD ABRAHAMS
 VA: 1:10.21 V 6/17/17 Craig Bauer

1 Wright, David R 68 DOC-IN 1:27.27
 41.07 1:27.27

Men 65-69 200 LC Meter Freestyle

NATL: 2:09.39 N 8/6/17 RICK COLELLA
 VA: 2:38.68 V 6/17/17 Craig Bauer

1 Wright, David R 68 DOC-IN 3:21.08
 47.80 1:39.60 2:32.32 3:21.08

Men 65-69 50 LC Meter Butterfly

NATL: 28.68 N 8/16/08 KEEFE LODWIG
 VA: 36.67 V 8/23/08 Harry Sober

1 Wright, David R 68 DOC-IN 52.00

Men 65-69 100 LC Meter Butterfly

NATL: 1:05.83 N 8/6/17 RICK COLELLA
 VA: 1:34.94 V 8/19/93 William Irwin

1 Wright, David R 68 DOC-IN 1:53.47
 54.61 1:53.47

Men 65-69 200 LC Meter Butterfly

NATL: 2:33.40 N 6/12/16 LAWRENCE DAY
 VA: 3:15.49 V 7/8/16 John Mccorkle

1 Wright, David R 68 DOC-IN 3:58.48
 55.96 1:55.75 2:57.78 3:58.48

Men 70-74 50 LC Meter Freestyle

NATL: 27.71 N 8/7/15 RICHARD ABRAHAMS
 VA: 32.05 V 6/22/13 Ken Novell

1 Pearl, Stephen 71 SKY-KY 39.28

Men 70-74 100 LC Meter Freestyle

NATL: 1:03.32 N 8/8/15 DAVID QUIGGIN
 VA: 1:13.72 V 8/9/14 Ken Novell

1 Slaughter, James W 73 VMST-VA 1:38.28
 46.52 1:38.28
 2 Pearl, Stephen 71 SKY-KY 1:40.23

Men 70-74 200 LC Meter Freestyle

NATL: 2:23.30 N 7/31/18 FRED SCHLICHER
 VA: 2:54.84 V 8/9/14 Ken Novell

1 Slaughter, James W 73 VMST-VA 3:43.37
 51.18 1:46.49 2:46.40 3:43.37

Men 70-74 400 LC Meter Freestyle

NATL: 5:03.56 N 8/4/18 DAN KIRKLAND
 VA: 6:08.31 V 7/5/12 Sandy Galletly

1 Slaughter, James W 73 VMST-VA 7:43.90
 50.95 1:47.85 2:46.46 3:45.43
 4:45.71 5:45.53 6:45.46 7:43.90

Men 70-74 50 LC Meter Backstroke

NATL: 33.58 N 8/4/17 HUGH WILDER
 VA: 42.22 V 10/1/95 Calvin Barnes

1 Pearl, Stephen 71 SKY-KY 1:01.03

Men 70-74 50 LC Meter Breaststroke

NATL: 36.68 N 8/19/16 ROBERT STRAND
 VA: 45.29 V 8/15/14 Terry Gernstein

1 Slaughter, James W 73 VMST-VA 58.34

Men 70-74 100 LC Meter Breaststroke

NATL: 1:23.63 N 8/18/16 ROBERT STRAND
 VA: 1:44.79 V 8/15/14 Terry Gernstein

1 Slaughter, James W 73 VMST-VA 2:11.49
 1:00.14 2:11.49

Men 70-74 200 LC Meter Breaststroke

NATL: 3:07.26 N 8/21/16 ROBERT STRAND
 VA: 3:58.87 V 6/22/13 Edward Gaulrapp

1 Slaughter, James W 73 VMST-VA 4:44.18
 1:07.42 2:20.24 3:33.54 4:44.18

Men 240-279 200 LC Meter Freestyle Relay

NATL: 1:42.40 N 8/19/16 SARASOTA Y SHARKS
 S WOOD, D MARTIN, T HEDRICK, J GROSELLE

VA: 2:19.33 V 8/21/10 VMST

J Davis, H Sober, R Swiger, B Nelson

1 VMST-VA A 2:54.00
 1) Slaughter, James W M73 2) Stone, Bryan M62
 3) Reynolds, Jim M59 4) Swiger, Ralph M62
 46.88 1:28.81 2:04.23 2:54.00

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NATL: 3:59.86 N 8/11/18 COLORADO MASTERS

M MANN, C PETERSEN, G SCOTT, K ANDERSON

VA: 5:30.24 V 6/22/13 VMST

A Richardson, B Nelson, J Miller, W Brundage

1	VMST-VA	A	6:27.10		
	1) Reynolds, Jim M59	2) Slaughter, James W M73			
	3) Stone, Bryan M62	4) Swiger, Ralph M62			
	40.72	1:24.15	2:11.46	3:01.20	
	3:45.41	4:37.31	5:29.88	6:27.10	

Men 240-279 200 LC Meter Medley Relay

NATL: 1:57.46 N 8/21/16 SARASOTA Y SHARKS

S WOOD, J GROSELLE, T HEDRICK, D MARTIN

VA: 2:31.90 V 8/15/02 VMST

F Sullivan, J Schlitz, M Sheridan, C Russ

1	VMST-VA	A	3:23.36		
	1) Stone, Bryan M62	2) Reynolds, Jim M59			
	3) Swiger, Ralph M62	4) Slaughter, James W M73			
	51.12	1:36.80	2:37.09	3:23.36	

Mixed 240-279 800 LC Meter Freestyle Relay

NATL: 9:54.42 N 6/11/17 SARASOTA Y SHARKS

J GROSELLE, R WALKER, L GROSELLE, K PARKER PALACE

VA:11:54.61 V 8/6/09 VMST

R Swiger, K Braaten, S Galletly, B Durrant

1	VMST-VA	A	21:10.89		
	1) Ptak, Cheryl W71	2) Swiger, Ralph M62			
	3) Nicholls, Victoria W52	4) Stone, Bryan M62			
	1:58.39	4:05.50	6:13.92		
			9:14.70	12:17.46	
	13:26.01	14:43.10	16:04.82	17:23.65	
	18:11.02	19:09.58	20:10.94	21:10.89	

Mixed 240-279 400 LC Meter Medley Relay

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

R BURNS, K FROST, L VAL, B WHEELER

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

K Braaten, S Galletly, R Swiger, B Schreiner

1	VMST-VA	A	10:41.82		
	1) Nicholls, Victoria W52	2) Stone, Bryan M62			
	3) Swiger, Ralph M62	4) Ptak, Cheryl W71			
	1:18.20	2:39.51	3:34.60	4:38.81	
		5:40.59	8:46.64	10:41.82	