

## 1st Annual Virginia Beach Sprint Invite - 1/12/2020

## Results - VB Sprint Invite

**Women 18-24 25 Yard Freestyle**

1	Lubawy, Amy	23	LVM-SP	11.53
2	Barley, Victoria	24	UC12-VA	11.56

**Women 18-24 50 Yard Freestyle**

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

VA: 23.86 V 3/6/2014 Rachel Nelson

1	Lubawy, Amy	23	LVM-SP	25.65
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**Women 18-24 25 Yard Backstroke**

1	Lubawy, Amy	23	LVM-SP	13.79
2	Barley, Victoria	24	UC12-VA	13.82

**Women 18-24 25 Yard Breaststroke**

1	Barley, Victoria	24	UC12-VA	13.74
2	Lubawy, Amy	23	LVM-SP	16.78

**Women 18-24 25 Yard Butterfly**

1	Lubawy, Amy	23	LVM-SP	11.22
2	Barley, Victoria	24	UC12-VA	12.13

**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	Barley, Victoria	24	UC12-VA	27.01
2	Lubawy, Amy	23	LVM-SP	27.42

**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	Barley, Victoria	24	UC12-VA	1:01.36
				27.85 1:01.36

**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	Smith, Allison	30	TIDE-VA	26.32
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**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	Smith, Allison	30	TIDE-VA	59.39
				28.19 59.35 2:21.40 59.39

**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	Smith, Allison	30	TIDE-VA	31.74
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**Women 30-34 50 Yard Butterfly**

NATL: 24.18 N 4/15/2000 ANGEL MARTINO

VA: 27.85 V 1/1/1993 Beth Scheimann

1	Smith, Allison	30	TIDE-VA	29.54
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**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	Smith, Allison	30	TIDE-VA	1:08.99
				31.10 1:08.99

**Women 35-39 25 Yard Freestyle**

1	Strobl, Lori	39	VMST-VA	12.66
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**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	Strobl, Lori	39	VMST-VA	26.91
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**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	Strobl, Lori	39	VMST-VA	1:00.61
				28.97 1:00.61

**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	King, Sarah	36	CONN-CT	1:05.81
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**Women 35-39 100 Yard Backstroke**

NATL: 53.58 N 4/30/2017 NORIKO INADA

VA: 59.87 V 4/27/2000 Beth Baker

1	King, Sarah	36	CONN-CT	2:23.01
				1:08.61 2:23.01

**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	King, Sarah	36	CONN-CT	1:27.63
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**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	King, Sarah	36	CONN-CT	2:59.36
				1:24.58 2:59.36

**Women 35-39 25 Yard Butterfly**

1	Strobl, Lori	39	VMST-VA	13.39
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**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	Strobl, Lori	39	VMST-VA	29.51
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**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	Strobl, Lori	39	VMST-VA	1:13.24
				32.97 1:13.24
2	King, Sarah	36	CONN-CT	2:33.05
				1:14.72 2:33.05

**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	King, Sarah	36	CONN-CT	5:18.71
				1:19.47 2:37.91 4:13.50 5:18.71

**Women 40-44 25 Yard Freestyle**

1	Robbins, Emily	40	NERD-VA	13.50
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**Women 40-44 25 Yard Backstroke**

1	Robbins, Emily	40	NERD-VA	15.58
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**Women 40-44 25 Yard Breaststroke**

1	Robbins, Emily	40	NERD-VA	18.86
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**Women 40-44 25 Yard Butterfly**

1	Robbins, Emily	40	NERD-VA	14.36
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**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	Robbins, Emily	40	NERD-VA	30.95
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**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	Glover, Esther	49	VMST-VA	36.85
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**Women 45-49 100 Yard Freestyle**

NATL: 51.99 N 4/9/2017 ERIKA BRAUN

VA: 55.86 V 4/26/2012 Annette Patterson

1	Glover, Esther	49	VMST-VA	1:20.28
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38.59	1:21.07	1:37.91	1:20.28
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**Women 45-49 25 Yard Backstroke**

---	Glover, Esther	49	VMST-VA	DQ
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**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	Glover, Esther	49	VMST-VA	43.35
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**Women 50-54 50 Yard Freestyle**

NATL: 24.53 N 3/18/2016 FALL WILLEBOORDSE

VA: 26.12 V 4/28/2016 Annette Patterson

1	Shelton, Megan	51	PAX-MD	33.29
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2	Chadwick, Teresa	54	VMST-VA	53.72
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**Women 50-54 100 Yard Freestyle**

NATL: 53.60 N 4/29/2016 FALL WILLEBOORDSE

VA: 57.72 V 4/28/2011 Suzanne Newell

1	Shelton, Megan	51	PAX-MD	1:17.32
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37.15	1:17.32
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**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	Chadwick, Teresa	54	VMST-VA	1:07.93
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**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	Shelton, Megan	51	PAX-MD	45.28
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**Women 50-54 200 Yard IM**

NATL: 2:12.57 N 4/15/2018 ELLEN REYNOLDS

VA: 2:31.51 V 4/10/2015 Kelly Parker Palace

1	Shelton, Megan	51	PAX-MD	3:21.09
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43.31	1:37.98	2:36.10	3:21.09
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**Women 55-59 25 Yard Freestyle**

1	Zhang, Ying	56	VMST-VA	13.78
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2	Little, Martha	55	VMST-VA	16.44
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3	Pellegrin, Katharina	56	NERD-VA	17.37
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**Women 55-59 50 Yard Freestyle**

NATL: 25.16 N 4/8/2017 SUE WALSH

VA: 26.37 V 5/13/2011 Lisa Bennett

1	Little, Martha	55	VMST-VA	36.28
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2	O'Shaughnessy, Nancy	59	VMST-VA	40.47
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3	Pellegrin, Katharina	56	NERD-VA	41.08
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**Women 55-59 100 Yard Freestyle**

NATL: 54.72 N 5/4/2008 LAURA VAL

VA: 58.81 V 5/13/2011 Lisa Bennett

1	Hollings, Charlotte	55	VMST-VA	1:03.53
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30.21	1:03.53
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2	Speer, Nancy	57	VMST-VA	1:11.09
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33.76	1:11.09
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3	Pellegrin, Katharina	56	NERD-VA	1:37.34
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45.23	1:37.34
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**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	55	VMST-VA	2:18.58
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32.43	1:07.64	1:43.61	2:18.58
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2	Speer, Nancy	57	VMST-VA	2:35.92
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35.66	1:15.27	1:55.98	2:35.92
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3	Pellegrin, Katharina	56	NERD-VA	3:48.58
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46.89	1:46.02	2:49.59	3:48.58
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**Women 55-59 25 Yard Backstroke**

1	Zhang, Ying	56	VMST-VA	16.45
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2	Little, Martha	55	VMST-VA	22.19
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3	O'Shaughnessy, Nancy	59	VMST-VA	23.15
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**Women 55-59 50 Yard Backstroke**

NATL: 28.14 N 10/30/2016 LESLIE LIVINGSTON

VA: 30.54 V 3/17/2018 Val Van Horn Pate

1	Little, Martha	55	VMST-VA	45.62
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2	Pellegrin, Katharina	56	NERD-VA	1:00.15
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**Women 55-59 25 Yard Breaststroke**

1	Miller, Patricia	58	VMST-VA	17.18
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2	Zhang, Ying	56	VMST-VA	17.51
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3	Speer, Nancy	57	VMST-VA	19.53
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4	O'Shaughnessy, Nancy	59	VMST-VA	23.02
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**Women 55-59 50 Yard Breaststroke**

NATL: 32.13 N 4/30/2017 CAROLINE KRATTLI

VA: 33.76 V 5/13/2011 Lisa Bennett

1	Miller, Patricia	58	VMST-VA	38.50
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2	Hollings, Charlotte	55	VMST-VA	38.73
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**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	Miller, Patricia	58	VMST-VA	1:21.03
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38.10	1:21.03
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**Women 55-59 25 Yard Butterfly**

1	Zhang, Ying	56	VMST-VA	14.16
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2	Hollings, Charlotte	55	VMST-VA	15.20
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3	Miller, Patricia	58	VMST-VA	16.12
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4	O'Shaughnessy, Nancy	59	VMST-VA	20.53
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**(Women 55-59 25 Yard Butterfly)**

5	Little, Martha	55	VMST-VA	21.10
6	Pellegrin, Katharina	56	NERD-VA	21.64

**Women 55-59 50 Yard Butterfly**

NATL: 27.04 N 10/30/2016 LESLIE LIVINGSTON

VA: 29.71 V 3/17/2018 Val Van Horn Pate

1	Zhang, Ying	56	VMST-VA	31.87
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**Women 55-59 100 Yard IM**

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

VA: 1:07.93 V 5/13/2011 Lisa Bennett

1	Zhang, Ying	56	VMST-VA	1:15.22
				33.61 1:15.22
2	Hollings, Charlotte	55	VMST-VA	1:15.81
				36.13 1:15.81
3	Miller, Patricia	58	VMST-VA	1:21.22
				41.31 1:21.22
4	Speer, Nancy	57	VMST-VA	1:25.22
				41.12 1:25.22
5	O'Shaughnessy, Nancy	59	VMST-VA	1:44.84
				52.05 1:44.84

**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	Miller, Patricia	58	VMST-VA	2:55.49
				39.86 1:29.31 2:13.18 2:55.49

**Women 60-64 25 Yard Freestyle**

1	Kelley, Gail	61	NERD-VA	15.48
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**Women 60-64 25 Yard Backstroke**

1	Kelley, Gail	61	NERD-VA	18.45
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**Women 60-64 50 Yard Backstroke**

NATL: 29.58 N 4/26/2015 LAURA VAL

VA: 36.25 V 3/23/2019 Lauren Hasselquist

1	Kelley, Gail	61	NERD-VA	39.01
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**Women 60-64 25 Yard Breaststroke**

1	Kelley, Gail	61	NERD-VA	20.87
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**Women 60-64 25 Yard Butterfly**

1	Kelley, Gail	61	NERD-VA	17.41
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**Women 60-64 50 Yard Butterfly**

NATL: 27.93 N 5/13/2018 TRACI GRANGER

VA: 33.58 V 4/13/2012 Shirley Loftus-Charley

1	Kelley, Gail	61	NERD-VA	38.83
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**Women 65-69 25 Yard Freestyle**

1	Boslego, Barbara	68	VMST-VA	16.28
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2	Broderson, Molly	67	VMST-VA	16.72
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**Women 65-69 50 Yard Freestyle**

NATL: 26.53 N 12/8/2019 PENNY NOYES

VA: 30.42 V 5/17/2007 Beth Schreiner

1	Broderson, Molly	67	VMST-VA	34.71
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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	Broderson, Molly	67	VMST-VA	1:19.04
				37.28 1:19.04

**Women 65-69 25 Yard Backstroke**

1	Boslego, Barbara	68	VMST-VA	21.57
2	Broderson, Molly	67	VMST-VA	21.85

**Women 65-69 25 Yard Breaststroke**

1	Boslego, Barbara	68	VMST-VA	20.41
2	Broderson, Molly	67	VMST-VA	21.91

**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	Boslego, Barbara	68	VMST-VA	47.34
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**Women 65-69 100 Yard Breaststroke**

NATL: 1:20.27 N 4/28/2017 CHARLOTTE DAVIS

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

1	Boslego, Barbara	68	VMST-VA	1:44.46
				49.01 1:44.46

**Women 65-69 25 Yard Butterfly**

1	Broderson, Molly	67	VMST-VA	19.79
2	Boslego, Barbara	68	VMST-VA	20.23

**Women 75-79 50 Yard Freestyle**

NATL: 33.87 N 4/3/2005 GAIL ROPER

VA: 34.44 V 3/3/2012 Johnnie Detrick

1	Hanna, Sandra	79	VMST-VA	1:02.01
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**Women 75-79 25 Yard Backstroke**

1	Hanna, Sandra	79	VMST-VA	29.40
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**Women 75-79 50 Yard Backstroke**

NATL: 40.25 N 4/30/2000 DORIS STEADMAN

VA: 41.62 V 4/28/2016 Beth Schreiner

1	Marens, Susan	77	VMST-VA	59.61
2	Hanna, Sandra	79	VMST-VA	1:09.39

**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	Marens, Susan	77	VMST-VA	57.71
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**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	Marens, Susan	77	VMST-VA	2:03.71
				57.83 2:03.71

**Women 75-79 25 Yard Butterfly**

1	Marens, Susan	77	VMST-VA	25.44
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**Women 75-79 100 Yard IM**

NATL: 1:27.31 N 4/24/2005 GAIL ROPER

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

1	Marens, Susan	77	VMST-VA	2:03.52
				1:00.57 2:03.52

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**Women 80-84 50 Yard Freestyle**

NATL: 34.20 N 12/13/2015 JOHNNIE DETRICK

VA: 34.20 V 12/13/2015 Johnnie Detrick

1 Walker, Laura 82 VMST-VA 44.02

**Women 80-84 100 Yard Freestyle**

NATL: 1:22.34 N 12/13/2015 JOHNNIE DETRICK

VA: 1:22.34 V 12/13/2015 Johnnie Detrick

1 Walker, Laura 82 VMST-VA 1:38.36  
47.65 1:39.16 1:38.36**Women 80-84 50 Yard Backstroke**

NATL: 43.57 N 4/19/2009 BETTY LORENZI

VA: 50.15 V 3/19/2016 Johnnie Detrick

1 Walker, Laura 82 VMST-VA 54.30

**Women 80-84 100 Yard Backstroke**

NATL: 1:32.37 N 4/19/2009 BETTY LORENZI

VA: 1:52.18 V 3/19/2016 Johnnie Detrick

1 Walker, Laura 82 VMST-VA 1:57.00  
57.84 1:57.00**Women 90-94 50 Yard Freestyle**

NATL: 49.68 N 5/12/1996 AILEEN SOULE

VA: 1:01.14 V 9/29/2012 Marianna Berkley

1 Meredith, Jeanne 91 VMST-VA 1:13.54

**Women 90-94 100 Yard Freestyle**

NATL: 1:48.77 N 3/25/2018 JEAN TROY

VA: 2:19.25 V 6/1/2004 Marie Kelleher

1 Meredith, Jeanne 91 VMST-VA 2:18.31V  
1:04.32 2:19.16 2:18.31**Men 18-24 25 Yard Freestyle**1 Montes de Oca, Alex 24 1693-VA 9.97  
2 Dean, Deion 24 TIDE-VA 10.90**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 Montes de Oca, Alex 24 1693-VA 21.59  
2 Temple, Austin 23 TIDE-VA 22.60**Men 18-24 100 Yard Freestyle**

NATL: 42.59 N 12/1/2012 EUGENE GODSOE

VA: 43.97 V 4/13/2018 Lucas Bureau

1 Tan, Alexander 19 UC12-VA 55.59  
26.56 55.59**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 Tan, Alexander 19 UC12-VA 2:11.49  
30.34 1:03.80 1:37.78 2:11.49**Men 18-24 25 Yard Backstroke**1 Montes de Oca, Alex 24 1693-VA 11.76  
2 Dean, Deion 24 TIDE-VA 12.20**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 Tan, Alexander 19 UC12-VA 1:01.48  
30.23 1:01.48**Men 18-24 25 Yard Breaststroke**1 Dean, Deion 24 TIDE-VA 12.62  
2 Montes de Oca, Alex 24 1693-VA 12.64**Men 18-24 50 Yard Breaststroke**

NATL: 24.53 N 2/1/2015 ROSTYSLAV FEDYNA

VA: 26.49 V 9/28/2019 Austin Temple

1 Temple, Austin 23 TIDE-VA 26.49V  
2 Dean, Deion 24 TIDE-VA 27.07**Men 18-24 100 Yard Breaststroke**

NATL: 52.63 N 2/3/2018 JOSH PRENOT

VA: 56.99 V 12/16/2017 Jonathan Nelson

1 Temple, Austin 23 TIDE-VA 56.88V  
26.44 56.88  
2 Dean, Deion 24 TIDE-VA 59.30  
27.25 59.30**Men 18-24 25 Yard Butterfly**1 Montes de Oca, Alex 24 1693-VA 10.50  
2 Dean, Deion 24 TIDE-VA 10.65**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 Tan, Alexander 19 UC12-VA 1:02.49  
28.87 1:02.49**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 Tan, Alexander 19 UC12-VA 1:01.98  
28.49 1:01.98**Men 18-24 200 Yard IM**

NATL: 1:49.30 N 4/26/2015 COLIN BABCOCK

VA: 1:57.45 V 5/19/2005 Benjamin Garrett

1 Tan, Alexander 19 UC12-VA 2:14.70  
28.74 1:02.93 1:44.18 2:14.70**Men 25-29 25 Yard Freestyle**

1 Scott, Christopher 28 NERD-VA 10.84

**Men 25-29 50 Yard Freestyle**

NATL: 18.67 N 12/20/2014 BOUSQUET\ADRIAN

VA: 20.56 V 4/7/2017 Kevin Gallagher

1 Scott, Christopher 28 NERD-VA 23.53

**Men 25-29 25 Yard Backstroke**

1 Scott, Christopher 28 NERD-VA 13.42

**Men 25-29 25 Yard Breaststroke**

1 Scott, Christopher 28 NERD-VA 13.18

**Men 25-29 25 Yard Butterfly**

1 Scott, Christopher 28 NERD-VA 11.72

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**Men 30-34 25 Yard Freestyle**

1	Gangwer, Chad	31	NERD-VA	11.11
2	Opp, Garrett	31	NERD-VA	11.21

**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	Gangwer, Chad	31	NERD-VA	23.11
2	Opp, Garrett	31	NERD-VA	24.33

**Men 30-34 25 Yard Backstroke**

1	Gangwer, Chad	31	NERD-VA	12.90
2	Opp, Garrett	31	NERD-VA	13.07

**Men 30-34 25 Yard Breaststroke**

1	Gangwer, Chad	31	NERD-VA	14.21
2	Opp, Garrett	31	NERD-VA	15.07

**Men 30-34 25 Yard Butterfly**

1	Opp, Garrett	31	NERD-VA	11.20
2	Gangwer, Chad	31	NERD-VA	11.57

**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	31	NERD-VA	25.80
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**Men 35-39 25 Yard Freestyle**

1	Harris, Samuel	37	NERD-VA	11.00
2	Tschohl, Nathan	35	NERD-VA	11.39
3	Robbins, Michael	39	NERD-VA	11.45

**Men 35-39 25 Yard Backstroke**

1	Harris, Samuel	37	NERD-VA	12.96
2	Tschohl, Nathan	35	NERD-VA	13.41
3	Robbins, Michael	39	NERD-VA	14.78

**Men 35-39 25 Yard Breaststroke**

1	Tschohl, Nathan	35	NERD-VA	14.09
2	Harris, Samuel	37	NERD-VA	14.51
3	Robbins, Michael	39	NERD-VA	15.25

**Men 35-39 25 Yard Butterfly**

1	Harris, Samuel	37	NERD-VA	11.32
2	Tschohl, Nathan	35	NERD-VA	12.14
3	Robbins, Michael	39	NERD-VA	12.42

**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	Robbins, Michael	39	NERD-VA	1:00.55
				28.36 1:00.55

**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	Harris, Samuel	37	NERD-VA	1:01.49
				27.02 1:01.49

**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	Robbins, Michael	39	NERD-VA	2:23.38
				29.26 1:06.41 1:47.61 2:23.38

**Men 40-44 25 Yard Freestyle**

1	Driscoll, Keith	44	1693-VA	12.05
2	Bengtson, Jon	42	NERD-VA	12.10

**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	Bengtson, Jon	42	NERD-VA	25.56
2	Driscoll, Keith	44	1693-VA	26.64

**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	Driscoll, Keith	44	1693-VA	58.75
				27.57 58.75

**Men 40-44 25 Yard Backstroke**

1	Bengtson, Jon	42	NERD-VA	14.44
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**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	Bengtson, Jon	42	NERD-VA	30.73
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**Men 40-44 25 Yard Breaststroke**

1	Williams, Rich	44	1693-VA	19.05
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**Men 40-44 25 Yard Butterfly**

1	Bengtson, Jon	42	NERD-VA	12.54
2	Driscoll, Keith	44	1693-VA	12.75

**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	Hunter, Robert	45	UC12-VA	34.03
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**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	Hunter, Robert	45	UC12-VA	1:17.17
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**Men 50-54 25 Yard Freestyle**

1	Faulconer, John	54	UC12-VA	12.04
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**Men 50-54 50 Yard Freestyle**

NATL: 21.36 N 4/29/2011 ROWDY GAINES

VA: 22.83 V 4/10/2016 Gregory Harris

1	Faulconer, John	54	UC12-VA	27.60
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**Men 50-54 100 Yard Freestyle**

NATL: 46.59 N 5/10/2009 ROWDY GAINES

VA: 49.96 V 4/28/2016 Gregory Harris

1	Faulconer, John	54	UC12-VA	1:02.81
				30.76 1:02.81

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**Men 50-54 50 Yard Breaststroke**

NATL: 26.45 N 3/30/2014 DAVID GUTHRIE

VA: 28.30 V 5/10/2018 Gregory Harris

1 Cockrell, Charles 51 CGMS-VA 33.39

**Men 50-54 100 Yard Breaststroke**

NATL: 58.41 N 3/29/2014 DAVID GUTHRIE

VA: 1:01.38 V 5/10/2018 Gregory Harris

1 Cockrell, Charles 51 CGMS-VA 1:13.24  
34.62 1:13.24**Men 50-54 25 Yard Butterfly**

1 Faulconer, John 54 UC12-VA 15.40

**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 Cockrell, Charles 51 CGMS-VA 2:39.14  
36.32 1:18.48 2:01.14 2:39.14**Men 55-59 25 Yard Freestyle**

1 Harris, Greg 56 1693-VA 10.81

2 Shea, Mark 55 VMST-VA 13.93

**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 Shea, Mark 55 VMST-VA 31.09

**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 Shea, Mark 55 VMST-VA 1:07.00  
33.01 1:07.00**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 Shea, Mark 55 VMST-VA 2:25.34  
35.11 1:11.31 1:48.41 2:25.34**Men 55-59 25 Yard Backstroke**

1 Harris, Greg 56 1693-VA 14.99

**Men 55-59 50 Yard Backstroke**

NATL: 25.30 N 3/23/2019 FRITZ BEDFORD

VA: 27.64 V 4/28/2016 Douglas Slater

1 McLeod, Gregor 59 NERD-VA 34.02

**Men 55-59 25 Yard Breaststroke**

1 Harris, Greg 56 1693-VA 13.05

**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 Harris, Greg 56 1693-VA 1:05.30  
30.55 1:05.30**Men 55-59 25 Yard Butterfly**

1 Harris, Greg 56 1693-VA 12.02

2 McLeod, Gregor 59 NERD-VA 13.88

**Men 55-59 50 Yard Butterfly**

NATL: 24.00 N 5/1/2016 BRUCE KONE

VA: 26.34 V 4/25/2019 Doug Bergen

1 McLeod, Gregor 59 NERD-VA 29.56

**Men 55-59 100 Yard IM**

NATL: 55.09 N 4/26/2019 CARLO TRAVAINI

VA: 58.80 V 4/5/2019 Gregory Harris

1 Harris, Greg 56 1693-VA 59.61  
27.45 59.61**Men 60-64 25 Yard Freestyle**

1 O'Shaughnessy, John 60 VMST-VA 13.26

2 Cowling, Frank 60 UC12-VA 13.46

3 Radam, Robert 63 NERD-VA 14.16

4 Guthrie, Bruce 63 VMST-VA 14.34

5 Brown, Andy 61 VMST-VA 16.40

**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 Gay, Kent 61 VMST-VA 26.83

2 Cowling, Frank 60 UC12-VA 29.02

3 Radam, Robert 63 NERD-VA 30.81

4 O'Shaughnessy, John 60 VMST-VA 30.92

5 Guthrie, Bruce 63 VMST-VA 31.29

6 Brown, Andy 61 VMST-VA 37.53

**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 Gay, Kent 61 VMST-VA 1:03.42  
30.56 1:03.422 Cowling, Frank 60 UC12-VA 1:05.29  
31.80 1:05.293 Guthrie, Bruce 63 VMST-VA 1:10.05  
33.65 1:10.054 O'Shaughnessy, John 60 VMST-VA 1:10.55  
32.94 1:10.555 Brown, Andy 61 VMST-VA 1:21.85  
38.66 1:21.85**Men 60-64 25 Yard Backstroke**

1 Radam, Robert 63 NERD-VA 17.14

2 O'Shaughnessy, John 60 VMST-VA 18.05

3 Cowling, Frank 60 UC12-VA 18.11

**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 Gay, Kent 61 VMST-VA 37.04

**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 Gay, Kent 61 VMST-VA 1:22.38  
40.99 1:22.38**Men 60-64 25 Yard Breaststroke**

1 Cowling, Frank 60 UC12-VA 18.85

2 Radam, Robert 63 NERD-VA 19.06

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**Men 60-64 50 Yard Breaststroke**

NATL: 28.30 N 2/11/2018 BRUCE KONE

VA: 31.47 V 5/15/2003 Jack Schiltz

1	Guthrie, Bruce	63	VMST-VA	41.27
2	O'Shaughnessy, John	60	VMST-VA	41.44

**Men 60-64 25 Yard Butterfly**

1	Radam, Robert	63	NERD-VA	15.60
2	Guthrie, Bruce	63	VMST-VA	15.65
3	Cowling, Frank	60	UC12-VA	16.07

**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	Gay, Kent	61	VMST-VA	31.11
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**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	Gay, Kent	61	VMST-VA	1:16.20
				35.67 1:16.20
2	Radam, Robert	63	NERD-VA	1:21.83
				36.59 1:21.83

**Men 65-69 25 Yard Freestyle**

1	Bauer, Craig	67	VMST-VA	12.72
2	Miller, Jim	69	VMST-VA	15.08
3	Belfit, Scott	68	VMST-VA	15.64
4	Nelson, Bill	66	VMST-VA	16.17

**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	Belfit, Scott	68	VMST-VA	35.87
2	Nelson, Bill	66	VMST-VA	36.17

**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	Bauer, Craig	67	VMST-VA	1:00.05
				29.23 1:00.05
2	Miller, Jim	69	VMST-VA	1:18.42
				37.98 1:18.42
3	Nelson, Bill	66	VMST-VA	1:22.47
				38.68 1:22.47
4	Belfit, Scott	68	VMST-VA	1:24.19
				39.47 1:24.19

**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	Belfit, Scott	68	VMST-VA	3:08.36
				42.51 1:31.14 2:21.18 3:08.36

**Men 65-69 25 Yard Backstroke**

1	Bauer, Craig	67	VMST-VA	16.11
2	Miller, Jim	69	VMST-VA	20.26

**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	Miller, Jim	69	VMST-VA	45.20
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**Men 65-69 100 Yard Backstroke**

NATL: 59.62 N 5/12/2013 HUGH WILDER

VA: 1:11.89 V 4/5/2019 William Wardle

1	Miller, Jim	69	VMST-VA	1:36.52
				48.04 1:36.52

**Men 65-69 25 Yard Breaststroke**

1	Bauer, Craig	67	VMST-VA	16.14
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**Men 65-69 50 Yard Breaststroke**

NATL: 28.88 N 5/11/2018 RICK COLELLA

VA: 35.94 V 3/17/2018 Craig Bauer

1	Nelson, Bill	66	VMST-VA	49.07
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**Men 65-69 25 Yard Butterfly**

1	Bauer, Craig	67	VMST-VA	14.23
2	Miller, Jim	69	VMST-VA	18.07

**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	Bauer, Craig	67	VMST-VA	1:16.36
				35.64 1:16.36

**Men 70-74 25 Yard Freestyle**

1	Minnigerode, Stephen	70	VMST-VA	13.52
2	Whiteway, Roger	73	VMST-VA	14.48

**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	Whiteway, Roger	73	VMST-VA	32.29
2	Minnigerode, Stephen	70	VMST-VA	32.52
3	Burke, Anthony	71	UC12-VA	36.47

**Men 70-74 25 Yard Backstroke**

1	Minnigerode, Stephen	70	VMST-VA	19.68
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**Men 70-74 50 Yard Backstroke**

NATL: 29.72 N 4/26/2015 RICHARD BURNS

VA: 33.86 V 4/28/2016 Hank Holswade

1	Burke, Anthony	71	UC12-VA	47.83
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**Men 70-74 25 Yard Breaststroke**

1	Minnigerode, Stephen	70	VMST-VA	18.97
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**Men 70-74 50 Yard Breaststroke**

NATL: 31.70 N 4/30/2016 ROBERT STRAND

VA: 37.91 V 5/9/2013 Terry Gernstein

1	Minnigerode, Stephen	70	VMST-VA	42.24
2	Whiteway, Roger	73	VMST-VA	43.23
3	Burke, Anthony	71	UC12-VA	50.20

**Men 70-74 100 Yard Breaststroke**

NATL: 1:09.47 N 5/1/2016 ROBERT STRAND

VA: 1:26.41 V 5/9/2013 Terry Gernstein

1	Whiteway, Roger	73	VMST-VA	1:36.62
				44.61 1:36.62

**Men 70-74 25 Yard Butterfly**

1	Minnigerode, Stephen	70	VMST-VA	17.25
2	Burke, Anthony	71	UC12-VA	20.15

## 1st Annual Virginia Beach Sprint Invite - 1/12/2020

## Results - VB Sprint Invite

**Men 75-79 25 Yard Breaststroke**

1 Grant, Will 78 VMST-VA 25.56

**Men 75-79 50 Yard Breaststroke**

NATL: 34.58 N 3/5/2017 MIKE FRESHLEY

VA: 41.80 V 5/17/2018 Terry Gernstein

1 Grant, Will 78 VMST-VA 55.09

**Men 75-79 100 Yard Breaststroke**

NATL: 1:16.74 N 9/18/2016 MIKE FRESHLEY

VA: 1:33.43 V 5/17/2018 Terry Gernstein

1 Grant, Will 78 VMST-VA 2:16.65

1:02.93 2:16.65

**Women 18+ 200 Yard Medley Relay**

NATL: 1:45.34 N 4/24/2015 THE OLYMPIC CLU

A SENKO, K MCGRAW, K KASTES, K MURPHY

VA: 1:47.62 V 4/28/2016 1693

**G Mizerak, K Harris, K Grier, S Shaner**

1 NERD-VA A 2:24.81

1) Lubawy, Amy W23 2) Kelley, Gail W61

3) Robbins, Emily W40 4) Pellegrin, Katharina W56

29.07 1:13.36 1:44.77 2:24.81

**Women 45+ 100 Yard Freestyle Relay**

1 VMST-VA A 1:01.55

1) Broderson, Molly W67 2) Little, Martha W55

3) Miller, Patricia W58 4) Hollings, Charlotte W55

32.50 1:01.55

**Women 45+ 200 Yard Medley Relay**

NATL: 1:51.83 N 5/12/2018 NORTH CAROLINA

J BUCKLEY, S DUNN, E BRAUN, A HOLLAND

VA: 2:01.16 V 4/26/2012 VMST

**A Patterson, P Miller, A Phillips, J Kellinger**

1 VMST-VA A 2:36.45

1) Glover, Esther W49 2) O'Shaughnessy, Nancy W55

3) Hollings, Charlotte W55 4) Broderson, Molly W67

40.83 1:28.65 2:01.80 2:36.45

**Women 55+ 200 Yard Freestyle Relay**

NATL: 1:45.60 N 4/29/2017 PALM BEACH MAST

K PIPES, E JONES, K TREIBLE SLATON, C WENZEL

VA: 2:08.09 V 4/26/2012 VMST

**M Barry, K Braaten, N Betts, S Loftus-Charley**

1 VMST-VA A 2:03.31V

1) Miller, Patricia W58 2) Speer, Nancy W57

3) Zhang, Ying W56 4) Hollings, Charlotte W55

31.50 1:04.20 1:34.39 2:03.31

**Men 18+ 200 Yard Medley Relay**

NATL: 1:26.71 N 5/2/2014 THE OLYMPIC CLU

A SAETA, N KOON, N ADRIAN, A ERVIN

VA: 1:33.86 V 4/28/2016 1693

**S Glass, C Fay, K Gallagher, K Loughran**

1 NERD-VA B 1:50.51

1) Harris, Samuel M37 2) Tschohl, Nathan M35

3) McLeod, Gregor M59 4) Opp, Garrett M31

27.46 57.56 1:26.85 1:50.51

**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 NERD-VA A 1:33.74

1) Scott, Christopher M28 2) Opp, Garrett M31

3) Tschohl, Nathan M35 4) Gangwer, Chad M31

23.41 47.07 1:11.03 1:33.74

**Men 25+ 200 Yard Medley Relay**

NATL: 1:27.81 N 4/29/2017 GOLDEN ROAD AQU

R LOCHTE, M ALEXANDROV, T COX, L PECHMANN

VA: 1:34.71 V 4/13/2018 1693

**S Glass, C Fay, E Elsaesser, S Bulakul**

1 NERD-VA A 1:47.57

1) Bengtson, Jon M42 2) Scott, Christopher M28

3) Robbins, Michael M39 4) Gangwer, Chad M31

30.07 58.65 1:25.09 1:47.57

**Men 35+ 100 Yard Freestyle Relay**

1 NERD-VA A 45.94

1) Harris, Samuel M37 2) Tschohl, Nathan M35

3) Robbins, Michael M39 4) Bengtson, Jon M42

22.53 45.94

**Men 55+ 100 Yard Freestyle Relay**

1 VMST-VA A 55.73

1) Guthrie, Bruce M63 2) Minnigerode, Stephen M70

3) O'Shaughnessy, John M60 4) Bauer, Craig M67

28.46 55.73

**Mixed 18+ 100 Yard Freestyle Relay**

1 NERD-VA A 46.94

1) Opp, Garrett M31 2) Gangwer, Chad M31

3) Robbins, Emily W40 4) Lubawy, Amy W23

22.19 46.94

**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 VMST-VA A 2:07.37

1) O'Shaughnessy, John M60 2) Glover, Esther W49

3) Broderson, Molly W67 4) Bauer, Craig M67

30.63 1:06.24 1:40.60 2:07.37

**Mixed 55+ 100 Yard Freestyle Relay**

1 NERD-VA A 59.71

1) McLeod, Gregor M59 2) Radam, Robert M63

3) Kelley, Gail W61 4) Pellegrin, Katharina W56

27.38 59.71

2 VMST-VA A 1:00.64

1) Hollings, Charlotte W55 2) Brown, Andy M61

3) O'Shaughnessy, Nancy W55 4) Bauer, Craig M67

30.29 1:00.64



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**Mixed 55+ 200 Yard Freestyle Relay**

**NATL: 1:38.64 N 4/9/2017 NORTH CAROLINA**

**F MCEACHRAN, N CLARK, S WALSH, J KLEIN**

**VA: 1:52.81 V 4/28/2016 VMST**

**L Tudor, S Loftus-Charley, P Miller, H Holswade**

1	NERD-VA	A	2:10.90
	1) Radam, Robert M63	2) McLeod, Gregor M59	
	3) Kelley, Gail W61	4) Pellegrin, Katharina W56	
	30.24	57.74	1:30.48 2:10.90