

The Wet Gazette

February 2023

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Serving Masters Swimming in Virginia and West Virginia

David Gregg Meet Results

The David Gregg meet was held again for the first time in three years (thanks, Covid)! Here are some facts/figures about the meet. Meet results are included starting on page 5 of this newsletter.

- The meet was held Saturday, Feb 11, at SwimRVA in Richmond, VA (the venue for 2022 Summer Nationals).
- 161 athletes entered (the most entries in the past 10 years!)
- 16 clubs participated, led by Virginia Masters (VMST) with 57 swimmers. Other clubs with 10 or more swimmers: Cavalier Masters (CM-Y), DC Aquatics (DCAC), Club Tribe (1693), and Tide Swimming (TIDE).
- **Two national records were set**, both by Shirley Loftus-Charley. She set the 1000 and 1650 free records in her age group in the same swim.
- 22 new LMSC records were set (20 individual and 2 relay). Record setters were Shirley (6), Laura Walker (5), Val Van Horn Pate (4), Harry Sober (3), Logan Burton and Craig Bauer. The relay records were set by Cavalier Masters (CM-Y) and Tide Swimming (TIDE). Updated LMSC records are posted on the website.

Congratulations VMST, SwimRVA, and all competitors for a great meet!

Clubs and Workout Groups In Virginia: How Do They Work Again? by Chris Stevenson

Prior to the David Gregg meet this past weekend there was some confusion about workout groups. Here is a quick summary of what I know.

What is a workout group?

A workout group is defined in the USMS Rule Book Glossary as “a subordinate organization (subgroup) of a USMS-registered club.” Historically workout groups have been a way for swimmers to represent one group within their LMSC but a larger group (often for relay purposes) at nationals. In many LMSCs that do this there is a “State Championship” meet with club scoring that involves workout groups, but then all the swimmers compete for the parent club at meets outside of the LMSC like Nationals or a Zone Championship.

Mention of “workout groups” in the USMS Rule Book is pretty sparse. The main place is where scoring at nationals are discussed (104.5.6) where it is mentioned as a way to distinguish between Regional and Local club categories; see the end of the article for more information on this aspect of workout groups.

(cont'd on page 3)

Coaches Corner - Survey January 2023

by Alice Phillips

A survey was recently sent to all coaches registered in our LMSC and 29 folks replied. The survey sought to get a picture of the state of affairs among adult swim groups, including positives and negatives about the various workouts in the Commonwealth as well as needs and interests for improving opportunities to train and compete. Here is a recap of results:

- 11 different workout groups were represented, but most of the respondents were NOT currently coaching for a workout group or team in the LMSC. A few were teaching lessons only. This might suggest that there are water fitness groups who are not part of USMS, but whose coaches or instructors are, and that there are a number of coaches out there who stopped coaching during COVID but might like to start again.
- Among the facilities represented are: YMCA (various locations), American Family (various locations), ACAC (various locations), Ft Eustis Aquatic Center, Freedom Center, Great Neck Recreation Center, Princeton Health and Fitness Center (WVa), and Valley Fitness Center. Several outdoor recreation league swim program coaches responded as they have regular adult workouts during the summer. A handful of respondents are working in adult learn to swim programs rather than structured workouts. And again, several folks could not indicate a facility where they coach since they aren't currently coaching.
- Most of the coaches report that they coach one to three times a week, but several were coaching five or more.
- There was a wide range of years of experience from one to thirty plus years.
- The respondents also show a diversity of coaching related experiences, demonstrating a wealth of knowledge and expertise. Many have coached summer league, USA-S clubs, high school, college, and YMCA teams. Two certified USA-Triathlon coaches were in the mix, as were several with non-aquatic coaching experience from baseball to lacrosse to soccer.
- Almost all were interested in the same sort of support from the LMSC: workout ideas, drills, collaboration, and continuing education. About half were interested in certification either with USMS, ALTS (Adult Learn to Swim), or other.
- The overall positives noted in the places where these respondents work are enthusiasm and motivation, having a small, dedicated group, and being able to focus on health with mature, masters swimmers. Several heartfelt, detailed responses were also given:
 - “There is a strong sense of community within our swim group. Tremendous amount of support for new swimmers. They are welcomed by their land mates who are eager to share their knowledge of drills sometimes to the point that there is too much socializing and not enough swimming. Some of our swimmers have coaching expertise and will serve as guest coaches when I want to teach a new drill or prepare for competition.”
 - “Our swim team is like a family. I've written articles for USMS about all the fun stuff we do. Birthdays, Awards, Core Shenanigans to name a few.”

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Coaches Corner (cont'd from page 2)

- “It’s a very tight knit community, very competitive, welcoming to people of all ages and abilities, focused on developmental as well as competitive.”
- There was a wide range of ideas for improving programming as well.
 - More social activities, more meets in Northern VA. Bringing Zones back to George Mason?
 - Practices at multiple locations, mid-day practices, and more on-deck coaching.
 - Long term commitment by assistant coaches, time for video with facility support, return of weekends of intensive athlete and coach education as prior with our Fall Festival
 - More pool time but we are happy with what we get and that we can fit in.
 - An aquatic program with a dedicated time slot for masters
 - An actual program with a coach
 - Social media, more participants
 - Additional coaches on deck due to the differences in age and ability of the swimmers. Adult Swim Workout has 8 lanes with 3-6 people per lane which doesn’t allow me to give much feedback. Lane leaders are a big help! I wish the USMS workout Library had more variety in their workouts. It is a valuable resource. The classifications have variety but within each group there is a lot of repetition.
 - Seasonal training themes
 - More team practices
 - Access to long course training
 - More consistent practice times

More than 93% of respondents said that they were definitely or maybe interested in attending a masters conference or workshop to enhance their understanding and skills as coaches. The LMSC officers will be looking for future opportunities to help financially support these endeavors.

If you are a USMS member who coaches masters or teaches adult swimming, but you’ve not completed this survey, please fill out the survey and add your name to the Coaches Corner email group: <https://forms.gle/bbzqD6vM1HHbxk9v8>

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*Workout Groups (cont'd from page 1)****Do we have workout groups in our LMSC?***

Yes we do: as of this writing, Virginia Masters (VMST) has five workout groups: Stripers (NNYS), Nova of Virginia (NVA), Quest Masters (QUEST), River City Masters (RVCM), and SwimRVA Hammerheads (SRVA).

You can always see the current (and past) list of LMSC clubs, including their workout groups and membership rosters, here: <https://www.usms.org/reg/members/lmsc.php?LMSCID=12>

How does one create a workout group?

You create or renew a workout group on an annual basis much like a regular club. The main difference is that you must designate your parent club, and that club must allow workout groups. You pay the same amount to register (or renew registration) of a workout group as for a regular club.

How do I join an existing workout group or switch between two groups?

You join a workout group during your annual registration by selecting the appropriate parent group (ie, VMST in our LMSC) and the desired workout group.

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The Rule Book is silent on the matter of switching between workout groups, or in declaring yourself a member of a workout group in between annual registration. For USMS's purposes, all "members" of a workout group are actually members of the parent club so switching between groups does not trigger the same sort of restrictions (eg 60 days between competitions for different clubs) as if you were switching between clubs. Of course, you must be a member of the parent club, and the workout group that you are joining must be registered with USMS.

So to switch to a different workout group, or to declare yourself a member of a workout group if you are not affiliated with one, **just contact me by email** (VAMembership@USMS.org) **and I will switch you**. There may be logistical issues with switching in the middle of a meet and so a Meet Director may ask that you make any changes prior to the meet and stay in the same group for the duration of the meet.

When do I compete for my workout group?

You are only allowed to compete for your workout group in meets that are sanctioned by the Virginia LMSC, **AND** if the meet is specifically set up to allow the use of workout groups. Outside of our LMSC, and for any Nationals Meet (even if it takes place in our LMSC) you cannot compete for your workout group.

What should meet hosts or Meet Directors know about workout groups?

Most people use Club Assistant for online registration and Meet Manager to run their meet and process the results. There are logistical constraints for both.

When setting up your meet in Club Assistant, you must specifically allow the use of Workout Groups by enabling the "Allow Workout Groups" field in the meet setup. There is a restriction: you can only designate a single parent club for all workout groups; at present in our LMSC that would be Virginia Masters (VMST) but USMS does allow any club to contain workout groups so if in the future we have multiple clubs with their own groups we would have a problem.

If you enable workout groups, then once a swimmer registers for the meet that Workout Group will be populated according to the information in the USMS Registration database. Swimmers do have the option to change both Club and Workout Group before submitting their meet registration; this should only be done if they are changing their membership prior to the meet. (Of course, switching clubs should only be done if, on the first day of the meet, 60+ days will have elapsed since the swimmer competed for the previous club.)

When the Meet Manager file is sent to the Meet Director, swimmers who are members of a workout group will have that group as their club designation in the Meet Manager program. All relays should be consistent with this designation for a swimmer or Meet Manager will complain (though there are workarounds).

After the meet when the results are uploaded to the USMS results database, you will be switched back to your parent club. This would be most apparent with relays: a relay consisting entirely of a single workout group (eg, NNYS) will be "credited" to the parent club (VMST in this case). In terms of results and relay eligibility, USMS does not acknowledge the existence of workout groups.

What this means is that you could conceivably have a relay at a meet that consists of members of multiple workout groups. Meet Manager won't like it (and you'll have to find a way around that), but it is NOT against USMS Rules. A meet host may discourage the practice in a given meet since it is something of a logistical headache.

Regional vs Local Clubs at Nationals

One thing for a parent club to realize is that they will be designated as a Regional Club at Nationals so long as there has been at least one meet in which people compete for their workout groups. This requirement stems from the language in USMS Rule 104.5.6. Part of the process that the Championship Committee undertakes in classifying clubs as Local vs Regional is to check whether this has occurred.

2023 VMST David Gregg III Memorial - 2/11/2023

Results - David Gregg III Memorial Meet

Women 18-24 50 Yard Freestyle

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

VA: 23.63 V 4/29/2022 Bonnie Zhang

1	Ellsmore, Rachel	24	FAFF-VA	28.69
2	Crosser, Jamie L	23	HRBM-VA	39.26

Women 18-24 100 Yard Freestyle

NATL: 48.18 N 12/6/2014 KATIE MEILI

VA: 52.01 V 3/6/2014 Rachel Nelson

1	Madigan, Justine	20	VMST-VA	1:10.19
				33.43 1:10.19
2	Crosser, Jamie L	23	HRBM-VA	1:32.19
				43.29 1:32.19

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	Crosser, Jamie L	23	HRBM-VA	3:28.37
				46.61 1:38.07 2:31.90 3:28.37

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	Ashley, Elizabeth	24	1693-VA	5:55.38
				30.96 1:05.15 1:40.67 2:16.49
				2:52.60 3:28.88 4:05.77 4:42.46
				5:19.34 5:55.38

Women 18-24 50 Yard Backstroke

NATL: 25.47 N 3/23/2019 C BARTHOLOMEW

VA: 25.92 V 4/5/2019 Catherine Mulquin

1	Ellsmore, Rachel	24	FAFF-VA	36.12
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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	Ellsmore, Rachel	24	FAFF-VA	41.99
2	Crosser, Jamie L	23	HRBM-VA	51.83

Women 18-24 100 Yard Breaststroke

NATL: 58.71 N 12/5/2014 KATIE MEILI

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

1	Madigan, Justine	20	VMST-VA	1:28.64
				41.23 1:28.64

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	Ellsmore, Rachel	24	FAFF-VA	31.14
2	Ashley, Elizabeth	24	1693-VA	32.77

Women 25-29 50 Yard Freestyle

NATL: 22.00 N 4/27/2019 KATARZYNA WILK

VA: 24.13 V 3/1/2018 Rachel Nelson

1	Zhang, Bonnie	25	1693-VA	24.89
2	Fellenbaum, Samantha	29	NCMS-NC	29.74
3	Shuff, Margaret	28	UC12-VA	30.89

Women 25-29 100 Yard Freestyle

NATL: 48.58 N 5/12/2018 KATARZYNA WILK

VA: 52.00 V 4/7/2017 Marina Falcone

1	Zhang, Bonnie	25	1693-VA	53.14
				25.63 53.14
2	Barrera, Abby	27	CM-Y-VA	1:03.63
				29.61 1:03.63
3	Shuff, Margaret	28	UC12-VA	1:05.68
				31.12 1:05.68

Women 25-29 200 Yard Freestyle

NATL: 1:48.80 N 5/20/2001 LIMIN LIU

VA: 1:52.76 V 4/7/2017 Marina Falcone

1	Shuff, Margaret	28	UC12-VA	2:29.39
				35.30 1:11.56 1:50.41 2:29.39

Women 25-29 500 Yard Freestyle

NATL: 4:49.88 N 1/3/1996 SHEILA TAORMINA

VA: 5:22.19 V 5/9/1985 Deborah Cain

1	Wei, Laurie	28	L4S-PV	6:00.39
				31.46 1:06.75 1:42.69 2:19.10
				2:55.94 3:33.24 4:10.74 4:47.80
				5:24.97 6:00.39
2	Horil, Erin	29	VMST-VA	6:04.06
				34.26 1:11.01 1:47.47 2:24.55
				3:01.76 3:38.97 4:15.79 4:51.95
				5:28.58 6:04.06

Women 25-29 1650 Yard Freestyle

NATL:16:50.17 N 5/19/1991 KAREN BURTON

VA:18:24.07 V 6/1/1985 Deborah Cain

1	Wei, Laurie	28	L4S-PV	20:41.70
				32.34 1:08.61 1:46.20 2:23.86
				3:01.43 3:39.05 4:16.58 4:54.45
				5:32.62 6:10.61 6:48.64 7:26.40
				8:04.19 8:42.37 9:20.47 9:58.52
				10:36.58 11:14.70 11:52.76 12:30.13
				13:08.06 13:45.56 14:23.84 15:01.69
				15:40.12 16:18.12 16:56.20 17:35.01
				18:12.64 18:50.29 19:28.49 20:06.11 20:41.70
2	Fellenbaum, Samantha	29	NCMS-NC	21:13.13
				33.70 1:10.17 1:47.04 2:24.53
				3:02.13 3:39.78 4:17.43 4:55.42
				5:33.44 6:11.60 6:50.00 7:28.24
				8:06.81 8:45.50 9:24.13 10:03.28
				10:42.59 11:21.87 12:01.06 12:40.23
				13:19.31 13:58.23 14:37.61 15:16.71
				15:56.34 16:36.10 17:15.91 17:55.51
				18:35.55 19:15.41 19:55.25 20:34.95 21:13.13
3	Horil, Erin	29	VMST-VA	21:21.46
				35.14 1:12.61 1:50.19 2:27.96
				3:05.64 3:43.46 4:21.58 4:59.92
				5:37.95 6:16.55 6:55.07 7:33.81
				8:12.15 8:51.53 9:30.71 10:09.33
				10:48.53 11:27.81 12:07.50 12:47.16
				13:26.30 14:05.16 14:45.58 15:25.42
				16:04.97 16:45.31 17:24.69 18:03.87
				18:44.10 19:24.15 20:03.44 20:43.13 21:21.46

2023 VMST David Gregg III Memorial - 2/11/2023

Results - David Gregg III Memorial Meet

Women 25-29 200 Yard Backstroke

NATL: 1:56.87 N 2/28/2015 F PELLEGRINI

VA: 2:07.06 V 5/20/2010 Kate Hibbard

1	Zhang, Bonnie	25	1693-VA	2:11.38
				30.94 1:04.00 1:38.13 2:11.38

Women 25-29 50 Yard Breaststroke

NATL: 27.10 N 4/30/2016 KATIE MEILI

VA: 31.30 V 4/13/2018 Victoria Maqueda

1	Fellenbaum, Samantha	29	NCMS-NC	36.67
2	Shuff, Margaret	28	UC12-VA	39.05

Women 25-29 100 Yard Breaststroke

NATL: 59.58 N 2/6/2010 MEGAN JENDRICK

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

1	Barrera, Abby	27	CM-Y-VA	1:22.36
				39.44 1:22.36

Women 25-29 50 Yard Butterfly

NATL: 24.19 N 4/28/2017 DANIELLE HERRMANN

VA: 25.89 V 4/13/2018 Gabrielle Mizerak

1	Wei, Laurie	28	L4S-PV	30.78
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Women 25-29 100 Yard Butterfly

NATL: 53.20 N 4/24/2015 AMANDA SIMS

VA: 58.05 V 4/28/2016 Katie Sieben

1	Wei, Laurie	28	L4S-PV	1:08.40
				33.26 1:08.40
2	Barrera, Abby	27	CM-Y-VA	1:15.32
				33.35 1:15.32

Women 25-29 100 Yard IM

NATL: 54.40 N 4/29/2017 DANIELLE HERRMANN

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

1	Barrera, Abby	27	CM-Y-VA	1:13.73
				34.66 1:13.73

Women 25-29 400 Yard IM

NATL: 4:19.02 N 2/22/2013 JUSTINE MUELLER

VA: 4:37.98 V 4/13/2018 Denise Letendre

1	Horil, Erin	29	VMST-VA	5:39.06
				36.62 1:17.34 2:00.43 2:44.41
				3:35.21 4:25.98 5:02.69 5:39.06

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	Godwin, Sallie	32	VMST-VA	27.83
2	Stubert, Hannah	33	ALEX-PV	29.86
3	Shepard, Megan C	32	VMST-VA	36.23

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	Godwin, Sallie	32	VMST-VA	1:00.99
				28.82 1:00.99

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	Godwin, Sallie	32	VMST-VA	2:15.15
				30.97 1:04.99 1:40.69 2:15.15

2	Goodman, Kara	30	ALEX-PV	2:30.05
				33.56 1:11.38 1:51.06 2:30.05

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	Goodman, Kara	30	ALEX-PV	6:33.27
				33.58 1:10.85 1:49.90 2:29.86
				3:09.97 3:50.90 4:31.60 5:12.54
				5:53.39 6:33.27

Women 30-34 50 Yard Backstroke

NATL: 24.96 N 5/1/2011 NORIKO INADA

VA: 29.18 V 4/28/2016 Elizabeth Joiner

1	Shepard, Megan C	32	VMST-VA	44.30
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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	Goodman, Kara	30	ALEX-PV	1:14.27
				35.31 1:14.27

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	Godwin, Sallie	32	VMST-VA	36.11
2	Stubert, Hannah	33	ALEX-PV	38.16
3	Shepard, Megan C	32	VMST-VA	54.17

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	Godwin, Sallie	32	VMST-VA	1:19.58
				38.07 1:19.58

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	Stubert, Hannah	33	ALEX-PV	3:00.61
				40.61 1:26.37 2:13.81 3:00.61

Women 30-34 50 Yard Butterfly

NATL: 24.18 N 4/15/2000 ANGEL MARTINO

VA: 25.66 V 1/30/2022 Gabrielle Mizerak

1	Shepard, Megan C	32	VMST-VA	43.32
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Women 30-34 200 Yard IM

NATL: 1:58.80 N 3/11/2009 ERIKA ERNDL

VA: 2:11.73 V 4/5/2019 Denise Letendre

1	Shepard, Megan C	32	VMST-VA	3:31.59
				45.43 1:40.87 2:44.18 3:31.59

Women 30-34 400 Yard IM

NATL: 4:14.84 N 1/20/2013 ERIKA ERNDL

VA: 4:40.46 V 4/5/2019 Denise Letendre

1	Rainer, Natalie	30	VMST-VA	5:27.49
				34.71 1:13.84 1:57.40 2:40.55
				3:24.69 4:10.44 4:50.34 5:27.49

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	Greene, Arielle	39	VMST-VA	28.96
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2023 VMST David Gregg III Memorial - 2/11/2023

Results - David Gregg III Memorial Meet

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	Greene, Arielle	39	VMST-VA	1:03.12
				29.19 1:03.12

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	Taylor, Sharon	37	NCMS-NC	31.11
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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	37	NCMS-NC	30.11
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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	Taylor, Sharon	37	NCMS-NC	1:05.93
				31.54 1:05.93
2	Greene, Arielle	39	VMST-VA	1:21.71
				38.18 1:21.71

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	37	NCMS-NC	2:24.05
				33.05 1:09.19 1:46.77 2:24.05

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 C	41	VMST-VA	27.08
2	Quattropiani, LeeAnne	44	NCMS-NC	27.86

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 C	41	VMST-VA	2:09.68
				30.02 1:02.83 1:36.09 2:09.68
2	Latimer, Rebecca T	40	CM-Y-VA	2:33.69
				34.34 1:12.99 1:53.46 2:33.69
3	Anzelmo-Steele, Sarah E	42	VMST-VA	2:40.84
				37.55 1:18.74 2:00.07 2:40.84

Women 40-44 500 Yard Freestyle

NATL: 4:58.98 N 10/5/2002 K PIPES-NEILSEN

VA: 5:33.24 V 4/2/2004 Kelly Parker

1	Miller, Elizabeth C	41	VMST-VA	5:47.05
				31.62 1:06.59 1:41.63 2:16.72
				2:51.63 3:26.21 4:01.25 4:36.36
				5:11.90 5:47.05
2	Serre, Elizabeth	44	VMST-VA	6:42.94
				36.22 1:15.81 1:56.56 2:37.88
				3:19.41 4:01.05 4:42.58 5:24.60
				6:06.67 6:42.94
3	Latimer, Rebecca T	40	CM-Y-VA	6:49.70
				35.75 1:15.90 1:57.12 2:38.84
				3:20.78 4:03.09 4:44.96 5:27.11
				6:09.20 6:49.70

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	Quattropiani, LeeAnne	44	NCMS-NC	30.95
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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	Quattropiani, LeeAnne	44	NCMS-NC	1:09.60
				33.21 1:09.60

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	Holland, Irish	42	NCMS-NC	2:22.19
				34.28 1:10.76 1:47.14 2:22.19

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	Holland, Irish	42	NCMS-NC	34.21
2	Gass, Krista	44	1693-VA	35.09
3	Coons, Dana	42	BAM1-VA	44.93

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	Gass, Krista	44	1693-VA	1:16.65
				36.18 1:16.65
2	Latimer, Rebecca T	40	CM-Y-VA	1:32.60
				43.33 1:32.60

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	Quattropiani, LeeAnne	44	NCMS-NC	30.33
2	Serre, Elizabeth	44	VMST-VA	34.07
3	Anzelmo-Steele, Sarah E	42	VMST-VA	34.10
4	Coons, Dana	42	BAM1-VA	43.56

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	Serre, Elizabeth	44	VMST-VA	1:19.01
				39.20 1:19.01

Women 40-44 200 Yard Butterfly

NATL: 2:03.13 N 5/4/2008 S VON DER LIPPE

VA: 2:09.63 V 5/17/2001 Beth Baker

1	Holland, Irish	42	NCMS-NC	2:18.84
				32.33 1:07.60 1:43.79 2:18.84

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	Anzelmo-Steele, Sarah E	42	VMST-VA	1:21.41
				37.74 1:21.41
2	Coons, Dana	42	BAM1-VA	1:32.95
				44.20 1:32.95

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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 C	41	VMST-VA	2:25.97
				31.34 1:07.99 1:51.45 2:25.97
2	Serre, Elizabeth	44	VMST-VA	2:55.46
				37.79 1:25.55 2:19.94 2:55.46

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	Ciolfi, Angela	45	CM-Y-VA	28.86
2	Maschal, Sarah A	45	ALEX-PV	29.87

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	Rockett, Ruth	45	ALEX-PV	1:18.57
				38.51 1:18.57

Women 45-49 200 Yard Freestyle

NATL: 1:53.28 N 12/16/2007 K PIPES-NEILSEN

VA: 2:05.36 V 4/14/2011 Kelly Parker Palace

1	Maschal, Sarah A	45	ALEX-PV	2:29.66
				33.99 1:11.23 1:50.23 2:29.66
2	Rockett, Ruth	45	ALEX-PV	2:53.34
				41.41 1:26.38 2:10.73 2:53.34

Women 45-49 500 Yard Freestyle

NATL: 5:03.45 N 7/22/2021 HEIDI GEORGE

VA: 5:31.34 V 4/14/2011 Kelly Parker Palace

1	Maschal, Sarah A	45	ALEX-PV	6:33.00
				34.21 1:11.64 1:50.61 2:30.38
				3:10.09 3:50.32 4:30.75 5:11.72
				5:53.13 6:33.00
2	Rockett, Ruth	45	ALEX-PV	7:19.29
				41.37 1:26.25 2:11.64 2:56.65
				3:41.65 4:26.25 5:11.09 5:55.01
				6:37.75 7:19.29

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	Ciolfi, Angela	45	CM-Y-VA	37.29
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Women 45-49 100 Yard Backstroke

NATL: 57.83 N 5/23/2010 ELLEN REYNOLDS

VA: 1:06.03 V 10/28/2012 Annette Patterson

1	Rockett, Ruth	45	ALEX-PV	1:33.04
				45.64 1:33.04

Women 45-49 50 Yard Breaststroke

NATL: 29.42 N 4/29/2022 KATIE GLENN

VA: 33.96 V 1/2000 Patricia Miller

1	Ciolfi, Angela	45	CM-Y-VA	39.36
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Women 45-49 50 Yard Butterfly

NATL: 25.64 N 4/9/2017 ERIKA BRAUN

VA: 28.52 V 4/26/2012 Annette Patterson

1	Ciolfi, Angela	45	CM-Y-VA	32.19
2	Maschal, Sarah A	45	ALEX-PV	33.24

Women 45-49 100 Yard IM

NATL: 59.39 N 4/28/2012 FALL WILLEBOORDSE

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

1	Ciolfi, Angela	45	CM-Y-VA	1:15.80
				35.18 1:15.80

Women 50-54 50 Yard Freestyle

NATL: 24.19 N 4/30/2022 ERIKA BRAUN

VA: 25.54 V 1/26/2020 Fall Willeboordse

1	Weinheimer, Amy	54	CM-Y-VA	28.45
2	Bond, Lisa	53	CM-Y-VA	34.66
3	Souders, Suzanne	51	VMST-VA	43.42

Women 50-54 100 Yard Freestyle

NATL: 52.77 N 5/1/2022 ERIKA BRAUN

VA: 57.72 V 4/28/2011 Suzanne Newell

1	Weinheimer, Amy	54	CM-Y-VA	1:01.53
				30.09 1:01.53
2	Bogges, Wendi	50	BAM1-VA	1:11.27
				32.99 1:11.27
3	Bond, Lisa	53	CM-Y-VA	1:13.05
				35.69 1:13.05
4	Souders, Suzanne	51	VMST-VA	1:39.52
				47.21 1:39.52

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	50	BAM1-VA	35.42
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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	Weinheimer, Amy	54	CM-Y-VA	37.75
2	Bogges, Wendi	50	BAM1-VA	41.65

Women 50-54 100 Yard IM

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

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

1	Weinheimer, Amy	54	CM-Y-VA	1:13.75
				35.19 1:13.75
2	Bogges, Wendi	50	BAM1-VA	1:22.49
				35.79 1:22.49

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	Williams, Susan	56	1693-VA	26.84
2	May, Julia	58	CM-Y-VA	37.86

Women 55-59 100 Yard Freestyle

NATL: 54.72 N 5/4/2008 LAURA VAL

VA: 56.27 V 4/29/2022 Fall Willeboordse

1	Cook, Amy H	55	VMST-VA	1:09.44
				33.03 1:09.44
2	May, Julia	58	CM-Y-VA	1:22.48
				39.54 1:22.48

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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	Cook, Amy H	55	VMST-VA	2:36.78
	35.49	1:14.63	1:55.87	2:36.78

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 A	58	VMST-VA	6:00.61
	32.37	1:07.39	1:43.31	2:20.36
	2:57.15	3:34.22	4:11.08	4:48.21
	5:24.94	6:00.61		
2	Cook, Amy H	55	VMST-VA	6:53.52
	35.68	1:15.45	1:57.36	2:39.78
	3:22.21	4:04.54	4:47.87	5:30.59
	6:12.80	6:53.52		

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	Hollings, Charlotte A	58	VMST-VA	20:47.52
	33.10	1:09.07	1:45.94	2:23.13
	3:00.44	3:38.26	4:16.06	4:53.93
	5:31.80	6:09.94	6:47.90	7:25.62
	8:03.71	8:41.62	9:19.56	9:57.79
	10:35.98	11:14.14	11:52.30	12:30.37
	13:08.12	13:45.79	14:23.88	15:02.68
	15:41.26	16:19.68	16:58.38	17:36.84
	18:15.39	18:53.86	19:32.25	20:10.86
				20:47.52

Women 55-59 50 Yard Backstroke

NATL: 28.14 N 10/30/2016 LESLIE LIVINGSTON

VA: 29.52 V 4/29/2022 Susan Williams

1	Buscaglia, Caycee	58	VMST-VA	34.31
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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	58	VMST-VA	1:16.30
	37.35	1:16.30		

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	58	VMST-VA	2:49.24
	37.93	1:20.52	2:05.05	2:49.24

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	Williams, Susan	56	1693-VA	27.88
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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	58	VMST-VA	1:18.20
	35.28	1:18.20		

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	Hollings, Charlotte A	58	VMST-VA	5:44.91
	35.58	1:19.02	2:05.98	2:51.41
	3:40.52	4:31.55	5:08.63	5:44.91

Women 60-64 50 Yard Freestyle

NATL: 26.20 N 5/11/2018 PENNY NOYES

VA: 28.31 V 5/29/2022 Marie Restrepo

1	Van Horn Pate, Val	60	VMST-VA	28.23V
2	Mackall, Suni	60	1693-VA	33.44
3	Sowers, Alison	60	VMST-VA	43.44

Women 60-64 100 Yard Freestyle

NATL: 56.45 N 4/29/2012 LAURA VAL

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

1	Mackall, Suni	60	1693-VA	1:12.11
	35.12	1:12.11		

Women 60-64 500 Yard Freestyle

NATL: 5:39.00 N 1/26/2014 LAURA VAL

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

1	Miller, Patricia	62	VMST-VA	7:04.80
	38.99	1:21.34	2:04.77	2:47.82
	3:31.09	4:14.42	4:57.21	5:39.91
	6:23.15	7:04.80		

Women 60-64 50 Yard Backstroke

NATL: 29.58 N 4/26/2015 LAURA VAL

VA: 33.70 V 5/29/2022 Marie Restrepo

1	Van Horn Pate, Val	60	VMST-VA	32.53V
2	Howsmon, Angela	62	VMST-VA	41.23

Women 60-64 100 Yard Backstroke

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

VA: 1:17.33 V 4/13/2012 Shirley Loftus-Charley

1	Van Horn Pate, Val	60	VMST-VA	1:11.01V
	34.55	1:11.01		
2	Howsmon, Angela	62	VMST-VA	1:25.73
	41.83	1:25.73		

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	Miller, Patricia	62	VMST-VA	39.90
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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	Miller, Patricia	62	VMST-VA	1:26.11
	1:26.24	1:26.11		

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	Van Horn Pate, Val	60	VMST-VA	30.95V
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Women 60-64 200 Yard Butterfly

NATL: 2:24.30 N 5/10/2013 LAURA VAL

VA: 2:43.42 V 2/11/2012 Shirley Loftus-Charley

1	Van Horn Pate, Val	60	VMST-VA	2:49.00
	35.87	1:15.24	1:58.48	2:49.00

Women 60-64 100 Yard IM

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

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

1	Mackall, Suni	60	1693-VA	1:30.01
	41.95	1:30.01		
2	Howsmon, Angela	62	VMST-VA	1:31.95
	42.51	1:31.95		

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	Miller, Patricia	62	VMST-VA	3:02.23
	43.49	1:32.82	2:20.33	3:02.23

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	Clute, Meg	67	CM-Y-VA	32.91
2	Mazzini, Wendy	67	VMST-VA	36.20
3	Faulkner, Michele	69	VMST-VA	44.75

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	Clute, Meg	67	CM-Y-VA	1:16.25
	36.61	1:16.25		
2	Mazzini, Wendy	67	VMST-VA	1:22.22
	38.55	1:22.22		

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	Mazzini, Wendy	67	VMST-VA	2:57.83
	39.94	1:25.76	2:12.09	2:57.83

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	66	1693-VA	27:47.52
	43.34	1:31.02	2:21.45	3:13.09
	4:04.37	4:56.29	5:47.80	6:39.20
	7:30.60	8:21.71	9:12.63	10:03.51
	10:54.09	11:45.31	12:36.57	13:26.92
	14:17.41	15:08.01	15:59.04	16:49.99
	17:41.43	18:32.34	19:23.68	20:13.90
	21:04.44	21:55.09	22:45.09	23:35.39
	24:26.82	25:17.35	26:08.52	26:59.51
				27:47.52

Women 65-69 50 Yard Backstroke

NATL: 29.65 N 5/12/2018 LAURA VAL

VA: 38.10 V 4/28/2016 Marcia Barry

1	Faulkner, Michele	69	VMST-VA	53.55
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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	Clute, Meg	67	CM-Y-VA	48.38
2	Faulkner, Michele	69	VMST-VA	56.71

Women 65-69 50 Yard Butterfly

NATL: 28.94 N 9/14/2019 PENNY NOYES

VA: 34.74 V 10/27/2019 Shirley Loftus-Charley

1	Mazzini, Wendy	67	VMST-VA	41.17
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Women 65-69 100 Yard IM

NATL: 1:07.03 N 2/1/2020 PENNY NOYES

VA: 1:17.97 V 4/5/2019 Shirley Loftus-Charley

1	Mazzini, Wendy	67	VMST-VA	1:35.32
	45.50	1:35.32		

Women 70-74 50 Yard Freestyle

NATL: 27.10 N 4/30/2022 LAURA VAL

VA: 31.51 V 4/26/2012 Beth Schreiner

1	Loftus-Charley, Shirley	71	CM-Y-VA	31.37V
2	Broderson, Molly	70	VMST-VA	36.65
3	Mix, Phoebe	72	VMST-VA	42.42

Women 70-74 100 Yard Freestyle

NATL: 59.11 N 5/1/2022 LAURA VAL

VA: 1:09.76 V 1/30/2022 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	CM-Y-VA	1:08.65V
	33.36	1:08.65		
2	Broderson, Molly	70	VMST-VA	1:29.03
	43.14	1:29.03		
3	Mix, Phoebe	72	VMST-VA	1:32.36
	43.88	1:32.36		

Women 70-74 200 Yard Freestyle

NATL: 2:21.31 N 6/6/2021 CHARLOTTE DAVIS

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

1	Broderson, Molly	70	VMST-VA	3:17.06
	44.95	1:34.80	2:26.71	3:17.06
2	Mix, Phoebe	72	VMST-VA	3:32.69
	45.31	1:36.99	2:37.31	3:32.69

Women 70-74 1650 Yard Freestyle

NATL:22:10.42 N 2/26/2022 S LOFTUS-CHARLEY

VA:22:10.42 V 2/26/2022 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	CM-Y-VA	21:50.68N
	34.95	1:13.29	1:52.55	2:32.21
	3:11.97	3:51.81	4:31.48	5:11.21
	5:51.26	6:31.50	7:11.19	7:51.22
	8:31.76	9:11.65	9:51.65	10:31.56
	11:11.53	11:51.49	12:31.69	13:11.75
	13:51.53	14:31.91	15:11.78	15:52.13
	16:31.85	17:12.06	17:51.99	18:32.18
	19:12.36	19:52.12	20:32.07	21:11.93
				21:50.68

Women 70-74 50 Yard Backstroke

NATL: 30.49 N 5/1/2022 LAURA VAL

VA: 39.98 V 2/8/2020 Marcia Barry

1	Loftus-Charley, Shirley	71	CM-Y-VA	39.02V
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Women 70-74 200 Yard Backstroke

NATL: 2:26.53 N 4/30/2022 LAURA VAL

VA: 2:56.99 V 2/26/2022 Shirley Loftus-Charley

1	Boslego, Barbara	71	VMST-VA	3:27.02
		48.27	1:40.71	2:35.27
				3:27.02

Women 70-74 50 Yard Breaststroke

NATL: 38.35 N 5/13/2022 KATHLEEN LEWIS

VA: 43.95 V 4/29/2022 Barbara Boslego

1	Boslego, Barbara	71	VMST-VA	45.22
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Women 70-74 200 Yard Breaststroke

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

VA: 3:38.79 V 4/29/2022 Barbara Boslego

1	Boslego, Barbara	71	VMST-VA	3:55.54
		50.70	1:50.50	2:55.58
				3:55.54

Women 70-74 200 Yard IM

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

VA: 2:55.06 V 2/26/2022 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	CM-Y-VA	2:51.49V
			38.54	1:22.89
				2:14.29
				2:51.49
2	Boslego, Barbara	71	VMST-VA	3:39.64
			53.60	1:50.24
				2:54.26
				3:39.64

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	71	CM-Y-VA	6:12.12
			39.81	1:26.94
				2:13.25
				3:00.24
				3:55.84
				4:51.51
				5:32.46
				6:12.12

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 B	75	VMST-VA	56.94
2	Burns, Suzi	75	UC12-VA	57.27

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	Burns, Suzi	75	UC12-VA	2:05.74
			59.90	2:05.74
2	Carter, Susan B	75	VMST-VA	2:09.72
			1:03.37	2:09.72

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	Burns, Suzi	75	UC12-VA	4:28.51
			1:00.36	2:09.12
				3:20.26
				4:28.51
---	Carter, Susan B	75	VMST-VA	DNF

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	Marens, Susan	80	VMST-VA	2:15.77
			1:08.77	2:15.77

Women 80-84 50 Yard Breaststroke

NATL: 45.10 N 3/31/2019 JOANN LEILICH

VA: 50.93 V 4/28/2016 Johnnie Detrick

1	Marens, Susan	80	VMST-VA	1:04.37
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Women 80-84 200 Yard Breaststroke

NATL: 3:33.68 N 4/13/2019 JOANN LEILICH

VA: 4:04.31 V 2/6/2016 Johnnie Detrick

1	Marens, Susan	80	VMST-VA	4:59.48
			1:08.89	2:26.75
				3:45.12
				4:59.48

Women 80-84 100 Yard IM

NATL: 1:41.47 N 4/30/2022 SUSAN MEYERS

VA: 1:42.51 V 4/28/2016 Johnnie Detrick

1	Marens, Susan	80	VMST-VA	2:13.97
			1:08.22	2:13.97

Women 85-89 50 Yard Freestyle

NATL: 41.21 N 3/9/2013 BETTY RUSS

VA: 49.87 V 6/27/2007 Marianna Berkley

1	Walker, Laura S	85	VMST-VA	48.59V
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Women 85-89 100 Yard Freestyle

NATL: 1:31.20 N 4/12/2014 NAN BOHL

VA: 1:55.09 V 6/27/2007 Marianna Berkley

1	Walker, Laura S	85	VMST-VA	1:48.87V
			52.86	1:48.87

Women 85-89 50 Yard Backstroke

NATL: 46.77 N 2/9/2013 BETTY LORENZI

VA: 1:05.71 V 2/9/2008 Marianna Berkley

1	Walker, Laura S	85	VMST-VA	56.07V
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Women 85-89 100 Yard Backstroke

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

VA: 2:20.63 V 2/9/2008 Marianna Berkley

1	Walker, Laura S	85	VMST-VA	2:02.67V
			1:00.01	2:02.67

Women 85-89 200 Yard Backstroke

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

VA: 4:48.71 V 2/9/2008 Marianna Berkley

1	Walker, Laura S	85	VMST-VA	4:13.16V
			1:01.13	2:05.45
				3:10.66
				4:13.16

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	Hallock, Thomas	23	TIDE-VA	20.87
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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	Vanik, Alexander J	24	VMST-VA	52.03
			24.92	52.03
2	Garcia, Luke	23	VMST-VA	53.57
			25.49	53.57

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	Hallock, Thomas	23	TIDE-VA	24.23
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(Men 18-24 50 Yard Backstroke)

2	Nishimura, Jacob	23	DCAC-PV	33.03
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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	Garcia, Luke	23	VMST-VA	57.48
	27.96		57.48	

Men 18-24 200 Yard Backstroke

NATL: 1:44.18 N 5/11/2013 ANDREW ELLIOTT

VA: 1:49.09 V 4/5/2019 Logan Burton

1	Garcia, Luke	23	VMST-VA	2:07.90
	29.04		1:00.77	1:34.06
				2:07.90

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	Hallock, Thomas	23	TIDE-VA	27.38
2	Vanik, Alexander J	24	VMST-VA	29.88
3	Fasana, Joseph	21	FAFF-VA	33.56
4	Nishimura, Jacob	23	DCAC-PV	36.24

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	Vanik, Alexander J	24	VMST-VA	1:07.70
	31.78		1:07.70	

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	Hallock, Thomas	23	TIDE-VA	22.61
2	Major, Kyle	23	1693-VA	25.27
3	Nishimura, Jacob	23	DCAC-PV	27.82

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	Garcia, Luke	23	VMST-VA	58.69
	27.16		58.69	

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	Major, Kyle	23	1693-VA	59.77
	27.83		59.77	
2	Fasana, Joseph	21	FAFF-VA	1:03.07
	27.94		1:03.07	
3	Nishimura, Jacob	23	DCAC-PV	1:09.29
	31.30		1:09.29	

Men 18-24 200 Yard IM

NATL: 1:48.91 N 2/2/2020 SAMUEL STEWART

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

1	Major, Kyle	23	1693-VA	2:10.96
	27.16		1:01.92	1:40.89
				2:10.96
2	Fasana, Joseph	21	FAFF-VA	2:22.26
	28.07		1:05.40	1:47.06
				2:22.26

Men 18-24 400 Yard IM

NATL: 3:50.12 N 2/13/2010 RUSSELL PAYNE

VA: 4:07.94 V 5/19/2005 Benjamin Garrett

1	Fasana, Joseph	21	FAFF-VA	5:29.53
	28.37		1:05.45	1:47.19
				2:29.32
	3:16.69		4:08.36	4:52.61
				5:29.53

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	Mastracci, Kevin	26	VMST-VA	20.80
2	Herbert, David	25	TIDE-VA	20.81
3	Healey, Matthew	25	1693-VA	21.76
4	Verheul, Dirk	29	VMST-VA	22.52
5	Rinald, Kevin	26	UC12-VA	23.67

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	Mastracci, Kevin	26	VMST-VA	46.18
	21.91		46.18	
2	Verheul, Dirk	29	VMST-VA	48.09
	23.24		48.09	
3	Kreider, Joshua	26	TIDE-VA	49.04
	23.59		49.04	
4	Healey, Matthew	25	1693-VA	49.13
	22.91		49.13	
5	Rinald, Kevin	26	UC12-VA	53.02
	25.00		53.02	
6	McQuiggan, Jacob	28	CM-Y-VA	56.46
	26.03		56.46	

Men 25-29 200 Yard Freestyle

NATL: 1:31.93 N 12/6/2013 DARIAN TOWNSEND

VA: 1:41.48 V 4/22/2004 Troy Johnson

1	Rinald, Kevin	26	UC12-VA	2:08.37
	28.25		1:00.83	1:34.63
				2:08.37

Men 25-29 500 Yard Freestyle

NATL: 4:20.82 N 4/17/2010 ANDY GRANT

VA: 4:42.26 V 4/2/2004 Frank Byskov

1	Crabb, James	29	VMST-VA	4:55.92
	25.40		53.10	1:22.22
				1:51.93
	2:22.39		2:52.92	3:23.79
				3:55.16
	4:25.87		4:55.92	
2	Kettlewell-Sltes, Sam	25	1693-VA	5:02.52
	26.69		55.95	1:26.04
				1:56.28
	2:26.95		2:58.00	3:29.01
				4:00.67
	4:32.00		5:02.52	
3	Casey, Grant C	27	DCAC-PV	5:17.73
	26.92		56.72	1:27.61
				1:59.47
	2:31.67		3:03.55	3:36.54
				4:09.83
	4:44.12		5:17.73	
4	McQuiggan, Jacob	28	CM-Y-VA	6:06.25
	31.34		1:05.92	1:41.38
				2:18.05
	2:55.66		3:33.18	4:11.79
				4:50.63
	5:28.78		6:06.25	

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Men 25-29 50 Yard Backstroke

NATL: 21.46 N 4/16/2010 ADAM MANIA

VA: 23.60 V 4/13/2018 Sidney Glass

1	Herbert, David	25	TIDE-VA	26.60
2	Verheul, Dirk	29	VMST-VA	27.09
3	McQuiggan, Jacob	28	CM-Y-VA	30.39

Men 25-29 100 Yard Backstroke

NATL: 45.95 N 4/15/2010 ADAM MANIA

VA: 51.06 V 2/6/2016 David Wren

1	Perez, Ricky	26	TIDE-VA	51.11
		24.78	51.11	

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	Burton, Logan	27	TIDE-VA	26.93
2	Herbert, David	25	TIDE-VA	27.99
3	Dean, Deion	27	TIDE-VA	28.13
4	Verheul, Dirk	29	VMST-VA	28.81
5	Ewell, Christopher M	28	DCAC-PV	33.82

Men 25-29 100 Yard Breaststroke

NATL: 51.57 N 4/25/2015 MARCUS TITUS

VA: 57.49 V 5/16/1994 Neill Williams

1	Dean, Deion	27	TIDE-VA	1:02.67
		29.45	1:02.67	
2	Casey, Grant C	27	DCAC-PV	1:07.63
		31.38	1:07.63	

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	Kettlewell-Sites, Sam	25	1693-VA	2:18.47
		30.07	1:04.24	1:40.68
				2:18.47

Men 25-29 50 Yard Butterfly

NATL: 20.99 N 4/28/2019 MARCIN CIESLAK

VA: 22.89 V 4/29/2022 Joshua Kreider

1	Casey, Grant C	27	DCAC-PV	24.78
2	Verheul, Dirk	29	VMST-VA	25.44
3	Ewell, Christopher M	28	DCAC-PV	29.43
4	McQuiggan, Jacob	28	CM-Y-VA	29.45

Men 25-29 100 Yard Butterfly

NATL: 45.32 N 11/30/2012 DAVIS TARWATER

VA: 49.21 V 3/3/2022 Kevin Mastracci

1	Perez, Ricky	26	TIDE-VA	51.46
		24.46	51.46	
2	Mastracci, Kevin	26	VMST-VA	51.85
		24.53	51.85	
3	Crabb, James	29	VMST-VA	54.68
		24.86	54.68	
4	Rinald, Kevin	26	UC12-VA	1:05.68
		30.13	1:05.68	
5	McQuiggan, Jacob	28	CM-Y-VA	1:07.06
		32.45	1:07.06	

Men 25-29 200 Yard Butterfly

NATL: 1:47.62 N 5/20/2007 ERIK SCALISE

VA: 1:54.52 V 2/9/2008 Scott Halasz

1	Crabb, James	29	VMST-VA	2:02.33
		25.81	57.68	1:30.53
				2:02.33

Men 25-29 100 Yard IM

NATL: 47.77 N 5/3/2014 DARIAN TOWNSEND

VA: 52.26 V 5/16/1994 Neill Williams

1	Kreider, Joshua	26	TIDE-VA	54.82
		24.68	54.82	
2	Verheul, Dirk	29	VMST-VA	56.19
		26.39	56.19	
3	McQuiggan, Jacob	28	CM-Y-VA	1:01.46
		28.59	1:01.46	
4	Ewell, Christopher M	28	DCAC-PV	1:08.46
		31.67	1:08.46	

Men 25-29 200 Yard IM

NATL: 1:41.79 N 12/21/2013 DARIAN TOWNSEND

VA: 1:54.04 V 7/24/2021 Dirk Verheul

1	Rinald, Kevin	26	UC12-VA	2:25.48
		29.65	1:08.38	1:50.78
				2:25.48

Men 25-29 400 Yard IM

NATL: 3:41.85 N 12/20/2013 DARIAN TOWNSEND

VA: 4:16.15 V 3/11/2004 Frank Byskov

1	Burton, Logan	27	TIDE-VA	4:08.77V
		25.02	54.06	1:25.50
		2:33.79	3:10.11	3:40.18
				4:08.77
2	Crabb, James	29	VMST-VA	4:16.61
		24.21	52.70	1:25.71
		2:36.27	3:16.08	3:46.71
				4:16.61

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	Monteiro, Dylan	33	DCAC-PV	23.77
2	Pandelidis, Alexander M	30	VMST-VA	23.84
3	Jennings, Richard	30	VMST-VA	27.62
4	Elnaggar, Mahmoud	33	CM-Y-VA	28.69

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	Pandelidis, Alexander M	30	VMST-VA	52.35
		24.82	52.35	
2	Monteiro, Dylan	33	DCAC-PV	53.16
		25.02	53.16	
3	Hunt, Thomas	30	RRY-VA	55.68
		26.79	55.68	
4	Deal, Brian	33	CGMS-VA	57.93
		27.39	57.93	
5	Jennings, Richard	30	VMST-VA	1:02.31
		28.75	1:02.31	
6	De Leo, Jonathan R	30	FAFF-VA	1:03.33
		29.88	1:03.33	
7	Elnaggar, Mahmoud	33	CM-Y-VA	1:04.26
		31.01	1:04.26	

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Men 30-34 200 Yard Freestyle

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

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

1	Pandelidis, Alexander M	30	VMST-VA	2:00.47
				28.11 1:00.07 1:30.30 2:00.47
2	De Leo, Jonathan R	30	FAFF-VA	2:22.17
				31.33 1:07.10 1:43.02 2:22.17

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	Jurkiewicz, Crosby	32	UC10-PV	5:34.94
				29.66 1:03.41 1:37.43 2:11.73
				2:46.18 3:20.84 3:55.41 4:29.25
				5:02.54 5:34.94
2	De Leo, Jonathan R	30	FAFF-VA	6:25.71
				31.36 1:07.74 1:46.65 2:25.83
				3:04.38 3:43.38 4:23.97 5:05.52
				5:46.50 6:25.71

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	Hunt, Thomas	30	RRY-VA	29.05
2	Monteiro, Dylan	33	DCAC-PV	29.57
3	Deal, Brian	33	CGMS-VA	31.99
4	Kirchgessner, Richard	32	RRY-VA	34.89

Men 30-34 50 Yard Breaststroke

NATL: 24.35 N 4/24/2015 MATT GREVERS

VA: 26.59 V 9/29/2012 Vanja Rogulj

1	Kirchgessner, Richard	32	RRY-VA	33.67
2	Deal, Brian	33	CGMS-VA	33.95

Men 30-34 100 Yard Breaststroke

NATL: 52.09 N 12/18/2021 BRANDON FISCHER

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

1	Jurkiewicz, Crosby	32	UC10-PV	1:11.15
				34.45 1:11.15

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	Walton, Tyler S	33	DCAC-PV	29.68
2	Elnaggar, Mahmoud	33	CM-Y-VA	34.89

Men 30-34 100 Yard Butterfly

NATL: 47.28 N 12/20/2013 ADAM MANIA

VA: 50.08 V 12/2/2010 Matt Haupt

1	Jurkiewicz, Crosby	32	UC10-PV	58.66
				28.00 58.66
2	Pandelidis, Alexander M	30	VMST-VA	1:00.92
				28.93 1:00.92
3	Walton, Tyler S	33	DCAC-PV	1:09.03
				31.48 1:09.03

Men 30-34 200 Yard Butterfly

NATL: 1:45.01 N 4/12/2015 DARIAN TOWNSEND

VA: 1:49.63 V 12/2/2010 Matt Haupt

1	Deal, Brian	33	CGMS-VA	2:41.87
				34.99 1:16.64 1:58.98 2:41.87

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	Monteiro, Dylan	33	DCAC-PV	1:04.02
				28.54 1:04.02
2	Kirchgessner, Richard	32	RRY-VA	1:09.57
				32.16 1:09.57
3	Walton, Tyler S	33	DCAC-PV	1:14.70
				33.71 1:14.70
4	Elnaggar, Mahmoud	33	CM-Y-VA	1:21.71
				37.28 1:21.71

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	Jurkiewicz, Crosby	32	UC10-PV	2:13.19
				28.27 1:03.96 1:43.25 2:13.19

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	O'Neill, Patrick	39	HRBM-VA	27.52
2	Williamson, Austin	36	VMST-VA	28.41
3	Hlusko, Paul C	38	RRY-VA	28.69

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	Schapiro, Adam	36	RRY-VA	58.17
				27.61 58.17
2	Kirchgessner, Joey	35	RRY-VA	1:00.15
				28.74 1:00.15
3	Morris, John	38	RRY-VA	1:02.50
				30.63 1:02.50

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	Williamson, Austin	36	VMST-VA	2:34.03
				33.31 1:11.80 1:52.93 2:34.03

Men 35-39 50 Yard Backstroke

NATL: 22.62 N 4/29/2017 JEFF NATALIZIO

VA: 24.64 V 4/1/2000 Chris Stevenson

1	Hlusko, Paul C	38	RRY-VA	38.26
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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	Hlusko, Paul C	38	RRY-VA	1:20.17
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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	36	VMST-VA	33.33
2	O'Neill, Patrick	39	HRBM-VA	34.04
3	Kirchgessner, Joey	35	RRY-VA	35.30

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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 Schapiro, Adam 36 RRY-VA 1:11.37
 34.06 1:11.37

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 Williamson, Austin 36 VMST-VA 2:58.12
 40.01 1:25.76 2:11.55 2:58.12

Men 35-39 50 Yard Butterfly

NATL: 21.24 N 3/25/2018 ROLAND SCHOEMAN
 VA: 23.36 V 2/29/2020 Evan Elsaesser
 1 Kirchgessner, Joey 35 RRY-VA 30.57
 2 O'Neill, Patrick 39 HRBM-VA 32.01
 3 Hlusko, Paul C 38 RRY-VA 34.95

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 Schapiro, Adam 36 RRY-VA 1:02.97
 30.32 1:02.97
 2 Morris, John 38 RRY-VA 1:10.45
 34.02 1:10.45

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 Schapiro, Adam 36 RRY-VA 1:06.35
 31.23 1:06.35
 2 Kirchgessner, Joey 35 RRY-VA 1:10.59
 33.65 1:10.59

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 Morris, John 38 RRY-VA 2:33.72
 32.92 1:14.11 1:59.47 2:33.72

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 Barrett, Patrick 41 DCAC-PV 24.59
 2 Sande, Tyler 43 CM-Y-VA 25.17
 3 Gass, Kraig 43 1693-VA 25.29
 4 Hess, Christopher J 42 WCMS-VA 26.48
 5 Hackworth, Jason 43 UC12-VA 27.32

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 Barrett, Patrick 41 DCAC-PV 55.06
 26.28 55.06
 2 Sande, Tyler 43 CM-Y-VA 57.10
 26.95 57.10
 3 Hess, Christopher J 42 WCMS-VA 58.49
 28.15 58.49
 4 Hackworth, Jason 43 UC12-VA 1:02.28
 29.89 1:02.28

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 Atteberry, Jeffrey T 42 DCAC-PV 2:08.50
 29.56 1:02.86 1:36.32 2:08.50
 2 Hackworth, Jason 43 UC12-VA 2:27.60
 34.62 1:12.34 1:50.69 2:27.60

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 Lundberg, Erik T 43 ALEX-PV 5:36.92
 29.92 1:03.42 1:38.43 2:13.74
 2:48.54 3:23.02 3:57.60 4:31.73
 5:05.34 5:36.92
 2 Hess, Christopher J 42 WCMS-VA 5:55.10
 32.64 1:07.82 1:43.72 2:20.09
 2:56.53 3:32.21 4:08.27 4:44.18
 5:20.25 5:55.10

Men 40-44 1650 Yard Freestyle

NATL:15:51.52 N 5/9/2010 ALEX KOSTICH
 VA:17:40.34 V 4/10/2010 Rob St Jean
 1 Lundberg, Erik T 43 ALEX-PV 19:59.25
 32.04 1:07.77 1:45.21 2:22.76
 3:00.09 3:36.91 4:13.86 4:50.76
 5:27.43 6:04.36 6:41.64 7:18.47
 7:55.13 8:32.00 9:08.39 9:45.04
 10:22.05 10:58.65 11:35.35 12:11.47
 12:47.80 13:24.68 14:01.16 14:37.61
 15:13.99 15:50.49 16:27.05 17:03.63
 17:40.31 18:16.15 18:50.98 19:26.49 19:59.25
 2 Rodriguez, Jason 43 TIDE-VA 22:20.54
 38.15 1:18.18 1:59.24 2:40.11
 3:21.45 4:02.90 4:44.22 5:24.29
 6:05.30 6:46.61 7:27.77 8:09.14
 8:49.78 9:29.91 10:10.73 10:51.57
 11:32.09 12:12.69 12:52.80 13:34.36
 14:15.49 14:56.60 15:36.77 16:17.26
 16:58.64 17:40.16 18:21.02 19:01.83
 19:41.98 20:22.77 21:03.24 21:42.72 22:20.54

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 Barrett, Patrick 41 DCAC-PV 27.98
 2 Sande, Tyler 43 CM-Y-VA 31.35

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 Barrett, Patrick 41 DCAC-PV 1:00.59
 29.66 1:00.59
 2 Sande, Tyler 43 CM-Y-VA 1:12.03
 35.87 1:12.03

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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	43	DCAC-PV	2:05.47
				29.61 1:01.33 1:33.56 2:05.47

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	Lundberg, Erik T	43	ALEX-PV	30.82
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Men 40-44 50 Yard Butterfly

NATL: 22.52 N 2/13/2022 DANIEL LOTANO

VA: 23.82 V 5/7/2009 Chris Stevenson

1	Lundberg, Erik T	43	ALEX-PV	26.84
2	Gass, Kraig	43	1693-VA	27.22

Men 40-44 100 Yard Butterfly

NATL: 49.27 N 5/4/2008 MICHAEL ROSS

VA: 50.81 V 5/7/2009 Chris Stevenson

1	Gass, Kraig	43	1693-VA	1:03.14
				29.43 1:03.14

Men 40-44 200 Yard Butterfly

NATL: 1:50.61 N 4/14/2002 DENNIS BAKER

VA: 1:54.85 V 5/7/2009 Chris Stevenson

1	Atteberry, Jeffrey T	42	DCAC-PV	2:31.05
				32.83 1:11.31 1:50.78 2:31.05

Men 40-44 200 Yard IM

NATL: 1:51.85 N 4/26/2009 MICHAEL ROSS

VA: 2:03.51 V 4/27/2000 John Tudor

1	Denrich, David	43	DCAC-PV	2:12.20
				29.61 1:01.44 1:42.05 2:12.20
2	Hackworth, Jason	43	UC12-VA	2:52.25
				37.93 1:22.57 2:12.80 2:52.25

Men 40-44 400 Yard IM

NATL: 4:01.87 N 4/19/2009 ROQUE SANTOS

VA: 4:23.70 V 2/9/2008 Chris Stevenson

1	Lundberg, Erik T	43	ALEX-PV	5:03.96
				31.22 1:07.79 1:49.42 2:31.00
				3:13.87 3:56.98 4:31.66 5:03.96
2	Atteberry, Jeffrey T	42	DCAC-PV	5:11.17
				32.45 1:10.78 1:51.72 2:32.47
				3:17.62 4:02.64 4:37.35 5:11.17

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	Mills, Matthew	46	GAJA-GA	24.06
2	Berchtold, Albert	45	FAFF-VA	29.45

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	Mills, Matthew	46	GAJA-GA	53.62
				26.02 53.62
2	Moon, WonKee	48	DCAC-PV	55.25
				27.08 55.25

3	Szobota, Jason	45	VMST-VA	56.44
				26.37 56.44

4	Egan, Christopher R	49	DCAC-PV	58.22
				28.42 58.22

5	Adkins, Dana	45	1693-VA	59.58
				28.35 59.58

6	Morgan, Matthew L	45	UC12-VA	1:01.74
				29.83 1:01.74

7	Berchtold, Albert	45	FAFF-VA	1:05.57
				30.57 1:05.57

Men 45-49 200 Yard Freestyle

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

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

1	Adkins, Dana	45	1693-VA	2:12.29
				30.22 1:03.96 1:38.65 2:12.29
2	Szobota, Jason	45	VMST-VA	2:14.35
				30.60 1:04.71 1:39.98 2:14.35
3	Foldenauer, Adam	49	VMST-VA	2:44.01
				37.95 1:19.47 2:03.35 2:44.01

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	McGarrity, Patrick S	45	RRY-VA	6:08.94
				31.18 1:06.98 1:43.81 2:21.14
				2:58.48 3:36.31 4:14.62 4:53.70
				5:32.45 6:08.94
2	Foldenauer, Adam	49	VMST-VA	8:04.19
				40.47 1:27.26 2:16.22 3:08.14
				3:59.04 4:49.74 5:40.46 6:31.15
				7:20.73 8:04.19

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

1	Scharver, Christopher	46	TIDE-VA	20:27.03
				30.84 1:05.90 1:42.64 2:19.78
				2:57.05 3:33.94 4:09.71 4:47.05
				5:23.52 6:00.03 6:36.47 7:12.83
				7:50.42 8:26.97 9:03.66 9:41.29
				10:19.24 10:55.89 11:33.89 12:10.96
				12:49.48 13:27.45 14:06.31 14:45.57
				15:24.06 16:03.19 16:40.94 17:18.94
				17:57.11 18:34.98 19:12.37 19:50.55 20:27.03

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	Mayhew, Benjamin	48	TIDE-VA	33.87
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Men 45-49 100 Yard Backstroke

NATL: 51.49 N 4/29/2022 CHUCK BARNES

VA: 51.55 V 4/28/2011 Chris Stevenson

1	McGarrity, Patrick S	45	RRY-VA	1:05.24
				30.23 1:05.24
2	Egan, Christopher R	49	DCAC-PV	1:07.56
				33.30 1:07.56

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Men 45-49 200 Yard Backstroke

NATL: 1:51.82 N 4/30/2022 CHUCK BARNES

VA: 1:55.04 V 4/28/2011 Chris Stevenson

1	McGarrity, Patrick S	45 RRY-VA	2:19.34
	32.61	1:07.93	1:44.23
			2:19.34

Men 45-49 50 Yard Breaststroke

NATL: 25.66 N 4/27/2019 JEFF COMMINGS

VA: 28.60 V 5/17/2007 David Malsbury

1	Szobota, Jason	45 VMST-VA	31.02
2	Moon, WonKee	48 DCAC-PV	31.16
3	Berchtold, Albert	45 FAFF-VA	37.38

Men 45-49 100 Yard Breaststroke

NATL: 55.69 N 5/13/2018 STEVE WEST

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

1	Szobota, Jason	45 VMST-VA	1:08.68
	32.53	1:08.68	
2	Dash, Randy	48 VMST-VA	1:08.93
	32.16	1:08.93	
3	Moon, WonKee	48 DCAC-PV	1:09.08
	33.09	1:09.08	
4	Mayhew, Benjamin	48 TIDE-VA	1:21.07
	37.86	1:21.07	
5	Berchtold, Albert	45 FAFF-VA	1:24.11
	38.46	1:24.11	

Men 45-49 200 Yard Breaststroke

NATL: 2:02.42 N 4/29/2017 STEVE WEST

VA: 2:20.67 V 4/29/2022 Paul Klepchick

1	Foldenauer, Adam	49 VMST-VA	3:10.16
	42.59	1:29.16	2:18.91
			3:10.16

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	Adkins, Dana	45 1693-VA	30.78
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Men 45-49 100 Yard Butterfly

NATL: 50.20 N 4/29/2022 CHUCK BARNES

VA: 51.36 V 3/5/2010 Chris Stevenson

1	Mills, Matthew	46 GAJA-GA	58.13
	27.32	58.13	
2	Dash, Randy	48 VMST-VA	1:03.64
	29.20	1:03.64	
3	Adkins, Dana	45 1693-VA	1:09.92
	33.42	1:09.92	

Men 45-49 200 Yard Butterfly

NATL: 1:50.73 N 12/6/2008 DENNIS BAKER

VA: 1:57.08 V 3/5/2010 Chris Stevenson

1	Adkins, Dana	45 1693-VA	2:36.20
	34.25	1:14.09	1:55.71
			2:36.20

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	48 VMST-VA	1:02.68
	28.95	1:02.68	
2	Szobota, Jason	45 VMST-VA	1:04.62
	29.91	1:04.62	

3	Egan, Christopher R	49 DCAC-PV	1:07.85
	32.04	1:07.85	

4	Morgan, Matthew L	45 UC12-VA	1:11.68
	34.16	1:11.68	

5	Mayhew, Benjamin	48 TIDE-VA	1:15.77
	36.06	1:15.77	

Men 45-49 200 Yard IM

NATL: 1:51.44 N 4/26/2015 NICOLAS GRANGER

VA: 2:00.26 V 5/20/2010 Chris Stevenson

1	Morgan, Matthew L	45 UC12-VA	2:38.16
	33.47	1:15.51	2:01.85
			2:38.16
2	Foldenauer, Adam	49 VMST-VA	3:04.05
	1:24.55	3:04.05	

Men 50-54 100 Yard Freestyle

NATL: 46.59 N 5/10/2009 ROWDY GAINES

VA: 49.93 V 4/29/2022 Brent Holsten

1	Lillehei, Peter	50 VMST-VA	53.47
	25.47	53.47	
2	Mills, Edward	54 CM-Y-VA	1:14.42
	37.25	1:14.42	

Men 50-54 200 Yard Freestyle

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

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

1	Lillehei, Peter	50 VMST-VA	2:01.94
	27.03	57.35	1:29.51
			2:01.94
2	Mills, Edward	54 CM-Y-VA	2:40.46
	38.48	1:19.49	2:00.52
			2:40.46

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	Mills, Edward	54 CM-Y-VA	7:03.36
	40.00	1:21.93	2:04.36
			2:47.44
	3:31.15	4:14.08	4:57.60
			5:41.08
	6:23.26	7:03.36	

Men 50-54 100 Yard Backstroke

NATL: 52.72 N 3/21/2015 FRITZ BEDFORD

VA: 54.99 V 5/11/2017 Chris Stevenson

1	Williams, Neill	54 DCAC-PV	1:00.28
	29.14	1:00.28	

Men 50-54 200 Yard Backstroke

NATL: 1:56.18 N 4/13/2019 RICK GOULD

VA: 2:03.00 V 2/7/2015 Chris Stevenson

---	Maxey, Michael	51 VMST-VA	DQ
	34.67	1:13.94	1:55.67
			DQ

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	Dunson, David	50 NCMS-NC	28.38
2	Lillehei, Peter	50 VMST-VA	31.69
3	Cockrell, Charles	54 DCAC-PV	34.35

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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	Dunson, David	50	NCMS-NC	1:03.58
				29.60 1:03.58
2	Lillehei, Peter	50	VMST-VA	1:10.25
				33.01 1:10.25
3	Cockrell, Charles	54	DCAC-PV	1:15.85
				36.16 1:15.85

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	Williams, Neill	54	DCAC-PV	2:26.59
				32.74 1:10.29 1:48.85 2:26.59

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	Tambellini, David	50	VMST-VA	27.97
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Men 50-54 100 Yard IM

NATL: 53.60 N 4/29/2017 MIKE IRVIN

VA: 56.08 V 4/29/2022 Brent Holsten

1	Williams, Neill	54	DCAC-PV	58.14
				27.18 58.14

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	Maxey, Michael	51	VMST-VA	2:37.86
				35.12 1:13.12 2:00.97 2:37.86
2	Cockrell, Charles	54	DCAC-PV	2:38.00
				36.09 1:17.84 2:01.66 2:38.00

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	Faulconer, John	58	UC12-VA	27.81
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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	Faulconer, John	58	UC12-VA	1:01.21
				29.02 1:01.21

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	57	VMST-VA	5:43.34
				32.88 1:07.40 1:42.05 2:16.59
				2:51.05 3:25.59 4:00.34 4:34.88
				5:09.49 5:43.34

Men 55-59 1650 Yard Freestyle

NATL:17:11.12 N 5/20/2007 JIM MC CONICA

VA:18:54.75 V 7/21/2021 George Sushkoff

1	Sushkoff, George	57	VMST-VA	19:46.15
				33.78 1:10.05 1:45.87 2:21.89
				2:58.03 3:34.63 4:10.64 4:46.84
				5:23.14 5:59.19 6:35.08 7:11.13
				7:47.06 8:22.94 8:58.86 9:35.18
				10:11.08 10:46.69 11:22.79 11:59.03
				12:35.10 13:11.11 13:47.44 14:23.32
				14:59.42 15:35.36 16:11.48 16:47.45
				17:23.35 17:59.14 18:35.26 19:11.27 19:46.15

Men 55-59 400 Yard IM

NATL: 4:28.66 N 5/2/2014 JIM SAUER

VA: 4:56.10 V 1/27/2019 Gregory Harris

1	Sushkoff, George	57	VMST-VA	5:17.92
				35.35 1:16.27 1:57.02 2:37.74
				3:24.23 4:09.30 4:44.30 5:17.92

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	62	VMST-VA	25.65
2	Freeman, Jim	61	UC12-VA	27.42
3	North, Dirk K	62	UC12-VA	30.04

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	62	VMST-VA	57.25
				27.71 57.25
2	Freeman, Jim	61	UC12-VA	1:03.36
				29.72 1:03.36
3	Murphy, Richard	63	VMST-VA	1:03.39
				29.72 1:03.39

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	Collins, Ron	60	VMST-VA	2:16.04
				32.69 1:08.83 1:43.07 2:16.04
2	Freeman, Jim	61	UC12-VA	2:19.89
				32.42 1:07.57 1:43.56 2:19.89
3	Murphy, Richard	63	VMST-VA	2:27.68
				32.45 1:09.33 1:47.61 2:27.68
4	Kato, Seiji	61	VMST-VA	2:56.06
				39.62 1:22.41 2:09.77 2:56.06
5	Smith, Stephen	60	UC12-VA	3:13.04
				42.92 1:31.69 2:23.53 3:13.04

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	Keith, Algernon	62	VMST-VA	6:15.36
				32.80 1:08.96 1:46.52 2:24.90
				3:03.45 3:42.34 4:21.31 5:00.54
				5:39.73 6:15.36

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(Men 60-64 500 Yard Freestyle)

2	Ryan, Pat	64	VMST-VA	7:05.55
	38.62	1:19.81	2:02.92	2:46.59
	3:30.48	4:14.23	4:57.49	5:41.05
	6:24.70	7:05.55		
3	Smith, Stephen	60	UC12-VA	8:39.88
	41.41	1:30.58	2:25.43	3:19.17
	4:13.17	5:07.56	6:01.63	6:55.40
	7:49.53	8:39.88		

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	Collins, Ron	60	VMST-VA	21:20.59
	34.84	1:14.11	1:53.20	2:32.11
	3:11.29	3:50.57	4:30.11	5:09.47
	5:48.82	6:27.55	7:07.38	7:46.10
	8:25.16	9:03.70	9:42.50	10:21.40
	10:59.14	11:37.68	12:16.40	12:55.03
	13:33.65	14:13.41	14:52.23	15:31.66
	16:10.96	16:49.85	17:28.96	18:08.16
	18:47.40	19:26.38	20:04.71	20:43.15
				21:20.59
2	Kammermann, Chris	60	TIDE-VA	25:40.20
	40.48	1:26.43	2:15.34	3:03.23
	3:49.88	4:36.78	5:23.58	6:10.30
	6:56.94	7:43.78	8:30.61	9:17.12
	10:03.72	10:51.03	11:38.67	12:25.89
	13:12.75	14:00.20	14:47.43	15:34.59
	16:21.44	17:08.34	17:55.55	18:42.54
	19:29.40	20:16.41	21:03.50	21:51.06
	22:37.51	23:23.87	24:10.08	24:54.57
				25:40.20

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	Murphy, Richard	63	VMST-VA	35.30
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Men 60-64 50 Yard Breaststroke

NATL: 28.20 N 7/24/2021 DAVID GUTHRIE

VA: 31.47 V 5/15/2003 Jack Schiltz

1	Ryan, Pat	64	VMST-VA	35.48
2	North, Dirk K	62	UC12-VA	35.87
3	Ingebretsen, Carl	61	FAFF-VA	39.45

Men 60-64 100 Yard Breaststroke

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

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

1	Ryan, Pat	64	VMST-VA	1:22.20
	37.64	1:22.20		
2	Kato, Seiji	61	VMST-VA	1:37.93
	48.61	1:37.93		

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	Collins, Ron	60	VMST-VA	1:10.20
	34.57	1:10.20		
2	Keith, Algernon	62	VMST-VA	1:13.59
	33.71	1:13.59		

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	Ingebretsen, Carl	61	FAFF-VA	1:12.64
	32.89	1:12.64		
2	Freeman, Jim	61	UC12-VA	1:14.83
	35.27	1:14.83		
3	Murphy, Richard	63	VMST-VA	1:15.22
	33.74	1:15.22		

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	61	FAFF-VA	2:42.70
	33.94	1:14.77	2:06.65	2:42.70

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	Ingebretsen, Carl	61	FAFF-VA	5:54.87
	35.80	1:18.90	2:03.99	2:47.49
	3:43.40	4:38.06	5:18.00	5:54.87

Men 65-69 50 Yard Freestyle

NATL: 22.10 N 5/23/2010 RICHARD ABRAHAMAS

VA: 26.47 V 4/11/2008 Harry Sober

1	Shannon, Dennis	69	CM-Y-VA	30.83
2	Davis, Edwin R	67	VMST-VA	35.56
3	Stone, Bryan	66	VMST-VA	36.14
4	Burwell, Wes	69	TIDE-VA	38.03

Men 65-69 100 Yard Freestyle

NATL: 49.42 N 5/22/2010 RICHARD ABRAHAMAS

VA: 59.61 V 2/3/2018 Craig Bauer

1	Edelman, Paul	66	VMST-VA	1:15.53
	37.41	1:15.53		
2	Davis, Edwin R	67	VMST-VA	1:20.00
	38.91	1:20.00		
3	Brown, Andy	65	VMST-VA	1:20.91
	39.17	1:20.91		
4	Burwell, Wes	69	TIDE-VA	1:24.16
	38.63	1:24.16		
5	Stone, Bryan	66	VMST-VA	1:24.49
	38.65	1:24.49		

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	Brown, Andy	65	VMST-VA	3:04.23
	42.90	1:29.10	2:17.89	3:04.23

Men 65-69 500 Yard Freestyle

NATL: 5:05.44 N 4/9/2017 RICK COLELLA

VA: 6:19.06 V 2/2/2019 Craig Bauer

1	Brown, Andy	65	VMST-VA	8:01.90
	42.69	1:30.12	2:19.18	3:08.44
	3:59.32	4:48.75	5:38.31	6:27.48
	7:15.88	8:01.90		

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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	Stone, Bryan	66	VMST-VA	1:50.88
				54.02 1:50.88

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	Nash, Dawson	69	DCAC-PV	3:20.47
				46.36 1:37.78 2:30.59 3:20.47

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	Edelman, Paul	66	VMST-VA	41.75
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Men 65-69 100 Yard Breaststroke

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

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

1	Edelman, Paul	66	VMST-VA	1:39.79
				48.23 1:39.79
2	Davis, Edwin R	67	VMST-VA	1:45.07
				49.83 1:45.07
3	Stone, Bryan	66	VMST-VA	1:52.80
				55.22 1:52.80

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	Taylor, Jeffrey	66	1693-VA	29.98
2	Shannon, Dennis	69	CM-Y-VA	31.30
3	Stone, Bryan	66	VMST-VA	48.13

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	Nash, Dawson	69	DCAC-PV	1:38.66
				47.09 1:38.66

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	Nash, Dawson	69	DCAC-PV	1:32.17
				42.02 1:32.17
2	Stone, Bryan	66	VMST-VA	1:40.20
				47.54 1:40.20

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	Nash, Dawson	69	DCAC-PV	3:30.72
				44.65 1:37.52 2:43.91 3:30.72

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	Bauer, Craig	70	CM-Y-VA	28.31
2	Miller, Jim	72	VMST-VA	35.61

Men 70-74 100 Yard Freestyle

NATL: 54.58 N 4/26/2015 RICHARD ABRAHAMS

VA: 1:01.52 V 4/28/2016 Hank Holswade

1	Bauer, Craig	70	CM-Y-VA	1:03.36
				30.02 1:03.36

Men 70-74 50 Yard Backstroke

NATL: 28.79 N 11/6/2022 RICK COLELLA

VA: 33.86 V 4/28/2016 Hank Holswade

1	Miller, Jim	72	VMST-VA	46.37
2	Burke, Anthony A	74	VMST-VA	51.36

Men 70-74 100 Yard Backstroke

NATL: 1:01.79 N 11/6/2022 RICK COLELLA

VA: 1:15.38 V 4/30/2016 Hank Holswade

1	Miller, Jim	72	VMST-VA	1:38.68
				49.29 1:38.68

Men 70-74 50 Yard Breaststroke

NATL: 29.84 N 4/29/2022 RICK COLELLA

VA: 37.91 V 5/9/2013 Terry Gernstein

1	Bauer, Craig	70	CM-Y-VA	38.00
2	Crane, John	71	CM-Y-VA	48.44
3	Burke, Anthony A	74	VMST-VA	56.09

Men 70-74 100 Yard Breaststroke

NATL: 1:04.95 N 4/30/2022 RICK COLELLA

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

1	Bauer, Craig	70	CM-Y-VA	1:22.20V
				40.00 1:22.20

Men 70-74 100 Yard IM

NATL: 59.97 N 4/30/2022 RICK COLELLA

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

1	Crane, John	71	CM-Y-VA	1:41.96
				48.14 1:41.96
2	Burke, Anthony A	74	VMST-VA	1:53.71
				54.54 1:53.71

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	Holswade, Hank	76	VMST-VA	34.61
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Men 75-79 500 Yard Freestyle

NATL: 6:03.87 N 5/8/2010 DAVID RADCLIFF

VA: 7:32.99 V 4/5/2019 Warner Brundage

1	Breese, David	76	UC10-PV	10:04.57
				52.67 1:49.33 2:48.90 3:50.69
				4:52.96 5:53.59 6:56.21 8:00.14
				9:03.47 10:04.57

Men 75-79 100 Yard Backstroke

NATL: 1:07.31 N 4/28/2019 RICHARD BURNS

VA: 1:27.68 V 4/13/2018 Ken Novell

1	Brundage, Warner	79	VMST-VA	1:38.59
				47.54 1:38.59

2023 VMST David Gregg III Memorial - 2/11/2023

Results - David Gregg III Memorial Meet

Men 75-79 200 Yard Backstroke

NATL: 2:27.48 N 4/27/2019 RICHARD BURNS
VA: 3:04.37 V 4/5/2019 Warner Brundage

1 Brundage, Warner 79 VMST-VA 3:29.59
48.48 1:40.12 2:35.88 3:29.59

Men 80-84 50 Yard Freestyle

NATL: 28.68 N 4/30/2017 FARRELL\FARRELL
VA: 39.91 V 6/1/1988 Patrick Frank

1 Sober, Harry 80 VMST-VA 31.15V
2 Bettis, Lee 84 VMST-VA 36.33V

Men 80-84 100 Yard Freestyle

NATL: 1:04.60 N 5/3/2014 DAVID RADCLIFF
VA: 1:29.79 V 6/1/1988 Patrick Frank

1 Sober, Harry 80 VMST-VA 1:12.43V
33.25 1:12.43

Men 80-84 500 Yard Freestyle

NATL: 6:27.81 N 5/1/2014 DAVID RADCLIFF
VA: 9:06.23 V 6/1/1988 Patrick Frank

1 Kelleher, Joseph 81 VMST-VA 10:49.63
54.40 1:57.04 3:02.78 4:10.14
5:19.05 6:27.31 7:35.34 8:42.48
9:49.27 10:49.63

Men 80-84 1650 Yard Freestyle

NATL:21:54.87 N 5/1/2014 DAVID RADCLIFF
VA:30:49.45 V 2/11/2006 Calvin Barnes

1 Kelleher, Joseph 81 VMST-VA 36:30.82
1:00.33 2:05.65 3:12.21 4:18.42
5:25.38 6:32.57 7:39.94
8:47.76 9:54.08 11:02.01
12:09.47 13:16.11 14:22.26
15:28.61 16:35.73 17:41.41 18:47.25
19:53.47 20:59.32 22:05.59
23:12.58 24:19.60 25:25.45
26:31.76 27:38.52 28:44.20 36:30.82

Men 80-84 50 Yard Backstroke

NATL: 34.49 N 4/29/2016 YOSHI OYAKAWA
VA: 47.48 V 3/20/1999 Harry Howell

1 Sober, Harry 80 VMST-VA 40.62V
2 Bettis, Lee 84 VMST-VA 46.05V

Men 80-84 50 Yard Breaststroke

NATL: 37.48 N 5/1/2021 MIKE FRESHLEY
VA: 49.16 V 4/5/2019 David Nicholas

1 Bettis, Lee 84 VMST-VA 54.25

Men 85-89 100 Yard Freestyle

NATL: 1:10.92 N 4/18/2010 FRANK PIEMME
VA: 1:26.81 V 7/21/2021 Lee Bergen

1 Beattie, Cal 88 UC12-VA 2:12.31
1:03.81 2:12.31

Men 85-89 200 Yard Freestyle

NATL: 2:42.78 N 5/19/2019 DAVID RADCLIFF
VA: 3:32.32 V 7/21/2021 Lee Bergen

1 Beattie, Cal 88 UC12-VA 4:52.94
1:06.31 2:21.92 3:38.55 4:52.94

Men 85-89 500 Yard Freestyle

NATL: 7:37.32 N 5/17/2019 DAVID RADCLIFF
VA: 9:11.45 V 4/15/2011 Calvin Barnes

1 Beattie, Cal 88 UC12-VA 12:58.61
1:06.73 2:21.43 3:38.88 4:56.48
6:14.59 7:35.45 8:59.12 10:20.46
11:40.95 12:58.61

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 VMST-VA B 1:59.06
1) Horil, Erin W29 2) Anzelmo-Steele, Sarah E W
3) Miller, Elizabeth C W41 4) Godwin, Sallie W32
30.40 1:03.81 1:31.07 1:59.06
2 ALEX-PV A 2:09.32
1) Rockett, Ruth W45 2) Maschal, Sarah A W45
3) Goodman, Kara W30 4) Stubert, Hannah W33
36.65 55.35 1:14.65 2:09.32

Women 25+ 200 Yard Medley Relay

NATL: 1:45.01 N 5/4/2008 SOUTHERN METHOD

L OBERSTAR-BROWN, K MCCLELLAND, L HOLT, D DIEZI

VA: 1:53.15 V 4/7/2017 1693

K Grier, K Harris, M Falcone, S Shaner

1 VMST-VA A 2:12.60
1) Miller, Elizabeth C W41 2) Godwin, Sallie W32
3) Anzelmo-Steele, Sarah E W 4) Horil, Erin W29
31.62 1:08.13 1:43.09 2:12.60
2 ALEX-PV A 2:28.57
1) Rockett, Ruth W45 2) Stubert, Hannah W33
3) Maschal, Sarah A W45 4) Goodman, Kara W30
43.85 1:01.98 1:22.02 2:28.57

Women 35+ 200 Yard Freestyle Relay

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

K LINDAUER, A UHL, J STRINGER, E BRAUN

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

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

1 CM-Y-VA A 2:07.68
1) Ciolfi, Angela W45 2) May, Julia W58
3) Latimer, Rebecca T W40 4) Weinheimer, Amy W54
29.58 1:07.97 1:39.65 2:07.68

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: 2:03.31 V 1/12/2020 VMST

P Miller, N Speer, Y Zhang, C Hollings

1 VMST-VA A 2:46.11
1) Faulkner, Michele W69 2) Broderson, Molly W70
3) Sowers, Alison W60 4) Mix, Phoebe W72
41.42 1:00.44 1:20.23 2:46.11

2023 VMST David Gregg III Memorial - 2/11/2023**Results - David Gregg III Memorial Meet****Men 18+ 200 Yard Freestyle Relay**

NATL: 1:18.32 N 5/22/2010 NORTH CAROLINA

N BRUNELLI, C JONES, N WESTBY, J SKUBA

VA: 1:23.73 V 4/28/2016 1693

K Gallagher, K Loughran, C Fay, S Glass

1	TIDE-VA	A	1:23.23V
	1) Kreider, Joshua M26	2) Herbert, David M25	
	3) Burton, Logan M27	4) Hallock, Thomas M23	
	22.09 41.97	1:02.98 1:23.23	
2	VMST-VA	B	1:31.35
	1) Crabb, James M29	2) Mastracci, Kevin M26	
	3) Verheul, Dirk M29	4) Garcia, Luke M23	
	23.04 50.00	1:08.27 1:31.35	
3	DCAC-PV	B	1:38.46
	1) Casey, Grant C M27	2) Nishimura, Jacob M23	
	3) Monteiro, Dylan M33	4) Denrich, David M43	
	23.27 50.26	1:13.87 1:38.46	
4	FAFF-VA	A	1:50.01
	1) De Leo, Jonathan R M30	2) Ingebretsen, Carl M61	
	3) Berchtold, Albert M45	4) Fasana, Joseph M21	
	28.72 56.80	1:25.68 1:50.01	

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	DCAC-PV	A	1:44.32
	1) Walton, Tyler S M33	2) Ewell, Christopher M M28	
	3) Atteberry, Jeffrey T M42	4) Barrett, Patrick M41	
	27.19 53.31	1:19.64 1:44.32	
2	RRY-VA	B	1:48.37
	1) McGarrity, Patrick S M45	2) Morris, John M38	
	3) Kirchgessner, Richard M32	4) Kirchgessner, Joey M35	
	26.16 53.92	1:21.31 1:48.37	
---	RRY-VA	A	X1:56.76
	2) Hlusko, Paul C M38		
	3) Schapiro, Adam M36	4) Hunt, Thomas M30	
	34.15 1:06.14	1:31.98 1:56.76	

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	VMST-VA	B	1:42.46
	1) Crabb, James M29	2) Szobota, Jason M45	
	3) Verheul, Dirk M29	4) Mastracci, Kevin M26	
	25.45 56.79	1:21.69 1:42.46	
2	RRY-VA	B	1:56.96
	1) Hunt, Thomas M30	2) Kirchgessner, Richard M32	
	3) Morris, John M38	4) McGarrity, Patrick S M45	
	28.64 1:02.10	1:31.39 1:56.96	

Men 35+ 200 Yard Medley Relay

NATL: 1:33.66 N 5/12/2018 THE OLYMPIC CLU

T WANG, T HOLSMAN, M MARSHALL, S GREENWOOD

VA: 1:39.88 V 1/1/1998 VMST

D Malsbury, M Slowey, J Tudor, L Tudor

1	VMST-VA	A	2:23.13
	1) Miller, Jim M72	2) Williamson, Austin M36	
	3) Maxey, Michael M51	4) Foldenauer, Adam M49	
	46.54 1:21.19	1:44.85 2:23.13	
---	RRY-VA	A	X2:07.70
	1) Hlusko, Paul C M38		
	3) Schapiro, Adam M36	4) Kirchgessner, Joey M35	
	37.21 1:12.90	1:40.03 2:07.70	

Men 45+ 200 Yard Medley Relay

NATL: 1:36.56 N 5/23/2010 GEORGIA MASTERS

E ERICSON, C WEISSMAN, B BUGG, M ELLISON

VA: 1:43.01 V 4/29/2022 1693

D Bell, R Williams, B Holsten, C Harbourt

1	DCAC-PV	A	2:04.81
	1) Williams, Neill M54	2) Cockrell, Charles M54	
	3) Nash, Dawson M69	4) Moon, WonKee M48	
	27.43 1:01.85	1:40.50 2:04.81	

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	B	1:50.45
	1) Van Horn Pate, Val W60	2) Szobota, Jason M45	
	3) Garcia, Luke M23	4) Horil, Erin W29	
	30.10 55.82	1:20.41 1:50.45	

Mixed 18+ 200 Yard Medley Relay

NATL: 1:35.89 N 4/30/2016 THE OLYMPIC CLU

A SAETA, C BABCOCK, A SENKO, M STIPE

VA: 1:39.74 V 4/28/2016 1693

G Mizerak, S Glass, K Gallagher, S Shaner

1	VMST-VA	B	2:00.16
	1) Van Horn Pate, Val W60	2) Garcia, Luke M23	
	3) Crabb, James M29	4) Horil, Erin W29	
	33.74 1:06.42	1:30.81 2:00.16	

Mixed 25+ 200 Yard Freestyle Relay

NATL: 1:27.70 N 4/28/2017 THE OLYMPIC CLU

M BALLENGER, K RAATZ, M MARSHALL, S GREENWOOD

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

K Gallagher, G Mizerak, K Loughran, K Grier

1	1693-VA	A	1:36.50
	1) Healey, Matthew M25	2) Kettlewell-Sites, Sam M25	
	3) Gass, Krista W44	4) Williams, Susan W56	
	22.20 42.75	1:09.39 1:36.50	
2	VMST-VA	A	1:42.73
	1) Mastracci, Kevin M26	2) Crabb, James M29	
	3) Miller, Elizabeth C W41	4) Godwin, Sallie W32	
	22.73 45.98	1:13.97 1:42.73	

2023 VMST David Gregg III Memorial - 2/11/2023**Results - David Gregg III Memorial Meet****(Mixed 25+ 200 Yard Freestyle Relay)**

3 CM-Y-VA B 2:01.35
 1) Elnaggar, Mahmoud M33 2) May, Julia W58
 3) Barrera, Abby W27 4) McQuiggan, Jacob M28
 28.49 1:06.52 1:35.69 2:01.35

Mixed 25+ 200 Yard Medley Relay

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

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 VMST-VA A 1:53.65
 1) Miller, Elizabeth C W41 2) Szobota, Jason M45
 3) Mastracci, Kevin M26 4) Godwin, Sallie W32
 31.33 1:02.60 1:25.56 1:53.65

Mixed 35+ 200 Yard Freestyle Relay

NATL: 1:30.17 N 4/25/2004 ROCKY MOUNTAIN

K GARNIER, S VON DER LIPPE, J SMITH, P SMITH

VA: 1:33.01 V 4/28/2016 1693

C Hurtubise, M Lovett, R Williams, K Grier

1 1693-VA B 2:00.47
 1) Gass, Kraig M43 2) Baskin, Elizabeth W66
 3) Adkins, Dana M45 4) Mackall, Suni W60
 21.35 59.82 1:27.50 2:00.47

Mixed 45+ 200 Yard Freestyle Relay

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

J SMITH, M BAILEY, S ROLLINS, P SMITH

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

B Holsten, R Williams, F Willeboordse, S Williams

1 CM-Y-VA C 2:09.48
 1) Crane, John M71 2) Mills, Edward M54
 3) Ciolfi, Angela W45 4) Weinheimer, Amy W54
 53.39 1:12.14 1:41.52 2:09.48

--- VMST-VA C X2:35.45

1) Brown, Andy M65 2) Sowers, Alison W60
 3) Souders, Suzanne W51 4) Hollings, Charlotte A W58
 27.27 45.40 1:13.38 2:35.45

Mixed 65+ 200 Yard Freestyle Relay

NATL: 1:45.58 N 4/29/2022 LONE STAR MASTE

R NEVILLE, B WILLIAMS, L MORRISON, J WOOLSLAYER

VA: 2:05.79 V 5/1/2008 VMST

B Zaremski, B Schreiner, W Brundage, T Woods

1 CM-Y-VA A 2:03.65V
 1) Shannon, Dennis M69 2) Loftus-Charley, Shirley W7
 3) Clute, Meg W67 4) Bauer, Craig M70
 31.63 50.11 1:35.32 2:03.65

USMS Registration



Don't forget to register for 2023:

It's a new year. Don't forget to renew your USMS registration. You can do so at www.usms.org. Benefits of registration include being able to participate in USMS meets and events, a subscription to SWIMMER magazine, and period issues of the USMS Streamlines newsletter, access to a large library of workouts for various specialties and swimming levels, access to local club workouts, discounts at USMS partner companies, the ability to link your USMS account with Swim.com to analyze workout and race information, and a fun social group of swimming-minded individuals!

Current and Upcoming Events

Go The Distance

Jan 1 - Dec 31, 2023; any pool

Katie Grauman Grier Club Tribe Masters Classic (SCY)

March 4, 2023; Williamsburg, VA

2023 Albatross Open (SCM)

March 18, 2023: North Bethesda, MD

29th Carol Chidester Memorial Swim Series (SCY)

#6: Mar 19, 2023: Annapolis, MD

2023 North Carolina SCY Championship

April 1-2, 2023; Cary, NC

Colonies Zone SCY Championship

April 14-16, 2023; Piscataway, NJ

USMS SCY Nationals

April 27-30, 2023; Irvine, CA

NOVA Meet (SCY & LCM) (sanction pending)

May 6-7, 2023: Henrico, VA

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

May 28, 2023: Reston, VA

John Shrum Chris Greene Lake Swims (1 & 2 mile swims) (sanction pending)

June 3, 2023: Charlottesville, VA

General Information

LMSC for Virginia Website: www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: [https://www.teamunify.com/](https://www.teamunify.com/Home.jsp?team=msmdlmsc)

Home.jsp?team=msmdlmsc

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone: www.colonieszone.org

Southeast Zone: www.SouthEastZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Caycee Buscaglia

Vice-Chair: Ken Gardner

Secretary: Nancy Speer

Treasurer: Becca Latimer

Membership Coordinator: Chris Stevenson

Diversity, Equity & Inclusion: LaTonya Moyer

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