

The Wet Gazette

May - June 2023

Published by the LMSC of Virginia
Serving Masters Swimming in Virginia and West Virginia

NOVA Masters SC/LC Cup Meet Results

NOVA Masters hosted its inaugural SC/LC Cup at its new facility at Regency Mall on May 6 and 7, 2023. The first day of the meet (Saturday) was a short course yards event. 70 swimmers entered on Saturday. Swimmers set 17 new short course yards LMSC records with Van Van Horn Pate and Shirley Loftus-Charley each setting five of those records. Sunday was set up as a long course meters event with 58 swimmer participants. Swimmers set six new long course meters LMSC records with Ann Lyttle and Lee Bettis each setting two records. The latest LMSC records are [available here](#).

Full meet results are available starting on page 5.

Congratulations NOVA Masters and all competitors for a great meet!

John Shrum Cable Swim (aka Chris Greene)

The John Shrum open water swims are scheduled for June 3, 2023, at Chris Greene Lake in Charlottesville, Virginia. The event will include both a 1-mile swim (at 8:30 AM) and a 2-mile swim (at 10:00 AM). The 2-mile swim is the USMS 2023 2-Mile Cable Open Water National Championship this year so the competition will be terrific. Don't miss signing up for this one! Online entries are through Club Assistant and are [available here](#).

Big Kahuna Masters Classic (& VBLA 1-Mile Ocean Swim)

TIDE Swimming is hosting its 2023 Blg Kahuna Masters Classic (a long-course meet) on Saturday, June 17, 2023 in Virginia Beach, Virginia. The pool is an outdoor 50-meter pool and the venue is terrific. Online entries are also through Club Assistance and are [available here](#).

Also scheduled this same weekend (on Sunday 6/18) is the Virginia Beach Lifeguard Association's 1-Mile Ocean Swim (the old Jack King swim). The online entry for the ocean swim [is here](#).

Final WOW Training and Social

By Alice Phillips

On Sunday, April 30, the SRVA Hammerheads hosted their final Winter Open Water (WOW) training session. This workout was supposed to be in the James River (brrr...), but it was unfortunately rained out. On the plus side, the group enjoyed a breakfast social after the swim and considered their next steps in becoming more proficient with open water swimming, be that joining the long course workouts at Hammerheads or entering a regional swim like John Shrum or Lake Moomaw.

Since January the WOW group has had ten workouts in the SwimRVA long course pool (sans lane ropes) to simulate the open water experience, learning about sighting, passing, drafting, and pacing. Members of Hammerheads participated as part of their membership, while more than 25 non-USMS members also joined in. Many of these folks are triathletes wanting to get better at the swimming leg.

Thanks to the LMSC for providing funds to help promote masters swimming and open water swimming, in particular. Could your team or workout group organize a get together to promote fitness, competition, or camaraderie? If you're interested in accessing the funds to do so, reach out to treasurer Becca Latimer for more information.



(more pictures on page 3)

More WOW Training Pictures!



Don't forget - if your team is interested in hosting a team social and would like some funding for that social, please reach out to Becca Latimer (LMSC Treasurer) for information about funding amounts, etc.!



USMS Nationals - VA LMSC Results

USMS held Spring Nationals in Irvine, California, on April 27 - 30, 2023. The meet was huge - 2470 swimmers entered to swim. The venue was terrific and the meet was super fast!

Thirty-three swimmers from our VA LMSC participated at Nationals: 19 from Club Trive, eight from TIDE Swimming, five from VMST and one participant swimming unattached.

Our LMSC had four national champions in individual events: Brent Holsten (two events), and David Bell, Carter Bristol, and Emilio Perez (each in one event).

Either VA LMSC swimmers set 16 new LMSC records, with Bonnie Zhang and Paul Klepchick leading the way by setting three new records apiece.

Full meet results [can be found here](#).

Current and Upcoming Events

Go The Distance

Jan 1 - Dec 31, 2023: any pool

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

May 28, 2023: Reston, VA

USMS 2K Summer Fitness Challenge

June 1 - 30, 2023: any pool

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

June 3, 2023: Charlottesville, VA

Big Kahuna Masters Classic (LCM)

June 17, 2023: Virginia Beach, VA

VBLA 2023 Ocean Swim Series: 1-Mile Swim

June 18, 2023: Virginia Beach, VA

2023 Talbot Masters SCM Invitational

June 25, 2023: Easton, MD

Potomac Valley Long Haul (800/1500 meter events)

July 23, 2023: Springfield, VA

USMS LCM Nationals

August 2-6, 2023: Sarasota, FL

2023 Lake Moomaw Open Water Swim (1-Mile)

August 19, 2023: Hot Springs, 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/Home.jsp?team=msmdlmsc>

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone: www.colonieszone.org

Southeast Zone: www.SouthEastZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Caycee Buscaglia

Vice-Chair: Ken Gardner

Secretary: Nancy Speer

Treasurer: Becca Latimer

Membership Coordinator: Chris Stevenson

Diversity, Equity & Inclusion: LaTonya Moyer

Coaches: Alice Phillips

Fitness: Alice Phillips

Long Distance: Dave Holland

Newsletter: Heather & Chris Stevenson

Officials: Vacant

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Angela Howsmon

Webmaster/Social Media: George Sushkoff



Volunteer Opportunity . . .

Your current newsletter editors are stepping down after the August 2023 newsletter. The LMSC is looking for one (or more) newsletter editors to take over starting with the September 2023 newsletter. If you are interested, please contact either Heather or Chris Stevenson (for more detailed information about the newsletter itself) or Caycee Buscaglia (if you want to volunteer).

NOVA Masters SC/LC Cup: Day #1 (Short Course) - 5/6/2023

Results - Saturday PM - SCY

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 Rankin, Claire	20 NVA-VA	25.72
2 Sands, Mariah	22 PKBM-VA	27.46

Women 18-24 200 Yard Backstroke

NATL: 1:59.22 N 4/30/2000 SARA SCHWEITZER

VA: 2:07.40 V 2/12/2011 Lori Leitzinger

1 Rankin, Claire	20 NVA-VA	2:06.43V
	29.86	1:01.56
	1:33.93	2:06.43

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 Blaha, Amanda	22 NVA-VA	32.40
2 Farmer, Samantha	23 FAFF-VA	35.42

Women 18-24 100 Yard Breaststroke

NATL: 58.71 N 12/5/2014 KATIE MEILI

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

1 Farmer, Samantha	23 FAFF-VA	1:17.28
	36.90	1:17.28

Women 18-24 50 Yard Butterfly

NATL: 24.51 N 4/28/2023 CAROLINE GMELICH

VA: 25.16 V 4/5/2019 Catherine Mulquin

1 Blaha, Amanda	22 NVA-VA	29.84
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Women 18-24 100 Yard Butterfly

NATL: 52.30 N 11/8/2009 DANA VOLLMER

VA: 56.22 V 4/28/2016 Gabrielle Mizerak

1 Rankin, Claire	20 NVA-VA	1:01.37
	29.23	1:01.37
2 Sands, Mariah	22 PKBM-VA	1:06.41
	31.05	1:06.41

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 Blaha, Amanda	22 NVA-VA	1:06.46
	30.34	1:06.46
2 Madigan, Justine	21 NVA-VA	1:22.28
	40.47	1:22.28

Women 18-24 200 Yard IM

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

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

--- Sands, Mariah	22 PKBM-VA	DQ
	30.80	1:10.16
	1:58.48	DQ

Women 25-29 50 Yard Freestyle

NATL: 22.00 N 4/27/2019 KATARZYNA WILK

VA: 23.84 V 4/30/2023 Bonnie Zhang

1 Barley, Victoria	28 1693-VA	25.01
2 Marshall, Alexandra	28 NVA-VA	25.30
3 Coryell, Shannon L	27 UC12-VA	26.44

Women 25-29 50 Yard Breaststroke

NATL: 27.10 N 4/30/2016 KATIE MEILI

VA: 30.58 V 3/4/2023 Victoria Barley

1 Barley, Victoria	28 1693-VA	30.82
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2 Fellenbaum, Samantha	29 NCMS-NC	37.22
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Women 25-29 50 Yard Butterfly

NATL: 24.19 N 4/28/2017 DANIELLE HERRMANN

VA: 25.89 V 4/13/2018 Gabrielle Mizerak

1 Barley, Victoria	28 1693-VA	26.48
2 Marshall, Alexandra	28 NVA-VA	27.10
3 Coryell, Shannon L	27 UC12-VA	29.03
4 Fellenbaum, Samantha	29 NCMS-NC	33.59

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 Fellenbaum, Samantha	29 NCMS-NC	1:19.64
	37.18	1:19.64

Women 25-29 100 Yard IM

NATL: 54.40 N 4/29/2017 DANIELLE HERRMANN

VA: 59.85 V 3/4/2023 Victoria Barley

1 Barley, Victoria	28 1693-VA	59.94
	27.54	59.94
2 Coryell, Shannon L	27 UC12-VA	1:06.00
	30.71	1:06.00
3 Fellenbaum, Samantha	29 NCMS-NC	1:14.22
	35.52	1:14.22

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 Fellenbaum, Samantha	29 NCMS-NC	5:46.65
	37.82	1:23.45
	2:08.29	2:54.46
	3:42.00	4:30.09
	5:09.32	5:46.65

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, Sally	32 NVA-VA	27.68
2 Rider, Erin	31 UC10-PV	34.22

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, Sally	32 NVA-VA	1:01.15
	29.01	1:01.15
2 Rider, Erin	31 UC10-PV	1:13.36
	34.98	1:13.36

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 Rider, Erin	31 UC10-PV	2:39.97
	37.43	1:17.96
	1:59.11	2:39.97

Women 30-34 200 Yard Backstroke

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

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

1 Rider, Erin	31 UC10-PV	2:52.34
	40.65	1:23.99
	2:08.41	2:52.34

NOVA Masters SC/LC Cup: Day #1 (Short Course) - 5/6/2023

Results - Saturday PM - SCY

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, Sally	32 NVA-VA	1:21.74
38.15	1:21.74	

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 Haug, Melissa	33 UC12-VA	28.48
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Women 30-34 100 Yard Butterfly

NATL: 52.93 N 3/5/2022 DANIELLE HERRMANN

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

1 Haug, Melissa	33 UC12-VA	1:03.33
30.07	1:03.33	

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 Haug, Melissa	33 UC12-VA	1:05.70
30.71	1:05.70	
2 Godwin, Sally	32 NVA-VA	1:09.90
32.89	1:09.90	

Women 35-39 50 Yard Freestyle

NATL: 22.34 N 2/25/2007 DARA TORRES

VA: 23.82 V 5/10/2018 Katie Grier

1 Vaughan, Mason	39 RVC-VA	28.25
2 Stanley, Erica	39 NVA-VA	28.47
3 Weitzel, Colleen	38 QUEST-VA	30.71

Women 35-39 100 Yard Freestyle

NATL: 49.72 N 2/25/2007 DARA TORRES

VA: 51.91 V 4/13/2018 Katie Grier

1 Vaughan, Mason	39 RVC-VA	1:01.66
29.41	1:01.66	
2 Weitzel, Colleen	38 QUEST-VA	1:07.91
32.78	1:07.91	

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 Weitzel, Colleen	38 QUEST-VA	33.49
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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 Weitzel, Colleen	38 QUEST-VA	1:14.01
36.08	1:14.01	

Women 35-39 200 Yard Backstroke

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

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

1 Weitzel, Colleen	38 QUEST-VA	2:38.39
38.09	1:17.88	1:58.35
		2:38.39

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 Stanley, Erica	39 NVA-VA	35.03
2 Vaughan, Mason	39 RVC-VA	37.21

Women 35-39 50 Yard Butterfly

NATL: 25.04 N 4/28/2017 NORIKO INADA

VA: 26.00 V 4/27/2017 Katie Grier

1 Vaughan, Mason	39 RVC-VA	32.45
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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 Vaughan, Mason	39 RVC-VA	1:03.35
34.24	1:03.35	
2 Weitzel, Colleen	38 QUEST-VA	1:15.98
34.31	1:15.98	

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 Quattropiani, LeeAnne	44 NCMS-NC	28.37
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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 King, Sarah	40 CONN-CT	4:13.87
59.25	2:04.45	3:08.34
		4:13.87

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 Congdon, Heather	44 SFTL-FG	6:22.28
30.15	1:03.33	1:37.16
		2:10.31
	3:04.75	3:46.30
		4:26.17
		5:05.59
	5:44.46	6:22.28

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	30.88
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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 King, Sarah	40 CONN-CT	2:38.81
1:18.09	2:38.81	

Women 40-44 200 Yard Backstroke

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

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

1 Miller, Elizabeth	41 NVA-VA	2:20.79
33.24	1:08.77	1:44.66
		2:20.79
2 King, Sarah	40 CONN-CT	5:21.16
1:16.03	2:37.55	3:58.73
		5:21.16

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	43 NCMS-NC	34.28
2 Quattropiani, LeeAnne	44 NCMS-NC	38.62

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 King, Sarah	40 CONN-CT	3:20.18
1:39.42	3:20.18	

NOVA Masters SC/LC Cup: Day #1 (Short Course) - 5/6/2023

Results - Saturday PM - SCY

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 Quattropani, LeeAnne 44 NCMS-NC 31.18

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 Miller, Elizabeth 41 NVA-VA 1:06.52
31.52 1:06.52**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 Congdon, Heather 44 SFTL-FG 2:28.62
31.96 1:08.41 1:47.42 2:28.62**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 Quattropani, LeeAnne 44 NCMS-NC 1:11.91
32.00 1:11.91
2 King, Sarah 40 CONN-CT 2:34.71
1:14.59 2:34.71**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 41 NVA-VA 2:24.80
31.47 1:07.90 1:50.22 2:24.80
2 King, Sarah 40 CONN-CT 5:29.70
1:19.82 2:47.06 4:28.27 5:29.70**Women 40-44 400 Yard IM**

NATL: 4:28.43 N 5/4/2008 S VON DER LIPPE

VA: 4:49.61 V 2/24/2001 Beth Baker

1 Holland, Irish 43 NCMS-NC 4:49.03
30.34 1:04.46 1:42.35 2:19.27
3:01.03 3:42.82 4:16.70 4:49.03
2 Miller, Elizabeth 41 NVA-VA 5:01.44
32.26 1:09.47 1:48.23 2:25.56
3:08.55 3:51.82 4:26.95 5:01.44**Women 50-54 50 Yard Freestyle**

NATL: 23.75 N 4/30/2023 JENNY THOMPSON

VA: 25.54 V 1/26/2020 Fall Willeboordse

1 Braun, Erika 51 RAM-NC 24.23
2 Boggess, Wendi 50 BAM1-VA 31.63**Women 50-54 200 Yard Freestyle**

NATL: 1:57.96 N 4/1/2022 ALISON ZAMANIAN

VA: 2:05.65 V 4/10/2015 Kelly Parker Palace

1 Braun, Erika 51 RAM-NC 1:58.04
26.48 55.82 1:26.48 1:58.04**Women 50-54 500 Yard Freestyle**

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

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

1 O'Connell, Megan 54 AAA-MD 7:34.02
41.26 1:26.43 2:12.69 2:58.67
3:45.09 4:31.36 5:17.63 6:04.58
6:50.51 7:34.02**Women 50-54 50 Yard Backstroke**

NATL: 27.04 N 5/10/2013 LESLIE LIVINGSTON

VA: 28.97 V 10/12/2019 Susan Williams

1 Boggess, Wendi 50 BAM1-VA 37.28
2 Dalton, Wendy 52 CM-Y-VA 38.00**Women 50-54 200 Yard Backstroke**

NATL: 2:07.51 N 11/22/2014 ELLEN REYNOLDS

VA: 2:25.28 V 2/6/2016 Val Van Horn Pate

1 Gregory, Barbie J 54 RVCM-VA 2:41.61
38.51 1:18.18 1:59.76 2:41.61**Women 50-54 50 Yard Breaststroke**

NATL: 31.55 N 4/1/2023 ERIKA BRAUN

VA: 32.83 V 5/20/2010 Lisa Bennett

1 Dalton, Wendy 52 CM-Y-VA 41.58
2 Boggess, Wendi 50 BAM1-VA 42.77**Women 50-54 50 Yard Butterfly**

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

VA: 27.06 V 10/27/2019 Susan Williams

1 Dalton, Wendy 52 CM-Y-VA 33.81

Women 50-54 100 Yard Butterfly

NATL: 58.83 N 4/29/2023 ERIKA BRAUN

VA: 1:05.96 V 2/8/2015 Val Van Horn Pate

1 Braun, Erika 51 RAM-NC 1:44.82
26.40 1:44.82**Women 50-54 100 Yard IM**

NATL: 1:00.03 N 4/29/2023 ERIKA BRAUN

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

1 O'Connell, Megan 54 AAA-MD 1:30.26
44.32 1:30.26**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 Gregory, Barbie J 54 RVCM-VA 2:43.48
35.05 1:14.88 2:05.04 2:43.48
2 O'Connell, Megan 54 AAA-MD 3:19.60
45.00 1:40.84 2:35.64 3:19.60**Women 50-54 400 Yard IM**

NATL: 4:43.11 N 4/9/2016 ELLEN REYNOLDS

VA: 5:24.23 V 5/17/2015 Kelly Parker Palace

1 O'Connell, Megan 54 AAA-MD 7:03.79
45.37 1:40.65 2:41.08 3:38.59
4:33.49 5:29.57 6:17.49 7:03.79**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 Willeboordse, Fall 57 1693-VA 26.50

NOVA Masters SC/LC Cup: Day #1 (Short Course) - 5/6/2023

Results - Saturday PM - SCY

(Women 55-59 50 Yard Freestyle)

2 May, Julia 59 CM-Y-VA 36.52

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 May, Julia 59 CM-Y-VA 1:23.47
38.81 1:23.47

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 Buscaglia, Caycee 58 QUEST-VA 2:38.80
34.26 1:14.27 1:56.60 2:38.80

Women 55-59 50 Yard Backstroke

NATL: 28.14 N 10/30/2016 LESLIE LIVINGSTON

VA: 29.48 V 1/15/2023 Susan Williams

1 Willeboordse, Fall 57 1693-VA 31.75

Women 55-59 200 Yard Breaststroke

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

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

1 Vazquez, Maria 57 NCMS-NC 2:53.06
39.17 1:22.21 2:07.29 2:53.06

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 Willeboordse, Fall 57 1693-VA 1:06.17
30.77 1:06.17
2 Buscaglia, Caycee 58 QUEST-VA 1:21.24
36.12 1:21.24

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 Vazquez, Maria 57 NCMS-NC 2:30.49
33.61 1:10.87 1:54.96 2:30.49

Women 60-64 50 Yard Freestyle

NATL: 26.20 N 5/11/2018 PENNY NOYES

VA: 27.84 V 3/4/2023 Marie Restrepo

1 Parker Palace, Kelly 61 MELB-FL 29.26
2 Dickens, Susan 61 FAFF-VA 33.84

Women 60-64 100 Yard Freestyle

NATL: 56.45 N 4/29/2012 LAURA VAL

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

1 Rider, Kara 60 UC10-PV 1:18.87
37.12 1:18.87

Women 60-64 200 Yard Freestyle

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

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

1 Howsmon, Angela 62 SRVA-VA 2:44.65
38.76 1:20.92 2:03.04 2:44.65
2 Dickens, Susan 61 FAFF-VA 2:45.90
35.64 1:17.29 2:01.85 2:45.90
3 Rider, Kara 60 UC10-PV 2:54.30
39.02 1:23.23 2:08.98 2:54.30

--- Parker Palace, Kelly 61 MELB-FL 28.66 DQ

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 Dickens, Susan 61 FAFF-VA 7:11.87
37.68 1:20.12 2:04.21 2:48.45
3:32.66 4:17.04 5:01.12 5:45.63
6:29.32 7:11.87
2 Rider, Kara 60 UC10-PV 7:55.70
40.91 1:26.83 2:14.50 3:02.93
3:51.76 4:41.29 5:30.82 6:19.89
7:08.90 7:55.70

Women 60-64 50 Yard Backstroke

NATL: 29.58 N 4/26/2015 LAURA VAL

VA: 32.53 V 2/11/2023 Val Van Horn Pate

1 Van Horn Pate, Val R 60 NVA-VA 32.51V

Women 60-64 200 Yard Backstroke

NATL: 2:19.36 N 4/7/2018 BONNIE BILICH

VA: 2:38.63 V 4/26/2012 Shirley Loftus-Charley

1 Howsmon, Angela 62 SRVA-VA 3:00.20
43.44 1:28.68 2:14.29 3:00.20

Women 60-64 50 Yard Breaststroke

NATL: 33.79 N 5/7/2017 MELINDA MANN

VA: 36.59 V 7/21/2021 Patricia Miller

1 Dickens, Susan 61 FAFF-VA 45.20

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 Parker Palace, Kelly 61 MELB-FL 1:38.78
39.21 1:38.78

Women 60-64 50 Yard Butterfly

NATL: 27.93 N 5/13/2018 TRACI GRANGER

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

1 Van Horn Pate, Val R 60 NVA-VA 30.67V

Women 60-64 100 Yard Butterfly

NATL: 1:03.59 N 4/27/2019 TRACI GRANGER

VA: 1:12.93 V 1/29/2012 Shirley Loftus-Charley

1 Van Horn Pate, Val R 60 NVA-VA 1:07.83V
32.73 1:07.83

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 R 60 NVA-VA 2:34.96V
33.74 1:12.10 1:52.55 2:34.96

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 Van Horn Pate, Val R 60 NVA-VA 1:10.25V
31.62 1:10.25
2 Dickens, Susan 61 FAFF-VA 1:28.94
42.07 1:28.94

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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	Mazzini, Wendy	68	SRVA-VA	36.59
2	Shirey, Charlotte	67	NVA-VA	37.86

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	Mazzini, Wendy	68	SRVA-VA	1:23.28
		39.16		1:23.28

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	68	SRVA-VA	2:59.95	
		40.16	2:13.32	3:00.02	2:59.95

Women 65-69 50 Yard Backstroke

NATL: 29.65 N 5/12/2018 LAURA VAL

VA: 36.61 V 3/4/2023 Lauren Hasselquist

1	Shirey, Charlotte	67	NVA-VA	45.55
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Women 65-69 50 Yard Butterfly

NATL: 28.79 N 4/28/2023 TRACI GRANGER

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

1	Mazzini, Wendy	68	SRVA-VA	42.02
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Women 65-69 100 Yard Butterfly

NATL: 1:05.47 N 2/2/2020 PENNY NOYES

VA: 1:17.35 V 11/12/2016 Shirley Loftus-Charley

1	Mazzini, Wendy	68	SRVA-VA	1:40.45
		44.56		1:40.45

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	68	SRVA-VA	1:37.70
		44.33		1:37.70
2	Shirey, Charlotte	67	NVA-VA	1:41.20
		45.52		1:41.20

Women 70-74 200 Yard Backstroke

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

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

1	Loftus-Charley, Shirley	71	CM-Y-VA	2:53.86V	
		41.91	1:25.11	2:09.80	2:53.86

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	Loftus-Charley, Shirley	71	CM-Y-VA	43.79V
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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	Loftus-Charley, Shirley	71	CM-Y-VA	3:22.03V	
		46.80	1:37.86	2:29.33	3:22.03

Women 70-74 50 Yard Butterfly

NATL: 30.84 N 4/15/2023 LAURA VAL

VA: 37.06 V 1/22/2022 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	CM-Y-VA	36.72V
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Women 70-74 200 Yard Butterfly

NATL: 2:42.80 N 2/5/2022 LAURA VAL

VA: 3:33.51 V 4/26/2012 Lucille Griffon

1	Loftus-Charley, Shirley	71	CM-Y-VA	3:05.27V	
		39.76	1:28.72	2:18.40	3:05.27

Women 70-74 100 Yard IM

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

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

1	Loftus-Charley, Shirley	71	CM-Y-VA	1:22.26
		38.84		1:22.26

Women 75-79 50 Yard Freestyle

NATL: 30.53 N 4/30/2022 DIANN UUSTAL

VA: 34.44 V 3/3/2012 Johnnie Detrick

1	Lyttle, Ann	75	CM-Y-VA	35.20
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Women 75-79 100 Yard Freestyle

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

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

1	Lyttle, Ann	75	CM-Y-VA	1:18.35
		37.83		1:18.35

Women 75-79 200 Yard Freestyle

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

VA: 2:59.85 V 4/10/2016 Beth Schreiner

1	Lyttle, Ann	75	CM-Y-VA	2:53.03V	
		39.46	1:23.37	2:08.97	2:53.03

Women 75-79 500 Yard Freestyle

NATL: 7:10.67 N 4/1/2023 CHRISTIE HAYES

VA: 8:42.61 V 9/29/2012 Johnnie Detrick

1	Lyttle, Ann	75	CM-Y-VA	8:00.61V	
		42.46	1:30.01	2:18.33	3:07.81
		3:57.18	4:46.59	5:35.91	6:25.28
		7:14.75		8:00.61	

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	Clancy, Patrick	21	CM-Y-VA	22.87
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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	Shaia, Joseph	21	OEVT	59.49
		27.98		59.49

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	Shaia, Joseph	21	OEVT	2:09.90	
		29.36	1:01.66	1:35.89	2:09.90

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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 De Maria, David 24 FAFF-VA 28.57

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 NVA-VA 1:01.19
28.93 1:01.192 De Maria, David 24 FAFF-VA 1:01.41
29.68 1:01.41**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 NVA-VA 2:06.75
29.14 1:01.33 1:33.98 2:06.752 Fasana, Joseph 21 FAFF-VA 2:23.96
32.04 1:08.70 1:47.05 2:23.96**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 Fasana, Joseph 21 FAFF-VA 32.87

Men 18-24 200 Yard Breaststroke

NATL: 1:57.33 N 5/12/2013 ELLIOT KEEFER

VA: 2:13.05 V 5/19/2005 Benjamin Garrett

1 Fasana, Joseph 21 FAFF-VA 2:45.30
35.02 1:16.36 2:00.78 2:45.30**Men 18-24 50 Yard Butterfly**

NATL: 21.13 N 4/26/2015 HENRIK LINDAU

VA: 21.95 V 4/13/2018 Lucas Bureau

1 De Maria, David 24 FAFF-VA 26.50

2 Fasana, Joseph 21 FAFF-VA 28.26

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 NVA-VA 58.47
27.13 58.47**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 De Maria, David 24 FAFF-VA 1:01.18
27.81 1:01.182 Shaia, Joseph 21 OEVT 1:06.26
30.79 1:06.26**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 Garcia, Luke 23 NVA-VA 2:10.74
27.96 1:01.16 1:39.96 2:10.74**Men 25-29 100 Yard Backstroke**

NATL: 45.95 N 4/15/2010 ADAM MANIA

VA: 49.48 V 4/30/2023 Sam Kettlewell-Sites

1 Sisk, Willie 29 NVA-VA 1:10.37
32.64 1:10.37**Men 25-29 100 Yard IM**

NATL: 47.77 N 5/3/2014 DARIAN TOWNSEND

VA: 51.39 V 4/29/2023 Kevin Mastracci

1 Sisk, Willie 29 NVA-VA 1:08.96
30.96 1:08.96**Men 25-29 400 Yard IM**

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

VA: 4:08.77 V 2/11/2023 Logan Burton

1 Kirchner, Wynne 27 ANCM-PV 4:44.76
29.31 1:02.54 1:41.53 2:20.15
2:58.98 3:38.58 4:12.82 4:44.76**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 Cook, Cory 34 OEVT 25.54

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 Cook, Cory 34 OEVT 56.91
27.24 56.91*1 Elnaggar, Mahmoud 33 CM-Y-VA 1:04.56
31.63 1:04.56**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 Malony, Shawn 33 FAFF-VA 31.50

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 Malony, Shawn 33 FAFF-VA 1:13.80
34.57 1:13.80**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 Deal, Brian 34 CGMS-VA 29.34

Men 30-34 100 Yard Butterfly

NATL: 47.28 N 12/20/2013 ADAM MANIA

VA: 50.08 V 12/2/2010 Matt Haupt

--- Deal, Brian 34 CGMS-VA DQ
32.39 DQ**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 34 CGMS-VA 2:47.00
36.48 1:17.73 2:02.13 2:47.00

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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 Elnaggar, Mahmoud	33 CM-Y-VA	1:21.02
	35.79	1:21.02

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 Malony, Shawn	33 FAFF-VA	2:34.53
	33.55	1:12.58 1:57.80 2:34.53

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 Adams, David	35 PKBM-VA	22.54
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Men 35-39 100 Yard Freestyle

NATL: 44.24 N 4/20/2009 VLAD PYSHNENKO

VA: 47.33 V 4/26/2012 Daniel Summerlin

1 Adams, David	35 PKBM-VA	48.90
	23.80	48.90
2 Dellanoce, Michael	38 NCMS-NC	49.49
	24.40	49.49

Men 35-39 200 Yard Freestyle

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

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

1 Dellanoce, Michael	38 NCMS-NC	1:48.80
	25.52	52.68 1:20.79 1:48.80

Men 35-39 500 Yard Freestyle

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

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

1 Dellanoce, Michael	38 NCMS-NC	4:51.13
	26.48	54.51 1:23.38 1:52.74
	2:22.34	2:52.09 3:21.84 3:51.73
	4:21.62	4:51.13

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 Adams, David	35 PKBM-VA	54.08
	25.13	54.08

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 Schwartz, Dane	42 NVA-VA	25.53
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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 Schwartz, Dane	42 NVA-VA	56.65
	27.32	56.65

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 Schwartz, Dane	42 NVA-VA	29.75
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Men 40-44 100 Yard IM

NATL: 50.30 N 4/29/2023 MARKUS ROGAN

VA: 55.67 V 5/8/1998 John Tudor

1 Cantwell, Andrew	42 L4S-PV	1:11.90
	33.49	1:11.90

Men 40-44 200 Yard IM

NATL: 1:50.17 N 4/28/2023 MARKUS ROGAN

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

1 Cantwell, Andrew	42 L4S-PV	2:41.57
	33.64	1:15.45 2:03.10 2:41.57

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 Cantwell, Andrew	42 L4S-PV	5:59.34
	37.95	1:24.59 2:11.34 2:58.04
	3:50.82	4:40.95 5:20.80 5:59.34

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 Palace, Mark	49 MELB-FL	26.45
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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 Aversa, John Rocco	47 CM-Y-VA	1:55.55
	26.90	55.83 1:25.42 1:55.55

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 Aversa, John Rocco	47 CM-Y-VA	5:17.54
	28.93	1:00.67 1:32.63 2:04.74
	2:36.70	3:08.63 3:40.99 4:13.30
	4:45.39	5:17.54

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 Aversa, John Rocco	47 CM-Y-VA	26.58
2 Palace, Mark	49 MELB-FL	34.24

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 Aversa, John Rocco	47 CM-Y-VA	58.26
	28.79	58.26

Men 45-49 50 Yard Breaststroke

NATL: 25.66 N 4/27/2019 JEFF COMMINGS

VA: 28.45 V 4/30/2023 Paul Klepchick

1 Palace, Mark	49 MELB-FL	33.98
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Men 45-49 100 Yard Breaststroke

NATL: 55.69 N 5/13/2018 STEVE WEST

VA: 1:02.16 V 4/28/2023 Paul Klepchick

1 Palace, Mark	49 MELB-FL	1:12.94
	35.81	1:12.94

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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 Palace, Mark 49 MELB-FL 30.49

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 Aversa, John Rocco 47 CM-Y-VA 57.83
 27.31 57.83
 2 Palace, Mark 49 MELB-FL 1:08.37
 33.39 1:08.37

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 Aversa, John Rocco 47 CM-Y-VA 2:09.22
 27.67 1:01.31 1:39.32 2:09.22

Men 50-54 50 Yard Freestyle

NATL: 21.36 N 4/29/2011 ROWDY GAINES
 VA: 22.20 V 4/29/2022 Brent Holsten

1 Holsten, Brent 51 1693-VA 22.42
 2 Levy, Jose 54 AAA-MD 27.11
 3 Gustafson, Dean H 53 UC12-VA 28.86

Men 50-54 100 Yard Freestyle

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

1 Levy, Jose 54 AAA-MD 1:01.77
 29.72 1:01.77
 2 Gustafson, Dean H 53 UC12-VA 1:05.91
 30.86 1:05.91
 3 Mills, Edward 54 CM-Y-VA 1:20.63
 40.40 1:20.63

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 Mills, Edward 54 CM-Y-VA 2:44.70
 39.65 1:21.22 2:03.68 2:44.70

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 7:29.05
 42.25 1:26.42 2:12.03 2:57.70
 3:44.36 4:29.96 5:16.40 6:02.86
 6:47.86 7:29.05

Men 50-54 50 Yard Breaststroke

NATL: 26.20 N 4/29/2022 STEVE WEST
 VA: 28.30 V 5/10/2018 Gregory Harris

1 Gustafson, Dean H 53 UC12-VA 36.64

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 Gustafson, Dean H 53 UC12-VA 1:21.24
 37.23 1:21.24

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 Holsten, Brent 51 1693-VA 23.82

Men 50-54 100 Yard IM

NATL: 53.60 N 4/29/2017 MIKE IRVIN
 VA: 56.03 V 4/29/2023 Brent Holsten

1 Gustafson, Dean H 53 UC12-VA 1:12.67
 24.30 1:12.67

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 Fellowes, David M 59 VMST-VA 1:01.34
 29.67 1:01.34

Men 55-59 50 Yard Breaststroke

NATL: 26.32 N 4/27/2019 CARLO TRAVAINI
 VA: 29.18 V 4/5/2019 Gregory Harris

1 Williams, Neill 55 DCAC-PV 28.76

Men 55-59 100 Yard IM

NATL: 55.07 N 4/29/2023 MIKE IRVIN
 VA: 58.80 V 4/5/2019 Gregory Harris

1 Williams, Neill 55 DCAC-PV 58.15
 27.14 58.15

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 Malsbury, David 61 VMST-VA 30.54
 2 Ingebretsen, Carl 62 FAFF-VA 34.31

Men 60-64 200 Yard Backstroke

NATL: 2:07.91 N 5/1/2016 TOM BARTON
 VA: 2:13.15 V 4/5/2019 Douglas Slater

1 Ingebretsen, Carl 62 FAFF-VA 2:37.87
 36.95 1:16.47 1:57.56 2:37.87

Men 60-64 200 Yard Butterfly

NATL: 2:07.21 N 3/28/2021 MIKE LAMONICA
 VA: 2:37.18 V 4/10/2016 John Mccorkle

1 Ingebretsen, Carl 62 FAFF-VA 2:56.82
 36.62 1:21.29 2:08.29 2:56.82

Men 60-64 100 Yard IM

NATL: 56.69 N 4/29/2023 CARLO TRAVAINI
 VA: 1:00.09 V 4/13/2018 Douglas Slater

1 Malsbury, David 61 VMST-VA 1:06.37
 30.94 1:06.37

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 Malsbury, David 61 VMST-VA 2:29.02
 30.59 1:08.33 1:52.44 2:29.02

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Men 65-69 100 Yard Backstroke

NATL: 59.62 N 5/12/2013 HUGH WILDER

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

1 Swiger, Ralph	66 VMST-VA	2:03.15
		1:01.82 2:03.15

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 Stone, Bryan	66 VMST-VA	2:48.36
		51.97 1:49.70 2:48.36
2 Swiger, Ralph	66 VMST-VA	4:19.14
		3:16.61 4:19.14

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 Swiger, Ralph	66 VMST-VA	50.32
2 Stone, Bryan	66 VMST-VA	51.63

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 Stone, Bryan	66 VMST-VA	1:54.00
		53.64 1:54.00
2 Swiger, Ralph	66 VMST-VA	2:05.81
		59.20 2:05.81

Men 65-69 50 Yard Butterfly

NATL: 24.94 N 5/22/2010 RICHARD ABRAHAMS

VA: 29.12 V 5/19/2005 Art Wolfe

1 Swiger, Ralph	66 VMST-VA	51.47
2 Stone, Bryan	66 VMST-VA	54.91

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 Stone, Bryan	66 VMST-VA	1:46.07
		50.60 1:46.07
2 Swiger, Ralph	66 VMST-VA	1:56.54
		24.26 1:56.54

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 Stone, Bryan	66 VMST-VA	3:59.12
		1:00.88 1:58.68 3:05.71 3:59.12

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 Wardle, William	71 CM-Y-VA	34.46
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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 Wardle, William	71 CM-Y-VA	1:13.16V
		36.07 1:13.16

Men 70-74 200 Yard Backstroke

NATL: 2:12.65 N 4/15/2023 RICK COLELLA

VA: 3:00.68 V 2/8/2014 Warner Brundage

1 Wardle, William	71 CM-Y-VA	2:35.71V
		35.92 1:15.50 1:55.88 2:35.71

Men 85-89 50 Yard Freestyle

NATL: 31.04 N 5/15/2022 JEFF FARRELL

VA: 37.78 V 7/21/2021 Lee Bergen

1 Bettis, Lee W	85 SRVA-VA	37.40V
2 Beattie, Cal	88 UC12-VA	1:04.08

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	2:15.25
		1:04.90 2:15.25

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	4:59.52
		1:05.22 2:20.60 3:40.07 4:59.52

Men 85-89 50 Yard Backstroke

NATL: 36.72 N 4/21/2018 CLARKE MITCHELL

VA: 51.68 V 6/1/2004 Harry Howell

1 Bettis, Lee W	85 SRVA-VA	45.54V
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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: 1:23.23 V 2/11/2023 TIDE

J Kreider, D Herbert, L Burton, T Hallock

1 FAFF-VA	A	1:48.04
1) De Maria, David M24	2) Malony, Shawn M33	
3) Ingebretsen, Carl M62	4) Fasana, Joseph M21	
		25.31 52.55 1:22.07 1:48.04

Mixed 18+ 100 Yard Freestyle Relay

1 FAFF-VA A 52.09

1) De Maria, David M24 2) Fasana, Joseph M21

3) Farmer, Samantha W23 4) Dickens, Susan W61

27.59 52.09

--- CM-Y-VA A DQ

1) Clancy, Patrick M21 2) Mills, Edward M54

3) May, Julia W59 4) Dalton, Wendy W52

29.14 DQ

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: 1:39.22 V 4/27/2023 1693

S Kettlewell-Sites, J Portmann, C Bristow, B Zhang

1 NVA-VA A 1:58.66

1) Garcia, Luke M23 2) Stanley, Erica W39

3) Blaha, Amanda W22 4) Sisk, Willie M29

27.50 1:02.55 1:32.46 1:58.66

NOVA Masters SC/LC Cup: Day #1 (Short Course) - 5/6/2023**Results - Saturday PM - SCY****(Mixed 18+ 200 Yard Medley Relay)**

2	FAFF-VA	A	2:04.74
1)	De Maria, David M24	2)	Farmer, Samantha W23
3)	Fasana, Joseph M21	4)	Dickens, Susan W61
28.38	1:03.77	1:30.83	2:04.74

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	A	2:12.06
1)	Aversa, John Rocco M47	2)	Mills, Edward M54
3)	May, Julia W59	4)	Dalton, Wendy W52
26.16	1:03.71	1:41.46	2:12.06

NOVA Masters SC/LC Cup: Day #2 (Long Course) - 5/7/2023

Results - Sunday AM - LCM

Women 18-24 50 LC Meter Backstroke

NATL: 30.77 N 7/9/2022 ADELYN DIAZ

VA: 31.73 V 8/6/2022 Anna Kenna

1 Rankin, Claire 20 NVA-VA 33.05

Women 18-24 100 LC Meter Backstroke

NATL: 1:04.67 N 7/20/2012 JENNY VON JOUANNE

VA: 1:11.05 V 8/4/2022 Anna Sheng

1 Rankin, Claire 20 NVA-VA 1:09.14V
34.10 1:09.14**Women 18-24 50 LC Meter Butterfly**

NATL: 27.83 N 8/4/2022 ALICIA CARDIE

VA: 29.56 V 6/25/2012 Elizabeth Shaw

1 Rankin, Claire 20 NVA-VA 31.57

Women 25-29 50 LC Meter Freestyle

WORLD: 25.42 W 2/15/2004 Annabel KOSTEN

NATL: 24.83 N 8/10/2014 MADISON KENNEDY

VA: 28.50 V 8/14/1997 Nancy Duncan

1 Marshall, Alexandra 28 NVA-VA 28.94

Women 25-29 50 LC Meter Butterfly

WORLD: 26.32 W 6/16/2019 Masako KUROKI

NATL: 26.78 N 8/4/2022 AI SOMA

VA: 30.64 V 6/17/2017 Hayley Edwards

1 Marshall, Alexandra 28 NVA-VA 31.13

Women 30-34 50 LC Meter Freestyle

WORLD: 25.74 W 6/6/2008 Martina MORAVCOVA

NATL: 25.57 N 8/8/2009 ERIKA ERNDL

VA: 27.61 V 8/6/2022 Gabrielle Mizerak

1 Horil, Erin 30 NVA-VA 34.44

Women 30-34 400 LC Meter Freestyle

WORLD: 4:18.63 W 7/16/2011 Dawn HECKMAN

NATL: 4:17.52 N 8/3/2010 DAWN HECKMAN

VA: 4:54.64 V 8/17/2000 Deborah Reed

1 Horil, Erin 30 NVA-VA 5:35.12

38.91 1:21.25 2:04.69 2:47.36

3:30.39 4:12.51 4:54.82 5:35.12

2 Godwin, Sallie 33 NVA-VA 5:47.19

38.84 1:22.73 2:06.82 2:51.82

3:36.38 4:21.47 5:04.80 5:47.19

Women 30-34 200 LC Meter Breaststroke

WORLD: 2:28.93 W 10/17/2009 Hitomi MATSUDA

NATL: 2:38.90 N 7/23/2017 MARISSA CLAPP

VA: 2:50.29 V 7/28/2018 Denise Letendre

1 Godwin, Sallie 33 NVA-VA 3:23.04

44.22 1:35.75 2:28.85 3:23.04

Women 35-39 50 LC Meter Freestyle

WORLD: 25.98 W 8/8/2006 Dara TORRES

NATL: 25.52 N 6/29/2013 ERIKA ERNDL

VA: 27.65 V 10/1/2000 Beth Baker

1 Vaughan, Mason 39 RVCN-VA 32.51

Women 35-39 100 LC Meter Freestyle

WORLD: 57.38 W 12/1/2022 Veronica BALSANO

NATL: 55.17 N 6/25/2013 ERIKA ERNDL

VA: 1:01.75 V 10/1/2000 Beth Baker

1 Vaughan, Mason 39 RVCN-VA 1:10.06
33.02 1:10.06**Women 35-39 50 LC Meter Breaststroke**

WORLD: 31.35 W 8/7/2022 Danielle HERRMANN

NATL: 31.06 N 4/28/2022 DANIELLE HERRMANN

VA: 36.60 V 8/20/1998 Patricia Powis

1 Vaughan, Mason 39 RVCN-VA 43.34

Women 35-39 50 LC Meter Butterfly

WORLD: 27.46 W 8/5/2014 Noriko INADA

NATL: 27.46 N 8/5/2014 NORIKO INADA

VA: 29.71 V 8/19/1999 Beth Baker

1 Vaughan, Mason 39 RVCN-VA 37.26

Women 40-44 50 LC Meter Freestyle

WORLD: 26.44 W 11/7/2009 Edith OTTERMANN

NATL: 24.25 N 7/6/2008 DARA TORRES

VA: 27.46 V 1/2000 Beth Baker

1 Quattropani, LeeAnne 44 NCMS-NC 32.45

Women 40-44 200 LC Meter Freestyle

WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN

NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN

VA: 2:15.83 V 8/15/2002 Kelly Parker

1 King, Sarah 40 CONN-CT 4:57.38
1:10.70 2:25.44 3:39.94 4:57.38**Women 40-44 50 LC Meter Backstroke**

WORLD: 29.62 W 8/2/2018 Noriko INADA

NATL: 29.62 N 8/2/2018 NORIKO INADA

VA: 33.36 V 8/15/2002 Beth Baker

1 Quattropani, LeeAnne 44 NCMS-NC 35.36

Women 40-44 100 LC Meter Backstroke

WORLD: 1:04.70 W 7/31/2018 Noriko INADA

NATL: 1:04.70 N 7/31/2018 NORIKO INADA

VA: 1:09.88 V 10/1/2001 Beth Baker

1 Quattropani, LeeAnne 44 NCMS-NC 1:22.70
40.55 1:22.702 King, Sarah 40 CONN-CT 3:10.16
1:34.85 3:10.16**Women 40-44 200 LC Meter Backstroke**

WORLD: 2:23.18 W 8/6/2009 Jody SMITH

NATL: 2:23.18 N 8/6/2009 JODY SMITH

VA: 2:31.66 V 10/1/2001 Beth Baker

1 King, Sarah 40 CONN-CT 6:04.33
1:27.73 3:01.52 4:31.10 6:04.33**Women 40-44 100 LC Meter Breaststroke**

WORLD: 1:12.29 W 3/12/2022 Nicole HEIDEMANN

NATL: 1:12.12 N 6/30/2008 S VON DER LIPPE

VA: 1:21.07 V 6/17/2017 Kristen Harris

1 King, Sarah 40 CONN-CT 3:59.52
1:59.89 3:59.52

NOVA Masters SC/LC Cup: Day #2 (Long Course) - 5/7/2023

Results - Sunday AM - LCM

Women 40-44 50 LC Meter Butterfly

WORLD: 28.36 W 6/8/2013 Erika BRAUN
 NATL: 28.36 N 6/8/2013 ERIKA BRAUN
 VA: 29.59 V 8/16/2001 Beth Baker
 1 Quattropani, LeeAnne 44 NCMS-NC 35.05

Women 40-44 200 LC Meter Butterfly

WORLD: 2:24.78 W 7/23/2006 S.VON DER LIPPE
 NATL: 2:24.77 N 8/17/2003 K PIPES-NEILSEN
 VA: 2:29.81 V 8/16/2001 Beth Baker
 1 King, Sarah 40 CONN-CT 7:22.52
 1:34.60 3:31.87 5:29.52 7:22.52

Women 40-44 200 LC Meter IM

WORLD: 2:25.03 W 8/5/2007 S.VON DER LIPPE
 NATL: 2:25.03 N 8/5/2007 S VON DER LIPPE
 VA: 2:42.90 V 7/21/2019 Katie Grier
 1 King, Sarah 40 CONN-CT 6:17.30
 1:31.58 3:07.86 5:03.69 6:17.30

Women 45-49 50 LC Meter Freestyle

WORLD: 26.59 W 3/16/2011 Edith OTTERMANN
 NATL: 27.09 N 8/5/2017 THOMAS\BRAUN
 VA: 28.72 V 6/30/2012 Annette Patterson
 1 Verlinden, Irina 46 NVA-VA 40.93

Women 45-49 100 LC Meter Freestyle

WORLD: 57.40 W 8/8/2015 Melanie THOMAS
 NATL: 57.40 N 8/8/2015 MELANIE THOMAS
 VA: 1:06.98 V 8/1/1999 Susan Skiff
 1 Verlinden, Irina 46 NVA-VA 1:36.91
 43.48 1:36.91

Women 50-54 50 LC Meter Freestyle

WORLD: 27.09 W 6/28/2015 M.Therese FUZZATI
 NATL: 27.38 N 8/6/2022 ERIKA BRAUN
 VA: 28.76 V 8/6/2022 Margaret Conze
 1 Boggess, Wendi 51 BAM1-VA 35.14

Women 50-54 100 LC Meter Freestyle

WORLD: 1:00.42 W 6/27/2015 M.Therese FUZZATI
 NATL: 1:00.53 N 8/20/2022 ERIKA BRAUN
 VA: 1:03.55 V 8/7/2022 Margaret Conze
 1 Boggess, Wendi 51 BAM1-VA 1:25.09
 39.06 1:25.09

Women 50-54 400 LC Meter Freestyle

WORLD: 4:40.66 W 8/11/2013 Jill HERNANDEZ
 NATL: 4:40.66 N 8/11/2013 JILL HERNANDEZ
 VA: 4:58.07 V 8/3/2011 Kelly Parker Palace
 1 Amezquita, Sandra 52 UC12-VA 5:36.07
 39.10 1:20.88 2:04.04 2:47.12
 3:29.85 4:12.35 4:55.23 5:36.07

Women 50-54 50 LC Meter Backstroke

WORLD: 31.59 W 7/6/2019 Cindy MABEE
 NATL: 32.30 N 8/6/2022 ERIKA BRAUN
 VA: 36.39 V 8/15/2014 Val Van Horn Pate
 1 Boggess, Wendi 51 BAM1-VA 42.10

Women 50-54 50 LC Meter Breaststroke

WORLD: 34.18 W 6/13/2012 Monica CORO
 NATL: 36.47 N 8/20/2022 ERIKA BRAUN
 VA: 39.85 V 8/26/2006 Lisa Bennett
 1 Boggess, Wendi 51 BAM1-VA 48.51

Women 50-54 200 LC Meter IM

WORLD: 2:31.02 W 8/7/2016 Ellen REYNOLDS
 NATL: 2:31.02 N 8/7/2016 ELLEN REYNOLDS
 VA: 2:54.44 V 7/9/2011 Kelly Parker Palace
 1 Amezquita, Sandra 52 UC12-VA 3:04.49
 40.01 1:29.80 2:22.43 3:04.49

Women 55-59 50 LC Meter Freestyle

WORLD: 28.25 W 2/20/2022 Edith OTTERMAN
 NATL: 28.46 N 8/8/2019 HOLLY GREEN BLAIR
 VA: 28.98 V 8/7/2022 Fall Willeboordse
 1 O'Connell, Megan 55 AAA-MD 39.24

Women 55-59 100 LC Meter Freestyle

WORLD: 1:02.02 W 8/16/2008 Laura VAL
 NATL: 1:02.02 N 8/13/2007 VAL\VAL
 VA: 1:05.20 V 8/7/2022 Fall Willeboordse
 1 O'Connell, Megan 55 AAA-MD 1:32.20
 44.15 1:32.20

Women 55-59 400 LC Meter Freestyle

WORLD: 4:43.41 W 7/10/2016 Lynn MARSHALL
 NATL: 4:46.49 N 8/10/2019 ELLEN REYNOLDS
 VA: 4:59.94 V 8/18/2016 Kelly Parker Palace
 1 O'Connell, Megan 55 AAA-MD 6:50.92
 46.08 1:39.28 2:32.26 3:25.23
 4:18.35 5:11.66 6:03.48 6:50.92

Women 55-59 100 LC Meter Backstroke

WORLD: 1:09.69 W 8/11/2019 Holly GREEN BLAIR
 NATL: 1:09.69 N 8/11/2019 HOLLY GREEN BLAIR
 VA: 1:15.56 V 8/4/2022 Fall Willeboordse
 1 Buscaglia, Caycee 58 QUEST-VA 1:32.96
 44.43 1:32.96

Women 55-59 200 LC Meter Backstroke

WORLD: 2:31.79 W 5/19/2019 Ellen REYNOLDS
 NATL: 2:31.79 N 5/19/2019 ELLEN REYNOLDS
 VA: 2:52.33 V 7/7/2016 Kelly Parker Palace
 1 Vazquez, Maria 58 NCMS-NC 2:49.31
 39.96 1:22.20 2:06.01 2:49.31
 2 Gregory, Barbie J 55 RVCN-VA 3:06.13
 1:30.19 3:06.13
 3 Buscaglia, Caycee 58 QUEST-VA 3:20.91
 45.98 1:36.93 2:29.27 3:20.91

Women 55-59 100 LC Meter Breaststroke

WORLD: 1:19.90 W 1/29/2017 Monica CORO
 NATL: 1:21.21 N 7/15/2017 CAROLINE KRATTLI
 VA: 1:26.21 V 8/5/2022 Fall Willeboordse
 1 O'Connell, Megan 55 AAA-MD 1:53.55
 55.30 1:53.55

NOVA Masters SC/LC Cup: Day #2 (Long Course) - 5/7/2023

Results - Sunday AM - LCM

Women 55-59 50 LC Meter Butterfly

WORLD: 30.52 W 7/10/2016 Leslie LIVINGSTON
 NATL: 30.52 N 7/10/2016 LESLIE LIVINGSTON
 VA: 31.57 V 8/4/2022 Susan Williams

1 O'Connell, Megan 55 AAA-MD 48.41

Women 55-59 100 LC Meter Butterfly

WORLD: 1:08.81 W 7/24/2022 Andrea MULLER
 NATL: 1:09.47 N 8/9/2009 LAURA VAL
 VA: 1:18.16 V 6/10/2012 Susan Skiff

1 Gregory, Barbie J 55 RVCM-VA 1:30.70
 40.89 1:30.70

Women 55-59 200 LC Meter IM

WORLD: 2:31.51 W 7/6/2019 Ellen REYNOLDS
 NATL: 2:31.51 N 7/6/2019 ELLEN REYNOLDS
 VA: 2:49.48 V 8/5/2016 Kelly Parker Palace

1 Gregory, Barbie J 55 RVCM-VA 3:12.29
 40.93 1:28.89 2:27.91 3:12.29

Women 55-59 400 LC Meter IM

WORLD: 5:22.41 W 7/6/2019 Ellen REYNOLDS
 NATL: 5:21.35 N 5/17/2019 ELLEN REYNOLDS
 VA: 6:01.36 V 7/7/2016 Kelly Parker Palace

1 Vazquez, Maria 58 NCMS-NC 6:13.49
 40.27 1:26.96 2:14.20 3:00.02
 3:54.06 4:49.49 5:32.11 6:13.49

Women 60-64 50 LC Meter Freestyle

WORLD: 28.90 W 3/17/2018 Jenny WHITELEY
 NATL: 29.21 N 8/4/2018 PENNY NOYES
 VA: 31.81 V 8/6/2022 Marie Restrepo

1 Dickens, Susan 62 FAFF-VA 38.33

Women 60-64 100 LC Meter Freestyle

WORLD: 1:03.83 W 8/5/2011 Laura VAL
 NATL: 1:03.83 N 8/5/2011 LAURA VAL
 VA: 1:09.46 V 10/7/2021 Kelly Parker Palace

1 Parker Palace, Kelly 62 MELB-FL 1:10.26
 34.02 1:10.26

Women 60-64 200 LC Meter Freestyle

WORLD: 2:21.03 W 3/20/2019 Jenny WHITELEY
 NATL: 2:21.48 N 6/12/2012 LAURA VAL
 VA: 2:30.17 V 8/21/2021 Kelly Parker Palace

1 Parker Palace, Kelly 62 MELB-FL 2:31.17
 35.83 1:14.74 1:53.81 2:31.17
 2 Dickens, Susan 62 FAFF-VA 3:09.71
 39.60 1:27.57 2:19.61 3:09.71

Women 60-64 400 LC Meter Freestyle

WORLD: 4:53.58 W 6/11/2022 Lynn MARSHALL
 NATL: 4:59.82 N 8/12/2012 LAURA VAL
 VA: 5:18.49 V 8/14/2021 Kelly Parker Palace

1 Parker Palace, Kelly 62 MELB-FL 5:23.65
 35.95 1:15.74 1:56.67 2:38.55
 3:20.07 4:02.23 4:43.57 5:23.65
 2 Dickens, Susan 62 FAFF-VA 6:34.64
 41.56 1:29.86 2:21.14 3:12.32
 4:03.73 4:54.48 5:46.13 6:34.64

Women 60-64 50 LC Meter Backstroke

WORLD: 33.82 W 5/12/2022 Karlyn PIPES
 NATL: 33.82 N 5/12/2022 KARLYN PIPES
 VA: 36.16 V 8/7/2022 Val Van Horn Pate

1 Van Horn Pate, Val 61 NVA-VA 37.76

Women 60-64 100 LC Meter Backstroke

WORLD: 1:14.28 W 8/13/2022 Karlyn PIPES
 NATL: 1:14.28 N 8/13/2022 KARLYN PIPES
 VA: 1:20.84 V 8/4/2022 Val Van Horn Pate

1 Van Horn Pate, Val 61 NVA-VA 1:22.76
 38.73 1:22.76

Women 60-64 50 LC Meter Butterfly

WORLD: 31.11 W 8/11/2019 Traci GRANGER
 NATL: 31.11 N 8/11/2019 TRACI GRANGER
 VA: 32.65 V 8/4/2022 Val Van Horn Pate

1 Van Horn Pate, Val 61 NVA-VA 34.14

Women 60-64 100 LC Meter Butterfly

WORLD: 1:12.06 W 8/4/2011 Laura VAL
 NATL: 1:12.06 N 8/4/2011 LAURA VAL
 VA: 1:14.80 V 8/7/2022 Val Van Horn Pate

1 Van Horn Pate, Val 61 NVA-VA 1:18.41
 37.17 1:18.41

Women 65-69 100 LC Meter Freestyle

WORLD: 1:04.89 W 7/30/2018 Laura VAL
 NATL: 1:04.89 N 7/30/2018 LAURA VAL
 VA: 1:17.63 V 8/18/2007 Beth Schreiner

1 Baskin, Elizabeth W 67 1693-VA 1:30.14
 43.45 1:30.14

Women 65-69 400 LC Meter Freestyle

WORLD: 5:12.80 W 8/10/2019 Laura VAL
 NATL: 5:12.80 N 8/10/2019 LAURA VAL
 VA: 5:48.12 V 12/15/2018 Shirley Loftus-Charley

1 Baskin, Elizabeth W 67 1693-VA 6:59.16
 46.05 1:37.19 2:30.72 3:25.38
 4:20.49 5:13.96 6:08.53 6:59.16

Women 75-79 50 LC Meter Freestyle

WORLD: 34.11 W 10/8/2021 Diann UUSTAL
 NATL: 34.11 N 10/8/2021 DIANN UUSTAL
 VA: 38.06 V 6/22/2013 Johnnie Detrick

1 Lyttle, Ann 75 CM-Y-VA 40.07

Women 75-79 200 LC Meter Freestyle

WORLD: 2:54.26 W 9/27/2013 Yoshiko OSAKI
 NATL: 2:56.07 N 8/6/2022 DIANN UUSTAL
 VA: 3:22.70 V 7/8/2016 Beth Schreiner

1 Lyttle, Ann 75 CM-Y-VA 3:21.90V
 45.74 1:38.22 2:32.15 3:21.90

Women 75-79 400 LC Meter Freestyle

WORLD: 6:12.25 W 7/12/2013 Yoshiko OSAKI
 NATL: 6:27.04 N 8/21/2021 DIANN UUSTAL
 VA: 7:16.13 V 6/26/2016 Beth Schreiner

1 Lyttle, Ann 75 CM-Y-VA 7:12.54V
 48.63 1:43.96 2:39.87 3:35.75
 4:31.84 5:26.92 6:21.63 7:12.54

NOVA Masters SC/LC Cup: Day #2 (Long Course) - 5/7/2023

Results - Sunday AM - LCM

Men 25-29 50 LC Meter Freestyle

WORLD: 22.30 W 2/18/2017 A.LIUKKONEN
NATL: 21.69 N 8/10/2014 NATHAN ADRIAN
VA: 23.58 V 8/7/2022 Lucas Bureau

1 Mastracci, Kevin 27 NVA-VA 24.72

Men 25-29 400 LC Meter Freestyle

WORLD: 4:00.96 W 6/5/2022 Alexander FEDOROV
NATL: 3:55.01 N 6/28/2013 ALEX WOLD
VA: 4:14.84 V 8/15/2002 Frank Byskov

1 Eichler, Gunnar W 26 NVA-VA 4:46.00

31.59 1:06.06 1:41.73 2:18.02

2:54.56 3:31.86 4:09.24 4:46.00

2 McQuiggan, Jacob 29 CM-Y-VA 5:56.17

36.50 1:16.91 2:00.24 2:45.58

3:32.25 4:19.67 5:08.52 5:56.17

Men 25-29 100 LC Meter Backstroke

WORLD: 55.09 W 11/21/2021 Ryota MAEJIMA
NATL: 55.15 N 8/3/2011 ADAM MANIA
VA: 1:00.28 V 8/4/2022 Ricky Perez

1 McQuiggan, Jacob 29 CM-Y-VA 1:14.00

36.17 1:14.00

Men 25-29 200 LC Meter Backstroke

WORLD: 2:02.76 W 4/26/2019 Dmitril GORBUNOV
NATL: 2:03.61 N 6/24/2017 HAYES JOHNSON
VA: 2:13.12 V 8/5/2022 Ricky Perez

1 De Maria, David 25 FAFF-VA 2:42.30

39.91 1:21.33 2:42.30

Men 25-29 50 LC Meter Breaststroke

WORLD: 27.21 W 4/18/2021 Kirill STRELNIKOV
NATL: 27.83 N 8/13/2022 PAVEL ROMANOV
VA: 29.05 V 8/7/2022 Andrew Brower

1 Eichler, Gunnar W 26 NVA-VA 34.15

2 De Maria, David 25 FAFF-VA 39.40

Men 25-29 200 LC Meter Breaststroke

WORLD: 2:11.78 W 8/10/2013 C.BURCKLE
NATL: 2:10.09 N 6/26/2013 BJ JOHNSON
VA: 2:24.02 V 8/6/2022 Andrew Brower

1 Eichler, Gunnar W 26 NVA-VA 2:43.12

37.45 1:19.08 2:01.71 2:43.12

2 McQuiggan, Jacob 29 CM-Y-VA 3:00.04

39.80 1:24.45 2:11.09 3:00.04

Men 25-29 50 LC Meter Butterfly

WORLD: 23.71 W 8/16/2008 Kohei KAWAMOTO
NATL: 23.71 N 8/16/2008 KOHEI KAWAMOTO
VA: 25.25 V 8/4/2022 Lucas Bureau

1 McQuiggan, Jacob 29 CM-Y-VA 32.02

Men 25-29 400 LC Meter IM

WORLD: 4:30.05 W 9/12/2009 D.YABE
NATL: 4:20.83 N 6/27/2013 ALEX WOLD
VA: 4:54.91 V 8/7/2022 James Crabb

1 De Maria, David 25 FAFF-VA 6:15.21

36.86 1:26.79 2:16.06 3:02.94

3:56.87 4:50.76 5:34.42 6:15.21

Men 30-34 50 LC Meter Freestyle

WORLD: 22.13 W 7/13/2013 Roland SCHOEMAN
NATL: 21.55 N 8/10/2014 ANTHONY ERVIN
VA: 24.92 V 8/6/2022 Sidney Glass

1 Jennings, Richard 31 NVA-VA 31.28

2 Elnaggar, Mahmoud 34 CM-Y-VA 31.42

3 De Leo, Jonathan 31 FAFF-VA 32.32

Men 30-34 100 LC Meter Freestyle

WORLD: 49.80 W 7/23/2016 Darian TOWNSEND
NATL: 48.71 N 8/6/2014 ANTHONY ERVIN
VA: 54.27 V 8/4/2006 Troy Johnson

1 Jennings, Richard 31 NVA-VA 1:11.73

35.44 1:11.73

2 De Leo, Jonathan 31 FAFF-VA 1:11.77

34.20 1:11.77

3 Elnaggar, Mahmoud 34 CM-Y-VA 1:14.63

36.92 1:14.63

Men 30-34 200 LC Meter Freestyle

WORLD: 1:49.56 W 8/6/2016 Darian TOWNSEND
NATL: 1:49.34 N 8/7/2014 DARIAN TOWNSEND
VA: 1:59.52 V 8/3/2011 Billy Gaines

1 De Leo, Jonathan 31 FAFF-VA 2:39.47

35.48 1:15.60 1:58.10 2:39.47

Men 30-34 200 LC Meter Backstroke

WORLD: 2:02.75 W 11/24/2000 Rogerio ROMERO
NATL: 2:05.62 N 7/9/1994 SEAN MURPHY
VA: 2:25.75 V 1/1/1997 Andrew Pulsifer

1 Sisk, Willie 30 NVA-VA 3:06.42

43.06 1:30.23 2:17.16 3:06.42

Men 30-34 50 LC Meter Breaststroke

WORLD: 27.74 W 3/12/2022 Kohhei TOMINAGA
NATL: 27.26 N 6/15/2019 BRANDON FISCHER
VA: 31.19 V 6/17/2017 Warren Cieslak

1 De Jesus, Jose 30 TERR-PV 31.76

Men 30-34 200 LC Meter Breaststroke

WORLD: 2:18.04 W 7/7/2012 Gary MARSHALL
NATL: 2:11.91 N 6/14/2019 BRANDON FISCHER
VA: 2:43.94 V 8/25/1988 Ken Neubauer

1 Sisk, Willie 30 NVA-VA 3:50.12

52.04 1:49.67 2:52.33 3:50.12

Men 30-34 50 LC Meter Butterfly

WORLD: 23.26 W 7/13/2013 Roland SCHOEMAN
NATL: 23.26 N 7/13/2013 ROLAND SCHOEMAN
VA: 25.92 V 6/17/2017 Warren Cieslak

1 De Jesus, Jose 30 TERR-PV 28.25

2 Deal, Brian 34 CGMS-VA 33.73

3 Jennings, Richard 31 NVA-VA 42.84

Men 30-34 100 LC Meter Butterfly

WORLD: 53.10 W 4/8/2022 Henrique MARTINS
NATL: 53.36 N 8/8/2014 DARIAN TOWNSEND
VA: 55.67 V 8/9/2010 Matt Haupt

1 Deal, Brian 34 CGMS-VA 1:20.68

34.85 1:20.68

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Men 30-34 200 LC Meter Butterfly

WORLD: 2:03.43 W 8/17/2019 Takatsugu OGA
NATL: 2:03.76 N 8/12/2010 MATT HAUPT
VA: 2:03.76 V 8/9/2010 Matt Haupt

1 Deal, Brian 34 CGMS-VA 3:16.94
 43.63 1:33.39 2:25.15 3:16.94

Men 35-39 50 LC Meter Freestyle

WORLD: 22.76 W 8/20/2005 Mark FOSTER
NATL: 22.98 N 6/19/2021 MATT GREVERS
VA: 25.67 V 8/6/2022 Evan Elsaesser

1 Schapiro, Adam 37 RRY-VA 30.50
 2 Williamson, Austin 37 RVCN-VA 31.05

Men 35-39 200 LC Meter Freestyle

WORLD: 1:52.84 W 8/6/2006 Vladimir PYSHNENKO
NATL: 1:49.23 N 6/14/2021 RYAN LOCHTE
VA: 2:05.62 V 8/4/2006 Eric Cornell

1 Morris, John 39 RRY-VA 2:36.76
 35.96 1:16.31 1:57.33 2:36.76
 2 Williamson, Austin 37 RVCN-VA 2:51.04
 39.32 1:22.30 2:05.70 2:51.04

Men 35-39 400 LC Meter Freestyle

WORLD: 4:05.91 W 3/10/2012 Petar STOYCHEV
NATL: 4:07.64 N 7/16/1995 ROWDY GAINES
VA: 4:32.96 V 8/4/2006 Dave Holland

1 Morris, John 39 RRY-VA 5:28.97
 36.39 1:16.82 1:59.15 2:42.46
 3:25.60 4:07.94 4:49.83 5:28.97

Men 35-39 50 LC Meter Breaststroke

WORLD: 28.35 W 7/31/2022 Ryo KOBAYASHI
NATL: 28.53 N 5/25/2009 JEFF COMMINGS
VA: 32.47 V 8/28/1994 Michael Slowey

1 Williamson, Austin 37 RVCN-VA 37.98
 --- Schapiro, Adam 37 RRY-VA DQ

Men 35-39 100 LC Meter Breaststroke

WORLD: 1:02.40 W 2/11/2020 Ryo KOBAYASHI
NATL: 1:03.76 N 7/14/2013 JEFF COMMINGS
VA: 1:12.30 V 8/28/1994 Michael Slowey

1 Schapiro, Adam 37 RRY-VA 1:29.31
 41.96 1:29.31

Men 35-39 200 LC Meter Breaststroke

WORLD: 2:20.29 W 6/5/2004 Nick GILLINGHAM
NATL: 2:20.34 N 8/6/2011 STEVE WEST
VA: 2:43.09 V 8/28/1994 Michael Slowey

1 Dellanoce, Michael 39 NCMS-NC 2:43.63
 36.66 1:17.52 2:00.50 2:43.63
 2 Williamson, Austin 37 RVCN-VA 3:29.16
 47.51 1:40.66 2:34.57 3:29.16

Men 35-39 50 LC Meter Butterfly

WORLD: 24.03 W 12/2/2022 Benjamin HOCKIN
NATL: 24.14 N 8/15/2015 KOHEI KAWAMOTO
VA: 26.45 V 8/4/2022 Evan Elsaesser

1 Schapiro, Adam 37 RRY-VA 32.21

Men 35-39 200 LC Meter IM

WORLD: 2:05.65 W 7/7/2019 Darian TOWNSEND
NATL: 1:58.48 N 6/17/2021 RYAN LOCHTE
VA: 2:19.26 V 4/1/2016 Adam Barley

1 Dellanoce, Michael 39 NCMS-NC 2:19.45
 29.41 1:05.78 1:47.09 2:19.45

Men 35-39 400 LC Meter IM

WORLD: 4:36.66 W 8/14/2019 I.DRYMONAKOS
NATL: 4:34.10 N 7/29/2001 RON KARNAUGH
VA: 4:59.16 V 4/1/2016 Adam Barley

1 Dellanoce, Michael 39 NCMS-NC 5:01.61
 31.07 1:07.32 1:48.33 2:28.01
 3:11.57 3:55.03 4:29.10 5:01.61

Men 40-44 50 LC Meter Freestyle

WORLD: 23.20 W 9/2/2022 Andrejs DUDA
NATL: 22.61 N 6/19/2021 ANTHONY ERVIN
VA: 25.14 V 10/1/2000 John Tudor

1 Schwartz, Dane 43 NVA-VA 29.27
 2 Fenwick, Darren 44 DCAC-PV 34.44

Men 40-44 100 LC Meter Freestyle

WORLD: 51.21 W 7/14/2018 Hideaki HARA
NATL: 51.72 N 8/1/2010 VLAD PYSHNENKO
VA: 54.95 V 10/1/2000 John Tudor

1 Schwartz, Dane 43 NVA-VA 1:05.62
 32.40 1:05.62
 2 Hardy, Ryan 40 SRVA-VA 1:06.59
 3 Fenwick, Darren 44 DCAC-PV 1:20.98
 38.57 1:20.98

Men 40-44 200 LC Meter Freestyle

WORLD: 1:53.65 W 8/2/2010 Vladimir PYSHNENKO
NATL: 1:53.65 N 8/2/2010 VLAD PYSHNENKO
VA: 2:01.40 V 7/18/2008 Chris Stevenson

1 Hardy, Ryan 40 SRVA-VA 2:34.64
 35.69 1:14.87 1:54.60 2:34.64

Men 40-44 50 LC Meter Backstroke

WORLD: 27.13 W 8/18/2019 Nicholas NECKLES
NATL: 27.47 N 8/23/2008 MICHAEL ROSS
VA: 27.95 V 8/15/2008 Chris Stevenson

1 Schwartz, Dane 43 NVA-VA 35.78
 2 Fenwick, Darren 44 DCAC-PV 46.07

Men 40-44 50 LC Meter Breaststroke

WORLD: 28.84 W 9/16/2009 Alberto MONTINI
NATL: 29.02 N 7/27/2014 JEFF COMMINGS
VA: 32.27 V 8/16/2001 David Malsbury

1 Hardy, Ryan 40 SRVA-VA 38.32

Men 40-44 100 LC Meter Breaststroke

WORLD: 1:03.60 W 5/20/2012 Vladislav BRAGIN
NATL: 1:03.76 N 7/6/2012 STEVE WEST
VA: 1:12.78 V 8/17/2000 Michael Slowey

1 Hardy, Ryan 40 SRVA-VA 1:28.23
 42.30 1:28.23

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Men 45-49 50 LC Meter Freestyle

WORLD: 23.55 W 8/15/2019 Hideaki HARA
NATL: 24.12 N 6/23/2018 BRIAN JACOBSON
VA: 25.83 V 8/17/2000 David Hefner
 1 Szobota, Jason 46 NVA-VA 29.05

Men 45-49 100 LC Meter Freestyle

WORLD: 52.24 W 8/13/2019 Hideaki HARA
NATL: 53.77 N 8/7/2016 NICOLAS GRANGER
VA: 56.50 V 8/10/2002 John Tudor
 1 Szobota, Jason 46 NVA-VA 1:05.89
 32.03 1:05.89

Men 45-49 200 LC Meter Backstroke

WORLD: 2:11.56 W 6/7/2013 Eduardo MAROCCO
NATL: 2:13.21 N 8/5/2022 CHUCK BARNES
VA: 2:15.83 V 8/3/2011 Chris Stevenson
 1 Dion, Thomas 45 RMST-PV 2:48.09
 41.66 1:24.69 2:06.33 2:48.09

Men 45-49 100 LC Meter Breaststroke

WORLD: 1:04.77 W 7/14/2019 Steve WEST
NATL: 1:04.77 N 7/14/2019 STEVE WEST
VA: 1:15.35 V 8/15/2008 David Malsbury
 1 Szobota, Jason 46 NVA-VA 1:24.24
 37.70 1:24.24

Men 45-49 200 LC Meter Butterfly

WORLD: 2:06.94 W 8/9/2006 Dennis BAKER
NATL: 2:04.07 N 7/19/2008 DENNIS BAKER
VA: 2:17.96 V 7/18/2013 Chris Stevenson
 1 Dion, Thomas 45 RMST-PV 2:52.25
 35.00 1:17.34 2:06.03 2:52.25

Men 50-54 200 LC Meter Freestyle

WORLD: 1:58.62 W 7/1/2017 Nicolas GRANGER
NATL: 2:00.34 N 8/13/2007 DAN STEPHENSON
VA: 2:08.11 V 6/22/2013 Len Gushe
 1 Palace, Mark 50 MELB-FL 2:30.57
 35.22 1:12.93 1:52.05 2:30.57

Men 50-54 400 LC Meter Freestyle

WORLD: 4:15.93 W 8/4/2017 Nicolas GRANGER
NATL: 4:15.93 N 8/4/2017 NICOLAS GRANGER
VA: 4:32.22 V 8/16/2014 Chris Stevenson
 1 Palace, Mark 50 MELB-FL 6:02.58
 41.04 1:26.63 2:13.95 3:01.47
 3:49.77 4:37.94 5:23.83 6:02.58

Men 50-54 200 LC Meter Backstroke

WORLD: 2:14.53 W 8/5/2017 Nicolas GRANGER
NATL: 2:14.53 N 8/5/2017 NICOLAS GRANGER
VA: 2:22.61 V 8/16/2014 Chris Stevenson
 1 Palace, Mark 50 MELB-FL 3:07.26
 47.87 1:38.47 2:23.75 3:07.26
 2 Solares, Santiago 50 TERR-PV 3:15.21
 46.46 1:36.22 2:26.55 3:15.21

Men 50-54 200 LC Meter Breaststroke

WORLD: 2:24.44 W 7/9/2022 Steve WEST
NATL: 2:24.44 N 7/9/2022 STEVE WEST
VA: 2:45.10 V 8/17/2014 Gregory Harris
 1 Palace, Mark 50 MELB-FL 3:21.41
 47.45 1:39.31 2:32.36 3:21.41

Men 50-54 200 LC Meter IM

WORLD: 2:11.15 W 8/6/2017 Nicolas GRANGER
NATL: 2:11.15 N 8/6/2017 NICOLAS GRANGER
VA: 2:23.93 V 6/2/2013 Len Gushe
 1 Solares, Santiago 50 TERR-PV 3:03.92
 37.57 1:29.82 2:22.20 3:03.92
 2 Palace, Mark 50 MELB-FL 3:13.05
 43.60 1:36.26 2:29.56 3:13.05

Men 50-54 400 LC Meter IM

WORLD: 4:45.61 W 8/3/2017 Nicolas GRANGER
NATL: 4:45.61 N 8/3/2017 NICOLAS GRANGER
VA: 5:25.06 V 8/26/2017 Gregory Harris
 1 Solares, Santiago 50 TERR-PV 6:38.42
 40.94 1:28.55 2:24.48 3:18.48
 4:13.73 5:10.09 5:56.40 6:38.42
 2 Palace, Mark 50 MELB-FL 6:49.14
 46.08 2:40.61 3:33.49
 4:25.63 5:18.33 6:04.29 6:49.14

Men 55-59 50 LC Meter Freestyle

WORLD: 24.45 W 7/19/2015 Brent BARNES
NATL: 25.01 N 6/7/2009 JACK GROSELLE
VA: 25.86 V 8/25/2018 Gregory Harris
 1 Williams, Neill 55 DCAC-PV 27.31
 2 Ross, Mark J 58 FAFC-VA 35.51
 3 Toy, Raymond 56 CMYM-MD 37.61

Men 55-59 400 LC Meter Freestyle

WORLD: 4:22.49 W 7/25/2009 Michael MANN
NATL: 4:22.49 N 7/25/2009 MICHAEL MANN
VA: 4:37.82 V 6/16/2018 Len Gushe
 1 Holland, Dave 56 VMST-VA 5:30.49
 37.44 1:19.16 2:01.66 2:44.66
 3:26.83 4:09.34 4:50.28 5:30.49

Men 55-59 50 LC Meter Backstroke

WORLD: 29.03 W 8/20/2016 Steve WOOD
NATL: 29.03 N 8/20/2016 STEVE WOOD
VA: 31.15 V 6/16/2018 Len Gushe
 1 Toy, Raymond 56 CMYM-MD 53.55

Men 55-59 100 LC Meter Backstroke

WORLD: 1:03.50 W 6/21/2015 Steve WOOD
NATL: 1:03.50 N 6/21/2015 STEVE WOOD
VA: 1:08.20 V 6/1/2018 Len Gushe
 1 Toy, Raymond 56 CMYM-MD 2:03.54
 57.38 2:03.54

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Men 55-59 200 LC Meter Backstroke

WORLD: 2:20.83 W 7/20/2019 Rip ESSELSTYN
NATL: 2:20.83 N 7/20/2019 RIP ESSELSTYN
VA: 2:26.23 V 6/1/2018 Len Gushe

1 Toy, Raymond 56 CMYM-MD 4:34.88
 1:58.99 4:34.88

Men 55-59 50 LC Meter Breaststroke

WORLD: 30.02 W 6/2/2019 C.Arturo TRAVAINI
NATL: 30.56 N 8/6/2017 DAVID GUTHRIE
VA: 32.68 V 7/28/2018 Gregory Harris

1 Ross, Mark J 58 FAFC-VA 46.88

Men 55-59 100 LC Meter Breaststroke

WORLD: 1:07.65 W 8/13/2019 C.Arturo TRAVAINI
NATL: 1:07.97 N 7/31/2015 DAVID GUTHRIE
VA: 1:10.84 V 7/28/2018 Gregory Harris

1 Williams, Neill 55 DCAC-PV 1:14.90
 34.38 1:14.90
 2 Ross, Mark J 58 FAFC-VA 1:55.59
 54.49 1:55.59

Men 55-59 50 LC Meter Butterfly

WORLD: 26.56 W 10/10/2021 Steve HILTABIDDLE
NATL: 26.56 N 10/10/2021 STEVE HILTABIDDLE
VA: 29.26 V 7/28/2018 Gregory Harris

1 Toy, Raymond 56 CMYM-MD 45.43

Men 55-59 100 LC Meter Butterfly

WORLD: 1:00.56 W 8/11/2012 Paul CARTER
NATL: 1:00.56 N 8/11/2012 PAUL CARTER
VA: 1:04.24 V 8/4/2018 Len Gushe

1 Holland, Dave 56 VMST-VA 1:18.35
 35.78 1:18.35

Men 60-64 50 LC Meter Freestyle

WORLD: 25.23 W 8/7/2006 Richard ABRAHAMS
NATL: 25.23 N 8/10/2006 RICHARD ABRAHAMS
VA: 28.84 V 6/22/2013 Scott Kauffman

1 Freeman, Jim 62 UC12-VA 31.20
 2 Krause, Kenny 60 NCMS-NC 32.72
 3 North, Dirk 63 RRY-VA 41.48

Men 60-64 100 LC Meter Freestyle

WORLD: 57.66 W 9/4/2022 Ahmet NAKKAS
NATL: 57.79 N 6/14/2014 JACK GROSELLE
VA: 1:05.46 V 8/15/2002 Jack Schiltz

1 Freeman, Jim 62 UC12-VA 1:12.16
 34.91 1:12.16

Men 60-64 200 LC Meter Freestyle

WORLD: 2:07.68 W 8/6/2017 Dan STEPHENSON
NATL: 2:07.68 N 8/6/2017 DAN STEPHENSON
VA: 2:18.60 V 8/4/2006 John Calvert

1 Freeman, Jim 62 UC12-VA 2:41.17
 35.67 1:16.29 1:59.17 2:41.17

Men 60-64 200 LC Meter Backstroke

WORLD: 2:26.12 W 8/8/2019 Jamie FOWLER
NATL: 2:26.12 N 8/8/2019 JAMIE FOWLER
VA: 2:39.01 V 8/4/2006 John Calvert

1 Ingebretsen, Carl 62 FAFF-VA 3:07.65
 44.99 1:33.84 2:22.09 3:07.65

Men 60-64 50 LC Meter Breaststroke

WORLD: 31.95 W 8/7/2022 David GUTHRIE
NATL: 31.95 N 8/7/2022 DAVID GUTHRIE
VA: 36.86 V 10/7/2021 David Malsbury

1 North, Dirk 63 RRY-VA 42.72

Men 60-64 100 LC Meter Butterfly

WORLD: 1:02.00 W 5/5/2018 Hugo BREGMAN
NATL: 1:03.03 N 8/15/2005 RICHARD ABRAHAMS
VA: 1:13.20 V 1/1/2006 John Calvert

1 Ingebretsen, Carl 62 FAFF-VA 1:31.78
 39.91 1:31.78

Men 60-64 200 LC Meter Butterfly

WORLD: 2:23.52 W 5/4/2018 Hugo BREGMAN
NATL: 2:29.05 N 8/6/2011 LAWRENCE DAY
VA: 3:23.33 V 1/2000 William Irwin

1 Ingebretsen, Carl 62 FAFF-VA 3:43.70
 41.62 1:37.61 2:41.83 3:43.70

Men 65-69 50 LC Meter Backstroke

WORLD: 30.95 W 7/7/2012 Hugh WILDER
NATL: 30.95 N 7/12/2012 HUGH WILDER
VA: 33.80 V 8/7/2022 Douglas Slater

1 Swiger, Ralph 67 VMST-VA 1:08.12

Men 65-69 100 LC Meter Backstroke

WORLD: 1:08.15 W 4/22/2022 Vladimir GORKOV
NATL: 1:09.79 N 7/8/2012 HUGH WILDER
VA: 1:11.54 V 8/4/2022 Douglas Slater

1 Swiger, Ralph 67 VMST-VA 2:29.39
 1:13.96 2:29.39

Men 65-69 200 LC Meter Backstroke

WORLD: 2:31.62 W 4/23/2022 Vladimir GORKOV
NATL: 2:32.79 N 8/5/2022 DAN STEPHENSON
VA: 2:47.34 V 8/5/2022 Douglas Slater

1 Swiger, Ralph 67 VMST-VA 5:20.80
 1:20.57 2:44.44 4:05.39 5:20.80

Men 65-69 50 LC Meter Breaststroke

WORLD: 33.30 W 8/19/2016 Rick COLELLA
NATL: 33.30 N 8/19/2016 RICK COLELLA
VA: 42.64 V 7/17/2011 James Davis

1 Ryan, Pat 65 NVA-VA 39.68V

Men 65-69 100 LC Meter Breaststroke

WORLD: 1:14.77 W 8/5/2017 Rick COLELLA
NATL: 1:14.77 N 8/5/2017 RICK COLELLA
VA: 1:30.28 V 6/17/2017 Craig Bauer

1 Ryan, Pat 65 NVA-VA 1:31.18
 42.45 1:31.18

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Men 65-69 200 LC Meter Breaststroke

WORLD: 2:41.54 W 8/21/2016 Rick COLELLA

NATL: 2:41.54 N 8/21/2016 RICK COLELLA

VA: 3:29.01 V 6/17/2017 Craig Bauer

1 Swiger, Ralph	67 VMST-VA	5:54.46
1:22.44	2:57.15	4:29.46 5:54.46

Men 65-69 50 LC Meter Butterfly

WORLD: 28.38 W 8/8/2021 Trip HEDRICK

NATL: 28.38 N 8/8/2021 TRIP HEDRICK

VA: 30.33 V 8/4/2022 Douglas Slater

1 Swiger, Ralph	67 VMST-VA	1:14.60
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Men 65-69 200 LC Meter IM

WORLD: 2:25.22 W 8/19/2016 Rick COLELLA

NATL: 2:25.22 N 8/19/2016 RICK COLELLA

VA: 3:25.75 V 8/28/1994 William Irwin

1 Swiger, Ralph	67 VMST-VA	5:34.95
1:15.93	2:50.79	4:25.30 5:34.95

Men 70-74 400 LC Meter Freestyle

WORLD: 5:03.56 W 8/4/2018 Dan KIRKLAND

NATL: 5:03.56 N 8/4/2018 DAN KIRKLAND

VA: 5:39.11 V 8/5/2022 William Wardle

1 Wardle, William	72 CM-Y-VA	5:53.89
39.41	1:23.67	2:08.96 2:55.13
3:40.63	4:26.37	5:11.46 5:53.89

Men 70-74 50 LC Meter Backstroke

WORLD: 33.51 W 1/20/2023 Bruce WILLIAMS

NATL: 33.51 N 1/20/2023 BRUCE WILLIAMS

VA: 37.60 V 8/6/2022 William Wardle

1 Wardle, William	72 CM-Y-VA	38.54
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Men 70-74 100 LC Meter Backstroke

WORLD: 1:13.49 W 8/6/2017 Hugh WILDER

NATL: 1:13.49 N 8/6/2017 HUGH WILDER

VA: 1:19.95 V 8/4/2022 William Wardle

1 Wardle, William	72 CM-Y-VA	1:23.18
40.33	1:23.18	

Men 70-74 200 LC Meter Backstroke

WORLD: 2:40.25 W 6/5/2021 Lawrence DAY

NATL: 2:40.25 N 6/5/2021 LAWRENCE DAY

VA: 2:52.05 V 8/5/2022 William Wardle

1 Wardle, William	72 CM-Y-VA	2:55.11
40.81	1:24.95	2:10.24 2:55.11

Men 75-79 50 LC Meter Freestyle

WORLD: 29.19 W 8/25/2019 David QUIGGIN

NATL: 29.19 N 8/25/2019 DAVID QUIGGIN

VA: 31.87 V 8/6/2022 Hank Holswade

1 Burke, Anthony A	75 VMST-VA	44.40
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Men 75-79 50 LC Meter Backstroke

WORLD: 34.45 W 8/2/2018 Richard BURNS

NATL: 34.45 N 8/2/2018 RICHARD BURNS

VA: 41.84 V 8/6/2022 Hank Holswade

1 Burke, Anthony A	75 VMST-VA	57.43
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Men 75-79 50 LC Meter Breaststroke

WORLD: 38.12 W 9/2/2022 Roberto RUGGIERI

NATL: 38.89 N 6/5/2016 MIKE FRESHLEY

VA: 55.14 V 8/21/2010 Richard Scott

1 Burke, Anthony A	75 VMST-VA	1:04.44
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Men 85-89 50 LC Meter Freestyle

WORLD: 33.94 W 3/2/2008 Keijiro NAKAMURA

NATL: 35.23 N 8/13/2022 JEFF FARRELL

VA: 54.41 V 8/9/2010 Richard Briesemeister

1 Bettis, Lee	85 SRVA-VA	38.67V
2 Beattie, Cal	89 UC12-VA	1:11.32

Men 85-89 100 LC Meter Freestyle

WORLD: 1:22.55 W 11/21/2021 Hiroshi MATSUMOTO

NATL: 1:23.25 N 6/6/2010 FRANK PIEMME

VA: 2:06.78 V 8/9/2010 Richard Briesemeister

1 Beattie, Cal	89 UC12-VA	2:40.00
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Men 85-89 200 LC Meter Freestyle

WORLD: 3:03.50 W 7/1/2017 Roberto ALBERICHE

NATL: 3:07.03 N 6/26/2016 GRAHAM JOHNSTON

VA: 4:49.92 V 8/9/2010 Richard Briesemeister

1 Beattie, Cal	89 UC12-VA	5:53.09
		4:23.32 5:53.09

Men 85-89 50 LC Meter Backstroke

WORLD: 39.89 W 7/18/2008 Keijiro NAKAMURA

NATL: 40.50 N 8/2/2018 YOSHI OYAKAWA

VA: 1:30.10 V 8/6/2022 Carl Ingebretsen

1 Bettis, Lee	85 SRVA-VA	50.25V
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Mixed 100-119 200 LC Meter Freestyle Relay

WORLD: 1:41.21 W 9/5/2013 PSV -NED

R TERINK, G LANTINK, M WUISMAN, S OOSTING

NATL: 1:41.71 N 8/5/2022 CLUB TRIBE

L BUREAU, M HEALEY, A KENNA, G MIZERAK

VA: 1:41.71 V 8/7/2022 1693

L Bureau, M Healey, A Kenna, G Mizerak

1 NVA-VA	A	1:51.10
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1) Mastracci, Kevin M27 2) Eichler, Gunnar W M26

3) Rankin, Claire W20 4) Marshall, Alexandra W28

24.71 52.56 1:21.99 1:51.10

Mixed 100-119 200 LC Meter Medley Relay

WORLD: 1:51.99 W 7/17/2006 OAHU CLUB -JPN

T KITASHITA, H MATSUDA, K KAWAMOTO, I MAEDA

NATL: 1:53.91 N 8/6/2022 CLUB TRIBE

A KENNA, L BUREAU, G MIZERAK, M HEALEY

VA: 1:53.91 V 8/7/2022 1693

A Kenna, L Bureau, G Mizerak, M Healey

1 NVA-VA	A	2:02.41
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1) Rankin, Claire W20 2) Eichler, Gunnar W M26

3) Mastracci, Kevin M27 4) Marshall, Alexandra W28

32.78 49.25 2:02.41