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Women 18-24 50 LC Meter Freestyle

NATL: 25.72 N 6/19/2021 ALY TETZLOFF
VA: 26.75 V 7/21/2016 Amalia Kobelja

3	Sheng, Anna	21	1693	28.15	8
4	Kenna, Anna	23	1693	28.33	7
10	Baker, Abigail	24	FAFF	31.12	1
12	Hardy, Carissa	23	FAFF	32.73	

Women 18-24 100 LC Meter Freestyle

NATL: 56.08 N 6/17/2021 ALY TETZLOFF
VA: 58.96 V 7/21/2016 Amalia Kobelja

3	Sheng, Anna	21	1693	1:01.26	8
	29.50 1:01.26				
4	Kenna, Anna	23	1693	1:03.20	7
	30.15 1:03.20				
9	Baker, Abigail	24	FAFF	1:10.77	2
	33.65 1:10.77				
12	Chandiramani, Lyla	22	TIDE	1:38.05	
	44.29 1:38.05				

Women 18-24 200 LC Meter Freestyle

NATL: 2:03.06 N 8/17/2003 JESSICA FOSCHI
VA: 2:09.72 V 7/23/2009 Abigail Nunn

1	Anderson, Julie	19	1693	2:11.34	11
	31.04 1:04.04 1:37.76 2:11.34				
2	Sheng, Anna	21	1693	2:13.54	9
	31.18 1:04.94 1:39.31 2:13.54				
8	Hardy, Carissa	23	FAFF	2:42.71	3
	37.87 1:18.48 2:01.60 2:42.71				

Women 18-24 400 LC Meter Freestyle

NATL: 4:16.72 N 7/5/2003 JULIA STOWERS
VA: 4:30.85 V 7/23/2009 Abigail Nunn

1	Anderson, Julie	19	1693	4:36.55	11
	32.32 1:06.74 1:42.37 2:18.11				
	2:53.41 3:28.70 4:02.94 4:36.55				
7	Buckley, Emma	23	UC12	5:21.91	4
	33.72 1:12.68 1:53.35 2:35.47				
	3:17.10 3:59.65 4:41.65 5:21.91				

Women 18-24 800 LC Meter Freestyle

NATL: 9:11.32 N 8/9/2013 LUANE ROWE
VA: 9:22.99 V 7/23/2009 Abigail Nunn

1	Anderson, Julie	19	1693	9:47.92	11
	32.71 1:08.28 1:44.42 2:20.70				
	2:57.66 3:34.48 4:11.95 4:49.31				
	5:27.13 6:04.73 6:42.94 7:20.59				
	8:34.87 9:12.91 9:47.92				

Women 18-24 50 LC Meter Backstroke

NATL: 30.84 N 8/5/2011 EMILE EWING
VA: 36.19 V 10/1/1991 Robin Hampton

1	Kenna, Anna	23	1693	31.73V	11
2	Costa, Celeste	21	1693	34.76V	9

Women 18-24 100 LC Meter Backstroke

NATL: 1:04.67 N 7/20/2012 JENNY VON JOUANNE
VA: 1:18.65 V 10/1/1991 Robin Hampton

1	Sheng, Anna	21	1693	1:11.05V	11
	33.31 1:11.05				
3	Buckley, Emma	23	UC12	1:13.64	8
	35.05 1:13.64				

Women 18-24 200 LC Meter Backstroke

NATL: 2:19.70 N 8/20/2000 S SCHWEITZER
VA: 2:45.35 V 1/2000 Robin Hampton

1	Sheng, Anna	21	1693	2:33.02V	11
	36.74 1:16.02 1:55.87 2:33.02				

Women 18-24 50 LC Meter Breaststroke

NATL: 32.92 N 8/1/2015 LAUREN GREENBERG
VA: 33.21 V 7/21/2016 Amalia Kobelja

4	Costa, Celeste	21	1693	39.49	7
5	Baker, Abigail	24	FAFF	40.15	6
8	Chandiramani, Lyla	22	TIDE	53.14	3

Women 18-24 200 LC Meter Breaststroke

NATL: 2:36.61 N 7/19/2009 MARISSA CLAPP
VA: 3:11.70 V 1/1/1994 Cassie Callender

3	Baker, Abigail	24	FAFF	3:14.37	8
	44.62 1:34.13 2:24.91 3:14.37				

Women 18-24 50 LC Meter Butterfly

NATL: 28.62 N 7/12/2009 MEG GILL
VA: 29.56 V 6/25/2012 Elizabeth Shaw

3	Anderson, Julie	19	1693	30.67	8
4	Buckley, Emma	23	UC12	30.74	7
6	Costa, Celeste	21	1693	31.63	5

Women 18-24 100 LC Meter Butterfly

NATL: 58.21 N 6/13/2021 ALY TETZLOFF
VA: 1:03.96 V 6/25/2012 Elizabeth Shaw

3	Anderson, Julie	19	1693	1:06.62	8
	31.28 1:06.62				
5	Kenna, Anna	23	1693	1:13.61	6
	33.96 1:13.61				
7	Costa, Celeste	21	1693	1:16.19	4
	36.90 1:16.19				

Women 18-24 200 LC Meter Butterfly

NATL: 2:12.75 N 7/2/2008 LAURA DAVIS
VA: 2:14.50 V 6/25/2012 Elizabeth Shaw

2	Anderson, Julie	19	1693	2:31.29	9
	33.24 1:10.51 1:49.46 2:31.29				

Women 18-24 200 LC Meter IM

NATL: 2:16.06 N 7/1/2008 LAURA DAVIS
VA: 2:20.00 V 6/25/2012 Elizabeth Shaw

4	Sheng, Anna	21	1693	2:34.40	7
	33.16 1:13.27 1:59.75 2:34.40				
8	Baker, Abigail	24	FAFF	2:56.61	3
	37.09 1:24.62 2:15.41 2:56.61				
10	Hardy, Carissa	23	FAFF	3:03.81	1
	40.23 1:29.73 2:24.54 3:03.81				

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Women 25-29 200 LC Meter Freestyle

WORLD: 2:04.56 W 7/10/2010 Megan JENDRICK
NATL: 2:02.06 N 12/2/1995 SHEILA TAORMINA
VA: 2:17.74 V 8/3/2011 Kate Hibbard

9	Bates, Lindsey	29	FAFF	3:53.63	2
	53.87	1:52.89	2:55.55	3:53.63	

Women 25-29 400 LC Meter Freestyle

WORLD: 4:18.62 W 6/18/2011 Sophie CASSON
NATL: 4:13.03 N 12/2/1995 SHEILA TAORMINA
VA: 4:49.97 V 8/15/2014 Denise Letendre

2	Kulczycki, Shaina	29	1693	5:14.75	9
	35.19	1:13.45	1:52.15	2:32.11	
	3:12.37	3:53.14	4:34.43	5:14.75	
5	Bates, Lindsey	29	FAFF	8:13.84	6
	54.18	1:54.12	2:55.86	3:59.34	
	5:04.22	6:09.45	7:13.92	8:13.84	

Women 25-29 800 LC Meter Freestyle

WORLD: 8:45.89 W 3/10/2012 Swann OBERSON
NATL: 8:47.44 N 7/19/2001 RACHEL KOMISARZ
VA: 9:44.89 V 8/14/2014 Denise Letendre

3	Kulczycki, Shaina	29	1693	11:05.12	8
	35.72	1:15.74	1:56.10	2:37.62	
	3:18.53	4:00.97		5:25.14	
	6:07.13	6:50.73	7:33.26	8:16.54	
	8:59.53	9:42.37	11:05.12		

Women 25-29 100 LC Meter Backstroke

WORLD: 1:01.60 W 7/31/2018 Emi MORONUKI
NATL: 1:01.60 N 7/31/2018 EMI MORONUKI
VA: 1:11.39 V 8/3/2011 Kate Hibbard

2	Kulczycki, Shaina	29	1693	1:15.86	9
	36.72	1:15.86			
6	Rong, Josephine	26	FAFF	1:38.71	5
	47.67	1:38.71			

Women 25-29 200 LC Meter Backstroke

WORLD: 2:13.19 W 7/30/2018 Emi MORONUKI
NATL: 2:13.19 N 7/30/2018 EMI MORONUKI
VA: 2:34.35 V 8/3/2011 Kate Hibbard

1	Kulczycki, Shaina	29	1693	2:47.97	11
	38.89	1:22.09	2:06.10	2:47.97	

Women 25-29 200 LC Meter Breaststroke

WORLD: 2:35.46 W 7/17/2006 Hitomi MATSUDA
NATL: 2:29.90 N 6/26/2013 JUSTINE MUELLER
VA: 2:49.95 V 8/17/2014 Denise Letendre

3	Bates, Lindsey	29	FAFF	4:45.32	8
	1:04.65	2:15.60	3:29.66	4:45.32	

Women 25-29 50 LC Meter Butterfly

WORLD: 26.32 W 6/16/2019 Masako KUROKI
NATL: 27.37 N 6/28/2017 HANNAH SAIZ
VA: 30.64 V 6/17/2017 Hayley Edwards

3	Kulczycki, Shaina	29	1693	34.26	8
7	Rong, Josephine	26	FAFF	44.60	4

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: 27.63 V 1/1/1993 Beth Scheimann

1	Mizerak, Gabrielle	31	1693	27.61V	11
11	Tisdale, Sarah	33	VMST	31.68	
12	Wallace, Devon	32	VMST	33.11	
15	Shepard, Megan	32	VMST	41.56	

Women 30-34 100 LC Meter Freestyle

WORLD: 55.24 W 7/11/2009 Erika ERNDL
NATL: 54.59 N 8/5/2009 ERIKA ERNDL
VA: 1:01.13 V 1/1/1993 Beth Scheimann

2	Mizerak, Gabrielle	31	1693	1:00.61V	9
	29.24	1:00.61			
7	Tisdale, Sarah	33	VMST	1:10.67	4
	33.56	1:10.67			

Women 30-34 200 LC Meter Freestyle

WORLD: 2:02.35 W 8/14/2019 N.JUNKRAJANG
NATL: 1:58.92 N 8/7/2009 ERIKA ERNDL
VA: 2:08.03 V 6/17/2017 Marina Falcone

6	Wallace, Devon	32	VMST	2:40.73	5
	36.18	1:16.16	1:57.59	2:40.73	

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

3	Letendre, Denise	34	VMST	5:01.06	8
	33.99	1:11.31	1:49.41	2:27.47	
	3:05.47	3:44.10	4:23.06	5:01.06	
6	McDonald, Megan	33	FAFF	5:36.70	5
	37.46	1:18.67	2:01.82	2:44.86	
	3:28.57	4:11.97	4:54.99	5:36.70	

Women 30-34 800 LC Meter Freestyle

WORLD: 8:46.47 W 7/14/2011 Dawn HECKMAN
NATL: 8:46.22 N 5/30/2010 DAWN HECKMAN
VA:10:14.49 V 8/17/2000 Deborah Reed

2	Baugher, Liz	34	1693	11:02.60	9
	37.85	1:18.67	2:00.62	2:42.44	
	3:24.78	4:06.92	4:49.05	5:31.23	
	6:13.40	6:55.39	7:37.37	8:19.17	
	9:00.64	9:41.73	11:02.60		

Women 30-34 50 LC Meter Backstroke

WORLD: 28.57 W 8/7/2012 Noriko INADA
NATL: 28.57 N 7/8/2012 NORIKO INADA
VA: 34.93 V 6/30/2012 Deanne Moosman

2	Mizerak, Gabrielle	31	1693	31.53V	9

Women 30-34 100 LC Meter Backstroke

WORLD: 1:01.78 W 8/6/2011 Noriko INADA
NATL: 1:01.78 N 8/6/2011 NORIKO INADA
VA: 1:12.16 V 6/9/2018 Carina Masson

2	Mizerak, Gabrielle	31	1693	1:10.21V	9
	34.12	1:10.21			

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7	Meyers, Sarah	32	TIDE	1:21.14	4
	37.45	1:21.14			

Women 30-34 200 LC Meter Backstroke

	WORLD:	**2:17.61**	**W**	**8/6/2009**	**Sarabeth METZGER**
	NATL:	**2:17.61**	**N**	**8/6/2009**	**SARABETH METZGER**
	VA:	**2:41.60**	**V**	**6/9/2018**	**Carina Masson**
5	Meyers, Sarah	32	TIDE	2:56.39	6
	38.86	1:23.32	2:11.32	2:56.39	

Women 30-34 100 LC Meter Breaststroke

	WORLD:	**1:10.10**	**W**	**10/3/2009**	**Hitomi MATSUDA**
	NATL:	**1:10.18**	**N**	**6/12/2021**	**DANIELLE HERRMANN**
	VA:	**1:18.80**	**V**	**1/1/1993**	**Beth Scheimann**
3	Letendre, Denise	34	VMST	1:25.43	8
	40.48	1:25.43			
6	McDonald, Megan	33	FAFF	1:34.85	5
	45.46	1:34.85			

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	Letendre, Denise	34	VMST	2:59.13	11
	41.90	1:27.09	2:13.02	2:59.13	
4	McDonald, Megan	33	FAFF	3:19.83	7
	47.11	1:37.51	2:30.01	3:19.83	

Women 30-34 50 LC Meter Butterfly

	WORLD:	**27.48**	**W**	**6/7/2008**	**Martina MORAVCOVA**
	NATL:	**27.48**	**N**	**6/7/2008**	**MARTINA MORAVCOVA**
	VA:	**29.14**	**V**	**7/9/2017**	**Marina Falcone**
1	Mizerak, Gabrielle	31	1693	28.48V	11
5	Letendre, Denise	34	VMST	32.18	6
7	Meyers, Sarah	32	TIDE	35.09	4

Women 30-34 100 LC Meter Butterfly

	WORLD:	**58.81**	**W**	**6/7/2008**	**Martina MORAVCOVA**
	NATL:	**58.81**	**N**	**6/7/2008**	**MARTINA MORAVCOVA**
	VA:	**1:04.19**	**V**	**7/9/2017**	**Marina Falcone**
1	Mizerak, Gabrielle	31	1693	1:06.56	11
	30.25	1:06.56			

Women 30-34 200 LC Meter Butterfly

	WORLD:	**2:13.60**	**W**	**5/7/2006**	**Mette JACOBSEN**
	NATL:	**2:15.65**	**N**	**6/25/2013**	**KIM VANDENBERG**
	VA:	**2:30.71**	**V**	**7/28/2018**	**Denise Letendre**
1	McDonald, Megan	33	FAFF	3:13.10	11
	39.32	1:27.67	2:20.93	3:13.10	

Women 30-34 200 LC Meter IM

	WORLD:	**2:13.89**	**W**	**7/7/2009**	**Erika ERNDL**
	NATL:	**2:13.72**	**N**	**8/8/2009**	**ERIKA ERNDL**
	VA:	**2:30.49**	**V**	**7/28/2018**	**Denise Letendre**
1	Letendre, Denise	34	VMST	2:38.62	11
	33.90	1:14.49	2:01.26	2:38.62	
5	McDonald, Megan	33	FAFF	2:58.02	6
	38.21	1:25.79	2:18.23	2:58.02	
6	Wallace, Devon	32	VMST	3:04.98	5
	40.21	1:31.95	2:23.07	3:04.98	
8	Shepard, Megan	32	VMST	4:02.54	3
	53.89	2:00.60	3:10.20	4:02.54	

Women 30-34 400 LC Meter IM

	WORLD:	**4:56.08**	**W**	**11/8/2009**	**Hitomi MATSUDA**
	NATL:	**4:47.06**	**N**	**6/29/2008**	**ERIKA ERNDL**
	VA:	**5:46.57**	**V**	**8/17/2000**	**Deborah Reed**
2	Letendre, Denise	34	VMST	5:37.33V	9
	34.77	1:15.37	1:59.78	2:43.30	
	3:31.21	4:19.44	4:57.77	5:37.33	
3	McDonald, Megan	33	FAFF	6:15.47	8
	40.76	1:28.79	2:18.75	3:08.11	
	3:59.78	4:52.00	5:34.57	6:15.47	

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**
6	Clair, Sarah	38	RRY	31.15	5
11	Wray, Sydney	35	1693	35.01	
13	Hall, Claire	36	FAFF	35.98	

Women 35-39 100 LC Meter Freestyle

	WORLD:	**58.09**	**W**	**7/9/2016**	**Erika ERNDL**
	NATL:	**55.17**	**N**	**6/25/2013**	**ERIKA ERNDL**
	VA:	**1:01.75**	**V**	**10/1/2000**	**Beth Baker**
7	Clair, Sarah	38	RRY	1:09.28	4
	32.18	1:09.28			
8	Hasbrouck, Lauren	36	CGMS	1:10.23	3
	33.15	1:10.23			
9	Vaughan, Mason	38	VMST	1:10.52	2
	33.80	1:10.52			

Women 35-39 200 LC Meter Freestyle

	WORLD:	**2:05.97**	**W**	**7/9/2016**	**Erika ERNDL**
	NATL:	**2:00.04**	**N**	**6/26/2013**	**ERIKA ERNDL**
	VA:	**2:15.00**	**V**	**8/14/1997**	**Kelly Parker**
4	Greene, Shannon	37	1693	2:26.62	7
	33.91	1:11.02	1:49.28	2:26.62	
6	Clair, Sarah	38	RRY	2:34.07	5
	34.16	1:13.39	1:52.95	2:34.07	
7	Hasbrouck, Lauren	36	CGMS	2:35.40	4
	36.58	1:16.42	1:56.56	2:35.40	

Women 35-39 400 LC Meter Freestyle

	WORLD:	**4:26.17**	**W**	**8/10/1997**	**K.PIPES-NEILSEN**
	NATL:	**4:16.19**	**N**	**6/1/2012**	**DAWN HECKMAN**
	VA:	**4:43.62**	**V**	**8/14/1997**	**Kelly Parker**
2	Greene, Shannon	37	1693	5:08.58	9
	34.77	1:12.69	1:51.13	2:30.26	
	3:09.56	3:49.31	4:29.22	5:08.58	

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Women 35-39 800 LC Meter Freestyle

WORLD: 9:08.47 W 11/18/2012 Kirsten CAMERON
NATL: 8:47.28 N 6/3/2012 DAWN HECKMAN
VA: 9:49.08 V 8/14/1997 Kelly Parker

2	Greene, Shannon		37	1693	10:38.58	9
	35.18	1:13.58	1:53.14	2:33.05		
	3:13.29	3:53.70	4:34.46	5:15.09		
	5:56.08	6:36.46	7:16.82	7:57.14		
	8:37.78	9:18.25	9:58.59	10:38.58		
7	Wray, Sydney		35	1693	17:14.67	4
		1:40.68	2:39.74	3:43.61		
	4:47.70	5:55.01	7:01.36	8:10.40		
	9:18.50	10:28.84	11:36.41	12:47.02		
	13:54.62	15:03.19	16:09.95	17:14.67		

Women 35-39 1500 LC Meter Freestyle

WORLD:17:17.22 W 8/6/2015 Heidi GEORGE
NATL:17:17.22 N 8/6/2015 HEIDI GEORGE
VA:18:37.69 V 8/14/1997 Kelly Parker

2	Wegman, Roxanne		35	ETM	24:38.90	9
	42.55	1:30.20	2:21.11	3:11.64		
	4:01.28	4:51.03	5:40.28	6:30.44		
	7:20.32	8:10.64	9:00.12	9:49.77		
	10:39.87	11:29.74	12:19.98	13:10.46		
	14:00.81	14:51.15	15:41.33	16:31.58		
	17:21.87	18:11.89	19:01.81	19:51.51		
	20:40.83	21:28.81	22:17.37	23:06.25		
	23:53.37	24:38.90				

Women 35-39 50 LC Meter Backstroke

WORLD: 28.63 W 8/18/2016 Noriko INADA
NATL: 28.63 N 8/18/2016 NORIKO INADA
VA: 32.72 V 8/19/1999 Beth Baker

3	Joiner, Elizabeth		37	1693	34.98	8

Women 35-39 100 LC Meter Backstroke

WORLD: 1:01.75 W 8/19/2017 Noriko INADA
NATL: 1:01.75 N 8/19/2017 NORIKO INADA
VA: 1:10.46 V 10/1/2000 Beth Baker

3	Joiner, Elizabeth		37	1693	1:18.19	8
	37.49	1:18.19				

Women 35-39 200 LC Meter Backstroke

WORLD: 2:18.20 W 8/10/1997 K.PIPES-NEILSEN
NATL: 2:18.20 N 8/10/1997 K PIPES-NEILSEN
VA: 2:39.98 V 7/30/2000 Beth Baker

3	Joiner, Elizabeth		37	1693	2:49.08	8
	39.01	1:21.83	2:06.10	2:49.08		

Women 35-39 50 LC Meter Breaststroke

WORLD: 31.88 W 4/2/2022 Danielle HERRMANN
NATL: 31.06 N 4/28/2022 DANIELLE HERRMANN
VA: 36.60 V 8/20/1998 Patricia Powis

4	Vaughan, Mason		38	VMST	42.53	7
6	Pierce, Jennifer		39	FAFC	43.23	5

Women 35-39 100 LC Meter Breaststroke

WORLD: 1:12.34 W 8/8/2013 Katie GLENN
NATL: 1:10.10 N 4/29/2022 DANIELLE HERRMANN
VA: 1:22.46 V 7/1/1995 Lisa Bennett

8	Hasbrouck, Lauren		36	CGMS	1:33.44	3
	43.57	1:33.44				
11	Pierce, Jennifer		39	FAFC	1:39.62	
	45.77	1:39.62				

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

3	Greene, Shannon		37	1693	32.65	8
6	Vaughan, Mason		38	VMST	36.96	5
7	Pierce, Jennifer		39	FAFC	37.56	4
10	Wray, Sydney		35	1693	42.36	1

Women 35-39 200 LC Meter IM

WORLD: 2:21.47 W 1/14/2012 Hitomi MATSUDA
NATL: 2:22.42 N 7/19/1997 K PIPES-NEILSEN
VA: 2:33.92 V 8/19/1999 Beth Baker

4	Greene, Shannon		37	1693	2:50.01	7
	34.17	1:20.44	2:10.93	2:50.01		
7	Hasbrouck, Lauren		36	CGMS	3:03.55	4
	39.32	1:29.82	2:22.25	3:03.55		
8	Vaughan, Mason		38	VMST	3:06.30	3
	37.78	1:26.12	2:21.09	3:06.30		
11	Hall, Claire		36	FAFF	3:26.47	
	42.68	1:35.00	2:35.79	3:26.47		

Women 35-39 400 LC Meter IM

WORLD: 4:59.59 W 6/16/2012 Hitomi MATSUDA
NATL: 5:02.67 N 8/15/1998 K PIPES-NEILSEN
VA: 5:34.76 V 7/30/2000 Beth Baker

3	Greene, Shannon		37	1693	6:01.02	8
	35.97	1:18.18	2:06.58	2:54.08		
	3:46.52	4:41.14	5:21.19	6:01.02		

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

4	Hurtubise, Courtney		42	1693	29.00	7
7	Gass, Krista		43	1693	29.51	4
11	Strobl, Lori		42	VMST	29.97	
16	Burgess, Erica		41	VMST	31.87	
21	Kurtz, Autumn		40	ETM	36.28	
22	Coons, Dana		42	BAM1	41.61	

Women 40-44 100 LC Meter Freestyle

WORLD: 58.04 W 6/8/2013 Erika BRAUN
NATL: 53.78 N 7/4/2008 DARA TORRES
VA: 1:01.48 V 7/29/2001 Beth Baker

7	Gass, Krista		43	1693	1:08.66	4
	32.09	1:08.66				

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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

9	Coggshall, Kathleen	40	ETM	2:38.38	2
	35.89	1:16.39	1:57.49	2:38.38	

Women 40-44 400 LC Meter Freestyle

WORLD: 4:22.87 W 8/13/2011 Janet EVANS
NATL: 4:22.87 N 8/13/2011 JANET EVANS
VA: 4:48.37 V 8/15/2002 Kelly Parker

10	Andres, Tess	41	VMST	5:43.63	1
	38.08	1:20.95	2:05.49	2:50.52	
	3:35.31	4:19.51	5:02.73	5:43.63	
15	Latimer, Rebecca	40	ETM	6:03.76	
	37.83	1:21.28	2:07.17	2:53.87	
	3:41.37	4:28.99	5:17.03	6:03.76	

Women 40-44 800 LC Meter Freestyle

WORLD: 8:59.06 W 6/11/2011 Janet EVANS
NATL: 8:59.06 N 6/11/2011 JANET EVANS
VA:10:00.58 V 8/29/2004 Kelly Parker

4	Sovik-Johnston, Amanda	42	ETM	11:18.05	7
	37.67	1:23.84	2:06.64	2:49.22	
	3:32.16	4:14.33	4:56.31	5:39.03	
	6:21.70	7:04.87	7:48.09	8:30.67	
	9:13.49	9:55.70	10:38.05	11:18.05	
5	Coggshall, Kathleen	40	ETM	11:24.08	6
	36.90	1:17.96	2:00.02	2:42.84	
	3:25.14	4:08.72	4:51.82	5:35.27	
	6:18.88	7:02.92	7:47.21	8:31.04	
	9:14.66	9:58.55	10:41.65	11:24.08	
6	Andres, Tess	41	VMST	11:46.60	5
	39.13	1:23.21	2:07.54	2:51.99	
	3:37.01	4:22.48	5:07.37	5:51.82	
	6:36.41	7:21.05	8:05.79	8:50.50	
	9:34.84	10:19.29	11:00.36	11:46.60	

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

7	Strobl, Lori	42	VMST	36.86	4
8	McGrorey, Kathryn	41	UC12	39.58	3
10	Kurtz, Autumn	40	ETM	40.83	1
11	Coons, Dana	42	BAM1	51.25	

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

5	Sovik-Johnston, Amanda	42	ETM	1:19.41	6
	39.99	1:19.41			
8	Thomas, Ruth Anne	42	1693	1:23.76	3
	39.83	1:23.76			
9	McGrorey, Kathryn	41	UC12	1:27.95	2
	41.72	1:27.95			

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

7	Andres, Tess	41	VMST	3:20.30	4
	48.64	1:39.98	2:31.97	3:20.30	

Women 40-44 50 LC Meter Breaststroke

WORLD: 32.47 W 8/19/2016 Katie GLENN
NATL: 32.47 N 8/19/2016 KATIE GLENN
VA: 36.24 V 7/9/2017 Kristen Harris

1	Hurtubise, Courtney	42	1693	37.44	11
2	Burgess, Erica	41	VMST	38.87	9
3	Strobl, Lori	42	VMST	40.63	8
4	Gass, Krista	43	1693	40.67	7

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

3	Gass, Krista	43	1693	1:27.70	8
	41.17	1:27.70			
5	Burgess, Erica	41	VMST	1:32.49	6
	44.93	1:32.49			
6	Latimer, Rebecca	40	ETM	1:45.39	5
	50.61	1:45.39			
7	Coons, Dana	42	BAM1	2:00.49	4
	56.79	2:00.49			

Women 40-44 200 LC Meter Breaststroke

WORLD: 2:38.44 W 8/9/2006 S.VON DER LIPPE
NATL: 2:38.44 N 8/9/2006 S VON DER LIPPE
VA: 3:03.20 V 8/12/2004 Patricia Powis

3	Burgess, Erica	41	VMST	3:32.82	8
	49.29	1:46.39	2:42.52	3:32.82	

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

8	Strobl, Lori	42	VMST	31.69	3
9	Gass, Krista	43	1693	31.77	2
16	Thomas, Ruth Anne	42	1693	33.48	
18	Coggshall, Kathleen	40	ETM	35.15	
19	Burgess, Erica	41	VMST	35.86	

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

2	Sovik-Johnston, Amanda	42	ETM	2:50.79	9
	39.82	1:23.96	2:08.69	2:50.79	

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

10	Latimer, Rebecca	40	ETM	3:20.55	1
	40.03	1:35.73	2:36.07	3:20.55	

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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**
3	Harris, Kristen	46	1693	30.81	8
4	Choe, Michele	45	1693	30.93	7
8	Ciolfi, Angela	45	ETM	33.01	3
10	Davidson, Julia	46	1693	33.36	1
11	Sleman, Suzy	48	1693	34.25	

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**
4	Choe, Michele	45	1693	1:11.59	7
	32.57	1:11.59			
5	Davidson, Julia	46	1693	1:18.27	6
	35.01	1:18.27			

Women 45-49 200 LC Meter Freestyle

	WORLD:	**2:10.09**	**W**	**6/13/2009**	**K.PIPES-NEILSEN**
	NATL:	**2:10.09**	**N**	**6/13/2009**	**K PIPES-NEILSEN**
	VA:	**2:25.12**	**V**	**8/9/2010**	**Kelly Parker Palace**
5	Swain, Jayme	47	VMST	2:51.17	6
	39.90	1:24.03	2:09.72	2:51.17	
6	Algera, Bonnie	46	FAFC	2:53.83	5
	39.78	1:23.31	2:08.66	2:53.83	

Women 45-49 50 LC Meter Backstroke

	WORLD:	**31.02**	**W**	**8/18/2016**	**Cindy MABEE**
	NATL:	**31.71**	**N**	**7/7/2012**	**JENKINS\REYNOLDS**
	VA:	**34.03**	**V**	**6/30/2012**	**Annette Patterson**
5	Sleman, Suzy	48	1693	37.77	6
6	Choe, Michele	45	1693	37.96	5

Women 45-49 100 LC Meter Backstroke

	WORLD:	**1:07.04**	**W**	**6/14/2019**	**Joanna CORBEN**
	NATL:	**1:08.11**	**N**	**5/24/2009**	**K PIPES-NEILSEN**
	VA:	**1:14.21**	**V**	**6/30/2012**	**Annette Patterson**
4	Choe, Michele	45	1693	1:25.82	7
	38.80	1:25.82			

Women 45-49 50 LC Meter Breaststroke

	WORLD:	**33.56**	**W**	**8/20/2017**	**Linley FRAME**
	NATL:	**33.66**	**N**	**7/17/2010**	**S VON DER LIPPE**
	VA:	**38.55**	**V**	**8/4/2006**	**Patricia Miller**
2	Harris, Kristen	46	1693	36.90V	9
4	Swain, Jayme	47	VMST	43.21	7
5	Ciolfi, Angela	45	ETM	43.62	6
6	Davidson, Julia	46	1693	44.00	5

Women 45-49 100 LC Meter Breaststroke

	WORLD:	**1:13.49**	**W**	**9/17/2009**	**Marzena KULIS**
	NATL:	**1:14.41**	**N**	**7/17/2010**	**S VON DER LIPPE**
	VA:	**1:24.52**	**V**	**8/4/2006**	**Patricia Miller**
4	Swain, Jayme	47	VMST	1:34.75	7
	44.23	1:34.75			
7	Algera, Bonnie	46	FAFC	1:47.26	4
	49.59	1:47.26			

Women 45-49 200 LC Meter Breaststroke

	WORLD:	**2:43.73**	**W**	**3/15/2013**	**H.MORRIS-EYTON**
	NATL:	**2:45.20**	**N**	**8/5/2007**	**CAROLINE KRATTLI**
	VA:	**3:07.33**	**V**	**8/4/2006**	**Patricia Miller**
1	Harris, Kristen	46	1693	2:59.81V	11
	41.34	1:27.37	2:13.56	2:59.81	

Women 45-49 50 LC Meter Butterfly

	WORLD:	**28.40**	**W**	**8/5/2017**	**Erika BRAUN**
	NATL:	**28.40**	**N**	**8/5/2017**	**ERIKA BRAUN**
	VA:	**33.39**	**V**	**8/9/2014**	**Cheryl Conlin**
5	Choe, Michele	45	1693	34.05	6

Women 45-49 100 LC Meter Butterfly

	WORLD:	**1:04.96**	**W**	**8/6/2014**	**Wenke SEIDER**
	NATL:	**1:04.96**	**N**	**8/6/2014**	**WENKE SEIDER**
	VA:	**1:14.50**	**V**	**10/1/1999**	**Susan Skiff**
2	Choe, Michele	45	1693	1:22.02	9
	36.26	1:22.02			
3	Ciolfi, Angela	45	ETM	1:25.93	8
	38.13	1:25.93			

Women 45-49 200 LC Meter IM

	WORLD:	**2:27.57**	**W**	**8/16/2008**	**K.PIPES-NEILSEN**
	NATL:	**2:27.57**	**N**	**8/16/2008**	**K PIPES-NEILSEN**
	VA:	**2:51.54**	**V**	**8/13/2003**	**Lisa Bennett**
6	Ciolfi, Angela	45	ETM	3:11.39	5
	38.08	1:31.15	2:28.46	3:11.39	
7	Algera, Bonnie	46	FAFC	3:25.72	4
	45.31	1:46.04	2:43.13	3:25.72	

Women 50-54 50 LC Meter Freestyle

	WORLD:	**27.09**	**W**	**6/28/2015**	**M.Therese FUZZATI**
	NATL:	**27.50**	**N**	**6/11/2022**	**ERIKA BRAUN**
	VA:	**29.16**	**V**	**6/26/2022**	**Margaret Conze**
2	Conze, Margaret	51	1693	28.76V	9
13	Dalton, Wendy	51	ETM	34.43	
14	Boggess, Wendi	50	BAM1	35.73	
16	Glover, Esther	52	VMST	40.96	
17	Maly, Cleary	52	VMST	42.81	
18	Prescott, Patricia	53	UC12	46.84	
19	Souders, Suzanne	51	VMST	47.10	

Women 50-54 100 LC Meter Freestyle

	WORLD:	**1:00.42**	**W**	**6/27/2015**	**M.Therese FUZZATI**
	NATL:	**1:00.84**	**N**	**6/11/2022**	**ERIKA BRAUN**
	VA:	**1:05.62**	**V**	**6/26/2022**	**Margaret Conze**
2	Conze, Margaret	51	1693	1:03.55V	9
	30.48	1:03.55			
13	Glover, Esther	52	VMST	1:33.90	
	44.18	1:33.90			

Women 50-54 200 LC Meter Freestyle

	WORLD:	**2:13.18**	**W**	**8/8/2013**	**Jill HERNANDEZ**
	NATL:	**2:13.18**	**N**	**8/8/2013**	**JILL HERNANDEZ**
	VA:	**2:20.53**	**V**	**6/10/2011**	**Kelly Parker Palace**
2	Conze, Margaret	51	1693	2:23.79	9
	33.35	1:10.80	1:47.88	2:23.79	

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12	Bond, Lisa	53	ETM	2:48.22	
	38.87	1:20.73	2:03.62	2:48.22	
14	Torian, Penny	52	1693	3:05.40	
	40.87	1:27.27	2:17.31	3:05.40	
15	Boggess, Wendi	50	BAM1	3:09.27	
	39.64	1:27.33	2:20.05	3:09.27	
18	Glover, Esther	52	VMST	3:23.55	
	46.15	1:38.88	2:33.36	3:23.55	
20	Purcell, Leigh	52	VMST	3:32.20	
	45.98	1:38.81	2:35.85	3:32.20	
21	Morville, Susan	53	ETM	3:55.72	
	51.47	1:50.92	2:53.85	3:55.72	
22	Souders, Suzanne	51	VMST	4:03.22	
	52.04	1:53.15	2:56.19	4:03.22	

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**
9	Bond, Lisa	53	ETM	5:49.92	2
	37.99	1:19.80	2:03.68	2:48.26	
	3:33.18	4:18.78	5:04.62	5:49.92	
13	Torian, Penny	52	1693	6:25.19	
	42.95	1:30.39	2:19.37	3:08.97	
		4:48.74	5:38.05	6:25.19	

Women 50-54 1500 LC Meter Freestyle

	WORLD:	**18:29.28**	**W**	**3/13/2011**	**Lynn MARSHALL**
	NATL:	**18:32.76**	**N**	**8/14/2008**	**S HEIM-BOWEN**
	VA:	**19:22.55**	**V**	**7/21/2011**	**Kelly Parker Palace**
2	Bond, Lisa	53	ETM	22:09.39	9
	39.48	1:22.07	2:05.93	2:49.97	
	3:34.16	4:18.08	5:02.15	5:46.40	
	6:30.32	7:14.45	7:58.57	8:43.13	
	9:27.43	10:12.08	10:56.63	11:41.10	
	12:25.17	13:09.75	13:54.52	14:39.57	
	15:24.76	16:09.41	16:54.98	17:39.62	
	18:24.98	19:10.71	19:56.00	20:41.44	
	21:25.81	22:09.39			

Women 50-54 50 LC Meter Backstroke

	WORLD:	**31.59**	**W**	**7/6/2019**	**Cindy MABEE**
	NATL:	**32.41**	**N**	**6/22/2013**	**LESLIE LIVINGSTON**
	VA:	**36.39**	**V**	**8/15/2014**	**Val Van Horn Pate**
8	McMullen, Bridget	52	CGMS	39.27	3
10	Boggess, Wendi	50	BAM1	40.58	1
13	Maly, Cleary	52	VMST	52.17	

Women 50-54 100 LC Meter Backstroke

	WORLD:	**1:08.16**	**W**	**3/1/2020**	**Joanna CORBEN**
	NATL:	**1:09.28**	**N**	**8/8/2014**	**ELLEN REYNOLDS**
	VA:	**1:19.67**	**V**	**6/22/2013**	**Val Van Horn Pate**
5	Gregory, Barbie	54	VMST	1:27.86	6
	42.46	1:27.86			
8	Springer, Jane	52	UC12	1:32.09	3
	43.58	1:32.09			

Women 50-54 200 LC Meter Backstroke

	WORLD:	**2:26.64**	**W**	**8/4/2014**	**Ellen REYNOLDS**
	NATL:	**2:26.64**	**N**	**8/4/2014**	**ELLEN REYNOLDS**
	VA:	**2:53.21**	**V**	**8/16/2014**	**Val Van Horn Pate**
5	Gregory, Barbie	54	VMST	3:05.57	6
	44.64	1:30.74	2:18.46	3:05.57	
6	McMullen, Bridget	52	CGMS	3:08.26	5
	42.91	1:29.73	2:20.45	3:08.26	
10	Springer, Jane	52	UC12	3:29.63	1
	49.05	1:41.16	2:35.08	3:29.63	

Women 50-54 50 LC Meter Breaststroke

	WORLD:	**34.18**	**W**	**6/13/2012**	**Monica CORO**
	NATL:	**36.94**	**N**	**8/9/2019**	**LAUREL HILL**
	VA:	**39.85**	**V**	**8/26/2006**	**Lisa Bennett**
10	Maly, Cleary	52	VMST	59.59	1

Women 50-54 50 LC Meter Butterfly

	WORLD:	**29.82**	**W**	**7/24/2016**	**Susan WILLIAMS**
	NATL:	**29.53**	**N**	**6/11/2022**	**ERIKA BRAUN**
	VA:	**31.12**	**V**	**6/26/2022**	**Margaret Conze**
2	Conze, Margaret	51	1693	30.45V	9
7	Dalton, Wendy	51	ETM	37.17	4
8	Gregory, Barbie	54	VMST	37.42	3
11	Purcell, Leigh	52	VMST	51.84	

Women 50-54 100 LC Meter Butterfly

	WORLD:	**1:07.80**	**W**	**8/13/2011**	**Jill HERNANDEZ**
	NATL:	**1:07.80**	**N**	**8/13/2011**	**JILL HERNANDEZ**
	VA:	**1:18.03**	**V**	**8/16/2014**	**Val Van Horn Pate**
4	Gregory, Barbie	54	VMST	1:27.48	7
	41.15	1:27.48			
6	Dalton, Wendy	51	ETM	1:40.92	5
	44.02	1:40.92			

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**
7	McMullen, Bridget	52	CGMS	3:14.94	4
	46.45	1:33.65	2:30.40	3:14.94	
9	Springer, Jane	52	UC12	3:36.24	2
	46.11	1:39.88	2:46.01	3:36.24	

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:	**30.07**	**V**	**7/15/2022**	**Fall Willeboordse**
1	Willeboordse, Fall	56	1693	29.07V	11
2	Williams, Susan	56	1693	29.68V	9
12	Johnson, Jennifer	58	VMST	37.28	
14	Little, Martha	58	VMST	42.83	
15	Chadwick, Teresa	57	VMST	1:01.53	
---	Buscaglia, Caycee	57	VMST	DQ	

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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: 1:06.16 V 8/18/2016 Kelly Parker Palace

1	Willeboordse, Fall		56	1693	1:05.20V	11
	31.56	1:05.20				
4	Phillips, Alice		57	VMST	1:13.48	7
	35.62	1:13.48				
7	Cook, Amy		55	VMST	1:17.30	4
	37.34	1:17.30				
8	Lipstreuer, Marilyn		56	FAFC	1:17.55	3
	36.93	1:17.55				
10	Buscaglia, Caycee		57	VMST	1:21.45	1
	38.43	1:21.45				

Women 55-59 200 LC Meter Freestyle

WORLD: 2:16.28 W 8/11/2019 Ellen REYNOLDS
NATL: 2:16.28 N 8/11/2019 VAL\REYNOLDS
VA: 2:23.56 V 9/10/2016 Kelly Parker Palace

6	Phillips, Alice		57	VMST	2:43.56	5
	36.45	1:16.35	1:58.71	2:43.56		
7	Cook, Amy		55	VMST	2:50.75	4
	39.36	1:22.06	2:07.10	2:50.75		
8	Lipstreuer, Marilyn		56	FAFC	2:50.82	3
	38.37	1:20.57	2:04.63	2:50.82		

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

4	Hollings, Charlotte		58	VMST	5:24.68	7
	36.60	1:15.96	1:56.99	2:38.94		
	3:21.26	4:03.48	4:45.21	5:24.68		
8	Phillips, Alice		57	VMST	5:46.60	3
	37.53	1:20.07	2:03.59	2:48.70		
	3:33.89	4:19.38	5:03.24	5:46.60		
10	Lipstreuer, Marilyn		56	FAFC	5:55.53	1
	39.25	1:23.83	2:08.66	2:54.83		
	3:39.91	4:26.59	5:11.41	5:55.53		
13	Buscaglia, Caycee		57	VMST	6:23.44	
	40.23	1:25.37	2:16.67	3:06.41		
	3:55.57	4:45.44	5:35.54	6:23.44		

Women 55-59 800 LC Meter Freestyle

WORLD: 9:44.76 W 2/25/2017 Lynn MARSHALL
NATL: 9:46.56 N 7/25/2015 JILL HERNANDEZ
VA:10:18.29 V 8/18/2016 Kelly Parker Palace

2	Hollings, Charlotte		58	VMST	11:07.80	9
	37.55	1:18.49	2:00.74	2:42.90		
	3:25.53	4:08.13	4:50.74	5:32.88		
	6:15.95	6:58.22	7:40.76	8:22.71		
	9:04.90	9:46.80	10:28.26	11:07.80		
5	Cook, Amy		55	VMST	12:15.61	6
	41.46	1:27.42	2:14.57	3:02.35		
	3:49.27	4:36.06		6:09.70		
		7:42.39	8:29.13	9:15.17		
	10:01.16	10:46.63	12:15.61			

Women 55-59 1500 LC Meter Freestyle

WORLD:18:36.30 W 8/7/2019 Ellen REYNOLDS
NATL:18:36.30 N 8/7/2019 ELLEN REYNOLDS
VA:19:29.84 V 8/5/2016 Kelly Parker Palace

4	Lipstreuer, Marilyn		56	FAFC	23:27.60	7
	42.52	1:28.60	2:09.48	3:04.15		
	3:51.68	4:39.68	5:27.21	6:14.82		
	7:02.85	7:50.68	8:37.30	9:24.24		
	10:11.12	10:58.47	11:45.19	12:32.39		
	13:18.69	14:05.98	14:52.67	15:39.26		
	16:26.23	17:14.33	18:01.25	18:48.90		
	19:35.93	20:22.77	21:09.54	21:56.93		
	22:42.69	23:27.60				

Women 55-59 50 LC Meter Backstroke

WORLD: 31.99 W 8/2/2018 Holly GREEN BLAIR
NATL: 31.99 N 8/2/2018 HOLLY GREEN BLAIR
VA: 34.27 V 7/15/2022 Susan Williams

1	Williams, Susan		56	1693	34.40	11
3	Willeboordse, Fall		56	1693	34.69	8
11	Buscaglia, Caycee		57	VMST	38.94	
18	Little, Martha		58	VMST	52.24	
19	Chadwick, Teresa		57	VMST	1:16.74	

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: 1:25.65 V 6/13/2016 Kelly Parker Palace

2	Willeboordse, Fall		56	1693	1:15.56V	9
	36.08	1:15.56				
9	Buscaglia, Caycee		57	VMST	1:28.26	2
	42.60	1:28.26				
17	Little, Martha		58	VMST	1:57.25	
	53.24	1:57.25				

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

6	Buscaglia, Caycee		57	VMST	3:13.99	5
	44.41	1:34.01	2:25.08	3:13.99		

Women 55-59 50 LC Meter Breaststroke

WORLD: 35.94 W 5/20/2017 Monica CORO
NATL: 37.13 N 7/16/2017 CAROLINE KRATTLI
VA: 40.81 V 7/28/2018 Patricia Miller

2	Willeboordse, Fall		56	1693	40.43V	9

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: 1:31.62 V 8/5/2016 Kelly Parker Palace

2	Willeboordse, Fall		56	1693	1:26.21V	9
	40.53	1:26.21				
10	Lipstreuer, Marilyn		56	FAFC	1:47.00	1
	51.17	1:47.00				
11	Cook, Amy		55	VMST	1:49.30	
	52.00	1:49.30				

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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:	**32.76**	**V**	**6/26/2022**	**Susan Williams**

1	Williams, Susan	56	1693	31.57V	11
12	Hollings, Charlotte	58	VMST	39.72	

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**

13	Lipstreuer, Marilyn	56	FAFC	3:30.19	
	53.13	1:45.34	2:45.67	3:30.19	
14	Johnson, Jennifer	58	VMST	3:41.50	
	55.52	1:49.71	2:55.66	3:41.50	

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:	**32.28**	**V**	**8/21/2021**	**Kelly Parker Palace**

1	Restrepo, Marie	60	1693	31.81V	11
8	Jaeger, Debbie	60	VMST	36.01	3
9	Bauer, Carol	61	VMST	37.44	2
10	Dickens, Susan	61	FAFF	38.05	1
11	Bushmire, Lisa	61	VMST	39.06	

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**

10	Speer, Nancy	60	VMST	2:59.82	1
	39.72	1:24.99	2:12.47	2:59.82	
11	Hasselquist, Lauren	64	VMST	3:00.83	
	40.44	1:25.45	2:13.30	3:00.83	
12	Dickens, Susan	61	FAFF	3:03.92	
	41.72	1:27.20	2:15.66	3:03.92	

Women 60-64 400 LC Meter Freestyle

	WORLD:	**4:59.82**	**W**	**8/12/2012**	**Laura VAL**
	NATL:	**4:59.82**	**N**	**8/12/2012**	**LAURA VAL**
	VA:	**5:18.49**	**V**	**8/14/2021**	**Kelly Parker Palace**

9	Miller, Patricia	61	VMST	6:08.24	2
	42.19	1:28.91	2:15.59	3:02.75	
	3:49.87	4:36.41	5:23.17	6:08.24	
10	Speer, Nancy	60	VMST	6:10.30	1
	40.33	1:25.36	2:11.84	2:58.73	
	3:46.65	4:34.74	5:22.78	6:10.30	
12	Jaeger, Debbie	60	VMST	6:12.55	
	42.15	1:28.62	2:16.07	3:03.24	
	3:50.82	4:38.86	5:26.82	6:12.55	
13	Bauer, Carol	61	VMST	6:15.86	
	40.97	1:27.20	2:15.64	3:03.90	
	3:52.67	4:41.08	5:29.03	6:15.86	
14	Dickens, Susan	61	FAFF	6:25.75	
	42.89	1:31.36	2:19.98	3:08.57	
	3:57.41	4:46.53	5:36.63	6:25.75	
16	Howsmon, Angela	62	VMST	6:32.02	
	45.89	1:35.07	2:25.59	3:15.23	
	4:05.54	4:54.90	5:45.17	6:32.02	

Women 60-64 800 LC Meter Freestyle

	WORLD:	**10:27.71**	**W**	**7/8/2011**	**Laura VAL**
	NATL:	**10:18.82**	**N**	**6/18/2022**	**LYNN MARSHALL**
	VA:	**10:45.75**	**V**	**8/21/2021**	**Kelly Parker Palace**

6	Jaeger, Debbie	60	VMST	12:31.73	5
	42.02	1:28.48	2:15.72	3:03.73	
	3:51.30	4:38.97	5:26.25	6:13.41	
	7:01.22	7:48.93	8:36.55	9:24.18	
	10:11.86	10:59.43	12:31.73		
7	Bauer, Carol	61	VMST	12:33.06	4
	42.99	1:29.61	2:17.44	3:05.25	
	3:52.79	4:40.22	5:27.29	6:14.20	
	7:02.17	7:49.45	8:37.03	9:24.75	
	10:12.49	10:59.85	12:33.06		
9	Dickens, Susan	61	FAFF	13:05.40	2
	42.20	1:29.60	2:18.90	3:08.41	
	3:57.70	4:48.23	5:38.06	6:29.13	
	7:19.17	8:09.47	8:59.56	9:49.95	
	10:39.03	11:28.44	12:17.55	13:05.40	
10	Horne, Ellen	61	1693	13:33.10	1
	43.72	1:33.55	2:24.18	3:16.38	
	4:07.54	4:59.83	5:51.77	6:44.40	
	7:36.19	8:28.85	9:20.02	10:12.30	
	11:03.55	11:55.85	12:45.90	13:33.10	

Women 60-64 1500 LC Meter Freestyle

	WORLD:	**19:52.85**	**W**	**7/8/2011**	**Laura VAL**
	NATL:	**19:23.70**	**N**	**6/18/2022**	**LYNN MARSHALL**
	VA:	**20:44.81**	**V**	**8/14/2021**	**Kelly Parker Palace**

6	Speer, Nancy	60	VMST	23:44.45	5
		1:27.37		3:02.93	
		4:38.37		6:13.60	
		7:48.95	8:34.94	9:24.50	
	10:12.26	10:59.71		12:35.08	
	13:20.67	14:11.35		15:46.45	
		17:21.95	18:10.81	18:58.60	
	19:44.53	20:34.51	21:22.56	22:10.89	
	23:44.45				

Women 60-64 50 LC Meter Backstroke

	WORLD:	**33.86**	**W**	**8/9/2015**	**Laura VAL**
	NATL:	**33.82**	**N**	**5/12/2022**	**KARLYN PIPES**
	VA:	**38.02**	**V**	**6/18/2022**	**Val Van Horn Pate**

1	Van Horn Pate, Val	60	VMST	37.07V	11
3	Restrepo, Marie	60	1693	38.24	8
7	Hasselquist, Lauren	64	VMST	41.04	4
8	Jaeger, Debbie	60	VMST	44.13	3
9	Howsmon, Angela	62	VMST	45.40	2
10	Bushmire, Lisa	61	VMST	47.32	1

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Women 60-64 100 LC Meter Backstroke

WORLD: 1:14.50 W 7/15/2018 Bonnie BILICH
NATL: 1:14.50 N 7/15/2018 BONNIE BILICH
VA: 1:23.27 V 6/18/2022 Val Van Horn Pate

1	Van Horn Pate, Val	60	VMST	1:20.84V	11
	38.39 1:20.84				
7	Hasselquist, Lauren	64	VMST	1:30.30	4
	43.10 1:30.30				
10	Jaeger, Debbie	60	VMST	1:35.89	1
	47.53 1:35.89				
11	Howsmon, Angela	62	VMST	1:37.27	
	47.16 1:37.27				
12	Bushmire, Lisa	61	VMST	1:44.72	
	52.38 1:44.72				

Women 60-64 200 LC Meter Backstroke

WORLD: 2:41.57 W 8/8/2019 Bonnie BILICH
NATL: 2:41.38 N 5/13/2022 KARLYN PIPES
VA: 3:09.49 V 6/26/2021 Kelly Parker Palace

1	Van Horn Pate, Val	60	VMST	2:53.76V	11
	40.46 1:25.49 2:10.11 2:53.76				
9	Hasselquist, Lauren	64	VMST	3:11.99	2
	45.80 1:34.83 2:24.23 3:11.99				
15	Howsmon, Angela	62	VMST	3:30.94	
	50.14 1:42.53 2:36.88 3:30.94				

Women 60-64 50 LC Meter Breaststroke

WORLD: 37.43 W 2/6/2022 Monica CORO'
NATL: 39.02 N 8/19/2016 BETH ESTEL
VA: 43.93 V 8/21/2021 Kelly Parker Palace

2	Miller, Patricia	61	VMST	41.34V	9

Women 60-64 100 LC Meter Breaststroke

WORLD: 1:23.07 W 2/6/2022 Monica CORO'
NATL: 1:27.24 N 8/18/2016 BETH ESTEL
VA: 1:36.77 V 8/21/2021 Kelly Parker Palace

3	Miller, Patricia	61	VMST	1:34.51V	8
	45.43 1:34.51				

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: 34.73 V 6/18/2022 Val Van Horn Pate

1	Van Horn Pate, Val	60	VMST	32.65V	11

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: 1:21.59 V 6/18/2022 Val Van Horn Pate

1	Van Horn Pate, Val	60	VMST	1:14.80V	11
	35.82 1:14.80				

Women 60-64 200 LC Meter IM

WORLD: 2:44.62 W 3/20/2019 Jenny WHITELEY
NATL: 2:47.99 N 7/14/2013 LAURA VAL
VA: 3:00.17 V 9/11/2021 Kelly Parker Palace

1	Van Horn Pate, Val	60	VMST	2:55.32V	11
	36.32 1:20.06 2:15.60 2:55.32				
12	Miller, Patricia	61	VMST	3:20.50	
	47.95 1:43.47 2:34.64 3:20.50				

Women 65-69 50 LC Meter Freestyle

WORLD: 29.10 W 8/3/2019 Penny NOYES
NATL: 29.10 N 8/3/2019 PENNY NOYES
VA: 34.54 V 8/6/2009 Beth Schreiner

7	Hichak, Barbara	68	VMST	34.94	4
10	Clute, Meg	67	ETM	36.17	1
13	Barrett, Elizabeth	66	BAM1	42.72	
17	Faulkner, Michele	69	VMST	50.48	

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

6	Hichak, Barbara	68	VMST	1:19.91	5
	37.22 1:19.91				
9	Clute, Meg	67	ETM	1:24.61	2
	39.51 1:24.61				
11	Calobong-Pierce, Carol Ly	65	FAFC	1:30.86	
	43.23 1:30.86				
12	Faulkner, Michele	69	VMST	1:54.76	
	54.41 1:54.76				

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

12	Calobong-Pierce, Carol Ly	65	FAFC	6:55.17	
	44.75 1:35.49 2:29.23 3:24.57				
	4:19.15 5:13.04 6:06.24 6:55.17				
15	Braaten, Kitten	67	VMST	7:13.54	
	48.86 1:42.85 2:37.71 3:34.23				
	4:29.18 5:24.32 6:19.76 7:13.54				

Women 65-69 800 LC Meter Freestyle

WORLD:10:49.60 W 7/15/2017 Laura VAL
NATL:10:49.60 N 7/15/2017 LAURA VAL
VA:11:43.66 V 12/15/2018 Shirley Loftus-Charley

5	Calobong-Pierce, Carol Ly	65	FAFC	13:52.49	6
	45.86 1:36.56 2:30.49 3:24.00				
	4:18.00 5:12.15 6:05.39 6:58.36				
	7:51.37 8:43.88 9:36.74 10:28.66				
	11:21.69 12:14.77 13:06.79 13:52.49				
6	Braaten, Kitten	67	VMST	14:46.88	5
	1:43.28 2:38.35 3:34.10				
	4:29.17 5:25.97 6:21.45 7:18.42				
	8:13.93 9:11.03 10:07.16 11:03.62				
	12:00.22 12:56.83 13:52.46 14:46.88				

Women 65-69 50 LC Meter Backstroke

WORLD: 33.59 W 8/2/2018 Laura VAL
NATL: 33.59 N 8/2/2018 LAURA VAL
VA: 42.77 V 6/22/2013 Marcia Barry

5	Clute, Meg	67	ETM	46.02	6
8	Barrett, Elizabeth	66	BAM1	51.23	3
9	Faulkner, Michele	69	VMST	1:02.28	2

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Women 65-69 100 LC Meter Backstroke

WORLD: 1:14.49 W 7/31/2018 Laura VAL
NATL: 1:14.49 N 7/31/2018 LAURA VAL
VA: 1:34.07 V 6/22/2013 Marcia Barry

7	Clute, Meg	67	ETM	1:38.92	4
	47.31	1:38.92			

Women 65-69 200 LC Meter Backstroke

WORLD: 2:47.70 W 8/8/2019 Laura VAL
NATL: 2:47.70 N 8/8/2019 LAURA VAL
VA: 3:22.47 V 8/16/2014 Marcia Barry

6	Clute, Meg	67	ETM	3:35.43	5
	51.67	1:45.80	2:41.51	3:35.43	
7	Braaten, Kitten	67	VMST	4:11.84	4
	1:00.54	2:04.26	3:08.90	4:11.84	

Women 65-69 50 LC Meter Breaststroke

WORLD: 40.11 W 9/11/2021 Dagmar FRESE
NATL: 41.87 N 10/10/2021 BETH ESTEL
VA: 43.57 V 8/27/2005 Joann Leilich

4	Cobb, Dianne	67	VMST	56.17	7

Women 65-69 100 LC Meter Breaststroke

WORLD: 1:30.27 W 9/10/2021 Dagmar FRESE
NATL: 1:32.24 N 8/10/2019 LO KNAPP
VA: 1:36.94 V 8/12/2004 Joann Leilich

3	Calobong-Pierce, Carol Ly	65	FAFC	1:51.94	8
	53.38	1:51.94			
5	Cobb, Dianne	67	VMST	1:59.92	6
	57.45	1:59.92			
6	Barrett, Elizabeth	66	BAM1	2:01.96	5
	56.03	2:01.96			

Women 65-69 200 LC Meter Breaststroke

WORLD: 3:15.56 W 3/6/2022 Amanda HEATH
NATL: 3:19.08 N 7/21/2019 LO KNAPP
VA: 3:26.98 V 8/27/2005 Joann Leilich

4	Calobong-Pierce, Carol Ly	65	FAFC	3:59.76	7
	52.80	1:53.72	2:57.20	3:59.76	

Women 65-69 100 LC Meter Butterfly

WORLD: 1:13.70 W 8/18/2016 Laura VAL
NATL: 1:13.70 N 8/18/2016 LAURA VAL
VA: 1:34.98 V 6/17/2017 Shirley Loftus-Charley

5	Mazzini, Wendy	67	VMST	1:58.13	6
	54.92	1:58.13			

Women 65-69 200 LC Meter Butterfly

WORLD: 2:57.26 W 7/20/2019 Penny NOYES
NATL: 2:57.26 N 7/20/2019 PENNY NOYES
VA: 3:17.58 V 6/17/2017 Shirley Loftus-Charley

5	Mazzini, Wendy	67	VMST	4:19.59	6
	56.16	1:59.27	3:10.01	4:19.59	

Women 65-69 200 LC Meter IM

WORLD: 2:51.52 W 8/4/2019 Penny NOYES
NATL: 2:51.52 N 8/4/2019 PENNY NOYES
VA: 3:17.99 V 12/15/2018 Shirley Loftus-Charley

10	Calobong-Pierce, Carol Ly	65	FAFC	3:48.16	1
	50.22	1:51.04	2:54.57	3:48.16	

Women 70-74 50 LC Meter Freestyle

WORLD: 30.73 W 10/9/2021 Laura VAL
NATL: 30.73 N 10/9/2021 LAURA VAL
VA: 35.22 V 8/3/2011 Beth Schreiner

4	Lyttle, Ann	74	ETM	38.69	7
8	Broderson, Molly	70	VMST	43.76	3
9	Stinson, Christine	70	UC12	45.20	2

Women 70-74 100 LC Meter Freestyle

WORLD: 1:06.90 W 10/9/2021 Laura VAL
NATL: 1:06.90 N 10/9/2021 LAURA VAL
VA: 1:19.75 V 6/26/2022 Shirley Loftus-Charley

2	Lyttle, Ann	74	ETM	1:25.45	9
	39.97	1:25.45			
5	Broderson, Molly	70	VMST	1:41.56	6
	46.63	1:41.56			

Women 70-74 200 LC Meter Freestyle

WORLD: 2:33.79 W 7/31/2021 Laura VAL
NATL: 2:32.53 N 6/25/2022 LAURA VAL
VA: 2:56.48 V 10/7/2021 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	ETM	2:46.34V	11
	37.43	1:19.61	2:03.26	2:46.34	
5	Lyttle, Ann	74	ETM	3:10.50	6
	43.37	1:31.80	2:21.99	3:10.50	
11	Broderson, Molly	70	VMST	3:46.76	
	50.58	1:49.29	2:48.76	3:46.76	

Women 70-74 400 LC Meter Freestyle

WORLD: 5:25.00 W 7/31/2021 Laura VAL
NATL: 5:25.00 N 7/31/2021 LAURA VAL
VA: 5:58.97 V 10/7/2021 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	ETM	5:46.36V	11
	38.52	1:21.28	2:04.43	2:48.95	
	3:32.98	4:17.79	5:02.37	5:46.36	
5	Lyttle, Ann	74	ETM	6:50.93	6
	46.65	1:37.52	2:30.75	3:23.75	
	4:16.95	5:09.79	6:02.13	6:50.93	

Women 70-74 1500 LC Meter Freestyle

WORLD:22:18.76 W 10/7/2021 Charlotte DAVIS
NATL:22:18.76 N 10/7/2021 CHARLOTTE DAVIS
VA:22:38.34 V 10/7/2021 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	ETM	22:17.49W	11
	40.11	1:23.75	2:07.96	2:52.69	
	3:37.58	4:22.62	5:07.45	5:52.33	
	6:37.32	7:22.37	8:07.27	8:52.38	
	9:37.22	10:22.04	11:06.66	11:51.70	
	12:36.36	13:21.60	14:06.50	14:51.61	
	15:36.24	16:21.33	17:05.71	17:50.63	
		19:20.30	20:04.97	20:49.92	
	22:17.49				

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7	Luchsinger, Donna	71	VMST	33:03.00	4

59.86 2:02.52 3:10.31 4:20.90
8:08.56 9:15.24
10:20.16 11:25.93 12:31.18 13:36.08
14:41.68 15:47.16 16:52.77 17:57.33
19:02.61 20:08.38 21:13.82 22:18.75
23:24.68 24:30.17 25:34.97 26:40.05
27:44.57 28:49.09 29:54.07 30:58.16
32:02.54 33:03.00

Women 70-74 50 LC Meter Backstroke

WORLD: 34.65 W 10/10/2021 Laura VAL
NATL: 34.65 N 10/10/2021 LAURA VAL
VA: 45.14 V 8/7/2019 Marcia Barry

5	Thackston, Patricia	71	ETM	59.68	6

Women 70-74 100 LC Meter Backstroke

WORLD: 1:17.98 W 10/10/2021 Laura VAL
NATL: 1:17.98 N 10/10/2021 LAURA VAL
VA: 1:38.36 V 6/26/2022 Shirley Loftus-Charley

6	Thackston, Patricia	71	ETM	2:11.62	5

1:04.01 2:11.62

Women 70-74 200 LC Meter Backstroke

WORLD: 2:49.43 W 10/8/2021 Laura VAL
NATL: 2:49.43 N 10/8/2021 LAURA VAL
VA: 3:30.28 V 8/7/2019 Marcia Barry

5	Boslego, Barbara	71	VMST	3:50.25	6

55.95 1:54.59 2:54.34 3:50.25

Women 70-74 50 LC Meter Breaststroke

WORLD: 41.67 W 6/22/2014 Monika SENFTLEBEN
NATL: 43.19 N 8/3/2018 DANA BROWN
VA: 48.87 V 8/6/2015 Susan Bricken

3	Boslego, Barbara	71	VMST	49.83	8
7	Stinson, Christine	70	UC12	1:03.22	4

Women 70-74 100 LC Meter Breaststroke

WORLD: 1:35.93 W 10/2/2016 Nobuko YASUDA
NATL: 1:36.91 N 7/31/2021 CHARLOTTE DAVIS
VA: 1:54.03 V 6/26/2022 Shirley Loftus-Charley

5	Boslego, Barbara	71	VMST	1:59.10	6

58.21 1:59.10

Women 70-74 200 LC Meter Breaststroke

WORLD: 3:29.25 W 7/15/2017 Nobuko YASUDA
NATL: 3:29.91 N 10/9/2021 CHARLOTTE DAVIS
VA: 4:20.98 V 8/23/2008 Johnnie Detrick

5	Boslego, Barbara	71	VMST	4:26.52	6

59.89 2:09.24 3:19.82 4:26.52

Women 70-74 50 LC Meter Butterfly

WORLD: 35.02 W 8/5/2017 Diann UUSTAL
NATL: 35.02 N 8/5/2017 DIANN UUSTAL
VA: 45.50 V 10/7/2021 Shirley Loftus-Charley

6	Broderson, Molly	70	VMST	1:01.16	5

Women 70-74 200 LC Meter Butterfly

WORLD: 3:35.36 W 4/9/2016 Clary MUNNS
NATL: 3:37.41 N 7/24/2016 MARGOT PETTIJOHN
VA: 4:08.36 V 8/23/2008 Lucille Griffin

2	Loftus-Charley, Shirley	71	ETM	3:46.10V	9

45.56 1:38.70 2:39.32 3:46.10

Women 70-74 200 LC Meter IM

WORLD: 3:00.96 W 8/1/2021 Laura VAL
NATL: 3:00.96 N 8/1/2021 LAURA VAL
VA: 3:21.30 V 6/26/2022 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	ETM	3:19.48V	11

43.63 1:35.64 2:36.78 3:19.48

3	Boslego, Barbara	71	VMST	4:05.42	8

1:00.73 2:04.87 3:15.46 4:05.42

Women 70-74 400 LC Meter IM

WORLD: 6:54.30 W 1/23/2016 Brigitte MERTEN
NATL: 7:13.95 N 10/8/2021 S LOFTUS-CHARLEY
VA: 7:13.95 V 10/7/2021 Shirley Loftus-Charley

1	Loftus-Charley, Shirley	71	ETM	6:57.34N	11

44.83 1:37.77 2:32.10 3:24.44
4:26.84 5:29.55 6:14.91 6:57.34

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

5	Fishburne, Harriette	75	ETM	1:01.84	6
6	Campbell, Valerie	75	FAFC	1:10.43	5

Women 75-79 100 LC Meter Freestyle

WORLD: 1:17.38 W 10/9/2021 Diann UUSTAL
NATL: 1:17.38 N 10/9/2021 DIANN UUSTAL
VA: 1:31.94 V 8/2/2017 Beth Schreiner

3	Fishburne, Harriette	75	ETM	2:16.93	8

1:00.24 2:16.93

Women 75-79 50 LC Meter Backstroke

WORLD: 40.08 W 10/9/2021 Diann UUSTAL
NATL: 40.08 N 10/9/2021 DIANN UUSTAL
VA: 48.01 V 7/8/2016 Beth Schreiner

4	Burns, Suzi	75	ETM	1:04.48	7
5	Campbell, Valerie	75	FAFC	1:26.08	6

Women 75-79 100 LC Meter Backstroke

WORLD: 1:28.67 W 10/10/2021 Diann UUSTAL
NATL: 1:28.67 N 10/10/2021 DIANN UUSTAL
VA: 1:50.11 V 8/2/2017 Beth Schreiner

4	Burns, Suzi	75	ETM	2:13.78	7

1:05.90 2:13.78

5	Campbell, Valerie	75	FAFC	2:55.70	6

1:27.46 2:55.70

Women 75-79 200 LC Meter Backstroke

WORLD: 3:16.80 W 4/28/2019 Clary MUNNS
NATL: 3:18.25 N 6/5/2021 DIANN UUSTAL
VA: 3:56.43 V 7/8/2016 Beth Schreiner

4	Burns, Suzi	75	ETM	4:42.87	7

1:08.24 2:20.37 3:33.63 4:42.87

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Women 75-79 50 LC Meter Breaststroke

WORLD: 43.95 W 3/6/2010 Shoko YONEZAWA
NATL: 47.10 N 7/19/2014 JOANN LEILICH
VA: 55.21 V 6/9/2012 Johnnie Detrick

2	Burns, Suzi	75	ETM	1:01.05	9

Women 75-79 100 LC Meter Breaststroke

WORLD: 1:38.81 W 3/6/2010 Shoko YONEZAWA
NATL: 1:42.18 N 8/15/2014 JOANN LEILICH
VA: 2:03.34 V 7/25/2010 Johnnie Detrick

3	Burns, Suzi	75	ETM	2:15.50	8
	1:06.92 2:15.50				
5	Fishburne, Harriette	75	ETM	3:08.86	6
	1:25.84 3:08.86				

Women 75-79 200 LC Meter Breaststroke

WORLD: 3:40.84 W 7/19/2014 Joann LEILICH
NATL: 3:40.84 N 7/19/2014 JOANN LEILICH
VA: 4:29.13 V 8/7/2010 Johnnie Detrick

2	Burns, Suzi	75	ETM	4:46.66	9
	1:06.23 2:21.10 3:37.18 4:46.66				

Women 80-84 50 LC Meter Freestyle

WORLD: 36.61 W 7/15/2018 Yoshiko OSAKI
NATL: 38.64 N 3/7/2009 GAIL ROPER
VA: 39.51 V 7/8/2016 Johhnie Detrick

1	Schreiner, Beth	81	VMST	42.93	11
3	Blood, Lorene	80	VMST	1:14.78	8

Women 80-84 100 LC Meter Freestyle

WORLD: 1:23.16 W 7/14/2018 Yoshiko OSAKI
NATL: 1:27.55 N 3/7/2009 GAIL ROPER
VA: 1:37.04 V 7/25/2015 Johnnie Detrick

1	Schreiner, Beth	81	VMST	1:41.65	11
	49.10 1:41.65				

Women 80-84 200 LC Meter Freestyle

WORLD: 3:05.95 W 9/20/2019 Yoshiko OSAKI
NATL: 3:27.26 N 6/10/2007 JEAN TROY
VA: 3:50.71 V 7/14/2018 Johnnie Detrick

1	Schreiner, Beth	81	VMST	3:47.94V	11
	53.22 1:50.33 2:50.68 3:47.94				
2	Leilich, Joann	83	VMST	3:59.36	9
	55.63 1:59.28 3:00.59 3:59.36				

Women 80-84 400 LC Meter Freestyle

WORLD: 6:39.90 W 5/5/2012 Jane ASHER
NATL: 7:24.53 N 6/10/2007 JEAN TROY
VA: 8:22.36 V 7/9/2022 Joann Leilich

1	Leilich, Joann	83	VMST	8:13.26V	11
	1:02.55 2:05.18 3:07.26 4:09.60				
	5:10.36 6:13.97 7:16.13 8:13.26				

Women 80-84 50 LC Meter Backstroke

WORLD: 45.48 W 8/1/2021 Yoshiko OSAKI
NATL: 46.39 N 3/29/2002 BUNNY CEDERLUND
VA: 1:00.50 V 7/14/2018 Laura Walker

1	Schreiner, Beth	81	VMST	53.47V	11
3	Marens, Susan	80	VMST	1:08.19	8
4	Blood, Lorene	80	VMST	1:19.47	7
5	Martin, Judy	80	VMST	1:27.72	6

Women 80-84 100 LC Meter Backstroke

WORLD: 1:41.18 W 8/1/2021 Yoshiko OSAKI
NATL: 1:47.29 N 8/7/2009 BETTY LORENZI
VA: 2:10.00 V 6/17/2017 Laura Walker

1	Leilich, Joann	83	VMST	2:05.79V	11
	1:03.78 2:05.79				

Women 80-84 50 LC Meter Breaststroke

WORLD: 47.59 W 6/14/2015 Shoko YONEZAWA
NATL: 51.37 N 8/11/2018 ANNE WILLIAMS
VA: 52.92 V 7/9/2022 Joann Leilich

1	Leilich, Joann	83	VMST	51.73V	11
3	Blood, Lorene	80	VMST	2:03.34	8

Women 80-84 100 LC Meter Breaststroke

WORLD: 1:45.71 W 6/14/2015 Shoko YONEZAWA
NATL: 1:49.04 N 7/20/2019 JOANN LEILICH
VA: 2:00.48 V 7/10/2022 Joann Leilich

1	Leilich, Joann	83	VMST	1:57.19V	11
	56.68 1:57.19				
2	Marens, Susan	80	VMST	2:35.61	9
	1:14.35 2:35.61				

Women 80-84 200 LC Meter Breaststroke

WORLD: 3:59.55 W 7/21/2019 Joann LEILICH
NATL: 3:59.55 N 7/21/2019 JOANN LEILICH
VA: 4:23.38 V 7/9/2022 Joann Leilich

1	Leilich, Joann	83	VMST	4:18.06V	11
	1:01.04 2:07.16 3:14.17 4:18.06				
2	Marens, Susan	80	VMST	5:27.17	9
	1:17.47 2:41.64 4:06.07 5:27.17				
3	Hlavacek, Ida	80	VMST	6:52.67	8
	1:29.90 3:14.45 5:05.68 6:52.67				

Women 80-84 50 LC Meter Butterfly

WORLD: 46.21 W 6/17/2011 Jane ASHER
NATL: 47.37 N 3/7/2009 GAIL ROPER
VA: 1:06.24 V 7/8/2016 Johnnie Detrick

2	Hlavacek, Ida	80	VMST	1:05.37V	9

Women 80-84 100 LC Meter Butterfly

WORLD: 1:54.93 W 4/21/2012 Judie OLIVER
NATL: 2:06.55 N 5/21/2004 LOIS NOCHMAN
VA: 2:52.75 V 7/10/2022 Ida Hlavacek

1	Hlavacek, Ida	80	VMST	3:01.76	11
	1:18.59 3:01.76				

Women 80-84 200 LC Meter Butterfly

WORLD: 4:15.19 W 7/14/2012 Judie OLIVER
NATL: 4:34.86 N 5/22/2004 LOIS NOCHMAN
VA: 6:32.44 V 7/9/2022 Ida Hlavacek

1	Hlavacek, Ida	80	VMST	6:28.33V	11
	1:12.87 2:57.02 4:45.02 6:28.33				

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Women 80-84 200 LC Meter IM

WORLD: 3:53.63 W 8/17/2017 Katharina FLORA
NATL: 4:12.60 N 6/11/2022 JOY WARD
VA: 4:27.25 V 6/27/2015 Johnnie Detrick

1	Hlavacek, Ida	80	VMST	5:23.17	11
	1:13.17	2:31.71	4:13.55	5:23.17	

Women 80-84 400 LC Meter IM

WORLD: 8:21.88 W 1/30/2011 Jane ASHER
NATL: 9:32.43 N 6/10/2007 JEAN TROY
VA:11:47.83 V 7/10/2022 Ida Hlavacek

1	Hlavacek, Ida	80	VMST	11:46.91V	11
	1:18.24	3:00.20	4:24.41	5:55.30	
	7:36.07	9:24.49	10:35.95	11:46.91	

Women 85-89 50 LC Meter Freestyle

WORLD: 38.98 W 5/26/2016 Jane ASHER
NATL: 44.97 N 7/15/2012 JEAN TROY
VA: 59.90 V 1/1/2000 Marie Kelleher

1	Walker, Laura	85	VMST	51.20V	11

Women 85-89 50 LC Meter Backstroke

WORLD: 48.85 W 6/29/2019 Katharina FLORA
NATL: 51.81 N 7/7/2012 BETTY LORENZI
VA: 2:18.41 V 8/15/2002 Roberta Sugden

1	Walker, Laura	85	VMST	1:01.22V	11

Women 85-89 200 LC Meter Backstroke

WORLD: 3:43.27 W 8/13/2019 Katharina FLORA
NATL: 4:01.09 N 3/9/2013 BETTY LORENZI

1	Walker, Laura	85	VMST	4:50.95	11
	1:07.33	2:22.30	3:36.87	4:50.95	

Men 18-24 50 LC Meter Freestyle

NATL: 21.78 N 7/1/2012 JOSH SCHNEIDER
VA: 23.91 V 7/24/2017 Jonathan Nelson

1	Healey, Matthew	24	1693	23.68V	11
4	Rockwell, Lewis	19	1693	25.45	7
7	Neubauer, Benjamin	24	TIDE	26.63	4
9	Fasana, Joseph	21	FAFF	26.96	2

Men 18-24 100 LC Meter Freestyle

NATL: 48.45 N 6/16/2021 COLEMAN STEWART
VA: 53.14 V 7/24/2017 Jonathan Nelson

2	Healey, Matthew	24	1693	54.58	9
	24.86	54.58			
5	Rockwell, Lewis	19	1693	56.29	6
	27.15	56.29			
7	Major, Kyle	23	1693	59.14	4
	28.30	59.14			
8	Fasana, Joseph	21	FAFF	1:00.40	3
	27.97	1:00.40			
9	Tolar, Jack	21	1693	1:02.12	2
	28.60	1:02.12			

Men 18-24 200 LC Meter Freestyle

NATL: 1:52.74 N 8/16/1998 JOE TRISTAN
VA: 2:10.86 V 8/18/2007 Chad Buist

3	Major, Kyle	23	1693	2:12.77	8
	28.96	1:01.99	1:37.55	2:12.77	
4	Tolar, Jack	21	1693	2:13.85	7
	30.33	1:03.85	1:38.78	2:13.85	

Men 18-24 50 LC Meter Backstroke

NATL: 26.91 N 8/15/2005 DAVE ROLLINS
VA: 29.32 V 7/10/2015 Kevin Mastracci

1	Neubauer, Benjamin	24	TIDE	29.34	11
3	Rockwell, Lewis	19	1693	29.81	8
5	Fasana, Joseph	21	FAFF	32.83	6

Men 18-24 100 LC Meter Backstroke

NATL: 53.61 N 6/27/2012 EUGENE GODSOE
VA: 1:02.18 V 7/24/2017 Jonathan Nelson

1	Rockwell, Lewis	19	1693	1:03.44	11
	30.53	1:03.44			
2	Garcia, Luke	23	VMST	1:06.89	9
	31.46	1:06.89			
3	Fasana, Joseph	21	FAFF	1:13.03	8
	34.43	1:13.03			

Men 18-24 200 LC Meter Backstroke

NATL: 2:03.82 N 7/30/2018 TAKEHARU FUJIMORI
VA: 2:27.80 V 8/16/2014 William Ericson

1	Garcia, Luke	23	VMST	2:28.55	11
	34.17	1:12.42	1:50.44	2:28.55	
2	Fasana, Joseph	21	FAFF	2:41.02	9
	36.19	1:16.69	1:59.92	2:41.02	

Men 18-24 50 LC Meter Breaststroke

NATL: 28.87 N 8/15/2005 DAVE ROLLINS
VA: 31.29 V 8/17/2019 Jacob Blindenbach

3	Healey, Matthew	24	1693	31.80	8
4	Bracewell, Ryan	21	1693	31.81	7
5	Neubauer, Benjamin	24	TIDE	32.24	6

Men 18-24 100 LC Meter Breaststroke

NATL: 1:00.68 N 8/25/2016 JACOB MONTAGUE
VA: 1:08.37 V 8/17/2019 Jacob Blindenbach

6	Bracewell, Ryan	21	1693	1:19.07	5
	33.62	1:19.07			

Men 18-24 200 LC Meter Breaststroke

NATL: 2:11.10 N 6/29/2012 ELLIOT KEEFER
VA: 2:47.30 V 7/9/2017 Carter Head

6	Bracewell, Ryan	21	1693	3:11.14	5
	39.85	1:26.64	2:17.12	3:11.14	

Men 18-24 50 LC Meter Butterfly

NATL: 24.20 N 8/8/2014 THOMAS SHIELDS
VA: 26.21 V 6/17/2017 Adam Kalish

1	Healey, Matthew	24	1693	26.07V	11
3	Rockwell, Lewis	19	1693	27.78	8
4	Tolar, Jack	21	1693	28.01	7
5	Major, Kyle	23	1693	28.23	6

Men 18-24 100 LC Meter Butterfly

NATL: 51.29 N 8/8/2014 THOMAS SHIELDS
VA: 56.08 V 7/24/2017 Jonathan Nelson

3	Rockwell, Lewis	19	1693	1:01.22	8
	28.76	1:01.22			

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5	Major, Kyle	23	1693	1:03.10	6
	29.03	1:03.10			

Men 18-24 200 LC Meter Butterfly

NATL: 1:55.09 N 8/6/2014 THOMAS SHIELDS

VA: 2:09.39 V 10/1/1995 Ry Beville

4	Major, Kyle	23	1693	2:34.63	7
	31.15	1:07.87	1:48.94	2:34.63	
5	Tolar, Jack	21	1693	2:45.83	6
	29.79	1:05.12	1:53.12	2:45.83	

Men 18-24 200 LC Meter IM

NATL: 2:05.80 N 6/30/2016 JACOB MONTAGUE

VA: 2:20.55 V 8/1/1999 Brian Hicks

3	Major, Kyle	23	1693	2:29.20	8
	30.16	1:10.34	1:55.12	2:29.20	
4	Tolar, Jack	21	1693	2:29.29	7
	29.99	1:09.14	1:53.42	2:29.29	
7	Fasana, Joseph	21	FAFF	2:43.09	4
	31.97	1:13.33	2:04.14	2:43.09	

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 8/20/1998 Daniel Summerlin

1	Mastracci, Kevin	26	VMST	23.82	11
2	Pfannenstein, Jeffrey	25	VMST	24.14	9
3	Kettlewell-SItes, Sam	25	1693	24.29	8
4	Verheul, Dirk	29	TIDE	24.66	7
8	Kreider, Joshua	26	TIDE	25.48	3
9	Henderson, James	28	1693	25.67	2
14	Glass, Austin	28	1693	26.32	
18	Rinald, Kevin	26	UC12	27.62	

Men 25-29 100 LC Meter Freestyle

WORLD: 50.45 W 6/7/2013 Matthew MCGINNIS

NATL: 47.96 N 6/27/2017 NATHAN ADRIAN

VA: 52.97 V 7/14/2022 Kevin Mastracci

1	Bureau, Lucas	28	1693	51.34V	11
	24.92	51.34			
2	Pfannenstein, Jeffrey	25	VMST	53.60	9
	25.09	53.60			
3	Verheul, Dirk	29	TIDE	53.78	8
	25.98	53.78			
4	Kettlewell-SItes, Sam	25	1693	54.52	7
	26.23	54.52			
6	Perez, Ricky	26	TIDE	54.79	5
	26.93	54.79			
15	Rinald, Kevin	26	UC12	1:03.63	
	28.65	1:03.63			

Men 25-29 200 LC Meter Freestyle

WORLD: 1:50.76 W 8/16/2017 D.DURANGO

NATL: 1:50.69 N 6/26/2013 ALEX WOLD

VA: 1:59.12 V 8/15/2002 Frank Byskov

1	Bureau, Lucas	28	1693	1:54.83V	11
	26.35	55.73	1:25.49	1:54.83	
3	Verheul, Dirk	29	TIDE	2:00.20	8
	26.96	56.57	1:28.26	2:00.20	
10	Rinald, Kevin	26	UC12	2:32.55	1
	32.44	1:09.96	1:50.55	2:32.55	

Men 25-29 400 LC Meter Freestyle

WORLD: 4:00.98 W 8/18/2002 Honza VITAZKA

NATL: 3:55.01 N 6/28/2013 ALEX WOLD

VA: 4:14.84 V 8/15/2002 Frank Byskov

1	Crabb, James	29	VMST	4:17.36	11
	27.81	59.14	1:31.41	2:04.50	
	2:38.40	3:12.79	3:46.67	4:17.36	

Men 25-29 1500 LC Meter Freestyle

WORLD:16:13.78 W 4/12/2015 Rafael CABANILLAS

NATL:16:13.89 N 8/10/1997 ALEX KOSTICH

VA:17:37.50 V 8/13/2014 John Hogan

2	Crabb, James	29	VMST	17:41.27	9
	29.64	1:03.58	1:38.04	2:13.38	
		3:24.13	3:59.30	4:34.63	
		5:44.76	6:19.83	6:54.98	
	7:30.12	8:05.47	8:40.52	9:15.55	
	9:50.64	10:26.20	11:01.22	11:36.85	
	12:12.43	12:48.07	13:25.17	14:01.96	
	14:38.96	15:16.05	15:52.97	16:30.35	
	17:06.36	17:41.27			

Men 25-29 50 LC Meter Backstroke

WORLD: 25.44 W 4/3/2016 Anton BUTYMOV

NATL: 26.05 N 5/22/2011 ADAM MANIA

VA: 28.46 V 8/27/2005 Michael Vanderpool

1	Kettlewell-SItes, Sam	25	1693	27.87V	11
2	Mastracci, Kevin	26	VMST	27.99V	9
3	Henderson, James	28	1693	28.96	8
4	Glass, Austin	28	1693	29.18	7

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: 1:00.96 V 8/17/2000 Ryan Bradley

1	Perez, Ricky	26	TIDE	1:00.28V	11
	30.04	1:00.28			
2	Kettlewell-SItes, Sam	25	1693	1:00.55V	9
	28.29	1:00.55			
3	Henderson, James	28	1693	1:03.43	8
	30.09	1:03.43			

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: 2:21.50 V 8/17/2000 Ryan Bradley

1	Perez, Ricky	26	TIDE	2:13.12V	11
	31.11	1:05.06	1:40.20	2:13.12	
6	McQuiggan, Jacob	28	ETM	2:36.98	5
	35.43	1:14.99	1:56.19	2:36.98	

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Men 25-29 50 LC Meter Breaststroke

WORLD: 27.21 W 4/18/2021 Kirill STRELNIKOV
NATL: 27.96 N 8/4/2011 MARK GANGLOFF
VA: 32.78 V 10/1/1990 Ian Wrightson

1	Brower, Andrew	28	1693	29.05V	11
4	Kreider, Joshua	26	TIDE	31.38V	7
5	Dean, Deion	26	TIDE	31.86V	6
7	McQuiggan, Jacob	28	ETM	33.14	4
11	Head, Carter	29	1693	36.10	

Men 25-29 100 LC Meter Breaststroke

WORLD: 1:00.39 W 4/16/2021 Kirill STRELNIKOV
NATL: 1:00.68 N 6/28/2013 BJ JOHNSON
VA: 1:14.12 V 6/18/2022 Deion Dean

1	Brower, Andrew	28	1693	1:04.06V	11
	30.08 1:04.81				
2	Bureau, Lucas	28	1693	1:04.81V	9
	32.91 1:11.43				
4	Kreider, Joshua	26	TIDE	1:11.43V	7
	34.66 1:13.14				
8	McQuiggan, Jacob	28	ETM	1:13.14V	3
9	Dean, Deion	26	TIDE	1:14.18	2

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: 2:38.06 V 10/1/2003 Frank Byskov

1	Brower, Andrew	28	1693	2:24.02V	11
	33.14 1:09.90 1:46.61 2:24.02				
4	McQuiggan, Jacob	28	ETM	2:42.18	7
	37.74 1:19.18 2:01.26 2:42.18				

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: 26.09 V 6/18/2022 Kevin Mastracci

1	Bureau, Lucas	28	1693	25.25V	11
2	Mastracci, Kevin	26	VMST	25.56V	9
3	Pfannenstein, Jeffrey	25	VMST	25.98V	8
4	Crabb, James	29	VMST	26.11	7
5	Brower, Andrew	28	1693	26.12	6
7	Kreider, Joshua	26	TIDE	26.29	4
8	Glass, Austin	28	1693	27.28	3

Men 25-29 100 LC Meter Butterfly

WORLD: 53.09 W 8/15/2008 Kohei KAWAMOTO
NATL: 51.20 N 7/2/2016 THOMAS SHIELDS
VA: 55.67 V 7/19/2018 Jonathan Nelson

1	Bureau, Lucas	28	1693	55.19V	11
	25.63 55.19				
2	Crabb, James	29	VMST	57.50	9
	26.69 57.50				
3	Pfannenstein, Jeffrey	25	VMST	57.89	8
	26.97 57.89				
4	Perez, Ricky	26	TIDE	58.13	7
	27.16 58.13				
5	Kreider, Joshua	26	TIDE	58.26	6
	26.80 58.26				
6	Brower, Andrew	28	1693	59.10	5
	27.84 59.10				
8	Verheul, Dirk	29	TIDE	1:00.87	3
	27.93 1:00.87				

Men 25-29 200 LC Meter Butterfly

WORLD: 2:00.98 W 6/16/2019 Ko FUKAYA
NATL: 1:55.81 N 6/29/2016 THOMAS SHIELDS
VA: 2:12.72 V 8/15/2002 Frank Byskov

1	Crabb, James	29	VMST	2:08.14V	11
	27.80 59.68 1:33.80 2:08.14				

Men 25-29 200 LC Meter IM

WORLD: 2:03.62 W 4/28/2019 Dmitril GORBUNOV
NATL: 2:04.40 N 7/14/2013 ADAM RITTER
VA: 2:13.97 V 8/15/2002 Frank Byskov

1	Bureau, Lucas	28	1693	2:07.27V	11
	26.71 59.30 1:35.49 2:07.27				
2	Brower, Andrew	28	1693	2:13.75V	9
	27.74 1:05.06 1:41.91 2:13.75				
4	Perez, Ricky	26	TIDE	2:18.82	7
	28.17 1:02.20 1:45.07 2:18.82				
10	McQuiggan, Jacob	28	ETM	2:36.31	1
	31.54 1:10.99 1:56.87 2:36.31				

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: 4:55.48 V 10/1/2003 Frank Byskov

1	Crabb, James	29	VMST	4:54.91V	11
	28.46 1:01.19 1:40.13 2:19.35				
	3:02.42 3:46.64 4:21.41 4:54.91				
8	Head, Carter	29	1693	5:34.08	3
	32.56 1:10.80 1:55.85 2:40.92				
	3:28.34 4:15.25 4:54.61 5:34.08				
10	McQuiggan, Jacob	28	ETM	5:54.33	1
	35.50 1:18.44 2:04.51 2:51.51				
	3:38.66 4:27.38 5:11.06 5:54.33				

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: 24.93 V 1/1/1989 John Tudor

4	Glass, Sidney	31	1693	24.92V	7
5	Phillips, Bradley	30	VMST	24.98	6
6	Kibler, Jonathan	34	ETM	26.10	5
7	Ramsdell, Geoffrey	33	1693	27.02	4
8	Opp, Garrett	34	NERD	27.08	3
14	Elnaggar, Mahmoud	33	ETM	30.16	

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

2	Phillips, Bradley	30	VMST	54.33	9
	26.46 54.33				
5	Glass, Sidney	31	1693	55.84	6
	26.85 55.84				

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6	Berger, Christoph		32	1693	58.25	5
	27.84	58.25				
7	Kibler, Jonathan		34	ETM	59.61	4
	28.88	59.61				
9	Opp, Garrett		34	NERD	1:01.13	2
	28.25	1:01.13				
10	Ramsdell, Geoffrey		33	1693	1:01.86	1
	29.28	1:01.86				
12	Elnaggar, Mahmoud		33	ETM	1:13.29	
	36.12	1:13.29				

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	Phillips, Bradley		30	VMST	2:00.64	11
	27.73	58.29	1:29.12	2:00.64		
6	Taggart, Ross		32	1693	2:19.49	5
	31.29	1:07.33	1:43.65	2:19.49		
7	Kibler, Jonathan		34	ETM	2:23.86	4
	33.53	1:10.46	1:48.35	2:23.86		
8	Ramsdell, Geoffrey		33	1693	2:24.36	3
	31.53	1:07.32	1:46.08	2:24.36		

Men 30-34 400 LC Meter Freestyle

	WORLD:	**3:58.12**	**W**	**7/23/2016**	**Darian TOWNSEND**	
	NATL:	**3:58.12**	**N**	**7/23/2016**	**DARIAN TOWNSEND**	
	VA:	**4:19.88**	**V**	**8/16/2014**	**William Walters**	
5	Ross, Jimmy		33	FAFC	4:53.76	6
	32.91	1:08.81	1:45.23	2:22.58		
	3:00.30	3:38.95	4:17.05	4:53.76		
7	Taggart, Ross		32	1693	5:05.31	4
	32.91	1:10.51	1:50.00	2:29.43		
	3:09.66	3:49.90	4:28.44	5:05.31		
10	Malony, Shawn		33	FAFF	5:41.62	1
	37.79	1:19.21	2:02.73	2:47.16		
	3:32.46	4:16.49	5:00.44	5:41.62		

Men 30-34 800 LC Meter Freestyle

	WORLD:	**8:08.53**	**W**	**3/11/2012**	**Jan WOLFGARTEN**	
	NATL:	**8:28.76**	**N**	**8/7/2019**	**CHAD LA TOURETTE**	
	VA:	**9:10.94**	**V**	**8/3/2011**	**Billy Gaines**	
3	Taggart, Ross		32	1693	10:50.14	8
	34.89	1:13.76	1:54.10	2:34.93		
	3:16.50	3:57.45	4:38.61	5:19.82		
	6:01.15	6:42.83	7:25.31	8:06.69		
	8:48.18	9:29.78	10:10.61	10:50.14		

Men 30-34 50 LC Meter Backstroke

	WORLD:	**25.97**	**W**	**8/6/2016**	**Darian TOWNSEND**	
	NATL:	**24.67**	**N**	**6/29/2017**	**MATT GREVERS**	
	VA:	**28.28**	**V**	**8/4/2006**	**Troy Johnson**	
1	Glass, Sidney		31	1693	27.83V	11
5	Ramsdell, Geoffrey		33	1693	31.14	6
6	Opp, Garrett		34	NERD	31.16	5

Men 30-34 100 LC Meter Backstroke

	WORLD:	**55.93**	**W**	**7/13/2014**	**Darian TOWNSEND**	
	NATL:	**52.71**	**N**	**6/30/2017**	**MATT GREVERS**	
	VA:	**1:02.59**	**V**	**8/4/2006**	**Troy Johnson**	
3	Malony, Shawn		33	FAFF	1:19.59	8
	38.63	1:19.59				

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	Ross, Jimmy		33	FAFC	2:26.28	11
	35.08	1:12.27	1:50.12	2:26.28		

Men 30-34 50 LC Meter Breaststroke

	WORLD:	**27.95**	**W**	**9/1/2019**	**Ryo KOBAYASHI**	
	NATL:	**27.26**	**N**	**6/15/2019**	**BRANDON FISCHER**	
	VA:	**31.19**	**V**	**6/17/2017**	**Warren Cieslak**	
4	Glass, Sidney		31	1693	31.91	7
5	Kibler, Jonathan		34	ETM	33.33	6
6	Ramsdell, Geoffrey		33	1693	34.84	5

Men 30-34 100 LC Meter Breaststroke

	WORLD:	**1:01.25**	**W**	**8/31/2019**	**Ryo KOBAYASHI**	
	NATL:	**59.86**	**N**	**6/13/2019**	**BRANDON FISCHER**	
	VA:	**1:12.32**	**V**	**8/25/1988**	**Ken Neubauer**	
4	Kibler, Jonathan		34	ETM	1:15.38	7
	34.81	1:15.38				
7	Malony, Shawn		33	FAFF	1:28.69	4
	41.34	1:28.69				

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**	
5	Kibler, Jonathan		34	ETM	2:55.84	6
	40.31	1:25.71	2:12.11	2:55.84		

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**	
4	Opp, Garrett		34	NERD	27.24	7
9	Elnaggar, Mahmoud		33	ETM	37.04	2

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**	
6	Berger, Christoph		32	1693	1:08.82	5
	31.44	1:08.82				
7	Ramsdell, Geoffrey		33	1693	1:12.90	4
	32.88	1:12.90				

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**	
7	Ross, Jimmy		33	FAFC	2:41.91	4
	33.11	1:09.88	1:54.78	2:41.91		

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8	Taggart, Ross		32	1693	2:50.32	3
	34.65	1:14.91	2:00.12	2:50.32		

Men 30-34 200 LC Meter IM

	WORLD:	**2:02.18**	**W**	**5/22/2016**	**Darian TOWNSEND**	
	NATL:	**1:59.24**	**N**	**8/6/2017**	**RYAN LOCHTE**	
	VA:	**2:18.68**	**V**	**6/5/2013**	**Adam Barley**	
1	Phillips, Bradley		30	VMST	2:13.33V	11
	27.54	1:03.21	1:41.46	2:13.33		
5	Berger, Christoph		32	1693	2:27.25	6
	30.72	1:08.58	1:53.22	2:27.25		
10	Taggart, Ross		32	1693	2:39.94	1
	31.07	1:16.77	2:03.48	2:39.94		

Men 30-34 400 LC Meter IM

	WORLD:	**4:20.81**	**W**	**7/23/2016**	**Darian TOWNSEND**	
	NATL:	**4:20.81**	**N**	**7/23/2016**	**DARIAN TOWNSEND**	
	VA:	**4:51.24**	**V**	**8/15/2014**	**William Walters**	
1	Phillips, Bradley		30	VMST	4:41.72V	11
	29.22	1:03.94	1:41.07	2:19.29		
	2:57.04	3:36.40	4:09.90	4:41.72		
8	Taggart, Ross		32	1693	5:50.72	3
	32.37	1:11.49	2:00.42	2:48.29		
	3:37.40	4:28.89	5:11.33	5:50.72		

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:	**25.74**	**V**	**8/4/2006**	**Eric Cornell**	
4	Elsaesser, Evan		38	1693	25.67V	7
13	Hardy, Ryan		39	VMST	27.99	
14	Edelman, Andrew		37	VMST	28.07	
15	Schapiro, Adam		36	RRY	29.25	
17	Williamson, Austin		36	VMST	30.24	

Men 35-39 100 LC Meter Freestyle

	WORLD:	**50.78**	**W**	**9/27/2009**	**Hideaki HARA**	
	NATL:	**51.45**	**N**	**10/9/2021**	**ADAM RITTER**	
	VA:	**55.94**	**V**	**8/4/2006**	**Eric Cornell**	
9	Elsaesser, Evan		38	1693	1:00.09	2
	28.71	1:00.09				
11	Hardy, Ryan		39	VMST	1:03.11	
	30.48	1:03.11				
14	Edelman, Andrew		37	VMST	1:07.49	
	32.67	1:07.49				

Men 35-39 200 LC Meter Freestyle

	WORLD:	**1:52.84**	**W**	**8/6/2006**	**Vladmir PYSHNENKO**	
	NATL:	**1:49.23**	**N**	**6/14/2021**	**RYAN LOCHTE**	
	VA:	**2:05.62**	**V**	**8/4/2006**	**Eric Cornell**	
8	Morris, John		38	RRY	2:31.75	3
	35.45	1:14.57	1:54.12	2:31.75		

Men 35-39 800 LC Meter Freestyle

	WORLD:	**8:18.44**	**W**	**3/10/2012**	**Petar STOYCHEV**	
	NATL:	**8:38.73**	**N**	**11/12/1995**	**ROWDY GAINES**	
	VA:	**9:53.31**	**V**	**1/1/2000**	**John Geyer**	
1	Hogg, Michael		35	VMST	10:19.95	11
	32.23	1:09.44	1:47.35	2:25.70		
	3:03.26	3:42.60	4:21.57	5:01.86		
	5:41.32	6:22.87	7:03.39	7:44.31		
	8:24.18	9:04.25	9:43.21	10:19.95		
4	Morris, John		38	RRY	11:10.90	7
	36.57	1:16.64	1:58.03	2:40.55		
	3:23.72	4:07.24	4:50.48	5:33.98		
	6:17.65	7:01.24	7:44.34	8:27.31		
	9:10.51	9:52.24	10:32.80	11:10.90		

Men 35-39 50 LC Meter Backstroke

	WORLD:	**26.43**	**W**	**8/20/2017**	**Ryan PINI**	
	NATL:	**26.54**	**N**	**8/10/2019**	**JEFF NATALIZIO**	
	VA:	**30.45**	**V**	**8/17/2000**	**David Malsbury**	
2	Elsaesser, Evan		38	1693	29.67V	9

Men 35-39 50 LC Meter Breaststroke

	WORLD:	**28.47**	**W**	**10/24/2009**	**Vladislav BRAGIN**	
	NATL:	**28.53**	**N**	**5/25/2009**	**JEFF COMMINGS**	
	VA:	**32.47**	**V**	**8/28/1994**	**Michael Slowey**	
8	Edelman, Andrew		37	VMST	34.81	3
9	Hardy, Ryan		39	VMST	35.84	2
10	Schapiro, Adam		36	RRY	36.65	1
11	Williamson, Austin		36	VMST	37.66	

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**	
7	Schapiro, Adam		36	RRY	1:20.13	4
	37.73	1:20.13				

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**	
2	Schapiro, Adam		36	RRY	2:59.48	9
	41.09	1:27.47	2:13.12	2:59.48		
5	Williamson, Austin		36	VMST	3:34.11	6
	48.38	1:43.24	2:40.10	3:34.11		

Men 35-39 50 LC Meter Butterfly

	WORLD:	**24.14**	**W**	**8/15/2015**	**Kohei KAWAMOTO**	
	NATL:	**24.14**	**N**	**8/15/2015**	**KOHEI KAWAMOTO**	
	VA:	**27.21**	**V**	**6/26/2022**	**Evan Elsaesser**	
1	Elsaesser, Evan		38	1693	26.45V	11
7	Schapiro, Adam		36	RRY	30.43	4

Men 35-39 100 LC Meter Butterfly

	WORLD:	**53.65**	**W**	**8/2/2018**	**Kohei KAWAMOTO**	
	NATL:	**53.65**	**N**	**8/2/2018**	**KOHEI KAWAMOTO**	
	VA:	**1:00.42**	**V**	**4/1/2016**	**Adam Barley**	
1	Elsaesser, Evan		38	1693	1:02.58	11
	29.45	1:02.58				

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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**

6	Morris, John	38	RRY	2:57.60	5
	36.33	1:25.77	2:19.02	2:57.60	

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**

3	Morris, John	38	RRY	6:10.77	8
	36.27	1:18.83	2:11.82	3:00.96	
	3:56.26	4:50.01	5:32.74	6:10.77	

Men 40-44 50 LC Meter Freestyle

	WORLD:	**23.25**	**W**	**7/15/2018**	**Hideaki HARA**
	NATL:	**22.61**	**N**	**6/19/2021**	**ANTHONY ERVIN**
	VA:	**25.14**	**V**	**10/1/2000**	**John Tudor**

6	Lundberg, Erik	43	CGMS	26.96	5
8	Cupito, Christopher	40	TIDE	27.28	3
10	Nardelli, Louis	43	1693	27.64	1
11	Gass, Kraig	43	1693	28.32	
16	Mathews, Brendan	41	ETM	29.68	
17	Shaw, Chris	40	ETM	30.25	
19	Gustafson, Jeremy	41	VMST	31.10	

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**

6	Lundberg, Erik	43	CGMS	1:00.33	5
	28.56	1:00.33			
10	Cupito, Christopher	40	TIDE	1:02.21	1
	29.95	1:02.21			
12	Mathews, Brendan	41	ETM	1:10.34	
	32.84	1:10.34			
14	Shaw, Chris	40	ETM	1:13.61	
	34.33	1:13.61			

Men 40-44 200 LC Meter Freestyle

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

9	Cupito, Christopher	40	TIDE	2:29.13	2
	33.28	1:09.86	1:49.50	2:29.13	
12	Rodriguez, Jason	43	TIDE	2:45.18	
	37.06	1:19.20	2:03.47	2:45.18	
13	Shaw, Chris	40	ETM	2:46.28	
	37.93	1:19.27	2:02.48	2:46.28	

Men 40-44 400 LC Meter Freestyle

	WORLD:	**4:06.74**	**W**	**7/24/2009**	**Erik HOCHSTEIN**
	NATL:	**4:06.74**	**N**	**7/24/2009**	**ERIK HOCHSTEIN**
	VA:	**4:18.77**	**V**	**8/15/2008**	**Chris Stevenson**

10	Nardelli, Louis	43	1693	5:13.34	1
	32.18	1:08.51	1:46.72	2:26.65	
	3:06.70	3:49.42	4:31.76	5:13.34	

Men 40-44 800 LC Meter Freestyle

	WORLD:	**8:35.85**	**W**	**8/12/2019**	**Nicola NISATO**
	NATL:	**8:37.81**	**N**	**7/25/2010**	**ALEX KOSTICH**
	VA:	**9:48.57**	**V**	**8/3/2011**	**Dave Holland**

6	Nardelli, Louis	43	1693	11:14.42	5
	35.17	1:13.89	1:54.41	2:35.43	
	3:17.21	3:58.47	4:40.43	5:23.13	
	6:06.46	6:49.69	7:33.39	8:17.68	
	9:02.53	9:48.06	10:33.14	11:14.42	

Men 40-44 1500 LC Meter Freestyle

	WORLD:	**16:24.76**	**W**	**4/7/2018**	**Nicola NISATO**
	NATL:	**16:36.91**	**N**	**7/23/2010**	**ALEX KOSTICH**
	VA:	**18:46.35**	**V**	**8/15/2008**	**Dave Holland**

3	Rodriguez, Jason	43	TIDE	23:18.57	8
		1:26.13		2:59.11	
		4:31.33		6:04.89	
		7:38.16		9:12.11	
	9:58.75	10:46.19		12:18.77	
		13:53.14		15:27.73	
		17:03.27		18:39.35	
		20:13.16		21:48.00	
	23:18.57				

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**

3	Gass, Kraig	43	1693	33.83	8
4	Shaw, Chris	40	ETM	40.50	7

Men 40-44 100 LC Meter Backstroke

	WORLD:	**58.45**	**W**	**8/17/2019**	**Nicholas NECKLES**
	NATL:	**59.08**	**N**	**8/7/2009**	**MICHAEL ROSS**
	VA:	**1:00.56**	**V**	**8/15/2008**	**Chris Stevenson**

5	Lowry, Patrick	43	VMST	1:14.85	6
	35.56	1:14.85			
6	Cupito, Christopher	40	TIDE	1:17.81	5
	38.17	1:17.81			
8	Shaw, Chris	40	ETM	1:31.98	3
	43.37	1:31.98			

Men 40-44 200 LC Meter Backstroke

	WORLD:	**2:08.06**	**W**	**8/13/2019**	**Nicholas NECKLES**
	NATL:	**2:11.13**	**N**	**8/16/2014**	**FREDERIK HVIID**
	VA:	**2:13.48**	**V**	**8/15/2008**	**Chris Stevenson**

7	Gass, Kraig	43	1693	2:42.34	4
	37.00	1:18.48	2:00.11	2:42.34	
8	Lowry, Patrick	43	VMST	2:48.93	3
	37.56	1:18.69	2:02.32	2:48.93	
9	Shaw, Chris	40	ETM	3:29.85	2
	48.48	1:43.83	2:38.02	3:29.85	

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**

4	Cupito, Christopher	40	TIDE	35.95	7
5	Mathews, Brendan	41	ETM	36.67	6

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(Men 40-44 50 LC Meter Breaststroke)

10	Adamson, Christopher	40	TIDE	41.71	1

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**
6	Lundberg, Erik	43	CGMS	1:19.88	5
	37.27 1:19.88				
8	Cupito, Christopher	40	TIDE	1:24.35	3
	40.10 1:24.35				
11	Gustafson, Jeremy	41	VMST	1:31.64	
	42.62 1:31.64				
13	Adamson, Christopher	40	TIDE	1:37.18	
	44.32 1:37.18				

Men 40-44 200 LC Meter Breaststroke

	WORLD:	**2:18.57**	**W**	**7/11/2015**	**Steve WEST**
	NATL:	**2:18.57**	**N**	**7/11/2015**	**STEVE WEST**
	VA:	**2:46.80**	**V**	**8/17/2000**	**Michael Slowey**
12	Adamson, Christopher	40	TIDE	3:49.30	
	50.31 1:48.40 2:49.27 3:49.30				

Men 40-44 50 LC Meter Butterfly

	WORLD:	**25.06**	**W**	**7/20/2015**	**Eiji NOMURA**
	NATL:	**25.11**	**N**	**6/9/2018**	**JAMES ZENYUH**
	VA:	**27.35**	**V**	**8/17/2000**	**John Tudor**
8	Lowry, Patrick	43	VMST	29.47	3
10	Gass, Kraig	43	1693	29.76	1

Men 40-44 100 LC Meter Butterfly

	WORLD:	**56.17**	**W**	**9/6/2011**	**Serkan ATASAY**
	NATL:	**56.43**	**N**	**8/23/2008**	**MICHAEL ROSS**
	VA:	**58.29**	**V**	**8/15/2008**	**Chris Stevenson**
6	Robbins, Michael	42	NERD	1:10.49	5
	33.50 1:10.49				
7	Gass, Kraig	43	1693	1:11.43	4
	32.33 1:11.43				

Men 40-44 200 LC Meter Butterfly

	WORLD:	**2:05.55**	**W**	**7/11/2004**	**Dennis BAKER**
	NATL:	**2:05.55**	**N**	**7/11/2004**	**DENNIS BAKER**
	VA:	**2:15.41**	**V**	**7/26/2007**	**Chris Stevenson**
3	Gass, Kraig	43	1693	2:52.90	8
	34.38 1:15.37 2:00.74 2:52.90				

Men 40-44 200 LC Meter IM

	WORLD:	**2:10.63**	**W**	**6/25/2009**	**Alberto MONTINI**
	NATL:	**2:13.71**	**N**	**7/23/2016**	**JEFF COMMINGS**
	VA:	**2:25.54**	**V**	**8/15/2008**	**Dave Holland**
5	Lundberg, Erik	43	CGMS	2:38.82	6
	33.00 1:17.01 2:04.62 2:38.82				
8	Robbins, Michael	42	NERD	2:44.29	3
	33.17 1:18.14 2:06.49 2:44.29				
10	Gustafson, Jeremy	41	VMST	3:02.02	1
	36.98 1:30.52 2:21.17 3:02.02				
13	Rodriguez, Jason	43	TIDE	3:35.41	
	45.46 1:44.21 2:50.28 3:35.41				

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**
4	Williams, Rich	47	1693	27.05	7
9	Duncan, Wayne	47	1693	27.58	2
12	Maholchic, Adrian	45	1693	28.07	
13	Bengtson, Jon	45	NERD	28.47	
15	McLeod, Matthew	45	VMST	28.91	
16	Driscoll, Keith	47	1693	29.12	
19	Deal, Bryan	45	BAM1	30.87	
21	Clair, John	47	VMST	31.86	
23	Mayhew, Benjamin	47	TIDE	32.90	

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	Bell, David	47	1693	59.19	11
	28.80 59.19				
3	Medei, Steve	46	UC12	1:00.77	8
	29.61 1:00.77				
8	Bengtson, Jon	45	NERD	1:03.37	3
	29.61 1:03.37				
11	Driscoll, Keith	47	1693	1:07.10	
	31.18 1:07.10				
13	Deal, Bryan	45	BAM1	1:12.56	
	34.56 1:12.56				
15	Clair, John	47	VMST	1:14.22	
	35.20 1:14.22				

Men 45-49 200 LC Meter Freestyle

	WORLD:	**1:57.75**	**W**	**8/5/2014**	**Nicolas GRANGER**
	NATL:	**1:57.89**	**N**	**8/6/2009**	**KEITH SWITZER**
	VA:	**2:01.76**	**V**	**8/6/2009**	**Chris Stevenson**
5	Bengtson, Jon	45	NERD	2:22.55	6
	31.42 1:06.80 1:45.23 2:22.55				
9	Adkins, Dana	45	1693	2:29.47	2
	33.70 1:10.78 1:50.30 2:29.47				
10	Ahlgren, Kyle	47	1693	2:45.93	1
	39.50 1:21.42 2:04.72 2:45.93				
12	Mayhew, Benjamin	47	TIDE	2:57.58	
	39.59 1:24.33 2:11.52 2:57.58				

Men 45-49 800 LC Meter Freestyle

	WORLD:	**8:40.79**	**W**	**8/10/2015**	**Fabio CALMASINI**
	NATL:	**8:51.98**	**N**	**8/9/2010**	**JEFF ERWIN**
	VA:	**9:10.01**	**V**	**7/18/2013**	**Chris Stevenson**
2	Rockwell, John	48	1693	10:40.14	9
	35.33 1:14.59 1:55.19 2:36.66				
	3:17.82 3:57.14 4:37.45 5:17.84				
	5:57.83 6:38.59 7:19.20 8:00.49				
	8:40.90 9:21.56 10:01.51 10:40.14				

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Men 45-49 1500 LC Meter Freestyle

WORLD:16:38.81 W 8/10/2009 Jeff ERWIN
NATL:16:38.81 N 8/10/2009 JEFF ERWIN
VA:17:49.63 V 6/22/2013 Chris Stevenson

2	Ahlgren, Kyle		47	1693	22:27.27	9
	41.30	1:26.36	2:10.93	2:56.70		
	3:41.03	4:26.71	5:11.17	5:57.05		
	6:41.49	7:27.25	8:11.91	8:57.79		
	9:41.96	10:28.34	11:13.03	11:59.13		
	12:43.81	13:29.27	14:14.17	14:59.91		
	15:44.63	16:30.11	17:14.75	18:00.35		
	18:44.87	19:30.51	20:15.04	21:00.17		
	21:44.32	22:27.27				

Men 45-49 50 LC Meter Backstroke

WORLD: 27.62 W 6/6/2021 Aleksandr SHILIN
NATL: 28.05 N 6/7/2008 STEVE WOOD
VA: 28.44 V 8/6/2009 Chris Stevenson

4	Bell, David		47	1693	31.07	7
6	Williams, Rich		47	1693	32.75	5
9	Maholchic, Adrian		45	1693	35.20	2
10	Duncan, Wayne		47	1693	35.88	1

Men 45-49 100 LC Meter Backstroke

WORLD: 1:00.13 W 6/8/2008 Steve WOOD
NATL: 1:00.13 N 6/8/2008 STEVE WOOD
VA: 1:00.55 V 8/6/2009 Chris Stevenson

2	Bell, David		47	1693	1:07.32	9
3	Rockwell, John		48	1693	1:10.81	8
	34.48	1:10.81				

Men 45-49 200 LC Meter Backstroke

WORLD: 2:11.56 W 6/7/2013 Eduardo MAROCCO
NATL: 2:13.37 N 8/12/2012 RICH SAEGER
VA: 2:15.83 V 8/3/2011 Chris Stevenson

3	Bell, David		47	1693	2:28.81	8
	33.31	1:10.85	1:50.09	2:28.81		
4	Rockwell, John		48	1693	2:41.53	7
	35.64	1:15.91	1:59.24	2:41.53		
5	Ahlgren, Kyle		47	1693	3:02.57	6
	44.70	1:30.55	2:17.00	3:02.57		

Men 45-49 50 LC Meter Breaststroke

WORLD: 29.22 W 9/8/2019 Hideaki TOGO
NATL: 29.42 N 8/9/2019 STEVE WEST
VA: 32.99 V 8/4/2006 David Malsbury

1	Williams, Rich		47	1693	34.52	11
6	McLeod, Matthew		45	VMST	37.56	5

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

3	Medei, Steve		46	UC12	1:17.17	8
	35.40	1:17.17				
4	Williams, Rich		47	1693	1:18.25	7
	36.72	1:18.25				
8	McLeod, Matthew		45	VMST	1:25.45	3
	36.81	1:25.45				

Men 45-49 200 LC Meter Breaststroke

WORLD: 2:19.44 W 6/22/2018 Steve WEST
NATL: 2:19.44 N 6/22/2018 STEVE WEST
VA: 2:57.83 V 7/18/2008 David Malsbury

4	Medei, Steve		46	UC12	2:52.64	7
	37.69	1:20.42	2:06.22	2:52.64		
5	Williams, Rich		47	1693	3:18.02	6
	44.95	1:34.66	2:25.81	3:18.02		

Men 45-49 50 LC Meter Butterfly

WORLD: 25.24 W 10/10/2021 Chuck BARNES
NATL: 25.24 N 10/10/2021 CHUCK BARNES
VA: 26.66 V 8/3/2011 Chris Stevenson

6	Williams, Rich		47	1693	29.54	5
13	McLeod, Matthew		45	VMST	33.65	
14	Adkins, Dana		45	1693	34.66	

Men 45-49 100 LC Meter Butterfly

WORLD: 56.85 W 8/11/2002 Paul CARTER
NATL: 56.42 N 8/4/2002 PAUL CARTER
VA: 59.10 V 8/6/2009 Chris Stevenson

1	Bell, David		47	1693	1:04.89	11
	31.00	1:04.89				
2	Rockwell, John		48	1693	1:08.95	9
	31.98	1:08.95				

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

2	Rockwell, John		48	1693	2:45.38	9
	35.88	1:18.34	2:00.42	2:45.38		
4	Adkins, Dana		45	1693	2:56.93	7
	38.57	1:23.71	2:09.95	2:56.93		

Men 45-49 200 LC Meter IM

WORLD: 2:10.09 W 8/7/2016 Nicolas GRANGER
NATL: 2:10.09 N 8/7/2016 NICOLAS GRANGER
VA: 2:25.70 V 7/22/2010 Chris Stevenson

2	Bell, David		47	1693	2:28.52	9
	30.04	1:08.83	1:53.48	2:28.52		
3	Medei, Steve		46	UC12	2:34.66	8
	30.97	1:10.92	1:55.98	2:34.66		
4	Rockwell, John		48	1693	2:35.03	7
	32.96	1:13.11	1:59.47	2:35.03		
8	Deal, Bryan		45	BAM1	3:13.47	3
	41.58	1:33.08	2:31.59	3:13.47		
9	Mayhew, Benjamin		47	TIDE	3:22.61	2
	41.33	1:38.11	2:32.38	3:22.61		

Men 45-49 400 LC Meter IM

WORLD: 4:43.83 W 8/5/2014 Nicolas GRANGER
NATL: 4:46.41 N 8/5/2016 NICOLAS GRANGER
VA: 5:07.27 V 8/15/2014 Dave Holland

3	Ahlgren, Kyle		47	1693	6:40.03	8
	46.77	1:38.15	2:27.44	3:14.80		
	4:13.28	5:11.48	5:56.03	6:40.03		

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Men 50-54 50 LC Meter Freestyle

WORLD:	**24.08**	**W**	**6/27/2009**	**Brent BARNES**	
NATL:	**24.58**	**N**	**8/9/2009**	**ROWDY GAINES**	
VA:	**26.23**	**V**	**9/19/2015**	**Gregory Harris**	
1 Ruckdeschel, Jonathan		54	1693	26.71	11
6 Levy, Daniel		53	FAFF	27.80	5
9 Harbourt, Cliff		50	1693	28.14	2
16 Kimball, Joe		54	1693	30.50	

Men 50-54 100 LC Meter Freestyle

WORLD:	**54.15**	**W**	**6/30/2017**	**Nicolas GRANGER**	
NATL:	**54.18**	**N**	**8/4/2017**	**NICOLAS GRANGER**	
VA:	**58.05**	**V**	**8/6/2015**	**Gregory Harris**	
5 Ruckdeschel, Jonathan		54	1693	1:02.36	6
29.15 1:02.36					
6 Noonan, Edward		50	VMST	1:02.65	5
29.93 1:02.65					
7 Lillehei, Peter		50	VMST	1:02.70	4
29.97 1:02.70					
9 Harbourt, Cliff		50	1693	1:03.86	2
30.19 1:03.86					

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**	
5 Noonan, Edward		50	VMST	2:21.01	6
31.90 1:06.33 1:42.76 2:21.01					
6 Lillehei, Peter		50	VMST	2:22.23	5
31.54 1:05.96 1:43.74 2:22.23					
8 Harbourt, Cliff		50	1693	2:23.50	3
33.28 1:09.22 1:45.80 2:23.50					
12 Levy, Daniel		53	FAFF	2:31.00	
32.28 1:08.91 1:49.49 2:31.00					
18 Daly, James		51	VMST	2:50.74	
39.07 1:23.83 2:08.72 2:50.74					

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**	
6 Noonan, Edward		50	VMST	5:05.67	5
34.28 1:10.60 1:48.17 2:26.52					
3:05.74 3:45.48 4:25.67 5:05.67					
7 Harbourt, Cliff		50	1693	5:10.34	4
33.12 1:10.49 1:49.75 2:29.44					
3:09.29 3:49.65 4:30.70 5:10.34					

Men 50-54 800 LC Meter Freestyle

WORLD:	**8:55.05**	**W**	**7/31/2010**	**Marcus MATTIOLI**	
NATL:	**8:56.31**	**N**	**8/3/2014**	**RICARDO VALDIVIA**	
VA:	**9:29.69**	**V**	**6/2/2013**	**Len Gushe**	
4 Noonan, Edward		50	VMST	10:18.28	7
35.67 1:13.88 1:52.23 2:31.23					
3:10.06 3:49.07 4:27.81 5:06.70					
5:45.10 6:23.99 7:02.89 7:41.92					
8:21.15 9:00.51 9:39.69 10:18.28					
6 Earle, Daniel		50	1693	11:24.87	5
1:21.01 2:03.96 2:47.55					
4:15.73 5:43.96					
7:09.28 8:34.96					
10:00.96 11:24.87					

Men 50-54 50 LC Meter Backstroke

WORLD:	**28.58**	**W**	**7/14/2018**	**Rick GOULD**	
NATL:	**28.58**	**N**	**7/14/2018**	**RICK GOULD**	
VA:	**29.99**	**V**	**8/16/2014**	**Chris Stevenson**	
4 Earle, Daniel		50	1693	34.55	7
6 Ruckdeschel, Jonathan		54	1693	34.88	5
8 DeBartolo, Mark		52	VMST	36.12	3

Men 50-54 100 LC Meter Backstroke

WORLD:	**1:01.57**	**W**	**8/6/2017**	**Nicolas GRANGER**	
NATL:	**1:01.57**	**N**	**8/6/2017**	**NICOLAS GRANGER**	
VA:	**1:03.71**	**V**	**8/17/2014**	**Chris Stevenson**	
3 Earle, Daniel		50	1693	1:17.17	8
37.95 1:17.17					

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**	
4 Earle, Daniel		50	1693	2:52.84	7
40.59 1:23.97 2:08.23 2:52.84					

Men 50-54 50 LC Meter Breaststroke

WORLD:	**29.90**	**W**	**4/2/2022**	**Steve WEST**	
NATL:	**29.90**	**N**	**4/2/2022**	**STEVE WEST**	
VA:	**33.36**	**V**	**8/6/2016**	**Gregory Harris**	
5 Fratkin, Bryan		52	1693	35.34	6
7 Ruckdeschel, Jonathan		54	1693	36.27	4
9 Lillehei, Peter		50	VMST	37.65	2
12 DeBartolo, Mark		52	VMST	38.45	

Men 50-54 100 LC Meter Breaststroke

WORLD:	**1:06.14**	**W**	**4/22/2022**	**Vladislav BRAGIN**	
NATL:	**1:06.98**	**N**	**8/15/2014**	**DAVID GUTHRIE**	
VA:	**1:12.45**	**V**	**8/2/2017**	**Gregory Harris**	
4 Fratkin, Bryan		52	1693	1:18.90	7
37.88 1:18.90					
8 Lillehei, Peter		50	VMST	1:21.63	3
38.29 1:21.63					
10 DeBartolo, Mark		52	VMST	1:26.15	1
40.28 1:26.15					
13 Daly, James		51	VMST	1:41.13	
49.54 1:41.13					

Men 50-54 200 LC Meter Breaststroke

WORLD:	**2:25.00**	**W**	**4/23/2022**	**Vladislav BRAGIN**	
NATL:	**2:27.91**	**N**	**7/31/2013**	**DAVID GUTHRIE**	
VA:	**2:45.10**	**V**	**8/17/2014**	**Gregory Harris**	
4 Fratkin, Bryan		52	1693	2:55.68	7
39.65 1:24.02 2:10.22 2:55.68					

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Men 50-54 50 LC Meter Butterfly

	WORLD:	**25.88**	**W**	**8/16/2008**	**Paul CARTER**
	NATL:	**25.88**	**N**	**8/16/2008**	**PAUL CARTER**
	VA:	**27.18**	**V**	**8/17/2014**	**Chris Stevenson**
4	Harbourt, Cliff	50	1693	29.61	7
6	Fratkin, Bryan	52	1693	30.72	5
8	Levy, Daniel	53	FAFF	31.56	3
9	Gill, Thomas	51	1693	32.68	2
10	DeBartolo, Mark	52	VMST	33.21	1

Men 50-54 100 LC Meter Butterfly

	WORLD:	**57.23**	**W**	**8/15/2008**	**Paul CARTER**
	NATL:	**57.23**	**N**	**8/15/2008**	**PAUL CARTER**
	VA:	**1:01.48**	**V**	**8/16/2014**	**Chris Stevenson**
6	Harbourt, Cliff	50	1693	1:10.69	5
	33.54 1:10.69				
7	Noonan, Edward	50	VMST	1:13.64	4
	34.20 1:13.64				
8	Ruckdeschel, Jonathan	54	1693	1:15.43	3
	32.46 1:15.43				

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**
6	Ruckdeschel, Jonathan	54	1693	2:45.81	5
	31.84 1:15.16 2:03.59 2:45.81				
7	Noonan, Edward	50	VMST	2:46.41	4
	34.21 1:15.64 2:08.62 2:46.41				
9	DeBartolo, Mark	52	VMST	2:49.83	2
	34.09 1:19.93 2:08.33 2:49.83				

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**
4	Earle, Daniel	50	1693	6:05.70	7
	40.61 1:26.49 2:12.69 2:58.96				
	3:53.40 4:46.62 5:27.05 6:05.70				

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**
7	Tingstrom, Michael	55	1693	28.00	4
9	Belmar, Roger	57	1693	28.30	2

Men 55-59 100 LC Meter Freestyle

	WORLD:	**56.00**	**W**	**2/24/2019**	**Calvin MAUGHAN**
	NATL:	**56.07**	**N**	**7/10/2015**	**STEVE WOOD**
	VA:	**57.42**	**V**	**7/28/2018**	**Gregory Harris**
6	Belmar, Roger	57	1693	1:01.83	5
	30.22 1:01.83				
10	Tingstrom, Michael	55	1693	1:03.86	1
	29.95 1:03.86				
11	Harris, Gregory	59	1693	1:04.67	
	29.75 1:04.67				

Men 55-59 200 LC Meter Freestyle

	WORLD:	**2:04.01**	**W**	**7/26/2009**	**Michael MANN**
	NATL:	**2:04.01**	**N**	**7/26/2009**	**MICHAEL MANN**
	VA:	**2:11.57**	**V**	**6/1/2018**	**Len Gushe**
5	Belmar, Roger	57	1693	2:19.21	6
	32.43 1:07.72 1:44.45 2:19.21				

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**
10	Holland, Dave	55	VMST	5:07.54	1
	36.13 1:15.28 1:55.20 2:34.89				
	3:13.89 3:52.57 4:30.45 5:07.54				
11	Sushkoff, George	57	VMST	5:08.22	
	35.39 1:13.41 1:51.79 2:30.31				
	3:09.03 3:48.53 4:29.02 5:08.22				
12	Belmar, Roger	57	1693	5:08.81	
	32.28 1:09.11 1:46.79 2:26.23				
	3:06.28 3:46.91 4:28.56 5:08.81				

Men 55-59 800 LC Meter Freestyle

	WORLD:	**9:00.09**	**W**	**7/24/2009**	**Michael MANN**
	NATL:	**9:00.09**	**N**	**7/24/2009**	**MICHAEL MANN**
	VA:	**9:42.77**	**V**	**8/4/2018**	**Len Gushe**
6	Tingstrom, Michael	55	1693	11:13.40	5
	35.27 1:16.41 1:58.95 2:42.90				
	3:26.40 4:09.88 4:53.97 5:36.55				
	6:19.22 7:01.10 7:44.20 8:27.04				
	9:10.32 9:53.50 10:34.74 11:13.40				

Men 55-59 1500 LC Meter Freestyle

	WORLD:	**17:22.61**	**W**	**8/10/2009**	**Michael MANN**
	NATL:	**17:22.61**	**N**	**8/10/2009**	**MICHAEL MANN**
	VA:	**19:05.79**	**V**	**6/1/2018**	**Len Gushe**
3	Belmar, Roger	57	1693	19:43.81	8
	35.20 1:14.30 1:53.67 2:34.04				
	3:13.69 3:54.05 4:33.74 5:14.00				
	5:53.68 6:34.05 7:13.46 7:53.29				
	8:32.94 9:13.14 9:53.01 10:32.92				
	11:12.53 11:53.01 13:13.24				
	14:33.28 15:12.58 15:52.55				
	16:31.76 17:12.22 18:30.55				
	19:07.79 19:43.81				
4	Sushkoff, George	57	VMST	19:49.96	7
	36.11 1:15.41 1:54.45 2:34.29				
	3:13.54 3:53.38 4:32.45 5:12.36				
	5:52.03 6:31.77 7:11.37 7:50.79				
	8:30.05 9:09.65 9:49.10 10:28.99				
	11:08.48 11:48.29 12:28.04 13:07.98				
	13:48.09 14:28.32 15:08.23 15:48.67				
	16:28.94 17:09.35 17:49.20 18:29.19				
	19:09.29 19:49.96				

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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

6	Harris, Gregory	59	1693	1:15.61	5
	37.38	1:15.61			

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

9	Harris, Gregory	59	1693	36.37	2

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

8	Harris, Gregory	59	1693	1:22.30	3
	38.95	1:22.30			

Men 55-59 200 LC Meter Breaststroke

WORLD: 2:30.63 W 8/21/2016 David GUTHRIE
NATL: 2:30.63 N 8/21/2016 DAVID GUTHRIE
VA: 2:44.64 V 7/28/2018 Gregory Harris

7	Belmar, Roger	57	1693	3:14.30	4
	42.78	1:31.66	2:22.78	3:14.30	

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

7	Tingstrom, Michael	55	1693	29.86	4
11	Holland, Dave	55	VMST	30.65	
18	Sushkoff, George	57	VMST	35.40	

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

9	Holland, Dave	55	VMST	1:11.07	2
	33.28	1:11.07			

Men 55-59 200 LC Meter IM

WORLD: 2:20.67 W 2/22/2020 Jerome FRENTSOS
NATL: 2:20.67 N 2/22/2020 JEROME FRENTSOS
VA: 2:26.31 V 7/28/2018 Gregory Harris

9	Sushkoff, George	57	VMST	2:52.82	2
	37.99	1:23.11	2:15.62	2:52.82	

Men 55-59 400 LC Meter IM

WORLD: 4:57.55 W 4/2/2022 Brent FOSTER
NATL: 5:04.07 N 7/26/2009 MICHAEL MANN
VA: 5:12.69 V 6/16/2018 Len Gushe

7	Sushkoff, George	57	VMST	6:01.75	4
	39.99	1:24.66	2:13.15	2:59.65	
	3:52.79	4:43.88	5:24.11	6:01.75	

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

11	Keith, Algernon	62	VMST	29.41
12	Cortina, Jorge	63	VMST	29.49
16	Gay, Kent	64	VMST	30.18
19	Murphy, Matthew	60	NERD	31.16
28	Jeruzal, Voytek	64	VMST	33.07
32	Kammermann, Chris	60	TIDE	35.21
33	Speer, David	63	VMST	55.26

Men 60-64 100 LC Meter Freestyle

WORLD: 57.79 W 6/14/2014 Jack GROSELLE
NATL: 57.79 N 6/14/2014 JACK GROSELLE
VA: 1:05.46 V 8/15/2002 Jack Schiltz

12	Keith, Algernon	62	VMST	1:07.45	
	31.85	1:07.45			
13	Lowe, John	61	VMST	1:07.79	
	32.76	1:07.79			
14	Cortina, Jorge	63	VMST	1:07.95	
	32.55	1:07.95			
18	Bickley, Matthew	61	CGMS	1:10.81	
	31.81	1:10.81			
22	Gay, Kent	64	VMST	1:12.52	
	35.02	1:12.52			
28	Kammermann, Chris	60	TIDE	1:24.98	
	38.16	1:24.98			
30	Speer, David	63	VMST	2:18.90	
	1:08.20	2:18.90			

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

9	Cortina, Jorge	63	VMST	2:30.07	2
	34.33	1:12.45	1:51.62	2:30.07	
11	Lowe, John	61	VMST	2:32.94	
	34.32	1:12.14	1:52.48	2:32.94	
12	Bickley, Matthew	61	CGMS	2:34.35	
	34.83	1:13.49	1:53.41	2:34.35	
14	Collins, Ron	60	VMST	2:35.22	
	35.69	1:15.77	1:57.37	2:35.22	
16	Murphy, Matthew	60	NERD	2:40.44	
	36.94	1:18.03	2:01.05	2:40.44	
20	Gay, Kent	64	VMST	2:48.48	
	39.40	1:23.18	2:07.43	2:48.48	
25	Kato, Seiji	61	VMST	3:18.48	
	45.51	1:34.88	2:28.57	3:18.48	
27	Brown, Andy	64	VMST	3:26.87	
	47.60	1:39.14	2:33.99	3:26.87	

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Men 60-64 400 LC Meter Freestyle

WORLD: 4:36.85 W 8/4/2017 Dan STEPHENSON
NATL: 4:36.85 N 8/4/2017 DAN STEPHENSON
VA: 4:59.08 V 10/1/2006 John Calvert

7	Cortina, Jorge	63	VMST	5:19.42	4
	37.09	1:16.51	1:56.82	2:37.63	
	3:18.74	4:00.08	4:40.97	5:19.42	
10	Collins, Ron	60	VMST	5:27.97	1
	38.39	1:20.55	2:03.21	2:45.53	
	3:27.28	4:08.07	4:49.09	5:27.97	
12	Bickley, Matthew	61	CGMS	5:31.72	
	35.68	1:15.10	1:56.23	2:38.54	
	3:21.83	4:05.51	4:49.20	5:31.72	
14	Lowe, John	61	VMST	5:35.34	
	35.72	1:17.50	2:00.19	2:42.91	
	3:26.55	4:10.63	4:54.93	5:35.34	
21	Brown, Andy	64	VMST	7:21.44	
	46.81	1:39.41	2:36.15	3:33.86	
	4:32.03	5:29.57	6:27.66	7:21.44	

Men 60-64 800 LC Meter Freestyle

WORLD: 9:29.70 W 8/12/2018 Andrew BRAY
NATL: 9:29.70 N 8/12/2018 ANDREW BRAY
VA:10:09.12 V 8/4/2006 John Calvert

4	Bickley, Matthew	61	CGMS	11:37.94	7
	37.35	1:19.63	2:02.88	2:46.45	
	3:30.35	4:14.95	4:59.33	5:44.30	
	6:29.10	7:14.29	7:58.79	8:43.66	
	9:27.44	10:12.05	10:55.69	11:37.94	
5	Lowe, John	61	VMST	11:37.99	6
	39.61	1:21.38	2:05.56	2:49.37	
	3:33.53	4:17.38	5:02.15	5:46.78	
	6:31.60	7:16.49	8:00.99	8:44.99	
	9:29.81	10:13.66	10:56.89	11:37.99	

Men 60-64 1500 LC Meter Freestyle

WORLD:18:01.45 W 7/22/2018 Andrew BRAY
NATL:18:01.45 N 7/22/2018 ANDREW BRAY
VA:22:04.07 V 8/13/2003 Neil Watts

5	Cortina, Jorge	63	VMST	21:12.07V	6
	37.26	1:17.70	1:59.12	2:41.39	
	3:23.33	4:05.87	4:42.73	5:30.65	
		6:55.60		8:21.04	
	9:03.46	9:46.55		11:12.11	
	11:54.98	12:37.99	13:20.45	14:03.55	
	14:46.50	15:29.61		16:56.11	
	17:38.97	18:22.73		19:48.47	
	20:30.97	21:12.07			
6	Collins, Ron	60	VMST	21:45.03V	5
	39.75	1:23.01	2:08.40	2:52.35	
	3:36.87	4:20.02	5:03.54	5:46.51	
	6:31.08	7:14.42	7:59.64	8:42.66	
	9:27.14	10:10.66	10:54.34	11:37.14	
	12:21.67	13:04.97	13:49.87	14:33.32	
	15:18.20	16:01.65	16:45.21	17:27.38	
	18:11.99	18:54.63	19:38.11	20:20.79	
	21:05.11	21:45.03			

Men 60-64 50 LC Meter Backstroke

WORLD: 30.59 W 8/10/2019 Jamie FOWLER
NATL: 30.59 N 8/10/2019 JAMIE FOWLER
VA: 33.42 V 10/7/2021 David Malsbury

10	Ingebretsen, Carl	61	FAFF	37.48	0.5
17	Speer, David	63	VMST	1:25.27	

Men 60-64 100 LC Meter Backstroke

WORLD: 1:06.08 W 8/11/2019 Jamie FOWLER
NATL: 1:06.08 N 8/11/2019 JAMIE FOWLER
VA: 1:15.75 V 10/7/2021 David Malsbury

15	Ingebretsen, Carl	61	FAFF	1:25.51	
	41.69	1:25.51			
16	Bickley, Matthew	61	CGMS	1:26.38	
	39.87	1:26.38			

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

8	Ingebretsen, Carl	61	FAFF	2:59.29	3
	43.88	1:30.44	2:16.10	2:59.29	

Men 60-64 50 LC Meter Breaststroke

WORLD: 32.56 W 1/23/2022 David MILBURN
NATL: 32.87 N 6/13/2012 TIMOTHY SHEAD
VA: 36.86 V 10/7/2021 David Malsbury

7	Neubauer, Kenneth	64	VMST	37.68	4
12	Jeruzal, Voytek	64	VMST	40.03	
15	North, Dirk	62	AFMS	41.63	

Men 60-64 100 LC Meter Breaststroke

WORLD: 1:11.72 W 10/8/2021 David GUTHRIE
NATL: 1:11.72 N 10/8/2021 DAVID GUTHRIE
VA: 1:25.45 V 8/15/2002 Jack Schiltz

7	Neubauer, Kenneth	64	VMST	1:26.48	4
	41.02	1:26.48			
11	Jeruzal, Voytek	64	VMST	1:29.70	
	43.73	1:29.70			

Men 60-64 200 LC Meter Breaststroke

WORLD: 2:40.19 W 6/27/2021 David GUTHRIE
NATL: 2:40.05 N 1/11/2020 DAVID GUTHRIE
VA: 3:16.64 V 8/15/2002 Jack Schiltz

4	Neubauer, Kenneth	64	VMST	3:15.28V	7
	46.34	1:36.83	2:26.23	3:15.28	
11	Kato, Seiji	61	VMST	3:58.10	
	57.21	1:55.02	2:57.29	3:58.10	

Men 60-64 50 LC Meter Butterfly

WORLD: 27.65 W 5/6/2018 Hugo BREGMAN
NATL: 27.85 N 8/6/2017 TRIP HEDRICK
VA: 32.12 V 10/7/2021 David Malsbury

9	Collins, Ron	60	VMST	32.11V	2
15	Cortina, Jorge	63	VMST	34.14	
17	Ingebretsen, Carl	61	FAFF	34.57	

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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**	
4	Collins, Ron		60	VMST	1:21.16	7
	36.42	1:21.16				
6	Ingebretsen, Carl		61	FAFF	1:27.33	5
	38.26	1:27.33				

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**	
8	Ingebretsen, Carl		61	FAFF	3:30.69	3
	44.25	1:38.51	2:35.54	3:30.69		

Men 60-64 200 LC Meter IM

	WORLD:	**2:21.99**	**W**	**8/17/2014**	**Rick COLELLA**	
	NATL:	**2:21.99**	**N**	**8/17/2014**	**RICK COLELLA**	
	VA:	**2:36.07**	**V**	**8/4/2006**	**John Calvert**	
13	Bickley, Matthew		61	CGMS	3:03.21	
	37.04	1:25.73	2:21.83	3:03.21		
14	Murphy, Matthew		60	NERD	3:08.00	
	34.88	1:22.72	2:21.27	3:08.00		

Men 65-69 50 LC Meter Freestyle

	WORLD:	**26.21**	**W**	**7/6/2018**	**Doug MARTIN**	
	NATL:	**26.21**	**N**	**7/6/2018**	**DOUG MARTIN**	
	VA:	**31.35**	**V**	**8/23/2008**	**Harry Sober**	
3	Slater, Douglas		65	1693	28.44V	8
23	Anderson, Paul		65	UC12	35.16	
24	Porter, James		65	UC12	35.55	

Men 65-69 100 LC Meter Freestyle

	WORLD:	**59.49**	**W**	**8/9/2019**	**Jack GROSELLE**	
	NATL:	**59.49**	**N**	**8/9/2019**	**JACK GROSELLE**	
	VA:	**1:10.21**	**V**	**6/17/2017**	**Craig Bauer**	
18	Edelman, Paul		66	VMST	1:24.14	
	40.48	1:24.14				

Men 65-69 200 LC Meter Freestyle

	WORLD:	**2:09.39**	**W**	**8/6/2017**	**Rick COLELLA**	
	NATL:	**2:09.39**	**N**	**8/6/2017**	**RICK COLELLA**	
	VA:	**2:38.68**	**V**	**6/17/2017**	**Craig Bauer**	
21	Anderson, Paul		65	UC12	3:08.32	
	42.44	1:31.80	2:23.47	3:08.32		

Men 65-69 1500 LC Meter Freestyle

	WORLD:	**19:33.36**	**W**	**6/14/2015**	**Jim MCCONICA**	
	NATL:	**19:33.36**	**N**	**6/14/2015**	**JIM MC CONICA**	
	VA:	**22:24.34**	**V**	**8/15/2008**	**Sandy Galletly**	
5	Hippert, Philip		65	VMST	23:07.58	6
	43.08	1:29.10	2:16.40	3:02.72		
	3:49.85	4:35.34	5:22.32	6:08.15		
	6:54.83	7:40.62	8:27.39	9:13.27		
	10:00.42	10:45.95	11:32.91	12:19.28		
	13:06.04	13:51.97	14:38.96	15:25.11		
	16:12.23	16:58.82	17:45.84	18:31.94		
	19:18.94	20:05.38	20:52.13	21:38.20		
	22:24.07	23:07.58				

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:	**40.71**	**V**	**8/23/2008**	**Harry Sober**	
3	Slater, Douglas		65	1693	34.04V	8

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:	**1:34.78**	**V**	**7/8/2016**	**John Mccorkle**	
1	Slater, Douglas		65	1693	1:11.54V	11
	34.43	1:11.54				
13	Walters, Roland		69	ETM	1:35.60	
	47.37	1:35.60				

Men 65-69 200 LC Meter Backstroke

	WORLD:	**2:31.62**	**W**	**4/23/2022**	**Vladimir GORKOV**	
	NATL:	**2:36.24**	**N**	**5/22/2022**	**DAN STEPHENSON**	
	VA:	**3:12.66**	**V**	**8/15/2008**	**Sandy Galletly**	
7	Slater, Douglas		65	1693	2:47.34V	4
	37.73	1:20.09	2:03.87	2:47.34		

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**	
13	Edelman, Paul		66	VMST	47.23	

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**	
13	Edelman, Paul		66	VMST	1:50.29	
	52.61	1:50.29				

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:	**36.67**	**V**	**8/23/2008**	**Harry Sober**	
2	Slater, Douglas		65	1693	30.33V	9

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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**

12 Anderson, Paul 65 UC12 3:49.15
53.48 1:55.37 2:59.40 3:49.15

Men 70-74 50 LC Meter Freestyle

	WORLD:	**27.71**	**W**	**8/7/2015**	**Richard ABRAHAMS**
	NATL:	**27.71**	**N**	**8/7/2015**	**RICHARD ABRAHAMS**
	VA:	**32.05**	**V**	**6/22/2013**	**Ken Novell**

3 Bauer, Craig 70 ETM 30.53V 8
12 Biscos, Gilles 71 ETM 35.01
14 Belfit, Scott 71 VMST 39.69
15 Miller, Jim 72 VMST 40.71

Men 70-74 100 LC Meter Freestyle

	WORLD:	**1:03.32**	**W**	**8/8/2015**	**David QUIGGIN**
	NATL:	**1:03.32**	**N**	**8/8/2015**	**DAVID QUIGGIN**
	VA:	**1:13.72**	**V**	**8/9/2014**	**Ken Novell**

5 Bauer, Craig 70 ETM 1:11.25V 6
35.46 1:11.25
10 Biscos, Gilles 71 ETM 1:19.72 1
38.60 1:19.72
11 Miller, Jim 72 VMST 1:37.68
45.97 1:37.68

Men 70-74 200 LC Meter Freestyle

	WORLD:	**2:23.30**	**W**	**7/31/2018**	**Fred SCHLICHER**
	NATL:	**2:23.30**	**N**	**7/31/2018**	**FRED SCHLICHER**
	VA:	**2:54.84**	**V**	**8/9/2014**	**Ken Novell**

4 Wardle, William 71 ETM 2:39.36V 7
37.83 1:18.37 1:59.66 2:39.36
9 Belfit, Scott 71 VMST 3:49.59 2
50.52 1:49.70 2:50.94 3:49.59

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:	**6:08.31**	**V**	**7/5/2012**	**Sandy Galletly**

2 Wardle, William 71 ETM 5:39.11V 9
38.92 1:20.75 2:03.43 2:47.06
3:31.48 4:15.81 4:58.79 5:39.11
9 Belfit, Scott 71 VMST 7:55.56 2
51.95 1:53.17 2:54.45 3:56.20
4:56.99 5:57.84 6:58.41 7:55.56

Men 70-74 800 LC Meter Freestyle

	WORLD:	**10:37.71**	**W**	**7/28/2018**	**Dan KIRKLAND**
	NATL:	**10:37.71**	**N**	**7/28/2018**	**DAN KIRKLAND**
	VA:	**12:51.37**	**V**	**7/5/2012**	**Sandy Galletly**

2 Wardle, William 71 ETM 11:36.80V 9
38.03 1:20.01 2:03.34 2:46.67
3:30.90 4:14.47 4:59.02 5:43.20
6:27.93 7:12.79 7:57.37 8:42.09
9:26.78 10:11.25 10:54.51 11:36.80

Men 70-74 50 LC Meter Backstroke

	WORLD:	**33.58**	**W**	**8/4/2017**	**Hugh WILDER**
	NATL:	**33.58**	**N**	**8/4/2017**	**HUGH WILDER**
	VA:	**42.22**	**V**	**10/1/1995**	**Calvin Barnes**

3 Wardle, William 71 ETM 37.60V 8
12 Miller, Jim 72 VMST 54.49

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:	**1:37.01**	**V**	**8/17/2014**	**Warner Brundage**

2 Wardle, William 71 ETM 1:19.95V 9
39.10 1:19.95
10 Miller, Jim 72 VMST 1:56.26 1
56.55 1:56.26

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:	**3:21.95**	**V**	**7/5/2012**	**Sandy Galletly**

1 Wardle, William 71 ETM 2:52.05V 11
41.24 1:25.05 2:10.11 2:52.05

Men 70-74 50 LC Meter Breaststroke

	WORLD:	**36.21**	**W**	**10/10/2021**	**Robert WRIGHT**
	NATL:	**36.21**	**N**	**10/10/2021**	**ROBERT WRIGHT**
	VA:	**45.29**	**V**	**8/15/2014**	**Terry Gernstein**

3 Bauer, Craig 70 ETM 41.43V 8
7 Biscos, Gilles 71 ETM 44.04V 4

Men 70-74 100 LC Meter Breaststroke

	WORLD:	**1:21.98**	**W**	**6/15/2019**	**Peder DAHLBERG**
	NATL:	**1:21.98**	**N**	**6/15/2019**	**PEDER DAHLBERG**
	VA:	**1:44.79**	**V**	**8/15/2014**	**Terry Gernstein**

3 Bauer, Craig 70 ETM 1:32.79V 8
44.73 1:32.79

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:	**37.25**	**V**	**8/21/2010**	**Owen Maher**

2 Holswade, Hank 76 VMST 31.87V 9

Men 75-79 100 LC Meter Freestyle

	WORLD:	**1:06.40**	**W**	**3/3/2018**	**Akira FUJIMAKI**
	NATL:	**1:06.55**	**N**	**8/9/2019**	**RICHARD BURNS**
	VA:	**1:28.06**	**V**	**10/1/1985**	**Patrick Frank**

3 Holswade, Hank 76 VMST 1:16.81V 8
37.09 1:16.81

Men 75-79 200 LC Meter Freestyle

	WORLD:	**2:25.66**	**W**	**6/6/2009**	**David RADCLIFF**
	NATL:	**2:25.66**	**N**	**6/6/2009**	**DAVID RADCLIFF**
	VA:	**3:22.27**	**V**	**10/1/1985**	**Patrick Frank**

3 Romano, Vince 76 1693 3:34.14 8
47.69 1:44.21 2:42.17 3:34.14

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Men 75-79 400 LC Meter Freestyle

WORLD: 5:17.77 W 3/7/2009 David RADCLIFF
NATL: 5:17.77 N 3/7/2009 DAVID RADCLIFF
VA: 7:08.43 V 8/2/2017 Sandy Galletly

3 Romano, Vince 76 1693 7:41.52 8
49.68 1:47.23 2:47.27 3:48.51
4:47.85 5:48.08 6:47.53 7:41.52

Men 75-79 1500 LC Meter Freestyle

WORLD:21:03.06 W 7/10/2009 David RADCLIFF
NATL:21:03.06 N 7/10/2009 DAVID RADCLIFF
VA:28:14.90 V 8/2/2017 Sandy Galletly

1 Romano, Vince 76 1693 30:16.10 11
51.65 1:50.65 2:52.10 3:51.63
4:53.97 5:55.59 6:57.54 8:00.36
9:03.47 10:03.89 11:03.72 12:02.80
13:04.65 14:07.16 15:08.16 16:08.90
17:09.81 18:10.62 19:12.05 20:12.71
21:14.10 22:14.41 23:15.51 24:15.98
25:17.37 26:19.03 27:21.37 28:21.14
29:15.72 30:16.10

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: 47.99 V 10/1/2000 Calvin Barnes

1 Holswade, Hank 76 VMST 41.84V 11

Men 80-84 50 LC Meter Freestyle

WORLD: 31.96 W 5/20/2012 Roberto ALBERICHE
NATL: 32.18 N 7/1/2017 JEFF FARRELL
VA: 46.63 V 8/6/2015 Carl Russ

2 Bettis, Lee 84 VMST 38.37V 9

Men 80-84 100 LC Meter Freestyle

WORLD: 1:11.82 W 8/23/2014 David RADCLIFF
NATL: 1:11.82 N 8/23/2014 DAVID RADCLIFF
VA: 1:57.40 V 8/6/2015 Carl Russ

5 Bettis, Lee 84 VMST 1:37.41V 6
42.09 1:37.41

Men 80-84 50 LC Meter Backstroke

WORLD: 38.16 W 1/20/2013 S.SEKIKAWA
NATL: 39.18 N 8/8/2015 YOSHI OYAKAWA
VA: 53.35 V 6/11/2005 Calvin Barnes

2 Bettis, Lee 84 VMST 50.03V 9

Men 80-84 100 LC Meter Backstroke

WORLD: 1:26.44 W 1/19/2013 S.SEKIKAWA
NATL: 1:29.06 N 8/6/2017 DAVID COSTILL
VA: 2:02.49 V 1/1/2000 Harry Howell

4 Bettis, Lee 84 VMST 2:00.43V 7
58.81 2:00.43

Men 80-84 50 LC Meter Breaststroke

WORLD: 41.68 W 9/18/2006 Toshio TAJIMA
NATL: 42.84 N 6/6/2021 MIKE FRESHLEY
VA: 1:02.76 V 1/1/2000 Harry Howell

4 Gaulrapp, Edward 80 VMST 57.76V 7

Men 80-84 100 LC Meter Breaststroke

WORLD: 1:34.41 W 8/1/2021 Masaru SHINKAI
NATL: 1:38.19 N 8/21/2021 MIKE FRESHLEY
VA: 2:26.36 V 8/17/2000 Harry Howell

5 Gaulrapp, Edward 80 VMST 2:22.65V 6
1:07.69 2:22.65

Men 80-84 200 LC Meter Breaststroke

WORLD: 3:27.72 W 8/1/2021 Masaru SHINKAI
NATL: 3:34.08 N 10/9/2021 MIKE FRESHLEY
VA: 5:45.29 V 6/20/2015 Richard Scott

2 Gaulrapp, Edward 80 VMST 4:59.24V 9
1:11.08 2:30.73 3:50.97 4:59.24

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: 1:49.21 V 6/18/2022 L Rene Gaiennie

4 Ingebretsen, Carl 86 FAFF 1:30.10V 7

Women 72-99 200 LC Meter Freestyle Relay

NATL: 1:53.83 N 8/8/2009 FT LAUDERDALE AQUATIC
N PIKE, M BRESNAHAN, K ALYABYEVA, J MARTIN
VA: 2:20.11 V 2000 VMST
R Miller, M Vitello, S Petit, E Louden

1 1693 A 1:57.96V 22
1) Anderson, Julie W19 2) Costa, Celeste W21
3) Greene, Shannon W37 4) Sheng, Anna W21
29.58 59.42 1:29.93 1:57.96

Women 72-99 200 LC Meter Medley Relay

NATL: 2:08.86 N 8/8/2009 FT LAUDERDALE AQUATIC
N PIKE, M BRESNAHAN, K ALYABYEVA, J MARTIN
VA: 2:34.12 V 2000 VMST
R Miller, M Vitello, K Holloway, S Pettit

1 1693 A 2:10.34V 22
1) Sheng, Anna W21 2) Costa, Celeste W21
3) Anderson, Julie W19 4) Kulczycki, Shaina W29
31.89 1:10.37 1:40.87 2:10.34

Women 120-159 200 LC Meter Freestyle Relay

WORLD: 1:49.03 W 8/14/2015 TSUNAMI -RUS
S KNYAGININA, A FEOKTISTOVA, L YUDINA, I SHLEMOVA
NATL: 1:50.53 N 6/9/2013 N CAROLINA MASTERS SW
RUTH JONES, CELIA WOLFF, ALICIA UHL, ERIKA BRAUN
VA: 1:54.32 V 2017 1693
M Falcone, K Grier, E Minzenmayer, G Mizerak

1 1693 A 1:55.13 22
1) Mizerak, Gabrielle W31 2) Gass, Krista W43
3) Choe, Michele W45 4) Kenna, Anna W23
27.75 57.09 1:27.49 1:55.13

4 FAFF A 2:31.03 14
1) McDonald, Megan W33 2) Dickens, Susan W61
3) Bates, Lindsey W29 4) Baker, Abigail W24
33.85 1:12.55 1:59.65 2:31.03

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Women 120-159 200 LC Meter Medley Relay

WORLD: 2:02.35 W 12/15/2019 DIABLO -JPN
S KOGA, A KITAGAWA, R SHIMIZU, Y ONOGUCHI
NATL: 2:04.19 N 8/23/1998 GOLD COAST MASTERS
B GARDNER, S GEYER, T MOLL, J HERRINGTON
VA: 2:10.80 V 2017 1693
G Mizerak, K Harris, M Falcone, S Greene

2 1693 A 2:19.81 18
1) Joiner, Elizabeth W37 2) Thomas, Ruth Anne W42
3) Greene, Shannon W37 4) Baugher, Liz W34
35.51 1:14.41 1:46.55 2:19.81

Women 160-199 200 LC Meter Freestyle Relay

WORLD: 1:48.44 W 8/8/2006 TEAM TYR -USA
S HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE
NATL: 1:48.44 N 8/8/2006 TEAM TYR
C HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE
VA: 1:59.88 V 2002 VMST
K Parker, B Baker, K Braaten, T Seubert

2 VMST A 2:04.15 18
1) Swain, Jayme W47 2) Burgess, Erica W41
3) Letendre, Denise W34 4) Strobl, Lori W42
32.58 1:04.89 1:34.88 2:04.15

6 ETM A 2:18.49 10
1) Hood, Michaux W47 2) Dalton, Wendy W51
3) Ciolfi, Angela W45 4) Bond, Lisa W53
35.14 1:09.60 1:41.72 2:18.49

Women 160-199 200 LC Meter Medley Relay

WORLD: 2:04.75 W 8/8/2006 TEAM TYR -USA
J STEIN, S VON DER LIPPE, B CLEARY, C SAPPEY
NATL: 2:04.75 N 8/8/2006 TEAM TYR
J STEIN, S VON DER LIPPE, B CLEARY, C SAPPEY
VA: 2:18.33 V 2000 VMST
L Hasselquist, P Powis, W Weil, L Bennett

2 1693 A 2:10.22V 18
1) Mizerak, Gabrielle W31 2) Hurtubise, Courtney W42
3) Gass, Krista W43 4) Choe, Michele W45
31.50 1:08.63 1:39.32 2:10.22

6 VMST A 2:25.48 10
1) Buscaglia, Caycee W57 2) Burgess, Erica W41
3) Letendre, Denise W34 4) Strobl, Lori W42
41.32 1:22.57 1:56.47 2:25.48

8 ETM A 2:33.77 6
1) Sovik-Johnston, Amanda W 2) Ciolfi, Angela W45
3) Coggshall, Kathleen W40 4) Bond, Lisa W53
35.56 1:21.17 2:33.77

Women 200-239 200 LC Meter Freestyle Relay

WORLD: 1:56.04 W 3/19/2011 CAPE TOWN MASTERS
S KRUGER, C STANFORD, M STRAUSS, E OTTERMANN
NATL: 1:57.21 N 8/8/2006 PACIFIC NORTHWEST AQU
L DAHL, D GLASSMAN, C DAVIS, M LIPPOLD
VA: 2:07.49 V 2000 VMST
T Sue Gault, S Skiff, J Detrick, B Baker

1 1693 A 1:54.72W 22
1) Willeboordse, Fall W56 2) Hurtubise, Courtney W42
3) Williams, Susan W56 4) Conze, Margaret W51
28.98 57.29 1:26.62 1:54.72

5 FAFC A 2:25.04 12
1) Lipstreuer, Marilyn W56 2) Calobong-Pierce, Carol Lyn
3) Pierce, Jennifer W39 4) Algera, Bonnie W46
34.27 1:16.38 1:49.93 2:25.04

6 VMST A 2:29.54 10
1) Miller, Patricia W61 2) Cobb, Dianne W67
3) Broderson, Molly W70 4) Vaughan, Mason W38
35.30 1:18.35 2:29.54

7 VMST B 2:32.17 8
1) Boslego, Barbara W71 2) Mazzini, Wendy W67
3) Glover, Esther W52 4) Tisdale, Sarah W33
38.90 1:20.72 2:01.06 2:32.17

--- 1693 B DQ
1) Restrepo, Marie W60 2) Davidson, Julia W46
3) Sleman, Suzy W48 4) Harris, Kristen W46
31.09 1:03.81 1:36.74 DQ

Women 200-239 200 LC Meter Medley Relay

WORLD: 2:10.98 W 8/17/2008 OREGON MASTERS -U
K ANDRUS-HUGHES, B OBLETZ, A DELMAGE, R PARISI
NATL: 2:10.98 N 8/17/2008 OREGON MASTERS
K ANDRUS-HUGHES, B OBLETZ, A DELMAGE, R PARISI
VA: 2:25.82 V 2000 VMST
B Baker, N Miller, S Skiff, J Detrick

1 1693 A 2:08.87W 22
1) Williams, Susan W56 2) Harris, Kristen W46
3) Conze, Margaret W51 4) Willeboordse, Fall W56
34.10 2:08.87

5 VMST A 2:47.79 12
1) Jaeger, Debbie W60 2) Cook, Amy W55
3) Gregory, Barbie W54 4) Andres, Tess W41
45.49 1:36.10 2:13.67 2:47.79

Women 240-279 200 LC Meter Freestyle Relay

WORLD: 2:00.75 W 3/17/2018 CAPE TOWN MASTERS
E OTTERMANN, S KRUGER, D COETZEE, C STANFORD
NATL: 2:01.52 N 7/20/2019 NORTH TEXAS LONESTARS
K HENDERSON, L MORRISON, C MCKELVEY, S STONE
VA: 2:21.40 V 2004 VMST
B Schreiner, B Zaremski, J Leilich, L Bennett

1 VMST A 2:17.97V 22
1) Phillips, Alice W57 2) Buscaglia, Caycee W57
3) Speer, Nancy W60 4) Hichak, Barbara W68
33.03 1:08.50 1:43.96 2:17.97

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Women 240-279 200 LC Meter Medley Relay

WORLD: 2:19.90 W 3/16/2018 CAPE TOWN MASTERS -
D COETZEE, C STANFORD, E OTTERMANN, S KRUGER
NATL: 2:22.45 N 8/9/2019 OREGON MASTERS
V JENKINS, C CRABBE, A DELMAGE, J GETTLING
VA: 2:38.70 V 2006 VMST
B Zaremski, P Miller, T Sue Gault, B Schreiner

2 VMST M 2:31.10V 18
1) Van Horn Pate, Val W60 2) Miller, Patricia W61
3) Hollings, Charlotte W58 4) Hichak, Barbara W68
36.16 1:18.42 1:55.91 2:31.10

6 VMST A 2:48.56 10
1) Hasselquist, Lauren W64 2) Speer, Nancy W60
3) Bauer, Carol W61 4) Phillips, Alice W57
42.26 1:32.13 2:16.29 2:48.56

12 FAFC A 3:25.00
1) Campbell, Valerie W75 2) Calobong-Pierce, Carol Lyn
3) Algera, Bonnie W46 4) Lipstreuer, Marilyn W56
1:22.61 2:22.39 3:25.00

--- VMST B DQ
1) Little, Martha W58 2) Boslego, Barbara W71
3) Mazzini, Wendy W67 4) Broderson, Molly W70
53.53 1:30.60
DQ

Women 280-319 200 LC Meter Freestyle Relay

WORLD: 2:23.58 W 8/25/2019 OREGON MASTERS -U
J GETTLING, J WARD, M TOPPEL, K ANDRUS-HUGHES
NATL: 2:23.58 N 8/25/2019 OREGON MASTERS
J GETTLING, J WARD, M TOPPEL, K ANDRUS-HUGHES
VA: 2:29.97 V 2014 VMST
J Detrick, B Schreiner, T Sue Gault, M Barry

2 ETM A 2:27.38V 18
1) Lyttle, Ann W74 2) Umbdenstock, Kathy W71
3) Clute, Meg W67 4) Loftus-Charley, Shirley W7
39.08 1:16.21 1:51.77 2:27.38

Women 280-319 200 LC Meter Medley Relay

WORLD: 2:41.43 W 8/24/2019 OREGON MASTERS -U
K ANDRUS-HUGHES, J GETTLING, M TOPPEL, J WARD
NATL: 2:41.43 N 8/24/2019 OREGON MASTERS
K ANDRUS-HUGHES, J GETTLING, M TOPPEL, J WARD
VA: 2:56.69 V 2017 VMST
M Barry, B Boslego, S Loftus-Charley, J Detrick

2 ETM A 2:57.50 18
1) Umbdenstock, Kathy W71 2) Clute, Meg W67
3) Loftus-Charley, Shirley W7 4) Lyttle, Ann W74
46.82 1:37.67 2:19.19 2:57.50

Women 320-359 200 LC Meter Freestyle Relay

WORLD: 2:55.78 W 9/21/2013 BIG YOKOHAMA -JPN
S YONEZAWA, M KURATA, M KAMOSHITA, S WATANABE
NATL: 3:27.23 N 8/8/2009 VIRGINIA MASTERS SWIM
B ZAREMSKI, T SOKOLIK, M BERKLEY, J MEREDITH
VA: 3:27.23 V 2009 VMST
B Zaremski, T Sokolik, M Berkley, J Meredith

1 VMST A 3:43.09 22
1) Leilich, Joann W83 2) Blood, Lorene W80
3) Hlavacek, Ida W80 4) Schreiner, Beth W81
47.15 3:43.09

Women 320-359 200 LC Meter Medley Relay

WORLD: 3:27.07 W 6/23/2013 BIG YOKOHAMA -JPN
S YONEZAWA, M KURATA, S WATANABE, M KAMOSHITA
NATL: 3:47.69 N 3/21/2009 FLORIDA AQUATIC COMBI
B LORENZI, S EISELE, N DURSTEIN, J CAMPBELL

1 VMST A 4:01.04 22
1) Walker, Laura W85 2) Leilich, Joann W83
3) Hlavacek, Ida W80 4) Marens, Susan W80
1:00.46 1:54.24 3:00.27 4:01.04

Men 72-99 200 LC Meter Freestyle Relay

NATL: 1:35.48 N 8/11/2019 ROSE BOWL MASTERS
W UBELLACKER, S UBELLACKER, R PORRAZZO, D JIMENEZ
VA: 1:50.36 V 2000 VMST
J Miller, J Facciola, M Cofsky, D Holland

1 1693 A 1:45.90V 22
1) Tolar, Jack M21 2) Ramsdell, Geoffrey M33
3) Bracewell, Ryan M21 4) Rockwell, Lewis M19
27.09 53.88 1:20.61 1:45.90

Men 72-99 200 LC Meter Medley Relay

NATL: 1:49.35 N 8/27/1995 THE OLYMPIC CLUB
M COLLEY, J PATRICK, B BUDNEY, G LARSON
VA: 2:08.67 V 2000 VMST
M Cofsky, J Facciola, D Scotty, J Miller

--- 1693 A DQ
1) Glass, Austin M28 2) Bracewell, Ryan M21
3) Rockwell, Lewis M19 4) Glass, Sidney M31
28.91 1:00.89 1:28.32 DQ

Men 100-119 200 LC Meter Freestyle Relay

WORLD: 1:31.95 W 11/29/2009 MAC-MINA -BRA
R LEITE, R TRIVINO, D BELINI, P RODIGHERI
NATL: 1:34.24 N 8/10/2013 THE OLYMPIC CLUB
K FERGUSON, T HOLSMAN, S GREENWOOD, C TALBOTT
VA: 1:46.98 V 2017 1693
S Glass, R Williams, L Perry, C Head

1 1693 A 1:34.83V 22
1) Healey, Matthew M24 2) Kettlewell-SItes, Sam M25
3) Glass, Sidney M31 4) Bureau, Lucas M28
23.91 47.49 1:11.72 1:34.83

2 VMST A 1:36.80V 18
1) Pfannenstein, Jeffrey M25 2) Crabb, James M29
3) Mastracci, Kevin M26 4) Phillips, Bradley M30
24.06 49.35 1:12.70 1:36.80

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Men 100-119 200 LC Meter Medley Relay

WORLD: 1:43.79 W 4/17/2021 NKEY SWIM MASTERS -
R RIBIN, A AGESHKIN, N KONOVALOV, E KOROLYUK
NATL: 1:48.46 N 8/20/1990 HOUSTONION CLUB
C BRITT, D PUTTERMAN, R KILLEEN, J PRINGLE
VA: 2:03.87 V 2000 VMST
M Gill, C Cockrell, R Beville, G Sushkoff

1 1693 A 1:44.55N 22
1) Kettlewell-SItes, Sam M25 2) Brower, Andrew M28
3) Bureau, Lucas M28 4) Healey, Matthew M24
27.37 56.46 1:21.05 1:44.55

2 VMST A 1:49.30V 18
1) Mastracci, Kevin M26 2) Phillips, Bradley M30
3) Crabb, James M29 4) Pfannenstein, Jeffrey M25
27.36 59.27 1:25.13 1:49.30

Men 120-159 200 LC Meter Freestyle Relay

WORLD: 1:32.84 W 7/8/2018 GETXO -ESP
M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA
NATL: 1:34.82 N 7/26/2009 SOUTHERN CAL AQUATIC M
M CORNUE, E HOCHSTEIN, E TOLMACHOFF, C BEACH
VA: 1:43.37 V 2002 VMST
A Gale, D Holland, F Byskov, J Tudor

1 1693 A 1:40.65V 22
1) Brower, Andrew M28 2) Elsaesser, Evan M38
3) Glass, Austin M28 4) Henderson, James M28
25.35 49.96 1:15.57 1:40.65

4 1693 B 1:49.36 14
1) Head, Carter M29 2) Gass, Kraig M43
3) Taggart, Ross M32 4) Duncan, Wayne M47
27.93 54.86 1:22.35 1:49.36

Men 120-159 200 LC Meter Medley Relay

WORLD: 1:42.30 W 6/16/2019 THE STAR -JPN
T FUKUI, T OSAKI, K FUKAYA, T ONO
NATL: 1:44.88 N 8/1/2018 PHOENIX SWIM CLUB MAS
R FERREIRA, F DOS SANTOS, B DE PAULA, R FERREIRA
VA: 1:58.00 V 2002 VMST
A Gale, F Byskov, D Holland, J Tudor

2 1693 A 1:55.38V 18
1) Henderson, James M28 2) Fratkin, Bryan M52
3) Elsaesser, Evan M38 4) Major, Kyle M23
28.78 1:03.96 1:29.69 1:55.38

3 1693 B 2:05.94 16
1) Nardelli, Louis M43 2) Tolar, Jack M21
3) Taggart, Ross M32 4) Duncan, Wayne M47
33.81 1:08.57 1:38.81 2:05.94

5 ETM A 2:25.65 12
1) Shaw, Chris M40 2) Mathews, Brendan M41
3) Elnaggar, Mahmoud M33 4) McQuiggan, Jacob M28
41.98 1:18.95 1:58.58 2:25.65

Men 160-199 200 LC Meter Freestyle Relay

WORLD: 1:34.92 W 8/18/2017 NEVA STARS -RUS
A SHILIN, S MEDVEDEV, A MANZHULA, V PREDKIN
NATL: 1:36.28 N 8/8/2006 TEAM TYR
M EISENHUTH, J SMITH, R SAEGER, P SMITH
VA: 1:43.79 V 2011 VMST
B Gaines, D Holland, D Malsbury, C Stevenson

2 1693 A 1:47.53 18
1) Berger, Christoph M32 2) Harbourt, Cliff M50
3) Belmar, Roger M57 4) Major, Kyle M23
25.93 54.03 1:21.82 1:47.53

6 1693 B 1:54.78 10
1) Nardelli, Louis M43 2) Earle, Daniel M50
3) Adkins, Dana M45 4) Driscoll, Keith M47
27.85 56.89 1:26.77 1:54.78

7 ETM A 1:55.03 8
1) McQuiggan, Jacob M28 2) Bauer, Craig M70
3) Kibler, Jonathan M34 4) Shaw, Chris M40
27.85 58.68 1:24.71 1:55.03

8 VMST A 1:57.69 6
1) McLeod, Matthew M45 2) Williamson, Austin M36
3) Holland, Dave M55 4) DeBartolo, Mark M52
29.10 59.85 1:28.35 1:57.69

Men 160-199 200 LC Meter Medley Relay

WORLD: 1:45.47 W 8/18/2017 NEVA STARS -RUS
A SHILIN, G GOGOL, A MANZHULA, V PREDKIN
NATL: 1:47.72 N 8/8/2006 TEAM TYR
R SAEGER, G RHODENBAUGH, P SMITH, J SMITH
VA: 1:53.25 V 2006 VMST
C Stevenson, D Malsbury, D Holland, E Cornell

4 1693 A 2:08.05 14
1) Earle, Daniel M50 2) Rockwell, John M48
3) Gass, Kraig M43 4) Tingstrom, Michael M55
35.34 1:11.10 1:40.79 2:08.05

5 VMST A 2:10.38 12
1) DeBartolo, Mark M52 2) McLeod, Matthew M45
3) Holland, Dave M55 4) Lowry, Patrick M43
35.63 2:10.38

7 FAFF A 2:14.04 8
1) Fasana, Joseph M21 2) Malony, Shawn M33
3) Ingebretsen, Carl M61 4) Levy, Daniel M53
33.51 1:12.15 1:47.33 2:14.04

10 1693 B 2:30.78 2
1) Driscoll, Keith M47 2) Kimball, Joe M54
3) Adkins, Dana M45 4) Ahlgren, Kyle M47
37.68 1:20.94 1:55.69 2:30.78

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Men 200-239 200 LC Meter Freestyle Relay

WORLD: 1:38.24 W 8/8/2006 COLORADO -USA
J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMS
NATL: 1:38.24 N 8/8/2006 COLORADO MASTERS
J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMS
VA: 1:49.32 V 2014 VMST
C Stevenson, D Holland, G Harris, T Deppe

1 1693 A 1:47.64V 22
1) Williams, Rich M47 2) Bell, David M47
3) Tingstrom, Michael M55 4) Ruckdeschel, Jonathan M54
26.83 53.26 1:20.88 1:47.64

6 VMST A 1:58.61 10
1) Cortina, Jorge M63 2) Keith, Algernon M62
3) Noonan, Edward M50 4) Clair, John M47
29.43 58.49 1:27.08 1:58.61

7 1693 B 2:01.44 8
1) Kimball, Joe M54 2) Fratkin, Bryan M52
3) Ahlgren, Kyle M47 4) Rockwell, John M48
30.61 58.56 1:33.35 2:01.44

10 ETM A 2:14.68 2
1) Elnaggar, Mahmoud M33 2) Crane, John M71
3) Biscos, Gilles M71 4) Mathews, Brendan M41
31.89 1:10.20 1:45.04 2:14.68

Men 200-239 200 LC Meter Medley Relay

WORLD: 1:50.83 W 8/8/2006 COLORADO -USA
S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMS
NATL: 1:50.83 N 8/8/2006 COLORADO MASTERS
S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMS
VA: 2:06.56 V 2000 VMST
W Bacon, W Brundage, L Tudor, D Hefner

1 1693 A 2:03.43V 22
1) Bell, David M47 2) Williams, Rich M47
3) Harbourt, Cliff M50 4) Belmar, Roger M57
31.35 1:05.70 1:35.25 2:03.43

4 1693 B 2:07.45 14
1) Slater, Douglas M65 2) Harris, Gregory M59
3) Gill, Thomas M51 4) Ramsdell, Geoffrey M33
33.80 1:08.40 1:40.68 2:07.45

Men 240-279 200 LC Meter Freestyle Relay

WORLD: 1:42.40 W 8/19/2016 SARASOTA Y SHARKS -U
S WOOD, D MARTIN, T HEDRICK, J GROSELLE
NATL: 1:42.40 N 8/19/2016 SARASOTA Y SHARKS
S WOOD, D MARTIN, T HEDRICK, J GROSELLE
VA: 2:19.33 V 2010 VMST
J Davis, H Sober, R Swiger, B Nelson

10 VMST A 2:20.39 2
1) Miller, Jim M72 2) Edelman, Paul M66
3) Gay, Kent M64 4) Sushkoff, George M57
41.31 1:17.56 1:48.42
1:48.42 2:20.39

Men 240-279 200 LC Meter Medley Relay

WORLD: 1:57.46 W 8/21/2016 SARASOTA Y SHARKS -U
S WOOD, J GROSELLE, T HEDRICK, D MARTIN
NATL: 1:57.46 N 8/21/2016 SARASOTA Y SHARKS
S WOOD, J GROSELLE, T HEDRICK, D MARTIN
VA: 2:31.90 V 2002 VMST
F Sullivan, J Schlitz, M Sheridan, C Russ

8 VMST A 2:22.33V 6
1) Lowe, John M61 2) Sushkoff, George M57
3) Collins, Ron M60 4) Cortina, Jorge M63
37.84 1:20.78 1:53.87 2:22.33

Men 280-319 200 LC Meter Medley Relay

WORLD: 2:15.90 W 8/9/2019 VENTURA COUNTY MASTE
S HECK, H KERNS, G GRUBER, B ROLLINS
NATL: 2:15.90 N 8/9/2019 VENTURA COUNTY MASTE
S HECK, H KERNS, G GRUBER, B ROLLINS
VA: 3:03.31 V 2000 VMST
F Sullivan, N Rainer, E Gaulrapp, H Howell

3 ETM A 2:36.42V 16
1) Wardle, William M71 2) Bauer, Craig M70
3) Walters, Roland M69 4) Biscos, Gilles M71
38.60 2:02.73 2:36.42

9 VMST A 3:33.38 4
1) Swiger, Ralph M66 2) Gaulrapp, Edward M80
3) Miller, Jim M72 4) Gay, Kent M64
59.62 2:04.17 3:00.78 3:33.38

Men 320-359 200 LC Meter Freestyle Relay

WORLD: 2:20.89 W 7/21/2003 JUEI CLUB -JPN
S SHIDA, K NAKAMURA, K SHIRAYAMA, I TAMURA
NATL: 2:24.56 N 8/19/2016 OREGON MASTERS
J FERRAZ, W LAMB, F PHILIPPS, D RADCLIFF

2 VMST A 2:47.50 18
1) Gaulrapp, Edward M80 2) Novell, Ken M80
3) Brundage, Warner M79 4) Bettis, Lee M84
47.27 1:24.88 2:09.05 2:47.50

Mixed 72-99 200 LC Meter Freestyle Relay

NATL: 1:45.12 N 8/9/2019 SWIM FORT LAUDERDALE
E PAZOS, E ZUBERO, J LORDA TAYLOR, B WOODROW
VA: 2:01.49 V 2000 VMST
R Miller, J Miller, R Loboda, D Scotty

1 1693 A 1:44.64N 22
1) Kettlewell-SItes, Sam M25 2) Glass, Sidney M31
3) Sheng, Anna W21 4) Anderson, Julie W19
23.71 48.11 1:15.82 1:44.64

Mixed 72-99 200 LC Meter Medley Relay

NATL: 1:55.58 N 8/10/2019 SWIM FORT LAUDERDALE
E PAZOS, Y RUBIN, E ZUBERO, J LORDA TAYLOR
VA: 2:11.46 V 2017 TIDE
L Breuer, H Pierce, I King, S Greene

--- 1693 A DQ
1) Costa, Celeste W21 2) Tolar, Jack M21
3) Greene, Shannon W37 4) Rockwell, Lewis M19
35.01 1:09.88
1:41.71 DQ

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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: 1:43.11 N 7/11/2010 THE OLYMPIC CLUB
O'DONNELL-MCCARTH, T HOLSMAN, E REILLY, S GREENWOO
VA: 1:53.72 V 2014 VMST
D Letendre, M Dudley, W Ericson, J Hogan

1 1693 A 1:41.71N 22
1) Bureau, Lucas M28 2) Healey, Matthew M24
3) Kenna, Anna W23 4) Mizerak, Gabrielle W31
23.58 47.06 1:14.63 1:41.71

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: 1:54.22 N 8/10/2019 ROSE BOWL MASTERS
K YOUNKINS, M CARLSON, W UBELLACKER, S UBELLACKER
VA: 1:59.20 V 2017 1693
S Glass, C Head, G Mizerak, M Falcone

1 1693 A 1:53.91N 22
1) Kenna, Anna W23 2) Bureau, Lucas M28
3) Mizerak, Gabrielle W31 4) Healey, Matthew M24
32.00 1:01.18
1:30.49 1:53.91

Mixed 120-159 200 LC Meter Freestyle Relay

WORLD: 1:40.14 W 8/14/2015 TSUNAMI -RUS
A SATANOVSKIY, I SHLEMOVA, S KNYAGININA, A KRYLOV
NATL: 1:42.65 N 8/23/1998 GOLD COAST MASTERS
T PACE, T MOLL, J HERRINGTON, K WIENANTS
VA: 1:51.05 V 2004 VMST
M Gill, D Jaeger, E Cornell, A Phillips

4 1693 A 1:48.56V 14
1) Rockwell, Lewis M19 2) Brower, Andrew M28
3) Hurtubise, Courtney W42 4) Gass, Krista W43
25.66 50.64 1:19.35 1:48.56

6 1693 B 1:54.04 10
1) Major, Kyle M23 2) Berger, Christoph M32
3) Davidson, Julia W46 4) Costa, Celeste W21
26.49 51.89 1:24.38 1:54.04

7 VMST A 1:56.15 8
1) Letendre, Denise W34 2) Lowry, Patrick M43
3) Burgess, Erica W41 4) Crabb, James M29
31.03 58.14 1:30.35 1:56.15

10 ETM A 2:04.55 2
1) Kibler, Jonathan M34 2) Wegman, Roxanne W35
3) Latimer, Rebecca W40 4) McQuiggan, Jacob M28
26.74 1:02.86 1:37.22 2:04.55

13 FAFF A 2:10.96
1) Malony, Shawn M33 2) McDonald, Megan W33
3) Dickens, Susan W61 4) Fasana, Joseph M21
31.43 1:05.57 1:44.05 2:10.96

Mixed 120-159 200 LC Meter Medley Relay

WORLD: 1:50.77 W 7/8/2012 PHOENIX SWIM CLUB -
N INADA, J COMMINGS, M HYMAN, J PONCE
NATL: 1:50.77 N 7/8/2012 PHOENIX SWIM CLUB
N INADA, J COMMINGS, M HYMAN, J PONCE
VA: 2:04.58 V 2013 VMST
C Stevenson, C Russo, J Hogan, K Hibbard

2 1693 A 1:55.94V 18
1) Sheng, Anna W21 2) Brower, Andrew M28
3) Elsaesser, Evan M38 4) Hurtubise, Courtney W42
32.24 1:01.73 1:27.56 1:55.94

3 1693 B 1:58.48V 16
1) Glass, Sidney M31 2) Kettlewell-SItes, Sam M25
3) Anderson, Julie W19 4) Choe, Michele W45
28.45 58.91 1:28.64 1:58.48

8 VMST A 2:09.82 6
1) Crabb, James M29 2) McLeod, Matthew M45
3) Letendre, Denise W34 4) Strobl, Lori W42
29.51 1:07.08 1:40.06 2:09.82

10 1693 C 2:12.58 2
1) Sleman, Suzy W48 2) Bracewell, Ryan M21
3) Major, Kyle M23 4) Wray, Sydney W35
37.02 1:10.10 1:37.38 2:12.58

12 FAFF A 2:17.54
1) Hardy, Carissa W23 2) Baker, Abigail W24
3) Fasana, Joseph M21 4) Levy, Daniel M53
39.01 1:20.43 1:50.27 2:17.54

Mixed 160-199 200 LC Meter Freestyle Relay

WORLD: 1:42.27 W 8/8/2006 TEAM TYR -USA
J SMITH, R SAEGER, C SAPPEY, S HART
NATL: 1:42.27 N 8/8/2006 TEAM TYR
J SMITH, R SAEGER, C SAPPEY, S HART
VA: 1:46.58 V 2000 VMST
J Tudor, L Tudor, A Phillips, B Baker

3 1693 A 1:53.82 15
1) Henderson, James M28 2) Tingstrom, Michael M55
3) Greene, Shannon W37 4) Choe, Michele W45
25.90 53.05 1:53.82

7 1693 B 2:00.11 8
1) Williams, Rich M47 2) Harbourt, Cliff M50
3) Wray, Sydney W35 4) Joiner, Elizabeth W37
26.84 54.94 1:29.76 2:00.11

9 CGMS A 2:05.08 4
1) Bickley, Matthew M61 2) McMullen, Bridget W52
3) Hasbrouck, Lauren W36 4) Lundberg, Erik M43
30.44 1:07.06 1:38.49 2:05.08

10 VMST A 2:05.84 2
1) Swain, Jayme W47 2) Andres, Tess W41
3) Gustafson, Jeremy M41 4) Hardy, Ryan M39
32.97 1:07.98 1:38.26 2:05.84

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Mixed 160-199 200 LC Meter Medley Relay

WORLD: 1:53.25 W 6/6/2021 MAD WAVE -RUS
A POVALIY, V BRAGIN, A POLIAKOVA, V PREDKIN
NATL: 1:56.34 N 8/10/2019 NOVAQUATICS MASTERS
J NATALIZIO, S WEST, S BENNETT, C BERTELINK
VA: 2:03.33 V 2000 VMST
B Baker, P Powis, J Tudor, L Tudor

2 1693 A 2:04.56 18
1) Glass, Austin M28 2) Harris, Kristen W46
3) Gass, Krista W43 4) Ruckdeschel, Jonathan M54
29.21 1:06.19 1:37.52 2:04.56

8 1693 B 2:12.75 6
1) Joiner, Elizabeth W37 2) Fratkin, Bryan M52
3) Berger, Christoph M32 4) Davidson, Julia W46
35.55 1:10.98 1:39.99 2:12.75

12 ETM B 2:19.54
1) McQuiggan, Jacob M28 2) Mathews, Brendan M41
3) Ciolfi, Angela W45 4) Bond, Lisa W53
32.40 1:09.16
1:44.18 2:19.54

13 CGMS A 2:23.75
1) McMullen, Bridget W52 2) Hasbrouck, Lauren W36
3) Lundberg, Erik M43 4) Bickley, Matthew M61
40.19 1:22.29 1:53.06 2:23.75

14 ETM A 2:29.03
1) Shaw, Chris M40 2) Kibler, Jonathan M34
3) Latimer, Rebecca W40 4) Dalton, Wendy W51
41.84 1:16.68 2:29.03

15 VMST C 2:33.29
1) Jaeger, Debbie W60 2) Hardy, Ryan M39
3) Gustafson, Jeremy M41 4) Cook, Amy W55
45.15 1:22.15
1:57.02 2:33.29

17 VMST A 2:35.19
1) Glover, Esther W52 2) Edelman, Andrew M37
3) Vaughan, Mason W38 4) Edelman, Paul M66
48.23 1:23.14
1:59.77 2:35.19

18 VMST B 2:36.12
1) Little, Martha W58 2) Williamson, Austin M36
3) Noonan, Edward M50 4) Burgess, Erica W41
52.56 1:32.57 2:36.12

19 ETM C 2:38.84
1) Kurtz, Autumn W40 2) Biscos, Gilles M71
3) Hood, Michaux W47 4) Elnaggar, Mahmoud M33
40.33 1:25.56 2:38.84

Mixed 200-239 200 LC Meter Freestyle Relay

WORLD: 1:44.96 W 8/8/2006 COLORADO -USA
T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS
NATL: 1:44.96 N 8/10/2006 COLORADO MASTERS
T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS
VA: 2:00.29 V 2004 VMST
L Bennett, T Hernlen, T Sue Gault, J Krongaard

1 1693 A 1:50.10V 22
1) Bell, David M47 2) Ruckdeschel, Jonathan M54
3) Willeboordse, Fall W56 4) Conze, Margaret W51
26.85 53.21 1:22.08 1:50.10

13 VMST A 2:10.15
1) DeBartolo, Mark M52 2) Cook, Amy W55
3) Speer, Nancy W60 4) McLeod, Matthew M45
29.93 1:05.24 1:41.45 2:10.15

14 ETM A 2:16.29
1) Sovik-Johnston, Amanda W 2) Crane, John M71
3) Shaw, Chris M40 4) Bond, Lisa W53
31.41 1:40.55 2:16.29

Mixed 200-239 200 LC Meter Medley Relay

WORLD: 1:59.99 W 8/18/2017 GUILDFORD CITY SWIMMI
M WARE, D BRYANT, M HODGSON, L COGGINS
NATL: 2:01.98 N 8/20/2016 OREGON MASTERS
V JENKINS, K GROTE, G DUUS, K ANDRUS-HUGHES
VA: 2:12.93 V 2011 VMST
K Parker Palace, D Malsbury, C Stevenson, N Betts

1 1693 A 2:04.44V 22
1) Bell, David M47 2) Williams, Rich M47
3) Conze, Margaret W51 4) Willeboordse, Fall W56
31.37 1:04.77 1:35.76 2:04.44

--- VMST A DQ
1) Van Horn Pate, Val W60 2) Speer, Nancy W60
3) Holland, Dave M55 4) Pfannenstein, Jeffrey M25
36.56 1:25.32 1:56.19 DQ

Mixed 240-279 200 LC Meter Freestyle Relay

WORLD: 1:54.54 W 8/20/2016 SARASOTA Y SHARKS -U
D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK
NATL: 1:54.54 N 8/20/2016 SARASOTA Y SHARKS
D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK
VA: 2:01.24 V 2006 VMST
P Miller, J Calvert, C Sage, T Sue Gault

1 1693 A 1:56.43V 22
1) Slater, Douglas M65 2) Harris, Gregory M59
3) Restrepo, Marie W60 4) Williams, Susan W56
28.50 56.58 1:27.57 1:56.43

8 VMST A 2:11.76 6
1) Collins, Ron M60 2) Miller, Patricia W61
3) Hasselquist, Lauren W64 4) Holland, Dave M55
30.98 1:05.99 1:42.13 2:11.76

15 VMST B 2:20.70
1) Lowe, John M61 2) Bauer, Carol W61
3) Boslego, Barbara W71 4) Cortina, Jorge M63
31.37 1:08.76 1:51.44 2:20.70

20 VMST C 2:33.52
1) Brown, Andy M64 2) Cobb, Dianne W67
3) Mazzini, Wendy W67 4) Gay, Kent M64
42.62 1:22.54 2:33.52

2022 USMS Summer Nationals - 8/3/2022 to 8/7/2022

Swim RVA-CSAC

Results

Mixed 240-279 200 LC Meter Medley Relay

WORLD: 2:08.11 W 8/20/2016 PUGET SOUND MASTERS
L DAHL, R COLELLA, D GRAHAM, C DAVIS

NATL: 2:08.11 N 8/20/2016 PUGET SOUND MASTERS
L DAHL, R COLELLA, D GRAHAM, C DAVIS

VA: 2:35.01 V 2016 VMST
B Schreiner, D Malsbury, K Parker Palace, D Sheaha

4 VMST B 2:23.83V 14
1) Phillips, Alice W57 2) Miller, Patricia W61
3) Collins, Ron M60 4) Gay, Kent M64
40.17 1:21.83
1:53.67 2:23.83

6 VMST A 2:26.41V 10
1) Buscaglia, Caycee W57 2) Neubauer, Kenneth M64
3) Keith, Algernon M62 4) Hichak, Barbara W68
39.36 1:17.93 1:52.43 2:26.41

9 VMST C 2:31.34V 4
1) Hasselquist, Lauren W64 2) DeBartolo, Mark M52
3) Bauer, Carol W61 4) Cortina, Jorge M63
40.84 1:19.46 2:31.34

11 1693 A 2:33.59V
1) Restrepo, Marie W60 2) Slater, Douglas M65
3) Williams, Susan W56 4) Romano, Vince M76
38.60 1:15.82 1:48.56 2:33.59

--- VMST D DQ
1) Howsmon, Angela W62 2) Swiger, Ralph M66
3) Clair, John M47 4) Mazzini, Wendy W67
47.22 1:40.74 2:16.78 DQ

Mixed 280-319 200 LC Meter Freestyle Relay

WORLD: 2:03.33 W 10/9/2021 TAMALPAIS AQUATICS -
L VAL, A BERNARD, C DAVIS, R BURNS

NATL: 2:03.33 N 10/9/2021 TAMALPAIS AQUATIC MAST
L VAL, A BERNARD, C DAVIS, R BURNS

VA: 2:38.89 V 2012 VMST
B Schreiner, B Durrant, T Woods, S Galletly

3 ETM A 2:17.30V 16
1) Loftus-Charley, Shirley W7 2) Lyttle, Ann W74
3) Wardle, William M71 4) Bauer, Craig M70
35.59 1:14.18 1:46.59 2:17.30

8 VMST A 2:32.64V 6
1) Broderson, Molly W70 2) Hichak, Barbara W68
3) Gaulrapp, Edward M80 4) Keith, Algernon M62
41.73 1:16.88 2:03.45 2:32.64

Mixed 280-319 200 LC Meter Medley Relay

WORLD: 2:21.20 W 8/9/2015 TAMALPAIS AQUATIC MAST
L VAL, K FROST, R BURNS, N RIDOUT

NATL: 2:21.20 N 8/9/2015 TAMALPAIS AQUATIC MAST
L VAL, K FROST, R BURNS, N RIDOUT

VA: 3:03.77 V 2010 VMST
S Galletly, B Durrant, T Sue Gault, R Briesemeiste

3 ETM A 2:39.79V 16
1) Wardle, William M71 2) Bauer, Craig M70
3) Loftus-Charley, Shirley W7 4) Lyttle, Ann W74
38.16 1:20.45 2:01.72 2:39.79

10 VMST A 3:36.31 2
1) Boslego, Barbara W71 2) Gaulrapp, Edward M80
3) Hlavacek, Ida W80 4) Sushkoff, George M57
50.47 1:56.02 3:04.15 3:36.31

Mixed 320-359 200 LC Meter Freestyle Relay

WORLD: 2:35.97 W 8/20/2016 OREGON MASTERS -U
R KAY, W LAMB, B FRID, D RADCLIFF

NATL: 2:35.97 N 8/20/2016 OREGON MASTERS
R KAY, W LAMB, B FRID, D RADCLIFF

1 VMST A 2:53.98 22
1) Schreiner, Beth W81 2) Miller, Jim M72
3) Leilich, Joann W83 4) Bettis, Lee M84
43.83 1:25.17 2:15.21 2:53.98

Mixed 320-359 200 LC Meter Medley Relay

WORLD: 2:55.98 W 7/20/2014 BIG S YOKOHAMA -JP
S YONEZAWA, T NAKAMARU, H MAKIMOTO, M KAMOSHITA

NATL: 3:05.67 N 8/25/2019 OREGON MASTERS
J WARD, R NAKATA, M TOPPEL, W LAMB

VA: 4:38.39 V 2013 VMST
M Berkley, N Rainer, R Scott, K Gregory

1 VMST A 3:24.09V 22
1) Schreiner, Beth W81 2) Leilich, Joann W83
3) Miller, Jim M72 4) Bettis, Lee M84
55.72 1:47.76 2:45.15 3:24.09