NOVA Masters Mayhem - copied - 1/24/2026

Results - Saturday Afternoon

Women 18-24 50 Yard Freestyle

NATL: 22.21 N 1/31/2015 VANDERPOOL-WALLAC
VA: 23.24 V 12/16/2023 Missy Cundiff

1	Hall, Sydney	23	PSDN-VA	25.61
2	Hudspeth, Lauren	22	One Event	41.32

Women 18-24 50 Yard Backstroke

NATL: 24.83 N 4/29/2023 CAROLINE GMELICH
VA: 25.92 V 4/5/2019 Catherine Mulquin

1	Hall, Sydney	23	PSDN-VA	31.97

Women 18-24 50 Yard Breaststroke

NATL: 27.76 N 12/5/2014 KATIE MEILI
VA: 29.59 V 4/28/2016 Amalia Kobelja

1	Hall, Sydney	23	PSDN-VA	30.86
2	Hudspeth, Lauren	22	One Event	52.86

Women 18-24 50 Yard Butterfly

NATL: 24.47 N 4/27/2025 CRYSTAL MURPHY
VA: 25.16 V 4/5/2019 Catherine Mulquin

1	Hall, Sydney	23	PSDN-VA	28.30

Women 25-29 50 Yard Freestyle

NATL: 22.00 N 4/27/2019 KATARZYNA WILK
VA: 22.44 V 4/24/2025 Missy Cundiff

1	Mills, Therese	26	FAFF-VA	34.61
2	Dominguez, Emma	25	N*VA-VA	35.54
3	Lewis, Alexandra	26	VMST-VA	37.91

Women 25-29 100 Yard Freestyle

NATL: 48.58 N 5/12/2018 KATARZYNA WILK
VA: 50.17 V 4/27/2025 Missy Cundiff

1	Gustavson, Caroline	28	CM-Y-VA	1:01.39
	29.54 1:01.39			
2	Lettieri, Kaela	28	CM-Y-VA	1:06.10
	31.51 1:06.10			
3	Mills, Therese	26	FAFF-VA	1:16.71
	35.63 1:16.71			

Women 25-29 200 Yard Freestyle

NATL: 1:47.88 N 4/30/2023 JENNA CAMPBELL
VA: 1:52.76 V 4/7/2017 Marina Falcone

1	Gustavson, Caroline	28	CM-Y-VA	2:15.30
	31.56 1:05.36 1:40.00 2:15.30			
2	Lettieri, Kaela	28	CM-Y-VA	2:24.11
	33.34 1:09.09 1:45.49 2:24.11			

Women 25-29 50 Yard Backstroke

NATL: 24.70 N 6/20/2024 ALLY HOWE
VA: 27.04 V 4/29/2023 Bonnie Zhang

1	Dominguez, Emma	25	N*VA-VA	39.58

Women 25-29 200 Yard Backstroke

NATL: 1:55.90 N 6/23/2024 ALLY HOWE
VA: 2:07.06 V 5/20/2010 Kate Hibbard

1	Gustavson, Caroline	28	CM-Y-VA	2:35.62
	38.04 1:17.19 1:56.80 2:35.62			

Women 25-29 50 Yard Breaststroke

NATL: 27.10 N 4/30/2016 KATIE MEILI
VA: 30.22 V 1/25/2025 Lana Berry

1	Dominguez, Emma	25	N*VA-VA	42.05

Women 25-29 100 Yard Breaststroke

NATL: 59.58 N 2/6/2010 MEGAN JENDRICK
VA: 1:04.54 V 1/25/2025 Lana Berry

1	Lettieri, Kaela	28	CM-Y-VA	1:27.45
	42.49 1:27.45			

Women 25-29 50 Yard Butterfly

NATL: 24.19 N 4/28/2017 DANIELLE HERRMANN
VA: 24.46 V 4/27/2025 Missy Cundiff

1	Dominguez, Emma	25	N*VA-VA	37.43

Women 25-29 100 Yard IM

NATL: 54.40 N 4/29/2017 DANIELLE HERRMANN
VA: 59.85 V 3/4/2023 Victoria Barley

1	Lewis, Alexandra	26	VMST-VA	1:41.59
	49.05 1:41.59			

Women 30-34 50 Yard Freestyle

NATL: 22.37 N 4/7/2019 MADISON KENNEDY
VA: 25.13 V 2/9/2013 Courtney Hurtubise

1	Barley, Victoria	30	1693-VA	25.38
2	Nordquist, Liz	33	UC12-VA	27.75
3	Dodson, Jessica	32	PSDN-VA	28.06
4	Moore, Jennifer	32	N*VA-VA	30.49
5	Gauntt, Katrina	30	UC12-VA	32.18

Women 30-34 100 Yard Freestyle

NATL: 48.03 N 2/23/2013 ERIKA ERNDL
VA: 54.78 V 1/1/1994 Beth Scheimann

1	Nordquist, Liz	33	UC12-VA	1:00.97
	29.95 1:00.97			
2	Booker, Sarah	34	VMST-VA	1:09.41
	33.16 1:09.41			

Women 30-34 50 Yard Backstroke

NATL: 24.96 N 5/1/2011 NORIKO INADA
VA: 28.94 V 4/24/2025 Natalee Garrett

1	Dodson, Jessica	32	PSDN-VA	33.34

Women 30-34 100 Yard Backstroke

NATL: 53.61 N 3/21/2025 C BARTHOLOMEW
VA: 1:03.14 V 2/3/2018 Carina Masson

1	Gauntt, Katrina	30	UC12-VA	1:17.97
	37.40 1:17.97			

Women 30-34 100 Yard Breaststroke

NATL: 58.81 N 3/6/2022 DANIELLE HERRMANN
VA: 1:08.96 V 5/1/1989 Lisa Bennett

1	Booker, Sarah	34	VMST-VA	1:29.00
	42.14 1:29.00			

Women 30-34 50 Yard Butterfly

NATL: 24.18 N 4/15/2000 ANGEL MARTINO
VA: 25.66 V 1/30/2022 Gabrielle Mizerak

1	Barley, Victoria	30	1693-VA	27.10
2	Nordquist, Liz	33	UC12-VA	31.11
3	Dodson, Jessica	32	PSDN-VA	31.36
4	Moore, Jennifer	32	N*VA-VA	37.46

Women 30-34 100 Yard Butterfly

NATL: 52.93 N 3/5/2022 DANIELLE HERRMANN
VA: 1:00.17 V 4/26/2012 Maura Bolger

1	Nordquist, Liz	33	UC12-VA	1:11.54
	33.38	1:11.54		

Women 30-34 100 Yard IM

NATL: 56.73 N 3/21/2025 C BARTHOLOMEW
VA: 1:02.99 V 1/1/1995 Beth O'Connor

1	Barley, Victoria	30	1693-VA	1:02.82V
	28.82	1:02.82		
2	Nordquist, Liz	33	UC12-VA	1:10.79
	32.88	1:10.79		
3	Dodson, Jessica	32	PSDN-VA	1:11.38
	31.80	1:11.38		
4	Booker, Sarah	34	VMST-VA	1:19.51
	37.52	1:19.51		
5	Gauntt, Katrina	30	UC12-VA	1:27.98
	38.89	1:27.98		

Women 35-39 50 Yard Freestyle

NATL: 22.34 N 2/25/2007 DARA TORRES
VA: 23.82 V 5/10/2018 Katie Grier

1	Patterson, Julie	37	N*VA-VA	31.25
2	Oswell, Grace	35	UC12-VA	1:41.17

Women 35-39 200 Yard Freestyle

NATL: 1:51.55 N 5/3/1997 K PIPES-NEILSEN
VA: 1:56.11 V 5/10/2018 Katie Grier

1	Patterson, Julie	37	N*VA-VA	2:23.06
	32.53	1:08.51	1:46.16	2:23.06

Women 35-39 50 Yard Backstroke

NATL: 24.71 N 4/29/2017 NORIKO INADA
VA: 27.81 V 4/7/2017 Katie Grier

1	Oswell, Grace	35	UC12-VA	2:11.30

Women 35-39 200 Yard Breaststroke

NATL: 2:17.51 N 4/26/2015 KATIE GLENN
VA: 2:33.72 V 1/1/2005 Cheryl Conlin

1	Patterson, Julie	37	N*VA-VA	3:09.67
	44.68	1:31.42	2:20.25	3:09.67

Women 35-39 100 Yard IM

NATL: 57.25 N 4/29/2017 GABRIELLE CHANG
VA: 1:01.35 V 4/27/2000 Beth Baker

---	Oswell, Grace	35	UC12-VA	DQ

Women 40-44 50 Yard Freestyle

NATL: 21.91 N 4/15/2007 DARA TORRES
VA: 24.00 V 4/25/2019 Katie Grier

1	Miller, Elizabeth	44	N*VA-VA	26.41
2	Tannehill, Jessica	42	UC12-VA	29.53
3	Booker, Lauren	42	PSDN-VA	31.94
4	Scott, Mary	42	TIDE-VA	35.57
5	Warshaw, Valerie	44	VMST-VA	39.20

Women 40-44 100 Yard Freestyle

NATL: 48.34 N 4/15/2007 DARA TORRES
VA: 51.49 V 4/5/2019 Katie Grier

1	Apple, Stephanie	42	VMST-VA	1:08.35
	31.96	1:08.35		

Women 40-44 200 Yard Freestyle

NATL: 1:51.06 N 12/22/2002 K PIPES-NEILSEN
VA: 1:57.95 V 4/25/2019 Katie Grier

1	Tannehill, Jessica	42	UC12-VA	2:23.21
	33.21	1:09.60	1:47.40	2:23.21
2	Apple, Stephanie	42	VMST-VA	2:28.92
	32.99	1:10.16	1:49.25	2:28.92

Women 40-44 500 Yard Freestyle

NATL: 4:58.98 N 10/5/2002 K PIPES-NEILSEN
VA: 5:33.24 V 4/2/2004 Kelly Parker

1	Apple, Stephanie	42	VMST-VA	6:40.47
	33.67	1:11.54	1:51.91	2:32.81
	3:14.39	3:55.88	4:37.27	5:19.46
	6:00.85	6:40.47		

Women 40-44 50 Yard Backstroke

NATL: 26.12 N 5/1/2011 SHERI HART
VA: 27.97 V 4/25/2019 Katie Grier

1	Miller, Elizabeth	44	N*VA-VA	30.40
2	Tannehill, Jessica	42	UC12-VA	32.86
3	Booker, Lauren	42	PSDN-VA	39.43
4	Scott, Mary	42	TIDE-VA	43.48

Women 40-44 100 Yard Backstroke

NATL: 56.03 N 4/30/2011 SHERI HART
VA: 1:00.71 V 4/19/2002 Beth Baker

1	Collins, Lindsey	40	N*VA-VA	1:17.36
	37.57	1:17.36		

Women 40-44 200 Yard Backstroke

NATL: 2:03.61 N 7/25/2021 JENNIFER MIHALIK
VA: 2:11.40 V 5/17/2001 Beth Baker

1	Tannehill, Jessica	42	UC12-VA	2:34.29
	35.75	1:14.68	1:55.49	2:34.29

Women 40-44 50 Yard Breaststroke

NATL: 28.71 N 5/11/2018 KATIE GLENN
VA: 31.34 V 4/7/2017 Kristen Harris

1	Miller, Elizabeth	44	N*VA-VA	35.43
2	Booker, Lauren	42	PSDN-VA	40.85
3	Scott, Mary	42	TIDE-VA	46.48
4	Warshaw, Valerie	44	VMST-VA	50.66

Women 40-44 100 Yard Breaststroke

NATL: 1:02.70 N 5/13/2018 KATIE GLENN
VA: 1:09.86 V 4/7/2017 Kristen Harris

1	Collins, Lindsey	40	N*VA-VA	1:26.28
	41.07	1:26.28		

Women 40-44 50 Yard Butterfly

NATL: 25.14 N 5/10/2009 S VON DER LIPPE
VA: 26.34 V 4/5/2019 Katie Grier

1	Miller, Elizabeth	44	N*VA-VA	28.49
2	Collins, Lindsey	40	N*VA-VA	32.83

(Women 40-44 50 Yard Butterfly)

3	Scott, Mary	42	TIDE-VA	43.82
4	Warshaw, Valerie	44	VMST-VA	47.94

Women 40-44 100 Yard IM

NATL: 57.95 N 4/28/2012 ERIKA BRAUN
VA: 1:00.40 V 4/25/2019 Katie Grier

1	Tannehill, Jessica	42	UC12-VA	1:12.35
	33.84 1:12.35			
2	Collins, Lindsey	40	N*VA-VA	1:18.31
	35.52 1:18.31			
3	Booker, Lauren	42	PSDN-VA	1:23.93
	39.64 1:23.93			
4	Warshaw, Valerie	44	VMST-VA	1:48.44
	49.93 1:48.44			

Women 40-44 200 Yard IM

NATL: 2:04.85 N 5/4/2008 S VON DER LIPPE
VA: 2:15.17 V 4/21/2001 Beth Baker

1	Apple, Stephanie	42	VMST-VA	2:53.99
	37.61 1:24.58 2:16.40 2:53.99			

Women 45-49 50 Yard Freestyle

NATL: 23.52 N 3/7/2025 JENNIFER MIHALIK
VA: 25.53 V 4/26/2012 Annette Patterson

1	Hurtubise, Courtney	45	1693-VA	26.98
2	Reis, Melissa	48	N*VA-VA	28.70
3	Verlinden, Irina	48	N*VA-VA	36.57

Women 45-49 100 Yard Freestyle

NATL: 51.26 N 3/12/2023 GABRIELLE ROSE
VA: 55.86 V 4/26/2012 Annette Patterson

1	Reis, Melissa	48	N*VA-VA	1:05.27
	30.74 1:05.27			
2	Verlinden, Irina	48	N*VA-VA	1:22.74
	36.85 1:22.74			
3	Sturgeon, Caroline	49	CGMS-VA	1:29.85
	42.30 1:29.85			

Women 45-49 50 Yard Backstroke

NATL: 26.82 N 12/5/2025 JENNIFER MIHALIK
VA: 28.94 V 4/26/2012 Annette Patterson

1	Hurtubise, Courtney	45	1693-VA	32.92

Women 45-49 50 Yard Breaststroke

NATL: 28.54 N 4/30/2023 GABRIELLE ROSE
VA: 32.11 V 1/25/2025 Kristen Harris

1	Hurtubise, Courtney	45	1693-VA	34.52

Women 45-49 100 Yard Breaststroke

NATL: 1:01.63 N 4/28/2023 GABRIELLE ROSE
VA: 1:12.78 V 1/2000 Patricia Miller

1	Sturgeon, Caroline	49	CGMS-VA	1:50.83
	54.30 1:50.83			

Women 45-49 50 Yard Butterfly

NATL: 25.27 N 6/23/2024 J BROOKS CROZIER
VA: 28.52 V 4/26/2012 Annette Patterson

1	Sturgeon, Caroline	49	CGMS-VA	49.87

Women 45-49 100 Yard IM

NATL: 56.20 N 4/29/2023 GABRIELLE ROSE
VA: 1:05.25 V 10/28/2012 Annette Patterson

1	Sturgeon, Caroline	49	CGMS-VA	1:41.37
	48.83 1:41.37			

Women 50-54 50 Yard Freestyle

NATL: 23.75 N 4/30/2023 JENNY THOMPSON
VA: 25.54 V 1/26/2020 Fall Willeboordse

1	Bahl, Alisa	54	CM-Y-VA	33.33

Women 50-54 100 Yard Freestyle

NATL: 52.00 N 4/28/2023 JENNY THOMPSON
VA: 57.72 V 4/28/2011 Suzanne Newell

1	Wenert, Leslie	53	N*VA-VA	1:01.96
	30.77 1:01.96			
2	Bahl, Alisa	54	CM-Y-VA	1:14.09
	36.07 1:14.09			

Women 50-54 50 Yard Backstroke

NATL: 27.04 N 5/10/2013 LESLIE LIVINGSTON
VA: 28.97 V 10/12/2019 Susan Williams

1	Boggess, Wendi	53	BAM1-VA	38.88
2	Malone, Melissa	51	VMST-VA	44.36

Women 50-54 100 Yard Backstroke

NATL: 58.87 N 4/30/2023 JENNY THOMPSON
VA: 1:03.19 V 1/26/2020 Fall Willeboordse

1	Boggess, Wendi	53	BAM1-VA	1:27.42
	41.32 1:27.42			

Women 50-54 50 Yard Breaststroke

NATL: 31.55 N 4/1/2023 ERIKA BRAUN
VA: 32.83 V 5/20/2010 Lisa Bennett

1	Swain, Jayme	51	VMST-VA	38.59

Women 50-54 100 Yard Breaststroke

NATL: 1:07.97 N 4/28/2023 ERIKA BRAUN
VA: 1:12.46 V 5/20/2010 Lisa Bennett

1	Swain, Jayme	51	VMST-VA	1:23.81
	40.01 1:23.81			

Women 50-54 50 Yard Butterfly

NATL: 25.70 N 5/11/2013 THOMPSON\LIVINGST
VA: 27.06 V 10/27/2019 Susan Williams

1	Boggess, Wendi	53	BAM1-VA	35.31
2	Bahl, Alisa	54	CM-Y-VA	37.64
3	Malone, Melissa	51	VMST-VA	42.58

Women 50-54 100 Yard Butterfly

NATL: 58.74 N 1/20/2024 JENNY THOMPSON
VA: 1:05.96 V 2/8/2015 Val Van Horn Pate

1	Wenert, Leslie	53	N*VA-VA	1:09.86
	32.08 1:09.86			

Women 50-54 100 Yard IM

NATL: 59.88 N 1/20/2024 JENNY THOMPSON
VA: 1:04.32 V 1/26/2020 Fall Willeboordse

1	Swain, Jayme	51	VMST-VA	1:16.72
	37.73 1:16.72			
2	Boggess, Wendi	53	BAM1-VA	1:25.71
	38.02 1:25.71			

(Women 50-54 100 Yard IM)

3 Malone, Melissa 51 VMST-VA 1:33.47
46.28 1:33.47

Women 55-59 50 Yard Freestyle

NATL: 24.84 N 4/26/2025 KARINA PLOCEK
VA: 25.61 V 4/29/2022 Fall Willeboordse

1 Finn, Katie 57 VMST-VA 32.26
2 Hall, Cynthia 57 PSDN-VA 35.55

Women 55-59 100 Yard Freestyle

NATL: 54.72 N 5/4/2008 LAURA VAL
VA: 56.27 V 4/29/2022 Fall Willeboordse

1 Finn, Katie 57 VMST-VA 1:12.41
34.63 1:12.41
2 O'Connell, Megan 57 AAA-MD 1:18.62
38.70 1:18.62

Women 55-59 200 Yard Freestyle

NATL: 1:57.90 N 4/30/2017 KARLYN PIPES
VA: 2:16.25 V 1/1/2010 Shirley Loftus-Charley

1 Hall, Cynthia 57 PSDN-VA 2:55.55
40.11 1:23.39 2:09.45 2:55.55

Women 55-59 500 Yard Freestyle

NATL: 5:20.68 N 4/29/2017 JILL HERNANDEZ
VA: 5:46.57 V 10/16/2022 Fall Willeboordse

1 Hall, Cynthia 57 PSDN-VA 7:55.72
42.56 1:29.23 2:17.05 3:05.66
3:54.07 4:42.77 5:30.80 6:20.57
7:08.41 7:55.72

Women 55-59 50 Yard Backstroke

NATL: 28.14 N 10/30/2016 LESLIE LIVINGSTON
VA: 29.48 V 1/15/2023 Susan Williams

1 Finn, Katie 57 VMST-VA 38.31

Women 55-59 100 Yard Backstroke

NATL: 1:00.80 N 4/30/2017 KARLYN PIPES
VA: 1:04.48 V 4/29/2022 Fall Willeboordse

1 O'Connell, Megan 57 AAA-MD 1:32.25
45.47 1:32.25

Women 55-59 100 Yard Breaststroke

NATL: 1:10.55 N 4/28/2017 CAROLINE KRATTLI
VA: 1:13.91 V 5/13/2011 Lisa Bennett

1 O'Connell, Megan 57 AAA-MD 1:41.57
47.45 1:41.57

Women 55-59 50 Yard Butterfly

NATL: 26.89 N 4/5/2025 KARINA PLOCEK
VA: 27.44 V 4/29/2022 Susan Williams

1 Finn, Katie 57 VMST-VA 33.70

Women 55-59 100 Yard Butterfly

NATL: 1:00.41 N 4/29/2017 KARLYN PIPES
VA: 1:04.84 V 4/29/2022 Fall Willeboordse

1 O'Connell, Megan 57 AAA-MD 1:45.36
48.63 1:45.36

Women 55-59 200 Yard IM

NATL: 2:13.92 N 12/14/2019 ELLEN REYNOLDS
VA: 2:27.59 V 5/10/2018 Val Van Horn Pate

1 O'Connell, Megan 57 AAA-MD 3:19.17
44.96 1:39.16 2:35.60 3:19.17

Women 60-64 50 Yard Backstroke

NATL: 28.15 N 12/14/2024 ELLEN REYNOLDS
VA: 31.49 V 7/16/2023 Val Van Horn Pate

1 Van Horn Pate, Val 63 N*VA-VA 33.80

Women 60-64 100 Yard Backstroke

NATL: 1:01.18 N 12/15/2024 ELLEN REYNOLDS
VA: 1:09.01 V 7/14/2023 Val Van Horn Pate

1 Van Horn Pate, Val 63 N*VA-VA 1:12.52
35.32 1:12.52
2 Buscaglia, Caycee 61 VMST-VA 1:20.46
38.85 1:20.46

Women 60-64 50 Yard Breaststroke

NATL: 33.79 N 5/7/2017 MELINDA MANN
VA: 36.59 V 7/21/2021 Patricia Miller

1 Dickens, Susan 64 FAFF-VA 46.27

Women 60-64 200 Yard Breaststroke

NATL: 2:37.56 N 12/15/2024 ELLEN REYNOLDS
VA: 2:57.39 V 4/26/2012 Shirley Loftus-Charley

1 Dickens, Susan 64 FAFF-VA 3:38.93
47.61 1:42.68 2:41.22 3:38.93

Women 60-64 50 Yard Butterfly

NATL: 27.01 N 4/12/2025 ELLEN REYNOLDS
VA: 29.97 V 7/16/2023 Val Van Horn Pate

1 Van Horn Pate, Val 63 N*VA-VA 31.22

Women 60-64 100 Yard Butterfly

NATL: 1:00.36 N 4/12/2025 ELLEN REYNOLDS
VA: 1:06.56 V 7/14/2023 Val Van Horn Pate

1 Van Horn Pate, Val 63 N*VA-VA 1:11.06
33.04 1:11.06

Women 60-64 100 Yard IM

NATL: 1:03.06 N 4/12/2025 ELLEN REYNOLDS
VA: 1:09.77 V 7/15/2023 Val Van Horn Pate

1 Buscaglia, Caycee 61 VMST-VA 1:22.03
38.12 1:22.03

Women 60-64 200 Yard IM

NATL: 2:17.32 N 12/14/2024 ELLEN REYNOLDS
VA: 2:35.28 V 1/25/2025 Kelly Parker Palace

1 Buscaglia, Caycee 61 VMST-VA 2:58.87
38.79 1:24.16 2:17.69 2:58.87
2 Dickens, Susan 64 FAFF-VA 3:21.49
48.11 1:38.51 2:35.90 3:21.49

Women 65-69 50 Yard Freestyle

NATL: 26.31 N 3/7/2020 PENNY NOYES
VA: 30.42 V 5/17/2007 Beth Schreiner

1 Shirey, Charlotte 69 N*VA-VA 37.81

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Results - Saturday Afternoon

Women 65-69 100 Yard Freestyle

NATL: 57.88 N 5/12/2018 LAURA VAL
VA: 1:06.77 V 5/6/2017 Shirley Loftus-Charley

1	Shirey, Charlotte	69	N*VA-VA	1:29.23
	42.47 1:29.23			
2	Brudvig, Deborah	68	N*VA-VA	1:37.09
	47.19 1:37.09			

Women 65-69 200 Yard Freestyle

NATL: 2:07.23 N 5/11/2018 LAURA VAL
VA: 2:23.77 V 2/5/2017 Shirley Loftus-Charley

1	Brudvig, Deborah	68	N*VA-VA	3:29.69
	47.88 1:40.19 2:35.48 3:29.69			

Women 65-69 50 Yard Backstroke

NATL: 29.65 N 5/12/2018 LAURA VAL
VA: 35.49 V 2/15/2025 Lauren Hasselquist

1	Howsmon, Angela V	65	VMST-VA	41.80
2	Shirey, Charlotte	69	N*VA-VA	46.57

Women 65-69 100 Yard Backstroke

NATL: 1:03.96 N 5/11/2018 LAURA VAL
VA: 1:17.40 V 2/15/2025 Lauren Hasselquist

1	Howsmon, Angela V	65	VMST-VA	1:28.93
	44.57 1:28.93			

Women 65-69 50 Yard Breaststroke

NATL: 35.79 N 6/20/2024 JANE ROBIE
VA: 37.74 V 4/22/2004 Joann Leilich

1	Miller, Patricia	65	VMST-VA	40.46
2	Brudvig, Deborah	68	N*VA-VA	58.71

Women 65-69 100 Yard Breaststroke

NATL: 1:18.58 N 11/2/2024 KAREN MAREB
VA: 1:23.95 V 4/22/2004 Joann Leilich

1	Miller, Patricia	65	VMST-VA	1:27.73
	41.71 1:27.73			

Women 65-69 200 Yard Breaststroke

NATL: 2:53.25 N 6/22/2024 KAREN MAREB
VA: 3:01.50 V 4/2/2004 Joann Leilich

1	Miller, Patricia	65	VMST-VA	3:13.58
	45.63 1:36.08 2:24.82 3:13.58			

Women 65-69 50 Yard Butterfly

NATL: 28.79 N 4/28/2023 TRACI GRANGER
VA: 34.74 V 10/27/2019 Shirley Loftus-Charley

1	Miller, Patricia	65	VMST-VA	37.96

Women 65-69 100 Yard IM

NATL: 1:07.03 N 2/1/2020 PENNY NOYES
VA: 1:17.97 V 4/5/2019 Shirley Loftus-Charley

1	Miller, Patricia	65	VMST-VA	1:23.33
	42.10 1:23.33			

Women 70-74 50 Yard Freestyle

NATL: 26.97 N 3/30/2025 PENNY NOYES
VA: 31.37 V 2/11/2023 Shirley Loftus-Charley

1	Hichak, Barbara	71	VMST-VA	31.77
2	Umbdenstock, Kathy	74	CM-Y-VA	35.11
3	Mazzini, Wendy	70	N*VA-VA	36.00

Women 70-74 100 Yard Freestyle

NATL: 59.11 N 5/1/2022 LAURA VAL
VA: 1:07.96 V 4/19/2024 Shirley Loftus-Charley

1	Hichak, Barbara	71	VMST-VA	1:12.00
	34.66 1:12.00			
2	Mazzini, Wendy	70	N*VA-VA	1:22.19
	39.31 1:22.19			

Women 70-74 200 Yard Freestyle

NATL: 2:12.26 N 4/30/2023 LAURA VAL
VA: 2:27.19 V 1/22/2022 Shirley Loftus-Charley

1	Mazzini, Wendy	70	N*VA-VA	3:01.48
	39.59 1:26.47 2:14.00 3:01.48			

Women 70-74 50 Yard Backstroke

NATL: 30.49 N 5/1/2022 LAURA VAL
VA: 39.02 V 2/11/2023 Shirley Loftus-Charley

1	Umbdenstock, Kathy	74	CM-Y-VA	42.88

Women 70-74 200 Yard Backstroke

NATL: 2:25.22 N 6/23/2024 LAURA VAL
VA: 2:53.86 V 5/6/2023 Shirley Loftus-Charley

1	Umbdenstock, Kathy	74	CM-Y-VA	3:17.67
	48.21 1:37.95 2:28.90 3:17.67			

Women 70-74 50 Yard Butterfly

NATL: 30.27 N 5/9/2025 PENNY NOYES
VA: 36.72 V 5/6/2023 Shirley Loftus-Charley

1	Mazzini, Wendy	70	N*VA-VA	41.68

Men 18-24 100 Yard Freestyle

NATL: 42.59 N 12/1/2012 EUGENE GODSOE
VA: 43.97 V 4/13/2018 Lucas Bureau

1	Adams, Cameron	24	N*VA-VA	51.38
	24.83 51.38			
2	Lang, Derek	24	N*VA-VA	53.20
	25.24 53.20			
3	Wise, Keegan	20	CGMS-VA	54.85
	25.99 54.85			

Men 18-24 500 Yard Freestyle

NATL: 4:24.81 N 1/24/2010 ANDY GRANT
VA: 4:29.09 V 4/13/2018 Andrew Greenhalgh

1	Padgett, Avery	18	Vols Swim Club	5:09.36
	27.83 58.17 1:28.68 1:59.42			
	2:30.60 3:02.01 3:33.36 4:05.46			
	4:37.92 5:09.36			

Men 18-24 50 Yard Backstroke

NATL: 22.33 N 5/10/2013 ANDREW ELLIOTT
VA: 22.62 V 4/5/2019 Logan Burton

1	Doody, Matthew	23	N*VA-VA	30.61

Men 18-24 100 Yard Backstroke

NATL: 45.36 N 11/30/2012 EUGENE GODSOE
VA: 49.46 V 4/5/2019 Logan Burton

1	Padgett, Avery	18	Vols Swim Club	57.81
	27.92 57.81			
2	Doody, Matthew	23	N*VA-VA	1:04.16
	30.07 1:04.16			

(Men 18-24 100 Yard Backstroke)

3	Lang, Derek	24	N*VA-VA		1:05.23
	30.86	1:05.23			

Men 18-24 200 Yard Backstroke

NATL: 1:44.18 N 5/11/2013 ANDREW ELLIOTT
VA: 1:49.09 V 4/5/2019 Logan Burton

1	Padgett, Avery	18	Vols Swim Club		2:00.95
	27.83	58.08	1:29.37	2:00.95	

Men 18-24 50 Yard Breaststroke

NATL: 24.53 N 2/1/2015 ROSTYSLAV FEDYNA
VA: 25.15 V 6/20/2024 Travis Nitkiewicz

1	Mcdevitt, Liam	23	UC12-VA		28.45

Men 18-24 100 Yard Breaststroke

NATL: 52.63 N 2/3/2018 JOSH PRENOT
VA: 55.48 V 6/20/2024 Travis Nitkiewicz

1	Liao, Eric	22	N*VA-VA		55.05V
	25.66	55.05			
2	Mcdevitt, Liam	23	UC12-VA		1:02.51
	29.17	1:02.51			
3	Lang, Derek	24	N*VA-VA		1:05.51
	29.84	1:05.51			
4	Wise, Keegan	20	CGMS-VA		1:06.07
	31.28	1:06.07			

Men 18-24 50 Yard Butterfly

NATL: 21.13 N 4/26/2015 HENRIK LINDAU
VA: 21.95 V 4/13/2018 Lucas Bureau

1	Mcdevitt, Liam	23	UC12-VA		24.80
2	Wise, Keegan	20	CGMS-VA		25.01

Men 18-24 100 Yard Butterfly

NATL: 46.65 N 11/30/2012 EUGENE GODSOE
VA: 47.41 V 4/13/2018 Lucas Bureau

1	Liao, Eric	22	N*VA-VA		49.68
	23.05	49.68			
2	Adams, Cameron	24	N*VA-VA		56.24
	25.38	56.24			
3	Lang, Derek	24	N*VA-VA		59.40
	26.82	59.40			

Men 18-24 100 Yard IM

NATL: 48.96 N 4/26/2019 ANDREW APPLEBY
VA: 49.23 V 4/13/2018 Lucas Bureau

1	Wise, Keegan	20	CGMS-VA		1:01.46
	27.86	1:01.46			
2	Doody, Matthew	23	N*VA-VA		1:06.28
	30.97	1:06.28			

Men 18-24 200 Yard IM

NATL: 1:48.91 N 2/2/2020 SAMUEL STEWART
VA: 1:52.31 V 4/27/2025 Travis Nitkiewicz

1	Adams, Cameron	24	N*VA-VA		2:07.88
	25.47	58.30	1:36.28	2:07.88	

Men 18-24 400 Yard IM

NATL: 3:50.12 N 2/13/2010 RUSSELL PAYNE
VA: 4:07.94 V 5/19/2005 Benjamin Garrett

1	Liao, Eric	22	N*VA-VA		4:01.97V
	24.40	53.30	1:25.42	1:57.62	
	2:30.87	3:04.72	3:33.97	4:01.97	

Men 25-29 50 Yard Freestyle

NATL: 18.67 N 12/20/2014 BOUSQUET\ADRIAN
VA: 20.54 V 3/3/2022 Kevin Mastracci

1	Dominguez, Josue	29	N*VA-VA	20.73
2	Daube, Alex	29	UC12-VA	22.87
3	Fraser, James	25	One Event	23.09
4	Dinger, Steven	26	UC12-VA	23.46
5	Andrews, Harrison	28	VMST-VA	24.05
6	Stoll, Nicholas	27	UC12-VA	24.13
7	Rinald, Kevin	29	UC12-VA	24.15
8	Garcia, Luke	26	N*VA-VA	24.40

Men 25-29 100 Yard Freestyle

NATL: 41.13 N 5/3/2014 NATHAN ADRIAN
VA: 45.47 V 3/3/2022 Kevin Mastracci

1	Dominguez, Josue	29	N*VA-VA		46.89
	22.21	46.89			
2	Collins, Allan	29	N*VA-VA		53.18
	25.54	53.18			
3	Dinger, Steven	26	UC12-VA		53.84
	25.35	53.84			
4	Rinald, Kevin	29	UC12-VA		53.94
	25.70	53.94			
5	Andrews, Harrison	28	VMST-VA		55.21
	26.43	55.21			

Men 25-29 200 Yard Freestyle

NATL: 1:31.93 N 12/6/2013 DARIAN TOWNSEND
VA: 1:41.48 V 4/22/2004 Troy Johnson

1	Stoll, Nicholas	27	UC12-VA		1:58.00
	26.15	55.22	1:26.27	1:58.00	
2	Rinald, Kevin	29	UC12-VA		2:04.02
	26.92	57.68	1:30.54	2:04.02	

Men 25-29 50 Yard Backstroke

NATL: 21.46 N 4/16/2010 ADAM MANIA
VA: 23.47 V 4/28/2023 Sam Kettlewell-Sites

1	Dominguez, Josue	29	N*VA-VA	24.78
2	Dinger, Steven	26	UC12-VA	26.83
3	Fraser, James	25	One Event	27.99
4	Garcia, Luke	26	N*VA-VA	28.58

Men 25-29 100 Yard Backstroke

NATL: 45.95 N 4/15/2010 ADAM MANIA
VA: 49.48 V 4/30/2023 Sam Kettlewell-Sites

1	Collins, Allan	29	N*VA-VA		58.15
	27.61	58.15			
2	Dinger, Steven	26	UC12-VA		1:00.91
	28.42	1:00.91			

Men 25-29 50 Yard Breaststroke

NATL: 23.87 N 5/21/2010 MARK GANGLOFF
VA: 25.99 V 6/20/2024 Collin Shepard

1	Dominguez, Josue	29	N*VA-VA	24.84V
2	Daube, Alex	29	UC12-VA	28.13
3	Fraser, James	25	One Event	30.66
4	Dinger, Steven	26	UC12-VA	32.19
5	Muni, Alex	29	N*VA-VA	33.24
6	Garcia, Luke	26	N*VA-VA	33.41

Men 25-29 100 Yard Breaststroke

NATL: 51.51 N 4/28/2023 BENJAMIN CONO
VA: 53.90 V 1/25/2025 Josue Dominguez Ramos

1	Muni, Alex	29	N*VA-VA	1:11.68
	33.65 1:11.68			

Men 25-29 50 Yard Butterfly

NATL: 20.99 N 4/28/2019 MARCIN CIESLAK
VA: 21.57 V 1/25/2025 Kevin Mastracci

1	Dominguez, Josue	29	N*VA-VA	22.42
2	Dinger, Steven	26	UC12-VA	24.97
3	Daube, Alex	29	UC12-VA	25.01
4	Collins, Allan	29	N*VA-VA	25.28
5	Garcia, Luke	26	N*VA-VA	25.86
6	Andrews, Harrison	28	VMST-VA	27.22
7	Muni, Alex	29	N*VA-VA	29.30

Men 25-29 100 Yard IM

NATL: 47.77 N 5/3/2014 DARIAN TOWNSEND
VA: 50.26 V 1/25/2025 Josue Dominguez Ramos

1	Daube, Alex	29	UC12-VA	58.05
	26.89 58.05			
2	Garcia, Luke	26	N*VA-VA	1:00.90
	26.87 1:00.90			

Men 25-29 400 Yard IM

NATL: 3:41.85 N 12/20/2013 DARIAN TOWNSEND
VA: 4:08.77 V 2/11/2023 Logan Burton

1	Garcia, Luke	26	N*VA-VA	5:15.92
	31.34 1:08.13 1:50.56 2:31.64			
	3:16.32 4:02.35 5:15.92			

Men 30-34 100 Yard Freestyle

NATL: 42.75 N 12/21/2014 DARIAN TOWNSEND
VA: 44.42 V 12/3/2024 Lucas Bureau

1	Thompson, Nicholas	34	N*VA-VA	56.36
	27.22 56.36			
2	Grigolon, Jacopo	30	UC13-NC	56.61
	27.30 56.61			
3	Jennings, Richard	33	N*VA-VA	59.86
	27.70 59.86			

Men 30-34 200 Yard Freestyle

NATL: 1:34.00 N 12/19/2014 DARIAN TOWNSEND
VA: 1:38.30 V 4/25/2025 Lucas Bureau

1	Van de Graaf, Matthew	30	N*VA-VA	1:49.11
	24.51 51.61 1:20.18 1:49.11			
2	Workman, Hayden	33	N*VA-VA	2:18.35
	30.96 1:06.49 1:43.31 2:18.35			

Men 30-34 100 Yard Backstroke

NATL: 46.34 N 12/21/2013 ADAM MANIA
VA: 50.49 V 3/9/2007 Ryan Bradley

1	Van de Graaf, Matthew	30	N*VA-VA	54.85
	26.49 54.85			

Men 30-34 50 Yard Breaststroke

NATL: 24.35 N 4/24/2015 MATT GREVERS
VA: 26.58 V 4/25/2025 Andrew Brower

1	Grigolon, Jacopo	30	UC13-NC	30.76
2	Workman, Hayden	33	N*VA-VA	35.63

Men 30-34 100 Yard Breaststroke

NATL: 51.97 N 12/15/2023 BRANDON FISCHER
VA: 56.83 V 4/26/2025 Andrew Brower

1	Grigolon, Jacopo	30	UC13-NC	1:07.90
	31.77 1:07.90			
2	Workman, Hayden	33	N*VA-VA	1:15.13
	35.84 1:15.13			

Men 30-34 50 Yard Butterfly

NATL: 21.11 N 4/26/2015 MATT GREVERS
VA: 23.12 V 10/7/2017 Warren Cieslak

1	Grigolon, Jacopo	30	UC13-NC	28.33

Men 30-34 100 Yard Butterfly

NATL: 46.90 N 4/14/2024 ROMAN RYBIN
VA: 47.67 V 12/3/2024 Lucas Bureau

1	Van de Graaf, Matthew	30	N*VA-VA	55.16
	25.53 55.16			
2	Thompson, Nicholas	34	N*VA-VA	1:02.40
	29.05 1:02.40			

Men 30-34 200 Yard IM

NATL: 1:42.03 N 12/20/2014 DARIAN TOWNSEND
VA: 1:50.11 V 4/27/2025 Lucas Bureau

1	Thompson, Nicholas	34	N*VA-VA	2:21.84
	29.87 1:04.01 1:47.16 2:21.84			

Men 35-39 50 Yard Freestyle

NATL: 20.01 N 3/25/2018 ROLAND SCHOEMAN
VA: 21.18 V 1/26/2008 Daniel Summerlin

1	Bernardes, Max	37	UC12-VA	23.36
2	Witherow, Lewis	35	BAM1-VA	24.05

Men 35-39 100 Yard Freestyle

NATL: 44.24 N 4/20/2009 VLAD PYSHNENKO
VA: 47.33 V 4/26/2012 Daniel Summerlin

1	Bernardes, Max	37	UC12-VA	51.61
	24.89 51.61			
2	Schapiro, Adam	39	RRY-VA	59.07
	28.03 59.07			

Men 35-39 50 Yard Backstroke

NATL: 22.62 N 4/29/2017 JEFF NATALIZIO
VA: 24.64 V 4/1/2000 Chris Stevenson

1	Bernardes, Max	37	UC12-VA	30.14

Men 35-39 50 Yard Breaststroke

NATL: 25.03 N 3/4/2021 JAMES FIKE
VA: 27.87 V 4/27/2017 Aaron Nester

1	Bernardes, Max	37	UC12-VA	29.98

(Men 35-39 50 Yard Breaststroke)

2	Schapiro, Adam	39	RRY-VA	33.34

Men 35-39 100 Yard Breaststroke

NATL: 54.14 N 3/4/2021 JAMES FIKE
VA: 1:01.50 V 1/1/1993 Michael Slowey

1	Schapiro, Adam	39	RRY-VA	1:12.71
	33.99 1:12.71			

Men 35-39 50 Yard Butterfly

NATL: 21.24 N 3/25/2018 ROLAND SCHOEMAN
VA: 23.36 V 2/29/2020 Evan Elsaesser

1	Witherow, Lewis	35	BAM1-VA	25.17
2	Bernardes, Max	37	UC12-VA	26.06
3	Schapiro, Adam	39	RRY-VA	27.72

Men 35-39 100 Yard IM

NATL: 49.01 N 4/29/2017 JEFF NATALIZIO
VA: 53.70 V 4/28/2016 Michael Lovett

1	Bernardes, Max	37	UC12-VA	58.39
	27.24 58.39			
2	Witherow, Lewis	35	BAM1-VA	1:00.41
	26.77 1:00.41			

Men 40-44 50 Yard Freestyle

NATL: 20.67 N 12/20/2014 JOSH DAVIS
VA: 21.84 V 1/1/1998 John Tudor

1	Johnson, Hiro	40	UC12-VA	27.30

Men 40-44 100 Yard Freestyle

NATL: 45.15 N 5/3/2014 JOSH DAVIS
VA: 47.58 V 4/27/2000 John Tudor

1	Bontrager, Seth	44	VMST-VA	52.92
	25.60 52.92			

Men 40-44 50 Yard Backstroke

NATL: 22.77 N 4/26/2009 MICHAEL ROSS
VA: 24.45 V 4/11/2008 Chris Stevenson

1	Johnson, Hiro	40	UC12-VA	31.89

Men 40-44 100 Yard Backstroke

NATL: 48.49 N 4/26/2009 MICHAEL ROSS
VA: 50.67 V 3/6/2009 Chris Stevenson

1	Bontrager, Seth	44	VMST-VA	1:02.62
	30.23 1:02.62			

Men 40-44 50 Yard Breaststroke

NATL: 24.19 N 12/19/2021 JAMES FIKE
VA: 28.43 V 4/7/2017 Rich Williams

1	Johnson, Hiro	40	UC12-VA	34.67

Men 40-44 100 Yard Breaststroke

NATL: 53.13 N 3/4/2023 JAMES FIKE
VA: 1:02.36 V 5/7/1998 Michael Slowey

1	Bontrager, Seth	44	VMST-VA	1:07.22
	31.68 1:07.22			

Men 40-44 50 Yard Butterfly

NATL: 22.06 N 3/16/2024 ANDREJS DUDA
VA: 23.82 V 5/7/2009 Chris Stevenson

1	Johnson, Hiro	40	UC12-VA	29.96

Men 40-44 100 Yard Butterfly

NATL: 49.27 N 5/4/2008 MICHAEL ROSS
VA: 50.81 V 5/7/2009 Chris Stevenson

1	Bontrager, Seth	44	VMST-VA	58.00
	27.10 58.00			

Men 45-49 50 Yard Freestyle

NATL: 21.06 N 5/21/2010 RICHARD HUGHEY
VA: 22.65 V 2/5/2017 Brent Holsten

1	Linthicum, Eli	47	RRY-VA	25.44
*2	Merrill, Matt	46	PSDN-VA	26.02
*2	Schwartz, Dane	45	N*VA-VA	26.02
4	Bristow, Andrew	46	VMST-VA	27.76

Men 45-49 100 Yard Freestyle

NATL: 46.21 N 4/26/2015 NICOLAS GRANGER
VA: 49.89 V 4/28/2023 David Cole

1	Linthicum, Eli	47	RRY-VA	56.46
	27.08 56.46			
2	Merrill, Matt	46	PSDN-VA	58.21
	27.86 58.21			
3	Prior, Justin	46	PSDN-VA	59.25
	28.83 59.25			
4	Bristow, Andrew	46	VMST-VA	1:02.92
	30.46 1:02.92			

Men 45-49 500 Yard Freestyle

NATL: 4:39.10 N 5/20/2007 DENNIS BAKER
VA: 4:52.46 V 4/28/2011 Chris Stevenson

1	Merrill, Matt	46	PSDN-VA	6:09.32
	32.75 1:09.34 1:46.75 2:24.40			
	3:02.58 3:41.12 4:19.54 4:58.05			
	5:36.36 6:09.32			

Men 45-49 50 Yard Backstroke

NATL: 23.58 N 4/26/2015 MICHAEL ROSS
VA: 24.28 V 5/20/2010 Chris Stevenson

1	Schwartz, Dane	45	N*VA-VA	29.31

Men 45-49 100 Yard Backstroke

NATL: 50.83 N 4/1/2023 CHUCK BARNES
VA: 51.55 V 4/28/2011 Chris Stevenson

1	Schwartz, Dane	45	N*VA-VA	1:04.48
	30.88 1:04.48			

Men 45-49 50 Yard Breaststroke

NATL: 25.66 N 4/27/2019 JEFF COMMINGS
VA: 28.45 V 4/30/2023 Paul Klepchick

1	Prior, Justin	46	PSDN-VA	32.46

Men 45-49 100 Yard Breaststroke

NATL: 55.69 N 5/13/2018 STEVE WEST
VA: 1:02.16 V 4/28/2023 Paul Klepchick

1	Prior, Justin	46	PSDN-VA	1:09.09
	32.16 1:09.09			

Men 45-49 50 Yard Butterfly

NATL: 22.67 N 5/4/2008 PAUL SMITH
VA: 23.89 V 3/5/2010 Chris Stevenson

1	Schwartz, Dane	45	N*VA-VA	28.55
2	Merrill, Matt	46	PSDN-VA	29.17

Men 45-49 100 Yard IM

NATL: 52.14 N 5/23/2010 RICHARD HUGHEY
VA: 54.99 V 5/20/2010 Chris Stevenson

1 Linthicum, Eli 47 RRY-VA 1:05.87
30.77 1:05.87
2 Prior, Justin 46 PSDN-VA 1:06.06
32.56 1:06.06
3 Merrill, Matt 46 PSDN-VA 1:10.91
33.23 1:10.91
4 Bristow, Andrew 46 VMST-VA 1:11.23
33.58 1:11.23

Men 50-54 50 Yard Freestyle

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

1 Lillehei, Peter 53 VMST-VA 24.63
2 Lecrone, Timothy 53 VMST-VA 24.69

Men 50-54 100 Yard Freestyle

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

1 Lillehei, Peter 53 VMST-VA 54.78
25.89 54.78

Men 50-54 200 Yard Freestyle

NATL: 1:43.76 N 5/10/2009 ROWDY GAINES
VA: 1:54.59 V 4/10/2016 Gregory Harris

1 Lillehei, Peter 53 VMST-VA 2:02.25
26.93 57.38 1:29.60 2:02.25

Men 50-54 500 Yard Freestyle

NATL: 4:47.57 N 5/20/2001 JIM MCCONICA
VA: 5:23.90 V 2/14/2009 Jim McFarland

1 Ligday, Fritz 54 BAM1-VA 6:53.18
35.46 1:14.06 1:55.15 2:37.83
3:21.12 4:04.22 4:47.41 5:30.30
6:12.83 6:53.18

Men 50-54 50 Yard Breaststroke

NATL: 25.77 N 2/2/2025 JEFF COMMINGS
VA: 28.30 V 5/10/2018 Gregory Harris

1 Lecrone, Timothy 53 VMST-VA 35.96

Men 50-54 50 Yard Butterfly

NATL: 23.19 N 4/25/2004 TRIP HEDRICK
VA: 23.62 V 4/29/2022 Brent Holsten

1 Lecrone, Timothy 53 VMST-VA 26.08
2 Ligday, Fritz 54 BAM1-VA 34.75

Men 50-54 100 Yard IM

NATL: 53.41 N 4/20/2024 JEFF COMMINGS
VA: 56.03 V 4/29/2023 Brent Holsten

1 Ligday, Fritz 54 BAM1-VA 1:19.16
38.35 1:19.16

Men 55-59 50 Yard Freestyle

NATL: 21.82 N 4/30/2000 RICHARD ABRAHAMS
VA: 23.16 V 4/5/2019 Gregory Harris

1 Mitchell, Russ 59 CM-Y-VA 28.61
2 Cumpston, Kirk 57 VMST-VA 33.17
3 Jones, Rob 59 VMST-VA 36.05

Men 55-59 100 Yard Freestyle

NATL: 48.37 N 4/30/2000 RICHARD ABRAHAMS
VA: 51.21 V 4/5/2019 Gregory Harris

1 Mitchell, Russ 59 CM-Y-VA 1:04.28
30.88 1:04.28
2 Mills, Edward 57 DCAC-PV 1:16.88
38.48 1:16.88
3 Jones, Rob 59 VMST-VA 1:19.71
37.66 1:19.71

Men 55-59 200 Yard Freestyle

NATL: 1:48.79 N 4/10/2010 MICHAEL MANN
VA: 1:56.14 V 4/5/2019 Gregory Harris

1 Mitchell, Russ 59 CM-Y-VA 2:19.19
30.61 1:05.07 1:41.64 2:19.19
2 Mills, Edward 57 DCAC-PV 2:43.99
37.90 1:18.43 2:02.62 2:43.99
3 Jones, Rob 59 VMST-VA 2:54.36
40.41 1:26.56 2:11.13 2:54.36

Men 55-59 500 Yard Freestyle

NATL: 4:56.82 N 4/11/2010 MICHAEL MANN
VA: 5:25.51 V 4/24/2009 Dave Oates

1 Holland, Dave 58 N*VA-VA 6:08.81
32.98 1:09.81 1:47.23 2:25.36
3:03.18 3:40.53 4:17.63 4:54.31
5:31.93 6:08.81
2 Mitchell, Russ 59 CM-Y-VA 6:24.72
33.61 1:11.02 1:49.88 2:28.70
3:08.00 3:47.16 4:26.57 5:06.34
5:45.80 6:24.72

Men 55-59 50 Yard Backstroke

NATL: 24.62 N 9/28/2025 DOUG KING
VA: 27.64 V 4/28/2016 Douglas Slater

1 Cumpston, Kirk 57 VMST-VA 1:00.21

Men 55-59 50 Yard Breaststroke

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

1 Cumpston, Kirk 57 VMST-VA 43.73

Men 55-59 50 Yard Butterfly

NATL: 23.57 N 7/25/2021 STEVE HILTABIDDLE
VA: 26.22 V 4/19/2024 Jonathan Ruckdeschel

1 Cumpston, Kirk 57 VMST-VA 41.12

Men 55-59 100 Yard Butterfly

NATL: 53.32 N 7/24/2021 STEVE HILTABIDDLE
VA: 58.29 V 4/25/2019 Doug Bergen

1 Holland, Dave 58 N*VA-VA 1:07.10
31.08 1:07.10

Men 55-59 200 Yard Butterfly

NATL: 2:01.59 N 5/12/2018 DAVID SIMS
VA: 2:13.78 V 4/25/2019 Doug Bergen

1 Holland, Dave 58 N*VA-VA 2:29.30
33.17 1:10.87 1:49.87 2:29.30

Men 55-59 100 Yard IM

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

1	Jones, Rob	59	VMST-VA	1:37.02
	45.84	1:37.02		
2	Cumpston, Kirk	57	VMST-VA	1:37.93
	46.12	1:37.93		

Men 60-64 50 Yard Freestyle

NATL: 22.30 N 5/22/2005 RICHARD ABRAHAMS
VA: 24.16 V 4/14/2011 Scott Kauffman

1	Freeman, Jim	64	UC12-VA	27.91
2	Ingebretsen, Carl	64	FAFF-VA	29.18
3	Benway, Bob	64	N*VA-VA	30.33
4	Haymes, Richard	61	N*VA-VA	32.37
5	Karl, Steven	63	FAFF-VA	32.67
6	Webb, Mark	61	N*VA-VA	32.70
7	Whitham, Damian	62	VABR-VA	33.08
8	Riley, John	64	NCMS-NC	1:07.64

Men 60-64 100 Yard Freestyle

NATL: 49.14 N 5/22/2005 RICHARD ABRAHAMS
VA: 54.14 V 4/13/2018 Douglas Slater

1	Freeman, Jim	64	UC12-VA	1:04.59
	31.02	1:04.59		
2	Benway, Bob	64	N*VA-VA	1:08.16
	32.74	1:08.16		
3	Kammermann, Chris	63	CGMS-VA	1:12.02
	34.32	1:12.02		
4	Webb, Mark	61	N*VA-VA	1:17.37
	37.58	1:17.37		
5	Kato, Seiji	64	VMST-VA	1:19.56
	37.49	1:19.56		

Men 60-64 200 Yard Freestyle

NATL: 1:51.08 N 4/24/2015 RICK COLELLA
VA: 2:01.44 V 3/22/2025 Chris Stevenson

1	Freeman, Jim	64	UC12-VA	2:26.60
	31.06	1:07.57	1:47.88	2:26.60
2	Kato, Seiji	64	VMST-VA	2:59.04
	39.95	1:24.75	2:12.51	2:59.04

Men 60-64 500 Yard Freestyle

NATL: 5:02.69 N 6/21/2024 FRED SCHUSTER
VA: 5:55.87 V 7/21/2021 Jorge Cortina

1	Haymes, Richard	61	N*VA-VA	7:23.50
	35.93	1:16.89	2:01.23	2:47.04
	3:33.54	4:20.01	5:06.86	5:53.81
	6:40.38	7:23.50		

Men 60-64 50 Yard Backstroke

NATL: 25.98 N 11/2/2025 FRITZ BEDFORD
VA: 27.38 V 2/15/2025 Chris Stevenson

1	Ingebretsen, Carl	64	FAFF-VA	34.17
2	Whitham, Damian	62	VABR-VA	34.83

Men 60-64 100 Yard Backstroke

NATL: 56.81 N 10/27/2024 FRITZ BEDFORD
VA: 57.94 V 2/15/2025 Chris Stevenson

1	Whitham, Damian	62	VABR-VA	1:17.77
	37.27	1:17.77		
2	Karl, Steven	63	FAFF-VA	1:33.76
	44.90	1:33.76		

Men 60-64 50 Yard Breaststroke

NATL: 26.87 N 6/20/2024 CARLO TRAVAINI
VA: 31.47 V 5/15/2003 Jack Schiltz

1	Karl, Steven	63	FAFF-VA	44.63

Men 60-64 100 Yard Breaststroke

NATL: 58.98 N 4/28/2023 CARLO TRAVAINI
VA: 1:10.65 V 7/15/2023 David Malsbury

1	Kammermann, Chris	63	CGMS-VA	1:37.87
	46.32	1:37.87		
2	Kato, Seiji	64	VMST-VA	1:40.52
	49.97	1:40.52		

Men 60-64 50 Yard Butterfly

NATL: 24.36 N 2/10/2018 BRUCE KONE
VA: 26.59 V 3/22/2025 Chris Stevenson

1	Ingebretsen, Carl	64	FAFF-VA	31.30
2	Haymes, Richard	61	N*VA-VA	35.58
3	Benway, Bob	64	N*VA-VA	36.49
4	Karl, Steven	63	FAFF-VA	39.19
5	Webb, Mark	61	N*VA-VA	41.32

Men 60-64 100 Yard IM

NATL: 56.65 N 6/21/2024 CARLO TRAVAINI
VA: 1:00.09 V 4/13/2018 Douglas Slater

1	Whitham, Damian	62	VABR-VA	1:20.31
	36.37	1:20.31		
2	Kammermann, Chris	63	CGMS-VA	1:26.01
	42.64	1:26.01		
3	Webb, Mark	61	N*VA-VA	1:37.09
	44.13	1:37.09		

Men 60-64 200 Yard IM

NATL: 2:03.26 N 5/4/2014 RICK COLELLA
VA: 2:17.83 V 5/10/2018 Douglas Slater

1	Kammermann, Chris	63	CGMS-VA	3:16.94
		1:39.02	2:38.01	3:16.94

Men 75-79 50 Yard Freestyle

NATL: 25.58 N 3/4/2012 JEFF FARRELL
VA: 28.59 V 5/10/2018 Harry Sober

1	Holswade, Hank	79	VMST-VA	31.36
2	Miller, James	75	VMST-VA	47.80

Men 75-79 100 Yard Freestyle

NATL: 58.68 N 5/10/2009 DAVID RADCLIFF
VA: 1:04.67 V 4/13/2018 Harry Sober

1	Holswade, Hank	79	VMST-VA	1:15.82
	36.09	1:15.82		

Men 75-79 50 Yard Backstroke

NATL: 30.90 N 4/26/2019 RICHARD BURNS
VA: 36.23 V 4/13/2018 Harry Sober

1	Holswade, Hank	79	VMST-VA	40.55
2	Miller, James	75	VMST-VA	54.45

Men 75-79 100 Yard Backstroke

NATL: 1:07.31 N 4/28/2019 RICHARD BURNS
VA: 1:27.68 V 4/13/2018 Ken Novell

1	Holswade, Hank	79	VMST-VA	1:28.79

43.40 1:28.79

Men 75-79 100 Yard IM

NATL: 1:08.23 N 4/30/2022 ANDREW MCPHERSON
VA: 1:19.78 V 4/13/2018 Harry Sober

1	Burke, Anthony	77	VMST-VA	2:03.64

58.02 2:03.64

Men 90-94 50 Yard Freestyle

NATL: 35.96 N 9/21/2003 WOODY BOWERSOCK
VA: 46.73 V 3/8/2025 Lee Bergen

1	Beattie, Cal B	91	UC12-VA	1:07.64

Men 90-94 100 Yard Freestyle

NATL: 1:27.26 N 3/21/2004 WOODROW BOWERSOCK
VA: 1:46.73 V 3/8/2025 Lee Bergen

1	Beattie, Cal B	91	UC12-VA	2:26.16

1:10.16 2:26.16

Men 90-94 200 Yard Freestyle

NATL: 3:18.81 N 1/31/2015 WILLARD LAMB
VA: 4:30.53 V 2/8/2015 Calvin Barnes

1	Beattie, Cal B	91	UC12-VA	5:20.12

1:11.02 2:31.16 3:56.80 5:20.12

Women 25+ 200 Yard Freestyle Relay

NATL: 1:34.06 N 4/27/2025 The Olympic Clu
L GREEN, M BALLENGER, G ZHAO, V BURNS
VA: 1:38.28 V 4/13/2018 1693
G Mizerak, S Shaner, K Gass, K Grier

1	CM-Y-VA	A	2:07.90

1) Lettieri, Kaela W28 2) Umbdenstock, Kathy W74
3) Bahl, Alisa W54 4) Gustavson, Caroline W28
31.05 1:06.21 1:39.15 2:07.90

2	N*VA-VA	A	2:09.97

1) Shirey, Charlotte W69 2) Reis, Melissa W48
3) Dominguez, Emma W25 4) Moore, Jennifer W32
38.20 1:06.43 1:40.04 2:09.97

Women 25+ 200 Yard Medley Relay

NATL: 1:44.32 N 4/29/2023 NEW YORK ATHLET
A HOWE, P KAMINSKI, N LARSON, E MCDONALD
VA: 1:52.13 V 4/24/2025 1693
N Garrett, S Kulczycki, M Cundiff, E Jacobs

1	CM-Y-VA	A	2:29.89

1) Umbdenstock, Kathy W74 2) Lettieri, Kaela W28
3) Gustavson, Caroline W28 4) Bahl, Alisa W54
42.25 1:24.09 1:57.30 2:29.89

Women 45+ 200 Yard Freestyle Relay

NATL: 1:38.11 N 6/22/2024 NORTH CAROLINA
E BRAUN, K STUMP, K LINDAUER, J MIHALIK
VA: 1:48.11 V 4/26/2012 VMST
A Phillips, J Kellinger, M Dean Bittner, A Patters

1	VMST-VA	A	2:12.44

1) Malone, Melissa W51 2) Finn, Katie W57
3) Buscaglia, Caycee W61 4) Swain, Jayme W51
37.14 1:09.08 1:41.04 2:12.44

Women 45+ 200 Yard Medley Relay

NATL: 1:49.40 N 6/20/2024 NORTH CAROLINA
J MIHALIK, E BRAUN, K STUMP, K LINDAUER
VA: 2:01.16 V 4/26/2012 VMST
A Patterson, P Miller, A Phillips, J Kellinger

1	VMST-VA	A	2:27.40

1) Malone, Melissa W51 2) Miller, Patricia W65
3) Finn, Katie W57 4) Swain, Jayme W51
42.59 1:23.21 1:58.07 2:27.40

Men 18+ 200 Yard Freestyle Relay

NATL: 1:18.32 N 5/22/2010 NORTH CAROLINA
N BRUNELLI, C JONES, N WESTBY, J SKUBA
VA: 1:23.23 V 2/11/2023 TIDE
J Kreider, D Herbert, L Burton, T Hallock

1	N*VA-VA	B	1:31.29

1) Lang, Derek M24 2) Adams, Cameron M24
3) Van de Graaf, Matthew M3(4) Dominguez, Josue M29
24.57 48.21 1:11.04 1:31.29

Men 18+ 200 Yard Medley Relay

NATL: 1:26.71 N 5/2/2014 THE OLYMPIC CLU
A SAETA, N KOON, N ADRIAN, A ERVIN
VA: 1:31.27 V 1/25/2025 N*VA
E Liao, J Dominguez Ramos, K Mastracci, B Phillips

1	N*VA-VA	A	1:54.53

1) Doody, Matthew M23 2) Muni, Alex M29
3) Thompson, Nicholas M34 4) Garcia, Luke M26
29.13 1:02.02 1:29.80 1:54.53

Men 25+ 200 Yard Freestyle Relay

NATL: 1:19.71 N 4/7/2018 RICE AQUATICS
W WAGNER, A SURHOFF, D HILL, B COLLINS
VA: 1:21.71 V 4/24/2025 1693
M Healey, L Bureau, S Kettlewell-Sites, J Portmann

1	N*VA-VA	A	1:41.51

1) Workman, Hayden M33 2) Collins, Allan M29
3) Thompson, Nicholas M34 4) Schwartz, Dane M45
27.18 50.62 1:15.25 1:41.51

2	VMST-VA	A	1:49.14

1) Lecrone, Timothy M53 2) Bontrager, Seth M44
3) Jones, Rob M59 4) Andrews, Harrison M28
24.96 49.08 1:24.94 1:49.14

Men 35+ 200 Yard Medley Relay

NATL: 1:33.66 N 5/12/2018 THE OLYMPIC CLU
T WANG, T HOLSMAN, M MARSHALL, S GREENWOOD
VA: 1:39.88 V 1/1/1998 VMST
D Malsbury, M Slowey, J Tudor, L Tudor

1 VMST-VA A 2:21.04
1) Miller, James M75 2) Bontrager, Seth M44
3) Lecrone, Timothy M53 4) Bristow, Andrew M46
54.57 1:25.96 1:53.43 2:21.04

Mixed 25+ 200 Yard Freestyle Relay

NATL: 1:26.78 N 4/25/2025 The Olympic Clu
M ANDREW, J MACKREL, L GREEN, V BURNS
VA: 1:30.23 V 4/24/2025 1693
L Bureau, S Kettlewell-Sites, E Jacobs, M Cundiff

1 FAFF-VA A 2:12.69
1) Dickens, Susan W64 2) Mills, Therese W26
3) Ingebretsen, Carl M64 4) Karl, Steven M63
35.04 1:09.62 1:39.26 2:12.69

Mixed 25+ 200 Yard Medley Relay

NATL: 1:34.12 N 4/30/2022 THE OLYMPIC CLU
F LEE, J PRENOT, E SOLAECHE, C MONSEES
VA: 1:39.63 V 4/13/2018 1693
S Glass, C Fay, G Mizerak, S Shaner

1 FAFF-VA A 2:37.76
1) Karl, Steven M63 2) Mills, Therese W26
3) Ingebretsen, Carl M64 4) Dickens, Susan W64
41.19 1:29.29 2:01.76 2:37.76

Mixed 35+ 200 Yard Freestyle Relay

NATL: 1:30.17 N 4/25/2004 ROCKY MOUNTAIN
K GARNIER, S VON DER LIPPE, J SMITH, P SMITH
VA: 1:33.01 V 4/28/2016 1693
C Hurtubise, M Lovett, R Williams, K Grier

1 VMST-VA A 2:21.24
1) Holswade, Hank M79 2) Swain, Jayme W51
3) Lecrone, Timothy M53 4) Warshaw, Valerie W44
32.01 1:04.60 1:53.92 2:21.24

Mixed 35+ 200 Yard Medley Relay

NATL: 1:39.85 N 5/22/2010 COLORADO MASTER
S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY
VA: 1:44.12 V 4/28/2016 1693
K Grier, R Williams, M Lovett, C Hurtubise

1 VMST-VA A 2:24.60
1) Warshaw, Valerie W44 2) Swain, Jayme W51
3) Lecrone, Timothy M53 4) Bristow, Andrew M46
1:10.35 1:28.31 1:54.74 2:24.60