

	Sweet 12						1	Daniel Wohl	2022	UC20	16:00.95
40-44	Sweet 8	1	Lindsey Schneider	2022	NAM	10:49:29	1	Jeff Commings	2018	ARIZ	9:32:00
		2	Kerry Lindauer	2018	NCMS	11:14:00	2	Natan Porter	2020	MOST	11:08:53
		3	Alicia Uhl	2018	NCMS	11:25:00	3	Paul Tzur	2022	IM	12:35:53
		4	Amy Porter	2018	MOST	12:12:00	4	Sonny Nguyễn	2020	NCMS	13:27.73
		5	Catherine Old	2018	NCMS	12:51:00					
		6	Sarah Blanck	2022	IM	13:15.65					
		7	Lizza Williams	2019	NCMS	15:31.41					
		8	Victoria King	2019	NCMS	16:19.33					
		9	Amelia Osterud	2022	WMAC	18:06.01					
		10	Amelia Kievit	2018	NCMS	36:35.00					
	Sweet 12	1	Lindsey Schneider	2022	NAM	17:16.03	1	Nathan Porter	2020	MOST	17:25.32
		2	Alicia Uhl	2018	NCMS	17:22.00	2	Paul Tzur	2022	IM	19:29.03
		3	Kerry Lindauer	2018	NCMS	17:39.00	3	Sonny Nguyễn	2019	NCMS	21:48.90
		4	Amy Porter	2018	MOST	18:53.00					
		5	Catherine Old	2018	NCMS	19:31.00					
	Sweet 24	1	Alicia Uhl	2018	NCMS	35:03.00	1	Nathan Porter	2020	MOST	35:55.00
		2	Catherine Old	2018	NCMS	39:55.00	2	John Wehe	2018	NCMS	38:14.00
		3	Juliet Port	2018	MOST	40:02.00	3	Sonny Nguyễn	2019	NCMS	46:46.00
		4	Sarah Blanck	2022	IM	46:26.64					
44-49	Sweet 8	1	Alicia Uhl	2022	NCMS	11:05.11	1	Eric King	2019	NCMS	10:58.30
		2	Sarah Dunn	2018	NSMS	11:49.00	2	Jeff Lyons	2019	NCMS	10:58.44
		3	Jennifer Buckley	2018	NCMS	12:19.00	3	Eric Hatch	2019	SNM	11:24.80
		4	Teddy Decker	2019	NCMS	12:21.15	4	Mark Rubacky	2018	NCMS	11:53.00
		5	Tina Calub	2022	IM	13:51.27					
		6	Diane Greene	2018	NCMS	14:52.00					

		7	Victoria King	2022	NCMS	15:23.24					
		8	Angela Hanson	2020	WMAC	15:42.00					
		9	Cynthia Martin	2018	NCMS	16:06.00					
	Sweet 12	1	Alicia Uhl	2022	NCMS	16:43.36	1	Mark Rubacky	2018	NCMS	18:06.00
		2	Tiina Caleb	2022	IM	21:00.65	2	Eddie Carter	2018	NCMS	20:56.00
		3	Amanda Castke	2022	IM	22:07.58					
	Sweet 24	1	Alicia Uhl	2022	NCMS	36:23.97	1	Andrew Peppercor	2022	NCMS	35:20.39
		2	Tina Calub	2022	IM	46:40.13	2	Mark Rubacky	2018	NCMS	38:26.00
							3	Scotty Conley	2019	WMAC	42:26.00
50-54	Sweet 8	1	Rebecca Friedlande	2019	SNM	12:11:03	1	Mort Andersen	2020	NCMS	10:47.90
		2	Marcia Cleveland	2018	IM	12:42:00	2	Douglas Belkin	2022	IM	12:15.45
		2	Cheryl Mehringer	2018	iNDY	12:42.00	3	Ryan Huddleston	2022	IM	14:42.05
		4	Dana Greene	2019	NCMS	16:21:45					
		5	Sandra Smith	2020	NCMS	18:32:00					
		6	Briana Johnson	2020	LOCO	19:37.76					
		7	Wanda Curtis	2019	NCMS	22:02.19					
		8	Rachel Adams	2019	CCAW	33:02.17					
	Sweet 12	1	Susie Shuck	53	INDY	17:14.00	1	Eric King	2022	NCMS	17:35.40
		2	Marcia Cleveland	54	IM	19:13.00					
	Sweet 24	1	Marcia Cleveland	2018	IM	38:30.00	1	Stratton Smith	2018	NCMS	35:04.00
		2	Sissy Relating	2020	MINN	40:42.32	2	Paul Kern	2019	NCMS	40:47.65
55-59	Sweet 8	1	Sharilyn Gardner	2022	IM	12:16.94	1	John Moore	2018	NCMS	11:33.00
		2	Marcia Cleveland	2020	IM	12:53.28	2	Eric Carlson	2019	NCMS	12:54.33
		3	Diane Quillen	2018	NCMS	13:34:00	3	Ed Baumgartner	2022	IM	13:36.03

		4	Karen Lundgren	2022	IM	13:34.40	4	Harold Yount	2022	NCMS	16:03.61
		5	Mary Fagen	2020	LOCO	14:04:34	5	Clyde Johnson	2020	LOCO	16:21.39
		6	Dianne Powers	2018	INDY	15:42.00	6	Butch Johnson	2019	LOCO	17:18.33
		7	Lauren Hyde	2018	UC32	16:03.00					
		8	Patty Tiska	2018	NCMS	16:13:00					
		9	Emily Wilkins	2020	NCMS	18:00:51					
		10	Nancy Seay	2018	NCMS	18:30:00					
	Sweet 12	1	Peggy Kratz	2019	MINN	18:22.85	1	John Moore	2018	NCMS	16:43:00
		2	Sharilyn Gardner	2022	IM	19:36.61	2	Dave Jacobs	2022	IM	18:20.80
		3	Marcia Cleveland	2020	IM	19:48.33	3	Robert Cole	2019	NCMS	18:29.96
		4	Christina Marocio	2018	UC13	21:30:00	4	Alan Arnholt	2018	NCMS	19:03.00
		5	Celia Wolff	2022	NCMS	22:48:31	5	Eric Carlson	2019	NCMS	19:52.70
		6	Lauren Hyde	2018	UC32	27:07.00	6	Ed Baumgartner	2022	IM	20:54.00
							7	Thomas Hardy	2022	NCMS	22:39:25
							8	Harold Yount	2022	NCMS	24:00.88
	Sweet 24	1	Peggy Kratz	2019	MINN	37:47.94	1	John Moore	2018	NCMS	34:14.00
		2	Mary Dore	2018	NCMS	39:04.00					
		3	Lauren Hyde	2018	UC32	52:52.00					
60-64	Sweet 8	1	Peggy Kratz	2022	MINN	12:14.72	1	Eric Carlson	2020	NCMS	12:48.07
		2	Kathy Berger	2018	INDY	12:48.00	2	Michael Quinn	2019	PVMA	13:37.33
		3	Judith Norton	2020	O*H*	12:48.87	3	Anthony Blake	2018	PVMA	14:01.00
		4	Julie Eakle	2020	MOST	13:04.46	4	Duanne Grassell	2018	O*H*	14:09.00
		5	Joanne Wainwright	2019	NCMS	13:27.99	5	Jay Definis	2022	O*H*	16:07.12
		6	Pamela Ogden	2019	MINN	15:18.00	6	Peter Canning	2018	CONN	16:56.00
		7	Nancy Seay	2019	NCMS	15:48.05	7	Richard Miller	2018	NCMS	20:15.00
		8	Lauren Hyde	2019	CMS	16:21.00					

