NW zones 17

U.S. MASTERS swimming

hosted by blue wave aquatics

PNAchamps

Saturday, April 8th - Sunday, April 9th 2017
Sanctioned by Pacific Northwest Association Of Masters Swimming
for United States Masters Swimming, Sanction #367-S004

Weyehauser King County Aquatic Center
Federal Way, WA

Meet Personnel

Meet Director	Steve Freeborn	pnachamps@bluewave-aquatics.com, 206-940-7442
Meet Referee	Mike Murphy	swimoff1@gmail.com, 206-316-0234

Officials

Special thanks to the Officials from Pacific Northwest Swimming

Meet Support

Registrar / Clerk of Course	Angela Turley / Judy Williams	Safety Marshalls	Western Washington University Masters
Announcer	Hilary Smith / John Williams	Timers	Boy Scout Troop 392 Normandy Park
Meet Logo and Shirt Design	Mary Ann White Design.	BWAQ Logo	Mary Ann White Design.
Meet Program / Hytek	Angela Turley	Consultant	Hugh C Moore
National Anthem	Courtney Fader / Dan Smith	Registration	Angela Turley / Judy Williams
Ribbons & Medals	Eric Durban	Hospitality	Kim Boggs / Lynn Gross
Organizing Committee	Blue Wave Aquatics		

Order of Events

Order of Events (Seeding slow to fast / Deck enter relays at the meet)

Saturday, April 8th 10:00 am start time		Sunday, April 9th 10:00 am start time	
1	400 Individual Medley	13	500 Free *
2	50 Breast	14	100 Back
3	100 Fly	15	50 Free
4	200 Free	16	200 Breast
5	100 Individual Medley		Special Awards Presentation
	Break [10 minutes]	17	200 Individual Medley
6	100 Breast	18	50 Back
7	200 Back	19	200 Fly
8	50 Fly	20	100 Free
9	Women's 200 Medley Relay*	21	Women's 200 Free Relay*
10	Men's 200 Medley Relay*	22	Men's 200 Free Relay*
11	200 Mixed Free Relay*	23	Mixed 200 Medley Relay*
12	1000 Free*	24	1650 Freestyle*
			PNA Team Award

NO DIVING during warmups except in designated sprint lanes.

TIMES / WARM-UPS: Saturday and Sunday
- Warm-up 9:00 - 9:50 am
- Meet starts at 10:00 am

* **CHECK-IN DEADLINES** - Swimmers who do not check in by the deadline will be scratched from the event.
- 1000 Freestyle - end of Event #6
- 500 Freestyle - 9:30 AM Sunday
- 1650 Freestyle - end of Event #18

*** RELAY FORM DEADLINES** - Relays that do not turn in their relay forms by the deadline may be scratched from the event.
- Relay Events 9, 10 & 11 - 12:00 PM Saturday
- Relay Events 21, 22 & 23 - 12:00 PM Sunday

SEEDING: Two courses will be used for the 500, 1000 and 1650 Free, depending on entries the 400 IM may be swum in two courses. A single course will be used for all other events. All events are slow to fast. Pre-seeding except for the asterisked events.

RELAYS: 18+, 25+ and subsequent ten-year increments. The age of the youngest swimmer will determine the age group. Mixed relays require 2 men and 2 women.

PNA TEAMS (SCORES TEAM POINTS IN PNA CHAMPIONSHIP MEET)

Large

Bainbridge Aquatics
Blue Wave Aquatics
Lake Washington Masters

Medium

Downtown Bellevue Swim Club
Husky Masters
Puget Sound Masters
Team Walker International
Western Washington University
YMCA Pierce / Kitsap Sea Dragons

Small

Bellevue Club
Greenlake Aquaducks

Small (cont)

Gold's Eastside Masters
Mercer Island Redwoods
Mukilteo YMCA
North End Otters
Orca Swim Club
Pennisula Masters
Skagit Valley Masters
Snohomish Aquatics Masters
Stanwood Camano WA 'Y' Masters
Thunderbird Aquatics
Washington Athletic Club

NON PNA TEAMS *

Central Washington University
LHST
Manatee Aquatics
Movy Masters
Novaquatics Masters
Oregon Masters
Sawtooth Masters
The Olympic Club
UMAC - Terrapin
Vancouver Swim Club

* Non PNA Teams are ineligible for Individual Points or Team Awards

GENERAL MEET INFORMATION

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way WA 98023 206-296-4444.
FACILITY: 50 meter championship pool set up as 2 25 yard courses, each with 9 foot wide lanes and a water depth range of 9' - 10.5'. Continuous warm-up available in the 7 lane 25 yard dive tank.
CONCESSIONS: Vendor contracted with King County Aquatic Center, available in lobby.
RULES: Current USMS Rules will govern the meet. Strictly forbidden: using hand paddles, fins or kick boards in warm-up areas; diving in warm-up areas unless in designated sprint lanes.
AGE GROUPS: Age groups will be based upon the swimmer's age on April 9th, 2017. For Individual events: 18-24, 25-29, and five - year age groups as high as necessary. For relays: 18+, 25+, 35+, and 10-year increments as high as necessary to accomodate all swimmers. The age the the youngest relay swimmer determines the age group of the relay.
ELIGIBILITY: Open to all 2017 USMS registered Masters swimmers or foreign registered swimmers 18 and above as of April 9th 2017. Age groups based on the swimmer's age as of April 9th, 2017.
ENTRY LIMITS: Swimmers are limited to a total of six individual events for the meet and may swim no more than five individual events on any day. Swimmers may swim in an unlimited number of relay events, but may swim only once per relay event.
PNA TEAM CATEGORIES: Eligible PNA teams will be divided into three categories (large, medium, and small) based on the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.
SCORING: The meet shall be scored from places 1 through 8 in every age group for every event. Individual events will be scored 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.
INDIVIDUAL AWARDS: PNA Championship ribbons will be awarded 1st through 6th place in every age group in event. PNA medals can be purchased for $2.00 each.
SPECIAL AWARDS: The 2017 PNA Coach of the Year and 2017 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday, at the conclusion of Event #16.
TEAM AWARDS: Team plaques will be awarded, at the conclusion of the meet, to the top three teams in each division:
[A = Large Division, AA - Medium Division, and AAA - Small Division].

STARTS

FALSE STARTS: If the starting signal sounds before a false start has been declared, the race will continue and the swimmer or swimmers who false started will be disqualified at the completion of the race.

WHISTLE STARTS: A series of whistles notify swimmers in the upcoming heat to make final preperations for the start, including removing sweats, etc. Next, the referee will blow a long whistle. This signifies to swimmers that it is time to get into position. For forward starts, stand on the block with at least one foot at the front of the block. For backstroke starts there will be two long whistles. The first long whistle signals swimmers to enter the water. The second long whistle signals the swimmers to return to the starting position. For both forward starts and backstroke starts, the referee will stretch his/her arm out to signify to the starter that everyone is in position. The starter may then give optional instructions, such as the event, stroke, and distance, and will then give the command 'take your mark'.

SEEDING: Seeding for all events will be slow-to-fast. Women and men will swim in combined heats. All individual events 400 yards or less will be pre-seeded. All individual events greater than 400 yards and all relays require check-in and will be deck seeded.

RELAYS: To avoid touching the touchpads please move towards the flags if you are staying in the water after your relay leg.

www.usms.org/giving

There are more than 18 million swimming pools and hot tubs in the USA. Yet, according to the Centers for Disease Control, 37% of American adults cannot swim the length of a pool. Every day, about 10 people die from drowning. The majority of unintentional drowning victims are adults. Drowning ranks fifth among the leading causes of unintentional injury death in the United States. The CDC identifies a variety of factors that can influence drowning risk, including the lack of swimming ability. Research also shows that the children of adults who don't know how to swim are at a greater risk of not learning to swim, which increases their risk of drowning.

The purpose of SSLF is to advocate and raise awareness, and to serve as a resource for programs providing adult learn-to-swim lessons. We solicit charitable contributions and provide grants to SSLF program providers.

Our hope is that once an adult learns to swim or improves their swimming skills, they will have the confidence and desire to continue swimming in a Masters Swimming program and experience the lifelong benefits of swimming.

Meet Timeline

Saturday, April 8th				
Event #	Event	Entries	Heats	Start Time
1	400 Individual Medley	21	3	10:00 am
2	50 Breaststroke	90	12	10:22 am
3	100 Butterfly	29	4	10:42 am
4	200 Freestyle	64	8	10:51 am
5	100 Individual Medley	114	15	11:18 am
	Break 10 Minutes			
6	100 Breaststroke	63	8	12:03 pm
7	200 Backstroke	37	5	12:21 pm
8	50 Butterfly	89	12	12:44 pm
9	Women's 200 Medley Relay (approximately 10 minutes) *			1:01 pm
10	Men's 200 Medley Relay (approximately 10 minutes) *			1:11 pm
11	Mixed 200 Freestyle Relay (approximately 10 minutes) *			1:21 pm
12	1000 Freestyle **	58	8	1:36 pm
	End of Session			2:44 pm
Sunday, April 9th				
Event #	Event	Entries	Heats	Start Time
13	500 Freestyle **	71	9	10:00 am
14	100 Backstroke	51	7	10:45 am
15	50 Freestyle	122	16	11:06 am
16	200 Breaststroke	35	5	11:27 am
	Break 10 Minutes			
17	200 Individual Medley	54	7	11:59 am
18	50 Backstroke	67	9	12:25 pm
19	200 Butterfly	13	2	12:42 pm
20	100 Freestyle	127	16	12:50 pm
21	Women's 200 Freestyle Relay (approximately 10 minutes) *			1:22 pm
22	Men's 200 Freestyle Relay (approximately 10 minutes) *			1:32 pm
23	Mixed 200 Medley Relay (approximately 10 minutes) *			1:42 pm
24	1650 Freestyle **			1:57 pm
	End of Session			3:34 pm

Meet Program

* Relay Events - Relay events indicate there are no entries for the event. The events will be seeded after relay cards have been turned in.

** Distance Events are displayed in psych order slow to fast. These events will be seeded after the check-in deadlines. Distance Free Events may be swum in two courses.

*** Meet timeline assumes a 45 second interval / back + 15 seconds

Northwest Zones Championship Meet

The Northwest Zone includes Alaska, Idaho, Montana, Oregon, Utah and Washington. The LMSC that are included in the Northwest Zone are:

Alaska	2 clubs	330 members
Inland NW	18 clubs	338 members
Montana	6 clubs	220 members
Snake River	8 clubs	137 members
Oregon	6 clubs	1,025 members
Pacific NW	9 clubs	1,368 members
Utah	16 clubs	349 members

Welcome all of our Zone swimmers! Zone results will be posted next to the PNA Championship results.

Photo courtesy: Rob Schumacher - USA Today

Jacob Pebley

Career Highlights

Silver medalist in the 200m back at the 2016 FINA World Championships (25m)

Finished fifth in the 200m back at the 2016 Olympic Games

Qualified for first Olympic Team with a runner-up finish in the 200m back at the 2016 U.S. Olympic Team Trials

Won the national title in the 200m back at the 2015 Phillips 66 National Championships

Won gold in the 200m back and silver in the 400m medley relay at the 2015 World University Games

Clinched a berth on the 2014 Pan Pacs roster with a fourth-place finish in the 200m back at Phillips 66 Nationals Olympics History 2016: 5th, 200m BK

Olympics History

2016: 5th, 200m BK

WUGs History

2015: Gold, 200m BK; Silver, 400m MR; 4th, 100m BK

2013: Bronze, 100m BK; Bronze, 200m BK; Bronze, 400m MR (pr)

Jacob has an impressive swim career and is swimming strong this year. We welcome Jacob to the 2017 PNA Championship and Zone Championship meet.

Jacob will be swimming Saturday and available for photos and autographs.

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2017 OPEN WATER

FRESH & SALTWATER EVENTS

Swim Defiance — Sat, June 3, 2017

- ***Swim Pacific Northwest history!*** *Recreate historic 1926 competitive swim*
- *Challenging **3K & 5K races** in 58-60° Puget Sound*
- ***Largest salt water swim race** in Pacific NW— escorted, swimmer-friendly, well-run*
- *Pre-registration includes **multiple free prep swims***
- *Check **www.swimdefiance.com** for details starting Feb 14*

www.swimdefiance.com

2017 SwimDefiance

SPRINT DISTANCE OPEN WATER NATIONAL CHAMPIONSHIP

Saturday, September 23, 2017

- 1-mile championship *and* 1 & 2 mile events in beautiful Angle Lake SeaTac, Washington
- Wetsuit & non-wetsuit
- Customized participant awards for all entrants

Last Gasp OF SUMMER

WATCH OUR WEBSITE FOR REGISTRATION AND DETAILS

WWW.LASTGASPOFSUMMER.COM

Win a blueseventy Reaction Wet Suit

Each race entry will earn you one ticket into the drawing for a blueseventy Reaction Wetsuit (either full or sleeveless at the winner's preference)

From PNA Open Water Series sponsor

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June 3rd, 2017	www.swimdefiance.com
June 17th, 2017	www.whidbeyadventureswim.org
July 15th, 2017	www.fatsalmon.com
September 23rd, 2017	www.lastgaspofsummer.org

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2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Psych Sheet

Event 1 Mixed 400 Yard IM

	Name	Age	Team	Seed Time
1	Anna Anderson	W26	Husky Masters-36	8:00.00
2	Denise Dumouchel	W54	Bainbridge Aquat-36	7:32.90
3	Renee Quistorf	W52	Snohomish Aquati-36	6:35.00
4	Scott Matthews	M55	Blue Wave Aquati-36	6:32.10
5	Wendy Polidori	W47	Snohomish Aquati-36	6:15.00
6	Eric Durban	M61	Blue Wave Aquati-36	6:15.00
7	Steven Peterson	M70	YMCA Pierce Kits-36	6:10.00
8	Elizabeth Thompson	W28	Husky Masters-36	5:49.00
9	Patricia Davidson	W34	Snohomish Aquati-36	5:45.00
10	Stacey Ostrin	W39	Oregon Masters-37	X5:45.00
11	Maresa Jackson	W38	Oregon Masters-37	X5:35.00
12	Daniel Phillips	M53	Lake Washington-36	5:28.00
13	Rondamarie Smith	W46	Blue Wave Aquati-36	5:26.14
14	Sarah Rogers	W40	Oregon Masters-37	X5:24.32
15	Alex Goldstein	M48	Mercer Island Re-36	5:10.00
16	Doug Winter	M48	Puget Sound Mast-36	5:06.62
17	Eric Valley	M55	Movy Masters-28	X5:00.00
18	Kyle Heaton	M37	UC36-36	4:55.00
19	Yawei Hao	M26	Dbst Masters-36	4:48.70
20	David Kays	M49	Puget Sound Mast-36	4:35.00
21	Rick Colella	M65	Lake Washington-36	4:33.96

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2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Saturday

Event 2 Mixed 50 Yard Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Finals				
3	Michael McKinlay	M73	Dbst Masters-36	2:59.91
4	Shane Erickson	M60	Dbst Masters-36	1:20.00
5	Thomas Walker	M70	Team Walker Inte-36	1:30.00
Heat 2 of 12 Finals				
1	Natalie Routh	W43	Blue Wave Aquati-36	1:15.00
2	Wendy Noffke	W44	Blue Wave Aquati-36	56.00
3	Lisa Mangel	W47	Dbst Masters-36	53.20
4	John Huckabee	M58	North End Otters-36	50.00
5	William Smith	M72	Puget Sound Mast-36	50.00
6	Judy Williams	W68	Blue Wave Aquati-36	55.00
7	Renee Barrie	W43	Stanwood-Camano-36	56.73
Heat 3 of 12 Finals				
1	Ken Bennett	M56	Bainbridge Aquat-36	48.45
2	Megan Holt	W46	Blue Wave Aquati-36	47.00
3	Jessica Dubey	W54	Bainbridge Aquat-36	45.29
4	Matthew Bittner	M57	UC36-36	45.00
5	Holly Lickwala	W40	Puget Sound Mast-36	45.11
6	Sally Dillon	W70	Bellevue Club-36	46.00
7	Thai Nguyen	M46	Blue Wave Aquati-36	48.00
8	Skip Greene	M64	Lake Washington-36	49.30
Heat 4 of 12 Finals				
1	Keith Kennedy	M54	Blue Wave Aquati-36	45.00
2	Gina Lalonde	W32	Dbst Masters-36	45.00
3	Dominique Truong	M78	Puget Sound Mast-36	44.19
4	Bill Galvani	M70	Bainbridge Aquat-36	43.00
5	Victor King	M49	UC36-36	43.14
6	Ginger Pierson	W71	Oregon Masters-37	X45.00
7	Frank Powell	M57	Team Walker Inte-36	45.00
8	Kate Carruthers	W68	Bainbridge Aquat-36	45.00
Heat 5 of 12 Finals				
1	Kathleen Brooks	W33	Dbst Masters-36	42.04
2	Anna Novack	W19	Western Washingt-36	42.00
3	Barney Voegtlen	M68	Bainbridge Aquat-36	41.00
4	Madelynn Sare	W21	Western Washingt-36	40.33
5	Charlotte Davis	W66	Lake Washington-36	41.00
6	William Hayes	M65	Lake Washington-36	41.26
7	Nicholas Carter	M24	Dbst Masters-36	42.00
8	Kathy Byers	W56	Blue Wave Aquati-36	43.00
Heat 6 of 12 Finals				
1	Kris Speir	W53	YMCA Pierce Kits-36	40.15
2	Michael Rosen	M52	Bainbridge Aquat-36	40.00
3	Justin Valz	M36	UC36-36	40.00
4	Dawn Jaeger	W60	Lake Washington-36	39.32
5	Dennis Sawyer	M73	Bainbridge Aquat-36	39.38
6	Maresa Jackson	W38	Oregon Masters-37	X40.00
7	Thomas Farrell	M57	Dbst Masters-36	40.00
8	Lorraine Masse	W44	Lake Washington-36	40.28
Heat 7 of 12 Finals				
1	Stephen LaHaie	M54	YMCA Pierce Kits-36	39.00
2	Sarah Rogers	W40	Oregon Masters-37	X38.07
3	Jack Timmons	M56	Dbst Masters-36	38.00
4	Antoinette Ngo	W22	Lake Washington-36	37.20
5	Katherine Beirne	W47	Peninsula Master-36	37.56
6	Hannah Gottschall	W36	YMCA Pierce Kits-36	38.00
7	Lisa Keith	W47	Gold's Eastside-36	38.99
8	Chantal Lauzon	W43	Novaquatics Mast-33	X39.09
Heat 8 of 12 Finals				
1	Matthew Donahue	M50	Oregon Masters-37	X36.70
2	Sarah Chinn	W33	Manatee Aquatic-38	X36.24
3	Terrance Coughran	M25	LaCamas Head-37	X36.00
4	David O'Hern	M33	Husky Masters-36	35.90
5	Ava McCrea	W19	Western Washingt-36	35.98
6	Richard Adcock	M61	YMCA Pierce Kits-36	36.20
7	Jim Clemmons	M66	Sawtooth Masters-59	X36.50
8	Aliza Ben-Varon	W20	Western Washingt-36	37.11
Heat 9 of 12 Finals				
1	Aaron Miller	M33	Lake Washington-36	35.84
2	Jenny Ferries	W35	Team Walker Inte-36	35.23
3	Rachel Martin	W25	Lake Washington-36	35.00
4	Jay Pearson	M55	Lake Washington-36	34.57
5	Keito Swan	M27	Western Washingt-36	35.00
6	Robert Wake	M68	Lake Washington-36	35.22
7	Rob Martin	M51	Lake Washington-36	35.44
8	Linda Chapman	W61	Lake Washington-36	35.88
Heat 10 of 12 Finals				
1	Rebekah Pusateri	W19	Western Washingt-36	33.87
2	Amelia Ferrel	W30	Lake Washington-36	33.57
3	Robert DeWard	M43	Puget Sound Mast-36	33.46
4	Benjamin Griffin	M23	Lake Washington-36	33.00
5	Jayna Tomac	W45	Oregon Masters-37	X33.00
6	Alex Phillips	M29	Husky Masters-36	33.55
7	Robert Strand	M71	Sawtooth Masters-59	X33.75
8	Daniel Smith	M54	Blue Wave Aquati-36	34.07
Heat 11 of 12 Finals				
1	Allen Stark	M68	Oregon Masters-37	X32.33
2	Richard Seibert	M52	YMCA Pierce Kits-36	32.00
3	Jason Ridle	M42	Peninsula Master-36	30.58
4	Rick Colella	M65	Lake Washington-36	30.14
5	Ruben Guerrero	M25	Puget Sound Mast-36	30.18
6	Brad Hering	M55	Stanwood-Camano-36	31.11
7	Matt Castle	M45	Thunderbird Aqua-36	32.09
8	John Baker	M65	Bainbridge Aquat-36	32.82

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2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Saturday

Heat 12 Finals (#2 Mixed 50 Yard Breaststroke)

1	Daniel Phillips	M53	Lake Washington-36	29.03
2	Vince Carmosino	M47	Team Walker Inte-36	28.57
3	Chris Conroy	M31	Lake Washington-36	27.43
4	Trever Gray	M41	Lake Washington-36	27.41
5	Cejih Yung	M31	Umac-Terrapin Ma-10	X27.41
6	Ryan Shiplet	M19	Husky Masters-36	28.49
7	Todd Doherty	M46	Bellevue Club-36	28.92
8	Tyrone Jimmison	M36	Husky Masters-36	29.84

Event 3 Mixed 100 Yard Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
2	Elizabeth Hogan	W55	Peninsula Master-36	1:56.00
3	Margo Marsh-Limm	W49	Mukilteo YMCA-36	1:40.00
4	Rick Stafford	M69	Bainbridge Aquat-36	1:20.00
5	Cestjon McFarland	W56	Bainbridge Aquat-36	1:35.00
6	MarySue Balazic	W49	Snohomish Aquati-36	1:41.62
Heat 2 of 4 Finals				
1	Erin Cyger	W45	Bainbridge Aquat-36	1:18.00
2	Randy Rogers	M58	Bainbridge Aquat-36	1:15.00
3	Larry Wright	M68	Oregon Masters-37	X1:12.50
4	Paul Webber	M58	Bainbridge Aquat-36	1:12.00
5	Shelley Reimer	W47	Bainbridge Aquat-36	1:12.43
6	Chantal Lauzon	W43	Novaquatics Mast-33	X1:14.82
7	Brandon Couch	M21	Husky Masters-36	1:15.85
8	Amanda Winans	W34	Husky Masters-36	1:18.86
Heat 3 of 4 Finals				
1	Tracy Maschman Morrissey	W42	Husky Masters-36	1:11.49
2	Christine Mcclafferty	W43	Oregon Masters-37	X1:09.49
3	Karl Morrison	M49	Bainbridge Aquat-36	1:08.25
4	Saskia Kroesen	W23	Blue Wave Aquati-36	1:05.00
5	Bryan Smith	M49	Lake Washington-36	1:08.08
6	Rob Martin	M51	Lake Washington-36	1:09.24
7	Elizabeth Thompson	W28	Husky Masters-36	1:10.00
8	Felicia Werchan	W27	Lake Washington-36	1:11.78
Heat 4 of 4 Finals				
1	Oliver Cleaver	M53	Sawtooth Masters-59	X1:02.87
2	Matthew Woare	M42	Washington Athle-36	59.31
3	Jason Ridle	M42	Peninsula Master-36	57.88
4	Gregory Hulse	M29	UC36-36	55.60
5	Matthew Liedtke	M27	Lake Washington-36	57.56
6	Bradford Axel	M48	Dbst Masters-36	58.00
7	Michael Porter	M50	Lake Washington-36	1:01.01
8	Andy Iyall	M50	Blue Wave Aquati-36	1:03.00

Event 4 Mixed 200 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals				
1	Renee Barrie	W43	Stanwood-Camano-36	3:51.15
2	Wendy Noffke	W44	Blue Wave Aquati-36	3:50.00
3	Robert Dorse	M85	Puget Sound Mast-36	3:32.00
4	Nate Thomas	M79	Sawtooth Masters-59	X3:29.00
5	John Huckabee	M58	North End Otters-36	3:30.00
6	Valerie Powell	W23	Team Walker Inte-36	3:42.76
7	Laura Laures	W49	Stanwood-Camano-36	3:51.15
8	Barbara Johnson	W67	Peninsula Master-36	4:00.00
Heat 2 of 8 Finals				
1	Matthew Bittner	M57	UC36-36	3:19.00
2	Frank Powell	M57	Team Walker Inte-36	3:12.14
3	Renee Quistorf	W52	Snohomish Aquati-36	2:55.00
4	Ron Hansen	M67	Puget Sound Mast-36	2:50.30
5	Ken Bennett	M56	Bainbridge Aquat-36	2:52.00
6	Cestjon McFarland	W56	Bainbridge Aquat-36	3:00.00
7	Rachael Deaderick	W42	Blue Wave Aquati-36	3:16.60
8	April Parker	W40	Blue Wave Aquati-36	3:23.01
Heat 3 of 8 Finals				
1	Sally Dillon	W70	Bellevue Club-36	2:50.00
2	Heather Clarke	W45	Lake Washington-36	2:46.00
3	Don Clise	M50	Blue Wave Aquati-36	2:41.04
4	Sheila Moore	W58	Lake Washington-36	2:35.00
5	Alison Dennison	W36	Bainbridge Aquat-36	2:40.00
6	Holly Lickwala	W40	Puget Sound Mast-36	2:43.00
7	Gail Stribling Geldien	W36	Blue Wave Aquati-36	2:49.01
8	Pierre Fauvet	M54	Stanwood-Camano-36	2:50.00
Heat 4 of 8 Finals				
1	John Brunner	M59	Puget Sound Mast-36	2:31.70
2	Lori Robins	W37	Lake Washington-36	2:26.58
3	Tammy Regan Koppelberge	W45	Team Walker Inte-36	2:25.37
4	Elizabeth Thompson	W28	Husky Masters-36	2:23.00
5	Joseph Haslebacher	M25	Oregon Masters-37	X2:25.00
6	Kathy Pelham	W44	Team Walker Inte-36	2:25.50
7	Tom Fritschen	M61	Team Walker Inte-36	2:29.28
8	Elizabeth Kassen	W65	Team Walker Inte-36	2:33.00
Heat 5 of 8 Finals				
1	Jennifer Farinas	W45	Bellevue Club-36	2:23.00
2	Blake Nixon	M19	Western Washingt-36	2:20.00
3	Jeffrey Piette	M61	Oregon Masters-37	X2:17.51
4	Jacquelyn Braggin	W30	Husky Masters-36	2:15.00
5	Zena Courtney	W57	Blue Wave Aquati-36	2:16.07
6	Sarah Leary	W34	Vancouver Swim-37	X2:20.00
7	Tracy Maschman Morrissey	W42	Husky Masters-36	2:20.71
8	Nancy Kleint	W29	Greenlake Aquadu-36	2:23.00

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Saturday

Heat 6 Finals (#4 Mixed 200 Yard Freestyle)

1	Nick Schnee	M42	Bainbridge Aquat-36	2:12.00
2	Richard Seibert	M52	YMCA Pierce Kits-36	2:10.00
3	Dan Kirkland	M68	Lake Washington-36	2:09.47
4	Aaron Miller	M33	Lake Washington-36	2:08.82
5	Ellen Ella	W39	Lake Washington-36	2:09.18
6	John Conway	M28	Dbst Masters-36	2:09.68
7	Alex Goldstein	M48	Mercer Island Re-36	2:10.96
8	Sarah Chinn	W33	Manatee Aquatic-38	X2:12.88

Heat 7 of 8 Finals

1	Gary Cox	M39	Husky Masters-36	2:07.00
2	Allison Cox	W32	Mercer Island Re-36	2:02.50
3	Bradford Axel	M48	Dbst Masters-36	1:58.00
4	Nicholas Pederson	M20	Western Washingt-36	1:56.55
5	David Kays	M49	Puget Sound Mast-36	1:57.50
6	Eric Valley	M55	Movy Masters-28	X2:00.61
7	Kyle Heaton	M37	UC36-36	2:04.00
8	Alex Phillips	M29	Husky Masters-36	2:07.69

Heat 8 of 8 Finals

1	James Waltz	M18	UC36-36	1:56.00
2	Alexander Lyskin	M20	Husky Masters-36	1:55.00
3	Chris Conroy	M31	Lake Washington-36	1:52.00
4	Brian Wisniewski	M39	Husky Masters-36	1:48.00
5	Joshua Scheck	M20	Husky Masters-36	1:50.13
6	Mats Nygren	M50	Lake Washington-36	1:52.00
7	Max Hanson	M49	Lake Washington-36	1:55.47
8	Pete Colbeck	M55	North End Otters-36	1:56.00

Event 5 Mixed 100 Yard IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 15 Finals				
3	Melanie Crump	W32	Blue Wave Aquati-36	4:58.32
4	Charlotte Snow	W77	YMCA Pierce Kits-36	2:17.85
5	Shane Erickson	M60	Dbst Masters-36	2:20.00
Heat 2 of 15 Finals				
1	Judy Williams	W68	Blue Wave Aquati-36	1:55.00
2	Scott Matthews	M55	Blue Wave Aquati-36	1:50.00
3	William Smith	M72	Puget Sound Mast-36	1:47.00
4	MarySue Balazic	W49	Snohomish Aquati-36	1:42.79
5	Michael Rosen	M52	Bainbridge Aquat-36	1:45.00
6	Keith Kennedy	M54	Blue Wave Aquati-36	1:50.00
7	Kimberly Wood	W44	Blue Wave Aquati-36	1:51.87
Heat 3 of 15 Finals				
1	Elizabeth Hogan	W55	Peninsula Master-36	1:41.61
2	Rachael Deaderick	W42	Blue Wave Aquati-36	1:38.94
3	Kate Carruthers	W68	Bainbridge Aquat-36	1:35.00
4	Jean Blackburn	W65	Blue Wave Aquati-36	1:31.85
5	Megan Holt	W46	Blue Wave Aquati-36	1:32.82
6	Lisa Mangel	W47	Dbst Masters-36	1:36.40
7	Bill Galvani	M70	Bainbridge Aquat-36	1:40.00
8	Jessica Dubey	W54	Bainbridge Aquat-36	1:41.65
Heat 4 of 15 Finals				
1	Holly Lickwala	W40	Puget Sound Mast-36	1:31.17
2	Victor King	M49	UC36-36	1:27.59
3	Dennis Sawyer	M73	Bainbridge Aquat-36	1:26.26
4	Michael Cyger	M46	Bainbridge Aquat-36	1:25.91
5	Heather Clarke	W45	Lake Washington-36	1:26.00
6	Jack Timmons	M56	Dbst Masters-36	1:27.00
7	Renee Quistorf	W52	Snohomish Aquati-36	1:30.00
8	Stephen Fogg	M68	Stanwood-Camano-36	1:31.19
Heat 5 of 15 Finals				
1	Kathy Byers	W56	Blue Wave Aquati-36	1:25.00
2	Kerry Ness	M47	Skagit Valley Ma-36	1:24.00
3	William Hayes	M65	Lake Washington-36	1:21.32
4	Madelynn Sare	W21	Western Washingt-36	1:21.16
5	Lisa Keith	W47	Gold's Eastside-36	1:21.18
6	Allie Monsen	W21	Western Washingt-36	1:23.01
7	Laurel Baker	W39	Lake Washington-36	1:24.53
8	Mitchell Barber	M49	Dbst Masters-36	1:25.00
Heat 6 of 15 Finals				
1	Barney Voegtlen	M68	Bainbridge Aquat-36	1:21.00
2	Andrea Cortani	W45	Peninsula Master-36	1:20.11
3	Robert Wake	M68	Lake Washington-36	1:20.00
4	Margo Marsh-Limm	W49	Mukilteo YMCA-36	1:19.00
5	Sarah Leary	W34	Vancouver Swim-37	X1:20.00
6	Kris Speir	W53	YMCA Pierce Kits-36	1:20.00
7	Lori Robins	W37	Lake Washington-36	1:20.47
8	Robert Powell	M55	Bainbridge Aquat-36	1:21.13
Heat 7 of 15 Finals				
1	Tom Goodlin	M57	Bainbridge Aquat-36	1:17.30
2	Stephen Freeborn	M61	Blue Wave Aquati-36	1:17.00
3	Justin Valz	M36	UC36-36	1:16.32
4	Dawn Jaeger	W60	Lake Washington-36	1:16.04
5	Chantal Lauzon	W43	Novaquatics Mast-33	X1:16.16
6	Antoinette Ngo	W22	Lake Washington-36	1:16.50
7	Ellen Ella	W39	Lake Washington-36	1:17.00
8	Erin Cyger	W45	Bainbridge Aquat-36	1:17.59
Heat 8 of 15 Finals				
1	Jackie DeLong	W22	Western Washingt-36	1:15.42
2	Nick Schnee	M42	Bainbridge Aquat-36	1:15.00
3	Thomas Farrell	M57	Dbst Masters-36	1:15.00
4	Patricia Davidson	W34	Snohomish Aquati-36	1:15.00
5	Stephen LaHaie	M54	YMCA Pierce Kits-36	1:15.00
6	Jeffrey Piette	M61	Oregon Masters-37	X1:15.00
7	Wendy Polidori	W47	Snohomish Aquati-36	1:15.20
8	Nancy Kleint	W29	Greenlake Aquadu-36	1:16.00

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Saturday

Heat 9 Finals (#5 Mixed 100 Yard IM)

1	Tom Gillespie	M63	Stanwood-Camano-36	1:15.00
2	Darren Gray	M48	Bainbridge Aquat-36	1:14.07
3	Maresa Jackson	W38	Oregon Masters-37	X1:13.62
4	Felicia Werchan	W27	Lake Washington-36	1:13.47
5	Jim Clemmons	M66	Sawtooth Masters-59	X1:13.50
6	Dan Bailey	M59	Stanwood-Camano-36	1:14.00
7	Amanda Winans	W34	Husky Masters-36	1:14.68
8	Nicholas Carter	M24	Dbst Masters-36	1:15.00

Heat 10 of 15 Finals

1	Jacquelyn Braggin	W30	Husky Masters-36	1:13.00
2	Valerie McHenry	W37	Lake Washington-36	1:12.59
3	Alex Goldstein	M48	Mercer Island Re-36	1:12.00
4	Emily Deardorff	W19	Western Washingt-36	1:11.30
5	Craig Hatton	M53	Puget Sound Mast-36	1:11.62
6	Hannah Gottschall	W36	YMCA Pierce Kits-36	1:12.26
7	Warren Fullen	M58	Blue Wave Aquati-36	1:12.72
8	Austin Clark	M21	Western Washingt-36	1:13.12

Heat 11 of 15 Finals

1	Chad Hagedorn	M44	YMCA Pierce Kits-36	1:10.69
2	Matt Castle	M45	Thunderbird Aqua-36	1:10.30
3	John Conway	M28	Dbst Masters-36	1:10.00
4	Gary Cox	M39	Husky Masters-36	1:10.00
5	Jasper O'Leary	M22	Husky Masters-36	1:10.00
6	David O'Hern	M33	Husky Masters-36	1:10.28
7	Larry Wright	M68	Oregon Masters-37	X1:10.50
8	Daniel Taylor	M61	UC36-36	1:10.75

Heat 12 of 15 Finals

1	Rachel Martin	W25	Lake Washington-36	1:10.00
2	Rondamarie Smith	W46	Blue Wave Aquati-36	1:09.30
3	Tyrone Jimmison	M36	Husky Masters-36	1:09.00
4	Karl Morrison	M49	Bainbridge Aquat-36	1:07.41
5	Jay Pearson	M55	Lake Washington-36	1:07.98
6	Alex Phillips	M29	Husky Masters-36	1:09.29
7	Rebekah Pusateri	W19	Western Washingt-36	1:09.45
8	Rob Martin	M51	Lake Washington-36	1:10.00

Heat 13 of 15 Finals

1	Brandon Ringstad	M25	Snohomish Aquati-36	1:06.00
2	Jordan Anderson	M18	Western Washingt-36	1:05.00
3	Amy Moorhead	W45	Lake Washington-36	1:04.01
4	Matthew Liedtke	M27	Lake Washington-36	1:03.25
5	Oliver Cleaver	M53	Sawtooth Masters-59	X1:03.75
6	Bryan Smith	M49	Lake Washington-36	1:04.44
7	Terrance Coughran	M25	LaCamas Head-37	X1:05.22
8	John Baker	M65	Bainbridge Aquat-36	1:07.35

Heat 14 of 15 Finals

1	Richard Seibert	M52	YMCA Pierce Kits-36	1:03.00
2	Scott Campea	M42	Blue Wave Aquati-36	1:02.50
3	Michael Porter	M50	Lake Washington-36	1:01.99
4	Brad Hering	M55	Stanwood-Camano-36	1:01.03
5	Max Hanson	M49	Lake Washington-36	1:01.48
6	Mark Wall	M27	Dbst Masters-36	1:02.00
7	Andrew Hergert	M39	UC36-36	1:03.00
8	Benjamin Griffin	M23	Lake Washington-36	1:03.16

Heat 15 of 15 Finals

1	Maoz Alsberg	M48	Team Walker Inte-36	1:00.51
2	Yawei Hao	M26	Dbst Masters-36	59.19
3	Todd Doherty	M46	Bellevue Club-36	57.11
4	Jacob Pebley	M23	The Olympic Club-38	X49.91
5	Trever Gray	M41	Lake Washington-36	54.51
6	Ryan Shiplet	M19	Husky Masters-36	58.01
7	Rick Colella	M65	Lake Washington-36	1:00.15
8	Daniel Phillips	M53	Lake Washington-36	1:00.60

Event 6 Mixed 100 Yard Breaststroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 8 Finals				
1	Thomas Walker	M70	Team Walker Inte-36	2:45.00
2	Shane Erickson	M60	Dbst Masters-36	2:00.00
3	April Parker	W40	Blue Wave Aquati-36	2:00.00
4	Laura Laures	W49	Stanwood-Camano-36	1:51.89
5	Sally Dillon	W70	Bellevue Club-36	1:59.00
6	Deborah Flynn	W56	Bainbridge Aquat-36	2:00.00
7	Charlotte Snow	W77	YMCA Pierce Kits-36	2:11.98
Heat 2 of 8 Finals				
1	Dominique Truong	M78	Puget Sound Mast-36	1:40.98
2	John Huckabee	M58	North End Otters-36	1:40.00
3	Bill Galvani	M70	Bainbridge Aquat-36	1:35.00
4	Ken Bennett	M56	Bainbridge Aquat-36	1:35.00
5	Anna Novack	W19	Western Washingt-36	1:35.00
6	Thai Nguyen	M46	Blue Wave Aquati-36	1:37.00
7	Ginger Pierson	W71	Oregon Masters-37	X1:40.00
8	Rachael Deaderick	W42	Blue Wave Aquati-36	1:45.38
Heat 3 of 8 Finals				
1	Kerry Ness	M47	Skagit Valley Ma-36	1:30.00
2	Lorraine Masse	W44	Lake Washington-36	1:29.33
3	Kathleen Brooks	W33	Dbst Masters-36	1:28.06
4	Aliza Ben-Varon	W20	Western Washingt-36	1:27.00
5	Brooke Bailey	W19	Central Washingt-35	X1:28.00
6	Lori Robins	W37	Lake Washington-36	1:28.68
7	Charlotte Davis	W66	Lake Washington-36	1:30.00
8	Elizabeth Kassen	W65	Team Walker Inte-36	1:33.00

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Saturday

Heat 4 Finals (#6 Mixed 100 Yard Breaststroke)

1	Robert Powell	M55	Bainbridge Aquat-36	1:25.90
2	Katherine Beirne	W47	Peninsula Master-36	1:24.33
3	Matthew Donahue	M50	Oregon Masters-37	X1:23.69
4	Richard Adcock	M61	YMCA Pierce Kits-36	1:21.42
5	Rick Stafford	M69	Bainbridge Aquat-36	1:22.67
6	Chantal Lauzon	W43	Novaquatics Mast-33	X1:23.98
7	Jack Timmons	M56	Dbst Masters-36	1:25.00
8	Dennis Sawyer	M73	Bainbridge Aquat-36	1:26.70

Heat 5 of 8 Finals

1	Christine Mcclafferty	W43	Oregon Masters-37	X1:20.00
2	Gail Stribling Geldien	W36	Blue Wave Aquati-36	1:20.00
3	Nick Schnee	M42	Bainbridge Aquat-36	1:18.00
4	Anna Anderson	W26	Husky Masters-36	1:15.00
5	Jenny Ferries	W35	Team Walker Inte-36	1:16.44
6	Steven Peterson	M70	YMCA Pierce Kits-36	1:18.90
7	Andy Iyall	M50	Blue Wave Aquati-36	1:20.00
8	Linda Chapman	W61	Lake Washington-36	1:20.16

Heat 6 of 8 Finals

1	Daniel Smith	M54	Blue Wave Aquati-36	1:14.60
2	Amelia Ferrel	W30	Lake Washington-36	1:14.43
3	John Baker	M65	Bainbridge Aquat-36	1:13.00
4	Richard Seibert	M52	YMCA Pierce Kits-36	1:12.00
5	Allen Stark	M68	Oregon Masters-37	X1:12.88
6	Aaron Miller	M33	Lake Washington-36	1:13.01
7	Robert Strand	M71	Sawtooth Masters-59	X1:14.50
8	Rebekah Pusateri	W19	Western Washingt-36	1:14.62

Heat 7 of 8 Finals

1	Brandon Ringstad	M25	Snohomish Aquati-36	1:09.99
2	Alexander Lyskin	M20	Husky Masters-36	1:06.86
3	Daniel Phillips	M53	Lake Washington-36	1:06.80
4	Benjamin Griffin	M23	Lake Washington-36	1:06.00
5	Ruben Guerrero	M25	Puget Sound Mast-36	1:06.80
6	Rick Colella	M65	Lake Washington-36	1:06.85
7	Jason Ridle	M42	Peninsula Master-36	1:06.94
8	Jayna Tomac	W45	Oregon Masters-37	X1:11.50

Heat 8 of 8 Finals

1	Josh MacLurg	M18	Central Washingt-35	X1:05.00
2	Vince Carmosino	M47	Team Walker Inte-36	1:03.95
3	Cejih Yung	M31	Umac-Terrapin Ma-10	X1:01.93
4	Josh Pehrson	M20	Western Washingt-36	59.89
5	Chris Conroy	M31	Lake Washington-36	1:00.01
6	Ryan Shiplet	M19	Husky Masters-36	1:01.95
7	Joshua Scheck	M20	Husky Masters-36	1:04.00
8	Scott Campea	M42	Blue Wave Aquati-36	1:05.41

Event 7 Mixed 200 Yard Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
2	Valerie Powell	W23	Team Walker Inte-36	5:39.00
3	Heather Adkins-Narte	W62	Bainbridge Aquat-36	4:30.57
4	April Parker	W40	Blue Wave Aquati-36	4:00.00
5	Wendy Noffke	W44	Blue Wave Aquati-36	4:00.00
6	Carol Stark	W68	Oregon Masters-37	X5:01.01
Heat 2 of 5 Finals				
1	Kathrine Casey	W68	Puget Sound Aqua-36	3:40.09
2	Margo Marsh-Limm	W49	Mukilteo YMCA-36	3:22.00
3	Stephen Fogg	M68	Stanwood-Camano-36	3:14.02
4	Tom Fritschen	M61	Team Walker Inte-36	3:00.99
5	Frank Powell	M57	Team Walker Inte-36	3:03.03
6	Kate Carruthers	W68	Bainbridge Aquat-36	3:20.00
7	Denise Dumouchel	W54	Bainbridge Aquat-36	3:24.18
8	Ron Hansen	M67	Puget Sound Mast-36	3:45.60
Heat 3 of 5 Finals				
1	Renee Quistorf	W52	Snohomish Aquati-36	2:59.00
2	Tom Goodlin	M57	Bainbridge Aquat-36	2:52.06
3	Doug Winter	M48	Puget Sound Mast-36	2:40.51
4	Rondamarie Smith	W46	Blue Wave Aquati-36	2:39.60
5	David Tempest	M66	Mercer Island Re-36	2:40.50
6	Michael McColly	M71	Lake Washington-36	2:43.00
7	James Stretch	M65	Bainbridge Aquat-36	2:53.54
8	Justin Valz	M36	UC36-36	3:00.00
Heat 4 of 5 Finals				
1	Sarah Rogers	W40	Oregon Masters-37	X2:38.64
2	Stacey Ostrin	W39	Oregon Masters-37	X2:35.32
3	Patricia Davidson	W34	Snohomish Aquati-36	2:35.00
4	Valerie McHenry	W37	Lake Washington-36	2:34.76
5	Jennifer Farinas	W45	Bellevue Club-36	2:34.82
6	Jackie DeLong	W22	Western Washingt-36	2:35.00
7	Jim Clemmons	M66	Sawtooth Masters-59	X2:38.50
8	Jenny Ferries	W35	Team Walker Inte-36	2:39.22
Heat 5 of 5 Finals				
1	Nicholas Carter	M24	Dbst Masters-36	2:30.00
2	Dan Kirkland	M68	Lake Washington-36	2:27.89
3	Allison Cox	W32	Mercer Island Re-36	2:20.00
4	Jacob Pebley	M23	The Olympic Club-38	X1:43.69
5	Mark Wall	M27	Dbst Masters-36	2:17.50
6	Joseph Haslebacher	M25	Oregon Masters-37	X2:21.45
7	Zena Courtney	W57	Blue Wave Aquati-36	2:28.88
8	Maresa Jackson	W38	Oregon Masters-37	X2:34.22

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Saturday

Event 8 Mixed 50 Yard Butterfly

Lane	Name	Age	Team	Seed Time
Heat 1 of 12 Finals				
3	Charlotte Snow	W77	YMCA Pierce Kits-36	1:24.30
4	William Smith	M72	Puget Sound Mast-36	55.00
5	Melanie Crump	W32	Blue Wave Aquati-36	1:20.08
Heat 2 of 12 Finals				
2	Elizabeth Hogan	W55	Peninsula Master-36	52.13
3	Keith Kennedy	M54	Blue Wave Aquati-36	45.00
4	Gail Stribling Geldien	W36	Blue Wave Aquati-36	44.80
5	Anna Novack	W19	Western Washingt-36	45.00
6	Jessica Dubey	W54	Bainbridge Aquat-36	48.82
7	Robert Dorse	M85	Puget Sound Mast-36	55.00
Heat 3 of 12 Finals				
1	Gina Lalonde	W32	Dbst Masters-36	44.30
2	MarySue Balazic	W49	Snohomish Aquati-36	42.93
3	Barney Voegtlen	M68	Bainbridge Aquat-36	40.00
4	Megan Holt	W46	Blue Wave Aquati-36	39.45
5	Victor King	M49	UC36-36	39.91
6	Jean Blackburn	W65	Blue Wave Aquati-36	41.85
7	Holly Lickwala	W40	Puget Sound Mast-36	43.00
8	Cestjon McFarland	W56	Bainbridge Aquat-36	44.44
Heat 4 of 12 Finals				
1	Mitchell Barber	M49	Dbst Masters-36	38.00
2	Andrea Cortani	W45	Peninsula Master-36	36.90
3	Dan Bailey	M59	Stanwood-Camano-36	36.04
4	Michael Cyger	M46	Bainbridge Aquat-36	35.67
5	Justin Valz	M36	UC36-36	36.00
6	Lisa Keith	W47	Gold's Eastside-36	36.76
7	Alison Dennison	W36	Bainbridge Aquat-36	37.00
8	Robert Wake	M68	Lake Washington-36	38.30
Heat 5 of 12 Finals				
1	Sarah Leary	W34	Vancouver Swim-37	X35.00
2	Matthew Donahue	M50	Oregon Masters-37	X34.73
3	Nick Schnee	M42	Bainbridge Aquat-36	34.00
4	Stacey Ostrin	W39	Oregon Masters-37	X34.00
5	Tom Gillespie	M63	Stanwood-Camano-36	34.00
6	Robert Powell	M55	Bainbridge Aquat-36	34.43
7	Michael Rosen	M52	Bainbridge Aquat-36	35.00
8	Lori Robins	W37	Lake Washington-36	35.42
Heat 6 of 12 Finals				
1	Erin Cyger	W45	Bainbridge Aquat-36	33.24
2	Emily Deardorff	W19	Western Washingt-36	33.00
3	Hannah Gottschall	W36	YMCA Pierce Kits-36	33.00
4	Craig Hatton	M53	Puget Sound Mast-36	32.52
5	Chantal Lauzon	W43	Novaquatics Mast-33	X32.59
6	Saskia Kroesen	W23	Blue Wave Aquati-36	33.00
7	Brandon Couch	M21	Husky Masters-36	33.15
8	Tracy Maschman Morrissey	W42	Husky Masters-36	33.95
Heat 7 of 12 Finals				
1	Miranda Caulfield	W19	Western Washingt-36	32.17
2	Amanda Winans	W34	Husky Masters-36	31.94
3	Charlotte Davis	W66	Lake Washington-36	31.50
4	Kristina Hoitt	W24	Sawtooth Masters-59	X31.27
5	Ava McCrea	W19	Western Washingt-36	31.43
6	Warren Fullen	M58	Blue Wave Aquati-36	31.89
7	Paul Webber	M58	Bainbridge Aquat-36	32.00
8	Wendy Polidori	W47	Snohomish Aquati-36	32.19
Heat 8 of 12 Finals				
1	John Baker	M65	Bainbridge Aquat-36	31.04
2	Austin Clark	M21	Western Washingt-36	30.78
3	Felicia Werchan	W27	Lake Washington-36	30.55
4	Darren Gray	M48	Bainbridge Aquat-36	30.19
5	David O'Hern	M33	Husky Masters-36	30.43
6	David Inadomi	M51	Puget Sound Mast-36	30.66
7	Stephen Freeborn	M61	Blue Wave Aquati-36	31.00
8	Sarah Chinn	W33	Manatee Aquatic-38	X31.13
Heat 9 of 12 Finals				
1	Benjamin Griffin	M23	Lake Washington-36	30.00
2	Daniel Taylor	M61	UC36-36	29.49
3	Larry Wright	M68	Oregon Masters-37	X29.20
4	Karl Morrison	M49	Bainbridge Aquat-36	28.88
5	Christine Mcclafferty	W43	Oregon Masters-37	X29.02
6	Blake Nixon	M19	Western Washingt-36	29.37
7	Alex Phillips	M29	Husky Masters-36	29.97
8	Jay Pearson	M55	Lake Washington-36	30.01
Heat 10 of 12 Finals				
1	Rob Martin	M51	Lake Washington-36	28.50
2	Gary Cox	M39	Husky Masters-36	28.33
3	Andrew Hergert	M39	UC36-36	28.00
4	Kyle Heaton	M37	UC36-36	28.00
5	Richard Seibert	M52	YMCA Pierce Kits-36	28.00
6	Terrance Coughran	M25	LaCamas Head-37	X28.22
7	Robert DeWard	M43	Puget Sound Mast-36	28.40
8	Matt Castle	M45	Thunderbird Aqua-36	28.50
Heat 11 of 12 Finals				
1	Michael Porter	M50	Lake Washington-36	27.70
2	Pete Colbeck	M55	North End Otters-36	27.50
3	Jason Ridle	M42	Peninsula Master-36	27.20
4	James Waltz	M18	UC36-36	27.00
5	Bryan Smith	M49	Lake Washington-36	27.02
6	Oliver Cleaver	M53	Sawtooth Masters-59	X27.36
7	John Conway	M28	Dbst Masters-36	27.57
8	Amy Moorhead	W45	Lake Washington-36	27.86

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Saturday

Heat 12 Finals (#8 Mixed 50 Yard Butterfly)

1	Yawei Hao	M26	Dbst Masters-36	26.75
2	Tyrone Jimmison	M36	Husky Masters-36	25.83
3	Josh MacLurg	M18	Central Washingt-35	X25.00
4	Gregory Hulse	M29	UC36-36	23.40
5	Joshua Scheck	M20	Husky Masters-36	24.00
6	Matthew Liedtke	M27	Lake Washington-36	25.29
7	Brad Hering	M55	Stanwood-Camano-36	25.89
8	Matthew Woare	M42	Washington Athle-36	26.84

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Psych Sheet

Event 12 Mixed 1000 Yard Freestyle

	Name	Age	Team	Seed Time
1	Carol Stark	W68	Oregon Masters-37	X25:53.21
2	Matthew Donahue	M50	Oregon Masters-37	X23:00.00
3	Barbara Johnson	W67	Peninsula Master-36	20:40.00
4	Kathrine Casey	W68	Puget Sound Aqua-36	20:29.68
5	Deborah Flynn	W56	Bainbridge Aquat-36	20:00.00
6	April Parker	W40	Blue Wave Aquati-36	20:00.00
7	Nate Thomas	M79	Sawtooth Masters-59	X19:00.00
8	Wendy Noffke	W44	Blue Wave Aquati-36	18:00.00
9	Denise Dumouchel	W54	Bainbridge Aquat-36	17:55.00
10	Kimberly Wood	W44	Blue Wave Aquati-36	17:20.18
11	Ron Hansen	M67	Puget Sound Mast-36	16:50.30
12	Justin Valz	M36	UC36-36	16:00.00
13	Pierre Fauvet	M54	Stanwood-Camano-36	16:00.00
14	Kerry Ness	M47	Skagit Valley Ma-36	16:00.00
15	Alison Dennison	W36	Bainbridge Aquat-36	16:00.00
16	Ken Bennett	M56	Bainbridge Aquat-36	16:00.00
17	Tom Fritschen	M61	Team Walker Inte-36	15:30.00
18	Renee Quistorf	W52	Snohomish Aquati-36	15:30.00
19	Lisa Mangel	W47	Dbst Masters-36	15:27.00
20	Terry Thomas	M69	UC36-36	15:00.00
21	Kris Speir	W53	YMCA Pierce Kits-36	15:00.00
22	Heather Clarke	W45	Lake Washington-36	15:00.00
23	Kathleen Brooks	W33	Dbst Masters-36	15:00.00
24	Tom Goodlin	M57	Bainbridge Aquat-36	14:10.00
25	Elizabeth Kassen	W65	Team Walker Inte-36	14:05.00
26	James Stretch	M65	Bainbridge Aquat-36	14:04.53
27	Scott Matthews	M55	Blue Wave Aquati-36	13:47.63
28	Stephen Freeborn	M61	Blue Wave Aquati-36	13:45.00
29	David Tempest	M66	Mercer Island Re-36	13:40.00
30	Sheila Moore	W58	Lake Washington-36	13:40.00
31	Tammy Regan Koppelberge	W45	Team Walker Inte-36	13:36.43
32	Jeffrey Piette	M61	Oregon Masters-37	X13:19.07
33	Michael McColly	M71	Lake Washington-36	13:10.00
34	Kathy Pelham	W44	Team Walker Inte-36	13:07.33
35	Chad Hagedorn	M44	YMCA Pierce Kits-36	13:00.69
36	Jenny Ferries	W35	Team Walker Inte-36	13:00.00
37	Andy Iyall	M50	Blue Wave Aquati-36	13:00.00
38	Eric Durban	M61	Blue Wave Aquati-36	13:00.00
39	Rondamarie Smith	W46	Blue Wave Aquati-36	12:51.00
40	David O'Hern	M33	Husky Masters-36	12:33.06
41	Stephen LaHaie	M54	YMCA Pierce Kits-36	12:30.00
42	Jennifer Farinas	W45	Bellevue Club-36	12:30.00
43	Randy Rogers	M58	Bainbridge Aquat-36	12:30.00
44	Joseph Haslebacher	M25	Oregon Masters-37	X12:28.00
45	Sarah Chinn	W33	Manatee Aquatic-38	X12:20.76
46	Jim Clemmons	M66	Sawtooth Masters-59	X12:19.50
47	Zena Courtney	W57	Blue Wave Aquati-36	12:11.10
48	Alex Phillips	M29	Husky Masters-36	12:10.00
49	Jacquelyn Braggin	W30	Husky Masters-36	12:00.00
50	Daniel Smith	M54	Blue Wave Aquati-36	11:58.19
51	Ellen Ella	W39	Lake Washington-36	11:54.42
52	Dan Kirkland	M68	Lake Washington-36	11:53.61
53	Nicholas Pederson	M20	Western Washingt-36	11:40.43
54	Max Hanson	M49	Lake Washington-36	11:19.30
55	Allison Cox	W32	Mercer Island Re-36	11:15.00
56	Pete Colbeck	M55	North End Otters-36	11:00.00
57	Mats Nygren	M50	Lake Washington-36	10:40.00
58	Brian Wisniewski	M39	Husky Masters-36	10:15.00

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Psych Sheet

Event 13 Mixed 500 Yard Freestyle

	Name	Age	Team	Seed Time
1	Laurence Hile	M67	Bainbridge Aquat-36	10:42.59
2	Barbara Johnson	W67	Peninsula Master-36	10:26.00
3	April Parker	W40	Blue Wave Aquati-36	10:00.00
4	Valerie Powell	W23	Team Walker Inte-36	9:53.53
5	Nate Thomas	M79	Sawtooth Masters-59	X9:20.00
6	Tim Nelson	M56	Blue Wave Aquati-36	9:15.00
7	Rachael Deaderick	W42	Blue Wave Aquati-36	8:44.37
8	Carol Grisso	W73	YMCA Pierce Kits-36	8:40.00
9	Judy Williams	W68	Blue Wave Aquati-36	8:40.00
10	Aliza Ben-Varon	W20	Western Washingt-36	8:00.00
11	Pierre Fauvet	M54	Stanwood-Camano-36	8:00.00
12	Nancy Huntamer	W52	North End Otters-36	7:58.00
13	Elizabeth Hogan	W55	Peninsula Master-36	7:57.95
14	Ron Hansen	M67	Puget Sound Mast-36	7:55.40
15	Roland Klober	M48	Lake Washington-36	7:55.00
16	Kerry Ness	M47	Skagit Valley Ma-36	7:50.00
17	Kate Carruthers	W68	Bainbridge Aquat-36	7:50.00
18	Michael Rosen	M52	Bainbridge Aquat-36	7:45.00
19	Don Clise	M50	Blue Wave Aquati-36	7:32.81
20	Heather Clarke	W45	Lake Washington-36	7:22.00
21	Jack Timmons	M56	Dbst Masters-36	7:05.00
22	Austin Clark	M21	Western Washingt-36	7:00.37
23	Madelynn Sare	W21	Western Washingt-36	7:00.00
24	Miranda Caulfield	W19	Western Washingt-36	6:57.14
25	James Stretch	M65	Bainbridge Aquat-36	6:50.62
26	John Brunner	M59	Puget Sound Mast-36	6:45.00
27	Thomas Farrell	M57	Dbst Masters-36	6:45.00
28	Rod Stevens	M59	Bainbridge Aquat-36	6:43.26
29	Elizabeth Kassen	W65	Team Walker Inte-36	6:40.00
30	Sheila Moore	W58	Lake Washington-36	6:40.00
31	Orlando Boleda	M62	Bainbridge Aquat-36	6:40.00
32	Mary Lippold	W61	North End Otters-36	6:33.58
33	Tammy Regan Koppelberge	W45	Team Walker Inte-36	6:32.30
34	Leo Espinosa	M56	Dbst Masters-36	6:30.00
35	Stephen Freeborn	M61	Blue Wave Aquati-36	6:28.00
36	Scott Matthews	M55	Blue Wave Aquati-36	6:26.99
37	Elizabeth Thompson	W28	Husky Masters-36	6:25.00
38	Michael McColly	M71	Lake Washington-36	6:25.00
39	Jeffrey Piette	M61	Oregon Masters-37	X6:25.00
40	Kent Gavin	M45	Blue Wave Aquati-36	6:25.00
41	Kathy Pelham	W44	Team Walker Inte-36	6:22.14
42	Jenny Ferries	W35	Team Walker Inte-36	6:20.68
43	Andrea Cortani	W45	Peninsula Master-36	6:17.25
44	Stephen LaHaie	M54	YMCA Pierce Kits-36	6:15.00
45	Nancy Kleint	W29	Greenlake Aquadu-36	6:15.00
46	Eric Durban	M61	Blue Wave Aquati-36	6:15.00
47	Jim Clemmons	M66	Sawtooth Masters-59	X6:14.50
48	Katy Smith	W35	YMCA Pierce Kits-36	6:12.79
49	John Baker	M65	Bainbridge Aquat-36	6:10.00
50	Elisabeth Woare	W44	Washington Athle-36	6:02.00
51	Chad Hagedorn	M44	YMCA Pierce Kits-36	6:00.69
52	Brandon Ringstad	M25	Snohomish Aquati-36	6:00.00
53	Brooke Bailey	W19	Central Washingt-35	X6:00.00
54	Aaron Miller	M33	Lake Washington-36	5:59.19
55	Sarah Chinn	W33	Manatee Aquatic-38	X5:50.09
56	Dan Kirkland	M68	Lake Washington-36	5:48.21
57	J Bullock	M48	YMCA Pierce Kits-36	5:46.09
58	Eric Williamson	M26	Washington Athle-36	5:45.65
59	Ellen Ella	W39	Lake Washington-36	5:44.36
60	Daniel Smith	M54	Blue Wave Aquati-36	5:42.62
61	Doug Winter	M48	Puget Sound Mast-36	5:37.05
62	Matthew Woare	M42	Washington Athle-36	5:31.82
63	Kyle Heaton	M37	UC36-36	5:30.00
64	Allison Cox	W32	Mercer Island Re-36	5:30.00
65	Nicholas Pederson	M20	Western Washingt-36	5:25.32
66	Amanda Clark	W24	Lake Washington-36	5:20.00
67	Pete Colbeck	M55	North End Otters-36	5:15.00
68	Michael Orton	M34	Husky Masters-36	5:15.00
69	David Kays	M49	Puget Sound Mast-36	5:12.00
70	Rick Colella	M65	Lake Washington-36	5:11.07
71	Mats Nygren	M50	Lake Washington-36	5:05.58

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Sunday

Event 14 Mixed 100 Yard Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 7 Finals				
3	Michael McKinlay	M73	Dbst Masters-36	3:45.40
4	Philip Prudhomme	M46	Thunderbird Aqua-36	3:00.00
5	Jesse Macias	M59	UC35-35	3:28.21
Heat 2 of 7 Finals				
1	Carol Stark	W68	Oregon Masters-37	X2:09.33
2	Valerie Powell	W23	Team Walker Inte-36	2:03.02
3	William Smith	M72	Puget Sound Mast-36	1:55.00
4	Melinda Tomlinson-Macias	W58	UC35-35	1:45.93
5	Theresa Shugart	W49	Peninsula Master-36	1:47.00
6	April Parker	W40	Blue Wave Aquati-36	2:00.00
7	Heather Adkins-Narte	W62	Bainbridge Aquat-36	2:06.32
8	Lucianne Pugh	W57	Skagit Valley Ma-36	2:18.00
Heat 3 of 7 Finals				
1	Denise Dumouchel	W54	Bainbridge Aquat-36	1:41.35
2	Kimberly Wood	W44	Blue Wave Aquati-36	1:40.00
3	Frank Powell	M57	Team Walker Inte-36	1:35.32
4	Amy Wolfe	W47	YMCA Pierce Kits-36	1:34.00
5	Barney Voegtlen	M68	Bainbridge Aquat-36	1:35.00
6	Bill Galvani	M70	Bainbridge Aquat-36	1:36.00
7	Kathrine Casey	W68	Puget Sound Aqua-36	1:40.45
8	Rachael Deaderick	W42	Blue Wave Aquati-36	1:42.43
Heat 4 of 7 Finals				
1	Orlando Boleda	M62	Bainbridge Aquat-36	1:30.00
2	Gail Stribling Geldien	W36	Blue Wave Aquati-36	1:25.52
3	Tom Goodlin	M57	Bainbridge Aquat-36	1:21.80
4	William Bascus	M37	Orca Swim Club-36	1:19.00
5	Tom Fritschen	M61	Team Walker Inte-36	1:19.84
6	Stephen Fogg	M68	Stanwood-Camano-36	1:22.90
7	Christi Flynn	W48	North End Otters-36	1:28.61
8	Cestjon McFarland	W56	Bainbridge Aquat-36	1:34.00
Heat 5 of 7 Finals				
1	David Tempest	M66	Mercer Island Re-36	1:18.00
2	Jenny Ferries	W35	Team Walker Inte-36	1:16.23
3	Thomas Farrell	M57	Dbst Masters-36	1:15.00
4	Sandi York	W40	Thunderbird Aqua-36	1:13.05
5	Jackie DeLong	W22	Western Washingt-36	1:13.31
6	Dawn Jaeger	W60	Lake Washington-36	1:16.04
7	Stephen Freeborn	M61	Blue Wave Aquati-36	1:18.00
8	Shelley Reimer	W47	Bainbridge Aquat-36	1:18.20
Heat 6 of 7 Finals				
1	Stacey Ostrin	W39	Oregon Masters-37	X1:12.15
2	Valerie McHenry	W37	Lake Washington-36	1:11.19
3	Michael Masuda	M38	UC36-36	1:10.00
4	Keith Uyekawa	M55	Bainbridge Aquat-36	1:09.00
5	Jay Pearson	M55	Lake Washington-36	1:09.37
6	Zena Courtney	W57	Blue Wave Aquati-36	1:10.85
7	Rachel Martin	W25	Lake Washington-36	1:12.00
8	Jennifer Farinas	W45	Bellevue Club-36	1:12.63
Heat 7 of 7 Finals				
1	Andy Iyall	M50	Blue Wave Aquati-36	1:07.00
2	Jordan Anderson	M18	Western Washingt-36	1:05.00
3	Carl Haynie	M56	Team Walker Inte-36	1:00.39
4	Brian Wisniewski	M39	Husky Masters-36	55.00
5	Josh MacLurg	M18	Central Washingt-35	X59.00
6	Mark Wall	M27	Dbst Masters-36	1:02.60
7	Quinn Gemperline	M25	Husky Masters-36	1:06.00
8	James Littlefield	M56	Blue Wave Aquati-36	1:07.50

Event 15 Mixed 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 16 Finals				
3	Michael McKinlay	M73	Dbst Masters-36	1:55.51
4	Thomas Walker	M70	Team Walker Inte-36	1:00.00
5	Jesse Macias	M59	UC35-35	1:16.74
Heat 2 of 16 Finals				
1	Chip Waterbury	M62	Orca Swim Club-36	50.00
2	Tim Nelson	M56	Blue Wave Aquati-36	47.00
3	Melanie Crump	W32	Blue Wave Aquati-36	45.20
4	Laurence Hile	M67	Bainbridge Aquat-36	43.37
5	Thomas Stevens	M55	Thunderbird Aqua-36	43.56
6	Laura Laures	W49	Stanwood-Camano-36	46.36
7	Lucianne Pugh	W57	Skagit Valley Ma-36	50.00
Heat 3 of 16 Finals				
1	Thai Nguyen	M46	Blue Wave Aquati-36	43.00
2	Nate Thomas	M79	Sawtooth Masters-59	X40.47
3	Keith Kennedy	M54	Blue Wave Aquati-36	40.00
4	Lawrence Mayer	M54	Orca Swim Club-36	39.42
5	Carol Grisso	W73	YMCA Pierce Kits-36	40.00
6	Renee Barrie	W43	Stanwood-Camano-36	40.39
7	Valerie Powell	W23	Team Walker Inte-36	41.91
8	John Huckabee	M58	North End Otters-36	43.00
Heat 4 of 16 Finals				
1	Megan Pfaff	W30	Washington Athle-36	37.90
2	Amy Wolfe	W47	YMCA Pierce Kits-36	37.10
3	Katherine Clark	W40	North End Otters-36	35.51
4	Holly Lickwala	W40	Puget Sound Mast-36	35.01
5	Sally Dillon	W70	Bellevue Club-36	35.50
6	Frank Powell	M57	Team Walker Inte-36	36.00
7	Melinda Tomlinson-Macias	W58	UC35-35	37.36
8	Skip Greene	M64	Lake Washington-36	38.00

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Sunday

Heat 5 Finals (#15 Mixed 50 Yard Freestyle)

1	Gregory Henzel	M47	Tacoma Swim Club-36	33.80
2	Heather Clarke	W45	Lake Washington-36	33.25
3	Sheila Moore	W58	Lake Washington-36	32.44
4	Theresa Shugart	W49	Peninsula Master-36	32.00
5	Ron Cho	M39	Husky Masters-36	32.00
6	Cestjon McFarland	W56	Bainbridge Aquat-36	33.10
7	Kevin Wong	M33	Blue Wave Aquati-36	33.41
8	Jean Blackburn	W65	Blue Wave Aquati-36	34.68

Heat 6 of 16 Finals

1	Don Clise	M50	Blue Wave Aquati-36	31.76
2	Antoinette Ngo	W22	Lake Washington-36	31.50
3	Andrea Cortani	W45	Peninsula Master-36	31.03
4	Laurel Baker	W39	Lake Washington-36	31.00
5	Anna Novack	W19	Western Washingt-36	31.00
6	Lorraine Masse	W44	Lake Washington-36	31.11
7	Dawn Jaeger	W60	Lake Washington-36	31.50
8	Sarah Leary	W34	Vancouver Swim-37	X32.00

Heat 7 of 16 Finals

1	Lori Robins	W37	Lake Washington-36	30.90
2	Gloria Dillan	W57	North End Otters-36	30.79
3	Mary Lippold	W61	North End Otters-36	30.23
4	Tom Gillespie	M63	Stanwood-Camano-36	30.10
5	Madelynn Sare	W21	Western Washingt-36	30.11
6	Katherine Beirne	W47	Peninsula Master-36	30.30
7	Victor King	M49	UC36-36	30.89
8	Debbie Glassman	W63	Puget Sound Mast-36	30.90

Heat 8 of 16 Finals

1	Nicholas Carter	M24	Dbst Masters-36	30.00
2	Barney Voegtlen	M68	Bainbridge Aquat-36	30.00
3	Philip Prudhomme	M46	Thunderbird Aqua-36	30.00
4	Brandon Couch	M21	Husky Masters-36	29.84
5	Michael Rosen	M52	Bainbridge Aquat-36	30.00
6	Benjamin Beers	M51	YMCA Pierce Kits-36	30.00
7	Allie Monsen	W21	Western Washingt-36	30.00
8	John Brunner	M59	Puget Sound Mast-36	30.02

Heat 9 of 16 Finals

1	Keito Swan	M27	Western Washingt-36	29.43
2	Miranda Caulfield	W19	Western Washingt-36	29.27
3	Felicia Werchan	W27	Lake Washington-36	29.01
4	Jacquelyn Braggin	W30	Husky Masters-36	28.80
5	Sandi York	W40	Thunderbird Aqua-36	28.83
6	Warren Fullen	M58	Blue Wave Aquati-36	29.06
7	Elisa Sheng	W34	Washington Athle-36	29.34
8	Kristina Hoitt	W24	Sawtooth Masters-59	X29.81

Heat 10 of 16 Finals

1	Craig Hatton	M53	Puget Sound Mast-36	28.63
2	William Hayes	M65	Lake Washington-36	28.20
3	Robert Pilger	M73	YMCA Pierce Kits-36	28.00
4	William Bascus	M37	Orca Swim Club-36	28.00
5	Quinn Gemperline	M25	Husky Masters-36	28.00
6	Saskia Kroesen	W23	Blue Wave Aquati-36	28.00
7	Dan Bailey	M59	Stanwood-Camano-36	28.31
8	Hannah Gottschall	W36	YMCA Pierce Kits-36	28.77

Heat 11 of 16 Finals

1	Nicholas Kerr	M45	Greenlake Aquadu-36	27.70
2	Larry Wright	M68	Oregon Masters-37	X27.50
3	Stephen LaHaie	M54	YMCA Pierce Kits-36	27.50
4	Thomas Newell	M28	Washington Athle-36	27.00
5	Daniel Taylor	M61	UC36-36	27.33
6	Tani Stenfjord	W51	North End Otters-36	27.50
7	Amelia Ferrel	W30	Lake Washington-36	27.62
8	Ellen Ella	W39	Lake Washington-36	27.90

Heat 12 of 16 Finals

1	Matthew Liedtke	M27	Lake Washington-36	26.79
2	Jay Pearson	M55	Lake Washington-36	26.59
3	Robert Wake	M68	Lake Washington-36	26.40
4	Karl Morrison	M49	Bainbridge Aquat-36	26.25
5	Daniel Smith	M54	Blue Wave Aquati-36	26.27
6	Blake Nixon	M19	Western Washingt-36	26.45
7	Keith Uyekawa	M55	Bainbridge Aquat-36	26.59
8	Kent Gavin	M45	Blue Wave Aquati-36	26.98

Heat 13 of 16 Finals

1	James Reehill	M24	YMCA Pierce Kits-36	25.68
2	Alexandra Lincoln	W25	Husky Masters-36	25.50
3	Matthew Woare	M42	Washington Athle-36	25.23
4	Michael Masuda	M38	UC36-36	25.00
5	Kurt Dickmann	M54	UC36-36	25.12
6	Matt Castle	M45	Thunderbird Aqua-36	25.33
7	Oliver Cleaver	M53	Sawtooth Masters-59	X25.54
8	Katie Kaestner	W23	Thunderbird Aqua-36	25.90

Heat 14 of 16 Finals

1	Bryan Smith	M49	Lake Washington-36	24.97
2	Robert DeWard	M43	Puget Sound Mast-36	24.69
3	Amy Moorhead	W45	Lake Washington-36	24.42
4	Brad Hering	M55	Stanwood-Camano-36	24.20
5	Dave Hannula	M63	YMCA Pierce Kits-36	24.36
6	David Inadomi	M51	Puget Sound Mast-36	24.51
7	Brandon Vaughan	M29	Washington Athle-36	24.70
8	Eric Valley	M55	Movy Masters-28	X25.00

HEALTH WARRIOR UMPQUA OATS CREATIVE SNACKS CO. Naturally Delicious TRUE TONICS Gino's Bistro

2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Sunday

Heat 15 Finals (#15 Mixed 50 Yard Freestyle)

1	Chris Pfaff	M29	Washington Athle-36	24.13
2	Mats Nygren	M50	Lake Washington-36	24.00
3	Yawei Hao	M26	Dbst Masters-36	23.61
4	Ryan Shiplet	M19	Husky Masters-36	23.50
5	Jason Ridle	M42	Peninsula Master-36	23.60
6	Maoz Alsberg	M48	Team Walker Inte-36	23.91
7	Benjamin Griffin	M23	Lake Washington-36	24.01
8	Eric Williamson	M26	Washington Athle-36	24.17

Heat 16 of 16 Finals

1	James Waltz	M18	UC36-36	23.06
2	Joshua Scheck	M20	Husky Masters-36	22.67
3	Alexander Lyskin	M20	Husky Masters-36	22.50
4	Gregory Hulse	M29	UC36-36	22.20
5	Chris Conroy	M31	Lake Washington-36	22.48
6	Rick Cardoso	M38	Lake Washington-36	22.50
7	Daniel Kollar	M32	Oregon Masters-37	X22.86
8	Todd Doherty	M46	Bellevue Club-36	23.40

Event 16 Mixed 200 Yard Breaststroke

Lane	Name	Age	Team	Seed Time
Heat	**1 of 5 Finals**			
3	Charlotte Snow	W77	YMCA Pierce Kits-36	4:46.61
4	Lucianne Pugh	W57	Skagit Valley Ma-36	4:26.00
5	Thomas Stevens	M55	Thunderbird Aqua-36	4:32.57
Heat	**2 of 5 Finals**			
1	John Huckabee	M58	North End Otters-36	3:45.00
2	Eric Durban	M61	Blue Wave Aquati-36	3:35.00
3	Bill Galvani	M70	Bainbridge Aquat-36	3:25.00
4	Leo Espinosa	M56	Dbst Masters-36	3:20.00
5	Rod Sonoda	M57	Orca Swim Club-36	3:21.48
6	Rachael Deaderick	W42	Blue Wave Aquati-36	3:31.16
7	Denise Dumouchel	W54	Bainbridge Aquat-36	3:38.81
8	Ginger Pierson	W71	Oregon Masters-37	X3:50.00
Heat	**3 of 5 Finals**			
1	Kris Speir	W53	YMCA Pierce Kits-36	3:15.00
2	Jack Timmons	M56	Dbst Masters-36	3:03.00
3	Rick Stafford	M69	Bainbridge Aquat-36	3:00.00
4	Richard Adcock	M61	YMCA Pierce Kits-36	2:59.97
5	Chantal Lauzon	W43	Novaquatics Mast-33	X3:00.00
6	Rod Stevens	M59	Bainbridge Aquat-36	3:00.00
7	Lorraine Masse	W44	Lake Washington-36	3:11.28
8	Kerry Ness	M47	Skagit Valley Ma-36	3:15.00

Heat 4 of 5 Finals

1	Steven Peterson	M70	YMCA Pierce Kits-36	2:54.60
2	Robert Strand	M71	Sawtooth Masters-59	X2:47.50
3	Sarah Rogers	W40	Oregon Masters-37	X2:43.96
4	Allen Stark	M68	Oregon Masters-37	X2:39.99
5	Brandon Ringstad	M25	Snohomish Aquati-36	2:40.00
6	Quinn Gemperline	M25	Husky Masters-36	2:45.00
7	Samantha Brown	W39	Snohomish Aquati-36	2:51.83
8	Linda Chapman	W61	Lake Washington-36	2:58.73

Heat 5 of 5 Finals

1	Kevin Cleary	M33	Oregon Masters-37	X2:32.38
2	Katie Kaestner	W23	Thunderbird Aqua-36	2:30.00
3	Ruben Guerrero	M25	Puget Sound Mast-36	2:25.37
4	Josh Pehrson	M20	Western Washingt-36	2:15.77
5	Scott Campea	M42	Blue Wave Aquati-36	2:24.00
6	Josh MacLurg	M18	Central Washingt-35	X2:30.00
7	Daniel Phillips	M53	Lake Washington-36	2:32.16
8	Carl Haynie	M56	Team Walker Inte-36	2:35.25

Event 17 Mixed 200 Yard IM

Lane	Name	Age	Team	Seed Time
Heat	**1 of 7 Finals**			
2	Robert Dorse	M85	Puget Sound Mast-36	4:30.00
3	Kimberly Wood	W44	Blue Wave Aquati-36	3:53.29
4	Amy Wolfe	W47	YMCA Pierce Kits-36	3:35.25
5	Melinda Tomlinson-Macias	W58	UC35-35	3:44.73
6	William Smith	M72	Puget Sound Mast-36	4:00.00
7	Thomas Stevens	M55	Thunderbird Aqua-36	4:35.93
Heat	**2 of 7 Finals**			
1	Kate Carruthers	W68	Bainbridge Aquat-36	3:30.00
2	Orlando Boleda	M62	Bainbridge Aquat-36	3:10.00
3	Christi Flynn	W48	North End Otters-36	3:05.00
4	Holly Lickwala	W40	Puget Sound Mast-36	3:01.00
5	Scott Matthews	M55	Blue Wave Aquati-36	3:02.80
6	Elizabeth Kassen	W65	Team Walker Inte-36	3:05.00
7	Katherine Clark	W40	North End Otters-36	3:20.00
8	Keith Kennedy	M54	Blue Wave Aquati-36	3:30.00
Heat	**3 of 7 Finals**			
1	Elizabeth Thompson	W28	Husky Masters-36	2:52.00
2	Tom Goodlin	M57	Bainbridge Aquat-36	2:48.20
3	Sandi York	W40	Thunderbird Aqua-36	2:47.50
4	Sarah Rogers	W40	Oregon Masters-37	X2:43.96
5	Jackie DeLong	W22	Western Washingt-36	2:45.78
6	Steven Peterson	M70	YMCA Pierce Kits-36	2:48.20
7	Stephen Freeborn	M61	Blue Wave Aquati-36	2:50.00
8	Michael McColly	M71	Lake Washington-36	3:00.00

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2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Sunday

Heat 4 Finals (#17 Mixed 200 Yard IM)

1	Charlotte Davis	W66	Lake Washington-36	2:40.00
2	Hannah Gottschall	W36	YMCA Pierce Kits-36	2:37.96
3	Jeffrey Piette	M61	Oregon Masters-37	X2:37.00
4	Emily Deardorff	W19	Western Washingt-36	2:36.03
5	Ava McCrea	W19	Western Washingt-36	2:36.03
6	Jim Clemmons	M66	Sawtooth Masters-59	X2:37.50
7	Craig Hatton	M53	Puget Sound Mast-36	2:38.24
8	Jennifer Farinas	W45	Bellevue Club-36	2:41.61

Heat 5 of 7 Finals

1	Tani Stenfjord	W51	North End Otters-36	2:35.00
2	Sarah Chinn	W33	Manatee Aquatic-38	X2:32.22
3	Rachel Martin	W25	Lake Washington-36	2:31.82
4	J Bullock	M48	YMCA Pierce Kits-36	2:30.00
5	John Baker	M65	Bainbridge Aquat-36	2:30.54
6	Christine Mcclafferty	W43	Oregon Masters-37	X2:32.00
7	Keith Uyekawa	M55	Bainbridge Aquat-36	2:33.99
8	Matt Castle	M45	Thunderbird Aqua-36	2:35.14

Heat 6 of 7 Finals

1	David O'Hern	M33	Husky Masters-36	2:29.86
2	Eric Valley	M55	Movy Masters-28	X2:20.92
3	Michael Porter	M50	Lake Washington-36	2:17.58
4	Max Hanson	M49	Lake Washington-36	2:15.22
5	David Kays	M49	Puget Sound Mast-36	2:16.00
6	Jordan Anderson	M18	Western Washingt-36	2:20.00
7	Aaron Miller	M33	Lake Washington-36	2:24.05
8	Quinn Gemperline	M25	Husky Masters-36	2:30.00

Heat 7 of 7 Finals

1	Scott Campea	M42	Blue Wave Aquati-36	2:13.90
2	Ryan Shiplet	M19	Husky Masters-36	2:12.12
3	Yawei Hao	M26	Dbst Masters-36	2:10.12
4	Michael Orton	M34	Husky Masters-36	2:00.00
5	Chris Conroy	M31	Lake Washington-36	2:08.00
6	Kyle Heaton	M37	UC36-36	2:12.00
7	Joshua Scheck	M20	Husky Masters-36	2:12.12
8	Daniel Phillips	M53	Lake Washington-36	2:14.81

Event 18 Mixed 50 Yard Backstroke

Lane	Name	Age	Team	Seed Time
Heat 1 of 9 Finals				
3	Jesse Macias	M59	UC35-35	2:00.80
4	Thomas Walker	M70	Team Walker Inte-36	1:15.00
5	Michael McKinlay	M73	Dbst Masters-36	1:28.91

Heat 2 of 9 Finals

1	Sheila Kenning	W60	Stanwood-Camano-36	1:05.00
2	Carol Stark	W68	Oregon Masters-37	X59.98
3	Valerie Powell	W23	Team Walker Inte-36	53.48
4	Rod Sonoda	M57	Orca Swim Club-36	50.00
5	Skip Greene	M64	Lake Washington-36	50.70
6	Ron Hansen	M67	Puget Sound Mast-36	56.00
7	Lucianne Pugh	W57	Skagit Valley Ma-36	1:01.00
8	Laurence Hile	M67	Bainbridge Aquat-36	1:10.08

Heat 3 of 9 Finals

1	Melinda Tomlinson-Macias	W58	UC35-35	48.92
2	Megan Pfaff	W30	Washington Athle-36	48.39
3	Kimberly Wood	W44	Blue Wave Aquati-36	46.28
4	Philip Prudhomme	M46	Thunderbird Aqua-36	45.00
5	Kathrine Casey	W68	Puget Sound Aqua-36	45.89
6	Sally Dillon	W70	Bellevue Club-36	48.00
7	Renee Barrie	W43	Stanwood-Camano-36	48.53
8	Carol Grisso	W73	YMCA Pierce Kits-36	50.00

Heat 4 of 9 Finals

1	Kate Carruthers	W68	Bainbridge Aquat-36	44.00
2	Bill Galvani	M70	Bainbridge Aquat-36	43.00
3	Frank Powell	M57	Team Walker Inte-36	41.00
4	Nicholas Carter	M24	Dbst Masters-36	40.00
5	Cestjon McFarland	W56	Bainbridge Aquat-36	40.29
6	Debbie Glassman	W63	Puget Sound Mast-36	41.90
7	Amy Wolfe	W47	YMCA Pierce Kits-36	43.25
8	Robert Pilger	M73	YMCA Pierce Kits-36	44.00

Heat 5 of 9 Finals

1	Gail Stribling Geldien	W36	Blue Wave Aquati-36	39.02
2	Gloria Dillan	W57	North End Otters-36	38.00
3	Barney Voegtlen	M68	Bainbridge Aquat-36	38.00
4	Anna Novack	W19	Western Washingt-36	37.00
5	Jacquelyn Braggin	W30	Husky Masters-36	37.00
6	Theresa Shugart	W49	Peninsula Master-36	38.00
7	Allie Monsen	W21	Western Washingt-36	38.51
8	Robert Powell	M55	Bainbridge Aquat-36	39.38

Heat 6 of 9 Finals

1	James Stretch	M65	Bainbridge Aquat-36	36.99
2	Tom Gillespie	M63	Stanwood-Camano-36	36.00
3	Felicia Werchan	W27	Lake Washington-36	36.00
4	Saskia Kroesen	W23	Blue Wave Aquati-36	35.00
5	William Bascus	M37	Orca Swim Club-36	36.00
6	Thomas Farrell	M57	Dbst Masters-36	36.00
7	Dawn Jaeger	W60	Lake Washington-36	36.67
8	Stephen Fogg	M68	Stanwood-Camano-36	37.00

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Hosted by Blue Wave Aquatics

Meet Program - Sunday

Heat 7 Finals (#18 Mixed 50 Yard Backstroke)

1	Warren Fullen	M58	Blue Wave Aquati-36	34.87
2	Larry Wright	M68	Oregon Masters-37	X34.50
3	Stacey Ostrin	W39	Oregon Masters-37	X33.72
4	Keith Uyekawa	M55	Bainbridge Aquat-36	33.54
5	Sandi York	W40	Thunderbird Aqua-36	33.69
6	Jackie DeLong	W22	Western Washingt-36	34.26
7	Elisabeth Woare	W44	Washington Athle-36	34.61
8	Sarah Rogers	W40	Oregon Masters-37	X34.99

Heat 8 of 9 Finals

1	Hannah Gottschall	W36	YMCA Pierce Kits-36	33.35
2	Zena Courtney	W57	Blue Wave Aquati-36	31.89
3	James Littlefield	M56	Blue Wave Aquati-36	31.18
4	Oliver Cleaver	M53	Sawtooth Masters-59	X30.51
5	Eric Williamson	M26	Washington Athle-36	30.72
6	Jay Pearson	M55	Lake Washington-36	31.69
7	Kristina Hoitt	W24	Sawtooth Masters-59	X33.28
8	Robert Strand	M71	Sawtooth Masters-59	X33.50

Heat 9 of 9 Finals

1	Chris Pfaff	M29	Washington Athle-36	29.79
2	Robert DeWard	M43	Puget Sound Mast-36	28.64
3	Mark Wall	M27	Dbst Masters-36	28.40
4	Mats Nygren	M50	Lake Washington-36	28.00
5	Brad Hering	M55	Stanwood-Camano-36	28.08
6	Carl Haynie	M56	Team Walker Inte-36	28.56
7	Dave Hannula	M63	YMCA Pierce Kits-36	28.90
8	Jasper O'Leary	M22	Husky Masters-36	30.00

Event 19 Mixed 200 Yard Butterfly

Lane	Name	Age	Team	Seed Time
Heat	**1 of 2 Finals**			
2	Ginger Pierson	W71	Oregon Masters-37	X4:00.00
3	Rick Stafford	M69	Bainbridge Aquat-36	3:08.50
4	Elizabeth Thompson	W28	Husky Masters-36	2:55.00
5	Allen Stark	M68	Oregon Masters-37	X2:55.35
6	Eric Durban	M61	Blue Wave Aquati-36	3:15.00
Heat	**2 of 2 Finals**			
1	Katy Smith	W35	YMCA Pierce Kits-36	2:40.10
2	Doug Winter	M48	Puget Sound Mast-36	2:31.98
3	Rick Colella	M65	Lake Washington-36	2:13.00
4	Brian Wisniewski	M39	Husky Masters-36	2:00.00
5	Nicholas Pederson	M20	Western Washingt-36	2:09.12
6	Matthew Liedtke	M27	Lake Washington-36	2:15.00
7	Christine Mcclafferty	W43	Oregon Masters-37	X2:35.96
8	David O'Hern	M33	Husky Masters-36	2:42.76

Event 20 Mixed 100 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat	**1 of 16 Finals**			
1	Melanie Crump	W32	Blue Wave Aquati-36	3:20.00
2	Lucianne Pugh	W57	Skagit Valley Ma-36	1:58.00
3	Chip Waterbury	M62	Orca Swim Club-36	1:50.00
4	William Smith	M72	Puget Sound Mast-36	1:45.00
5	Wendy Noffke	W44	Blue Wave Aquati-36	1:45.00
6	Charlotte Snow	W77	YMCA Pierce Kits-36	1:56.21
7	Jesse Macias	M59	UC35-35	2:54.41
Heat	**2 of 16 Finals**			
1	Laurence Hile	M67	Bainbridge Aquat-36	1:43.48
2	John Huckabee	M58	North End Otters-36	1:40.00
3	Nancy Huntamer	W52	North End Otters-36	1:35.00
4	Judy Williams	W68	Blue Wave Aquati-36	1:35.00
5	Keith Kennedy	M54	Blue Wave Aquati-36	1:35.00
6	Melinda Tomlinson-Macias	W58	UC35-35	1:36.94
7	Nate Thomas	M79	Sawtooth Masters-59	X1:40.00
8	Thomas Stevens	M55	Thunderbird Aqua-36	1:44.19
Heat	**3 of 16 Finals**			
1	Thai Nguyen	M46	Blue Wave Aquati-36	1:32.00
2	Robert Dorse	M85	Puget Sound Mast-36	1:31.00
3	Michael Rosen	M52	Bainbridge Aquat-36	1:27.00
4	Elizabeth Hogan	W55	Peninsula Master-36	1:24.87
5	Lawrence Mayer	M54	Orca Swim Club-36	1:25.31
6	Carol Grisso	W73	YMCA Pierce Kits-36	1:30.00
7	Renee Barrie	W43	Stanwood-Camano-36	1:31.38
8	Laura Laures	W49	Stanwood-Camano-36	1:32.16
Heat	**4 of 16 Finals**			
1	Philip Prudhomme	M46	Thunderbird Aqua-36	1:20.00
2	Sally Dillon	W70	Bellevue Club-36	1:19.00
3	Amy Wolfe	W47	YMCA Pierce Kits-36	1:18.25
4	Benjamin Beers	M51	YMCA Pierce Kits-36	1:15.00
5	Gail Stribling Geldien	W36	Blue Wave Aquati-36	1:17.19
6	Jean Blackburn	W65	Blue Wave Aquati-36	1:18.65
7	Katherine Clark	W40	North End Otters-36	1:20.00
8	Denise Dumouchel	W54	Bainbridge Aquat-36	1:23.00
Heat	**5 of 16 Finals**			
1	Theresa Shugart	W49	Peninsula Master-36	1:14.00
2	Don Clise	M50	Blue Wave Aquati-36	1:12.02
3	Gloria Dillan	W57	North End Otters-36	1:12.00
4	Victor King	M49	UC36-36	1:10.18
5	Antoinette Ngo	W22	Lake Washington-36	1:11.50
6	Kevin Wong	M33	Blue Wave Aquati-36	1:12.00
7	Laurel Baker	W39	Lake Washington-36	1:12.53
8	Samantha Brown	W39	Snohomish Aquati-36	1:15.00

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Meet Program - Sunday

Heat 6 Finals (#20 Mixed 100 Yard Freestyle)

1	Robert Pilger	M73	YMCA Pierce Kits-36	1:10.00
2	Lorraine Masse	W44	Lake Washington-36	1:10.00
3	Lori Robins	W37	Lake Washington-36	1:08.45
4	Madelynn Sare	W21	Western Washingt-36	1:08.05
5	Linda Chapman	W61	Lake Washington-36	1:08.38
6	Sheila Moore	W58	Lake Washington-36	1:10.00
7	Sarah Leary	W34	Vancouver Swim-37	X1:10.00
8	Orlando Boleda	M62	Bainbridge Aquat-36	1:10.00

Heat 7 of 16 Finals

1	Andrea Cortani	W45	Peninsula Master-36	1:07.59
2	John Brunner	M59	Puget Sound Mast-36	1:07.35
3	Elisa Sheng	W34	Washington Athle-36	1:06.84
4	Mary Lippold	W61	North End Otters-36	1:06.23
5	Kathy Pelham	W44	Team Walker Inte-36	1:06.82
6	Tom Goodlin	M57	Bainbridge Aquat-36	1:06.97
7	James Stretch	M65	Bainbridge Aquat-36	1:07.37
8	Tom Gillespie	M63	Stanwood-Camano-36	1:08.00

Heat 8 of 16 Finals

1	Tom Fritschen	M61	Team Walker Inte-36	1:05.23
2	Nancy Kleint	W29	Greenlake Aquadu-36	1:05.00
3	Sandi York	W40	Thunderbird Aqua-36	1:05.00
4	Jennifer Farinas	W45	Bellevue Club-36	1:04.59
5	Brandon Couch	M21	Husky Masters-36	1:04.94
6	Ron Cho	M39	Husky Masters-36	1:05.00
7	Nicholas Carter	M24	Dbst Masters-36	1:05.00
8	Elisabeth Woare	W44	Washington Athle-36	1:05.38

Heat 9 of 16 Finals

1	Nicholas Kerr	M45	Greenlake Aquadu-36	1:04.08
2	Felicia Werchan	W27	Lake Washington-36	1:03.43
3	Charlotte Davis	W66	Lake Washington-36	1:03.00
4	Christine Mcclafferty	W43	Oregon Masters-37	X1:02.91
5	William Bascus	M37	Orca Swim Club-36	1:03.00
6	Dan Bailey	M59	Stanwood-Camano-36	1:03.00
7	Rachel Martin	W25	Lake Washington-36	1:04.00
8	Stacey Ostrin	W39	Oregon Masters-37	X1:04.45

Heat 10 of 16 Finals

1	Kristina Hoitt	W24	Sawtooth Masters-59	X1:02.67
2	Saskia Kroesen	W23	Blue Wave Aquati-36	1:02.00
3	Robert Strand	M71	Sawtooth Masters-59	X1:01.50
4	Daniel Taylor	M61	UC36-36	1:01.35
5	Craig Hatton	M53	Puget Sound Mast-36	1:01.41
6	William Hayes	M65	Lake Washington-36	1:01.52
7	Jacquelyn Braggin	W30	Husky Masters-36	1:02.50
8	Jeffrey Piette	M61	Oregon Masters-37	X1:02.70

Heat 11 of 16 Finals

1	Valerie McHenry	W37	Lake Washington-36	1:01.22
2	Tani Stenfjord	W51	North End Otters-36	1:00.80
3	Kent Gavin	M45	Blue Wave Aquati-36	59.74
4	Ellen Ella	W39	Lake Washington-36	59.18
5	Amelia Ferrel	W30	Lake Washington-36	59.26
6	Stephen LaHaie	M54	YMCA Pierce Kits-36	1:00.00
7	Blake Nixon	M19	Western Washingt-36	1:01.00
8	Larry Wright	M68	Oregon Masters-37	X1:01.25

Heat 12 of 16 Finals

1	Matt Castle	M45	Thunderbird Aqua-36	59.03
2	Keith Uyekawa	M55	Bainbridge Aquat-36	59.00
3	Karl Morrison	M49	Bainbridge Aquat-36	58.10
4	Daniel Smith	M54	Blue Wave Aquati-36	57.43
5	James Reehill	M24	YMCA Pierce Kits-36	58.05
6	Quinn Gemperline	M25	Husky Masters-36	59.00
7	J Bullock	M48	YMCA Pierce Kits-36	59.00
8	Dan Kirkland	M68	Lake Washington-36	59.16

Heat 13 of 16 Finals

1	Michael Masuda	M38	UC36-36	57.00
2	Andy Iyall	M50	Blue Wave Aquati-36	57.00
3	Carl Haynie	M56	Team Walker Inte-36	56.00
4	Oliver Cleaver	M53	Sawtooth Masters-59	X55.75
5	Kurt Dickmann	M54	UC36-36	55.96
6	Alexandra Lincoln	W25	Husky Masters-36	56.50
7	Kyle Heaton	M37	UC36-36	57.00
8	Allison Cox	W32	Mercer Island Re-36	57.30

Heat 14 of 16 Finals

1	Dave Hannula	M63	YMCA Pierce Kits-36	55.00
2	Michael Porter	M50	Lake Washington-36	54.66
3	Brad Hering	M55	Stanwood-Camano-36	54.45
4	Michael Orton	M34	Husky Masters-36	54.00
5	Benjamin Griffin	M23	Lake Washington-36	54.07
6	Bryan Smith	M49	Lake Washington-36	54.61
7	Amy Moorhead	W45	Lake Washington-36	54.79
8	Matthew Woare	M42	Washington Athle-36	55.07

Heat 15 of 16 Finals

1	Chris Pfaff	M29	Washington Athle-36	53.23
2	Max Hanson	M49	Lake Washington-36	52.70
3	Mats Nygren	M50	Lake Washington-36	52.00
4	Jason Ridle	M42	Peninsula Master-36	51.57
5	Yawei Hao	M26	Dbst Masters-36	51.96
6	Maoz Alsberg	M48	Team Walker Inte-36	52.18
7	Pete Colbeck	M55	North End Otters-36	52.86
8	Amanda Clark	W24	Lake Washington-36	54.00

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2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

Hosted by Blue Wave Aquatics

Meet Program - Sunday

Heat 16 Finals (#20 Mixed 100 Yard Freestyle)

1	Daniel Kollar	M32	Oregon Masters-37	X50.54
2	James Waltz	M18	UC36-36	50.13
3	Alexander Lyskin	M20	Husky Masters-36	50.00
4	Chris Conroy	M31	Lake Washington-36	49.01
5	Joshua Scheck	M20	Husky Masters-36	49.73
6	Rick Cardoso	M38	Lake Washington-36	50.00
7	Todd Doherty	M46	Bellevue Club-36	50.51
8	Gregory Hulse	M29	UC36-36	51.50

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2017 PNA Championship and Northwest Zone Meet, Sanction #: 367-S004

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Psych Sheet

Event 24 Mixed 1650 Yard Freestyle

	Name	Age	Team	Seed Time
1	Barrie Kenning	M61	Stanwood-Camano-36	59:12.07
2	Carol Stark	W68	Oregon Masters-37	X46:17.42
3	Barbara Johnson	W67	Peninsula Master-36	38:00.00
4	Lawrence Mayer	M54	Orca Swim Club-36	33:00.00
5	Kathrine Casey	W68	Puget Sound Aqua-36	33:00.00
6	Wendy Noffke	W44	Blue Wave Aquati-36	31:00.00
7	Terry Thomas	M69	UC36-36	30:00.00
8	Carol Grisso	W73	YMCA Pierce Kits-36	30:00.00
9	Christopher Souder	M50	Blue Wave Aquati-36	30:00.00
10	Kimberly Wood	W44	Blue Wave Aquati-36	29:21.00
11	Roland Klober	M48	Lake Washington-36	29:00.00
12	Ron Hansen	M67	Puget Sound Mast-36	26:40.00
13	Kerry Ness	M47	Skagit Valley Ma-36	26:25.00
14	Thomas Newell	M28	Washington Athle-36	26:00.00
15	Heather Clarke	W45	Lake Washington-36	25:49.00
16	Scott Matthews	M55	Blue Wave Aquati-36	25:07.68
17	Kris Speir	W53	YMCA Pierce Kits-36	25:00.00
18	Keito Swan	M27	Western Washingt-36	25:00.00
19	Kent Gavin	M45	Blue Wave Aquati-36	25:00.00
20	Pierre Fauvet	M54	Stanwood-Camano-36	24:00.00
21	Richard Adcock	M61	YMCA Pierce Kits-36	23:20.00
22	Sheila Moore	W58	Lake Washington-36	23:15.00
23	Elizabeth Kassen	W65	Team Walker Inte-36	23:00.00
24	David Tempest	M66	Mercer Island Re-36	22:35.00
25	Katy Smith	W35	YMCA Pierce Kits-36	22:07.00
26	Chad Hagedorn	M44	YMCA Pierce Kits-36	22:00.69
27	Eric Durban	M61	Blue Wave Aquati-36	22:00.00
28	Carl Haynie	M56	Team Walker Inte-36	21:43.50
29	Zena Courtney	W57	Blue Wave Aquati-36	21:40.40
30	Kathy Pelham	W44	Team Walker Inte-36	21:37.82
31	Andy Iyall	M50	Blue Wave Aquati-36	21:30.00
32	Randy Rogers	M58	Bainbridge Aquat-36	21:00.00
33	Aaron Miller	M33	Lake Washington-36	20:17.67
34	David Dahl	M31	Orca Swim Club-36	20:00.00
35	Shelby Wiegand	W38	Lake Washington-36	20:00.00
36	Dan Kirkland	M68	Lake Washington-36	19:54.01
37	Geoff Wilwerding	M55	Greenlake Aquadu-36	19:53.97
38	Allison Cox	W32	Mercer Island Re-36	18:52.00
39	Pete Colbeck	M55	North End Otters-36	18:10.00
40	Brian Wisniewski	M39	Husky Masters-36	17:00.00