

## 2019 PNA LCM Meet: Day-Of-Meet-Info

Welcome to the 2019 PNA LCM Meet. Best wishes for a fun and successful meet.

Please read the below so you know what is going on:

- **VOLUNTEERS:** Our original arrangements for Timers fell through and **we need timers**. Timers will get food, drinks and a comfy front row chair! Depending on volunteers at the meet, it might be necessary for swimmers to help time. We acknowledge this is less than optimal, but USMS is a volunteer organization and this meet needs volunteers so that everyone can swim. Thank you for helping to make the meet successful for everyone. **If you can, please bring along a buddy to time at the meet.** [Please email Meet Director Sally Dillon](mailto:Sally.Dillon@swimpna.org) with names of timers. Thank you!
- **HEAT SHEETS:**
  - Print your own heat sheets
  - Heat sheets are attached to this email and available on the PNA website <https://www.swimpna.org/PNA/pool-meets/>
  - Heat Sheets will be posted at the meet.
  - Copies available for coaches only.
- **50m EVENTS:** All 50m events will start at the SCOREBOARD end of the pool. Make sure you know your heat and lane for the 50s since the Timers will be at the dive tank end for the finish. A lineup for each lane will be posted on the wall behind the blocks at the scoreboard end.
- **POSITIVE CHECK-IN DEADLINES:**
  - 400 Free – 9:20am
  - 400 IM – 9:20am
  - 800 Free – End of event #13
- **RELAY CARDS:** Blank relay cards are available at the Clerk of Course. Cards must be turned in by the deadlines below. After a relay is seeded the pink copy of the cards will be at the Clerk of Course for pickup.
  - **Relay entry deadlines:**
    - #3-#4, #9: 10am
    - #14-#15: End of event #7
    - #21: End of event #16
- **Age-Groups** for SCM relays are SUM of Ages (as of Dec 31 2019)
  - **72-99**                    **100-119**                    **120-159**
  - **160-199**                    **200-239**                    **240-279, ...etc by 40 year intervals**
- **Relay team letters:** Use each letter only once in a relay event – even if relay teams for your Club are different age groups
- **SPLIT REQUESTS:** If you want an intermediate split submitted for an official time, you must complete a Split Notification Form available at the Clerk of Course. Split requests for individual backstroke events must be made prior to the swim. Requests for non-backstroke events must be made before the end of the meet.
- **NEW SWIMMERS:** There are five swimmers at this meet for whom this is their first USMS meet.
  - WELCOME! The first break will include a short acknowledgment of 1<sup>st</sup> Masters Meet swimmers.
- **WATER:** KCAC water fountains feature a bottle fill feature. Bring your water bottle.
- **MEET MOBILE:** Heat sheets and Results available on Meet Mobile during and after meet.

Questions? [Meet Director: Sally Dillon](mailto:Sally.Dillon@swimpna.org), [Entries: Linda Chapman](mailto:Linda.Chapman@swimpna.org), [Meet Referee: Dave Baer](mailto:Dave.Baer@swimpna.org)

# PNA LCM MEET - TIMELINE

## July 6, 2019 Weyerhaeuser King County Aquatic Center

Sanctioned by PNA for USMS Inc. #369-S006

Starts at 10:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Ev #	Event	Notes	Entries	Heats	Starts at
1	Mixed 400 Freestyle	Check-in by 9:20am	39	5	u 10:00 AM
2	Mixed 400 IM	Check in by 9:20am	14	2	u 10:40 AM
3	Women 200 Freestyle Relay	Relay cards due by 10am	0	0	11:01 AM
4	Men 200 Freestyle Relay	Relay cards due by 10am	0	0	11:06 AM
5	Mixed 100 Backstroke		31	4	11:11 AM
6	Mixed 200 Freestyle		37	5	11:24 AM
7	Mixed 50 Butterfly	Starts at Scoreboard end of pool	39	5	11:47 AM
8	Mixed 200 Breaststroke		19	3	11:56 AM
Break: 5 Minutes:					
9	Mixed 200 Freestyle Relay	Relay cards due by 10am	0	0	12:19 PM
10	Mixed 200 Backstroke		26	4	12:24 PM
11	Mixed 50 Freestyle		49	7	12:48 PM
12	Mixed 100 Butterfly		15	2	01:01 PM
13	Mixed 50 Breaststroke		38	5	01:08 PM
Break: 5 Minutes:					
14	Women 200 Medley Relay	Relay cards due by end of Event #7	0	0	01:21 PM
15	Men 200 Medley Relay	Relay cards due by end of Event #7	0	0	01:26 PM
16	Mixed 50 Backstroke	Starts at Scoreboard end of pool	33	5	01:33 PM
17	Mixed 100 Freestyle		46	6	01:45 PM
18	Mixed 200 Butterfly		7	1	01:59 PM
19	Mixed 100 Breaststroke		31	4	02:05 PM
20	Mixed 200 IM		38	5	02:17 PM
21	Mixed 200 Medley Relay	Relay cards due by end of Event #16	0	0	02:40 PM
22	Mixed 800 Freestyle	Check in by end of event #13	29	4	u 02:45 PM
Swimmers Counts for Warm-ups: 126					
Entry / Heat Totals:			491	67	
Finish Time					03:56 PM

**PNA LCM Meet, July 6, 2019, Sanction #: 369-S006**  
**Weyerhaeuser King County Aquatic Center, Federal Way, WA**  
**Meet Program - PNA LCM**

**Event 1 Mixed 400 LC Meter Freestyle****Check in by 9:20 AM**

Name	Age	Team	Seed Time
1 Nygren, Mats	M53	Lake Washington-36	4:50.00
2 Carlson, Maria	W24	Rose Bowl Master-33	4:55.00
3 Brown, Barry	M56	UC36-36	4:59.00
4 Higlett, Alexis	W36	Oregon Masters-37	5:00.00
5 Bullock, J	M51	YMCA Pierce/Kits-36	5:03.00
6 Cox, Allison	W35	Mercer Island Re-36	5:05.00
7 Praeger, Wade	M57	Lake Washington-36	5:06.00
8 Hathaway, David	M59	Oregon Masters-37	5:06.84
9 Lum, Andrew	M26	Rose Bowl Master-33	5:09.51
10 Carmosino, Vince	M49	Team Walker Inte-36	5:10.46
11 McCarty, David	M55	Lake Washington-36	5:15.00
12 Ruitter, Steven	M54	Puget Sound Mast-36	5:20.00
13 Crabbe, Colette	W63	Oregon Masters-37	5:29.54
14 Wahlstrom, Colleen	W43	Team Walker Inte-36	5:35.00
15 Jenkins, Valerie	W56	Oregon Masters-37	5:36.92
16 Smith, Daniel	M57	Blue Wave Aquati-36	5:40.00
17 Armstrong, Mary	W52	Snohomish Aquati-36	5:40.00
18 Koppelberger, Tamara	W47	Team Walker Inte-36	5:44.43
19 Glenn, Tim	M63	Off Piste Aquati-32	5:49.00
20 Polidori, Wendy	W50	Snohomish Aquati-36	5:50.13
21 Freeman, Dale	W59	SEMI	5:56.13
22 McColly, Michael	M74	Lake Washington-36	6:10.00
23 Larson, Allen	M66	Oregon Masters-37	6:19.17
24 Stribling Geldien, Gail	W39	Blue Wave Aquati-36	6:30.17
25 Daniels, Avery	W22	Snohomish Aquati-36	6:35.00
26 Belt, Barbara	W64	Bainbridge Aquat-36	6:40.00
27 Kim, Nellis	W49	Blue Wave Aquati-36	6:45.00
28 Van Pelt, Darren	M50	Lake Washington-36	6:45.00
29 Andon, John	M47	Oregon Masters-37	6:48.00
30 Baker, John	M68	Bainbridge Aquat-36	7:30.00
31 Durringer, Richard	M78	UC36-36	7:39.36
32 Condotta, Robert	M56	Blue Wave Aquati-36	8:00.00
33 Goldsberry, David	M58	YMCA Pierce/Kits-36	8:00.00
34 Helm, Charlie	M63	Oregon Masters-37	8:50.50
35 Hile, Laurence	M69	Bainbridge Aquat-36	9:00.00
36 Adkins-Narte, Heather	W65	Bainbridge Aquat-36	9:26.39
37 Fritz, Jill	W79	Arizona Masters-48	9:27.19
38 Thompson, Valerie	W67	Team Walker Inte-36	9:30.34
39 Fritz, Jack	M86	Arizona Masters-48	10:54.67

**Event 2 Mixed 400 LC Meter IM****Check in by 9:20 AM**

Name	Age	Team	Seed Time
1 Reynolds, Ellen	W55	Sawtooth Masters-59	5:25.98
2 Yung, Cejih	M34	CG Sports Manage-36	5:30.00
3 Jones, Brad	M53	Team Walker Inte-36	5:30.00
4 Phillips, Daniel	M56	Lake Washington-36	5:40.00
5 Sharpe, Anna	W27	Kroc Masters-35	5:49.35
6 Miller, Matt	M42	Oregon Masters-37	5:50.00
7 Stockstad, Danica	W27	SEMI	5:57.56
8 Underbrink, Dan	M63	Team Walker Inte-36	7:20.48
9 McPeak, Erin	W39	Team Walker Inte-36	7:31.25
10 Kassen, Elizabeth	W67	Team Walker Inte-36	8:00.00

11 Dumouchel, Denise	W57	Bainbridge Aquat-36	8:20.00
12 Brooks, Catherine	W71	Alaska Masters S-56	9:11.00
13 Stevens, Thomas	M58	Thunderbird Aqua-36	10:00.00
14 Pierson, Ginger	W73	Oregon Masters-37	12:00.00

**Event 3 Women 200 LC Meter Freestyle Relay****Relay Cards due by 10 AM**

Team	Relay	Seed Time
---	No entries for this event	

**Event 4 Men 200 LC Meter Freestyle Relay****Relay Cards due by 10 AM**

Team	Relay	Seed Time
---	No entries for this event	

**Event 5 Mixed 100 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
1	Brooks, Forest	M72	Alaska Masters S-56	3:45.00
2	Tighe, Jenifer	W55	Team Walker Inte-36	2:15.00
3	Casey, Kathrine	W71	PSA-36	2:03.34
4	Head, Tori	W25	Blue Wave Aquati-36	2:00.00
5	Busch, Bobbie	W66	YMCA Pierce/Kits-36	2:00.00
6	Tomlinson-Macias, Melinda	W61	UC35-35	2:13.38
7	Varty, Eulah	W85	VIC	2:20.98
8				
<b>Heat 2 of 4 Finals</b>				
1	Welch, Sarah	W72	Orca Swim Team-36	1:55.55
2	Fritz, Jill	W79	Arizona Masters-48	1:51.11
3	Gettling, Janet	W71	Oregon Masters-37	1:49.00
4	Thompson, Doug	M71	Thunderbird Aqua-36	1:45.30
5	Dumouchel, Denise	W57	Bainbridge Aquat-36	1:48.00
6	Nordby, Michael	M78	Thunderbird Aqua-36	1:50.00
7	Hair, Margaret	W64	Lewis Clark Nept-35	1:53.64
8	Durringer, Richard	M78	UC36-36	1:55.99
<b>Heat 3 of 4 Finals</b>				
1	Stribling Geldien, Gail	W39	Blue Wave Aquati-36	1:34.18
2	Underbrink, Dan	M63	Team Walker Inte-36	1:33.40
3	Fogg, Stephen	M71	Stanwood-Camano-36	1:31.00
4	Warner, Frank	M70	YMCA Pierce/Kits-36	1:28.88
5	Howell, Richard	M60	Oregon Masters-37	1:28.97
6	Summers, Jeanna	W65	Oregon Masters-37	1:32.00
7	Spencer, Rick	M71	Puget Sound Mast-36	1:33.82
8	Royle, Mary Anne	W67	Oregon Masters-37	1:39.00
<b>Heat 4 of 4 Finals</b>				
1	Jenkins, Valerie	W56	Oregon Masters-37	1:22.00
2	Porter, Michael	M53	Lake Washington-36	1:16.00
3	Haynie, Carl	M59	Team Walker Inte-36	1:12.00
4	Self, Mike	M49	Oregon Masters-37	1:05.39
5	Mabee, Cindy	W50	VIC	1:09.76
6	Edwards, Wes	M66	Oregon Masters-37	1:15.26
7	Porter, Jordan	M27	Oregon Masters-37	1:20.05
8	Brown, Daniel	M53	Thunderbird Aqua-36	1:22.49

**PNA LCM Meet, July 6, 2019, Sanction #: 369-S006**  
**Weyerhaeuser King County Aquatic Center, Federal Way, WA**  
**Meet Program - PNA LCM**

**Event 6 Mixed 200 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>				
1				
2	Tomlinson-Macias, Melinda	W61	UC35-35	5:15.00
3	Fritz, Jack	M86	Arizona Masters-48	4:42.79
4	Thompson, Valerie	W67	Team Walker Inte-36	3:55.82
5	Helm, Charlie	M63	Oregon Masters-37	4:17.50
6	Pierson, Ginger	W73	Oregon Masters-37	4:45.00
7				
8				
<b>Heat 2 of 5 Finals</b>				
1	Robinson, James	M70	Orca Swim Team-36	3:32.08
2	Belt, Barbara	W64	Bainbridge Aquat-36	3:20.00
3	Koppelberger, Jason	M48	Team Walker Inte-36	3:18.00
4	Radcliff, David	M85	Oregon Masters-37	3:07.03
5	Curry, Kristen	W54	Snohomish Aquati-36	3:15.00
6	Gratsou-Zodi, Violetta	W49	North Carolina M-13	3:19.07
7	Martin, Julene	W41	YMCA Pierce/Kits-36	3:25.00
8	Condotta, Robert	M56	Blue Wave Aquati-36	3:45.00
<b>Heat 3 of 5 Finals</b>				
1	Larson, Allen	M66	Oregon Masters-37	2:57.57
2	Curry, James	M59	Snohomish Aquati-36	2:50.00
3	Lickwala, Holly	W43	Team Walker Inte-36	2:45.36
4	Wahlstrom, Colleen	W43	Team Walker Inte-36	2:37.00
5	Colella, Mariel	W34	Lake Washington-36	2:40.00
6	Koppelberger, Tamara	W47	Team Walker Inte-36	2:46.48
7	Andon, John	M47	Oregon Masters-37	2:57.00
8	Daniels, Avery	W22	Snohomish Aquati-36	3:05.00
<b>Heat 4 of 5 Finals</b>				
1	Crabbe, Colette	W63	Oregon Masters-37	2:35.71
2	Brown, Barry	M56	UC36-36	2:30.00
3	Kirkland, Dan	M71	Oregon Masters-37	2:28.47
4	Praeger, Wade	M57	Lake Washington-36	2:28.00
5	Stockstad, Danica	W27	SEMI	2:28.00
6	Gill, Sean	M39	UC36-36	2:30.00
7	Ruiter, Steven	M54	Puget Sound Mast-36	2:33.00
8	Glenn, Tim	M63	Off Piste Aquati-32	2:36.00
<b>Heat 5 of 5 Finals</b>				
1	Bullock, J	M51	YMCA Pierce/Kits-36	2:23.00
2	Lum, Andrew	M26	Rose Bowl Master-33	2:15.17
3	Conroy, Chris	M34	CG Sports Manage-36	2:10.00
4	Grote, Kurt	M46	Oregon Masters-37	2:06.00
5	Jorgensen, Daniel	M51	Oregon Masters-37	2:10.00
6	Nygren, Mats	M53	Lake Washington-36	2:15.00
7	Higlett, Alexis	W36	Oregon Masters-37	2:19.50
8	Cox, Allison	W35	Mercer Island Re-36	2:25.00

**Event 7 Mixed 50 LC Meter Butterfly**

Event starts at scoreboard end				
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>				
1	Varty, Eulah	W85	VIC	1:20.65
2	Stevens, Thomas	M58	Thunderbird Aqua-36	1:00.00
3	Ward, Joy	W77	Oregon Masters-37	50.82
4	Clutter, Cynthia	W59	Mesa Aquatics Cl-48	47.59
5	Balazic, MarySue	W52	Snohomish Aquati-36	50.00
6	Brown, Daniel	M53	Thunderbird Aqua-36	55.49
7	Head, Tori	W25	Blue Wave Aquati-36	1:10.00
8				
<b>Heat 2 of 5 Finals</b>				
1	Hair, Margaret	W64	Lewis Clark Nept-35	46.64
2	Koppelberger, Tamara	W47	Team Walker Inte-36	45.00
3	Wahlstrom, Colleen	W43	Team Walker Inte-36	38.50
4	Olson, Robert	M59	Salt Lake Master-34	37.00
5	York, Sandi	W43	Thunderbird Aqua-36	38.00
6	Marsh-Limm, Margo	W52	Snohomish Aquati-36	41.00
7	Adcock, Richard	M64	YMCA Pierce/Kits-36	46.00
8	Welch, Sarah	W72	Orca Swim Team-36	47.55
<b>Heat 3 of 5 Finals</b>				
1	Pilger, Robert	M76	YMCA Pierce/Kits-36	36.80
2	Chan, Chelsea	W27	Blue Wave Aquati-36	36.00
3	Glenn, Tim	M63	Off Piste Aquati-32	35.16
4	Brockbank, Doug	M66	Oregon Masters-37	35.00
5	Howell, Richard	M60	Oregon Masters-37	35.00
6	Somanand, Teerit	M22	UC37-37	35.99
7	Ward, Jonathan	M53	Bainbridge Aquat-36	36.77
8	Polidori, Wendy	W50	Snohomish Aquati-36	36.91
<b>Heat 4 of 5 Finals</b>				
1	Armstrong, Mary	W52	Snohomish Aquati-36	35.00
2	Gill, Laurel	W30	Thunderbird Aqua-36	34.00
3	Ruiter, Steven	M54	Puget Sound Mast-36	33.50
4	Castle, Matt	M48	Thunderbird Aqua-36	32.21
5	Cermak, Gerald	M56	Lake Washington-36	32.85
6	Schwartz, Steven	M56	UC36-36	34.00
7	McPeak, Erin	W39	Team Walker Inte-36	34.29
8	Johnson, David	M58	Lake Washington-36	35.00
<b>Heat 5 of 5 Finals</b>				
1	Mcclafferty, Christine	W46	Oregon Masters-37	32.00
2	Yung, Cejih	M34	CG Sports Manage-36	30.90
3	Colella, Rick	M68	Lake Washington-36	30.00
4	Gray, Trever	M43	CG Sports Manage-36	27.26
5	Jones, Brad	M53	Team Walker Inte-36	30.00
6	Liedtke, Matthew	M30	Lake Washington-36	30.50
7	Mabee, Cindy	W50	VIC	31.65
8	Hathaway, David	M59	Oregon Masters-37	32.06

**PNA LCM Meet, July 6, 2019, Sanction #: 369-S006**  
**Weyerhaeuser King County Aquatic Center, Federal Way, WA**  
**Meet Program - PNA LCM**

**Event 8 Mixed 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 3 Finals**

1				
2				
3	Walker, Thomas	M72	Team Walker Inte-36	6:00.00
4	Brooks, Catherine	W71	Alaska Masters S-56	4:55.00
5	Pierson, Ginger	W73	Oregon Masters-37	5:00.00
6	Brooks, Forest	M72	Alaska Masters S-56	7:30.00
7				
8				

**Heat 2 of 3 Finals**

1	Gratsou-Zodl, Violetta	W49	North Carolina M-13	4:13.47
2	Olson, Robert	M59	Salt Lake Master-34	3:36.00
3	Davis, Charlotte	W69	Lake Washington-36	3:30.00
4	Barnes, Brent	M51	Team Walker Inte-36	3:25.89
5	Underbrink, Dan	M63	Team Walker Inte-36	3:28.88
6	Vincent, Nancy	W60	Oregon Masters-37	3:35.00
7	Kim, Nellis	W49	Blue Wave Aquati-36	3:47.82
8				

**Heat 3 of 3 Finals**

1	Smith, Daniel	M57	Blue Wave Aquati-36	3:08.00
2	Phillips, Daniel	M56	Lake Washington-36	3:00.00
3	Carmosino, Vince	M49	Team Walker Inte-36	2:50.12
4	Yung, Cejih	M34	CG Sports Manage-36	2:40.04
5	Trahms, Peter	M40	CG Sports Manage-36	2:44.21
6	Glenn, Katie	W43	Off Piste Aquati-32	2:53.82
7	Brown, Barry	M56	UC36-36	3:00.00
8	Scott, David	M53	YMCA Pierce/Kits-36	3:10.00

**Event 9 Mixed 200 LC Meter Freestyle Relay****Relay Cards due by 10 AM**

Team	Relay	Seed Time
---	No entries for this event	

**Event 10 Mixed 200 LC Meter Backstroke**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 4 Finals**

1				
2				
3	Adkins-Narte, Heather	W65	Bainbridge Aquat-36	5:13.34
4	Varty, Eulah	W85	VIC	4:55.56
5	Pierson, Ginger	W73	Oregon Masters-37	5:00.00
6	Brooks, Forest	M72	Alaska Masters S-56	7:30.00
7				
8				

**Heat 2 of 4 Finals**

1				
2	Fritz, Jill	W79	Arizona Masters-48	4:20.79
3	Nordby, Michael	M78	Thunderbird Aqua-36	4:00.00
4	Underbrink, Dan	M63	Team Walker Inte-36	3:31.91
5	Dumouchel, Denise	W57	Bainbridge Aquat-36	3:49.00
6	Casey, Kathrine	W71	PSA-36	4:10.42
7	Duringer, Richard	M78	UC36-36	4:23.77
8				

**Heat 3 of 4 Finals**

1	Head, Tori	W25	Blue Wave Aquati-36	3:30.00
2	Spencer, Rick	M71	Puget Sound Mast-36	3:20.90
3	Summers, Jeanna	W65	Oregon Masters-37	3:20.00
4	Warner, Frank	M70	YMCA Pierce/Kits-36	3:14.31
5	Stribling Geldien, Gail	W39	Blue Wave Aquati-36	3:19.53
6	Freeman, Dale	W59	SEMI	3:20.86
7	McColly, Michael	M74	Lake Washington-36	3:25.00
8	Royle, Mary Anne	W67	Oregon Masters-37	3:30.00

**Heat 4 of 4 Finals**

1	Porter, Jordan	M27	Oregon Masters-37	2:52.47
2	Gill, Sean	M39	UC36-36	2:50.00
3	Miller, Matt	M42	Oregon Masters-37	2:40.00
4	Self, Mike	M49	Oregon Masters-37	2:25.98
5	Haynie, Carl	M59	Team Walker Inte-36	2:38.00
6	Ruiter, Steven	M54	Puget Sound Mast-36	2:45.00
7	Kirkland, Dan	M71	Oregon Masters-37	2:52.21
8	Jenkins, Valerie	W56	Oregon Masters-37	3:00.00

**Event 11 Mixed 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 7 Finals**

1				
2				
3	Macias, Jesse	M61	UC35-35	1:36.70
4	Busch, Bobbie	W66	YMCA Pierce/Kits-36	1:00.00
5	Thompson, Valerie	W67	Team Walker Inte-36	1:10.00
6				
7				
8				

**Heat 2 of 7 Finals**

1				
2	Head, Tori	W25	Blue Wave Aquati-36	55.00
3	Balazic, MarySue	W52	Snohomish Aquati-36	45.00
4	Koppelberger, Jason	M48	Team Walker Inte-36	42.00
5	Tomlinson-Macias, Melinda	W61	UC35-35	43.52
6	Condotta, Robert	M56	Blue Wave Aquati-36	50.00
7	Fritz, Jack	M86	Arizona Masters-48	59.00
8				

**Heat 3 of 7 Finals**

1	Martin, Julene	W41	YMCA Pierce/Kits-36	40.33
2	Clutter, Cynthia	W59	Mesa Aquatics Cl-48	38.59
3	Marsh-Limm, Margo	W52	Snohomish Aquati-36	36.00
4	Vincent, Nancy	W60	Oregon Masters-37	36.00
5	Daniels, Avery	W22	Snohomish Aquati-36	36.00
6	Royle, Mary Anne	W67	Oregon Masters-37	38.00
7	Gratsou-Zodl, Violetta	W49	North Carolina M-13	39.99
8	Hair, Margaret	W64	Lewis Clark Nept-35	40.64

**PNA LCM Meet, July 6, 2019, Sanction #: 369-S006**  
**Weyerhaeuser King County Aquatic Center, Federal Way, WA**  
**Meet Program - PNA LCM**

**Heat 4 Finals (#11 Mixed 50 LC Meter Freestyle)**

1	York, Sandi	W43	Thunderbird Aqua-36	35.00
2	Kim, Nellis	W49	Blue Wave Aquati-36	35.00
3	Curry, Kristen	W54	Snohomish Aquati-36	34.10
4	Olson, Robert	M59	Salt Lake Master-34	32.80
5	Ward, Jonathan	M53	Bainbridge Aquat-36	33.21
6	Robinson, James	M70	Orca Swim Team-36	34.14
7	Koppelberger, Tamara	W47	Team Walker Inte-36	35.00
8	Thompson, Doug	M71	Thunderbird Aqua-36	35.30

**Heat 5 of 7 Finals**

1	Crabbe, Colette	W63	Oregon Masters-37	32.10
2	Chan, Chelsea	W27	Blue Wave Aquati-36	32.00
3	Gill, Laurel	W30	Thunderbird Aqua-36	32.00
4	Howell, Richard	M60	Oregon Masters-37	30.98
5	Pilger, Robert	M76	YMCA Pierce/Kits-36	31.80
6	Glenn, Tim	M63	Off Piste Aquati-32	32.00
7	Johnson, David	M58	Lake Washington-36	32.00
8	Brown, Barry	M56	UC36-36	32.50

**Heat 6 of 7 Finals**

1	Schwartz, Steven	M56	UC36-36	30.20
2	Scott, David	M53	YMCA Pierce/Kits-36	30.00
3	Nimb, Peter	M55	Bainbridge Aquat-36	29.80
4	Higlett, Alexis	W36	Oregon Masters-37	29.50
5	LeGro, Kristen	W29	Spokane Sturgeon-35	29.79
6	Cermak, Gerald	M56	Lake Washington-36	29.90
7	Ruiter, Steven	M54	Puget Sound Mast-36	30.00
8	Somanand, Teerit	M22	UC37-37	30.50

**Heat 7 of 7 Finals**

1	Savage, Adrian	M28	UC36-36	29.00
2	Kamat, Julie	W32	Oregon Masters-37	28.68
3	Colella, Rick	M68	Lake Washington-36	27.70
4	Grote, Kurt	M46	Oregon Masters-37	26.06
5	Jorgensen, Daniel	M51	Oregon Masters-37	26.50
6	Nygren, Mats	M53	Lake Washington-36	28.00
7	Castle, Matt	M48	Thunderbird Aqua-36	29.00
8	Edwards, Wes	M66	Oregon Masters-37	29.06

**Event 12 Mixed 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 2 Finals**

1	Brooks, Catherine	W71	Alaska Masters S-56	2:17.50
2	Stevens, Thomas	M58	Thunderbird Aqua-36	2:00.00
3	Andon, John	M47	Oregon Masters-37	1:42.00
4	Lickwala, Holly	W43	Team Walker Inte-36	1:28.56
5	Somanand, Teerit	M22	UC37-37	1:30.25
6	Welch, Sarah	W72	Orca Swim Team-36	1:55.55
7	Ward, Joy	W77	Oregon Masters-37	2:00.46
8				

**Heat 2 of 2 Finals**

1	Gill, Laurel	W30	Thunderbird Aqua-36	1:20.00
2	McPeak, Erin	W39	Team Walker Inte-36	1:15.45
3	Porter, Michael	M53	Lake Washington-36	1:11.00
4	Liedtke, Matthew	M30	Lake Washington-36	1:08.00
5	Jones, Brad	M53	Team Walker Inte-36	1:10.00
6	Mcclafferty, Christine	W46	Oregon Masters-37	1:15.00
7	McCarty, David	M55	Lake Washington-36	1:20.00
8	Brockbank, Doug	M66	Oregon Masters-37	1:22.50

**Event 13 Mixed 50 LC Meter Breaststroke**

Event starts at scoreboard end

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 5 Finals**

1				
2	Varty, Eulah	W85	VIC	1:20.17
3	Head, Tori	W25	Blue Wave Aquati-36	1:10.00
4	Martin, Julene	W41	YMCA Pierce/Kits-36	54.42
5	Kassen, Elizabeth	W67	Team Walker Inte-36	55.00
6	Tighe, Jenifer	W55	Team Walker Inte-36	1:10.00
7	Walker, Thomas	M72	Team Walker Inte-36	1:30.00
8				

**Heat 2 of 5 Finals**

1	Gratsou-Zodl, Violetta	W49	North Carolina M-13	53.10
2	Hair, Margaret	W64	Lewis Clark Nept-35	50.64
3	Brown, Daniel	M53	Thunderbird Aqua-36	48.49
4	Adcock, Richard	M64	YMCA Pierce/Kits-36	46.00
5	Clutter, Cynthia	W59	Mesa Aquatics Cl-48	47.59
6	Gettling, Janet	W71	Oregon Masters-37	48.50
7	Somanand, Teerit	M22	UC37-37	50.99
8	Fogg, Stephen	M71	Stanwood-Camano-36	54.00

**Heat 3 of 5 Finals**

1	Vincent, Nancy	W60	Oregon Masters-37	45.00
2	Davis, Charlotte	W69	Lake Washington-36	45.00
3	Barnes, Brent	M51	Team Walker Inte-36	42.10
4	Ward, Jonathan	M53	Bainbridge Aquat-36	40.96
5	Olson, Robert	M59	Salt Lake Master-34	41.40
6	Colella, Mariel	W34	Lake Washington-36	43.59
7	Ikeda, Paul	M60	Orca Swim Team-36	45.00
8	Thompson, Doug	M71	Thunderbird Aqua-36	45.30

**Heat 4 of 5 Finals**

1	Armstrong, Mary	W52	Snohomish Aquati-36	40.50
2	Scott, David	M53	YMCA Pierce/Kits-36	39.00
3	Smith, Daniel	M57	Blue Wave Aquati-36	38.00
4	Castle, Matt	M48	Thunderbird Aqua-36	37.27
5	Cermak, Gerald	M56	Lake Washington-36	37.34
6	LeGro, Kristen	W29	Spokane Sturgeon-35	39.00
7	Johnson, David	M58	Lake Washington-36	40.00
8	Curry, James	M59	Snohomish Aquati-36	40.50

**PNA LCM Meet, July 6, 2019, Sanction #: 369-S006**  
**Weyerhaeuser King County Aquatic Center, Federal Way, WA**  
**Meet Program - PNA LCM**

**Heat 5 Finals (#13 Mixed 50 LC Meter Breaststroke)**

1	Sharpe, Anna	W27	Kroc Masters-35	35.79
2	Carmosino, Vince	M49	Team Walker Inte-36	35.18
3	Phillips, Daniel	M56	Lake Washington-36	34.50
4	Conroy, Chris	M34	CG Sports Manage-36	33.00
5	Colella, Rick	M68	Lake Washington-36	33.30
6	Howell, Richard	M60	Oregon Masters-37	35.00
7	Glenn, Katie	W43	Off Piste Aquati-32	35.47
8	Baker, John	M68	Bainbridge Aquat-36	35.92

**Event 14 Women 200 LC Meter Medley Relay**

Relay cards due by end of Event 7

Team	Relay	Seed Time
---	No entries for this event	

**Event 15 Men 200 LC Meter Medley Relay**

Relay cards due by end of Event 7

Team	Relay	Seed Time
---	No entries for this event	

**Event 16 Mixed 50 LC Meter Backstroke**

Event starts at scoreboard end

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 5 Finals**

1				
2				
3	Macias, Jesse	M61	UC35-35	1:15.00
4	Clutter, Cynthia	W59	Mesa Aquatics Cl-48	1:05.59
5	Tighe, Jenifer	W55	Team Walker Inte-36	1:10.00
6				
7				
8				

**Heat 2 of 5 Finals**

1				
2	Fritz, Jill	W79	Arizona Masters-48	59.29
3	Casey, Kathrine	W71	PSA-36	57.68
4	Helm, Charlie	M63	Oregon Masters-37	54.50
5	Balazic, MarySue	W52	Snohomish Aquati-36	55.00
6	Tomlinson-Macias, Melinda	W61	UC35-35	59.00
7	Busch, Bobbie	W66	YMCA Pierce/Kits-36	1:00.00
8				

**Heat 3 of 5 Finals**

1	Hair, Margaret	W64	Lewis Clark Nept-35	50.64
2	Duringer, Richard	M78	UC36-36	49.71
3	Royle, Mary Anne	W67	Oregon Masters-37	45.40
4	Stribling Geldien, Gail	W39	Blue Wave Aquati-36	42.50
5	Thompson, Doug	M71	Thunderbird Aqua-36	43.30
6	Robinson, James	M70	Orca Swim Team-36	45.99
7	Head, Tori	W25	Blue Wave Aquati-36	50.00
8	Nordby, Michael	M78	Thunderbird Aqua-36	52.00

**Heat 4 of 5 Finals**

1	York, Sandi	W43	Thunderbird Aqua-36	41.00
2	Ward, Jonathan	M53	Bainbridge Aquat-36	41.00
3	Curry, Kristen	W54	Snohomish Aquati-36	40.00
4	Warner, Frank	M70	YMCA Pierce/Kits-36	38.80
5	Chan, Chelsea	W27	Blue Wave Aquati-36	39.00
6	Martin, Julene	W41	YMCA Pierce/Kits-36	40.88
7	Fogg, Stephen	M71	Stanwood-Camano-36	41.00
8	Spencer, Rick	M71	Puget Sound Mast-36	42.29

**Heat 5 of 5 Finals**

1	Castle, Matt	M48	Thunderbird Aqua-36	36.30
2	Liedtke, Matthew	M30	Lake Washington-36	33.90
3	Grote, Kurt	M46	Oregon Masters-37	32.62
4	Self, Mike	M49	Oregon Masters-37	28.99
5	Mabee, Cindy	W50	VIC	31.99
6	Haynie, Carl	M59	Team Walker Inte-36	33.00
7	Cermak, Gerald	M56	Lake Washington-36	35.58
8	Howell, Richard	M60	Oregon Masters-37	38.01

**Event 17 Mixed 100 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 6 Finals**

1				
2	Thompson, Valerie	W67	Team Walker Inte-36	2:28.24
3	Varty, Eulah	W85	VIC	2:10.56
4	Fritz, Jill	W79	Arizona Masters-48	1:53.52
5	Busch, Bobbie	W66	YMCA Pierce/Kits-36	2:00.00
6	Fritz, Jack	M86	Arizona Masters-48	2:10.79
7	Macias, Jesse	M61	UC35-35	3:25.00
8				

**Heat 2 of 6 Finals**

1	Balazic, MarySue	W52	Snohomish Aquati-36	1:45.00
2	Gratsou-Zodl, Violetta	W49	North Carolina M-13	1:31.76
3	Radcliff, David	M85	Oregon Masters-37	1:25.25
4	Royle, Mary Anne	W67	Oregon Masters-37	1:24.50
5	Daniels, Avery	W22	Snohomish Aquati-36	1:25.00
6	Tomlinson-Macias, Melinda	W61	UC35-35	1:30.00
7	Koppelberger, Jason	M48	Team Walker Inte-36	1:34.00
8	Condotta, Robert	M56	Blue Wave Aquati-36	1:45.00

**Heat 3 of 6 Finals**

1	Vincent, Nancy	W60	Oregon Masters-37	1:23.00
2	Porter, Jordan	M27	Oregon Masters-37	1:20.46
3	Brown, Daniel	M53	Thunderbird Aqua-36	1:19.49
4	Gill, Laurel	W30	Thunderbird Aqua-36	1:16.00
5	Koppelberger, Tamara	W47	Team Walker Inte-36	1:18.00
6	York, Sandi	W43	Thunderbird Aqua-36	1:20.00
7	Andon, John	M47	Oregon Masters-37	1:21.00
8	Robinson, James	M70	Orca Swim Team-36	1:23.38

**PNA LCM Meet, July 6, 2019, Sanction #: 369-S006**  
**Weyerhaeuser King County Aquatic Center, Federal Way, WA**  
**Meet Program - PNA LCM**

**Heat 4 Finals (#17 Mixed 100 LC Meter Freestyle)**

1	Ward, Jonathan	M53	Bainbridge Aquat-36	1:14.85
2	Crabbe, Colette	W63	Oregon Masters-37	1:13.00
3	Pilger, Robert	M76	YMCA Pierce/Kits-36	1:12.21
4	Somanand, Teerit	M22	UC37-37	1:10.99
5	Armstrong, Mary	W52	Snohomish Aquati-36	1:11.50
6	Colella, Mariel	W34	Lake Washington-36	1:12.79
7	Lickwala, Holly	W43	Team Walker Inte-36	1:13.21
8	Polidori, Wendy	W50	Snohomish Aquati-36	1:15.22

**Heat 5 of 6 Finals**

1	Jenkins, Valerie	W56	Oregon Masters-37	1:10.00
2	Stockstad, Danica	W27	SEMI	1:08.45
3	Brown, Barry	M56	UC36-36	1:07.00
4	Bullock, J	M51	YMCA Pierce/Kits-36	1:06.00
5	Cermak, Gerald	M56	Lake Washington-36	1:06.83
6	Nimb, Peter	M55	Bainbridge Aquat-36	1:07.70
7	Edwards, Wes	M66	Oregon Masters-37	1:09.00
8	Glenn, Tim	M63	Off Piste Aquati-32	1:10.88

**Heat 6 of 6 Finals**

1	Higlett, Alexis	W36	Oregon Masters-37	1:03.50
2	Porter, Michael	M53	Lake Washington-36	1:02.00
3	Colella, Rick	M68	Lake Washington-36	59.04
4	Conroy, Chris	M34	CG Sports Manage-36	58.00
5	Jorgensen, Daniel	M51	Oregon Masters-37	58.20
6	Nygren, Mats	M53	Lake Washington-36	1:00.00
7	Savage, Adrian	M28	UC36-36	1:03.00
8	Kamat, Julie	W32	Oregon Masters-37	1:04.36

**Event 18 Mixed 200 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1	Pierson, Ginger	W73	Oregon Masters-37	5:00.00
2	Clutter, Cynthia	W59	Mesa Aquatics Cl-48	4:08.59
3	McPeak, Erin	W39	Team Walker Inte-36	2:50.24
4	Lum, Andrew	M26	Rose Bowl Master-33	2:43.96
5	Miller, Matt	M42	Oregon Masters-37	2:50.00
6	Mcclafferty, Christine	W46	Oregon Masters-37	3:05.00
7	Hair, Margaret	W64	Lewis Clark Nept-35	4:11.64
8				

**Event 19 Mixed 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 4 Finals</b>				
1	Brooks, Forest	M72	Alaska Masters S-56	3:45.00
2	Walker, Thomas	M72	Team Walker Inte-36	3:00.00
3	Adkins-Narte, Heather	W65	Bainbridge Aquat-36	2:28.05
4	Ikeda, Paul	M60	Orca Swim Team-36	2:01.00
5	Tighe, Jennifer	W55	Team Walker Inte-36	2:15.00
6	Varty, Eulah	W85	VIC	2:56.40
7	Fritz, Jack	M86	Arizona Masters-48	3:14.67
8				

**Heat 2 of 4 Finals**

1	Dumouchel, Denise	W57	Bainbridge Aquat-36	1:51.00
2	Davis, Charlotte	W69	Lake Washington-36	1:40.00
3	Underbrink, Dan	M63	Team Walker Inte-36	1:37.69
4	Olson, Robert	M59	Salt Lake Master-34	1:35.10
5	Vincent, Nancy	W60	Oregon Masters-37	1:37.00
6	Chan, Chelsea	W27	Blue Wave Aquati-36	1:39.00
7	Kim, Nellis	W49	Blue Wave Aquati-36	1:40.00
8	Gratsou-Zodli, Violetta	W49	North Carolina M-13	1:58.48

**Heat 3 of 4 Finals**

1	Marsh-Limm, Margo	W52	Snohomish Aquati-36	1:34.00
2	Mabee, Cindy	W50	VIC	1:32.00
3	Barnes, Brent	M51	Team Walker Inte-36	1:31.00
4	Scott, David	M53	YMCA Pierce/Kits-36	1:24.81
5	Brown, Barry	M56	UC36-36	1:30.00
6	Curry, James	M59	Snohomish Aquati-36	1:32.00
7	Colella, Mariel	W34	Lake Washington-36	1:32.23
8	Ward, Jonathan	M53	Bainbridge Aquat-36	1:34.21

**Heat 4 of 4 Finals**

1	Carmosino, Vince	M49	Team Walker Inte-36	1:20.72
2	Sharpe, Anna	W27	Kroc Masters-35	1:18.39
3	Trahms, Peter	M40	CG Sports Manage-36	1:15.34
4	Yung, Cejeh	M34	CG Sports Manage-36	1:13.00
5	Conroy, Chris	M34	CG Sports Manage-36	1:14.00
6	Glenn, Katie	W43	Off Piste Aquati-32	1:16.57
7	Haynie, Carl	M59	Team Walker Inte-36	1:19.00
8	Porter, Michael	M53	Lake Washington-36	1:22.00

**Event 20 Mixed 200 LC Meter IM**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>				
1				
2	Helm, Charlie	M63	Oregon Masters-37	5:14.00
3	Brooks, Catherine	W71	Alaska Masters S-56	4:37.00
4	Ward, Joy	W77	Oregon Masters-37	4:05.84
5	Welch, Sarah	W72	Orca Swim Team-36	4:25.55
6	Stevens, Thomas	M58	Thunderbird Aqua-36	5:00.00
7	Walker, Thomas	M72	Team Walker Inte-36	6:00.00
8				
<b>Heat 2 of 5 Finals</b>				
1	Kassen, Elizabeth	W67	Team Walker Inte-36	4:00.00
2	Curry, Kristen	W54	Snohomish Aquati-36	3:40.00
3	Gill, Laurel	W30	Thunderbird Aqua-36	3:35.00
4	Thompson, Doug	M71	Thunderbird Aqua-36	3:30.30
5	Stribbling Geldien, Gail	W39	Blue Wave Aquati-36	3:34.53
6	Summers, Jeanna	W65	Oregon Masters-37	3:36.00
7	Gettling, Janet	W71	Oregon Masters-37	3:50.00
8	Pilger, Robert	M76	YMCA Pierce/Kits-36	4:00.00



**PNA LCM Meet, July 6, 2019, Sanction #: 369-S006**  
**Weyerhaeuser King County Aquatic Center, Federal Way, WA**  
**Meet Program - PNA LCM**

**Heat 3 Finals (#20 Mixed 200 LC Meter IM)**

1	Fogg, Stephen	M71	Stanwood-Camano-36	3:30.00
2	Freeman, Dale	W59	SEMI	3:20.73
3	Armstrong, Mary	W52	Snohomish Aquati-36	3:05.00
4	Praeger, Wade	M57	Lake Washington-36	3:03.33
5	Brockbank, Doug	M66	Oregon Masters-37	3:03.37
6	Polidori, Wendy	W50	Snohomish Aquati-36	3:10.14
7	Andon, John	M47	Oregon Masters-37	3:28.00
8	McColly, Michael	M74	Lake Washington-36	3:30.00

21	Goldsberry, David	M58	YMCA Pierce/Kits-36	16:00.00
22	Nordby, Michael	M78	Thunderbird Aqua-36	16:00.00
23	Thompson, Valerie	W67	Team Walker Inte-36	16:15.30
24	Casey, Kathrine	W71	PSA-36	16:30.03
25	Hile, Laurence	M69	Bainbridge Aquat-36	18:00.00
26	Condotta, Robert	M56	Blue Wave Aquati-36	18:00.00
27	Fritz, Jill	W79	Arizona Masters-48	18:41.35
28	Fritz, Jack	M86	Arizona Masters-48	24:13.92
29	Brooks, Forest	M72	Alaska Masters S-56	26:00.00

**Heat 4 of 5 Finals**

1	Gill, Sean	M39	UC36-36	3:00.00
2	Smith, Daniel	M57	Blue Wave Aquati-36	2:56.00
3	Baker, John	M68	Bainbridge Aquat-36	2:50.11
4	Bullock, J	M51	YMCA Pierce/Kits-36	2:49.50
5	Ruiter, Steven	M54	Puget Sound Mast-36	2:50.00
6	Sharpe, Anna	W27	Kroc Masters-35	2:50.30
7	Castle, Matt	M48	Thunderbird Aqua-36	2:58.22
8	Mcclafferty, Christine	W46	Oregon Masters-37	3:00.00

**Heat 5 of 5 Finals**

1	McCarty, David	M55	Lake Washington-36	2:45.00
2	Nygren, Mats	M53	Lake Washington-36	2:40.00
3	Trahms, Peter	M40	CG Sports Manage-36	2:25.41
4	Gray, Trever	M43	CG Sports Manage-36	2:18.00
5	Grote, Kurt	M46	Oregon Masters-37	2:20.00
6	Reynolds, Ellen	W55	Sawtooth Masters-59	2:34.92
7	Stockstad, Danica	W27	SEMI	2:43.55
8	Liedtke, Matthew	M30	Lake Washington-36	2:48.00

**Event 21 Mixed 200 LC Meter Medley Relay****Relay cards due by end of Event #16**

Team	Relay	Seed Time
---	No entries for this event	

**Event 22 Mixed 800 LC Meter Freestyle****Check in by end of Event #13**

Name	Age	Team	Seed Time	
1	Nygren, Mats	M53	Lake Washington-36	10:00.00
2	Higlett, Alexis	W36	Oregon Masters-37	10:20.50
3	Cox, Allison	W35	Mercer Island Re-36	10:24.00
4	Phillips, Daniel	M56	Lake Washington-36	10:30.00
5	Hathaway, David	M59	Oregon Masters-37	10:47.01
6	Kirkland, Dan	M71	Oregon Masters-37	10:53.27
7	Crabbe, Colette	W63	Oregon Masters-37	11:16.10
8	McPeak, Erin	W39	Team Walker Inte-36	11:50.38
9	Koppelberger, Tamara	W47	Team Walker Inte-36	12:00.00
10	Porter, Jordan	M27	Oregon Masters-37	12:00.00
11	Underbrink, Dan	M63	Team Walker Inte-36	12:53.46
12	Larson, Allen	M66	Oregon Masters-37	12:56.17
13	Summers, Jeanna	W65	Oregon Masters-37	12:57.00
14	Belt, Barbara	W64	Bainbridge Aquat-36	13:20.00
15	Van Pelt, Darren	M50	Lake Washington-36	13:40.00
16	Koppelberger, Jason	M48	Team Walker Inte-36	14:10.00
17	Dumouchel, Denise	W57	Bainbridge Aquat-36	14:20.00
18	Radcliff, David	M85	Oregon Masters-37	14:23.39
19	Gettling, Janet	W71	Oregon Masters-37	14:40.00
20	Robinson, James	M70	Orca Swim Team-36	15:00.00