

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 18-24 50 Yard Freestyle**

Name	Age	Team	Seed Time	Finals Time
14 Lecoq, Michela M	19	Pacific Northwest Aquatics	27.75	27.75
15 Dowdle, Angela M	22	Pacific Northwest Aquatics	28.07	28.37
21 Lowder, Kaitlyn	18	Pacific Northwest Aquatics	29.31	28.99

Women 18-24 100 Yard Freestyle

5 Lecoq, Michela M	19	Pacific Northwest Aquatics	59.24	58.42
	27.99	58.42 (30.43)		
11 Dowdle, Angela M	22	Pacific Northwest Aquatics	1:00.00	1:01.18
	29.10	1:01.18 (32.08)		

Women 18-24 200 Yard Freestyle

10 Lecoq, Michela M	19	Pacific Northwest Aquatics	2:09.56	2:07.32
	29.22	1:01.06 (31.84) 1:33.92 (32.86)	2:07.32 (33.40)	
12 Dowdle, Angela M	22	Pacific Northwest Aquatics	2:11.19	2:12.52
	30.45	1:03.62 (33.17) 1:38.23 (34.61)	2:12.52 (34.29)	
14 Lowder, Kaitlyn	18	Pacific Northwest Aquatics	2:23.19	2:20.19
	31.85	1:08.72 (36.87) 1:45.85 (37.13)	2:20.19 (34.34)	
--- Anderson, Sydney L	19	Pacific Northwest Aquatics	2:14.30	NS

Women 18-24 500 Yard Freestyle

6 Dowdle, Angela M	22	Pacific Northwest Aquatics	5:54.63	6:04.58
	33.42	1:10.33 (36.91) 1:47.27 (36.94)	2:23.84 (36.57)	
	3:00.46 (36.62)	3:37.44 (36.98) 4:14.35 (36.91)	4:51.63 (37.28)	
	5:28.68 (37.05)	6:04.58 (35.90)		
7 Lowder, Kaitlyn	18	Pacific Northwest Aquatics	6:41.02	6:12.17
	32.03	1:08.21 (36.18) 1:45.26 (37.05)	2:23.21 (37.95)	
	3:01.65 (38.44)	3:40.31 (38.66) 4:19.39 (39.08)	4:58.74 (39.35)	
	5:37.40 (38.66)	6:12.17 (34.77)		
--- Anderson, Sydney L	19	Pacific Northwest Aquatics	5:56.76	NS

Women 18-24 1000 Yard Freestyle

4 Anderson, Sydney L	19	Pacific Northwest Aquatics	12:28.00	11:58.89
	34.15	1:10.24 (36.09) 1:46.80 (36.56)	2:23.17 (36.37)	
	2:59.25 (36.08)	3:35.19 (35.94) 4:11.28 (36.09)	4:47.32 (36.04)	
	5:23.53 (36.21)	5:59.59 (36.06) 6:35.84 (36.25)	7:12.08 (36.24)	
	7:48.37 (36.29)	8:24.56 (36.19) 9:00.58 (36.02)	9:36.68 (36.10)	
	10:12.58 (35.90)	10:48.44 (35.86) 11:23.94 (35.50)	11:58.89 (34.95)	
5 Dowdle, Angela M	22	Pacific Northwest Aquatics	13:00.00	12:22.40
	33.18	1:09.34 (36.16) 1:46.25 (36.91)	2:22.68 (36.43)	
	2:59.57 (36.89)	3:36.45 (36.88) 4:13.87 (37.42)	4:51.20 (37.33)	
	5:28.73 (37.53)	6:06.48 (37.75) 6:44.09 (37.61)	7:21.72 (37.63)	
	7:59.99 (38.27)	8:37.62 (37.63) 9:15.19 (37.57)	9:52.55 (37.36)	
	10:30.36 (37.81)	11:08.66 (38.30) 11:46.06 (37.40)	12:22.40 (36.34)	

Women 18-24 50 Yard Breaststroke

6 Shtikel, Liliya D	21	Pacific Northwest Aquatics	33.54	33.97
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Women 18-24 100 Yard Breaststroke

5 Shtikel, Liliya D	21	Pacific Northwest Aquatics	1:13.59	1:12.94
	34.76	1:12.94 (38.18)		

Women 18-24 200 Yard Breaststroke

4 Shtikel, Liliya D	21	Pacific Northwest Aquatics	2:35.99	2:38.83
	35.45	1:15.45 (40.00) 1:56.24 (40.79)	2:38.83 (42.59)	

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 18-24 50 Yard Butterfly**

10	Lecoq, Michela M	19	Pacific Northwest Aquatics	29.96	29.69
17	Dowdle, Angela M	22	Pacific Northwest Aquatics	33.00	31.74

Women 18-24 100 Yard Butterfly

4	Lecoq, Michela M	19	Pacific Northwest Aquatics	1:06.68	1:04.77
	30.32		1:04.77 (34.45)		

Women 18-24 100 Yard IM

10	Shtikel, Liliya D	21	Pacific Northwest Aquatics	1:06.78	1:05.78
	30.86		1:05.78 (34.92)		

Women 18-24 200 Yard IM

6	Shtikel, Liliya D	21	Pacific Northwest Aquatics	2:25.77	2:26.65
	32.00		1:10.23 (38.23)	1:51.37 (41.14)	2:26.65 (35.28)

Women 18-24 400 Yard IM

5	Shtikel, Liliya D	21	Pacific Northwest Aquatics	5:18.64	5:15.54
	34.65		1:15.12 (40.47)	1:56.04 (40.92)	2:35.15 (39.11)
	3:16.97 (41.82)		4:00.27 (43.30)	4:38.82 (38.55)	5:15.54 (36.72)

Women 25-29 200 Yard Backstroke

8	Foley, Jacquelyn J	29	Pacific Northwest Aquatics	2:19.10	2:21.10
	33.21		1:08.56 (35.35)	1:45.11 (36.55)	2:21.10 (35.99)

Women 25-29 400 Yard IM

11	Foley, Jacquelyn J	29	Pacific Northwest Aquatics	5:14.00	5:12.23
	33.61		1:12.86 (39.25)	1:51.12 (38.26)	2:28.77 (37.65)
	3:14.17 (45.40)		4:00.74 (46.57)	4:36.40 (35.66)	5:12.23 (35.83)

Women 30-34 50 Yard Freestyle

16	Coulter, Tamara A	34	Pacific Northwest Aquatics	25.49	26.75
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Women 30-34 50 Yard Backstroke

3	Coulter, Tamara A	34	Pacific Northwest Aquatics	28.52	29.52
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Women 30-34 100 Yard Backstroke

5	Coulter, Tamara A	34	Pacific Northwest Aquatics	1:01.62	1:03.22
	30.52		1:03.22 (32.70)		

Women 30-34 200 Yard Backstroke

4	Coulter, Tamara A	34	Pacific Northwest Aquatics	2:15.46	2:19.06
	32.51		1:07.26 (34.75)	1:42.90 (35.64)	2:19.06 (36.16)

Women 30-34 50 Yard Butterfly

4	Coulter, Tamara A	34	Pacific Northwest Aquatics	27.59	28.17
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Women 30-34 100 Yard IM

8	Coulter, Tamara A	34	Pacific Northwest Aquatics	1:03.91	1:04.94
	28.76		1:04.94 (36.18)		

Women 35-39 50 Yard Freestyle

5	Jeter, Kimberly S	39	Pacific Northwest Aquatics	25.38	25.63
28	Ashmann, Chericka L	37	Pacific Northwest Aquatics	30.45	30.49

Women 35-39 100 Yard Freestyle

4	Jeter, Kimberly S	39	Pacific Northwest Aquatics	56.22	54.54
	26.91		54.54 (27.63)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****(Women 35-39 100 Yard Freestyle)**

18	Ashmann, Chericka L	37	Pacific Northwest Aquatics	1:11.94	1:10.48
	33.84		1:10.48 (36.64)		

Women 35-39 200 Yard Freestyle

---	Jeter, Kimberly S	39	Pacific Northwest Aquatics	2:05.22	NS
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Women 35-39 500 Yard Freestyle

2	Jeter, Kimberly S	39	Pacific Northwest Aquatics	5:35.18	5:25.37
	30.08		1:02.23 (32.15)	1:35.66 (33.43)	2:08.76 (33.10)
	2:41.76 (33.00)		3:14.64 (32.88)	3:47.73 (33.09)	4:20.74 (33.01)
	4:53.54 (32.80)		5:25.37 (31.83)		

Women 35-39 50 Yard Backstroke

11	Ashmann, Chericka L	37	Pacific Northwest Aquatics	38.62	35.42
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Women 35-39 100 Yard Backstroke

11	Whiteside, Tina	36	Pacific Northwest Aquatics	1:20.75	1:26.72
	41.53		1:26.72 (45.19)		

Women 35-39 200 Yard Backstroke

6	Whiteside, Tina	36	Pacific Northwest Aquatics	2:50.75	3:05.73
	43.27		1:30.68 (47.41)	2:19.10 (48.42)	3:05.73 (46.63)

Women 35-39 400 Yard IM

6	Whiteside, Tina	36	Pacific Northwest Aquatics	6:20.75	6:47.60
	44.15		1:40.61 (56.46)	2:31.56 (50.95)	3:20.97 (49.41)
	4:18.03 (57.06)		5:14.42 (56.39)	6:02.02 (47.60)	6:47.60 (45.58)

Women 40-44 50 Yard Freestyle

1	Hart, Sheri L	40	Pacific Northwest Aquatics	24.55	23.92Z
2	Armstrong, Mary C	43	Pacific Northwest Aquatics	25.62	25.38

Women 40-44 100 Yard Freestyle

1	Hart, Sheri L	40	Pacific Northwest Aquatics	52.99	51.86Z
	24.77		51.86 (27.09)		

Women 40-44 200 Yard Freestyle

2	Werner, Haleigh A	42	Pacific Northwest Aquatics	2:06.18	2:01.12P
	27.88		58.67 (30.79)	1:29.64 (30.97)	2:01.12 (31.48)
12	Sullivan, Suna	44	Pacific Northwest Aquatics	2:20.50	2:19.24
	32.33		1:07.09 (34.76)	1:43.18 (36.09)	2:19.24 (36.06)

Women 40-44 500 Yard Freestyle

2	Werner, Haleigh A	42	Pacific Northwest Aquatics	5:42.35	5:21.96P
	29.28		1:01.08 (31.80)	1:33.78 (32.70)	2:06.77 (32.99)
	2:39.85 (33.08)		3:12.66 (32.81)	3:45.35 (32.69)	4:18.22 (32.87)
	4:50.87 (32.65)		5:21.96 (31.09)		
20	Singer, Shannon R	41	Pacific Northwest Aquatics	7:15.00	7:22.73
	38.12		1:21.09 (42.97)	2:06.05 (44.96)	2:51.86 (45.81)
	3:37.94 (46.08)		4:24.16 (46.22)	5:10.32 (46.16)	5:56.54 (46.22)
	6:41.56 (45.02)		7:22.73 (41.17)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 40-44 1650 Yard Freestyle**

6 Singer, Shannon R	41 Pacific Northwest Aquatics	26:00.00	25:38.54
39.82	1:23.52 (43.70)	2:10.06 (46.54)	2:56.60 (46.54)
3:43.74 (47.14)	4:31.27 (47.53)	5:18.19 (46.92)	6:05.33 (47.14)
6:52.21 (46.88)	7:39.48 (47.27)	8:27.06 (47.58)	9:14.38 (47.32)
10:01.14 (46.76)	10:48.19 (47.05)	11:35.27 (47.08)	12:22.07 (46.80)
13:09.18 (47.11)	13:56.21 (47.03)	14:43.09 (46.88)	15:30.22 (47.13)
16:17.40 (47.18)	17:04.63 (47.23)	17:52.06 (47.43)	18:39.42 (47.36)
19:26.27 (46.85)	20:14.07 (47.80)	21:01.26 (47.19)	21:49.04 (47.78)
22:36.39 (47.35)	23:23.32 (46.93)	24:10.43 (47.11)	24:56.46 (46.03)
			25:38.54 (42.08)

Women 40-44 50 Yard Backstroke

1 Hart, Sheri L	40 Pacific Northwest Aquatics	26.99	26.12N
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Women 40-44 100 Yard Backstroke

1 Hart, Sheri L	40 Pacific Northwest Aquatics	57.50	56.03N
27.40	56.03 (28.63)		

Women 40-44 50 Yard Breaststroke

2 Armstrong, Mary C	43 Pacific Northwest Aquatics	32.50	32.07P
21 Sullivan, Suna	44 Pacific Northwest Aquatics	37.22	37.29

Women 40-44 100 Yard Breaststroke

6 Werner, Haleigh A	42 Pacific Northwest Aquatics	1:16.62	1:10.65
33.66	1:10.65 (36.99)		
7 Armstrong, Mary C	43 Pacific Northwest Aquatics	1:13.44	1:11.52
33.26	1:11.52 (38.26)		
22 Sullivan, Suna	44 Pacific Northwest Aquatics	1:21.62	1:21.75
38.22	1:21.75 (43.53)		

Women 40-44 200 Yard Breaststroke

3 Werner, Haleigh A	42 Pacific Northwest Aquatics	2:45.65	2:36.63Z
35.58	1:16.15 (40.57)	1:55.78 (39.63)	2:36.63 (40.85)
13 Sullivan, Suna	44 Pacific Northwest Aquatics	3:01.50	2:58.13
39.69	1:24.21 (44.52)	2:11.10 (46.89)	2:58.13 (47.03)

Women 40-44 50 Yard Butterfly

1 Hart, Sheri L	40 Pacific Northwest Aquatics	26.99	26.25Z
7 Armstrong, Mary C	43 Pacific Northwest Aquatics	28.68	28.09

Women 40-44 100 Yard Butterfly

5 Werner, Haleigh A	42 Pacific Northwest Aquatics	1:11.65	1:06.12
30.71	1:06.12 (35.41)		

Women 40-44 200 Yard Butterfly

--- Singer, Shannon R	41 Pacific Northwest Aquatics	3:30.00	SCR
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Women 40-44 100 Yard IM

1 Hart, Sheri L	40 Pacific Northwest Aquatics	59.99	58.38Z
26.25	58.38 (32.13)		
6 Armstrong, Mary C	43 Pacific Northwest Aquatics	1:05.61	1:04.44
30.32	1:04.44 (34.12)		
25 Sullivan, Suna	44 Pacific Northwest Aquatics	1:11.61	1:12.76
33.92	1:12.76 (38.84)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 40-44 200 Yard IM**

13 Sullivan, Suna	44 Pacific Northwest Aquatics	2:41.41	2:41.23
36.35	1:18.75 (42.40)	2:04.73 (45.98)	2:41.23 (36.50)

Women 40-44 400 Yard IM

2 Werner, Haleigh A	42 Pacific Northwest Aquatics	5:15.50	4:50.69Z
31.32	1:07.52 (36.20)	1:45.66 (38.14)	2:23.50 (37.84)
3:04.59 (41.09)	3:46.07 (41.48)	4:19.31 (33.24)	4:50.69 (31.38)

Women 45-49 50 Yard Freestyle

9 Dahl, Lisa A	49 Pacific Northwest Aquatics	24.63	26.00
17 Stenfjord, Tani R	45 Pacific Northwest Aquatics	27.34	26.88

Women 45-49 100 Yard Freestyle

8 Stenfjord, Tani R	45 Pacific Northwest Aquatics	59.24	58.06
28.45	58.06 (29.61)		
32 Whitney, Jamie F	46 Pacific Northwest Aquatics	1:06.48	1:10.86
34.16	1:10.86 (36.70)		

Women 45-49 200 Yard Freestyle

12 Stenfjord, Tani R	45 Pacific Northwest Aquatics	2:10.97	2:08.21
29.96	1:01.65 (31.69)	1:34.79 (33.14)	2:08.21 (33.42)

Women 45-49 500 Yard Freestyle

--- Stenfjord, Tani R	45 Pacific Northwest Aquatics	5:52.68	SCR
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Women 45-49 50 Yard Backstroke

14 Diddams, Margaret A	49 Pacific Northwest Aquatics	35.95	35.11
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Women 45-49 100 Yard Backstroke

15 Diddams, Margaret A	49 Pacific Northwest Aquatics	1:17.84	1:15.04
36.39	1:15.04 (38.65)		
16 Fordham, Jennifer	47 Pacific Northwest Aquatics	1:15.68	1:16.31
36.62	1:16.31 (39.69)		

Women 45-49 200 Yard Backstroke

8 Stenfjord, Tani R	45 Pacific Northwest Aquatics	2:32.40	2:28.15
35.22	1:12.31 (37.09)	1:50.08 (37.77)	2:28.15 (38.07)
17 Diddams, Margaret A	49 Pacific Northwest Aquatics	2:50.00	2:44.50
38.24	1:19.65 (41.41)	2:02.46 (42.81)	2:44.50 (42.04)
--- Fordham, Jennifer	47 Pacific Northwest Aquatics	2:43.99	NS

Women 45-49 50 Yard Breaststroke

19 Whitney, Jamie F	46 Pacific Northwest Aquatics	38.87	39.08
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Women 45-49 100 Yard Breaststroke

25 Whitney, Jamie F	46 Pacific Northwest Aquatics	1:28.07	1:28.21
41.38	1:28.21 (46.83)		

Women 45-49 50 Yard Butterfly

1 Dahl, Lisa A	49 Pacific Northwest Aquatics	26.36	27.87
15 Stenfjord, Tani R	45 Pacific Northwest Aquatics	31.76	29.98

Women 45-49 100 Yard IM

9 Dahl, Lisa A	49 Pacific Northwest Aquatics	1:02.87	1:06.18
30.90	1:06.18 (35.28)		
32 Fordham, Jennifer	47 Pacific Northwest Aquatics	1:21.39	1:17.90
36.32	1:17.90 (41.58)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****(Women 45-49 100 Yard IM)**

39	Whitney, Jamie F	46	Pacific Northwest Aquatics	1:18.19	1:23.32
	41.04		1:23.32 (42.28)		

Women 50-54 50 Yard Freestyle

26	Zappone, Peggy L	52	Pacific Northwest Aquatics	30.82	31.57
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Women 50-54 200 Yard Freestyle

15	Hickel, Jessie J	52	Pacific Northwest Aquatics	2:24.55	2:33.93
	35.37		1:14.03 (38.66) 1:54.20 (40.17)	2:33.93 (39.73)	

Women 50-54 500 Yard Freestyle

18	Shaw, Lucy M	52	Pacific Northwest Aquatics	6:52.72	6:43.43
	34.62		1:13.36 (38.74) 1:53.40 (40.04)	2:34.07 (40.67)	
	3:14.83 (40.76)		3:56.31 (41.48) 4:38.38 (42.07)	5:20.73 (42.35)	
	6:03.41 (42.68)		6:43.43 (40.02)		

19	Hickel, Jessie J	52	Pacific Northwest Aquatics	6:31.00	6:44.28
	36.79		1:16.02 (39.23) 1:58.49 (42.47)	2:40.92 (42.43)	
	3:22.56 (41.64)		4:04.11 (41.55) 4:44.78 (40.67)	5:25.45 (40.67)	
	6:05.67 (40.22)		6:44.28 (38.61)		

26	Underbrink, Mary	52	Pacific Northwest Aquatics	9:30.00	9:34.57
			1:39.47 ()		
	4:36.33 ()				
	8:39.41 ()		9:34.57 (55.16)		

Women 50-54 1000 Yard Freestyle

12	Hickel, Jessie J	52	Pacific Northwest Aquatics	13:30.31	13:47.24
	37.08		1:17.44 (40.36) 1:57.98 (40.54)	2:39.14 (41.16)	
	3:19.90 (40.76)		4:01.72 (41.82) 4:43.66 (41.94)	5:26.57 (42.91)	
	6:09.21 (42.64)		6:51.51 (42.30) 7:33.12 (41.61)	8:15.40 (42.28)	
	8:57.33 (41.93)		9:39.09 (41.76) 10:20.98 (41.89)	11:02.71 (41.73)	
	11:44.34 (41.63)		12:26.41 (42.07) 13:07.89 (41.48)	13:47.24 (39.35)	

Women 50-54 1650 Yard Freestyle

7	Shaw, Lucy M	52	Pacific Northwest Aquatics	24:13.45	22:53.24
			1:55.58 ()	2:36.55 (40.97)	
	3:18.13 (41.58)		3:59.95 (41.82) 4:41.50 (41.55)	5:23.46 (41.96)	
	6:05.53 (42.07)		6:47.37 (41.84) 7:29.00 (41.63)	8:11.25 (42.25)	
	8:53.20 (41.95)		9:35.03 (41.83) 10:16.92 (41.89)	10:58.73 (41.81)	
	11:40.99 (42.26)		12:23.41 (42.42) 13:05.33 (41.92)	13:47.07 (41.74)	
	14:28.31 (41.24)		15:10.09 (41.78) 15:52.19 (42.10)	16:34.62 (42.43)	
	17:16.93 (42.31)		17:58.37 (41.44) 18:40.64 (42.27)	19:22.67 (42.03)	
	20:05.54 (42.87)		20:47.80 (42.26) 21:30.54 (42.74)	22:12.93 (42.39)	22:53.24 (40.31)

Women 50-54 100 Yard Backstroke

18	Hickel, Jessie J	52	Pacific Northwest Aquatics	1:20.42	1:22.08
	40.46		1:22.08 (41.62)		

Women 50-54 50 Yard Breaststroke

11	Berg, Tonya K	52	Pacific Northwest Aquatics	36.00	36.35
20	Zappone, Peggy L	52	Pacific Northwest Aquatics	39.35	39.78

Women 50-54 100 Yard Breaststroke

10	Berg, Tonya K	52	Pacific Northwest Aquatics	1:20.00	1:18.01
	37.06		1:18.01 (40.95)		
24	Zappone, Peggy L	52	Pacific Northwest Aquatics	1:28.63	1:29.52
	41.78		1:29.52 (47.74)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 50-54 200 Yard Breaststroke**

8 Berg, Tonya K	52 Pacific Northwest Aquatics	2:55.00	2:51.84
38.75	1:21.97 (43.22)	2:06.71 (44.74)	2:51.84 (45.13)

Women 50-54 100 Yard IM

--- Underbrink, Mary	52 Pacific Northwest Aquatics	1:54.54	DQ
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Women 50-54 400 Yard IM

8 Hickel, Jessie J	52 Pacific Northwest Aquatics	6:04.09	6:07.29
42.80	1:33.85 (51.05)	2:19.96 (46.11)	3:06.89 (46.93)
3:59.50 (52.61)	4:50.50 (51.00)	5:30.77 (40.27)	6:07.29 (36.52)
9 Shaw, Lucy M	52 Pacific Northwest Aquatics	6:23.15	6:08.48
38.87	1:23.88 (45.01)	2:11.53 (47.65)	3:00.43 (48.90)
3:53.26 (52.83)	4:47.36 (54.10)	5:29.17 (41.81)	6:08.48 (39.31)

Women 55-59 50 Yard Freestyle

2 Lippold, Mary B	55 Pacific Northwest Aquatics	27.83	27.69
5 Glassman, Debbie A	57 Pacific Northwest Aquatics	28.70	28.30

Women 55-59 100 Yard Freestyle

8 Glassman, Debbie A	57 Pacific Northwest Aquatics	1:04.50	1:04.62
31.17	1:04.62 (33.45)		

Women 55-59 200 Yard Freestyle

3 Lippold, Mary B	55 Pacific Northwest Aquatics	2:15.00	2:18.41
32.02	1:06.52 (34.50)	1:42.87 (36.35)	2:18.41 (35.54)

Women 55-59 500 Yard Freestyle

14 Chapman, Linda	55 Pacific Northwest Aquatics	7:10.00	7:33.04
38.87	1:22.79 (43.92)	2:08.68 (45.89)	2:54.40 (45.72)
3:40.66 (46.26)	4:27.32 (46.66)	5:14.23 (46.91)	6:00.61 (46.38)
6:47.79 (47.18)	7:33.04 (45.25)		
--- Gundred, Barb L	59 Pacific Northwest Aquatics	6:30.05	SCR

Women 55-59 1000 Yard Freestyle

2 Lippold, Mary B	55 Pacific Northwest Aquatics	12:46.50	12:24.66
33.90	1:10.57 (36.67)	1:48.05 (37.48)	2:26.15 (38.10)
3:03.93 (37.78)	3:41.75 (37.82)	4:19.78 (38.03)	4:57.52 (37.74)
5:35.30 (37.78)	6:12.99 (37.69)	6:50.28 (37.29)	7:27.58 (37.30)
8:04.86 (37.28)	8:42.19 (37.33)	9:19.85 (37.66)	9:57.28 (37.43)
10:34.29 (37.01)	11:11.65 (37.36)	11:48.59 (36.94)	12:24.66 (36.07)
--- Gundred, Barb L	59 Pacific Northwest Aquatics	13:13.01	SCR

Women 55-59 100 Yard Backstroke

7 Glassman, Debbie A	57 Pacific Northwest Aquatics	1:20.10	1:18.67
39.27	1:18.67 (39.40)		
--- Gundred, Barb L	59 Pacific Northwest Aquatics	1:16.10	NS

Women 55-59 200 Yard Backstroke

--- Gundred, Barb L	59 Pacific Northwest Aquatics	2:40.22	NS
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Women 55-59 50 Yard Breaststroke

13 Chapman, Linda	55 Pacific Northwest Aquatics	42.10	40.94
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Women 55-59 100 Yard Breaststroke

13 Chapman, Linda	55 Pacific Northwest Aquatics	1:35.50	1:29.80
42.57	1:29.80 (47.23)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 55-59 200 Yard Breaststroke**

7 Chapman, Linda	55 Pacific Northwest Aquatics	3:24.50	3:19.51
44.03	1:33.68 (49.65)	2:25.51 (51.83)	3:19.51 (54.00)

Women 55-59 50 Yard Butterfly

3 Lippold, Mary B	55 Pacific Northwest Aquatics	33.50	31.16
6 Glassman, Debbie A	57 Pacific Northwest Aquatics	31.90	31.82

Women 55-59 100 Yard Butterfly

2 Lippold, Mary B	55 Pacific Northwest Aquatics	1:10.70	1:08.61
32.41	1:08.61 (36.20)		
5 Glassman, Debbie A	57 Pacific Northwest Aquatics	1:14.90	1:14.52
33.64	1:14.52 (40.88)		

Women 55-59 200 Yard Butterfly

3 Lippold, Mary B	55 Pacific Northwest Aquatics	2:37.00	2:39.75Z
34.86	1:14.20 (39.34)	1:56.77 (42.57)	2:39.75 (42.98)

Women 55-59 100 Yard IM

8 Glassman, Debbie A	57 Pacific Northwest Aquatics	1:17.90	1:15.70
35.54	1:15.70 (40.16)		

Women 60-64 50 Yard Freestyle

4 Preissler, Stella	62 Pacific Northwest Aquatics	31.25	30.50
8 Dillon, Sally A	64 Pacific Northwest Aquatics	31.90	32.17
9 LeClercq, Toni M	63 Pacific Northwest Aquatics	31.89	32.48

Women 60-64 100 Yard Freestyle

5 Preissler, Stella	62 Pacific Northwest Aquatics	1:07.25	1:07.20
32.44	1:07.20 (34.76)		
7 Dillon, Sally A	64 Pacific Northwest Aquatics	1:08.97	1:09.29
33.34	1:09.29 (35.95)		

Women 60-64 200 Yard Freestyle

1 Davis, Charlotte M	61 Pacific Northwest Aquatics	2:15.50	2:13.65N
31.33	1:05.62 (34.29)	1:40.30 (34.68)	2:13.65 (33.35)
5 Preissler, Stella	62 Pacific Northwest Aquatics	2:32.34	2:30.36
35.91	1:12.84 (36.93)	1:50.96 (38.12)	2:30.36 (39.40)
6 Dillon, Sally A	64 Pacific Northwest Aquatics	2:30.30	2:30.89
34.55	1:12.94 (38.39)	1:51.86 (38.92)	2:30.89 (39.03)
10 Welch, Sarah	64 Pacific Northwest Aquatics	2:39.29	2:44.35
36.31	1:18.95 (42.64)	2:02.76 (43.81)	2:44.35 (41.59)

Women 60-64 500 Yard Freestyle

1 Davis, Charlotte M	61 Pacific Northwest Aquatics	6:04.00	5:57.32N
33.35	1:09.92 (36.57)	1:46.54 (36.62)	2:23.40 (36.86)
3:00.27 (36.87)	3:36.15 (35.88)	4:11.88 (35.73)	4:48.32 (36.44)
5:23.87 (35.55)	5:57.32 (33.45)		
--- Casey, Kathrine J	62 Pacific Northwest Aquatics	7:40.04	SCR

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 60-64 1650 Yard Freestyle**

3	Dillon, Sally A	64	Pacific Northwest Aquatics	23:35.36	23:54.57
			1:58.30 ()	2:40.93 (42.63)	
	3:23.94 (43.01)		4:07.81 (43.87)	4:51.75 (43.94)	5:35.65 (43.90)
	6:19.78 (44.13)		7:03.75 (43.97)	7:47.51 (43.76)	8:31.60 (44.09)
	9:16.08 (44.48)		10:00.07 (43.99)	10:44.42 (44.35)	11:28.57 (44.15)
	12:13.18 (44.61)		12:58.04 (44.86)	13:42.88 (44.84)	14:28.10 (45.22)
	15:12.76 (44.66)		15:57.16 (44.40)	16:41.30 (44.14)	17:25.75 (44.45)
	18:09.70 (43.95)		18:53.03 (43.33)	19:36.73 (43.70)	20:20.87 (44.14)
	21:03.88 (43.01)		21:47.22 (43.34)	22:30.93 (43.71)	23:12.91 (41.98)
					23:54.57 (41.66)
5	Sutherland, Kate	63	Pacific Northwest Aquatics	35:35.00	34:33.77
	51.79		1:52.24 (1:00.45)	2:53.70 (1:01.46)	3:56.80 (1:03.10)
	4:58.79 (1:01.99)		6:00.92 (1:02.13)	7:03.79 (1:02.87)	8:05.95 (1:02.16)
	9:08.32 (1:02.37)		10:11.26 (1:02.94)	11:13.53 (1:02.27)	12:16.69 (1:03.16)
	13:20.06 (1:03.37)		14:22.68 (1:02.62)	15:25.91 (1:03.23)	16:28.34 (1:02.43)
	17:29.95 (1:01.61)		18:32.86 (1:02.91)	19:34.69 (1:01.83)	20:37.55 (1:02.86)
	21:41.55 (1:04.00)		22:44.26 (1:02.71)	23:48.47 (1:04.21)	24:53.79 (1:05.32)
	25:58.69 (1:04.90)		27:02.97 (1:04.28)	28:08.16 (1:05.19)	29:12.80 (1:04.64)
	30:16.92 (1:04.12)		31:21.61 (1:04.69)	32:26.17 (1:04.56)	33:30.38 (1:04.21)
					34:33.77 (1:03.39)

Women 60-64 50 Yard Backstroke

2	Davis, Charlotte M	61	Pacific Northwest Aquatics	33.00	32.56Z
3	Preissler, Stella	62	Pacific Northwest Aquatics	36.50	36.35
---	Casey, Kathrine J	62	Pacific Northwest Aquatics	44.50	NS

Women 60-64 100 Yard Backstroke

2	Davis, Charlotte M	61	Pacific Northwest Aquatics	1:12.50	1:09.38N
	34.38		1:09.38 (35.00)		
5	Preissler, Stella	62	Pacific Northwest Aquatics	1:20.50	1:20.28
	38.71		1:20.28 (41.57)		
---	Casey, Kathrine J	62	Pacific Northwest Aquatics	1:35.22	NS

Women 60-64 200 Yard Backstroke

4	Preissler, Stella	62	Pacific Northwest Aquatics	2:54.65	2:58.13
	40.24		1:24.77 (44.53)	2:10.71 (45.94)	2:58.13 (47.42)
---	Casey, Kathrine J	62	Pacific Northwest Aquatics	3:15.40	NS
	3:20.05				

Women 60-64 50 Yard Breaststroke

3	LeClercq, Toni M	63	Pacific Northwest Aquatics	41.37	41.35
5	Dillon, Sally A	64	Pacific Northwest Aquatics	41.62	42.30
11	Sutherland, Kate	63	Pacific Northwest Aquatics	51.24	52.68

Women 60-64 100 Yard Breaststroke

5	Dillon, Sally A	64	Pacific Northwest Aquatics	1:32.31	1:34.44
	43.96		1:34.44 (50.48)		
10	Sutherland, Kate	63	Pacific Northwest Aquatics	1:55.00	1:59.37
	56.37		1:59.37 (1:03.00)		

Women 60-64 50 Yard Butterfly

5	Welch, Sarah	64	Pacific Northwest Aquatics	35.26	35.04
6	LeClercq, Toni M	63	Pacific Northwest Aquatics	34.15	35.81

Women 60-64 100 Yard Butterfly

1	Davis, Charlotte M	61	Pacific Northwest Aquatics	1:11.00	1:06.86N
	32.81		1:06.86 (34.05)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****(Women 60-64 100 Yard Butterfly)**

7	Welch, Sarah	64	Pacific Northwest Aquatics	1:21.57	1:23.43
	40.03		1:23.43 (43.40)		
9	LeClercq, Toni M	63	Pacific Northwest Aquatics	1:23.14	1:24.53
	38.02		1:24.53 (46.51)		

Women 60-64 200 Yard Butterfly

2	Welch, Sarah	64	Pacific Northwest Aquatics	3:05.12	3:10.54
	41.47		1:29.74 (48.27) 2:19.58 (49.84) 3:10.54 (50.96)		

Women 60-64 100 Yard IM

5	LeClercq, Toni M	63	Pacific Northwest Aquatics	1:19.03	1:21.45
	37.55		1:21.45 (43.90)		

Women 60-64 200 Yard IM

3	LeClercq, Toni M	63	Pacific Northwest Aquatics	2:59.26	3:02.18
	38.21		1:27.32 (49.11) 2:20.06 (52.74) 3:02.18 (42.12)		
5	Welch, Sarah	64	Pacific Northwest Aquatics	3:00.25	3:05.75
	39.51		1:28.82 (49.31) 2:23.74 (54.92) 3:05.75 (42.01)		

Women 60-64 400 Yard IM

1	Davis, Charlotte M	61	Pacific Northwest Aquatics	5:27.00	5:20.51N
	33.42		1:10.47 (37.05) 1:52.45 (41.98) 2:33.51 (41.06)		
	3:21.05 (47.54)		4:09.04 (47.99) 4:46.08 (37.04) 5:20.51 (34.43)		
4	Welch, Sarah	64	Pacific Northwest Aquatics	6:23.24	6:36.57
	40.80		1:28.69 (47.89) 3:14.25 (1:45.56) 4:10.94 (56.69)		
			5:07.95 () 5:52.05 (44.10) 6:36.57 (44.52)		

Women 65-69 200 Yard Freestyle

2	Dills, Suzanne L	66	Pacific Northwest Aquatics	2:24.66	2:28.82
	34.43		1:11.63 (37.20) 1:50.19 (38.56) 2:28.82 (38.63)		

Women 65-69 500 Yard Freestyle

1	Dills, Suzanne L	66	Pacific Northwest Aquatics	6:29.37	6:38.21
	35.66		1:14.92 (39.26) 1:55.67 (40.75) 2:36.82 (41.15)		
	3:17.04 (40.22)		3:56.94 (39.90) 4:37.46 (40.52) 5:18.43 (40.97)		
	5:58.56 (40.13)		6:38.21 (39.65)		

Women 65-69 1650 Yard Freestyle

1	Dills, Suzanne L	66	Pacific Northwest Aquatics	22:44.53	22:32.74Z
	36.96		1:17.76 (40.80) 1:58.84 (41.08) 2:39.78 (40.94)		
	3:20.65 (40.87)		4:01.35 (40.70) 4:42.15 (40.80) 5:23.19 (41.04)		
	6:04.10 (40.91)		6:44.87 (40.77) 7:25.72 (40.85) 8:06.73 (41.01)		
	8:48.07 (41.34)		9:29.36 (41.29) 10:10.47 (41.11) 10:51.17 (40.70)		
	11:32.42 (41.25)		12:13.73 (41.31) 12:55.03 (41.30) 13:36.12 (41.09)		
	14:17.47 (41.35)		14:59.02 (41.55) 15:40.46 (41.44) 16:21.47 (41.01)		
	17:02.86 (41.39)		17:43.98 (41.12) 18:25.50 (41.52) 19:07.36 (41.86)		
	19:48.70 (41.34)		20:30.22 (41.52) 21:11.49 (41.27) 21:52.46 (40.97) 22:32.74 (40.28)		

Women 65-69 200 Yard Backstroke

2	Dills, Suzanne L	66	Pacific Northwest Aquatics	2:50.17	2:55.59
	41.15		1:25.32 (44.17) 2:09.74 (44.42) 2:55.59 (45.85)		

Women 65-69 200 Yard IM

2	Dills, Suzanne L	66	Pacific Northwest Aquatics	2:50.66	2:53.99
	37.37		1:22.91 (45.54) 2:15.27 (52.36) 2:53.99 (38.72)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 65-69 400 Yard IM**

2	Dills, Suzanne L	66	Pacific Northwest Aquatics	6:01.14	6:16.89
	41.66	1:32.62 (50.96)	2:20.32 (47.70)	3:07.75 (47.43)	
	4:01.94 (54.19)	4:56.73 (54.79)	5:36.80 (40.07)	6:16.89 (40.09)	

Women 70-74 50 Yard Backstroke

2	Getzendaner, Janet J	70	Pacific Northwest Aquatics	51.26	48.75
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Women 70-74 100 Yard Backstroke

3	Getzendaner, Janet J	70	Pacific Northwest Aquatics	1:58.05	1:44.41
	50.37	1:44.41 (54.04)			

Women 70-74 200 Yard Backstroke

3	Getzendaner, Janet J	70	Pacific Northwest Aquatics	4:02.97	3:50.29
	53.69	1:50.22 (56.53)	2:49.87 (59.65)	3:50.29 (1:00.42)	

Men 18-24 50 Yard Freestyle

1	Chapman, Chris J	24	Pacific Northwest Aquatics	22.02	21.56
19	Phelan, Cole E	19	Pacific Northwest Aquatics	24.50	23.83
29	Whitefield, Benjamin G	21	Pacific Northwest Aquatics	24.60	24.96

Men 18-24 100 Yard Freestyle

1	Chapman, Chris J	24	Pacific Northwest Aquatics	48.01	47.84
	23.13	47.84 (24.71)			
18	Phelan, Cole E	19	Pacific Northwest Aquatics	54.08	52.72
	25.36	52.72 (27.36)			
22	Whitefield, Benjamin G	21	Pacific Northwest Aquatics	54.01	53.49
	25.61	53.49 (27.88)			

Men 18-24 200 Yard Freestyle

16	Phelan, Cole E	19	Pacific Northwest Aquatics	2:05.81	2:00.42
	27.09	57.53 (30.44)	1:29.20 (31.67)	2:00.42 (31.22)	

Men 18-24 50 Yard Backstroke

8	Phelan, Cole E	19	Pacific Northwest Aquatics	30.50	28.12
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Men 18-24 100 Yard Backstroke

4	Chapman, Chris J	24	Pacific Northwest Aquatics	54.03	52.85
	25.53	52.85 (27.32)			
14	Phelan, Cole E	19	Pacific Northwest Aquatics	1:04.39	1:03.03
	30.03	1:03.03 (33.00)			

Men 18-24 50 Yard Butterfly

2	Chapman, Chris J	24	Pacific Northwest Aquatics	23.46	22.88Z
21	Whitefield, Benjamin G	21	Pacific Northwest Aquatics	27.76	29.07

Men 18-24 100 Yard Butterfly

3	Chapman, Chris J	24	Pacific Northwest Aquatics	52.17	50.62Z
	23.32	50.62 (27.30)			

Men 18-24 100 Yard IM

3	Chapman, Chris J	24	Pacific Northwest Aquatics	54.86	53.72Z
	24.69	53.72 (29.03)			
28	Whitefield, Benjamin G	21	Pacific Northwest Aquatics	1:04.94	1:05.29
	30.43	1:05.29 (34.86)			

Men 25-29 50 Yard Freestyle

14	Morin, Justin P	26	Pacific Northwest Aquatics	23.00	22.70
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2011 USMS Spring National Championships**Kino Aquatic Center****Results****Men 25-29 50 Yard Breaststroke**

9	Morin, Justin P	26	Pacific Northwest Aquatics	29.07	27.30P
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Men 25-29 100 Yard Breaststroke

7	Morin, Justin P	26	Pacific Northwest Aquatics	1:02.91	59.34
	27.89		59.34 (31.45)		

Men 25-29 100 Yard IM

16	Morin, Justin P	26	Pacific Northwest Aquatics	59.18	56.12
	26.73		56.12 (29.39)		

Men 35-39 50 Yard Freestyle

21	Urquhart, Mark J	36	Pacific Northwest Aquatics	24.40	23.55
35	Rice, Kenneth A	36	Pacific Northwest Aquatics	25.53	24.45

Men 35-39 100 Yard Freestyle

14	Urquhart, Mark J	36	Pacific Northwest Aquatics	54.40	50.85
	24.07		50.85 (26.78)		

Men 35-39 200 Yard Freestyle

10	Alex, Casey K	38	Pacific Northwest Aquatics	1:54.54	1:52.07
	26.12		54.48 (28.36) 1:23.31 (28.83)	1:52.07 (28.76)	
18	Walker, Jon A	36	Pacific Northwest Aquatics	1:53.00	1:54.94
	26.57		55.41 (28.84) 1:24.28 (28.87)	1:54.94 (30.66)	
19	Urquhart, Mark J	36	Pacific Northwest Aquatics	2:03.01	1:56.87
	26.09		55.43 (29.34) 1:25.03 (29.60)	1:56.87 (31.84)	

Men 35-39 500 Yard Freestyle

4	Walker, Jon A	36	Pacific Northwest Aquatics	5:10.00	5:13.75
	28.77		1:00.08 (31.31) 1:31.62 (31.54)	2:03.23 (31.61)	
	2:34.63 (31.40)		3:06.31 (31.68) 3:38.00 (31.69)	4:09.96 (31.96)	
	4:42.10 (32.14)		5:13.75 (31.65)		
---	Alex, Casey K	38	Pacific Northwest Aquatics	5:20.25	SCR

Men 35-39 1650 Yard Freestyle

2	Walker, Jon A	36	Pacific Northwest Aquatics	18:10.00	18:24.54
	29.69		1:02.42 (32.73) 1:35.36 (32.94)	2:08.35 (32.99)	
	2:41.53 (33.18)		3:14.74 (33.21) 3:47.97 (33.23)	4:21.15 (33.18)	
	4:54.56 (33.41)		5:27.71 (33.15) 6:00.76 (33.05)	6:33.90 (33.14)	
	7:07.21 (33.31)		7:40.48 (33.27) 8:13.87 (33.39)	8:47.27 (33.40)	
	9:21.00 (33.73)		9:54.16 (33.16) 10:28.06 (33.90)	11:01.77 (33.71)	
	11:35.77 (34.00)		12:09.88 (34.11) 12:43.93 (34.05)	13:17.83 (33.90)	
	13:51.87 (34.04)		14:25.97 (34.10) 14:59.85 (33.88)	15:34.16 (34.31)	
	16:08.64 (34.48)		16:43.31 (34.67) 17:17.80 (34.49)	17:51.74 (33.94)	18:24.54 (32.80)

Men 35-39 100 Yard Backstroke

10	Urquhart, Mark J	36	Pacific Northwest Aquatics	1:02.95	59.25
	28.21		59.25 (31.04)		

Men 35-39 50 Yard Butterfly

10	Alex, Casey K	38	Pacific Northwest Aquatics	25.94	24.73
23	Rice, Kenneth A	36	Pacific Northwest Aquatics	27.29	26.51

Men 35-39 100 Yard Butterfly

6	Alex, Casey K	38	Pacific Northwest Aquatics	57.59	54.31
	24.95		54.31 (29.36)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Men 35-39 100 Yard IM**

15	Alex, Casey K	38	Pacific Northwest Aquatics	59.73	57.42
	26.85		57.42 (30.57)		
23	Urquhart, Mark J	36	Pacific Northwest Aquatics	1:01.10	59.55
	26.81		59.55 (32.74)		

Men 35-39 200 Yard IM

11	Urquhart, Mark J	36	Pacific Northwest Aquatics	2:14.60	2:12.11
	26.95		1:01.00 (34.05) 1:40.14 (39.14) 2:12.11 (31.97)		

Men 35-39 400 Yard IM

6	Walker, Jon A	36	Pacific Northwest Aquatics	4:40.00	4:39.11
	28.59		1:02.49 (33.90) 1:38.86 (36.37) 2:14.67 (35.81)		
	2:54.79 (40.12)		3:36.66 (41.87) 4:08.73 (32.07) 4:39.11 (30.38)		

Men 40-44 50 Yard Freestyle

50	Smith, Bryan E	43	Pacific Northwest Aquatics	25.05	25.06
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Men 40-44 100 Yard Freestyle

39	Norman, Charles L	44	Pacific Northwest Aquatics	54.93	56.00
	26.59		56.00 (29.41)		
---	Nygren, Mats O	44	Pacific Northwest Aquatics	50.00	NS

Men 40-44 200 Yard Freestyle

10	Nelson, Kirk	40	Pacific Northwest Aquatics	1:50.13	1:53.41
	27.07		56.06 (28.99) 1:24.98 (28.92) 1:53.41 (28.43)		
---	Nygren, Mats O	44	Pacific Northwest Aquatics	1:48.00	NS

Men 40-44 500 Yard Freestyle

4	Kays, David E	43	Pacific Northwest Aquatics	4:57.00	5:01.75
	27.90		57.85 (29.95) 1:28.20 (30.35) 1:58.60 (30.40)		
	2:29.39 (30.79)		2:59.66 (30.27) 3:30.66 (31.00) 4:01.67 (31.01)		
	4:32.46 (30.79)		5:01.75 (29.29)		
7	Nelson, Kirk	40	Pacific Northwest Aquatics	4:57.89	5:11.29
	28.61		58.98 (30.37) 1:30.19 (31.21) 2:01.70 (31.51)		
	2:33.24 (31.54)		3:04.93 (31.69) 3:37.05 (32.12) 4:08.85 (31.80)		
	4:40.63 (31.78)		5:11.29 (30.66)		
---	Nygren, Mats O	44	Pacific Northwest Aquatics	4:55.00	SCR

Men 40-44 1000 Yard Freestyle

---	Nygren, Mats O	44	Pacific Northwest Aquatics	10:10.00	SCR
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Men 40-44 1650 Yard Freestyle

1	Kays, David E	43	Pacific Northwest Aquatics	17:29.00	17:14.19
	28.12		58.13 (30.01) 1:28.83 (30.70) 1:59.72 (30.89)		
	2:30.75 (31.03)		3:01.96 (31.21) 3:33.34 (31.38) 4:04.60 (31.26)		
	4:35.95 (31.35)		5:07.46 (31.51) 5:39.31 (31.85) 6:10.69 (31.38)		
	6:42.24 (31.55)		7:13.69 (31.45) 7:45.20 (31.51) 8:16.72 (31.52)		
	8:48.30 (31.58)		9:19.94 (31.64) 9:51.51 (31.57) 10:23.18 (31.67)		
	10:54.90 (31.72)		11:26.75 (31.85) 11:58.65 (31.90) 12:30.45 (31.80)		
	13:02.11 (31.66)		13:33.78 (31.67) 14:05.62 (31.84) 14:37.59 (31.97)		
	15:09.32 (31.73)		15:41.15 (31.83) 16:13.15 (32.00) 16:44.41 (31.26)		17:14.19 (29.78)

2011 USMS Spring National Championships**Kino Aquatic Center****Results****(Men 40-44 1650 Yard Freestyle)**

3	Nelson, Kirk	40	Pacific Northwest Aquatics	17:27.19	17:54.65
	28.55	59.68 (31.13)	1:31.20 (31.52)	2:03.31 (32.11)	
	2:35.32 (32.01)	3:07.48 (32.16)	3:40.02 (32.54)	4:12.85 (32.83)	
	4:45.63 (32.78)	5:18.82 (33.19)	5:51.92 (33.10)	6:24.88 (32.96)	
	6:57.82 (32.94)	7:30.86 (33.04)	8:04.07 (33.21)	8:37.34 (33.27)	
	9:10.46 (33.12)	9:43.45 (32.99)	10:16.49 (33.04)	10:49.59 (33.10)	
	11:22.39 (32.80)	11:55.51 (33.12)	12:28.63 (33.12)	13:01.63 (33.00)	
	13:34.54 (32.91)	14:07.54 (33.00)	14:40.35 (32.81)	15:13.41 (33.06)	
	15:46.22 (32.81)	16:19.51 (33.29)	16:52.10 (32.59)	17:24.22 (32.12)	17:54.65 (30.43)

Men 40-44 50 Yard Backstroke

17	Smith, Bryan E	43	Pacific Northwest Aquatics	29.55	30.08
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Men 40-44 100 Yard Backstroke

16	Smith, Bryan E	43	Pacific Northwest Aquatics	1:06.88	1:04.54
	31.02	1:04.54 (33.52)			
---	Nygren, Mats O	44	Pacific Northwest Aquatics	1:00.00	NS

Men 40-44 200 Yard Backstroke

---	Nygren, Mats O	44	Pacific Northwest Aquatics	2:04.00	NS
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Men 40-44 50 Yard Breaststroke

8	Doherty, Todd S	40	Pacific Northwest Aquatics	29.49	28.62
22	Norman, Charles L	44	Pacific Northwest Aquatics	33.35	32.04

Men 40-44 100 Yard Breaststroke

8	Doherty, Todd S	40	Pacific Northwest Aquatics	1:05.49	1:03.01
	29.66	1:03.01 (33.35)			
19	Norman, Charles L	44	Pacific Northwest Aquatics	1:11.28	1:09.25
	32.31	1:09.25 (36.94)			

Men 40-44 200 Yard Breaststroke

5	Doherty, Todd S	40	Pacific Northwest Aquatics	2:23.25	2:21.57
	31.76	1:07.77 (36.01)	1:44.11 (36.34)	2:21.57 (37.46)	
6	Kays, David E	43	Pacific Northwest Aquatics	2:25.00	2:22.34
	32.76	1:09.35 (36.59)	1:46.42 (37.07)	2:22.34 (35.92)	
13	Norman, Charles L	44	Pacific Northwest Aquatics	2:34.71	2:31.46
	33.36	1:11.21 (37.85)	1:50.68 (39.47)	2:31.46 (40.78)	

Men 40-44 50 Yard Butterfly

19	Doherty, Todd S	40	Pacific Northwest Aquatics	26.41	25.09
45	Smith, Bryan E	43	Pacific Northwest Aquatics	27.88	27.49
56	Norman, Charles L	44	Pacific Northwest Aquatics	27.13	28.46

Men 40-44 100 Yard Butterfly

30	Norman, Charles L	44	Pacific Northwest Aquatics	1:04.20	1:02.66
	29.21	1:02.66 (33.45)			

Men 40-44 200 Yard Butterfly

7	Kays, David E	43	Pacific Northwest Aquatics	2:06.00	2:08.18
	27.82	59.89 (32.07)	1:32.97 (33.08)	2:08.18 (35.21)	
12	Nelson, Kirk	40	Pacific Northwest Aquatics	2:06.72	2:12.67
	29.51	1:03.28 (33.77)	1:37.82 (34.54)	2:12.67 (34.85)	

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Men 40-44 100 Yard IM**

12	Doherty, Todd S	40	Pacific Northwest Aquatics	58.11	57.32
	26.93		57.32 (30.39)		
43	Smith, Bryan E	43	Pacific Northwest Aquatics	1:06.88	1:04.15
	29.41		1:04.15 (34.74)		

Men 40-44 200 Yard IM

4	Doherty, Todd S	40	Pacific Northwest Aquatics	2:08.11	2:07.68
	27.48		1:01.61 (34.13) 1:38.00 (36.39) 2:07.68 (29.68)		
7	Kays, David E	43	Pacific Northwest Aquatics	2:06.50	2:09.14
	28.03		1:03.43 (35.40) 1:40.28 (36.85) 2:09.14 (28.86)		
10	Nelson, Kirk	40	Pacific Northwest Aquatics	2:06.19	2:10.60
	28.38		1:02.70 (34.32) 1:41.42 (38.72) 2:10.60 (29.18)		

Men 40-44 400 Yard IM

2	Kays, David E	43	Pacific Northwest Aquatics	4:28.00	4:30.23
	28.46		1:00.91 (32.45) 1:37.96 (37.05) 2:14.77 (36.81)		
	2:52.94 (38.17)		3:30.56 (37.62) 4:01.35 (30.79) 4:30.23 (28.88)		
3	Nelson, Kirk	40	Pacific Northwest Aquatics	4:30.67	4:38.94
	29.49		1:03.32 (33.83) 1:40.12 (36.80) 2:16.02 (35.90)		
	2:56.52 (40.50)		3:37.09 (40.57) 4:09.18 (32.09) 4:38.94 (29.76)		

Men 45-49 100 Yard Freestyle

---	Valley, Eric	49	Pacific Northwest Aquatics	53.03	NS
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Men 45-49 200 Yard Freestyle

16	Valley, Eric	49	Pacific Northwest Aquatics	1:54.74	1:57.01
	27.93		57.60 (29.67) 1:27.36 (29.76) 1:57.01 (29.65)		

Men 45-49 500 Yard Freestyle

14	Valley, Eric	49	Pacific Northwest Aquatics	5:14.68	5:23.34
	30.13		1:02.75 (32.62) 1:35.53 (32.78) 2:08.43 (32.90)		
	2:41.22 (32.79)		3:14.07 (32.85) 3:46.96 (32.89) 4:20.07 (33.11)		
	4:52.54 (32.47)		5:23.34 (30.80)		

Men 45-49 50 Yard Butterfly

33	Martin, Rob D	45	Pacific Northwest Aquatics	27.81	28.11
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Men 45-49 100 Yard Butterfly

21	Martin, Rob D	45	Pacific Northwest Aquatics	1:02.25	1:02.85
	28.76		1:02.85 (34.09)		

Men 45-49 200 Yard Butterfly

11	Valley, Eric	49	Pacific Northwest Aquatics	2:24.42	2:16.39
	29.82		1:04.37 (34.55) 1:39.48 (35.11) 2:16.39 (36.91)		

Men 45-49 100 Yard IM

29	Martin, Rob D	45	Pacific Northwest Aquatics	1:08.76	1:05.61
	29.76		1:05.61 (35.85)		

Men 45-49 200 Yard IM

---	Valley, Eric	49	Pacific Northwest Aquatics	2:14.39	NS
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Men 45-49 400 Yard IM

11	Valley, Eric	49	Pacific Northwest Aquatics	4:51.58	4:53.68
	30.30		1:05.31 (35.01) 1:43.48 (38.17) 2:21.25 (37.77)		
	3:03.44 (42.19)		3:46.86 (43.42) 4:20.96 (34.10) 4:53.68 (32.72)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Men 50-54 50 Yard Freestyle**

31	Orr, James W	52	Pacific Northwest Aquatics	26.22	25.52
---	Gevers, Willy	51	Pacific Northwest Aquatics	25.94	NS

Men 50-54 100 Yard Freestyle

24	Orr, James W	52	Pacific Northwest Aquatics	57.26	56.08
	26.47	56.08 (29.61)			
---	Gevers, Willy	51	Pacific Northwest Aquatics	59.00	NS

Men 50-54 50 Yard Breaststroke

---	Gevers, Willy	51	Pacific Northwest Aquatics	31.97	NS
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Men 50-54 100 Yard Breaststroke

25	Gevers, Willy	51	Pacific Northwest Aquatics	1:13.11	1:12.16
	33.70	1:12.16 (38.46)			

Men 50-54 200 Yard Breaststroke

19	Underbrink, Dan	54	Pacific Northwest Aquatics	2:47.21	2:50.08
	38.95	1:21.45 (42.50)	2:06.57 (45.12)	2:50.08 (43.51)	
---	Gevers, Willy	51	Pacific Northwest Aquatics	2:40.01	NS

Men 50-54 50 Yard Butterfly

34	Orr, James W	52	Pacific Northwest Aquatics	30.20	29.15
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Men 50-54 100 Yard IM

36	Orr, James W	52	Pacific Northwest Aquatics	1:09.47	1:06.98
	29.61	1:06.98 (37.37)			
41	Gevers, Willy	51	Pacific Northwest Aquatics	1:07.01	1:09.98
	32.06	1:09.98 (37.92)			
44	Underbrink, Dan	54	Pacific Northwest Aquatics	1:11.93	1:11.24
	34.31	1:11.24 (36.93)			

Men 50-54 200 Yard IM

22	Underbrink, Dan	54	Pacific Northwest Aquatics	2:33.96	2:44.45
	35.57	1:20.07 (44.50)	2:07.73 (47.66)	2:44.45 (36.72)	

Men 55-59 50 Yard Freestyle

10	Graham, Donald	56	Pacific Northwest Aquatics	24.13	24.00
60	Keller, John W	55	Pacific Northwest Aquatics	27.37	27.42
---	Kendrick, James A	58	Pacific Northwest Aquatics	25.77	NS
---	Adcock, Richard P	55	Pacific Northwest Aquatics	29.50	NS

Men 55-59 100 Yard Freestyle

16	Kendrick, James A	58	Pacific Northwest Aquatics	57.81	55.43
	26.52	55.43 (28.91)			
43	Keller, John W	55	Pacific Northwest Aquatics	1:04.52	1:04.09
	28.77	1:04.09 (35.32)			
---	Adcock, Richard P	55	Pacific Northwest Aquatics	1:06.00	NS

Men 55-59 200 Yard Freestyle

15	Kendrick, James A	58	Pacific Northwest Aquatics	2:14.20	2:06.61
	29.74	1:02.22 (32.48)	1:34.48 (32.26)	2:06.61 (32.13)	
27	Keller, John W	55	Pacific Northwest Aquatics	2:38.18	2:23.40
	32.26	1:10.27 (38.01)	1:47.61 (37.34)	2:23.40 (35.79)	

Men 55-59 50 Yard Backstroke

5	Graham, Donald	56	Pacific Northwest Aquatics	28.05	28.67
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2011 USMS Spring National Championships**Kino Aquatic Center****Results****Men 55-59 100 Yard Backstroke**

---	Graham, Donald	56	Pacific Northwest Aquatics	1:02.30	NS
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Men 55-59 50 Yard Breaststroke

2	Colella, Rick	59	Pacific Northwest Aquatics	30.04	29.34
31	Reeder, Bill D	58	Pacific Northwest Aquatics	35.19	36.56
---	Adcock, Richard P	55	Pacific Northwest Aquatics	35.00	NS

Men 55-59 100 Yard Breaststroke

2	Colella, Rick	59	Pacific Northwest Aquatics	1:05.83	1:04.06
	30.24	1:04.06 (33.82)			
---	Adcock, Richard P	55	Pacific Northwest Aquatics	1:18.00	NS

Men 55-59 200 Yard Breaststroke

2	Colella, Rick	59	Pacific Northwest Aquatics	2:22.61	2:19.65
	32.20	1:08.35 (36.15)	1:43.95 (35.60)	2:19.65 (35.70)	

Men 55-59 50 Yard Butterfly

4	Graham, Donald	56	Pacific Northwest Aquatics	24.78	25.69
38	Keller, John W	55	Pacific Northwest Aquatics	31.16	30.54
42	Reeder, Bill D	58	Pacific Northwest Aquatics	31.57	32.36

Men 55-59 100 Yard Butterfly

2	Graham, Donald	56	Pacific Northwest Aquatics	57.65	57.85
	26.67	57.85 (31.18)			

Men 55-59 100 Yard IM

4	Colella, Rick	59	Pacific Northwest Aquatics	1:01.45	58.97
	27.93	58.97 (31.04)			
15	Graham, Donald	56	Pacific Northwest Aquatics	1:00.03	1:03.35
	29.02	1:03.35 (34.33)			
44	Reeder, Bill D	58	Pacific Northwest Aquatics	1:11.96	1:15.48
	35.28	1:15.48 (40.20)			
---	Adcock, Richard P	55	Pacific Northwest Aquatics	1:14.00	NS

Men 55-59 200 Yard IM

2	Colella, Rick	59	Pacific Northwest Aquatics	2:10.00	2:08.72
	28.38	1:02.78 (34.40)	1:38.85 (36.07)	2:08.72 (29.87)	

Men 55-59 400 Yard IM

2	Colella, Rick	59	Pacific Northwest Aquatics	4:36.70	4:35.84
	28.82	1:01.69 (32.87)	1:38.64 (36.95)	2:15.74 (37.10)	
	2:53.17 (37.43)	3:31.33 (38.16)	4:03.78 (32.45)	4:35.84 (32.06)	

Men 60-64 50 Yard Freestyle

---	Warner, Frank	62	Pacific Northwest Aquatics	28.00	NS
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Men 60-64 100 Yard Freestyle

16	Peterson, Steven B	64	Pacific Northwest Aquatics	1:04.80	1:05.15
	31.88	1:05.15 (33.27)			
---	Warner, Frank	62	Pacific Northwest Aquatics	1:00.60	NS

Men 60-64 200 Yard Freestyle

3	Bell, Alan	61	Pacific Northwest Aquatics	1:59.00	2:04.10
	29.15	1:01.13 (31.98)	1:33.72 (32.59)	2:04.10 (30.38)	
---	Warner, Frank	62	Pacific Northwest Aquatics	2:14.30	NS

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Men 60-64 500 Yard Freestyle**

3 Bell, Alan	61 Pacific Northwest Aquatics	5:25.00	5:32.69
30.66	1:04.01 (33.35)	1:38.35 (34.34)	2:12.58 (34.23)
2:46.59 (34.01)	3:20.67 (34.08)	3:54.94 (34.27)	4:28.91 (33.97)
5:02.30 (33.39)	5:32.69 (30.39)		

Men 60-64 1650 Yard Freestyle

2 Bell, Alan	61 Pacific Northwest Aquatics	18:40.00	19:06.93
30.95	1:04.40 (33.45)	1:38.45 (34.05)	2:12.88 (34.43)
2:47.30 (34.42)	3:21.73 (34.43)	3:56.33 (34.60)	4:30.93 (34.60)
5:05.61 (34.68)	5:40.30 (34.69)	6:14.84 (34.54)	6:49.49 (34.65)
7:24.54 (35.05)	7:59.31 (34.77)	8:34.12 (34.81)	9:09.15 (35.03)
9:44.04 (34.89)	10:19.19 (35.15)	10:54.43 (35.24)	11:29.15 (34.72)
12:04.38 (35.23)	12:39.88 (35.50)	13:14.75 (34.87)	13:49.99 (35.24)
14:25.52 (35.53)	15:01.39 (35.87)	15:36.90 (35.51)	16:12.43 (35.53)
16:48.31 (35.88)	17:23.63 (35.32)	17:59.13 (35.50)	18:34.31 (35.18)
			19:06.93 (32.62)

Men 60-64 50 Yard Backstroke

--- Warner, Frank	62 Pacific Northwest Aquatics	31.50	NS
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Men 60-64 100 Yard Backstroke

11 Walker, Thomas W	64 Pacific Northwest Aquatics	1:40.00	1:40.88
49.37	1:40.88 (51.51)		
--- Warner, Frank	62 Pacific Northwest Aquatics	1:12.50	NS

Men 60-64 200 Yard Backstroke

2 Bell, Alan	61 Pacific Northwest Aquatics	2:22.39	2:21.31
33.93	1:09.80 (35.87)	1:46.47 (36.67)	2:21.31 (34.84)
7 Warner, Frank	62 Pacific Northwest Aquatics	2:34.50	2:39.74
37.23	1:18.10 (40.87)	1:59.60 (41.50)	2:39.74 (40.14)
10 Walker, Thomas W	64 Pacific Northwest Aquatics	3:40.00	3:42.90
53.09	1:51.36 (58.27)	2:48.97 (57.61)	3:42.90 (53.93)

Men 60-64 50 Yard Breaststroke

14 Peterson, Steven B	64 Pacific Northwest Aquatics	33.80	34.39
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Men 60-64 100 Yard Breaststroke

11 Peterson, Steven B	64 Pacific Northwest Aquatics	1:14.80	1:14.82
36.54	1:14.82 (38.28)		

Men 60-64 200 Yard Breaststroke

--- Peterson, Steven B	64 Pacific Northwest Aquatics	2:44.50	DQ
Arms not in same horizontal plane			

Men 60-64 100 Yard Butterfly

5 Bell, Alan	61 Pacific Northwest Aquatics	1:00.00	1:02.49
30.18	1:02.49 (32.31)		

Men 60-64 200 Yard Butterfly

2 Bell, Alan	61 Pacific Northwest Aquatics	2:20.00	2:25.05
32.02	1:09.61 (37.59)	1:47.44 (37.83)	2:25.05 (37.61)

Men 60-64 100 Yard IM

18 Peterson, Steven B	64 Pacific Northwest Aquatics	1:13.70	1:13.24
36.87	1:13.24 (36.37)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Men 60-64 200 Yard IM**

10 Peterson, Steven B	64 Pacific Northwest Aquatics	2:41.90	2:43.55
36.25	1:21.22 (44.97)	2:05.47 (44.25)	2:43.55 (38.08)

Men 60-64 400 Yard IM

12 Walker, Thomas W	64 Pacific Northwest Aquatics	8:00.00	8:02.26
1:00.32	2:11.64 (1:11.32)	3:11.79 (1:00.15)	4:09.30 (57.51)
5:15.81 (1:06.51)	6:20.41 (1:04.60)	7:13.10 (52.69)	8:02.26 (49.16)

Men 65-69 50 Yard Freestyle

17 Sawyer, Dennis L	67 Pacific Northwest Aquatics	33.92	32.32
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Men 65-69 500 Yard Freestyle

1 McColly, Michael	65 Pacific Northwest Aquatics	5:58.05	5:51.87P
32.03	1:06.62 (34.59)	1:42.32 (35.70)	2:18.37 (36.05)
2:54.45 (36.08)	3:30.34 (35.89)	4:06.06 (35.72)	4:41.71 (35.65)
5:17.35 (35.64)	5:51.87 (34.52)		
12 Smith, William R	66 Pacific Northwest Aquatics	8:02.91	7:58.00
39.76	1:24.08 (44.32)	2:10.55 (46.47)	2:58.37 (47.82)
3:47.24 (48.87)	4:36.48 (49.24)	5:26.82 (50.34)	6:17.40 (50.58)
7:09.11 (51.71)	7:58.00 (48.89)		

Men 65-69 1000 Yard Freestyle

1 McColly, Michael	65 Pacific Northwest Aquatics	12:20.00	12:03.73P
32.53	1:07.49 (34.96)	1:43.35 (35.86)	2:19.93 (36.58)
2:56.49 (36.56)	3:33.40 (36.91)	4:09.77 (36.37)	4:46.36 (36.59)
5:22.68 (36.32)	5:58.90 (36.22)	6:35.35 (36.45)	7:11.63 (36.28)
7:48.14 (36.51)	8:24.77 (36.63)	9:01.21 (36.44)	9:38.23 (37.02)
10:14.84 (36.61)	10:51.49 (36.65)	11:28.17 (36.68)	12:03.73 (35.56)

Men 65-69 100 Yard Backstroke

3 McColly, Michael	65 Pacific Northwest Aquatics	1:12.00	1:08.35
33.18	1:08.35 (35.17)		

Men 65-69 200 Yard Backstroke

2 McColly, Michael	65 Pacific Northwest Aquatics	2:29.95	2:26.45Z
34.79	1:11.52 (36.73)	1:48.93 (37.41)	2:26.45 (37.52)

Men 65-69 50 Yard Breaststroke

6 Sawyer, Dennis L	67 Pacific Northwest Aquatics	37.53	37.23
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Men 65-69 100 Yard Breaststroke

7 Sawyer, Dennis L	67 Pacific Northwest Aquatics	1:25.93	1:23.57
40.13	1:23.57 (43.44)		
12 Smith, William R	66 Pacific Northwest Aquatics	1:38.43	1:36.24
44.94	1:36.24 (51.30)		

Men 65-69 200 Yard Breaststroke

5 Sawyer, Dennis L	67 Pacific Northwest Aquatics	3:13.93	3:13.61
42.17	1:30.62 (48.45)	2:22.21 (51.59)	3:13.61 (51.40)

Men 65-69 100 Yard IM

14 Sawyer, Dennis L	67 Pacific Northwest Aquatics	1:22.84	1:22.27
41.16	1:22.27 (41.11)		
17 Smith, William R	66 Pacific Northwest Aquatics	1:38.07	1:37.28
49.22	1:37.28 (48.06)		

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Men 65-69 200 Yard IM**

4	McColly, Michael	65	Pacific Northwest Aquatics	2:31.00	2:30.73P
	32.89	1:12.25 (39.36)	1:56.33 (44.08)	2:30.73 (34.40)	

Men 65-69 400 Yard IM

1	McColly, Michael	65	Pacific Northwest Aquatics	5:28.00	5:21.16P
	33.73	1:15.48 (41.75)	1:56.75 (41.27)	2:35.59 (38.84)	
	3:23.20 (47.61)	4:10.22 (47.02)	4:46.70 (36.48)	5:21.16 (34.46)	

Men 70-74 50 Yard Breaststroke

6	Truong, Dominique	72	Pacific Northwest Aquatics	41.15	42.68
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Men 70-74 100 Yard Breaststroke

5	Truong, Dominique	72	Pacific Northwest Aquatics	1:35.00	1:38.15
	44.91	1:38.15 (53.24)			

Men 85-89 50 Yard Freestyle

3	Roudebush, George M	86	Pacific Northwest Aquatics	53.32	52.58
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Men 85-89 500 Yard Freestyle

2	Roudebush, George M	86	Pacific Northwest Aquatics	13:14.90	13:30.59
	1:04.52	2:24.61 (1:20.09)	3:44.90 (1:20.29)	5:06.30 (1:21.40)	
	6:32.65 (1:26.35)	7:58.96 (1:26.31)	9:24.25 (1:25.29)	10:49.91 (1:25.66)	
	12:15.17 (1:25.26)	13:30.59 (1:15.42)			

Men 85-89 50 Yard Backstroke

2	Roudebush, George M	86	Pacific Northwest Aquatics	1:01.11	1:01.67
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Men 85-89 100 Yard Backstroke

3	Roudebush, George M	86	Pacific Northwest Aquatics	2:20.23	2:32.06
	1:11.94	2:32.06 (1:20.12)			

Men 85-89 200 Yard Backstroke

2	Roudebush, George M	86	Pacific Northwest Aquatics	5:04.07	5:19.74
	1:10.55	2:34.82 (1:24.27)	3:59.50 (1:24.68)	5:19.74 (1:20.24)	

Men 85-89 100 Yard IM

5	Roudebush, George M	86	Pacific Northwest Aquatics	2:54.62	2:38.60
	1:12.79	2:38.60 (1:25.81)			

Women 18+ 200 Yard Freestyle Relay

7	Pacific Northwest Aquatics	A	1:47.00	1:54.90
	1) Shtikel, Liliya D W21	2) Singer, Shannon R W41	3) Dowdle, Angela M W22	4) Coulter, Tamara A W34
	27.67	1:00.36 (32.69)	1:28.36 (28.00)	1:54.90 (26.54)

Women 18+ 200 Yard Medley Relay

6	Pacific Northwest Aquatics	A	2:00.00	2:01.37
	1) Coulter, Tamara A W34	2) Shtikel, Liliya D W21	3) Stenfjord, Tani R W45	4) Dowdle, Angela M W22
	29.81	1:03.54 (33.73)	1:32.94 (29.40)	2:01.37 (28.43)

Women 35+ 200 Yard Freestyle Relay

1	Pacific Northwest Aquatics	A	1:39.60	1:40.10Z
	1) Hart, Sheri L W40	2) Werner, Haleigh A W42	3) Armstrong, Mary C W43	4) Dahl, Lisa A W49
	24.17	49.17 (25.00)	1:14.56 (25.39)	1:40.10 (25.54)

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Women 35+ 200 Yard Medley Relay**

1 Pacific Northwest Aquatics	A	1:53.40	1:51.95Z
1) Hart, Sheri L W40	2) Werner, Haleigh A W42	3) Dahl, Lisa A W49	4) Jeter, Kimberly S W39
26.46	58.99 (32.53)	1:26.71 (27.72)	1:51.95 (25.24)

Women 45+ 200 Yard Freestyle Relay

9 Pacific Northwest Aquatics	A	1:58.40	1:58.99
1) Diddams, Margaret A W49	2) Fordham, Jennifer W47	3) Whitney, Jamie F W46	4) Stenfjord, Tani R W45
29.98	1:00.50 (30.52)	1:32.29 (31.79)	1:58.99 (26.70)

Women 45+ 200 Yard Medley Relay

12 Pacific Northwest Aquatics	A	2:17.70	2:21.28
1) Preissler, Stella W62	2) Berg, Tonya K W52	3) Whitney, Jamie F W46	4) Diddams, Margaret A W49
37.69	1:51.44 (1:13.75)	2:21.28 (29.84)	

Women 55+ 200 Yard Freestyle Relay

1 Pacific Northwest Aquatics	A	1:53.90	1:53.73N
1) Lippold, Mary B W55	2) Preissler, Stella W62	3) Glassman, Debbie A W57	4) Davis, Charlotte M W61
27.83	57.59 (29.76)	1:26.09 (28.50)	1:53.73 (27.64)
5 Pacific Northwest Aquatics	B	2:05.30	2:09.56
1) Dillon, Sally A W64	2) LeClercq, Toni M W63	3) Dills, Suzanne L W66	4) Welch, Sarah W64
32.69	1:04.88 (32.19)	1:37.35 (32.47)	2:09.56 (32.21)

Women 55+ 200 Yard Medley Relay

1 Pacific Northwest Aquatics	A	2:14.30	2:12.05Z
1) Davis, Charlotte M W61	2) Chapman, Linda W55	3) Glassman, Debbie A W57	4) Lippold, Mary B W55
33.38	1:13.74 (40.36)	1:44.95 (31.21)	2:12.05 (27.10)

Men 18+ 200 Yard Freestyle Relay

6 Pacific Northwest Aquatics	A	1:31.50	1:30.81
1) Morin, Justin P M26	2) Urquhart, Mark J M36	3) Whitefield, Benjamin G M21	4) Chapman, Chris J M24
22.57	45.47 (22.90)	1:09.77 (24.30)	1:30.81 (21.04)

Men 18+ 200 Yard Medley Relay

7 Pacific Northwest Aquatics	A	1:41.10	1:44.37
1) Chapman, Chris J M24	2) Rice, Kenneth A M36	3) Alex, Casey K M38	4) Walker, Jon A M36
24.70	56.28 (31.58)	1:20.72 (24.44)	1:44.37 (23.65)

Men 35+ 200 Yard Freestyle Relay

7 Pacific Northwest Aquatics	A	1:33.00	1:32.78
1) Kays, David E M43	2) Alex, Casey K M38	3) Nelson, Kirk M40	4) Doherty, Todd S M40
23.67	46.32 (22.65)	1:09.95 (23.63)	1:32.78 (22.83)
16 Pacific Northwest Aquatics	B	1:38.90	1:39.30
1) Norman, Charles L M44	2) Smith, Bryan E M43	3) Orr, James W M52	4) Walker, Jon A M36
25.81	50.64 (24.83)	1:15.79 (25.15)	1:39.30 (23.51)

Men 35+ 200 Yard Medley Relay

5 Pacific Northwest Aquatics	A	1:45.00	1:45.26P
1) Urquhart, Mark J M36	2) Doherty, Todd S M40	3) Nelson, Kirk M40	4) Kays, David E M43
27.65	55.83 (28.18)	1:22.10 (26.27)	1:45.26 (23.16)
18 Pacific Northwest Aquatics	B	1:58.00	1:59.25
1) Smith, Bryan E M43	2) Underbrink, Dan M54	3) Martin, Rob D M45	4) Orr, James W M52
30.20	1:06.57 (36.37)	1:34.67 (28.10)	1:59.25 (24.58)

Men 55+ 200 Yard Freestyle Relay

4 Pacific Northwest Aquatics	A	1:38.65	1:39.47P
1) Kendrick, James A M58	2) Bell, Alan M61	3) Colella, Rick M59	4) Graham, Donald M56
25.41	50.16 (24.75)	1:15.34 (25.18)	1:39.47 (24.13)

2011 USMS Spring National Championships**Kino Aquatic Center****Results****(Men 55+ 200 Yard Freestyle Relay)**

20 Pacific Northwest Aquatics	B	2:00.50	1:58.36
1) Peterson, Steven B M64	2) Sawyer, Dennis L M67	3) Reeder, Bill D M58	4) Keller, John W M55
29.99	1:01.96 (31.97)	1:31.52 (29.56)	1:58.36 (26.84)

Men 55+ 200 Yard Medley Relay

2 Pacific Northwest Aquatics	A	1:47.35	1:49.26P
1) Bell, Alan M61	2) Colella, Rick M59	3) Graham, Donald M56	4) Kendrick, James A M58
30.26	58.76 (28.50)	1:24.31 (25.55)	1:49.26 (24.95)
12 Pacific Northwest Aquatics	B	2:11.30	2:09.45
1) McColly, Michael M65	2) Peterson, Steven B M64	3) Keller, John W M55	4) Sawyer, Dennis L M67
32.46	1:06.86 (34.40)	1:37.35 (30.49)	2:09.45 (32.10)

Mixed 18+ 200 Yard Freestyle Relay

2 Pacific Northwest Aquatics	A	1:36.20	1:34.43
1) Chapman, Chris J M24	2) Coulter, Tamara A W34	3) Werner, Haleigh A W42	4) Morin, Justin P M26
21.54	47.54 (26.00)	1:12.45 (24.91)	1:34.43 (21.98)
13 Pacific Northwest Aquatics	B	1:42.16	1:44.30
1) Walker, Jon A M36	2) Dowdle, Angela M W22	3) Lecoq, Michela M W19	4) Whitefield, Benjamin G M21
24.26	52.06 (27.80)	1:19.92 (27.86)	1:44.30 (24.38)

Mixed 18+ 200 Yard Medley Relay

--- Pacific Northwest Aquatics	A	1:55.20	DQ
Stroke Infraction swimmer #2: One hand touch - breast			
1) Urquhart, Mark J M36	2) Shtikel, Liliya D W21	3) Walker, Jon A M36	4) Dowdle, Angela M W22

Mixed 25+ 200 Yard Medley Relay

7 Pacific Northwest Aquatics	A	1:48.50	1:47.04Z
1) Coulter, Tamara A W34	2) Morin, Justin P M26	3) Nelson, Kirk M40	4) Werner, Haleigh A W42
29.64	56.31 (26.67)	1:22.07 (25.76)	1:47.04 (24.97)

Mixed 35+ 200 Yard Freestyle Relay

2 Pacific Northwest Aquatics	A	1:34.60	1:35.72P
1) Kays, David E M43	2) Doherty, Todd S M40	3) Hart, Sheri L W40	4) Dahl, Lisa A W49
23.63	46.53 (22.90)	1:10.24 (23.71)	1:35.72 (25.48)
5 Pacific Northwest Aquatics	B	1:38.50	1:38.23
1) Alex, Casey K M38	2) Jeter, Kimberly S W39	3) Armstrong, Mary C W43	4) Urquhart, Mark J M36
23.32	49.41 (26.09)	1:14.87 (25.46)	1:38.23 (23.36)
24 Pacific Northwest Aquatics	C	1:45.30	1:48.60
1) Norman, Charles L M44	2) Sullivan, Suna W44	3) Ashmann, Chericka L W37	4) Rice, Kenneth A M36
25.86	54.92 (29.06)	1:24.62 (29.70)	1:48.60 (23.98)

Mixed 35+ 200 Yard Medley Relay

2 Pacific Northwest Aquatics	A	1:44.50	1:44.29Z
1) Hart, Sheri L W40	2) Doherty, Todd S M40	3) Dahl, Lisa A W49	4) Kays, David E M43
26.23	54.10 (27.87)	1:21.54 (27.44)	1:44.29 (22.75)
14 Pacific Northwest Aquatics	B	1:50.20	1:56.21
1) Ashmann, Chericka L W37	2) Armstrong, Mary C W43	3) Alex, Casey K M38	4) Rice, Kenneth A M36
35.78	1:07.97 (32.19)	1:32.15 (24.18)	1:56.21 (24.06)
37 Pacific Northwest Aquatics	C	2:22.00	2:24.83
1) Singer, Shannon R W41	2) Sullivan, Suna W44	3) Orr, James W M52	4) Walker, Thomas W M64
40.54	1:18.64 (38.10)	1:46.92 (28.28)	2:24.83 (37.91)

2011 USMS Spring National Championships**Kino Aquatic Center****Results****Mixed 45+ 200 Yard Freestyle Relay**

24 Pacific Northwest Aquatics	A	1:48.90	1:51.37
1) Orr, James W M52	2) Diddams, Margaret A W49	3) Whitney, Jamie F W46	4) Valley, Eric M49
25.32	55.55 (30.23)	1:26.79 (31.24)	1:51.37 (24.58)
30 Pacific Northwest Aquatics	B	1:55.90	1:55.58
1) Underbrink, Dan M54	2) Fordham, Jennifer W47	3) Welch, Sarah W64	4) Martin, Rob D M45
28.09	58.50 (30.41)	1:29.82 (31.32)	1:55.58 (25.76)

Mixed 45+ 200 Yard Medley Relay

19 Pacific Northwest Aquatics	A	2:03.80	2:04.22
1) Fordham, Jennifer W47	2) Berg, Tonya K W52	3) Martin, Rob D M45	4) Valley, Eric M49
35.03	1:11.13 (36.10)	1:39.05 (27.92)	2:04.22 (25.17)

Mixed 55+ 200 Yard Freestyle Relay

2 Pacific Northwest Aquatics	A	1:43.30	1:42.46Z
1) Bell, Alan M61	2) Graham, Donald M56	3) Lippold, Mary B W55	4) Davis, Charlotte M W61
25.28	48.54 (23.26)	1:15.54 (27.00)	1:42.46 (26.92)
9 Pacific Northwest Aquatics	B	1:51.15	1:52.80
1) Glassman, Debbie A W57	2) Keller, John W M55	3) Preissler, Stella W62	4) Kendrick, James A M58
28.49	56.42 (27.93)	1:27.68 (31.26)	1:52.80 (25.12)
17 Pacific Northwest Aquatics	C	2:08.40	2:08.91
1) Sawyer, Dennis L M67	2) Chapman, Linda W55	3) Dillon, Sally A W64	4) Peterson, Steven B M64
32.51	1:10.55 (38.04)	1:38.68 (28.13)	2:08.91 (30.23)

Mixed 55+ 200 Yard Medley Relay

1 Pacific Northwest Aquatics	A	1:54.80	1:53.26N
1) Graham, Donald M56	2) Colella, Rick M59	3) Davis, Charlotte M W61	4) Lippold, Mary B W55
28.12	56.35 (28.23)	1:25.99 (29.64)	1:53.26 (27.27)
8 Pacific Northwest Aquatics	B	2:05.40	2:08.24
1) Bell, Alan M61	2) Peterson, Steven B M64	3) Glassman, Debbie A W57	4) Welch, Sarah W64
31.15	1:04.71 (33.56)	1:36.20 (31.49)	2:08.24 (32.04)
13 Pacific Northwest Aquatics	C	2:12.30	2:16.70
1) McColly, Michael M65	2) Chapman, Linda W55	3) Kendrick, James A M58	4) Dills, Suzanne L W66
32.38	1:12.86 (40.48)	1:43.87 (31.01)	2:16.70 (32.83)
--- Pacific Northwest Aquatics	D	2:26.60	NS
1) Reeder, Bill D M58	2) Sutherland, Kate W63	3) Keller, John W M55	4) Dillon, Sally A W64
17.27	37.44 (20.17)		