

**Spokane Waves Aquatic Team
Third Annual Sink or Swim
Results - 10/23/10**

Women 18-24 50 Yard Free

IWM: 26.19I 2000 Zoe Baumann

NW Zone: 24.90Z 1990 Karen Seresun

Name	Age	Team	Finals Time
1 Keara Sheahan	22	SWAT-IW	28.71

Women 18-24 100 Yard Free

IWM: 58.13I 1994 Tracie Harang

NW Zone: 54.74Z 1997 Ila Barlean

1 Andrea Powell	18	HMS-IW	1:02.17
	29.50	1:02.17	

Women 18-24 1000 Yard Free

IWM: 13:11.16I 1988 Megan Frost

NW Zone: 11:00.74Z 1996 Christy Ryerson

1 Andrea Powell	18	HMS-IW	12:51.80I
	32.64	1:08.50	1:45.84
	3:02.28	3:41.00	4:20.07
	5:38.68	6:18.44	6:57.78
	8:02.22	8:17.35	8:56.87
	10:15.86	10:55.87	12:14.96

Women 18-24 50 Yard Back

IWM: 30.15I 2009 Elizabeth Hess

NW Zone: 28.57Z 2008 Shona Pierce

1 Keara Sheahan	22	SWAT-IW	34.66
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Women 18-24 50 Yard Breast

IWM: 34.88I 1989 Tracy Wright

NW Zone: 31.50Z 2007 Marion Gallagher

1 Keara Sheahan	22	SWAT-IW	37.84
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Women 18-24 100 Yard Breast

IWM: 1:16.19I 2009 Sheri Markwardt

NW Zone: 1:07.03Z 2007 Marion Gallagher

1 Andrea Powell	18	HMS-IW	1:22.01
	38.71	1:22.01	

Women 18-24 200 Yard Breast

IWM: 2:49.49I 1987 Lena Lemahai

NW Zone: 2:27.58Z 2007 Marion Gallagher

1 Andrea Powell	18	HMS-IW	3:08.41
	41.87	1:32.17	2:20.39
			3:08.41

Women 18-24 50 Yard Fly

IWM: 30.08I 1989 Tracy Wright

NW Zone: 27.00Z 1997 M. Jenkins

1 Keara Sheahan	22	SWAT-IW	31.96
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Women 18-24 100 Yard IM

IWM: 1:06.04I 1988 Jane Giese

NW Zone: 1:02.94Z 1992 Pamela Stalter

1 Keara Sheahan	22	SWAT-IW	1:15.20
	34.56	1:15.20	

Women 30-34 50 Yard Free

IWM: 26.75I 1985 Lori Clark

NW Zone: 24.29Z 1993 Gracie Goddard

1 Stephanie Swainston	32	LCM-IW	30.14
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Women 30-34 1000 Yard Free

IWM: 11:08.01I 1986 Catherine Chay

NW Zone: 10:59.15Z 1993 Ellen Ferguson

1 Nadine Lehrer	34	WVM-IW	16:00.04
	42.22	1:30.71	2:19.39
	3:56.50	4:45.52	5:34.37
	7:12.35	8:01.86	8:50.19
	10:27.70	11:15.52	12:04.16
	13:41.80	14:30.26	15:16.69
			16:00.04

Women 30-34 100 Yard Back

IWM: 1:03.78I 2007 Sally Parrish

NW Zone: 1:00.93Z 1992 Zena Herrmann

1 Nadine Lehrer	34	WVM-IW	1:37.86
	47.55	1:37.86	

Women 30-34 50 Yard Breast

IWM: 32.93I 1997 Vicki Marsh

NW Zone: 31.83Z 2002 Cara Hafner

1 Stephanie Swainston	32	LCM-IW	38.52
2 Nadine Lehrer	34	WVM-IW	45.89

Women 30-34 100 Yard Fly

IWM: 1:07.25I 1985 Catherine Chay

NW Zone: 59.07Z 2002 Kathy Blandford

1 Nadine Lehrer	34	WVM-IW	1:39.49
	47.07	1:39.49	

Women 30-34 100 Yard IM

IWM: 1:04.71I 1997 Vicki Marsh

NW Zone: 1:03.24Z 1997 Barbara Misener

1 Stephanie Swainston	32	LCM-IW	1:18.00
	37.49	1:18.00	

Women 30-34 400 Yard IM

IWM: 5:06.28I 1997 Jane Rockwell

NW Zone: 4:51.45Z 1999 Lisa Hjerpe

1 Nadine Lehrer	34	WVM-IW	6:42.59
	46.31	1:38.54	2:29.99
	4:16.55	5:12.90	5:59.34
			6:42.59

Women 35-39 200 Yard Free

IWM: 1:59.82I 2000 Susanne Simpson

NW Zone: 1:57.50Z 1995 Robynn Masters

1 Bridget McNassar	35	MCM-IW	2:39.37
	34.89	1:15.32	1:57.47
			2:39.37

Women 35-39 500 Yard Free

IWM: 5:23.09I 2000 Susanne Simpson

NW Zone: 5:13.65Z 1995 Robynn Masters

1 Bridget McNassar	35	MCM-IW	7:05.32
	36.26	1:18.19	2:01.21
	3:28.20	4:11.85	4:55.48
	6:23.64	7:05.32	
2 Angela Bunce	39	LCNM-IW	7:09.59
	38.75	1:20.14	2:03.16
	3:30.44	4:14.39	4:58.48
	6:26.44	7:09.59	5:42.32

Women 35-39 1000 Yard Free

IWM: 11:33.40I 2000 Susanne Simpson

NW Zone: 10:41.76Z 1995 Robynn Masters

1 Bridget McNassar	35	MCM-IW	14:06.62
	34.82	1:15.99	1:59.46
	4:09.78	4:52.92	5:35.71
	7:01.04	7:43.77	8:26.32
	9:52.31	10:35.69	11:18.52
	12:43.52	13:26.15	14:06.62
			14:06.62

Women 35-39 50 Yard Back

IWM: 31.22I 1999 Vicki Marsh

NW Zone: 28.10Z 2002 Valerie Jenkins

1 Bridget McNassar	35	MCM-IW	40.28
2 Angela Bunce	39	LCNM-IW	43.27

Women 35-39 100 Yard Back

IWM: 1:09.47I 2009 Jennifer Korfiati

NW Zone: 1:00.71Z 2004 Valerie Jenkins

1 Angela Bunce	39	LCNM-IW	1:29.10
	43.04	1:29.10	

Women 35-39 200 Yard Back

IWM: 2:26.45I 2000 Susanne Simpson

NW Zone: 2:10.93Z 1997 Zena Courtney

1 Bridget McNassar	35	MCM-IW	3:00.82
	42.82	1:28.24	2:15.12
			3:00.82

Women 35-39 50 Yard Fly

IWM: 28.02I 2000 Susanne Simpson

NW Zone: 27.59Z 2003 Valerie Jenkins

1 Angela Bunce	39	LCNM-IW	37.94
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Women 35-39 100 Yard IM

IWM: 1:06.91I 1990 Diane Giebel-Nues

NW Zone: 1:03.22Z 2002 Valerie Jenkins

1 Angela Bunce	39	LCNM-IW	1:25.17
	40.55	1:25.17	

Women 40-44 50 Yard Free

IWM: 26.49I 1997 Susan Kirkland

NW Zone: 24.87Z 2004 Lisa Dahl

1 Heidi Friedman	42	SWAT-IW	28.46
2 Paige Buehler	42	MCM-IW	29.94
3 Marie Eriksson	40	MCM-IW	32.90

Women 40-44 100 Yard Free

IWM: 57.20I 1997 Susan Kirkland

NW Zone: 55.73Z 2008 Valerie Jenkins

1 Heidi Friedman	42	SWAT-IW	1:04.45
	30.22	1:04.45	
2 Marie Eriksson	40	MCM-IW	1:14.96
	35.66	1:14.96	

Women 40-44 200 Yard Free

IWM: 1:56.14I 2002 Susanne Simpson

NW Zone: 1:56.14Z 2002 Susanne Simpson

1 Heidi Friedman	42	SWAT-IW	2:27.29
	32.53	1:09.17	1:48.18
			2:27.29

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Women 40-44 200 Yard Free

2	Paige Buehler	42	MCM-IW	2:34.00
	35.90	1:16.04	1:56.67	2:34.00

Women 40-44 500 Yard Free

IWM: 5:13.14I 2002 Susanne Simpson				
NW Zone: 5:13.14Z 2002 Susanne Simpson				
1	Paige Buehler	42	MCM-IW	6:57.43
	36.89	1:18.13	2:00.71	2:43.10
	3:25.76	4:08.11	4:50.08	5:33.13
	6:16.48	6:57.43		

Women 40-44 50 Yard Back

IWM: 32.21I 2007 Kris McQuire				
NW Zone: 27.12Z 2008 Valerie Jenkins				
1	Marie Eriksson	40	MCM-IW	42.06

Women 40-44 100 Yard Breast

IWM: 1:18.21I 1996 Margaret Hair				
NW Zone: 1:10.52Z 2009 Mary Armstrong				
1	Marie Eriksson	40	MCM-IW	1:31.58
	43.70	1:31.58		

Women 40-44 50 Yard Fly

IWM: 27.19I 2002 Susanne Simpson				
NW Zone: 27.19Z 2002 Susanne Simpson				
1	Heidi Friedman	42	SWAT-IW	32.48
2	Paige Buehler	42	MCM-IW	34.09

Women 40-44 100 Yard Fly

IWM: 59.72I 2001 Susanne Simpson				
NW Zone: 59.72Z 2001 Susanne Simpson				
1	Paige Buehler	42	MCM-IW	1:24.29
	37.90	1:24.29		

Women 40-44 100 Yard IM

IWM: 1:05.52I 1997 Susan Kirkland				
NW Zone: 1:03.11Z 2004 Valerie Jenkins				
1	Heidi Friedman	42	SWAT-IW	1:16.64
	36.56	1:16.64		
2	Marie Eriksson	40	MCM-IW	1:25.10
	40.90	1:25.10		

Women 45-49 50 Yard Free

IWM: 27.89I 2005 Karli Spear				
NW Zone: 24.73Z 2009 Lisa Dahl				
1	TinaMarie Bell	45	LCM-IW	36.27

Women 45-49 100 Yard Free

IWM: 59.83I 2005 Susanne Simpson				
NW Zone: 55.92Z 2003 K. Andres-Hughes				
1	Jane Borg	49	MLMR-IW	1:15.46
	36.15	1:15.46		
2	TinaMarie Bell	45	LCM-IW	1:26.15
	40.73	1:26.15		

Women 45-49 200 Yard Free

IWM: 1:59.87I 2005 Susanne Simpson				
NW Zone: 1:59.87Z 2005 Susanne Simpson				
1	Jane Borg	49	MLMR-IW	2:51.74
	39.34	1:21.80	2:06.71	2:51.74

Women 45-49 500 Yard Free

IWM: 5:22.00I 2005 Susanne Simpson				
NW Zone: 5:22.00Z 2005 Susanne Simpson				
1	TinaMarie Bell	45	LCM-IW	8:48.35
	44.13	1:35.83	2:20.91	3:23.06
	4:17.31	5:11.72	6:07.27	7:02.25
	7:50.99	8:48.35		

Women 45-49 50 Yard Back

IWM: 33.10I 2003 Jema Delistraty				
NW Zone: 28.70Z 2009 Valerie Jenkins				
1	TinaMarie Bell	45	LCM-IW	49.32

Women 45-49 50 Yard Breast

IWM: 37.62I 2007 Karli Spear				
NW Zone: 33.50Z 2009 Lisa Dahl				
1	TinaMarie Bell	45	LCM-IW	48.24

Women 50-54 50 Yard Free

IWM: 28.01I 2007 Margaret Hair				
NW Zone: 25.63Z 2008 K. Andrus-Hughes				
1	Cynthia Clutter	50	LCM-IW	35.21

Women 50-54 100 Yard Free

IWM: 1:06.07I 2006 Margaret Hair				
NW Zone: 56.59Z 2008 K. Andrus-Hughes				
1	Cynthia Clutter	50	LCM-IW	1:18.53
	38.23	1:18.53		

Women 50-54 200 Yard Free

IWM: 2:31.10I 2008 Margaret Hair				
NW Zone: 2:07.91Z 2007 Mary Lippold				
1	Cynthia Clutter	50	LCM-IW	2:46.67
	38.31	1:20.63	2:04.31	2:46.67

Women 50-54 500 Yard Free

IWM: 6:42.36I 2006 Margaret Hair				
NW Zone: 5:45.06Z 2002 Barb Gundred				
1	Cynthia Clutter	50	LCM-IW	7:12.76
	38.94	1:21.97	2:06.18	2:50.50
	3:34.64	4:18.11	5:02.34	5:46.99
	6:24.51	7:12.76		

Women 50-54 1000 Yard Free

IWM: 13:31.28I 2006 Margaret Hair				
NW Zone: 12:00.62Z 2002 Barb Gundred				
1	Cynthia Clutter	50	LCM-IW	14:19.73
	38.10	1:20.48	2:03.83	2:47.20
	3:30.80	4:13.99	4:57.44	5:41.12
	6:25.04	7:08.07	7:51.35	8:34.33
	9:17.49	10:01.37	10:45.00	11:28.66
	12:12.40	12:55.61	13:38.90	14:19.73

Women 55-59 50 Yard Free

IWM: 32.62I 2010 Margaret Hair				
NW Zone: 26.99Z 2009 Charlotte Davis				
1	Margaret Hair	55	LCM-IW	30.531
2	Teresa Wendel	57	WVM-IW	41.11

Women 55-59 100 Yard Free

IWM: 1:09.05I 2010 Margaret Hair				
NW Zone: 59.08Z 2005 Charlotte Davis				
1	Margaret Amara	58	MLMR-IW	1:28.03
	24.11	1:28.03		
2	Teresa Wendel	57	WVM-IW	1:35.98
	45.68	1:35.98		

Women 55-59 200 Yard Free

IWM: 2:32.66I 2004 Suzanne Dills				
NW Zone: 2:13.76Z 2006 Charlotte Davis				
1	Margaret Hair	55	LCM-IW	2:35.50
	36.05	1:15.77	1:55.82	2:35.50
2	Margaret Amara	58	MLMR-IW	3:11.21
	44.03	1:32.36	2:22.31	3:11.21

Women 55-59 1000 Yard Free

IWM: 13:47.11I 2004 Suzanne Dills				
NW Zone: 12:11.10Z 2007 Barb Gundred				
1	Sharon Underwood	55	SWAT-IW	17:06.36
	45.85	1:37.49	2:29.47	3:22.15
	4:14.86	5:06.59	5:59.51	6:52.00
	7:44.92	8:36.11	9:32.62	10:22.59
	11:15.09	12:05.77	12:57.14	13:15.08
	13:48.03	14:37.40	16:18.34	17:06.36

Women 55-59 50 Yard Back

IWM: 40.82I 2010 Margaret Hair				
NW Zone: 35.01Z 2000 Joy Ward				
1	Teresa Wendel	57	WVM-IW	52.76

Women 55-59 100 Yard Back

IWM: 1:20.36I 2004 Suzanne Dills				
NW Zone: 1:09.59Z 2007 Barb Gundred				
1	Teresa Wendel	57	WVM-IW	2:03.22
	1:01.59	2:03.22		

Women 55-59 200 Yard Breast

IWM: 3:29.84I 2004 Carolyn Magee				
NW Zone: 2:50.32Z 2008 Andra Jaunzeme				
1	Margaret Hair	55	LCM-IW	3:13.391
	44.15	1:32.91	2:23.03	3:13.39

Women 55-59 50 Yard Fly

IWM: 36.58I 2010 Margaret Hair				
NW Zone: 29.90Z 2006 Charlotte Davis				
1	Margaret Hair	55	LCM-IW	35.001

**Spokane Waves Aquatic Team
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Women 55-59 400 Yard IM

IWM: 5:54.39I 2004 Suzanne Dills

NW Zone: 5:20.36Z 2007 Charlotte Davis

1	Margaret Hair	55	LCM-IW	6:07.95
		38.95	1:21.51	2:06.62
		3:54.67	4:46.00	5:27.27
				6:07.95

Women 60-64 50 Yard Free

IWM: 34.23I 2005 Suzanne Dills

NW Zone: 30.06Z 2007 Sarah Welch

1	Jett Vallandigham	64	MCM-IW	52.00
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Women 60-64 100 Yard Free

IWM: 1:10.38I 2005 Suzanne Dills

NW Zone: 1:06.70Z 2007 Sally Dillon

1	Jett Vallandigham	64	MCM-IW	1:54.43
		54.45	1:54.43	

Women 60-64 200 Yard Free

IWM: 2:26.19I 2006 Suzanne Dills

NW Zone: 2:25.85Z 1995 Lavelle Stoinoff

1	Jett Vallandigham	64	MCM-IW	4:25.51
		57.79	2:03.16	3:14.20
				4:25.51

Women 60-64 50 Yard Back

IWM: 44.98I 1990 Peggy Knowles

NW Zone: 36.14Z 2002 Barbara Frid

1	Shirley Schreiber	63	WVM-IW	48.01
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Women 60-64 100 Yard Back

IWM: 1:36.96I 2007 Carolyn MaGee

NW Zone: 1:19.07Z 2006 Joy Ward

1	Shirley Schreiber	63	WVM-IW	1:45.71
		51.76	1:45.71	

Women 60-64 50 Yard Breast

IWM: 45.62I 2010 Gloria Waggoner

NW Zone: 36.30Z 2006 Ginger Pierson

1	Jett Vallandigham	64	MCM-IW	58.77
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Women 60-64 100 Yard Breast

IWM: 1:39.38I 2010 Gloria Waggoner

NW Zone: 1:19.98Z 2008 Ginger Pierson

1	Shirley Schreiber	63	WVM-IW	1:49.48
		52.20	1:49.48	
2	Jett Vallandigham	64	MCM-IW	2:11.88
		1:01.22	2:11.88	

Women 60-64 50 Yard Fly

IWM: 35.77I 2005 Suzanne Dills

NW Zone: 32.43Z 2003 Joy Ward

1	Shirley Schreiber	63	WVM-IW	49.68
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Women 60-64 100 Yard IM

IWM: 1:17.73I 2005 Suzanne Dills

NW Zone: 1:17.73Z 2005 Suzanne Dills

1	Shirley Schreiber	63	WVM-IW	1:44.45
		50.53	1:44.45	

Women 75-79 200 Yard Back

NW Zone: 3:44.83Z 2005 Barbara Jackson

1	Peony Munger	75	WVM-IW	5:08.31
		1:12.91	2:34.11	3:52.96
				5:08.31

Women 75-79 50 Yard Breast

IWM: 1:07.74I 2007 Madonna Buder

NW Zone: 54.09Z 1999 Muriel Flynn

1	Peony Munger	75	WVM-IW	1:06.56I
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Women 75-79 50 Yard Fly

IWM: 1:42.42I 2010 Jane Haase

NW Zone: 52.91Z 2000 Betty Kercheval

1	Peony Munger	75	WVM-IW	1:18.61I
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Women 75-79 100 Yard Fly

IWM: 3:02.90I 2010 Peony Munger

NW Zone: 2:07.36Z 2000 Betty Kercheval

1	Peony Munger	75	WVM-IW	3:10.87
		1:31.04	3:10.87	

Women 75-79 200 Yard Fly

IWM: 6:13.77I 2010 Peony Munger

NW Zone: 5:15.05Z 1992 Pat Matthiesen

1	Peony Munger	75	WVM-IW	6:22.48
		1:32.21	3:14.29	4:51.25
				6:22.48

Women 80-84 50 Yard Free

IWM: 1:04.01I 2005 Jean Rudolph

NW Zone: 49.69Z 2004 Muriel Flynn

1	Madonna Buder	80	UNAT-IW	53.23I
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Women 80-84 100 Yard Free

IWM: 2:20.92I 2003 Jean Rudolph

NW Zone: 1:53.13Z 2002 Pauline Stangel

1	Madonna Buder	80	UNAT-IW	1:57.95I
		55.37	1:57.95	

Women 80-84 1000 Yard Free

NW Zone: 25:39.47Z 2005 Pauline Stangel

1	Madonna Buder	80	UNAT-IW	21:57.77Z
		55.06	3:05.64	4:13.88
		5:18.82	6:24.77	7:32.74
		9:44.95	10:52.65	11:59.27
		14:12.31	15:19.93	16:27.05
		18:40.51	19:46.62	20:53.14
				21:57.77

Women 80-84 100 Yard Breast

IWM: 3:15.28I 2003 Jean Rudolph

NW Zone: 2:01.00Z 2003 Muriel Flynn

1	Madonna Buder	80	UNAT-IW	2:39.11I
		1:13.59	2:39.11	

Women 80-84 50 Yard Fly

NW Zone: 1:07.69Z 2007 Betty Kercheval

---	Madonna Buder	80	UNAT-IW	DQ
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Men 18-24 50 Yard Free

IWM: 21.89I 1985 Don Moravec

NW Zone: 20.41Z 2000 Michael Burton

1	Eric Williamson	19	CWST-IW	24.34
2	Christopher Pearce	20	CWST-IW	24.35
3	Neville Gough	22	SWAT-IW	24.37

Men 18-24 100 Yard Free

IWM: 47.93I 2007 Jason Lyons

NW Zone: 45.90Z 1992 John Keppeler

1	Baden Sprinkle	22	CWST-IW	51.88
		24.96	51.88	
2	Christopher Pearce	20	CWST-IW	54.66
		25.19	54.66	
3	Matthew Edde	21	MCM-IW	55.47
		26.47	55.47	
4	Neville Gough	22	SWAT-IW	58.48
		28.14	58.48	

Men 18-24 200 Yard Free

IWM: 1:50.60I 1985 Don Moravec

NW Zone: 1:41.45Z 1992 John Keppeler

1	Christopher Pearce	20	CWST-IW	2:12.56
		29.17	1:02.22	1:37.85
				2:12.56
2	Matthew Edde	21	MCM-IW	2:24.39
		33.59	1:07.60	1:45.86
				2:24.39

Men 18-24 500 Yard Free

IWM: 5:00.07I 2007 Jason Lyons

NW Zone: 4:49.97Z 2007 David Whitbeck

1	Baden Sprinkle	22	CWST-IW	5:29.47
		27.72	58.63	1:30.54
		2:37.45	3:11.64	3:46.72
		4:56.40	5:29.47	
2	Matthew Peterson	20	CWST-IW	6:08.16
		29.29	1:02.33	1:37.13
		2:53.67	3:32.20	4:11.54
		5:30.38	6:08.16	4:51.05

Men 18-24 50 Yard Back

IWM: 26.51I 2010 Anthony Tappin

NW Zone: 24.19Z 1992 John Keppeler

1	Baden Sprinkle	22	CWST-IW	28.43
2	Neville Gough	22	SWAT-IW	29.65
3	Eric Williamson	19	CWST-IW	31.58

Men 18-24 200 Yard Back

IWM: 2:12.60I 2000 Bruce Crist

NW Zone: 1:50.28Z 1992 John Keppeler

1	Baden Sprinkle	22	CWST-IW	2:14.80
		30.12	1:04.03	1:39.58
				2:14.80

Men 18-24 50 Yard Breast

IWM: 29.28I 1976 Marty Mott

NW Zone: 25.64Z 2000 Michael Burton

1	Neville Gough	22	SWAT-IW	33.78
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**Spokane Waves Aquatic Team
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Men 18-24 100 Yard Breast

IWM: 1:05.03I 2009 Dustin Ferguson

NW Zone: 55.86Z 2000 Michael Burton

1	Matthew Edde	21	MCM-IW	1:21.42
	38.34	1:21.42		

Men 18-24 50 Yard Fly

IWM: 24.91I 1991 Mike Nation

NW Zone: 23.19Z 2009 Brian Goldman

1	Neville Gough	22	SWAT-IW	26.55
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Men 18-24 100 Yard Fly

IWM: 54.86I 1985 Don Moravec

NW Zone: 52.08Z 1990 Jim Askervold

1	Matthew Peterson	20	CWST-IW	1:00.15
	27.25	1:00.15		
2	Matthew Edde	21	MCM-IW	1:10.47
	31.07	1:10.47		

Men 18-24 200 Yard Fly

IWM: 2:03.91I 1984 Don Moravec

NW Zone: 1:57.20Z 2009 Eddie Switaj

1	Matthew Peterson	20	CWST-IW	2:24.04
	30.89	1:08.05	1:46.32	2:24.04

Men 18-24 100 Yard IM

IWM: 55.65I 1984 Don Moravec

NW Zone: 54.21Z 2005 Elliott Kolbe

1	Eric Williamson	19	CWST-IW	1:07.86
	29.43	1:07.86		
---	Christopher Pearce	20	CWST-IW	DQ
	27.69	DQ		

Men 25-29 50 Yard Free

IWM: 22.50I 1996 Roy Berg

NW Zone: 20.71Z 1983 Jeff Rolan

1	Kevin Wang	28	SWAT-IW	23.54
2	Steve Anderson	28	SWAT-IW	25.91

Men 25-29 100 Yard Free

IWM: 48.32I 1995 Richard Swoboda

NW Zone: 46.01Z 1983 Jeff Rolan

1	Steve Anderson	28	SWAT-IW	58.88
	28.51	58.88		

Men 25-29 200 Yard Free

IWM: 1:50.40I 1987 Don Moravec

NW Zone: 1:38.64Z 1995 John Keppeler

1	Steve Anderson	28	SWAT-IW	2:24.99
	31.29	1:06.97	1:46.42	2:24.99

Men 25-29 50 Yard Back

IWM: 25.28I 1995 Richard Swoboda

NW Zone: 24.77Z 1990 Tom Roth

1	Kevin Wang	28	SWAT-IW	27.12
2	Nate Higgins	25	UNAT-IW	1:02.55

Men 25-29 100 Yard Back

IWM: 53.67I 1995 Richard Swoboda

NW Zone: 53.34Z 1997 Jon Pauole

1	Steve Anderson	28	SWAT-IW	1:23.64
	38.38	1:23.64		

Men 25-29 50 Yard Breast

IWM: 28.12I 2006 Joe Tidwell

NW Zone: 27.20Z 1993 Dave Doll

1	Steve Anderson	28	SWAT-IW	38.17
2	Nate Higgins	25	UNAT-IW	1:04.94

Men 25-29 100 Yard Breast

IWM: 1:02.85I 2006 Joe Tidwell

NW Zone: 59.23Z 1987 John Bryant

1	Nate Higgins	25	UNAT-IW	2:20.02
	1:04.82	2:20.02		

Men 25-29 50 Yard Fly

IWM: 24.13I 1996 Roy Berg

NW Zone: 22.77Z 1982 Jeff Rolan

1	Kevin Wang	28	SWAT-IW	26.34
2	Nate Higgins	25	UNAT-IW	1:06.94

Men 25-29 100 Yard IM

IWM: 54.54I 1995 Richard Swoboda

NW Zone: 53.66Z 1995 Jody Braden

1	Kevin Wang	28	SWAT-IW	1:01.85
	27.60	1:01.85		
2	Nate Higgins	25	UNAT-IW	2:24.51
	1:06.37	2:24.51		

Men 25-29 400 Yard IM

IWM: 4:14.75I 1995 Richard Swoboda

NW Zone: 4:11.49Z 1997 Kyle Kimball

1	Kevin Wang	28	SWAT-IW	4:41.67
	27.51	1:00.60	1:35.34	2:10.91
	2:51.74	3:32.71	4:07.61	4:41.67

Men 30-34 50 Yard Free

IWM: 22.74I 1988 John Kafentzis

NW Zone: 21.47Z 1998 Pat Hayes

1	James Adams	33	WVM-IW	24.21
2	Mike Cochran	30	WVM-IW	34.76
3	Brian Carhart	30	MCM-IW	35.66

Men 30-34 100 Yard Free

IWM: 50.56I 1998 Richard Swoboda

NW Zone: 45.85Z 2009 Brian Wisniewski

1	Brian Carhart	30	MCM-IW	1:14.27
	34.80	1:14.27		
2	Mike Cochran	30	WVM-IW	1:14.34
	36.77	1:14.34		

Men 30-34 200 Yard Free

IWM: 1:50.90I 1996 Richard Swoboda

NW Zone: 1:40.22Z 2009 Brian Wisniewski

1	Daniel Hurley	30	MCM-IW	1:59.65
	28.69	59.15	1:29.69	1:59.65

Men 30-34 1000 Yard Free

IWM: 10:49.16I 1992 Don Moravec

NW Zone: 9:47.93Z 2000 Dennis Tesch

1	Daniel Hurley	30	MCM-IW	11:02.26
	29.91	1:02.67	1:35.51	2:08.34
	2:41.55	3:14.74	3:47.54	4:20.69
	4:53.56	5:26.71	5:59.96	6:33.26
	7:06.71	7:40.10	8:13.58	8:47.25
	9:21.30	9:55.29	10:28.97	11:02.26
2	James Adams	33	WVM-IW	11:46.30
	29.44	1:02.01	1:35.16	2:08.52
	2:42.34	3:16.56	3:51.75	4:27.42
	5:03.52	5:39.41	6:15.57	6:51.77
	7:27.37	8:02.38	8:38.01	9:19.10
	9:58.79	10:35.39	11:11.14	11:46.30
3	Mike Cochran	30	WVM-IW	17:46.04
	47.23	1:37.47	2:29.99	3:22.72
	4:17.32	5:11.96	6:08.01	7:04.08
	8:00.83	8:58.05	9:56.43	10:50.93
	11:45.24	12:39.90	13:34.47	14:26.97
	15:21.73	16:11.70	17:00.68	17:46.04

Men 30-34 100 Yard Back

IWM: 55.16I 1996 Richard Swoboda

NW Zone: 53.59Z 2000 Paul Watson

1	Mike Cochran	30	WVM-IW	1:54.14
	55.76	1:54.14		

Men 30-34 50 Yard Breast

IWM: 29.10I 1988 Lee Rider

NW Zone: 26.78Z 1990 Robert Jackson

1	Mike Cochran	30	WVM-IW	41.40
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Men 30-34 200 Yard Breast

IWM: 2:24.04I 1988 Lee Rider

NW Zone: 2:09.53Z 2002 Gregory Latta

1	James Adams	33	WVM-IW	2:33.97
	33.57	1:12.71	1:53.55	2:33.97

Men 30-34 100 Yard Fly

IWM: 54.81I 1996 Richard Swoboda

NW Zone: 50.46Z 1999 Michael Sorensen

1	Daniel Hurley	30	MCM-IW	58.58
	28.20	58.58		

Men 30-34 200 Yard Fly

IWM: 2:09.72I 1988 Michael Johnson

NW Zone: 1:54.11Z 1993 Michael Makarczyk

1	James Adams	33	WVM-IW	2:12.93
	28.63	1:01.66	1:37.06	2:12.93

Men 30-34 200 Yard IM

IWM: 2:01.17I 1999 Richard Swoboda

NW Zone: 1:56.51Z 2002 Gregory Latta

1	Daniel Hurley	30	MCM-IW	2:17.64
	29.54	1:06.27	1:46.98	2:17.64

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Men 30-34 400 Yard IM

IWM: 4:29.48I 1998 Richard Swoboda

NW Zone: 4:14.76Z 2002 Bill Zolna

1 James Adams	33	WVM-IW	4:46.89
	27.47	1:00.38	1:38.72
	2:58.29	3:41.06	4:14.37
			4:46.89

Men 35-39 50 Yard Free

IWM: 22.74I 1990 John Kafentzis

NW Zone: 21.11Z 2000 Pat Hayes

1 Dorin Nicorici	37	MLMR-IW	26.00
2 Ian Wooller	35	HMS-IW	30.33

Men 35-39 100 Yard Free

IWM: 49.82I 2007 Roy Berg

NW Zone: 46.04Z 2000 Pat Hayes

1 Dorin Nicorici	37	MLMR-IW	1:01.19
	29.01	1:01.19	
2 Ian Wooller	35	HMS-IW	1:14.46
	29.95	1:14.46	

Men 35-39 50 Yard Breast

IWM: 29.15I 1996 Terry Tongate

NW Zone: 27.07Z 2006 Greg Latta

1 Ian Wooller	35	HMS-IW	40.43
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Men 35-39 100 Yard Breast

IWM: 1:03.90I 1993 Lee Rider

NW Zone: 59.56Z 2006 Greg Latta

---	Ian Wooller	35	HMS-IW	DQ
		40.49	DQ	

Men 40-44 50 Yard Free

IWM: 22.91I 1997 Larry Krauser

NW Zone: 21.98Z 1996 Rick Abbott

1 Jamie Huminsky	43	LCNM-IW	25.59
2 Matthew Bronson	44	FAF-IW	32.45

Men 40-44 100 Yard Free

IWM: 50.75I 1997 Larry Krauser

NW Zone: 48.17Z 1996 Rick Abbott

1 Jamie Huminsky	43	LCNM-IW	57.35
	27.84	57.35	
2 Harm-Jan Steenhuis	43	SWAT-IW	1:05.81
	30.29	1:05.81	
3 Matthew Bronson	44	FAF-IW	1:12.63
	34.29	1:12.63	

Men 40-44 1000 Yard Free

IWM: 10:39.06I 2003 Lincoln Djang

NW Zone: 9:57.25Z 2009 David Kays

1 Craig Scrivner	44	CWST-IW	11:58.39
	32.56	1:08.07	1:44.24
	2:56.68	3:33.05	4:09.23
	5:21.46	5:57.45	6:33.45
	7:45.58	8:21.59	8:58.02
	10:11.46	10:47.58	11:23.62
			11:58.39

Men 40-44 100 Yard Back

IWM: 58.87I 1997 David Barnes

NW Zone: 55.18Z 2001 Steve George

1 Craig Scrivner	44	CWST-IW	1:14.82
	36.81	1:14.82	
2 Harm-Jan Steenhuis	43	SWAT-IW	1:29.01
	43.62	1:29.01	

Men 40-44 50 Yard Breast

IWM: 30.27I 2003 Bernard Kingsly

NW Zone: 27.42Z 2000 Robert Jackson

1 Harm-Jan Steenhuis	43	SWAT-IW	33.49
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Men 40-44 100 Yard Breast

IWM: 1:06.37I 1981 Armin Arndt

NW Zone: 59.95Z 2000 Robert Jackson

1 Harm-Jan Steenhuis	43	SWAT-IW	1:12.72
	34.44	1:12.72	
2 Craig Scrivner	44	CWST-IW	1:12.96
	34.39	1:12.96	

Men 40-44 50 Yard Fly

IWM: 25.08I 1996 David Barnes

NW Zone: 24.04Z 2002 David McAlpine

1 Jamie Huminsky	43	LCNM-IW	27.85
2 Matthew Bronson	44	FAF-IW	38.89

Men 40-44 100 Yard Fly

IWM: 55.42I 1997 David Barnes

NW Zone: 51.50Z 2002 Dennis Baker

1 Craig Scrivner	44	CWST-IW	1:07.96
	31.53	1:07.96	

Men 40-44 100 Yard IM

IWM: 57.46I 1997 David Barnes

NW Zone: 55.81Z 2002 David McAlpine

1 Jamie Huminsky	43	LCNM-IW	1:06.95
	30.72	1:06.95	
2 Harm-Jan Steenhuis	43	SWAT-IW	1:14.98
	38.66	1:14.98	

Men 45-49 50 Yard Free

IWM: 22.56I 2001 Larry Krauser

NW Zone: 22.50Z 2002 Rick Abbott

1 Jim Breidenbach	46	SWAT-IW	29.43
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Men 45-49 100 Yard Free

IWM: 49.41I 2001 Larry Krauser

NW Zone: 49.33Z 2002 Rick Abbott

1 Jim Breidenbach	46	SWAT-IW	1:08.22
	32.93	1:08.22	

Men 45-49 200 Yard Free

IWM: 1:49.84I 2001 Larry Krauser

NW Zone: 1:45.04Z 2007 Dennis Baker

1 Eric Ridgway	49	SWAC-IW	2:39.59
	35.88	1:16.18	1:58.24
			2:39.59

Men 45-49 500 Yard Free

IWM: 5:01.35I 2001 Larry Krauser

NW Zone: 4:39.10Z 2007 Dennis Baker

1 Jim Breidenbach	46	SWAT-IW	6:56.86
	35.15	1:14.44	1:57.20
	3:23.27	4:06.74	4:50.12
	6:15.71	6:56.86	5:33.10

Men 45-49 50 Yard Breast

IWM: 30.10I 2005 Bernard Kingsly

NW Zone: 27.09Z 2009 James Corbeau

1 Jim Breidenbach	46	SWAT-IW	39.11
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Men 45-49 100 Yard Breast

IWM: 1:06.99I 1985 David Daboll

NW Zone: 58.77Z 2009 James Corbeau

1 Eric Ridgway	49	SWAC-IW	1:20.43
	37.43	1:20.43	

Men 45-49 200 Yard Breast

IWM: 2:18.82I 2007 Lincoln Djang

NW Zone: 2:09.29Z 2009 Tom Fristoe

1 Eric Ridgway	49	SWAC-IW	2:58.68
	42.28	1:27.87	2:13.77
			2:58.68

Men 45-49 50 Yard Fly

IWM: 25.64I 2007 Brian McGuire

NW Zone: 23.89Z 2007 Brad Hering

1 Jim Breidenbach	46	SWAT-IW	37.75
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Men 45-49 100 Yard IM

IWM: 59.82I 2005 Bernard Kingsly

NW Zone: 56.11Z 2007 Brad Hering

1 Eric Ridgway	49	SWAC-IW	1:14.49
	36.68	1:14.49	

Men 45-49 400 Yard IM

IWM: 4:31.16I 2007 Lincoln Djang

NW Zone: 4:16.13Z 2007 Dennis Baker

1 Eric Ridgway	49	SWAC-IW	6:06.34
	41.34	1:30.27	2:21.13
	3:56.10	4:41.45	5:25.45
			6:06.34

Men 50-54 50 Yard Free

IWM: 22.68I 2004 Larry Krauser

NW Zone: 22.68Z 2004 Larry Krauser

1 Dan Sheahan	53	SWAT-IW	27.57
2 Thomas Lamar	50	MCM-IW	28.23

Men 50-54 100 Yard Free

IWM: 49.74I 2004 Larry Krauser

NW Zone: 48.25Z 2008 Rick Abbott

1 Thomas Lamar	50	MCM-IW	1:01.33
	29.62	1:01.33	
2 Dan Sheahan	53	SWAT-IW	1:01.36
	30.57	1:01.36	

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Men 50-54 200 Yard Free

IWM: 1:49.58I 2004 Larry Krauser

NW Zone: 1:49.58Z 2004 Larry Krauser

1	Dan Sheahan	53	SWAT-IW	2:18.20	
		32.06	1:06.98	1:42.80	2:18.20
2	Thomas Lamar	50	MCM-IW	2:27.25	
		32.09	1:09.25	1:48.74	2:27.25

Men 50-54 50 Yard Fly

IWM: 25.19I 2010 Lincoln Djang

NW Zone: 24.24Z 2007 Donald Graham

1	Thomas Lamar	50	MCM-IW	31.51
2	Dan Sheahan	53	SWAT-IW	33.72

Men 50-54 100 Yard Fly

IWM: 57.94I 2007 David Barnes

NW Zone: 54.71Z 2004 Scott Lautman

1	Thomas Lamar	50	MCM-IW	1:18.59
		34.81	1:18.59	

Men 50-54 100 Yard IM

IWM: 56.96I 2010 Lincoln Djang

NW Zone: 56.96Z 2010 Lincoln Djang

---	Dan Sheahan	53	SWAT-IW	DQ
		35.71	DQ	

Men 55-59 50 Yard Free

IWM: 23.14I 2009 Larry Krauser

NW Zone: 22.90Z 2009 Mike Tennant

1	Robert Morrison	56	SCM-IW	26.29
2	Stephen Tanner	57	LCM-IW	32.75

Men 55-59 100 Yard Free

IWM: 51.36I 2009 Larry Krauser

NW Zone: 51.21Z 2009 Mike Tennant

1	Robert Morrison	56	SCM-IW	1:00.11
		28.58	1:00.11	
2	Kurt Wendel	57	WVM-IW	1:16.67
		36.40	1:16.67	

Men 55-59 200 Yard Free

IWM: 1:53.10I 2009 Larry Krauser

NW Zone: 1:53.10Z 2009 Larry Krauser

1	Kurt Wendel	57	WVM-IW	2:56.56	
		38.75	1:22.70	2:10.25	2:56.56

Men 55-59 500 Yard Free

IWM: 5:13.20I 2010 Larry Krauser

NW Zone: 5:13.20Z 2010 Larry Krauser

1	Kurt Wendel	57	WVM-IW	8:10.91	
		43.88	1:34.14	2:24.73	3:14.92
		4:04.43	4:53.99	5:44.90	6:35.53
		7:24.55	8:10.91		

Men 55-59 1000 Yard Free

IWM: 11:08.27I 2009 Larry Krauser

NW Zone: 11:01.00Z 2009 Alan Bell

1	Stephen Tanner	57	LCM-IW	15:04.40	
		37.53	1:19.83	2:04.07	2:49.23
		3:35.19	4:21.59	5:08.17	5:53.98
		6:40.77	7:27.27	8:13.85	8:59.60
		9:45.51	10:31.28	11:17.46	12:03.94
		12:50.20	13:36.12	14:21.93	15:04.40

Men 55-59 50 Yard Back

IWM: 30.57I 2009 Larry Krauser

NW Zone: 26.86Z 1999 Robert Smith

1	Stephen Tanner	57	LCM-IW	40.71
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Men 55-59 50 Yard Breast

IWM: 32.01I 1993 David Daboll

NW Zone: 28.74Z 2008 Rick Colella

1	Robert Morrison	56	SCM-IW	32.81
2	Kurt Wendel	57	WVM-IW	48.56

Men 55-59 100 Yard Breast

IWM: 1:10.45I 1993 David Daboll

NW Zone: 1:03.07Z 2008 Rick Colella

1	Robert Morrison	56	SCM-IW	1:15.14
		35.85	1:15.14	
2	Kurt Wendel	57	WVM-IW	1:44.68
		50.08	1:44.68	

Men 55-59 50 Yard Fly

IWM: 28.07I 2010 Larry Krauser

NW Zone: 25.92Z 2008 Scott Lautman

---	Stephen Tanner	57	LCM-IW	DQ
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Men 55-59 100 Yard IM

IWM: 1:02.69I 2009 Larry Krauser

NW Zone: 58.64Z 2008 Rick Colella

1	Robert Morrison	56	SCM-IW	1:10.56
		34.97	1:10.56	
2	Stephen Tanner	57	LCM-IW	1:27.28
		41.04	1:27.28	

Men 60-64 50 Yard Back

IWM: 36.15I 1989 Charles Sheldon

NW Zone: 27.62Z 2004 Robert Smith

1	Bob Henager	60	MCM-IW	48.95
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Men 60-64 100 Yard Back

IWM: 1:21.86I 1986 Wilford Dolphin

NW Zone: 1:02.53Z 2004 Robert Smith

1	Bob Henager	60	MCM-IW	2:00.16
		55.55	2:00.16	

Men 60-64 50 Yard Breast

IWM: 32.29I 1997 David Daboll

NW Zone: 30.35Z 2009 Allen Stark

1	Bob Henager	60	MCM-IW	43.50
2	Mark Amara	60	MLMR-IW	45.74

Men 60-64 100 Yard Breast

IWM: 1:12.69I 1997 David Daboll

NW Zone: 1:06.62Z 2009 Allen Start

1	Bob Henager	60	MCM-IW	1:39.11
		46.01	1:39.11	
2	Mark Amara	60	MLMR-IW	1:43.07
		48.50	1:43.07	

Men 60-64 200 Yard Breast

IWM: 2:43.74I 1997 David Daboll

NW Zone: 2:28.19Z 2009 Allen Start

1	Bob Henager	60	MCM-IW	3:58.11	
		50.45	1:50.03	2:53.62	3:58.11

Men 65-69 50 Yard Free

IWM: 29.18I 2008 Wayne Brown

NW Zone: 24.36Z 2009 Robert Smith

1	Steve Wolcott	65	UNAT-IW	29.13I
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Men 65-69 100 Yard Free

IWM: 1:07.00I 1987 Bill Odman

NW Zone: 54.53Z 2007 Tom Landis

1	Steve Wolcott	65	UNAT-IW	1:08.03
		32.42	1:08.03	

Men 65-69 50 Yard Back

IWM: 34.58I 1995 Duane Draves

NW Zone: 28.46Z 2009 Robert Smith

1	Donald Caskey	66	WKMSC	47.75
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Men 65-69 100 Yard Back

IWM: 1:15.50I 1996 Duane Draves

NW Zone: 1:03.43Z 2009 Robert Smith

1	Donald Caskey	66	WKMSC	1:40.31
		48.22	1:40.31	

Men 65-69 50 Yard Fly

IWM: 34.51I 1991 Duane Draves

NW Zone: 27.91Z 2007 Bert Petersen

1	Steve Wolcott	65	UNAT-IW	34.34I
2	Donald Caskey	66	WKMSC	55.32

Men 65-69 100 Yard IM

IWM: 1:16.92I 1992 Duane Draves

NW Zone: 1:06.23Z 2008 Tom Landis

1	Donald Caskey	66	WKMSC	1:51.88
		53.79	1:51.88	

Men 65-69 200 Yard IM

IWM: 2:49.69I 1992 Duane Draves

NW Zone: 2:26.55Z 2008 Tom Landis

1	Donald Caskey	66	WKMSC	4:11.75	
		56.01	1:55.69	3:14.87	4:11.75

Men 70-74 50 Yard Free

IWM: 28.90I 1998 Duane Draves

NW Zone: 27.03Z 2007 David Radcliff

1	Guy Thomas	72	SWAC-IW	40.37
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Men 70-74 100 Yard Free

IWM: 1:05.38I 1998 Duane Draves

NW Zone: 59.21Z 2007 David Radcliff

1	Guy Thomas	72	SWAC-IW	1:37.05
	42.70		1:37.05	

Men 75-79 100 Yard Free

IWM: 1:15.69I 1995 Bill Odman

NW Zone: 58.68Z 2009 David Radcliff

1	Jack Bevier	78	WVM-IW	1:21.16
	36.67		1:21.16	

Men 75-79 1000 Yard Free

IWM: 17:02.21I 2008 Jack Bevier

NW Zone: 12:20.59Z 2009 David Radcliff

1	Jack Bevier	78	WVM-IW	17:30.83
	45.24	1:37.17	2:29.60	3:22.71
	4:15.15	5:07.11	6:00.74	6:54.82
	7:48.88	8:42.43	9:35.51	10:29.23
	11:22.53	12:15.46	13:08.03	14:02.21
	14:55.12	15:48.53	16:41.94	17:30.83

Men 75-79 50 Yard Breast

IWM: 50.82I 1988 C.J. Hamilton

NW Zone: 39.35Z 2006 Milton Marks

1	Jack Bevier	78	WVM-IW	1:04.82
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Men 75-79 100 Yard Breast

IWM: 1:51.11I 1989 C.J. Hamilton

NW Zone: 1:32.32Z 2007 Milton Marks

1	Jack Bevier	78	WVM-IW	2:24.88
	1:09.41		2:24.88	

Men 75-79 200 Yard Fly

IWM: 5:05.08I 2010 Jack Bevier

NW Zone: 3:29.52Z 1995 Gerald Huestis

1	Jack Bevier	78	WVM-IW	4:53.40I
	54.17	2:09.03	3:33.51	4:53.40

Men 80-84 50 Yard Free

IWM: 42.59I 2001 Imre Schmidt

NW Zone: 31.56Z 1999 Andrew Holden

1	William Bresko	82	FAF-IW	53.56
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Men 80-84 50 Yard Back

IWM: 55.33I 1993 C.J. Hamilton

NW Zone: 40.90Z 1999 Andrew Holden

1	William Bresko	82	FAF-IW	1:25.66
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Men 80-84 50 Yard Breast

IWM: 53.65I 1993 C.J. Hamilton

NW Zone: 45.08Z 2007 Lee Miesen

1	William Bresko	82	FAF-IW	1:05.76
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Men 80-84 50 Yard Fly

IWM: 1:10.46I 2008 Bill Bresko

NW Zone: 36.46Z 1999 Andrew Holden

1	William Bresko	82	FAF-IW	1:22.30
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Men 80-84 100 Yard IM

IWM: 2:12.03I 1996 Charles M.A. Wool

NW Zone: 1:26.72Z 2000 Andrew Holden

1	William Bresko	82	FAF-IW	2:48.95
	1:33.45		2:48.95	

Women 25+ 200 Yard Free Relay

IWM: 1:47.39I 1991 IEM- Vicki Mars

Margaret Hair, Susan Kirkland, Judy Kelsch,

NW Zone: 1:43.13Z 2004 PNA- Tara Simsa

Rondamarie Smith, Erin Burgman, Lisa Dahl,

1	LCM-IW	A		2:19.48
	Cynthia Clutter W50	TinaMarie Bell W45		
	Stephanie Swainston W32	Margaret Hair W55		
	36.60	51.25	1:16.19	2:19.48

Women 25+ 400 Yard Free Relay

IWM: 4:25.27I 1988 IEY- Lynne Slau

Elin Zander, Jema Allen, Heather Henager,

NW Zone: 4:00.65Z 2008 AK- Shannon Tit

Holly Willman, Vicki Hauff, Angela Elmore,

1	LCM-IW	A		5:12.85
	Cynthia Clutter W50	TinaMarie Bell W45		
	Stephanie Swainston W32	Margaret Hair W55		
	38.22	1:19.92	2:01.19	2:49.50
	3:21.58	3:57.85	4:33.94	5:12.85

Women 25+ 200 Yard Medley Relay

IWM: 2:00.34I 1991 IEM- Jema Delis

Susan Kirkland, Vicki Marsh, Judy Kelsch,

NW Zone: 1:55.29Z 1999 ORE- Michelle D

Maureen Haslach, F. Gambetti, Karen Hakonson,

1	LCM-IW	A		2:45.15
	Margaret Hair W55	Stephanie Swainston W32		
	Cynthia Clutter W50	TinaMarie Bell W45		
	41.61	57.76	1:20.12	2:45.15

Women 35+ 200 Yard Free Relay

IWM: 2:00.46I 1989 CSF- Maily Kres

Carolyn Kent, Victoria Spohr, Anita Magnuson,

NW Zone: 1:45.00Z 1999 ORE- Karen Alle

M. Morrell, Barbara Harris, C. Chilcott,

1	MCM-IW	A		2:25.17
	Bridget McNassar W35	Marie Eriksson W40		
	Jett Vallandigham W64	Paige Buehler W42		
	32.03	1:05.15	1:55.08	2:25.17

Men 18+ 200 Yard Free Relay

IWM: 1:31.36I 1982 IEM- Bernie Kin

Will Delaney, John Kafentzis, Mark Morgan,

NW Zone: 1:27.86Z 1992 MAC- John Keppe

David Burleson, John Kingery, Dirk Marshall,

1	CWST-IW	A		1:36.46
	Christopher Pearce M20	Matthew Peterson M20		
	Eric Williamson M19	Baden Sprinkle M22		
	24.08	49.05	1:12.85	1:36.46

2	MCM-IW	B		1:49.24
	Matthew Edde M21	Brian Carhart M30		
	Thomas Lamar M50	Daniel Hurley M30		
	24.70	56.69	1:24.49	1:49.24
---	SWAT-IW	A		DQ
	Neville Gough M22	Steve Anderson M28		
	Jim Breidenbach M46	Kevin Wang M28		
	24.49	49.75	1:04.32	DQ

Men 18+ 400 Yard Free Relay

IWM: 4:08.59I 1988 IEY- Don Story

Eric Ridgway, Chuck Heinzerlin, Doug Myers,

NW Zone: 3:51.66Z 1995 PNA- John Finke

Steve Freeborn, John Lorimer, Hugh Moore,

1	SWAT-IW	A		4:14.07
	Neville Gough M22	Steve Anderson M28		
	Jim Breidenbach M46	Kevin Wang M28		
	26.93	56.89	1:28.12	2:01.27
	2:36.51	3:13.60	3:41.62	4:14.07

Men 18+ 200 Yard Medley Relay

IWM: 1:46.66I 1995 CSF- Rich Swobo

Brooks McCartney, Jack Keane, Scott Swoboda,

NW Zone: 1:40.10Z 1995 PNA- Al Capron

Todd Dougherty, Jody Braden, Justin Siegal,

1	CWST-IW	A		1:54.74
	Christopher Pearce M20	Craig Scrivner M44		
	Matthew Peterson M20	Eric Williamson M19		
	28.86	1:02.43	1:30.54	1:54.74

Men 25+ 200 Yard Medley Relay

IWM: 1:42.69I 1994 CSF- Rich Swobo

Brooks McCartney, Jack Keane, Dave Barnes,

NW Zone: 1:37.23Z 2000 UTA- Thomas Tho

Matthew Walters, Erik Hanssen, Patrick Hayes,

1	SWAT-IW	A		2:04.14
	Kevin Wang M28	Harm-Jan Steenhuis M43		
	Jim Breidenbach M46	Steve Anderson M28		
	27.00	1:00.11	1:37.61	2:04.14

Mixed 18+ 200 Yard Free Relay

IWM: 1:38.36I 1982 IEM- Bernie Kin

Zoe Baumann, Lori Clark, Mark Morgan,

NW Zone: 1:34.41Z 2007 PNA- Alden Krol

Shona Pierce, Erin Jacobson, Brian Goldman,

1	SWAT-IW	B		1:51.54
	Harm-Jan Steenhuis M43	Keara Sheahan W22		
	Heidi Friedman W42	Dan Sheahan M53		
	29.02	56.92	1:25.26	1:51.54

**Spokane Waves Aquatic Team
Third Annual Sink or Swim
Results - 10/23/10**

Mixed 18+ 400 Yard Free Relay

IWM: 3:57.93I 1994 SCM- Christine

Pam Berg, Dave Nichols, Roy Berg,

NW Zone: 3:55.07Z 2005 ORE- Pieter Ber

Hillary Madson, Kelsey Holmberg, Scot Eliot,

1	MCM-IW	A		4:19.71
	Bridget McNassar W35	Paige Buehler W42		
	Daniel Hurley M30	Matthew Edde M21		
	34.23	1:12.19	1:27.24	1:42.68
	2:14.44	3:23.08	3:49.96	4:19.71

Mixed 18+ 200 Yard Medley Relay

IWM: 1:49.67I 1986 IEM- Lori Clark

Rick Howell, Garvin Morlan, Kim Veenstra,

NW Zone: 1:49.10Z 1997 PNA- M. Jenkins

Jim Lasersohn, Margee Curran, Paton McClurg,

1	SWAT-IW	B		2:07.84
	Neville Gough M22	Keara Sheahan W22		
	Heidi Friedman W42	Dan Sheahan M53		
	30.26	1:08.14	1:40.75	2:07.84

Mixed 25+ 200 Yard Free Relay

IWM: 1:41.76I 1997 IEM- Robert Mor

Susan Kirkland, Vicki Marsh, R. Kim Piper,

NW Zone: 1:34.91Z 1997 PNA- Scott Ston

Trisha Schwerzler, Shelley Birnie, Paton McClurg,

1	WVM-IW	A		2:24.46
	Teresa Wendel W57	Nadine Lehrer W34		
	Kurt Wendel M57	James Adams M33		
	41.25	1:17.12	2:24.46	

Mixed 25+ 200 Yard Medley Relay

IWM: 1:53.55I 1985 IEM- Lori Clark

Rick Howell, Catherine Chay, Mark Morgan,

NW Zone: 1:48.16Z 2000 UTA- Erik Crank

Angela Greenburg, Patrick Hayes, Stacey Tobey,

1	WVM-IW	A		3:05.59
	Shirley Schreiber W63	Mike Cochran M30		
	Jack Bevier M78	Teresa Wendel W57		
	49.97	1:33.99	2:23.65	3:05.59

Mixed 35+ 200 Yard Free Relay

IWM: 1:45.34I 1990 IEM- Margaret H

Carolyn, Kent, Jerry Scheibner, John Kafentzis

NW Zone: 1:34.08Z 1997 ORE- Simone La

Gracie Goddard, Jeff Walker, Steve George,

1	MLMR-IW	A		2:22.19
	Margaret Amara W58	Jane Borg W49		
	Mark Amara M60	Dorin Nicorici M37		
	40.61	1:14.90	1:55.84	2:22.19

Mixed 35+ 400 Yard Free Relay

IWM: 4:23.07I 1992 IEM- Margaret H

Michael Little, Elin Zander, David Zander,

NW Zone: 4:05.04Z 2005 ORE- Roland Gil

Connie Austin, Stephanie Schult, Rob Hagle,

1	MLMR-IW	A		5:19.63
	Mark Amara M60	Margaret Amara W58		
	Jane Borg W49	Dorin Nicorici M37		
	43.21	1:28.68	2:13.14	2:59.68
	3:36.60	4:17.12	4:47.01	5:19.63

Mixed 35+ 200 Yard Medley Relay

IWM: 2:04.18I 2007 IWM- David Cabr

Bruce Groth, Kathy Bricel, Karlin Spear,

NW Zone: 1:48.96Z 1997 ORE- Peter Metz

Pat Allender, Simone La Pay, Gracie Goddard,

1	MLMR-IW	A		2:47.53
	Margaret Amara W58	Mark Amara M60		
	Dorin Nicorici M37	Jane Borg W49		
	52.10	1:37.25	2:13.20	2:47.53
2	MCM-IW	A		2:52.79
	Bob Henager M60	Jett Vallandigham W64		
	Thomas Lamar M50	Marie Eriksson W40		
	45.94	1:44.63	2:19.36	2:52.79