

Lake City Masters Spring Splash - 3/5/2011

Results

Women 18-24 50 Meter Free Mixed

Inland NW: 29.35I 1988 Jane Giese
 NW Zone: 28.20Z 1979 Shelley Marshall

Name	Age	Team	Finals Time
1 Sierra Henderson	20	CWST	34.53
2 Chelsea Clarke	22	CWST	42.77

Women 18-24 100 Meter Free

Inland NW: 1:04.46I 1988 Jane Giese
 NW Zone: 1:03.55Z 1991 Pamela Stalter

1 Melissa Kirby	20	SWAT	1:09.03
	32.85	1:09.03	
2 Chelsea Clarke	22	CWST	1:32.30

Women 18-24 1500 Meter Free

Inland NW: 19:23.66I 1998 Teri Campbell
 NW Zone: 19:23.66Z 1998 Teri Campbell

1 Lana Lawrence	19	LCM	21:20.81
	36.06	1:16.36	1:57.81
	3:22.23	4:04.21	4:46.51
	6:12.44	6:54.86	7:37.40
	9:02.75	9:45.49	10:28.12
	11:54.58	12:38.23	13:21.69
	14:49.09	15:32.44	16:16.33
	17:44.49	18:29.92	19:13.61
	20:41.48	21:20.81	19:57.98

Women 18-24 50 Meter Back

Inland NW: 34.53I 2010 Lana Lawrence
 NW Zone: 33.31Z 2010 Kate Stephens

--- Chelsea Clarke	22	CWST	DQ
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Women 18-24 200 Meter Back

Inland NW: 2:57.54I 1985 Jennifer Reasoner
 NW Zone: 2:34.33Z 2010 Kate Stephens

1 Lana Lawrence	19	LCM	2:36.09I
	r:+0.77	37.59	1:16.69
			1:57.98
			2:36.09I

Women 18-24 50 Meter Breast

Inland NW: 38.45I 2001 Jennifer Weidert
 NW Zone: 36.95Z 1991 Marcy Deniro

1 Melissa Kirby	20	SWAT	37.68I
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Women 18-24 100 Meter Breast

Inland NW: 1:21.98I 2001 Jennifer Weidert
 NW Zone: 1:16.03Z 2008 Caitlyn Shortt

1 Melissa Kirby	20	SWAT	1:21.72I
	37.71	1:21.72	
2 Lana Lawrence	19	LCM	1:33.55
	45.84	1:33.55	

Women 18-24 200 Meter Breast Mixed

Inland NW: 3:32.00I 1980 Heidi Bartlett
 NW Zone: 2:52.02Z 2009 Danielle Trevino

1 Melissa Kirby	20	SWAT	3:04.36I
	41.05	1:28.45	2:17.01
			3:04.36

Women 18-24 50 Meter Fly

Inland NW: 32.36I 2010 Samantha Hammerly
 NW Zone: 30.28Z 2008 Caitlyn Shortt

1 Sierra Henderson	20	CWST	39.34
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2 Kara Tegeler 21 CWST 42.68

Women 18-24 100 Meter IM

Inland NW: 1:15.33I 1988 Jane Giese
 NW Zone: 1:08.29Z 2008 Caitlyn Shortt

1 Sierra Henderson	20	CWST	1:30.80
	41.25	1:30.80	

Women 18-24 400 Meter IM

Inland NW: 6:56.62I 1988 Cindy Donoghue
 NW Zone: 5:50.99Z 1993 Deborah Heim

1 Lana Lawrence	19	LCM	5:57.84I
	33.56	1:14.30	1:58.32
	3:36.22	4:31.16	5:15.02
			5:57.84

Women 25-29 50 Meter Free Mixed

Inland NW: 29.80I 1989 Jane Giese
 NW Zone: 28.58Z 1999 Francesca Gambett

1 Kyle Watson	26	MM	29.54
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Women 25-29 100 Meter Free

Inland NW: 1:05.03I 1989 Jane Giese
 NW Zone: 58.35Z 2005 Lauren Thies

1 Kyle Watson	26	MM	1:04.75
	30.65	1:04.75	

Women 25-29 400 Meter Free Mixed

Inland NW: 5:04.64I 1989 Jane Giese
 NW Zone: 4:39.24Z 1990 Leissa Mills

1 Kyle Watson	26	MM	6:57.06
	44.43	1:37.82	2:33.94
	4:20.20	5:14.05	6:06.81
			6:57.06

Women 25-29 1500 Meter Free

Inland NW: 20:06.63I 1983 Catherine Chay
 NW Zone: 18:47.44Z 1988 Lisa O'Brien

1 Kyle Watson	26	MM	21:02.53
	35.47	1:15.99	1:57.55
	3:22.48	4:05.11	4:48.18
	6:13.47	6:56.14	7:38.65
	9:03.81	9:47.03	10:29.41
	11:53.83	12:36.74	13:19.31
	14:43.90	15:26.42	16:08.73
	17:33.50	18:15.44	18:57.49
	20:21.90	21:02.53	19:39.52

Women 25-29 50 Meter Back

Inland NW: 34.63I 1989 Jane Giese
 NW Zone: 32.52Z 1999 Katherine Johnson

1 Diana MacManus	25	LCM	31.13Z
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Women 25-29 100 Meter Back Mixed

Inland NW: 1:15.43I 1990 Vicki Marsh
 NW Zone: 1:12.90Z 2000 Jennifer Butcher

1 Diana MacManus	25	LCM	1:09.35Z
	r:+0.62	32.91	1:09.35

Women 25-29 200 Meter Back

Inland NW: 2:53.66I 1993 Jane Rockwell
 NW Zone: 2:32.34Z 2008 Jacquelyn Foley

1 Diana MacManus	25	LCM	2:39.10I
	r:+0.60	36.15	1:16.34
			1:57.98
			2:39.10

Women 25-29 50 Meter Fly

Inland NW: 30.88I 1990 Vicki Marsh
 NW Zone: 29.53Z 2005 Lauren Thies

1 Diana MacManus	25	LCM	31.29
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Women 30-34 50 Meter Back

Inland NW: 35.27I 1993 Vicki Marsh
 NW Zone: 32.05Z 2008 Erin Kirkwood

1 Noelle Adams	31	LCM	38.75
	r:+0.70		

Women 30-34 100 Meter Back Mixed

Inland NW: 1:16.18I 1997 Jane Rockwell
 NW Zone: 1:10.68Z 1991 Zena Herrmann

1 Noelle Adams	31	LCM	1:23.42
	r:+0.77	40.59	1:23.42

Women 30-34 200 Meter Back

Inland NW: 2:42.57I 1997 Jane Rockwell
 NW Zone: 2:32.32Z 1991 Zena Herrmann

1 Noelle Adams	31	LCM	2:59.83
	r:+0.75	41.44	1:28.00
			2:14.84
			2:59.83

Women 30-34 50 Meter Breast

Inland NW: 39.01I 1993 Vicki Marsh
 NW Zone: 34.13Z 2000 Leslie McCullough

1 Christine Dustin	33	MCM	37.91I
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Women 30-34 100 Meter Breast

Inland NW: 1:25.10I 1993 Vicki Marsh
 NW Zone: 1:19.06Z 2001 Cara Hafner

1 Christine Dustin	33	MCM	1:24.62I
	40.12	1:24.62	

Women 30-34 200 Meter Breast Mixed

Inland NW: 3:11.03I 1997 Jane Rockwell
 NW Zone: 2:50.59Z 2000 Linda Hegeberg

1 Christine Dustin	33	MCM	3:06.49I
	41.81	1:29.35	2:17.91
			3:06.49

Women 30-34 50 Meter Fly

Inland NW: 33.91I 1986 Robyn Richards
 NW Zone: 29.23Z 2010 Lauren Thies

1 Christine Dustin	33	MCM	36.76
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Women 30-34 100 Meter IM

Inland NW: 1:16.25I 1985 Lori Clark
 NW Zone: 1:12.38Z 1998 Lisa Hjerpe

1 Christine Dustin	33	MCM	1:18.17
	37.36	1:18.17	
2 Noelle Adams	31	LCM	1:25.97
	37.87	1:25.97	

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Results

Women 35-39 200 Meter Free

Inland NW: 2:37.95I 1991 Margaret Hair

NW Zone: 2:14.22Z 2003 Mimi Cook

1	Sara Nelson	39	LCM	2:26.27I
		34.39	1:11.74	1:49.11
				2:26.27

Women 35-39 400 Meter Free Mixed

Inland NW: 5:33.76I 1994 Elin Zander

NW Zone: 4:44.46Z 2009 Imberly Jeter

1	Bridget McNassar	37	MCM	6:02.52
		39.36	1:23.79	2:10.40
		3:44.30	4:31.10	5:17.89
				6:02.52

Women 35-39 1500 Meter Free

Inland NW: 21:50.43I 1988 Carrie Slover

NW Zone: 19:13.38Z 2002 Mimi Cook

1	Sara Nelson	39	LCM	19:46.84I
		37.13	1:16.49	1:56.38
		3:17.30	3:57.87	4:38.53
		5:59.39	6:40.12	7:20.24
		8:39.91	9:19.66	9:59.37
		11:19.59	11:59.60	12:39.61
		13:58.51	14:37.19	15:16.09
		16:34.23	17:13.21	17:52.26
		19:09.39	19:46.84	
2	Bridget McNassar	37	MCM	23:10.41
		38.48	1:23.44	2:09.01
		3:42.77	4:30.68	5:18.55
		6:53.58	7:40.48	8:27.63
		10:02.19	10:49.04	11:35.82
		13:08.62	13:55.80	14:42.84
		16:16.14	17:02.21	17:48.60
		19:21.57	20:07.65	20:54.21
		22:25.97	23:10.41	

Women 35-39 50 Meter Back

Inland NW: 36.16I 2001 Vicki Marsh

NW Zone: 33.62Z 1999 Carolyn Mathews

1	Bridget McNassar	37	MCM	43.60
				r:+0.82

Women 35-39 100 Meter Back Mixed

Inland NW: 1:23.05I 1988 Carrie Slover

NW Zone: 1:12.51Z 2005 Tara Simsak

1	Bridget McNassar	37	MCM	1:37.74
				r:+0.78
		46.76	1:37.74	

Women 35-39 200 Meter Back

Inland NW: 2:55.86I 1988 Carrie Slover

NW Zone: 2:37.65Z 2003 Ellen Reynolds

1	Bridget McNassar	37	MCM	3:23.36
				r:+0.83
		45.94	1:38.25	2:31.03
				3:23.36

Women 35-39 200 Meter IM Mixed

Inland NW: 2:59.75I 1988 Heather Henager

NW Zone: 2:39.06Z 2008 Linda Hegeberg

1	Sara Nelson	39	LCM	2:44.15I
		36.53	1:19.89	2:06.30
				2:44.15

Women 40-44 50 Meter Free Mixed

Inland NW: 29.64I 2001 Susanne Simpson

NW Zone: 27.97Z 2005 Lisa Dahl

1	Heather Riviere	42	LCM	31.69
2	Suzie Danner	44	LCM	31.82
3	Patti Quartararo	40	UNAT	33.25
4	Paige Buehler	43	MCM	33.66

Women 40-44 100 Meter Free

Inland NW: 1:09.05I 1995 Margaret Hair

NW Zone: 1:03.75Z 1999 Gracie Goddard

1	Patti Quartararo	40	UNAT	1:10.90
		34.68	1:10.90	
2	Heather Riviere	42	LCM	1:11.80
		33.80	1:11.80	
3	Suzie Danner	44	LCM	1:11.89
		33.50	1:11.89	
4	Paige Buehler	43	MCM	1:15.47
		34.60	1:15.47	

Women 40-44 200 Meter Free

Inland NW: 2:33.00I 1995 Margaret Hair

NW Zone: 2:19.80Z 2005 Mimi Cook

1	Paige Buehler	43	MCM	2:45.49
		38.47	1:20.26	2:03.36
				2:45.49
Women 40-44 1500 Meter Free				
Inland NW: 22:02.63I 1996 Elin Zander				
NW Zone: 19:59.46Z 2006 Arlene Delmage				
1	Patti Quartararo	40	UNAT	21:23.26I
		38.49	1:19.28	2:01.53
		3:27.78	4:11.26	4:54.40
		6:21.36	7:04.88	7:48.16
		9:14.96	9:58.18	10:41.38
		12:07.53	12:51.34	13:34.96
		15:00.75	15:43.52	16:26.14
		17:52.42	18:34.68	19:17.36
		20:42.31	21:23.26	

Women 40-44 50 Meter Back

Inland NW: 36.07I 2003 Vicki Marsh

NW Zone: 30.60Z 2011 Sheri Hart

1	Heather Riviere	42	LCM	38.97
				r:+0.75

Women 40-44 100 Meter Back Mixed

Inland NW: 1:26.41I 2010 Heather Riviere

NW Zone: 1:05.81Z 2011 Sheri Hart

1	Heather Riviere	42	LCM	1:45.53
				r:+0.74
		40.74	1:45.53	

Women 40-44 50 Meter Breast

Inland NW: 39.85I 1995 Margaret Hair

NW Zone: 38.30Z 2008 Mary Armstrong

1	Suzie Danner	44	LCM	42.95
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Women 40-44 100 Meter Breast

Inland NW: 1:30.04I 1996 Margaret Hair

NW Zone: 1:23.19Z 2000 Colette Crabbe

1	Heather Riviere	42	LCM	1:33.14
		44.03	1:33.14	

Women 40-44 200 Meter Fly Mixed

Inland NW: 2:38.43I 2001 Susanne Simpson

NW Zone: 2:38.43Z 2001 Susanne Simpson

1	Paige Buehler	43	MCM	3:34.76
		45.04	1:39.96	2:38.48
				3:34.76

Women 40-44 100 Meter IM

Inland NW: 1:18.58I 1995 Margaret Hair

NW Zone: 1:11.23Z 2005 Lisa Dahl

1	Suzie Danner	44	LCM	1:22.46
		38.11	1:22.46	
2	Paige Buehler	43	MCM	1:28.83
		39.37	1:28.83	
---	Patti Quartararo	40	UNAT	DQ
		42.24	DQ	

Women 45-49 50 Meter Free Mixed

Inland NW: 34.00I 2000 Margaret Hair

NW Zone: 27.54Z 2006 Lisa Dahl

1	Amber Gerhart	46	MM	33.78
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Women 45-49 100 Meter Free

Inland NW: 1:16.57I 2001 Margaret Hair

NW Zone: 1:02.84Z 2004 Karen Andrus-Hugh

1	Amber Gerhart	46	MM	1:16.91
		35.86	1:16.91	
2	Kate McIvor	47	MM	1:24.46
		39.64	1:24.46	
3	Carol Nelson	45	LCM	1:26.05
		40.51	1:26.05	

Women 45-49 200 Meter Free

Inland NW: 2:49.03I 2002 Margaret Hair

NW Zone: 2:19.30Z 2010 Arlene Delmage

1	Kate McIvor	47	MM	3:04.69
		40.31	1:27.78	2:16.84
				3:04.69

Women 45-49 1500 Meter Free

Inland NW: 23:16.06I 1992 Carolyn Kent

NW Zone: 19:49.05Z 2004 Mary Sweat

1	Kate McIvor	47	MM	25:06.73
				r:+1.91
		46.86	1:36.53	2:28.17
				3:19.99
		4:11.22	5:01.39	5:51.15
		7:31.52	8:21.35	9:10.84
		10:50.32	11:40.08	12:29.88
		14:10.58	15:00.90	15:50.85
		17:31.20	18:21.32	19:11.73
		20:54.43	21:45.28	22:37.34
		24:19.43	25:06.73	23:28.46

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Results

(Women 45-49 1500 Meter Free)

2	Carol Nelson	45	LCM	26:51.48
	44.73	1:34.12	2:27.15	3:20.35
	4:12.96	5:05.52	5:58.09	6:50.46
	7:43.87	8:37.28	9:31.03	10:24.45
	11:17.91	12:11.96	13:06.54	14:00.47
	14:55.20	15:50.57	16:44.84	17:39.77
	18:34.18	19:30.63	20:26.15	21:21.36
	22:16.70	23:12.21	24:07.55	25:03.45
	25:57.49	26:51.48		

Women 45-49 50 Meter Breast

Inland NW: 45.18I 2001 Margaret Hair
NW Zone: 37.14Z 2008 Lisa Dahl

1	Carol Nelson	45	LCM	52.18
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Women 45-49 100 Meter Breast

Inland NW: 1:34.66I 2000 Elin Zander
NW Zone: 1:20.84Z 2005 Colette Crabbe

1	Carol Nelson	45	LCM	1:50.17
	51.15	1:50.17		

Women 45-49 200 Meter Breast Mixed

Inland NW: 3:23.41I 1999 Elin Zander
NW Zone: 2:54.05Z 2002 Colette Crabbe

1	Carol Nelson	45	LCM	4:05.70
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Women 50-54 50 Meter Free Mixed

Inland NW: 33.05I 2008 Margaret Hair
NW Zone: 28.96Z 2011 Lisa Dahl

1	Karli Spear	51	UNAT	34.47
2	Cynthia Clutter	51	LCM	37.70
3	Jane Borg	51	MLMR	38.87
4	Kathie LaFortune	51	MCM	42.47
5	Mary Underbrink	52	PNA	47.08

Women 50-54 100 Meter Free

Inland NW: 1:15.92I 2008 Margaret Hair
NW Zone: 1:03.47Z 2007 Karen Andrus-Hugh

1	Jane Borg	51	MLMR	1:24.30
	39.66	1:24.30		
2	Mary Underbrink	52	PNA	1:55.03

Women 50-54 200 Meter Free

Inland NW: 2:57.00I 2009 Margaret Hair
NW Zone: 2:26.43Z 2008 Karen Andrus-Hugh

1	Jane Borg	51	MLMR	3:09.26
	42.00	1:29.35	2:19.32	3:09.26

Women 50-54 400 Meter Free Mixed

Inland NW: 6:00.06I 2007 Margaret Hair
NW Zone: 5:12.93Z 2007 Jo Moore

1	Cynthia Clutter	51	LCM	6:07.26
	40.46	1:25.62	2:12.24	2:59.75
	3:46.87	4:35.19	5:22.39	6:07.26

Women 50-54 1500 Meter Free

Inland NW: 23:04.45I 2006 Margaret Hair
NW Zone: 20:12.88Z 2010 Mary Sweat

1	Cynthia Clutter	51	LCM	23:18.57
	41.03	1:26.26	2:12.98	2:59.88
	3:46.56	4:33.93	5:20.94	6:07.96
	6:54.93	7:41.60	8:27.99	9:14.95
	10:02.17	10:48.73	11:35.41	12:22.26
	13:09.69	13:56.67	14:44.01	15:30.99
	16:18.15	17:04.96	17:52.54	18:39.54
	19:26.51	20:13.72	21:00.66	21:47.69
	22:34.27	23:18.57		
2	Aida Patterson	50	LCM	26:27.62
	r:+1.53	47.10	1:37.26	2:29.13
	4:12.75	5:04.45	5:56.76	6:50.07
	7:43.23	8:36.05	9:29.12	10:21.95
	11:15.10	12:07.92	13:00.56	13:53.43
	14:46.63	15:40.01	16:33.11	17:26.57
	18:19.67	19:13.10	20:06.73	21:01.30
	21:55.15	22:49.08	23:43.46	24:38.40
	25:33.61	26:27.62		

Women 50-54 50 Meter Back

Inland NW: 41.43I 2006 Margaret Hair
NW Zone: 32.13Z 2008 Karen Andrus-Hugh

1	Aida Patterson	50	LCM	49.27
	r:+1.08			

Women 50-54 50 Meter Breast

Inland NW: 43.07I 2007 Margaret Hair
NW Zone: 39.20Z 2008 Colette Crabbe

1	Terry Utigard-Rathbun	53	PNA	43.83
2	Karli Spear	51	UNAT	45.01
3	Cynthia Clutter	51	LCM	47.29
4	Kathie LaFortune	51	MCM	50.82
5	Susan Cliff	54	LCM	54.12
6	Mary Underbrink	52	PNA	58.39

Women 50-54 100 Meter Breast

Inland NW: 1:38.39I 2006 Margaret Hair
NW Zone: 1:25.80Z 1996 Ginger Pierson

1	Terry Utigard-Rathbun	53	PNA	1:34.08
	44.88	1:34.08		
2	Karli Spear	51	UNAT	1:41.54
	47.41	1:41.54		
3	Cynthia Clutter	51	LCM	1:44.45
	50.08	1:44.45		
4	Kathie LaFortune	51	MCM	1:49.44
	52.42	1:49.44		
5	Susan Cliff	54	LCM	1:57.79
	56.15	1:57.79		

Women 50-54 200 Meter Breast Mixed

Inland NW: 3:25.29I 2006 Margaret Hair
NW Zone: 3:01.47Z 2008 Colette Crabbe

1	Terry Utigard-Rathbun	53	PNA	3:20.10
	44.99	1:34.83	2:27.01	3:20.10
2	Kathie LaFortune	51	MCM	3:57.90

Women 50-54 50 Meter Fly

Inland NW: 38.49I 2008 Margaret Hair
NW Zone: 31.97Z 2005 Robin Parisi

1	Lisa Dahl	50	PNA	31.08Z
2	Karli Spear	51	UNAT	45.05
3	Aida Patterson	50	LCM	52.84
4	Mary Underbrink	52	PNA	1:06.35

Women 50-54 100 Meter IM

Inland NW: 1:23.64I 2008 Margaret Hair
NW Zone: 1:15.75Z 2005 Robin Parisi

1	Karli Spear	51	UNAT	1:32.61
	44.23	1:32.61		
2	Aida Patterson	50	LCM	1:46.97
	52.00	1:46.97		
3	Mary Underbrink	52	PNA	2:04.66
	56.99	2:04.66		

Women 55-59 50 Meter Free Mixed

Inland NW: 45.73I 1987 Peggy Knowles
NW Zone: 30.63Z 2006 Colny Tucker

1	Teresa Wendel	59	WVM	46.40
2	Robin Helm	55	SWAC	48.66

Women 55-59 100 Meter Free

Inland NW: 1:22.12I 2010 Margaret Hair
NW Zone: 1:09.11Z 2007 Charlotte Davis

1	Wendi Schield	56	MLMR	1:19.14I
	36.82	1:19.14		
2	Judy Hirschhorn	55	LCM	1:41.14

Women 55-59 200 Meter Free

Inland NW: 2:57.16I 2010 Margaret Hair
NW Zone: 2:40.27Z 1989 Lavelle Stoinoff

1	Wendi Schield	56	MLMR	2:58.96
	39.85	1:24.89	2:12.75	2:58.96
2	Jennifer Watson	57	MM	3:39.33
	49.89	1:45.48	2:42.87	3:39.33

Women 55-59 1500 Meter Free

Inland NW: 30:26.31I 1990 Sr. Madonna Buder
NW Zone: 21:35.84Z 1989 Lavelle Stoinoff

1	Margaret Hair	56	LCM	24:56.91I
	50.06	1:37.46	2:26.08	3:18.87
	4:08.11	4:56.87	5:46.50	6:35.82
	7:29.71	8:19.42	9:09.27	10:02.10
	10:51.76	11:40.71	12:29.94	13:19.06
	14:11.96	15:01.10	15:50.50	16:40.20
	17:29.56	18:18.34	19:11.32	20:00.82
	20:50.21	21:42.99	22:32.16	23:21.03
	24:09.85	24:56.91		

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Results

(Women 55-59 1500 Meter Free)

2	Deborah Bell	59	MCM	26:17.61I
	r:+0.35	49.46	1:41.10	2:34.12
		4:20.56	5:13.56	6:06.67
		7:52.23	8:44.78	9:37.41
		11:22.20	12:14.96	13:07.66
		14:52.90	15:45.84	16:39.02
		18:25.26	19:18.01	20:11.07
		21:57.17	22:50.18	23:42.56
		25:27.26	26:17.61	

Women 55-59 50 Meter Back

	Inland NW:	48.04I	2010	Margaret Hair
	NW Zone:	38.71Z	2006	Colny Tucker
1	Teresa Wendel	59	WVM	53.03
	r:+0.86			
2	Robin Helm	55	SWAC	1:23.86

Women 55-59 100 Meter Back Mixed

	Inland NW:	1:38.23I	2010	Margaret Hair
	NW Zone:	1:26.32Z	2008	Teri Hendryx
1	Teresa Wendel	59	WVM	2:01.22
	r:+1.04	57.51	2:01.22	

Women 55-59 200 Meter Back

	Inland NW:	3:33.82I	2010	Margaret Hair
	NW Zone:	3:08.16Z	2009	Paula Smith
1	Teresa Wendel	59	WVM	4:45.46
	r:+1.03	2:20.22	3:35.30	4:45.46

Women 55-59 50 Meter Breast

	Inland NW:	54.27I	2010	Stacy Armstrong
	NW Zone:	40.27Z	2003	Ginger Pierson
1	Margaret Hair	56	LCM	45.32I
2	Robin Helm	55	SWAC	56.40
3	Judy Hirschhorn	55	LCM	1:00.19

Women 55-59 100 Meter Breast

	Inland NW:	1:42.46I	2010	Margaret Hair
	NW Zone:	1:27.95Z	2003	Ginger Pierson
1	Deborah Bell	59	MCM	1:55.88
		54.10	1:55.88	
2	Jennifer Watson	57	MM	2:03.02
		58.84	2:03.02	
3	Robin Helm	55	SWAC	2:06.70
		59.93	2:06.70	

Women 55-59 200 Meter Breast Mixed

	Inland NW:	4:44.25I	1990	Sr. Madonna Buder
	NW Zone:	3:17.54Z	2003	Ginger Pierson
1	Margaret Hair	56	LCM	3:33.63I
		48.68	1:42.63	2:38.94
				3:33.63
2	Jennifer Watson	57	MM	4:18.29
		1:00.56	2:06.63	3:13.32
				4:18.29

Women 55-59 200 Meter Fly Mixed

	NW Zone:	3:15.13Z	2001	Ginger Pierson
1	Margaret Hair	56	LCM	3:32.81
		45.68	1:40.36	2:37.40
				3:32.81

Women 55-59 100 Meter IM

	Inland NW:	1:30.22I	2001	Suzanne Dills
	NW Zone:	1:25.18Z	2006	Colny Tucker
1	Wendi Schield	56	MLMR	1:33.56
		43.93	1:33.56	
2	Deborah Bell	59	MCM	1:47.59
		52.77	1:47.59	
3	Robin Helm	55	SWAC	2:02.70
		55.75	2:02.70	
---	Margaret Hair	56	LCM	DQ

Women 55-59 200 Meter IM Mixed

	Inland NW:	3:14.97I	2010	Margaret Hair
	NW Zone:	2:56.37Z	2007	Charlotte Davis
1	Deborah Bell	59	MCM	3:52.62
		59.47	1:58.52	3:01.08
				3:52.62

Women 55-59 400 Meter IM

	Inland NW:	6:55.23I	2010	Margaret Hair
	NW Zone:	6:10.45Z	2007	Charlotte Davis
1	Jennifer Watson	57	MM	8:51.93
		1:05.79	2:24.51	3:35.93
				4:42.97
		5:48.25	6:55.29	7:55.32
				8:51.93
2	Mary Adams	56	LCM	9:19.54
		1:02.54	2:21.12	3:35.98
				4:48.04
		6:00.97	7:14.06	8:19.74
				9:19.54

Women 60-64 50 Meter Free Mixed

	Inland NW:	40.35I	2010	Diana Leake
	NW Zone:	30.01Z	2010	Charlotte Davis
1	Peggy Stringer	60	MM	40.12

Women 60-64 50 Meter Back

	Inland NW:	48.48I	1991	Peggy Knowles
	NW Zone:	41.13Z	2002	Joy Ward
1	Gloria Waggoner	64	LCM	48.53
		r:+0.86		
2	Shirley Schreiber	64	WVM	56.44
		r:+0.64		

Women 60-64 100 Meter Back Mixed

	Inland NW:	1:46.48I	1991	Peggy Knowles
	NW Zone:	1:27.97Z	2006	Joy Ward
1	Gloria Waggoner	64	LCM	1:50.23
		r:+0.88	47.26	1:50.23

Women 60-64 50 Meter Breast

	Inland NW:	51.72I	1989	Dori McTigue
	NW Zone:	41.27Z	2006	Ginger Pierson
1	Gloria Waggoner	64	LCM	50.95I
2	Peggy Stringer	60	MM	54.44

Women 60-64 200 Meter Breast Mixed

	Inland NW:	4:22.91I	1989	Dori McTigue
	NW Zone:	3:26.73Z	2008	Ginger Pierson
1	Peggy Stringer	60	MM	4:22.45
		57.99	2:04.98	3:14.63
				4:22.45

Women 60-64 50 Meter Fly

	Inland NW:	1:04.56I	1987	Mariah Clarke
	NW Zone:	33.30Z	2010	Charlotte Davis
1	Sarah Welch	64	PNA	41.35
2	Peggy Stringer	60	MM	48.92
3	Shirley Schreiber	64	WVM	55.10I

Women 60-64 100 Meter Fly

	Inland NW:	2:23.77I	1984	Mariah Clarke
	NW Zone:	1:28.55Z	2008	Sarah Welch
1	Sarah Welch	64	PNA	1:35.62
		45.09	1:35.62	
2	Shirley Schreiber	64	WVM	2:05.48I
		57.03	2:05.48	

Women 60-64 200 Meter Fly Mixed

	Inland NW:	5:26.87I	1984	Mariah Clarke
	NW Zone:	3:18.64Z	2008	Sarah Welch
1	Shirley Schreiber	64	WVM	4:38.78I
		58.97	2:11.48	3:26.49
				4:38.78
2	Peggy Stringer	60	MM	4:39.68
		53.92	2:04.81	3:22.42
				4:39.68

Women 60-64 100 Meter IM

	Inland NW:	1:28.59I	2005	Suzanne Dills
	NW Zone:	1:17.48Z	2010	Charlotte Davis
1	Gloria Waggoner	64	LCM	1:46.80
		52.41	1:46.80	

Women 60-64 200 Meter IM Mixed

	Inland NW:	4:36.24I	1983	Mariah Clarke
	NW Zone:	2:48.33Z	2010	Charlotte Davis
1	Shirley Schreiber	64	WVM	4:08.45I
		58.30	2:01.05	3:08.26
				4:08.45

Women 65-69 100 Meter Free

	Inland NW:	1:56.33I	2003	Audrey B. Roberts
	NW Zone:	1:20.12Z	2011	Sally Dillon
1	Diana Leake	65	SWAC	1:33.10I
		44.59	1:33.10	
2	Carolyn Magee	66	WVM	1:36.73I
		45.54	1:36.73	
3	Ella Ackley	69	MM	1:40.34
		47.60	1:40.34	

Women 65-69 200 Meter Free

	Inland NW:	4:12.24I	2003	Audrey B. Roberts
	NW Zone:	2:45.06Z	2010	Suzanne Dills
1	Ella Ackley	69	MM	3:38.45
		48.52	1:45.12	2:43.59
				3:38.45

Women 65-69 50 Meter Back

	Inland NW:	59.68I	1991	Jean Rudolph
	NW Zone:	41.82Z	2007	Joy Ward
1	Ella Ackley	69	MM	51.15
		r:+0.78		

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Women 65-69 50 Meter Breast

Inland NW: 1:11.74I 1991 Jean Rudolph
 NW Zone: 45.61Z 2011 Ginger Pierson

1	Diana Leake	65	SWAC	53.56I
2	Carolyn Magee	66	WVM	54.92I

Women 65-69 200 Meter Fly Mixed

NW Zone: 3:42.91Z 2007 Joy Ward

1	Carolyn Magee	66	WVM	4:17.56
				56.88 2:02.57 3:11.72 4:17.56

Women 65-69 100 Meter IM

Inland NW: 1:48.83I 2010 Carolyn Magee
 NW Zone: 1:32.98Z 2007 Barbara Frid

1	Diana Leake	65	SWAC	1:49.96
				51.44 1:49.96
2	Ella Ackley	69	MM	2:03.21
				56.39 2:03.21

Women 65-69 200 Meter IM Mixed

Inland NW: 6:49.87I 1986 Maureen Schmahl
 NW Zone: 3:16.37Z 2010 Suzanne Dills

1	Carolyn Magee	66	WVM	3:58.85I
				53.82 1:57.72 3:05.48 3:58.85

Women 65-69 400 Meter IM

NW Zone: 7:02.74Z 2010 Suzanne Dills

1	Carolyn Magee	66	WVM	8:13.32
				54.50 1:57.90 3:03.40 4:09.37
				5:16.53 6:24.14 7:19.63 8:13.32

Women 75-79 50 Meter Free Mixed

Inland NW: 1:47.05I 2010 Annette Orton
 NW Zone: 43.98Z 2004 Barbara Jackson

1	Patricia Hastings	76	MM	43.20Z
2	Jane Haase	79	WVM	1:07.20I

Women 75-79 100 Meter Free

Inland NW: 2:04.47I 2005 Sister Madonna Bu
 NW Zone: 1:39.63Z 2010 Patricia Hastings

1	Patricia Hastings	76	MM	1:43.97
				48.18 1:43.97
2	Jane Haase	79	WVM	2:33.68

Women 75-79 200 Meter Free

NW Zone: 3:52.40Z 2010 Patricia Hastings

1	Patricia Hastings	76	MM	3:49.95Z
				50.10 1:49.73 2:51.47 3:49.95
2	Peony Munger	77	WVM	4:23.59
				1:00.04 2:08.58 3:16.39 4:23.59

Women 75-79 50 Meter Back

Inland NW: 1:38.98I 1996 Maureen Schmahl
 NW Zone: 50.25Z 2004 Barbara Jackson

1	Jane Haase	79	WVM	1:23.48I
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Women 75-79 100 Meter Back Mixed

Inland NW: 2:55.50I 2010 Peony Munger
 NW Zone: 1:47.77Z 2004 Barbara Jackson

1	Patricia Hastings	76	MM	2:24.99
				r:+0.85 1:11.01 2:24.99

Women 75-79 200 Meter Back

NW Zone: 4:43.26Z 2008 Barbara Allen

1	Peony Munger	77	WVM	5:39.82
				r:+0.84 1:19.35 2:48.01 4:15.54 5:39.82

Women 75-79 50 Meter Breast

Inland NW: 1:48.64I 1996 Maureen Schmahl
 NW Zone: 59.58Z 1998 Muriel Flynn

1	Jane Haase	79	WVM	1:53.45
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Women 75-79 100 Meter Breast

Inland NW: 2:38.71I 2005 Sister Madonna Bu
 NW Zone: 2:15.46Z 1998 Muriel Flynn

1	Patricia Hastings	76	MM	2:18.72
				1:07.16 2:18.72

Women 75-79 50 Meter Fly

Inland NW: 2:52.30I 2010 Annette Orton
 NW Zone: 1:13.52Z 1991 Pat Matthiesen

1	Peony Munger	77	WVM	1:36.31I
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Women 75-79 100 Meter IM

Inland NW: 4:39.59I 2009 Annette Orton
 NW Zone: 2:10.12Z 1998 Muriel Flynn

1	Jane Haase	79	WVM	3:26.06I
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Women 75-79 200 Meter IM Mixed

NW Zone: 4:41.59Z 1998 Muriel Flynn

1	Peony Munger	77	WVM	5:53.98
				1:51.29 4:48.14 5:53.98

Women 75-79 400 Meter IM

NW Zone: 10:26.76Z 2003 Margaret Wells

1	Peony Munger	77	WVM	11:49.37
				1:43.85 3:34.49 5:02.35 6:27.94
				7:57.21 9:30.15 10:39.94 11:49.37

Women 80-84 50 Meter Free Mixed

Inland NW: 1:03.12I 2001 Jean Rudolph
 NW Zone: 1:01.39Z 1997 Pat Matthiesen

1	Annette Orton	80	SWAC	1:46.82
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Women 80-84 200 Meter Free

NW Zone: 5:03.40Z 1997 Pat Matthiesen

1	Madonna Buder	81	UNAT	4:38.24Z
				1:00.96 2:12.64 3:24.88 4:38.24

Women 80-84 1500 Meter Free

1	Madonna Buder	81	UNAT	37:37.84
				1:05.25 2:22.79 3:37.70 4:53.70
				6:08.77 7:23.61 8:38.74 9:53.18
				11:10.09 12:25.74 13:40.21 14:56.20
				16:11.64 17:28.49 18:43.42 20:00.49
				21:13.74 22:29.87 23:45.66 25:01.28
				26:18.20 27:35.10 28:50.05 30:05.13
				31:21.79 32:39.64 33:55.70 35:10.13
				36:26.28 37:37.84

Women 80-84 50 Meter Back

Inland NW: 1:11.03I 2001 Jean Rudolph
 NW Zone: 1:00.74Z 2007 Bernice Phillips

1	Annette Orton	80	SWAC	1:52.97
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Women 80-84 50 Meter Breast

Inland NW: 1:35.29I 2002 Jean Rudolph
 NW Zone: 1:02.54Z 2003 Muriel Flynn

1	Madonna Buder	81	UNAT	1:22.46I
2	Annette Orton	80	SWAC	2:15.47

Women 80-84 100 Meter Breast

Inland NW: 3:34.21I 2002 Jean Rudolph
 NW Zone: 2:19.21Z 2003 Muriel Flynn

1	Annette Orton	80	SWAC	4:51.34
				r:+6.98 2:20.99 4:51.34

Women 80-84 100 Meter IM

Inland NW: 2:57.45I 2001 Jean Rudolph
 NW Zone: 2:22.36Z 2005 Muriel Flynn

1	Madonna Buder	81	UNAT	3:03.18
				1:32.48 3:03.18

---	Annette Orton	80	SWAC	DQ
				r:+1.89 2:18.92 DQ

Women 85-89 200 Meter Free

NW Zone: 5:26.73Z 2006 Pauline Stangel

1	Charlotte Sanddal	89	MM	6:12.39
				r:+1.00 1:26.92 3:01.58 4:40.38 6:12.39

Women 85-89 100 Meter Back Mixed

NW Zone: 3:06.60Z 2003 Pat Matthiesen

1	Charlotte Sanddal	89	MM	3:24.03
				r:+1.07 1:43.01 3:24.03

Women 85-89 200 Meter Breast Mixed

NW Zone: 7:47.31Z 2009 Charlotte Sanddal

1	Charlotte Sanddal	89	MM	9:22.20
				r:+1.67 2:18.39 4:41.47 7:03.54 9:22.20

Women 85-89 50 Meter Fly

NW Zone: 1:23.04Z 2009 Charlotte Sanddal

1	Charlotte Sanddal	89	MM	1:31.33
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Women 85-89 100 Meter IM

NW Zone: 3:31.62Z 2002 Pat Matthiesen

1	Charlotte Sanddal	89	MM	3:21.57Z
				r:+1.62 1:32.95 3:21.57

Women 90-94 50 Meter Free Mixed

NW Zone: 1:53.37Z 2005 Hilda Buel

1	Jean Rudolph	90	MCM	1:29.78Z
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Women 90-94 50 Meter Back

NW Zone: 2:08.15Z 2006 Hilda Buel

1	Jean Rudolph	90	MCM	1:38.15Z
				r:+0.56

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Women 90-94 100 Meter Back Mixed

NW Zone: 4:36.60Z 2006 Hilda Buel

1	Jean Rudolph	90	MCM	3:33.08Z
	r:+1.23	1:45.25		3:33.08

Women 90-94 50 Meter Breast

NW Zone: 2:36.88Z 2004 Hilda Buel

1	Jean Rudolph	90	MCM	2:12.56Z
	r:+1.25			

Women 90-94 100 Meter Breast

NW Zone: 6:29.78Z 2005 Hilda Buel

1	Jean Rudolph	90	MCM	4:38.61Z
	r:+1.25	2:14.01		4:38.61

Men 18-24 50 Meter Free Mixed

Inland NW: 25.36I 1985 Don Moravec

NW Zone: 24.77Z 2006 Kyle Ciminski

1	Eric Williamson	20	CWST	26.90
2	Jeremy Vimislik	22	CWST	29.57

Men 18-24 100 Meter Free

Inland NW: 55.47I 2000 Craig Kitchens

NW Zone: 54.98Z 1985 Steve Schmidt

1	Baden Sprinkle	23	CWST	56.82
				27.20 56.82
2	Brady Hooper	22	LCM	1:01.06
				29.43 1:01.06
3	Eric Williamson	20	CWST	1:01.11
				28.02 1:01.11
4	Brian Eifert	24	CWST	1:07.89
				31.79 1:07.89

Men 18-24 200 Meter Free

Inland NW: 2:08.37I 1994 Scott Swoboda

NW Zone: 2:02.93Z 2002 Pieter Dehart

1	Brady Hooper	22	LCM	2:16.23
				30.23 1:04.30 1:40.49 2:16.23
2	Matthew Edde	22	MCM	2:28.94
				30.87 1:07.17 1:47.97 2:28.94

Men 18-24 400 Meter Free Mixed

Inland NW: 4:29.50I 1994 Sam Chesnut

NW Zone: 4:29.09Z 1985 Steve Schmidt

1	Matthew Edde	22	MCM	5:37.58
				34.50 1:17.09 2:00.25 2:45.00
				3:28.42 4:08.13 4:55.18 5:37.58

Men 18-24 1500 Meter Free

Inland NW: 18:48.86I 1995 Sam Chesnut

NW Zone: 18:48.86Z 1995 Sam Chesnut

1	Matthew Edde	22	MCM	22:56.04
				35.27 1:15.26 1:56.32 2:38.29
				3:20.64 4:03.58 4:47.01 5:30.36
				6:14.85 6:59.38 7:43.80 8:26.62
				9:12.03 9:55.54 10:38.85 11:16.56
				12:18.61 13:08.71 13:57.30 14:43.97
				15:31.54 16:19.24 17:12.65 18:08.21
				19:46.10 20:35.25 21:23.17 22:10.79
				22:56.16 22:56.04

Men 18-24 50 Meter Back

Inland NW: 28.37I 1986 Brian Wilkerson

NW Zone: 28.37Z 1986 Brian Wilkerson

1	Baden Sprinkle	23	CWST	30.73
				r:+0.70
2	Eric Williamson	20	CWST	33.10
				r:+0.62
3	Jonathan Siegler	24	LCM	33.98
				r:+0.67

Men 18-24 100 Meter Back Mixed

Inland NW: 1:15.28I 1989 Ryan Cooper

NW Zone: 1:03.02Z 2004 Nathan Johnsen

1	Baden Sprinkle	23	CWST	1:06.91I
				r:+0.76 32.61 1:06.91

Men 18-24 50 Meter Breast

Inland NW: 33.55I 1986 Garvin Morlan

NW Zone: 30.90Z 2006 Kyle Ciminski

1	Jonathan Siegler	24	LCM	37.02
2	Raymond Fluegel	21	CWST	38.47
3	Brian Eifert	24	CWST	38.97

Men 18-24 100 Meter Breast

Inland NW: 1:13.52I 1995 Sam Chesnut

NW Zone: 1:09.08Z 2006 Kyle Ciminski

1	Brady Hooper	22	LCM	1:22.35
				39.61 1:22.35
2	Raymond Fluegel	21	CWST	1:24.71
				41.56 1:24.71
3	Matthew Edde	22	MCM	1:30.73
				43.81 1:30.73

Men 18-24 200 Meter Breast Mixed

Inland NW: 2:42.42I 1994 Sam Chesnut

NW Zone: 2:37.37Z 2009 Kyle Ciminski

1	Raymond Fluegel	21	CWST	3:11.17
				43.99 1:32.98 2:22.29 3:11.17
2	Matthew Edde	22	MCM	3:22.54
				44.96 1:36.39 2:29.60 3:22.54

Men 18-24 50 Meter Fly

Inland NW: 27.70I 1986 Garvin Morlan

NW Zone: 26.20Z 2006 Kyle Ciminski

1	Matt Peterson	21	CWST	30.78
2	Jonathan Siegler	24	LCM	31.56
3	Jeremy Vimislik	22	CWST	34.78

Men 18-24 100 Meter Fly

Inland NW: 1:04.93I 1985 Don Moravec

NW Zone: 58.97Z 2006 Kyle Ciminski

1	Matt Peterson	21	CWST	1:07.31
				31.42 1:07.31
2	Jonathan Siegler	24	LCM	1:12.36
				33.15 1:12.36

Men 18-24 200 Meter Fly Mixed

Inland NW: 2:34.55I 1986 Brian Wilkerson

NW Zone: 2:34.55Z 1986 Brian Wilkerson

1	Matt Peterson	21	CWST	2:38.78
				33.26 1:13.88 1:57.28 2:38.78

Men 18-24 100 Meter IM

Inland NW: 1:04.39I 1994 Sam Chesnut

NW Zone: 1:01.27Z 2006 Kyle Ciminski

1	Jonathan Siegler	24	LCM	1:12.91
				33.57 1:12.91
2	Brian Eifert	24	CWST	1:16.36
				35.20 1:16.36
3	Jeremy Vimislik	22	CWST	1:19.78
				36.72 1:19.78

Men 30-34 200 Meter Free

Inland NW: 2:10.45I 2010 James Adams

NW Zone: 2:02.90Z 1994 Craig Mallery

1	James Adams	34	WVM	2:08.29I
				29.30 1:01.82 1:35.37 2:08.29

Men 30-34 400 Meter Free Mixed

Inland NW: 4:32.39I 2010 James Adams

NW Zone: 4:20.34Z 1996 Dennis Tesch

1	James Adams	34	WVM	4:40.62
				30.10 1:04.30 1:39.38 2:15.83
				2:52.12 3:28.57 4:04.94 4:40.62

Men 30-34 200 Meter Back

Inland NW: 2:33.78I 2010 James Adams

NW Zone: 2:18.74Z 1996 Phillip King

1	James Adams	34	WVM	2:29.60I
				r:+0.73 35.09 1:13.28 1:52.49 2:29.60

Men 30-34 200 Meter Fly Mixed

Inland NW: 2:25.90I 2010 James Adams

NW Zone: 2:16.84Z 2000 Bill Zolna

1	James Adams	34	WVM	2:24.22I
				30.76 1:07.09 1:45.45 2:24.22

Men 30-34 400 Meter IM

Inland NW: 5:19.04I 2010 James Adams

NW Zone: 4:59.60Z 1998 Doug Stewart

1	James Adams	34	WVM	5:08.06I
				30.18 1:06.33 1:47.03 2:27.07
				3:12.47 3:58.25 4:33.56 5:08.06

Men 35-39 50 Meter Free Mixed

Inland NW: 25.41I 1995 David Barnes

NW Zone: 24.91Z 2007 Curtis Taylor

1	Dorin Nicorici	38	MLMR	28.83
2	Ryan Smith	39	MLMR	29.49

Men 35-39 100 Meter Free

Inland NW: 56.63I 1994 David Barnes

NW Zone: 53.62Z 2003 John Keppeler

1	Dorin Nicorici	38	MLMR	1:04.68
2	Ryan Smith	39	MLMR	1:08.51
				32.57 1:08.51

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Men 35-39 100 Meter IM

Inland NW: 1:05.45I 1994 David Barnes				
NW Zone: 1:04.13Z 2002 John Hudson				
1	Ryan Smith	39	MLMR	1:22.71
---	Dorin Nicorici	38	MLMR	DQ
	36.45		DQ	

Men 40-44 50 Meter Free Mixed

Inland NW: 25.93I 1996 David Barnes				
NW Zone: 24.45Z 1995 Rick Abbott				
1	Harm-Jan Steenhuis	44	SWAT	31.33

Men 40-44 400 Meter Free Mixed

Inland NW: 4:42.49I 1996 Larry Krauser				
NW Zone: 4:20.27Z 2008 David Kays				
1	Harm-Jan Steenhuis	44	SWAT	6:39.68
	43.14	1:32.85	2:24.73	3:16.16
	4:07.89	4:59.25	5:51.31	6:39.68

Men 40-44 50 Meter Breast

Inland NW: 34.95I 1996 David Barnes				
NW Zone: 31.14Z 2008 James Corbeau				
1	Harm-Jan Steenhuis	44	SWAT	36.85

Men 40-44 100 Meter Breast

Inland NW: 1:17.90I 2000 Armin Arndt				
NW Zone: 1:09.52Z 2008 James Corbeau				
1	Harm-Jan Steenhuis	44	SWAT	1:22.11
	39.40	1:22.11		

Men 45-49 50 Meter Free Mixed

Inland NW: 25.90I 2002 Larry Krauser				
NW Zone: 25.10Z 2003 Rick Abbott				
1	Todd Cory	46	LCM	30.37
2	Jim Breidenbach	47	SWAT	34.40
3	Rob Urbaniak	48	LCM	34.57

Men 45-49 100 Meter Free

Inland NW: 57.62I 2000 Larry Krauser				
NW Zone: 55.18Z 2003 Rick Abbott				
1	Todd Cory	46	LCM	1:08.84
	32.84	1:08.84		
2	Rob Urbaniak	48	LCM	1:14.42
	35.12	1:14.42		
3	Jim Breidenbach	47	SWAT	1:16.00
	35.35	1:16.00		
4	Matthew Bronson	46	FAF	1:19.30
	37.33	1:19.30		

Men 45-49 200 Meter Free

Inland NW: 2:09.32I 2000 Larry Krauser				
NW Zone: 2:06.40Z 2004 Rick Abbott				
1	Rob Urbaniak	48	LCM	2:44.04
	37.47	1:18.99	2:01.77	2:44.04

Men 45-49 400 Meter Free Mixed

Inland NW: 4:39.73I 2000 Larry Krauser				
NW Zone: 4:20.25Z 2000 Steve Sussex				
1	Rob Urbaniak	48	LCM	6:22.21
	41.55	1:26.53	2:14.99	3:06.08
	3:58.05	4:48.39	5:36.66	6:22.21

Men 45-49 1500 Meter Free

Inland NW: 21:46.82I 1997 Michael Merrell				
NW Zone: 18:01.65Z 2009 Lyle Nalli				
1	Sean Murphy	48	3RMS	22:59.07
	34.93	1:14.04	1:55.93	2:38.71
	3:22.66	4:07.71	4:53.86	5:40.07
	6:27.50	7:13.54	8:00.23	8:47.79
	9:34.91	10:21.92	11:09.06	11:56.32
	12:43.20	13:30.74	14:17.74	15:05.41
	15:53.14	16:39.56	17:27.03	18:13.99
	19:01.39	19:48.66	20:35.48	21:22.05
	22:07.36	22:59.07		
2	Jim Breidenbach	47	SWAT	23:02.91
	38.08	1:21.01	2:06.34	2:51.87
	3:38.19	4:23.53	5:09.62	5:56.76
	6:42.42	7:28.56	8:14.78	9:00.08
	9:46.66	10:32.67	11:18.88	12:06.05
	12:53.26	13:39.88	14:27.25	15:14.41
	16:01.54	16:48.72	17:35.76	18:22.74
	19:09.59	19:56.38	20:43.28	21:30.45
	22:17.42	23:02.91		

Men 45-49 50 Meter Back

Inland NW: 35.84I 2000 Larry Krauser				
NW Zone: 29.33Z 1989 Robert Smith				
1	Rich Swoboda	45	LCM	33.94I
	r:+0.63			

Men 45-49 100 Meter Back Mixed

Inland NW: 1:15.45I 2000 Larry Krauser				
NW Zone: 1:03.21Z 2008 Lincoln Djang				
1	Sean Murphy	48	3RMS	1:23.95
	r:+0.93	40.75	1:23.95	

Men 45-49 50 Meter Breast

Inland NW: 35.71I 1986 David Daboll				
NW Zone: 32.50Z 2006 Jon Baca				
1	Rich Swoboda	45	LCM	36.09
2	Todd Cory	46	LCM	38.94
3	Sean Murphy	48	3RMS	41.91
4	Jim Breidenbach	47	SWAT	44.12

Men 45-49 50 Meter Fly

Inland NW: 31.76I 2000 Larry Krauser				
NW Zone: 26.84Z 2003 Rick Abbott				
1	Rich Swoboda	45	LCM	30.65I
2	Todd Cory	46	LCM	32.92
3	Sean Murphy	48	3RMS	35.50

Men 45-49 100 Meter IM

Inland NW: 1:13.69I 2000 Larry Krauser				
NW Zone: 1:05.34Z 2002 Donald Graham				
1	Todd Cory	46	LCM	1:17.06
	34.91	1:17.06		
2	Sean Murphy	48	3RMS	1:19.63
	37.52	1:19.63		
3	Jim Breidenbach	47	SWAT	1:35.28
	46.59	1:35.28		
4	Matthew Bronson	46	FAF	1:38.15
	46.84	1:38.15		

Men 45-49 200 Meter IM Mixed

Inland NW: 2:40.46I 2000 Larry Krauser				
NW Zone: 2:20.24Z 2008 Lincoln Djang				
1	Rich Swoboda	45	LCM	2:34.77I
	33.20	1:14.41	1:59.32	2:34.77

Men 45-49 400 Meter IM

Inland NW: 5:44.98I 2000 Larry Krauser				
NW Zone: 4:50.71Z 2008 Lincoln Djang				
1	Rich Swoboda	45	LCM	5:38.81I
	34.41	1:14.50	1:59.99	2:45.36
	3:32.35	4:19.98	5:00.21	5:38.81

Men 50-54 50 Meter Free Mixed

Inland NW: 25.00I 2003 Larry Krauser				
NW Zone: 25.00Z 2003 Larry Krauser				
1	Stephen Harger	52	MLMR	29.96
2	Dan Sheahan	54	SWAT	30.43
3	Tom Lamar	51	MCM	32.53

Men 50-54 100 Meter Free

Inland NW: 55.10I 2003 Larry Krauser				
NW Zone: 55.10Z 2003 Larry Krauser				
1	Stephen Harger	52	MLMR	1:07.00
	31.41	1:07.00		
2	Dan Sheahan	54	SWAT	1:08.45
	32.59	1:08.45		

Men 50-54 200 Meter Free

Inland NW: 2:03.10I 2003 Larry Krauser				
NW Zone: 2:03.10Z 2003 Larry Krauser				
1	Dan Sheahan	54	SWAT	2:32.76
	34.21	1:13.25	1:53.18	2:32.76

Men 50-54 400 Meter Free Mixed

Inland NW: 4:26.37I 2003 Larry Krauser				
NW Zone: 4:26.37Z 2003 Larry Krauser				
1	Glenn Mabile	51	LCM	6:49.72
	45.34	1:35.82	2:28.37	3:21.82
	4:16.10	5:10.01	6:02.39	6:49.72

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Results

Men 50-54 1500 Meter Free

Inland NW: 17:48.71I 2003 Larry Krauser

NW Zone: 17:48.71Z 2003 Larry Krauser

1	Stephen Harger	52	MLMR	23:15.30
	41.33	1:24.36	2:08.27	2:52.62
	3:38.53	4:25.07	5:11.93	5:59.07
	6:46.05	7:32.29	8:18.67	9:04.17
	9:50.16	10:35.88	11:22.54	12:08.38
	12:54.09	13:40.40	14:28.41	15:15.67
	16:05.45	16:53.73	17:41.98	18:30.34
	19:19.20	20:06.11	20:54.40	21:41.54
	22:30.04	23:15.30		

Men 50-54 50 Meter Back

Inland NW: 32.85I 2003 Larry Krauser

NW Zone: 29.04Z 2008 Phillip Djang

1	Mike Hamm	54	LCM	33.05
	r:+0.72			

Men 50-54 50 Meter Breast

Inland NW: 35.17I 2008 Robert Morrison

NW Zone: 33.40Z 1999 Allen Stark

1	Mike Hamm	54	LCM	33.90I
2	Tom Lamar	51	MCM	42.82
3	Glenn Mabile	51	LCM	46.47

Men 50-54 100 Meter Breast

Inland NW: 1:16.77I 2010 Michael Hamm

NW Zone: 1:11.94Z 2009 Patrick Allender

1	Mike Hamm	54	LCM	1:16.55I
	35.87	1:16.55		
2	Eric Ridgway	50	SWAC	1:24.66
	40.16	1:24.66		

Men 50-54 200 Meter Breast Mixed

Inland NW: 2:51.33I 2010 Michael Hamm

NW Zone: 2:36.14Z 2008 Patrick Allender

1	Eric Ridgway	50	SWAC	3:05.64
	43.71	1:32.10	2:19.08	3:05.64

Men 50-54 50 Meter Fly

Inland NW: 29.43I 2003 Larry Krauser

NW Zone: 27.04Z 2006 Donald Graham

1	Tom Lamar	51	MCM	35.73
2	Dan Sheahan	54	SWAT	36.81

Men 50-54 100 Meter IM

Inland NW: 1:06.80I 2003 Larry Krauser

NW Zone: 1:05.05Z 2004 Donald Graham

1	Stephen Harger	52	MLMR	1:18.65
	36.58	1:18.65		
2	Eric Ridgway	50	SWAC	1:19.23
	38.17	1:19.23		
3	Tom Lamar	51	MCM	1:19.68
	38.48	1:19.68		
4	Dan Sheahan	54	SWAT	1:23.59
	39.01	1:23.59		
5	Glenn Mabile	51	LCM	1:38.47
	47.37	1:38.47		

Men 50-54 200 Meter IM Mixed

Inland NW: 2:30.88I 2003 Larry Krauser

NW Zone: 2:24.49Z 2008 Phillip Djang

---	Eric Ridgway	50	SWAC	DQ
	39.36	1:31.65	2:18.16	DQ

Men 50-54 400 Meter IM

Inland NW: 5:21.75I 2003 Larry Krauser

NW Zone: 4:55.50Z 2009 Lincoln Djang

1	Eric Ridgway	50	SWAC	6:27.11
	39.01	1:28.39	2:22.27	3:16.18
	4:05.50	4:55.59	5:42.31	6:27.11

Men 55-59 50 Meter Free Mixed

Inland NW: 26.27I 2010 Larry Krauser

NW Zone: 25.38Z 2009 Mike Tennant

1	Mark Comfort	58	MM	29.29
2	Bill Triol	57	WKM	31.57
3	Rod Wharton	55	LCM	32.83
4	Kurt Wendel	58	WVM	35.85
5	Steve Tanner	58	LCM	36.54

Men 55-59 100 Meter Free

Inland NW: 58.68I 2010 Larry Krauser

NW Zone: 57.19Z 2010 Rick Abbott

1	Bill Triol	57	WKM	1:11.37
	34.44	1:11.37		
2	Rod Wharton	55	LCM	1:12.12
	33.85	1:12.12		
3	Kurt Wendel	58	WVM	1:26.84
	40.37	1:26.84		

Men 55-59 200 Meter Free

Inland NW: 2:50.39I 1995 Robert McKinnon

NW Zone: 2:09.27Z 2010 Larry Krauser

1	Jerry Johnston	56	MLMR	2:32.59I
	34.89	1:13.59	1:53.50	2:32.59
2	Rod Wharton	55	LCM	2:51.88
	39.54	1:22.28	2:06.64	2:51.88

Men 55-59 400 Meter Free Mixed

Inland NW: 4:36.79I 2008 Larry Krauser

NW Zone: 4:36.79Z 2008 Larry Krauser

1	Robert Morrison	57	LCM	5:45.65
	37.26	1:20.86	2:05.67	2:50.38
	3:35.13	4:19.84	5:04.17	5:45.65
2	Rod Wharton	55	LCM	5:50.31
	39.33	1:20.15	2:04.60	2:48.70
	3:33.38	4:19.26	5:04.93	5:50.31
3	Steve Tanner	58	LCM	6:23.05
	42.14	1:29.62	2:19.50	3:09.02
	3:58.66	4:49.11	5:37.49	6:23.05

Men 55-59 1500 Meter Free

Inland NW: 26:14.46I 1988 Clark Thompson

NW Zone: 18:30.71Z 2010 Larry Krauser

1	Rod Wharton	55	LCM	24:09.28I
	35.37	1:15.02	1:56.78	2:40.13
	3:24.80	4:10.83	4:57.88	5:47.15
	6:35.32	7:24.08	8:13.45	9:02.86
	9:52.29	10:42.02	11:32.13	12:21.82
	13:11.61	14:01.92	14:52.25	15:43.01
	16:33.47	17:24.05	18:14.06	19:05.18
	19:55.75	20:45.91	21:36.25	22:27.94
	23:18.61	24:09.28		
2	Kurt Wendel	58	WVM	27:32.04

Men 55-59 50 Meter Back

Inland NW: 38.94I 2001 Michael Veith

NW Zone: 30.35Z 1999 Robert Smith

1	Mark Comfort	58	MM	33.73
	r:+0.67			

Men 55-59 100 Meter Back Mixed

Inland NW: 1:15.37I 2010 Larry Krauser

NW Zone: 1:06.05Z 2008 Wes Edwards

1	Mark Comfort	58	MM	1:13.39
	r:+0.76	35.43	1:13.39	

Men 55-59 200 Meter Back

Inland NW: 2:43.76I 2010 Larry Krauser

NW Zone: 2:30.62Z 2008 Wes Edwards

1	David Barnes	56	LCM	2:29.34Z
	r:+0.73	35.54	1:13.63	1:52.40
---	Mark Comfort	58	MM	DQ
	r:+0.81	37.95	1:19.49	2:02.19
				DQ

Men 55-59 50 Meter Breast

Inland NW: 35.35I 1995 David Daboll

NW Zone: 33.73Z 2007 Allen Stark

1	Robert Morrison	57	LCM	36.86
2	Dan Underbrink	55	PNA	41.53
3	Steve Tanner	58	LCM	45.76
4	David Groth	59	LCM	48.76
5	Kurt Wendel	58	WVM	54.29

Men 55-59 100 Meter Breast

Inland NW: 1:20.20I 1995 David Daboll

NW Zone: 1:14.66Z 2008 Allen Stark

1	Robert Morrison	57	LCM	1:25.44
	40.18	1:25.44		
2	Dan Underbrink	55	PNA	1:30.79
	44.17	1:30.79		
3	Steve Tanner	58	LCM	1:45.01
	48.74	1:45.01		

Men 55-59 200 Meter Breast Mixed

Inland NW: 2:59.79I 1995 David Daboll

NW Zone: 2:46.29Z 2008 Allen Stark

1	Dan Underbrink	55	PNA	3:14.62
	45.09	1:35.25	2:26.45	3:14.62

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Results

(Men 55-59 200 Meter Breast Mixed)

2	Robert Morrison	57	LCM	3:22.07
	43.98	1:35.18	2:28.50	3:22.07

Men 55-59 50 Meter Fly

Inland NW: 35.89I 2003 Steve Wolcott
NW Zone: 27.76Z 2009 Donald Graham

1	David Barnes	56	LCM	29.39I
2	Jerry Johnston	56	MLMR	32.95I
3	Bill Triol	57	WKM	33.88

Men 55-59 100 Meter Fly

Inland NW: 1:43.46I 1987 Jack Griffin
NW Zone: 1:05.51Z 2010 Donald Graham

1	David Barnes	56	LCM	1:05.55I
	30.36	1:05.55		
2	Bill Triol	57	WKM	1:22.34
	36.10	1:22.34		

Men 55-59 100 Meter IM

Inland NW: 1:12.01I 2010 Larry Krauser
NW Zone: 1:07.05Z 2010 Donald Graham

1	David Barnes	56	LCM	1:06.59Z
	30.81	1:06.59		
2	Mark Comfort	58	MM	1:14.28
	33.03	1:14.28		
3	Jerry Johnston	56	MLMR	1:15.46
	35.06	1:15.46		
4	Dan Underbrink	55	PNA	1:21.52
	39.59	1:21.52		
5	Bill Triol	57	WKM	1:25.17
	38.47	1:25.17		
6	Steve Tanner	58	LCM	1:34.44
	45.96	1:34.44		

Men 55-59 200 Meter IM Mixed

Inland NW: 2:42.73I 2010 Larry Krauser
NW Zone: 2:31.19Z 2009 Stephen Kevan

1	Dan Underbrink	55	PNA	3:01.62
	40.23	1:29.56	2:22.21	3:01.62

Men 55-59 400 Meter IM

Inland NW: 5:46.66I 2010 Larry Krauser
NW Zone: 5:38.39Z 2008 Mike Tennant

1	Robert Morrison	57	LCM	6:46.92
	38.73	1:29.34	2:25.36	3:19.85
	4:18.30	5:16.83	6:02.59	6:46.92

Men 60-64 50 Meter Free Mixed

Inland NW: 32.82I 1997 Dave Daboll
NW Zone: 26.20Z 2003 Robert Smith

1	Jim Kuffel	61	MM	32.65
2	Bill Waggoner	64	LCM	43.96
	r:+1.27			

Men 60-64 100 Meter Free

Inland NW: 1:18.80I 2000 Bill Odman
NW Zone: 1:01.72Z 2002 Tom Landis

1	Bill Waggoner	64	LCM	1:40.47
	r:+1.41	48.19	1:40.47	

Men 60-64 200 Meter Free

Inland NW: 3:33.95I 1992 John Milton
NW Zone: 2:15.84Z 2002 Tom Landis

1	Bill Waggoner	64	LCM	4:03.26
	r:+0.50	51.79	1:50.87	2:58.97
			4:03.26	

Men 60-64 50 Meter Back

Inland NW: 42.44I 1988 Wilford Dolphin
NW Zone: 31.31Z 2004 Robert Smith

1	Jim Kuffel	61	MM	43.80
	r:+0.76			
2	Bob Henager	61	MCM	50.34
	r:+0.81			

Men 60-64 100 Meter Back Mixed

Inland NW: 1:34.18I 1988 Wilford Dolphin
NW Zone: 1:09.20Z 2004 Robert Smith

1	Bob Henager	61	MCM	2:07.37
	r:+0.71	1:00.81	2:07.37	

Men 60-64 50 Meter Breast

Inland NW: 36.52I 1997 Dave Daboll
NW Zone: 33.99Z 2010 Allen Stark

1	Jim Kuffel	61	MM	41.89
2	Bob Henager	61	MCM	49.68

Men 60-64 100 Meter Breast

Inland NW: 1:22.03I 1997 Dave Daboll
NW Zone: 1:15.00Z 2009 Allen Stark

1	Bob Henager	61	MCM	2:02.60
	56.13	2:02.60		

Men 60-64 200 Meter Breast Mixed

Inland NW: 3:07.29I 1997 Dave Daboll
NW Zone: 2:50.28Z 2010 Allen Stark

1	Bob Henager	61	MCM	4:41.17
	59.05	2:11.09	3:29.19	4:41.17

Men 60-64 100 Meter IM

Inland NW: 1:23.03I 1997 Dave Daboll
NW Zone: 1:09.39Z 2003 Robert Smith

1	Jim Kuffel	61	MM	1:29.79
	42.86	1:29.79		

Men 65-69 50 Meter Free Mixed

Inland NW: 33.78I 1987 Bill Odman
NW Zone: 28.17Z 2008 Robert Smith

1	Wayne Brown	69	WVM	34.92
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Men 65-69 100 Meter Free

Inland NW: 1:16.54I 1987 Bill Odman
NW Zone: 1:02.12Z 2007 Tom Landis

1	Wayne Brown	69	WVM	1:24.42
	40.28	1:24.42		

Men 65-69 50 Meter Back

Inland NW: 38.66I 1996 Duane Draves
NW Zone: 32.76Z 2008 Robert Smith

1	Donald Caskey	67	WKM	49.68
	r:+0.71			

Men 65-69 200 Meter Back

Inland NW: 3:09.29I 1995 Duane Draves
NW Zone: 2:45.56Z 2005 Gary Chase

1	Donald Caskey	67	WKM	4:06.92
	r:+0.85	56.61	1:58.94	3:05.11
			4:06.92	

Men 65-69 50 Meter Breast

Inland NW: 45.75I 2005 Armin Arndt
NW Zone: 37.41Z 2008 Robert Smith

1	Wayne Brown	69	WVM	44.21I
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Men 65-69 100 Meter Breast

Inland NW: 1:45.24I 2005 Armin Arndt
NW Zone: 1:26.31Z 2011 Steven Peterson

1	Wayne Brown	69	WVM	1:36.32I
	46.75	1:36.32		

Men 65-69 200 Meter Breast Mixed

Inland NW: 3:53.30I 2005 Armin Arndt
NW Zone: 3:06.84Z 2011 Steven Peterson

1	Wayne Brown	69	WVM	3:42.49I
	49.33	1:45.29	2:45.31	3:42.49

Men 65-69 50 Meter Fly

Inland NW: 42.26I 1986 Bill Odman
NW Zone: 30.71Z 2003 Bert Petersen

1	Donald Caskey	67	WKM	58.77
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Men 65-69 100 Meter IM

Inland NW: 1:43.20I 1990 Wilford Dolphin
NW Zone: 1:14.29Z 2008 Robert Smith

1	Donald Caskey	67	WKM	2:09.16
	1:01.78	2:09.16		

Men 65-69 200 Meter IM Mixed

Inland NW: 3:53.10I 1992 Wilford Dolphin
NW Zone: 2:54.64Z 2008 Tom Landis

1	Donald Caskey	67	WKM	4:22.00
	1:02.61	2:08.19	3:25.08	4:22.00

Men 70-74 50 Meter Free Mixed

Inland NW: 32.60I 1998 Duane Draves
NW Zone: 29.77Z 2004 David Radcliff

1	Patrick Magee	70	WVM	52.24
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Results

Men 70-74 1500 Meter Free

Inland NW: 34:44.48I 1998 John Milton

NW Zone: 21:24.18Z 2007 David Radcliff

1	Glen Murray	72	MCM	32:24.93I
	r:+0.54	57.25	1:57.77	2:59.68
		5:05.53	6:09.16	7:13.27
		9:21.38	10:25.11	11:28.74
		13:38.03	14:42.52	15:47.68
		17:58.78	19:04.48	20:10.29
		22:22.47	23:29.79	24:35.73
		26:49.60	27:57.58	29:04.63
		31:18.24	32:24.93	30:11.42

Men 70-74 50 Meter Back

Inland NW: 39.32I 1997 Duane Draves

NW Zone: 38.11Z 2000 Horace Howlton

1	Patrick Magee	70	WVM	1:11.33
	r:+1.28			

Men 70-74 100 Meter Back Mixed

Inland NW: 1:27.17I 1997 Duane Draves

NW Zone: 1:25.77Z 1999 Horace Knowlton

1	Patrick Magee	70	WVM	2:39.04
	r:+1.08	1:13.20	2:39.04	

Men 70-74 50 Meter Breast

Inland NW: 44.44I 1997 Duane Draves

NW Zone: 41.97Z 2000 Milton Marks

1	Glen Murray	72	MCM	52.83
2	Patrick Magee	70	WVM	1:23.91

Men 70-74 100 Meter Breast

Inland NW: 1:58.77I 1995 Wilford Dolphin

NW Zone: 1:37.90Z 2005 David Radcliff

1	Glen Murray	72	MCM	1:58.07I
		55.19	1:58.07	
---	Patrick Magee	70	WVM	DQ
		1:25.72	DQ	

Men 70-74 200 Meter Breast Mixed

Inland NW: 3:50.67I 2000 William Bresko

NW Zone: 3:35.04Z 1999 Horace Knowlton

1	Glen Murray	72	MCM	4:24.82
		58.81	2:05.82	3:15.83
				4:24.82

Men 75-79 400 Meter Free Mixed

Inland NW: 7:18.58I 2010 Jack Bevier

NW Zone: 5:15.10Z 2009 David Radcliff

1	Jack Bevier	79	WVM	7:46.67
		49.82	1:48.27	2:49.33
		4:50.34	5:50.77	6:49.76
				7:46.67

Men 75-79 1500 Meter Free

Inland NW: 42:11.34I 1992 C.J. Hamilton

NW Zone: 20:39.50Z 2009 David Radcliff

1	Jack Bevier	79	WVM	28:50.47I
		48.78	1:43.44	2:40.44
		4:35.80	5:33.63	6:30.95
		8:28.11	9:26.97	10:25.14
		12:21.28	13:18.95	14:16.78
		16:13.23	17:11.43	18:09.64
		20:08.37	21:06.45	22:04.96
		24:01.04	24:59.07	25:57.93
		27:55.54	28:50.47	26:57.00

Men 75-79 50 Meter Fly

Inland NW: 49.96I 2010 Jack Bevier

NW Zone: 38.05Z 2009 David Radcliff

1	Jack Bevier	79	WVM	53.43
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Men 75-79 100 Meter Fly

Inland NW: 2:16.86I 2010 Jack Bevier

NW Zone: 1:45.13Z 1998 Andrew Holden

1	Jack Bevier	79	WVM	2:17.29
		1:00.95	2:17.29	

Men 75-79 200 Meter Fly Mixed

NW Zone: 4:49.31Z 2004 Harvey Prosser

1	Jack Bevier	79	WVM	5:37.48
		1:08.81	2:37.21	4:09.53
				5:37.48

Men 80-84 50 Meter Free Mixed

Inland NW: 48.80I 2002 Imre Schmidt

NW Zone: 37.31Z 2006 Willard Lamb

1	Lupercio Rangell	82	MM	1:25.46
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Men 80-84 50 Meter Back

Inland NW: 1:03.50I 1993 C.J. Hamilton

NW Zone: 48.93Z 2002 Andrew Holden

1	William Bresko	83	FAF	1:28.97
		r:+0.83		

Men 80-84 200 Meter Back

Inland NW: 5:28.73I 1995 C.J. Hamilton

NW Zone: 4:01.12Z 1987 Herb Eisenschmidt

1	William Bresko	83	FAF	7:16.45
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Men 80-84 50 Meter Breast

Inland NW: 1:02.06I 1996 C.J. Hamilton

NW Zone: 55.32Z 1989 Jim Penfield

1	Lupercio Rangell	82	MM	1:11.52
2	William Bresko	83	FAF	1:13.60

Men 80-84 100 Meter Breast

Inland NW: 2:26.20I 1993 C.J. Hamilton

NW Zone: 2:09.01Z 1989 Jim Penfield

1	William Bresko	83	FAF	2:59.12
		1:26.79	2:59.12	

Women 100-119 200 Meter Free Relay

Inland NW: 2:14.72I 1986 NNS- Linda Conn

Leslie Allen, Robin Durant, Patty Noyes,

NW Zone: 2:05.39Z 1997 PNA- Karin Gard

Veronica Bowman, Sherry Vansant, Ann Lemke,

1	LCM	A	2:04.28Z
	Diana MacManus W25	r:+0.0	Lana Lawrence W19
	r:+0.0	Noelle Adams W31	r:+0.0
		Sara Nelson W39	
		28.86	59.14
		1:31.57	2:04.28

Women 100-119 400 Meter Medley Relay

NW Zone: 5:30.67Z 1994 PNA- Jennifer O

Jennifer Bates, Gail Bruner, Ellen Forney,

1	LCM	A	5:07.53Z
	Diana MacManus W25	r:+0.0	Sara Nelson W39
	r:+0.0	Lana Lawrence W19	r:0.30
		Noelle Adams W31	
		r:+0.59	34.60
		1:12.11	1:52.89
		3:52.80	4:26.75
			5:07.53

Women 160-199 200 Meter Free Relay

Inland NW: 2:33.67I 2010 LCM- Aida Patte

TinaMarie Bell, Sephanie Swainst, Carol Nelson,

NW Zone: 1:58.02Z 2005 MAC- Lauren Thi

Sharon Foley, Robin Parisi, Laura Tyrrell,

1	MCM	A	2:24.33I
	Paige Buehler W43	r:+0.0	Bridget McNassar W
	r:+0.0	Christine Dustin W3	r:+0.0
		Deborah Bell W59	
		34.86	1:10.23
		1:42.14	2:24.33
2	LCM	B	2:24.60I
	Suzie Danner W44	r:+0.0	Carol Nelson W45
	r:+0.0	Aida Patterson W50	r:+0.0
		Heather Riviere W42	
		31.68	1:10.82
		1:54.40	2:24.60

Women 160-199 400 Meter Medley Relay

Inland NW: 8:43.27I 1987 IEY- Mildred Wo

Pat Choisser, Ann App, Maureen Schmahl,

NW Zone: 5:42.71Z 2000 ORE- Barbara Ha

Kristin Juba, Amy Halligan, Jani Sutherland,

1	MCM	A	6:09.69I
	Bridget McNassar W37	r:+0.0	Christine Dustin W3
	r:+0.0	Paige Buehler W43	r:+0.0
		Kathie LaFortune W	
		r:+0.80	45.63
		1:35.61	2:16.29
		3:46.58	4:40.11
		5:22.09	6:09.69
2	LCM	B	6:12.79I
	Heather Riviere W42	r:+0.0	Suzie Danner W44
	r:+0.0	Margaret Hair W56	r:+0.0
		Aida Patterson W50	
		r:+0.72	40.67
		1:23.98	2:09.35
		3:17.31	3:43.65
		4:36.43	6:12.79

Women 200-239 200 Meter Free Relay

Inland NW: 2:45.25I 2009 LCM- Mary Adams

TinaMarie Bell, Cindy Clutter, Margaret Hair,

NW Zone: 2:12.18Z 1999 ORE- Jackie Qua

Joy Ward, Jeanne Teisher, Mary Jackson,

1	LCM	B	2:46.35
	Katie Blank W63	r:+0.0	Gloria Waggoner W6
	r:+0.0	Margaret Hair W56	r:+0.0
		Mary Adams W56	
		r:+1.19	41.61
		1:22.95	2:01.10
			2:46.35

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Results

Women 280-319 200 Meter Free Relay

NW Zone: 4:13.31Z 1991 PNA- Maryan Bur

Maxine Carlson, Lee Holm, Pat Matthiesen,

1	WVM	A	4:21.64
	Shirley Schreiber W64	r:+0.0 Jane Haase W79	
	r:+0.0 Peony Munger W77	r:+0.0 Carolyn Magee W66	
	51.38	1:55.86	3:37.08 4:21.64

Men 72-99 800 Meter Free Relay

Inland NW: 10:01.91I 1989 IEY- Joe Kinney

John Cyr, Don Gibbs, Ryan Cooper,

NW Zone: 10:01.91Z 1989 IEM- Joe Kinney

John Cyr, Don Gibbs, Ryan Cooper,

1	CWST	A	9:48.37I
	Eric Williamson M20	r:+0.0 Brian Eifert M24	
	r:+0.0 Matt Peterson M21	r:+0.0 Baden Sprinkle M23	
	33.21	1:12.17	1:52.13 2:32.48
	3:08.66	3:48.71	4:31.69 5:16.46
	5:46.68	6:23.60	7:02.70 7:39.09
	8:07.07	8:39.74	9:14.23 9:48.37

Men 120-159 200 Meter Free Relay

Inland NW: 1:48.19I 1986 TCM- Scott Crow

Randy Willis, Scott Neuhaus, Rich Adams,

NW Zone: 1:40.64Z 1994 PNA- Craig Mall

Tom Seifts, Rick Peterson, Kameron Wells,

1	LCM	C	1:53.53
	Brady Hooper M22	r:+0.0 Jonathan Siegler M2	
	r:+0.0 Todd Cory M46	r:+0.0 Robert Morrison M5	
	27.30	56.09	1:24.89 1:53.53

Men 160-199 200 Meter Free Relay

Inland NW: 1:49.39I 1988 IEM

unknown, , ,

NW Zone: 1:45.39Z 1999 MAC- David Burl

Daniel Knauer, Robert Maestre, Robert Kabacy,

1	MLMR	A	1:56.95
	Stephen Harger M52	r:+0.0 Jerry Johnston M56	
	r:+0.0 Ryan Smith M39	r:+0.0 Dorin Nicorici M38	
	30.28	59.39	1:28.90 1:56.95

Men 200-239 200 Meter Free Relay

Inland NW: 2:16.51I 1988 IEM- Bill Davie

Paul Borg, Wayne Wilson, Clark Thompson,

NW Zone: 1:49.56Z 2009 ORE- Bill Sumer

David Hathaway, Steve Mann, Brent Washburne,

1	LCM	C	1:56.76I
	Rod Wharton M55	r:+0.0 David Barnes M56	
	r:+0.0 Mike Hamm M54	r:+0.0 Rich Swoboda M45	
	36.44	1:02.37	1:29.24 1:56.76
2	LCM	A	2:29.36
	Glenn Mabile M51	r:+0.0 Rob Urbaniak M48	
	r:+0.0 Steve Tanner M58	r:+0.0 Bill Waggoner M64	
	r:+0.57 43.14	1:19.91	1:53.72 2:29.36
3	MCM	B	2:32.92
	Bob Henager M61	r:+0.0 Glen Murray M72	
	r:+0.0 Tom Lamar M51	r:+0.0 Matthew Edde M22	
	40.02	1:31.48	2:03.25 2:32.92

Men 200-239 400 Meter Medley Relay

Inland NW: 6:19.62I 1987 IEY- Frank Hami

David Daboll, Michael Davis, Elbridge Puckett,

NW Zone: 4:23.87Z 2009 ORE- Wes Edward

Pat Allender, David Hathaway, Brent Washburne,

1	LCM	A	4:43.75I
	Rich Swoboda M45	r:+0.0 Mike Hamm M54	
	r:+0.0 David Barnes M56	r:+0.0 Timothy Nelson M46	
	r:+0.71 36.54	1:13.46	1:49.82 2:31.54
	3:03.78	3:40.12	4:11.13 4:43.75
2	LCM	B	6:25.72
	Steve Tanner M58	r:+0.0 Glenn Mabile M51	
	r:+0.0 Todd Cory M46	r:+0.43 Rob Urbaniak M48	
	r:+0.80 53.10	1:48.87	2:39.14 4:12.97
	4:55.17	5:30.45	6:09.76 6:25.72
3	MCM	A	6:33.12
	Bob Henager M61	r:+0.0 Glen Murray M72	
	r:+0.0 Matthew Edde M22	r:+0.0 Tom Lamar M51	
	r:+0.73 54.34	1:56.79	2:56.67 4:03.17
	4:37.45	5:20.97	5:55.26 6:33.12

Men 240-279 200 Meter Free Relay

Inland NW: 3:13.05I 1988 IEY- Eben Wolte

Jay Beeler, Jack Griffin, Robert Hinger,

NW Zone: 1:50.57Z 2006 ORE- Dennis Bak

Bert Petersen, Tom Landis, Robert Smith,

1	WVM	A	2:45.62I
	Jack Bevier M79	r:+0.0 Kurt Wendel M58	
	r:+0.0 Patrick Magee M70	r:+0.0 Wayne Brown M69	
	42.11	1:20.05	2:09.31 2:45.62

Mixed 72-99 800 Meter Free Mixed Relay

Inland NW: 10:23.53I 1988 SPO- Ken Wagon

Jane Giese, Greg Giese, Renee Crampton,

NW Zone: 10:23.53Z 1988 IEM- Ken Wagon

Jane Giese, Greg Giese, Renee Crampton,

1	CWST	A	11:43.71
	Sierra Henderson W20	r:+0.0 Kara Tegeler W21	
	r:+0.0 Raymond Fluegel M	r:0.57 Jeremy Vimislik M22	
	41.30	1:28.49	2:18.27 3:03.68
	3:45.43	4:33.41	5:22.34 6:12.83
	6:48.91	7:33.19	8:18.74 9:01.75
	9:37.45	10:18.94	11:43.79 11:43.71

Mixed 72-99 400 Meter Medley Mixed Relay

1	LCM	A	5:11.06
	Diana MacManus W25	r:+0.0 Jonathan Siegler M22	
	r:+0.0 Brady Hooper M22	r:+0.0 Lana Lawrence W19	
	r:+0.59 36.80	1:16.70	1:38.54 1:58.05
	2:44.92	3:19.10	3:58.72 5:11.06

Mixed 160-199 200 Meter Free Mixed Relay

Inland NW: 2:10.05I 1996 IEY- Vicki Mars

Scott Wilson, Elin Zander, Joel Lorenzen,

NW Zone: 1:50.61Z 2005 MAC- Lauren Thi

Robin Parisi, Douglas Otto, Troy Drawz,

1	MLMR	A	2:15.49
	Wendi Schield W56	r:+0.0 Jane Borg W51	
	r:+0.0 Ryan Smith M39	r:+0.0 Dorin Nicorici M38	
	35.20	1:12.91	1:44.69 2:15.49

Mixed 160-199 800 Meter Free Mixed Relay

Inland NW: 11:31.30I 1988 WAM- Mark Finke

Wayne Wilson, Mardelle Shagool, Carrie Slover,

NW Zone: 9:44.81Z 2000 ORE- Robert Bru

Amy Halligan, Barbara Harris, Tom Landis,

1	MLMR	A	11:31.39
	Dorin Nicorici M38	r:+0.0 Wendi Schield W56	
	r:+0.0 Ryan Smith M39	r:+0.0 Jane Borg W51	
	36.03	1:15.51	1:56.96 2:37.65
	2:54.75	3:17.58	4:04.08 4:53.72
	5:39.84	6:16.85	6:57.17 7:40.38
	8:22.40	9:03.87	9:50.93 11:31.39

Mixed 200-239 200 Meter Free Mixed Relay

Inland NW: 2:21.59I 2010 LCM- Rob Urbani

Cynthia Clutter, Margaret Hair, Michael Hamm,

NW Zone: 1:58.55Z 2005 AK- Rick Abbott

Paula Smith, Colny Tucker, Joel Curtis,

1	WVM	A	2:45.25
	Shirley Schreiber W64	r:+0.0 Kurt Wendel M58	
	r:+0.0 Teresa Wendel W59	r:+0.0 James Adams M34	
	50.63	1:28.41	2:15.29 2:45.25

Mixed 200-239 800 Meter Free Mixed Relay

Inland NW: 9:36.62I 2001 SCM- Suzanne Di

Michael Veith, Susanne Simpson, Larry Krauser,

NW Zone: 9:36.62Z 2001 IEM- Suzanne Di

Michael Veith, Susanne Simpson, Larry Krauser,

1	MCM	A	10:48.65
	Christine Dustin W33	r:+0.0 Matthew Edde M22	
	r:+0.0 Bridget McNassar W	r:+0.0 Tom Lamar M51	
	37.96	1:22.26	2:08.72 2:55.54
	3:31.32	4:11.67	4:53.53 5:35.46
	6:11.57	6:49.66	7:31.63 8:10.85
	8:46.46	9:26.30	10:08.60 10:48.65
2	WVM	A	14:01.90
	Wayne Brown M69	r:+0.0 Carolyn Magee W66	
	r:+0.0 James Adams M34	r:+0.0 Teresa Wendel W59	
	44.54	1:35.72	2:29.74 3:20.28
	4:10.97	5:11.24	6:13.00 7:12.88
	7:50.76	8:33.19	9:15.83 9:47.85
	10:43.10	11:49.44	12:58.25 14:01.90

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Mixed 200-239 800 Meter Free Relay**Inland NW: 9:36.62I 2001 SCM- Suzanne Di****Michael Veith, Susanne Simpson, Larry Krauser,****NW Zone: 9:36.62Z 2001 IEM- Suzanne Di****Michael Veith, Susanne Simpson, Larry Krauser,**

1	LCM	A		12:44.40
	Rob Urbaniak M48	r:+0.0	Todd Cory M46	
	r:+0.0 Steve Tanner M58	r:+0.0	Bill Waggoner M64	
	38.55	1:22.26	2:08.62	2:53.46
	3:27.61	4:08.24	4:51.31	5:34.95
	6:14.64	7:00.26	7:47.11	8:32.97
	9:26.38	10:26.24	11:34.42	12:44.40

Mixed 200-239 400 Meter Medley Mixed Relay**Inland NW: 8:30.23I 1987 FAF- Frances Gr****Bill Bresko, Don Pennington, Ruth Williams,****NW Zone: 4:36.34Z 2004 ORE-Karen Andru****Allen Stark, Colette Crabbe, Larry Philbrick,**

1	WVM	A		6:55.44I
	Shirley Schreiber W64	r:+0.0	Kurt Wendel M58	
	r:+0.0 James Adams M34	r:+0.0	Teresa Wendel W59	
	r:+0.67 57.99	2:00.12	2:57.61	4:04.73
	4:33.70	5:08.58	5:58.11	6:55.44

Mixed 240-279 800 Meter Free Mixed Relay**Inland NW: 17:09.28I 1988 SPO- Bill Odman****S Madonna Buder, Bill Harrison, Marilyn Bashor****NW Zone: 17:09.28Z 1988 IEM- Bill Odman****S Madonna Buder, Bill Harrison, Marilyn Bashor**

1	MCM	A		14:52.60I
	Kathie LaFortune W51	r:+0.0	Bob Henager M61	
	r:+0.0 Deborah Bell W59	r:+0.0	Glen Murray M72	
	44.51	1:35.38	2:29.31	3:23.67
	4:16.89	5:18.01	6:22.48	
	7:27.43	8:15.24	9:18.25	10:26.67
	14:52.60			

Mixed 240-279 400 Meter Medley Mixed Relay**NW Zone: 4:43.20Z 2009 ORE- Karen Andr****Allen Stark, Colette Crabbe, David Radcliff,**

1	LCM	A		6:44.51
	Gloria Waggoner W64	r:+0.0	Robert Morrison M5	
	r:+0.0 Margaret Hair W56	r:+0.0	Bill Waggoner M64	
	r:+0.86 53.35	1:50.64	2:07.50	2:35.89
	3:28.71	4:12.18	5:04.08	6:44.51

Mixed 280-319 200 Meter Free Mixed Relay**NW Zone: 2:41.20Z 1994 ORE- Gerald Hue****Pauline Stangel, Earl Walter, Petey Smith,**

1	WVM	A		3:48.38
	Patrick Magee M70	r:+0.0	Peony Munger W77	
	r:+0.0 Jane Haase W79	r:+0.0	Jack Bevier M79	
	54.25	1:59.47	3:04.27	3:48.38

Mixed 280-319 400 Meter Medley Mixed Relay

1	WVM	A		9:01.46
	Carolyn Magee W66	r:+0.0	Wayne Brown M69	
	r:+0.0 Peony Munger W77	r:+0.0	Jack Bevier M79	
	r:+0.86 57.05	1:57.67		2:44.59
	3:39.35	5:23.49	9:01.46	