

## Inland NW LMSC SCY Championships - 4/13/2024

## Results

**Women 18-24 50 Yard Free**

Name	Age	Team	Finals Time
1 Ockerberg, Shasta	23	MCM-35	32.36

**Women 18-24 100 Yard Free**

1 Ockerberg, Shasta	23	MCM-35	1:12.75
	35.44	37.31	

**Women 18-24 200 Yard Free**

1 Sievers, Elena	21	INAM-35	2:31.34
	34.22	37.63	39.09
			40.40

**Women 18-24 500 Yard Free**

1 Ockerberg, Shasta	23	MCM-35	7:27.13
	39.36	43.44	44.37
			45.20
	45.94	47.05	47.09
			47.14
	45.58	41.96	

**Women 18-24 50 Yard Back**

1 Sievers, Elena	21	INAM-35	37.90
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**Women 18-24 200 Yard Breast**

1 Sievers, Elena	21	INAM-35	3:08.67
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**Women 18-24 50 Yard Fly**

1 Sievers, Elena	21	INAM-35	33.34
2 Ockerberg, Shasta	23	MCM-35	34.29

**Women 18-24 100 Yard IM**

1 Sievers, Elena	21	INAM-35	1:18.22
	36.43	41.79	

**Women 25-29 50 Yard Free**

1 Thoresen, Haley	27	MCM-35	30.37
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**Women 25-29 100 Yard Free**

1 Sievers, Carolyn	25	INAM-35	1:02.56
	29.42	33.14	
2 Goodwin, Mia	28	MCM-35	1:03.54
	30.39	33.15	
3 Thoresen, Haley	27	MCM-35	1:06.64
	31.59	35.05	

**Women 25-29 500 Yard Free**

1 Goodwin, Mia	28	MCM-35	6:10.32
	31.56	34.39	35.82
			37.06
	38.05	38.53	38.59
			39.00
	39.24	38.08	

**Women 25-29 1650 Yard Free**

1 Goodwin, Mia	28	MCM-35	21:44.89
	30.76	34.56	35.70
			36.44
	37.02	37.50	37.84
			38.67
	39.16	39.69	40.17
			40.21
	39.96	40.76	40.74
			40.39
	40.39	40.62	40.72
			40.61
	40.62	41.15	41.14
			41.16
	41.70	41.83	41.55
			40.91
	41.60	40.77	40.31
			40.45
	39.79		

**Women 25-29 50 Yard Back**

---	Woodard-Gray, Galvii	27	UC59	NS
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**Women 25-29 100 Yard Back**

1 Sievers, Carolyn	25	INAM-35	1:09.38
	34.04	35.34	

**Women 25-29 50 Yard Breast**

---	Woodard-Gray, Galvii	27	UC59	NS
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**Women 25-29 100 Yard Breast**

1 Sievers, Carolyn	25	INAM-35	1:14.82
	35.39	39.43	
2 Goodwin, Mia	28	MCM-35	1:15.78
	34.91	40.87	

---	Woodard-Gray, Galvii	27	UC59	NS
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**Women 25-29 200 Yard Breast**

---	Woodard-Gray, Galvii	27	UC59	NS
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**Women 25-29 50 Yard Fly**

---	Woodard-Gray, Galvii	27	UC59	NS
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**Women 25-29 100 Yard IM**

1 Sievers, Carolyn	25	INAM-35	1:09.19
	31.92	37.27	
2 Goodwin, Mia	28	MCM-35	1:10.79
	32.98	37.81	

**Women 25-29 200 Yard IM**

1 Sievers, Carolyn	25	INAM-35	2:34.16	
	31.01	39.56	44.29	
			39.30	
---	Goodwin, Mia	28	MCM-35	NS

**Women 30-34 50 Yard Free**

1 Anderson, Emily	32	INAM-35	27.24
2 Turner, Jane	33	VS-35	38.00

**Women 30-34 100 Yard Free**

1 Anderson, Emily	32	INAM-35	1:01.41
	29.61	31.80	
2 Turner, Jane	33	VS-35	1:24.44
	40.23	44.21	

**Women 30-34 200 Yard Free**

1 Turner, Jane	33	VS-35	3:05.30
	41.50	46.31	48.31
			49.18

**Women 30-34 50 Yard Back**

1 Munday, Emily	34	INAM-35	31.48
2 Anderson, Emily	32	INAM-35	36.13

**Women 30-34 50 Yard Breast**

1 Turner, Jane	33	VS-35	49.76
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**Women 30-34 100 Yard Breast**

1 Turner, Jane	33	VS-35	1:50.78
	53.02	57.76	

**Women 30-34 50 Yard Fly**

1 Munday, Emily	34	INAM-35	27.99
2 Anderson, Emily	32	INAM-35	28.76
3 Hoffman, Shekinah	30	MCM-35	29.05

**Women 30-34 100 Yard Fly**

1 Hoffman, Shekinah	30	MCM-35	1:05.41
	30.72	34.69	

**Women 30-34 100 Yard IM**

1 Munday, Emily	34	INAM-35	1:07.58
	30.13	37.45	

**Women 30-34 200 Yard IM**

1 Hoffman, Shekinah	30	MCM-35	2:38.14
	31.50	44.18	46.52
			35.94

**Women 35-39 50 Yard Free**

1 Guinn, Amelia	37	SCM-35	27.66
2 Santana, Juana	35	VS-35	27.81
3 Glickfeld, Heather	36	INAM-35	38.97

**Women 35-39 100 Yard Free**

1 Guinn, Amelia	37	SCM-35	1:00.28
	29.53	30.75	
2 Glickfeld, Heather	36	INAM-35	1:27.16
	41.05	46.11	

**Women 35-39 50 Yard Back**

1 Santana, Juana	35	VS-35	31.62
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**Women 35-39 50 Yard Breast**

1 Guinn, Amelia	37	SCM-35	35.18
2 Glickfeld, Heather	36	INAM-35	45.72

**Women 35-39 100 Yard Breast**

1 Guinn, Amelia	37	SCM-35	1:18.02
	37.04	40.98	
2 Glickfeld, Heather	36	INAM-35	1:41.45
	47.16	54.29	

**Women 35-39 50 Yard Fly**

1 Santana, Juana	35	VS-35	30.10
2 Guinn, Amelia	37	SCM-35	33.02

**Women 35-39 100 Yard Fly**

1 Maughan, Daryn	35	INAM-35	1:13.81
	33.39	40.42	

**Women 35-39 100 Yard IM**

1 Guinn, Amelia	37	SCM-35	1:11.92
	34.94	36.98	
2 Maughan, Daryn	35	INAM-35	1:16.19
	34.91	41.28	

**Women 35-39 200 Yard IM**

1 Maughan, Daryn	35	INAM-35	2:43.64
	33.50	42.04	48.97
			39.13

**Women 40-44 50 Yard Free**

1 Jeffryes, Jennifer	44	MCM-35	30.97
2 Machado, Sarah	40	VS-35	31.01

**Women 40-44 100 Yard Free**

1 Machado, Sarah	40	VS-35	1:08.08
	32.50	35.58	

## Inland NW LMSC SCY Championships - 4/13/2024

## Results

**(Women 40-44 100 Yard Free)**

2	Jeffryes, Jennifer	44	MCM-35	1:08.09
	31.86	36.23		

**Women 40-44 500 Yard Free**

1	Machado, Sarah	40	VS-35	7:05.12
	35.59	40.34	41.91	43.09
	44.02	44.58	44.23	44.47
	44.23	42.66		

---	Haltinner, Kristin	43	MCM-35	SCR
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**Women 40-44 1650 Yard Free**

1	Machado, Sarah	40	VS-35	23:41.09
	37.87	1:24.80		
	44.13	44.57	45.43	44.94
	45.66	45.21	44.49	45.03
	1:29.97	1:29.81	45.00	45.18
	44.91	45.01		
			45.04	44.68
	44.68	45.20	45.36	45.03
	45.44	45.04	44.93	45.08
	40.70			

---	Haltinner, Kristin	43	MCM-35	NS
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**Women 40-44 50 Yard Fly**

1	Jeffryes, Jennifer	44	MCM-35	35.20
---	Haltinner, Kristin	43	MCM-35	NS

**Women 40-44 100 Yard Fly**

---	Haltinner, Kristin	43	MCM-35	NS
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**Women 40-44 100 Yard IM**

---	Haltinner, Kristin	43	MCM-35	NS
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**Women 40-44 200 Yard IM**

---	Haltinner, Kristin	43	MCM-35	NS
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**Women 45-49 50 Yard Free**

1	Atkinson, Marie	46	INAM-35	41.45
2	Underwood, Sara	47	MCM-35	44.04
---	Robinson, Maurya	48	INAM-35	NS

**Women 45-49 100 Yard Free**

---	Robinson, Maurya	48	INAM-35	NS
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**Women 45-49 200 Yard Free**

---	Robinson, Maurya	48	INAM-35	NS
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**Women 45-49 50 Yard Back**

1	Atkinson, Marie	46	INAM-35	48.97
2	Underwood, Sara	47	MCM-35	1:00.50

**Women 45-49 50 Yard Breast**

1	Underwood, Sara	47	MCM-35	52.36
2	Atkinson, Marie	46	INAM-35	57.60
---	Robinson, Maurya	48	INAM-35	NS

**Women 45-49 100 Yard Breast**

1	Underwood, Sara	47	MCM-35	1:56.44
	54.34	1:02.10		
---	Robinson, Maurya	48	INAM-35	NS

**Women 45-49 100 Yard IM**

1	Underwood, Sara	47	MCM-35	2:02.95
	1:03.91	59.04		
---	Atkinson, Marie	46	INAM-35	DQ

**Women 50-54 50 Yard Free**

1	Bartlett, Paula	54	MCM-35	46.93
2	van der Merwe, Mich	54	VS-35	59.21

**Women 50-54 100 Yard Free**

1	Applegate, Sarah	54	VS-35	1:11.49
	34.41	37.08		
2	Allen, Judy	54	INAM-35	1:22.30
	40.01	42.29		
3	van der Merwe, Mich	54	VS-35	2:22.55
	1:04.24	1:18.31		

**Women 50-54 200 Yard Free**

1	Allen, Judy	54	INAM-35	2:59.54
	39.39	45.01	48.60	46.54

**Women 50-54 500 Yard Free**

1	Allen, Judy	54	INAM-35	8:13.71
	43.23	47.15	50.11	50.01
	50.80	52.00	51.20	50.51
	50.53	48.17		

---	Bartlett, Paula	54	MCM-35	DNF
	52.35	1:04.34		

**Women 50-54 50 Yard Back**

1	Bartlett, Paula	54	MCM-35	57.34
2	van der Merwe, Mich	54	VS-35	1:00.18

**Women 50-54 100 Yard Back**

1	van der Merwe, Mich	54	VS-35	2:08.85
	1:02.33	1:06.52		

**Women 50-54 50 Yard Breast**

1	Allen, Judy	54	INAM-35	44.87
2	Bartlett, Paula	54	MCM-35	1:06.53

**Women 50-54 100 Yard Breast**

1	Allen, Judy	54	INAM-35	1:36.41
	46.97	49.44		

**Women 50-54 200 Yard Breast**

1	Allen, Judy	54	INAM-35	3:29.33
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**Women 50-54 50 Yard Fly**

1	Applegate, Sarah	54	VS-35	33.47
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**Women 50-54 100 Yard Fly**

1	Applegate, Sarah	54	VS-35	1:19.34
	37.11	42.23		

**Women 50-54 100 Yard IM**

1	Applegate, Sarah	54	VS-35	1:20.75
	37.67	43.08		

**Women 50-54 200 Yard IM**

1	Applegate, Sarah	54	VS-35	2:52.81
	36.71	48.16	50.83	37.11

**Women 55-59 50 Yard Free**

1	Field, Lessly	56	INAM-35	38.54
2	Nelson, Carol	58	KM-35	43.73

**Women 55-59 100 Yard Free**

1	Field, Lessly	56	INAM-35	1:34.98
	45.74	49.24		

**Women 55-59 200 Yard Free**

1	Nelson, Carol	58	KM-35	3:15.41
	40.86	48.20	51.38	54.97

**Women 55-59 1650 Yard Free**

1	Keegan, Caroline	59	KM-35	26:36.76
	40.90	46.24	48.31	48.45
	48.26	47.49	48.19	48.96
	48.18	47.97	47.92	48.49
	48.50	48.77	48.73	48.43
	48.39	48.28	48.39	49.00
	49.39	49.00	50.05	49.43
	50.03	49.45	49.46	49.76
	48.98	48.87	49.21	48.90
	46.38			

**Women 55-59 50 Yard Breast**

1	Field, Lessly	56	INAM-35	46.60
2	Nelson, Carol	58	KM-35	47.70

**Women 55-59 100 Yard Breast**

1	Nelson, Carol	58	KM-35	1:45.75
	49.73	56.02		

**Women 55-59 100 Yard IM**

1	Nelson, Carol	58	KM-35	1:40.94
	47.66	53.28		
2	Field, Lessly	56	INAM-35	1:45.90
	54.10	51.80		

**Women 60-64 50 Yard Free**

1	Mazur, Amy	61	MCM-35	41.03
2	Tescher, Michele	62	INAM-35	47.18

**Women 60-64 100 Yard Free**

1	Mazur, Amy	61	MCM-35	1:27.81
	41.82	45.99		

**Women 60-64 200 Yard Free**

1	Mazur, Amy	61	MCM-35	3:02.59
	42.54	45.70	47.41	46.94

**Women 60-64 500 Yard Free**

1	Mazur, Amy	61	MCM-35	7:52.31
	43.80	46.63	47.77	47.88
	48.33	47.83	47.80	48.11
	47.91	46.25		

## Results

**Women 60-64 1650 Yard Free**

1 Mazur, Amy	61	MCM-35	26:30.62	
	43.23	46.88	48.34	48.36
	48.66	48.63	48.79	48.29
	48.29	48.12	48.34	49.07
	48.76	47.85	48.30	48.59
	48.76	48.47	48.67	48.94
	48.20	49.07	48.59	48.61
	48.41	48.18	48.14	48.19
	48.42	48.17	48.98	48.07
	46.25			

**Women 60-64 50 Yard Breast**

1 Tescher, Michele	62	INAM-35	51.98
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**Women 65-69 50 Yard Free**

1 Hair, Margaret	69	LCNM-35	38.47
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**Women 65-69 200 Yard Free**

1 Hair, Margaret	69	LCNM-35	3:06.14	
	44.07	47.28	47.81	46.98

**Women 65-69 50 Yard Back**

1 Hair, Margaret	69	LCNM-35	51.18
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**Women 65-69 50 Yard Breast**

1 Chuanzhu, Zhou	65	TCAS-35	42.90
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**Women 65-69 100 Yard Breast**

1 Chuanzhu, Zhou	65	TCAS-35	1:33.46	
	45.51	47.95		

**Women 65-69 200 Yard Breast**

1 Chuanzhu, Zhou	65	TCAS-35	3:24.62
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**Women 65-69 50 Yard Fly**

1 Hair, Margaret	69	LCNM-35	48.35
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**Women 70-74 50 Yard Free**

--- Beck, Herlinde	71	LCNM-35	NS
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**Women 70-74 100 Yard Free**

1 Franchi, Carrie	71	SCM-35	1:18.63	
	38.47	40.16		
--- Carling-Smith, Heath	73	SCM-35	NS	
--- Beck, Herlinde	71	LCNM-35	NS	

**Women 70-74 200 Yard Free**

1 Franchi, Carrie	71	SCM-35	2:54.87	
	39.24	43.94	46.61	45.08
--- Beck, Herlinde	71	LCNM-35	NS	

**Women 70-74 500 Yard Free**

1 Franchi, Carrie	71	SCM-35	8:03.89	
	42.53	46.94	49.35	49.29
	49.62	49.86	49.68	49.56
	49.55	47.51		

**Women 70-74 50 Yard Back**

1 Franchi, Carrie	71	SCM-35	41.43
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**Women 70-74 100 Yard Back**

1 Franchi, Carrie	71	SCM-35	1:33.21	
	45.53	47.68		

**Women 70-74 200 Yard Back**

1 Franchi, Carrie	71	SCM-35	3:17.91	
	47.61	49.32	50.53	50.45

**Women 70-74 50 Yard Breast**

1 Baker, Pamela	70	INAM-35	47.07
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**Women 70-74 50 Yard Fly**

1 Baker, Pamela	70	INAM-35	40.74
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**Women 70-74 100 Yard Fly**

1 Carling-Smith, Heath	73	SCM-35	1:42.88	
	45.68	57.20		

**Women 70-74 100 Yard IM**

1 Baker, Pamela	70	INAM-35	1:33.43	
	43.60	49.83		
--- Carling-Smith, Heath	73	SCM-35	NS	

**Women 70-74 200 Yard IM**

1 Baker, Pamela	70	INAM-35	3:30.45	
	44.47	55.58	58.86	51.54
2 Carling-Smith, Heath	73	SCM-35	3:42.32	
	46.36	57.17	1:07.56	51.23

**Women 75-79 50 Yard Free**

1 Jacobson, Rebecca	75	LCNM-35	58.10
2 Vallandigham, Jett	77	MCM-35	1:05.97

**Women 75-79 100 Yard Free**

1 Jacobson, Rebecca	75	LCNM-35	2:13.87	
	1:02.38	1:11.49		
2 Vallandigham, Jett	77	MCM-35	2:28.76	
	1:06.77	1:21.99		

**Women 75-79 200 Yard Free**

1 Jacobson, Rebecca	75	LCNM-35	4:38.95	
		1:15.02	1:13.50	
2 Vallandigham, Jett	77	MCM-35	5:08.77	
	1:08.88	1:20.05	1:22.01	1:17.83

**Women 75-79 50 Yard Breast**

1 Vallandigham, Jett	77	MCM-35	1:17.10
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**Women 75-79 100 Yard Breast**

1 Vallandigham, Jett	77	MCM-35	3:02.08	
	1:24.04	1:38.04		

**Women 75-79 200 Yard Breast**

1 Vallandigham, Jett	77	MCM-35	6:37.86	
	1:31.58	1:41.88	1:47.60	1:36.80

**Men 18-24 50 Yard Free**

1 Castaneda, Zackary	20	KM-35	22.59
2 Field, Carson	18	INAM-35	29.28

**Men 18-24 100 Yard Free**

1 Castaneda, Zackary	20	KM-35	50.22	
	24.79	25.43		

--- Field, Carson	18	INAM-35	NS
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**Men 18-24 50 Yard Breast**

1 Castaneda, Zackary	20	KM-35	28.39
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**Men 25-29 50 Yard Free**

1 Kramer, Justice	26	SAWS-59	22.27
2 Carpenter, Ian	27	SCM-35	23.99
3 Van Buren, Jay	26	SAWS-59	24.68
4 Anderson, Koen	26	SAWS-59	24.92
5 Van Buren, Ryan	28	SAWS-59	24.93
6 Willard, Dylan	25	MCM-35	25.29
7 Longman, Ryan	26	VS-35	31.27
8 Bensch, James	29	VS-35	34.19

**Men 25-29 100 Yard Free**

1 Kramer, Justice	26	SAWS-59	49.33	
	23.69	25.64		
2 Carpenter, Ian	27	SCM-35	52.90	
	25.56	27.34		
3 Van Buren, Jay	26	SAWS-59	56.84	
	26.81	30.03		
4 Willard, Dylan	25	MCM-35	57.58	
	27.87	29.71		
5 Van Buren, Ryan	28	SAWS-59	57.93	
	27.43	30.50		
6 Anderson, Koen	26	SAWS-59	58.84	
	28.00	30.84		
7 Longman, Ryan	26	VS-35	1:12.45	
	35.76	36.69		
8 Bensch, James	29	VS-35	1:24.30	
	41.10	43.20		

**Men 25-29 200 Yard Free**

1 Kramer, Justice	26	SAWS-59	1:48.30	
	24.53	27.10	28.36	28.31
2 Bensch, James	29	VS-35	3:15.52	
	43.60	47.77	51.57	52.58

**Men 25-29 1650 Yard Free**

1 Willard, Dylan	25	MCM-35	22:19.62	
	37.50	39.42	40.78	41.44
	40.88	41.14	40.79	41.51
	40.96	41.01	41.12	40.62
	41.03	40.54	41.32	40.72
	41.09	41.22	40.82	40.43
	40.73	40.90	40.82	40.64
	41.32	41.70	41.33	40.44
	41.48	39.87	39.39	39.47
	37.19			

**Men 25-29 50 Yard Back**

1 Anderson, Koen	26	SAWS-59	29.35
2 Van Buren, Jay	26	SAWS-59	29.95

**Men 25-29 100 Yard Back**

1 Anderson, Koen	26	SAWS-59	1:06.31	
	32.16	34.15		

**Men 25-29 50 Yard Breast**

1 Bensch, James	29	VS-35	44.11
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## Results

**Men 25-29 50 Yard Fly**

1	Kramer, Justice	26	SAWS-59	23.17
2	Carpenter, Ian	27	SCM-35	26.17
3	Van Buren, Jay	26	SAWS-59	28.61
4	Van Buren, Ryan	28	SAWS-59	28.80

**Men 25-29 100 Yard IM**

1	Bensch, James	29	VS-35	1:35.40
		45.52	49.88	

**Men 30-34 50 Yard Free**

1	Mayer, Adam	33	KM-35	23.42
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**Men 30-34 100 Yard Free**

1	Mayer, Adam	33	KM-35	51.86
		25.22	26.64	
---	Daggs, Adam	32	SAWS-59	NS

**Men 30-34 200 Yard Free**

1	Daggs, Adam	32	SAWS-59	2:12.25	
		28.14	32.93	36.04	35.14

**Men 30-34 500 Yard Free**

1	Daggs, Adam	32	SAWS-59	6:02.06	
		31.91	34.83	36.77	36.58
		37.69	37.50	36.79	36.73
		37.11	36.15		

**Men 30-34 50 Yard Breast**

---	Davis, Blake	32	MCM-35	DQ
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**Men 30-34 100 Yard Breast**

1	Daggs, Adam	32	SAWS-59	1:17.99
		36.17	41.82	

**Men 30-34 50 Yard Fly**

1	Mayer, Adam	33	KM-35	24.49
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**Men 30-34 100 Yard Fly**

1	Mayer, Adam	33	KM-35	55.01
		25.11	29.90	
2	Davis, Blake	32	MCM-35	1:03.63
		28.12	35.51	

**Men 30-34 100 Yard IM**

1	Daggs, Adam	32	SAWS-59	1:11.27
		33.18	38.09	

**Men 40-44 50 Yard Free**

1	Williams, Eric	44	SCM-35	26.18
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**Men 40-44 100 Yard Free**

1	Shino, Trent	41	SCM-35	50.55
		24.91	25.64	

**Men 40-44 200 Yard Free**

1	Boercker, Kevin	44	INAM-35	2:21.63	
		31.93	35.56	36.07	38.07

**Men 40-44 50 Yard Breast**

1	Williams, Eric	44	SCM-35	31.76
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**Men 40-44 100 Yard Breast**

1	Williams, Eric	44	SCM-35	1:11.88
		33.46	38.42	

**Men 40-44 200 Yard Breast**

1	Shino, Trent	41	SCM-35	2:17.31
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**Men 40-44 50 Yard Fly**

1	Williams, Eric	44	SCM-35	28.34
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**Men 40-44 100 Yard Fly**

1	Shino, Trent	41	SCM-35	54.18
		25.83	28.35	

**Men 40-44 100 Yard IM**

1	Williams, Eric	44	SCM-35	1:07.78
		32.20	35.58	
2	Boercker, Kevin	44	INAM-35	1:17.46
		36.76	40.70	

**Men 40-44 200 Yard IM**

1	Shino, Trent	41	SCM-35	2:03.58	
		26.34	32.57	35.21	29.46
2	Boercker, Kevin	44	INAM-35	2:52.55	
		40.27	43.67	51.29	37.32

**Men 45-49 50 Yard Free**

1	Atkinson, Benjamin	47	INAM-35	27.97
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**Men 45-49 100 Yard Free**

1	Schwegel, Michael	47	KM-35	56.69
		27.34	29.35	
2	Atkinson, Benjamin	47	INAM-35	1:01.30
		29.68	31.62	

**Men 45-49 200 Yard Free**

1	Atkinson, Benjamin	47	INAM-35	2:19.36	
		30.93	34.20	36.11	38.12

**Men 45-49 500 Yard Free**

1	Adams, James	46	OREG-37	5:39.70	
		30.52	34.39	34.30	35.19
		34.61	34.29	34.47	34.64
		34.27	33.02		

**Men 45-49 1650 Yard Free**

1	Adams, James	46	OREG-37	19:36.72	
		29.79	33.53	34.53	35.19
		35.46	35.67	35.59	35.58
		35.92	35.89	36.19	36.20
		36.36	36.44	35.95	36.31
		36.46	36.37	36.63	36.45
		36.62	35.88	36.75	36.15
		35.46	36.41	36.11	36.56
		36.14	35.89	35.62	35.03
		33.59			

**Men 45-49 50 Yard Back**

1	Schwegel, Michael	47	KM-35	30.09
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**Men 45-49 100 Yard Back**

1	Schwegel, Michael	47	KM-35	1:02.67
		30.49	32.18	

**Men 45-49 200 Yard Back**

1	Schwegel, Michael	47	KM-35	2:21.09	
		32.16	34.60	36.69	37.64

**Men 45-49 50 Yard Breast**

1	Adams, James	46	OREG-37	34.49
2	Schwegel, Michael	47	KM-35	35.16

**Men 45-49 50 Yard Fly**

1	Atkinson, Benjamin	47	INAM-35	33.46
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**Men 45-49 200 Yard Fly**

---	Adams, James	46	OREG-37	SCR
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**Men 45-49 100 Yard IM**

---	Adams, James	46	OREG-37	NS
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**Men 45-49 200 Yard IM**

1	Adams, James	46	OREG-37	2:22.51	
		29.46	38.87	42.69	31.49
---	Schwegel, Michael	47	KM-35	NS	

**Men 50-54 50 Yard Free**

1	Taylor, Kip	53	KM-35	28.72
2	Allison, Tony	51	MCM-35	33.06

**Men 50-54 100 Yard Free**

1	Taylor, Kip	53	KM-35	1:02.51
		30.60	31.91	
2	Allison, Tony	51	MCM-35	1:13.36
		35.63	37.73	

**Men 50-54 200 Yard Free**

1	Taylor, Kip	53	KM-35	2:17.13	
		31.51	34.17	36.07	35.38

**Men 50-54 500 Yard Free**

1	Taylor, Kip	53	KM-35	6:17.20	
		32.50	36.43	37.46	39.22
		39.46	39.43	38.90	38.97
		38.41	36.42		
2	Cousins, Asaph	51	MCM-35	6:50.27	
		35.66	40.70	41.39	41.29
		42.23	42.61	42.29	42.12
		41.98	40.00		

**Men 50-54 1650 Yard Free**

1	Cousins, Asaph	51	MCM-35	24:13.68	
		38.52	45.95	43.81	43.69
		43.11	43.77	44.38	43.82
		44.58	44.98	44.46	44.66
		44.25	44.32	44.07	43.93
		44.69	43.98	44.24	45.31
		44.04	44.16	44.44	44.39
		44.20	44.56	44.73	44.14
		44.81	44.38	44.50	44.01
		40.80			

## Inland NW LMSC SCY Championships - 4/13/2024

## Results

**Men 50-54 50 Yard Breast**

1 Allison, Tony	51	MCM-35	42.38
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**Men 50-54 100 Yard Breast**

1 Allison, Tony	51	MCM-35	1:34.32
	45.32	49.00	

**Men 50-54 100 Yard IM**

1 Latta, Gregory	54	MCM-35	1:03.09
	29.85	33.24	
2 Taylor, Kip	53	KM-35	1:12.85

**Men 50-54 200 Yard IM**

1 Latta, Gregory	54	MCM-35	2:23.52
	30.07	37.79	40.41
			35.25
--- Allison, Tony	51	MCM-35	NS

**Men 55-59 50 Yard Free**

--- Bronson, Matthew	58	KM-35	NS
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**Men 55-59 1650 Yard Free**

--- Bronson, Matthew	58	KM-35	NS
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**Men 60-64 50 Yard Free**

1 Calhoun, Jay	64	DCAC-10	27.82
2 Cook, John	63	INAM-35	29.67

**Men 60-64 100 Yard Free**

1 Calhoun, Jay	64	DCAC-10	1:02.56
	30.30	32.26	
2 Cook, John	63	INAM-35	1:06.16
	31.87	34.29	
3 Gerke, Charles	64	MCM-35	1:13.73
	34.46	39.27	

**Men 60-64 200 Yard Free**

1 Calhoun, Jay	64	DCAC-10	2:19.19
	33.11	35.78	36.24
			34.06
2 Milligan, Robert	62	INAM-35	2:43.99
	37.75	42.09	43.59
			40.56
3 Mabile, Glenn	64	KM-35	2:52.46
	37.50	42.03	45.67
			47.26

**Men 60-64 500 Yard Free**

1 Milligan, Robert	62	INAM-35	7:35.85
	37.51	42.01	46.62
			46.28
	48.09	47.68	45.85
			46.77
	48.45	46.59	

**Men 60-64 1650 Yard Free**

1 Milligan, Robert	62	INAM-35	26:08.85
	37.97	42.40	43.17
			43.49
	45.31	45.70	46.02
			46.72
	46.31	47.13	46.82
			46.81
	47.05	46.94	47.28
			47.72
	48.00	48.24	48.48
			47.78
	48.54	48.02	48.27
			49.04
	49.23	49.74	51.97
			51.28
	51.71	52.32	50.76
			50.98
	47.65		

2 Gerke, Charles	64	MCM-35	26:29.71
	49.33	48.92	52.07
			49.54
	49.10	48.16	49.14
			48.32
	48.60	48.69	49.03
			47.40
	47.96	48.34	47.88
			47.25
	49.27	48.22	47.98
			48.03
	47.91	47.72	48.42
			48.74
	47.94	47.65	48.34
			48.38
	48.08	48.28	47.44
			46.06
	41.52		

**Men 60-64 50 Yard Back**

1 Belmondo, Brad	62	LCNM-35	31.43
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**Men 60-64 100 Yard Back**

1 Belmondo, Brad	62	LCNM-35	1:08.85
	34.64	34.21	

**Men 60-64 50 Yard Breast**

1 Calhoun, Jay	64	DCAC-10	37.12
2 Gerke, Charles	64	MCM-35	39.33
3 Cook, John	63	INAM-35	40.35

**Men 60-64 100 Yard Breast**

1 Mabile, Glenn	64	KM-35	1:38.13
	46.46	51.67	

**Men 60-64 50 Yard Fly**

1 Belmondo, Brad	62	LCNM-35	28.96
2 Cook, John	63	INAM-35	35.63

**Men 60-64 100 Yard Fly**

1 Belmondo, Brad	62	LCNM-35	1:08.16
	31.13	37.03	

**Men 60-64 100 Yard IM**

1 Belmondo, Brad	62	LCNM-35	1:08.72
	32.87	35.85	
2 Calhoun, Jay	64	DCAC-10	1:15.26
	37.14	38.12	

**Men 60-64 200 Yard IM**

--- Mabile, Glenn	64	KM-35	DQ
	47.02	56.51	1:15.20
			58.08

**Men 65-69 50 Yard Free**

1 Heath, Robert	67	SCM-35	25.68
2 Cabrey, David	68	TCAS-35	29.28
3 Flores, Stephan	67	MCM-35	33.31

**Men 65-69 100 Yard Free**

1 Cabrey, David	68	TCAS-35	1:05.74
	1:05.74		
2 Heath, Robert	67	SCM-35	1:05.76
	31.13	34.63	

**Men 65-69 200 Yard Free**

1 Cabrey, David	68	TCAS-35	2:21.90
	32.87	36.20	36.89
			35.94

**Men 65-69 1650 Yard Free**

1 Cabrey, David	68	TCAS-35	22:24.37
	34.76	38.41	39.03
			39.73
	39.81	40.06	40.42
			40.22
	39.76	40.36	40.91
			40.47
	40.90	41.03	40.74
			41.29
	40.45	41.20	41.09
			41.35
	41.57	41.39	41.85
			41.60
	41.90	42.22	41.88
			42.46
	41.86	42.46	41.98
			40.74
	40.47		

**Men 65-69 50 Yard Back**

1 Heath, Robert	67	SCM-35	30.36
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**Men 65-69 100 Yard Back**

1 Heath, Robert	67	SCM-35	1:09.54
	35.24	34.30	

**Men 65-69 50 Yard Breast**

1 Hamm, Michael	66	KM-35	33.24
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**Men 65-69 100 Yard Breast**

1 Hamm, Michael	66	KM-35	1:13.76
	35.05	38.71	

**Men 65-69 200 Yard Breast**

1 Hamm, Michael	66	KM-35	2:49.12
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**Men 65-69 50 Yard Fly**

1 Heath, Robert	67	SCM-35	29.23
2 Flores, Stephan	67	MCM-35	41.08

**Men 65-69 100 Yard IM**

1 Cabrey, David	68	TCAS-35	1:17.17
	35.43	41.74	
2 Flores, Stephan	67	MCM-35	1:38.75
	46.75	52.00	
--- Heath, Robert	67	SCM-35	NS

**Men 70-74 50 Yard Free**

1 McDougle, KC	70	SAWS-59	28.52
2 Scovazzo, Vincent	71	TCAS-35	35.37
3 Tanner, Stephen	70	KM-35	35.66

**Men 70-74 100 Yard Free**

1 Scovazzo, Vincent	71	TCAS-35	1:15.06
	37.28	37.78	
2 Tanner, Stephen	70	KM-35	1:24.25
	40.18	44.07	

**Men 70-74 200 Yard Free**

1 McDougle, KC	70	SAWS-59	2:21.66
	31.71	34.58	36.64
			38.73
2 Scovazzo, Vincent	71	TCAS-35	2:57.88
	39.69	40.12	41.31
			56.76
3 Tanner, Stephen	70	KM-35	3:02.79
	40.11	46.24	48.37
			48.07

**Men 70-74 50 Yard Back**

1 McDougle, KC	70	SAWS-59	36.07
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## Inland NW LMSC SCY Championships - 4/13/2024

## Results

**(Men 70-74 50 Yard Back)**

2	Tanner, Stephen	70	KM-35	42.72
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**Men 70-74 100 Yard Back**

1	Tanner, Stephen	70	KM-35	1:35.33
				46.49 48.84

**Men 70-74 50 Yard Fly**

---	McDougle, KC	70	SAWS-59	NS
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**Men 70-74 100 Yard IM**

1	Tanner, Stephen	70	KM-35	1:37.62
				45.09 52.53

**Men 75-79 100 Yard Breast**

1	Denio, Galen	76	INAM-35	1:30.54
				43.34 47.20

**Men 75-79 200 Yard Breast**

1	Denio, Galen	76	INAM-35	3:20.92
				46.18 51.46 51.93 51.35

**Men 75-79 100 Yard Fly**

1	Denio, Galen	76	INAM-35	1:38.12
				45.51 52.61

**Men 75-79 200 Yard IM**

1	Denio, Galen	76	INAM-35	3:13.53
				45.44 52.15 50.45 45.49

**Men 75-79 400 Yard IM**

1	Denio, Galen	76	INAM-35	7:00.29
				48.31 55.45 56.06 55.06
				54.09 54.29 49.25 47.78

**Women 18+ 200 Yard Medley Relay**

1	INAM-35	B	2:46.25
	Baker, Pamela W70	Glickfeld, Heather W36	
	Sievers, Elena W21	Atkinson, Marie W46	
			46.40 44.45 33.72 41.68

**Women 25+ 200 Yard Free Relay**

1	INAM-35	A	1:58.36
	Munday, Emily W34	Anderson, Emily W32	
	Maughan, Daryn W35	Sievers, Carolyn W25	
			27.35 30.54 30.87 29.60
2	VS-35	A	2:08.27
	Machado, Sarah W40	Applegate, Sarah W54	
	Turner, Jane W33	Santana, Juana W35	
			30.60 32.41 37.66 27.60

**Women 25+ 200 Yard Medley Relay**

1	INAM-35	A	2:05.64
	Sievers, Carolyn W25	Munday, Emily W34	
	Maughan, Daryn W35	Anderson, Emily W32	
			31.08 35.12 31.91 27.53
2	VS-35	A	2:25.05
	Santana, Juana W35	Turner, Jane W33	
	Applegate, Sarah W54	Machado, Sarah W40	
			32.07 49.81 33.26 29.91

**Women 45+ 200 Yard Free Relay**

1	INAM-35	B	2:42.46
	Allen, Judy W54	Baker, Pamela W70	
	Atkinson, Marie W46	Field, Lessly W56	
			40.95 42.00 40.46 39.05

**Men 18+ 200 Yard Free Relay**

1	SAWS-59	A	1:35.05
	Kramer, Justice M26	Van Buren, Jay M26	
	Anderson, Koen M26	Van Buren, Ryan M28	
			22.53 23.33 24.43 24.76
2	KM-35	A	1:39.57
	Castaneda, Zackary M2	Schwegel, Michael M47	
	Taylor, Kip M53	Mayer, Adam M33	
			22.54 26.58 27.63 22.82

**Men 18+ 200 Yard Medley Relay**

1	KM-35	A	1:48.59
	Schwegel, Michael M47	Castaneda, Zackary M2	
	Mayer, Adam M33	Taylor, Kip M53	
			30.26 27.63 23.68 27.02

**Men 25+ 200 Yard Medley Relay**

1	SAWS-59	A	1:47.18
	Anderson, Koen M26	Kramer, Justice M26	
	Van Buren, Jay M26	Van Buren, Ryan M28	
			29.31 27.32 26.57 23.98

**Men 35+ 200 Yard Free Relay**

1	INAM-35	A	2:00.54
	Atkinson, Benjamin M4	Boercker, Kevin M44	
	Cook, John M63	Milligan, Robert M62	
			29.22 31.84 28.27 31.21

**Men 35+ 200 Yard Medley Relay**

1	INAM-35	A	2:25.22
	Boercker, Kevin M44	Denio, Galen M76	
	Atkinson, Benjamin M4	Cook, John M63	
			39.02 41.52 35.28 29.40

**Mixed 18+ 200 Yard Free Relay**

1	INAM-35	A	2:07.43
	Sievers, Elena W21	Field, Carson M18	
	Glickfeld, Heather W36	Milligan, Robert M62	
			31.03 31.50 17.80 47.10

**Mixed 18+ 200 Yard Medley Mixed Relay**

1	MCM-35	A	2:00.41
	Davis, Blake M32	Goodwin, Mia W28	
	Hoffman, Shekinah W3	Latta, Gregory M54	
			29.77 35.31 29.55 25.78
2	INAM-35	A	2:53.87
	Field, Lessly W56	Allen, Judy W54	
	Milligan, Robert M62	Field, Carson M18	
			51.67 47.12 15.71 59.37

**Mixed 25+ 200 Yard Free Relay**

1	INAM-35	B	1:55.76
	Sievers, Carolyn W25	Anderson, Emily W32	
	Atkinson, Benjamin M4	Cook, John M63	
			28.79 29.38 28.20 29.39

2	MCM-35	A	1:58.48
	Thoresen, Haley W27	Jeffries, Jennifer W44	
	Gerke, Charles M64	Latta, Gregory M54	
			30.35 30.83 31.89 25.41
3	INAM-35	C	2:03.91
	Maughan, Daryn W35	Boercker, Kevin M44	
	Denio, Galen M76	Munday, Emily W34	
			30.29 30.01 36.06 27.55

**Mixed 55+ 200 Yard Medley Mixed Relay**

1	KM-35	A	2:56.53
	Tanner, Stephen M70	Nelson, Carol W58	
	Mabile, Glenn M64	Keegan, Caroline W59	
			48.23 35.99

**Combined Team Scores****Combined Team Scores - Through Event 26**

1.	Inw Y Aquatic Masters	529
2.	Moscow Chinooks Masters Swimmi	342
3.	Kroc Masters	255
4.	Spokane Club Masters	205
5.	Velocity Swimming	171
6.	Sawtooth Masters	147
7.	Lewis Clark Neptunes Masters	84
8.	Tri-City Atomic Sturgeons	71
9.	District Of Columbia Aquatics	33
10.	Oregon Masters	28

**Scores - Women****Women - Team Rankings - Through Event 26**

1.	Inw Y Aquatic Masters	334
2.	Moscow Chinooks Masters Swimmi	224
3.	Velocity Swimming	152
4.	Spokane Club Masters	94
5.	Lewis Clark Neptunes Masters	49
6.	Kroc Masters	38
7.	Tri-City Atomic Sturgeons	21

**Scores - Men****Men - Team Rankings - Through Event 26**

1.	Kroc Masters	203
2.	Inw Y Aquatic Masters	149
3.	Sawtooth Masters	147
4.	Spokane Club Masters	111
5.	Moscow Chinooks Masters Swimmi	94
6.	Tri-City Atomic Sturgeons	50
7.	Lewis Clark Neptunes Masters	35
8.	District Of Columbia Aquatics	33
9.	Oregon Masters	28
10.	Velocity Swimming	19