

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

## Results

**Women 18-24 50 Yard Freestyle**

1 Ockerberg, Shasta 23 MCM-35 32.36 7

**Women 18-24 100 Yard Freestyle**1 Ockerberg, Shasta 23 MCM-35 1:12.75 7  
35.44 37.31**Women 18-24 200 Yard Freestyle**1 Sievers, Elena 21 INAM-35 2:31.34 7  
34.22 37.63 39.09 40.40**Women 18-24 500 Yard Freestyle**1 Ockerberg, Shasta 23 MCM-35 7:27.13 7  
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 Backstroke**

1 Sievers, Elena 21 INAM-35 37.90 7

**Women 18-24 200 Yard Breaststroke**

1 Sievers, Elena 21 INAM-35 3:08.67 7

**Women 18-24 50 Yard Butterfly**1 Sievers, Elena 21 INAM-35 33.34 7  
2 Ockerberg, Shasta 23 MCM-35 34.29 5**Women 18-24 100 Yard IM**1 Sievers, Elena 21 INAM-35 1:18.22 7  
36.43 41.79**Women 25-29 50 Yard Freestyle**

1 Thoresen, Haley 27 MCM-35 30.37 7

**Women 25-29 100 Yard Freestyle**1 Sievers, Carolyn 25 INAM-35 1:02.56 7  
29.42 33.14  
2 Goodwin, Mia 28 MCM-35 1:03.54 5  
30.39 33.15  
3 Thoresen, Haley 27 MCM-35 1:06.64 4  
31.59 35.05**Women 25-29 500 Yard Freestyle**1 Goodwin, Mia 28 MCM-35 6:10.32 7  
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 Freestyle**1 Goodwin, Mia 28 MCM-35 21:44.89 7  
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 25-29 100 Yard Backstroke**1 Sievers, Carolyn 25 INAM-35 1:09.38 7  
34.04 35.34**Women 25-29 100 Yard Breaststroke**1 Sievers, Carolyn 25 INAM-35 1:14.82 7  
35.39 39.43  
2 Goodwin, Mia 28 MCM-35 1:15.78 5  
34.91 40.87**Women 25-29 100 Yard IM**1 Sievers, Carolyn 25 INAM-35 1:09.19 7  
31.92 37.27  
2 Goodwin, Mia 28 MCM-35 1:10.79 5  
32.98 37.81**Women 25-29 200 Yard IM**1 Sievers, Carolyn 25 INAM-35 2:34.16 7  
31.01 39.56 44.29 39.30**Women 30-34 50 Yard Freestyle**1 Anderson, Emily 32 INAM-35 27.24 7  
2 Turner, Jane 33 VS-35 38.00 5**Women 30-34 100 Yard Freestyle**1 Anderson, Emily 32 INAM-35 1:01.41 7  
29.61 31.80  
2 Turner, Jane 33 VS-35 1:24.44 5  
40.23 44.21**Women 30-34 200 Yard Freestyle**1 Turner, Jane 33 VS-35 3:05.30 7  
41.50 46.31 48.31 49.18**Women 30-34 50 Yard Backstroke**1 Munday, Emily 34 INAM-35 31.48 7  
2 Anderson, Emily 32 INAM-35 36.13 5**Women 30-34 50 Yard Breaststroke**

1 Turner, Jane 33 VS-35 49.76 7

**Women 30-34 100 Yard Breaststroke**1 Turner, Jane 33 VS-35 1:50.78 7  
53.02 57.76**Women 30-34 50 Yard Butterfly**1 Munday, Emily 34 INAM-35 1:27.99 10  
2 Anderson, Emily 32 INAM-35 28.76 5  
3 Hoffman, Shekinah 30 MCM-35 29.05 4**Women 30-34 100 Yard Butterfly**1 Hoffman, Shekinah 30 MCM-35 1:05.41 10  
30.72 34.69**Women 30-34 100 Yard IM**1 Munday, Emily 34 INAM-35 1:07.58 7  
30.13 37.45**Women 30-34 200 Yard IM**1 Hoffman, Shekinah 30 MCM-35 2:38.14 7  
31.50 44.18 46.52 35.94**Women 35-39 50 Yard Freestyle**1 Guinn, Amelia 37 SCM-35 27.66 7  
2 Santana, Juana 35 VS-35 27.81 5  
3 Glickfeld, Heather 36 INAM-35 38.97 4

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## Results

**Women 35-39 100 Yard Freestyle**

1	Guinn, Amelia	37	SCM-35	1:00.28	7
	29.53	30.75			
2	Glickfeld, Heather	36	INAM-35	1:27.16	5
	41.05	46.11			

**Women 35-39 50 Yard Backstroke**

1	Santana, Juana	35	VS-35	31.62	7
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**Women 35-39 50 Yard Breaststroke**

1	Guinn, Amelia	37	SCM-35	35.18	7
2	Glickfeld, Heather	36	INAM-35	45.72	5

**Women 35-39 100 Yard Breaststroke**

1	Guinn, Amelia	37	SCM-35	J1:18.02	10
	37.04	40.98			
2	Glickfeld, Heather	36	INAM-35	1:41.45	5
	47.16	54.29			

**Women 35-39 50 Yard Butterfly**

1	Santana, Juana	35	VS-35	30.10	7
2	Guinn, Amelia	37	SCM-35	33.02	5

**Women 35-39 100 Yard Butterfly**

1	Maughan, Daryn	35	INAM-35	1:13.81	7
	33.39	40.42			

**Women 35-39 100 Yard IM**

1	Guinn, Amelia	37	SCM-35	1:11.92	7
	34.94	36.98			
2	Maughan, Daryn	35	INAM-35	1:16.19	5
	34.91	41.28			

**Women 35-39 200 Yard IM**

1	Maughan, Daryn	35	INAM-35	2:43.64	7
	33.50	42.04	48.97	39.13	

**Women 40-44 50 Yard Freestyle**

1	Jeffryes, Jennifer	44	MCM-35	30.97	7
2	Machado, Sarah	40	VS-35	31.01	5

**Women 40-44 100 Yard Freestyle**

1	Machado, Sarah	40	VS-35	1:08.08	7
	32.50	35.58			
2	Jeffryes, Jennifer	44	MCM-35	1:08.09	5
	31.86	36.23			

**Women 40-44 500 Yard Freestyle**

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

**Women 40-44 1650 Yard Freestyle**

1	Machado, Sarah	40	VS-35	23:41.09	7
	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

**Women 40-44 50 Yard Butterfly**

1	Jeffryes, Jennifer	44	MCM-35	35.20	7
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**Women 45-49 50 Yard Freestyle**

1	Atkinson, Marie	46	INAM-35	41.45	7
2	Underwood, Sara	47	MCM-35	44.04	5

**Women 45-49 50 Yard Backstroke**

1	Atkinson, Marie	46	INAM-35	48.97	7
2	Underwood, Sara	47	MCM-35	1:00.50	5

**Women 45-49 50 Yard Breaststroke**

1	Underwood, Sara	47	MCM-35	52.36	7
2	Atkinson, Marie	46	INAM-35	57.60	5

**Women 45-49 100 Yard Breaststroke**

1	Underwood, Sara	47	MCM-35	1:56.44	7
	54.34	1:02.10			

**Women 45-49 100 Yard IM**

1	Underwood, Sara	47	MCM-35	2:02.95	7
	1:03.91	59.04			
---	Atkinson, Marie	46	INAM-35		DQ

**Women 50-54 50 Yard Freestyle**

1	Bartlett, Paula	54	MCM-35	46.93	7
2	van der Merwe, Michelle	54	VS-35	59.21	5

**Women 50-54 100 Yard Freestyle**

1	Applegate, Sarah	54	VS-35	1:11.49	7
	34.41	37.08			
2	Allen, Judy	54	INAM-35	1:22.30	5
	40.01	42.29			
3	van der Merwe, Michelle	54	VS-35	2:22.55	4
	1:04.24	1:18.31			

**Women 50-54 200 Yard Freestyle**

1	Allen, Judy	54	INAM-35	2:59.54	7
	39.39	45.01	48.60	46.54	

**Women 50-54 500 Yard Freestyle**

1	Allen, Judy	54	INAM-35	8:13.71	7
	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 Backstroke**

1	Bartlett, Paula	54	MCM-35	57.34	7
2	van der Merwe, Michelle	54	VS-35	1:00.18	5

**Women 50-54 100 Yard Backstroke**

1	van der Merwe, Michelle	54	VS-35	2:08.85	7
	1:02.33	1:06.52			

**Women 50-54 50 Yard Breaststroke**

1	Allen, Judy	54	INAM-35	44.87	7
2	Bartlett, Paula	54	MCM-35	1:06.53	5

**Women 50-54 100 Yard Breaststroke**

1	Allen, Judy	54	INAM-35	1:36.41	7
	46.97	49.44			

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**Women 50-54 200 Yard Breaststroke**

1	Allen, Judy	54	INAM-35	3:29.33	7
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**Women 50-54 50 Yard Butterfly**

1	Applegate, Sarah	54	VS-35	33.47	7
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**Women 50-54 100 Yard Butterfly**

1	Applegate, Sarah	54	VS-35	1:19.34	7
				37.11	42.23

**Women 50-54 100 Yard IM**

1	Applegate, Sarah	54	VS-35	1:20.75	7
				37.67	43.08

**Women 50-54 200 Yard IM**

1	Applegate, Sarah	54	VS-35	2:52.81	7
				36.71	48.16
				50.83	37.11

**Women 55-59 50 Yard Freestyle**

1	Field, Lessly	56	INAM-35	38.54	7
2	Nelson, Carol	58	KM-35	43.73	5

**Women 55-59 100 Yard Freestyle**

1	Field, Lessly	56	INAM-35	1:34.98	7
				45.74	49.24

**Women 55-59 200 Yard Freestyle**

1	Nelson, Carol	58	KM-35	3:15.41	7
				40.86	48.20
				51.38	54.97

**Women 55-59 1650 Yard Freestyle**

1	Keegan, Caroline	59	KM-35	26:36.76	7
				40.90	46.24
				48.26	47.49
				48.18	47.97
				48.50	48.77
				48.39	48.28
				48.39	48.39
				49.00	49.00
				49.39	49.00
				50.03	49.45
				49.46	49.76
				48.98	48.87
				49.21	48.90
				46.38	

**Women 55-59 50 Yard Breaststroke**

1	Field, Lessly	56	INAM-35	46.60	7
2	Nelson, Carol	58	KM-35	47.70	5

**Women 55-59 100 Yard Breaststroke**

1	Nelson, Carol	58	KM-35	1:45.75	7
				49.73	56.02

**Women 55-59 100 Yard IM**

1	Nelson, Carol	58	KM-35	1:40.94	7
				47.66	53.28
2	Field, Lessly	56	INAM-35	1:45.90	5
				54.10	51.80

**Women 60-64 50 Yard Freestyle**

1	Mazur, Amy	61	MCM-35	41.03	7
2	Tescher, Michele	62	INAM-35	47.18	5

**Women 60-64 100 Yard Freestyle**

1	Mazur, Amy	61	MCM-35	1:27.81	7
				41.82	45.99

**Women 60-64 200 Yard Freestyle**

1	Mazur, Amy	61	MCM-35	3:02.59	7
				42.54	45.70
				47.41	46.94

**Women 60-64 500 Yard Freestyle**

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

**Women 60-64 1650 Yard Freestyle**

1	Mazur, Amy	61	MCM-35	26:30.62	7
				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 Breaststroke**

1	Tescher, Michele	62	INAM-35	51.98	7
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**Women 65-69 50 Yard Freestyle**

1	Hair, Margaret	69	LCNM-35	38.47	7
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**Women 65-69 200 Yard Freestyle**

1	Hair, Margaret	69	LCNM-35	3:06.14	7
				44.07	47.28
				47.81	46.98

**Women 65-69 50 Yard Backstroke**

1	Hair, Margaret	69	LCNM-35	51.18	7
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**Women 65-69 50 Yard Breaststroke**

1	Chuanzhu, Zhou	65	TCAS-35	42.90	7
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**Women 65-69 100 Yard Breaststroke**

1	Chuanzhu, Zhou	65	TCAS-35	1:33.46	7
				45.51	47.95

**Women 65-69 200 Yard Breaststroke**

1	Chuanzhu, Zhou	65	TCAS-35	3:24.62	7
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**Women 65-69 50 Yard Butterfly**

1	Hair, Margaret	69	LCNM-35	48.35	7
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**Women 70-74 100 Yard Freestyle**

1	Franchi, Carrie	71	SCM-35	J1:18.63	10
				38.47	40.16

**Women 70-74 200 Yard Freestyle**

1	Franchi, Carrie	71	SCM-35	J2:54.87	10
				39.24	43.94
				46.61	45.08

**Women 70-74 500 Yard Freestyle**

1	Franchi, Carrie	71	SCM-35	J8:03.89	10
				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 Backstroke**

1	Franchi, Carrie	71	SCM-35	J41.43	10
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**Women 70-74 100 Yard Backstroke**

1	Franchi, Carrie	71	SCM-35	1:33.21	7
	45.53	47.68			

**Women 70-74 200 Yard Backstroke**

1	Franchi, Carrie	71	SCM-35	3:17.91	7
	47.61	49.32	50.53	50.45	

**Women 70-74 50 Yard Breaststroke**

1	Baker, Pamela	70	INAM-35	47.07	7
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**Women 70-74 50 Yard Butterfly**

1	Baker, Pamela	70	INAM-35	1:40.74	10
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**Women 70-74 100 Yard Butterfly**

1	Carling-Smith, Heather	73	SCM-35	1:42.88	7
	45.68	57.20			

**Women 70-74 100 Yard IM**

1	Baker, Pamela	70	INAM-35	1:33.43	7
	43.60	49.83			

**Women 70-74 200 Yard IM**

1	Baker, Pamela	70	INAM-35	3:30.45	10
	44.47	55.58	58.86	51.54	
2	Carling-Smith, Heather	73	SCM-35	3:42.32	5
	46.36	57.17	1:07.56	51.23	

**Women 75-79 50 Yard Freestyle**

1	Jacobson, Rebecca	75	LCNM-35	58.10	7
2	Vallandigham, Jett	77	MCM-35	1:05.97	5

**Women 75-79 100 Yard Freestyle**

1	Jacobson, Rebecca	75	LCNM-35	2:13.87	7
	1:02.38	1:11.49			
2	Vallandigham, Jett	77	MCM-35	2:28.76	5
	1:06.77	1:21.99			

**Women 75-79 200 Yard Freestyle**

1	Jacobson, Rebecca	75	LCNM-35	4:38.95	7
		1:15.02	1:13.50		
2	Vallandigham, Jett	77	MCM-35	5:08.77	5
	1:08.88	1:20.05	1:22.01	1:17.83	

**Women 75-79 50 Yard Breaststroke**

1	Vallandigham, Jett	77	MCM-35	1:17.10	7
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**Women 75-79 100 Yard Breaststroke**

1	Vallandigham, Jett	77	MCM-35	3:02.08	7
	1:24.04	1:38.04			

**Women 75-79 200 Yard Breaststroke**

1	Vallandigham, Jett	77	MCM-35	6:37.86	7
	1:31.58	1:41.88	1:47.60	1:36.80	

**Men 18-24 50 Yard Freestyle**

1	Castaneda, Zackary	20	KM-35	22.59	7
2	Field, Carson	18	INAM-35	29.28	5

**Men 18-24 100 Yard Freestyle**

1	Castaneda, Zackary	20	KM-35	50.22	7
	24.79	25.43			

**Men 18-24 50 Yard Breaststroke**

1	Castaneda, Zackary	20	KM-35	28.39	7
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**Men 25-29 50 Yard Freestyle**

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

**Men 25-29 100 Yard Freestyle**

1	Kramer, Justice	26	SAWS-59	49.33	7
	23.69	25.64			
2	Carpenter, Ian	27	SCM-35	52.90	5
	25.56	27.34			
3	Van Buren, Jay	26	SAWS-59	56.84	4
	26.81	30.03			
4	Willard, Dylan	25	MCM-35	57.58	3
	27.87	29.71			
5	Van Buren, Ryan	28	SAWS-59	57.93	2
	27.43	30.50			
6	Anderson, Koen	26	SAWS-59	58.84	1
	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 Freestyle**

1	Kramer, Justice	26	SAWS-59	1:48.30	7
	24.53	27.10	28.36	28.31	
2	Bensch, James	29	VS-35	3:15.52	5
	43.60	47.77	51.57	52.58	

**Men 25-29 1650 Yard Freestyle**

1	Willard, Dylan	25	MCM-35	22:19.62	7
	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 Backstroke**

1	Anderson, Koen	26	SAWS-59	29.35	7
2	Van Buren, Jay	26	SAWS-59	29.95	5

**Men 25-29 100 Yard Backstroke**

1	Anderson, Koen	26	SAWS-59	1:06.31	7
	32.16	34.15			

**Men 25-29 50 Yard Breaststroke**

1	Bensch, James	29	VS-35	44.11	7
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**Men 25-29 50 Yard Butterfly**

1	Kramer, Justice	26	SAWS-59	23.17	7
2	Carpenter, Ian	27	SCM-35	26.17	5
3	Van Buren, Jay	26	SAWS-59	28.61	4
4	Van Buren, Ryan	28	SAWS-59	28.80	3

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**Men 25-29 100 Yard IM**

1	Bensch, James	29	VS-35	1:35.40	7
	45.52	49.88			

**Men 30-34 50 Yard Freestyle**

1	Mayer, Adam	33	KM-35	23.42	7
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**Men 30-34 100 Yard Freestyle**

1	Mayer, Adam	33	KM-35	51.86	7
	25.22	26.64			

**Men 30-34 200 Yard Freestyle**

1	Daggs, Adam	32	SAWS-59	2:12.25	7
	28.14	32.93	36.04	35.14	

**Men 30-34 500 Yard Freestyle**

1	Daggs, Adam	32	SAWS-59	6:02.06	7
	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 Breaststroke**

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

1	Daggs, Adam	32	SAWS-59	1:17.99	7
	36.17	41.82			

**Men 30-34 50 Yard Butterfly**

1	Mayer, Adam	33	KM-35	1:24.49	10
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**Men 30-34 100 Yard Butterfly**

1	Mayer, Adam	33	KM-35	55.01	7
	25.11	29.90			
2	Davis, Blake	32	MCM-35	1:03.63	5
	28.12	35.51			

**Men 30-34 100 Yard IM**

1	Daggs, Adam	32	SAWS-59	1:11.27	7
	33.18	38.09			

**Men 40-44 50 Yard Freestyle**

1	Williams, Eric	44	SCM-35	26.18	7
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**Men 40-44 100 Yard Freestyle**

1	Shino, Trent	41	SCM-35	1:50.55	10
	24.91	25.64			

**Men 40-44 200 Yard Freestyle**

1	Boercker, Kevin	44	INAM-35	2:21.63	7
	31.93	35.56	36.07	38.07	

**Men 40-44 50 Yard Breaststroke**

1	Williams, Eric	44	SCM-35	31.76	7
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**Men 40-44 100 Yard Breaststroke**

1	Williams, Eric	44	SCM-35	1:11.88	7
	33.46	38.42			

**Men 40-44 200 Yard Breaststroke**

1	Shino, Trent	41	SCM-35	2:17.31	10
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**Men 40-44 50 Yard Butterfly**

1	Williams, Eric	44	SCM-35	28.34	7
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**Men 40-44 100 Yard Butterfly**

1	Shino, Trent	41	SCM-35	1:54.18	10
	25.83	28.35			

**Men 40-44 100 Yard IM**

1	Williams, Eric	44	SCM-35	1:07.78	7
	32.20	35.58			
2	Boercker, Kevin	44	INAM-35	1:17.46	5
	36.76	40.70			

**Men 40-44 200 Yard IM**

1	Shino, Trent	41	SCM-35	2:03.58	7
	26.34	32.57	35.21	29.46	
2	Boercker, Kevin	44	INAM-35	2:52.55	5
	40.27	43.67	51.29	37.32	

**Men 45-49 50 Yard Freestyle**

1	Atkinson, Benjamin	47	INAM-35	27.97	7
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**Men 45-49 100 Yard Freestyle**

1	Schwegel, Michael	47	KM-35	56.69	7
	27.34	29.35			
2	Atkinson, Benjamin	47	INAM-35	1:01.30	5
	29.68	31.62			

**Men 45-49 200 Yard Freestyle**

1	Atkinson, Benjamin	47	INAM-35	2:19.36	7
	30.93	34.20	36.11	38.12	

**Men 45-49 500 Yard Freestyle**

1	Adams, James	46	OREG-37	5:39.70	7
	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 Freestyle**

1	Adams, James	46	OREG-37	19:36.72	7
	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 Backstroke**

1	Schwegel, Michael	47	KM-35	30.09	7
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**Men 45-49 100 Yard Backstroke**

1	Schwegel, Michael	47	KM-35	1:02.67	7
	30.49	32.18			

**Men 45-49 200 Yard Backstroke**

1	Schwegel, Michael	47	KM-35	2:21.09	7
	32.16	34.60	36.69	37.64	

**Men 45-49 50 Yard Breaststroke**

1	Adams, James	46	OREG-37	34.49	7
2	Schwegel, Michael	47	KM-35	35.16	5

**Men 45-49 50 Yard Butterfly**

1	Atkinson, Benjamin	47	INAM-35	33.46	7
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## Inland NW LMSC SCY Championships - 4/13/2024

## Results

<b>Men 45-49 200 Yard IM</b>					2	Cook, John	63	INAM-35	1:06.16	5		
1	Adams, James	46	OREG-37	2:22.51	7	31.87	34.29					
	29.46	38.87	42.69	31.49								
<b>Men 50-54 50 Yard Freestyle</b>					3	Gerke, Charles	64	MCM-35	1:13.73	4		
1	Taylor, Kip	53	KM-35	28.72	7	34.46	39.27					
2	Allison, Tony	51	MCM-35	33.06	5							
<b>Men 50-54 100 Yard Freestyle</b>					<b>Men 60-64 200 Yard Freestyle</b>							
1	Taylor, Kip	53	KM-35	1:02.51	7	1	Calhoun, Jay	64	DCAC-10	2:19.19	7	
	30.60	31.91					33.11	35.78	36.24	34.06		
2	Allison, Tony	51	MCM-35	1:13.36	5	2	Milligan, Robert	62	INAM-35	2:43.99	5	
	35.63	37.73					37.75	42.09	43.59	40.56		
<b>Men 50-54 200 Yard Freestyle</b>					<b>Men 60-64 500 Yard Freestyle</b>							
1	Taylor, Kip	53	KM-35	2:17.13	7	1	Milligan, Robert	62	INAM-35	7:35.85	7	
	31.51	34.17	36.07	35.38			37.51	42.01	46.62	46.28		
<b>Men 50-54 500 Yard Freestyle</b>					<b>Men 60-64 1650 Yard Freestyle</b>							
1	Taylor, Kip	53	KM-35	6:17.20	7	1	Milligan, Robert	62	INAM-35	26:08.85	7	
	32.50	36.43	37.46	39.22			37.97	42.40	43.17	43.49		
	39.46	39.43	38.90	38.97			45.31	45.70	46.02	46.72		
	38.41	36.42					46.31	47.13	46.82	46.81		
2	Cousins, Asaph	51	MCM-35	6:50.27	5		47.05	46.94	47.28	47.72		
	35.66	40.70	41.39	41.29			48.00	48.24	48.48	47.78		
	42.23	42.61	42.29	42.12			48.54	48.02	48.27	49.04		
	41.98	40.00					49.23	49.74	51.97	51.28		
<b>Men 50-54 1650 Yard Freestyle</b>					<b>Men 60-64 50 Yard Backstroke</b>							
1	Cousins, Asaph	51	MCM-35	24:13.68	7	1	Belmondo, Brad	62	LCNM-35	31.43	7	
	38.52	45.95	43.81	43.69			34.64	34.21				
	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							
<b>Men 50-54 50 Yard Breaststroke</b>					<b>Men 60-64 100 Yard Backstroke</b>							
1	Allison, Tony	51	MCM-35	42.38	7	1	Belmondo, Brad	62	LCNM-35	1:08.85	7	
<b>Men 50-54 100 Yard Breaststroke</b>					<b>Men 60-64 50 Yard Breaststroke</b>							
1	Allison, Tony	51	MCM-35	1:34.32	7	1	Calhoun, Jay	64	DCAC-10	37.12	7	
	45.32	49.00					2	Gerke, Charles	64	MCM-35	39.33	5
<b>Men 50-54 100 Yard IM</b>					<b>Men 60-64 100 Yard Breaststroke</b>							
1	Latta, Gregory	54	MCM-35	1:03.09	7	1	Mabile, Glenn	64	KM-35	1:38.13	7	
	29.85	33.24					46.46	51.67				
2	Taylor, Kip	53	KM-35	1:12.85	5	<b>Men 60-64 50 Yard Butterfly</b>						
<b>Men 50-54 200 Yard IM</b>					<b>Men 60-64 100 Yard Butterfly</b>							
1	Latta, Gregory	54	MCM-35	2:23.52	7	1	Belmondo, Brad	62	LCNM-35	28.96	7	
	30.07	37.79	40.41	35.25			2	Cook, John	63	INAM-35	35.63	5
<b>Men 60-64 50 Yard Freestyle</b>					<b>Men 60-64 50 Yard Freestyle</b>							
1	Calhoun, Jay	64	DCAC-10	27.82	7							
2	Cook, John	63	INAM-35	29.67	5							
<b>Men 60-64 100 Yard Freestyle</b>					<b>Men 60-64 100 Yard Freestyle</b>							
1	Calhoun, Jay	64	DCAC-10	1:02.56	7							
	30.30	32.26										

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## Results

**Men 60-64 100 Yard IM**

1	Belmondo, Brad	62	LCNM-35	1:08.72	7
	32.87	35.85			
2	Calhoun, Jay	64	DCAC-10	1:15.26	5
	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 Freestyle**

1	Heath, Robert	67	SCM-35	25.68	7
2	Cabrey, David	68	TCAS-35	29.28	5
3	Flores, Stephan	67	MCM-35	33.31	4

**Men 65-69 100 Yard Freestyle**

1	Cabrey, David	68	TCAS-35	1:05.74	7
	1:05.74				
2	Heath, Robert	67	SCM-35	1:05.76	5
	31.13	34.63			

**Men 65-69 200 Yard Freestyle**

1	Cabrey, David	68	TCAS-35	2:21.90	7
	32.87	36.20	36.89	35.94	

**Men 65-69 1650 Yard Freestyle**

1	Cabrey, David	68	TCAS-35	22:24.37	7
	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 Backstroke**

1	Heath, Robert	67	SCM-35	30.36	7
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**Men 65-69 100 Yard Backstroke**

1	Heath, Robert	67	SCM-35	1:09.54	7
	35.24	34.30			

**Men 65-69 50 Yard Breaststroke**

1	Hamm, Michael	66	KM-35	33.24	7
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**Men 65-69 100 Yard Breaststroke**

1	Hamm, Michael	66	KM-35	1:13.76	7
	35.05	38.71			

**Men 65-69 200 Yard Breaststroke**

1	Hamm, Michael	66	KM-35	2:49.12	7
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**Men 65-69 50 Yard Butterfly**

1	Heath, Robert	67	SCM-35	29.23	7
2	Flores, Stephan	67	MCM-35	41.08	5

**Men 65-69 100 Yard IM**

1	Cabrey, David	68	TCAS-35	1:17.17	7
	35.43	41.74			
2	Flores, Stephan	67	MCM-35	1:38.75	5
	46.75	52.00			

**Men 70-74 50 Yard Freestyle**

1	McDougle, KC	70	SAWS-59	28.52	7
2	Scovazzo, Vincent	71	TCAS-35	35.37	5
3	Tanner, Stephen	70	KM-35	35.66	4

**Men 70-74 100 Yard Freestyle**

1	Scovazzo, Vincent	71	TCAS-35	1:15.06	7
	37.28	37.78			
2	Tanner, Stephen	70	KM-35	1:24.25	5
	40.18	44.07			

**Men 70-74 200 Yard Freestyle**

1	McDougle, KC	70	SAWS-59	2:21.66	7
	31.71	34.58	36.64	38.73	
2	Scovazzo, Vincent	71	TCAS-35	2:57.88	5
	39.69	40.12	41.31	56.76	
3	Tanner, Stephen	70	KM-35	3:02.79	4
	40.11	46.24	48.37	48.07	

**Men 70-74 50 Yard Backstroke**

1	McDougle, KC	70	SAWS-59	36.07	7
2	Tanner, Stephen	70	KM-35	42.72	5

**Men 70-74 100 Yard Backstroke**

1	Tanner, Stephen	70	KM-35	1:35.33	7
	46.49	48.84			

**Men 70-74 100 Yard IM**

1	Tanner, Stephen	70	KM-35	1:37.62	7
	45.09	52.53			

**Men 75-79 100 Yard Breaststroke**

1	Denio, Galen	76	INAM-35	J1:30.54	10
	43.34	47.20			

**Men 75-79 200 Yard Breaststroke**

1	Denio, Galen	76	INAM-35	J3:20.92	10
	46.18	51.46	51.93	51.35	

**Men 75-79 100 Yard Butterfly**

1	Denio, Galen	76	INAM-35	J1:38.12	10
	45.51	52.61			

**Men 75-79 200 Yard IM**

1	Denio, Galen	76	INAM-35	J3:13.53	10
	45.44	52.15	50.45	45.49	

**Men 75-79 400 Yard IM**

1	Denio, Galen	76	INAM-35	J7:00.29	10
	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	14
	1) Baker, Pamela W70	2) Glickfeld, Heather W36		
	3) Sievers, Elena W21	4) Atkinson, Marie W46		
	46.40	44.45	33.72	41.68

**Women 25+ 200 Yard Freestyle Relay**

1	INAM-35	A	1:58.36	14
	1) Munday, Emily W34	2) Anderson, Emily W32		
	3) Maughan, Daryn W35	4) Sievers, Carolyn W25		
	27.35	30.54	30.87	29.60

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## Results

**(Women 25+ 200 Yard Freestyle Relay)**

2	VS-35	A	2:08.27	10
	1) Machado, Sarah W40	2) Applegate, Sarah W54		
	3) Turner, Jane W33	4) Santana, Juana W35		
	30.60	32.41	37.66	27.60

**Women 25+ 200 Yard Medley Relay**

1	INAM-35	A	2:05.64	14
	1) Sievers, Carolyn W25	2) Munday, Emily W34		
	3) Maughan, Daryn W35	4) Anderson, Emily W32		
	31.08	35.12	31.91	27.53
2	VS-35	A	2:25.05	10
	1) Santana, Juana W35	2) Turner, Jane W33		
	3) Applegate, Sarah W54	4) Machado, Sarah W40		
	32.07	49.81	33.26	29.91

**Women 45+ 200 Yard Freestyle Relay**

1	INAM-35	B	2:42.46	14
	1) Allen, Judy W54	2) Baker, Pamela W70		
	3) Atkinson, Marie W46	4) Field, Lessly W56		
	40.95	42.00	40.46	39.05

**Men 18+ 200 Yard Freestyle Relay**

1	KM-35	A	1:39.57	10
	1) Castaneda, Zackary M20	2) Schwegel, Michael M47		
	3) Taylor, Kip M53	4) Mayer, Adam M33		
	22.54	26.58	27.63	22.82

**Men 18+ 200 Yard Medley Relay**

1	KM-35	A	1:48.59	14
	1) Schwegel, Michael M47	2) Castaneda, Zackary M20		
	3) Mayer, Adam M33	4) Taylor, Kip M53		
	30.26	27.63	23.68	27.02

**Men 25+ 200 Yard Freestyle Relay**

1	SAWS-59	A	1:35.05	14
	1) Kramer, Justice M26	2) Van Buren, Jay M26		
	3) Anderson, Koen M26	4) Van Buren, Ryan M28		
	22.53	23.33	24.43	24.76

**Men 25+ 200 Yard Medley Relay**

1	SAWS-59	A	1:47.18	14
	1) Anderson, Koen M26	2) Kramer, Justice M26		
	3) Van Buren, Jay M26	4) Van Buren, Ryan M28		
	29.31	27.32	26.57	23.98

**Men 35+ 200 Yard Freestyle Relay**

1	INAM-35	A	2:00.54	14
	1) Atkinson, Benjamin M47	2) Boercker, Kevin M44		
	3) Cook, John M63	4) Milligan, Robert M62		
	29.22	31.84	28.27	31.21

**Men 35+ 200 Yard Medley Relay**

1	INAM-35	A	2:25.22	14
	1) Boercker, Kevin M44	2) Denio, Galen M76		
	3) Atkinson, Benjamin M47	4) Cook, John M63		
	39.02	41.52	35.28	29.40

**Mixed 18+ 200 Yard Freestyle Relay**

1	INAM-35	A	2:07.43	14
	1) Sievers, Elena W21	2) Field, Carson M18		
	3) Glickfeld, Heather W36	4) Milligan, Robert M62		
	31.03	31.50	17.80	47.10

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

1	INAM-35	A	2:53.87	10
	1) Field, Lessly W56	2) Allen, Judy W54		
	3) Milligan, Robert M62	4) Field, Carson M18		
	51.67	47.12	15.71	59.37

**Mixed 25+ 200 Yard Freestyle Relay**

1	INAM-35	B	1:55.76	14
	1) Sievers, Carolyn W25	2) Anderson, Emily W32		
	3) Atkinson, Benjamin M47	4) Cook, John M63		
	28.79	29.38	28.20	29.39
2	MCM-35	A	1:58.48	10
	1) Thoresen, Haley W27	2) Jeffryes, Jennifer W44		
	3) Gerke, Charles M64	4) Latta, Gregory M54		
	30.35	30.83	31.89	25.41
3	INAM-35	C	2:03.91	8
	1) Maughan, Daryn W35	2) Boercker, Kevin M44		
	3) Denio, Galen M76	4) Munday, Emily W34		
	30.29	30.01	36.06	27.55

**Mixed 25+ 200 Yard Medley Relay Mixed**

1	MCM-35	A	2:00.41	14
	1) Davis, Blake M32	2) Goodwin, Mia W28		
	3) Hoffman, Shekinah W30	4) Latta, Gregory M54		
	29.77	35.31	29.55	25.78

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

1	KM-35	A	2:56.53	14
	1) Tanner, Stephen M70	2) Nelson, Carol W58		
	3) Mabile, Glenn M64	4) Keegan, Caroline W59		
	48.23			35.99