

Spokane Club Dual Pentathlon Meet 2025 - 3/22/2025

Results									
Women 18-24 50 Yard Freestyle					2	Daryn Maughan	36	INAM-35	34.62 3
1	Elena Sievers	22	INAM-35	31.23 5	3	Amelia Guinn	37	SCM-35	35.11 2
Women 18-24 50 Yard Backstroke					Women 35-39 100 Yard Backstroke				
1	Elena Sievers	22	INAM-35	36.59 5	1	Alex McAnally	37	INAM-35	1:18.31 5
Women 18-24 50 Yard Breaststroke					2	Katherine Bray	38	INAM-35	1:24.11 3
1	Elena Sievers	22	INAM-35	38.47 5	Women 35-39 50 Yard Breaststroke				
Women 18-24 50 Yard Butterfly					1	Amelia Guinn	37	SCM-35	35.22 5
1	Elena Sievers	22	INAM-35	33.40 5	2	Emily Munday	35	INAM-35	36.81 3
Women 18-24 100 Yard IM					3	Daryn Maughan	36	INAM-35	39.39 2
1	Elena Sievers	22	INAM-35	1:16.05 5	4	Eileen Kazura	38	STRG-35	40.53 1
Women 25-29 50 Yard Freestyle					Women 35-39 100 Yard Breaststroke				
1	Carolyn Sievers	26	INAM-35	27.83 5	1	Alex McAnally	37	INAM-35	1:25.65 5
2	Anika Thomas-Toth	26	INAM-35	31.77 3	2	Katherine Bray	38	INAM-35	1:37.89 3
Women 25-29 50 Yard Backstroke					Women 35-39 50 Yard Butterfly				
1	Carolyn Sievers	26	INAM-35	31.99 5	1	Emily Munday	35	INAM-35	29.32 5
2	Anika Thomas-Toth	26	INAM-35	38.82 3	2	Daryn Maughan	36	INAM-35	31.71 3
Women 25-29 50 Yard Breaststroke					3	Amelia Guinn	37	SCM-35	32.05 2
1	Carolyn Sievers	26	INAM-35	35.23 5	4	Katherine Bray	38	INAM-35	36.53 1
2	Anika Thomas-Toth	26	INAM-35	39.99 3	Women 35-39 100 Yard Butterfly				
Women 25-29 50 Yard Butterfly					1	Alex McAnally	37	INAM-35	1:25.86 5
1	Carolyn Sievers	26	INAM-35	29.38 5	Women 35-39 100 Yard IM				
2	Anika Thomas-Toth	26	INAM-35	37.36 3	1	Emily Munday	35	INAM-35	1:10.60 5
Women 25-29 100 Yard IM					2	Amelia Guinn	37	SCM-35	1:10.77 3
1	Carolyn Sievers	26	INAM-35	1:07.98 5	3	Daryn Maughan	36	INAM-35	1:14.45 2
2	Anika Thomas-Toth	26	INAM-35	1:20.31 3	4	Katherine Bray	38	INAM-35	1:23.78 1
Women 30-34 50 Yard Freestyle					---	Eileen Kazura	38	STRG-35	DQ
1	McKenzie Gunselman	34	INAM-35	28.58 5	Women 35-39 200 Yard IM				
2	Amanda Bratton	32	TCAS-35	37.73 3	1	Alex McAnally	37	INAM-35	2:47.39 5
Women 30-34 50 Yard Backstroke					Women 40-44 50 Yard Freestyle				
1	McKenzie Gunselman	34	INAM-35	35.00 5	1	Patricia Rolon	43	TCAS-35	30.25 5
2	Amanda Bratton	32	TCAS-35	43.03 3	2	Brenna Kummer	41	INAM-35	36.39 3
Women 30-34 50 Yard Breaststroke					Women 40-44 100 Yard Freestyle				
1	McKenzie Gunselman	34	INAM-35	43.57 5	1	Erin Popelka	43	STRG-35	1:04.21 5
2	Amanda Bratton	32	TCAS-35	47.06 3	2	Brenna Kummer	41	INAM-35	1:22.64 3
Women 30-34 50 Yard Butterfly					Women 40-44 50 Yard Backstroke				
1	McKenzie Gunselman	34	INAM-35	32.55 5	1	Patricia Rolon	43	TCAS-35	35.50 5
2	Amanda Bratton	32	TCAS-35	44.38 3	Women 40-44 100 Yard Backstroke				
Women 30-34 100 Yard IM					1	Erin Popelka	43	STRG-35	1:16.04 5
1	McKenzie Gunselman	34	INAM-35	1:17.20 5	Women 40-44 50 Yard Breaststroke				
2	Amanda Bratton	32	TCAS-35	1:33.01 3	1	Patricia Rolon	43	TCAS-35	42.97 5
Women 35-39 50 Yard Freestyle					2	Brenna Kummer	41	INAM-35	49.75 3
1	Amelia Guinn	37	SCM-35	27.86 5	Women 40-44 100 Yard Breaststroke				
2	Daryn Maughan	36	INAM-35	29.78 3	1	Erin Popelka	43	STRG-35	1:18.50 5
3	Eileen Kazura	38	STRG-35	31.91 2	Women 40-44 50 Yard Butterfly				
Women 35-39 100 Yard Freestyle					1	Patricia Rolon	43	TCAS-35	33.62 5
1	Alex McAnally	37	INAM-35	1:10.81 5	Women 40-44 100 Yard Butterfly				
2	Katherine Bray	38	INAM-35	1:12.16 3	1	Erin Popelka	43	STRG-35	1:10.02 5
Women 35-39 50 Yard Backstroke					Women 40-44 100 Yard IM				
1	Emily Munday	35	INAM-35	32.53 5	1	Patricia Rolon	43	TCAS-35	1:17.83 5

Spokane Club Dual Pentathlon Meet 2025 - 3/22/2025

Results

Women 40-44 200 Yard IM

1	Erin Popelka	43	STRG-35	2:35.42	5
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Women 55-59 50 Yard Freestyle

1	Paige Buehler	56	MCM-35	33.36	5
2	Judy Allen	55	INAM-35	36.81	3

Women 55-59 50 Yard Backstroke

1	Paige Buehler	56	MCM-35	1:38.43	10
2	Judy Allen	55	INAM-35	48.92	3

Women 55-59 50 Yard Breaststroke

1	Judy Allen	55	INAM-35	42.34	5
2	Paige Buehler	56	MCM-35	47.06	3

Women 55-59 100 Yard Breaststroke

1	Judy Allen	55	INAM-35	1:33.78	5
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Women 55-59 50 Yard Butterfly

1	Paige Buehler	56	MCM-35	38.48	5
2	Judy Allen	55	INAM-35	44.85	3

Women 55-59 100 Yard IM

1	Paige Buehler	56	MCM-35	1:29.37	5
2	Judy Allen	55	INAM-35	1:34.50	3

Women 60-64 50 Yard Freestyle

1	Melissa Martin	64	INAM-35	37.32	5
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Women 60-64 50 Yard Backstroke

1	Melissa Martin	64	INAM-35	43.57	5
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Women 60-64 50 Yard Breaststroke

1	Melissa Martin	64	INAM-35	50.38	5
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Women 60-64 50 Yard Butterfly

1	Melissa Martin	64	INAM-35	44.59	5
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Women 60-64 100 Yard IM

1	Melissa Martin	64	INAM-35	1:35.45	5
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Women 65-69 50 Yard Freestyle

1	Cindy Kemp	68	KM-35	35.96	5
2	Zhou Chuanzhu	66	TCAS-35	36.94	3

Women 65-69 50 Yard Backstroke

1	Cindy Kemp	68	KM-35	43.76	5
2	Zhou Chuanzhu	66	TCAS-35	45.35	3

Women 65-69 50 Yard Breaststroke

1	Zhou Chuanzhu	66	TCAS-35	43.91	5
2	Cindy Kemp	68	KM-35	52.86	3

Women 65-69 50 Yard Butterfly

1	Zhou Chuanzhu	66	TCAS-35	46.76	5
2	Cindy Kemp	68	KM-35	52.07	3

Women 65-69 100 Yard IM

1	Zhou Chuanzhu	66	TCAS-35	1:30.91	5
2	Cindy Kemp	68	KM-35	1:37.93	3

Women 70-74 50 Yard Freestyle

1	Carrie Franchi	72	SCM-35	34.58	5
2	Margaret Hair	70	LCNM-35	34.93	3
3	Paula Smith	70	INAM-35	38.39	2
4	Heather Carling-Smith	74	SCM-35	40.13	1

Women 70-74 100 Yard Freestyle

1	Pamela Baker	71	INAM-35	1:29.15	5
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Women 70-74 50 Yard Backstroke

1	Carrie Franchi	72	SCM-35	1:40.59	10
2	Margaret Hair	70	LCNM-35	42.97	3
3	Paula Smith	70	INAM-35	43.66	2
4	Heather Carling-Smith	74	SCM-35	50.84	1

Women 70-74 100 Yard Backstroke

1	Pamela Baker	71	INAM-35	1:45.14	5
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Women 70-74 50 Yard Breaststroke

1	Margaret Hair	70	LCNM-35	45.82	5
2	Paula Smith	70	INAM-35	46.26	3
3	Carrie Franchi	72	SCM-35	49.34	2
4	Pamela Baker	71	INAM-35	49.61	1
5	Heather Carling-Smith	74	SCM-35	52.85	

Women 70-74 100 Yard Breaststroke

1	Pamela Baker	71	INAM-35	1:48.55	5
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Women 70-74 50 Yard Butterfly

1	Carrie Franchi	72	SCM-35	44.20	5
2	Heather Carling-Smith	74	SCM-35	44.27	3
3	Paula Smith	70	INAM-35	53.50	2

Women 70-74 100 Yard Butterfly

---	Pamela Baker	71	INAM-35	DQ	
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Women 70-74 100 Yard IM

1	Carrie Franchi	72	SCM-35	1:31.40	5
2	Margaret Hair	70	LCNM-35	1:35.39	3
3	Paula Smith	70	INAM-35	1:38.40	2
4	Heather Carling-Smith	74	SCM-35	1:42.11	1

Women 70-74 200 Yard IM

1	Pamela Baker	71	INAM-35	3:37.90	5
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Women 75-79 50 Yard Freestyle

1	Nancy Beatty	75	INAM-35	45.63	5
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Women 75-79 100 Yard Freestyle

1	Nancy Beatty	75	INAM-35	1:45.22	5
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Men 18-24 50 Yard Freestyle

1	Luca Rolon	18	TCAS-35	24.45	5
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Men 18-24 50 Yard Backstroke

1	Luca Rolon	18	TCAS-35	28.68	5
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Men 18-24 50 Yard Breaststroke

1	Luca Rolon	18	TCAS-35	36.36	5
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Men 18-24 50 Yard Butterfly

1	Luca Rolon	18	TCAS-35	26.85	5
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Men 18-24 100 Yard IM

1	Luca Rolon	18	TCAS-35	1:05.56	5
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Men 25-29 50 Yard Freestyle

1	Max Moreland	26	INAM-35	23.23	5
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Men 25-29 100 Yard Freestyle

1	Daniel Roy	25	SCM-35	52.25	5
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Spokane Club Dual Pentathlon Meet 2025 - 3/22/2025

Results

Men 25-29 50 Yard Backstroke

1	Max Moreland	26	INAM-35	28.32	5
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Men 25-29 50 Yard Breaststroke

1	Max Moreland	26	INAM-35	28.40	5
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Men 25-29 100 Yard Breaststroke

1	Daniel Roy	25	SCM-35	1:58.33	10
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Men 25-29 50 Yard Butterfly

1	Max Moreland	26	INAM-35	24.69	5
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Men 25-29 100 Yard Butterfly

1	Daniel Roy	25	SCM-35	55.80	5
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Men 25-29 100 Yard IM

1	Max Moreland	26	INAM-35	59.63	5
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Men 25-29 200 Yard IM

1	Daniel Roy	25	SCM-35	2:01.78	5
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Men 30-34 50 Yard Freestyle

1	Jason Lemley	31	INAM-35	23.77	5
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Men 30-34 100 Yard Freestyle

1	Jason Lemley	31	INAM-35	55.84	5
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Men 30-34 50 Yard Backstroke

1	Jason Lemley	31	INAM-35	27.56	5
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Men 30-34 50 Yard Butterfly

1	Jason Lemley	31	INAM-35	26.68	5
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Men 40-44 100 Yard Freestyle

1	Trent Shino	42	SCM-35	52.58	5
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Men 40-44 100 Yard Backstroke

1	Trent Shino	42	SCM-35	1:00.12	5
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Men 40-44 100 Yard Breaststroke

1	Trent Shino	42	SCM-35	1:02.84	5
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Men 40-44 100 Yard Butterfly

1	Trent Shino	42	SCM-35	56.28	5
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Men 40-44 200 Yard IM

1	Trent Shino	42	SCM-35	2:10.09	5
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Men 45-49 100 Yard Freestyle

1	James Adams	47	VS-35	1:00.58	5
2	Kevin Boercker	45	INAM-35	1:04.65	3

Men 45-49 100 Yard Backstroke

1	James Adams	47	VS-35	1:09.18	5
2	Kevin Boercker	45	INAM-35	1:28.90	3

Men 45-49 100 Yard Breaststroke

1	James Adams	47	VS-35	1:14.80	5
2	Kevin Boercker	45	INAM-35	1:23.86	3

Men 45-49 100 Yard Butterfly

1	James Adams	47	VS-35	1:04.17	5
2	Kevin Boercker	45	INAM-35	1:21.98	3

Men 45-49 200 Yard IM

1	James Adams	47	VS-35	2:25.45	5
2	Kevin Boercker	45	INAM-35	2:48.08	3

Men 50-54 50 Yard Freestyle

1	David Robbins	51	SCM-35	30.16	5
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Men 50-54 50 Yard Backstroke

1	David Robbins	51	SCM-35	38.69	5
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Men 50-54 50 Yard Breaststroke

1	David Robbins	51	SCM-35	39.43	5
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Men 50-54 50 Yard Butterfly

1	David Robbins	51	SCM-35	33.53	5
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Men 50-54 100 Yard IM

1	David Robbins	51	SCM-35	1:18.46	5
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Men 55-59 50 Yard Freestyle

1	Sean McGrath	58	SCM-35	26.60	5
2	Tommy Allen	58	INAM-35	33.02	3
3	Matthew Bronson	59	KM-35	36.18	2

Men 55-59 100 Yard Freestyle

1	Tommy Allen	58	INAM-35	1:24.34	5
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Men 55-59 50 Yard Backstroke

1	Matthew Bronson	59	KM-35	47.51	5
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Men 55-59 50 Yard Breaststroke

1	Matthew Bronson	59	KM-35	48.94	5
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Men 55-59 50 Yard Butterfly

1	Sean McGrath	58	SCM-35	29.25	5
2	Matthew Bronson	59	KM-35	43.37	3

Men 55-59 100 Yard IM

1	Matthew Bronson	59	KM-35	1:15.81	5
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Men 60-64 50 Yard Freestyle

1	Bruce Groth	62	TCAS-35	29.21	5
2	John Cook	64	INAM-35	29.31	3
3	Gregory Benoit	64	INAM-35	30.87	2
4	William Selby	61	INAM-35	31.09	1

Men 60-64 100 Yard Freestyle

1	John Cook	64	INAM-35	1:06.43	5
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Men 60-64 50 Yard Backstroke

1	Bruce Groth	62	TCAS-35	37.61	5
2	Gregory Benoit	64	INAM-35	39.08	3
3	William Selby	61	INAM-35	43.26	2

Men 60-64 50 Yard Breaststroke

1	Bruce Groth	62	TCAS-35	37.22	5
2	Gregory Benoit	64	INAM-35	39.62	3
3	John Cook	64	INAM-35	41.56	2
4	William Selby	61	INAM-35	41.88	1

Men 60-64 50 Yard Butterfly

1	Bruce Groth	62	TCAS-35	33.23	5
2	John Cook	64	INAM-35	34.13	3
3	Gregory Benoit	64	INAM-35	35.99	2
4	William Selby	61	INAM-35	41.34	1

Men 60-64 100 Yard IM

1	Bruce Groth	62	TCAS-35	1:15.88	5
2	Gregory Benoit	64	INAM-35	1:20.35	3

Spokane Club Dual Pentathlon Meet 2025 - 3/22/2025

Results

(Men 60-64 100 Yard IM)

3	William Selby	61	INAM-35	1:27.04	2
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Men 65-69 50 Yard Freestyle

1	David Cabrey	69	TCAS-35	28.49	5
2	Dan Sheahan	67	SCM-35	31.40	3
3	Nathan Osborne	67	SCM-35	37.75	2

Men 65-69 100 Yard Freestyle

1	Dan Sheahan	67	SCM-35	1:11.84	5
2	Nathan Osborne	67	SCM-35	1:31.67	3

Men 65-69 50 Yard Backstroke

1	Robert Heath	68	SCM-35	31.03	5
2	David Cabrey	69	TCAS-35	34.97	3
3	Dan Sheahan	67	SCM-35	43.28	2

Men 65-69 50 Yard Breaststroke

1	David Cabrey	69	TCAS-35	44.13	5
2	Nathan Osborne	67	SCM-35	59.38	3

Men 65-69 50 Yard Butterfly

1	Robert Heath	68	SCM-35	28.62	5
2	David Cabrey	69	TCAS-35	32.70	3
3	Dan Sheahan	67	SCM-35	41.34	2

Men 65-69 100 Yard IM

1	David Cabrey	69	TCAS-35	1:15.81	5
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Men 70-74 50 Yard Freestyle

1	Howard Burns	73	KM-35	32.01	5
2	Blake Nielsen	71	INAM-35	33.56	3
3	Stephen Tanner	71	KM-35	36.51	2
4	Damon Delistraty	72	INAM-35	41.15	1

Men 70-74 100 Yard Freestyle

1	Stephen Tanner	71	KM-35	1:25.13	5
2	Damon Delistraty	72	INAM-35	1:37.55	3

Men 70-74 50 Yard Backstroke

1	Stephen Tanner	71	KM-35	41.51	5
2	Howard Burns	73	KM-35	43.01	3
3	Blake Nielsen	71	INAM-35	48.56	2

Men 70-74 50 Yard Breaststroke

1	Howard Burns	73	KM-35	39.68	5
2	Stephen Tanner	71	KM-35	47.56	3
3	Blake Nielsen	71	INAM-35	48.45	2

Men 70-74 50 Yard Butterfly

1	Howard Burns	73	KM-35	37.23	5
2	Blake Nielsen	71	INAM-35	48.67	3

Men 70-74 100 Yard IM

1	Howard Burns	73	KM-35	1:25.34	5
2	Stephen Tanner	71	KM-35	1:39.59	3
---	Blake Nielsen	71	INAM-35	DQ	

Men 75-79 100 Yard Freestyle

1	Galen Denio	77	INAM-35	1:20.86	5
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Men 75-79 100 Yard Backstroke

1	Galen Denio	77	INAM-35	1:32.98	10
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Men 75-79 100 Yard Breaststroke

1	Galen Denio	77	INAM-35	1:34.56	5
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Men 75-79 100 Yard Butterfly

1	Galen Denio	77	INAM-35	1:44.38	5
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Men 75-79 200 Yard IM

1	Galen Denio	77	INAM-35	3:17.78	5
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Women 18+ 200 Yard Freestyle Relay

1	INAM-35	A	2:05.45	10
1)	Elena Sievers W22	2)	Brenna Kummer W41	
3)	Carolyn Sievers W26	4)	Anika Thomas-Toth W26	

Women 35+ 200 Yard Freestyle Relay

1	INAM-35	A	2:00.49	10
1)	Katherine Bray W38	2)	Daryn Maughan W36	
3)	Alex McAnally W37	4)	Emily Munday W35	

Women 35+ 200 Yard Medley Relay

---	INAM-35	A	X2:10.96	10
1)	Katherine Bray W38	2)	Daryn Maughan W36	
3)	Alex McAnally W37			

Men 45+ 200 Yard Freestyle Relay

1	INAM-35	A	2:11.53	10
1)	Tommy Allen M58	2)	Kevin Boercker M45	
3)	Galen Denio M77	4)	William Selby M61	

Men 45+ 200 Yard Medley Relay

---	INAM-35	A	DQ
1)	William Selby M61	2)	Damon Delistraty M72
3)	Kevin Boercker M45	4)	Tommy Allen M58

Mixed 18+ 200 Yard Freestyle Relay

1	TCAS-35	A	2:03.02	10
1)	Luca Rolon M18	2)	Amanda Bratton W32	
3)	Bruce Groth M62	4)	Patricia Rolon W43	

Mixed 18+ 200 Yard Medley Relay

---	TCAS-35	A	DQ
1)	David Cabrey M69	2)	Zhou Chuanzhu W66
3)	Luca Rolon M18	4)	Amanda Bratton W32

Mixed 25+ 200 Yard Medley Relay

1	INAM-35	A	1:59.74	10
1)	McKenzie Gunselman W34	2)	Carolyn Sievers W26	
3)	Jason Lemley M31	4)	Max Moreland M26	

Mixed 55+ 200 Yard Freestyle Relay

1	INAM-35	A	J2:14.96	20
1)	Judy Allen W55	2)	Melissa Martin W64	
3)	Gregory Benoit M64	4)	John Cook M64	

Mixed 55+ 200 Yard Medley Relay

1	INAM-35	A	J2:34.44	20
1)	Melissa Martin W64	2)	Judy Allen W55	
3)	John Cook M64	4)	Gregory Benoit M64	

Mixed 65+ 200 Yard Freestyle Relay

1	INAM-35	A	2:44.40	10
1)	Pamela Baker W71	2)	Nancy Beatty W75	
3)	Damon Delistraty M72	4)	Blake Nielsen M71	