

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results

Women 18-24 50 SC Meter Freestyle

1	Seidensticker, Elle	18	Cntrl WA	30.26
2	Judd, Madi	19	Cntrl WA	30.71
3	Kahler, Carly	20	Cntrl WA	30.81
4	Huff, Miranda	21	Cntrl WA	32.88
5	Marcott, Laci	20	Cntrl WA	32.93
6	Jamieson, Hannah	20	Cntrl WA	34.12
7	Parks, Sarah	18	Oregon Masters	36.18
8	Prekeges, Alison	22	Cntrl WA	40.99
9	Mena, Samantha	22	Cntrl WA	48.29

Women 18-24 100 SC Meter Freestyle

1	Judd, Madi	19	Cntrl WA	1:13.37
	33.23	40.14		
2	Huff, Miranda	21	Cntrl WA	1:18.38
	37.22	41.16		
3	Jamieson, Hannah	20	Cntrl WA	1:20.40
	36.70	43.70		
4	Parks, Sarah	18	Oregon Masters	1:20.44
	37.22	43.22		

Women 18-24 400 SC Meter Freestyle

1	Singh, Isabelle	24	Puget Sound Mast	5:52.18
	38.97	43.06	43.95	44.82
	45.07	45.54	45.68	45.09

Women 18-24 1500 SC Meter Freestyle

1	Seidensticker, Elle	18	Cntrl WA	22:55.46
	38.34	44.77	46.35	47.15
	46.94	46.66	46.74	46.90
	46.04	45.69	46.97	46.14
	47.21	46.77	47.13	46.61
	46.55	47.02	46.08	46.12
	46.38	45.78	46.69	47.23
	46.65	45.30	45.24	43.65
	44.92	41.44		
2	Singh, Isabelle	24	Puget Sound Mast	23:38.13
	40.50	45.90	45.96	46.78
	47.22	47.24	47.60	47.62
	47.43	47.48	47.12	47.24
	47.14	46.75	46.91	47.24
	47.17	47.38	47.90	48.41
	48.37	48.17	48.97	48.62
	48.92	48.86	46.60	47.90
	47.81	46.92		

Women 18-24 50 SC Meter Backstroke

1	Seidensticker, Elle	18	Cntrl WA	35.61
2	Huff, Miranda	21	Cntrl WA	39.89
3	Jamieson, Hannah	20	Cntrl WA	40.73
---	Mena, Samantha	22	Cntrl WA	DQ
Multiple strokes past vertical at turn				

Women 18-24 100 SC Meter Backstroke

---	Seidensticker, Elle	18	Cntrl WA	DQ
Delay initiating arm pull at turn				
	38.36	42.12		

Women 18-24 50 SC Meter Breaststroke

1	Kahler, Carly	20	Cntrl WA	40.36
2	Prekeges, Alison	22	Cntrl WA	49.65

Women 18-24 100 SC Meter Breaststroke

1	Kahler, Carly	20	Cntrl WA	1:27.41
	40.81	46.60		

Women 18-24 50 SC Meter Butterfly

1	Seidensticker, Elle	18	Cntrl WA	33.51
2	Marcott, Laci	20	Cntrl WA	36.43
3	Parks, Sarah	18	Oregon Masters	43.55

Women 18-24 200 SC Meter Butterfly

1	Singh, Isabelle	24	Puget Sound Mast	3:52.66
	51.00	59.20	1:00.38	1:02.08

Women 18-24 100 SC Meter IM

1	Kahler, Carly	20	Cntrl WA	1:20.13
	37.16	42.97		
2	Marcott, Laci	20	Cntrl WA	1:25.27
	38.23	47.04		
3	Singh, Isabelle	24	Puget Sound Mast	1:38.23
	46.63	51.60		
4	Parks, Sarah	18	Oregon Masters	1:38.54
	45.42	53.12		

Women 18-24 400 SC Meter IM

1	Singh, Isabelle	24	Puget Sound Mast	7:13.76
	49.21	58.73	54.72	54.12
	1:01.14	1:02.24	46.64	46.96

Women 25-29 50 SC Meter Freestyle

1	Li, Yun	29	Puget Sound Mast	32.80
---	---------	----	------------------	-------

Women 25-29 100 SC Meter Freestyle

1	Li, Yun	29	Puget Sound Mast	1:12.08
	35.36	36.72		

Women 25-29 1500 SC Meter Freestyle

1	Kohler, Caralee	29	Blue Wave Aquati	28:12.79
	47.31	51.60	53.57	54.52
	56.24	56.24	56.45	56.61
	55.94	55.40	58.15	57.30
	57.95	59.05	56.50	57.65
	58.41	56.88	57.03	58.27
	58.15	58.36	58.11	57.59
	59.55	57.30	58.10	56.74
	55.52	52.30		

Women 25-29 50 SC Meter Backstroke

1	Kohler, Caralee	29	Blue Wave Aquati	43.65
---	-----------------	----	------------------	-------

Women 25-29 50 SC Meter Butterfly

1	Li, Yun	29	Puget Sound Mast	34.66
---	---------	----	------------------	-------

Women 25-29 100 SC Meter IM

1	Li, Yun	29	Puget Sound Mast	1:22.41
	38.82	43.59		

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023
Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results

Women 25-29 200 SC Meter IM

1	Li, Yun	29	Puget Sound Mast	3:07.43
	36.34	47.03	55.04	49.02
---	Kohler, Caralee	29	Blue Wave Aquati	DQ
	Non-simultaneous touch - breast			
	43.29	55.83	1:13.86	57.06

Women 30-34 50 SC Meter Freestyle

1	Stacy, Jessica	34	Oregon Masters	28.70
2	Lincoln, Alexandra	31	Puget Sound Mast	28.96
3	Isa, April	34	Oregon Masters	33.29
4	Kawaoka, Becca	32	UC36	35.58
5	Bruechert, Jaquie	32	Oregon Masters	37.17
6	Evans, Porche	32	Puget Sound Mast	37.25

Women 30-34 100 SC Meter Freestyle

1	Feierabend, Ilsa	31	Oregon Masters	1:02.94
	30.31	32.63		
2	Stacy, Jessica	34	Oregon Masters	1:03.83
	30.80	33.03		
3	Kawaoka, Becca	32	UC36	1:14.07
	35.62	38.45		
4	Evans, Porche	32	Puget Sound Mast	1:25.34
	39.22	46.12		

Women 30-34 200 SC Meter Freestyle

1	Feierabend, Ilsa	31	Oregon Masters	2:16.50
	31.13	33.91	35.28	36.18
2	Kawaoka, Becca	32	UC36	2:45.18
	37.60	41.63	42.93	43.02
3	Isa, April	34	Oregon Masters	2:50.16
	39.53	44.12	43.89	42.62

Women 30-34 400 SC Meter Freestyle

1	Evans, Porche	32	Puget Sound Mast	6:56.88
	41.64	47.80	51.99	53.50
	55.75	57.82	56.21	52.17

Women 30-34 1500 SC Meter Freestyle

1	Kawaoka, Becca	32	UC36	22:51.68
	42.10	44.78	45.31	46.04
	46.12	46.54	46.07	46.71
	46.15	46.22	45.89	46.21
	46.51	46.55	46.08	46.22
	45.53	45.52	45.35	45.61
	45.66	45.47	45.79	45.87
	45.86	45.56	45.56	45.62
	45.37	45.41		

Women 30-34 50 SC Meter Backstroke

1	Evans, Porche	32	Puget Sound Mast	44.27
2	Bruechert, Jaquie	32	Oregon Masters	44.90

Women 30-34 200 SC Meter Backstroke

1	Feierabend, Ilsa	31	Oregon Masters	2:26.55
	34.38	36.60	37.87	37.70
2	Stockstad, Danica	31	Can-Ebsc	2:58.22
	40.51	46.14	46.75	44.82

Women 30-34 50 SC Meter Breaststroke

1	Isa, April	34	Oregon Masters	44.46
---	------------	----	----------------	-------

Women 30-34 100 SC Meter Breaststroke

1	Stacy, Jessica	34	Oregon Masters	1:22.86
	39.61	43.25		
2	Kawaoka, Becca	32	UC36	1:44.48
	51.90	52.58		

Women 30-34 50 SC Meter Butterfly

1	Stockstad, Danica	31	Can-Ebsc	33.30
2	Lincoln, Alexandra	31	Puget Sound Mast	33.71
3	Bruechert, Jaquie	32	Oregon Masters	45.91

Women 30-34 100 SC Meter Butterfly

1	Feierabend, Ilsa	31	Oregon Masters	1:13.07
	34.41	38.66		

Women 30-34 200 SC Meter Butterfly

1	Feierabend, Ilsa	31	Oregon Masters	2:42.62
	36.07	41.28	41.73	43.54

Women 30-34 100 SC Meter IM

1	Stacy, Jessica	34	Oregon Masters	1:15.49
	35.69	39.80		
2	Isa, April	34	Oregon Masters	1:29.74
	41.16	48.58		
3	Kawaoka, Becca	32	UC36	1:33.03
	46.50	46.53		
4	Evans, Porche	32	Puget Sound Mast	1:52.21
	53.10	59.11		

Women 30-34 200 SC Meter IM

1	Stockstad, Danica	31	Can-Ebsc	2:46.62
	34.03	43.76	50.36	38.47

Women 35-39 50 SC Meter Freestyle

1	da Rosa Silva, Ana Paula	39	Puget Sound Swim	32.42
2	Croghan, Rachel	38	UC36	37.36
3	Glickfeld, Heather	36	Inw Y Aquatic Ma	43.14

Women 35-39 100 SC Meter Freestyle

1	Glickfeld, Heather	36	Inw Y Aquatic Ma	1:36.77
	46.36	50.41		

Women 35-39 200 SC Meter Freestyle

1	Cox, Allison	39	Puget Sound Mast	2:21.84
	32.68	36.06	37.03	36.07

Women 35-39 1500 SC Meter Freestyle

1	Cox, Allison	39	Puget Sound Mast	19:35.09
	34.52	37.51	37.73	38.27
	38.71	38.60	38.80	38.94
	39.28	39.92	39.42	39.43
	39.81	39.82	39.48	39.46
	39.71	39.79	40.09	39.99
	39.88	39.70	40.67	39.88
	39.63	39.36	40.05	39.95
	39.32	37.37		

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Results****Women 35-39 100 SC Meter Backstroke**

1	Karpeeva, Svetlana	38	Puget Sound Mast	1:09.59
	33.97	35.62		
2	Loughlin, Hannah	35	Puget Sound Mast	1:10.85
	34.97	35.88		

Women 35-39 200 SC Meter Backstroke

1	Nelson, Sidney	35	Puget Sound Mast	3:41.92
	50.61	56.58	58.00	56.73

Women 35-39 50 SC Meter Breaststroke

1	Croghan, Rachel	38	UC36	46.92
2	Glickfeld, Heather	36	Inw Y Aquatic Ma	51.11

Women 35-39 100 SC Meter Breaststroke

1	Croghan, Rachel	38	UC36	1:43.84
	47.82	56.02		
2	Glickfeld, Heather	36	Inw Y Aquatic Ma	1:50.52
	51.91	58.61		

Women 35-39 200 SC Meter Breaststroke

1	Croghan, Rachel	38	UC36	3:48.68
	50.76	58.13	1:00.29	59.50

Women 35-39 50 SC Meter Butterfly

1	Karpeeva, Svetlana	38	Puget Sound Mast	30.75
2	da Rosa Silva, Ana Paula	39	Puget Sound Swim	39.19
3	Fotiou, Amanda	36	Puget Sound Mast	45.48

Women 35-39 100 SC Meter Butterfly

1	Nelson, Sidney	35	Puget Sound Mast	1:46.69
	48.36	58.33		

Women 35-39 100 SC Meter IM

1	Karpeeva, Svetlana	38	Puget Sound Mast	1:08.30
	31.27	37.03		
2	Loughlin, Hannah	35	Puget Sound Mast	1:13.29
	33.85	39.44		
3	Croghan, Rachel	38	UC36	1:34.84
	43.82	51.02		

Women 35-39 200 SC Meter IM

1	Karpeeva, Svetlana	38	Puget Sound Mast	2:29.55
	32.30	37.60	43.65	36.00
---	Fotiou, Amanda	36	Puget Sound Mast	DQ
	Multiple strokes past vertical at turn - back			
	47.38	57.80	1:01.82	53.95

Women 35-39 400 SC Meter IM

1	Loughlin, Hannah	35	Puget Sound Mast	5:31.95
	34.19	40.19	41.46	40.98
	49.09	49.55	39.05	37.44

Women 40-44 50 SC Meter Freestyle

1	Higlett, Lex	40	Oregon Masters	28.82
2	Jensen-Bergren, Hillary	42	Harbor Aquatics	32.46

Women 40-44 100 SC Meter Freestyle

1	Brunjes, Molly	43	Puget Sound Mast	1:12.27
	34.79	37.48		
2	Cary, Michelle	42	Oregon Masters	1:13.71
	35.27	38.44		

Women 40-44 200 SC Meter Freestyle

1	Higlett, Lex	40	Oregon Masters	2:16.52
	32.28	34.40	35.10	34.74
2	Jensen-Bergren, Hillary	42	Harbor Aquatics	2:41.17
	36.14	41.04	42.28	41.71

Women 40-44 400 SC Meter Freestyle

1	Jensen-Bergren, Hillary	42	Harbor Aquatics	5:44.26
	37.42	41.93	44.21	45.19
	44.31	45.04	43.91	42.25

Women 40-44 1500 SC Meter Freestyle

1	Higlett, Lex	40	Oregon Masters	19:19.99
	35.86	38.96	39.32	39.27
	39.36	39.27	39.45	39.21
	39.08	39.21	39.23	39.29
	39.31	38.81	38.73	39.07
	38.84	38.92	39.01	38.89
	38.70	38.54	38.76	38.35
	38.57	38.19	38.02	38.37
	37.85	35.55		
2	Cary, Michelle	42	Oregon Masters	23:26.12
	40.87	43.80	45.13	45.71
	46.11	46.10	46.70	46.85
	47.12	47.48	47.60	47.66
	47.20	47.59	47.47	47.60
	47.46	48.00	47.78	48.34
	47.96	47.82	47.69	47.70
	47.43	47.19	47.37	47.87
	47.04	45.48		

Women 40-44 50 SC Meter Backstroke

1	Higlett, Lex	40	Oregon Masters	34.84
2	Jennings, Lindsey	42	Puget Sound Mast	36.30
3	Brunjes, Molly	43	Puget Sound Mast	36.86

Women 40-44 100 SC Meter Backstroke

1	Higlett, Lex	40	Oregon Masters	1:12.82
	35.98	36.84		
2	Cary, Michelle	42	Oregon Masters	1:26.82
	41.48	45.34		

Women 40-44 200 SC Meter Backstroke

1	Cary, Michelle	42	Oregon Masters	3:14.77
	43.47	47.49	51.15	52.66

Women 40-44 50 SC Meter Breaststroke

1	Jennings, Lindsey	42	Puget Sound Mast	39.32
---	-------------------	----	------------------	-------

Women 40-44 100 SC Meter Breaststroke

1	Jensen-Bergren, Hillary	42	Harbor Aquatics	1:34.35
	44.87	49.48		

Women 40-44 200 SC Meter Breaststroke

1	Jennings, Lindsey	42	Puget Sound Mast	3:06.15
	42.33	46.85	48.97	48.00

Women 40-44 100 SC Meter IM

1	Jennings, Lindsey	42	Puget Sound Mast	1:18.16
	36.08	42.08		

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Results****(Women 40-44 100 SC Meter IM)**

2	Brunjes, Molly	43	Puget Sound Mast	1:22.04
	37.63	44.41		
3	Cary, Michelle	42	Oregon Masters	1:26.92
	40.10	46.82		

Women 40-44 200 SC Meter IM

1	Cary, Michelle	42	Oregon Masters	3:18.50
	40.62	49.38	59.87	48.63

Women 40-44 400 SC Meter IM

1	Higlett, Lex	40	Oregon Masters	5:42.34
	36.36	41.22	44.27	43.98
	50.77	51.99	37.69	36.06

Women 45-49 50 SC Meter Freestyle

1	Skinner, Sonja	47	Oregon Masters	29.05
2	Phinney, Sandi	47	Puget Sound Mast	33.51

Women 45-49 100 SC Meter Freestyle

1	Skinner, Sonja	47	Oregon Masters	1:03.63
	30.37	33.26		
2	Grassman, Emily	46	Oregon Masters	1:50.54
	52.32	58.22		
3	Parker, April	47	Blue Wave Aquati	1:50.58
	52.73	57.85		

Women 45-49 200 SC Meter Freestyle

1	Grassman, Emily	46	Oregon Masters	4:02.64
	53.53	1:00.68	1:04.73	1:03.70

Women 45-49 400 SC Meter Freestyle

1	Skinner, Sonja	47	Oregon Masters	5:02.91
	32.81	36.64	37.89	38.47
	39.03	39.25	39.23	39.59

Women 45-49 50 SC Meter Backstroke

1	Lickwala, Holly	47	Puget Sound Mast	37.70
2	Bowman, Julie	45	Puget Sound Mast	38.51
---	Parker, April	47	Blue Wave Aquati	DQ
	Delay initiating turn after past vertical			

Women 45-49 100 SC Meter Backstroke

1	Bowman, Julie	45	Puget Sound Mast	1:26.82
	41.97	44.85		

Women 45-49 200 SC Meter Backstroke

1	Lickwala, Holly	47	Puget Sound Mast	3:02.64
	43.82	45.94	46.53	46.35

Women 45-49 50 SC Meter Breaststroke

1	Skinner, Sonja	47	Oregon Masters	37.02
2	Lickwala, Holly	47	Puget Sound Mast	41.40
3	Grassman, Emily	46	Oregon Masters	1:00.26
4	Parker, April	47	Blue Wave Aquati	1:01.27

Women 45-49 100 SC Meter Breaststroke

1	Lickwala, Holly	47	Puget Sound Mast	1:28.18
	41.90	46.28		

Women 45-49 200 SC Meter Breaststroke

1	Skinner, Sonja	47	Oregon Masters	2:55.79
	40.32	44.73	45.79	44.95
2	Lickwala, Holly	47	Puget Sound Mast	3:14.34
	44.07	48.80	49.94	51.53

Women 45-49 50 SC Meter Butterfly

1	Phinney, Sandi	47	Puget Sound Mast	38.22
2	Castillo, Emily	45	Puget Sound Mast	40.13
3	Grassman, Emily	46	Oregon Masters	57.59

Women 45-49 100 SC Meter Butterfly

1	Skinner, Sonja	47	Oregon Masters	1:09.54
	32.18	37.36		
2	Grassman, Emily	46	Oregon Masters	2:07.08
	59.10	1:07.98		

Women 45-49 100 SC Meter IM

1	Bowman, Julie	45	Puget Sound Mast	1:22.55
	39.30	43.25		
2	Grassman, Emily	46	Oregon Masters	2:04.56
	59.94	1:04.62		
3	Parker, April	47	Blue Wave Aquati	2:15.03
	1:07.91	1:07.12		

Women 45-49 200 SC Meter IM

1	Phinney, Sandi	47	Puget Sound Mast	3:10.74
	38.60	46.01	58.58	47.55
2	Castillo, Emily	45	Puget Sound Mast	3:24.81
	40.70	51.84	1:01.80	50.47

Women 50-54 50 SC Meter Freestyle

1	Martell, Beth	51	Oregon Masters	29.39
2	Noffke, Wendy	50	Blue Wave Aquati	45.49

Women 50-54 100 SC Meter Freestyle

1	Martell, Beth	51	Oregon Masters	1:03.98
	30.78	33.20		
2	Morgen, Cheryl	54	Oregon Masters	1:12.81
	35.05	37.76		
3	Noffke, Wendy	50	Blue Wave Aquati	1:39.93
	47.62	52.31		

Women 50-54 200 SC Meter Freestyle

1	Reimer, Shelley	54	Puget Sound Mast	2:38.43
	35.18	39.52	41.91	41.82
2	Pelham, Kathy	50	Puget Sound Mast	2:39.53
	35.99	40.06	41.62	41.86
3	Cyger, Erin	52	Puget Sound Mast	2:47.96
	38.77	42.71	44.15	42.33

Women 50-54 400 SC Meter Freestyle

1	Martell, Beth	51	Oregon Masters	4:59.89
	35.08	37.72	38.34	38.44
	38.36	38.19	37.77	35.99
2	Pelham, Kathy	50	Puget Sound Mast	5:30.00
	36.21	40.13	41.24	42.04
	41.81	42.54	42.75	43.28

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Results****(Women 50-54 400 SC Meter Freestyle)**

3	Reimer, Shelley	54	Puget Sound Mast	5:30.33
	36.62	40.93	41.58	42.57
	42.56	42.52	42.59	40.96
4	Wolfe, Amy	53	Puget Sound Mast	6:34.25
	46.18	49.17	49.68	49.59
	50.06	50.10	50.47	49.00
5	Noffke, Wendy	50	Blue Wave Aquati	7:46.36
	49.47	55.60	57.92	59.82
	1:00.48	1:01.62	1:01.91	59.54

Women 50-54 1500 SC Meter Freestyle

1	Pelham, Kathy	50	Puget Sound Mast	21:46.51
	38.17	42.47	43.39	43.78
	43.82	43.71	44.16	43.74
	43.95	43.92	43.59	43.86
	43.60	44.24	43.97	43.99
	44.07	43.63	43.73	43.80
	43.89	44.02	44.09	44.01
	44.14	44.20	43.53	44.00
	43.31	41.73		
2	Morgen, Cheryl	54	Oregon Masters	22:46.61
	43.45	46.17	47.21	47.01
	47.03	47.10	47.05	46.69
	46.06	46.06	45.72	45.60
	46.01	45.73	45.84	45.96
	45.78	45.54	45.57	45.77
	45.31	45.21	45.04	44.84
	44.82	44.70	44.09	43.90
	44.28	43.07		
3	Noffke, Wendy	50	Blue Wave Aquati	32:37.53
	55.21	1:01.79	1:01.03	1:02.10
	1:04.34	1:01.43	1:04.01	1:02.74
	1:04.01	1:05.60	1:05.36	1:04.78
	1:04.62	1:04.39	1:05.08	1:04.18
	1:07.05	1:07.26	1:07.07	1:06.65
	1:07.49	1:07.01	1:06.24	1:09.73
	1:07.15	1:08.27	1:09.97	1:07.98
	1:09.76	1:05.23		

Women 50-54 50 SC Meter Backstroke

---	Noffke, Wendy	50	Blue Wave Aquati	DQ
	Delay initiating arm pull at turn			

Women 50-54 100 SC Meter Backstroke

1	Martell, Beth	51	Oregon Masters	1:12.45
	35.48	36.97		

Women 50-54 200 SC Meter Backstroke

1	Wolfe, Amy	53	Puget Sound Mast	3:40.33
	53.09	55.47	56.65	55.12

Women 50-54 50 SC Meter Breaststroke

1	Mcclafferty, Christine	50	Oregon Masters	38.18
2	Noffke, Wendy	50	Blue Wave Aquati	1:02.21

Women 50-54 200 SC Meter Breaststroke

1	Mcclafferty, Christine	50	Oregon Masters	2:56.71
	41.33	44.99	44.91	45.48

Women 50-54 50 SC Meter Butterfly

1	Mcclafferty, Christine	50	Oregon Masters	30.38
2	Martell, Beth	51	Oregon Masters	32.95
3	Morgen, Cheryl	54	Oregon Masters	33.76
4	Cyger, Erin	52	Puget Sound Mast	36.83
5	Reimer, Shelley	54	Puget Sound Mast	37.13

Women 50-54 100 SC Meter Butterfly

1	Mcclafferty, Christine	50	Oregon Masters	1:07.72
	32.66	35.06		
2	Morgen, Cheryl	54	Oregon Masters	1:23.27
	39.06	44.21		

Women 50-54 200 SC Meter Butterfly

1	Mcclafferty, Christine	50	Oregon Masters	2:32.92
	34.73	38.79	39.27	40.13
2	Morgen, Cheryl	54	Oregon Masters	3:19.12
	42.74	49.11	53.24	54.03

Women 50-54 100 SC Meter IM

1	Martell, Beth	51	Oregon Masters	1:13.73
	33.79	39.94		

Women 55-59 50 SC Meter Freestyle

1	Asch, Jill	57	Oregon Masters	30.07
2	Field, Lessly	55	Inw Y Aquatic Ma	40.54

Women 55-59 100 SC Meter Freestyle

1	Field, Lessly	55	Inw Y Aquatic Ma	1:32.41
	46.96	45.45		

Women 55-59 200 SC Meter Freestyle

1	Reynolds, Ellen	59	Team Redbird	2:13.71
	32.52	34.70	34.01	32.48
2	Keegan, Caroline	58	Kroc Masters	3:13.24
	43.38	48.47	50.86	50.53

Women 55-59 400 SC Meter Freestyle

1	Pettit, Jayette	56	Oregon Masters	5:45.79
	40.55	43.27	43.73	43.76
	44.12	43.50	43.91	42.95
2	Field, Lessly	55	Inw Y Aquatic Ma	7:18.46
	51.38	54.52	55.60	54.56
	57.48	57.36	58.37	49.19

Women 55-59 1500 SC Meter Freestyle

1	Pettit, Jayette	56	Oregon Masters	22:03.80
	41.91	43.73	43.91	43.99
	44.18	44.17	44.06	43.84
	44.24	44.34	44.02	45.05
	43.97	43.89	44.24	44.42
	44.32	44.57	44.14	44.23
	44.31	44.31	44.37	44.44
	44.47	44.40	45.00	44.12
	44.08	43.08		

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Results****(Women 55-59 1500 SC Meter Freestyle)**

2	Keegan, Caroline	58	Kroc Masters	27:27.72
	47.75	52.93	53.74	54.35
	54.60	54.66	54.19	55.02
	54.87	54.45	54.48	55.48
	55.29	55.44	55.46	55.48
	56.04	55.53	55.71	56.07
	55.95	56.42	55.23	55.53
	55.75	56.08	56.56	55.11
	55.41	54.14		

Women 55-59 50 SC Meter Backstroke

1	Asch, Jill	57	Oregon Masters	35.28
2	Keegan, Caroline	58	Kroc Masters	46.94
3	Nimb, Peggy	57	Puget Sound Mast	47.68

Women 55-59 100 SC Meter Backstroke

1	Reynolds, Ellen	59	Team Redbird	1:09.81
	34.39	35.42		

Women 55-59 200 SC Meter Backstroke

1	Reynolds, Ellen	59	Team Redbird	2:27.27
	35.94	37.91	37.64	35.78

Women 55-59 50 SC Meter Breaststroke

1	Asch, Jill	57	Oregon Masters	39.42
2	Field, Lessly	55	Inw Y Aquatic Ma	50.80
3	Nimb, Peggy	57	Puget Sound Mast	52.85

Women 55-59 100 SC Meter Breaststroke

1	Asch, Jill	57	Oregon Masters	1:28.22
	41.51	46.71		
2	Pettit, Jayette	56	Oregon Masters	1:41.35
	48.78	52.57		
3	Field, Lessly	55	Inw Y Aquatic Ma	1:52.73
	54.48	58.25		

Women 55-59 200 SC Meter Breaststroke

1	Reynolds, Ellen	59	Team Redbird	2:52.75
	39.74	44.78	44.28	43.95
2	Nimb, Peggy	57	Puget Sound Mast	4:17.27
	53.03	1:03.90	1:09.53	1:10.81

Women 55-59 100 SC Meter IM

1	Reynolds, Ellen	59	Team Redbird	1:09.47
	31.95	37.52		
2	Field, Lessly	55	Inw Y Aquatic Ma	1:49.21
	57.88	51.33		
---	Nimb, Peggy	57	Puget Sound Mast	DQ
	Shoulders past vertical toward breast - back			
	52.79	1:00.41		

Women 55-59 200 SC Meter IM

1	Reynolds, Ellen	59	Team Redbird	2:30.76
	34.06	38.71	43.77	34.22

Women 60-64 400 SC Meter Freestyle

1	Hoffman, Wendy	61	Puget Sound Mast	6:05.92
	41.74	44.45	46.19	46.50
	46.78	46.83	46.94	46.49

Women 60-64 200 SC Meter Backstroke

1	Freeman, Dale	63	Can-Ebsc	3:15.59
	45.88	49.32	50.36	50.03
2	Hoffman, Wendy	61	Puget Sound Mast	3:22.30
	48.85	50.78	51.65	51.02

Women 60-64 100 SC Meter Breaststroke

1	Hoffman, Wendy	61	Puget Sound Mast	1:42.85
	49.97	52.88		

Women 60-64 50 SC Meter Butterfly

1	Freeman, Dale	63	Can-Ebsc	41.87
---	---------------	----	----------	-------

Women 60-64 200 SC Meter Butterfly

1	Hoffman, Wendy	61	Puget Sound Mast	3:35.99
	48.74	55.82	55.76	55.67

Women 60-64 100 SC Meter IM

1	Hoffman, Wendy	61	Puget Sound Mast	1:35.54
	46.74	48.80		

Women 60-64 200 SC Meter IM

1	Freeman, Dale	63	Can-Ebsc	3:16.92
	42.63	52.10	58.19	44.00

Women 60-64 400 SC Meter IM

1	Hoffman, Wendy	61	Puget Sound Mast	6:58.72
	46.39	56.65	52.71	52.97
	57.01	57.96	47.87	47.16

Women 65-69 50 SC Meter Freestyle

1	Crabbe, Colette	67	Oregon Masters	32.57
---	-----------------	----	----------------	-------

Women 65-69 200 SC Meter Freestyle

1	Crabbe, Colette	67	Oregon Masters	2:35.27
	35.32	38.75	40.24	40.96
2	Summers, Jeanna	69	Oregon Masters	3:08.23
	43.33	46.45	49.23	49.22

Women 65-69 1500 SC Meter Freestyle

1	Summers, Jeanna	69	Oregon Masters	25:50.63
	46.43	50.13	52.53	51.80
	51.95	52.78	52.19	52.77
	51.67	52.18	51.98	52.06
	51.62	52.17	51.53	51.99
	51.96	52.24	52.32	52.34
	51.87	52.03	51.69	51.84
	51.75	51.63	51.58	51.62
	51.60	50.38		

Women 65-69 200 SC Meter Backstroke

1	Summers, Jeanna	69	Oregon Masters	3:26.32
	50.36	53.98	52.37	49.61

Women 65-69 200 SC Meter Breaststroke

1	Crabbe, Colette	67	Oregon Masters	3:19.07
	44.36	50.35	52.20	52.16

Women 65-69 50 SC Meter Butterfly

1	Crabbe, Colette	67	Oregon Masters	35.24
---	-----------------	----	----------------	-------

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Results****Women 65-69 200 SC Meter Butterfly**

1	Crabbe, Colette	67	Oregon Masters	3:08.06
	40.04	45.76	50.15	52.11

Women 65-69 100 SC Meter IM

1	Crabbe, Colette	67	Oregon Masters	1:20.95
	38.00	42.95		

Women 70-74 50 SC Meter Freestyle

1	Franchi, Carrie	71	Spokane Club Mas	39.17
2	Carling-Smith, Heather	73	Spokane Club Mas	42.75
3	Baker, Pamela	70	Inw Y Aquatic Ma	43.58
4	Hinds, Cynthia	70	Puget Sound Mast	1:16.64

Women 70-74 100 SC Meter Freestyle

1	Glassman, Debbie	70	Puget Sound Mast	1:29.90
	42.62	47.28		
2	Carling-Smith, Heather	73	Spokane Club Mas	1:34.71
	45.85	48.86		

Women 70-74 400 SC Meter Freestyle

1	Willard, Mimi	70	Tamalpais Aquati	6:47.88
	46.13	49.70	51.17	52.38
	51.99	52.28	52.83	51.40

Women 70-74 1500 SC Meter Freestyle

1	Willard, Mimi	70	Tamalpais Aquati	26:37.50
	47.37	51.15	53.04	52.98
	52.69	52.62	52.79	52.89
	52.79	52.91	52.99	52.63
	52.83	53.06	53.66	53.06
	53.63	53.97	54.11	53.55
	54.12	54.17	54.20	54.84
	54.06	54.04	54.75	54.03
	54.64	53.93		

Women 70-74 50 SC Meter Backstroke

1	Franchi, Carrie	71	Spokane Club Mas	46.51
---	-----------------	----	------------------	-------

Women 70-74 100 SC Meter Backstroke

1	Franchi, Carrie	71	Spokane Club Mas	1:40.00
	50.57	49.43		
2	Willard, Mimi	70	Tamalpais Aquati	1:46.53
	52.73	53.80		
3	Glassman, Debbie	70	Puget Sound Mast	1:50.71
	55.28	55.43		

Women 70-74 200 SC Meter Backstroke

1	Willard, Mimi	70	Tamalpais Aquati	3:45.40
	53.63	56.94	57.33	57.50

Women 70-74 50 SC Meter Breaststroke

1	Baker, Pamela	70	Inw Y Aquatic Ma	53.47
---	---------------	----	------------------	-------

Women 70-74 200 SC Meter Breaststroke

1	Willard, Mimi	70	Tamalpais Aquati	4:18.65
	59.23	1:06.62	1:06.63	1:06.17

Women 70-74 50 SC Meter Butterfly

1	Carling-Smith, Heather	73	Spokane Club Mas	49.20
2	Baker, Pamela	70	Inw Y Aquatic Ma	50.91

Women 70-74 100 SC Meter IM

1	Glassman, Debbie	70	Puget Sound Mast	1:45.27
	50.66	54.61		
2	Baker, Pamela	70	Inw Y Aquatic Ma	1:46.75
	50.25	56.50		
3	Carling-Smith, Heather	73	Spokane Club Mas	1:49.19
	54.06	55.13		
4	Willard, Mimi	70	Tamalpais Aquati	1:53.52
	56.55	56.97		

Women 75-79 50 SC Meter Freestyle

1	Dillon, Sally	77	Puget Sound Mast	44.90
2	Ryan, Sally	76	Puget Sound Mast	1:12.32
3	Vallandigham, Jett	77	Moscow Chinooks	1:12.94

Women 75-79 100 SC Meter Freestyle

1	Gettling, Janet	75	Oregon Masters	1:28.79
	41.59	47.20		
2	Dillon, Sally	77	Puget Sound Mast	1:39.41
	48.36	51.05		
3	Tuffley, Mary	75	Puget Sound Mast	1:55.11
	53.84	1:01.27		
4	Vallandigham, Jett	77	Moscow Chinooks	2:46.42
	1:18.60	1:27.82		

Women 75-79 200 SC Meter Freestyle

1	Dillon, Sally	77	Puget Sound Mast	3:39.73
	49.01	55.73	58.38	56.61
2	Vallandigham, Jett	77	Moscow Chinooks	5:54.64
	1:16.16	1:34.38	1:33.51	1:30.59

Women 75-79 50 SC Meter Backstroke

1	Hunt, Andrea	75	Puget Sound Mast	52.75
2	Casey, Kathrine	75	Puget Sound Mast	57.12
3	Tuffley, Mary	75	Puget Sound Mast	58.65

Women 75-79 100 SC Meter Backstroke

1	Hunt, Andrea	75	Puget Sound Mast	1:52.98
	56.30	56.68		
2	Welch, Sarah	76	Puget Sound Mast	2:00.45
	59.25	1:01.20		
3	Casey, Kathrine	75	Puget Sound Mast	2:04.67
	1:01.41	1:03.26		

Women 75-79 200 SC Meter Backstroke

1	Casey, Kathrine	75	Puget Sound Mast	4:32.77
	1:02.46	1:09.82	1:11.30	1:09.19

Women 75-79 50 SC Meter Breaststroke

1	Gettling, Janet	75	Oregon Masters	48.09
2	Vallandigham, Jett	77	Moscow Chinooks	1:32.40

Women 75-79 100 SC Meter Breaststroke

1	Vallandigham, Jett	77	Moscow Chinooks	3:27.57
	1:39.01	1:48.56		

Women 75-79 50 SC Meter Butterfly

1	Gettling, Janet	75	Oregon Masters	46.46
2	Welch, Sarah	76	Puget Sound Mast	52.62

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results

Women 75-79 100 SC Meter Butterfly

1	Gettling, Janet	75	Oregon Masters	1:49.77
	51.42	58.35		
2	Welch, Sarah	76	Puget Sound Mast	2:05.36
	58.76	1:06.60		

Women 75-79 200 SC Meter Butterfly

1	Gettling, Janet	75	Oregon Masters	4:03.31
	54.97	1:01.73	1:03.38	1:03.23

Women 75-79 100 SC Meter IM

1	Hunt, Andrea	75	Puget Sound Mast	2:00.04
	59.08	1:00.96		

Women 75-79 200 SC Meter IM

1	Gettling, Janet	75	Oregon Masters	3:46.07
	52.72	59.75	1:02.95	50.65

Women 80-84 100 SC Meter Freestyle

1	Ward, Joy	81	Oregon Masters	1:40.17
	46.84	53.33		

Women 80-84 200 SC Meter Backstroke

1	Ward, Joy	81	Oregon Masters	3:45.16
	53.30	56.76	58.39	56.71

Women 80-84 100 SC Meter Breaststroke

1	Ward, Joy	81	Oregon Masters	2:11.43
	1:03.86	1:07.57		

Women 80-84 200 SC Meter Butterfly

1	Ward, Joy	81	Oregon Masters	6:08.51
	1:11.95	1:43.56	1:34.64	1:38.36

Women 85-89 50 SC Meter Breaststroke

1	Van Dinter, Yenny	89	Arizona Masters	1:20.55
---	-------------------	----	-----------------	---------

Women 85-89 100 SC Meter Breaststroke

1	Van Dinter, Yenny	89	Arizona Masters	2:52.99
	1:23.71	1:29.28		

Women 85-89 200 SC Meter Breaststroke

1	Van Dinter, Yenny	89	Arizona Masters	6:10.27
	1:27.04	1:34.28	1:36.26	1:32.69

Men 18-24 50 SC Meter Freestyle

1	Wrynn, Connor	19	Cntrl WA	26.54
2	Allison, Trenton	24	Puget Sound Mast	31.23

Men 18-24 100 SC Meter Freestyle

1	Wrynn, Connor	19	Cntrl WA	1:03.49
	29.57	33.92		

Men 18-24 100 SC Meter Backstroke

1	Harris, Nate	22	Cntrl WA	1:05.10
	31.56	33.54		
2	Rinehart, Elijah	18	Cntrl WA	1:14.66
	36.05	38.61		
3	Wrynn, Connor	19	Cntrl WA	1:17.09
	36.92	40.17		

Men 18-24 200 SC Meter Backstroke

1	Rinehart, Elijah	18	Cntrl WA	2:46.81
	39.00	42.29	43.26	42.26

Men 18-24 100 SC Meter Breaststroke

1	Harris, Nate	22	Cntrl WA	1:11.94
	34.52	37.42		

Men 18-24 50 SC Meter Butterfly

1	Rinehart, Elijah	18	Cntrl WA	30.50
2	Allison, Trenton	24	Puget Sound Mast	33.26

Men 18-24 100 SC Meter Butterfly

1	Harris, Nate	22	Cntrl WA	1:01.07
	29.00	32.07		

Men 18-24 100 SC Meter IM

1	Rinehart, Elijah	18	Cntrl WA	1:13.23
	32.88	40.35		

Men 18-24 400 SC Meter IM

1	Harris, Nate	22	Cntrl WA	4:56.96
	30.56	33.09	38.66	38.95
	42.38	43.83	34.82	34.67

Men 25-29 50 SC Meter Freestyle

1	Woodbury, Brian	27	Puget Sound Mast	24.68
2	Hutchison, Tom	28	Puget Sound Mast	25.58
3	Edwards, Evan	25	Oregon Masters	27.52
4	Lam, Eddie	27	Puget Sound Mast	28.06
5	Toney, Martin	25	Oregon Masters	28.22

Men 25-29 100 SC Meter Freestyle

1	Woodbury, Brian	27	Puget Sound Mast	54.17
	26.19	27.98		
2	Loegering, Isaac	29	Puget Sound Mast	59.21
	28.33	30.88		
3	Toney, Martin	25	Oregon Masters	1:01.47
	29.48	31.99		

Men 25-29 200 SC Meter Freestyle

1	Woodbury, Brian	27	Puget Sound Mast	2:01.69
	27.64	30.80	31.83	31.42
2	Hutchison, Tom	28	Puget Sound Mast	2:04.72
	28.13	31.64	32.52	32.43
3	Edwards, Evan	25	Oregon Masters	2:08.13
	31.09	32.61	32.49	31.94

Men 25-29 400 SC Meter Freestyle

1	Edwards, Evan	25	Oregon Masters	4:25.28
	31.73	33.25	33.46	34.00
	33.26	32.95	33.77	32.86

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023
Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results											
Men 25-29 1500 SC Meter Freestyle					2	Elliott, Corban		30	Oregon Masters	2:10.18	
1	Edwards, Evan		25	Oregon Masters	17:34.60		28.74	31.91	33.78	35.75	
	33.30	34.65		35.32	35.11	3	Ekstrom, Alex		33	Puget Sound Mast	2:13.70
	35.37	35.22		35.30	35.27		30.84	33.46	34.06	35.34	
	35.42	35.30		35.39	35.44	4	Gallardo, Donatto		33	Blue Wave Aquati	2:35.11
	35.30	35.34		35.19	35.00		34.72	39.66	40.55	40.18	
	35.12	35.32		35.11	35.28	5	Alexander, Nick		34	Puget Sound Mast	3:12.73
	35.32	35.50		35.44	35.44		44.71	49.51	51.48	47.03	
	35.42	35.24		35.27	35.27	Men 30-34 1500 SC Meter Freestyle					
	35.00	33.95				1	Qian, Martin		34	Puget Sound Mast	25:05.54
Men 25-29 100 SC Meter Backstroke						41.73	45.14	48.15	50.20		
1	Woodbury, Brian		27	Puget Sound Mast	59.48		51.78	51.52	51.46	50.17	
	28.83	30.65					50.72	50.99	50.49	49.64	
Men 25-29 200 SC Meter Backstroke						52.08	50.31	51.68	49.13		
1	Woodbury, Brian		27	Puget Sound Mast	2:16.14		49.70	50.46	50.97	52.59	
	32.40	34.79		34.84	34.11		51.05	52.69	51.77	51.90	
Men 25-29 50 SC Meter Breaststroke						51.39	49.75	50.70	51.26		
1	Loegering, Isaac		29	Puget Sound Mast	37.77		49.36	46.76			
Men 25-29 100 SC Meter Breaststroke					Men 30-34 50 SC Meter Backstroke						
1	Lam, Eddie		27	Puget Sound Mast	1:28.58	1	Elliott, Corban		30	Oregon Masters	30.31
	39.76	48.82					31.78	34.55			
Men 25-29 50 SC Meter Butterfly					Men 30-34 100 SC Meter Backstroke						
1	Mehta, Sivan		28	Puget Sound Mast	26.12	1	Elliott, Corban		30	Oregon Masters	1:06.33
2	Toney, Martin		25	Oregon Masters	29.85		31.78	34.55			
Men 25-29 100 SC Meter Butterfly					Men 30-34 200 SC Meter Backstroke						
1	Hutchison, Tom		28	Puget Sound Mast	1:04.58	1	Williamson, Brian		31	Puget Sound Mast	2:34.95
	29.48	35.10					36.71	38.87	39.81	39.56	
Men 25-29 100 SC Meter IM						2	Ekstrom, Alex		33	Puget Sound Mast	2:38.50
1	Mehta, Sivan		28	Puget Sound Mast	1:01.10		36.79	39.71	41.38	40.62	
	27.64	33.46				Men 30-34 50 SC Meter Butterfly					
2	Loegering, Isaac		29	Puget Sound Mast	1:09.33	1	Elliott, Corban		30	Oregon Masters	28.90
	31.29	38.04				2	Williamson, Brian		31	Puget Sound Mast	30.53
3	Toney, Martin		25	Oregon Masters	1:13.23	3	Gallardo, Donatto		33	Blue Wave Aquati	36.53
	32.85	40.38				4	Alexander, Nick		34	Puget Sound Mast	41.28
Men 25-29 200 SC Meter IM						---	Zhou, Shilin		31	UC36	DQ
---	Mehta, Sivan		28	Puget Sound Mast	DQ	One hand touch					
	Downward butterfly kick - breast					Men 30-34 100 SC Meter Butterfly					
	28.65	36.12	42.23	33.69		1	Elliott, Corban		30	Oregon Masters	1:04.24
Men 30-34 50 SC Meter Freestyle						29.33	34.91				
1	Mesford, Chase		33	Oregon Masters	24.97	Men 30-34 200 SC Meter Butterfly					
2	Zhou, Shilin		31	UC36	34.25	1	Ekstrom, Alex		33	Puget Sound Mast	2:38.85
Men 30-34 100 SC Meter Freestyle						34.45	39.39	41.56	43.45		
1	Mesford, Chase		33	Oregon Masters	55.36	Men 30-34 100 SC Meter IM					
	26.32	29.04				1	Elliott, Corban		30	Oregon Masters	1:09.92
2	Ekstrom, Alex		33	Puget Sound Mast	1:00.19		30.74	39.18			
	28.64	31.55				2	Gallardo, Donatto		33	Blue Wave Aquati	1:24.12
3	Gallardo, Donatto		33	Blue Wave Aquati	1:08.56		39.06	45.06			
	32.53	36.03			Men 35-39 50 SC Meter Freestyle						
Men 30-34 200 SC Meter Freestyle						1	Conroy, Chris		38	Puget Sound Mast	26.94
1	Mesford, Chase		33	Oregon Masters	2:08.01	2	Schwartz, Michael		35	Puget Sound Mast	35.18
	29.98	32.58	33.23	32.22	Men 35-39 100 SC Meter Freestyle						
					1	Schwartz, Michael		35	Puget Sound Mast	1:22.40	
						37.82	44.58				

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results

Men 35-39 200 SC Meter Freestyle

1	Conroy, Chris	38	Puget Sound Mast	2:14.18
	30.38	34.13	34.63	35.04

Men 35-39 1500 SC Meter Freestyle

1	Yang, Honghua	37	UC36	26:37.29
	45.67	50.17	52.29	53.05
	53.80	53.59	51.95	52.58
	53.55	53.87	54.38	55.54
	54.94	55.17	54.95	54.49
	55.79	54.86	53.59	53.56
	54.01	54.04	53.28	53.91
	53.90	53.65	53.76	53.86
	53.31	45.78		

Men 35-39 50 SC Meter Backstroke

1	Schwartz, Michael	35	Puget Sound Mast	43.29
---	-------------------	----	------------------	-------

Men 35-39 100 SC Meter Backstroke

1	Schwartz, Michael	35	Puget Sound Mast	1:34.10
	45.36	48.74		

Men 35-39 100 SC Meter Breaststroke

1	Conroy, Chris	38	Puget Sound Mast	1:15.55
	36.16	39.39		

Men 35-39 50 SC Meter Butterfly

1	Schwartz, Michael	35	Puget Sound Mast	37.82
---	-------------------	----	------------------	-------

Men 35-39 200 SC Meter IM

1	Schwartz, Michael	35	Puget Sound Mast	3:24.26
	41.22	53.48	57.82	51.74

Men 40-44 50 SC Meter Freestyle

1	Anzilago Tesser, Guilherme	42	Puget Sound Mast	26.51
2	Thompson, Scott	41	Puget Sound Mast	26.60
3	Williams, Eric	43	Spokane Club Mas	29.04

Men 40-44 100 SC Meter Freestyle

1	Whitbeck, Dave	41	Puget Sound Mast	59.34
	28.69	30.65		

Men 40-44 200 SC Meter Freestyle

1	Thompson, Scott	41	Puget Sound Mast	2:08.58
	29.85	32.05	32.78	33.90

Men 40-44 400 SC Meter Freestyle

1	Bennett, John	44	Puget Sound Mast	4:43.30
	30.67	33.88	34.78	35.20
	36.05	36.93	38.14	37.65

Men 40-44 1500 SC Meter Freestyle

1	Lekakis, Vasileios	40	UC36	20:40.67
	35.65	39.59	39.79	40.00
	40.22	40.27	41.16	41.29
	41.40	41.16	41.47	41.12
	40.81	40.88	41.03	41.10
	41.76	42.54	42.30	42.35
	42.14	42.07	42.69	42.84
	42.71	42.32	42.93	42.70
	42.60	41.78		

Men 40-44 200 SC Meter Backstroke

1	Hickey, John Caelin	42	Rocklin Aquatics	3:52.00
	51.12	57.70	1:02.76	1:00.42

Men 40-44 50 SC Meter Breaststroke

1	Whitbeck, Dave	41	Puget Sound Mast	35.50
2	Williams, Eric	43	Spokane Club Mas	36.12

Men 40-44 100 SC Meter Breaststroke

1	Bennett, John	44	Puget Sound Mast	1:14.95
	34.83	40.12		
2	Williams, Eric	43	Spokane Club Mas	1:19.03
	37.80	41.23		

Men 40-44 50 SC Meter Butterfly

1	Anzilago Tesser, Guilherme	42	Puget Sound Mast	31.40
2	Hickey, John Caelin	42	Rocklin Aquatics	51.75

Men 40-44 100 SC Meter Butterfly

1	Bennett, John	44	Puget Sound Mast	1:06.50
	30.59	35.91		
2	Hickey, John Caelin	42	Rocklin Aquatics	2:07.59
	58.55	1:09.04		

Men 40-44 200 SC Meter Butterfly

1	Hickey, John Caelin	42	Rocklin Aquatics	4:39.69
	59.04	1:08.99	1:12.94	1:18.72

Men 40-44 100 SC Meter IM

1	Whitbeck, Dave	41	Puget Sound Mast	1:07.56
	31.57	35.99		
2	Williams, Eric	43	Spokane Club Mas	1:14.33
	33.88	40.45		

Men 40-44 200 SC Meter IM

1	Hickey, John Caelin	42	Rocklin Aquatics	3:54.09
	52.57	56.84	1:09.69	54.99

Men 45-49 50 SC Meter Freestyle

1	Hawkins, Aaron	45	Oregon Masters	28.94
2	Schnee, Nick	49	Puget Sound Mast	30.30
3	Buchner, Bryan	46	UC36	33.38

Men 45-49 100 SC Meter Freestyle

1	Hawkins, Aaron	45	Oregon Masters	1:02.47
	29.90	32.57		

Men 45-49 200 SC Meter Freestyle

1	Farrell, Andrew	45	Irl-Tmplg	2:06.24
	28.83	32.05	32.71	32.65
2	Yamamoto, Jin	49	Puget Sound Mast	2:32.58
	35.88	39.02	38.94	38.74
3	Schnee, Nick	49	Puget Sound Mast	2:35.42
	35.42	38.52	40.80	40.68
4	Buchner, Bryan	46	UC36	2:52.99
	36.98	41.86	47.38	46.77

Men 45-49 400 SC Meter Freestyle

1	de Acosta, Diego	48	Puget Sound Mast	4:32.40
	30.62	33.43	33.93	34.48
	34.30	34.92	35.55	35.17

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results

(Men 45-49 400 SC Meter Freestyle)

2	Yamamoto, Jin	49	Puget Sound Mast	5:23.13
	37.26	40.21	40.90	41.56
	41.73	41.26	40.62	39.59

Men 45-49 100 SC Meter Backstroke

1	Hawkins, Aaron	45	Oregon Masters	1:14.55
	36.49	38.06		
2	Yamamoto, Jin	49	Puget Sound Mast	1:21.51
	39.96	41.55		

Men 45-49 200 SC Meter Backstroke

1	de Acosta, Diego	48	Puget Sound Mast	2:18.65
	33.10	34.98	35.32	35.25

Men 45-49 50 SC Meter Breaststroke

1	Smearer, Michael	49	Puget Sound Mast	37.35
---	------------------	----	------------------	-------

Men 45-49 100 SC Meter Breaststroke

1	Schnee, Nick	49	Puget Sound Mast	1:36.52
	44.45	52.07		

Men 45-49 50 SC Meter Butterfly

1	Yamamoto, Jin	49	Puget Sound Mast	33.80
---	Hawkins, Aaron	45	Oregon Masters	DQ
	Arms underwater recovery			

Men 45-49 100 SC Meter Butterfly

1	Farrell, Andrew	45	Irl-Tmplg	1:04.64
	29.58	35.06		

Men 45-49 100 SC Meter IM

1	Hawkins, Aaron	45	Oregon Masters	1:13.25
	33.89	39.36		
2	Yamamoto, Jin	49	Puget Sound Mast	1:19.71
	36.27	43.44		
3	Smearer, Michael	49	Puget Sound Mast	1:20.01
	37.51	42.50		

Men 45-49 200 SC Meter IM

1	Hawkins, Aaron	45	Oregon Masters	2:43.45
	33.78	41.72	50.83	37.12

Men 45-49 400 SC Meter IM

1	Yamamoto, Jin	49	Puget Sound Mast	5:52.60
	37.41	43.95	45.27	44.15
	50.68	50.12	41.24	39.78

Men 50-54 50 SC Meter Freestyle

1	Sherwood, Robin	51	Puget Sound Mast	28.20
2	Castle, Matt	52	Puget Sound Mast	28.95
3	Rist, Atle	52	Puget Sound Mast	30.34
4	Prudhomme, Philip	53	Puget Sound Mast	33.11

Men 50-54 100 SC Meter Freestyle

1	Grote, Kurt	50	Oregon Masters	56.20
	26.87	29.33		
2	Derouillat, Emmanuel	51	Puget Sound Mast	1:18.33
	36.84	41.49		

Men 50-54 200 SC Meter Freestyle

1	Gonzalez, George	53	Puget Sound Mast	2:52.38
	37.61	43.63	45.77	45.37
2	Prudhomme, Philip	53	Puget Sound Mast	3:10.47
	40.89	50.93	50.91	47.74

Men 50-54 400 SC Meter Freestyle

1	Sherwood, Robin	51	Puget Sound Mast	5:10.22
	32.79	36.54	38.46	39.82
	40.37	40.73	40.98	40.53
2	Gonzalez, George	53	Puget Sound Mast	6:06.90
	37.69	43.76	46.06	47.65
	47.76	47.64	48.42	47.92
3	Ness, Kerry	54	Puget Sound Mast	7:14.28
	50.33	52.40	54.26	55.13
	55.41	56.16	55.75	54.84

Men 50-54 200 SC Meter Backstroke

1	Grote, Kurt	50	Oregon Masters	2:19.03
	33.58	35.25	35.48	34.72

Men 50-54 50 SC Meter Breaststroke

1	Tujo, Christian	52	Oregon Masters	38.88
2	Derouillat, Emmanuel	51	Puget Sound Mast	42.59

Men 50-54 100 SC Meter Breaststroke

1	Grote, Kurt	50	Oregon Masters	1:07.09
	31.92	35.17		
2	Sherwood, Robin	51	Puget Sound Mast	1:16.95
	35.65	41.30		
3	Rist, Atle	52	Puget Sound Mast	1:24.90
	37.42	47.48		
4	Ness, Kerry	54	Puget Sound Mast	1:39.83
	47.25	52.58		

Men 50-54 50 SC Meter Butterfly

1	Castle, Matt	52	Puget Sound Mast	32.49
2	Rist, Atle	52	Puget Sound Mast	37.83
3	Prudhomme, Philip	53	Puget Sound Mast	38.89
4	Gonzalez, George	53	Puget Sound Mast	43.77
5	Ness, Kerry	54	Puget Sound Mast	46.72

Men 50-54 100 SC Meter Butterfly

1	Tujo, Christian	52	Oregon Masters	1:12.26
	33.97	38.29		

Men 50-54 200 SC Meter Butterfly

1	Tujo, Christian	52	Oregon Masters	3:02.46
	39.11	45.24	48.89	49.22

Men 50-54 100 SC Meter IM

1	Grote, Kurt	50	Oregon Masters	1:03.00
	30.11	32.89		
2	Derouillat, Emmanuel	51	Puget Sound Mast	1:27.41
	42.12	45.29		

Men 50-54 200 SC Meter IM

1	Grote, Kurt	50	Oregon Masters	2:13.18
	29.34	35.54	37.02	31.28

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Results****Men 50-54 400 SC Meter IM**

1	Grote, Kurt	50	Oregon Masters	4:49.43
	30.59	35.61	38.57	37.49
	40.23	40.15	34.11	32.68

Men 55-59 50 SC Meter Freestyle

1	Power, Michael	55	Santa Barbara Ma	26.49
2	Nimb, Peter	59	Puget Sound Mast	28.93
3	Scott, David	57	Puget Sound Mast	29.92
4	Selby, William	59	Inw Y Aquatic Ma	35.63
5	Barnes, Brent	55	Puget Sound Mast	36.79

Men 55-59 100 SC Meter Freestyle

1	Power, Michael	55	Santa Barbara Ma	58.21
	27.74	30.47		
2	Wardian, Ed	57	Puget Sound Mast	59.32
	28.74	30.58		
3	Porter, Michael	57	Puget Sound Mast	1:05.42
	31.92	33.50		
4	Nimb, Peter	59	Puget Sound Mast	1:09.20
	30.85	38.35		
5	Barnes, Brent	55	Puget Sound Mast	1:19.25
	38.42	40.83		
6	Selby, William	59	Inw Y Aquatic Ma	1:20.46
	38.25	42.21		

Men 55-59 200 SC Meter Freestyle

1	Sullivan, Scot	57	Oregon Masters	2:08.89
	30.12	32.85	33.02	32.90
2	Wardian, Ed	57	Puget Sound Mast	2:10.50
	29.25	32.56	34.43	34.26
3	Power, Michael	55	Santa Barbara Ma	2:40.89
	26.08	47.96	44.10	42.75
4	Barnes, Brent	55	Puget Sound Mast	2:54.23
	39.21	41.92	45.90	47.20

Men 55-59 400 SC Meter Freestyle

1	Jones, Brad	57	Puget Sound Mast	4:38.06
	31.82	34.37	34.78	34.89
	35.06	35.62	36.00	35.52

Men 55-59 100 SC Meter Backstroke

1	Wardian, Ed	57	Puget Sound Mast	1:05.60
	32.04	33.56		
2	Power, Michael	55	Santa Barbara Ma	1:12.19
	35.33	36.86		

Men 55-59 200 SC Meter Backstroke

1	Sullivan, Scot	57	Oregon Masters	2:28.48
	35.03	37.37	38.11	37.97

Men 55-59 50 SC Meter Breaststroke

1	Sullivan, Scot	57	Oregon Masters	35.31
2	Scott, David	57	Puget Sound Mast	37.87
3	Barnes, Brent	55	Puget Sound Mast	39.59

Men 55-59 100 SC Meter Breaststroke

1	Scott, David	57	Puget Sound Mast	1:21.72
	39.44	42.28		

2	Barnes, Brent	55	Puget Sound Mast	1:29.37
	43.06	46.31		

Men 55-59 200 SC Meter Breaststroke

1	Sullivan, Scot	57	Oregon Masters	2:49.00
	38.94	44.10	43.17	42.79
2	Scott, David	57	Puget Sound Mast	2:55.17
	41.59	44.76	45.21	43.61
3	Barnes, Brent	55	Puget Sound Mast	3:16.42
	44.61	49.86	51.72	50.23

Men 55-59 50 SC Meter Butterfly

1	Jones, Brad	57	Puget Sound Mast	28.95
2	Power, Michael	55	Santa Barbara Ma	29.43
3	Nimb, Peter	59	Puget Sound Mast	34.61

Men 55-59 100 SC Meter Butterfly

1	Jones, Brad	57	Puget Sound Mast	1:04.53
	30.43	34.10		
2	Sullivan, Scot	57	Oregon Masters	1:12.32
	34.17	38.15		
3	Porter, Michael	57	Puget Sound Mast	1:14.03
	34.05	39.98		

Men 55-59 100 SC Meter IM

1	Sullivan, Scot	57	Oregon Masters	1:06.32
	30.55	35.77		
2	Power, Michael	55	Santa Barbara Ma	1:09.16
	31.49	37.67		
3	Porter, Michael	57	Puget Sound Mast	1:15.63
	35.35	40.28		
4	Selby, William	59	Inw Y Aquatic Ma	1:40.24
	47.83	52.41		

Men 55-59 200 SC Meter IM

1	Porter, Michael	57	Puget Sound Mast	2:42.47
	34.04	42.83	48.34	37.26

Men 60-64 50 SC Meter Freestyle

1	Steenbeeke, Alain	61	Puget Sound Mast	28.53
2	Payne, Brad	60	Puget Sound Mast	33.98
3	Mabile, Glenn	63	Kroc Masters	38.17

Men 60-64 200 SC Meter Freestyle

1	Hathaway, David	63	Oregon Masters	2:18.59
	32.56	35.47	35.78	34.78
2	Steenbeeke, Alain	61	Puget Sound Mast	2:24.43
	30.72	34.72	38.56	40.43
3	Washburne, Brent	62	Oregon Masters	2:30.04
	33.54	37.45	39.18	39.87
4	Bittner, Matthew	64	UC36	3:45.96
	46.00	56.91	1:02.48	1:00.57

Men 60-64 400 SC Meter Freestyle

1	Smith, Daniel	61	Blue Wave Aquati	5:06.69
	34.48	37.90	38.75	39.18
	39.22	39.58	39.45	38.13
2	Mabile, Glenn	63	Kroc Masters	6:33.97
	44.61	48.66	50.90	51.43
	51.60	50.92	49.29	46.56

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results

(Men 60-64 400 SC Meter Freestyle)

3	Bittner, Matthew	64	UC36	8:08.18
	49.73	57.40	1:01.04	1:03.37
	1:03.82	1:04.46	1:05.12	1:03.24

Men 60-64 1500 SC Meter Freestyle

1	Smith, Daniel	61	Blue Wave Aquati	20:06.96
	36.03	39.41	40.27	39.92
	40.28	40.25	40.17	40.27
	40.18	40.07	40.60	40.40
	40.55	41.22	40.18	40.40
	40.63	40.68	40.54	40.75
	40.59	40.88	40.76	40.94
	41.14	41.55	40.11	40.48
	39.73	37.98		

Men 60-64 100 SC Meter Backstroke

1	Steenbeeke, Alain	61	Puget Sound Mast	1:12.56
	35.10	37.46		
2	Hathaway, David	63	Oregon Masters	1:13.91
	36.69	37.22		

Men 60-64 200 SC Meter Backstroke

1	Washburne, Brent	62	Oregon Masters	2:55.01
	39.80	44.19	46.48	44.54

Men 60-64 50 SC Meter Breaststroke

1	Howell, Richard	64	Oregon Masters	37.36
2	Payne, Brad	60	Puget Sound Mast	41.30

Men 60-64 100 SC Meter Breaststroke

1	Howell, Richard	64	Oregon Masters	1:23.31
	38.88	44.43		
2	Smith, Daniel	61	Blue Wave Aquati	1:24.00
	38.82	45.18		
3	Payne, Brad	60	Puget Sound Mast	1:30.33
	42.78	47.55		

Men 60-64 200 SC Meter Breaststroke

1	Howell, Richard	64	Oregon Masters	3:08.64
	41.91	48.22	49.59	48.92
2	Hathaway, David	63	Oregon Masters	3:12.29
	43.53	49.55	50.11	49.10
3	Washburne, Brent	62	Oregon Masters	3:17.31
	42.85	49.87	52.43	52.16

Men 60-64 50 SC Meter Butterfly

1	Payne, Brad	60	Puget Sound Mast	37.32
2	Mabile, Glenn	63	Kroc Masters	47.67

Men 60-64 100 SC Meter Butterfly

1	Hathaway, David	63	Oregon Masters	1:12.92
	34.01	38.91		
2	Howell, Richard	64	Oregon Masters	1:25.39
	38.84	46.55		

Men 60-64 200 SC Meter Butterfly

1	Washburne, Brent	62	Oregon Masters	3:27.86
	41.71	52.47	58.66	55.02

Men 60-64 100 SC Meter IM

1	Steenbeeke, Alain	61	Puget Sound Mast	1:11.85
	32.59	39.26		
2	Hathaway, David	63	Oregon Masters	1:13.53
	34.10	39.43		
3	Payne, Brad	60	Puget Sound Mast	1:25.08
	40.56	44.52		
4	Mabile, Glenn	63	Kroc Masters	1:42.13
	48.10	54.03		

Men 65-69 50 SC Meter Freestyle

1	Neuhaus, Scott	69	Puget Sound Mast	34.03
2	Morrison, Jeffrey	68	Puget Sound Mast	34.84
3	Troupe, Curtis	66	UC36	34.88
4	Johnson, Brian	66	Team Redbird	41.44
5	Helm, Charlie	67	Oregon Masters	55.47

Men 65-69 100 SC Meter Freestyle

1	Troupe, Curtis	66	UC36	1:16.35
	35.77	40.58		
2	Morrison, Jeffrey	68	Puget Sound Mast	1:17.78
	37.46	40.32		

Men 65-69 200 SC Meter Freestyle

1	Morrison, Jeffrey	68	Puget Sound Mast	2:51.03
	39.16	42.61	44.25	45.01
2	Underbrink, Dan	67	Puget Sound Mast	3:08.14
	41.66	48.13	50.30	48.05
3	Helm, Charlie	67	Oregon Masters	4:27.33
	58.56	1:06.36	1:11.45	1:10.96

Men 65-69 400 SC Meter Freestyle

1	Morrison, Jeffrey	68	Puget Sound Mast	6:16.60
	42.32	46.46	48.11	48.65
	48.44	48.50	47.72	46.40
2	Underbrink, Dan	67	Puget Sound Mast	6:39.83
	43.16	49.76	50.92	51.71
	51.67	52.83	51.08	48.70
3	Helm, Charlie	67	Oregon Masters	9:24.52
	1:02.06	1:06.59	1:09.60	1:12.31
	1:13.79	1:14.56	1:13.64	1:11.97

Men 65-69 50 SC Meter Backstroke

1	Heath, Robert	66	Spokane Club Mas	33.15
2	Neuhaus, Scott	69	Puget Sound Mast	41.99
3	Underbrink, Dan	67	Puget Sound Mast	46.91

Men 65-69 100 SC Meter Backstroke

1	Heath, Robert	66	Spokane Club Mas	1:14.06
	36.65	37.41		
2	Morrison, Jeffrey	68	Puget Sound Mast	1:41.33
	49.27	52.06		
3	Underbrink, Dan	67	Puget Sound Mast	1:48.29
	52.81	55.48		

Men 65-69 200 SC Meter Backstroke

1	Underbrink, Dan	67	Puget Sound Mast	3:43.41
	52.50	57.70	58.12	55.09

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results

Men 65-69 50 SC Meter Breaststroke

1	Neuhaus, Scott	69	Puget Sound Mast	44.33
2	Morrison, Jeffrey	68	Puget Sound Mast	48.17
3	Helm, Charlie	67	Oregon Masters	1:15.90
---	Krieger, Bill	69	Puget Sound Mast	DQ
Alternating Kick				

Men 65-69 100 SC Meter Breaststroke

1	Krieger, Bill	69	Puget Sound Mast	1:30.38
	42.62	47.76		
2	Neuhaus, Scott	69	Puget Sound Mast	1:39.33
	47.08	52.25		

Men 65-69 200 SC Meter Breaststroke

1	Krieger, Bill	69	Puget Sound Mast	3:27.29
	45.49	51.84	55.46	54.50
2	Underbrink, Dan	67	Puget Sound Mast	3:46.78
	52.18	59.16	58.60	56.84
3	Helm, Charlie	67	Oregon Masters	6:03.23
	1:18.78	1:29.45	1:32.17	1:42.83

Men 65-69 50 SC Meter Butterfly

1	Heath, Robert	66	Spokane Club Mas	30.73
2	Troupe, Curtis	66	UC36	41.88

Men 65-69 100 SC Meter Butterfly

1	Troupe, Curtis	66	UC36	1:47.23
	49.87	57.36		

Men 65-69 100 SC Meter IM

1	Neuhaus, Scott	69	Puget Sound Mast	1:33.04
	43.39	49.65		
2	Helm, Charlie	67	Oregon Masters	2:30.21
	1:08.62	1:21.59		

Men 70-74 50 SC Meter Freestyle

1	Hayes, William	72	Puget Sound Mast	30.72
2	Walsh, Greg	70	Puget Sound Mast	32.98
3	Holzbach, John	70	Puget Sound Mast	34.29
4	Louis, Steven	70	Puget Sound Mast	35.74

Men 70-74 100 SC Meter Freestyle

1	Hayes, William	72	Puget Sound Mast	1:10.63
	33.06	37.57		
2	Holzbach, John	70	Puget Sound Mast	1:16.71
	35.85	40.86		
3	Phipps, Tom	70	Oregon Masters	1:17.55
	37.51	40.04		
4	Louis, Steven	70	Puget Sound Mast	1:22.33
	38.65	43.68		

Men 70-74 200 SC Meter Freestyle

1	Holzbach, John	70	Puget Sound Mast	2:48.74
	37.56	42.37	44.44	44.37
2	Phipps, Tom	70	Oregon Masters	2:52.65
	40.25	43.46	44.90	44.04
3	Hayes, William	72	Puget Sound Mast	2:52.68
	38.24	44.90	46.29	43.25

Men 70-74 50 SC Meter Backstroke

1	Hayes, William	72	Puget Sound Mast	40.11
---	----------------	----	------------------	-------

Men 70-74 100 SC Meter Backstroke

1	Benson, Gary	73	Puget Sound Mast	1:28.68
	43.85	44.83		
2	Louis, Steven	70	Puget Sound Mast	1:44.03
	48.16	55.87		

Men 70-74 50 SC Meter Breaststroke

1	Walsh, Greg	70	Puget Sound Mast	43.91
2	Hayes, William	72	Puget Sound Mast	48.71

Men 70-74 200 SC Meter Breaststroke

1	Colella, Rick	72	Puget Sound Mast	2:45.56
	37.74	42.14	42.57	43.11

Men 70-74 50 SC Meter Butterfly

1	Colella, Rick	72	Puget Sound Mast	30.30
2	Holzbach, John	70	Puget Sound Mast	38.33
3	Louis, Steven	70	Puget Sound Mast	41.09

Men 70-74 100 SC Meter Butterfly

1	Colella, Rick	72	Puget Sound Mast	1:08.30
	30.94	37.36		
2	Phipps, Tom	70	Oregon Masters	1:38.24
	46.06	52.18		

Men 70-74 200 SC Meter Butterfly

1	Phipps, Tom	70	Oregon Masters	3:42.98
	52.03	58.85	59.91	52.19

Men 70-74 100 SC Meter IM

1	Holzbach, John	70	Puget Sound Mast	1:24.79
	38.57	46.22		
2	Benson, Gary	73	Puget Sound Mast	1:32.13
	42.97	49.16		
3	Louis, Steven	70	Puget Sound Mast	1:34.80
	45.33	49.47		

Men 70-74 200 SC Meter IM

1	Holzbach, John	70	Puget Sound Mast	3:11.52
	40.27	47.90	57.95	45.40
2	Louis, Steven	70	Puget Sound Mast	3:36.07
	45.50	57.27	1:04.76	48.54

Men 70-74 400 SC Meter IM

1	Benson, Gary	73	Puget Sound Mast	7:03.50
	47.03	56.29	51.38	50.86
	1:01.92	1:01.57	47.15	47.30

Men 75-79 50 SC Meter Freestyle

1	Galvani, Bill	76	Puget Sound Mast	40.60
---	---------------	----	------------------	-------

Men 75-79 200 SC Meter Freestyle

1	Kirkland, Dan	75	Oregon Masters	2:26.87
	34.74	36.86	37.69	37.58

Men 75-79 400 SC Meter Freestyle

1	Walker, Thomas	76	Puget Sound Mast	13:45.00
	1:32.06	1:42.94	1:47.85	1:43.88
	1:49.95	5:08.32		

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023

Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

Results

Men 75-79 1500 SC Meter Freestyle

1	Kirkland, Dan	75	Oregon Masters	20:22.80
	36.97	40.45	40.51	40.22
	40.57	40.75	40.91	40.71
	40.84	40.82	40.98	40.69
	40.93	40.88	41.00	40.84
	41.06	40.90	40.93	40.99
	41.04	41.51	41.28	41.38
	41.30	41.27	40.97	41.04
	41.13	39.93		

Men 75-79 50 SC Meter Backstroke

1	Fogg, Stephen	75	Puget Sound Mast	39.87
---	---------------	----	------------------	-------

Men 75-79 100 SC Meter Backstroke

1	Kirkland, Dan	75	Oregon Masters	1:19.05
	39.09	39.96		
2	Fogg, Stephen	75	Puget Sound Mast	1:34.12
	1:34.12			

Men 75-79 200 SC Meter Backstroke

1	Kirkland, Dan	75	Oregon Masters	2:46.03
	39.75	42.32	42.68	41.28
2	Walker, Thomas	76	Puget Sound Mast	6:27.44
	1:39.47	1:38.18	1:36.34	1:33.45

Men 75-79 50 SC Meter Breaststroke

1	White, Robert	75	Puget Sound Mast	41.20
2	Galvani, Bill	76	Puget Sound Mast	51.41
3	Walker, Thomas	76	Puget Sound Mast	1:41.22

Men 75-79 100 SC Meter Breaststroke

1	Peterson, Steve	77	Puget Sound Mast	1:35.17
	44.93	50.24		
2	Galvani, Bill	76	Puget Sound Mast	1:57.95
	55.97	1:01.98		
3	Walker, Thomas	76	Puget Sound Mast	3:31.86
	1:42.12	1:49.74		

Men 75-79 200 SC Meter Breaststroke

1	White, Robert	75	Puget Sound Mast	3:31.25
	46.21	53.48	56.47	55.09
2	Galvani, Bill	76	Puget Sound Mast	4:08.64
	56.31	1:02.79	1:03.34	1:06.20
3	Walker, Thomas	76	Puget Sound Mast	8:10.44
	1:54.68	2:10.04	2:06.74	1:58.98

Men 75-79 100 SC Meter Butterfly

1	Fogg, Stephen	75	Puget Sound Mast	1:46.00
	50.64	55.36		

Men 75-79 100 SC Meter IM

1	Kirkland, Dan	75	Oregon Masters	1:22.22
	38.79	43.43		
2	White, Robert	75	Puget Sound Mast	1:33.75
	46.83	46.92		
3	Galvani, Bill	76	Puget Sound Mast	1:53.51
	57.45	56.06		

---	Walker, Thomas	76	Puget Sound Mast	DQ
	Non-simultaneous arms - fly			
	1:54.59	1:42.30		

Men 75-79 200 SC Meter IM

1	Fogg, Stephen	75	Puget Sound Mast	3:41.79
	50.32	49.56	1:13.01	48.90
---	Galvani, Bill	76	Puget Sound Mast	DQ
	Shoulders not at or past vertical towards breast off the wall - fly			
	55.02	1:09.69	1:11.40	1:04.59

Men 75-79 400 SC Meter IM

1	Kirkland, Dan	75	Oregon Masters	6:29.51
	45.24	52.81	48.04	46.88
	56.96	58.66	41.31	39.61

Men 80-84 50 SC Meter Freestyle

1	Pilger, Robert	80	Puget Sound Mast	33.46
---	----------------	----	------------------	-------

Men 80-84 100 SC Meter Freestyle

1	Pilger, Robert	80	Puget Sound Mast	1:14.12
	35.82	38.30		

Men 80-84 50 SC Meter Backstroke

1	Reid, Walt	83	Puget Sound Mast	51.83
---	------------	----	------------------	-------

Men 80-84 100 SC Meter Backstroke

1	Berghaus, Peter	82	Oregon Masters	2:16.50
	1:06.34	1:10.16		

Men 80-84 200 SC Meter Backstroke

1	Berghaus, Peter	82	Oregon Masters	5:15.72
	1:14.11	1:19.45	1:24.38	1:17.78

Men 80-84 50 SC Meter Breaststroke

1	Reid, Walt	83	Puget Sound Mast	58.27
2	Berghaus, Peter	82	Oregon Masters	1:01.30

Men 80-84 100 SC Meter Breaststroke

1	Berghaus, Peter	82	Oregon Masters	2:13.51
	1:01.70	1:11.81		

Men 80-84 200 SC Meter Breaststroke

1	Berghaus, Peter	82	Oregon Masters	5:34.75
	1:08.89	1:21.86	1:32.38	1:31.62

Men 80-84 50 SC Meter Butterfly

1	Pilger, Robert	80	Puget Sound Mast	38.99
---	----------------	----	------------------	-------

Men 80-84 100 SC Meter IM

1	Pilger, Robert	80	Puget Sound Mast	1:32.77
	42.19	50.58		
2	Berghaus, Peter	82	Oregon Masters	2:22.36
	1:06.55	1:15.81		

Men 85-89 200 SC Meter Backstroke

1	Peterson, Dick	86	Puget Sound Mast	5:16.62
	1:16.14	1:20.56	1:23.45	1:16.47

Men 85-89 100 SC Meter Breaststroke

1	Peterson, Dick	86	Puget Sound Mast	2:13.88
	1:06.48	1:07.40		

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Results****Women 72-99 200 SC Meter Freestyle Relay**

1	Cntrl WA	A	2:07.99
	1) Marcott, Laci W20	2) Huff, Miranda W21	
	3) Judd, Madi W19	4) Seidensticker, Elle W18	
	32.84	33.20	31.63 30.32

Women 72-99 200 SC Meter Medley Relay

1	Cntrl WA	A	2:30.99
	1) Judd, Madi W19	2) Kahler, Carly W20	
	3) Marcott, Laci W20	4) Huff, Miranda W21	
	38.49	39.90	37.76 34.84

Women 120-159 200 SC Meter Freestyle Relay

1	Puget Sound Mast	A	2:17.54
	1) Cox, Allison W39	2) Evans, Porche W32	
	3) Nelson, Sidney W35	4) Lincoln, Alexandra W31	
	30.49	37.66	40.93 28.46
2	Oregon Masters	A	2:25.52
	1) Cary, Michelle W42	2) Isa, April W34	
	3) Parks, Sarah W18	4) Bruechert, Jaquie W32	
	34.73	36.00	37.53 37.26

Women 120-159 200 SC Meter Medley Relay

1	Puget Sound Mast	A	2:54.52
	1) Davies, Amanda W46	2) Jennings, Lindsey W42	
	3) Loughlin, Hannah W35	4) Singh, Isabelle W24	
	1:06.66	39.38	31.75 36.73
2	Oregon Masters	A	2:55.57
	1) Isa, April W34	2) Bruechert, Jaquie W32	
	3) Parks, Sarah W18	4) Cary, Michelle W42	
	42.59	52.80	47.19 32.99

Women 160-199 200 SC Meter Freestyle Relay

1	Puget Sound Mast	A	2:11.96
	1) Lickwala, Holly W47	2) Li, Yun W29	
	3) Phinney, Sandi W47	4) Castillo, Emily W45	
	30.94	32.82	32.58 35.62

Women 200-239 200 SC Meter Freestyle Relay

1	Puget Sound Mast	B	2:23.98
	1) Cyger, Erin W52	2) Reimer, Shelley W54	
	3) Wolfe, Amy W53	4) Pelham, Kathy W50	
	34.31	32.32	42.72 34.63

Women 280-319 200 SC Meter Medley Relay

1	Puget Sound Mast	A	3:36.18
	1) Hunt, Andrea W75	2) Dillon, Sally W77	
	3) Welch, Sarah W76	4) Tuffley, Mary W75	
	53.13	1:00.65	53.60 48.80

Men 120-159 200 SC Meter Freestyle Relay

1	Puget Sound Mast	A	1:56.13
	1) Qian, Martin M34	2) Alexander, Nick M34	
	3) Williamson, Brian M31	4) Ekstrom, Alex M33	
	24.74	38.45	26.03 26.91
2	Puget Sound Mast	B	1:58.29
	1) Schwartz, Michael M35	2) Lam, Eddie M27	
	3) Bennett, John M44	4) Anzilago Tesser, Guilherme M42	
	34.88	28.04	26.89 28.48

Men 200-239 200 SC Meter Freestyle Relay

1	Puget Sound Mast	A	1:57.32
	1) Rist, Atle M52	2) Schnee, Nick M49	
	3) Jones, Brad M57	4) Nimb, Peter M59	
	30.59	30.66	27.14 28.93

Men 200-239 400 SC Meter Freestyle Relay

1	Puget Sound Mast	A	4:41.86
	1) Scott, David M57	2) Nimb, Peter M59	
	3) Porter, Michael M57	4) Payne, Brad M60	
	32.66	1:09.46	32.40 1:11.32
	31.62	1:06.12	35.20 1:14.96

Men 200-239 200 SC Meter Medley Relay

1	Puget Sound Mast	A	2:19.88
	1) Steenbeeke, Alain M61	2) Thompson, Scott M41	
	3) Yamamoto, Jin M49	4) Derouillat, Emmanuel M51	
	34.07	38.82	32.99 34.00

Men 280-319 200 SC Meter Freestyle Relay

1	Puget Sound Mast	A	2:06.51
	1) Hayes, William M72	2) Walsh, Greg M70	
	3) Holzbach, John M70	4) Colella, Rick M72	
	31.23	33.13	33.63 28.52
2	Puget Sound Mast	B	2:39.24
	1) Louis, Steven M70	2) Galvani, Bill M76	
	3) Pilger, Robert M80	4) Peterson, Steve M77	
	36.11	53.93	35.46 33.74

Men 280-319 400 SC Meter Freestyle Relay

1	Puget Sound Mast	A	5:36.78
	1) Neuhaus, Scott M69	2) Underbrink, Dan M67	
	3) Louis, Steven M70	4) Fogg, Stephen M75	
	39.65	1:21.98	40.62 1:24.63
	40.05	1:25.98	41.12 1:24.19

Men 280-319 200 SC Meter Medley Relay

1	Puget Sound Mast	A	2:28.02
	1) Hayes, William M72	2) Walsh, Greg M70	
	3) Colella, Rick M72	4) Holzbach, John M70	
	40.00	43.80	30.49 33.73

Mixed 72-99 200 SC Meter Medley Relay

1	Cntrl WA	A	2:17.01
	1) Rinehart, Elijah M18	2) Kahler, Carly W20	
	3) Marcott, Laci W20	4) Wrynn, Connor M19	
	33.28	39.65	36.72 27.36

Mixed 72-99 400 SC Meter Medley Relay

1	Cntrl WA	A	4:56.21
	1) Rinehart, Elijah M18	2) Kahler, Carly W20	
	3) Harris, Nate M22	4) Seidensticker, Elle W18	
	37.51	1:15.52	40.99 1:29.57
	28.28	1:01.46	32.50 1:09.66

Mixed 100-119 200 SC Meter Medley Relay

1	Puget Sound Mast	A	2:27.17
	1) Allison, Trenton M24	2) Singh, Isabelle W24	
	3) Li, Yun W29	4) Hutchison, Tom M28	
	35.24	48.84	36.25 26.84

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Results****Mixed 120-159 200 SC Meter Freestyle Relay**

1	Puget Sound Mast	A	2:02.48
	1) Ekstrom, Alex M33	2) Li, Yun W29	
	3) Evans, Porche W32	4) Mehta, Sivan M28	
	27.33	32.51	38.20 24.44

Mixed 120-159 200 SC Meter Medley Relay

1	Oregon Masters	A	2:17.12
	1) Cary, Michelle W42	2) Isa, April W34	
	3) Elliott, Corban M30	4) Mesford, Chase M33	
	38.91	44.47	28.68 25.06

Mixed 120-159 400 SC Meter Medley Relay

1	Puget Sound Mast	A	5:23.04
	1) Loughlin, Hannah W35	2) Smearer, Michael M49	
	3) Karpeeva, Svetlana W38	4) Schwartz, Michael M35	
	35.39	1:11.71	40.24 1:25.92
	35.96	1:23.84	37.23 1:21.57
2	Puget Sound Mast	B	5:35.74
	1) Li, Yun W29	2) Evans, Porche W32	
	3) Ekstrom, Alex M33	4) Steenbeeke, Alain M61	
	39.75	1:24.48	52.89 1:58.91
	30.25	1:08.35	30.45 1:04.00

Mixed 160-199 200 SC Meter Freestyle Relay

1	Puget Sound Mast	A	2:04.39
	1) Whitbeck, Dave M41	2) Bowman, Julie W45	
	3) Derouillat, Emmanuel M51	4) Lickwala, Holly W47	
	27.00	32.52	34.70 30.17

Mixed 160-199 400 SC Meter Medley Relay

1	Puget Sound Mast	A	5:11.25
	1) Bowman, Julie W45	2) Lickwala, Holly W47	
	3) Whitbeck, Dave M41	4) Yamamoto, Jin M49	
	41.86	1:26.55	43.89 1:30.56
	30.29	1:04.34	32.88 1:09.80

Mixed 200-239 200 SC Meter Medley Relay

1	Puget Sound Mast	A	2:27.10
	1) Reimer, Shelley W54	2) Rist, Atle M52	
	3) Cyger, Erin W52	4) Schnee, Nick M49	
	40.51	39.47	37.02 30.10

Mixed 240-279 200 SC Meter Freestyle Relay

1	Puget Sound Mast	A	2:29.99
	1) Underbrink, Dan M67	2) Nimb, Peggy W57	
	3) Hoffman, Wendy W61	4) Neuhaus, Scott M69	
	36.99	40.70	38.73 33.57

Mixed 240-279 200 SC Meter Medley Relay

1	Spokane Club Mas	A	2:36.28
	1) Franchi, Carrie W71	2) Williams, Eric M43	
	3) Heath, Robert M66	4) Carling-Smith, Heather W73	
	48.61	34.02	30.51 43.14

Mixed 280-319 200 SC Meter Medley Relay

1	Puget Sound Mast	A	3:00.96
	1) Fogg, Stephen M75	2) Peterson, Steve M77	
	3) Welch, Sarah W76	4) Dillon, Sally W77	
	40.22	42.55	54.69 43.50

Mixed 280-319 400 SC Meter Medley Relay

1	Puget Sound Mast	A	6:28.63
	1) Hunt, Andrea W75	2) Colella, Rick M72	
	3) Welch, Sarah W76	4) Hayes, William M72	
	56.61	1:52.60	35.98 1:16.54
	58.80	2:06.95	34.85 1:12.54

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Individual Rankings - Through Event 40****18-24 Women - Individual Scores - Region not Assigned**

Place	Name	Age	Team	Points
1	Singh, Isabelle	24	Puget Sound Masters	93
2	Seidensticker, Elle	18	Central Washington University	80
3	Kahler, Carly	20	Central Washington University	76
4	Parks, Sarah	18	Oregon Masters	58
5	Huff, Miranda	21	Central Washington University	49
6	Marcott, Laci	20	Central Washington University	48
7	Jamieson, Hannah	20	Central Washington University	45
8	Judd, Madi	19	Central Washington University	37
9	Prekeges, Alison	22	Central Washington University	28
10	Mena, Samantha	22	Central Washington University	9

18-24 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Harris, Nate	22	Central Washington University	80
2	Rinehart, Elijah	18	Central Washington University	77
3	Wrynn, Connor	19	Central Washington University	56
4	Allison, Trenton	24	Puget Sound Masters	34

25-29 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Li, Yun	29	Puget Sound Masters	100
2	Kohler, Caralee	29	Blue Wave Aquatics	40

25-29 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Woodbury, Brian	27	Puget Sound Masters	100
2	Edwards, Evan	25	Oregon Masters	72
3	Toney, Martin	25	Oregon Masters	63
4	Loeering, Isaac	29	Puget Sound Masters	54
4	Hutchison, Tom	28	Puget Sound Masters	54
6	Mehta, Sivan	28	Puget Sound Masters	40
7	Lam, Eddie	27	Puget Sound Masters	35

30-34 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Kawaoka, Becca	32	Uc36	101
2	Feierabend, Ilsa	31	Oregon Masters	100
3	Evans, Porche	32	Puget Sound Masters	83
4	Stacy, Jessica	34	Oregon Masters	77
5	Isa, April	34	Oregon Masters	69
6	Stockstad, Danica	31	Canada Ebosc	57
7	Bruechert, Jaquie	32	Oregon Masters	47
8	Lincoln, Alexandra	31	Puget Sound Masters	34

30-34 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Elliott, Corban	30	Oregon Masters	117

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Individual Rankings - Through Event 40**

Place	Name	Age	Team	Points
2	Ekstrom, Alex	33	Puget Sound Masters	70
3	Gallardo, Donatto	33	Blue Wave Aquatics	64
4	Mesford, Chase	33	Oregon Masters	60
5	Williamson, Brian	31	Puget Sound Masters	37
6	Alexander, Nick	34	Puget Sound Masters	29
7	Qian, Martin	34	Puget Sound Masters	20
8	Zhou, Shilin	31	Uc36	17

35-39 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Croghan, Rachel	38	Uc36	93
2	Karpeeva, Svetlana	38	Puget Sound Masters	80
3	Glickfeld, Heather	36	Inw Y Aquatic Masters	70
4	Loughlin, Hannah	35	Puget Sound Masters	54
5	Nelson, Sidney	35	Puget Sound Masters	40
5	Cox, Allison	39	Puget Sound Masters	40
7	da Rosa Silva, Ana Paula	39	Puget Sound Swim Club - Master	37
8	Fotiou, Amanda	36	Puget Sound Masters	16

35-39 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Schwartz, Michael	35	Puget Sound Masters	117
2	Conroy, Chris	38	Puget Sound Masters	60
3	Yang, Honghua	37	Uc36	20

40-44 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Higlett, Lex	40	Oregon Masters	120
2	Cary, Michelle	42	Oregon Masters	107
3	Jennings, Lindsey	42	Puget Sound Masters	77
4	Jensen-Bergren, Hillary	42	Harbor Aquatics Club	74
5	Brunjes, Molly	43	Puget Sound Masters	53

40-44 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Hickey, John Caelin	42	Rocklin Aquatics Masters	94
2	Williams, Eric	43	Spokane Club Masters	67
3	Whitbeck, Dave	41	Puget Sound Masters	60
3	Bennett, John	44	Puget Sound Masters	60
5	Anzilago Tesser, Guilherme	42	Puget Sound Masters	40
6	Thompson, Scott	41	Puget Sound Masters	37
7	Lekakis, Vasileios	40	Uc36	20

45-49 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Skinner, Sonja	47	Oregon Masters	120
2	Grassman, Emily	46	Oregon Masters	103
3	Lickwala, Holly	47	Puget Sound Masters	94

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Individual Rankings - Through Event 40**

Place	Name	Age	Team	Points
4	Phinney, Sandi	47	Puget Sound Masters	57
4	Bowman, Julie	45	Puget Sound Masters	57
6	Parker, April	47	Blue Wave Aquatics	47
7	Castillo, Emily	45	Puget Sound Masters	34

45-49 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Yamamoto, Jin	49	Puget Sound Masters	108
2	Hawkins, Aaron	45	Oregon Masters	100
3	Schnee, Nick	49	Puget Sound Masters	53
4	Farrell, Andrew	45	Ireland-TMPLG	40
4	de Acosta, Diego	48	Puget Sound Masters	40
6	Smearer, Michael	49	Puget Sound Masters	36
7	Buchner, Bryan	46	Uc36	31

50-54 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Martell, Beth	51	Oregon Masters	117
2	Mcclafferty, Christine	50	Oregon Masters	100
3	Morgen, Cheryl	54	Oregon Masters	84
4	Noffke, Wendy	50	Blue Wave Aquatics	80
5	Pelham, Kathy	50	Puget Sound Masters	54
6	Reimer, Shelley	54	Puget Sound Masters	50
7	Wolfe, Amy	53	Puget Sound Masters	35
8	Cyger, Erin	52	Puget Sound Masters	31

50-54 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Grote, Kurt	50	Oregon Masters	120
2	Tujo, Christian	52	Oregon Masters	60
3	Sherwood, Robin	51	Puget Sound Masters	57
4	Gonzalez, George	53	Puget Sound Masters	52
5	Derouillat, Emmanuel	51	Puget Sound Masters	51
6	Rist, Atle	52	Puget Sound Masters	49
7	Prudhomme, Philip	53	Puget Sound Masters	48
8	Ness, Kerry	54	Puget Sound Masters	45
9	Castle, Matt	52	Puget Sound Masters	37

55-59 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Reynolds, Ellen	59	Team Redbird	120
2	Field, Lessly	55	Inw Y Aquatic Masters	104
3	Asch, Jill	57	Oregon Masters	80
4	Pettit, Jayette	56	Oregon Masters	57
5	Keegan, Caroline	58	Kroc Masters	51
6	Nimb, Peggy	57	Puget Sound Masters	49

55-59 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
-------	------	-----	------	--------

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Individual Rankings - Through Event 40**

1	Sullivan, Scot	57	Oregon Masters	117
2	Power, Michael	55	Santa Barbara Masters Swimming	107
3	Barnes, Brent	55	Puget Sound Masters	92
4	Scott, David	57	Puget Sound Masters	70
5	Porter, Michael	57	Puget Sound Masters	68
6	Jones, Brad	57	Puget Sound Masters	60
7	Wardian, Ed	57	Puget Sound Masters	54
8	Nimb, Peter	59	Puget Sound Masters	48
9	Selby, William	59	Inw Y Aquatic Masters	43

60-64 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Hoffman, Wendy	61	Puget Sound Masters	117
2	Freeman, Dale	63	Canada Ebosc	60

60-64 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Hathaway, David	63	Oregon Masters	91
2	Payne, Brad	60	Puget Sound Masters	86
3	Steenbeeke, Alain	61	Puget Sound Masters	77
3	Howell, Richard	64	Oregon Masters	77
5	Washburne, Brent	62	Oregon Masters	72
6	Mabile, Glenn	63	Kroc Masters	65
7	Smith, Daniel	61	Blue Wave Aquatics	57
8	Bittner, Matthew	64	Uc36	31

65-69 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Crabbe, Colette	67	Oregon Masters	120
2	Summers, Jeanna	69	Oregon Masters	57

65-69 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Morrison, Jeffrey	68	Puget Sound Masters	108
2	Underbrink, Dan	67	Puget Sound Masters	103
3	Helm, Charlie	67	Oregon Masters	95
4	Neuhaus, Scott	69	Puget Sound Masters	94
5	Troupe, Curtis	66	Uc36	73
6	Heath, Robert	66	Spokane Club Masters	60
7	Krieger, Bill	69	Puget Sound Masters	40
8	Johnson, Brian	66	Team Redbird	15

70-74 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Willard, Mimi	70	Tamalpais Aquatic Masters	112
2	Baker, Pamela	70	Inw Y Aquatic Masters	70
2	Carling-Smith, Heather	73	Spokane Club Masters	70
4	Franchi, Carrie	71	Spokane Club Masters	60
5	Glassman, Debbie	70	Puget Sound Masters	56

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023**Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007****Individual Rankings - Through Event 40**

Place	Name	Age	Team	Points
6	Hinds, Cynthia	70	Puget Sound Masters	15

70-74 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Holzbach, John	70	Puget Sound Masters	110
2	Louis, Steven	70	Puget Sound Masters	96
3	Hayes, William	72	Puget Sound Masters	93
4	Phipps, Tom	70	Oregon Masters	70
5	Colella, Rick	72	Puget Sound Masters	60
6	Benson, Gary	73	Puget Sound Masters	57
7	Walsh, Greg	70	Puget Sound Masters	37

75-79 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Gettling, Janet	75	Oregon Masters	120
2	Vallandigham, Jett	77	Moscow Chinooks Masters Swimmi	85
3	Hunt, Andrea	75	Puget Sound Masters	60
4	Dillon, Sally	77	Puget Sound Masters	57
5	Casey, Kathrine	75	Puget Sound Masters	53
6	Welch, Sarah	76	Puget Sound Masters	51
7	Tuffley, Mary	75	Puget Sound Masters	32
8	Ryan, Sally	76	Puget Sound Masters	17

75-79 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Kirkland, Dan	75	Oregon Masters	120
2	Galvani, Bill	76	Puget Sound Masters	87
3	Walker, Thomas	76	Puget Sound Masters	85
4	Fogg, Stephen	75	Puget Sound Masters	77
5	White, Robert	75	Puget Sound Masters	57
6	Peterson, Steve	77	Puget Sound Masters	20

80-84 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Ward, Joy	81	Oregon Masters	80

80-84 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Berghaus, Peter	82	Oregon Masters	114
2	Pilger, Robert	80	Puget Sound Masters	80
3	Reid, Walt	83	Puget Sound Masters	40

85-89 Women - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Van Dinter, Yenny	89	Arizona Masters Swim Club Inc	60

85-89 Men - Individual Scores - Region not Assigned

Place	Name	Age	Team	Points
1	Peterson, Dick	86	Puget Sound Masters	40