

COMSA Top Ten  
LCM for 2010

## WOMEN UNDER 25

50 M FREESTYLE			
Sala, Brenna D	20	:48.49	3205-06JVD
50 M BACKSTROKE			
Sala, Brenna D	20	1:04.73	3205-06JVD
50 M BREASTSTROKE			
Sala, Brenna D	20	:59.43	3205-06JVD
50 M BUTTERFLY			
Sala, Brenna D	20	1:05.07	3205-06JVD
200 M INDIVIDUAL MEDLEY			
Sala, Brenna D	20	4:49.05	3205-06JVD

## WOMEN 25 TO 29

50 M FREESTYLE			
Shuss, Audrey R	27	:30.49	320Z-06N5V
Taylor, Alexandra M	27	:34.25	320U-06SSY
Asmar, Melanie	28	:39.73	320D-068B0
100 M FREESTYLE			
Shuss, Audrey R	27	1:09.73	320Z-06N5V
Gibbons, Chelsea M	27	1:14.85	320V-02A0Y
Taylor, Alexandra M	27	1:19.89	320U-06SSY
200 M FREESTYLE			
Thomas, Sarah S	28	2:24.02	320W-04VEZ
Shuss, Audrey R	27	2:36.61	320Z-06N5V
400 M FREESTYLE			
Loper, Tracey E	27	5:36.22	3206-04P20
800 M FREESTYLE			
Thomas, Sarah S	28	10:40.59	320W-04VEZ
1500 M FREESTYLE			
Thomas, Sarah S	28	19:42.42	320W-04VEZ
50 M BACKSTROKE			
Loper, Tracey E	27	:38.85	3206-04P20
Gibbons, Chelsea M	27	:44.27	320V-02A0Y
100 M BACKSTROKE			
Loper, Tracey E	27	1:24.92	3206-04P20
Asmar, Melanie	28	1:36.94	320D-068B0
200 M BACKSTROKE			
Gibbons, Chelsea M	27	3:03.25	320V-02A0Y
Loper, Tracey E	27	3:07.95	3206-04P20
50 M BREASTSTROKE			
Gibbons, Chelsea M	27	:40.88	320V-02A0Y
Taylor, Alexandra M	27	:46.71	320U-06SSY
100 M BREASTSTROKE			
Thomas, Sarah S	28	1:30.43	320W-04VEZ
Gibbons, Chelsea M	27	1:31.35	320V-02A0Y
Taylor, Alexandra M	27	1:41.92	320U-06SSY
200 M BREASTSTROKE			
Gibbons, Chelsea M	27	3:25.83	320V-02A0Y
50 M BUTTERFLY			
Shuss, Audrey R	27	:33.99	320Z-06N5V
Gibbons, Chelsea M	27	:38.79	320V-02A0Y
200 M INDIVIDUAL MEDLEY			
Thomas, Sarah S	28	2:47.81	320W-04VEZ

## Top 10

## WOMEN 25 TO 29

## 200 M INDIVIDUAL MEDLEY

Shuss, Audrey R	27	2:55.27	320Z-06N5V
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## WOMEN 30 TO 34

## 50 M FREESTYLE

Runyan, Kristen L	30	:31.38	320N-05HSS
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## 50 M BREASTSTROKE

Runyan, Kristen L	30	:38.78	320N-05HSS
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## 100 M BREASTSTROKE

Runyan, Kristen L	30	1:22.92	320N-05HSS
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## 200 M BREASTSTROKE

Runyan, Kristen L	30	3:06.61	320N-05HSS
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## 50 M BUTTERFLY

Runyan, Kristen L	30	:35.14	320N-05HSS
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## WOMEN 35 TO 39

## 50 M FREESTYLE

Speckman, Channa L	36	:29.63	320J-032RP
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Melrose, Heather M	37	:37.37	3200-0454D
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Maples, Leah	36	:41.04	3204-063KJ
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DIMMICK, LARIESSE	36	:50.58	3402-06YCV
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## 100 M FREESTYLE

Speckman, Channa L	36	1:06.05	320J-032RP
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## 800 M FREESTYLE

Melrose, Heather M	37	13:22.14	3200-0454D
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## 1500 M FREESTYLE

Melrose, Heather M	37	24:46.83	3200-0454D
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## 50 M BACKSTROKE

Speckman, Channa L	36	:37.27	320J-032RP
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DIMMICK, LARIESSE	36	1:01.08	3402-06YCV
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## 50 M BREASTSTROKE

Maples, Leah	36	:51.26	3204-063KJ
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## 100 M BREASTSTROKE

Melrose, Heather M	37	1:44.91	3200-0454D
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## 200 M BREASTSTROKE

Melrose, Heather M	37	3:35.00	3200-0454D
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## 50 M BUTTERFLY

Speckman, Channa L	36	:33.05	320J-032RP
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## 400 M INDIVIDUAL MEDLEY

Melrose, Heather M	37	7:14.81	3200-0454D
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## WOMEN 40 TO 44

## 50 M FREESTYLE

AIMEE, QUARATINO	40	:32.74	590S-004H8
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## 200 M FREESTYLE

Friedlander, Rebecca L	44	2:46.72	3202-02D8U
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AIMEE, QUARATINO	40	2:56.33	590S-004H8
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## 800 M FREESTYLE

Friedlander, Rebecca L	44	11:32.20	3202-02D8U
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## 1500 M FREESTYLE

Popelar, Steph	43	26:27.57	320S-06BYK
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## WOMEN 40 TO 44

50 M BACKSTROKE				
AIMEE, QUARATINO	40	:39.20	590S-004H8	
100 M BACKSTROKE				
AIMEE, QUARATINO	40	1:29.55	590S-004H8	
50 M BREASTSTROKE				
AIMEE, QUARATINO	40	:37.16	590S-004H8	
50 M BUTTERFLY				
AIMEE, QUARATINO	40	:37.16	590S-004H8	
Friedlander, Rebecca L	44	:38.00	3202-02D8U	
100 M BUTTERFLY				
Friedlander, Rebecca L	44	1:21.21	3202-02D8U	
200 M INDIVIDUAL MEDLEY				
Friedlander, Rebecca L	44	3:07.89	3202-02D8U	

## WOMEN 45 TO 49

50 M FREESTYLE				
Hagadorn, Heather	45	:35.57	3205-030PS	
Dilley, Brenda K	46	:43.72	3205-05NWB	
100 M FREESTYLE				
Hagadorn, Heather	45	1:18.75	3205-030PS	
Dilley, Brenda K	46	1:38.42	3205-05NWB	
200 M FREESTYLE				
Gunnink, Judy	47	2:11.55	320J-06W70	
Hagadorn, Heather	45	2:43.89	3205-030PS	
400 M FREESTYLE				
Gunnink, Judy	47	4:54.67	320J-06W70	
Hagadorn, Heather	45	5:34.92	3205-030PS	
1500 M FREESTYLE				
Beyer, Cindy M	49	44:03.69	3209-06WMH	
100 M BACKSTROKE				
Hagadorn, Heather	45	1:34.16	3205-030PS	
50 M BREASTSTROKE				
Von Der Lippe, Susan G	45	:33.66	320G-030K6	
Dilley, Brenda K	46	:56.05	3205-05NWB	
Prosser, Lynette S	45	1:00.23	320Y-06U11	
100 M BREASTSTROKE				
Von Der Lippe, Susan G	45	1:14.41	320G-030K6	
200 M BREASTSTROKE				
Gunnink, Judy	47	2:52.04	320J-06W70	
50 M BUTTERFLY				
Von Der Lippe, Susan G	45	:29.12	320G-030K6	
100 M BUTTERFLY				
Gunnink, Judy	47	1:01.57	320J-06W70	
200 M INDIVIDUAL MEDLEY				
Gunnink, Judy	47	2:29.78	320J-06W70	

## WOMEN 50 TO 54

50 M FREESTYLE				
Garnier, Kathy L	50	:28.89	320H-0308C	
100 M FREESTYLE				
Garnier, Kathy L	50	1:03.91	320H-0308C	

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## WOMEN 50 TO 54

200 M FREESTYLE				
Garnier, Kathy L	50	2:25.34	320H-0308C	
HUTCHINSON, VICKI	53	3:49.34	090D-061KR	
400 M FREESTYLE				
Metzger, Anne M	50	6:17.63	3206-06TT5	
50 M BUTTERFLY				
Metzger, Anne M	50	:35.48	3206-06TT5	
100 M BUTTERFLY				
Metzger, Anne M	50	1:24.10	3206-06TT5	
200 M INDIVIDUAL MEDLEY				
Metzger, Anne M	50	3:13.87	3206-06TT5	
HUTCHINSON, VICKI	53	4:54.45	090D-061KR	

## WOMEN 65 TO 69

50 M BACKSTROKE				
Zentgraf, Karen W	69	:56.33	320N-0309S	
100 M BACKSTROKE				
Zentgraf, Karen W	69	2:05.03	320N-0309S	
200 M BACKSTROKE				
Zentgraf, Karen W	69	4:31.55	320N-0309S	

## WOMEN 70 TO 74

50 M FREESTYLE				
GEOFFRION, HELEN	71	:50.71	3305-03AE8	
800 M FREESTYLE				
GEOFFRION, HELEN	71	18:01.79	3305-03AE8	
50 M BREASTSTROKE				
GEOFFRION, HELEN	71	1:04.71	3305-03AE8	

## MEN UNDER 25

50 M FREESTYLE				
Martin, Adam E	19	:28.28	320A-06PK8	
Ganiyev, Doston	23	:30.67	320U-060SP	
200 M FREESTYLE				
Smith, David J	23	2:21.32	3200-06176	
400 M FREESTYLE				
Smith, David J	23	5:08.96	3200-06176	
50 M BACKSTROKE				
Martin, Adam E	19	:34.92	320A-06PK8	
50 M BREASTSTROKE				
Ganiyev, Doston	23	:34.92	320U-060SP	
Martin, Adam E	19	:37.79	320A-06PK8	
100 M BREASTSTROKE				
Ganiyev, Doston	23	1:18.92	320U-060SP	
200 M BREASTSTROKE				
Ganiyev, Doston	23	3:00.67	320U-060SP	
50 M BUTTERFLY				
Ganiyev, Doston	23	:30.78	320U-060SP	
Martin, Adam E	19	:36.33	320A-06PK8	
100 M BUTTERFLY				
Smith, David J	23	1:07.53	3200-06176	

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## MEN UNDER 25

200 M BUTTERFLY			
Smith, David J	23	2:34.97	3200-06176
200 M INDIVIDUAL MEDLEY			
Ganiyev, Doston	23	2:42.47	320U-060SP
400 M INDIVIDUAL MEDLEY			
Smith, David J	23	5:41.11	3200-06176

## MEN 25 TO 29

50 M FREESTYLE			
Ko, Scott Y	27	:27.39	3201-0457H
100 M FREESTYLE			
Christianson, Jon R	29	:57.14	320K-032MJ
Ko, Scott Y	27	1:09.71	3201-0457H
200 M FREESTYLE			
Christianson, Jon R	29	2:07.86	320K-032MJ
50 M BACKSTROKE			
Ko, Scott Y	27	:33.48	3201-0457H
Davidson, Ryan T	25	:50.49	320Y-04VMJ
100 M BACKSTROKE			
Ko, Scott Y	27	1:12.15	3201-0457H
200 M BACKSTROKE			
Ko, Scott Y	27	2:49.20	3201-0457H
50 M BREASTSTROKE			
Davidson, Ryan T	25	:43.84	320Y-04VMJ
Ko, Scott Y	27	:44.15	3201-0457H
50 M BUTTERFLY			
Benefield, Patrick J	29	:38.07	320A-06834
100 M BUTTERFLY			
Christianson, Jon R	29	1:00.43	320K-032MJ
200 M BUTTERFLY			
Christianson, Jon R	29	2:20.85	320K-032MJ
200 M INDIVIDUAL MEDLEY			
Christianson, Jon R	29	2:21.54	320K-032MJ
Benefield, Patrick J	29	3:18.61	320A-06834

## MEN 30 TO 34

50 M FREESTYLE			
HEYDT, MARK	34	:29.67	1110-76MAR*
Cox, Michael J	33	:30.03	320A-05PHM
JENDRISEK, MILAN	33	:36.27	340C-004AE
Slinde, Jason D	31	:36.29	320T-06E33
100 M FREESTYLE			
Cox, Michael J	33	1:06.48	320A-05PHM
HEYDT, MARK	34	1:10.17	1110-76MAR*
100 M BACKSTROKE			
HEYDT, MARK	34	1:16.90	1110-76MAR*
200 M BACKSTROKE			
Cox, Michael J	33	2:26.61	320A-05PHM
50 M BUTTERFLY			
Cox, Michael J	33	:31.34	320A-05PHM
JENDRISEK, MILAN	33	:42.26	340C-004AE

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## MEN 30 TO 34

200 M INDIVIDUAL MEDLEY			
HEYDT, MARK	34	3:05.62	1110-76MAR*
400 M INDIVIDUAL MEDLEY			
Cox, Michael J	33	5:38.98	320A-05PHM

## MEN 35 TO 39

50 M FREESTYLE			
JEPSEN, JON	37	:33.58	340Y-004A2
100 M FREESTYLE			
Edwards, Dan	37	1:01.15	3208-05RFG
Stewart, Scott G	35	1:04.60	320N-067RJ
400 M FREESTYLE			
Edwards, Dan	37	5:06.55	3208-05RFG
50 M BREASTSTROKE			
Stewart, Scott G	35	:35.95	320N-067RJ
JEPSEN, JON	37	:46.95	340Y-004A2
100 M BREASTSTROKE			
Stewart, Scott G	35	1:22.51	320N-067RJ
50 M BUTTERFLY			
Silva, Mario R	37	:28.16	320P-0044W
Edwards, Dan	37	:29.81	3208-05RFG
100 M BUTTERFLY			
Edwards, Dan	37	1:04.95	3208-05RFG
Silva, Mario R	37	1:05.17	320P-0044W
200 M INDIVIDUAL MEDLEY			
Silva, Mario R	37	2:38.12	320P-0044W
400 M INDIVIDUAL MEDLEY			
Hayden, John W	38	7:08.79	3203-030BW

## MEN 40 TO 44

50 M FREESTYLE			
Nasser, Rob	41	:25.88	3207-03069
Sheldon, Paul	40	:25.99	320C-0455V
Smith, Schuyler A	42	:27.20	320X-0330N
Pazmino, Jorge E	41	:30.40	320B-030DN
Cusack, Clif	41	:30.77	320W-06Y9S
Cruz, Eduardo	41	:31.00	320U-05XNM
Sarche, Jon S	42	:31.62	320G-04VXT
Bennett, Christopher P	44	:34.84	320B-045JR
100 M FREESTYLE			
Sheldon, Paul	40	:58.72	320C-0455V
Nasser, Rob	41	1:00.77	3207-03069
Ebert, Terry	40	1:10.39	320S-06YFH
Cruz, Eduardo	41	1:12.92	320U-05XNM
Sarche, Jon S	42	1:17.04	320G-04VXT
Cusack, Clif	41	1:20.01	320W-06Y9S
200 M FREESTYLE			
Sheldon, Paul	40	2:16.36	320C-0455V
Nasser, Rob	41	2:16.50	3207-03069
Pazmino, Jorge E	41	2:32.89	320B-030DN
Smith, Schuyler A	42	2:38.16	320X-0330N

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## MEN 40 TO 44

400 M FREESTYLE			
Smith, Schuyler A	42	5:42.61	320X-0330N
Cruz, Eduardo	41	6:02.73	320U-05XNM
Sarche, Jon S	42	6:29.81	320G-04VXT
800 M FREESTYLE			
Cruz, Eduardo	41	13:05.55	320U-05XNM
1500 M FREESTYLE			
Cruz, Eduardo	41	24:51.10	320U-05XNM
50 M BACKSTROKE			
Gill, Andrew	44	:31.25	3208-000WB
Pazmino, Jorge E	41	:37.40	320B-030DN
Cruz, Eduardo	41	:39.71	320U-05XNM
Bennett, Christopher P	44	:43.34	320B-045JR
200 M BACKSTROKE			
Pryor, Keith T	40	3:04.94	3204-030BX
50 M BREASTSTROKE			
Cruz, Eduardo	41	:43.78	320U-05XNM
Cusack, Clif	41	:45.40	320W-06Y9S
100 M BREASTSTROKE			
Ebert, Terry	40	1:34.08	320S-06YFH
Cruz, Eduardo	41	1:35.62	320U-05XNM
Cusack, Clif	41	1:50.20	320W-06Y9S
200 M BREASTSTROKE			
Pryor, Keith T	40	3:14.76	3204-030BX
Cusack, Clif	41	4:05.53	320W-06Y9S
50 M BUTTERFLY			
Nasser, Rob	41	:29.19	3207-03069
Gill, Andrew	44	:30.30	3208-000WB
Bennett, Christopher P	44	:37.06	320B-045JR
100 M BUTTERFLY			
Pryor, Keith T	40	1:26.35	3204-030BX
200 M INDIVIDUAL MEDLEY			
Smith, Schuyler A	42	2:58.63	320X-0330N
Pryor, Keith T	40	3:00.80	3204-030BX
400 M INDIVIDUAL MEDLEY			
Pryor, Keith T	40	6:21.78	3204-030BX
Cruz, Eduardo	41	6:57.36	320U-05XNM

## MEN 45 TO 49

50 M FREESTYLE			
Le Vasseur, Andrew P	47	:27.87	320A-04VBA
Owens Jr, Thomas L	46	:29.78	3201-06WNV
Hunter, Shawn	47	:31.34	320B-05W53
Hanson, Jim S	48	:32.05	320T-031BN
APPLEGATE, THAD	47	:43.30	340Y-05SR2
100 M FREESTYLE			
Le Vasseur, Andrew P	47	1:03.89	320A-04VBA
Hanson, Jim S	48	1:12.21	320T-031BN
Owens Jr, Thomas L	46	1:12.33	3201-06WNV
Hunter, Shawn	47	1:12.91	320B-05W53
APPLEGATE, THAD	47	1:42.42	340Y-05SR2

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## MEN 45 TO 49

200 M FREESTYLE				
Melanson, Edward L	48	2:28.87	3203-03143	
1500 M FREESTYLE				
Liedy, Jeff A	45	22:47.35	3203-06WAH	
50 M BACKSTROKE				
Le Vasseur, Andrew P	47	:34.96	320A-04VBA	
Owens Jr, Thomas L	46	:39.59	3201-06WNV	
100 M BACKSTROKE				
Le Vasseur, Andrew P	47	1:15.96	320A-04VBA	
200 M BACKSTROKE				
Melanson, Edward L	48	2:44.06	3203-03143	
50 M BREASTSTROKE				
Le Vasseur, Andrew P	47	:42.70	320A-04VBA	
50 M BUTTERFLY				
Le Vasseur, Andrew P	47	:29.27	320A-04VBA	
Owens Jr, Thomas L	46	:33.37	3201-06WNV	
200 M INDIVIDUAL MEDLEY				
Melanson, Edward L	48	2:43.35	3203-03143	

## MEN 50 TO 54

200 M FREESTYLE				
Johnston, Mark A	50	2:22.15	3207-031WD	
Fuller, Ed	51	2:24.82	320U-05VSU	
400 M FREESTYLE				
Scott, Greg C	51	4:55.90	3200-032DS	
Johnston, Mark A	50	5:17.23	3207-031WD	
800 M FREESTYLE				
Brauer, Kevin J	51	20:33.01	320C-0306Z	
1500 M FREESTYLE				
Brauer, Kevin J	51	38:39.47	320C-0306Z	
50 M BACKSTROKE				
Johnston, Mark A	50	:35.25	3207-031WD	
Thorn, Kevin A	54	:59.30	320Y-030DK	
50 M BREASTSTROKE				
Scott, Greg C	51	:36.30	3200-032DS	
Johnston, Mark A	50	:38.58	3207-031WD	
Thorn, Kevin A	54	:48.72	320Y-030DK	
100 M BREASTSTROKE				
Louie, Jamie	53	1:27.14	320Z-0313S	
200 M BREASTSTROKE				
Louie, Jamie	53	3:10.20	320Z-0313S	
50 M BUTTERFLY				
Johnston, Mark A	50	:30.07	3207-031WD	
Scott, Greg C	51	:30.68	3200-032DS	
100 M BUTTERFLY				
Fuller, Ed	51	1:11.57	320U-05VSU	
200 M BUTTERFLY				
Johnston, Mark A	50	3:10.98	3207-031WD	
200 M INDIVIDUAL MEDLEY				
Fuller, Ed	51	2:46.24	320U-05VSU	
Johnston, Mark A	50	2:47.19	3207-031WD	
Thorn, Kevin A	54	4:00.21	320Y-030DK	



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## MEN 50 TO 54

## 400 M INDIVIDUAL MEDLEY

Louie, Jamie	53	6:17.66	320Z-0313S
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## MEN 55 TO 59

## 50 M FREESTYLE

Mainard, Tom S	58	:32.97	3200-06G9A
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Carlton, William A	56	:36.51	3205-0306S
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Lee, Wayne A	56	:37.35	3201-030V9
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## 100 M FREESTYLE

Mainard, Tom S	58	1:18.75	3200-06G9A
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Lee, Wayne A	56	1:26.72	3201-030V9
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Carlton, William A	56	1:29.47	3205-0306S
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## 200 M FREESTYLE

Mainard, Tom S	58	3:04.62	3200-06G9A
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## 50 M BACKSTROKE

Stanback, John H	57	:35.52	320C-030Y7
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## 100 M BACKSTROKE

Stanback, John H	57	1:15.68	320C-030Y7
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Lee, Wayne A	56	1:48.89	3201-030V9
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## 200 M BACKSTROKE

Stanback, John H	57	2:47.15	320C-030Y7
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## 50 M BREASTSTROKE

Parkinson, Bruce A	59	:42.87	320H-03114
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Carlton, William A	56	:46.77	3205-0306S
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## 100 M BREASTSTROKE

Parkinson, Bruce A	59	1:33.79	320H-03114
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Carlton, William A	56	1:48.07	3205-0306S
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Lee, Wayne A	56	1:58.54	3201-030V9
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## 200 M BREASTSTROKE

Parkinson, Bruce A	59	3:24.43	320H-03114
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## MEN 60 TO 64

## 50 M FREESTYLE

Carney, Kent	63	:34.49	3204-030TU
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## 100 M FREESTYLE

Arrison, Tom	60	1:39.76	320M-030VC
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## 200 M FREESTYLE

Arrison, Tom	60	3:48.15	320M-030VC
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## 400 M FREESTYLE

Carney, Kent	63	5:54.72	3204-030TU
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Arrison, Tom	60	8:08.73	320M-030VC
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## 800 M FREESTYLE

Arrison, Tom	60	17:15.36	320M-030VC
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## 50 M BACKSTROKE

Carney, Kent	63	:39.71	3204-030TU
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Pflum, Glenn D	60	:54.97	320P-0306M
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## 200 M BACKSTROKE

Pflum, Glenn D	60	4:28.69	320P-0306M
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## 50 M BREASTSTROKE

Carney, Kent	63	:41.09	3204-030TU
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Pflum, Glenn D	60	1:02.35	320P-0306M
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## Top 10

## MEN 60 TO 64

50 M BUTTERFLY			
Carney, Kent	63	:38.09	3204-030TU
Arrison, Tom	60	:59.31	320M-030VC
200 M INDIVIDUAL MEDLEY			
Pflum, Glenn D	60	4:43.83	320P-0306M

## MEN 65 TO 69

50 M FREESTYLE			
Johnson, David L	69	:43.42	3207-0306U
100 M FREESTYLE			
Johnson, David L	69	1:41.45	3207-0306U
400 M FREESTYLE			
Johnson, David L	69	8:06.40	3207-0306U
50 M BREASTSTROKE			
Johnson, David L	69	:59.96	3207-0306U
100 M BREASTSTROKE			
Johnson, David L	69	2:19.95	3207-0306U

## MEN 70 TO 74

50 M BREASTSTROKE			
Wolfe, Art D	70	:45.05	3202-02HNO
50 M BUTTERFLY			
Wolfe, Art D	70	:36.49	3202-02HNO
100 M BUTTERFLY			
Wolfe, Art D	70	1:32.72	3202-02HNO
200 M INDIVIDUAL MEDLEY			
Wolfe, Art D	70	3:18.88	3202-02HNO

## MEN 75 TO 79

50 M FREESTYLE			
Zentgraf, Henry J	76	:44.37	320W-0327D
100 M FREESTYLE			
Zentgraf, Henry J	76	1:25.56	320W-0327D
200 M FREESTYLE			
Zentgraf, Henry J	76	4:33.13	320W-0327D□