

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 18-24 50 LC Meter Freestyle**

Name	Age	Team	Finals Time
1 Park, Yana	24	Patriot Masters Swim Team	30.53
2 Bolton, Mia K	20	Maryland Masters	31.86

Women 18-24 200 LC Meter Freestyle

1 Bolton, Mia K	20	Maryland Masters	2:36.34
34.56	1:13.23 (38.67)	1:54.28 (41.05)	2:36.34 (42.06)

Women 18-24 400 LC Meter Freestyle

1 Gregory, Bridget	19	Unattached	6:44.20
44.77	1:34.02 (49.25)	2:25.16 (51.14)	3:17.27 (52.11)
4:10.05 (52.78)	5:02.81 (52.76)	5:54.24 (51.43)	6:44.20 (49.96)
--- Bolton, Mia K	20	Maryland Masters	DQ
1:55.20	2:37.16 (41.96)	3:19.15 (41.99)	4:01.19 (42.04)
4:43.72 (42.53)	5:25.48 (41.76)	DQ (32.92)	

Women 18-24 50 LC Meter Backstroke

1 Park, Yana	24	Patriot Masters Swim Team	32.79
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Women 18-24 50 LC Meter Breaststroke

1 Bolton, Mia K	20	Maryland Masters	43.07
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Women 18-24 200 LC Meter IM

1 Bolton, Mia K	20	Maryland Masters	2:55.50
36.79	1:23.39 (46.60)	2:15.23 (51.84)	2:55.50 (40.27)

Women 25-29 50 LC Meter Freestyle

1 Berner, Kendra E	28	National Capital YMCA	31.66
2 Yu, Melanie J	27	Patriot Masters Swim Team	32.40
3 Hathaway, Sherye	25	Talbot County YMCA Stingrays	33.24
4 Ngoei, Enette E	29	Unattached	36.44
5 Hufford, Ellen U	26	Arlington Ageless Masters	39.02

Women 25-29 100 LC Meter Freestyle

1 Grover, Mollie K	27	Terrapin Masters	1:05.12
31.11	1:05.12 (34.01)		
2 Hathaway, Sherye	25	Talbot County YMCA Stingrays	1:13.82
36.13	1:13.82 (37.69)		
3 Hufford, Ellen U	26	Arlington Ageless Masters	1:28.33
42.36	1:28.33 (45.97)		

Women 25-29 200 LC Meter Freestyle

1 Grover, Mollie K	27	Terrapin Masters	2:22.07
32.90	1:09.21 (36.31)	1:45.78 (36.57)	2:22.07 (36.29)
2 Berner, Kendra E	28	National Capital YMCA	2:28.11
34.16	1:11.51 (37.35)	1:49.90 (38.39)	2:28.11 (38.21)
3 Yu, Melanie J	27	Patriot Masters Swim Team	2:36.22
34.71	1:14.52 (39.81)	1:56.28 (41.76)	2:36.22 (39.94)
4 Florenz, Martha K	25	Bethlehem YMCA	2:44.95
37.07	1:19.17 (42.10)	2:02.28 (43.11)	2:44.95 (42.67)
5 Hufford, Ellen U	26	Arlington Ageless Masters	3:11.86
1:32.64	3:11.86 (1:39.22)		

Women 25-29 400 LC Meter Freestyle

1 Brielmaier, Jennifer M	26	Reston Masters Swim Team	5:12.75
34.57	1:12.66 (38.09)	1:52.02 (39.36)	2:31.91 (39.89)
3:12.01 (40.10)	3:52.48 (40.47)	4:33.15 (40.67)	5:12.75 (39.60)

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****(Women 25-29 400 LC Meter Freestyle)**

2	Yu, Melanie J	27	Patriot Masters Swim Team	5:48.57
	39.39	1:22.96 (43.57)	2:06.73 (43.77)	2:51.37 (44.64)
	3:35.57 (44.20)	4:21.08 (45.51)	5:05.07 (43.99)	5:48.57 (43.50)
3	Hufford, Ellen U	26	Arlington Ageless Masters	6:46.19
	44.62	1:34.84 (50.22)	2:26.67 (51.83)	3:20.06 (53.39)
	4:13.77 (53.71)	5:05.67 (51.90)	5:58.18 (52.51)	6:46.19 (48.01)

Women 25-29 50 LC Meter Backstroke

1	Grover, Mollie K	27	Terrapin Masters	35.07
2	Ngoei, Enette E	29	Unattached	47.39

Women 25-29 100 LC Meter Backstroke

1	Grover, Mollie K	27	Terrapin Masters	1:12.20
	35.46	1:12.20 (36.74)		

Women 25-29 200 LC Meter Backstroke

1	Grover, Mollie K	27	Terrapin Masters	2:35.21
		1:16.47 ()	1:55.97 (39.50)	2:35.21 (39.24)
2	Florenz, Martha K	25	Bethlehem YMCA	3:07.71
	43.44	1:31.47 (48.03)	2:19.79 (48.32)	3:07.71 (47.92)

Women 25-29 50 LC Meter Breaststroke

1	Brielmaier, Jennifer M	26	Reston Masters Swim Team	36.68
2	Yu, Melanie J	27	Patriot Masters Swim Team	44.21
3	Hufford, Ellen U	26	Arlington Ageless Masters	1:01.35

Women 25-29 100 LC Meter Breaststroke

1	Brielmaier, Jennifer M	26	Reston Masters Swim Team	1:20.70
	37.89	1:20.70 (42.81)		
2	Yu, Melanie J	27	Patriot Masters Swim Team	1:36.66
	45.64	1:36.66 (51.02)		

Women 25-29 200 LC Meter Breaststroke

1	Brielmaier, Jennifer M	26	Reston Masters Swim Team	2:53.25
	39.05	1:23.48 (44.43)	2:08.39 (44.91)	2:53.25 (44.86)

Women 25-29 50 LC Meter Butterfly

1	Hathaway, Sherye	25	Talbot County YMCA Stingrays	36.66
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Women 25-29 100 LC Meter Butterfly

1	Berner, Kendra E	28	National Capital YMCA	1:21.54
	38.00	1:21.54 (43.54)		
2	Hathaway, Sherye	25	Talbot County YMCA Stingrays	1:24.32
	39.56	1:24.32 (44.76)		
3	Florenz, Martha K	25	Bethlehem YMCA	1:25.79
	39.65	1:25.79 (46.14)		

Women 30-34 50 LC Meter Freestyle

1	Ziols, Yvette F	34	DC Dept of Rec and Parks	34.89
2	Mack, Karla U	33	Central Maryland YMCA Masters	38.93
3	Ling, Wai	30	Unattached	56.28

Women 30-34 100 LC Meter Freestyle

1	Ziols, Yvette F	34	DC Dept of Rec and Parks	1:17.04
	36.86	1:17.04 (40.18)		

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 30-34 400 LC Meter Freestyle**

1	Ziols, Yvette F	34	DC Dept of Rec and Parks	6:15.44
	38.97	1:27.96 (48.99)	2:14.95 (46.99)	3:03.39 (48.44)
	3:51.95 (48.56)	4:41.00 (49.05)	5:29.84 (48.84)	6:15.44 (45.60)

Women 30-34 800 LC Meter Freestyle

1	Kagy-Schwartz, Michelle C	33	Pennypack Aquatic& Fitness	10:03.79
	34.27	1:12.00 (37.73)	1:50.84 (38.84)	2:29.27 (38.43)
	3:07.76 (38.49)	3:46.36 (38.60)	4:24.95 (38.59)	5:03.46 (38.51)
	5:41.67 (38.21)	6:19.58 (37.91)	6:57.78 (38.20)	7:35.71 (37.93)
	8:13.44 (37.73)	8:50.48 (37.04)	9:28.35 (37.87)	10:03.79 (35.44)

Women 30-34 50 LC Meter Backstroke

1	Mack, Karla U	33	Central Maryland YMCA Masters	52.92
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Women 30-34 50 LC Meter Breaststroke

1	Ziols, Yvette F	34	DC Dept of Rec and Parks	49.58
2	Mack, Karla U	33	Central Maryland YMCA Masters	49.95
3	Ling, Wai	30	Unattached	1:01.66

Women 30-34 100 LC Meter Breaststroke

1	Ziols, Yvette F	34	DC Dept of Rec and Parks	1:49.99
	52.02	1:49.99 (57.97)		

Women 35-39 50 LC Meter Freestyle

1	Moncman, Kimberly H	38	Bethlehem YMCA	30.99
2	Farnan, Katherine	37	Allegheny Mountain Association	34.85

Women 35-39 100 LC Meter Freestyle

1	Farnan, Katherine	37	Allegheny Mountain Association	1:17.57
	37.40	1:17.57 (40.17)		
2	Miranda, Marta	39	DC Dept of Rec and Parks	1:33.53
	44.31	1:33.53 (49.22)		

Women 35-39 200 LC Meter Freestyle

1	Farnan, Katherine	37	Allegheny Mountain Association	2:53.86
	40.17	2:53.86 (2:13.69)		
2	Miranda, Marta	39	DC Dept of Rec and Parks	3:19.43
	1:35.23	3:19.43 (1:44.20)		

Women 35-39 400 LC Meter Freestyle

1	Miranda, Marta	39	DC Dept of Rec and Parks	6:37.99
	45.24	1:35.11 (49.87)	2:25.44 (50.33)	3:16.09 (50.65)
	4:06.76 (50.67)	4:58.52 (51.76)	5:48.42 (49.90)	6:37.99 (49.57)

Women 35-39 800 LC Meter Freestyle

1	Burkart, Dana M	37	Pennypack Aquatic& Fitness	11:41.24
	37.78	1:19.95 (42.17)	2:03.22 (43.27)	2:47.96 (44.74)
	3:32.84 (44.88)	4:18.15 (45.31)	5:03.14 (44.99)	5:47.99 (44.85)
	6:32.72 (44.73)	7:18.20 (45.48)	8:02.86 (44.66)	8:48.13 (45.27)
	9:33.04 (44.91)	10:18.02 (44.98)	11:01.12 (43.10)	11:41.24 (40.12)
2	Miranda, Marta	39	DC Dept of Rec and Parks	13:35.98
	46.87	1:36.97 (50.10)	2:27.95 (50.98)	3:19.60 (51.65)
	4:10.96 (51.36)	5:02.62 (51.66)	5:54.49 (51.87)	6:46.09 (51.60)
	7:37.74 (51.65)	8:29.42 (51.68)	9:20.71 (51.29)	10:12.23 (51.52)
	11:03.97 (51.74)	11:55.58 (51.61)	12:46.63 (51.05)	13:35.98 (49.35)

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 35-39 50 LC Meter Backstroke**

1	Farnan, Katherine	37	Allegheny Mountain Association	44.67
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Women 35-39 100 LC Meter Backstroke

1	Farnan, Katherine	37	Allegheny Mountain Association	1:41.11
	47.44		1:41.11 (53.67)	

Women 35-39 50 LC Meter Breaststroke

1	Farnan, Katherine	37	Allegheny Mountain Association	50.02
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Women 35-39 200 LC Meter Breaststroke

1	Moncman, Kimberly H	38	Bethlehem YMCA	3:21.75
	45.48		1:37.39 (51.91) 2:30.41 (53.02) 3:21.75 (51.34)	

Women 35-39 50 LC Meter Butterfly

1	Farnan, Katherine	37	Allegheny Mountain Association	41.70
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Women 40-44 50 LC Meter Freestyle

1	Willeboordse, Fall	42	Ashpalt Green Masters	28.29
2	Kirmayer, Kathryn D	44	District of Columbia Aquatics	29.65
3	Demyanovich, Sara E	44	Fairfax County Masters	33.06
4	Sundel, Nanci K	43	Montgomery Ancient Mariners	35.90
5	Weidner, Barbara A	44	Unattached	43.47

Women 40-44 100 LC Meter Freestyle

1	Kirmayer, Kathryn D	44	District of Columbia Aquatics	1:05.37
	31.55		1:05.37 (33.82)	
2	Sundel, Nanci K	43	Montgomery Ancient Mariners	1:21.71
3	Henry, Kristina T	43	Talbot County YMCA Stingrays	1:24.32
	40.79		1:24.32 (43.53)	
4	Weidner, Barbara A	44	Unattached	1:42.65
	49.56		1:42.65 (53.09)	

Women 40-44 200 LC Meter Freestyle

1	Kirmayer, Kathryn D	44	District of Columbia Aquatics	2:22.55
	33.64		1:10.10 (36.46) 1:46.28 (36.18) 2:22.55 (36.27)	
2	Hug, Laurie	43	1776	2:24.45
	33.84		1:10.92 (37.08) 1:47.76 (36.84) 2:24.45 (36.69)	
3	Sundel, Nanci K	43	Montgomery Ancient Mariners	3:04.60
	1:28.89		3:04.60 (1:35.71)	

Women 40-44 400 LC Meter Freestyle

1	Hug, Laurie	43	1776	5:02.33
	34.37		1:12.89 (38.52) 1:51.46 (38.57) 2:30.15 (38.69)	
	3:08.54 (38.39)		3:47.15 (38.61) 4:25.24 (38.09) 5:02.33 (37.09)	
2	Kirmayer, Kathryn D	44	District of Columbia Aquatics	5:06.12
	35.16		1:13.91 (38.75) 1:53.01 (39.10) 2:32.49 (39.48)	
	3:11.26 (38.77)		3:50.01 (38.75) 4:28.40 (38.39) 5:06.12 (37.72)	
3	Sundel, Nanci K	43	Montgomery Ancient Mariners	6:41.44
	43.69		1:33.81 (50.12) 2:25.30 (51.49) 3:17.73 (52.43)	
	4:10.23 (52.50)		5:03.67 (53.44) 5:53.56 (49.89) 6:41.44 (47.88)	
4	Launer, Tara Lyn	40	Reston Masters Swim Team	7:09.71
	45.74		1:37.34 (51.60) 2:30.70 (53.36) 3:25.62 (54.92)	
	4:21.33 (55.71)		5:17.89 (56.56) 6:13.94 (56.05) 7:09.71 (55.77)	

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 40-44 800 LC Meter Freestyle**

1	Hug, Laurie	43	1776					10:10.45
	34.57	1:12.84 (38.27)	1:51.16 (38.32)	2:29.92 (38.76)				
	3:08.39 (38.47)	3:47.29 (38.90)	4:26.28 (38.99)	5:04.92 (38.64)				
	5:43.00 (38.08)	6:21.54 (38.54)	7:00.25 (38.71)	7:38.66 (38.41)				
	8:16.90 (38.24)	8:55.17 (38.27)	9:33.45 (38.28)	10:10.45 (37.00)				
2	Kirmayer, Kathryn D	44	District of Columbia Aquatics					10:35.56
	36.33	1:15.63 (39.30)	1:55.44 (39.81)	2:35.66 (40.22)				
	3:15.57 (39.91)	3:56.09 (40.52)	4:36.31 (40.22)	5:16.54 (40.23)				
	5:57.12 (40.58)	6:37.18 (40.06)	7:17.06 (39.88)	7:57.17 (40.11)				
	8:37.20 (40.03)	9:17.17 (39.97)	9:49.45 (32.28)	10:35.56 (46.11)				

Women 40-44 50 LC Meter Backstroke

1	Willeboordse, Fall	42	Ashpalt Green Masters					33.47
2	Kirmayer, Kathryn D	44	District of Columbia Aquatics					35.50
3	Clifford-Dicks, Barbara J	42	Patriot Masters Swim Team					35.86
4	Demyanovich, Sara E	44	Fairfax County Masters					38.71

Women 40-44 100 LC Meter Backstroke

1	Willeboordse, Fall	42	Ashpalt Green Masters					1:12.22
	34.00	1:12.22 (38.22)						
2	Clifford-Dicks, Barbara J	42	Patriot Masters Swim Team					1:19.17
	36.55	1:19.17 (42.62)						
3	Kupan, Cheryl A	44	New England Masters Swim Club					1:19.70
	38.45	1:19.70 (41.25)						
4	Hug, Laurie	43	1776					1:22.01
	40.10	1:22.01 (41.91)						
5	Launer, Tara Lyn	40	Reston Masters Swim Team					1:44.78
	50.96	1:44.78 (53.82)						

Women 40-44 200 LC Meter Backstroke

1	Hug, Laurie	43	1776					2:46.72
	40.14	1:22.51 (42.37)	2:05.06 (42.55)	2:46.72 (41.66)				
2	Kupan, Cheryl A	44	New England Masters Swim Club					2:52.21
	39.83	1:24.03 (44.20)	2:09.21 (45.18)	2:52.21 (43.00)				
3	Clifford-Dicks, Barbara J	42	Patriot Masters Swim Team					2:52.97
	40.35	1:25.41 (45.06)	2:09.91 (44.50)	2:52.97 (43.06)				

Women 40-44 50 LC Meter Breaststroke

1	Kupan, Cheryl A	44	New England Masters Swim Club					38.92
2	Demyanovich, Sara E	44	Fairfax County Masters					41.25

Women 40-44 200 LC Meter Breaststroke

1	Kupan, Cheryl A	44	New England Masters Swim Club					3:17.06
	42.78	1:33.20 (50.42)	2:24.73 (51.53)	3:17.06 (52.33)				
2	Demyanovich, Sara E	44	Fairfax County Masters					3:17.33
	43.45	1:33.61 (50.16)	2:25.85 (52.24)	3:17.33 (51.48)				
3	Hug, Laurie	43	1776					3:21.40
	46.77	1:37.94 (51.17)	2:29.17 (51.23)	3:21.40 (52.23)				

Women 40-44 50 LC Meter Butterfly

1	Willeboordse, Fall	42	Ashpalt Green Masters					31.53
2	Kupan, Cheryl A	44	New England Masters Swim Club					32.72
3	Sundel, Nanci K	43	Montgomery Ancient Mariners					59.36

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1	Willeboordse, Fall	42	Ashpalt Green Masters	1:10.03
	31.91	1:10.03 (38.12)		
2	Kupan, Cheryl A	44	New England Masters Swim Club	1:14.24
	35.47	1:14.24 (38.77)		
3	Demyanovich, Sara E	44	Fairfax County Masters	1:18.86
	36.44	1:18.86 (42.42)		

Women 40-44 200 LC Meter Butterfly

1	Hug, Laurie	43	1776	2:46.82
	37.81	1:20.79 (42.98)	2:03.35 (42.56)	2:46.82 (43.47)
2	Kupan, Cheryl A	44	New England Masters Swim Club	2:53.10
	39.72	1:23.33 (43.61)	2:08.06 (44.73)	2:53.10 (45.04)

Women 40-44 200 LC Meter IM

1	Hug, Laurie	43	1776	2:49.75
	37.16	1:21.33 (44.17)	2:12.64 (51.31)	2:49.75 (37.11)

Women 40-44 400 LC Meter IM

1	Hug, Laurie	43	1776	5:40.48
	36.88	1:18.26 (41.38)	2:02.57 (44.31)	2:45.64 (43.07)
	3:35.34 (49.70)	4:25.87 (50.53)	5:03.59 (37.72)	5:40.48 (36.89)

Women 45-49 50 LC Meter Freestyle

1	Jaeger, Debbie K	46	Virginia Masters Swim Team	33.01
2	Dawson, Mandy W	46	Reston Masters Swim Team	33.09
3	Rutkowski, Rae Ann	46	Conneticut	34.57
4	Mazyck, Carla D	48	Maryland Masters	39.39

Women 45-49 100 LC Meter Freestyle

1	Swanson, Vibeke L	47	1776	1:07.53
	32.61	1:07.53 (34.92)		
2	Deboer, Claire	48	Sarasota YMCA Sharks	1:13.45
	35.12	1:13.45 (38.33)		
3	Dawson, Mandy W	46	Reston Masters Swim Team	1:14.75
	36.10	1:14.75 (38.65)		
4	Rutkowski, Rae Ann	46	Conneticut	1:18.69
	37.27	1:18.69 (41.42)		
5	Russello, Stacey D	45	LetSwim	1:20.50
	38.49	1:20.50 (42.01)		
6	Mazyck, Carla D	48	Maryland Masters	1:29.03
	43.49	1:29.03 (45.54)		

Women 45-49 200 LC Meter Freestyle

1	Swanson, Vibeke L	47	1776	2:26.16
	33.25	1:10.22 (36.97)	1:47.91 (37.69)	2:26.16 (38.25)
2	Hall, Ali R	47	Tamalpais Aquatic Masters	2:40.47
	1:18.83	2:40.47 (1:21.64)		
3	Dawson, Mandy W	46	Reston Masters Swim Team	2:49.52
	35.33	1:16.88 (41.55)	2:02.14 (45.26)	2:49.52 (47.38)
4	Swoboda, Sandy	45	Maryland Masters	3:06.90
	44.07	3:06.90 (2:22.83)		
5	Mazyck, Carla D	48	Maryland Masters	3:22.33
	46.60	1:38.49 (51.89)	3:22.33 (1:43.84)	

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1	Jaeger, Debbie K	46	Virginia Masters Swim Team	5:52.26
	39.13	1:23.37 (44.24)	2:07.84 (44.47)	2:53.69 (45.85)
	3:38.32 (44.63)	4:23.94 (45.62)	5:08.56 (44.62)	5:52.26 (43.70)

Women 45-49 800 LC Meter Freestyle

1	Swanson, Vibeke L	47	1776	10:25.80
	34.55	1:13.00 (38.45)	1:51.98 (38.98)	2:31.65 (39.67)
	3:11.62 (39.97)	3:51.67 (40.05)	4:31.41 (39.74)	5:11.46 (40.05)
	5:51.31 (39.85)	6:30.97 (39.66)	7:10.99 (40.02)	7:50.61 (39.62)
	8:29.93 (39.32)	9:09.27 (39.34)	9:48.78 (39.51)	10:25.80 (37.02)
2	Halbe, Rebecca S	49	District of Columbia Aquatics	15:18.32
	51.90	1:48.96 (57.06)	2:47.56 (58.60)	3:46.41 (58.85)
	4:44.93 (58.52)	5:44.24 (59.31)	6:42.38 (58.14)	7:40.72 (58.34)
	8:38.38 (57.66)	9:35.76 (57.38)	10:33.50 (57.74)	11:30.65 (57.15)
	12:28.06 (57.41)	13:25.64 (57.58)	14:22.10 (56.46)	15:18.32 (56.22)

Women 45-49 50 LC Meter Backstroke

1	Livingston, Leslie C	47	Patriot Masters Swim Team	33.44
2	Swanson, Vibeke L	47	1776	36.65
3	Jaeger, Debbie K	46	Virginia Masters Swim Team	41.04
4	Hall, Ali R	47	Tamalpais Aquatic Masters	42.95
5	Mazyck, Carla D	48	Maryland Masters	50.55

Women 45-49 100 LC Meter Backstroke

1	Swanson, Vibeke L	47	1776	1:16.40
	36.73	1:16.40 (39.67)		
2	Deboer, Claire	48	Sarasota YMCA Sharks	1:27.36
	43.33	1:27.36 (44.03)		
3	Jaeger, Debbie K	46	Virginia Masters Swim Team	1:30.41
	43.35	1:30.41 (47.06)		
4	Mazyck, Carla D	48	Maryland Masters	1:45.53
	52.81	1:45.53 (52.72)		
5	Morrin-Nordlund, Deborah J	46	Terrapin Masters	1:57.93
	57.22	1:57.93 (1:00.71)		

Women 45-49 200 LC Meter Backstroke

1	Swanson, Vibeke L	47	1776	2:42.86
	37.70	1:19.19 (41.49)	2:01.68 (42.49)	2:42.86 (41.18)
2	Hall, Ali R	47	Tamalpais Aquatic Masters	3:09.44
	47.64	1:37.06 (49.42)	2:24.39 (47.33)	3:09.44 (45.05)
3	Jaeger, Debbie K	46	Virginia Masters Swim Team	3:13.69
	45.10	1:34.91 (49.81)	2:24.73 (49.82)	3:13.69 (48.96)
4	Swoboda, Sandy	45	Maryland Masters	3:40.85
	54.89	1:51.80 (56.91)	2:46.80 (55.00)	3:40.85 (54.05)
5	Mazyck, Carla D	48	Maryland Masters	3:49.55
		1:53.09 ()	2:52.42 (59.33)	3:49.55 (57.13)
6	Halbe, Rebecca S	49	District of Columbia Aquatics	4:00.09
	58.25	1:59.86 (1:01.61)	3:01.23 (1:01.37)	4:00.09 (58.86)

Women 45-49 50 LC Meter Breaststroke

1	Livingston, Leslie C	47	Patriot Masters Swim Team	41.61
2	Dawson, Mandy W	46	Reston Masters Swim Team	43.86
3	Rutkowski, Rae Ann	46	Conneticut	44.89
4	Swoboda, Sandy	45	Maryland Masters	47.15

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 45-49 100 LC Meter Breaststroke**

1	Russello, Stacey D	45	LetSwim	1:37.61
	44.68	1:37.61 (52.93)		
2	Dawson, Mandy W	46	Reston Masters Swim Team	1:38.84
	47.66	1:38.84 (51.18)		
3	Rutkowski, Rae Ann	46	Conneticut	1:40.20
	47.41	1:40.20 (52.79)		
4	Morrin-Nordlund, Deborah J	46	Terrapin Masters	1:56.24
	54.02	1:56.24 (1:02.22)		

Women 45-49 200 LC Meter Breaststroke

1	Rutkowski, Rae Ann	46	Conneticut	3:41.85
	50.50	1:47.44 (56.94)	2:45.72 (58.28)	3:41.85 (56.13)

Women 45-49 50 LC Meter Butterfly

1	Livingston, Leslie C	47	Patriot Masters Swim Team	31.13
2	Deboer, Claire	48	Sarasota YMCA Sharks	36.06
3	Russello, Stacey D	45	LetSwim	43.38

Women 45-49 100 LC Meter Butterfly

1	Livingston, Leslie C	47	Patriot Masters Swim Team	1:14.46
	33.84	1:14.46 (40.62)		
2	Halbe, Rebecca S	49	District of Columbia Aquatics	1:57.90
	54.59	1:57.90 (1:03.31)		

Women 45-49 200 LC Meter Butterfly

1	Deboer, Claire	48	Sarasota YMCA Sharks	3:04.82
	42.37	1:29.85 (47.48)	2:16.79 (46.94)	3:04.82 (48.03)

Women 45-49 200 LC Meter IM

1	Swanson, Vibeke L	47	1776	2:48.32
	36.88	1:19.63 (42.75)	2:11.48 (51.85)	2:48.32 (36.84)
2	Deboer, Claire	48	Sarasota YMCA Sharks	3:06.91
	39.66	1:28.98 (49.32)	2:25.95 (56.97)	3:06.91 (40.96)
3	Mazyck, Carla D	48	Maryland Masters	3:46.35
	52.36	1:51.21 (58.85)	2:58.48 (1:07.27)	3:46.35 (47.87)

Women 45-49 400 LC Meter IM

1	Swanson, Vibeke L	47	1776	5:48.93
	37.17	1:21.89 (44.72)	2:06.24 (44.35)	2:48.91 (42.67)
	3:41.32 (52.41)	4:33.37 (52.05)	5:11.30 (37.93)	5:48.93 (37.63)
2	Hall, Ali R	47	Tamalpais Aquatic Masters	6:43.01
	46.66	1:39.06 (52.40)	2:31.81 (52.75)	3:22.71 (50.90)
	4:18.04 (55.33)	5:16.14 (58.10)	6:01.28 (45.14)	6:43.01 (41.73)
3	Swoboda, Sandy	45	Maryland Masters	7:28.57
	54.53	1:54.79 (1:00.26)	2:53.29 (58.50)	3:50.73 (57.44)
	4:51.53 (1:00.80)	5:50.40 (58.87)	6:39.92 (49.52)	7:28.57 (48.65)

Women 50-54 50 LC Meter Freestyle

1	Pennington, Catherine M	50	Fairfax County Masters	32.20
2	Thomson, Anneliese	50	Central Maryland YMCA Masters	34.44

Women 50-54 100 LC Meter Freestyle

1	Delanois, Barbara	53	Team Illinois Masters	1:28.98
	42.01	1:28.98 (46.97)		

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 50-54 400 LC Meter Freestyle**

1	Delanois, Barbara	53	Team Illinois Masters		6:37.18
	43.46	1:33.16 (49.70)	2:25.33 (52.17)	3:17.24 (51.91)	
	4:08.84 (51.60)	4:59.74 (50.90)	5:49.54 (49.80)	6:37.18 (47.64)	

Women 50-54 800 LC Meter Freestyle

1	Delanois, Barbara	53	Team Illinois Masters		13:22.75
	43.45	1:33.02 (49.57)	2:24.26 (51.24)	3:15.97 (51.71)	
	4:07.18 (51.21)	4:58.96 (51.78)	5:50.03 (51.07)	6:41.33 (51.30)	
	7:32.42 (51.09)	8:24.71 (52.29)	9:15.50 (50.79)	10:06.86 (51.36)	
	10:57.26 (50.40)	11:47.55 (50.29)	12:36.37 (48.82)	13:22.75 (46.38)	
2	Konits, Cindy G	54	Maryland Masters		15:00.02
	50.18	1:46.72 (56.54)	2:43.03 (56.31)	3:39.79 (56.76)	
	4:35.67 (55.88)	5:33.99 (58.32)	6:29.94 (55.95)	7:27.58 (57.64)	
	8:23.01 (55.43)	9:21.30 (58.29)	10:16.89 (55.59)	11:15.12 (58.23)	
	12:11.26 (56.14)	13:09.16 (57.90)	14:05.33 (56.17)	15:00.02 (54.69)	

Women 50-54 50 LC Meter Backstroke

1	Pennington, Catherine M	50	Fairfax County Masters		43.35
2	Delanois, Barbara	53	Team Illinois Masters		44.40
3	Thomson, Anneliese	50	Central Maryland YMCA Masters		45.50
4	Konits, Cindy G	54	Maryland Masters		52.42

Women 50-54 100 LC Meter Backstroke

1	Delanois, Barbara	53	Team Illinois Masters		1:38.85
	47.28	1:38.85 (51.57)			

Women 50-54 200 LC Meter Backstroke

1	Delanois, Barbara	53	Team Illinois Masters		3:28.15
	49.56	1:42.90 (53.34)	2:36.47 (53.57)	3:28.15 (51.68)	
2	Konits, Cindy G	54	Maryland Masters		3:52.91
	54.05	1:52.19 (58.14)	2:52.13 (59.94)	3:52.91 (1:00.78)	

Women 50-54 50 LC Meter Breaststroke

1	Thomson, Anneliese	50	Central Maryland YMCA Masters		48.27
2	Pennington, Catherine M	50	Fairfax County Masters		49.68

Women 50-54 50 LC Meter Butterfly

1	Konits, Cindy G	54	Maryland Masters		1:04.36
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Women 50-54 200 LC Meter IM

1	Konits, Cindy G	54	Maryland Masters		4:17.86
	1:04.40	2:04.09 (59.69)	3:25.23 (1:21.14)	4:17.86 (52.63)	

Women 55-59 50 LC Meter Freestyle

1	Ogier, Danielle	56	Garden State Masters		33.16
2	Guthrie, Sally K	58	Michigan Masters		35.12
3	Umbdenstock, Kathy	57	Virginia Masters Swim Team		35.49
4	Wagner, Cheryl A	56	Terrapin Masters		39.15

Women 55-59 100 LC Meter Freestyle

1	Ogier, Danielle	56	Garden State Masters		1:13.49
	35.09	1:13.49 (38.40)			
2	Kirwan, Denise	56	Curl Burke Swim Club		1:16.87
	36.98	1:16.87 (39.89)			
3	Umbdenstock, Kathy	57	Virginia Masters Swim Team		1:17.96
	37.97	1:17.96 (39.99)			

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4	Guthrie, Sally K	58	Michigan Masters	1:18.05
	36.03	1:18.05	(42.02)	

Women 55-59 200 LC Meter Freestyle

1	Ogier, Danielle	56	Garden State Masters	2:36.52
		1:15.73 ()	2:36.52 (1:20.79)	
2	Guthrie, Sally K	58	Michigan Masters	2:47.03
	1:19.93	2:47.03	(1:27.10)	
3	Hubbard, Suzanne F	57	District of Columbia Aquatics	2:52.98
	1:19.80	2:52.98	(1:33.18)	
4	Umbdenstock, Kathy	57	Virginia Masters Swim Team	2:53.27
	1:24.95	2:53.27	(1:28.32)	

Women 55-59 400 LC Meter Freestyle

1	Umbdenstock, Kathy	57	Virginia Masters Swim Team	6:07.79
	42.45	1:27.80 (45.35)	2:14.59 (46.79)	3:01.76 (47.17)
	3:48.91 (47.15)	4:36.13 (47.22)	5:23.49 (47.36)	6:07.79 (44.30)
2	Hubbard, Suzanne F	57	District of Columbia Aquatics	6:08.69
	42.30	1:29.18 (46.88)	2:16.26 (47.08)	3:03.99 (47.73)
	3:50.95 (46.96)	4:37.98 (47.03)	5:23.63 (45.65)	6:08.69 (45.06)

Women 55-59 50 LC Meter Backstroke

1	Kirwan, Denise	56	Curl Burke Swim Club	41.08
2	Umbdenstock, Kathy	57	Virginia Masters Swim Team	46.25
3	Wagner, Cheryl A	56	Terrapin Masters	54.93

Women 55-59 100 LC Meter Backstroke

1	Kirwan, Denise	56	Curl Burke Swim Club	1:29.04
	43.63	1:29.04	(45.41)	
2	Hubbard, Suzanne F	57	District of Columbia Aquatics	1:40.95
	49.35	1:40.95	(51.60)	

Women 55-59 200 LC Meter Backstroke

1	Kirwan, Denise	56	Curl Burke Swim Club	3:10.15
	45.26	1:33.05 (47.79)	2:21.84 (48.79)	3:10.15 (48.31)
2	Hubbard, Suzanne F	57	District of Columbia Aquatics	3:34.11
	50.58	1:45.30 (54.72)	2:40.05 (54.75)	3:34.11 (54.06)

Women 55-59 50 LC Meter Breaststroke

1	Ogier, Danielle	56	Garden State Masters	43.12
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Women 55-59 100 LC Meter Breaststroke

1	Ogier, Danielle	56	Garden State Masters	1:36.60
	46.03	1:36.60	(50.57)	
2	Kirwan, Denise	56	Curl Burke Swim Club	1:39.65
	47.24	1:39.65	(52.41)	

Women 55-59 200 LC Meter Breaststroke

1	Kirwan, Denise	56	Curl Burke Swim Club	3:37.45
	47.51	1:42.12 (54.61)	2:39.33 (57.21)	3:37.45 (58.12)
---	Guthrie, Sally K	58	Michigan Masters	DQ
	52.87	1:52.44 (59.57)	2:51.10 (58.66)	DQ (58.59)

Women 55-59 50 LC Meter Butterfly

1	Ogier, Danielle	56	Garden State Masters	39.18
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The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 55-59 200 LC Meter IM**

1	Ogier, Danielle	56	Garden State Masters	3:04.38
	39.61	1:30.12 (50.51)	2:23.76 (53.64)	3:04.38 (40.62)
2	Guthrie, Sally K	58	Michigan Masters	3:28.09
	45.06	1:41.08 (56.02)	2:43.12 (1:02.04)	3:28.09 (44.97)

Women 60-64 100 LC Meter Freestyle

1	Barnhard, Dale I	61	District of Columbia Aquatics	1:15.04
	36.15	1:15.04 (38.89)		
2	Bennett, Ruth R	62	Curl Burke Swim Club	1:25.07
	41.07	1:25.07 (44.00)		

Women 60-64 200 LC Meter Freestyle

1	Bennett, Ruth R	62	Curl Burke Swim Club	3:13.83
	44.13	1:33.49 (49.36)	3:13.83 (1:40.34)	

Women 60-64 400 LC Meter Freestyle

1	Bennett, Ruth R	62	Curl Burke Swim Club	6:40.69
	45.28	1:35.87 (50.59)	2:27.58 (51.71)	3:20.00 (52.42)
	4:11.51 (51.51)	5:02.61 (51.10)	5:52.33 (49.72)	6:40.69 (48.36)

Women 60-64 50 LC Meter Backstroke

1	Pettijohn, Margot K	62	Montgomery Ancient Mariners	46.49
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Women 60-64 100 LC Meter Backstroke

1	Pettijohn, Margot K	62	Montgomery Ancient Mariners	1:43.07
	49.91	1:43.07 (53.16)		

Women 60-64 200 LC Meter Backstroke

1	Pettijohn, Margot K	62	Montgomery Ancient Mariners	3:36.15
	50.51	1:46.86 (56.35)	2:42.44 (55.58)	3:36.15 (53.71)

Women 60-64 50 LC Meter Breaststroke

1	Pettijohn, Margot K	62	Montgomery Ancient Mariners	45.09
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Women 60-64 100 LC Meter Breaststroke

1	Barnhard, Dale I	61	District of Columbia Aquatics	1:31.41
	43.00	1:31.41 (48.41)		
2	Pettijohn, Margot K	62	Montgomery Ancient Mariners	1:37.23
	47.08	1:37.23 (50.15)		

Women 60-64 200 LC Meter Breaststroke

1	Pettijohn, Margot K	62	Montgomery Ancient Mariners	3:29.62
	48.87	1:41.24 (52.37)	2:35.55 (54.31)	3:29.62 (54.07)

Women 60-64 200 LC Meter IM

1	Pettijohn, Margot K	62	Montgomery Ancient Mariners	3:17.69
	43.82	1:35.35 (51.53)	2:29.92 (54.57)	3:17.69 (47.77)

Women 65-69 50 LC Meter Freestyle

1	Manheim, Lucy M	66	Reston Masters Swim Team	47.21
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Women 65-69 100 LC Meter Freestyle

1	Durrant, Betsy	67	Virginia Masters Swim Team	1:33.34
	44.58	1:33.34 (48.76)		
2	Hannam, Karen I	68	DC Masters	2:18.88
	1:05.77	2:18.88 (1:13.11)		

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1	Schanzer, Rosalyn G	66	Patriot Masters Swim Team	3:29.81
			1:41.67 () 3:29.81 (1:48.14)	
2	Hlavacek, Ida M	66	Virginia Masters Swim Team	3:34.41
	47.40		1:40.45 (53.05) 3:34.41 (1:53.96)	
3	Hannam, Karen I	68	DC Masters	5:24.41
			1:12.23 () 5:24.41 (4:12.18)	

Women 65-69 400 LC Meter Freestyle

1	Hlavacek, Ida M	66	Virginia Masters Swim Team	7:30.82
	49.59		1:44.63 (55.04) 2:41.59 (56.96) 3:39.21 (57.62)	
	4:36.34 (57.13)		5:34.91 (58.57) 6:33.07 (58.16) 7:30.82 (57.75)	
2	Hannam, Karen I	68	DC Masters	10:35.39
	1:12.16		2:32.88 (1:20.72) 3:56.04 (1:23.16) 5:20.73 (1:24.69)	
	6:45.02 (1:24.29)		8:09.87 (1:24.85) 9:27.64 (1:17.77) 10:35.39 (1:07.75)	

Women 65-69 800 LC Meter Freestyle

1	Schanzer, Rosalyn G	66	Patriot Masters Swim Team	14:09.06
	47.64		1:39.66 (52.02) 2:33.16 (53.50) 3:26.87 (53.71)	
	4:20.85 (53.98)		5:14.10 (53.25) 6:08.10 (54.00) 7:01.42 (53.32)	
	7:55.25 (53.83)		8:48.14 (52.89) 9:42.15 (54.01) 10:36.43 (54.28)	
	11:30.46 (54.03)		12:23.20 (52.74) 13:16.27 (53.07) 14:09.06 (52.79)	
2	Hlavacek, Ida M	66	Virginia Masters Swim Team	15:20.49
	49.98		1:45.93 (55.95) 2:41.75 (55.82) 3:41.05 (59.30)	
	4:38.32 (57.27)		5:37.77 (59.45) 6:35.89 (58.12) 7:33.88 (57.99)	
	8:32.12 (58.24)		9:30.68 (58.56) 10:29.03 (58.35) 11:27.81 (58.78)	
	12:26.04 (58.23)		13:24.54 (58.50) 14:22.59 (58.05) 15:20.49 (57.90)	
3	Hannam, Karen I	68	DC Masters	22:39.89
	1:09.80		2:35.82 (1:26.02) 3:56.34 (1:20.52) 5:22.46 (1:26.12)	
	6:45.52 (1:23.06)		8:08.05 (1:22.53) 9:38.54 (1:30.49) 11:08.15 (1:29.61)	
	12:36.28 (1:28.13)		14:06.73 (1:30.45) 15:33.38 (1:26.65) 17:02.86 (1:29.48)	
	18:29.04 (1:26.18)		19:56.05 (1:27.01) 21:19.51 (1:23.46) 22:39.89 (1:20.38)	

Women 65-69 50 LC Meter Backstroke

1	Durrant, Betsy	67	Virginia Masters Swim Team	49.82
2	Martin, Judy	66	Virginia Masters Swim Team	52.45
3	Manheim, Lucy M	66	Reston Masters Swim Team	57.20

Women 65-69 100 LC Meter Backstroke

1	Martin, Judy	66	Virginia Masters Swim Team	1:52.75
	54.38		1:52.75 (58.37)	
2	Hlavacek, Ida M	66	Virginia Masters Swim Team	2:01.47
	59.02		2:01.47 (1:02.45)	
3	Manheim, Lucy M	66	Reston Masters Swim Team	2:24.04
	1:06.67		2:24.04 (1:17.37)	

Women 65-69 200 LC Meter Backstroke

1	Martin, Judy	66	Virginia Masters Swim Team	3:54.23
	53.75		1:53.83 (1:00.08) 2:55.34 (1:01.51) 3:54.23 (58.89)	
2	Hlavacek, Ida M	66	Virginia Masters Swim Team	4:08.75
	58.32		2:00.14 (1:01.82) 3:04.82 (1:04.68) 4:08.75 (1:03.93)	

Women 65-69 50 LC Meter Breaststroke

1	Marens, Susan E	66	Virginia Masters Swim Team	54.14
2	Martin, Judy	66	Virginia Masters Swim Team	54.71
3	Hannam, Karen I	68	DC Masters	1:07.97

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1	Marens, Susan E	66	Virginia Masters Swim Team	2:02.48
	59.38	2:02.48	(1:03.10)	
2	Martin, Judy	66	Virginia Masters Swim Team	2:08.08
	1:01.18	2:08.08	(1:06.90)	
3	Hannam, Karen I	68	DC Masters	2:27.93
	1:11.02	2:27.93	(1:16.91)	

Women 65-69 200 LC Meter Breaststroke

1	Marens, Susan E	66	Virginia Masters Swim Team	4:20.49
	1:01.01	2:06.82	(1:05.81) 3:14.87 (1:08.05) 4:20.49 (1:05.62)	
2	Hannam, Karen I	68	DC Masters	4:52.75
	1:11.00	2:26.51	(1:15.51) 3:39.50 (1:12.99) 4:52.75 (1:13.25)	

Women 65-69 50 LC Meter Butterfly

1	Marens, Susan E	66	Virginia Masters Swim Team	1:00.93
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Women 65-69 100 LC Meter Butterfly

1	Hlavacek, Ida M	66	Virginia Masters Swim Team	2:07.16
	58.67	2:07.16	(1:08.49)	
2	Marens, Susan E	66	Virginia Masters Swim Team	2:08.00
	1:00.38	2:08.00	(1:07.62)	

Women 65-69 200 LC Meter Butterfly

1	Hlavacek, Ida M	66	Virginia Masters Swim Team	4:52.66
	1:02.38	2:18.81	(1:16.43) 3:35.96 (1:17.15) 4:52.66 (1:16.70)	
2	Hannam, Karen I	68	DC Masters	7:00.39
	1:24.04	3:18.66	(1:54.62) 5:13.43 (1:54.77) 7:00.39 (1:46.96)	

Women 65-69 200 LC Meter IM

1	Marens, Susan E	66	Virginia Masters Swim Team	4:15.37
		2:11.77 ()	3:20.20 (1:08.43) 4:15.37 (55.17)	
2	Hannam, Karen I	68	DC Masters	5:32.24
	1:22.34	2:58.14	(1:35.80) 4:18.86 (1:20.72) 5:32.24 (1:13.38)	

Women 65-69 400 LC Meter IM

1	Hlavacek, Ida M	66	Virginia Masters Swim Team	9:20.08
	1:02.99	2:13.34	(1:10.35) 3:19.37 (1:06.03) 4:27.88 (1:08.51)	
	5:56.51	(1:28.63) 7:27.62	(1:31.11) 8:23.05 (55.43) 9:20.08 (57.03)	
2	Hannam, Karen I	68	DC Masters	11:24.22
	1:19.91	3:03.21	(1:43.30) 4:32.59 (1:29.38) 6:05.60 (1:33.01)	
	7:25.24	(1:19.64) 8:46.58	(1:21.34) 10:07.07 (1:20.49) 11:24.22 (1:17.15)	

Women 70-74 50 LC Meter Freestyle

1	Detrick, Johnnie	73	Virginia Masters Swim Team	37.45
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Women 70-74 100 LC Meter Freestyle

1	Zaremski, Barbara M	71	Virginia Masters Swim Team	1:28.49
	41.50	1:28.49	(46.99)	

Women 70-74 800 LC Meter Freestyle

1	Zaremski, Barbara M	71	Virginia Masters Swim Team	15:48.84
	51.51	1:47.86	(56.35) 2:45.41 (57.55) 3:43.53 (58.12)	
	4:40.96	(57.43) 5:38.18	(57.22) 6:34.97 (56.79) 7:30.95 (55.98)	
	8:42.96	(1:12.01) 9:37.59	(54.63) 10:49.02 (1:11.43) 11:44.37 (55.35)	
	12:54.47	(1:10.10) 13:49.66	(55.19) 14:57.16 (1:07.50) 15:48.84 (51.68)	

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 70-74 200 LC Meter Backstroke**

1 Zaremski, Barbara M 71 Virginia Masters Swim Team 4:00.78
 53.77 1:54.16 (1:00.39) 2:57.89 (1:03.73) 4:00.78 (1:02.89)

Women 70-74 50 LC Meter Breaststroke

1 Zaremski, Barbara M 71 Virginia Masters Swim Team 59.50

Women 70-74 200 LC Meter Breaststroke

1 Detrick, Johnnie 73 Virginia Masters Swim Team 4:20.98
 58.40 2:05.24 (1:06.84) 3:13.39 (1:08.15) 4:20.98 (1:07.59)

Women 70-74 50 LC Meter Butterfly

1 Griffin, Lucille 70 Virginia Masters Swim Team 50.09
 2 Zaremski, Barbara M 71 Virginia Masters Swim Team 58.60

Women 70-74 100 LC Meter Butterfly

1 Griffin, Lucille 70 Virginia Masters Swim Team 1:50.55
 51.63 1:50.55 (58.92)

Women 70-74 200 LC Meter Butterfly

1 Griffin, Lucille 70 Virginia Masters Swim Team 4:08.36
 57.72 2:04.34 (1:06.62) 3:07.36 (1:03.02) 4:08.36 (1:01.00)

Women 70-74 200 LC Meter IM

1 Griffin, Lucille 70 Virginia Masters Swim Team 4:08.66
 52.47 1:56.60 (1:04.13) 3:12.38 (1:15.78) 4:08.66 (56.28)
 2 Zaremski, Barbara M 71 Virginia Masters Swim Team 4:10.15
 1:03.74 2:07.67 (1:03.93) 3:19.31 (1:11.64) 4:10.15 (50.84)

Women 70-74 400 LC Meter IM

1 Griffin, Lucille 70 Virginia Masters Swim Team 8:36.42
 52.93 1:54.22 (1:01.29) 2:58.90 (1:04.68) 4:01.07 (1:02.17)
 5:18.88 (1:17.81) 6:37.80 (1:18.92) 7:38.50 (1:00.70) 8:36.42 (57.92)

Women 75-79 50 LC Meter Freestyle

1 Henley, Susan A 76 Virginia Masters Swim Team 1:07.63
 2 Brown, Lucy 78 DC Masters 1:30.65

Women 75-79 100 LC Meter Freestyle

1 Henley, Susan A 76 Virginia Masters Swim Team 2:22.72
 1:08.95 2:22.72 (1:13.77)
 2 Brown, Lucy 78 DC Masters 3:32.30
 1:43.08 3:32.30 (1:49.22)

Women 75-79 200 LC Meter Freestyle

1 Brown, Lucy 78 DC Masters 7:35.66
 1:44.69 () 7:35.66 (5:50.97)

Women 75-79 400 LC Meter Freestyle

1 Brown, Lucy 78 DC Masters 15:31.64
 1:46.16 3:43.12 (1:56.96) 5:44.03 (2:00.91) 7:43.52 (1:59.49)
 9:40.79 (1:57.27) 11:41.11 (2:00.32) 13:37.66 (1:56.55) 15:31.64 (1:53.98)

Women 75-79 800 LC Meter Freestyle

1 Brown, Lucy 78 DC Masters 32:20.30
 1:47.61 3:45.35 (1:57.74) 5:46.34 (2:00.99) 7:48.58 (2:02.24)
 9:51.32 (2:02.74) 11:51.11 (1:59.79) 13:52.54 (2:01.43) 15:53.62 (2:01.08)
 17:53.62 (2:00.00) 32:20.30 (14:26.68)

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 75-79 50 LC Meter Backstroke**

1	Henley, Susan A	76	Virginia Masters Swim Team	1:10.76
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Women 75-79 100 LC Meter Backstroke

1	Henley, Susan A	76	Virginia Masters Swim Team	2:39.23
				1:15.73 2:39.23 (1:23.50)

Women 90-94 50 LC Meter Freestyle

1	Lathram, Mary	93	DC Masters	1:29.79
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Women 90-94 800 LC Meter Freestyle

1	Lathram, Mary	93	DC Masters	30:43.00
				1:37.44 7:20.16 (5:42.72) 11:08.87 ()
				13:02.68 (1:53.81) 15:01.60 (1:58.92) 30:43.00 (15:41.40)

Women 90-94 50 LC Meter Backstroke

1	Lathram, Mary	93	DC Masters	1:29.02
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Women 90-94 200 LC Meter Backstroke

1	Lathram, Mary	93	DC Masters	7:33.05
				1:43.97 3:48.06 (2:04.09) 5:46.21 (1:58.15) 7:33.05 (1:46.84)

Men 18-24 100 LC Meter Freestyle

1	Weaver, Derek J	21	Michigan Masters	1:12.55
				35.13 1:12.55 (37.42)

Men 18-24 200 LC Meter Freestyle

1	Cortes, Juan P	24	Fairfax County Masters	2:17.24
				1:06.80 () 2:17.24 (1:10.44)
2	Weaver, Derek J	21	Michigan Masters	2:26.08
				32.07 1:09.02 (36.95) 1:47.79 (38.77) 2:26.08 (38.29)

Men 18-24 400 LC Meter Freestyle

1	Galan, Peter A	19	Unattached	4:21.16
				29.44 1:02.15 (32.71) 1:35.16 (33.01) 2:08.59 (33.43)
				2:42.16 (33.57) 3:15.91 (33.75) 3:49.08 (33.17) 4:21.16 (32.08)

Men 18-24 800 LC Meter Freestyle

1	Galan, Peter A	19	Unattached	8:59.06
				30.44 1:04.09 (33.65) 1:37.79 (33.70) 2:11.66 (33.87)
				2:45.21 (33.55) 3:19.16 (33.95) 3:53.64 (34.48) 4:27.70 (34.06)
				5:02.03 (34.33) 5:36.29 (34.26) 6:10.72 (34.43) 6:45.22 (34.50)
				7:19.66 (34.44) 7:53.59 (33.93) 8:27.44 (33.85) 8:59.06 (31.62)

Men 18-24 100 LC Meter Backstroke

1	Weaver, Derek J	21	Michigan Masters	1:11.90
				34.79 1:11.90 (37.11)

Men 18-24 200 LC Meter Backstroke

1	Galan, Peter A	19	Unattached	2:19.59
				33.29 1:09.54 (36.25) 1:45.44 (35.90) 2:19.59 (34.15)
2	Weaver, Derek J	21	Michigan Masters	2:38.08
				36.94 1:17.32 (40.38) 1:58.36 (41.04) 2:38.08 (39.72)
3	Cortes, Juan P	24	Fairfax County Masters	2:47.63
				38.94 1:21.77 (42.83) 2:04.73 (42.96) 2:47.63 (42.90)

Men 18-24 50 LC Meter Breaststroke

1	Hitchings, Jarret P	23	Bethlehem YMCA	34.51
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The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Men 18-24 200 LC Meter Breaststroke**

1	Hitchings, Jarret P	23	Bethlehem YMCA		3:07.55
	39.16	1:26.43 (47.27)	2:16.42 (49.99)	3:07.55 (51.13)	

Men 18-24 100 LC Meter Butterfly

1	Weaver, Derek J	21	Michigan Masters		1:14.38
	33.20	1:14.38 (41.18)			

Men 18-24 200 LC Meter IM

1	Galan, Peter A	19	Unattached		2:19.72
	28.97	1:05.22 (36.25)	1:49.12 (43.90)	2:19.72 (30.60)	

Men 18-24 400 LC Meter IM

1	Galan, Peter A	19	Unattached		4:49.81
	29.52	1:03.64 (34.12)	1:43.03 (39.39)	2:19.94 (36.91)	
	3:02.79 (42.85)	3:45.29 (42.50)	4:18.92 (33.63)	4:49.81 (30.89)	
2	Cortes, Juan P	24	Fairfax County Masters		5:57.42
	34.16	1:13.96 (39.80)	2:00.35 (46.39)	2:45.75 (45.40)	
	3:43.36 (57.61)	4:41.46 (58.10)	5:19.25 (37.79)	5:57.42 (38.17)	

Men 25-29 50 LC Meter Freestyle

1	Hicks, Jeff N	26	Arlington Ageless Masters		25.56
2	Choulga, Kirill A	26	Reston Masters Swim Team		25.87
3	Ullery, Sam R	29	National Capital YMCA		27.53
4	Strahota, Jeffrey R	28	Terrapin Masters		28.07
5	Coyle, Bradley	25	Bluefish Swim Club		28.71
6	Donohue, Sean P	26	Arlington Ageless Masters		29.12
7	Everitt, Tristan	27	Arlington Ageless Masters		30.89

Men 25-29 100 LC Meter Freestyle

1	Hicks, Jeff N	26	Arlington Ageless Masters		56.69
	27.06	56.69 (29.63)			
2	Choulga, Kirill A	26	Reston Masters Swim Team		58.20
	27.56	58.20 (30.64)			
3	Evangelista, Bryan D	27	DC Dept of Rec and Parks		59.49
	28.47	59.49 (31.02)			
4	Strahota, Jeffrey R	28	Terrapin Masters		59.80
	28.72	59.80 (31.08)			
5	Coyle, Bradley	25	Bluefish Swim Club		1:01.39
	29.64	1:01.39 (31.75)			
6	Everitt, Tristan	27	Arlington Ageless Masters		1:09.16
	32.90	1:09.16 (36.26)			
7	Petkov, Krasimir P	27	Alexandria Masters Swimming		1:09.61
	30.90	1:09.61 (38.71)			
8	Goodwin, James C	26	Reston Masters Swim Team		1:16.67
	36.59	1:16.67 (40.08)			

Men 25-29 200 LC Meter Freestyle

1	Strahota, Jeffrey R	28	Terrapin Masters		2:12.55
		1:04.11 ()	2:12.55 (1:08.44)		
2	Ullery, Sam R	29	National Capital YMCA		2:18.90
	32.09	1:07.41 (35.32)	1:42.94 (35.53)	2:18.90 (35.96)	
3	Coyle, Bradley	25	Bluefish Swim Club		2:26.75
	32.46	1:08.40 (35.94)	1:46.64 (38.24)	2:26.75 (40.11)	
4	Everitt, Tristan	27	Arlington Ageless Masters		2:33.23
		1:10.11 ()	2:33.23 (1:23.12)		

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Men 25-29 400 LC Meter Freestyle**

1	Strahota, Jeffrey R	28	Terrapin Masters		4:45.20
	32.33	1:08.28 (35.95)	1:44.95 (36.67)	2:21.84 (36.89)	
	2:58.40 (36.56)	3:35.27 (36.87)	4:10.81 (35.54)	4:45.20 (34.39)	
2	Coyle, Bradley	25	Bluefish Swim Club		5:47.90
	26.58	1:15.17 (48.59)	1:59.01 (43.84)	2:44.30 (45.29)	
	3:30.44 (46.14)	4:16.83 (46.39)	5:02.94 (46.11)	5:47.90 (44.96)	

Men 25-29 800 LC Meter Freestyle

1	Hicks, Jeff N	26	Arlington Ageless Masters		10:03.07
	33.44	1:11.70 (38.26)	1:50.67 (38.97)	2:29.59 (38.92)	
	3:07.55 (37.96)	3:46.59 (39.04)	4:25.10 (38.51)	5:03.86 (38.76)	
	5:41.73 (37.87)	6:20.20 (38.47)	6:54.87 (34.67)	7:36.14 (41.27)	
	8:09.22 (33.08)	8:51.83 (42.61)	9:21.78 (29.95)	10:03.07 (41.29)	

Men 25-29 50 LC Meter Backstroke

1	Hicks, Jeff N	26	Arlington Ageless Masters		28.17
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Men 25-29 100 LC Meter Backstroke

1	Hicks, Jeff N	26	Arlington Ageless Masters		1:02.38
	30.75	1:02.38 (31.63)			
2	Everitt, Tristan	27	Arlington Ageless Masters		1:16.83
	38.12	1:16.83 (38.71)			

Men 25-29 50 LC Meter Breaststroke

1	Donohue, Sean P	26	Arlington Ageless Masters		36.33
2	Goodwin, James C	26	Reston Masters Swim Team		43.32

Men 25-29 100 LC Meter Breaststroke

1	Donohue, Sean P	26	Arlington Ageless Masters		1:26.72
	42.40	1:26.72 (44.32)			
2	Petkov, Krasimir P	27	Alexandria Masters Swimming		1:30.18
	41.74	1:30.18 (48.44)			

Men 25-29 200 LC Meter Breaststroke

1	Goodwin, James C	26	Reston Masters Swim Team		3:28.69
	48.70	1:42.86 (54.16)	2:35.58 (52.72)	3:28.69 (53.11)	

Men 25-29 50 LC Meter Butterfly

1	Evangelista, Bryan D	27	DC Dept of Rec and Parks		28.76
2	Choulga, Kirill A	26	Reston Masters Swim Team		28.77
3	Strahota, Jeffrey R	28	Terrapin Masters		31.45
4	Coyle, Bradley	25	Bluefish Swim Club		31.56
5	Petkov, Krasimir P	27	Alexandria Masters Swimming		33.80
6	Everitt, Tristan	27	Arlington Ageless Masters		35.55

Men 25-29 100 LC Meter Butterfly

1	Choulga, Kirill A	26	Reston Masters Swim Team		1:07.06
	30.45	1:07.06 (36.61)			
2	Ullery, Sam R	29	National Capital YMCA		1:13.55
	33.02	1:13.55 (40.53)			
3	Everitt, Tristan	27	Arlington Ageless Masters		1:22.02
	37.54	1:22.02 (44.48)			

Men 25-29 200 LC Meter IM

1	Coyle, Bradley	25	Bluefish Swim Club		2:57.22
	34.85	1:25.72 (50.87)	2:17.90 (52.18)	2:57.22 (39.32)	

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****(Men 25-29 200 LC Meter IM)**

2	Petkov, Krasimir P	27	Alexandria Masters Swimming	3:05.20
	36.53	1:27.33 (50.80)	2:21.75 (54.42)	3:05.20 (43.45)
3	Goodwin, James C	26	Reston Masters Swim Team	3:16.37
	46.47	1:37.18 (50.71)	2:33.04 (55.86)	3:16.37 (43.33)

Men 25-29 400 LC Meter IM

1	Ullery, Sam R	29	National Capital YMCA	5:44.35
	35.00	1:17.83 (42.83)	2:03.76 (45.93)	2:50.00 (46.24)
	3:39.09 (49.09)	4:28.86 (49.77)	5:07.08 (38.22)	5:44.35 (37.27)

Men 30-34 50 LC Meter Freestyle

1	Broughal, James W	32	Bethlehem YMCA	27.62
2	Richard, Jean-Philippe	32	District of Columbia Aquatics	28.01
3	Hanneschlager, Michael E	34	Fairfax County Masters	28.23
4	Kelly, John F	32	DC Dept of Rec and Parks	30.52
5	Chun, Yang J	34	Arlington Ageless Masters	33.60

Men 30-34 100 LC Meter Freestyle

1	Richard, Jean-Philippe	32	District of Columbia Aquatics	1:03.77
	30.92	1:03.77 (32.85)		
2	Hanneschlager, Michael E	34	Fairfax County Masters	1:08.33
	29.89	1:08.33 (38.44)		
3	Kelly, John F	32	DC Dept of Rec and Parks	1:11.70
	33.58	1:11.70 (38.12)		

Men 30-34 200 LC Meter Freestyle

1	Broughal, James W	32	Bethlehem YMCA	2:15.31
	29.76	1:03.05 (33.29)	1:38.78 (35.73)	2:15.31 (36.53)
2	Richard, Jean-Philippe	32	District of Columbia Aquatics	2:20.29
	31.56	1:06.64 (35.08)	1:42.97 (36.33)	2:20.29 (37.32)
3	Patterson, Thomas J	31	1776	2:23.84
	32.70	1:09.12 (36.42)	1:46.41 (37.29)	2:23.84 (37.43)
4	Preddy, Donovan	30	Pennypack Aquatic & Fitness	2:35.69
		1:09.02 ()	2:35.69 (1:26.67)	
5	Kelly, John F	32	DC Dept of Rec and Parks	2:47.00
	34.54	1:14.76 (40.22)	2:00.96 (46.20)	2:47.00 (46.04)
6	Chun, Yang J	34	Arlington Ageless Masters	3:04.04
	36.29	3:04.04 (2:27.75)		

Men 30-34 400 LC Meter Freestyle

1	Patterson, Thomas J	31	1776	5:06.74
	34.81	1:12.84 (38.03)	1:51.52 (38.68)	2:30.62 (39.10)
	3:10.61 (39.99)	3:49.76 (39.15)	4:28.18 (38.42)	5:06.74 (38.56)
2	Dragon, Tony	32	Fairfax County Masters	5:37.47
	41.56	1:26.51 (44.95)	2:11.58 (45.07)	2:56.31 (44.73)
	3:39.81 (43.50)	4:22.10 (42.29)	5:00.79 (38.69)	5:37.47 (36.68)
3	Kelly, John F	32	DC Dept of Rec and Parks	6:25.23
	40.07	1:25.73 (45.66)	2:13.56 (47.83)	3:04.20 (50.64)
	3:54.52 (50.32)	4:45.60 (51.08)	5:37.21 (51.61)	6:25.23 (48.02)

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Men 30-34 800 LC Meter Freestyle**

1	Patterson, Thomas J	31	1776					10:35.02
	35.08	1:13.37 (38.29)	1:51.85 (38.48)	2:30.96 (39.11)				
	3:09.83 (38.87)	3:49.63 (39.80)	4:29.33 (39.70)	5:10.12 (40.79)				
	5:50.85 (40.73)	6:31.78 (40.93)	7:12.67 (40.89)	7:53.87 (41.20)				
	8:34.61 (40.74)	9:15.39 (40.78)	9:55.82 (40.43)	10:35.02 (39.20)				
2	Dragon, Tony	32	Fairfax County Masters					11:39.16
	43.09	1:28.11 (45.02)	2:12.70 (44.59)	2:58.11 (45.41)				
	3:43.78 (45.67)	4:29.51 (45.73)	5:14.64 (45.13)	5:59.63 (44.99)				
	6:45.01 (45.38)	7:29.30 (44.29)	8:13.17 (43.87)	8:56.77 (43.60)				
	9:40.34 (43.57)	10:22.14 (41.80)	11:01.73 (39.59)	11:39.16 (37.43)				

Men 30-34 50 LC Meter Backstroke

1	Lener, Marc S	30	DC Dept of Rec and Parks					31.97
2	Hanneschlager, Michael E	34	Fairfax County Masters					33.89

Men 30-34 100 LC Meter Backstroke

---	Kelly, John F	32	DC Dept of Rec and Parks					DQ
	43.04	DQ (51.11)						

Men 30-34 200 LC Meter Backstroke

1	Lener, Marc S	30	DC Dept of Rec and Parks					2:35.30
	36.83	1:15.98 (39.15)	1:55.67 (39.69)	2:35.30 (39.63)				
---	Kelly, John F	32	DC Dept of Rec and Parks					DQ
	40.14	1:30.05 (49.91)	2:28.19 (58.14)	DQ (57.49)				

Men 30-34 50 LC Meter Breaststroke

1	Miraglia, Michael J	30	Arlington Ageless Masters					34.91
2	Kelly, John F	32	DC Dept of Rec and Parks					41.34
3	Chun, Yang J	34	Arlington Ageless Masters					47.35

Men 30-34 100 LC Meter Breaststroke

1	Richard, Jean-Philippe	32	District of Columbia Aquatics					1:15.82
	36.51	1:15.82 (39.31)						
2	Miraglia, Michael J	30	Arlington Ageless Masters					1:17.13
	37.42	1:17.13 (39.71)						
3	Kelly, John F	32	DC Dept of Rec and Parks					1:31.87
	43.08	1:31.87 (48.79)						

Men 30-34 200 LC Meter Breaststroke

1	Richard, Jean-Philippe	32	District of Columbia Aquatics					2:43.87
	36.65	1:18.97 (42.32)	2:01.18 (42.21)	2:43.87 (42.69)				
2	Preddy, Donovan	30	Pennypack Aquatic& Fitness					3:12.51
	41.05	1:29.30 (48.25)	2:20.71 (51.41)	3:12.51 (51.80)				
3	Kelly, John F	32	DC Dept of Rec and Parks					3:18.88
	43.60	1:33.36 (49.76)	2:26.08 (52.72)	3:18.88 (52.80)				

Men 30-34 50 LC Meter Butterfly

1	Miraglia, Michael J	30	Arlington Ageless Masters					28.30
2	Hanneschlager, Michael E	34	Fairfax County Masters					30.61
3	Kelly, John F	32	DC Dept of Rec and Parks					37.84

Men 30-34 100 LC Meter Butterfly

1	Broughal, James W	32	Bethlehem YMCA					1:05.86
	29.05	1:05.86 (36.81)						
2	Miraglia, Michael J	30	Arlington Ageless Masters					1:06.70
	29.27	1:06.70 (37.43)						

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****(Men 30-34 100 LC Meter Butterfly)**

3	Preddy, Donovan	30	Pennypack Aquatic& Fitness	1:18.26
	35.11	1:18.26 (43.15)		

Men 30-34 200 LC Meter Butterfly

1	Patterson, Thomas J	31	1776	2:42.16
	35.21	1:15.21 (40.00)	1:58.11 (42.90)	2:42.16 (44.05)

Men 30-34 200 LC Meter IM

1	Richard, Jean-Philippe	32	District of Columbia Aquatics	2:35.38
	30.97	1:15.92 (44.95)	1:58.84 (42.92)	2:35.38 (36.54)

Men 30-34 400 LC Meter IM

1	Patterson, Thomas J	31	1776	5:41.76
	35.03	1:15.75 (40.72)	2:00.03 (44.28)	2:45.23 (45.20)
	3:33.86 (48.63)	4:23.33 (49.47)	5:02.86 (39.53)	5:41.76 (38.90)

Men 35-39 50 LC Meter Freestyle

1	Elliott, John C	38	Germantown Maryland Masters	27.40
2	Carlson, John	37	Reston Masters Swim Team	29.48
3	Bell, Richard J	39	Conneticut	32.82
4	Strange, Kevin A	38	Montgomery Ancient Mariners	39.09

Men 35-39 100 LC Meter Freestyle

1	Roddin, Jeffrey H	39	Montgomery Ancient Mariners	59.77
	28.55	59.77 (31.22)		
2	Carlson, John	37	Reston Masters Swim Team	1:10.33
	34.60	1:10.33 (35.73)		
3	Bell, Richard J	39	Conneticut	1:13.80
	35.14	1:13.80 (38.66)		
4	Strange, Kevin A	38	Montgomery Ancient Mariners	1:26.28
	39.54	1:26.28 (46.74)		

Men 35-39 200 LC Meter Freestyle

1	Carlson, John	37	Reston Masters Swim Team	2:30.11
		1:12.22 ()	2:30.11 (1:17.89)	
2	Strange, Kevin A	38	Montgomery Ancient Mariners	3:23.22
		1:29.63 ()	3:23.22 (1:53.59)	

Men 35-39 400 LC Meter Freestyle

1	Carlson, John	37	Reston Masters Swim Team	5:32.71
	37.88	1:19.39 (41.51)	2:02.62 (43.23)	2:45.88 (43.26)
	3:28.82 (42.94)	4:11.74 (42.92)	4:52.74 (41.00)	5:32.71 (39.97)

Men 35-39 800 LC Meter Freestyle

1	Roddin, Jeffrey H	39	Montgomery Ancient Mariners	10:28.97
	33.96	1:12.64 (38.68)	1:51.47 (38.83)	2:31.07 (39.60)
	3:11.43 (40.36)	3:50.66 (39.23)	4:31.20 (40.54)	5:11.34 (40.14)
	5:51.94 (40.60)	6:32.95 (41.01)	7:13.14 (40.19)	7:52.23 (39.09)
	8:32.12 (39.89)	9:11.77 (39.65)	9:48.18 (36.41)	10:28.97 (40.79)
2	Carlson, John	37	Reston Masters Swim Team	11:37.59
	39.41	1:23.04 (43.63)	2:06.42 (43.38)	2:50.28 (43.86)
	3:34.12 (43.84)	4:18.81 (44.69)	5:03.09 (44.28)	5:47.82 (44.73)
	6:32.04 (44.22)	7:16.18 (44.14)	8:00.06 (43.88)	8:44.42 (44.36)
	9:27.85 (43.43)	10:12.24 (44.39)	10:55.39 (43.15)	11:37.59 (42.20)

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3	Bell, Richard J	39	Conneticut					13:30.74
	40.21	1:27.31 (47.10)	2:18.58 (51.27)	3:09.39 (50.81)				
	4:00.99 (51.60)	4:52.53 (51.54)	5:44.47 (51.94)	6:35.89 (51.42)				
	7:27.84 (51.95)	8:20.87 (53.03)	9:12.98 (52.11)	10:06.15 (53.17)				
	10:57.62 (51.47)	11:50.63 (53.01)	12:43.38 (52.75)	13:30.74 (47.36)				

Men 35-39 50 LC Meter Backstroke

1	Elliott, John C	38	Germantown Maryland Masters					32.35
2	Carlson, John	37	Reston Masters Swim Team					36.54

Men 35-39 100 LC Meter Backstroke

1	Carlson, John	37	Reston Masters Swim Team					1:31.09
	45.77	1:31.09 (45.32)						

Men 35-39 200 LC Meter Backstroke

1	Carlson, John	37	Reston Masters Swim Team					3:04.73
	43.93	1:31.70 (47.77)	2:19.59 (47.89)	3:04.73 (45.14)				

Men 35-39 50 LC Meter Breaststroke

1	Bell, Richard J	39	Conneticut					38.92
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Men 35-39 100 LC Meter Breaststroke

1	Bell, Richard J	39	Conneticut					1:29.70
	42.42	1:29.70 (47.28)						

Men 35-39 200 LC Meter Breaststroke

1	Bell, Richard J	39	Conneticut					3:14.83
	43.06	1:33.75 (50.69)	2:25.66 (51.91)	3:14.83 (49.17)				

Men 35-39 50 LC Meter Butterfly

1	Elliott, John C	38	Germantown Maryland Masters					28.56
2	Carlson, John	37	Reston Masters Swim Team					31.57
3	Bell, Richard J	39	Conneticut					37.87

Men 35-39 100 LC Meter Butterfly

1	Roddin, Jeffrey H	39	Montgomery Ancient Mariners					1:02.70
	29.49	1:02.70 (33.21)						
2	Elliott, John C	38	Germantown Maryland Masters					1:05.27
	29.98	1:05.27 (35.29)						
---	Strange, Kevin A	38	Montgomery Ancient Mariners					DQ
	51.38	DQ (1:09.77)						

Men 35-39 200 LC Meter IM

1	Roddin, Jeffrey H	39	Montgomery Ancient Mariners					2:28.34
	29.59	1:09.39 (39.80)	1:54.06 (44.67)	2:28.34 (34.28)				

Men 40-44 50 LC Meter Freestyle

1	Ross, Michael S	40	Bluefish Swim Club					24.44
2	Ammon, Craig	40	Unattached					25.15
3	Williams, Neill C	40	District of Columbia Aquatics					26.03
4	Wolf, Paul R	42	Germantown Maryland Masters					26.52
5	Ozaki, Harushige	41	Montgomery Ancient Mariners					27.39
6	Toy, Raymond	41	Central Maryland YMCA Masters					31.25
7	Sourrouille, Diego M	42	DC Dept of Rec and Parks					33.03

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1	Ross, Michael S	40	Bluefish Swim Club	52.69
	25.09		52.69 (27.60)	
2	Wolf, Paul R	42	Germantown Maryland Masters	59.58
	28.32		59.58 (31.26)	
3	Ozaki, Harushige	41	Montgomery Ancient Mariners	1:00.24
	29.00		1:00.24 (31.24)	
4	Briggs, Jonathan H	42	Garden State Masters	1:04.59
	30.93		1:04.59 (33.66)	
5	Toy, Raymond	41	Central Maryland YMCA Masters	1:09.32
	33.31		1:09.32 (36.01)	

Men 40-44 200 LC Meter Freestyle

1	Ammon, Craig	40	Unattached	2:16.74
	27.11		56.62 (29.51) 1:39.21 (42.59) 2:16.74 (37.53)	
2	Briggs, Jonathan H	42	Garden State Masters	2:20.71
	34.12		1:10.57 (36.45) 1:46.92 (36.35) 2:20.71 (33.79)	
3	Ozaki, Harushige	41	Montgomery Ancient Mariners	2:21.02
	32.17		1:07.53 (35.36) 1:43.48 (35.95) 2:21.02 (37.54)	
4	Neikirk, John S	44	Fairfax County Masters	2:26.58
	34.04		1:11.52 (37.48) 1:49.56 (38.04) 2:26.58 (37.02)	
5	Ellis, Andrew F	40	Terrapin Masters	2:27.23
			59.76 () 2:27.23 (1:27.47)	
6	Sourrouille, Diego M	42	DC Dept of Rec and Parks	2:35.10
	34.67		1:14.31 (39.64) 1:55.02 (40.71) 2:35.10 (40.08)	

Men 40-44 400 LC Meter Freestyle

1	Briggs, Jonathan H	42	Garden State Masters	5:01.06
	34.84		1:12.79 (37.95) 1:51.83 (39.04) 2:31.23 (39.40)	
	3:09.67 (38.44)		3:47.89 (38.22) 4:25.35 (37.46) 5:01.06 (35.71)	
2	Ozaki, Harushige	41	Montgomery Ancient Mariners	5:02.78
	32.62		1:08.88 (36.26) 1:46.13 (37.25) 2:24.30 (38.17)	
	3:02.64 (38.34)		3:42.16 (39.52) 4:22.26 (40.10) 5:02.78 (40.52)	

Men 40-44 800 LC Meter Freestyle

1	Briggs, Jonathan H	42	Garden State Masters	10:11.18
	34.99		1:13.39 (38.40) 1:52.19 (38.80) 2:31.16 (38.97)	
	3:10.01 (38.85)		3:49.01 (39.00) 4:28.27 (39.26) 5:07.18 (38.91)	
	5:46.07 (38.89)		6:24.65 (38.58) 7:03.48 (38.83) 7:42.08 (38.60)	
	8:20.32 (38.24)		8:57.89 (37.57) 9:35.65 (37.76) 10:11.18 (35.53)	
2	Neikirk, John S	44	Fairfax County Masters	10:39.41
	38.74		1:19.45 (40.71) 2:00.34 (40.89) 2:40.91 (40.57)	
	3:21.78 (40.87)		4:02.93 (41.15) 4:43.59 (40.66) 5:24.30 (40.71)	
	6:04.66 (40.36)		6:44.85 (40.19) 7:25.37 (40.52) 8:05.54 (40.17)	
	8:45.11 (39.57)		9:24.65 (39.54) 10:03.31 (38.66) 10:39.41 (36.10)	

Men 40-44 50 LC Meter Backstroke

1	Ross, Michael S	40	Bluefish Swim Club	27.47
2	Williams, Neill C	40	District of Columbia Aquatics	31.05
3	Briggs, Jonathan H	42	Garden State Masters	33.89
4	Toy, Raymond	41	Central Maryland YMCA Masters	40.40

Men 40-44 100 LC Meter Backstroke

1	Ross, Michael S	40	Bluefish Swim Club	59.82
	28.99		59.82 (30.83)	

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2	Briggs, Jonathan H	42	Garden State Masters	1:13.85
	36.13		1:13.85 (37.72)	

Men 40-44 200 LC Meter Backstroke

1	Briggs, Jonathan H	42	Garden State Masters	2:40.70
	38.29		1:20.07 (41.78) 2:01.73 (41.66) 2:40.70 (38.97)	

Men 40-44 50 LC Meter Breaststroke

1	Williams, Neill C	40	District of Columbia Aquatics	33.16
2	Wolf, Paul R	42	Germantown Maryland Masters	37.05

Men 40-44 100 LC Meter Breaststroke

1	Williams, Neill C	40	District of Columbia Aquatics	1:14.04
	35.02		1:14.04 (39.02)	

Men 40-44 200 LC Meter Breaststroke

1	Williams, Neill C	40	District of Columbia Aquatics	2:43.90
	36.56		1:17.12 (40.56) 2:00.91 (43.79) 2:43.90 (42.99)	

Men 40-44 50 LC Meter Butterfly

1	Ross, Michael S	40	Bluefish Swim Club	26.63
2	Ammon, Craig	40	Unattached	26.80
3	Williams, Neill C	40	District of Columbia Aquatics	27.13
4	Wolf, Paul R	42	Germantown Maryland Masters	29.63
5	Toy, Raymond	41	Central Maryland YMCA Masters	34.71

Men 40-44 100 LC Meter Butterfly

1	Ross, Michael S	40	Bluefish Swim Club	56.43
	26.26		56.43 (30.17)	

Men 40-44 200 LC Meter IM

1	Briggs, Jonathan H	42	Garden State Masters	2:43.61
	33.66		1:17.24 (43.58) 2:07.56 (50.32) 2:43.61 (36.05)	

Men 45-49 50 LC Meter Freestyle

1	Calvert, Mark A	49	Florida Aquatic Combined Team	26.79
2	Calvert, Stan D	46	Fairfax County Masters	28.59
3	Kress, Jay T	45	Fairfax County Masters	28.86
4	Perreca, Chris	45	Reston Masters Swim Team	30.07
5	Rowedder, Anthony M	45	Montgomery Ancient Mariners	30.40
6	Goins, Todd	47	Warrenton Masters	31.18
7	Pray, William C	46	Suncoast Swimfit	35.87

Men 45-49 100 LC Meter Freestyle

1	Calvert, Mark A	49	Florida Aquatic Combined Team	58.35
	27.77		58.35 (30.58)	
2	Calvert, Stan D	46	Fairfax County Masters	1:02.58
	29.78		1:02.58 (32.80)	
3	Kress, Jay T	45	Fairfax County Masters	1:02.65
	29.62		1:02.65 (33.03)	
4	Oliphant, Mark A	46	Talbot County YMCA Stingrays	1:06.53
	30.63		1:06.53 (35.90)	
5	Rowedder, Anthony M	45	Montgomery Ancient Mariners	1:06.63
	31.56		1:06.63 (35.07)	

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6	Perreca, Chris	45	Reston Masters Swim Team	1:09.31
	31.76	1:09.31 (37.55)		
7	Goins, Todd	47	Warrenton Masters	1:10.72
	33.90	1:10.72 (36.82)		

Men 45-49 200 LC Meter Freestyle

1	Calvert, Mark A	49	Florida Aquatic Combined Team	2:10.59
	29.89	1:02.98 (33.09)	1:36.84 (33.86)	2:10.59 (33.75)
2	Calvert, Stan D	46	Fairfax County Masters	2:16.88
	31.25	1:05.89 (34.64)	1:41.32 (35.43)	2:16.88 (35.56)
3	Rumble, Wilson B	47	District of Columbia Aquatics	2:30.60
	34.18	2:30.60 (1:56.42)		
4	Pray, William C	46	Suncoast Swimfit	3:24.53
		1:27.75 ()	3:24.53 (1:56.78)	

Men 45-49 400 LC Meter Freestyle

1	Calvert, Mark A	49	Florida Aquatic Combined Team	4:44.48
	32.37	1:07.86 (35.49)	1:44.11 (36.25)	2:21.08 (36.97)
	2:57.57 (36.49)	3:34.18 (36.61)	4:09.65 (35.47)	4:44.48 (34.83)
2	Calvert, Stan D	46	Fairfax County Masters	4:57.62
	33.92	1:11.38 (37.46)	1:49.19 (37.81)	2:27.37 (38.18)
	3:05.46 (38.09)	3:43.81 (38.35)	4:21.19 (37.38)	4:57.62 (36.43)
3	Rumble, Wilson B	47	District of Columbia Aquatics	5:16.08
	34.94	1:13.38 (38.44)	1:53.30 (39.92)	2:34.23 (40.93)
	3:15.26 (41.03)	3:56.31 (41.05)	4:37.31 (41.00)	5:16.08 (38.77)
4	Rowedder, Anthony M	45	Montgomery Ancient Mariners	5:52.62
	38.57	1:21.74 (43.17)	2:07.59 (45.85)	2:53.88 (46.29)
	3:40.56 (46.68)	4:26.55 (45.99)	5:12.76 (46.21)	5:52.62 (39.86)

Men 45-49 800 LC Meter Freestyle

1	Calvert, Mark A	49	Florida Aquatic Combined Team	9:50.51
	32.94	1:09.03 (36.09)	1:45.95 (36.92)	2:23.98 (38.03)
	3:01.63 (37.65)	3:39.50 (37.87)	4:17.00 (37.50)	4:54.48 (37.48)
	5:31.66 (37.18)	6:09.08 (37.42)	6:46.33 (37.25)	7:24.06 (37.73)
	8:01.40 (37.34)	8:38.66 (37.26)	9:15.14 (36.48)	9:50.51 (35.37)
2	Rumble, Wilson B	47	District of Columbia Aquatics	11:03.02
	36.66	1:16.31 (39.65)	1:57.85 (41.54)	2:39.97 (42.12)
	3:22.95 (42.98)	4:05.50 (42.55)	4:47.84 (42.34)	5:31.09 (43.25)
	6:13.58 (42.49)	6:55.81 (42.23)	7:38.42 (42.61)	8:20.60 (42.18)
	9:02.22 (41.62)	9:43.36 (41.14)	10:23.48 (40.12)	11:03.02 (39.54)
3	Rowedder, Anthony M	45	Montgomery Ancient Mariners	12:15.34
	38.27	1:21.27 (43.00)	2:06.51 (45.24)	2:52.76 (46.25)
	3:39.87 (47.11)	4:26.52 (46.65)	5:13.41 (46.89)	5:59.93 (46.52)
	6:46.38 (46.45)	7:34.67 (48.29)	8:21.42 (46.75)	9:09.08 (47.66)
	9:57.33 (48.25)	10:45.32 (47.99)	11:32.08 (46.76)	12:15.34 (43.26)

Men 45-49 50 LC Meter Backstroke

1	Calvert, Stan D	46	Fairfax County Masters	34.25
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Men 45-49 100 LC Meter Backstroke

1	Calvert, Stan D	46	Fairfax County Masters	1:13.72
	35.82	1:13.72 (37.90)		
2	Perreca, Chris	45	Reston Masters Swim Team	1:30.87
	43.24	1:30.87 (47.63)		

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3	Yarid, Jay	45	Dallas Aquatic Masters	1:38.09
	29.26	1:38.09	(1:08.83)	

Men 45-49 200 LC Meter Backstroke

1	Yarid, Jay	45	Dallas Aquatic Masters	2:19.99
	32.83	1:08.91	(36.08) 1:45.43 (36.52) 2:19.99 (34.56)	
2	Calvert, Mark A	49	Florida Aquatic Combined Team	2:35.04
	36.66	1:15.58	(38.92) 1:55.52 (39.94) 2:35.04 (39.52)	
3	Calvert, Stan D	46	Fairfax County Masters	2:39.27
	37.06	1:17.21	(40.15) 1:58.35 (41.14) 2:39.27 (40.92)	

Men 45-49 50 LC Meter Breaststroke

1	Dicks, Wally C	45	Montgomery Ancient Mariners	31.17
2	Casciato, Michael G	49	1776	34.11
3	Kress, Jay T	45	Fairfax County Masters	37.31
4	Perreca, Chris	45	Reston Masters Swim Team	42.40
5	Goins, Todd	47	Warrenton Masters	42.80
6	Pray, William C	46	Suncoast Swimfit	53.07

Men 45-49 100 LC Meter Breaststroke

1	Dicks, Wally C	45	Montgomery Ancient Mariners	1:09.20
	32.04	1:09.20	(37.16)	
2	Casciato, Michael G	49	1776	1:17.48
	34.87	1:17.48	(42.61)	
3	Perreca, Chris	45	Reston Masters Swim Team	1:32.36
	44.37	1:32.36	(47.99)	

Men 45-49 200 LC Meter Breaststroke

1	Casciato, Michael G	49	1776	2:52.68
	38.47	1:22.49	(44.02) 2:07.23 (44.74) 2:52.68 (45.45)	
2	Perreca, Chris	45	Reston Masters Swim Team	3:23.02
	45.50	1:35.22	(49.72) 2:28.20 (52.98) 3:23.02 (54.82)	

Men 45-49 50 LC Meter Butterfly

1	Casciato, Michael G	49	1776	30.07
2	Kress, Jay T	45	Fairfax County Masters	30.10
3	Oliphant, Mark A	46	Talbot County YMCA Stingrays	31.79
4	Considine, Brian A	47	Unattached	32.03
5	Perreca, Chris	45	Reston Masters Swim Team	40.63

Men 45-49 200 LC Meter Butterfly

1	Rumble, Wilson B	47	District of Columbia Aquatics	2:53.29
	38.36	1:21.25	(42.89) 2:06.17 (44.92) 2:53.29 (47.12)	

Men 45-49 200 LC Meter IM

1	Kress, Jay T	45	Fairfax County Masters	2:39.31
	31.76	1:13.52	(41.76) 2:01.70 (48.18) 2:39.31 (37.61)	
2	Oliphant, Mark A	46	Talbot County YMCA Stingrays	2:52.53
	34.31	1:21.99	(47.68) 2:13.30 (51.31) 2:52.53 (39.23)	

Men 45-49 400 LC Meter IM

1	Kress, Jay T	45	Fairfax County Masters	5:54.43
	33.88	1:12.06	(38.18) 1:57.97 (45.91) 2:44.62 (46.65)	
	3:35.59	(50.97) 4:29.03	(53.44) 5:11.66 (42.63) 5:54.43 (42.77)	

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2	Rumble, Wilson B	47	District of Columbia Aquatics	6:13.37
	36.72	1:21.14 (44.42)	2:12.12 (50.98)	3:04.32 (52.20)
	3:57.37 (53.05)	4:52.29 (54.92)	5:32.99 (40.70)	6:13.37 (40.38)

Men 50-54 50 LC Meter Freestyle

1	Klein, Jonathan E	51	North Carolina Masters Swimmin	26.59
2	Reider, Pete J	53	Unattached	27.28
3	Cunningham, Jose E V	52	District of Columbia Aquatics	28.41
4	Jarosz, Mark	51	Unattached	28.57
5	Dudley, Jeff B	52	Anne Arundel Amphibians	31.48
6	Loman, Jeffrey P	51	Montgomery Ancient Mariners	35.57

Men 50-54 100 LC Meter Freestyle

1	Klein, Jonathan E	51	North Carolina Masters Swimmin	59.94
	28.81	59.94 (31.13)		
2	Munson, Fred R	50	O*H*I*O Masters	1:03.14
	29.79	1:03.14 (33.35)		
3	Jarosz, Mark	51	Unattached	1:04.61
	30.51	1:04.61 (34.10)		
4	Early, Thomas A	50	Arlington Ageless Masters	1:04.63
	30.40	1:04.63 (34.23)		
5	Viohl, Jeffrey	50	Maryland Masters	1:09.22
	34.47	1:09.22 (34.75)		
6	Loman, Jeffrey P	51	Montgomery Ancient Mariners	1:22.80
	38.36	1:22.80 (44.44)		

Men 50-54 200 LC Meter Freestyle

1	Jarosz, Mark	51	Unattached	2:21.30
	32.06	1:07.97 (35.91)	1:44.61 (36.64)	2:21.30 (36.69)
2	Brennan, Frank	52	Talbot County YMCA Stingrays	2:54.07
	1:22.75	2:54.07 (1:31.32)		

Men 50-54 400 LC Meter Freestyle

1	Munson, Fred R	50	O*H*I*O Masters	5:04.88
	32.99	1:09.99 (37.00)	1:48.46 (38.47)	2:28.56 (40.10)
	3:08.70 (40.14)	3:48.93 (40.23)	4:28.43 (39.50)	5:04.88 (36.45)
2	Swiger, Ralph B	52	Virginia Masters Swim Team	6:19.99
	42.13	1:31.41 (49.28)	2:19.94 (48.53)	3:09.47 (49.53)
	3:57.43 (47.96)	4:46.10 (48.67)	5:33.64 (47.54)	6:19.99 (46.35)
3	Gregory, John T	53	Unattached	6:36.05
	40.72	1:29.54 (48.82)	2:21.01 (51.47)	3:13.52 (52.51)
	4:04.57 (51.05)	4:56.65 (52.08)	5:48.22 (51.57)	6:36.05 (47.83)
4	Loman, Jeffrey P	51	Montgomery Ancient Mariners	6:50.66
	39.91	1:29.13 (49.22)	2:22.84 (53.71)	5:05.96 (2:43.12)
	5:59.66 (53.70)	6:50.53 (50.87)	6:50.66 (0.13)	

Men 50-54 800 LC Meter Freestyle

1	Wasserman, Neil R	53	O*H*I*O Masters	11:52.44
	36.35	1:19.96 (43.61)	2:05.73 (45.77)	2:51.33 (45.60)
	3:38.68 (47.35)	4:25.13 (46.45)	5:10.96 (45.83)	5:56.18 (45.22)
	6:45.20 (49.02)	7:35.75 (50.55)	8:26.47 (50.72)	9:17.41 (50.94)
	9:57.29 (39.88)	10:36.89 (39.60)	11:15.92 (39.03)	11:52.44 (36.52)

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2	Swiger, Ralph B	52	Virginia Masters Swim Team	13:26.73
	44.78	1:35.84 (51.06)	2:26.54 (50.70)	3:17.60 (51.06)
	4:08.09 (50.49)	4:59.30 (51.21)	5:49.80 (50.50)	6:41.49 (51.69)
	7:31.57 (50.08)	8:22.59 (51.02)	9:13.00 (50.41)	10:09.28 (56.28)
	11:00.57 (51.29)	11:50.87 (50.30)	12:39.86 (48.99)	13:26.73 (46.87)
3	Loman, Jeffrey P	51	Montgomery Ancient Mariners	13:38.78
	42.06	1:33.49 (51.43)	2:27.25 (53.76)	3:20.34 (53.09)
	4:14.19 (53.85)	5:05.86 (51.67)	5:57.74 (51.88)	6:49.70 (51.96)
	7:41.03 (51.33)	8:33.18 (52.15)	9:25.29 (52.11)	10:19.36 (54.07)
	11:12.31 (52.95)	12:00.50 (48.19)	12:53.10 (52.60)	13:38.78 (45.68)

Men 50-54 50 LC Meter Backstroke

1	Klein, Jonathan E	51	North Carolina Masters Swimmin	30.99
2	Early, Thomas A	50	Arlington Ageless Masters	32.26
3	Chappell, Richard W	52	1776	32.89
4	Reider, Pete J	53	Unattached	33.65

Men 50-54 100 LC Meter Backstroke

1	Klein, Jonathan E	51	North Carolina Masters Swimmin	1:07.32
	32.72	1:07.32 (34.60)		
2	Early, Thomas A	50	Arlington Ageless Masters	1:12.42
	35.58	1:12.42 (36.84)		
3	Viohl, Jeffrey	50	Maryland Masters	1:24.36
	42.67	1:24.36 (41.69)		
4	Dudley, Jeff B	52	Anne Arundel Amphibians	1:38.55
	48.70	1:38.55 (49.85)		

Men 50-54 200 LC Meter Backstroke

1	Klein, Jonathan E	51	North Carolina Masters Swimmin	2:30.41
	34.42	1:12.91 (38.49)	1:52.76 (39.85)	2:30.41 (37.65)
2	Chappell, Richard W	52	1776	2:35.98
	36.13	1:15.52 (39.39)	1:56.09 (40.57)	2:35.98 (39.89)
3	Swiger, Ralph B	52	Virginia Masters Swim Team	3:41.69
	52.72	1:49.79 (57.07)	2:46.46 (56.67)	3:41.69 (55.23)

Men 50-54 50 LC Meter Breaststroke

1	Cunningham, Jose E V	52	District of Columbia Aquatics	34.98
2	Nakazawa, Muraji	52	Reston Masters Swim Team	42.60
3	Dudley, Jeff B	52	Anne Arundel Amphibians	42.78
4	Novitske, Ray	53	Alexandria Masters Swimming	42.79

Men 50-54 100 LC Meter Breaststroke

1	Cunningham, Jose E V	52	District of Columbia Aquatics	1:18.13
	37.41	1:18.13 (40.72)		
2	Viohl, Jeffrey	50	Maryland Masters	1:29.16
	42.78	1:29.16 (46.38)		
3	Dudley, Jeff B	52	Anne Arundel Amphibians	1:37.48
	44.67	1:37.48 (52.81)		
4	Novitske, Ray	53	Alexandria Masters Swimming	1:37.72
	46.22	1:37.72 (51.50)		

Men 50-54 200 LC Meter Breaststroke

1	Novitske, Ray	53	Alexandria Masters Swimming	3:35.79
	48.48	1:43.91 (55.43)	2:39.39 (55.48)	3:35.79 (56.40)

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2	Dudley, Jeff B	52	Anne Arundel Amphibians	3:40.38
	46.44	1:42.19 (55.75)	2:41.27 (59.08)	3:40.38 (59.11)
3	Swiger, Ralph B	52	Virginia Masters Swim Team	3:43.92
	52.55	1:50.44 (57.89)	2:47.97 (57.53)	3:43.92 (55.95)

Men 50-54 50 LC Meter Butterfly

1	Klein, Jonathan E	51	North Carolina Masters Swimmin	29.02
2	Cunningham, Jose E V	52	District of Columbia Aquatics	29.60
3	Reider, Pete J	53	Unattached	29.64
4	Romano, Greg	52	Jersey Area Masters	32.06
5	Jarosz, Mark	51	Unattached	33.03
6	Early, Thomas A	50	Arlington Ageless Masters	33.82
7	Viohl, Jeffrey	50	Maryland Masters	35.78
8	Novitske, Ray	53	Alexandria Masters Swimming	40.88

Men 50-54 100 LC Meter Butterfly

1	Romano, Greg	52	Jersey Area Masters	1:15.44
	33.98	1:15.44 (41.46)		
2	Swiger, Ralph B	52	Virginia Masters Swim Team	1:43.11
	48.78	1:43.11 (54.33)		

Men 50-54 200 LC Meter Butterfly

1	Swiger, Ralph B	52	Virginia Masters Swim Team	3:50.31
	52.82	1:52.84 (1:00.02)	2:52.50 (59.66)	3:50.31 (57.81)

Men 50-54 200 LC Meter IM

1	Early, Thomas A	50	Arlington Ageless Masters	2:45.85
	34.64	1:17.08 (42.44)	2:09.44 (52.36)	2:45.85 (36.41)
2	Swiger, Ralph B	52	Virginia Masters Swim Team	3:23.15
	46.13	1:43.28 (57.15)	2:40.09 (56.81)	3:23.15 (43.06)
3	Dudley, Jeff B	52	Anne Arundel Amphibians	3:30.42
	45.33	1:43.32 (57.99)	2:45.01 (1:01.69)	3:30.42 (45.41)

Men 50-54 400 LC Meter IM

1	Wasserman, Neil R	53	O*H*I*O Masters	5:37.68
	36.78	1:18.39 (41.61)	2:04.56 (46.17)	2:48.41 (43.85)
	3:36.26 (47.85)	4:24.14 (47.88)	5:02.01 (37.87)	5:37.68 (35.67)
2	Early, Thomas A	50	Arlington Ageless Masters	6:09.23
	34.74	1:19.39 (44.65)	2:07.68 (48.29)	2:54.28 (46.60)
	3:52.52 (58.24)	4:50.12 (57.60)	5:30.78 (40.66)	6:09.23 (38.45)
3	Swiger, Ralph B	52	Virginia Masters Swim Team	7:20.67
	50.48	1:49.96 (59.48)	2:48.12 (58.16)	3:46.63 (58.51)
	4:46.10 (59.47)	5:44.25 (58.15)	6:31.01 (46.76)	7:20.67 (49.66)

Men 55-59 50 LC Meter Freestyle

1	Martin, Doug	55	Arkansas Masters	25.87
2	Dodson, Phil L	55	Team Illinois Masters	27.38
3	Thornton, James	56	Team Pittsburgh Masters	27.97
4	Hoyt, Bob	57	Baltimore Area Triathlon Club	28.97
5	Munson, Arthur L	55	Niagara District Masters	29.31
6	Harmon, David C	59	Montgomery Ancient Mariners	31.03
7	Ehrlinger, Michael	56	Maryland Masters	31.55
8	Schuchhardt, Geary S	56	Health Unlimited Hurricanes	32.07
9	Fulton, John S	57	Central Penn Aquatic Club	34.74

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10	Nelson, Bill L	55	Virginia Masters Swim Team	35.33
11	Boyle, Michael F	57	Reston Masters Swim Team	39.29
12	Meyer, Jerry R	59	Central Maryland YMCA Masters	40.36

Men 55-59 100 LC Meter Freestyle

1	Dodson, Phil L	55	Team Illinois Masters	59.15
	28.83	59.15 (30.32)		
2	Thornton, James	56	Team Pittsburgh Masters	1:01.63
	29.69	1:01.63 (31.94)		
3	Hoyt, Bob	57	Baltimore Area Triathlon Club	1:03.98
	30.30	1:03.98 (33.68)		
4	Harmon, David C	59	Montgomery Ancient Mariners	1:08.93
	33.07	1:08.93 (35.86)		
5	Schuchhardt, Geary S	56	Health Unlimited Hurricanes	1:11.52
6	Edgell, Don	56	Curl Burke Swim Club	1:12.28
	34.77	1:12.28 (37.51)		
7	Martin, Doug	55	Arkansas Masters	1:18.38
	25.69	1:18.38 (52.69)		
8	Fulton, John S	57	Central Penn Aquatic Club	1:19.40
	37.37	1:19.40 (42.03)		
9	Nelson, Bill L	55	Virginia Masters Swim Team	1:25.67
	40.56	1:25.67 (45.11)		
10	Boyle, Michael F	57	Reston Masters Swim Team	1:28.49
	43.56	1:28.49 (44.93)		

Men 55-59 200 LC Meter Freestyle

1	Dodson, Phil L	55	Team Illinois Masters	2:09.25
	29.48	1:02.41 (32.93)	1:36.23 (33.82)	2:09.25 (33.02)
2	Thornton, James	56	Team Pittsburgh Masters	2:19.39
	34.03	1:10.84 (36.81)	1:46.32 (35.48)	2:19.39 (33.07)
3	Hoyt, Bob	57	Baltimore Area Triathlon Club	2:25.32
	33.65	1:11.55 (37.90)	1:49.65 (38.10)	2:25.32 (35.67)
4	Ryan, James	56	Garden State Masters	2:25.85
	33.26	1:10.72 (37.46)	1:48.39 (37.67)	2:25.85 (37.46)
5	Thompson, Frank L	57	Michigan Masters	2:31.06
		1:12.72 ()	2:31.06 (1:18.34)	
6	Harmon, David C	59	Montgomery Ancient Mariners	2:36.34
	35.82	1:15.76 (39.94)	1:55.99 (40.23)	2:36.34 (40.35)
7	Edgell, Don	56	Curl Burke Swim Club	2:41.57
	35.27	1:17.25 (41.98)	2:00.46 (43.21)	2:41.57 (41.11)
8	Nagy, Thomas E	58	Unattached	2:42.35
	33.78	1:14.53 (40.75)	1:58.55 (44.02)	2:42.35 (43.80)
9	Schuchhardt, Geary S	56	Health Unlimited Hurricanes	2:43.64
10	Fulton, John S	57	Central Penn Aquatic Club	3:03.29
	1:23.52	3:03.29 (1:39.77)		

Men 55-59 400 LC Meter Freestyle

1	Dodson, Phil L	55	Team Illinois Masters	4:42.19
	33.45	1:10.15 (36.70)	1:46.64 (36.49)	2:23.24 (36.60)
	2:59.29 (36.05)	3:35.25 (35.96)	4:10.14 (34.89)	4:42.19 (32.05)
2	Thornton, James	56	Team Pittsburgh Masters	5:03.27
	35.78	1:15.01 (39.23)	1:54.67 (39.66)	2:33.96 (39.29)
	3:12.53 (38.57)	3:51.64 (39.11)	4:29.57 (37.93)	5:03.27 (33.70)

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3	Thompson, Frank L	57	Michigan Masters	5:17.94
	36.33	1:17.24 (40.91)	1:58.55 (41.31)	2:39.63 (41.08)
	3:20.04 (40.41)	4:00.28 (40.24)	4:40.34 (40.06)	5:17.94 (37.60)
4	Hoyt, Bob	57	Baltimore Area Triathlon Club	5:25.48
	37.49	1:18.91 (41.42)	2:02.05 (43.14)	2:44.68 (42.63)
	3:27.30 (42.62)	4:08.73 (41.43)	4:48.07 (39.34)	5:25.48 (37.41)
5	Edgell, Don	56	Curl Burke Swim Club	5:53.27
	38.92	1:22.73 (43.81)	2:07.93 (45.20)	2:53.74 (45.81)
	3:39.45 (45.71)	4:25.80 (46.35)	5:10.90 (45.10)	5:53.27 (42.37)
6	Fulton, John S	57	Central Penn Aquatic Club	6:33.02
	43.21	1:31.79 (48.58)	2:21.50 (49.71)	3:13.04 (51.54)
	4:04.38 (51.34)	4:56.48 (52.10)	5:45.74 (49.26)	6:33.02 (47.28)

Men 55-59 800 LC Meter Freestyle

1	Dodson, Phil L	55	Team Illinois Masters	10:16.01
	35.27	1:14.41 (39.14)	1:54.20 (39.79)	2:34.28 (40.08)
	3:13.24 (38.96)	3:52.84 (39.60)	4:31.84 (39.00)	5:11.69 (39.85)
	5:50.81 (39.12)	6:30.08 (39.27)	7:08.85 (38.77)	7:47.58 (38.73)
	8:25.18 (37.60)	9:03.10 (37.92)	9:40.29 (37.19)	10:16.01 (35.72)
2	Ryan, James	56	Garden State Masters	10:30.28
	36.11	1:14.33 (38.22)	1:53.82 (39.49)	2:33.39 (39.57)
	3:12.81 (39.42)	3:52.69 (39.88)	4:32.40 (39.71)	5:12.38 (39.98)
	5:50.15 (37.77)	6:32.82 (42.67)	7:12.99 (40.17)	7:53.48 (40.49)
	8:33.56 (40.08)	9:13.56 (40.00)	9:49.53 (35.97)	10:30.28 (40.75)
3	Thornton, James	56	Team Pittsburgh Masters	10:41.99
	36.79	1:17.35 (40.56)	1:58.54 (41.19)	2:40.38 (41.84)
	3:21.23 (40.85)	4:02.95 (41.72)	4:44.07 (41.12)	5:25.31 (41.24)
	6:06.33 (41.02)	6:47.22 (40.89)	7:27.87 (40.65)	8:08.52 (40.65)
	8:48.92 (40.40)	9:29.35 (40.43)	10:07.78 (38.43)	10:41.99 (34.21)
4	Thompson, Frank L	57	Michigan Masters	10:45.90
	36.42	1:17.20 (40.78)	1:58.58 (41.38)	2:40.14 (41.56)
	3:21.53 (41.39)	4:02.78 (41.25)	4:43.82 (41.04)	5:24.92 (41.10)
	6:05.57 (40.65)	6:46.34 (40.77)	7:27.06 (40.72)	8:07.57 (40.51)
	8:47.78 (40.21)	9:28.20 (40.42)	10:08.03 (39.83)	10:45.90 (37.87)
5	Fulton, John S	57	Central Penn Aquatic Club	13:13.78
	43.52	1:32.15 (48.63)	2:20.69 (48.54)	3:11.65 (50.96)
	4:02.02 (50.37)	4:53.92 (51.90)	5:44.72 (50.80)	6:35.91 (51.19)
	7:25.58 (49.67)	8:15.90 (50.32)	9:06.03 (50.13)	9:55.95 (49.92)
	10:45.65 (49.70)	11:35.53 (49.88)	12:25.91 (50.38)	13:13.78 (47.87)

Men 55-59 50 LC Meter Backstroke

1	Munson, Arthur L	55	Niagara District Masters	37.02
2	Nash, Dawson	55	District of Columbia Aquatics	40.85
3	Meyer, Jerry R	59	Central Maryland YMCA Masters	44.03

Men 55-59 100 LC Meter Backstroke

1	Thompson, Frank L	57	Michigan Masters	1:17.49
	38.36	1:17.49 (39.13)		
2	Munson, Arthur L	55	Niagara District Masters	1:25.11
	39.00	1:25.11 (46.11)		
3	Nash, Dawson	55	District of Columbia Aquatics	1:30.94
	45.25	1:30.94 (45.69)		

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1	Thompson, Frank L	57	Michigan Masters		2:46.29
	39.90	1:22.67 (42.77)	2:05.37 (42.70)	2:46.29 (40.92)	
2	Nash, Dawson	55	District of Columbia Aquatics		3:18.56
	46.22	1:37.00 (50.78)	2:28.96 (51.96)	3:18.56 (49.60)	
3	Meyer, Jerry R	59	Central Maryland YMCA Masters		3:30.51
	46.84	1:41.53 (54.69)	2:36.35 (54.82)	3:30.51 (54.16)	

Men 55-59 50 LC Meter Breaststroke

1	Munson, Arthur L	55	Niagara District Masters		38.66
2	Ehrlinger, Michael	56	Maryland Masters		38.69
3	Long, Bob W	59	Adirondack Masters		39.29
4	Schuchhardt, Gearsy S	56	Health Unlimited Hurricanes		42.97
5	Fulton, John S	57	Central Penn Aquatic Club		47.69
6	Nelson, Bill L	55	Virginia Masters Swim Team		50.66
7	Boyle, Michael F	57	Reston Masters Swim Team		56.14

Men 55-59 100 LC Meter Breaststroke

1	Ehrlinger, Michael	56	Maryland Masters		1:26.13
	39.80	1:26.13 (46.33)			
2	Munson, Arthur L	55	Niagara District Masters		1:30.85
	38.74	1:30.85 (52.11)			
3	Long, Bob W	59	Adirondack Masters		1:32.33
	42.95	1:32.33 (49.38)			
4	Schuchhardt, Gearsy S	56	Health Unlimited Hurricanes		1:36.64
	44.17	1:36.64 (52.47)			
5	Fulton, John S	57	Central Penn Aquatic Club		1:48.48
	50.50	1:48.48 (57.98)			
6	Boyle, Michael F	57	Reston Masters Swim Team		2:03.04
	58.96	2:03.04 (1:04.08)			

Men 55-59 200 LC Meter Breaststroke

1	Long, Bob W	59	Adirondack Masters		3:42.65
	47.22	1:43.83 (56.61)	2:44.40 (1:00.57)	3:42.65 (58.25)	

Men 55-59 50 LC Meter Butterfly

1	Martin, Doug	55	Arkansas Masters		29.10
2	Dodson, Phil L	55	Team Illinois Masters		29.78
3	Ehrlinger, Michael	56	Maryland Masters		33.56
4	Nash, Dawson	55	District of Columbia Aquatics		38.39
5	Long, Bob W	59	Adirondack Masters		40.17

Men 55-59 100 LC Meter Butterfly

1	Edgell, Don	56	Curl Burke Swim Club		1:30.76
	42.17	1:30.76 (48.59)			

Men 55-59 200 LC Meter Butterfly

1	Nash, Dawson	55	District of Columbia Aquatics		3:33.44
	47.11	1:40.79 (53.68)	2:39.68 (58.89)	3:33.44 (53.76)	

Men 55-59 200 LC Meter IM

1	Ehrlinger, Michael	56	Maryland Masters		2:58.76
	36.52	1:24.08 (47.56)	2:16.56 (52.48)	2:58.76 (42.20)	
2	Harmon, David C	59	Montgomery Ancient Mariners		3:01.60
	37.37	1:29.54 (52.17)	2:24.24 (54.70)	3:01.60 (37.36)	

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---	Dodson, Phil L	55	Team Illinois Masters		DQ
	33.28	1:15.86 (42.58)	2:04.40 (48.54)	DQ (31.58)	

Men 55-59 400 LC Meter IM

1	Dodson, Phil L	55	Team Illinois Masters		5:33.81
	34.00	1:13.63 (39.63)	1:59.56 (45.93)	2:41.76 (42.20)	
	3:33.27 (51.51)	4:24.17 (50.90)	5:00.29 (36.12)	5:33.81 (33.52)	
2	Nagy, Thomas E	58	Unattached		6:23.77
	37.42	1:27.16 (49.74)	2:16.31 (49.15)	3:06.96 (50.65)	
	4:00.27 (53.31)	4:55.63 (55.36)	5:40.45 (44.82)	6:23.77 (43.32)	
3	Ehrlinger, Michael	56	Maryland Masters		6:35.51
	38.51	1:21.99 (43.48)	2:15.89 (53.90)	3:12.21 (56.32)	
	4:06.47 (54.26)	5:03.66 (57.19)	5:50.27 (46.61)	6:35.51 (45.24)	
4	Harmon, David C	59	Montgomery Ancient Mariners		6:45.94
	41.67	1:34.91 (53.24)	2:30.66 (55.75)	3:26.29 (55.63)	
	4:24.57 (58.28)	5:21.63 (57.06)	6:04.09 (42.46)	6:45.94 (41.85)	
5	Nash, Dawson	55	District of Columbia Aquatics		7:11.06
	43.46	1:34.47 (51.01)	2:29.22 (54.75)	3:22.36 (53.14)	
	4:27.96 (1:05.60)	5:32.65 (1:04.69)	6:22.65 (50.00)	7:11.06 (48.41)	

Men 60-64 50 LC Meter Freestyle

1	Dragon, Jim	64	Garden State Masters		28.00
2	Amundsen, Joseph S	63	1776		31.80
3	Smith, Michael D	61	Reston Masters Swim Team		38.40

Men 60-64 100 LC Meter Freestyle

1	McElroy, Frank J	60	Garden State Masters		1:07.85
	33.09	1:07.85 (34.76)			
2	Platt, Jay R	61	Pennypack Aquatic & Fitness		1:11.77
	34.97	1:11.77 (36.80)			
3	Timmons, Timothy T	62	Patriot Masters Swim Team		1:15.34
	36.53	1:15.34 (38.81)			

Men 60-64 200 LC Meter Freestyle

1	McElroy, Frank J	60	Garden State Masters		2:24.60
	34.42	1:12.30 (37.88)	1:49.41 (37.11)	2:24.60 (35.19)	
2	Amundsen, Joseph S	63	1776		3:01.58
	36.78	1:21.15 (44.37)	2:11.70 (50.55)	3:01.58 (49.88)	

Men 60-64 400 LC Meter Freestyle

1	McElroy, Frank J	60	Garden State Masters		5:18.28
	36.69	1:17.87 (41.18)	1:59.38 (41.51)	2:41.14 (41.76)	
	3:21.87 (40.73)	4:01.97 (40.10)	4:41.49 (39.52)	5:18.28 (36.79)	
2	Platt, Jay R	61	Pennypack Aquatic & Fitness		5:38.90
	38.70	1:22.16 (43.46)	2:06.03 (43.87)	2:49.92 (43.89)	
	3:33.55 (43.63)	4:16.74 (43.19)	4:59.75 (43.01)	5:38.90 (39.15)	
3	Brown, Paul S	60	District of Columbia Aquatics		5:52.22
	39.47	1:23.91 (44.44)	2:08.65 (44.74)	2:54.06 (45.41)	
	3:38.58 (44.52)	4:23.62 (45.04)	5:08.47 (44.85)	5:52.22 (43.75)	
4	Shannon, Toby M	60	Maryland Masters		7:40.46
	45.47	1:39.96 (54.49)	2:38.49 (58.53)	3:39.67 (1:01.18)	
	4:39.02 (59.35)	5:41.22 (1:02.20)	6:42.05 (1:00.83)	7:40.46 (58.41)	

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1	McElroy, Frank J	60	Garden State Masters		11:05.98
	38.92	1:21.83 (42.91)	2:04.84 (43.01)	2:48.06 (43.22)	
	3:30.96 (42.90)	4:14.24 (43.28)	4:57.07 (42.83)	5:39.70 (42.63)	
	6:21.60 (41.90)	7:03.94 (42.34)	7:45.79 (41.85)	8:27.58 (41.79)	
	9:08.81 (41.23)	9:49.54 (40.73)	10:28.97 (39.43)	11:05.98 (37.01)	

Men 60-64 50 LC Meter Backstroke

1	Dragon, Jim	64	Garden State Masters		36.72
2	Timmons, Timothy T	62	Patriot Masters Swim Team		39.29
3	Beall, L Clay	62	Virginia Masters Swim Team		45.34

Men 60-64 100 LC Meter Backstroke

1	Timmons, Timothy T	62	Patriot Masters Swim Team		1:27.21
	42.35	1:27.21 (44.86)			
2	Platt, Jay R	61	Pennypack Aquatic& Fitness		1:28.83
	44.16	1:28.83 (44.67)			

Men 60-64 200 LC Meter Backstroke

1	Brown, Paul S	60	District of Columbia Aquatics		3:09.88
	44.43	1:32.78 (48.35)	2:21.84 (49.06)	3:09.88 (48.04)	
2	Timmons, Timothy T	62	Patriot Masters Swim Team		3:20.57
	46.53	1:36.96 (50.43)	2:29.83 (52.87)	3:20.57 (50.74)	
3	Beall, L Clay	62	Virginia Masters Swim Team		3:34.99
	48.73	1:43.64 (54.91)	2:40.44 (56.80)	3:34.99 (54.55)	

Men 60-64 50 LC Meter Breaststroke

1	Dragon, Jim	64	Garden State Masters		36.78
2	Davis, James W	62	Virginia Masters Swim Team		43.27
3	Garfield, Peter A	64	Unattached		45.98

Men 60-64 100 LC Meter Breaststroke

1	Dragon, Jim	64	Garden State Masters		1:25.44
	38.62	1:25.44 (46.82)			
2	Davis, James W	62	Virginia Masters Swim Team		1:44.12
	48.57	1:44.12 (55.55)			

Men 60-64 200 LC Meter Breaststroke

1	Davis, James W	62	Virginia Masters Swim Team		4:00.52
	51.26	1:50.37 (59.11)	2:55.44 (1:05.07)	4:00.52 (1:05.08)	

Men 60-64 50 LC Meter Butterfly

1	Dragon, Jim	64	Garden State Masters		29.10
2	Kirkland, James M	61	DC Masters		36.86
3	Davis, James W	62	Virginia Masters Swim Team		39.32
4	Platt, Jay R	61	Pennypack Aquatic& Fitness		39.49

Men 60-64 100 LC Meter Butterfly

1	McElroy, Frank J	60	Garden State Masters		1:15.59
	35.80	1:15.59 (39.79)			
2	Kirkland, James M	61	DC Masters		1:29.34
	41.67	1:29.34 (47.67)			

Men 60-64 200 LC Meter Butterfly

1	Kirkland, James M	61	DC Masters		3:49.64
	45.99	1:42.22 (56.23)	2:41.55 (59.33)	3:49.64 (1:08.09)	

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Men 60-64 200 LC Meter IM**

1	Brown, Paul S	60	District of Columbia Aquatics	3:07.77
	42.73	1:31.97 (49.24)	2:24.44 (52.47)	3:07.77 (43.33)
2	Kirkland, James M	61	DC Masters	3:21.14
	40.37	1:34.81 (54.44)	2:37.41 (1:02.60)	3:21.14 (43.73)
3	Beall, L Clay	62	Virginia Masters Swim Team	3:31.47
	39.67	1:33.49 (53.82)	2:41.49 (1:08.00)	3:31.47 (49.98)

Men 60-64 400 LC Meter IM

1	McElroy, Frank J	60	Garden State Masters	6:16.94
	39.81	1:27.82 (48.01)	2:23.12 (55.30)	3:15.02 (51.90)
	4:06.73 (51.71)	4:59.01 (52.28)	5:39.26 (40.25)	6:16.94 (37.68)
2	Kirkland, James M	61	DC Masters	7:30.53
	44.85	1:37.83 (52.98)	2:37.15 (59.32)	3:36.37 (59.22)
	4:44.05 (1:07.68)	5:51.72 (1:07.67)	6:42.65 (50.93)	7:30.53 (47.88)
---	Brown, Paul S	60	District of Columbia Aquatics	DQ
	43.17	1:37.57 (54.40)	2:29.19 (51.62)	3:18.96 (49.77)
	4:12.59 (53.63)	5:08.56 (55.97)	5:55.30 (46.74)	DQ (44.11)

Men 65-69 50 LC Meter Freestyle

1	Sober, Harry M	65	Virginia Masters Swim Team	31.35
2	Reed, Edward W	65	Germantown Maryland Masters	31.93
3	Robinson, David L	65	Germantown Maryland Masters	36.02
4	Pilette, Sterling S	66	Reston Masters Swim Team	38.74
5	Berghaus, Peter P	67	Conneticut	40.50

Men 65-69 100 LC Meter Freestyle

1	Reed, Edward W	65	Germantown Maryland Masters	1:12.29
	35.31	1:12.29 (36.98)		
2	Robinson, David L	65	Germantown Maryland Masters	1:25.97
	39.81	1:25.97 (46.16)		
3	Berghaus, Peter P	67	Conneticut	1:32.71
	44.09	1:32.71 (48.62)		

Men 65-69 200 LC Meter Freestyle

1	Reed, Edward W	65	Germantown Maryland Masters	2:42.55
	1:20.79	2:42.55 (1:21.76)		
2	Berghaus, Peter P	67	Conneticut	3:27.79
	47.21	1:41.42 (54.21)	3:27.79 (1:46.37)	
3	Pilette, Sterling S	66	Reston Masters Swim Team	3:40.55
	45.69	3:40.55 (2:54.86)		

Men 65-69 400 LC Meter Freestyle

1	Conroy, Bill	65	Terrapin Masters	6:12.22
	41.21	1:28.70 (47.49)	2:16.65 (47.95)	3:03.92 (47.27)
	3:51.79 (47.87)	4:40.34 (48.55)	5:27.83 (47.49)	6:12.22 (44.39)
2	Robinson, David L	65	Germantown Maryland Masters	7:23.27
	51.20	1:49.90 (58.70)	2:48.70 (58.80)	3:47.55 (58.85)
	4:45.93 (58.38)	5:42.79 (56.86)	6:35.06 (52.27)	7:23.27 (48.21)

Men 65-69 800 LC Meter Freestyle

1	Conroy, Bill	65	Terrapin Masters	12:23.15
	40.61	1:26.20 (45.59)	2:13.73 (47.53)	3:00.55 (46.82)
	3:48.40 (47.85)	4:35.84 (47.44)	5:24.06 (48.22)	6:12.13 (48.07)
	6:59.48 (47.35)	7:45.84 (46.36)	8:33.46 (47.62)	9:20.55 (47.09)
	10:07.71 (47.16)	10:53.99 (46.28)	11:39.44 (45.45)	12:23.15 (43.71)

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****(Men 65-69 800 LC Meter Freestyle)**

2	Robinson, David L	65	Germantown Maryland Masters	15:04.84
	51.32	1:49.61 (58.29)	2:49.32 (59.71)	3:49.17 (59.85)
	4:49.70 (1:00.53)	5:50.32 (1:00.62)	6:50.14 (59.82)	7:50.24 (1:00.10)
	8:46.10 (55.86)	9:43.60 (57.50)	10:40.47 (56.87)	11:37.13 (56.66)
	12:31.70 (54.57)	13:25.70 (54.00)	14:18.53 (52.83)	15:04.84 (46.31)

Men 65-69 50 LC Meter Backstroke

1	Sober, Harry M	65	Virginia Masters Swim Team	40.71
2	Robinson, David L	65	Germantown Maryland Masters	45.61
3	Berghaus, Peter P	67	Conneticut	50.50
4	Pilette, Sterling S	66	Reston Masters Swim Team	55.74

Men 65-69 100 LC Meter Backstroke

1	Robinson, David L	65	Germantown Maryland Masters	1:47.46
	53.44	1:47.46 (54.02)		
2	Berghaus, Peter P	67	Conneticut	1:53.24
	56.44	1:53.24 (56.80)		

Men 65-69 50 LC Meter Breaststroke

1	Kronfeld, Louis R	65	New England Masters Swim Club	36.75
2	Reed, Edward W	65	Germantown Maryland Masters	41.15
3	Gaulrapp, Edward H	66	Virginia Masters Swim Team	45.27
4	Berghaus, Peter P	67	Conneticut	48.88
5	Robinson, David L	65	Germantown Maryland Masters	51.86

Men 65-69 100 LC Meter Breaststroke

1	Reed, Edward W	65	Germantown Maryland Masters	1:36.87
	47.83	1:36.87 (49.04)		
2	Gaulrapp, Edward H	66	Virginia Masters Swim Team	1:43.66
	50.31	1:43.66 (53.35)		
3	Berghaus, Peter P	67	Conneticut	1:49.01
	52.27	1:49.01 (56.74)		

Men 65-69 200 LC Meter Breaststroke

1	Reed, Edward W	65	Germantown Maryland Masters	3:29.93
	48.69	1:43.13 (54.44)	2:37.83 (54.70)	3:29.93 (52.10)
2	Gaulrapp, Edward H	66	Virginia Masters Swim Team	3:47.76
	51.96	1:50.93 (58.97)	2:50.84 (59.91)	3:47.76 (56.92)
3	Berghaus, Peter P	67	Conneticut	3:54.40
	54.22	1:55.14 (1:00.92)	2:55.46 (1:00.32)	3:54.40 (58.94)

Men 65-69 50 LC Meter Butterfly

1	Kirby, David	65	Conneticut	35.14
2	Sober, Harry M	65	Virginia Masters Swim Team	36.67
3	Gaulrapp, Edward H	66	Virginia Masters Swim Team	38.95
4	Robinson, David L	65	Germantown Maryland Masters	44.41
5	Berghaus, Peter P	67	Conneticut	53.98

Men 65-69 100 LC Meter Butterfly

1	Kirby, David	65	Conneticut	1:21.08
	38.23	1:21.08 (42.85)		
2	Gaulrapp, Edward H	66	Virginia Masters Swim Team	1:46.69
	49.18	1:46.69 (57.51)		

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Men 65-69 200 LC Meter Butterfly**

1	Gaulrapp, Edward H	66	Virginia Masters Swim Team	4:09.80
	52.80	1:58.86 (1:06.06)	3:07.33 (1:08.47)	4:09.80 (1:02.47)
---	Kirby, David	65	Conneticut	DQ
	40.82	1:32.12 (51.30)	2:26.94 (54.82)	DQ (1:01.63)

Men 65-69 200 LC Meter IM

1	Reed, Edward W	65	Germantown Maryland Masters	3:16.18
	42.24	1:38.76 (56.52)	2:36.27 (57.51)	3:16.18 (39.91)
2	Gaulrapp, Edward H	66	Virginia Masters Swim Team	3:43.72
	49.93	1:54.68 (1:04.75)	2:54.76 (1:00.08)	3:43.72 (48.96)
3	Berghaus, Peter P	67	Conneticut	3:56.52
	51.65	1:55.32 (1:03.67)	2:59.16 (1:03.84)	3:56.52 (57.36)

Men 65-69 400 LC Meter IM

1	Robinson, David L	65	Germantown Maryland Masters	7:51.57
	56.22	1:57.47 (1:01.25)	2:57.86 (1:00.39)	3:57.98 (1:00.12)
	5:07.02 (1:09.04)	6:15.87 (1:08.85)	7:05.80 (49.93)	7:51.57 (45.77)
2	Gaulrapp, Edward H	66	Virginia Masters Swim Team	8:14.94
	54.97	2:00.71 (1:05.74)	3:10.67 (1:09.96)	4:19.27 (1:08.60)
	5:22.13 (1:02.86)	6:24.50 (1:02.37)	7:19.84 (55.34)	8:14.94 (55.10)

Men 70-74 50 LC Meter Freestyle

1	Katz, Jerry A	70	Garden State Masters	32.54
2	Harrison, David P	71	1776	35.01
3	Nobbe, Nick	70	Reston Masters Swim Team	36.52
4	Maher, Owen C	73	Virginia Masters Swim Team	37.34
5	Cheadle, Richard O	71	Virginia Masters Swim Team	49.40
6	Gerson, Gordon M	72	Reston Masters Swim Team	51.73

Men 70-74 100 LC Meter Freestyle

1	Harrison, David P	71	1776	1:15.41
	36.75	1:15.41 (38.66)		
2	Katz, Jerry A	70	Garden State Masters	1:17.69
	34.50	1:17.69 (43.19)		
3	Maher, Owen C	73	Virginia Masters Swim Team	1:30.12
	41.89	1:30.12 (48.23)		
4	Nobbe, Nick	70	Reston Masters Swim Team	1:31.87
	42.62	1:31.87 (49.25)		
5	Gladfelter, David D	72	1776	1:49.06
	50.95	1:49.06 (58.11)		
6	Gerson, Gordon M	72	Reston Masters Swim Team	2:00.71
	53.96	2:00.71 (1:06.75)		

Men 70-74 200 LC Meter Freestyle

1	Harrison, David P	71	1776	2:38.95
	34.80	1:15.85 (41.05)	1:58.40 (42.55)	2:38.95 (40.55)
2	Katz, Jerry A	70	Garden State Masters	2:56.66
	1:24.20	2:56.66 (1:32.46)		
3	Nobbe, Nick	70	Reston Masters Swim Team	3:17.15
	45.80	1:37.23 (51.43)	3:17.15 (1:39.92)	
4	Maher, Owen C	73	Virginia Masters Swim Team	3:20.93
	43.44	1:33.96 (50.52)	3:20.93 (1:46.97)	
5	Cheadle, Richard O	71	Virginia Masters Swim Team	4:02.04
	1:59.53	4:02.04 (2:02.51)		

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****(Men 70-74 200 LC Meter Freestyle)**

6	Gladfelter, David D	72	1776	4:05.25
	1:55.41	4:05.25	(2:09.84)	
7	Gerson, Gordon M	72	Reston Masters Swim Team	4:19.28
	2:07.01 ()	4:19.28	(2:12.27)	

Men 70-74 400 LC Meter Freestyle

1	Harrison, David P	71	1776	5:47.40
	38.73	1:22.97 (44.24)	2:07.11 (44.14)	2:53.26 (46.15)
	3:37.85 (44.59)	4:23.71 (45.86)	5:08.42 (44.71)	5:47.40 (38.98)
2	Nobbe, Nick	70	Reston Masters Swim Team	7:10.77
	49.49	1:45.99 (56.50)	2:41.21 (55.22)	3:37.07 (55.86)
	4:31.65 (54.58)	5:25.52 (53.87)	6:19.13 (53.61)	7:10.77 (51.64)
3	Cheadle, Richard O	71	Virginia Masters Swim Team	8:47.69
	59.44	2:06.80 (1:07.36)	3:14.59 (1:07.79)	4:21.27 (1:06.68)
	5:35.41 (1:14.14)	6:38.32 (1:02.91)	7:48.40 (1:10.08)	8:47.69 (59.29)
4	Gerson, Gordon M	72	Reston Masters Swim Team	8:54.82
	1:01.29	2:10.81 (1:09.52)	3:18.83 (1:08.02)	4:27.84 (1:09.01)
	5:35.57 (1:07.73)	6:43.47 (1:07.90)	7:50.55 (1:07.08)	8:54.82 (1:04.27)

Men 70-74 800 LC Meter Freestyle

1	Harrison, David P	71	1776	12:09.30
	38.70	1:22.05 (43.35)	2:07.57 (45.52)	2:53.54 (45.97)
	3:40.78 (47.24)	4:27.92 (47.14)	5:14.60 (46.68)	6:02.08 (47.48)
	6:49.83 (47.75)	7:37.20 (47.37)	8:24.76 (47.56)	9:12.39 (47.63)
	9:58.37 (45.98)	10:44.18 (45.81)	11:15.85 (31.67)	12:09.30 (53.45)
2	Nobbe, Nick	70	Reston Masters Swim Team	14:36.76
	50.30	1:46.66 (56.36)	2:42.93 (56.27)	3:39.20 (56.27)
	4:34.91 (55.71)	5:31.26 (56.35)	6:26.89 (55.63)	7:22.57 (55.68)
	8:17.67 (55.10)	9:13.03 (55.36)	10:08.18 (55.15)	11:04.07 (55.89)
	11:58.67 (54.60)	12:53.64 (54.97)	13:46.77 (53.13)	14:36.76 (49.99)
3	Gerson, Gordon M	72	Reston Masters Swim Team	17:42.03
	1:01.45	2:08.25 (1:06.80)	3:16.03 (1:07.78)	4:23.06 (1:07.03)
	5:30.59 (1:07.53)	6:38.92 (1:08.33)	7:47.36 (1:08.44)	8:54.83 (1:07.47)
	10:02.98 (1:08.15)	11:10.09 (1:07.11)	12:17.55 (1:07.46)	13:24.09 (1:06.54)
	14:30.28 (1:06.19)	15:35.93 (1:05.65)	16:40.99 (1:05.06)	17:42.03 (1:01.04)
4	Gladfelter, David D	72	1776	19:42.49
	56.67	2:13.13 (1:16.46)	3:27.74 (1:14.61)	4:44.41 (1:16.67)
	5:58.59 (1:14.18)	7:13.51 (1:14.92)	8:28.73 (1:15.22)	9:46.67 (1:17.94)
	10:55.48 (1:08.81)	12:18.29 (1:22.81)	13:33.19 (1:14.90)	14:50.22 (1:17.03)
	16:03.75 (1:13.53)	17:22.03 (1:18.28)	18:34.27 (1:12.24)	19:42.49 (1:08.22)

Men 70-74 50 LC Meter Backstroke

1	Cheadle, Richard O	71	Virginia Masters Swim Team	58.30
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Men 70-74 100 LC Meter Backstroke

1	Gladfelter, David D	72	1776	2:01.13
	58.46	2:01.13	(1:02.67)	

Men 70-74 50 LC Meter Breaststroke

1	Katz, Jerry A	70	Garden State Masters	43.73
2	Scott, Richard A	73	Virginia Masters Swim Team	54.07
3	Gladfelter, David D	72	1776	57.49
4	Maher, Owen C	73	Virginia Masters Swim Team	1:01.76

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1	Katz, Jerry A	70	Garden State Masters	1:48.51
	50.90		1:48.51 (57.61)	
2	Gladfelter, David D	72	1776	2:08.39
	1:02.82		2:08.39 (1:05.57)	
3	Scott, Richard A	73	Virginia Masters Swim Team	2:09.91
	1:01.96		2:09.91 (1:07.95)	

Men 70-74 200 LC Meter Breaststroke

1	Scott, Richard A	73	Virginia Masters Swim Team	4:35.28
	1:00.86		2:11.31 (1:10.45) 3:24.11 (1:12.80) 4:35.28 (1:11.17)	
2	Gladfelter, David D	72	1776	4:43.98
	1:04.92		2:20.18 (1:15.26) 3:35.79 (1:15.61) 4:43.98 (1:08.19)	

Men 70-74 50 LC Meter Butterfly

1	Katz, Jerry A	70	Garden State Masters	39.86
2	Maher, Owen C	73	Virginia Masters Swim Team	44.72
3	Gladfelter, David D	72	1776	58.75
4	Scott, Richard A	73	Virginia Masters Swim Team	59.17

Men 70-74 100 LC Meter Butterfly

1	Maher, Owen C	73	Virginia Masters Swim Team	2:03.70
	56.41		2:03.70 (1:07.29)	
2	Gladfelter, David D	72	1776	2:17.41
	1:07.97		2:17.41 (1:09.44)	

Men 70-74 200 LC Meter IM

1	Gladfelter, David D	72	1776	4:26.82
	1:00.64		2:11.73 (1:11.09) 3:28.14 (1:16.41) 4:26.82 (58.68)	
2	Scott, Richard A	73	Virginia Masters Swim Team	4:32.32
	1:01.46		2:06.55 (1:05.09) 3:29.37 (1:22.82) 4:32.32 (1:02.95)	

Men 75-79 50 LC Meter Freestyle

1	Manheim, Frank T	78	Reston Masters Swim Team	36.58
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Men 75-79 100 LC Meter Freestyle

1	Messer, H Donald	77	DC Dept of Rec and Parks	1:39.29
	44.96		1:39.29 (54.33)	

Men 75-79 200 LC Meter Freestyle

1	Manheim, Frank T	78	Reston Masters Swim Team	3:41.50
	1:45.75		3:41.50 (1:55.75)	

Men 75-79 50 LC Meter Backstroke

1	Manheim, Frank T	78	Reston Masters Swim Team	46.27
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Men 75-79 100 LC Meter Backstroke

1	Manheim, Frank T	78	Reston Masters Swim Team	2:07.05
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Men 75-79 200 LC Meter Backstroke

1	Manheim, Frank T	78	Reston Masters Swim Team	4:21.88
	1:02.15		4:21.88 (3:19.73)	

Men 75-79 50 LC Meter Breaststroke

1	Lyons, Thomas F	75	Virginia Masters Swim Team	57.45
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The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Men 75-79 100 LC Meter Breaststroke**

1 Lyons, Thomas F 75 Virginia Masters Swim Team 2:18.32
1:03.12 2:18.32 (1:15.20)

Men 75-79 200 LC Meter Breaststroke

1 Lyons, Thomas F 75 Virginia Masters Swim Team 4:58.69
1:08.19 2:26.80 (1:18.61) 4:58.69 (2:31.89)

Men 75-79 50 LC Meter Butterfly

1 Messer, H Donald 77 DC Dept of Rec and Parks 44.48

Men 80-84 50 LC Meter Freestyle

1 Briesemeister, Richard E 83 Metro Mastes Swim Club 51.74

Men 80-84 100 LC Meter Freestyle

1 Briesemeister, Richard E 83 Metro Mastes Swim Club 2:03.20
55.19 2:03.20 (1:08.01)

Men 80-84 200 LC Meter Freestyle

1 Franks, Roger G 81 1776 3:42.72
1:43.80 3:42.72 (1:58.92)
2 Goldner, Fred H 82 Conneticut 4:04.22
1:56.48 4:04.22 (2:07.74)
3 Briesemeister, Richard E 83 Metro Mastes Swim Club 4:23.57
2:03.21 4:23.57 (2:20.36)

Men 80-84 400 LC Meter Freestyle

1 Goldner, Fred H 82 Conneticut 8:33.55
52.70 1:57.69 (1:04.99) 3:05.91 (1:08.22) 4:11.06 (1:05.15)
5:20.02 (1:08.96) 6:24.65 (1:04.63) 7:31.93 (1:07.28) 8:33.55 (1:01.62)
2 Briesemeister, Richard E 83 Metro Mastes Swim Club 10:37.71
1:12.29 2:37.20 (1:24.91) 4:01.74 (1:24.54) 5:26.97 (1:25.23)
6:51.57 (1:24.60) 8:11.76 (1:20.19) 9:29.21 (1:17.45) 10:37.71 (1:08.50)

Men 80-84 800 LC Meter Freestyle

1 Goldner, Fred H 82 Conneticut 17:42.20
54.73 2:03.34 (1:08.61) 3:09.84 (1:06.50) 4:17.49 (1:07.65)
5:24.65 (1:07.16) 6:32.60 (1:07.95) 7:39.95 (1:07.35) 8:47.77 (1:07.82)
9:56.33 (1:08.56) 11:05.15 (1:08.82) 12:14.03 (1:08.88) 13:22.44 (1:08.41)
14:29.96 (1:07.52) 15:35.14 (1:05.18) 16:40.55 (1:05.41) 17:42.20 (1:01.65)

Men 80-84 50 LC Meter Backstroke

1 Franks, Roger G 81 1776 50.48

Men 80-84 200 LC Meter Backstroke

1 Franks, Roger G 81 1776 4:06.93
54.57 1:54.58 (1:00.01) 3:03.98 (1:09.40) 4:06.93 (1:02.95)

Men 85-89 100 LC Meter Backstroke

1 Lynch, Walter A 87 Metro Mastes Swim Club 2:38.41

Women 120-159 200 LC Meter Freestyle Relay

--- Patriot Masters Swim Team A DQ
1:01.54 DQ (1:02.01)

Women 160-199 200 LC Meter Medley Relay

1 Reston Masters Swim Team A 2:53.48
57.58 1:34.36 (36.78) 2:43.14 (1:08.78) 2:53.48 (10.34)

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Women 200-239 200 LC Meter Freestyle Relay**

1	Virginia Masters Swim Team	A				2:38.49
	1:09.08		2:38.49	(1:29.41)		

Women 240-279 400 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A				6:42.37
	54.60	1:50.86	(1:50.86)	2:42.51	(51.65)	3:40.49
	4:17.76	(37.27)	4:58.17	(1:17.68)	5:46.59	(48.42)
						6:42.37
						(1:44.20)

Women 240-279 200 LC Meter Medley Relay

1	Virginia Masters Swim Team	A				3:15.02
	52.55	1:49.63	(57.08)	2:39.39	(49.76)	3:15.02
						(35.63)

Women 240-279 400 LC Meter Medley Relay

1	Virginia Masters Swim Team	A				7:22.39
	1:54.27	3:58.12	(2:03.85)	6:05.22	(2:07.10)	7:22.39
						(1:17.17)

Women 280-319 200 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A				2:50.59
	1:22.04	2:50.59	(1:28.55)			

Women 280-319 400 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A				7:31.77
	48.80	1:40.39	(1:40.39)	2:29.70	(49.31)	3:22.37
	4:09.10	(46.73)	5:02.04	(1:39.67)	6:11.20	(1:09.16)
						7:31.77
						(2:29.73)

Women 280-319 800 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A				16:04.69
	46.67	1:38.94	(1:38.94)	2:32.45	(2:32.45)	3:24.06
	4:34.00	(1:09.94)	5:56.91	(2:32.85)	7:23.05	(3:58.99)
	9:33.03	(49.14)	10:29.33	(1:45.44)	11:27.54	(2:43.65)
	13:14.23	(47.92)	14:09.65	(1:43.34)	15:07.99	(2:41.68)
						16:04.69
						(3:38.38)

Women 280-319 200 LC Meter Medley Relay

1	Virginia Masters Swim Team	A				3:48.47
	1:11.62	2:05.28	(53.66)	3:03.56	(58.28)	3:48.47
						(44.91)

Women 280-319 400 LC Meter Medley Relay

1	Virginia Masters Swim Team	A				7:01.96
	1:47.13	3:40.70	(1:53.57)	5:29.20	(1:48.50)	7:01.96
						(1:32.76)

Men 100-119 200 LC Meter Freestyle Relay

1	Arlington Ageless Masters	A				1:50.40
	33.00	56.03	(23.03)	1:25.11	(29.08)	1:50.40
						(25.29)

Men 100-119 200 LC Meter Medley Relay

1	Arlington Ageless Masters	A				2:06.08
	53.09	1:12.10	(19.01)	1:40.52	(28.42)	2:06.08
						(25.56)

Men 120-159 200 LC Meter Medley Relay

1	Reston Masters Swim Team	A				2:21.28
	37.75	1:18.77	(41.02)	1:47.20	(28.43)	2:21.28
						(34.08)

Men 120-159 400 LC Meter Medley Relay

1	Reston Masters Swim Team	A				5:20.52
	1:25.55	2:58.79	(1:33.24)	4:04.14	(1:05.35)	5:20.52
						(1:16.38)

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Men 160-199 200 LC Meter Medley Relay**

1	District of Columbia Aquatics	A			2:10.19
	41.72	1:16.06 (34.34)	1:43.32 (27.26)	2:10.19 (26.87)	

Men 160-199 400 LC Meter Medley Relay

1	District of Columbia Aquatics	A			4:55.13
	1:11.67	2:32.87 (1:21.20)	3:52.10 (1:19.23)	4:55.13 (1:03.03)	

Men 200-239 200 LC Meter Freestyle Relay

1	Germantown Maryland Maste	A			2:02.16
	37.85	1:03.76 (25.91)	1:35.48 (31.72)	2:02.16 (26.68)	
2	Virginia Masters Swim Team	A			2:18.28
	37.95	1:10.91 (32.96)	1:46.24 (35.33)	2:18.28 (32.04)	
3	Reston Masters Swim Team	B			2:23.00
	36.45	1:13.00 (36.55)	1:52.86 (39.86)	2:23.00 (30.14)	

Men 200-239 400 LC Meter Freestyle Relay

1	Germantown Maryland Maste	A			5:01.11
	31.32	1:06.11 (1:06.11)	1:36.48 (30.37)	2:10.52 (1:04.41)	
	2:48.77 (38.25)	3:30.92 (1:20.40)	4:13.79 (42.87)	5:01.11 (1:30.19)	

Men 200-239 800 LC Meter Freestyle Relay

1	Germantown Maryland Maste	A			11:08.72
	34.89	1:13.52 (1:13.52)	1:52.65 (1:52.65)	2:29.61 (2:29.61)	
	3:14.69 (45.08)	4:05.33 (1:35.72)	4:57.83 (2:28.22)	5:47.27 (3:17.66)	
	6:27.65 (40.38)	7:13.61 (1:26.34)	8:00.03 (2:12.76)	8:41.96 (2:54.69)	
	9:15.86 (33.90)	9:53.76 (1:11.80)	10:32.16 (1:50.20)	11:08.72 (2:26.76)	

Men 200-239 200 LC Meter Medley Relay

1	Germantown Maryland Maste	A			2:30.16
	41.63	1:20.84 (39.21)	1:51.69 (30.85)	2:30.16 (38.47)	

Men 200-239 400 LC Meter Medley Relay

1	Germantown Maryland Maste	A			5:19.29
	1:14.81	2:48.70 (1:33.89)	3:56.87 (1:08.17)	5:19.29 (1:22.42)	

Men 240-279 400 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A			6:07.13
	40.45	1:25.42 (1:25.42)	2:17.87 (52.45)	3:16.85 (1:51.43)	
	4:01.10 (44.25)	4:50.67 (1:33.82)	5:26.92 (36.25)	6:07.13 (1:16.46)	

Men 240-279 200 LC Meter Medley Relay

1	Virginia Masters Swim Team	A			2:45.33
	43.48	1:26.75 (43.27)	2:09.18 (42.43)	2:45.33 (36.15)	

Men 240-279 400 LC Meter Medley Relay

1	Virginia Masters Swim Team	A			7:07.80
	1:45.00	3:53.07 (2:08.07)	5:49.28 (1:56.21)	7:07.80 (1:18.52)	

Men 280-319 200 LC Meter Freestyle Relay

1	Reston Masters Swim Team	A			2:45.75
		1:30.07 ()	2:08.43 (38.36)	2:45.75 (37.32)	
2	Virginia Masters Swim Team	A			2:55.63
		1:29.07 ()	2:48.18 (1:19.11)	2:55.63 (7.45)	

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Men 280-319 400 LC Meter Freestyle Relay**

1	Reston Masters Swim Team	A			6:36.89
	44.86	1:33.75 (1:33.75)	2:15.30 (41.55)	3:05.39 (1:31.64)	
	3:59.63 (54.24)	5:04.13 (1:58.74)	6:36.89 (1:32.76)		
2	Virginia Masters Swim Team	A			6:50.46
	37.46	1:21.32 (1:21.32)	2:20.38 (59.06)	3:34.47 (2:13.15)	
	4:14.39 (39.92)	5:01.02 (1:26.55)	5:51.51 (50.49)	6:50.46 (1:49.44)	

Men 280-319 800 LC Meter Freestyle Relay

1	Reston Masters Swim Team	A			15:19.92
	46.71	1:45.15 (1:45.15)	2:45.73 (2:45.73)	3:40.04 (3:40.04)	
		4:11.18 (31.14)	4:30.07 (50.03)	5:26.83 (1:46.79)	
	6:20.93 (54.10)	7:11.89 (1:45.06)	8:09.33 (2:42.50)	9:17.34 (3:50.51)	
	10:25.19 (1:07.85)	11:32.06 (2:14.72)	14:21.94 (5:04.60)	15:19.92 (6:02.58)	

Men 280-319 200 LC Meter Medley Relay

---	Virginia Masters Swim Team	A			DQ
	45.92	1:45.57 (59.65)	2:57.36 (1:11.79)	DQ (27.28)	

Men 280-319 400 LC Meter Medley Relay

1	Virginia Masters Swim Team	A			7:50.59
	1:38.78	3:57.33 (2:18.55)	6:00.87 (2:03.54)	7:50.59 (1:49.72)	

Mixed 100-119 200 LC Meter Medley Relay

1	Bethlehem YMCA	A			2:13.44
		38.59 ()	2:13.44 (1:34.85)		

Mixed 120-159 200 LC Meter Freestyle Relay

1	Reston Masters Swim Team	A			2:21.49
	39.88	1:12.04 (32.16)	1:50.39 (38.35)	2:21.49 (31.10)	

Mixed 120-159 400 LC Meter Freestyle Relay

1	Reston Masters Swim Team	A			4:27.34
		31.45 (31.45)		1:41.88 (1:10.43)	
		2:53.09 (1:11.21)	4:27.34 (1:34.25)		

Mixed 120-159 400 LC Meter Medley Relay

1	Reston Masters Swim Team	A			5:08.88
	40.71	1:25.55 (1:25.55)	2:03.43 (37.88)	2:46.90 (1:21.35)	
	3:17.14 (30.24)	3:53.02 (1:06.12)	4:29.03 (36.01)	5:08.88 (1:15.86)	

Mixed 160-199 400 LC Meter Freestyle Relay

1	Central Maryland YMCA Ma:	A			5:35.77
		40.82 (40.82)		1:33.05 (52.23)	
		2:12.79 (39.74)	5:35.77 (3:22.98)		

Mixed 160-199 200 LC Meter Medley Relay

1	Central Maryland YMCA Ma:	A			2:48.25
		44.70 ()	2:48.25 (2:03.55)		

Mixed 160-199 400 LC Meter Medley Relay

1	1776	A			5:01.40
		36.99	1:17.08 (1:17.08)	1:51.84 (34.76)	2:34.61 (1:17.53)
		3:08.23 (33.62)	3:48.38 (1:13.77)	4:22.54 (34.16)	5:01.40 (1:13.02)
2	District of Columbia Aquatics	A			5:18.55
		45.03	1:31.62 (1:31.62)	2:14.97 (43.35)	3:04.63 (1:33.01)
		3:34.70 (30.07)	4:11.72 (1:07.09)	4:43.35 (31.63)	5:18.55 (1:06.83)

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Mixed 200-239 800 LC Meter Freestyle Relay**

1	Virginia Masters Swim Team	A				13:03.39
	41.98	1:30.48 (1:30.48)	2:18.37 (2:18.37)	3:03.97 (3:03.97)		
		3:29.88 (25.91)	3:42.33 (38.36)	4:25.25 (1:21.28)		
	5:09.18 (43.93)	5:52.94 (1:27.69)	6:43.56 (2:18.31)	7:41.29 (3:16.04)		
	8:41.67 (1:00.38)	9:39.74 (1:58.45)	12:12.90 (4:31.61)	13:03.39 (5:22.10)		
2	Maryland Masters	A				13:08.43
	46.35	1:40.91 (1:40.91)	2:37.13 (2:37.13)	3:28.83 (3:28.83)		
	4:05.84 (37.01)	4:45.90 (1:17.07)	5:27.28 (1:58.45)	6:07.48 (2:38.65)		
	6:55.85 (48.37)	7:51.25 (1:43.77)	8:48.61 (2:41.13)	9:44.71 (3:37.23)		
	10:26.32 (41.61)	11:18.16 (1:33.45)	12:16.11 (2:31.40)	13:08.43 (3:23.72)		

Mixed 200-239 200 LC Meter Medley Relay

1	Reston Masters Swim Team	A				2:54.06
		56.53 ()	2:54.06 (1:57.53)			
2	Terrapin Masters	A				3:06.74
		52.21 ()	3:06.74 (2:14.53)			

Mixed 240-279 200 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A				2:17.60
	40.40	1:11.76 (31.36)	1:45.21 (33.45)	2:17.60 (32.39)		

Mixed 240-279 400 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A				6:13.38
		47.57 (47.57)		1:42.00 (54.43)		
		2:22.52 (40.52)	6:13.38 (3:50.86)			

Mixed 240-279 200 LC Meter Medley Relay

1	Virginia Masters Swim Team	A				2:50.08
		44.35 ()	2:50.08 (2:05.73)			
2	Virginia Masters Swim Team	B				3:01.22
		49.54 ()	3:01.22 (2:11.68)			

Mixed 240-279 400 LC Meter Medley Relay

1	Virginia Masters Swim Team	A				7:31.43
		55.43	1:55.06 (1:55.06)	2:47.14 (52.08)	3:43.85 (1:48.79)	
	4:43.85 (1:00.00)	5:57.33 (2:13.48)	6:43.40 (46.07)	7:31.43 (1:34.10)		

Mixed 280-319 200 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A				3:36.97
		1:02.67	1:59.59 (56.92)	2:48.80 (49.21)	3:36.97 (48.17)	

Mixed 280-319 400 LC Meter Freestyle Relay

1	Virginia Masters Swim Team	A				5:38.76
		39.75 (39.75)		1:27.40 (47.65)		
		2:11.59 (44.19)	5:38.76 (3:27.17)			
2	Virginia Masters Swim Team	B				8:11.28
		2:16.16 (2:16.16)		4:27.19 (2:11.03)		
		6:20.21 (1:53.02)	8:11.28 (1:51.07)			

Mixed 280-319 200 LC Meter Medley Relay

1	Virginia Masters Swim Team	A				3:36.63
		2:08.77 ()	3:36.63 (1:27.86)			

The 2008 Colonies Zone Long Course Meters Cha - 8/23/2008 to 8/24/2008**University of Maryland College Park, Maryland****Results****Mixed 280-319 400 LC Meter Medley Relay**

1 Virginia Masters Swim Team	A				7:32.40
	55.11	1:50.99 (1:50.99)	2:54.60 (1:03.61)	4:05.68 (2:14.69)	
	5:02.99 (57.31)	6:06.70 (2:01.02)	6:45.80 (39.10)	7:32.40 (1:25.70)	

Combined Team Scores - Through Event 31

1. Virginia Masters Swim Team	1164	2. Reston Masters Swim Team	581
3. 1776	394	4. District of Columbia Aquatics	382
5. Garden State Masters	285	6. Germantown Maryland Masters	268
7. Montgomery Ancient Mariners	244	8. Arlington Ageless Masters	237
9. Fairfax County Masters	226	10. Maryland Masters	200
11. Conneticut	183	12. DC Masters	180
13. Unattached	177	13. DC Dept of Rec and Parks	177
15. Patriot Masters Swim Team	154	16. Terrapin Masters	135
17. Team Illinois Masters	111	18. Central Maryland YMCA Masters	109
19. Michigan Masters	100	20. Bethlehem YMCA	99
21. Curl Burke Swim Club	93	22. Bluefish Swim Club	89
23. Pennypack Aquatic& Fitness	62	24. Allegheny Mountain Association	61
24. New England Masters Swim Club	61	26. Talbot County YMCA Stingrays	60
27. North Carolina Masters Swimmin	54	27. National Capital YMCA	54
29. Florida Aquatic Combined Team	52	30. Asphalt Green Masters	45
31. Alexandria Masters Swimming	40	31. Metro Mastes Swim Club	40
33. Sarasota YMCA Sharks	37	34. Niagara District Masters	36
35. O*H*I*O Masters	34	35. Anne Arundel Amphibians	34
37. Team Pittsburgh Masters	33	38. Tamalpais Aquatic Masters	26
39. Adirondack Masters	25	40. Baltimore Area Triathlon Club	22
41. Arkansas Masters	20	42. LetSwim	19
43. Central Penn Aquatic Club	16	44. Dallas Aquatic Masters	15
44. Health Unlimited Hurrricanes	15	46. Jersey Area Masters	14
47. Suncoast Swimfit	10	48. Warrenton Masters	9