

## SOUTHERN PACIFIC MASTERS RECORDS

### LONG COURSE METERS

As of 12/26/2022

	Existing Record
	New Record (2022)

WOMEN					50 Free	MEN				
Kara Denby	CSAM	26.22	7/24/09	18-24	50 Free	Samuel Ubellacker	ROSE	23.47	08/07/19	18-24
Sandy Neilson	WSM	26.77	4/28/84	25-29	50 Free	Luke Pechmann	GRA	22.59	6/26/16	25-29
Sandy Neilson	WSM	26.60	8/24/86	30-34	50 Free	Simon Burnett	ROSE	23.65	8/22/14	30-34
Peggy Gross	UCI	26.85	7/30/04	35-39	50 Free	Felipe Delgado	NOVA	23.60	6/7/09	35-39
Ann Worthington	MVN	27.28	8/3/06	40-44	50 Free	Erik Hochstein	SCAQ	24.24	8/1/08	40-44
Melanie Thomas	UNAT	27.09	8/6/15	45-49	50 Free	Paul Smith	TYR	24.29	8/3/06	45-49
Lisa Schoenneman	CVMM	29.68	8/3/14	50-54	50 Free	Michael Boosin	CVMM	25.42	8/17/16	50-54
Veronica Hibben	UCLA	29.55	6/22/14	55-59	50 Free	Michael Blatt	VCM	26.45	7/5/12	55-59
Traci Granger	LAPS	30.16	7/28/18	60-64	50 Free	Jeff Farrell	OSB	26.70	8/10/98	60-64
Veronica Hibben	NOVA	30.71	09/30/21	65-69	50 Free	Jeff Farrell	OSB	27.15	3/23/02	65-69
Beverly Montrella	MVN	36.82	08/07/19	70-74	50 Free	Jeff Farrell	SBM	28.53	7/14/07	70-74
Beverly Montrella	MVN	35.48	07/30/21	75-79	50 Free	Mike Freshley	ROSE	30.30	8/5/16	75-79
Rita Simonton	GWSC	47.48	7/25/98	80-84	50 Free	Jeff Farrell	SBM	32.18	6/30/17	80-84
Rita Simonton	GWSC	49.08	6/23/03	85-89	50 Free	Jeff Farrell	SBM	35.23	08/12/22	85-89
Maurine Kornfeld	MVN	55.48	8/12/11	90-94	50 Free	Woody Bowersock	CM	39.19	6/23/03	90-94
Maurine Kornfeld	ROSE	1:04.02	8/5/16	95-99	50 Free	John Whittemore	OSB	1:41.72	06/17/05	95-99
Maurine Kornfeld	ROSE	1:12.84	07/30/21	100-104	50 Free					100-104

WOMEN					100 Free	MEN				
Lindsey Engel	UNAT	56.92	6/26/16	18-24	100 Free	Gregory Busse	NOVA	52.62	8/9/03	18-24
Sandy Neilson	WSM	59.34	4/28/84	25-29	100 Free	Luke Pechmann	GRA	50.51	6/26/16	25-29
Sandy Neilson	WSM	58.59	8/24/86	30-34	100 Free	Tamas Kerekjarto	FMT	51.61	7/24/09	30-34
Sheri Hart	TYR	59.16	8/3/06	35-39	100 Free	Rich Saeger	UNAT	52.15	8/16/01	35-39
Ann Worthington	MVN	1:01.09	8/3/06	40-44	100 Free	Erik Hochstein	SCAQ	52.10	7/24/09	40-44
Melanie Thomas	UNAT	57.40	8/6/15	45-49	100 Free	Nicolas Granger	ROSE	53.77	8/5/16	45-49
Melanie Thomas	NOVA	1:01.82	09/30/21	50-54	100 Free	Nicolas Granger	ROSE	54.18	8/2/17	50-54
Veronica Hibben	UCLA	1:05.48	8/13/14	55-59	100 Free	Dan Stephenson	ROSE	57.77	8/13/14	55-59
Veronica Hibben	UCLA	1:06.41	8/14/17	60-64	100 Free	Dan Stephenson	ROSE	58.06	8/2/17	60-64
Veronica Hibben	NOVA	1:07.26	08/12/22	65-69	100 Free	Dan Stephenson	ROSE	59.50	08/12/22	65-69
Debbie Bradbury	NOVA	1:26.50	07/30/21	70-74	100 Free	Glenn Gruber	VCM	1:05.98	08/07/19	70-74
Beverly Montrella	MVN	1:29.55	07/30/21	75-79	100 Free	Mike Freshley	ROSE	1:09.06	8/5/16	75-79
Rita Simonton	GWSC	1:42.56	8/23/99	80-84	100 Free	Jeff Farrell	SBM	1:16.09	7/28/18	80-84
Rita Simonton	GWSC	1:48.75	8/17/03	85-89	100 Free	Frank Piemme	LOST	1:23.25	6/6/10	85-89
Rita Simonton	GWSC	2:03.52	8/1/08	90-94	100 Free	Woody Bowersock	CM	1:43.22	8/11/03	90-94
Maurine Kornfeld	ROSE	2:22.74	8/5/16	95-99	100 Free					95-99
Maurine Kornfeld	ROSE	2:52.45	07/11/21	100-104	100 Free					100-104

WOMEN					200 Free	MEN				
Sian Pearson	MVN	2:11.66	8/7/13	18-24	200 Free	Logan Redondo	MVN	1:57.01	6/26/16	18-24
Diane Graner	SCAQ	2:08.55	8/7/89	25-29	200 Free	Ralph Porrazzo	ROSE	1:57.34	08/07/19	25-29
Dawn Heckman	ROSE	2:04.05	7/14/11	30-34	200 Free	Tamas Kerekjarto	FMT	1:53.46	7/24/09	30-34
Dawn Heckman	ROSE	2:03.37	5/31/12	35-39	200 Free	Ryan Lochte	GRA	1:49.23	06/13/21	35-39
Susan Von Der Lippe	TYR	2:10.74	7/22/06	40-44	200 Free	Rich Saeger	TYR	1:55.06	8/3/06	40-44
Susanne Simpson	NOVA	2:15.27	4/17/08	45-49	200 Free	Nicolas Granger	ROSE	1:58.08	8/5/16	45-49
Jill Gellatly	CVMM	2:20.15	08/07/19	50-54	200 Free	Nicolas Granger	ROSE	2:00.89	7/28/18	50-54
Kim O'Grady	ROSE	2:22.27	8/14/17	55-59	200 Free	Dan Stephenson	ROSE	2:06.26	7/5/12	55-59
Veronica Hibben	UCLA	2:28.60	8/5/16	60-64	200 Free	Dan Stephenson	ROSE	2:07.68	8/2/17	60-64
Veronica Hibben	NOVA	2:33.00	07/30/21	65-69	200 Free	Dan Stephenson	ROSE	2:11.40	08/03/22	65-69
Beverly Montrella	MVN	3:12.44	8/5/16	70-74	200 Free	Glenn Gruber	VCM	2:29.88	06/02/19	70-74
Beverly Montrella	MVN	3:14.72	07/30/21	75-79	200 Free	Mike Freshley	ROSE	2:44.56	7/9/16	75-79
Rita Simonton	GWSC	3:44.19	7/18/99	80-84	200 Free	Frank Piemme	SBM	3:04.65	8/11/05	80-84
Rita Simonton	GWSC	3:59.68	5/25/03	85-89	200 Free	Frank Piemme	LOST	3:16.89	7/10/10	85-89
Rita Simonton	GWSC	4:19.80	7/20/08	90-94	200 Free	Jurgen Schmidt	MVN	4:02.49	6/2/13	90-94
Maurine Kornfeld	ROSE	5:03.47	8/17/16	95-99	200 Free					95-99
Maurine Kornfeld	ROSE	6:33.32	07/30/21	100-104	200 Free					100-104

## SOUTHERN PACIFIC MASTERS RECORDS

### LONG COURSE METERS

As of 12/26/2022

	Existing Record
	New Record (2022)

WOMEN					400 Free	MEN				
Sian Pearson	MVN	4:34.61	8/7/13	18-24	400 Free	Logan Redondo	MVN	3:57.10	6/26/16	18-24
Adrienne Brown	SBM	4:34.66	8/7/13	25-29	400 Free	Alex Kostich	SCAQ	4:03.63	6/29/97	25-29
Dawn Heckman	ROSE	4:17.52	8/3/10	30-34	400 Free	Erik Hochstein	SCAQ	4:05.61	8/11/02	30-34
Dawn Heckman	ROSE	4:16.19	5/31/12	35-39	400 Free	Markus Rogan	SCAQ	4:10.11	08/07/19	35-39
Janet Evans	GWSC	4:22.87	8/12/11	40-44	400 Free	Erik Hochstein	SCAQ	4:06.74	7/24/09	40-44
Susanne Simpson	NOVA	4:43.14	4/17/08	45-49	400 Free	Jim McConica	VCM	4:21.16	8/23/99	45-49
Jill Gellatly	CVMM	4:49.13	08/07/19	50-54	400 Free	Nicolas Granger	ROSE	4:15.93	8/2/17	50-54
Kim O'Grady	ROSE	4:56.44	8/14/17	55-59	400 Free	Jim McConica	VCM	4:25.34	8/11/05	55-59
Bonnie Spivey	LAPS	5:09.84	08/12/19	60-64	400 Free	Dan Stephenson	ROSE	4:36.85	8/2/17	60-64
Jacki Hirsty	UNAT	5:28.07	7/14/17	65-69	400 Free	Dan Stephenson	ROSE	4:41.12	08/12/22	65-69
Beverly Montrella	MVN	6:41.65	7/14/17	70-74	400 Free	Hubie Kerns	VCM	5:16.42	08/07/19	70-74
Beverly Montrella	MVN	6:55.29	07/30/21	75-79	400 Free	Mike Freshley	ROSE	5:55.00	6/11/16	75-79
Rita Simonton	GWSC	7:53.37	8/8/99	80-84	400 Free	Frank Piemme	SBM	6:36.12	5/22/05	80-84
Rita Simonton	GWSC	8:17.82	6/23/03	85-89	400 Free	Frank Piemme	LOST	7:03.07	5/16/10	85-89
Rita Simonton	GWSC	9:04.93	8/1/08	90-94	400 Free	Jurgen Schmidt	MVN	8:48.73	8/7/13	90-94
Maurine Kornfeld	ROSE	10:12.49	8/5/16	95-99	400 Free					95-99

WOMEN					800 Free	MEN				
Mackenzie Leake	TCC	9:51.70	8/14/15	18-24	800 Free	Logan Redondo	MVN	8:16.64	6/26/16	18-24
Erin McIntyre	MESA	9:35.03	8/3/06	25-29	800 Free	David Heron	MVN	8:24.46	08/12/22	25-29
Dawn Heckman	ROSE	8:44.09	4/24/09	30-34	800 Free	Wadley Wadley	WH2O	8:52.47	8/7/13	30-34
Dawn Heckman	ROSE	8:47.28	5/31/12	35-39	800 Free	Markus Rogan	SCAQ	8:50.16	06/23/19	35-39
Janet Evans	GWSC	8:59.06	6/11/11	40-44	800 Free	Ryan Cox	MVN	8:49.38	8/7/13	40-44
Susanne Simpson	NOVA	9:46.88	4/17/08	45-49	800 Free	Jim McConica	VCM	8:58.84	8/23/99	45-49
Jill Gellatly	CVMM	10:03.33	08/07/19	50-54	800 Free	Jim McConica	VCM	9:03.84	8/16/01	50-54
Kim O'Grady	ROSE	10:16.44	8/14/17	55-59	800 Free	Jim McConica	VCM	9:06.86	4/21/06	55-59
Bonnie Spivey	LAPS	10:34.37	08/12/19	60-64	800 Free	Andrew Bray	UNAT	9:29.70	8/10/18	60-64
Christie Ciraulo	UCLA	11:17.95	06/23/19	65-69	800 Free	Dan Stephenson	ROSE	10:01.92	08/03/22	65-69
Beverly Montrella	MVN	13:30.32	4/21/17	70-74	800 Free	Hubie Kerns	VCM	10:58.37	08/07/19	70-74
Beverly Montrella	MVN	14:21.82	07/30/21	75-79	800 Free	Will Rauch	LVM	12:50.72	7/24/09	75-79
Rita Simonton	GWSC	16:05.85	8/15/98	80-84	800 Free	Will Rauch	LVM	13:57.07	8/3/14	80-84
Rita Simonton	GWSC	17:14.24	8/17/03	85-89	800 Free	Frank Piemme	LOST	14:43.81	7/2/10	85-89
Rita Simonton	GWSC	18:53.58	8/14/08	90-94	800 Free	Jurgen Schmidt	MVN	17:58.02	8/7/13	90-94
Maurine Kornfeld	ROSE	21:39.10	8/14/17	95-99	800 Free					95-99

WOMEN					1500 Free	MEN				
Mackenzie Leake	TCC	18:45.39	8/14/15	18-24	1500 Free	Logan Redondo	MVN	15:28.17	6/26/16	18-24
Rendy Opdycke	NOVA	18:23.71	8/7/13	25-29	1500 Free	David Heron	MVN	15:49.04	08/12/12	25-29
Dawn Heckman	ROSE	17:07.54	4/23/10	30-34	1500 Free	Wadley Wadley	WH2O	17:03.30	8/7/13	30-34
Laurie Dodd	SCAQ	18:15.93	5/29/11	35-39	1500 Free	Markus Rogan	SCAQ	16:43.67	08/07/19	35-39
Janet Evans	GWSC	18:43.69	8/12/11	40-44	1500 Free	Ryan Cox	MVN	16:55.84	8/7/13	40-44
Laurie Dodd	UCLA	18:56.48	7/14/17	45-49	1500 Free	Ryan Cox	MVN	17:25.32	08/07/19	45-49
Jill Gellatly	CVMM	19:00.94	08/07/19	50-54	1500 Free	Jim McConica	VCM	17:08.33	8/17/00	50-54
Kim O'Grady	ROSE	19:27.15	8/17/16	55-59	1500 Free	Jim McConica	VCM	17:40.10	8/11/05	55-59
Bonnie Spivey	LAPS	19:57.23	06/02/19	60-64	1500 Free	Andrew Bray	UNAT	18:01.45	7/22/18	60-64
Christie Ciraulo	UCLA	21:32.84	06/02/19	65-69	1500 Free	Jim McConica	VCM	19:33.36	6/14/15	65-69
Beverly Montrella	MVN	26:00.83	8/5/16	70-74	1500 Free	Hubie Kerns	VCM	21:36.26	06/28/19	70-74
Beverly Montrella	MVN	26:48.86	07/30/21	75-79	1500 Free	Frank Piemme	OSB	24:49.56	8/13/00	75-79
Rita Simonton	GWSC	30:41.01	7/10/99	80-84	1500 Free	Frank Piemme	SBM	26:52.76	7/9/05	80-84
Rita Simonton	GWSC	32:33.60	7/27/03	85-89	1500 Free	Jurgen Schmidt	LOST	29:12.85	5/18/08	85-89
Rita Simonton	GWSC	36:02.20	6/1/08	90-94	1500 Free	Jurgen Schmidt	MVN	36:22.20	6/2/13	90-94
Rita Simonton	MVN	41:39.68	6/2/13	95-99	1500 Free					95-99

## SOUTHERN PACIFIC MASTERS RECORDS LONG COURSE METERS

As of 12/26/2022

	Existing Record
	New Record (2022)

WOMEN					50 Back	MEN				
Micah Otazu	ROSE	31.28	07/21/19	18-24	50 Back	Scott Weir	MVN	28.01	7/14/06	18-24
Diane Graner	SCAQ	30.80	8/17/89	25-29	50 Back	Luke Pechmann	GRA	26.77	6/11/17	25-29
Diane Graner-Gallas	SLUG	30.94	6/28/96	30-34	50 Back	Derya Buyukuncu	NOVA	26.59	6/7/09	30-34
Sheri Hart	TYR	30.40	8/3/06	35-39	50 Back	Jeff Natalizio	NOVA	26.54	08/07/19	35-39
Jennifer Stein	TYR	33.42	06/28/05	40-44	50 Back	Rich Saeger	TYR	28.53	8/3/06	40-44
Nancy Kirkpatrick-Reno	DSSM	34.66	7/29/00	45-49	50 Back	James Ballard	WH2O	29.75	06/25/05	45-49
Lisa Hilger	ROSE	34.18	7/5/12	50-54	50 Back	Nicolas Granger	ROSE	28.97	8/2/17	50-54
Jelena Kunovac	LVM	34.25	08/12/19	55-59	50 Back	Philipp Djang	MVN	31.93	8/7/13	55-59
Nancy Kirkpatrick-Reno	CVMM	37.38	8/6/15	60-64	50 Back	Jamie Fowler	NOVA	30.59	08/07/19	60-64
Evie Lynch	UCLA	38.21	08/07/19	65-69	50 Back	Dan Stephenson	ROSE	34.00	08/12/22	65-69
Beverly Montrella	MVN	44.75	4/21/17	70-74	50 Back	Steven Heck	VCM	35.21	08/07/19	70-74
Beverly Montrella	MVN	45.01	07/30/21	75-79	50 Back	Mike Freshley	ROSE	40.15	6/11/16	75-79
Eugenia Gregoire	UNAT	1:01.25	8/17/16	80-84	50 Back	Jeff Farrell	SBM	45.26	7/28/18	80-84
Peggy Sanborn	SBM	1:10.16	5/6/12	85-89	50 Back	Frank Piemme	LOST	49.55	8/10/12	85-89
Rita Simonton	GWSC	1:14.42	6/10/12	90-94	50 Back	Woody Bowersock	CM	56.43	8/11/03	90-94
Rita Simonton	MVN	1:14.31	8/7/13	95-99	50 Back					95-99
Maurine Kornfeld	ROSE	1:29.84	07/30/21	100-104	50 Back					100-104

WOMEN					100 Back	MEN				
Samantha Pearson	LVM	1:07.81	7/23/10	18-24	100 Back	Ethan Webster	GRA	1:01.92	8/10/18	18-24
Diane Graner	SCAQ	1:07.32	8/17/89	25-29	100 Back	Ralph Porrazzo	ROSE	57.43	08/07/19	25-29
Diane Graner-Gallas	SLUG	1:05.42	6/28/96	30-34	100 Back	Ryan Lochte	GRA	55.16	8/2/17	30-34
Sheri Hart	TYR	1:06.04	8/3/06	35-39	100 Back	Rich Saeger	UNAT	1:00.29	8/16/01	35-39
Maryanne Keverer	UNAT	1:11.63	8/22/96	40-44	100 Back	Rich Saeger	TYR	1:00.64	7/14/06	40-44
Susie Atwood	LBM	1:14.70	06/20/05	45-49	100 Back	Rich Saeger	MVN	1:02.22	8/10/12	45-49
Jane Hoag	MVN	1:14.46	08/07/19	50-54	100 Back	Nicolas Granger	ROSE	1:01.57	8/2/17	50-54
Jelena Kunovac	LVM	1:16.66	08/12/19	55-59	100 Back	Kurt Dickson	GRA	1:09.04	07/17/22	55-59
Bonnie Spivey	LAPS	1:22.62	6/3/18	60-64	100 Back	Jamie Fowler	NOVA	1:06.08	08/07/19	60-64
Evie Lynch	UCLA	1:25.26	08/07/19	65-69	100 Back	Dan Stephenson	ROSE	1:11.99	07/30/22	65-69
Beverly Montrella	MVN	1:37.41	4/21/17	70-74	100 Back	Steven Heck	VCM	1:18.10	08/07/19	70-74
Beverly Montrella	MVN	1:47.89	07/30/21	75-79	100 Back	Mike Freshley	ROSE	1:31.18	6/11/16	75-79
Peggy Sanborn	SBM	2:19.85	7/14/07	80-84	100 Back	Robert Christians	CM	1:49.60	06/18/05	80-84
Peggy Sanborn	SBM	2:26.64	5/6/12	85-89	100 Back	Frank Piemme	LOST	1:58.11	7/23/10	85-89
Maurine Kornfeld	MVN	2:30.63	8/12/11	90-94	100 Back	Woody Bowersock	CM	2:10.36	6/23/03	90-94
Rita Simonton	MVN	2:42.67	8/7/13	95-99	100 Back					95-99
Maurine Kornfeld	ROSE	3:04.26	07/30/21	100-104	100 Back					100-104

WOMEN					200 Back	MEN				
Samantha Pearson	LVM	2:32.17	7/23/10	18-24	200 Back	Logan Redondo	MVN	2:14.97	6/21/18	18-24
Diane Graner	SCAQ	2:19.97	8/17/89	25-29	200 Back	Ralph Porrazzo	ROSE	2:11.44	8/10/18	25-29
Diane Graner-Gallas	SLUG	2:21.26	06/18/05	30-34	200 Back	Adil Assouab	NOVA	2:10.95	05/22/22	30-34
Sheri Hart	TYR	2:22.92	8/3/06	35-39	200 Back	Christopher Gibson	SCAQ	2:14.98	08/07/19	35-39
Erika Stebbins	UCLA	2:34.53	8/7/13	40-44	200 Back	Erik Hochstein	SCAQ	2:14.37	7/24/09	40-44
Susie Atwood	LBM	2:47.64	06/20/05	45-49	200 Back	Rich Saeger	MVN	2:13.37	8/10/12	45-49
Jane Hoag	MVN	2:41.08	08/07/19	50-54	200 Back	Nicolas Granger	ROSE	2:14.53	8/2/17	50-54
Mindy Dougherty	MVN	2:50.50	8/6/09	55-59	200 Back	Kurt Dickson	GRA	2:21.26	06/11/22	55-59
Bonnie Spivey	LAPS	2:49.65	08/12/19	60-64	200 Back	Jamie Fowler	NOVA	2:26.12	08/07/19	60-64
Evie Lynch	UCLA	3:03.17	08/07/19	65-69	200 Back	Dan Stephenson	ROSE	2:32.79	08/03/22	65-69
Beverly Montrella	MVN	3:34.60	4/21/17	70-74	200 Back	Steven Heck	VCM	2:54.19	08/07/19	70-74
Beverly Montrella	MVN	3:51.82	07/30/21	75-79	200 Back	Mike Freshley	ROSE	3:22.73	7/9/16	75-79
Barbara Clark	UNAT	4:50.27	06/21/05	80-84	200 Back	Lee Arth	UNAT	3:54.49	8/11/05	80-84
Peggy Sanborn	SBM	5:04.84	5/6/12	85-89	200 Back	Jurgen Schmidt	LOST	4:37.79	6/7/09	85-89
Maurine Kornfeld	MVN	5:30.12	8/7/13	90-94	200 Back	Woody Bowersock	CM	4:58.86	8/11/03	90-94
Maurine Kornfeld	ROSE	5:42.64	5/29/16	95-99	200 Back					95-99
Maurine Kornfeld	ROSE	6:40.62	07/11/21	100-104	200 Back					100-104

## SOUTHERN PACIFIC MASTERS RECORDS LONG COURSE METERS

As of 12/26/2022

	Existing Record
	New Record (2022)

WOMEN					50 Breast	MEN				
Maria Carlson	ROSE	33.71	08/07/19	18-24	50 Breast	Giorgio DelGrosso	SCAQ	29.06	07/30/21	18-24
Brigitte Winkler	CMAC	34.55	07/21/22	25-29	50 Breast	Pavel Romanov	UNAT	27.83	08/12/22	25-29
Wenke Hansen	OSB	33.84	8/23/99	30-34	50 Breast *	Jeff Commings	TYR	29.01	8/3/06	30-34
				30-34	50 Breast *	Kevin Bartell	MVN	29.01	08/07/19	30-34
Cynthia Lewis	NOVA	33.86	5/25/12	35-39	50 Breast	Jeff Natalizio	NOVA	29.78	06/20/19	35-39
Susan Von Der Lippe	TYR	33.25	7/22/06	40-44	50 Breast	Steve West	NOVA	29.29	8/17/16	40-44
Gabrielle Rose	UNAT	33.68	08/12/22	45-49	50 Breast	Steve West	NOVA	29.42	08/07/19	45-49
Jenny Cook	SCAQ	39.09	8/1/08	50-54	50 Breast	Steve West	NOVA	29.90	03/31/22	50-54
Terri MacDougall	NOVA	37.40	08/07/19	55-59	50 Breast	Gerard Von Hoffmann	NOVA	32.92	8/3/11	55-59
Karen Melick	SCAQ	42.81	08/07/19	60-64	50 Breast	Gerard Von Hoffmann	NOVA	34.67	8/17/16	60-64
Karen Melick	SCAQ	43.11	05/22/22	65-69	50 Breast	Robert Strand	ROSE	34.66	7/5/12	65-69
Beverly Montrella	MVN	51.49	8/5/16	70-74	50 Breast	Rodney Cargill	SWLB	39.44	08/07/19	70-74
Beverly Montrella	MVN	53.48	08/12/22	75-79	50 Breast	Mike Freshley	ROSE	38.89	6/5/16	75-79
Margrit Graef	MVN	1:03.10	8/10/12	80-84	50 Breast	Jeff Farrell	SBM	46.39	7/28/18	80-84
Marti Gogniat	CM	1:09.85	7/27/96	85-89	50 Breast	Frank Piemme	LOST	49.49	7/23/10	85-89
Madeleine Miller	CM	1:43.58	06/22/05	90-94	50 Breast	Jurgen Schmidt	MVN	1:13.46	5/19/13	90-94
				95-99	50 Breast					95-99

WOMEN					100 Breast	MEN				
Maria Carlson	ROSE	1:12.45	08/01/19	18-24	100 Breast	Giorgio DelGrosso	SCAQ	1:03.11	09/30/21	18-24
Wenke Hansen	OSB	1:17.39	06/20/05	25-29	100 Breast	Pavel Romanov	UNAT	1:01.83	08/12/22	25-29
Keri Hehn	SCAQ	1:09.49	6/25/12	30-34	100 Breast	Ed Moses	ROSE	1:02.71	6/23/11	30-34
Cynthia Lewis	NOVA	1:12.30	5/25/12	35-39	100 Breast	Steve West	NOVA	1:04.91	6/22/11	35-39
Susan Von Der Lippe	TYR	1:13.34	6/18/06	40-44	100 Breast	Steve West	NOVA	1:03.76	7/5/12	40-44
Gabrielle Rose	UNAT	1:12.34	08/12/22	45-49	100 Breast	Steve West	NOVA	1:04.77	07/11/19	45-49
Jenny Cook	SCAQ	1:24.06	6/6/10	50-54	100 Breast	Steve West	NOVA	1:06.12	07/07/22	50-54
Terri MacDougall	NOVA	1:25.28	08/07/19	55-59	100 Breast	Gerard Von Hoffmann	NOVA	1:12.87	8/3/11	55-59
Karen Melick	SCAQ	1:35.12	6/11/17	60-64	100 Breast	Gerard Von Hoffmann	NOVA	1:19.04	8/17/16	60-64
Charlotte Gutierrez	SBM	1:39.25	6/29/18	65-69	100 Breast	Robert Strand	ROSE	1:18.87	7/5/12	65-69
Nancy Stanbury	MVN	1:54.72	08/07/19	70-74	100 Breast	Hubie Kerns	VCM	1:29.04	09/07/19	70-74
Beverly Montrella	MVN	1:58.13	07/30/21	75-79	100 Breast	Mike Freshley	ROSE	1:27.74	8/17/16	75-79
Maxine Merlino	LBM	2:22.79	8/23/92	80-84	100 Breast	Frank Piemme	SBM	1:45.54	8/11/05	80-84
Marti Gogniat	CM	2:34.86	06/18/05	85-89	100 Breast	Frank Piemme	LOST	1:51.79	7/23/10	85-89
Rita Simonton	LOST	3:54.14	7/24/09	90-94	100 Breast	Walter Pfeifer	CM	2:46.78	8/11/03	90-94
				95-99	100 Breast					95-99

WOMEN					200 Breast	MEN				
Maria Carlson	ROSE	2:41.90	08/07/19	18-24	200 Breast	Trevor Hoyt	MYST	2:13.19	8/6/14	18-24
Adrienne Brown	SBM	2:49.10	8/7/13	25-29	200 Breast	Nicholas Korth	GRA	2:20.67	6/26/16	25-29
Keri Hehn	SCAQ	2:29.97	6/25/12	30-34	200 Breast	Ed Moses	ROSE	2:19.67	6/23/11	30-34
Cynthia Lewis	NOVA	2:40.57	5/25/12	35-39	200 Breast	Steve West	NOVA	2:20.34	8/3/11	35-39
Susan Von Der Lippe	TYR	2:38.44	8/3/06	40-44	200 Breast	Steve West	NOVA	2:18.57	7/9/15	40-44
Gabrielle Rose	UNAT	2:21.37	08/12/22	45-49	200 Breast	Steve West	NOVA	2:19.44	6/21/18	45-49
Jenny Cook	NOVA	3:05.84	4/17/08	50-54	200 Breast	Steve West	NOVA	2:24.44	07/07/22	50-54
Jenny Cook	UCLA	3:09.59	6/22/14	55-59	200 Breast	Gerard Von Hoffmann	NOVA	2:42.88	8/3/11	55-59
Karen Melick	SCAQ	3:21.20	7/9/17	60-64	200 Breast	Thomas Taylor	ROSE	2:53.60	08/12/19	60-64
Karen Melick	SCAQ	3:36.84	05/22/22	65-69	200 Breast	Robert Strand	ROSE	2:58.13	7/5/12	65-69
Beverly Montrella	MVN	4:13.20	8/5/16	70-74	200 Breast	Hubie Kerns	VCM	3:15.73	08/07/19	70-74
Beverly Montrella	MVN	4:24.16	07/30/22	75-79	200 Breast	Mike Freshley	ROSE	3:13.93	8/17/16	75-79
Rita Simonton	GWSC	5:06.58	8/9/98	80-84	200 Breast	Walter Pfeiffer	CM	4:17.62	5/29/94	80-84
Rita Simonton	GWSC	6:00.81	8/9/03	85-89	200 Breast	Frank Piemme	LOST	4:15.11	7/10/10	85-89
Madeleine Miller	CM	11:42.20	06/22/05	90-94	200 Breast	Jurgen Schmidt	MVN	5:53.77	8/22/14	90-94
				95-99	200 Breast					95-99



## SOUTHERN PACIFIC MASTERS RECORDS LONG COURSE METERS

As of 12/26/2022

	Existing Record
	New Record (2022)

WOMEN					50 Fly	MEN				
Ashley De Paul	UCI	28.68	8/11/05	18-24	50 Fly	Alexander Aceino	GRA	25.60	8/14/15	18-24
Kaitlyn Jones	MVN	28.84	08/07/19	25-29	50 Fly	Wyatt Ubellacker	ROSE	24.71	06/02/19	25-29
Lauren Frendreis	ROSE	29.54	08/07/19	30-34	50 Fly	Oswaldo Quevedo	NOVA	24.73	8/3/06	30-34
Peggy Gross	UCI	29.46	7/30/04	35-39	50 Fly	Glenn Counts	LVM	25.18	7/5/12	35-39
Susan Von Der Lippe	TYR	28.62	8/3/06	40-44	50 Fly	Chuck Ponthier	LAPS	26.32	8/3/06	40-44
Wenke Seider	OJAI	29.04	8/3/14	45-49	50 Fly	Paul Smith	TYR	25.90	8/3/06	45-49
Arlette Godges	CVMM	32.11	7/28/18	50-54	50 Fly	Sam Franklin	LVM	27.30	8/3/07	50-54
Traci Granger	LAPS	30.97	8/7/13	55-59	50 Fly	Kip Fulbeck	SBM	28.48	07/30/21	55-59
Traci Granger	LAPS	31.11	08/07/19	60-64	50 Fly	Brian Patno	FMT	28.75	8/5/16	60-64
Christie Ciraulo	UCLA	34.50	08/07/19	65-69	50 Fly	Dan Stephenson	ROSE	30.34	08/12/22	65-69
Jeanne Little	MVN	45.84	6/6/10	70-74	50 Fly	Steven Heck	VCM	31.94	08/07/19	70-74
Jeanne Little	MVN	47.88	8/10/12	75-79	50 Fly	Mike Freshley	ROSE	33.83	8/17/16	75-79
Dionne Caldwell	NOVA	1:01.41	8/10/12	80-84	50 Fly	Frank Piemme	SBM	40.65	5/22/05	80-84
Maxine Merlino	CM	1:13.84	7/26/97	85-89	50 Fly	Frank Piemme	LOST	45.63	7/2/10	85-89
Rita Simonton	GWSC	1:33.12	6/1/08	90-94	50 Fly	Walter Pfeiffer	CM	1:00.30	8/11/03	90-94
				95-99	50 Fly	Walter Pfeiffer	MVN	2:01.41	6/1/08	95-99

WOMEN					100 Fly	MEN				
Lindsey Engel	UNAT	1:00.90	6/26/16	18-24	100 Fly	Connor Lee	UNAT	54.06	06/04/21	18-24
Kaitlyn Jones	MVN	1:05.16	08/07/19	25-29	100 Fly	Kevin Mendoza	SBM	54.14	06/24/21	25-29
Wenke Hansen	OSB	1:05.94	8/19/99	30-34	100 Fly	Tamas Kerekjarto	FMT	55.01	7/24/09	30-34
Peggy Gross	UCI	1:05.02	7/30/04	35-39	100 Fly	Bernie Zeruhn	NOVA	56.41	8/3/06	35-39
Susan Von Der Lippe	TYR	1:03.38	8/3/06	40-44	100 Fly	Paul Carter	SCAQ	57.57	8/16/01	40-44
Wenke Seider	OJAI	1:04.96	8/3/14	45-49	100 Fly	Paul Carter	SCAQ	56.42	8/4/02	45-49
Jenny Cook	SCAQ	1:13.97	7/2/10	50-54	100 Fly	Mike Shaffer	VCM	1:01.20	8/14/15	50-54
Traci Granger	LAPS	1:12.50	8/3/14	55-59	100 Fly	Gerard Von Hoffmann	NOVA	1:06.26	8/3/11	55-59
Traci Granger	LAPS	1:13.51	7/28/18	60-64	100 Fly	Brian Patno	FMT	1:06.02	8/5/16	60-64
Veronica Hibben	NOVA	1:24.84	09/30/21	65-69	100 Fly	Dan Stephenson	ROSE	1:08.45	08/03/22	65-69
Beverly Montrella	MVN	2:02.99	8/5/16	70-74	100 Fly	Hubie Kerns	VCM	1:19.14	06/23/19	70-74
Maxine Merlino	UNAT	2:20.80	7/9/88	75-79	100 Fly	Mike Freshley	ROSE	1:32.15	8/5/16	75-79
Maxine Merlino	CM	2:36.89	7/9/94	80-84	100 Fly	Frank Piemme	SBM	1:46.11	5/8/05	80-84
Maxine Merlino	CM	2:59.55	8/10/97	85-89	100 Fly	Frank Piemme	LOST	2:05.39	7/23/10	85-89
				90-94	100 Fly	Walter Pfeiffer	CM	2:31.03	8/11/03	90-94
				95-99	100 Fly	Walter Pfeiffer	MVN	4:09.52	6/1/08	95-99

WOMEN					200 Fly	MEN				
Ashley De Paul	UCI	2:26.05	8/11/05	18-24	200 Fly	Keith Ryan	UCI	2:14.53	8/1/08	18-24
Betsy Cleary	GWSC	2:25.64	06/09/05	25-29	200 Fly	James Belardi	SCAQ	2:06.88	8/14/82	25-29
Nancy Mitchell	NOVA	2:32.24	1993	30-34	200 Fly	James Belardi	SCAQ	2:07.71	8/9/87	30-34
Diana Philippi	CLVM	2:33.90	8/3/06	35-39	200 Fly	Bernie Zeruhn	NOVA	2:07.13	8/3/06	35-39
Susan Von Der Lippe	TYR	2:24.78	7/22/06	40-44	200 Fly	Mike Shaffer	VCM	2:10.20	8/3/06	40-44
Susanne Simpson	NOVA	2:32.72	4/17/08	45-49	200 Fly	Paul Carter	SCAQ	2:10.97	8/11/02	45-49
Jenny Cook	SCAQ	2:43.11	8/14/08	50-54	200 Fly	Mike Shaffer	VCM	2:16.38	8/14/15	50-54
Traci Granger	LAPS	2:52.31	8/7/13	55-59	200 Fly	Mike Shaffer	VCM	2:24.42	07/30/21	55-59
Traci Granger	LAPS	2:52.77	7/28/18	60-64	200 Fly	Tito Morales	UCLA	2:39.21	06/02/19	60-64
Christie Ciraulo	UCLA	3:24.28	6/3/18	65-69	200 Fly	Hubie Kerns	VCM	2:50.38	8/3/14	65-69
Maxine Merlino	LBM	4:37.05	8/29/82	70-74	200 Fly	Hubie Kerns	VCM	3:01.21	08/07/19	70-74
Maxine Merlino	UNAT	4:54.79	5/28/88	75-79	200 Fly	Rick Miller	LBG	3:38.80	05/22/22	75-79
Maxine Merlino	LBM	5:29.93	8/23/92	80-84	200 Fly	Walter Pfeiffer	CM	4:31.96	8/14/94	80-84
Maxine Merlino	CM	6:35.26	8/9/98	85-89	200 Fly	Walter Pfeiffer	CM	5:06.00	8/8/99	85-89
				90-94	200 Fly	Walter Pfeiffer	CM	5:51.79	8/11/03	90-94
				95-99	200 Fly	Walter Pfeiffer	MVN	14:05.25	6/1/08	95-99

**SOUTHERN PACIFIC MASTERS RECORDS  
LONG COURSE METERS**

As of 12/26/2022

Existing Record
New Record (2022)

WOMEN					200 IM	MEN				
Ashley De Paul	UCI	2:26.89	8/11/05	18-24	200 IM	Giorgio DelGrosso	SCAQ	2:14.38	07/30/21	18-24
Diane Graner	SCAQ	2:26.20	8/17/89	25-29	200 IM	Luke Pechmann	GRA	2:12.24	6/11/17	25-29
Adrienne Binder Brown	SBM	2:31.97	08/07/19	30-34	200 IM	Ryan Lochte	GRA	1:59.24	8/2/17	30-34
Cynthia Lewis	NOVA	2:27.53	8/12/11	35-39	200 IM	Ryan Lochte	GRA	1:58.48	06/13/21	35-39
Gabrielle Chang	SBM	2:30.64	6/11/17	40-44	200 IM	Erik Hochstein	SCAQ	2:14.13	7/24/09	40-44
Wenke Seider	OJAI	2:28.42	8/3/14	45-49	200 IM	Nicolas Granger	ROSE	2:10.09	8/5/16	45-49
Jenny Cook	SCAQ	2:39.49	8/14/08	50-54	200 IM	Nicolas Granger	ROSE	2:11.15	8/2/17	50-54
Jenny Cook	UCLA	2:49.97	8/14/15	55-59	200 IM	Dan Stephenson	ROSE	2:28.66	8/3/14	55-59
Bonnie Spivey	LAPS	2:53.62	08/12/19	60-64	200 IM	Tito Morales	UCLA	2:30.98	08/07/19	60-64
Veronica Hibben	NOVA	3:10.89	08/12/22	65-69	200 IM	Dan Stephenson	ROSE	2:37.62	08/12/22	65-69
Beverly Montrella	MVN	3:39.58	4/21/17	70-74	200 IM	Hubie Kerns	VCM	2:47.63	08/07/19	70-74
Beverly Montrella	MVN	3:47.23	07/30/21	75-79	200 IM	Mike Freshley	ROSE	2:59.01	8/5/16	75-79
Maxine Merlino	LBM	4:47.02	8/23/92	80-84	200 IM	Frank Piemme	SBM	3:34.94	8/11/05	80-84
Rita Simonton	GWSC	5:25.65	8/21/04	85-89	200 IM	Frank Piemme	LOST	3:51.88	6/6/10	85-89
Rita Simonton	GWSC	6:30.12	8/14/08	90-94	200 IM	Walter Pfeiffer	CM	5:12.11	8/11/03	90-94
				95-99	200 IM	Walter Pfeiffer	MVN	8:55.98	6/1/08	95-99

WOMEN					400 IM	MEN				
Ashley De Paul	UCI	5:15.05	8/11/05	18-24	400 IM	Keith Ryan	UCI	4:52.23	8/1/08	18-24
Adrienne Brown	SBM	5:08.31	8/7/13	25-29	400 IM	Alex Kostich	SCAQ	4:32.96	6/29/97	25-29
Marissa Clapp	ROSE	5:04.97	8/14/17	30-34	400 IM	Mark Magee	CLVM	4:52.82	8/15/02	30-34
Cynthia Lewis	NOVA	5:16.17	8/12/11	35-39	400 IM	Mark Magee	CLVM	4:52.92	8/9/03	35-39
Rossella Pescatori	SCAQ	5:48.54	6/10/12	40-44	400 IM	Mark Magee	LVM	4:57.41	7/24/09	40-44
Laurie Dodd	UCLA	5:44.17	7/14/17	45-49	400 IM	Nicolas Granger	ROSE	4:46.41	8/5/16	45-49
Jane Hoag	MVN	5:40.79	08/07/19	50-54	400 IM	Nicolas Granger	ROSE	4:45.61	8/2/17	50-54
Bonnie Spivey	MVN	5:53.54	8/7/13	55-59	400 IM	Jim McConica	VCM	5:17.10	8/11/05	55-59
Bonnie Spivey	LAPS	5:58.81	08/12/19	60-64	400 IM	Tito Morales	UCLA	5:28.47	08/07/19	60-64
Diana Dolan Lamar	MVN	7:39.16	09/11/22	65-69	400 IM	Hubie Kerns	VCM	5:51.91	8/3/14	65-69
Beverly Montrella	MVN	8:02.56	8/5/16	70-74	400 IM	Hubie Kerns	VCM	6:06.99	08/07/19	70-74
Maxine Merlino	SCAQ	9:11.23	8/9/87	75-79	400 IM	Mike Freshley	ROSE	6:34.91	8/5/16	75-79
Maxine Merlino	LBM	10:05.13	8/23/92	80-84	400 IM	Frank Piemme	SBM	8:03.49	7/24/05	80-84
Maxine Merlino	CM	11:21.06	7/26/97	85-89	400 IM	Walter Pfeiffer	CM	9:42.77	8/8/99	85-89
				90-94	400 IM	Walter Pfeiffer	CM	11:19.91	8/11/03	90-94
				95-99	400 IM	Walter Pfeiffer	MVN	17:29.20	6/1/08	95-99