

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 18-24 50 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Adams, Laura	22	Rose Bowl Masters-33	32.30	30.96
2 Carter, Katlynn	20	Conejo Valley Multisport Maste-33	32.50	31.90
3 Hickey, Andrea	21	Triton Swimming and Triathlon-33	33.59	34.13

Women 18-24 50 SC Meter Freestyle 50 Free Splits

1 Cleverly, Addy	24	Conejo Valley Multisport Maste-33	NT	34.30
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Women 18-24 100 SC Meter Freestyle 100 Free Split

1 Cleverly, Addy	24	Conejo Valley Multisport Maste-33	NT	1:12.40
2 Hickey, Andrea	21	Triton Swimming and Triathlon-33	NT	1:15.92

Women 18-24 100 SC Meter Freestyle

1 Adams, Laura	22	Rose Bowl Masters-33	1:09.00	1:08.50
	32.70	1:08.50 (35.80)		

Women 18-24 200 SC Meter Freestyle

1 Burrola, Amy	20	Mission Viejo Masters-33	2:34.24	2:30.98
	34.32	1:11.63 (37.31)	1:50.87 (39.24)	2:30.98 (40.11)

Women 18-24 400 SC Meter Freestyle

1 Webb, Brittany	24	Long Beach Grunions-33	6:00.00	5:50.30
	38.81	1:21.21 (42.40)	2:04.35 (43.14)	2:48.87 (44.52)
	3:34.36 (45.49)	4:19.74 (45.38)	5:05.46 (45.72)	5:50.30 (44.84)

Women 18-24 50 SC Meter Backstroke 50 Back Split

1 Cleverly, Addy	24	Conejo Valley Multisport Maste-33	NT	38.10
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Women 18-24 50 SC Meter Backstroke

1 Burrola, Amy	20	Mission Viejo Masters-33	38.00	37.33
2 Cleverly, Addy	24	Conejo Valley Multisport Maste-33	41.80	37.84

Women 18-24 100 SC Meter Backstroke

1 Lee, Sandra	24	Rose Bowl Masters-33	1:20.00	1:15.57
	36.22	1:15.57 (39.35)		
2 Cleverly, Addy	24	Conejo Valley Multisport Maste-33	1:28.80	1:23.87
	40.98	1:23.87 (42.89)		
3 Coulson, Matiana	24	Rose Bowl Masters-33	1:20.00	1:28.33
	43.37	1:28.33 (44.96)		

Women 18-24 100 SC Meter Backstroke 100 Back Split

1 Cleverly, Addy	24	Conejo Valley Multisport Maste-33	NT	1:23.32
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Women 18-24 200 SC Meter Backstroke

1 Lee, Sandra	24	Rose Bowl Masters-33	3:00.00	2:44.15
	37.23	1:18.52 (41.29)	2:01.28 (42.76)	2:44.15 (42.87)

Women 18-24 50 SC Meter Breaststroke

1 Adams, Laura	22	Rose Bowl Masters-33	39.00	38.88
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Women 18-24 100 SC Meter Breaststroke

1 Adams, Laura	22	Rose Bowl Masters-33	1:25.00	1:30.55
	42.00	1:30.55 (48.55)		
2 Cleverly, Addy	24	Conejo Valley Multisport Maste-33	1:42.44	1:31.03
	43.31	1:31.03 (47.72)		
3 Carter, Katlynn	20	Conejo Valley Multisport Maste-33	1:36.00	1:32.96
	44.85	1:32.96 (48.11)		
4 Hickey, Andrea	21	Triton Swimming and Triathlon-33	1:31.99	1:32.99
	43.57	1:32.99 (49.42)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 18-24 200 SC Meter Breaststroke**

1	Lee, Sandra	41.70	1:27.52 (45.82)	24	Rose Bowl Masters-33	2:15.74 (48.22)	3:04.31 (48.57)	3:30.00	3:04.31
2	Adams, Laura	44.60	1:36.95 (52.35)	22	Rose Bowl Masters-33	2:30.92 (53.97)	3:23.85 (52.93)	3:20.00	3:23.85

Women 18-24 50 SC Meter Butterfly

1	Burrola, Amy			20	Mission Viejo Masters-33			34.20	34.79
2	Carter, Katlynn			20	Conejo Valley Multisport Maste-33			35.00	35.30
3	Coulson, Matiana			24	Rose Bowl Masters-33			35.00	36.30
4	Hickey, Andrea			21	Triton Swimming and Triathlon-33			36.00	37.02
5	Cleverly, Addy			24	Conejo Valley Multisport Maste-33			37.00	37.38

Women 18-24 100 SC Meter IM

1	Lee, Sandra	34.77	1:16.13 (41.36)	24	Rose Bowl Masters-33			1:20.00	1:16.13
2	Burrola, Amy	38.56	1:22.11 (43.55)	20	Mission Viejo Masters-33			1:30.00	1:22.11
3	Cleverly, Addy	38.97	1:22.95 (43.98)	24	Conejo Valley Multisport Maste-33			1:30.00	1:22.95
4	Adams, Laura	37.67	1:24.49 (46.82)	22	Rose Bowl Masters-33			1:20.00	1:24.49

Women 18-24 200 SC Meter IM

1	Lee, Sandra	35.83	1:16.75 (40.92)	24	Rose Bowl Masters-33	2:04.41 (47.66)	2:42.10 (37.69)	3:00.00	2:42.10
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Women 18-24 400 SC Meter IM

1	Lee, Sandra	37.28	1:20.99 (43.71)	24	Rose Bowl Masters-33	2:02.97 (41.98)	2:46.18 (43.21)	6:00.00	5:46.22
		3:34.56 (48.38)	4:24.62 (50.06)			5:06.18 (41.56)	5:46.22 (40.04)		

Women 25-29 50 SC Meter Freestyle

1	Davidoff, Cara			27	The Olympic Club-38			28.75	28.71
2	Amundson, Heidi			29	San Diego Swim Masters-44			29.50	29.68
3	Stuwe, Evelyn			29	Caltech Masters-33			31.00	31.00
4	Sweeney, Amy			28	San Diego Swim Masters-44			31.27	31.15
5	Lu, Nancy			27	Rose Bowl Masters-33			32.00	31.42
6	Skinner, Lauren			29	Southern California Aquatic Ma-33			32.00	32.43
7	Alexander, Nancy			28	Caltech Masters-33			33.45	33.32
8	Pulliam, Kandis			28	Rose Bowl Masters-33			48.00	39.61

Women 25-29 100 SC Meter Freestyle

1	Colavito, Shannon	31.13	1:04.31 (33.18)	26	Las Vegas Masters-33			1:05.90	1:04.31
2	Sweeney, Amy	32.52	1:10.78 (38.26)	28	San Diego Swim Masters-44			1:10.28	1:10.78
3	Yung, Lisa	38.88	1:22.10 (43.22)	27	La Mirada Armada-33			1:19.50	1:22.10
4	Pulliam, Kandis	39.74	1:28.29 (48.55)	28	Rose Bowl Masters-33			2:00.00	1:28.29

Women 25-29 200 SC Meter Freestyle

1	Parker, Emily	30.64	1:03.89 (33.25)	28	San Diego Swim Masters-44	1:37.82 (33.93)	2:11.16 (33.34)	2:12.13	2:11.16
2	Holman, Sara	32.58	1:08.11 (35.53)	27	Gator Swim Club-14	1:44.30 (36.19)	2:19.28 (34.98)	2:19.69	2:19.28

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 25-29 200 SC Meter Freestyle)**

3	Holman, Mary	27	Gator Swim Club-14	2:19.91	2:21.00
	33.19	1:09.25 (36.06)	1:45.50 (36.25)	2:21.00 (35.50)	
4	Rapp, Julie	26	Las Vegas Masters-33	3:10.00	3:02.94
	42.71	1:29.63 (46.92)	2:16.67 (47.04)	3:02.94 (46.27)	
5	Pulliam, Kandis	28	Rose Bowl Masters-33	4:30.00	3:11.24
	43.74	1:32.50 (48.76)	2:22.87 (50.37)	3:11.24 (48.37)	

Women 25-29 400 SC Meter Freestyle

1	Davidoff, Cara	27	The Olympic Club-38	4:50.00	4:39.23
	32.09	1:07.02 (34.93)	1:42.01 (34.99)	2:17.17 (35.16)	
	2:52.73 (35.56)	3:28.22 (35.49)	4:03.87 (35.65)	4:39.23 (35.36)	
2	Holman, Sara	27	Gator Swim Club-14	4:44.44	4:44.71
	32.86	1:08.43 (35.57)	1:44.37 (35.94)	2:20.66 (36.29)	
	2:56.85 (36.19)	3:33.33 (36.48)	4:09.56 (36.23)	4:44.71 (35.15)	
3	Holman, Mary	27	Gator Swim Club-14	4:45.95	4:45.74
	33.33	1:08.81 (35.48)	1:44.97 (36.16)	2:21.56 (36.59)	
	2:58.05 (36.49)	3:34.32 (36.27)	4:10.51 (36.19)	4:45.74 (35.23)	
4	Colavito, Shannon	26	Las Vegas Masters-33	4:52.00	4:48.34
	33.21	1:08.79 (35.58)	1:45.07 (36.28)	2:21.66 (36.59)	
	2:58.28 (36.62)	3:35.04 (36.76)	4:12.05 (37.01)	4:48.34 (36.29)	
5	Tichy, Meredith	26	Novaquatics Masters-33	5:17.77	4:49.39
	31.81	1:06.57 (34.76)	1:42.44 (35.87)	2:18.49 (36.05)	
	2:55.01 (36.52)	3:32.36 (37.35)	4:10.71 (38.35)	4:49.39 (38.68)	
6	Capizzi, Stefanie	26	Rose Bowl Masters-33	5:30.00	5:22.01
	35.80	1:15.54 (39.74)	1:56.22 (40.68)	2:37.24 (41.02)	
	3:18.27 (41.03)	3:59.49 (41.22)	4:40.92 (41.43)	5:22.01 (41.09)	
7	Alexander, Nancy	28	Caltech Masters-33	5:15.00	5:30.28
	35.87	1:15.51 (39.64)	1:57.27 (41.76)	2:39.46 (42.19)	
	3:21.67 (42.21)	4:04.10 (42.43)	4:46.91 (42.81)	5:30.28 (43.37)	

Women 25-29 800 SC Meter Freestyle

1	Parker, Emily	28	San Diego Swim Masters-44	9:23.40	9:24.83
	1:07.04	1:42.29 (35.25)	2:17.54 (35.25)	2:52.82 (35.28)	
	3:28.19 (35.37)	4:03.67 (35.48)	4:39.26 (35.59)	5:14.88 (35.62)	
	5:50.65 (35.77)	6:26.53 (35.88)	7:02.64 (36.11)	7:38.71 (36.07)	
	8:14.69 (35.98)	8:50.44 (35.75)	9:24.90 (34.46)	9:24.83 ()	
2	Holman, Sara	27	Gator Swim Club-14	9:38.78	9:42.99
	33.24	1:09.57 (36.33)	1:46.46 (36.89)	2:23.20 (36.74)	
	2:59.96 (36.76)	3:36.49 (36.53)	4:13.26 (36.77)	4:50.31 (37.05)	
	5:27.05 (36.74)	6:04.12 (37.07)	6:41.06 (36.94)	7:18.11 (37.05)	
	7:55.05 (36.94)	8:32.05 (37.00)	9:08.35 (36.30)	9:42.99 (34.64)	
3	Holman, Mary	27	Gator Swim Club-14	9:38.85	9:43.35
	33.55	1:09.56 (36.01)	1:46.20 (36.64)	2:23.00 (36.80)	
	3:00.07 (37.07)	3:36.95 (36.88)	4:13.95 (37.00)	4:51.17 (37.22)	
	5:27.93 (36.76)	6:04.89 (36.96)	6:41.56 (36.67)	7:18.39 (36.83)	
	7:54.95 (36.56)	8:31.58 (36.63)	9:08.20 (36.62)	9:43.35 (35.15)	
4	Capizzi, Stefanie	26	Rose Bowl Masters-33	10:31.35	11:15.77
	37.28	1:17.79 (40.51)	1:59.34 (41.55)	2:40.97 (41.63)	
	3:22.52 (41.55)	4:04.64 (42.12)	4:47.00 (42.36)	5:29.74 (42.74)	
	6:13.05 (43.31)	6:56.56 (43.51)	7:40.47 (43.91)	8:23.79 (43.32)	
	9:06.63 (42.84)	9:49.92 (43.29)	10:33.14 (43.22)	11:15.77 (42.63)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 25-29 1500 SC Meter Freestyle**

1 Capizzi, Stefanie	26	Rose Bowl Masters-33	21:00.00	23:19.43
41.38	1:27.16 (45.78)	2:13.32 (46.16)	3:00.26 (46.94)	
3:47.07 (46.81)	4:34.09 (47.02)	5:21.72 (47.63)	6:09.77 (48.05)	
6:57.54 (47.77)	7:45.61 (48.07)	8:32.76 (47.15)	9:19.47 (46.71)	
10:07.46 (47.99)	10:55.22 (47.76)	11:42.37 (47.15)	12:29.65 (47.28)	
13:17.21 (47.56)	14:04.64 (47.43)	14:52.44 (47.80)	15:39.39 (46.95)	
16:25.98 (46.59)	17:12.24 (46.26)	17:58.66 (46.42)	18:45.26 (46.60)	
19:31.57 (46.31)	20:18.21 (46.64)	21:03.92 (45.71)	21:49.63 (45.71)	
22:36.00 (46.37)	23:19.43 (43.43)			

Women 25-29 50 SC Meter Backstroke

1 Parker, Emily	28	San Diego Swim Masters-44	32.30	32.57
2 Amundson, Heidi	29	San Diego Swim Masters-44	36.34	33.93
3 Lu, Nancy	27	Rose Bowl Masters-33	38.00	36.42
4 Ho, Judy	28	Rose Bowl Masters-33	39.54	40.06
5 Pulliam, Kandis	28	Rose Bowl Masters-33	1:10.00	45.66

Women 25-29 100 SC Meter Backstroke

1 Amundson, Heidi	29	San Diego Swim Masters-44	1:19.25	1:14.58
36.24	1:14.58 (38.34)			
2 Holman, Sara	27	Gator Swim Club-14	1:16.76	1:15.42
37.07	1:15.42 (38.35)			
3 Alexander, Nancy	28	Caltech Masters-33	1:14.00	1:15.88
36.02	1:15.88 (39.86)			
4 Stuwe, Evelyn	29	Caltech Masters-33	1:18.88	1:16.81
37.09	1:16.81 (39.72)			
5 Colavito, Shannon	26	Las Vegas Masters-33	1:16.90	1:19.13
38.79	1:19.13 (40.34)			
6 Holman, Mary	27	Gator Swim Club-14	1:21.53	1:21.34
40.19	1:21.34 (41.15)			
7 Ho, Judy	28	Rose Bowl Masters-33	1:25.68	1:23.79
41.09	1:23.79 (42.70)			
8 Pulliam, Kandis	28	Rose Bowl Masters-33	2:00.00	1:35.22
46.12	1:35.22 (49.10)			
9 Rapp, Julie	26	Las Vegas Masters-33	1:55.00	1:36.01
47.64	1:36.01 (48.37)			
10 Yung, Lisa	27	La Mirada Armada-33	2:00.00	1:48.50

Women 25-29 200 SC Meter Backstroke

1 Rapp, Julie	26	Las Vegas Masters-33	3:55.00	3:23.90
46.69	1:38.36 (51.67)	2:32.17 (53.81)	3:23.90 (51.73)	
2 Pulliam, Kandis	28	Rose Bowl Masters-33	5:00.00	3:30.40
48.24	1:42.12 (53.88)	2:37.93 (55.81)	3:30.40 (52.47)	

Women 25-29 100 SC Meter Breaststroke

1 Davidoff, Cara	27	The Olympic Club-38	1:23.10	1:22.80
38.97	1:22.80 (43.83)			
2 Lu, Nancy	27	Rose Bowl Masters-33	1:30.00	1:27.91
41.99	1:27.91 (45.92)			

Women 25-29 50 SC Meter Butterfly

1 Tichy, Meredith	26	Novaquatics Masters-33	31.48	31.05
2 Davidoff, Cara	27	The Olympic Club-38	31.80	31.10
3 Amundson, Heidi	29	San Diego Swim Masters-44	34.37	33.39
4 Lu, Nancy	27	Rose Bowl Masters-33	37.00	35.21

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5	Ho, Judy	28	Rose Bowl Masters-33	36.20	35.94
6	Skinner, Lauren	29	Southern California Aquatic Ma-33	32.00	36.26
7	Rapp, Julie	26	Las Vegas Masters-33	45.00	38.95
8	Yung, Lisa	27	La Mirada Armada-33	47.12	41.48

Women 25-29 100 SC Meter Butterfly

1	Tichy, Meredith	26	Novaquatics Masters-33	1:13.10	1:08.40
	31.43		1:08.40 (36.97)		
2	Ho, Judy	28	Rose Bowl Masters-33	1:22.63	1:19.61
	37.54		1:19.61 (42.07)		
3	Rapp, Julie	26	Las Vegas Masters-33	1:49.90	1:31.58
	44.49		1:31.58 (47.09)		

Women 25-29 200 SC Meter Butterfly

1	Ho, Judy	28	Rose Bowl Masters-33	3:11.48	3:04.90
	41.96		1:27.30 (45.34) 2:15.88 (48.58) 3:04.90 (49.02)		
2	Rapp, Julie	26	Las Vegas Masters-33	4:00.00	3:39.55
	46.17		1:39.85 (53.68) 2:40.06 (1:00.21) 3:39.55 (59.49)		

Women 25-29 100 SC Meter IM

1	Tichy, Meredith	26	Novaquatics Masters-33	1:18.22	1:11.39
	31.78		1:11.39 (39.61)		
2	Parker, Emily	28	San Diego Swim Masters-44	1:20.25	1:11.72
	33.59		1:11.72 (38.13)		
3	Amundson, Heidi	29	San Diego Swim Masters-44	1:18.13	1:15.38
	33.37		1:15.38 (42.01)		
4	Lu, Nancy	27	Rose Bowl Masters-33	1:20.00	1:19.03
	36.59		1:19.03 (42.44)		

Women 25-29 200 SC Meter IM

1	Colavito, Shannon	26	Las Vegas Masters-33	2:50.55	2:38.91
	34.19		1:15.61 (41.42) 2:03.08 (47.47) 2:38.91 (35.83)		
2	Capizzi, Stefanie	26	Rose Bowl Masters-33	2:53.20	2:46.48
	35.40		1:19.19 (43.79) 2:07.39 (48.20) 2:46.48 (39.09)		
3	Yung, Lisa	27	La Mirada Armada-33	4:10.00	3:41.35
	44.29		1:44.79 (1:00.50) 2:51.12 (1:06.33) 3:41.35 (50.23)		

Women 25-29 400 SC Meter IM

1	Holman, Mary	27	Gator Swim Club-14	5:46.16	5:50.78
	39.83		1:26.19 (46.36) 2:12.37 (46.18) 2:57.24 (44.87)		
	3:47.97 (50.73)		4:38.78 (50.81) 5:15.50 (36.72) 5:50.78 (35.28)		
---	Capizzi, Stefanie	26	Rose Bowl Masters-33	5:49.55	DQ
---	Holman, Sara	27	Gator Swim Club-14	5:34.11	DQ
	37.46		1:21.34 (43.88) 2:03.80 (42.46) 2:44.95 (41.15)		
	3:38.11 (53.16)		4:30.49 (52.38) 5:06.77 (36.28) DQ (34.66)		

Women 30-34 50 SC Meter Freestyle

1	Watanabe, Naoko	31	The Olympic Club-38	28.68	28.61
2	Corcoran, Jackie	31	Long Beach Grunions-33	31.00	29.57
3	Giovanni, Melissa	34	Las Vegas Masters-33	30.50	29.82
4	Grolle, Jamie	30	Las Vegas Masters-33	30.00	30.08
5	Bronson, Jenifer	32	Southern California Aquatic Ma-33	31.55	31.17
6	Colavito, Violet	30	Las Vegas Masters-33	31.59	31.32
7	Harper, Hilary	32	Las Vegas Masters-33	39.00	37.40

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 30-34 100 SC Meter Freestyle**

1	Watanabe, Naoko	31	The Olympic Club-38	1:05.40	1:02.24
	29.81		1:02.24 (32.43)		
2	Giovanni, Melissa	34	Las Vegas Masters-33	1:07.50	1:05.26
	30.96		1:05.26 (34.30)		
3	Chung, Kathy	32	Rose Bowl Masters-33	1:10.78	1:05.89
	31.04		1:05.89 (34.85)		
4	Cole, Jacqueline	33	Long Beach Grunions-33	1:07.52	1:08.22
	32.78		1:08.22 (35.44)		
5	Fasulo, Jessica	32	Las Vegas Masters-33	1:25.00	1:19.20
	38.91		1:19.20 (40.29)		

Women 30-34 200 SC Meter Freestyle

1	Grolle, Jamie	30	Las Vegas Masters-33	2:23.00	2:20.82
	32.05		1:07.80 (35.75) 1:44.66 (36.86) 2:20.82 (36.16)		
2	Seubert, Erica	32	Rose Bowl Masters-33	2:49.87	2:45.63
	38.54		1:21.22 (42.68) 2:05.52 (44.30) 2:45.63 (40.11)		
3	Meloney, Kathleen	33	Novaquatics Masters-33	2:52.54	2:55.85
	40.56		1:26.12 (45.56) 2:12.01 (45.89) 2:55.85 (43.84)		
4	Lassonde, Kristin	31	Rose Bowl Masters-33	3:09.65	2:58.80
	40.85		1:26.83 (45.98) 2:13.40 (46.57) 2:58.80 (45.40)		

Women 30-34 400 SC Meter Freestyle

1	Grolle, Jamie	30	Las Vegas Masters-33	5:05.00	4:53.24
	32.94		1:09.34 (36.40) 1:46.72 (37.38) 2:24.17 (37.45)		
	3:01.71 (37.54)		3:39.33 (37.62) 4:16.75 (37.42) 4:53.24 (36.49)		
2	Corcoran, Jackie	31	Long Beach Grunions-33	5:00.00	4:54.83
	33.23		1:09.05 (35.82) 1:46.23 (37.18) 2:24.05 (37.82)		
	3:01.70 (37.65)		3:39.75 (38.05) 4:17.53 (37.78) 4:54.83 (37.30)		
3	Giovanni, Melissa	34	Las Vegas Masters-33	5:25.00	5:01.87
	34.64		1:12.65 (38.01) 1:51.57 (38.92) 2:30.83 (39.26)		
	3:10.25 (39.42)		3:48.86 (38.61) 4:26.43 (37.57) 5:01.87 (35.44)		
4	Moyer, Catherine	33	San Diego Swim Masters-44	5:55.94	5:30.49
	38.08		1:19.49 (41.41) 2:02.27 (42.78) 2:45.07 (42.80)		
	3:27.63 (42.56)		4:09.81 (42.18) 4:51.10 (41.29) 5:30.49 (39.39)		
5	Colavito, Violet	30	Las Vegas Masters-33	5:55.59	5:47.09
	37.40		1:19.29 (41.89) 2:02.94 (43.65) 2:47.18 (44.24)		
	3:30.99 (43.81)		4:16.25 (45.26) 5:02.04 (45.79) 5:47.09 (45.05)		
6	Giffin, Meghan	34	Rose Bowl Masters-33	7:00.00	5:52.33
	41.14		1:24.43 (43.29) 2:09.24 (44.81) 2:54.64 (45.40)		
	3:40.40 (45.76)		4:25.46 (45.06) 5:09.91 (44.45) 5:52.33 (42.42)		
7	Fasulo, Jessica	32	Las Vegas Masters-33	7:10.00	5:59.41
	42.55		1:28.29 (45.74) 2:15.76 (47.47) 3:02.06 (46.30)		
	3:47.25 (45.19)		4:32.19 (44.94) 5:16.64 (44.45) 5:59.41 (42.77)		
8	Harper, Hilary	32	Las Vegas Masters-33	7:45.00	6:17.45
	41.34		1:28.70 (47.36) 2:17.92 (49.22) 3:06.58 (48.66)		
	3:55.56 (48.98)		4:44.36 (48.80) 5:30.69 (46.33) 6:17.45 (46.76)		
9	Pugh, Dana	32	Long Beach Grunions-33	8:38.26	9:21.36
	56.68		2:00.73 (1:04.05) 3:10.36 (1:09.63) 4:22.98 (1:12.62)		
	5:37.99 (1:15.01)		6:53.62 (1:15.63) 8:08.30 (1:14.68) 9:21.36 (1:13.06)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 30-34 800 SC Meter Freestyle**

1	Grolle, Jamie	30	Las Vegas Masters-33	10:30.00	10:24.32
	34.84	1:13.56 (38.72)	1:53.03 (39.47)	2:32.96 (39.93)	
	3:12.41 (39.45)	3:52.29 (39.88)	4:31.78 (39.49)	5:11.43 (39.65)	
	5:50.50 (39.07)	6:30.28 (39.78)	7:09.55 (39.27)	7:49.27 (39.72)	
	8:28.35 (39.08)	9:07.85 (39.50)	9:46.66 (38.81)	10:24.32 (37.66)	
2	Giovanni, Melissa	34	Las Vegas Masters-33	11:00.00	10:32.18
	36.16	1:15.61 (39.45)	1:56.51 (40.90)	2:37.79 (41.28)	
	3:18.22 (40.43)	3:58.87 (40.65)	4:39.47 (40.60)	5:19.25 (39.78)	
	5:59.03 (39.78)	6:39.50 (40.47)	7:19.99 (40.49)	7:59.36 (39.37)	
	8:38.34 (38.98)	9:17.85 (39.51)	9:56.48 (38.63)	10:32.18 (35.70)	
3	Cole, Jacqueline	33	Long Beach Grunions-33	11:02.47	11:04.95
	36.58	1:15.93 (39.35)	1:56.80 (40.87)	2:37.84 (41.04)	
	3:19.34 (41.50)	4:01.01 (41.67)	4:43.17 (42.16)	5:25.05 (41.88)	
	6:07.29 (42.24)	6:49.62 (42.33)	7:32.08 (42.46)	8:15.32 (43.24)	
	8:57.51 (42.19)	9:40.54 (43.03)	10:23.05 (42.51)	11:04.95 (41.90)	
4	Seubert, Erica	32	Rose Bowl Masters-33	12:05.58	12:00.38
	38.69	1:22.37 (43.68)	2:07.84 (45.47)	2:53.84 (46.00)	
	3:39.76 (45.92)	4:25.28 (45.52)	5:11.81 (46.53)	5:57.93 (46.12)	
	6:43.41 (45.48)	7:29.51 (46.10)	8:15.46 (45.95)	9:01.58 (46.12)	
	9:47.41 (45.83)	10:32.77 (45.36)	11:18.78 (46.01)	12:00.38 (41.60)	
5	Colavito, Violet	30	Las Vegas Masters-33	13:00.99	12:10.02
	39.93	1:25.07 (45.14)	2:11.17 (46.10)	2:58.00 (46.83)	
	3:44.59 (46.59)	4:31.28 (46.69)	5:17.92 (46.64)	6:05.43 (47.51)	
	6:50.92 (45.49)	7:37.45 (46.53)	8:23.23 (45.78)	9:09.58 (46.35)	
	9:55.00 (45.42)	10:41.41 (46.41)	11:27.06 (45.65)	12:10.02 (42.96)	
6	Fasulo, Jessica	32	Las Vegas Masters-33	14:20.20	12:26.85
	44.52	1:32.07 (47.55)	2:20.25 (48.18)	3:08.46 (48.21)	
	3:56.11 (47.65)	4:43.66 (47.55)	5:30.79 (47.13)	6:18.11 (47.32)	
	7:04.34 (46.23)	7:51.12 (46.78)	8:37.85 (46.73)	9:25.21 (47.36)	
	10:11.77 (46.56)	10:58.21 (46.44)	11:43.83 (45.62)	12:26.85 (43.02)	
7	Pugh, Dana	32	Long Beach Grunions-33	18:26.10	18:33.10
	59.12	2:04.71 (1:05.59)	3:11.98 (1:07.27)	4:21.37 (1:09.39)	
	5:32.74 (1:11.37)	6:43.82 (1:11.08)	7:54.08 (1:10.26)	9:04.00 (1:09.92)	
	10:15.02 (1:11.02)	11:27.31 (1:12.29)	12:40.19 (1:12.88)	13:49.45 (1:09.26)	
	15:01.98 (1:12.53)	16:13.24 (1:11.26)	17:24.15 (1:10.91)	18:33.10 (1:08.95)	

Women 30-34 1500 SC Meter Freestyle

1	Cole, Jacqueline	33	Long Beach Grunions-33	22:53.51	21:32.06
	35.74	1:14.70 (38.96)	1:54.80 (40.10)	2:35.92 (41.12)	
	3:17.71 (41.79)	4:00.03 (42.32)	4:42.89 (42.86)	5:25.96 (43.07)	
	6:09.31 (43.35)	6:52.84 (43.53)	7:36.76 (43.92)	8:20.16 (43.40)	
	9:04.29 (44.13)	9:48.55 (44.26)	10:32.29 (43.74)	11:16.70 (44.41)	
	12:01.27 (44.57)	12:45.44 (44.17)	13:29.87 (44.43)	14:14.43 (44.56)	
	14:58.27 (43.84)	15:42.24 (43.97)	16:26.36 (44.12)	17:10.77 (44.41)	
	17:54.79 (44.02)	18:38.47 (43.68)	19:21.90 (43.43)	20:06.17 (44.27)	
	20:50.32 (44.15)	21:32.06 (41.74)			
2	Moyer, Catherine	33	San Diego Swim Masters-44	23:43.84	23:02.81
	39.94	1:24.04 (44.10)	2:08.70 (44.66)	2:53.94 (45.24)	
	3:38.99 (45.05)	4:24.40 (45.41)	5:08.94 (44.54)	5:54.46 (45.52)	
	23:02.81 (17:08.35)				

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 30-34 1500 SC Meter Freestyle)**

3	Seubert, Erica	32	Rose Bowl Masters-33	23:27.89	23:23.95
	38.79	1:22.81 (44.02)	2:08.21 (45.40)	2:54.19 (45.98)	
	3:40.30 (46.11)	4:27.00 (46.70)	5:13.32 (46.32)	6:00.10 (46.78)	
	6:46.80 (46.70)	7:33.43 (46.63)	8:21.47 (48.04)	9:10.19 (48.72)	
	9:57.99 (47.80)	10:46.02 (48.03)	11:34.02 (48.00)	12:21.89 (47.87)	
	13:10.04 (48.15)	13:58.25 (48.21)	14:46.31 (48.06)	15:34.66 (48.35)	
	16:22.42 (47.76)	17:09.81 (47.39)	17:56.94 (47.13)	18:44.25 (47.31)	
	19:31.42 (47.17)	20:18.69 (47.27)	21:05.94 (47.25)	21:53.38 (47.44)	
	22:40.14 (46.76)	23:23.95 (43.81)			
4	Pugh, Dana	32	Long Beach Grunions-33	38:00.00	37:24.17
	58.92	2:06.96 (1:08.04)	3:16.66 (1:09.70)	4:31.45 (1:14.79)	
	5:43.77 (1:12.32)	7:01.27 (1:17.50)	8:14.79 (1:13.52)	9:30.62 (1:15.83)	
	10:46.89 (1:16.27)	12:01.93 (1:15.04)	13:16.89 (1:14.96)	14:31.03 (1:14.14)	
	15:45.98 (1:14.95)	16:59.41 (1:13.43)	18:15.63 (1:16.22)	19:31.09 (1:15.46)	
	20:44.98 (1:13.89)	21:59.46 (1:14.48)	23:14.26 (1:14.80)	24:28.63 (1:14.37)	
	25:41.14 (1:12.51)	26:54.50 (1:13.36)	28:11.31 (1:16.81)	29:27.76 (1:16.45)	
	30:46.90 (1:19.14)	32:05.71 (1:18.81)	33:25.78 (1:20.07)	34:43.69 (1:17.91)	
	36:06.29 (1:22.60)	37:24.17 (1:17.88)			

Women 30-34 50 SC Meter Backstroke

1	Grolle, Jamie	30	Las Vegas Masters-33	38.00	36.80
2	Cole, Jacqueline	33	Long Beach Grunions-33	38.68	38.19
3	Lassonde, Kristin	31	Rose Bowl Masters-33	49.14	43.26

Women 30-34 100 SC Meter Backstroke

1	Watanabe, Naoko	31	The Olympic Club-38	1:07.29	1:06.46
	32.63	1:06.46 (33.83)			
2	Corcoran, Jackie	31	Long Beach Grunions-33	1:18.00	1:17.03
	38.06	1:17.03 (38.97)			
3	Bronson, Jenifer	32	Southern California Aquatic Ma-33	1:19.97	1:24.07
	40.02	1:24.07 (44.05)			
4	Moyer, Catherine	33	San Diego Swim Masters-44	1:25.74	1:27.08
	41.91	1:27.08 (45.17)			
5	Giffin, Meghan	34	Rose Bowl Masters-33	1:35.62	1:39.04
	48.64	1:39.04 (50.40)			
---	Harper, Hilary	32	Las Vegas Masters-33	1:49.00	DQ
	46.56	DQ (52.48)			

Women 30-34 200 SC Meter Backstroke

1	Watanabe, Naoko	31	The Olympic Club-38	2:28.11	2:24.16
	34.63	1:10.78 (36.15)	1:47.86 (37.08)	2:24.16 (36.30)	
2	Giovanni, Melissa	34	Las Vegas Masters-33	3:05.00	2:49.11
	39.99	1:23.24 (43.25)	2:07.27 (44.03)	2:49.11 (41.84)	
3	Chung, Kathy	32	Rose Bowl Masters-33	2:58.22	2:59.74
	40.79	1:25.68 (44.89)	2:12.96 (47.28)	2:59.74 (46.78)	

Women 30-34 50 SC Meter Breaststroke

1	Cole, Jacqueline	33	Long Beach Grunions-33	44.19	41.93
2	Meloney, Kathleen	33	Novaquatics Masters-33	46.67	46.43
3	Fasulo, Jessica	32	Las Vegas Masters-33	49.10	48.90

Women 30-34 100 SC Meter Breaststroke

1	Fasulo, Jessica	32	Las Vegas Masters-33	1:39.10	1:46.42
	51.90	1:46.42 (54.52)			
---	Giffin, Meghan	34	Rose Bowl Masters-33	1:50.00	DQ
	52.49	DQ (55.55)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 30-34 200 SC Meter Breaststroke**

1	Cole, Jacqueline	33	Long Beach Grunions-33	3:22.20	3:16.34
	43.90	1:33.26 (49.36)	2:25.03 (51.77)	3:16.34 (51.31)	
2	Seubert, Erica	32	Rose Bowl Masters-33	3:15.00	3:37.21
	48.33	1:43.52 (55.19)	2:40.80 (57.28)	3:37.21 (56.41)	
3	Fasulo, Jessica	32	Las Vegas Masters-33	3:59.10	3:46.34
	54.07	1:52.18 (58.11)	2:49.86 (57.68)	3:46.34 (56.48)	

Women 30-34 50 SC Meter Butterfly

1	Watanabe, Naoko	31	The Olympic Club-38	30.15	30.28
2	Corcoran, Jackie	31	Long Beach Grunions-33	34.00	32.79
3	Grolle, Jamie	30	Las Vegas Masters-33	35.00	33.73
4	Giovanni, Melissa	34	Las Vegas Masters-33	35.50	34.26
5	Colavito, Violet	30	Las Vegas Masters-33	34.99	34.57
6	Bronson, Jenifer	32	Southern California Aquatic Ma-33	35.00	35.14
7	Giffin, Meghan	34	Rose Bowl Masters-33	52.00	44.70

Women 30-34 100 SC Meter Butterfly

1	Colavito, Violet	30	Las Vegas Masters-33	1:25.99	1:27.98
	38.46	1:27.98 (49.52)			
2	Seubert, Erica	32	Rose Bowl Masters-33	1:45.00	1:34.72
	43.17	1:34.72 (51.55)			
3	Lassonde, Kristin	31	Rose Bowl Masters-33	1:39.75	1:36.00
	45.51	1:36.00 (50.49)			

Women 30-34 200 SC Meter Butterfly

1	Moyer, Catherine	33	San Diego Swim Masters-44	3:12.45	3:09.56
	41.99	1:30.39 (48.40)	2:20.51 (50.12)	3:09.56 (49.05)	

Women 30-34 100 SC Meter IM

1	Seubert, Erica	32	Rose Bowl Masters-33	1:28.10	1:29.27
	42.27	1:29.27 (47.00)			
2	Lassonde, Kristin	31	Rose Bowl Masters-33	1:32.95	1:32.07
	43.26	1:32.07 (48.81)			

Women 30-34 200 SC Meter IM

1	Pugh, Dana	32	Long Beach Grunions-33	4:26.40	5:00.25
	1:00.84	2:08.39 (1:07.55)	3:44.84 (1:36.45)	5:00.25 (1:15.41)	

Women 30-34 400 SC Meter IM

1	Pugh, Dana	32	Long Beach Grunions-33	9:58.11	10:34.44
	1:02.23	2:25.58 (1:23.35)	4:59.12 ()		
	6:32.65 (1:33.53)	8:08.91 (1:36.26)	9:22.02 (1:13.11)	10:34.44 (1:12.42)	

Women 35-39 50 SC Meter Freestyle 50 Free Splits

1	Woods, Devon	37	Triton Swimming and Triathlon-33	NT	35.70
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Women 35-39 50 SC Meter Freestyle

1	Pinto, Rachel	36	Spectrum Athletic Clubs South-33	34.00	33.19
2	Gilliland, Sara	37	Long Beach Grunions-33	36.00	34.81
3	Peterson, Gretchen	39	South Bay Swim Team-33	38.00	35.93
4	Hasty, Mary Lynne	36	San Diego Swim Masters-44	39.81	40.01

Women 35-39 100 SC Meter Freestyle

1	Peterson, Gretchen	39	South Bay Swim Team-33	1:25.00	1:29.03
	39.57	1:29.03 (49.46)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 35-39 400 SC Meter Freestyle**

1	Pinto, Rachel	36	Spectrum Athletic Clubs South-33	5:50.00	5:57.30
	40.40	1:23.56 (43.16)	2:09.09 (45.53)	2:54.78 (45.69)	
	3:40.76 (45.98)	4:26.55 (45.79)	5:12.55 (46.00)	5:57.30 (44.75)	
2	Hasty, Mary Lynne	36	San Diego Swim Masters-44	7:30.00	6:42.50
	45.94	1:36.79 (50.85)	2:28.29 (51.50)	3:20.55 (52.26)	
	4:10.93 (50.38)	5:02.15 (51.22)	5:52.90 (50.75)	6:42.50 (49.60)	

Women 35-39 1500 SC Meter Freestyle

1	Horvath, Katherine	39	Mission Viejo Masters-33	25:00.00	23:09.02
	38.00	1:20.71 (42.71)	2:05.10 (44.39)	2:49.96 (44.86)	
	3:35.73 (45.77)	4:21.48 (45.75)	5:07.54 (46.06)	5:53.86 (46.32)	
	6:39.92 (46.06)	7:26.05 (46.13)	8:12.91 (46.86)	8:59.46 (46.55)	
	9:45.69 (46.23)	10:32.36 (46.67)	11:19.06 (46.70)	12:06.29 (47.23)	
	12:53.23 (46.94)	13:39.96 (46.73)	14:27.15 (47.19)	15:15.06 (47.91)	
	16:02.31 (47.25)	16:50.36 (48.05)	17:37.76 (47.40)	18:26.37 (48.61)	
	19:14.49 (48.12)	20:02.64 (48.15)	20:51.27 (48.63)	21:39.47 (48.20)	
	22:26.40 (46.93)	23:09.02 (42.62)			

Women 35-39 50 SC Meter Backstroke

1	Peterson, Gretchen	39	South Bay Swim Team-33	45.00	44.86
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Women 35-39 100 SC Meter Backstroke

1	Gilliland, Sara	37	Long Beach Grunions-33	1:45.00	1:38.34
	47.98	1:38.34 (50.36)			
2	Peterson, Gretchen	39	South Bay Swim Team-33	1:45.00	1:41.17
	48.73	1:41.17 (52.44)			
3	Hasty, Mary Lynne	36	San Diego Swim Masters-44	1:40.61	1:41.68
	50.54	1:41.68 (51.14)			
---	Maroudis, Kristina	38	San Diego Swim Masters-44	1:24.52	DQ
	38.89	DQ (41.01)			

Women 35-39 200 SC Meter Backstroke

1	Horvath, Katherine	39	Mission Viejo Masters-33	3:14.80	3:02.16
	40.70	1:26.31 (45.61)	2:15.14 (48.83)	3:02.16 (47.02)	

Women 35-39 50 SC Meter Breaststroke

1	Corbett, Mary	36	San Diego Swim Masters-44	41.48	39.45
2	Kramer, Stephanie	39	Novaquatics Masters-33	39.59	40.63
3	Rothwell, Martha	37	Fontana Flyers-33	42.99	43.17
4	Royal, Abby	37	Rose Bowl Masters-33	54.34	51.81
5	Peterson, Gretchen	39	South Bay Swim Team-33	1:00.00	55.77

Women 35-39 100 SC Meter Breaststroke

1	Corbett, Mary	36	San Diego Swim Masters-44	1:26.60	1:24.11
	40.36	1:24.11 (43.75)			
2	Kramer, Stephanie	39	Novaquatics Masters-33	1:28.85	1:30.23
	43.33	1:30.23 (46.90)			
3	Rothwell, Martha	37	Fontana Flyers-33	1:33.93	1:31.14
	43.13	1:31.14 (48.01)			
4	Pinto, Rachel	36	Spectrum Athletic Clubs South-33	1:43.00	1:35.66
	47.21	1:35.66 (48.45)			
5	Royal, Abby	37	Rose Bowl Masters-33	1:55.17	1:50.03
	52.75	1:50.03 (57.28)			
6	Hasty, Mary Lynne	36	San Diego Swim Masters-44	2:05.00	1:52.01
	53.53	1:52.01 (58.48)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 35-39 200 SC Meter Breaststroke**

1	Corbett, Mary	36	San Diego Swim Masters-44	3:02.98	3:00.50
	40.70	1:26.12 (45.42)	2:13.00 (46.88)	3:00.50 (47.50)	
2	Kramer, Stephanie	39	Novaquatics Masters-33	3:11.76	3:19.18
	45.94	1:37.22 (51.28)	2:28.88 (51.66)	3:19.18 (50.30)	
3	Royal, Abby	37	Rose Bowl Masters-33	4:03.50	3:52.00
	54.61	1:55.08 (1:00.47)	2:55.10 (1:00.02)	3:52.00 (56.90)	

Women 35-39 50 SC Meter Butterfly

1	Pinto, Rachel	36	Spectrum Athletic Clubs South-33	44.00	37.33
2	Rothwell, Martha	37	Fontana Flyers-33	38.40	37.84
3	Gilliland, Sara	37	Long Beach Grunions-33	46.70	45.88
4	Royal, Abby	37	Rose Bowl Masters-33	49.58	47.63

Women 35-39 100 SC Meter Butterfly

1	Rothwell, Martha	37	Fontana Flyers-33	1:29.57	1:27.10
	38.93	1:27.10 (48.17)			

Women 35-39 100 SC Meter Butterfly 100 Fly Split

1	Maroudis, Kristina	38	San Diego Swim Masters-44	NT	1:31.27
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Women 35-39 200 SC Meter Butterfly

1	Corbett, Mary	36	San Diego Swim Masters-44	3:08.00	3:07.25
	40.29	1:27.40 (47.11)	2:16.85 (49.45)	3:07.25 (50.40)	

Women 35-39 100 SC Meter IM

1	Kramer, Stephanie	39	Novaquatics Masters-33	1:18.48	1:19.93
	37.07	1:19.93 (42.86)			
2	Rothwell, Martha	37	Fontana Flyers-33	1:26.51	1:26.05
	40.49	1:26.05 (45.56)			
---	Royal, Abby	37	Rose Bowl Masters-33	2:00.00	DQ
	49.99	DQ (54.76)			

Women 35-39 200 SC Meter IM

1	Kramer, Stephanie	39	Novaquatics Masters-33	2:47.53	2:52.75
	37.22	1:21.76 (44.54)	2:14.00 (52.24)	2:52.75 (38.75)	
2	Corbett, Mary	36	San Diego Swim Masters-44	2:59.28	2:54.38
	37.13	1:27.81 (50.68)	2:12.79 (44.98)	2:54.38 (41.59)	

Women 35-39 400 SC Meter IM

1	Maroudis, Kristina	38	San Diego Swim Masters-44	6:58.51	6:07.12
	43.18	1:31.27 (48.09)	2:16.65 (45.38)	3:03.37 (46.72)	
	3:55.47 (52.10)	4:46.89 (51.42)	5:27.68 (40.79)	6:07.12 (39.44)	
2	Kramer, Stephanie	39	Novaquatics Masters-33	6:12.16	6:16.10
	40.75	1:32.65 (51.90)	2:20.42 (47.77)	3:06.96 (46.54)	
	4:00.61 (53.65)	4:54.18 (53.57)	5:36.06 (41.88)	6:16.10 (40.04)	
3	Pinto, Rachel	36	Spectrum Athletic Clubs South-33	7:00.00	6:38.15
	43.17		2:29.09 ()	3:20.00 (50.91)	
	4:16.49 (56.49)	5:11.44 (54.95)	5:56.34 (44.90)	6:38.15 (41.81)	

Women 40-44 50 SC Meter Freestyle

1	Schaetz, Trina	41	Wisconsin Masters Aquatic Club-20	29.19	27.80
2	Wegner, Karin	41	Las Vegas Masters-33	32.90	32.49
3	Konopka, Beata	44	Conejo Valley Multisport Maste-33	33.84	32.93
4	Khalil, Heidi	42	Rose Bowl Masters-33	35.99	35.43
5	Belsky, Marjorie	42	Las Vegas Masters-33	38.10	37.15
6	Angell, Ursula	41	Rose Bowl Masters-33	40.16	39.29

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 40-44 100 SC Meter Freestyle**

1	Schaetz, Trina	41	Wisconsin Masters Aquatic Club-20	1:03.99	1:02.52
	29.97				1:02.52 (32.55)
2	Wegner, Karin	41	Las Vegas Masters-33	1:10.00	1:10.99
	34.15				1:10.99 (36.84)
3	Khalil, Heidi	42	Rose Bowl Masters-33	1:21.31	1:17.03
	35.58				1:17.03 (41.45)
4	Ziamba, Amy	40	Las Vegas Masters-33	1:24.00	1:18.84
	37.97				1:18.84 (40.87)
5	Angell, Ursula	41	Rose Bowl Masters-33	1:40.80	1:25.50
	40.03				1:25.50 (45.47)
6	Doudikian-Scaff, Nayiri	43	Rose Bowl Masters-33	1:50.00	1:32.72
	43.10				1:32.72 (49.62)

Women 40-44 200 SC Meter Freestyle

1	Wood, Dawn	41	San Diego Swim Masters-44	2:57.60	2:49.89
	39.07				1:22.57 (43.50) 2:06.37 (43.80) 2:49.89 (43.52)
2	Doudikian-Scaff, Nayiri	43	Rose Bowl Masters-33	4:00.00	3:26.32
	46.90				1:40.12 (53.22) 2:35.00 (54.88) 3:26.32 (51.32)

Women 40-44 400 SC Meter Freestyle

1	Wallace, Laurie	44	Calgary Masters-0	5:30.00	5:25.19
	36.49				1:16.19 (39.70) 1:56.80 (40.61) 2:38.22 (41.42)
	3:19.84 (41.62)				4:02.22 (42.38) 4:44.67 (42.45) 5:25.19 (40.52)
2	Koehler, Deanna	44	Conejo Valley Multisport Maste-33	6:01.99	5:34.73
	37.74				1:18.72 (40.98) 2:00.29 (41.57) 2:42.29 (42.00)
	3:24.88 (42.59)				4:08.27 (43.39) 4:51.77 (43.50) 5:34.73 (42.96)
3	Wegner, Karin	41	Las Vegas Masters-33	5:38.00	5:36.21
	37.65				1:19.92 (42.27) 2:03.44 (43.52) 2:47.29 (43.85)
	3:30.34 (43.05)				4:13.32 (42.98) 4:55.49 (42.17) 5:36.21 (40.72)
4	Khalil, Heidi	42	Rose Bowl Masters-33	6:30.00	6:07.80
	38.87				1:24.41 (45.54) 2:12.24 (47.83) 3:00.30 (48.06)
	3:48.19 (47.89)				4:35.40 (47.21) 5:22.31 (46.91) 6:07.80 (45.49)
5	Ziamba, Amy	40	Las Vegas Masters-33	7:10.00	6:28.27
	44.13				1:32.38 (48.25) 2:22.69 (50.31) 3:13.12 (50.43)
	4:03.85 (50.73)				4:54.72 (50.87) 5:43.87 (49.15) 6:28.27 (44.40)
6	Huang, Chi-Ying	41	Rose Bowl Masters-33	6:59.64	6:47.02
	44.94				1:33.37 (48.43) 2:25.02 (51.65) 3:16.78 (51.76)
	4:08.74 (51.96)				5:01.51 (52.77) 5:54.61 (53.10) 6:47.02 (52.41)
7	Doudikian-Scaff, Nayiri	43	Rose Bowl Masters-33	8:00.00	7:03.58
	45.59				1:39.10 (53.51) 2:33.77 (54.67) 3:27.78 (54.01)
	4:22.37 (54.59)				5:17.39 (55.02) 6:12.47 (55.08) 7:03.58 (51.11)

Women 40-44 800 SC Meter Freestyle

1	Wallace, Laurie	44	Calgary Masters-0	12:00.00	11:20.21
	37.88				1:19.02 (41.14) 2:01.60 (42.58) 2:44.77 (43.17)
	3:27.61 (42.84)				4:10.56 (42.95) 4:53.49 (42.93) 5:36.79 (43.30)
	6:19.41 (42.62)				7:02.60 (43.19) 7:45.42 (42.82) 8:29.07 (43.65)
	9:11.88 (42.81)				9:54.87 (42.99) 10:37.93 (43.06) 11:20.21 (42.28)
2	Koehler, Deanna	44	Conejo Valley Multisport Maste-33	12:02.51	11:30.39
	39.41				1:21.79 (42.38) 2:05.29 (43.50) 2:49.07 (43.78)
	3:33.24 (44.17)				4:17.13 (43.89) 5:01.34 (44.21) 5:45.13 (43.79)
	6:28.96 (43.83)				7:12.63 (43.67) 7:56.16 (43.53) 8:39.54 (43.38)
	9:22.87 (43.33)				10:06.74 (43.87) 10:49.63 (42.89) 11:30.39 (40.76)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 40-44 800 SC Meter Freestyle)**

3	Wegner, Karin	41	Las Vegas Masters-33	11:32.00	11:30.86
	38.86	1:21.91 (43.05)	2:06.39 (44.48)	2:51.84 (45.45)	
	3:36.61 (44.77)	4:20.84 (44.23)	5:04.36 (43.52)	5:47.65 (43.29)	
	6:30.49 (42.84)	7:13.24 (42.75)	7:56.57 (43.33)	8:40.10 (43.53)	
	9:23.60 (43.50)	10:07.03 (43.43)	10:49.77 (42.74)	11:30.86 (41.09)	
4	Ziembra, Amy	40	Las Vegas Masters-33	15:30.00	13:53.82
	46.23	1:37.85 (51.62)	2:31.08 (53.23)	3:24.03 (52.95)	
	4:17.06 (53.03)	5:10.54 (53.48)	6:05.15 (54.61)	6:58.89 (53.74)	
	7:52.00 (53.11)	8:45.48 (53.48)	9:39.22 (53.74)	10:32.35 (53.13)	
	11:25.05 (52.70)	12:17.04 (51.99)	13:08.42 (51.38)	13:53.82 (45.40)	
5	Huang, Chi-Ying	41	Rose Bowl Masters-33	14:08.53	14:03.60
	49.30	1:41.64 (52.34)	2:35.96 (54.32)	3:31.41 (55.45)	
	4:24.67 (53.26)	5:17.11 (52.44)	6:09.26 (52.15)	7:03.22 (53.96)	
	7:54.99 (51.77)	8:47.43 (52.44)	9:41.01 (53.58)	10:34.60 (53.59)	
	11:27.15 (52.55)	12:21.28 (54.13)	13:14.24 (52.96)	14:03.60 (49.36)	

Women 40-44 1500 SC Meter Freestyle

1	Phifer, Katy	40	Las Vegas Masters-33	19:40.00	19:21.84
	35.32	1:13.94 (38.62)	1:53.44 (39.50)	2:33.12 (39.68)	
	3:12.74 (39.62)	3:52.39 (39.65)	4:32.15 (39.76)	5:11.83 (39.68)	
	5:51.13 (39.30)	6:30.33 (39.20)	7:08.48 (38.15)	7:46.42 (37.94)	
	8:24.58 (38.16)	9:02.56 (37.98)	9:41.22 (38.66)	10:19.55 (38.33)	
	10:57.79 (38.24)	11:36.05 (38.26)	12:15.57 (39.52)	12:54.45 (38.88)	
	13:33.51 (39.06)	14:12.42 (38.91)	14:51.07 (38.65)	15:30.30 (39.23)	
	16:09.35 (39.05)	16:47.98 (38.63)	17:26.91 (38.93)	18:05.59 (38.68)	
	18:44.49 (38.90)	19:21.84 (37.35)			
2	Doudikian-Scaff, Nayiri	43	Rose Bowl Masters-33	27:00.00	27:21.30
	44.53	1:36.94 (52.41)	2:30.96 (54.02)	3:25.79 (54.83)	
	4:20.59 (54.80)	5:15.21 (54.62)	6:10.11 (54.90)	7:05.71 (55.60)	
	8:01.08 (55.37)	8:56.47 (55.39)	9:50.88 (54.41)	10:46.21 (55.33)	
	11:41.08 (54.87)	12:36.22 (55.14)	13:30.90 (54.68)	14:25.85 (54.95)	
	15:22.42 (56.57)	16:17.00 (54.58)	17:12.25 (55.25)	18:08.22 (55.97)	
	19:04.51 (56.29)	20:00.97 (56.46)	20:57.22 (56.25)	21:53.53 (56.31)	
	22:48.38 (54.85)	23:43.31 (54.93)	24:38.53 (55.22)	25:33.94 (55.41)	
	26:29.14 (55.20)	27:21.30 (52.16)			

Women 40-44 50 SC Meter Backstroke

1	Wallace, Laurie	44	Calgary Masters-0	37.50	38.05
2	Glover, Jamie	40	Fontana Flyers-33	50.60	47.12

Women 40-44 50 SC Meter Backstroke 50 Back Split

1	Konopka, Beata	44	Conejo Valley Multisport Maste-33	NT	36.97
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Women 40-44 100 SC Meter Backstroke

1	Phifer, Katy	40	Las Vegas Masters-33	1:13.00	1:10.63
	34.10	1:10.63 (36.53)			
2	Framke, Erin	40	Colorado Masters Swimming-32	1:21.43	1:20.18
	38.52	1:20.18 (41.66)			
3	Snyder, Betsy	44	South Bay Swim Team-33	1:24.73	1:28.63
	41.75	1:28.63 (46.88)			
4	Glover, Jamie	40	Fontana Flyers-33	1:50.40	1:47.39
5	Doudikian-Scaff, Nayiri	43	Rose Bowl Masters-33	2:00.00	2:03.61
	58.19	2:03.61 (1:05.42)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 40-44 200 SC Meter Backstroke**

1	Phifer, Katy	40	Las Vegas Masters-33	2:40.00	2:34.47
	37.35	1:17.34 (39.99)	1:56.58 (39.24)	2:34.47 (37.89)	
2	Framke, Erin	40	Colorado Masters Swimming-32	2:50.36	2:50.19
	39.33	1:21.76 (42.43)	2:06.27 (44.51)	2:50.19 (43.92)	
3	Ziamba, Amy	40	Las Vegas Masters-33	3:35.00	3:36.46
	52.63	1:49.24 (56.61)	2:44.72 (55.48)	3:36.46 (51.74)	
4	Glover, Jamie	40	Fontana Flyers-33	4:00.00	4:04.10
	54.15	1:57.24 (1:03.09)	3:03.16 (1:05.92)	4:04.10 (1:00.94)	
5	Doudikian-Scaff, Nayiri	43	Rose Bowl Masters-33	4:00.00	4:27.39
	1:03.10	2:12.59 (1:09.49)	3:20.09 (1:07.50)	4:27.39 (1:07.30)	
---	Angell, Ursula	41	Rose Bowl Masters-33	5:15.00	DQ
	57.03	DQ (3:12.79)			

Women 40-44 50 SC Meter Breaststroke

1	Khalil, Heidi	42	Rose Bowl Masters-33	42.78	44.09
2	Wood, Dawn	41	San Diego Swim Masters-44	49.95	44.34
3	Ziamba, Amy	40	Las Vegas Masters-33	55.00	49.11
4	Belsky, Marjorie	42	Las Vegas Masters-33	51.00	49.19

Women 40-44 100 SC Meter Breaststroke

1	Seider, Wenke	44	Ojai Masters-33	1:14.41	1:14.33
	35.45	1:14.33 (38.88)			
2	Schaetz, Trina	41	Wisconsin Masters Aquatic Club-20	1:20.10	1:19.42
	37.04	1:19.42 (42.38)			
3	Wegner, Karin	41	Las Vegas Masters-33	1:39.00	1:37.48
	46.73	1:37.48 (50.75)			
4	Khalil, Heidi	42	Rose Bowl Masters-33	1:37.10	1:37.68
	46.42	1:37.68 (51.26)			
5	Snyder, Betsy	44	South Bay Swim Team-33	1:42.73	1:43.53
	48.28	1:43.53 (55.25)			
6	Huang, Chi-Ying	41	Rose Bowl Masters-33	1:48.44	1:44.09
	49.95	1:44.09 (54.14)			
7	Ziamba, Amy	40	Las Vegas Masters-33	1:52.00	1:48.14
	52.24	1:48.14 (55.90)			
8	Angell, Ursula	41	Rose Bowl Masters-33	1:59.00	1:48.92
	54.14	1:48.92 (54.78)			
---	Belsky, Marjorie	42	Las Vegas Masters-33	1:50.00	DQ
	50.20	DQ (56.23)			

Women 40-44 200 SC Meter Breaststroke

1	Seider, Wenke	44	Ojai Masters-33	2:42.12	2:41.88
	37.31	1:18.77 (41.46)	2:00.81 (42.04)	2:41.88 (41.07)	
2	Framke, Erin	40	Colorado Masters Swimming-32	3:11.45	3:02.63
	41.68	1:28.15 (46.47)	2:15.49 (47.34)	3:02.63 (47.14)	
3	Wood, Dawn	41	San Diego Swim Masters-44	3:26.46	3:23.70
	46.14	1:38.41 (52.27)	2:31.19 (52.78)	3:23.70 (52.51)	
4	Koehler, Deanna	44	Conejo Valley Multisport Maste-33	3:24.80	3:23.73
	46.96	1:38.43 (51.47)	2:31.86 (53.43)	3:23.73 (51.87)	
5	Wegner, Karin	41	Las Vegas Masters-33	3:30.00	3:25.18
	45.88	1:38.27 (52.39)	2:31.94 (53.67)	3:25.18 (53.24)	
6	Khalil, Heidi	42	Rose Bowl Masters-33	3:35.00	3:31.16
	46.19	1:39.50 (53.31)	2:35.15 (55.65)	3:31.16 (56.01)	
7	Huang, Chi-Ying	41	Rose Bowl Masters-33	3:50.98	3:40.36
	49.35	1:44.53 (55.18)	2:42.56 (58.03)	3:40.36 (57.80)	

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8	Belsky, Marjorie	42	Las Vegas Masters-33	3:50.00	3:55.54
	53.64	1:54.30 (1:00.66)	2:55.98 (1:01.68)	3:55.54 (59.56)	

Women 40-44 50 SC Meter Butterfly

1	Seider, Wenke	44	Ojai Masters-33	29.58	29.15
2	Wallace, Laurie	44	Calgary Masters-0	34.00	34.69
3	Konopka, Beata	44	Conejo Valley Multisport Maste-33	38.28	37.43
4	Snyder, Betsy	44	South Bay Swim Team-33	42.73	40.71
5	Glover, Jamie	40	Fontana Flyers-33	54.99	49.08

Women 40-44 100 SC Meter Butterfly

1	Seider, Wenke	44	Ojai Masters-33	1:05.51	1:04.98
	30.49	1:04.98 (34.49)			
2	Wallace, Laurie	44	Calgary Masters-0	1:17.00	1:20.40
	36.26	1:20.40 (44.14)			
3	Koehler, Deanna	44	Conejo Valley Multisport Maste-33	1:28.80	1:26.68
	40.20	1:26.68 (46.48)			

Women 40-44 200 SC Meter Butterfly

1	Koehler, Deanna	44	Conejo Valley Multisport Maste-33	3:22.71	3:13.61
	43.27	1:31.10 (47.83)	2:22.34 (51.24)	3:13.61 (51.27)	

Women 40-44 100 SC Meter IM

1	Seider, Wenke	44	Ojai Masters-33	1:08.68	1:08.04
	31.59	1:08.04 (36.45)			
2	Wood, Dawn	41	San Diego Swim Masters-44	1:34.35	1:30.39
	44.01	1:30.39 (46.38)			
3	Glover, Jamie	40	Fontana Flyers-33	1:47.74	1:47.06
	49.84	1:47.06 (57.22)			

Women 40-44 200 SC Meter IM

1	Seider, Wenke	44	Ojai Masters-33	2:26.90	2:24.22
	31.25	1:09.14 (37.89)	1:50.36 (41.22)	2:24.22 (33.86)	
2	Phifer, Katy	40	Las Vegas Masters-33	2:40.00	2:45.12
	34.79	1:15.54 (40.75)	2:06.13 (50.59)	2:45.12 (38.99)	
3	Framke, Erin	40	Colorado Masters Swimming-32	2:57.61	2:47.74
	36.43	1:19.30 (42.87)	2:07.16 (47.86)	2:47.74 (40.58)	
4	Wallace, Laurie	44	Calgary Masters-0	2:55.00	2:55.51
	36.02	1:21.89 (45.87)	2:14.37 (52.48)	2:55.51 (41.14)	
5	Glover, Jamie	40	Fontana Flyers-33	4:00.00	3:58.74

Women 40-44 400 SC Meter IM

1	Phifer, Katy	40	Las Vegas Masters-33	6:00.00	5:44.34
	37.60	1:24.25 (46.65)	2:08.03 (43.78)	2:49.64 (41.61)	
	3:40.95 (51.31)	4:30.44 (49.49)	5:08.90 (38.46)	5:44.34 (35.44)	
2	Framke, Erin	40	Colorado Masters Swimming-32	6:16.22	5:57.83
	38.53	1:25.08 (46.55)	2:11.05 (45.97)	2:56.32 (45.27)	
	3:45.27 (48.95)	4:34.75 (49.48)	5:16.82 (42.07)	5:57.83 (41.01)	
---	Koehler, Deanna	44	Conejo Valley Multisport Maste-33	7:00.99	DQ
	41.79	1:30.50 (48.71)	2:27.15 (56.65)	3:23.63 (56.48)	
	4:13.66 (50.03)	5:05.64 (51.98)	5:47.46 (41.82)	DQ (41.55)	

Women 45-49 50 SC Meter Freestyle

1	Welting, Lauren	48	The Olympic Club-38	29.22	29.41
2	Rakotz, Tara	46	San Diego Swim Masters-44	32.72	32.54
3	Saling, Elle	46	Rose Bowl Masters-33	33.25	34.25

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4	Toumayan, Colleen	47	Triton Swimming and Triathlon-33	52.50	52.74
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Women 45-49 50 SC Meter Freestyle 50 Free Splits

1	Karlin, Olivia	49	West Hollywood Aquatics-33	NT	33.89
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Women 45-49 100 SC Meter Freestyle

1	Welting, Lauren	48	The Olympic Club-38	1:05.66	1:03.62
	30.77		1:03.62 (32.85)		
2	Adams, Kari	47	Las Vegas Masters-33	1:06.91	1:05.72
	31.99		1:05.72 (33.73)		

Women 45-49 100 SC Meter Freestyle 100 Free Split

1	Weiderman, Jennifer	47	Conejo Valley Multisport Maste-33	NT	1:11.19
2	Karlin, Olivia	49	West Hollywood Aquatics-33	NT	1:13.41

Women 45-49 200 SC Meter Freestyle

1	Adams, Kari	47	Las Vegas Masters-33	2:23.92	2:19.58
	32.54		1:08.51 (35.97) 1:44.70 (36.19) 2:19.58 (34.88)		
2	Cox, Juliet	45	Manatee Aquatic Masters Inc-38	2:26.10	2:26.37
	33.33		1:10.44 (37.11) 1:48.64 (38.20) 2:26.37 (37.73)		
3	Rakotz, Tara	46	San Diego Swim Masters-44	2:42.00	2:45.26
	37.96		1:20.31 (42.35) 2:04.26 (43.95) 2:45.26 (41.00)		

Women 45-49 400 SC Meter Freestyle

1	Welting, Lauren	48	The Olympic Club-38	5:29.00	4:59.49
	33.41		1:10.65 (37.24) 1:48.74 (38.09) 2:27.36 (38.62)		
	3:05.77 (38.41)		3:44.33 (38.56) 4:22.26 (37.93) 4:59.49 (37.23)		
2	Cox, Juliet	45	Manatee Aquatic Masters Inc-38	5:03.70	5:02.12
	34.03		1:11.11 (37.08) 1:49.50 (38.39) 2:28.11 (38.61)		
	3:07.02 (38.91)		3:45.58 (38.56) 4:24.45 (38.87) 5:02.12 (37.67)		
3	Adams, Kari	47	Las Vegas Masters-33	5:06.90	5:09.81
	35.44		1:14.21 (38.77) 1:53.63 (39.42) 2:32.99 (39.36)		
	3:12.77 (39.78)		3:52.43 (39.66) 4:31.90 (39.47) 5:09.81 (37.91)		
4	Karlin, Olivia	49	West Hollywood Aquatics-33	5:40.65	5:28.43
	38.24		1:19.11 (40.87) 2:00.85 (41.74) 2:42.29 (41.44)		
	3:24.66 (42.37)		4:06.48 (41.82) 4:48.03 (41.55) 5:28.43 (40.40)		
5	Weiderman, Jennifer	47	Conejo Valley Multisport Maste-33	5:14.32	5:35.18
	35.21		1:15.05 (39.84) 1:57.50 (42.45) 2:40.81 (43.31)		
	3:24.40 (43.59)		4:08.05 (43.65) 4:51.72 (43.67) 5:35.18 (43.46)		
6	Ishii, Stefanie	46	Las Vegas Masters-33	7:10.00	6:28.27
	43.77		1:31.64 (47.87) 2:21.86 (50.22) 3:11.39 (49.53)		
	4:02.27 (50.88)		4:53.25 (50.98) 5:43.66 (50.41) 6:28.27 (44.61)		
7	Span, Eileen	48	Mission Viejo Masters-33	8:00.19	7:02.00
	45.16		1:36.93 (51.77) 2:30.96 (54.03) 3:25.28 (54.32)		
	4:20.22 (54.94)		5:15.63 (55.41) 6:09.55 (53.92) 7:02.00 (52.45)		

Women 45-49 800 SC Meter Freestyle

1	Weiderman, Jennifer	47	Conejo Valley Multisport Maste-33	12:04.24	11:22.29
	36.74		1:18.03 (41.29) 2:01.20 (43.17) 2:44.61 (43.41)		
	3:28.21 (43.60)		4:12.05 (43.84) 4:55.80 (43.75) 5:39.49 (43.69)		
	6:22.39 (42.90)		7:05.65 (43.26) 7:48.87 (43.22) 8:32.41 (43.54)		
	9:15.95 (43.54)		9:59.20 (43.25) 10:41.35 (42.15) 11:22.29 (40.94)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 45-49 800 SC Meter Freestyle)**

2	Edge, Marci	49	Santa Clarita Masters Club-33	13:00.13	12:39.18
	41.50	1:28.36 (46.86)	2:17.14 (48.78)	3:05.71 (48.57)	
	3:53.96 (48.25)	4:42.74 (48.78)	5:31.16 (48.42)	6:18.71 (47.55)	
	7:06.45 (47.74)	7:53.98 (47.53)	8:41.67 (47.69)	9:29.95 (48.28)	
	10:17.58 (47.63)	11:05.17 (47.59)	11:52.64 (47.47)	12:39.18 (46.54)	

Women 45-49 800 SC Meter Freestyle 800 Free Split

1	Cox, Juliet	45	Manatee Aquatic Masters Inc-38	NT	10:29.87
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Women 45-49 1500 SC Meter Freestyle

1	Cox, Juliet	45	Manatee Aquatic Masters Inc-38	19:40.00	19:40.74
	35.53	1:14.26 (38.73)	1:54.11 (39.85)	2:33.69 (39.58)	
	3:13.55 (39.86)	3:52.91 (39.36)	4:32.13 (39.22)	5:11.92 (39.79)	
	5:51.55 (39.63)	6:31.41 (39.86)	7:11.06 (39.65)	7:50.88 (39.82)	
	8:30.70 (39.82)	9:10.49 (39.79)	9:50.41 (39.92)	10:29.87 (39.46)	
	11:09.33 (39.46)	11:48.96 (39.63)	12:28.62 (39.66)	13:08.21 (39.59)	
	13:47.72 (39.51)	14:27.34 (39.62)	15:06.71 (39.37)	15:46.16 (39.45)	
	16:25.44 (39.28)	17:04.81 (39.37)	17:44.07 (39.26)	18:23.51 (39.44)	
	19:02.55 (39.04)	19:40.74 (38.19)			
2	Adams, Kari	47	Las Vegas Masters-33	20:11.00	20:12.90
	36.07	1:15.84 (39.77)	1:56.49 (40.65)	2:37.06 (40.57)	
	3:17.77 (40.71)	3:58.47 (40.70)	4:39.10 (40.63)	5:20.19 (41.09)	
	6:01.37 (41.18)	6:42.17 (40.80)	7:22.53 (40.36)	8:03.70 (41.17)	
	8:44.45 (40.75)	9:25.66 (41.21)	10:07.00 (41.34)	10:47.69 (40.69)	
	11:28.71 (41.02)	12:09.51 (40.80)	12:50.30 (40.79)	13:31.05 (40.75)	
	14:11.76 (40.71)	14:52.49 (40.73)	15:33.09 (40.60)	16:13.68 (40.59)	
	16:54.32 (40.64)	17:35.00 (40.68)	18:15.90 (40.90)	18:55.64 (39.74)	
	19:34.92 (39.28)	20:12.90 (37.98)			

Women 45-49 50 SC Meter Backstroke 50 Back Split

1	Toumayan, Colleen	47	Triton Swimming and Triathlon-33	NT	1:02.91
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Women 45-49 50 SC Meter Backstroke

1	Cox, Juliet	45	Manatee Aquatic Masters Inc-38	34.40	34.68
2	Goldsmith, Dara	47	Las Vegas Masters-33	41.94	38.61
3	Saling, Elle	46	Rose Bowl Masters-33	41.70	42.41
4	Toumayan, Colleen	47	Triton Swimming and Triathlon-33	1:04.38	1:03.96

Women 45-49 100 SC Meter Backstroke

1	Cox, Juliet	45	Manatee Aquatic Masters Inc-38	1:15.80	1:15.51
	36.33	1:15.51 (39.18)			
2	Goldsmith, Dara	47	Las Vegas Masters-33	1:26.30	1:25.35
	40.25	1:25.35 (45.10)			
3	Snyder, Cynthia	48	South Bay Swim Team-33	1:33.33	1:33.41
	46.85	1:33.41 (46.56)			
4	Rakotz, Tara	46	San Diego Swim Masters-44	1:33.47	1:34.05
	45.97	1:34.05 (48.08)			
5	Span, Eileen	48	Mission Viejo Masters-33	1:38.85	1:41.98
	50.68	1:41.98 (51.30)			
6	Commons, Trisha	49	Mission Viejo Masters-33	1:50.00	1:52.33
	55.64	1:52.33 (56.69)			

Women 45-49 200 SC Meter Backstroke

1	Cox, Juliet	45	Manatee Aquatic Masters Inc-38	2:46.10	2:44.37
	38.86	1:21.22 (42.36)	2:02.86 (41.64)	2:44.37 (41.51)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 45-49 200 SC Meter Backstroke)**

2	Simmons, Cheryl	46	Rose Bowl Masters-33	2:50.23	2:53.10
	41.18	1:24.44 (43.26)	2:08.92 (44.48)	2:53.10 (44.18)	
3	Goldsmith, Dara	47	Las Vegas Masters-33	3:01.73	3:03.98
	41.74	1:27.45 (45.71)	2:15.84 (48.39)	3:03.98 (48.14)	

Women 45-49 50 SC Meter Breaststroke

1	Simmons, Cheryl	46	Rose Bowl Masters-33	38.78	39.17
2	Weiderman, Jennifer	47	Conejo Valley Multisport Maste-33	43.45	40.07
3	Stiles, Jasmine	47	San Diego Swim Masters-44	40.72	41.08
4	Simpson, Lisa	49	San Diego Swim Masters-44	42.37	41.37
5	Esparza, Deena	48	South Coast Aquatics-33	44.00	43.30
6	Saling, Elle	46	Rose Bowl Masters-33	49.50	48.27
7	Toumayan, Colleen	47	Triton Swimming and Triathlon-33	56.16	53.79

Women 45-49 100 SC Meter Breaststroke

1	Simmons, Cheryl	46	Rose Bowl Masters-33	1:24.40	1:26.61
	41.17	1:26.61 (45.44)			
2	Weiderman, Jennifer	47	Conejo Valley Multisport Maste-33	1:32.15	1:27.99
	41.82	1:27.99 (46.17)			
3	Snyder, Cynthia	48	South Bay Swim Team-33	1:29.99	1:28.62
	42.67	1:28.62 (45.95)			
4	Simpson, Lisa	49	San Diego Swim Masters-44	1:32.37	1:32.77
	44.68	1:32.77 (48.09)			
5	Esparza, Deena	48	South Coast Aquatics-33	1:35.00	1:33.00
	44.76	1:33.00 (48.24)			
6	Toumayan, Colleen	47	Triton Swimming and Triathlon-33	2:01.18	1:56.23
	56.42	1:56.23 (59.81)			

Women 45-49 200 SC Meter Breaststroke

1	Simmons, Cheryl	46	Rose Bowl Masters-33	3:02.82	3:04.93
	42.61	1:29.32 (46.71)	2:17.05 (47.73)	3:04.93 (47.88)	
2	Stiles, Jasmine	47	San Diego Swim Masters-44	3:12.96	3:08.09
	42.58	1:31.05 (48.47)	2:18.50 (47.45)	3:08.09 (49.59)	
3	Weiderman, Jennifer	47	Conejo Valley Multisport Maste-33	3:14.10	3:11.80
	42.35	1:30.83 (48.48)	2:21.14 (50.31)	3:11.80 (50.66)	
4	Simpson, Lisa	49	San Diego Swim Masters-44	3:33.66	3:24.25
	45.96	1:37.57 (51.61)	2:31.31 (53.74)	3:24.25 (52.94)	
5	Morgan, Kimberly	46	Rose Bowl Masters-33	4:05.31	3:55.05
	53.32	1:52.30 (58.98)	2:54.67 (1:02.37)	3:55.05 (1:00.38)	

Women 45-49 50 SC Meter Butterfly

1	Welting, Lauren	48	The Olympic Club-38	31.10	31.97
2	Adams, Kari	47	Las Vegas Masters-33	33.24	32.96
3	Snyder, Cynthia	48	South Bay Swim Team-33	36.36	35.77
4	Rakotz, Tara	46	San Diego Swim Masters-44	36.28	35.99
5	Simpson, Lisa	49	San Diego Swim Masters-44	36.38	36.12
6	Karlin, Olivia	49	West Hollywood Aquatics-33	37.65	36.96
7	Ishii, Stefanie	46	Las Vegas Masters-33	51.00	42.15
---	Esparza, Deena	48	South Coast Aquatics-33	36.00	DQ

Women 45-49 100 SC Meter Butterfly

1	Welting, Lauren	48	The Olympic Club-38	1:12.46	1:11.62
	33.64	1:11.62 (37.98)			
2	Adams, Kari	47	Las Vegas Masters-33	1:17.40	1:13.40
	34.02	1:13.40 (39.38)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 45-49 100 SC Meter Butterfly)**

3	Karlin, Olivia	49	West Hollywood Aquatics-33	1:25.65	1:25.40
	40.28		1:25.40 (45.12)		
4	Esparza, Deena	48	South Coast Aquatics-33	1:25.00	1:25.43
	39.18		1:25.43 (46.25)		

Women 45-49 200 SC Meter Butterfly

1	Karlin, Olivia	49	West Hollywood Aquatics-33	3:29.65	3:19.04
	44.48		1:35.59 (51.11) 2:28.79 (53.20) 3:19.04 (50.25)		
2	Ishii, Stefanie	46	Las Vegas Masters-33	4:15.00	3:56.34
	51.89		1:54.46 (1:02.57) 2:57.75 (1:03.29) 3:56.34 (58.59)		

Women 45-49 100 SC Meter IM

1	Simmons, Cheryl	46	Rose Bowl Masters-33	1:17.31	1:18.69
	37.15		1:18.69 (41.54)		
2	Stiles, Jasmine	47	San Diego Swim Masters-44	1:18.96	1:19.24
	37.95		1:19.24 (41.29)		
3	Weiderman, Jennifer	47	Conejo Valley Multisport Maste-33	1:27.27	1:22.91
	39.30		1:22.91 (43.61)		
4	Simpson, Lisa	49	San Diego Swim Masters-44	1:25.14	1:23.89
	40.14		1:23.89 (43.75)		
5	Esparza, Deena	48	South Coast Aquatics-33	1:25.00	1:24.46
	41.05		1:24.46 (43.41)		
6	Karlin, Olivia	49	West Hollywood Aquatics-33	1:28.65	1:26.22
	40.86		1:26.22 (45.36)		
7	Goldsmith, Dara	47	Las Vegas Masters-33	1:30.10	1:27.88
	39.70		1:27.88 (48.18)		
8	Rakotz, Tara	46	San Diego Swim Masters-44	1:26.98	1:29.18
	41.83		1:29.18 (47.35)		
9	Saling, Elle	46	Rose Bowl Masters-33	1:29.00	1:36.50
	46.00		1:36.50 (50.50)		
10	Morgan, Kimberly	46	Rose Bowl Masters-33	1:49.92	1:47.16
	53.43		1:47.16 (53.73)		

Women 45-49 200 SC Meter IM

1	Simmons, Cheryl	46	Rose Bowl Masters-33	2:45.12	2:46.87
	36.62		1:19.95 (43.33) 2:07.24 (47.29) 2:46.87 (39.63)		
2	Karlin, Olivia	49	West Hollywood Aquatics-33	3:04.65	3:03.67
	40.27		1:28.39 (48.12) 2:24.23 (55.84) 3:03.67 (39.44)		
3	Simpson, Lisa	49	San Diego Swim Masters-44	3:12.89	3:10.68
	38.17		1:29.96 (51.79) 2:24.49 (54.53) 3:10.68 (46.19)		
4	Goldsmith, Dara	47	Las Vegas Masters-33	3:22.60	3:13.00
	43.59		1:28.37 (44.78) 2:27.45 (59.08) 3:13.00 (45.55)		

Women 45-49 400 SC Meter IM

1	Goldsmith, Dara	47	Las Vegas Masters-33	7:10.10	7:00.80
	48.58		1:47.72 (59.14) 2:35.90 (48.18) 3:25.66 (49.76)		
	4:25.82 (1:00.16)		5:24.93 (59.11) 6:13.36 (48.43) 7:00.80 (47.44)		

Women 50-54 50 SC Meter Freestyle

1	Cleavenger, Becky	50	Conejo Valley Multisport Maste-33	29.19	28.95
2	Schoenneman, Lisa	51	Conejo Valley Multisport Maste-33	30.58	29.31
3	Steidle, Gwynne	51	Mission Viejo Masters-33	35.48	33.45
4	Beattie, Romy	51	Triton Swimming and Triathlon-33	38.57	38.53
5	Brown, Laura	51	Rose Bowl Masters-33	40.60	40.74
6	Cook, Sally	52	Rose Bowl Masters-33	45.76	45.36

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 50-54 50 SC Meter Freestyle)**

7	Jiang, Rachel	50	Long Beach Grunions-33	1:00.00	48.46
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Women 50-54 100 SC Meter Freestyle

1	Cleavenger, Becky	50	Conejo Valley Multisport Maste-33	1:06.44	1:05.89
	31.08		1:05.89 (34.81)		
2	Cushman, Susan	51	Las Vegas Masters-33	1:25.10	1:20.22
	38.15		1:20.22 (42.07)		
3	Cook, Sally	52	Rose Bowl Masters-33	1:45.00	1:43.21
	47.30		1:43.21 (55.91)		
4	McSparran, Mara	54	San Diego Swim Masters-44	2:05.10	2:00.74
	54.81		2:00.74 (1:05.93)		

Women 50-54 200 SC Meter Freestyle

1	Cleavenger, Becky	50	Conejo Valley Multisport Maste-33	2:22.50	2:22.09
	32.96		1:09.56 (36.60) 1:46.45 (36.89) 2:22.09 (35.64)		
2	Gold, Susan	53	Rose Bowl Masters-33	2:45.00	2:39.30
	36.29		1:16.38 (40.09) 1:58.07 (41.69) 2:39.30 (41.23)		
3	Thayer, Marieke	52	San Diego Swim Masters-44	2:50.90	2:42.58
	37.22		1:17.97 (40.75) 2:00.31 (42.34) 2:42.58 (42.27)		
4	Cushman, Susan	51	Las Vegas Masters-33	3:00.00	2:55.23
	39.87		1:24.78 (44.91) 2:10.91 (46.13) 2:55.23 (44.32)		
5	Cook, Sally	52	Rose Bowl Masters-33	3:49.00	3:43.16
	49.92		1:47.72 (57.80) 2:46.46 (58.74) 3:43.16 (56.70)		

Women 50-54 400 SC Meter Freestyle

1	Cleavenger, Becky	50	Conejo Valley Multisport Maste-33	5:07.52	5:01.48
	33.67		1:11.13 (37.46) 1:50.17 (39.04) 2:29.27 (39.10)		
	3:08.20 (38.93)		3:47.23 (39.03) 4:25.29 (38.06) 5:01.48 (36.19)		
2	Ashworth, Michelle	50	Las Vegas Masters-33	5:40.60	5:40.57
	40.17		1:23.94 (43.77) 2:07.91 (43.97) 2:50.82 (42.91)		
	3:33.01 (42.19)		4:15.27 (42.26) 4:58.42 (43.15) 5:40.57 (42.15)		
3	Cushman, Susan	51	Las Vegas Masters-33	6:45.00	6:09.03
	41.51		1:26.47 (44.96) 2:14.11 (47.64) 3:01.77 (47.66)		
	3:48.74 (46.97)		4:35.96 (47.22) 5:23.43 (47.47) 6:09.03 (45.60)		
4	Harmon, Joanna	52	Las Vegas Masters-33	7:39.10	7:25.53
	45.85		1:39.80 (53.95) 2:37.06 (57.26) 3:36.30 (59.24)		
	4:34.13 (57.83)		5:31.24 (57.11) 6:30.38 (59.14) 7:25.53 (55.15)		
5	Jiang, Rachel	50	Long Beach Grunions-33	10:00.00	9:05.25
	1:01.71		2:08.16 (1:06.45) 3:15.83 (1:07.67) 4:25.43 (1:09.60)		
	5:35.15 (1:09.72)		6:47.39 (1:12.24) 7:58.83 (1:11.44) 9:05.25 (1:06.42)		

Women 50-54 800 SC Meter Freestyle

1	Ashworth, Michelle	50	Las Vegas Masters-33	11:41.47	11:31.59
	40.34		1:23.94 (43.60) 2:09.31 (45.37) 2:54.67 (45.36)		
	3:37.91 (43.24)		4:21.33 (43.42) 5:04.86 (43.53) 5:47.58 (42.72)		
	6:29.53 (41.95)		7:12.84 (43.31) 7:56.42 (43.58) 8:40.03 (43.61)		
	9:23.86 (43.83)		10:07.54 (43.68) 10:51.01 (43.47) 11:31.59 (40.58)		
2	Cushman, Susan	51	Las Vegas Masters-33	14:00.00	12:35.98
	42.90		1:29.75 (46.85) 2:18.06 (48.31) 3:06.39 (48.33)		
	3:54.35 (47.96)		4:43.01 (48.66) 5:31.36 (48.35) 6:20.04 (48.68)		
	7:08.02 (47.98)		7:55.49 (47.47) 8:42.63 (47.14) 9:29.74 (47.11)		
	10:16.67 (46.93)		11:04.71 (48.04) 11:51.59 (46.88) 12:35.98 (44.39)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 50-54 1500 SC Meter Freestyle**

1	Cleavenger, Becky	50	Conejo Valley Multisport Maste-33	20:42.24	21:18.85
	36.36	1:16.83 (40.47)	1:57.75 (40.92)	2:39.04 (41.29)	
	3:20.66 (41.62)	4:02.50 (41.84)	4:45.17 (42.67)	5:27.33 (42.16)	
	6:09.73 (42.40)	6:53.14 (43.41)	7:35.49 (42.35)	8:18.44 (42.95)	
	9:01.71 (43.27)	9:45.00 (43.29)	10:28.49 (43.49)	11:12.12 (43.63)	
	11:55.55 (43.43)	12:39.03 (43.48)	13:23.01 (43.98)	14:06.61 (43.60)	
	14:50.08 (43.47)	15:33.86 (43.78)	16:17.99 (44.13)	17:02.08 (44.09)	
	17:46.54 (44.46)	18:30.68 (44.14)	19:15.09 (44.41)	19:57.61 (42.52)	
	20:38.74 (41.13)	21:18.85 (40.11)			
2	Ashworth, Michelle	50	Las Vegas Masters-33	21:57.59	22:11.59
	38.61	1:20.88 (42.27)	2:04.26 (43.38)	2:48.03 (43.77)	
	3:31.84 (43.81)	4:15.72 (43.88)	5:00.42 (44.70)	5:44.42 (44.00)	
	6:29.52 (45.10)	7:14.92 (45.40)	7:59.51 (44.59)	8:44.32 (44.81)	
	9:29.00 (44.68)	10:13.59 (44.59)	10:58.67 (45.08)	11:43.60 (44.93)	
	12:28.05 (44.45)	13:12.61 (44.56)	13:57.33 (44.72)	14:42.28 (44.95)	
	15:27.10 (44.82)	16:12.33 (45.23)	16:57.56 (45.23)	17:41.87 (44.31)	
	18:27.26 (45.39)	19:12.32 (45.06)	19:57.87 (45.55)	20:43.43 (45.56)	
	21:28.42 (44.99)	22:11.59 (43.17)			
3	Cushman, Susan	51	Las Vegas Masters-33	26:50.00	24:13.89
	43.13	1:29.20 (46.07)	2:17.63 (48.43)	3:06.06 (48.43)	
	3:54.23 (48.17)	4:42.86 (48.63)	5:31.54 (48.68)	6:20.10 (48.56)	
	7:08.83 (48.73)	7:57.92 (49.09)	8:46.00 (48.08)	9:34.23 (48.23)	
	10:22.22 (47.99)	11:10.57 (48.35)	11:58.76 (48.19)	12:47.25 (48.49)	
	13:35.98 (48.73)	14:24.34 (48.36)	15:13.13 (48.79)	16:01.73 (48.60)	
	16:50.55 (48.82)	17:39.83 (49.28)	18:29.23 (49.40)	19:18.71 (49.48)	
	20:07.98 (49.27)	20:57.42 (49.44)	21:47.41 (49.99)	22:36.74 (49.33)	
	23:26.23 (49.49)	24:13.89 (47.66)			
4	Harmon, Joanna	52	Las Vegas Masters-33	30:22.87	29:20.72
	50.65	1:46.77 (56.12)	2:43.29 (56.52)	3:39.76 (56.47)	
	4:40.93 (1:01.17)	5:39.60 (58.67)	6:42.04 (1:02.44)	7:40.61 (58.57)	
	8:39.88 (59.27)	9:38.62 (58.74)	10:37.77 (59.15)	11:34.99 (57.22)	
	12:33.10 (58.11)	13:31.72 (58.62)	14:29.91 (58.19)	15:28.45 (58.54)	
	16:27.34 (58.89)	17:28.86 (1:01.52)	18:27.72 (58.86)	19:28.56 (1:00.84)	
	20:26.99 (58.43)	21:26.65 (59.66)	22:27.42 (1:00.77)	23:26.10 (58.68)	
	24:25.63 (59.53)	25:24.86 (59.23)	26:26.18 (1:01.32)	27:26.21 (1:00.03)	
	28:25.30 (59.09)	29:20.72 (55.42)			

Women 50-54 50 SC Meter Backstroke

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	36.66	35.03
2	Steidle, Gwynne	51	Mission Viejo Masters-33	44.52	42.44
3	Thayer, Marieke	52	San Diego Swim Masters-44	48.30	43.10
4	Cook, Sally	52	Rose Bowl Masters-33	52.96	53.01

Women 50-54 100 SC Meter Backstroke

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	1:14.90	1:14.55
	35.97	1:14.55 (38.58)			
2	Ashworth, Michelle	50	Las Vegas Masters-33	1:28.82	1:33.11
	46.16	1:33.11 (46.95)			
3	Thayer, Marieke	52	San Diego Swim Masters-44	1:39.50	1:37.33
	47.67	1:37.33 (49.66)			

Women 50-54 200 SC Meter Backstroke

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	2:38.12	2:35.02
	35.72	1:14.59 (38.87)	1:55.34 (40.75)	2:35.02 (39.68)	
2	Ashworth, Michelle	50	Las Vegas Masters-33	3:15.00	3:11.62
	45.15	1:33.36 (48.21)	2:23.01 (49.65)	3:11.62 (48.61)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 50-54 200 SC Meter Backstroke)**

3	Thayer, Marieke	52	San Diego Swim Masters-44	3:22.70	3:24.44
	48.50	1:39.45 (50.95)	2:31.91 (52.46)	3:24.44 (52.53)	
4	Cook, Sally	52	Rose Bowl Masters-33	4:14.57	4:15.31
	1:01.02	2:05.04 (1:04.02)	3:12.32 (1:07.28)	4:15.31 (1:02.99)	
---	Harmon, Joanna	52	Las Vegas Masters-33	4:15.00	DQ
	1:01.04	2:08.42 (1:07.38)	3:14.82 (1:06.40)	DQ (1:03.67)	

Women 50-54 50 SC Meter Breaststroke

1	Schoenneman, Lisa	51	Conejo Valley Multisport Maste-33	43.71	40.09
2	Steidle, Gwynne	51	Mission Viejo Masters-33	49.50	47.32
3	Beattie, Romy	51	Triton Swimming and Triathlon-33	46.74	47.53
4	Jiang, Rachel	50	Long Beach Grunions-33	3:00.00	59.82

Women 50-54 50 SC Meter Breaststroke 50 Breast Split

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	NT	41.73
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Women 50-54 100 SC Meter Breaststroke 100 Breast Split

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	NT	1:29.41
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Women 50-54 100 SC Meter Breaststroke

1	Beattie, Romy	51	Triton Swimming and Triathlon-33	1:41.55	1:41.40
	48.10	1:41.40 (53.30)			
2	Steidle, Gwynne	51	Mission Viejo Masters-33	1:40.00	1:45.09
	49.16	1:45.09 (55.93)			
3	Brown, Laura	51	Rose Bowl Masters-33	2:01.72	1:59.12
	56.12	1:59.12 (1:03.00)			
4	McSparran, Mara	54	San Diego Swim Masters-44	2:25.70	2:08.43
	1:01.55	2:08.43 (1:06.88)			

Women 50-54 200 SC Meter Breaststroke

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	3:13.60	3:09.85
	41.73	1:29.41 (47.68)	2:19.11 (49.70)	3:09.85 (50.74)	
2	Beattie, Romy	51	Triton Swimming and Triathlon-33	3:37.71	3:43.29
	52.73	1:50.12 (57.39)	2:47.50 (57.38)	3:43.29 (55.79)	

Women 50-54 50 SC Meter Butterfly

1	Schoenneman, Lisa	51	Conejo Valley Multisport Maste-33	35.20	32.69
2	Cleavenger, Becky	50	Conejo Valley Multisport Maste-33	33.56	33.69
3	Steidle, Gwynne	51	Mission Viejo Masters-33	42.00	40.62
4	Jiang, Rachel	50	Long Beach Grunions-33	2:00.00	1:16.05

Women 50-54 50 SC Meter Butterfly 50 Fly Split

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	NT	34.19
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Women 50-54 100 SC Meter Butterfly

1	Gold, Susan	53	Rose Bowl Masters-33	1:30.00	1:30.05
	41.18	1:30.05 (48.87)			

Women 50-54 200 SC Meter Butterfly

1	Harmon, Joanna	52	Las Vegas Masters-33	4:25.10	4:50.29
	56.46	2:10.56 (1:14.10)	3:38.94 (1:28.38)	4:50.29 (1:11.35)	

Women 50-54 100 SC Meter IM

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	1:19.90	1:15.78
	34.01	1:15.78 (41.77)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 50-54 100 SC Meter IM)**

2	Schoenneman, Lisa	51	Conejo Valley Multisport Maste-33	1:20.19	1:18.29
	37.33		1:18.29 (40.96)		
3	Gold, Susan	53	Rose Bowl Masters-33	1:28.55	1:26.51
	40.06		1:26.51 (46.45)		
4	Steidle, Gwynne	51	Mission Viejo Masters-33	1:35.58	1:27.96
	40.95		1:27.96 (47.01)		
5	Thayer, Marieke	52	San Diego Swim Masters-44	1:34.40	1:28.22
	41.04		1:28.22 (47.18)		
6	Ashworth, Michelle	50	Las Vegas Masters-33	1:29.90	1:29.76
	41.02		1:29.76 (48.74)		
7	Beattie, Romy	51	Triton Swimming and Triathlon-33	1:39.97	1:40.98
	49.96		1:40.98 (51.02)		
---	Jiang, Rachel	50	Long Beach Grunions-33	3:00.00	DQ
	2:15.69		DQ ()		

Women 50-54 200 SC Meter IM

1	Bunch, Brigid	50	Arizona Masters Swim Club Inc-48	2:53.60	2:43.48
	34.33		1:13.84 (39.51) 2:03.64 (49.80) 2:43.48 (39.84)		
2	Thayer, Marieke	52	San Diego Swim Masters-44	3:19.60	3:09.10
	41.55		1:32.20 (50.65) 2:29.33 (57.13) 3:09.10 (39.77)		

Women 55-59 50 SC Meter Freestyle

1	Granger, Traci	55	Los Angeles Peninsula Swimmers-33	30.00	29.62
2	Siegel, Christine	56	San Diego Swim Masters-44	34.13	32.75
3	Ganze, Cathy	56	San Diego Swim Masters-44	34.00	33.07
4	Saul-Zachau, Joanne	55	Las Vegas Masters-33	33.19	33.19
5	Dolan LaMar, Diana	56	San Diego Swim Masters-44	36.00	34.27
6	Hirsch, Helene	56	Triton Swimming and Triathlon-33	41.19	38.46
7	Oakleaf, The Leaf	58	Long Beach Grunions-33	48.00	49.03

Women 55-59 50 SC Meter Freestyle 50 Free Splits

1	Neville, Cathy	56	San Diego Swim Masters-44	NT	34.06
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Women 55-59 100 SC Meter Freestyle

1	Hibben, Roni	57	UCLA Bruin Masters-33	1:05.44	1:04.60
	30.89		1:04.60 (33.71)		
2	Quinn, Phyllis	58	The Olympic Club-38	1:20.90	1:17.73
	38.16		1:17.73 (39.57)		
3	Wingert, Kathy	55	Long Beach Grunions-33	2:05.00	1:38.92
	47.09		1:38.92 (51.83)		

Women 55-59 100 SC Meter Freestyle 100 Free Split

1	Neville, Cathy	56	San Diego Swim Masters-44	NT	1:15.87
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Women 55-59 200 SC Meter Freestyle

1	Ellington, Cheri	56	Santa Clarita Masters Club-33	2:35.00	2:32.01
	35.58		1:13.85 (38.27) 1:53.15 (39.30) 2:32.01 (38.86)		
2	Saul-Zachau, Joanne	55	Las Vegas Masters-33	2:41.24	2:42.13
	37.30		1:18.77 (41.47) 2:00.86 (42.09) 2:42.13 (41.27)		
3	Cook, Cindy	56	Triton Swimming and Triathlon-33	3:27.37	3:18.06
	47.19		1:38.53 (51.34) 2:29.48 (50.95) 3:18.06 (48.58)		

Women 55-59 200 SC Meter Freestyle 200 Free Split

1	Hibben, Roni	57	UCLA Bruin Masters-33	NT	2:27.04
2	Neville, Cathy	56	San Diego Swim Masters-44	NT	2:40.99

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 55-59 400 SC Meter Freestyle**

1	Ellington, Cheri	56	Santa Clarita Masters Club-33	5:30.00	5:17.67
	36.10	1:15.12 (39.02)	1:55.05 (39.93)	2:35.12 (40.07)	
	3:15.21 (40.09)	3:56.16 (40.95)	4:37.34 (41.18)	5:17.67 (40.33)	
2	Saul-Zachau, Joanne	55	Las Vegas Masters-33	5:40.79	5:40.48
	39.01	1:21.89 (42.88)	2:05.45 (43.56)	2:49.82 (44.37)	
	3:33.77 (43.95)	4:17.50 (43.73)	5:00.99 (43.49)	5:40.48 (39.49)	
3	Dolan LaMar, Diana	56	San Diego Swim Masters-44	5:40.00	5:52.28
	38.16	1:20.54 (42.38)	2:05.05 (44.51)	2:50.55 (45.50)	
	3:35.95 (45.40)	4:21.96 (46.01)	5:07.81 (45.85)	5:52.28 (44.47)	
4	Quinn, Phyllis	58	The Olympic Club-38	5:51.10	5:57.66
	40.61	1:25.20 (44.59)	2:10.44 (45.24)	2:57.35 (46.91)	
	3:42.64 (45.29)	4:28.69 (46.05)	5:14.16 (45.47)	5:57.66 (43.50)	
5	Cook, Cindy	56	Triton Swimming and Triathlon-33	7:15.38	6:52.84
	45.75	1:35.76 (50.01)	2:29.00 (53.24)	3:22.12 (53.12)	
	4:14.66 (52.54)	5:07.56 (52.90)	6:00.95 (53.39)	6:52.84 (51.89)	

Women 55-59 800 SC Meter Freestyle

1	Ellington, Cheri	56	Santa Clarita Masters Club-33	11:15.00	10:58.39
	37.20	1:17.62 (40.42)	1:58.87 (41.25)	2:40.15 (41.28)	
	3:21.32 (41.17)	4:02.44 (41.12)	4:44.02 (41.58)	5:25.47 (41.45)	
	6:07.07 (41.60)	6:48.88 (41.81)	7:30.77 (41.89)	8:12.85 (42.08)	
	8:54.65 (41.80)	9:36.66 (42.01)	10:18.34 (41.68)	10:58.39 (40.05)	
2	Saul-Zachau, Joanne	55	Las Vegas Masters-33	11:23.94	11:35.30
	37.91	1:19.83 (41.92)	2:03.50 (43.67)	2:48.06 (44.56)	
	3:32.76 (44.70)	4:17.37 (44.61)	5:01.77 (44.40)	5:45.90 (44.13)	
	6:29.80 (43.90)	7:13.89 (44.09)	7:57.69 (43.80)	8:41.40 (43.71)	
	9:25.37 (43.97)	10:09.13 (43.76)	10:53.03 (43.90)	11:35.30 (42.27)	

Women 55-59 1500 SC Meter Freestyle

1	Quinn, Phyllis	58	The Olympic Club-38	23:10.70	22:42.66
	43.56	1:29.69 (46.13)	2:16.27 (46.58)	3:02.89 (46.62)	
	3:49.30 (46.41)	4:35.64 (46.34)	5:21.93 (46.29)	6:07.66 (45.73)	
	6:53.20 (45.54)	7:38.46 (45.26)	8:23.34 (44.88)	9:08.86 (45.52)	
	9:54.57 (45.71)	10:40.10 (45.53)	11:25.78 (45.68)	12:11.26 (45.48)	
	12:57.22 (45.96)	13:41.99 (44.77)	14:27.36 (45.37)	15:12.58 (45.22)	
	15:57.87 (45.29)	16:43.31 (45.44)	17:28.93 (45.62)	18:14.71 (45.78)	
	19:00.43 (45.72)	19:45.33 (44.90)	20:30.22 (44.89)	21:15.65 (45.43)	
	22:00.47 (44.82)	22:42.66 (42.19)			
2	Lambert, Heather	59	Long Beach Grunions-33	40:00.00	25:06.48
	44.69	1:34.24 (49.55)	2:25.42 (51.18)	3:16.92 (51.50)	
	4:07.51 (50.59)	4:57.69 (50.18)	5:49.11 (51.42)	6:39.92 (50.81)	
	7:30.69 (50.77)	8:21.46 (50.77)	9:12.43 (50.97)	10:03.51 (51.08)	
	10:54.64 (51.13)	11:45.63 (50.99)	12:35.87 (50.24)	13:26.44 (50.57)	
	14:17.37 (50.93)	15:08.17 (50.80)	15:58.71 (50.54)	16:49.71 (51.00)	
	17:40.12 (50.41)	18:30.40 (50.28)	19:20.23 (49.83)	20:11.07 (50.84)	
	21:01.39 (50.32)	21:51.46 (50.07)	22:40.29 (48.83)	23:29.73 (49.44)	
	24:18.67 (48.94)	25:06.48 (47.81)			
3	Wingert, Kathy	55	Long Beach Grunions-33	45:00.00	30:33.18
	53.29	1:54.19 (1:00.90)	2:54.77 (1:00.58)	3:56.46 (1:01.69)	
	4:57.26 (1:00.80)	5:55.55 (58.29)	6:56.07 (1:00.52)	7:57.06 (1:00.99)	
	8:58.66 (1:01.60)	10:00.01 (1:01.35)	11:01.57 (1:01.56)	12:01.37 (59.80)	
	13:03.90 (1:02.53)	14:06.22 (1:02.32)	15:07.18 (1:00.96)	16:10.06 (1:02.88)	
	17:11.03 (1:00.97)	18:13.93 (1:02.90)	19:16.06 (1:02.13)	20:17.41 (1:01.35)	
	21:21.43 (1:04.02)	22:23.96 (1:02.53)	23:26.02 (1:02.06)	24:29.00 (1:02.98)	
	25:29.86 (1:00.86)	26:31.44 (1:01.58)	27:32.90 (1:01.46)	28:34.79 (1:01.89)	
	29:33.92 (59.13)	30:33.18 (59.26)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 55-59 50 SC Meter Backstroke**

1	Siegel, Christine	56	San Diego Swim Masters-44	40.61	39.20
2	Cook, Cindy	56	Triton Swimming and Triathlon-33	51.26	52.79
3	Oakleaf, The Leaf	58	Long Beach Grunions-33	58.00	56.91

Women 55-59 100 SC Meter Backstroke

1	Saul-Zachau, Joanne	55	Las Vegas Masters-33	1:30.67	1:32.07
	45.20		1:32.07 (46.87)		
2	Oakleaf, The Leaf	58	Long Beach Grunions-33	2:05.31	2:04.47
	1:00.39		2:04.47 (1:04.08)		

Women 55-59 200 SC Meter Backstroke

1	Neville, Cathy	56	San Diego Swim Masters-44	3:19.46	3:16.98
	42.97		1:32.56 (49.59)	2:25.34 (52.78)	3:16.98 (51.64)
2	Quinn, Phyllis	58	The Olympic Club-38	3:20.90	3:21.91
	49.30		1:41.18 (51.88)	2:32.73 (51.55)	3:21.91 (49.18)

Women 55-59 50 SC Meter Breaststroke

1	Ellington, Cheri	56	Santa Clarita Masters Club-33	44.00	42.61
2	Siegel, Christine	56	San Diego Swim Masters-44	43.52	42.72
3	Hirsch, Helene	56	Triton Swimming and Triathlon-33	48.61	44.36
4	Dolan LaMar, Diana	56	San Diego Swim Masters-44	44.57	45.21
5	Saul-Zachau, Joanne	55	Las Vegas Masters-33	46.52	48.55

Women 55-59 100 SC Meter Breaststroke

1	Dolan LaMar, Diana	56	San Diego Swim Masters-44	1:38.36	1:37.02
	46.30		1:37.02 (50.72)		
2	Siegel, Christine	56	San Diego Swim Masters-44	1:40.38	1:39.18
	47.98		1:39.18 (51.20)		
3	Hirsch, Helene	56	Triton Swimming and Triathlon-33	1:50.20	1:39.35
	46.22		1:39.35 (53.13)		

Women 55-59 200 SC Meter Breaststroke

1	Melick, Karen	56	Southern California Aquatic Ma-33	3:18.00	3:14.12
	44.10		1:32.86 (48.76)	2:23.36 (50.50)	3:14.12 (50.76)
2	Dolan LaMar, Diana	56	San Diego Swim Masters-44	3:36.50	3:29.65
	48.74		1:41.03 (52.29)	2:36.52 (55.49)	3:29.65 (53.13)
3	Hirsch, Helene	56	Triton Swimming and Triathlon-33	4:01.98	3:40.74
	48.86		1:45.74 (56.88)	2:43.09 (57.35)	3:40.74 (57.65)

Women 55-59 50 SC Meter Butterfly

1	Granger, Traci	55	Los Angeles Peninsula Swimmers-33	32.00	31.13
2	Neville, Cathy	56	San Diego Swim Masters-44	36.40	36.65
3	Ganze, Cathy	56	San Diego Swim Masters-44	37.77	37.25
4	Hirsch, Helene	56	Triton Swimming and Triathlon-33	49.52	45.66
5	Cook, Cindy	56	Triton Swimming and Triathlon-33	49.60	47.03
6	Oakleaf, The Leaf	58	Long Beach Grunions-33	1:03.00	59.67

Women 55-59 100 SC Meter Butterfly

1	Granger, Traci	55	Los Angeles Peninsula Swimmers-33	1:14.00	1:11.65
	33.53		1:11.65 (38.12)		
2	Neville, Cathy	56	San Diego Swim Masters-44	1:28.31	1:29.62
	40.77		1:29.62 (48.85)		
3	Wingert, Kathy	55	Long Beach Grunions-33	3:45.00	2:42.79
	1:16.57		2:42.79 (1:26.22)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 55-59 200 SC Meter Butterfly**

1	Granger, Traci	55	Los Angeles Peninsula Swimmers-33	3:00.00	2:47.74
	37.81	1:21.87 (44.06)	2:06.43 (44.56)	2:47.74 (41.31)	
2	Neville, Cathy	56	San Diego Swim Masters-44	3:24.62	3:24.20
	43.08	1:35.59 (52.51)	2:31.46 (55.87)	3:24.20 (52.74)	

Women 55-59 100 SC Meter IM

1	Granger, Traci	55	Los Angeles Peninsula Swimmers-33	1:17.00	1:18.41
	36.21	1:18.41 (42.20)			
2	Ganze, Cathy	56	San Diego Swim Masters-44	1:27.89	1:25.11
	39.69	1:25.11 (45.42)			
3	Dolan LaMar, Diana	56	San Diego Swim Masters-44	1:35.00	1:28.44
	42.44	1:28.44 (46.00)			
4	Hirsch, Helene	56	Triton Swimming and Triathlon-33	1:51.10	1:38.95
	47.16	1:38.95 (51.79)			
5	Cook, Cindy	56	Triton Swimming and Triathlon-33	1:46.60	1:42.72
	47.06	1:42.72 (55.66)			
6	Oakleaf, The Leaf	58	Long Beach Grunions-33	2:04.00	2:07.22
	59.22	2:07.22 (1:08.00)			

Women 55-59 200 SC Meter IM

1	Ganze, Cathy	56	San Diego Swim Masters-44	3:30.00	3:08.93
	38.01	1:27.72 (49.71)	2:27.13 (59.41)	3:08.93 (41.80)	
2	Quinn, Phyllis	58	The Olympic Club-38	3:21.60	3:17.67
	46.64	1:36.16 (49.52)	2:33.55 (57.39)	3:17.67 (44.12)	
---	Neville, Cathy	56	San Diego Swim Masters-44	3:14.62	DQ
	38.58	1:27.88 (49.30)			

Women 55-59 400 SC Meter IM

1	Neville, Cathy	56	San Diego Swim Masters-44	6:53.57	7:00.27
	43.42	1:40.07 (56.65)	2:36.85 (56.78)	3:31.05 (54.20)	
	4:29.42 (58.37)	5:30.78 (1:01.36)	6:16.49 (45.71)	7:00.27 (43.78)	
2	Cook, Cindy	56	Triton Swimming and Triathlon-33	8:03.70	8:04.76
	54.27	1:56.42 (1:02.15)	2:57.28 (1:00.86)	4:00.78 (1:03.50)	
	5:10.32 (1:09.54)	6:18.82 (1:08.50)	7:14.51 (55.69)	8:04.76 (50.25)	

Women 60-64 50 SC Meter Freestyle

1	Val, Laura	62	Tamalpais Aquatic Masters-38	30.00	29.23
2	Meteyer, Beverly	60	Las Vegas Masters-33	32.46	32.45
3	Komar, Kathy	64	UCLA Bruin Masters-33	40.50	39.77
4	Baker, Gini	63	San Diego Swim Masters-44	40.90	41.51
5	Ellis, Cathie	62	San Diego Swim Masters-44	49.00	42.97
6	Jiobu, Laurie	62	Rose Bowl Masters-33	1:00.00	51.53
7	Amundson, Pam	63	San Diego Swim Masters-44	59.35	56.21

Women 60-64 100 SC Meter Freestyle

1	Val, Laura	62	Tamalpais Aquatic Masters-38	1:06.00	1:03.84
	30.83	1:03.84 (33.01)			
2	Ciraulo, Christie	60	UCLA Bruin Masters-33	1:10.00	1:11.43
	33.96	1:11.43 (37.47)			
3	Meteyer, Beverly	60	Las Vegas Masters-33	1:16.00	1:16.69
	36.13	1:16.69 (40.56)			
4	Seaton, Jessica	60	West Hollywood Aquatics-33	1:35.00	1:26.66
	41.12	1:26.66 (45.54)			
5	Hayes, Patricia	60	Long Beach Grunions-33	1:20.00	1:31.84
	41.37	1:31.84 (50.47)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 60-64 200 SC Meter Freestyle**

1	Meteyer, Beverly	60	Las Vegas Masters-33	3:00.00	3:01.63
	43.14	1:30.76 (47.62)	2:17.71 (46.95)	3:01.63 (43.92)	
2	Hayes, Patricia	60	Long Beach Grunions-33	3:00.00	3:30.62
	44.79	1:38.18 (53.39)	2:35.05 (56.87)	3:30.62 (55.57)	
3	Baker, Gini	63	San Diego Swim Masters-44	3:29.90	3:37.67
	47.08	1:41.20 (54.12)	2:39.58 (58.38)	3:37.67 (58.09)	
4	Amundson, Pam	63	San Diego Swim Masters-44	5:02.32	5:00.05
	2:23.40		3:41.16 ()	5:00.05 (1:18.89)	

Women 60-64 200 SC Meter Freestyle 200 Free Split

1	Stengel, Alta	63	San Diego Swim Masters-44	NT	3:23.55
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Women 60-64 400 SC Meter Freestyle

1	Meteyer, Beverly	60	Las Vegas Masters-33	6:38.00	6:27.93
	42.27	1:29.90 (47.63)	2:20.24 (50.34)	3:11.08 (50.84)	
	4:02.12 (51.04)	4:51.63 (49.51)	5:42.53 (50.90)	6:27.93 (45.40)	
2	Stengel, Alta	63	San Diego Swim Masters-44	7:16.86	6:48.24
	44.76	1:35.94 (51.18)	2:29.43 (53.49)	3:22.55 (53.12)	
	4:15.77 (53.22)	5:07.94 (52.17)	6:00.30 (52.36)	6:48.24 (47.94)	
3	Amundson, Pam	63	San Diego Swim Masters-44	10:32.50	10:37.14
	1:05.61	2:18.09 (1:12.48)	3:40.36 (1:22.27)	5:04.67 (1:24.31)	
	6:30.66 (1:25.99)	7:55.42 (1:24.76)	9:17.72 (1:22.30)	10:37.14 (1:19.42)	

Women 60-64 800 SC Meter Freestyle 800 Free Split

1	Stengel, Alta	63	San Diego Swim Masters-44	NT	13:58.91
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Women 60-64 1500 SC Meter Freestyle

1	Stengel, Alta	63	San Diego Swim Masters-44	27:10.90	26:16.16
	45.50	1:37.32 (51.82)	2:30.15 (52.83)	3:23.55 (53.40)	
	4:16.00 (52.45)	5:08.28 (52.28)	6:01.22 (52.94)	6:54.38 (53.16)	
	7:47.68 (53.30)	8:40.19 (52.51)	9:33.60 (53.41)	10:26.26 (52.66)	
	11:19.22 (52.96)	12:12.45 (53.23)	13:05.57 (53.12)	13:58.91 (53.34)	
	14:52.12 (53.21)	15:45.26 (53.14)	16:38.48 (53.22)	26:16.16 (9:37.68)	

Women 60-64 50 SC Meter Backstroke

1	Val, Laura	62	Tamalpais Aquatic Masters-38	34.50	33.01
2	Stengel, Alta	63	San Diego Swim Masters-44	48.41	46.78
3	Komar, Kathy	64	UCLA Bruin Masters-33	52.50	50.46

Women 60-64 100 SC Meter Backstroke

1	Val, Laura	62	Tamalpais Aquatic Masters-38	1:15.50	1:12.72
	34.65	1:12.72 (38.07)			
2	Jaunzeme, Andra	60	West Hollywood Aquatics-33	1:26.00	1:27.41
	42.76	1:27.41 (44.65)			
3	Stengel, Alta	63	San Diego Swim Masters-44	1:45.91	1:42.78
	49.40	1:42.78 (53.38)			

Women 60-64 200 SC Meter Backstroke

1	Jaunzeme, Andra	60	West Hollywood Aquatics-33	2:55.00	3:10.09
	44.46	1:31.93 (47.47)	2:21.15 (49.22)	3:10.09 (48.94)	
2	Stengel, Alta	63	San Diego Swim Masters-44	3:44.80	3:37.74
	51.47	1:48.37 (56.90)	2:44.92 (56.55)	3:37.74 (52.82)	

Women 60-64 50 SC Meter Breaststroke

1	Jaunzeme, Andra	60	West Hollywood Aquatics-33	40.00	42.07
2	Smith, Patty	60	Surf City Aquatics Club-33	44.12	43.90
3	Meteyer, Beverly	60	Las Vegas Masters-33	53.00	46.59

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 60-64 50 SC Meter Breaststroke)**

4	Seaton, Jessica	60	West Hollywood Aquatics-33	48.00	48.09
5	Hayes, Patricia	60	Long Beach Grunions-33	45.00	51.61
6	Amundson, Pam	63	San Diego Swim Masters-44	1:12.85	1:13.20

Women 60-64 100 SC Meter Breaststroke

1	Jaunzeme, Andra	60	West Hollywood Aquatics-33	1:30.00	1:33.42
	43.75		1:33.42 (49.67)		
2	Smith, Patty	60	Surf City Aquatics Club-33	1:35.82	1:38.61
	48.04		1:38.61 (50.57)		
3	Seaton, Jessica	60	West Hollywood Aquatics-33	1:43.00	1:48.01
	49.43		1:48.01 (58.58)		
4	Ellis, Cathie	62	San Diego Swim Masters-44	1:57.70	1:58.82
	57.00		1:58.82 (1:01.82)		
5	Hayes, Patricia	60	Long Beach Grunions-33	1:30.00	2:00.88
	55.16		2:00.88 (1:05.72)		
6	Baker, Gini	63	San Diego Swim Masters-44	2:22.90	2:13.70
	1:03.95		2:13.70 (1:09.75)		
7	Amundson, Pam	63	San Diego Swim Masters-44	2:48.00	2:42.43
	1:17.19		2:42.43 (1:25.24)		

Women 60-64 200 SC Meter Breaststroke

1	Jaunzeme, Andra	60	West Hollywood Aquatics-33	3:05.00	3:21.48
	45.65		1:36.80 (51.15) 2:28.83 (52.03) 3:21.48 (52.65)		
2	Smith, Patty	60	Surf City Aquatics Club-33	3:24.79	3:36.24
	47.84		1:42.97 (55.13) 2:40.90 (57.93) 3:36.24 (55.34)		
3	Seaton, Jessica	60	West Hollywood Aquatics-33	3:43.68	3:46.53
	51.85		1:50.90 (59.05) 2:49.17 (58.27) 3:46.53 (57.36)		

Women 60-64 50 SC Meter Butterfly

1	Smith, Patty	60	Surf City Aquatics Club-33	37.54	38.55
2	Meteyer, Beverly	60	Las Vegas Masters-33	43.00	42.87
3	Seaton, Jessica	60	West Hollywood Aquatics-33	48.00	46.07
4	Hayes, Patricia	60	Long Beach Grunions-33	52.00	51.79

Women 60-64 100 SC Meter Butterfly

1	Val, Laura	62	Tamalpais Aquatic Masters-38	1:15.00	1:11.47
	33.52		1:11.47 (37.95)		
2	Stengel, Alta	63	San Diego Swim Masters-44	1:54.93	1:58.64
	49.62		1:58.64 (1:09.02)		

Women 60-64 100 SC Meter IM

1	Smith, Patty	60	Surf City Aquatics Club-33	1:27.70	1:30.15
	45.13		1:30.15 (45.02)		
2	Komar, Kathy	64	UCLA Bruin Masters-33	1:49.50	1:46.46
	49.97		1:46.46 (56.49)		

Women 60-64 200 SC Meter IM

1	Val, Laura	62	Tamalpais Aquatic Masters-38	3:00.00	2:41.53
	33.97		1:14.84 (40.87) 2:05.71 (50.87) 2:41.53 (35.82)		
2	Jaunzeme, Andra	60	West Hollywood Aquatics-33	2:55.00	3:01.59
	39.38		1:25.80 (46.42) 2:17.72 (51.92) 3:01.59 (43.87)		
3	Smith, Patty	60	Surf City Aquatics Club-33	3:10.93	3:23.22
			1:39.25 () 2:36.88 (57.63) 3:23.22 (46.34)		
4	Seaton, Jessica	60	West Hollywood Aquatics-33	3:33.93	3:35.55
	49.30		1:47.50 (58.20) 2:47.55 (1:00.05) 3:35.55 (48.00)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 65-69 50 SC Meter Freestyle**

1	Levinrad, Jan	66	West Hollywood Aquatics-33	36.30	35.19
2	Smith, Diane	68	Conejo Valley Multisport Maste-33	43.49	40.11

Women 65-69 50 SC Meter Freestyle 50 Free Splits

1	Smith, Diane	68	Conejo Valley Multisport Maste-33	NT	40.80
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Women 65-69 100 SC Meter Freestyle

1	Webb, Linda	68	Swim Fort Lauderdale-50	1:24.86	1:26.55
	40.38		1:26.55 (46.17)		
2	Smith, Diane	68	Conejo Valley Multisport Maste-33	1:38.87	1:33.26
	42.80		1:33.26 (50.46)		

Women 65-69 200 SC Meter Freestyle

1	Webb, Linda	68	Swim Fort Lauderdale-50	3:09.59	3:08.90
	42.61		1:31.09 (48.48) 2:20.63 (49.54) 3:08.90 (48.27)		
2	Smith, Diane	68	Conejo Valley Multisport Maste-33	3:50.00	3:41.33
	51.75		1:48.62 (56.87) 2:47.61 (58.99) 3:41.33 (53.72)		

Women 65-69 400 SC Meter Freestyle

1	Menard, Joanne	65	Mesa Masters-48	6:05.00	6:06.92
	40.32		1:26.61 (46.29) 2:14.63 (48.02) 3:02.17 (47.54)		
	3:49.00 (46.83)		4:35.64 (46.64) 5:21.90 (46.26) 6:06.92 (45.02)		
2	Shoenberger, Linda	66	Tamalpais Aquatic Masters-38	5:59.18	6:11.87
	43.52		1:29.66 (46.14) 2:16.37 (46.71) 3:03.13 (46.76)		
	3:50.08 (46.95)		4:37.60 (47.52) 5:25.02 (47.42) 6:11.87 (46.85)		
3	Webb, Linda	68	Swim Fort Lauderdale-50	6:43.10	6:39.69
	44.92		1:35.69 (50.77) 2:27.26 (51.57) 3:18.29 (51.03)		
	4:09.36 (51.07)		5:00.54 (51.18) 5:51.35 (50.81) 6:39.69 (48.34)		
4	Cole, Anita	66	Long Beach Grunions-33	10:31.97	11:23.72
	7:16.87 (1:26.95)		2:53.61 () 4:22.82 (1:29.21) 5:49.92 (1:27.10)		
			8:42.94 (1:26.07) 10:03.87 (1:20.93) 11:23.72 (1:19.85)		

Women 65-69 800 SC Meter Freestyle

1	Menard, Joanne	65	Mesa Masters-48	12:30.00	12:35.98
	41.31		1:28.52 (47.21) 2:17.05 (48.53) 3:05.99 (48.94)		
	3:54.04 (48.05)		4:42.25 (48.21) 5:30.16 (47.91) 6:18.54 (48.38)		
	7:05.76 (47.22)		7:53.34 (47.58) 8:41.21 (47.87) 9:29.40 (48.19)		
	10:16.86 (47.46)		11:04.50 (47.64) 11:51.41 (46.91) 12:35.98 (44.57)		
2	Cole, Anita	66	Long Beach Grunions-33	21:50.83	22:38.60
	1:21.98		2:50.31 (1:28.33) 4:20.53 (1:30.22) 5:47.38 (1:26.85)		
	7:13.34 (1:25.96)		8:34.61 (1:21.27) 10:01.89 (1:27.28) 11:27.65 (1:25.76)		
	12:53.99 (1:26.34)		14:19.67 (1:25.68) 15:47.32 (1:27.65) 17:13.62 (1:26.30)		
	18:34.60 (1:20.98)		19:58.75 (1:24.15) 21:21.11 (1:22.36) 22:38.60 (1:17.49)		

Women 65-69 1500 SC Meter Freestyle

1	Menard, Joanne	65	Mesa Masters-48	24:30.00	23:51.67
	41.05		1:28.18 (47.13) 2:17.08 (48.90) 3:05.72 (48.64)		
	3:53.96 (48.24)		4:42.07 (48.11) 5:29.37 (47.30) 6:17.50 (48.13)		
	7:05.23 (47.73)		7:53.55 (48.32) 8:41.58 (48.03) 9:29.26 (47.68)		
	10:17.20 (47.94)		11:05.08 (47.88) 11:53.03 (47.95) 12:41.13 (48.10)		
	13:28.76 (47.63)		14:17.06 (48.30) 15:05.24 (48.18) 15:53.27 (48.03)		
	16:40.77 (47.50)		17:28.79 (48.02) 18:16.50 (47.71) 19:05.18 (48.68)		
	19:53.62 (48.44)		20:41.75 (48.13) 21:30.10 (48.35) 22:18.21 (48.11)		
	23:05.84 (47.63)		23:51.67 (45.83)		
2	Shoenberger, Linda	66	Tamalpais Aquatic Masters-38	23:00.26	24:04.95
	46.35		1:34.94 (48.59) 2:23.12 (48.18) 3:11.23 (48.11)		
	3:59.36 (48.13)		4:46.98 (47.62) 5:34.41 (47.43) 24:04.95 (18:30.54)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 65-69 1500 SC Meter Freestyle)**

3 Stark, Carol	65 Oregon Masters-37	39:21.72	34:51.20
	3:22.75 ()	4:34.41 (1:11.66)	
5:44.38 (1:09.97)	6:54.76 (1:10.38)	8:05.67 (1:10.91)	9:17.15 (1:11.48)
10:28.01 (1:10.86)	11:37.30 (1:09.29)	12:47.91 (1:10.61)	13:58.80 (1:10.89)
15:09.84 (1:11.04)	16:20.04 (1:10.20)	17:30.40 (1:10.36)	18:40.23 (1:09.83)
19:50.58 (1:10.35)	21:00.82 (1:10.24)	22:10.83 (1:10.01)	23:20.55 (1:09.72)
24:30.65 (1:10.10)	25:39.86 (1:09.21)	26:48.95 (1:09.09)	27:58.53 (1:09.58)
29:08.83 (1:10.30)	30:19.14 (1:10.31)	31:27.60 (1:08.46)	32:37.76 (1:10.16)
33:46.90 (1:09.14)	34:51.20 (1:04.30)		
4 Cole, Anita	66 Long Beach Grunions-33	41:46.68	44:14.30
1:19.07	2:46.34 (1:27.27)	4:14.27 (1:27.93)	5:42.01 (1:27.74)
7:11.49 (1:29.48)	8:40.74 (1:29.25)	10:09.62 (1:28.88)	11:38.50 (1:28.88)
13:06.36 (1:27.86)	14:37.39 (1:31.03)	16:06.19 (1:28.80)	17:37.66 (1:31.47)
19:08.27 (1:30.61)	20:36.28 (1:28.01)	22:02.82 (1:26.54)	23:32.71 (1:29.89)
25:02.54 (1:29.83)		29:30.30 ()	
30:58.31 ()	32:25.33 (1:27.02)	33:54.22 (1:28.89)	35:21.38 (1:27.16)
36:51.67 (1:30.29)	38:19.38 (1:27.71)	39:50.61 (1:31.23)	41:21.34 (1:30.73)
42:48.59 (1:27.25)	44:14.30 (1:25.71)		

Women 65-69 50 SC Meter Backstroke

1 Levinrad, Jan	66 West Hollywood Aquatics-33	43.74	41.53
2 Smith, Diane	68 Conejo Valley Multisport Maste-33	53.60	48.49
3 Stark, Carol	65 Oregon Masters-37	59.99	56.81
4 Watson, Katherine	66 Ojai Masters-33	59.90	59.43

Women 65-69 100 SC Meter Backstroke

1 Levinrad, Jan	66 West Hollywood Aquatics-33	1:41.38	1:34.37
46.13	1:34.37 (48.24)		
2 Smith, Diane	68 Conejo Valley Multisport Maste-33	2:02.00	1:54.41
56.67	1:54.41 (57.74)		
3 Stark, Carol	65 Oregon Masters-37	2:35.53	2:14.94
1:05.40	2:14.94 (1:09.54)		

Women 65-69 200 SC Meter Backstroke

1 Watson, Katherine	66 Ojai Masters-33	4:50.10	4:18.30
	2:07.05 ()	3:14.80 (1:07.75)	4:18.30 (1:03.50)
2 Stark, Carol	65 Oregon Masters-37	4:58.94	4:46.28
1:01.34	2:15.13 (1:13.79)	3:32.26 (1:17.13)	4:46.28 (1:14.02)

Women 65-69 50 SC Meter Breaststroke

1 Webb, Linda	68 Swim Fort Lauderdale-50	47.96	49.48
2 Smith, Diane	68 Conejo Valley Multisport Maste-33	59.29	56.21
3 Watson, Katherine	66 Ojai Masters-33	1:03.00	1:04.36

Women 65-69 200 SC Meter Breaststroke

1 Watson, Katherine	66 Ojai Masters-33	4:39.90	4:39.24
1:05.73	2:16.65 (1:10.92)	3:28.66 (1:12.01)	4:39.24 (1:10.58)

Women 65-69 50 SC Meter Butterfly

1 Menard, Joanne	65 Mesa Masters-48	40.00	40.37
2 Levinrad, Jan	66 West Hollywood Aquatics-33	42.21	44.14

Women 65-69 100 SC Meter Butterfly

1 Levinrad, Jan	66 West Hollywood Aquatics-33	1:35.00	1:36.82
46.42	1:36.82 (50.40)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 65-69 100 SC Meter Butterfly)**

2	Watson, Katherine	66	Ojai Masters-33	2:10.00	2:10.69
	1:01.75		2:10.69 (1:08.94)		

Women 65-69 200 SC Meter Butterfly

1	Cole, Anita	66	Long Beach Grunions-33	8:30.16	9:25.63
	2:12.39		4:38.86 (2:26.47) 7:04.43 (2:25.57) 9:25.63 (2:21.20)		

Women 65-69 100 SC Meter IM

1	Watson, Katherine	66	Ojai Masters-33	2:40.00	2:01.99
	2:02.19		2:01.99 ()		
2	Cole, Anita	66	Long Beach Grunions-33	3:19.56	3:21.28
	1:47.43		3:21.28 (1:33.85)		

Women 65-69 200 SC Meter IM

1	Cole, Anita	66	Long Beach Grunions-33	6:45.11	7:01.86
	2:03.48		3:51.72 (1:48.24) 5:43.68 (1:51.96) 7:01.86 (1:18.18)		

Women 70-74 50 SC Meter Freestyle

1	Ridout, Nancy	71	Tamalpais Aquatic Masters-38	38.31	38.60
2	Hilbrecht, Diane	71	Las Vegas Masters-33	1:45.00	1:14.44

Women 70-74 100 SC Meter Freestyle

1	Ridout, Nancy	71	Tamalpais Aquatic Masters-38	1:30.50	1:30.79
	42.89		1:30.79 (47.90)		
2	Hilbrecht, Diane	71	Las Vegas Masters-33	2:45.00	2:35.27
	1:14.05		2:35.27 (1:21.22)		

Women 70-74 200 SC Meter Freestyle

1	Ridout, Nancy	71	Tamalpais Aquatic Masters-38	3:24.50	3:17.73
	46.28		1:37.78 (51.50) 2:29.46 (51.68) 3:17.73 (48.27)		
2	Fieno, Gail	70	Las Vegas Masters-33	4:36.00	4:29.82
	1:00.93		2:11.86 (1:10.93) 3:22.78 (1:10.92) 4:29.82 (1:07.04)		
3	Hilbrecht, Diane	71	Las Vegas Masters-33	6:40.00	5:30.37
	1:15.68		2:38.96 (1:23.28) 4:05.10 (1:26.14) 5:30.37 (1:25.27)		

Women 70-74 400 SC Meter Freestyle

1	Ridout, Nancy	71	Tamalpais Aquatic Masters-38	7:10.00	7:01.67
	49.10		1:42.75 (53.65) 2:36.35 (53.60) 3:30.20 (53.85)		
	4:23.40 (53.20)		5:17.04 (53.64) 6:10.33 (53.29) 7:01.67 (51.34)		
2	Fieno, Gail	70	Las Vegas Masters-33	9:40.00	9:09.47
	1:01.23		2:10.22 (1:08.99) 3:23.57 (1:13.35) 4:36.09 (1:12.52)		
	5:46.34 (1:10.25)		6:56.90 (1:10.56) 8:06.00 (1:09.10) 9:09.47 (1:03.47)		

Women 70-74 800 SC Meter Freestyle

1	Fieno, Gail	70	Las Vegas Masters-33	19:00.00	19:23.19
	1:04.51		2:18.20 (1:13.69) 3:31.65 (1:13.45) 4:45.12 (1:13.47)		
	6:01.36 (1:16.24)		7:15.58 (1:14.22) 8:29.50 (1:13.92) 9:44.58 (1:15.08)		
	10:59.59 (1:15.01)		12:14.78 (1:15.19) 13:28.76 (1:13.98) 14:40.66 (1:11.90)		
	15:53.79 (1:13.13)		17:07.49 (1:13.70) 18:18.74 (1:11.25) 19:23.19 (1:04.45)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 70-74 1500 SC Meter Freestyle**

1 Shockro, Ellen	71 UCLA Bruin Masters-33	30:50.41	29:49.72
53.94	1:55.01 (1:01.07)	2:56.98 (1:01.97)	3:59.55 (1:02.57)
5:00.09 (1:00.54)	6:01.61 (1:01.52)	7:04.04 (1:02.43)	8:06.03 (1:01.99)
9:06.54 (1:00.51)	10:07.74 (1:01.20)	11:08.82 (1:01.08)	12:10.97 (1:02.15)
13:11.83 (1:00.86)		14:14.77 ()	15:18.46 (1:03.69)
16:21.30 (1:02.84)	17:24.30 (1:03.00)	18:26.39 (1:02.09)	19:27.77 (1:01.38)
20:29.70 (1:01.93)	21:32.23 (1:02.53)	22:35.05 (1:02.82)	23:37.02 (1:01.97)
24:39.22 (1:02.20)	25:41.90 (1:02.68)	26:45.37 (1:03.47)	27:48.07 (1:02.70)
28:50.38 (1:02.31)	29:49.72 (59.34)		
2 Fieno, Gail	70 Las Vegas Masters-33	37:44.90	36:08.29
1:05.64	2:23.13 (1:17.49)	3:38.06 (1:14.93)	4:50.61 (1:12.55)
6:04.73 (1:14.12)	7:19.33 (1:14.60)	8:32.00 (1:12.67)	9:44.95 (1:12.95)
10:57.17 (1:12.22)	12:09.67 (1:12.50)	13:21.44 (1:11.77)	14:34.13 (1:12.69)
15:46.94 (1:12.81)	17:01.33 (1:14.39)	18:14.94 (1:13.61)	19:29.28 (1:14.34)
20:41.96 (1:12.68)	21:55.17 (1:13.21)	23:08.40 (1:13.23)	24:21.64 (1:13.24)
25:34.23 (1:12.59)	26:46.27 (1:12.04)	27:59.23 (1:12.96)	29:10.30 (1:11.07)
30:21.81 (1:11.51)	31:32.41 (1:10.60)	32:44.12 (1:11.71)	33:55.61 (1:11.49)
35:05.05 (1:09.44)	36:08.29 (1:03.24)		

Women 70-74 50 SC Meter Backstroke

1 Hilbrecht, Diane	71 Las Vegas Masters-33	1:30.00	1:19.54
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Women 70-74 100 SC Meter Backstroke

1 Hilbrecht, Diane	71 Las Vegas Masters-33	3:16.00	2:50.58
1:22.61	2:50.58 (1:27.97)		

Women 70-74 200 SC Meter Backstroke

1 Hilbrecht, Diane	71 Las Vegas Masters-33	5:59.00	5:47.68
1:23.30	2:51.21 (1:27.91)	5:47.68 (2:56.47)	
--- Fieno, Gail	70 Las Vegas Masters-33	5:46.90	DQ
1:27.42	2:55.71 (1:28.29)	4:23.79 (1:28.08)	DQ (1:25.24)

Women 70-74 400 SC Meter IM

1 Fieno, Gail	70 Las Vegas Masters-33	12:00.00	11:43.84
1:24.34	3:11.17 (1:46.83)	4:39.26 (1:28.09)	6:08.35 (1:29.09)
7:48.44 (1:40.09)	9:28.25 (1:39.81)	10:37.87 (1:09.62)	11:43.84 (1:05.97)

Women 75-79 50 SC Meter Freestyle

1 Davis, Nancy	77 Calgary Masters-0	57.00	1:00.32
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Women 75-79 100 SC Meter Freestyle

1 Davis, Nancy	77 Calgary Masters-0	2:08.00	2:15.48
1:03.70	2:15.48 (1:11.78)		

Women 75-79 200 SC Meter Freestyle 200 Free Split

1 Glenn, Sylvia	76 Ojai Masters-33	NT	4:41.43
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Women 75-79 200 SC Meter Freestyle

1 Williams, Anne	75 San Diego Swim Masters-44	3:17.60	3:25.64
50.04	1:42.71 (52.67)	2:36.11 (53.40)	3:25.64 (49.53)

Women 75-79 400 SC Meter Freestyle

1 Glenn, Sylvia	76 Ojai Masters-33	9:51.98	9:33.10
1:04.35	2:14.03 (1:09.68)	3:26.46 (1:12.43)	4:37.95 (1:11.49)
5:52.60 (1:14.65)	7:05.97 (1:13.37)	8:20.55 (1:14.58)	9:33.10 (1:12.55)

Women 75-79 400 SC Meter Freestyle 400 Free Split

1 Glenn, Sylvia	76 Ojai Masters-33	NT	9:36.71
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2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 75-79 800 SC Meter Freestyle 800 Free Split**

1 Glenn, Sylvia	76 Ojai Masters-33	NT	19:41.76
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Women 75-79 800 SC Meter Freestyle

1 Williams, Anne	75 San Diego Swim Masters-44	14:05.49	14:03.84
50.23	1:43.08 (52.85)	2:37.04 (53.96)	3:30.42 (53.38)
4:23.59 (53.17)	5:16.81 (53.22)	6:10.33 (53.52)	7:03.58 (53.25)
7:57.27 (53.69)	8:50.72 (53.45)	9:43.66 (52.94)	10:36.62 (52.96)
11:30.09 (53.47)	12:22.72 (52.63)	13:14.32 (51.60)	14:03.84 (49.52)
2 Glenn, Sylvia	76 Ojai Masters-33	20:16.27	19:43.48
1:06.28	2:18.05 (1:11.77)	3:32.20 (1:14.15)	4:46.57 (1:14.37)
6:00.96 (1:14.39)	7:16.11 (1:15.15)	8:31.03 (1:14.92)	9:45.56 (1:14.53)
10:59.75 (1:14.19)	12:12.68 (1:12.93)	13:26.79 (1:14.11)	14:42.57 (1:15.78)
15:58.63 (1:16.06)	17:14.93 (1:16.30)	18:29.33 (1:14.40)	19:43.48 (1:14.15)

Women 75-79 1500 SC Meter Freestyle

1 Glenn, Sylvia	76 Ojai Masters-33	38:47.40	37:45.70
1:03.79	2:15.26 (1:11.47)	3:28.43 (1:13.17)	4:41.43 (1:13.00)
5:53.55 (1:12.12)	7:06.67 (1:13.12)	8:20.84 (1:14.17)	9:36.71 (1:15.87)
10:52.42 (1:15.71)	12:07.61 (1:15.19)	13:22.49 (1:14.88)	14:37.13 (1:14.64)
15:53.64 (1:16.51)	17:09.72 (1:16.08)	18:25.79 (1:16.07)	19:41.76 (1:15.97)
20:59.84 (1:18.08)	22:17.05 (1:17.21)	23:34.52 (1:17.47)	24:51.04 (1:16.52)
26:07.64 (1:16.60)	27:25.68 (1:18.04)	28:44.13 (1:18.45)	30:01.30 (1:17.17)
31:17.82 (1:16.52)	32:36.53 (1:18.71)	33:54.74 (1:18.21)	35:12.10 (1:17.36)
36:30.29 (1:18.19)	37:45.70 (1:15.41)		

Women 75-79 50 SC Meter Backstroke

1 Williams, Anne	75 San Diego Swim Masters-44	55.00	51.61
2 Davis, Nancy	77 Calgary Masters-0	1:12.00	1:20.22

Women 75-79 100 SC Meter Backstroke

1 Glenn, Sylvia	76 Ojai Masters-33	2:32.66	2:24.79
1:10.84	2:24.79 (1:13.95)		

Women 75-79 200 SC Meter Backstroke

1 Glenn, Sylvia	76 Ojai Masters-33	5:11.20	5:58.21
1:09.50	2:26.35 (1:16.85)	3:45.52 (1:19.17)	5:58.21 (2:12.69)

Women 75-79 50 SC Meter Breaststroke

1 Williams, Anne	75 San Diego Swim Masters-44	49.47	51.07
2 Davis, Nancy	77 Calgary Masters-0	1:03.00	1:11.23

Women 75-79 100 SC Meter Breaststroke

--- Davis, Nancy	77 Calgary Masters-0	2:29.00	DQ
1:19.90	DQ (1:23.88)		

Women 75-79 200 SC Meter Breaststroke

1 Williams, Anne	75 San Diego Swim Masters-44	3:50.88	3:52.09
56.07	1:55.41 (59.34)	2:54.56 (59.15)	3:52.09 (57.53)
2 Glenn, Sylvia	76 Ojai Masters-33	5:21.99	6:27.17
1:30.37	3:10.64 (1:40.27)	4:50.48 (1:39.84)	6:27.17 (1:36.69)

Women 80-84 200 SC Meter Freestyle

1 Caldwell, Dionne	81 Novaquatics Masters-33	3:55.13	4:04.36
57.69	2:01.27 (1:03.58)	3:05.49 (1:04.22)	4:04.36 (58.87)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 80-84 800 SC Meter Freestyle**

1 Caldwell, Dionne	81 Novaquatics Masters-33	16:39.28	17:06.45
57.86	2:02.03 (1:04.17)	3:07.68 (1:05.65)	4:14.08 (1:06.40)
5:20.29 (1:06.21)	6:25.60 (1:05.31)	7:31.19 (1:05.59)	8:35.99 (1:04.80)
9:40.84 (1:04.85)	10:45.16 (1:04.32)	11:49.69 (1:04.53)	12:55.06 (1:05.37)
13:59.50 (1:04.44)	15:05.22 (1:05.72)	16:08.82 (1:03.60)	17:06.45 (57.63)

Women 80-84 1500 SC Meter Freestyle

1 Caldwell, Dionne	81 Novaquatics Masters-33	31:20.28	32:57.16
1:01.16	2:07.27 (1:06.11)	3:14.46 (1:07.19)	4:22.27 (1:07.81)
5:30.64 (1:08.37)	6:39.69 (1:09.05)	7:47.14 (1:07.45)	8:54.90 (1:07.76)
10:02.33 (1:07.43)	11:09.03 (1:06.70)	12:14.99 (1:05.96)	13:21.47 (1:06.48)
14:27.05 (1:05.58)	15:32.69 (1:05.64)	16:39.07 (1:06.38)	17:44.81 (1:05.74)
18:50.58 (1:05.77)	19:56.96 (1:06.38)	21:03.46 (1:06.50)	22:08.66 (1:05.20)
23:14.42 (1:05.76)	24:19.95 (1:05.53)	25:25.72 (1:05.77)	26:31.35 (1:05.63)
27:36.94 (1:05.59)	28:42.21 (1:05.27)	29:47.59 (1:05.38)	30:53.41 (1:05.82)
31:57.67 (1:04.26)	32:57.16 (59.49)		

Women 90-94 200 SC Meter Freestyle

1 Kornfeld, Maurine	92 Mission Viejo Masters-33	5:02.21	4:45.45
1:05.35	2:18.46 (1:13.11)	3:32.85 (1:14.39)	4:45.45 (1:12.60)

Women 90-94 400 SC Meter Freestyle

1 Kornfeld, Maurine	92 Mission Viejo Masters-33	10:25.52	9:21.61
1:02.94	2:13.34 (1:10.40)	3:25.29 (1:11.95)	4:37.49 (1:12.20)
5:49.50 (1:12.01)	7:01.18 (1:11.68)	8:13.38 (1:12.20)	9:21.61 (1:08.23)

Women 90-94 800 SC Meter Freestyle

1 Kornfeld, Maurine	92 Mission Viejo Masters-33	21:00.72	19:18.14
1:05.53	2:17.76 (1:12.23)	3:29.12 (1:11.36)	4:41.72 (1:12.60)
5:54.80 (1:13.08)	7:09.22 (1:14.42)	8:22.49 (1:13.27)	9:36.66 (1:14.17)
10:50.34 (1:13.68)	12:03.78 (1:13.44)	13:17.65 (1:13.87)	14:31.29 (1:13.64)
15:44.58 (1:13.29)	16:57.17 (1:12.59)	18:11.03 (1:13.86)	19:18.14 (1:07.11)

Women 90-94 100 SC Meter Backstroke

1 Kornfeld, Maurine	92 Mission Viejo Masters-33	2:48.41	2:36.94
1:15.05	2:36.94 (1:21.89)		

Women 90-94 50 SC Meter Butterfly

1 Kornfeld, Maurine	92 Mission Viejo Masters-33	1:38.53	1:54.97
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Men 18-24 50 SC Meter Freestyle

1 Rogers, James	24 Triton Swimming and Triathlon-33	24.94	24.57
2 Jaffee, Alec	19 Las Vegas Masters-33	31.50	27.95
3 Shin, James	20 Southern California Aquatic Ma-33	30.00	29.13

Men 18-24 100 SC Meter Freestyle

1 Jaffee, Alec	19 Las Vegas Masters-33	1:08.25	1:03.23
29.92	1:03.23 (33.31)		
2 Shin, James	20 Southern California Aquatic Ma-33	1:00.00	1:06.42
30.48	1:06.42 (35.94)		

Men 18-24 100 SC Meter Freestyle 100 Free Split

1 Rogers, James	24 Triton Swimming and Triathlon-33	NT	56.87
2 Jaffee, Alec	19 Las Vegas Masters-33	NT	1:01.01

Men 18-24 200 SC Meter Freestyle

1 Alders, Alec	24 Rose Bowl Masters-33	2:04.00	2:07.88
28.68	1:01.45 (32.77)	1:35.22 (33.77)	2:07.88 (32.66)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 18-24 200 SC Meter Freestyle)**

2	Jaffee, Alec	19	Las Vegas Masters-33	2:32.00	2:19.10
	32.75	1:07.16 (34.41)	1:43.36 (36.20)	2:19.10 (35.74)	

Men 18-24 800 SC Meter Freestyle

1	Alders, Alec	24	Rose Bowl Masters-33	9:28.00	10:06.92
	31.32	1:06.82 (35.50)	1:44.04 (37.22)	2:21.90 (37.86)	
	3:00.18 (38.28)	3:39.24 (39.06)	4:17.88 (38.64)	4:56.34 (38.46)	
	5:33.45 (37.11)	6:13.20 (39.75)	6:51.82 (38.62)	7:30.81 (38.99)	
	8:10.35 (39.54)	8:50.00 (39.65)	9:29.97 (39.97)	10:06.92 (36.95)	

Men 18-24 1500 SC Meter Freestyle

1	Alders, Alec	24	Rose Bowl Masters-33	19:54.75	18:20.04
	30.74	1:06.15 (35.41)	1:41.45 (35.30)	2:17.95 (36.50)	
	2:54.15 (36.20)	3:31.03 (36.88)	4:07.59 (36.56)	4:44.55 (36.96)	
	5:22.17 (37.62)	5:59.06 (36.89)	6:35.80 (36.74)	7:13.35 (37.55)	
	7:50.43 (37.08)	8:27.59 (37.16)	9:05.32 (37.73)	9:41.92 (36.60)	
	10:20.14 (38.22)	10:56.57 (36.43)	11:33.98 (37.41)	12:11.38 (37.40)	
	12:47.87 (36.49)	13:24.20 (36.33)	14:00.81 (36.61)	14:37.00 (36.19)	
	15:13.92 (36.92)	15:51.63 (37.71)	16:29.22 (37.59)	17:06.51 (37.29)	
	17:44.30 (37.79)	18:20.04 (35.74)			

Men 18-24 50 SC Meter Backstroke

1	Rogers, James	24	Triton Swimming and Triathlon-33	29.60	27.78
2	Alders, Alec	24	Rose Bowl Masters-33	31.50	30.66

Men 18-24 50 SC Meter Backstroke 50 Back Split

1	Rogers, James	24	Triton Swimming and Triathlon-33	NT	28.34
2	Ramos, Christopher	24	Conejo Valley Multisport Maste-33	NT	29.81

Men 18-24 100 SC Meter Backstroke

1	Rogers, James	24	Triton Swimming and Triathlon-33	1:06.84	1:02.06
	29.79	1:02.06 (32.27)			
---	Shin, James	20	Southern California Aquatic Ma-33	1:15.00	DQ
	38.44	DQ (42.21)			

Men 18-24 100 SC Meter Backstroke 100 Back Split

1	Rogers, James	24	Triton Swimming and Triathlon-33	NT	1:20.78
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Men 18-24 50 SC Meter Breaststroke

1	Rogers, James	24	Triton Swimming and Triathlon-33	35.23	32.06
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Men 18-24 200 SC Meter Breaststroke

1	Alders, Alec	24	Rose Bowl Masters-33	3:05.00	2:59.23
	38.37	1:24.40 (46.03)	2:11.96 (47.56)	2:59.23 (47.27)	

Men 18-24 50 SC Meter Butterfly

1	Rogers, James	24	Triton Swimming and Triathlon-33	27.90	26.95
2	Jaffee, Alec	19	Las Vegas Masters-33	34.75	30.34

Men 18-24 100 SC Meter Butterfly

1	Jaffee, Alec	19	Las Vegas Masters-33	1:13.80	1:07.78
	31.32	1:07.78 (36.46)			

Men 18-24 200 SC Meter Butterfly

1	Jaffee, Alec	19	Las Vegas Masters-33	2:52.50	2:42.36
	33.33	1:11.65 (38.32)	1:55.08 (43.43)	2:42.36 (47.28)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 18-24 100 SC Meter IM**

1	Rogers, James	24	Triton Swimming and Triathlon-33	1:04.79	1:00.94
2	Alders, Alec	24	Rose Bowl Masters-33	1:09.00	1:06.25
	29.96		1:06.25 (36.29)		

Men 25-29 50 SC Meter Freestyle

1	Malasky, Martin	25	The Olympic Club-38	25.70	24.60
2	Bower, Kenny	25	The Olympic Club-38	24.70	25.44
3	Lentz, Graham	29	The Olympic Club-38	25.46	26.24
4	Bermejo-Deval, Ricardo	27	Caltech Masters-33	28.00	27.99
5	Gatchalian, Paolo	29	San Diego Swim Masters-44	30.19	29.85
6	Kim, Gene	27	Southern California Aquatic Ma-33	29.98	30.06
7	Leong, Jarret	25	Southern California Aquatic Ma-33	30.00	30.15

Men 25-29 50 SC Meter Freestyle 50 Free Splits

1	Blanc, Nick	25	Triton Swimming and Triathlon-33	NT	30.91
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Men 25-29 100 SC Meter Freestyle 100 Free Split

1	Blanc, Nick	25	Triton Swimming and Triathlon-33	NT	1:07.63
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Men 25-29 100 SC Meter Freestyle

1	Malasky, Martin	25	The Olympic Club-38	56.10	55.01
	26.71		55.01 (28.30)		
2	Walther, Gregory	29	West Hollywood Aquatics-33	1:02.70	1:01.38
	29.35		1:01.38 (32.03)		
3	Moxley, Jonathan	29	La Mirada Armada-33	1:05.45	1:06.38
	31.41		1:06.38 (34.97)		

Men 25-29 200 SC Meter Freestyle

1	Walther, Gregory	29	West Hollywood Aquatics-33	2:14.92	2:12.70
	31.25		1:05.00 (33.75) 1:39.07 (34.07) 2:12.70 (33.63)		
2	Blanc, Nick	25	Triton Swimming and Triathlon-33	2:23.60	2:23.71
	32.22		1:08.23 (36.01) 1:45.70 (37.47) 2:23.71 (38.01)		
3	Leong, Jarret	25	Southern California Aquatic Ma-33	2:15.00	2:26.13
	31.32		1:06.02 (34.70) 1:43.79 (37.77) 2:26.13 (42.34)		

Men 25-29 800 SC Meter Freestyle

1	Liebowitz, Daniel	29	Santa Clarita Masters Club-33	10:56.53	10:50.97
	35.00		1:11.87 (36.87) 1:50.94 (39.07) 2:30.86 (39.92)		
	3:11.43 (40.57)		3:52.10 (40.67) 4:32.93 (40.83) 5:13.88 (40.95)		
	5:55.29 (41.41)		6:36.67 (41.38) 7:18.34 (41.67) 8:00.52 (42.18)		
	8:44.02 (43.50)		9:27.87 (43.85) 10:10.71 (42.84) 10:50.97 (40.26)		

Men 25-29 50 SC Meter Backstroke 50 Back Split

1	Blanc, Nick	25	Triton Swimming and Triathlon-33	NT	36.32
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Men 25-29 100 SC Meter Backstroke

1	Malasky, Martin	25	The Olympic Club-38	1:05.89	1:05.55
	31.51		1:05.55 (34.04)		
2	Kim, Gene	27	Southern California Aquatic Ma-33	1:25.00	1:13.98
	37.04		1:13.98 (36.94)		
3	Blanc, Nick	25	Triton Swimming and Triathlon-33	1:14.50	1:20.27
	38.10		1:20.27 (42.17)		
---	Moxley, Jonathan	29	La Mirada Armada-33	1:45.00	DQ
	40.70		DQ (43.55)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 25-29 200 SC Meter Backstroke**

1	Kim, Gene	27	Southern California Aquatic Ma-33	3:06.00	2:40.62
	39.74	1:20.82 (41.08)	2:02.08 (41.26)	2:40.62 (38.54)	

Men 25-29 50 SC Meter Breaststroke

1	Lentz, Graham	29	The Olympic Club-38	30.98	31.65
2	Malasky, Martin	25	The Olympic Club-38	33.44	33.47
3	Bower, Kenny	25	The Olympic Club-38	33.40	33.76

Men 25-29 100 SC Meter Breaststroke

1	Lentz, Graham	29	The Olympic Club-38	1:05.58	1:09.02
	32.06	1:09.02 (36.96)			
2	Kim, Gene	27	Southern California Aquatic Ma-33	1:34.00	1:21.67
	39.27	1:21.67 (42.40)			
3	Gatchalian, Paolo	29	San Diego Swim Masters-44	1:26.64	1:28.27
	41.65	1:28.27 (46.62)			
---	Bower, Kenny	25	The Olympic Club-38	1:11.95	DQ
	33.88	DQ (41.17)			

Men 25-29 50 SC Meter Butterfly

1	Malasky, Martin	25	The Olympic Club-38	28.50	27.83
2	Lentz, Graham	29	The Olympic Club-38	26.67	28.42
3	Bower, Kenny	25	The Olympic Club-38	28.22	28.93
4	Bermejo-Deval, Ricardo	27	Caltech Masters-33	31.00	30.10
5	Walther, Gregory	29	West Hollywood Aquatics-33	30.88	30.41
6	Kim, Gene	27	Southern California Aquatic Ma-33	36.00	32.14
7	Leong, Jarret	25	Southern California Aquatic Ma-33	35.00	32.40
8	Blanc, Nick	25	Triton Swimming and Triathlon-33	31.50	32.97
9	Gatchalian, Paolo	29	San Diego Swim Masters-44	33.16	33.03
10	Moxley, Jonathan	29	La Mirada Armada-33	34.20	34.01

Men 25-29 100 SC Meter Butterfly

1	Malasky, Martin	25	The Olympic Club-38	1:04.49	1:01.32
	28.51	1:01.32 (32.81)			
2	Lentz, Graham	29	The Olympic Club-38	1:05.72	1:04.38
	28.77	1:04.38 (35.61)			
3	Walther, Gregory	29	West Hollywood Aquatics-33	1:06.62	1:06.79
	31.08	1:06.79 (35.71)			
4	Bower, Kenny	25	The Olympic Club-38	58.60	1:08.23
	30.59	1:08.23 (37.64)			
5	Liebowitz, Daniel	29	Santa Clarita Masters Club-33	1:11.88	1:15.65
	34.23	1:15.65 (41.42)			

Men 25-29 100 SC Meter IM

1	Blanc, Nick	25	Triton Swimming and Triathlon-33	1:15.70	1:16.43
	34.07	1:16.43 (42.36)			
2	Higgins, Nate	28	Unattached Inland Northwest-35	2:20.00	2:33.03
	1:08.99	2:33.03 (1:24.04)			

Men 25-29 200 SC Meter IM

1	Walther, Gregory	29	West Hollywood Aquatics-33	2:31.57	2:31.60
	30.92	1:12.11 (41.19)	1:57.00 (44.89)	2:31.60 (34.60)	
2	Kim, Gene	27	Southern California Aquatic Ma-33	2:51.90	2:36.00
	33.76	1:13.39 (39.63)	1:58.74 (45.35)	2:36.00 (37.26)	
3	Moxley, Jonathan	29	La Mirada Armada-33	3:45.00	2:57.79
	35.25	1:23.42 (48.17)	2:18.93 (55.51)	2:57.79 (38.86)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 25-29 200 SC Meter IM)**

4 Higgins, Nate	28 Unattached Inland Northwest-35	5:00.00	5:23.34
1:15.37	2:29.54 (1:14.17)	3:55.07 (1:25.53)	5:23.34 (1:28.27)

Men 25-29 400 SC Meter IM

1 Higgins, Nate	28 Unattached Inland Northwest-35	11:00.00	11:54.73
1:21.44	3:01.89 (1:40.45)	4:21.82 (1:19.93)	5:41.57 (1:19.75)
7:15.57 (1:34.00)	8:45.93 (1:30.36)	10:23.49 (1:37.56)	11:54.73 (1:31.24)
--- Walther, Gregory	29 West Hollywood Aquatics-33	5:27.55	DQ
32.19	1:08.93 (36.74)	1:53.59 (44.66)	2:37.91 (44.32)
3:23.49 (45.58)	4:09.07 (45.58)	4:47.50 (38.43)	DQ (35.97)

Men 30-34 50 SC Meter Freestyle

1 Dorr, John	30 The Olympic Club-38	23.49	24.26
2 Marshall, Gary	31 The Olympic Club-38	25.55	25.88
3 Ko, Scott	30 Rose Bowl Masters-33	28.52	28.33
4 Coloma, James	34 San Diego Swim Masters-44	29.47	29.51
--- Williamson, Colin	34 Long Beach Grunions-33	27.19	DQ

Men 30-34 100 SC Meter Freestyle

1 Gaines, Billy	32 Las Vegas Masters-33	53.50	53.60
25.67	53.60 (27.93)		
2 Holsman, Trent	33 The Olympic Club-38	54.92	53.75
26.12	53.75 (27.63)		

Men 30-34 200 SC Meter Freestyle

1 Gaines, Billy	32 Las Vegas Masters-33	1:58.00	1:55.33
26.51	55.02 (28.51)	1:24.69 (29.67)	1:55.33 (30.64)
2 Tichy, Jan	31 Novaquatics Masters-33	1:58.58	1:59.90
27.40	56.56 (29.16)	1:27.50 (30.94)	1:59.90 (32.40)
3 Williamson, Colin	34 Long Beach Grunions-33	2:15.29	2:12.18
30.87	1:04.00 (33.13)	1:38.40 (34.40)	2:12.18 (33.78)
4 Ko, Scott	30 Rose Bowl Masters-33	2:40.52	2:28.57
34.43	1:11.74 (37.31)	1:50.66 (38.92)	2:28.57 (37.91)
5 Lassonde, Nick	32 Rose Bowl Masters-33	3:36.42	3:28.53
45.71	1:38.66 (52.95)	2:34.21 (55.55)	3:28.53 (54.32)

Men 30-34 400 SC Meter Freestyle

1 Gaines, Billy	32 Las Vegas Masters-33	4:13.00	4:08.60
28.48	59.53 (31.05)	1:30.81 (31.28)	2:02.77 (31.96)
2:34.64 (31.87)	3:06.51 (31.87)	3:37.69 (31.18)	4:08.60 (30.91)
2 Tichy, Jan	31 Novaquatics Masters-33	4:44.44	4:16.94
29.62	1:02.16 (32.54)	1:35.25 (33.09)	2:08.08 (32.83)
2:41.01 (32.93)	3:14.03 (33.02)	3:45.82 (31.79)	4:16.94 (31.12)
3 Williamson, Colin	34 Long Beach Grunions-33	4:45.99	4:47.10
31.99	1:06.43 (34.44)	1:42.31 (35.88)	2:18.14 (35.83)
2:55.09 (36.95)	3:32.30 (37.21)	4:09.80 (37.50)	4:47.10 (37.30)
4 Ko, Scott	30 Rose Bowl Masters-33	6:00.52	5:24.71
37.48	1:18.12 (40.64)	2:00.51 (42.39)	2:43.42 (42.91)
3:25.73 (42.31)	4:06.55 (40.82)	4:47.16 (40.61)	5:24.71 (37.55)

Men 30-34 800 SC Meter Freestyle

1 Pandya, Yatindra	33 San Diego Swim Masters-44	10:39.52	10:27.75
35.03	1:13.46 (38.43)	1:52.63 (39.17)	2:32.71 (40.08)
3:12.49 (39.78)	3:52.32 (39.83)	4:31.84 (39.52)	5:11.87 (40.03)
5:51.35 (39.48)	6:31.14 (39.79)	7:10.72 (39.58)	7:50.37 (39.65)
8:29.83 (39.46)	9:09.86 (40.03)	9:49.32 (39.46)	10:27.75 (38.43)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 30-34 800 SC Meter Freestyle)**

2 Ko, Scott	30 Rose Bowl Masters-33	12:00.52	11:32.09
39.37	1:21.46 (42.09)	2:04.61 (43.15)	2:48.45 (43.84)
3:33.14 (44.69)	4:18.02 (44.88)	5:02.82 (44.80)	5:47.96 (45.14)
6:32.40 (44.44)	7:16.87 (44.47)	8:01.12 (44.25)	8:46.29 (45.17)
9:29.30 (43.01)	10:10.11 (40.81)	10:52.05 (41.94)	11:32.09 (40.04)

Men 30-34 1500 SC Meter Freestyle

1 Pandya, Yatindra	33 San Diego Swim Masters-44	20:43.00	20:40.14
33.52	1:11.66 (38.14)	1:50.89 (39.23)	2:30.41 (39.52)
3:10.54 (40.13)	3:50.48 (39.94)	4:30.99 (40.51)	5:11.25 (40.26)
5:51.79 (40.54)	6:33.19 (41.40)	7:14.13 (40.94)	7:55.93 (41.80)
8:37.09 (41.16)	9:18.53 (41.44)	10:00.54 (42.01)	10:41.59 (41.05)
11:24.00 (42.41)	12:05.64 (41.64)	12:48.30 (42.66)	13:31.19 (42.89)
14:13.87 (42.68)	14:56.84 (42.97)	15:40.19 (43.35)	16:23.72 (43.53)
17:07.10 (43.38)	17:50.55 (43.45)	18:33.81 (43.26)	19:16.52 (42.71)
19:58.94 (42.42)	20:40.14 (41.20)		
2 Ko, Scott	30 Rose Bowl Masters-33	34:00.53	22:32.46
41.69	1:25.45 (43.76)	2:09.47 (44.02)	2:54.42 (44.95)
3:40.12 (45.70)	4:25.45 (45.33)	5:11.57 (46.12)	5:57.52 (45.95)
6:43.38 (45.86)	7:29.01 (45.63)	8:13.70 (44.69)	8:58.21 (44.51)
9:44.18 (45.97)	10:29.94 (45.76)	11:15.43 (45.49)	12:01.18 (45.75)
12:46.75 (45.57)	13:31.60 (44.85)	14:16.81 (45.21)	15:02.88 (46.07)
15:48.48 (45.60)	16:34.38 (45.90)	17:20.40 (46.02)	18:04.93 (44.53)
18:50.47 (45.54)	19:34.45 (43.98)	20:17.85 (43.40)	21:02.95 (45.10)
21:49.35 (46.40)	22:32.46 (43.11)		

Men 30-34 50 SC Meter Backstroke

1 Tichy, Jan	31 Novaquatics Masters-33	26.99	27.26
2 Lasseonde, Nick	32 Rose Bowl Masters-33	53.10	55.71

Men 30-34 100 SC Meter Backstroke

1 Dorr, John	30 The Olympic Club-38	1:01.99	1:00.48
29.43	1:00.48 (31.05)		
2 Holsman, Trent	33 The Olympic Club-38	1:02.35	1:02.37
30.41	1:02.37 (31.96)		
3 Ko, Scott	30 Rose Bowl Masters-33	1:12.52	1:11.12
35.16	1:11.12 (35.96)		
4 Coloma, James	34 San Diego Swim Masters-44	1:11.37	1:11.75
34.38	1:11.75 (37.37)		

Men 30-34 200 SC Meter Backstroke

1 Durieux, Chad	34 Rose Bowl Masters-33	2:40.84	2:42.28
38.58	1:19.25 (40.67)	2:01.44 (42.19)	2:42.28 (40.84)

Men 30-34 50 SC Meter Breaststroke

1 Marshall, Gary	31 The Olympic Club-38	29.36	29.83
2 Durieux, Chad	34 Rose Bowl Masters-33	31.83	32.17
3 Lasseonde, Nick	32 Rose Bowl Masters-33	48.34	46.59

Men 30-34 100 SC Meter Breaststroke

1 Marshall, Gary	31 The Olympic Club-38	1:05.88	1:06.51
31.94	1:06.51 (34.57)		
2 Dorr, John	30 The Olympic Club-38	1:03.82	1:07.04
31.28	1:07.04 (35.76)		
3 Durieux, Chad	34 Rose Bowl Masters-33	1:10.17	1:11.03
33.00	1:11.03 (38.03)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 30-34 100 SC Meter Breaststroke)**

4	Holsman, Trent	33	The Olympic Club-38	1:11.97	1:12.89
	34.49	1:12.89 (38.40)			

Men 30-34 200 SC Meter Breaststroke

1	Durieux, Chad	34	Rose Bowl Masters-33	2:40.89	2:42.54
	36.45	1:18.18 (41.73)	2:00.60 (42.42)	2:42.54 (41.94)	
2	Pandya, Yatindra	33	San Diego Swim Masters-44	2:49.86	2:48.88
	38.41	1:22.07 (43.66)	2:06.24 (44.17)	2:48.88 (42.64)	
3	Lassonde, Nick	32	Rose Bowl Masters-33	3:48.49	3:48.65
	52.58	1:51.86 (59.28)	2:50.84 (58.98)	3:48.65 (57.81)	

Men 30-34 50 SC Meter Butterfly

1	Dorr, John	30	The Olympic Club-38	25.77	26.63
2	Marshall, Gary	31	The Olympic Club-38	27.20	28.04
3	Coloma, James	34	San Diego Swim Masters-44	32.88	32.28
---	Tichy, Jan	31	Novaquatics Masters-33	25.28	DQ

Men 30-34 100 SC Meter Butterfly

1	Tichy, Jan	31	Novaquatics Masters-33	56.90	56.86
	26.32	56.86 (30.54)			
2	Gaines, Billy	32	Las Vegas Masters-33	59.00	57.82
	27.36	57.82 (30.46)			
3	Dorr, John	30	The Olympic Club-38	57.87	59.38
	27.71	59.38 (31.67)			
4	Marshall, Gary	31	The Olympic Club-38	59.55	1:04.15
	29.40	1:04.15 (34.75)			
5	Cleary, Kevin	30	Oregon Masters-37	1:07.50	1:04.40
	30.42	1:04.40 (33.98)			
6	Pandya, Yatindra	33	San Diego Swim Masters-44	1:07.21	1:06.33
	30.71	1:06.33 (35.62)			

Men 30-34 200 SC Meter Butterfly

1	Gaines, Billy	32	Las Vegas Masters-33	2:16.00	2:11.44
	30.29	1:03.07 (32.78)	1:36.49 (33.42)	2:11.44 (34.95)	
2	Cleary, Kevin	30	Oregon Masters-37	2:36.16	2:27.26
	35.68	1:13.61 (37.93)	1:50.16 (36.55)	2:27.26 (37.10)	

Men 30-34 100 SC Meter IM

1	Durieux, Chad	34	Rose Bowl Masters-33	1:07.83	1:08.28
	32.42	1:08.28 (35.86)			
2	Cleary, Kevin	30	Oregon Masters-37	1:10.91	1:09.55
	32.92	1:09.55 (36.63)			
3	Williamson, Colin	34	Long Beach Grunions-33	1:15.99	1:12.03
	33.99	1:12.03 (38.04)			
4	Lassonde, Nick	32	Rose Bowl Masters-33	1:46.00	1:46.14
	51.66	1:46.14 (54.48)			

Men 30-34 200 SC Meter IM

1	Gaines, Billy	32	Las Vegas Masters-33	2:14.00	2:12.66
	27.89	1:01.30 (33.41)	1:41.82 (40.52)	2:12.66 (30.84)	
2	Holsman, Trent	33	The Olympic Club-38	2:19.60	2:19.36
	28.58	1:03.96 (35.38)	1:46.07 (42.11)	2:19.36 (33.29)	
3	Durieux, Chad	34	Rose Bowl Masters-33	2:29.12	2:31.73
	30.99	1:11.66 (40.67)	1:55.67 (44.01)	2:31.73 (36.06)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 30-34 200 SC Meter IM)**

4 Pandya, Yatindra	33 San Diego Swim Masters-44	2:38.00	2:37.56
30.87	1:14.14 (43.27) 2:00.39 (46.25)	2:37.56 (37.17)	

Men 35-39 50 SC Meter Freestyle

1 Counts, Glenn	36 Las Vegas Masters-33	23.27	23.46
2 Counts, Chris	37 Las Vegas Masters-33	25.00	24.59
3 Hunter, Andy	35 Invictus-0	23.59	24.73
4 Fusedale, Nick	38 Rose Bowl Masters-33	26.77	26.80
5 Jackson, Scott	38 Novaquatics Masters-33	27.11	27.33
6 Arrasmith, Frank	36 San Diego Swim Masters-44	30.00	31.22
7 Bostrom, Michael	39 Rose Bowl Masters-33	34.58	34.84

Men 35-39 100 SC Meter Freestyle

1 Counts, Glenn	36 Las Vegas Masters-33	51.33	51.63
25.15	51.63 (26.48)		
2 Counts, Chris	37 Las Vegas Masters-33	55.10	53.42
25.66	53.42 (27.76)		
3 Hunter, Andy	35 Invictus-0	52.99	54.26
25.69	54.26 (28.57)		

Men 35-39 200 SC Meter Freestyle

1 Blaney, Ryan	36 Long Beach Grunions-33	2:14.24	2:14.97
31.70	1:06.08 (34.38) 1:41.44 (35.36)	2:14.97 (33.53)	
2 Keim, John	38 Rose Bowl Masters-33	2:16.69	2:16.56
31.63	1:06.32 (34.69) 1:41.44 (35.12)	2:16.56 (35.12)	
3 Ono, Satoshi	39 Rose Bowl Masters-33	3:03.79	2:54.26
39.22	1:22.97 (43.75) 2:09.65 (46.68)	2:54.26 (44.61)	

Men 35-39 400 SC Meter Freestyle

1 Pecht, Ben	39 Ventura County Masters-33	4:32.65	4:19.62
29.88	1:01.97 (32.09) 1:34.35 (32.38)	2:07.38 (33.03)	
2:40.42 (33.04)	3:13.69 (33.27) 3:47.04 (33.35)	4:19.62 (32.58)	
2 Stalker, Nathan	39 South Bay Swim Team-33	5:19.11	4:54.90
32.15	1:08.13 (35.98) 1:45.84 (37.71)	2:24.48 (38.64)	
3:03.28 (38.80)	3:42.27 (38.99) 4:21.21 (38.94)	4:54.90 (33.69)	
3 Liu, Jeff	39 Long Beach Grunions-33	6:03.55	5:48.43
39.67	1:23.22 (43.55) 2:06.50 (43.28)	2:51.33 (44.83)	
3:36.29 (44.96)	4:21.88 (45.59) 5:06.26 (44.38)	5:48.43 (42.17)	

Men 35-39 800 SC Meter Freestyle

1 Stalker, Nathan	39 South Bay Swim Team-33	9:44.50	10:19.13
34.89	1:12.73 (37.84) 1:51.13 (38.40)	2:30.40 (39.27)	
3:09.90 (39.50)	3:49.51 (39.61) 4:28.73 (39.22)	5:08.25 (39.52)	
5:46.95 (38.70)	6:26.37 (39.42) 7:06.04 (39.67)	7:45.90 (39.86)	
8:24.87 (38.97)	9:03.04 (38.17) 9:41.85 (38.81)	10:19.13 (37.28)	
2 Culver, Ian	37 Rose Bowl Masters-33	12:10.10	10:35.96
32.96	1:10.34 (37.38) 1:49.00 (38.66)	2:28.84 (39.84)	
3:08.20 (39.36)	3:48.50 (40.30) 4:28.61 (40.11)	5:09.15 (40.54)	
5:49.67 (40.52)	6:31.12 (41.45) 7:12.32 (41.20)	7:53.66 (41.34)	
8:35.13 (41.47)	9:16.54 (41.41) 9:57.57 (41.03)	10:35.96 (38.39)	
3 Kim, Steve	37 Rose Bowl Masters-33	11:19.76	10:51.38
35.66	1:13.63 (37.97) 1:52.85 (39.22)	2:32.77 (39.92)	
3:12.77 (40.00)	3:53.07 (40.30) 4:35.01 (41.94)	5:16.80 (41.79)	
5:58.83 (42.03)	6:41.03 (42.20) 7:23.61 (42.58)	8:06.40 (42.79)	
8:47.95 (41.55)	9:30.36 (42.41) 10:10.14 (39.78)	10:51.38 (41.24)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 35-39 800 SC Meter Freestyle)**

4	Liu, Jeff	39	Long Beach Grunions-33	12:10.55	11:58.75
	40.53	1:23.98 (43.45)	2:09.17 (45.19)	2:54.57 (45.40)	
	3:40.56 (45.99)	4:26.14 (45.58)	5:11.85 (45.71)	5:57.85 (46.00)	
	6:43.35 (45.50)	7:29.09 (45.74)	8:15.14 (46.05)	9:00.59 (45.45)	
	9:45.81 (45.22)	10:31.27 (45.46)	11:16.52 (45.25)	11:58.75 (42.23)	
5	Ono, Satoshi	39	Rose Bowl Masters-33	12:35.00	13:36.59
	41.04	1:29.19 (48.15)	2:18.88 (49.69)	3:10.25 (51.37)	
	4:01.23 (50.98)	4:53.44 (52.21)	5:46.76 (53.32)	6:40.25 (53.49)	
	7:35.09 (54.84)	8:30.49 (55.40)	9:23.28 (52.79)	10:14.28 (51.00)	
	11:06.20 (51.92)	11:58.49 (52.29)	12:49.32 (50.83)	13:36.59 (47.27)	

Men 35-39 1500 SC Meter Freestyle

1	Ono, Satoshi	39	Rose Bowl Masters-33	24:32.74	25:36.23
	41.09	1:28.64 (47.55)	2:17.52 (48.88)	3:07.85 (50.33)	
	3:59.07 (51.22)	4:50.65 (51.58)	5:42.76 (52.11)	6:34.94 (52.18)	
	7:28.44 (53.50)	8:20.97 (52.53)	9:12.59 (51.62)	10:05.37 (52.78)	
	10:57.64 (52.27)	11:49.92 (52.28)	12:42.54 (52.62)	13:34.60 (52.06)	
	14:27.01 (52.41)	15:19.41 (52.40)	16:11.15 (51.74)	17:03.05 (51.90)	
	17:54.56 (51.51)	18:46.79 (52.23)	19:39.02 (52.23)	20:31.46 (52.44)	
	21:23.00 (51.54)	22:15.40 (52.40)	23:07.47 (52.07)	23:58.94 (51.47)	
	24:48.36 (49.42)	25:36.23 (47.87)			
2	Abounassar, Michael	38	Rose Bowl Masters-33	30:00.00	26:49.27
	42.28	1:26.40 (44.12)	2:12.65 (46.25)	3:01.96 (49.31)	
	3:53.46 (51.50)	4:46.25 (52.79)	5:38.73 (52.48)	6:33.29 (54.56)	
	7:28.74 (55.45)	8:25.55 (56.81)	9:21.35 (55.80)	10:16.53 (55.18)	
	11:10.51 (53.98)	12:04.49 (53.98)	12:59.63 (55.14)	13:55.18 (55.55)	
	14:49.53 (54.35)	15:43.06 (53.53)	16:35.17 (52.11)	17:29.58 (54.41)	
	18:26.55 (56.97)	19:22.82 (56.27)	20:18.45 (55.63)	21:15.75 (57.30)	
	22:11.69 (55.94)	23:05.67 (53.98)	23:57.53 (51.86)	24:51.97 (54.44)	
	25:51.44 (59.47)	26:49.27 (57.83)			

Men 35-39 50 SC Meter Backstroke

1	Counts, Chris	37	Las Vegas Masters-33	28.90	27.07
2	Culver, Ian	37	Rose Bowl Masters-33	34.34	34.21

Men 35-39 100 SC Meter Backstroke

1	Counts, Chris	37	Las Vegas Masters-33	1:04.90	58.86
	28.37	58.86 (30.49)			
2	Pecht, Ben	39	Ventura County Masters-33	1:02.58	1:01.66
	30.10	1:01.66 (31.56)			
3	Fusedale, Nick	38	Rose Bowl Masters-33	1:04.38	1:02.89
	30.79	1:02.89 (32.10)			

Men 35-39 200 SC Meter Backstroke

1	Pecht, Ben	39	Ventura County Masters-33	2:20.66	2:13.59
	31.74	1:05.15 (33.41)	1:39.08 (33.93)	2:13.59 (34.51)	
2	Jackson, Scott	38	Novaquatics Masters-33	2:34.37	2:30.77
	35.59	1:13.77 (38.18)	1:52.55 (38.78)	2:30.77 (38.22)	

Men 35-39 50 SC Meter Breaststroke

1	Counts, Glenn	36	Las Vegas Masters-33	29.50	29.63
2	Stalker, Nathan	39	South Bay Swim Team-33	33.43	33.42
3	Liu, Jeff	39	Long Beach Grunions-33	37.88	36.36
4	Culver, Ian	37	Rose Bowl Masters-33	39.39	38.49
5	Arrasmith, Frank	36	San Diego Swim Masters-44	45.00	40.70
6	Ono, Satoshi	39	Rose Bowl Masters-33	44.44	42.68

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 35-39 100 SC Meter Breaststroke**

1	Jackson, Scott	38	Novaquatics Masters-33	1:12.46	1:12.97
	34.52	1:12.97 (38.45)			
2	Stalker, Nathan	39	South Bay Swim Team-33	1:11.96	1:13.14
	35.17	1:13.14 (37.97)			
3	Liu, Jeff	39	Long Beach Grunions-33	1:22.15	1:22.68
	38.57	1:22.68 (44.11)			

Men 35-39 200 SC Meter Breaststroke

1	Liu, Jeff	39	Long Beach Grunions-33	3:05.15	3:00.44
	41.25	1:27.96 (46.71)	2:15.19 (47.23)	3:00.44 (45.25)	
2	Ono, Satoshi	39	Rose Bowl Masters-33	3:36.82	3:27.73
	46.67	1:38.89 (52.22)	2:34.83 (55.94)	3:27.73 (52.90)	
3	Abounassar, Michael	38	Rose Bowl Masters-33	4:00.00	3:38.29
	53.34	1:49.36 (56.02)	2:45.28 (55.92)	3:38.29 (53.01)	

Men 35-39 50 SC Meter Butterfly

1	Counts, Glenn	36	Las Vegas Masters-33	25.15	24.89
2	Counts, Chris	37	Las Vegas Masters-33	27.10	26.09
3	Pecht, Ben	39	Ventura County Masters-33	27.69	27.24
4	Jackson, Scott	38	Novaquatics Masters-33	29.99	30.03
5	Keim, John	38	Rose Bowl Masters-33	31.18	31.59
6	Liu, Jeff	39	Long Beach Grunions-33	35.75	33.82
7	Arrasmith, Frank	36	San Diego Swim Masters-44	33.29	33.93
8	Bostrom, Michael	39	Rose Bowl Masters-33	43.50	43.96

Men 35-39 100 SC Meter Butterfly

1	Counts, Glenn	36	Las Vegas Masters-33	56.12	55.45
	26.60	55.45 (28.85)			
2	Blaney, Ryan	36	Long Beach Grunions-33	1:04.20	1:08.84
	29.99	1:08.84 (38.85)			
3	Keim, John	38	Rose Bowl Masters-33	1:11.94	1:09.24
	32.25	1:09.24 (36.99)			

Men 35-39 200 SC Meter Butterfly

1	Keim, John	38	Rose Bowl Masters-33	2:43.33	2:57.42
	37.32	1:23.79 (46.47)	2:12.09 (48.30)	2:57.42 (45.33)	
2	Abounassar, Michael	38	Rose Bowl Masters-33	4:00.00	4:17.00
	51.73	1:53.68 (1:01.95)	3:07.25 (1:13.57)	4:17.00 (1:09.75)	

Men 35-39 100 SC Meter IM

1	Counts, Glenn	36	Las Vegas Masters-33	59.40	57.34
	26.91	57.34 (30.43)			
2	Counts, Chris	37	Las Vegas Masters-33	1:01.90	59.49
	27.59	59.49 (31.90)			
3	Blaney, Ryan	36	Long Beach Grunions-33	1:08.32	1:08.12
	31.96	1:08.12 (36.16)			
4	Keim, John	38	Rose Bowl Masters-33	1:13.13	1:11.84
	34.04	1:11.84 (37.80)			
5	Culver, Ian	37	Rose Bowl Masters-33	1:15.15	1:13.05
	34.42	1:13.05 (38.63)			
6	Arrasmith, Frank	36	San Diego Swim Masters-44	1:20.20	1:20.00
	37.54	1:20.00 (42.46)			

Men 35-39 200 SC Meter IM

1	Pecht, Ben	39	Ventura County Masters-33	2:21.67	2:15.37
	28.94	1:02.73 (33.79)	1:42.97 (40.24)	2:15.37 (32.40)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 35-39 200 SC Meter IM)**

2	Jackson, Scott	38	Novaquatics Masters-33	2:24.70	2:27.44
	31.83	1:10.86 (39.03)	1:52.67 (41.81)	2:27.44 (34.77)	
---	Ono, Satoshi	39	Rose Bowl Masters-33	3:21.19	DQ
	38.32	1:28.11 (49.79)	2:22.81 (54.70)	DQ (49.92)	

Men 35-39 400 SC Meter IM

1	Jackson, Scott	38	Novaquatics Masters-33	5:29.99	5:24.54
	34.96	1:13.83 (38.87)	1:59.53 (45.70)	2:42.84 (43.31)	
	3:28.83 (45.99)	4:14.56 (45.73)	4:51.49 (36.93)	5:24.54 (33.05)	
2	Keim, John	38	Rose Bowl Masters-33	5:58.74	5:34.00
	37.03	1:15.86 (38.83)	2:00.29 (44.43)	2:42.79 (42.50)	
	3:31.54 (48.75)	4:18.70 (47.16)	4:57.72 (39.02)	5:34.00 (36.28)	
3	Abounassar, Michael	38	Rose Bowl Masters-33	8:30.00	8:02.56
	47.85	1:50.70 (1:02.85)	3:03.96 (1:13.26)	4:13.77 (1:09.81)	
	5:19.08 (1:05.31)	6:19.07 (59.99)	7:11.85 (52.78)	8:02.56 (50.71)	

Men 40-44 50 SC Meter Freestyle

1	Jacobson, Brian	40	Minnesota Masters Swim Club-30	23.13	23.22
2	West, Steve	41	Novaquatics Masters-33	24.45	24.48
3	Wegner, Dan	42	Las Vegas Masters-33	25.14	24.72
4	Ball, Steve	43	Conejo Valley Multisport Maste-33	26.40	25.71
5	Erickson, Douglas	41	Rolling Hills Mud Sharks-38	27.14	27.05
6	Parker, Greg	44	Rose Bowl Masters-33	28.84	28.01
7	Moreno, David	44	Unattached Southern Pacific-33	27.29	28.26
8	Paxton, Sean	44	Rose Bowl Masters-33	28.68	28.64
9	Piner, Glenn	44	La Mirada Armada-33	28.83	29.20
10	Wen, Patrick	41	Walnut Creek Masters-38	29.50	29.55
11	Bartfay, Joseph	41	Novaquatics Masters-33	32.77	33.72
12	Heydorff, Josh	40	Rose Bowl Masters-33	33.88	34.48

Men 40-44 100 SC Meter Freestyle

1	Jacobson, Brian	40	Minnesota Masters Swim Club-30	53.90	53.68
	25.70	53.68 (27.98)			
2	Wegner, Dan	42	Las Vegas Masters-33	55.86	54.96
	26.69	54.96 (28.27)			
3	Moreno, David	44	Unattached Southern Pacific-33	1:00.76	1:00.67
	28.57	1:00.67 (32.10)			
4	Passos, Andre Passos	40	Rose Bowl Masters-33	1:01.27	1:03.16
	30.01	1:03.16 (33.15)			
5	Green, Michael	43	La Mirada Armada-33	1:11.70	1:10.34
	33.78	1:10.34 (36.56)			
6	Heydorff, Josh	40	Rose Bowl Masters-33	1:15.46	1:13.52
	35.02	1:13.52 (38.50)			
7	Bartfay, Joseph	41	Novaquatics Masters-33	1:13.16	1:14.73
	35.12	1:14.73 (39.61)			

Men 40-44 200 SC Meter Freestyle

1	Wegner, Dan	42	Las Vegas Masters-33	2:04.76	2:03.24
	28.53	59.88 (31.35)	1:31.68 (31.80)	2:03.24 (31.56)	
2	Karren, Kelly	40	Swim Utah-34	2:17.56	2:13.30
	31.14	1:05.50 (34.36)	1:39.99 (34.49)	2:13.30 (33.31)	
3	Frogley, Terry	43	San Diego Swim Masters-44	2:18.20	2:19.81
	31.86	1:07.01 (35.15)	1:43.67 (36.66)	2:19.81 (36.14)	
4	Slider, Tom	42	Fontana Flyers-33	4:20.00	4:36.54
	1:01.59	2:13.13 (1:11.54)	3:25.17 (1:12.04)	4:36.54 (1:11.37)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 40-44 400 SC Meter Freestyle**

1	Cox, Ryan	40	Mission Viejo Masters-33	4:17.19	4:16.91
	30.05	1:02.61 (32.56)	1:35.50 (32.89)	2:08.25 (32.75)	
	2:41.16 (32.91)	3:13.95 (32.79)	3:46.31 (32.36)	4:16.91 (30.60)	
2	Frogley, Terry	43	San Diego Swim Masters-44	4:54.95	4:52.91
	33.27	1:09.05 (35.78)	1:45.61 (36.56)	2:23.20 (37.59)	
	3:00.46 (37.26)	3:38.41 (37.95)	4:16.43 (38.02)	4:52.91 (36.48)	
3	Passos, Andre Passos	40	Rose Bowl Masters-33	4:59.99	4:54.51
	32.70	1:09.30 (36.60)	1:47.34 (38.04)	2:25.41 (38.07)	
	3:03.25 (37.84)	3:40.61 (37.36)	4:18.65 (38.04)	4:54.51 (35.86)	
4	Green, Michael	43	La Mirada Armada-33	6:00.00	5:59.47
	40.33	1:23.99 (43.66)	2:08.96 (44.97)	2:54.95 (45.99)	
	3:42.69 (47.74)	4:29.71 (47.02)	5:15.80 (46.09)	5:59.47 (43.67)	

Men 40-44 800 SC Meter Freestyle

1	Cox, Ryan	40	Mission Viejo Masters-33	8:48.20	8:57.77
	30.85	1:04.39 (33.54)	1:38.49 (34.10)	2:12.38 (33.89)	
	2:46.48 (34.10)	3:20.64 (34.16)	3:54.76 (34.12)	4:28.63 (33.87)	
	5:02.84 (34.21)	5:37.04 (34.20)	6:10.86 (33.82)	6:44.71 (33.85)	
	7:18.54 (33.83)	7:52.16 (33.62)	8:25.51 (33.35)	8:57.77 (32.26)	
2	Frogley, Terry	43	San Diego Swim Masters-44	10:03.77	10:04.77
	33.47	1:10.20 (36.73)	1:48.03 (37.83)	2:26.01 (37.98)	
	3:04.34 (38.33)	3:42.41 (38.07)	4:20.58 (38.17)	4:58.90 (38.32)	
	5:36.98 (38.08)	6:15.08 (38.10)	6:53.50 (38.42)	7:32.05 (38.55)	
	8:10.45 (38.40)	8:49.16 (38.71)	9:27.56 (38.40)	10:04.77 (37.21)	

Men 40-44 1500 SC Meter Freestyle

1	Cox, Ryan	40	Mission Viejo Masters-33	16:41.98	16:58.48
	31.49	1:05.44 (33.95)	1:39.45 (34.01)	2:13.39 (33.94)	
	2:47.40 (34.01)	3:21.65 (34.25)	3:55.82 (34.17)	4:29.95 (34.13)	
	5:04.05 (34.10)	5:38.04 (33.99)	6:12.23 (34.19)	6:46.72 (34.49)	
	7:21.14 (34.42)	7:55.53 (34.39)	8:29.63 (34.10)	9:03.84 (34.21)	
	9:37.88 (34.04)	10:11.77 (33.89)	10:45.61 (33.84)	11:19.57 (33.96)	
	11:53.68 (34.11)	12:27.86 (34.18)	13:01.91 (34.05)	13:35.95 (34.04)	
	14:09.86 (33.91)	14:44.01 (34.15)	15:18.05 (34.04)	15:51.97 (33.92)	
	16:25.71 (33.74)	16:58.48 (32.77)			
2	Frogley, Terry	43	San Diego Swim Masters-44	19:35.89	19:12.63
	33.90	1:10.81 (36.91)	1:48.91 (38.10)	2:27.34 (38.43)	
	3:05.40 (38.06)	3:43.45 (38.05)	4:21.48 (38.03)	4:59.91 (38.43)	
	5:38.18 (38.27)	6:16.57 (38.39)	6:54.85 (38.28)	7:33.55 (38.70)	
	8:12.57 (39.02)	8:51.36 (38.79)	9:30.30 (38.94)	10:09.16 (38.86)	
	10:48.29 (39.13)	11:27.48 (39.19)	12:06.09 (38.61)	12:45.14 (39.05)	
	13:23.92 (38.78)	14:02.70 (38.78)	14:41.42 (38.72)	15:20.07 (38.65)	
	15:58.58 (38.51)	16:37.77 (39.19)	17:16.35 (38.58)	17:55.13 (38.78)	
	18:34.29 (39.16)	19:12.63 (38.34)			
3	Passos, Andre Passos	40	Rose Bowl Masters-33	21:50.00	21:33.32
	35.51	1:14.87 (39.36)	1:55.78 (40.91)	2:36.90 (41.12)	
	3:18.34 (41.44)	3:59.96 (41.62)	4:41.43 (41.47)	5:22.43 (41.00)	
	6:04.18 (41.75)	6:45.32 (41.14)	7:26.76 (41.44)	8:09.62 (42.86)	
	8:52.83 (43.21)	9:36.76 (43.93)	10:20.66 (43.90)	11:04.70 (44.04)	
	11:50.20 (45.50)	12:35.36 (45.16)	13:19.59 (44.23)	14:02.54 (42.95)	
	14:46.08 (43.54)	15:29.45 (43.37)	16:12.20 (42.75)	16:55.81 (43.61)	
	17:39.40 (43.59)	18:23.15 (43.75)	19:06.34 (43.19)	19:49.02 (42.68)	
	20:30.37 (41.35)	21:33.32 (1:02.95)			

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4	Castleton, Tom	42	Rose Bowl Masters-33	26:15.00	22:18.21
	38.79	1:21.43 (42.64)		2:48.86 ()	
		4:16.33 ()	5:00.89 (44.56)	5:45.34 (44.45)	
			8:00.31 ()	8:44.67 (44.36)	
	9:29.80 (45.13)	10:13.91 (44.11)	10:58.84 (44.93)	11:43.65 (44.81)	
	12:29.14 (45.49)	13:14.62 (45.48)	14:01.33 (46.71)	14:46.63 (45.30)	
	16:19.10 (1:32.47)		17:05.17 ()	17:50.91 (45.74)	
	18:37.32 (46.41)	19:23.12 (45.80)	20:07.59 (44.47)	20:52.43 (44.84)	
	21:36.71 (44.28)	22:18.21 (41.50)			

Men 40-44 50 SC Meter Backstroke

1	Wegner, Dan	42	Las Vegas Masters-33	30.74	30.28
2	Parker, Greg	44	Rose Bowl Masters-33	32.84	32.91
3	Piner, Glenn	44	La Mirada Armada-33	36.45	37.38
4	Heydorff, Josh	40	Rose Bowl Masters-33	40.00	46.49
5	Slider, Tom	42	Fontana Flyers-33	1:10.00	1:10.54

Men 40-44 100 SC Meter Backstroke

1	Wegner, Dan	42	Las Vegas Masters-33	1:06.40	1:04.94
	31.60	1:04.94 (33.34)			
2	Karren, Kelly	40	Swim Utah-34	1:09.13	1:08.16
	32.86	1:08.16 (35.30)			
3	Parker, Greg	44	Rose Bowl Masters-33	1:15.84	1:10.78
	35.20	1:10.78 (35.58)			
4	Ricks, Jeffrey	41	San Diego Swim Masters-44	1:25.00	1:18.00
	37.72	1:18.00 (40.28)			
5	Piner, Glenn	44	La Mirada Armada-33	1:18.47	1:21.63
6	Slider, Tom	42	Fontana Flyers-33	2:20.00	2:25.61
	1:08.58	2:25.61 (1:17.03)			

Men 40-44 200 SC Meter Backstroke

1	Karren, Kelly	40	Swim Utah-34	2:32.87	2:32.11
	35.21	1:14.63 (39.42)	1:54.22 (39.59)	2:32.11 (37.89)	
2	Castleton, Tom	42	Rose Bowl Masters-33	3:32.41	3:10.60
	45.15	1:34.69 (49.54)	2:24.96 (50.27)	3:10.60 (45.64)	

Men 40-44 50 SC Meter Breaststroke

1	West, Steve	41	Novaquatics Masters-33	28.55	28.53
2	Jacobson, Brian	40	Minnesota Masters Swim Club-30	29.52	29.71
3	Erickson, Douglas	41	Rolling Hills Mud Sharks-38	34.94	33.98
4	Parker, Greg	44	Rose Bowl Masters-33	36.84	36.64
5	Paxton, Sean	44	Rose Bowl Masters-33	37.33	37.78
6	Bartfay, Joseph	41	Novaquatics Masters-33	41.24	41.02
7	Heydorff, Josh	40	Rose Bowl Masters-33	44.00	43.60
8	Slider, Tom	42	Fontana Flyers-33	59.00	56.31

Men 40-44 100 SC Meter Breaststroke

1	West, Steve	41	Novaquatics Masters-33	1:01.94	1:01.44
	29.39	1:01.44 (32.05)			
2	Jacobson, Brian	40	Minnesota Masters Swim Club-30	1:04.76	1:04.78
	30.68	1:04.78 (34.10)			
3	Webster, Dale	44	San Diego Swim Masters-44	1:16.34	1:14.71
	34.72	1:14.71 (39.99)			
4	Erickson, Douglas	41	Rolling Hills Mud Sharks-38	1:18.00	1:17.74
	36.58	1:17.74 (41.16)			

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5	Parker, Greg	44	Rose Bowl Masters-33	1:18.84	1:19.79
	38.07	1:19.79	(41.72)		
6	Paxton, Sean	44	Rose Bowl Masters-33	1:23.22	1:25.58
	39.41	1:25.58	(46.17)		
7	Bartfay, Joseph	41	Novaquatics Masters-33	1:31.59	1:31.27
	43.39	1:31.27	(47.88)		
8	Heydorff, Josh	40	Rose Bowl Masters-33	1:37.76	1:37.05
	45.56	1:37.05	(51.49)		
---	Slider, Tom	42	Fontana Flyers-33	2:10.00	DQ
	1:01.51	DQ	(1:02.02)		

Men 40-44 200 SC Meter Breaststroke

1	West, Steve	41	Novaquatics Masters-33	2:15.55	2:14.36
	30.85	1:04.94	(34.09)	1:39.47	(34.53)
				2:14.36	(34.89)
2	Castleton, Tom	42	Rose Bowl Masters-33	3:33.19	3:16.68
	45.60	1:36.08	(50.48)	2:26.98	(50.90)
				3:16.68	(49.70)
3	Slider, Tom	42	Fontana Flyers-33	4:40.00	4:25.07
	1:00.55	2:09.23	(1:08.68)	3:17.83	(1:08.60)
				4:25.07	(1:07.24)

Men 40-44 50 SC Meter Butterfly

1	West, Steve	41	Novaquatics Masters-33	26.88	26.61
2	Dreizler, Todd	43	Phoenix Swim Club-48	29.00	27.29
3	Ball, Steve	43	Conejo Valley Multisport Maste-33	28.38	28.20
4	Karren, Kelly	40	Swim Utah-34	28.64	28.27
5	Passos, Andre Passos	40	Rose Bowl Masters-33	30.99	30.49
6	Wen, Patrick	41	Walnut Creek Masters-38	30.77	31.03
7	Erickson, Douglas	41	Rolling Hills Mud Sharks-38	31.74	31.15
8	Moreno, David	44	Unattached Southern Pacific-33	31.30	31.70
9	Ricks, Jeffrey	41	San Diego Swim Masters-44	39.00	33.83
10	Green, Michael	43	La Mirada Armada-33	34.50	36.99
11	Bartfay, Joseph	41	Novaquatics Masters-33	38.86	37.88

Men 40-44 100 SC Meter Butterfly

1	Dreizler, Todd	43	Phoenix Swim Club-48	1:04.00	1:01.17
	28.45	1:01.17	(32.72)		
2	Karren, Kelly	40	Swim Utah-34	1:09.20	1:05.37
	31.06	1:05.37	(34.31)		

Men 40-44 200 SC Meter Butterfly

1	Passos, Andre Passos	40	Rose Bowl Masters-33	3:00.00	2:51.93
	35.27	1:19.60	(44.33)	2:06.61	(47.01)
				2:51.93	(45.32)
2	Castleton, Tom	42	Rose Bowl Masters-33	3:38.55	3:10.76
	41.50	1:29.94	(48.44)	2:20.54	(50.60)
				3:10.76	(50.22)

Men 40-44 100 SC Meter IM

1	Jacobson, Brian	40	Minnesota Masters Swim Club-30	58.30	59.07
	28.03	59.07	(31.04)		
2	West, Steve	41	Novaquatics Masters-33	1:02.00	59.33
	28.60	59.33	(30.73)		
3	Wegner, Dan	42	Las Vegas Masters-33	1:07.00	1:06.16
	29.62	1:06.16	(36.54)		
4	Karren, Kelly	40	Swim Utah-34	1:07.83	1:08.50
	31.01	1:08.50	(37.49)		
5	Parker, Greg	44	Rose Bowl Masters-33	1:13.84	1:12.00
	34.89	1:12.00	(37.11)		

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6	Piner, Glenn	44	La Mirada Armada-33	1:17.36	1:19.13
	36.83	1:19.13	(42.30)		
7	Bartfay, Joseph	41	Novaquatics Masters-33	1:23.45	1:24.48
	40.05	1:24.48	(44.43)		
8	Heydorff, Josh	40	Rose Bowl Masters-33	1:31.40	1:33.23
	43.76	1:33.23	(49.47)		

Men 40-44 200 SC Meter IM

1	Jacobson, Brian	40	Minnesota Masters Swim Club-30	2:09.74	2:10.56
	27.93	1:02.99	(35.06)	1:40.87	(37.88)
				2:10.56	(29.69)
2	Cox, Ryan	40	Mission Viejo Masters-33	2:24.40	2:26.51
	31.81	1:11.43	(39.62)	1:53.94	(42.51)
				2:26.51	(32.57)
3	Webster, Dale	44	San Diego Swim Masters-44	2:33.34	2:31.14
	31.17	1:11.37	(40.20)	1:55.73	(44.36)
				2:31.14	(35.41)
4	Passos, Andre	40	Rose Bowl Masters-33	3:00.00	2:45.20
	33.62	1:17.17	(43.55)	2:08.53	(51.36)
				2:45.20	(36.67)
5	Castleton, Tom	42	Rose Bowl Masters-33	3:10.10	2:58.79
	36.16	1:25.48	(49.32)	2:20.05	(54.57)
				2:58.79	(38.74)
6	Green, Michael	43	La Mirada Armada-33	3:15.30	3:08.63
	40.77	1:30.35	(49.58)	2:24.73	(54.38)
				3:08.63	(43.90)

Men 40-44 400 SC Meter IM

1	Castleton, Tom	42	Rose Bowl Masters-33	6:40.17	6:32.21
	40.72	1:27.75	(47.03)	2:24.66	(56.91)
				3:17.63	(52.97)
	4:11.95	(54.32)	5:05.53	(53.58)	5:50.20
				5:50.20	(44.67)
				6:32.21	(42.01)

Men 45-49 50 SC Meter Freestyle 50 Free Splits

1	Boshoff, Nick	45	Conejo Valley Multisport Maste-33	NT	26.03
2	Mulcahy, John	47	Triton Swimming and Triathlon-33	NT	32.77

Men 45-49 50 SC Meter Freestyle

1	Biondi, Matthew	48	Conejo Valley Multisport Maste-33	23.65	24.11
2	Power, Michael	45	Santa Barbara Masters-33	25.13	25.52
3	Boshoff, Nick	45	Conejo Valley Multisport Maste-33	26.40	25.62
4	Catton, Michael	47	Triton Swimming and Triathlon-33	27.60	27.71
5	Charpentier, Christophe	45	Unattached Southern Pacific-33	29.20	28.72
6	Van Why, Richard	47	Rose Bowl Masters-33	29.00	28.90
7	Frost, Ray	49	Rose Bowl Masters-33	29.00	28.95
8	Kirvan, David	49	West Hollywood Aquatics-33	30.00	29.42
9	Wilson, Tom	45	San Diego Swim Masters-44	29.45	29.77
10	Wong, John	49	Unattached Southern Pacific-33	30.89	29.88
11	Nitsch, Michael	45	Henderson Southern Nevada Mast-33	30.54	31.38
12	Cuellar, Silvio	45	San Diego Swim Masters-44	33.60	32.54
13	Osmond, Scott	46	Long Beach Grunions-33	55.00	49.73

Men 45-49 100 SC Meter Freestyle 100 Free Split

1	Biondi, Matthew	48	Conejo Valley Multisport Maste-33	NT	52.80
2	Koehler, Doug	47	Conejo Valley Multisport Maste-33	NT	1:01.73

Men 45-49 100 SC Meter Freestyle

1	Power, Michael	45	Santa Barbara Masters-33	55.45	56.35
	26.83	56.35	(29.52)		
2	Catton, Michael	47	Triton Swimming and Triathlon-33	1:03.14	1:00.87
	29.32	1:00.87	(31.55)		

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3	Cienega, Julio	47	Rose Bowl Masters-33	1:03.65	1:02.71
	30.14		1:02.71 (32.57)		
4	Charpentier, Christophe	45	Unattached Southern Pacific-33	1:03.00	1:03.55
	29.94		1:03.55 (33.61)		
5	Frost, Ray	49	Rose Bowl Masters-33	1:06.00	1:03.96
	30.17		1:03.96 (33.79)		
6	Brundage, Patrick	46	Mesa Masters-48	55.72	1:05.05
	29.49		1:05.05 (35.56)		
7	Van Why, Richard	47	Rose Bowl Masters-33	1:08.00	1:06.59
	30.66		1:06.59 (35.93)		
8	Hassan, Mazen	46	Conejo Valley Multisport Maste-33	1:25.00	1:15.62
	36.76		1:15.62 (38.86)		
9	Osmond, Scott	46	Long Beach Grunions-33	1:55.00	1:47.44
	50.15		1:47.44 (57.29)		

Men 45-49 200 SC Meter Freestyle

1	Jones, Kenton	46	San Diego Swim Masters-44	2:11.90	2:12.06
	31.71		1:05.48 (33.77) 1:39.51 (34.03) 2:12.06 (32.55)		
2	Edge, Jonathan	47	Santa Clarita Masters Club-33	2:12.30	2:12.41
	31.87		1:05.58 (33.71) 1:39.49 (33.91) 2:12.41 (32.92)		
3	Cienega, Julio	47	Rose Bowl Masters-33	2:16.25	2:14.88
	31.36		1:05.08 (33.72) 1:40.22 (35.14) 2:14.88 (34.66)		
4	Catton, Michael	47	Triton Swimming and Triathlon-33	2:26.12	2:23.14
	32.01		1:08.11 (36.10) 1:46.49 (38.38) 2:23.14 (36.65)		
5	Beach, Paul	46	Rose Bowl Masters-33	2:20.00	2:25.17
	32.36		1:08.95 (36.59) 1:46.80 (37.85) 2:25.17 (38.37)		
6	Neilan, David	47	South Bay Swim Team-33	2:27.32	2:27.26
	34.57		1:11.36 (36.79) 1:49.53 (38.17) 2:27.26 (37.73)		
7	Frost, Ray	49	Rose Bowl Masters-33	2:26.00	2:28.68
	34.26		1:10.97 (36.71) 1:50.19 (39.22) 2:28.68 (38.49)		
8	Whitehead, Michael	48	Rose Bowl Masters-33	2:39.37	2:46.08
	39.76		1:21.48 (41.72) 2:03.97 (42.49) 2:46.08 (42.11)		
9	Mulcahy, John	47	Triton Swimming and Triathlon-33	2:54.00	2:50.20
	37.22		1:19.70 (42.48) 2:04.82 (45.12) 2:50.20 (45.38)		

Men 45-49 400 SC Meter Freestyle

1	Shaffer, Mike	48	Ventura County Masters-33	4:24.96	4:17.21
	29.62		1:02.20 (32.58) 1:35.37 (33.17) 2:08.76 (33.39)		
	2:41.88 (33.12)		3:14.45 (32.57) 3:46.67 (32.22) 4:17.21 (30.54)		
2	Eickhoff, Randy	48	South Coast Aquatics-33	4:21.92	4:21.21
	30.67		1:03.30 (32.63) 1:36.25 (32.95) 2:09.38 (33.13)		
	2:42.61 (33.23)		3:16.09 (33.48) 3:49.13 (33.04) 4:21.21 (32.08)		
3	Edge, Jonathan	47	Santa Clarita Masters Club-33	4:37.60	4:35.30
	31.74		1:05.97 (34.23) 1:40.61 (34.64) 2:15.61 (35.00)		
	2:50.90 (35.29)		3:26.17 (35.27) 4:01.20 (35.03) 4:35.30 (34.10)		
4	Marnoch, Eric	47	Conejo Valley Multisport Maste-33	4:55.00	4:52.57
	30.80		1:03.59 (32.79) 1:38.68 (35.09) 2:15.25 (36.57)		
	2:53.45 (38.20)		3:32.76 (39.31) 4:13.30 (40.54) 4:52.57 (39.27)		
5	Skelly, Drew	47	Rose Bowl Masters-33	4:58.96	4:52.99
	34.22		1:10.95 (36.73) 1:48.68 (37.73) 2:26.23 (37.55)		
	3:03.92 (37.69)		3:41.26 (37.34) 4:18.10 (36.84) 4:52.99 (34.89)		
6	Hixson, Peter	47	Rose Bowl Masters-33	5:20.00	4:53.19
	34.24		1:11.93 (37.69) 1:50.05 (38.12) 2:27.65 (37.60)		
	3:03.84 (36.19)		3:40.05 (36.21) 4:16.84 (36.79) 4:53.19 (36.35)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 45-49 400 SC Meter Freestyle)**

7	Cienega, Julio	47	Rose Bowl Masters-33	4:57.86	4:54.42
	33.86	1:11.15 (37.29)	1:49.16 (38.01)	2:27.41 (38.25)	
	3:05.05 (37.64)	3:42.12 (37.07)	4:18.88 (36.76)	4:54.42 (35.54)	
8	Neilan, David	47	South Bay Swim Team-33	5:10.90	5:07.65
	36.02	1:14.37 (38.35)	1:53.50 (39.13)	2:32.78 (39.28)	
	3:11.93 (39.15)	3:51.63 (39.70)	4:30.47 (38.84)	5:07.65 (37.18)	
9	Frost, Ray	49	Rose Bowl Masters-33	6:00.00	5:24.47
	33.31	1:11.57 (38.26)	1:53.45 (41.88)	2:36.37 (42.92)	
	3:18.70 (42.33)	4:01.43 (42.73)	4:44.08 (42.65)	5:24.47 (40.39)	
10	Whitehead, Michael	48	Rose Bowl Masters-33	5:45.00	5:56.77
	44.37	1:31.39 (47.02)	2:18.09 (46.70)	3:03.24 (45.15)	
	3:47.44 (44.20)	4:30.39 (42.95)	5:13.85 (43.46)	5:56.77 (42.92)	
11	Hassan, Mazen	46	Conejo Valley Multisport Maste-33	8:30.00	6:11.59
	36.94	1:20.09 (43.15)	2:04.67 (44.58)	2:50.12 (45.45)	
	3:37.78 (47.66)	4:26.75 (48.97)	5:22.62 (55.87)	6:11.59 (48.97)	

Men 45-49 800 SC Meter Freestyle

1	Edge, Jonathan	47	Santa Clarita Masters Club-33	9:33.14	9:38.32
	32.84	1:08.22 (35.38)	1:44.10 (35.88)	2:20.27 (36.17)	
	2:56.19 (35.92)	3:32.77 (36.58)	4:09.39 (36.62)	4:46.08 (36.69)	
	5:22.26 (36.18)	5:59.27 (37.01)	6:35.99 (36.72)	7:12.49 (36.50)	
	7:49.22 (36.73)	8:26.03 (36.81)	9:03.11 (37.08)	9:38.32 (35.21)	
2	Neilan, David	47	South Bay Swim Team-33	10:45.30	10:42.54
	36.51	1:14.76 (38.25)	1:53.98 (39.22)	2:33.26 (39.28)	
	3:12.92 (39.66)	3:52.94 (40.02)	4:33.09 (40.15)	5:13.77 (40.68)	
	5:54.70 (40.93)	6:36.12 (41.42)	7:17.71 (41.59)	7:59.41 (41.70)	
	8:41.27 (41.86)	9:23.10 (41.83)	10:04.38 (41.28)	10:42.54 (38.16)	
3	Given, Michael	49	San Diego Swim Masters-44	11:01.82	11:12.21
	36.35	1:16.62 (40.27)	1:58.32 (41.70)	2:39.80 (41.48)	
	3:22.16 (42.36)	4:04.05 (41.89)	4:46.50 (42.45)	5:29.24 (42.74)	
	6:11.67 (42.43)	6:55.11 (43.44)	7:38.90 (43.79)	8:23.24 (44.34)	
	9:06.21 (42.97)	9:49.14 (42.93)	10:31.50 (42.36)	11:12.21 (40.71)	
4	Whitehead, Michael	48	Rose Bowl Masters-33	11:50.95	11:51.96
	43.20	1:28.19 (44.99)	2:13.77 (45.58)	2:59.22 (45.45)	
	3:44.69 (45.47)	4:30.03 (45.34)	5:15.30 (45.27)	6:00.16 (44.86)	
	6:45.86 (45.70)	7:30.74 (44.88)	8:15.17 (44.43)	8:59.28 (44.11)	
	9:42.31 (43.03)	10:25.26 (42.95)	11:08.75 (43.49)	11:51.96 (43.21)	
5	Hassan, Mazen	46	Conejo Valley Multisport Maste-33	17:20.00	11:58.03
	40.36	1:24.82 (44.46)	2:09.26 (44.44)	2:54.86 (45.60)	
	3:39.76 (44.90)	4:24.29 (44.53)	5:09.06 (44.77)	5:54.73 (45.67)	
	6:40.45 (45.72)	7:27.06 (46.61)	8:12.66 (45.60)	8:59.25 (46.59)	
	9:44.39 (45.14)	10:29.71 (45.32)	11:15.11 (45.40)	11:58.03 (42.92)	

Men 45-49 1500 SC Meter Freestyle

1	Shaffer, Mike	48	Ventura County Masters-33	17:33.38	17:00.44
	30.52	1:04.17 (33.65)	1:38.03 (33.86)	2:12.13 (34.10)	
	2:46.52 (34.39)	3:20.97 (34.45)	3:55.40 (34.43)	4:29.75 (34.35)	
	5:04.14 (34.39)	5:38.38 (34.24)	6:12.77 (34.39)	6:47.07 (34.30)	
	7:21.43 (34.36)	7:56.02 (34.59)	8:30.27 (34.25)	9:04.54 (34.27)	
	9:38.96 (34.42)	10:13.14 (34.18)	10:47.46 (34.32)	11:21.97 (34.51)	
	11:56.03 (34.06)	12:30.22 (34.19)	13:04.74 (34.52)	13:39.12 (34.38)	
	14:13.31 (34.19)	14:47.58 (34.27)	15:21.55 (33.97)	15:55.45 (33.90)	
	16:28.38 (32.93)	17:00.44 (32.06)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 45-49 1500 SC Meter Freestyle)**

2	Eickhoff, Randy	48	South Coast Aquatics-33	17:17.42	17:15.68
	31.53	1:05.71 (34.18)	1:40.06 (34.35)	2:14.37 (34.31)	
	2:49.08 (34.71)	3:23.19 (34.11)	3:57.60 (34.41)	4:31.72 (34.12)	
	5:06.17 (34.45)	5:40.30 (34.13)	6:14.76 (34.46)	6:49.14 (34.38)	
	7:23.46 (34.32)	7:57.91 (34.45)	8:32.35 (34.44)	9:07.48 (35.13)	
	9:42.13 (34.65)	10:16.55 (34.42)	10:51.02 (34.47)	11:25.76 (34.74)	
	12:00.54 (34.78)	12:35.15 (34.61)	13:09.54 (34.39)	13:44.90 (35.36)	
	14:19.95 (35.05)	14:54.83 (34.88)	15:30.18 (35.35)	16:05.40 (35.22)	
	16:41.01 (35.61)	17:15.68 (34.67)			
3	Jones, Kenton	46	San Diego Swim Masters-44	18:45.66	18:32.05
	35.55	1:13.24 (37.69)	1:50.36 (37.12)	2:27.92 (37.56)	
	3:05.16 (37.24)	3:42.53 (37.37)	4:18.86 (36.33)	4:55.28 (36.42)	
	5:32.59 (37.31)	6:09.99 (37.40)	6:47.70 (37.71)	7:24.90 (37.20)	
	8:02.69 (37.79)	8:39.69 (37.00)	9:16.89 (37.20)	9:54.44 (37.55)	
	10:32.28 (37.84)	11:09.52 (37.24)	11:47.25 (37.73)	12:24.36 (37.11)	
	13:00.99 (36.63)	13:38.06 (37.07)	14:15.41 (37.35)	14:52.41 (37.00)	
	15:29.48 (37.07)	16:06.27 (36.79)	16:43.22 (36.95)	17:20.29 (37.07)	
	17:56.66 (36.37)	18:32.05 (35.39)			
4	Koehler, Doug	47	Conejo Valley Multisport Maste-33	19:15.00	18:57.84
	34.87	1:12.54 (37.67)	1:50.29 (37.75)	2:28.40 (38.11)	
	3:06.39 (37.99)	3:44.47 (38.08)	4:22.39 (37.92)	5:00.10 (37.71)	
	5:37.82 (37.72)	6:15.33 (37.51)	6:52.78 (37.45)	7:30.15 (37.37)	
	8:07.70 (37.55)	8:45.34 (37.64)	9:22.86 (37.52)	10:00.89 (38.03)	
	10:38.69 (37.80)	11:17.04 (38.35)	11:55.27 (38.23)	12:33.55 (38.28)	
	13:11.97 (38.42)	13:50.40 (38.43)	14:29.21 (38.81)	15:07.85 (38.64)	
	15:46.41 (38.56)	16:24.94 (38.53)	17:03.71 (38.77)	17:42.33 (38.62)	
	18:20.74 (38.41)	18:57.84 (37.10)			
5	Walikis, Robert	47	Tower 26-33	19:58.84	20:16.85
	35.54	1:13.93 (38.39)	1:51.94 (38.01)	2:30.57 (38.63)	
	3:09.30 (38.73)	3:48.17 (38.87)	4:27.41 (39.24)	5:07.05 (39.64)	
	5:46.77 (39.72)	6:26.70 (39.93)	7:06.62 (39.92)	7:46.55 (39.93)	
	8:27.42 (40.87)	9:08.90 (41.48)	9:50.83 (41.93)	10:32.94 (42.11)	
	11:14.49 (41.55)	11:56.40 (41.91)	12:38.46 (42.06)	13:20.92 (42.46)	
	14:03.00 (42.08)	14:45.10 (42.10)	15:26.48 (41.38)	16:07.86 (41.38)	
	16:49.80 (41.94)	17:31.97 (42.17)	18:13.42 (41.45)	18:54.80 (41.38)	
	19:36.74 (41.94)	20:16.85 (40.11)			
6	Hassan, Mazen	46	Conejo Valley Multisport Maste-33	32:30.00	22:34.11
	2:04.59	2:49.01 (44.42)	3:34.01 (45.00)	4:19.06 (45.05)	
	5:04.39 (45.33)	5:50.03 (45.64)			
		7:21.44 ()	8:06.87 (45.43)	8:52.52 (45.65)	
	9:39.32 (46.80)	10:24.43 (45.11)	11:55.90 (1:31.47)		
	12:41.64 ()	13:26.76 (45.12)			
				19:31.20 ()	
			20:20.73 ()	21:06.60 (45.87)	
	22:34.11 (1:27.51)				
7	Mulcahy, John	47	Triton Swimming and Triathlon-33	30:00.00	24:54.43
	39.37	1:23.05 (43.68)	2:09.22 (46.17)	2:58.44 (49.22)	
	3:47.49 (49.05)	4:37.59 (50.10)	5:29.69 (52.10)	6:21.85 (52.16)	
	7:13.32 (51.47)	8:04.39 (51.07)	8:56.24 (51.85)	9:47.05 (50.81)	
	10:37.88 (50.83)	11:29.38 (51.50)	12:19.36 (49.98)	13:11.25 (51.89)	
	14:02.41 (51.16)	14:53.62 (51.21)	15:44.05 (50.43)	16:35.02 (50.97)	
	17:25.33 (50.31)	18:16.86 (51.53)	19:09.63 (52.77)	19:59.76 (50.13)	
	20:51.27 (51.51)	21:40.75 (49.48)	22:33.58 (52.83)	23:22.54 (48.96)	
	24:11.04 (48.50)	24:54.43 (43.39)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 45-49 50 SC Meter Backstroke**

1	Jones, Kenton	46	San Diego Swim Masters-44	33.99	32.92
2	Beach, Paul	46	Rose Bowl Masters-33	32.00	35.04
3	Neilan, David	47	South Bay Swim Team-33	35.45	36.59
4	Kondo, Ken	48	Mission Viejo Masters-33	38.44	37.43
5	Cuellar, Silvio	45	San Diego Swim Masters-44	39.12	39.12
6	Whitehead, Michael	48	Rose Bowl Masters-33	50.38	51.18
7	Osmond, Scott	46	Long Beach Grunions-33	1:00.00	54.49

Men 45-49 50 SC Meter Backstroke 50 Back Split

1	Shaffer, Mike	48	Ventura County Masters-33	NT	29.38
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Men 45-49 100 SC Meter Backstroke

1	Power, Michael	45	Santa Barbara Masters-33	1:12.13	1:07.92
	33.20		1:07.92 (34.72)		
2	Borton, Dan	45	Rose Bowl Masters-33	1:11.83	1:12.97
	36.07		1:12.97 (36.90)		
3	Jones, Kenton	46	San Diego Swim Masters-44	1:17.60	1:14.14
	35.90		1:14.14 (38.24)		
4	Neilan, David	47	South Bay Swim Team-33	1:18.30	1:16.10
	37.59		1:16.10 (38.51)		
5	Beach, Paul	46	Rose Bowl Masters-33	1:20.00	1:16.69
	37.14		1:16.69 (39.55)		
6	Kirvan, David	49	West Hollywood Aquatics-33	1:28.00	1:24.84
	41.46		1:24.84 (43.38)		
7	Kondo, Ken	48	Mission Viejo Masters-33	1:30.00	1:25.75
	41.82		1:25.75 (43.93)		
8	Nitsch, Michael	45	Henderson Southern Nevada Mast-33	1:39.72	1:39.22
	47.94		1:39.22 (51.28)		
9	Whitehead, Michael	48	Rose Bowl Masters-33	1:48.35	1:51.96
	53.97		1:51.96 (57.99)		
10	Osmond, Scott	46	Long Beach Grunions-33	2:10.00	2:13.38
	1:00.89		2:13.38 (1:12.49)		

Men 45-49 100 SC Meter Backstroke 100 Back Split

1	Boshoff, Nick	45	Conejo Valley Multisport Maste-33	NT	1:18.20
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Men 45-49 200 SC Meter Backstroke

1	Brundage, Patrick	46	Mesa Masters-48	2:26.46	2:15.17
	32.73		1:06.68 (33.95) 1:40.82 (34.14) 2:15.17 (34.35)		
2	Shaffer, Mike	48	Ventura County Masters-33	2:40.00	2:31.13
	29.38		1:13.15 (43.77) 1:53.84 (40.69) 2:31.13 (37.29)		
3	Borton, Dan	45	Rose Bowl Masters-33	2:32.87	2:38.11
	37.42		1:17.51 (40.09) 1:58.14 (40.63) 2:38.11 (39.97)		
4	Whitehead, Michael	48	Rose Bowl Masters-33	3:50.00	3:59.39
	55.22		1:55.89 (1:00.67) 2:57.46 (1:01.57) 3:59.39 (1:01.93)		

Men 45-49 50 SC Meter Breaststroke

1	Boshoff, Nick	45	Conejo Valley Multisport Maste-33	33.96	33.06
2	Charpentier, Christophe	45	Unattached Southern Pacific-33	36.22	35.85
3	Catton, Michael	47	Triton Swimming and Triathlon-33	38.53	37.28
4	Wong, John	49	Unattached Southern Pacific-33	39.60	37.74
5	Kirvan, David	49	West Hollywood Aquatics-33	40.00	38.76
6	Kondo, Ken	48	Mission Viejo Masters-33	39.12	39.97
7	Wilson, Tom	45	San Diego Swim Masters-44	45.00	40.70
8	Cuellar, Silvio	45	San Diego Swim Masters-44	42.00	40.76

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 45-49 50 SC Meter Breaststroke)**

9	Mulcahy, John	47	Triton Swimming and Triathlon-33	47.00	46.06
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Men 45-49 100 SC Meter Breaststroke

1	Boshoff, Nick	45	Conejo Valley Multisport Maste-33	1:15.00	1:14.27
	34.10		1:14.27 (40.17)		
2	Koehler, Doug	47	Conejo Valley Multisport Maste-33	1:20.34	1:15.76
	36.59		1:15.76 (39.17)		
3	Charpentier, Christophe	45	Unattached Southern Pacific-33	1:21.38	1:19.47
	37.25		1:19.47 (42.22)		
4	Hixson, Peter	47	Rose Bowl Masters-33	1:25.00	1:20.89
	39.41		1:20.89 (41.48)		
5	Wong, John	49	Unattached Southern Pacific-33	1:24.38	1:21.75
	38.72		1:21.75 (43.03)		
6	Skelly, Drew	47	Rose Bowl Masters-33	1:20.92	1:21.97
	39.22		1:21.97 (42.75)		
7	Kirvan, David	49	West Hollywood Aquatics-33	1:35.00	1:26.80
	41.08		1:26.80 (45.72)		
8	Given, Michael	49	San Diego Swim Masters-44	1:33.00	1:29.61
	42.56		1:29.61 (47.05)		
9	Nitsch, Michael	45	Henderson Southern Nevada Mast-33	1:39.87	1:44.18
	48.38		1:44.18 (55.80)		

Men 45-49 200 SC Meter Breaststroke

1	Boshoff, Nick	45	Conejo Valley Multisport Maste-33	2:45.00	2:49.21
	36.55		1:18.96 (42.41) 2:03.71 (44.75) 2:49.21 (45.50)		
2	Charpentier, Christophe	45	Unattached Southern Pacific-33	3:00.50	2:56.99
	39.26		1:24.07 (44.81) 2:10.46 (46.39) 2:56.99 (46.53)		
3	Wong, John	49	Unattached Southern Pacific-33	3:07.99	3:01.25
	40.12		1:25.82 (45.70) 2:13.60 (47.78) 3:01.25 (47.65)		
---	Mulcahy, John	47	Triton Swimming and Triathlon-33	3:30.00	DQ
	49.51		1:49.17 (59.66) 2:53.44 (1:04.27) DQ (1:03.15)		

Men 45-49 50 SC Meter Butterfly

1	Biondi, Matthew	48	Conejo Valley Multisport Maste-33	25.80	26.11
2	Power, Michael	45	Santa Barbara Masters-33	27.91	28.28
3	Eickhoff, Randy	48	South Coast Aquatics-33	27.97	28.42
4	Boshoff, Nick	45	Conejo Valley Multisport Maste-33	29.95	29.29
5	Skelly, Drew	47	Rose Bowl Masters-33	31.50	31.90
6	Borton, Dan	45	Rose Bowl Masters-33	31.19	32.18
7	Catton, Michael	47	Triton Swimming and Triathlon-33	33.46	33.08
8	Kirvan, David	49	West Hollywood Aquatics-33	34.00	33.65
9	Frost, Ray	49	Rose Bowl Masters-33	36.00	34.54
10	Nitsch, Michael	45	Henderson Southern Nevada Mast-33	35.53	35.30
11	Kondo, Ken	48	Mission Viejo Masters-33	34.60	36.38

Men 45-49 100 SC Meter Butterfly

1	Jones, Kenton	46	San Diego Swim Masters-44	1:09.30	1:07.71
	31.55		1:07.71 (36.16)		
2	Edge, Jonathan	47	Santa Clarita Masters Club-33	1:10.00	1:11.17
	33.02		1:11.17 (38.15)		
3	Given, Michael	49	San Diego Swim Masters-44	1:20.63	1:16.24
	34.87		1:16.24 (41.37)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 45-49 200 SC Meter Butterfly**

1	Shaffer, Mike	48	Ventura County Masters-33	2:15.12	2:10.69
	29.90	1:03.56 (33.66)	1:37.56 (34.00)	2:10.69 (33.13)	
2	Eickhoff, Randy	48	South Coast Aquatics-33	2:17.41	2:19.86
	31.48	1:06.31 (34.83)	1:42.76 (36.45)	2:19.86 (37.10)	
3	Borton, Dan	45	Rose Bowl Masters-33	2:32.53	2:34.78
	34.71	1:14.25 (39.54)	1:54.29 (40.04)	2:34.78 (40.49)	
4	Jones, Kenton	46	San Diego Swim Masters-44	2:36.93	2:37.00
	33.75	1:14.35 (40.60)	1:55.38 (41.03)	2:37.00 (41.62)	
5	Edge, Jonathan	47	Santa Clarita Masters Club-33	2:50.00	2:37.15
	34.90	1:14.13 (39.23)	1:55.50 (41.37)	2:37.15 (41.65)	

Men 45-49 100 SC Meter IM

1	Boshoff, Nick	45	Conejo Valley Multisport Maste-33	1:09.38	1:07.89
	32.36	1:07.89 (35.53)			
2	Cienega, Julio	47	Rose Bowl Masters-33	1:15.21	1:13.91
	35.72	1:13.91 (38.19)			
3	Catton, Michael	47	Triton Swimming and Triathlon-33	1:20.81	1:15.42
	36.33	1:15.42 (39.09)			
4	Beach, Paul	46	Rose Bowl Masters-33	1:15.00	1:16.21
	35.71	1:16.21 (40.50)			
5	Kirvan, David	49	West Hollywood Aquatics-33	1:17.00	1:17.76
	36.14	1:17.76 (41.62)			
6	Wilson, Tom	45	San Diego Swim Masters-44	1:30.00	1:18.28
	34.60	1:18.28 (43.68)			
7	Cuellar, Silvio	45	San Diego Swim Masters-44	1:24.31	1:24.45
	38.88	1:24.45 (45.57)			
8	Kondo, Ken	48	Mission Viejo Masters-33	1:40.00	1:24.47
	39.11	1:24.47 (45.36)			
9	Nitsch, Michael	45	Henderson Southern Nevada Mast-33	1:27.60	1:29.25
	39.11	1:29.25 (50.14)			

Men 45-49 200 SC Meter IM

1	Brundage, Patrick	46	Mesa Masters-48	2:16.10	2:16.32
	28.72	1:02.54 (33.82)	1:43.52 (40.98)	2:16.32 (32.80)	
2	Shaffer, Mike	48	Ventura County Masters-33	2:30.00	2:20.73
	28.81	1:06.83 (38.02)	1:50.22 (43.39)	2:20.73 (30.51)	
3	Koehler, Doug	47	Conejo Valley Multisport Maste-33	2:40.23	2:33.31
	33.65	1:15.43 (41.78)	1:59.07 (43.64)	2:33.31 (34.24)	
4	Borton, Dan	45	Rose Bowl Masters-33	2:33.63	2:38.56
	33.59	1:13.85 (40.26)	2:02.14 (48.29)	2:38.56 (36.42)	
5	Cienega, Julio	47	Rose Bowl Masters-33	2:30.98	2:45.95
	35.14	1:19.62 (44.48)	2:09.93 (50.31)	2:45.95 (36.02)	

Men 45-49 400 SC Meter IM

1	Eickhoff, Randy	48	South Coast Aquatics-33	5:04.84	5:03.54
	32.06	1:07.99 (35.93)	1:48.97 (40.98)	2:29.32 (40.35)	
	3:12.49 (43.17)	3:56.37 (43.88)	4:31.24 (34.87)	5:03.54 (32.30)	
2	Koehler, Doug	47	Conejo Valley Multisport Maste-33	5:30.45	5:24.30
	35.57	1:16.04 (40.47)	2:00.02 (43.98)	2:43.11 (43.09)	
	3:28.13 (45.02)	4:14.17 (46.04)	4:50.34 (36.17)	5:24.30 (33.96)	
3	Edge, Jonathan	47	Santa Clarita Masters Club-33	5:33.79	5:25.24
	34.79	1:14.89 (40.10)	1:59.36 (44.47)	2:43.70 (44.34)	
	3:29.04 (45.34)	4:15.47 (46.43)	4:51.59 (36.12)	5:25.24 (33.65)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 45-49 400 SC Meter IM)**

4	Given, Michael	49	San Diego Swim Masters-44	6:19.00	5:54.99
	36.90	1:19.21 (42.31)	2:08.34 (49.13)	2:53.95 (45.61)	
	3:45.14 (51.19)	4:35.94 (50.80)	5:16.93 (40.99)	5:54.99 (38.06)	
5	Neilan, David	47	South Bay Swim Team-33	6:11.11	6:19.02
	38.12	1:24.42 (46.30)	2:13.17 (48.75)	3:01.26 (48.09)	
	4:00.03 (58.77)	4:58.19 (58.16)	5:39.48 (41.29)	6:19.02 (39.54)	
---	Borton, Dan	45	Rose Bowl Masters-33	5:27.86	DQ
	34.69	1:15.10 (40.41)	1:57.91 (42.81)	2:39.24 (41.33)	
	3:28.67 (49.43)	4:18.57 (49.90)	4:56.13 (37.56)	DQ (36.85)	

Men 50-54 50 SC Meter Freestyle

1	Adair, Scott	50	Southern California Aquatic Ma-33	26.00	25.07
2	Guthrie, David	53	Longhorn Aquatics-43	25.51	25.98
3	Woolard, Woody	50	Unattached Southern Pacific-33	27.00	27.31
4	Alexander, Jeff	50	Unattached Wisconsin-20	30.00	28.66
5	Graham, Errol	54	West Hollywood Aquatics-33	31.40	30.45
6	Holt, Mark	51	Long Beach Grunions-33	33.10	33.14
7	Sive, Bill	52	Long Beach Grunions-33	1:00.00	44.44

Men 50-54 100 SC Meter Freestyle

1	Adair, Scott	50	Southern California Aquatic Ma-33	1:00.00	56.39
	26.48	56.39 (29.91)			
2	Scannell, Michael	50	Rose Bowl Masters-33	58.99	59.26
	28.32	59.26 (30.94)			
3	Jaffee, Lolo	53	Las Vegas Masters-33	1:06.00	1:00.88
	29.53	1:00.88 (31.35)			
4	Pombo, Diego	51	Novaquatics Masters-33	1:05.70	1:04.84
	30.80	1:04.84 (34.04)			
5	Sive, Bill	52	Long Beach Grunions-33	1:50.00	1:42.54
	48.10	1:42.54 (54.44)			

Men 50-54 200 SC Meter Freestyle

1	Scannell, Michael	50	Rose Bowl Masters-33	2:10.50	2:09.07
	29.69	1:02.10 (32.41)	1:35.64 (33.54)	2:09.07 (33.43)	
2	Jaegers, Al	51	Wildcat Alumni Masters-38	2:12.00	2:11.33
	30.51	1:03.69 (33.18)	1:37.57 (33.88)	2:11.33 (33.76)	
3	Pombo, Diego	51	Novaquatics Masters-33	2:27.64	2:26.27
	33.66	1:10.45 (36.79)	1:48.54 (38.09)	2:26.27 (37.73)	
4	Serbia, George	53	Novaquatics Masters-33	2:25.00	2:30.11
	33.73	1:11.67 (37.94)	1:51.63 (39.96)	2:30.11 (38.48)	
5	Baird, Bill	54	Conejo Valley Multisport Maste-33	3:20.00	3:07.71
	42.20	1:29.67 (47.47)	2:19.17 (49.50)	3:07.71 (48.54)	
6	Bahamon, Luis	52	West Hollywood Aquatics-33	3:10.00	3:12.13
	40.20	1:26.07 (45.87)	2:19.05 (52.98)	3:12.13 (53.08)	
7	Holt, Mark	51	Long Beach Grunions-33	2:40.00	3:13.89
	38.89	1:25.24 (46.35)	2:18.68 (53.44)	3:13.89 (55.21)	
8	Sive, Bill	52	Long Beach Grunions-33	4:00.00	3:44.21
	48.99	1:46.30 (57.31)	2:45.44 (59.14)	3:44.21 (58.77)	

Men 50-54 200 SC Meter Freestyle 200 Free Split

1	Jaffee, Lolo	53	Las Vegas Masters-33	NT	2:13.34
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2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 50-54 400 SC Meter Freestyle**

1	Scannell, Michael	50	Rose Bowl Masters-33	4:45.00	4:34.36
	31.57	1:06.08 (34.51)	1:40.92 (34.84)	2:16.04 (35.12)	
	2:51.30 (35.26)	3:26.51 (35.21)	4:01.33 (34.82)	4:34.36 (33.03)	
2	Phillips, Daniel	50	Puget Sound Masters-36	4:48.30	4:36.08
	31.84	1:05.29 (33.45)	1:39.51 (34.22)	2:14.27 (34.76)	
	2:49.57 (35.30)	3:25.67 (36.10)	4:01.47 (35.80)	4:36.08 (34.61)	
3	Pombo, Diego	51	Novaquatics Masters-33	5:24.34	5:15.11
	35.51	1:14.45 (38.94)	1:53.93 (39.48)	2:34.17 (40.24)	
	3:14.63 (40.46)	3:55.28 (40.65)	4:35.88 (40.60)	5:15.11 (39.23)	
4	Serbia, George	53	Novaquatics Masters-33	5:25.00	5:16.93
	34.09	1:12.13 (38.04)	1:51.83 (39.70)	2:32.65 (40.82)	
	3:13.81 (41.16)	3:55.69 (41.88)	4:37.66 (41.97)	5:16.93 (39.27)	
5	Ozun, Sabri	50	Las Vegas Masters-33	6:00.00	5:41.06
	39.64	1:21.63 (41.99)	2:05.04 (43.41)	2:49.26 (44.22)	
	3:33.18 (43.92)	4:16.56 (43.38)	4:59.34 (42.78)	5:41.06 (41.72)	
6	Baird, Bill	54	Conejo Valley Multisport Maste-33	7:08.95	6:48.33
	44.08	1:33.74 (49.66)	2:24.56 (50.82)	3:16.42 (51.86)	
	4:09.04 (52.62)	5:02.06 (53.02)	5:55.48 (53.42)	6:48.33 (52.85)	
7	Werner, John	50	Long Beach Grunions-33	6:50.10	6:48.60
	44.05	1:33.58 (49.53)	2:25.36 (51.78)	3:18.25 (52.89)	
	4:10.59 (52.34)	5:03.44 (52.85)	5:56.97 (53.53)	6:48.60 (51.63)	
8	Holt, Mark	51	Long Beach Grunions-33	7:15.00	7:07.82
	43.75	1:32.24 (48.49)	2:23.04 (50.80)	3:15.85 (52.81)	
	4:10.73 (54.88)	5:07.73 (57.00)	6:08.32 (1:00.59)	7:07.82 (59.50)	

Men 50-54 800 SC Meter Freestyle

1	Phillips, Daniel	50	Puget Sound Masters-36	10:02.35	9:32.42
	33.50	1:09.25 (35.75)	1:45.43 (36.18)	2:21.66 (36.23)	
	2:58.10 (36.44)	3:34.34 (36.24)	4:10.57 (36.23)	4:46.96 (36.39)	
	5:23.21 (36.25)	5:59.30 (36.09)	6:35.41 (36.11)	7:11.26 (35.85)	
	7:47.13 (35.87)	8:23.33 (36.20)	8:59.14 (35.81)	9:32.42 (33.28)	
2	Serbia, George	53	Novaquatics Masters-33	10:30.00	11:01.05
	35.31	1:13.92 (38.61)	1:54.36 (40.44)	2:35.57 (41.21)	
	3:16.72 (41.15)	3:58.60 (41.88)	4:40.51 (41.91)	5:22.98 (42.47)	
	6:05.62 (42.64)	6:48.27 (42.65)	7:30.81 (42.54)	8:12.73 (41.92)	
	8:55.73 (43.00)	9:38.43 (42.70)	10:21.10 (42.67)	11:01.05 (39.95)	
3	Ozun, Sabri	50	Las Vegas Masters-33	12:30.00	11:53.72
	41.62	1:26.18 (44.56)	2:11.49 (45.31)	2:57.52 (46.03)	
	3:43.31 (45.79)	4:29.41 (46.10)	5:14.81 (45.40)	6:01.00 (46.19)	
	6:44.80 (43.80)	7:29.57 (44.77)	8:14.00 (44.43)	8:59.49 (45.49)	
	9:42.46 (42.97)	10:26.09 (43.63)	11:10.13 (44.04)	11:53.72 (43.59)	
4	Heuveline, Patrick	51	UCLA Bruin Masters-33	12:51.82	12:25.63
	42.99	1:30.32 (47.33)	2:18.95 (48.63)	3:07.40 (48.45)	
	3:54.71 (47.31)	4:42.25 (47.54)	5:29.43 (47.18)	6:16.34 (46.91)	
	7:03.99 (47.65)	7:51.08 (47.09)	8:37.90 (46.82)	9:24.84 (46.94)	
	10:10.59 (45.75)	10:56.73 (46.14)	11:42.51 (45.78)	12:25.63 (43.12)	
5	Werner, John	50	Long Beach Grunions-33	14:22.00	13:57.06
	45.53	1:35.97 (50.44)	2:29.09 (53.12)	3:22.89 (53.80)	
	4:16.08 (53.19)	5:08.86 (52.78)	6:01.39 (52.53)	6:54.69 (53.30)	
	7:48.61 (53.92)	8:42.32 (53.71)	9:35.70 (53.38)	10:29.18 (53.48)	
	11:22.70 (53.52)	12:15.55 (52.85)	13:08.05 (52.50)	13:57.06 (49.01)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 50-54 800 SC Meter Freestyle)**

6 Baird, Bill	54 Conejo Valley Multisport Maste-33	14:40.00	14:05.35
46.69	1:39.60 (52.91)	2:33.11 (53.51)	3:27.64 (54.53)
4:21.69 (54.05)	5:16.44 (54.75)	6:11.34 (54.90)	7:05.16 (53.82)
7:58.40 (53.24)	8:51.76 (53.36)	9:45.17 (53.41)	10:37.45 (52.28)
11:30.09 (52.64)	12:22.92 (52.83)	13:15.32 (52.40)	14:05.35 (50.03)
7 Holt, Mark	51 Long Beach Grunions-33	14:22.00	14:43.99
45.26	1:35.52 (50.26)	2:28.82 (53.30)	3:23.34 (54.52)
4:19.19 (55.85)	5:15.61 (56.42)	6:13.46 (57.85)	7:10.58 (57.12)
8:08.37 (57.79)	9:06.65 (58.28)	10:04.74 (58.09)	11:02.33 (57.59)
11:59.30 (56.97)	12:55.75 (56.45)	13:51.70 (55.95)	14:43.99 (52.29)
8 Miranda, Mike	51 Long Beach Grunions-33	16:00.00	14:48.37
54.19	1:48.89 (54.70)	2:46.48 (57.59)	3:45.64 (59.16)
4:43.57 (57.93)	5:40.92 (57.35)	6:38.26 (57.34)	7:35.04 (56.78)
8:31.90 (56.86)	9:27.00 (55.10)	10:22.63 (55.63)	11:17.99 (55.36)
12:12.26 (54.27)	13:06.22 (53.96)	13:57.64 (51.42)	14:48.37 (50.73)

Men 50-54 1500 SC Meter Freestyle

1 Nalli, Lyle	53 Puget Sound Masters-36	19:00.00	18:47.31
34.49	1:12.66 (38.17)	1:51.37 (38.71)	2:29.44 (38.07)
3:06.88 (37.44)	3:44.49 (37.61)	4:21.85 (37.36)	4:59.32 (37.47)
5:36.97 (37.65)	6:14.12 (37.15)	6:51.38 (37.26)	7:28.73 (37.35)
8:06.02 (37.29)	8:43.77 (37.75)	9:21.69 (37.92)	9:59.35 (37.66)
10:37.40 (38.05)	11:15.26 (37.86)	11:52.69 (37.43)	12:29.89 (37.20)
13:07.69 (37.80)	13:45.39 (37.70)	14:23.31 (37.92)	15:01.20 (37.89)
15:39.40 (38.20)	16:17.14 (37.74)	16:55.17 (38.03)	17:32.96 (37.79)
18:10.96 (38.00)	18:47.31 (36.35)		
2 Morales, Tito	54 UCLA Bruin Masters-33	20:00.00	19:13.48
32.41	1:09.19 (36.78)	1:46.99 (37.80)	2:25.01 (38.02)
3:03.07 (38.06)	3:40.98 (37.91)	4:19.15 (38.17)	4:57.06 (37.91)
5:35.29 (38.23)	6:13.62 (38.33)	6:52.07 (38.45)	7:30.53 (38.46)
8:08.67 (38.14)	8:46.95 (38.28)	9:25.44 (38.49)	10:04.15 (38.71)
10:42.81 (38.66)	11:21.40 (38.59)	12:00.02 (38.62)	12:38.92 (38.90)
13:17.90 (38.98)	13:57.14 (39.24)	14:36.35 (39.21)	15:15.97 (39.62)
15:55.28 (39.31)	16:34.86 (39.58)	17:14.57 (39.71)	17:54.59 (40.02)
18:34.80 (40.21)	19:13.48 (38.68)		
3 Penn, F Scott	52 Rose Bowl Masters-33	21:00.00	19:58.36
37.42	1:17.99 (40.57)	1:59.41 (41.42)	2:40.90 (41.49)
3:21.78 (40.88)	4:02.69 (40.91)	4:43.26 (40.57)	5:23.46 (40.20)
6:03.58 (40.12)	6:43.77 (40.19)	7:23.70 (39.93)	8:03.55 (39.85)
8:43.62 (40.07)	9:23.48 (39.86)	10:03.37 (39.89)	10:43.35 (39.98)
11:23.60 (40.25)	12:03.27 (39.67)	12:42.93 (39.66)	13:22.46 (39.53)
14:02.38 (39.92)	14:41.95 (39.57)	15:21.61 (39.66)	16:01.47 (39.86)
16:41.34 (39.87)	17:21.20 (39.86)	18:00.59 (39.39)	18:39.52 (38.93)
19:17.16 (37.64)	19:58.36 (41.20)		
4 Heuveline, Patrick	51 UCLA Bruin Masters-33	26:52.66	23:49.28
45.41	1:33.71 (48.30)	2:22.88 (49.17)	3:12.11 (49.23)
4:01.24 (49.13)	4:50.14 (48.90)	5:38.06 (47.92)	6:26.68 (48.62)
7:14.50 (47.82)	8:02.75 (48.25)	8:50.31 (47.56)	9:37.57 (47.26)
10:25.70 (48.13)	11:13.46 (47.76)	12:00.76 (47.30)	12:48.36 (47.60)
13:36.36 (48.00)	14:24.02 (47.66)	15:11.72 (47.70)	15:59.63 (47.91)
16:47.54 (47.91)	17:34.73 (47.19)	18:22.14 (47.41)	19:09.82 (47.68)
19:57.15 (47.33)	20:43.49 (46.34)	21:30.77 (47.28)	22:17.97 (47.20)
23:04.69 (46.72)	23:49.28 (44.59)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 50-54 1500 SC Meter Freestyle)**

5	Werner, John	50	Long Beach Grunions-33	30:00.10	27:33.29
	48.49	1:40.71 (52.22)	2:36.02 (55.31)	3:32.53 (56.51)	
	4:28.53 (56.00)	5:24.47 (55.94)	6:19.89 (55.42)	7:14.85 (54.96)	
	8:10.12 (55.27)	9:05.57 (55.45)	10:01.35 (55.78)	10:56.88 (55.53)	
	11:52.53 (55.65)	12:48.64 (56.11)	13:44.17 (55.53)	14:39.45 (55.28)	
	15:34.30 (54.85)	16:30.03 (55.73)	17:26.20 (56.17)	18:22.54 (56.34)	
	19:18.06 (55.52)	20:14.14 (56.08)	21:10.02 (55.88)	22:06.27 (56.25)	
	23:02.59 (56.32)	23:58.43 (55.84)	24:53.65 (55.22)	25:48.47 (54.82)	
	26:43.01 (54.54)	27:33.29 (50.28)			
6	Miranda, Mike	51	Long Beach Grunions-33	30:00.00	27:43.76
	49.57	1:44.52 (54.95)	2:40.93 (56.41)	3:37.43 (56.50)	
	4:34.70 (57.27)	5:32.53 (57.83)	6:30.51 (57.98)	7:28.79 (58.28)	
	8:25.65 (56.86)	9:22.40 (56.75)	10:18.77 (56.37)	11:15.87 (57.10)	
	12:12.14 (56.27)	13:07.45 (55.31)	14:03.06 (55.61)	14:59.15 (56.09)	
	15:55.05 (55.90)	16:51.20 (56.15)	17:46.88 (55.68)	18:42.29 (55.41)	
	19:37.56 (55.27)	20:33.44 (55.88)	21:29.94 (56.50)	22:25.02 (55.08)	
	23:20.28 (55.26)	24:14.89 (54.61)	25:08.00 (53.11)	26:00.59 (52.59)	
	26:53.00 (52.41)	27:43.76 (50.76)			

Men 50-54 50 SC Meter Backstroke 50 Back Split

1	Mc Ginley, Patrick	50	Rose Bowl Masters-33	NT	34.62
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Men 50-54 50 SC Meter Backstroke

1	Nalli, Lyle	53	Puget Sound Masters-36	33.71	32.59
2	Jaffee, Lolo	53	Las Vegas Masters-33	37.50	33.66
3	Mc Ginley, Patrick	50	Rose Bowl Masters-33	33.89	34.45
4	Heuveline, Patrick	51	UCLA Bruin Masters-33	45.12	41.44
5	Bahamon, Luis	52	West Hollywood Aquatics-33	50.00	45.94

Men 50-54 100 SC Meter Backstroke

1	Jaegers, Al	51	Wildcat Alumni Masters-38	1:10.00	1:09.93
	34.43	1:09.93 (35.50)			
2	Mc Ginley, Patrick	50	Rose Bowl Masters-33	1:12.50	1:13.17
	35.55	1:13.17 (37.62)			
3	Ireland, Bill	54	Southern California Aquatic Ma-33	1:30.00	1:24.97
4	Graham, Errol	54	West Hollywood Aquatics-33	1:32.40	1:34.34
	45.48	1:34.34 (48.86)			
5	Werner, John	50	Long Beach Grunions-33	2:00.10	1:50.44
	53.99	1:50.44 (56.45)			

Men 50-54 200 SC Meter Backstroke

1	Morales, Tito	54	UCLA Bruin Masters-33	2:38.38	2:34.43
	35.74	1:14.72 (38.98)	1:54.80 (40.08)	2:34.43 (39.63)	
2	Mc Ginley, Patrick	50	Rose Bowl Masters-33	2:49.00	2:45.75
	40.03	1:22.56 (42.53)	2:05.91 (43.35)	2:45.75 (39.84)	
3	Heuveline, Patrick	51	UCLA Bruin Masters-33	3:11.22	3:06.40
	45.00	1:31.12 (46.12)	2:19.12 (48.00)	3:06.40 (47.28)	

Men 50-54 50 SC Meter Breaststroke

1	Guthrie, David	53	Longhorn Aquatics-43	30.11	29.84
2	Helgason, Tryggvi	50	Santa Clarita Masters Club-33	33.50	32.42
3	Peterson, Marlow	53	Mission Viejo Masters-33	35.63	34.27
4	Jaffee, Lolo	53	Las Vegas Masters-33	39.00	36.00
5	Mc Ginley, Patrick	50	Rose Bowl Masters-33	37.97	38.29
6	Bahamon, Luis	52	West Hollywood Aquatics-33	1:00.00	48.97

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 50-54 50 SC Meter Breaststroke)**

7	Holt, Mark	51	Long Beach Grunions-33	55.00	55.13
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Men 50-54 50 SC Meter Breaststroke 50 Breast Split

1	Guthrie, David	53	Longhorn Aquatics-43	NT	30.53
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Men 50-54 100 SC Meter Breaststroke

1	Guthrie, David	53	Longhorn Aquatics-43	1:05.61	1:04.54
	30.53		1:04.54 (34.01)		
2	Peterson, Marlow	53	Mission Viejo Masters-33	1:20.00	1:16.41
	36.44		1:16.41 (39.97)		
3	Alexander, Jeff	50	Unattached Wisconsin-20	1:25.00	1:22.22
	39.61		1:22.22 (42.61)		
4	Mc Ginley, Patrick	50	Rose Bowl Masters-33	1:25.00	1:27.00
	42.35		1:27.00 (44.65)		
5	Sive, Bill	52	Long Beach Grunions-33	2:30.00	2:14.27
	1:05.48		2:14.27 (1:08.79)		

Men 50-54 200 SC Meter Breaststroke

1	Guthrie, David	53	Longhorn Aquatics-43	2:23.20	2:21.65
	33.15		1:08.84 (35.69) 1:44.79 (35.95)	2:21.65 (36.86)	
2	Helgason, Tryggvi	50	Santa Clarita Masters Club-33	2:44.50	2:35.74
	36.01		1:15.36 (39.35) 1:55.12 (39.76)	2:35.74 (40.62)	
3	Komissarov, Andrey	53	San Diego Swim Masters-44	2:41.10	2:39.17
	34.84		1:14.25 (39.41) 1:55.56 (41.31)	2:39.17 (43.61)	
4	Phillips, Daniel	50	Puget Sound Masters-36	2:39.96	2:39.94
	35.68		1:14.87 (39.19) 1:56.58 (41.71)	2:39.94 (43.36)	
5	Peterson, Marlow	53	Mission Viejo Masters-33	2:55.87	2:50.83
	38.79		1:22.71 (43.92) 2:07.72 (45.01)	2:50.83 (43.11)	
6	Nalli, Lyle	53	Puget Sound Masters-36	3:10.00	2:54.92
	41.25		1:25.89 (44.64) 2:10.73 (44.84)	2:54.92 (44.19)	
7	Mc Ginley, Patrick	50	Rose Bowl Masters-33	3:00.49	3:06.03
	43.23		1:31.07 (47.84) 2:19.20 (48.13)	3:06.03 (46.83)	

Men 50-54 50 SC Meter Butterfly

1	Ponthier, Chuck	50	Los Angeles Peninsula Swimmers-33	27.90	27.72
2	Harvill, Tom	52	Wildcat Alumni Masters-38	28.00	27.98
3	Woolard, Woody	50	Unattached Southern Pacific-33	29.30	29.91
4	Nalli, Lyle	53	Puget Sound Masters-36	32.40	30.33
5	Jaffee, Lolo	53	Las Vegas Masters-33	34.00	30.35
6	Ozun, Sabri	50	Las Vegas Masters-33	32.00	33.51
7	Pombo, Diego	51	Novaquatics Masters-33	33.72	34.45
8	Graham, Errol	54	West Hollywood Aquatics-33	34.40	34.89
9	Serbia, George	53	Novaquatics Masters-33	35.00	39.15
10	Bahamon, Luis	52	West Hollywood Aquatics-33	50.00	44.67
11	Werner, John	50	Long Beach Grunions-33	46.73	48.53

Men 50-54 100 SC Meter Butterfly

1	Helgason, Tryggvi	50	Santa Clarita Masters Club-33	1:04.00	1:02.74
	29.35		1:02.74 (33.39)		
2	Komissarov, Andrey	53	San Diego Swim Masters-44	1:05.75	1:04.86
	30.03		1:04.86 (34.83)		
3	Ozun, Sabri	50	Las Vegas Masters-33	1:20.20	1:25.24
	37.73		1:25.24 (47.51)		
4	Sive, Bill	52	Long Beach Grunions-33	2:30.00	2:22.59
	1:05.88		2:22.59 (1:16.71)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 50-54 200 SC Meter Butterfly**

1	Jaffee, Lolo	53	Las Vegas Masters-33	2:45.00	2:33.58
	34.37	1:13.19 (38.82)	1:53.04 (39.85)	2:33.58 (40.54)	
2	Wasko, Frank	53	Novaquatics Masters-33	2:58.60	2:41.83
	34.73	1:16.20 (41.47)	1:59.59 (43.39)	2:41.83 (42.24)	

Men 50-54 100 SC Meter IM

1	Guthrie, David	53	Longhorn Aquatics-43	1:03.00	1:02.25
	29.82	1:02.25 (32.43)			
2	Phillips, Daniel	50	Puget Sound Masters-36	1:07.90	1:04.99
	31.56	1:04.99 (33.43)			
3	Komissarov, Andrey	53	San Diego Swim Masters-44	1:10.30	1:06.46
	32.42	1:06.46 (34.04)			
4	Jaffee, Lolo	53	Las Vegas Masters-33	1:15.00	1:09.43
	32.61	1:09.43 (36.82)			
5	Heuveline, Patrick	51	UCLA Bruin Masters-33	1:32.58	1:28.31
	41.32	1:28.31 (46.99)			
6	Bahamon, Luis	52	West Hollywood Aquatics-33	1:45.00	1:36.71
	46.56	1:36.71 (50.15)			
7	Miranda, Mike	51	Long Beach Grunions-33	1:45.00	1:43.87
	52.24	1:43.87 (51.63)			

Men 50-54 200 SC Meter IM

1	Guthrie, David	53	Longhorn Aquatics-43	2:22.00	2:18.51
	29.79	1:08.04 (38.25)	1:46.20 (38.16)	2:18.51 (32.31)	
2	Phillips, Daniel	50	Puget Sound Masters-36	2:25.19	2:22.20
	30.48	1:08.87 (38.39)	1:49.02 (40.15)	2:22.20 (33.18)	
3	Komissarov, Andrey	53	San Diego Swim Masters-44	2:25.44	2:23.09
	30.37	1:07.61 (37.24)	1:48.35 (40.74)	2:23.09 (34.74)	
4	Helgason, Tryggvi	50	Santa Clarita Masters Club-33	2:25.00	2:27.80
	30.37	1:11.43 (41.06)	1:51.88 (40.45)	2:27.80 (35.92)	
5	Morales, Tito	54	UCLA Bruin Masters-33	2:33.33	2:29.99
	31.81	1:11.02 (39.21)	1:55.86 (44.84)	2:29.99 (34.13)	
6	Ozun, Sabri	50	Las Vegas Masters-33	2:59.00	3:01.59
	39.19	1:28.87 (49.68)	2:20.25 (51.38)	3:01.59 (41.34)	
7	Heuveline, Patrick	51	UCLA Bruin Masters-33	3:19.51	3:10.95
	46.57	1:33.39 (46.82)	2:28.93 (55.54)	3:10.95 (42.02)	
8	Bahamon, Luis	52	West Hollywood Aquatics-33	3:45.00	3:38.10
	49.01	1:47.52 (58.51)	2:47.33 (59.81)	3:38.10 (50.77)	
9	Miranda, Mike	51	Long Beach Grunions-33	4:00.00	3:53.78
	52.37	2:00.22 (1:07.85)	3:07.64 (1:07.42)	3:53.78 (46.14)	
10	Sive, Bill	52	Long Beach Grunions-33	4:30.00	4:17.17
	1:04.54	2:08.76 (1:04.22)	3:23.53 (1:14.77)	4:17.17 (53.64)	

Men 50-54 400 SC Meter IM

1	Phillips, Daniel	50	Puget Sound Masters-36	5:10.16	5:09.07
	32.46	1:09.17 (36.71)	1:50.14 (40.97)	2:31.05 (40.91)	
	3:14.97 (43.92)	3:59.64 (44.67)	4:34.96 (35.32)	5:09.07 (34.11)	
2	Nalli, Lyle	53	Puget Sound Masters-36	5:40.00	5:28.86
	34.08	1:13.39 (39.31)	1:56.53 (43.14)	2:38.72 (42.19)	
	3:26.43 (47.71)	4:14.85 (48.42)	4:52.91 (38.06)	5:28.86 (35.95)	

Men 55-59 50 SC Meter Freestyle

1	Stephenson, Dan	56	Rose Bowl Masters-33	26.99	26.18
2	Heath, Robert	56	Manatee Aquatic Masters Inc-38	26.45	26.75
3	Cutting, Steve	56	Tri Valley Masters-38	27.93	27.53

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 55-59 50 SC Meter Freestyle)**

4	Mc Bride, Duncan	59	Los Angeles Peninsula Swimmers-33	29.00	28.62
5	Georges, Chris	55	Triton Swimming and Triathlon-33	33.79	32.73
6	Purgason, Lee	57	Rose Bowl Masters-33	34.20	34.25
7	Robinson, Keith	55	Unattached Southern Pacific-33	34.29	34.57

Men 55-59 100 SC Meter Freestyle

1	Cutting, Steve	56	Tri Valley Masters-38	1:00.87	59.96
	29.12		59.96 (30.84)		
2	Heath, Robert	56	Manatee Aquatic Masters Inc-38	59.80	1:01.37
	28.74		1:01.37 (32.63)		
3	Throne, William	57	Virginia Masters Swim Team-12	1:05.00	1:04.27
	31.22		1:04.27 (33.05)		
4	Baron, Mike	55	Long Beach Grunions-33	1:20.00	1:16.65
	35.46		1:16.65 (41.19)		
5	Georges, Chris	55	Triton Swimming and Triathlon-33	1:18.97	1:16.67
	35.76		1:16.67 (40.91)		
6	Feldman, Michael	55	Las Vegas Masters-33	1:40.00	1:17.20
	35.86		1:17.20 (41.34)		
7	Pinto, Harlan	56	Menlo Masters Aka Team Sheepeer-38	1:17.86	1:17.49
	36.71		1:17.49 (40.78)		
8	Purgason, Lee	57	Rose Bowl Masters-33	1:19.80	1:20.27
	38.82		1:20.27 (41.45)		

Men 55-59 200 SC Meter Freestyle

1	Throne, William	57	Virginia Masters Swim Team-12	2:25.00	2:23.03
	34.12		1:10.99 (36.87) 1:48.26 (37.27) 2:23.03 (34.77)		
2	Carpenter, John	55	Novaquatics Masters-33	2:35.00	2:30.61
	34.29		1:12.75 (38.46) 1:52.48 (39.73) 2:30.61 (38.13)		
3	Plackemeier, Steven	59	San Diego Swim Masters-44	2:35.00	2:41.20
	38.41		1:19.64 (41.23) 2:01.39 (41.75) 2:41.20 (39.81)		
4	Georges, Chris	55	Triton Swimming and Triathlon-33	2:52.81	2:52.17
	38.08		1:20.54 (42.46) 2:06.40 (45.86) 2:52.17 (45.77)		

Men 55-59 400 SC Meter Freestyle

1	Leonard, Dan	59	Southern California Aquatic Ma-33	5:10.00	5:06.60
	34.84		1:12.35 (37.51) 1:51.04 (38.69) 2:29.89 (38.85)		
	3:09.18 (39.29)		3:48.69 (39.51) 4:28.35 (39.66) 5:06.60 (38.25)		
2	Soderstrom, Tom	55	Rose Bowl Masters-33	5:21.78	5:07.18
	34.90		1:13.64 (38.74) 1:53.41 (39.77) 2:33.08 (39.67)		
	3:12.29 (39.21)		3:51.38 (39.09) 4:30.36 (38.98) 5:07.18 (36.82)		
3	Plackemeier, Steven	59	San Diego Swim Masters-44	5:33.00	5:32.06
	38.87		1:21.79 (42.92) 2:04.95 (43.16) 2:48.70 (43.75)		
	3:30.77 (42.07)		4:11.97 (41.20) 4:52.33 (40.36) 5:32.06 (39.73)		
4	Heins, Barry	57	Rio Grande Swim Club-53	5:52.90	5:57.75
	38.46		1:23.22 (44.76) 2:10.36 (47.14) 2:56.68 (46.32)		
	3:43.39 (46.71)		4:29.44 (46.05) 5:14.75 (45.31) 5:57.75 (43.00)		
5	Georges, Chris	55	Triton Swimming and Triathlon-33	5:57.75	6:01.62
	40.56		1:26.32 (45.76) 2:12.42 (46.10) 2:59.41 (46.99)		
	3:45.44 (46.03)		4:31.10 (45.66) 5:17.19 (46.09) 6:01.62 (44.43)		
6	Baron, Mike	55	Long Beach Grunions-33	7:00.00	6:35.82
	44.59		1:34.53 (49.94) 2:26.17 (51.64) 3:19.00 (52.83)		
	4:11.51 (52.51)		5:03.96 (52.45) 5:55.21 (51.25) 6:35.82 (40.61)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 55-59 800 SC Meter Freestyle**

1	Soderstrom, Tom	55	Rose Bowl Masters-33	11:17.87	10:43.69
	37.20	1:17.68 (40.48)	1:58.22 (40.54)	2:39.03 (40.81)	
	3:19.08 (40.05)	3:59.57 (40.49)	4:39.90 (40.33)	5:20.93 (41.03)	
	6:02.18 (41.25)	6:43.38 (41.20)	7:24.34 (40.96)	8:04.88 (40.54)	
	8:46.43 (41.55)	9:27.42 (40.99)	10:06.51 (39.09)	10:43.69 (37.18)	
2	Plackemeier, Steven	59	San Diego Swim Masters-44	11:10.20	11:21.91
	39.07	1:21.70 (42.63)	2:05.06 (43.36)	2:48.76 (43.70)	
	3:31.79 (43.03)	4:15.52 (43.73)	4:58.52 (43.00)	5:41.55 (43.03)	
	6:24.65 (43.10)	7:07.97 (43.32)	7:50.85 (42.88)	8:33.33 (42.48)	
	9:16.20 (42.87)	9:58.98 (42.78)	10:41.03 (42.05)	11:21.91 (40.88)	
3	Heins, Barry	57	Rio Grande Swim Club-53	12:28.93	12:18.78
	41.26	1:27.38 (46.12)	2:15.00 (47.62)	3:02.43 (47.43)	
	3:49.44 (47.01)	4:36.21 (46.77)	5:23.46 (47.25)	6:10.83 (47.37)	
	6:57.45 (46.62)	7:44.15 (46.70)	8:30.83 (46.68)	9:17.07 (46.24)	
	10:03.49 (46.42)	10:49.66 (46.17)	11:34.80 (45.14)	12:18.78 (43.98)	
4	Georges, Chris	55	Triton Swimming and Triathlon-33	12:17.30	12:27.72
	41.94	1:28.30 (46.36)	2:15.79 (47.49)	3:03.02 (47.23)	
	3:49.20 (46.18)	4:35.98 (46.78)	5:22.67 (46.69)	6:09.89 (47.22)	
	6:57.01 (47.12)	7:43.98 (46.97)	8:30.89 (46.91)	9:17.89 (47.00)	
	10:04.69 (46.80)	10:52.04 (47.35)	11:39.53 (47.49)	12:27.72 (48.19)	
5	Wilson, Thomas	59	West Hollywood Aquatics-33	12:30.00	12:41.62
	43.83	1:32.87 (49.04)	2:22.52 (49.65)	3:11.87 (49.35)	
	4:00.59 (48.72)	4:48.97 (48.38)	5:38.21 (49.24)	6:26.04 (47.83)	
	7:14.60 (48.56)	8:02.57 (47.97)	8:50.58 (48.01)	9:38.61 (48.03)	
	10:25.25 (46.64)	11:12.41 (47.16)	11:58.40 (45.99)	12:41.62 (43.22)	
6	Pinto, Harlan	56	Menlo Masters Aka Team Sheeper-38	11:30.00	12:44.78
	38.95	1:22.66 (43.71)	2:10.02 (47.36)	2:57.29 (47.27)	
	3:44.80 (47.51)	4:32.67 (47.87)	5:21.35 (48.68)	6:10.39 (49.04)	
	7:00.22 (49.83)	7:50.15 (49.93)	8:39.41 (49.26)	9:29.00 (49.59)	
	10:18.27 (49.27)	11:07.33 (49.06)	12:44.78 (1:37.45)		

Men 55-59 1500 SC Meter Freestyle

1	Soderstrom, Tom	55	Rose Bowl Masters-33	23:00.00	20:45.71
	37.25	1:18.92 (41.67)	2:00.84 (41.92)	2:42.43 (41.59)	
	3:24.36 (41.93)	4:05.98 (41.62)	4:48.37 (42.39)	5:30.12 (41.75)	
	6:11.76 (41.64)	6:53.31 (41.55)	7:35.05 (41.74)	8:16.47 (41.42)	
	8:57.63 (41.16)	9:39.42 (41.79)	10:20.69 (41.27)	11:01.73 (41.04)	
	11:43.24 (41.51)	12:25.32 (42.08)	13:06.79 (41.47)	13:49.70 (42.91)	
	14:31.05 (41.35)	15:13.51 (42.46)	15:56.12 (42.61)	16:38.30 (42.18)	
	17:20.14 (41.84)	18:02.05 (41.91)	18:44.39 (42.34)	19:26.36 (41.97)	
	20:07.41 (41.05)	20:45.71 (38.30)			
2	Plackemeier, Steven	59	San Diego Swim Masters-44	21:50.00	22:06.01
	41.68	1:26.57 (44.89)	2:11.84 (45.27)	2:57.14 (45.30)	
	3:42.14 (45.00)	4:26.74 (44.60)	5:11.11 (44.37)	5:55.77 (44.66)	
	6:39.92 (44.15)	7:23.85 (43.93)	8:07.77 (43.92)	8:51.96 (44.19)	
	9:36.22 (44.26)	10:20.91 (44.69)	11:05.38 (44.47)	11:49.77 (44.39)	
	12:34.25 (44.48)	13:18.55 (44.30)	14:03.15 (44.60)	14:47.63 (44.48)	
	15:32.24 (44.61)	16:16.82 (44.58)	17:01.17 (44.35)	17:45.79 (44.62)	
	18:30.10 (44.31)	19:14.37 (44.27)	19:58.76 (44.39)	20:43.42 (44.66)	
	21:26.85 (43.43)	22:06.01 (39.16)			

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3	Georges, Chris	55	Triton Swimming and Triathlon-33	25:03.25	23:39.20
	42.12	1:28.44 (46.32)	2:15.44 (47.00)	3:02.48 (47.04)	
	3:49.26 (46.78)	4:36.51 (47.25)	5:23.78 (47.27)	6:11.53 (47.75)	
	6:58.90 (47.37)	7:46.22 (47.32)	8:33.31 (47.09)	9:21.04 (47.73)	
	10:08.43 (47.39)	10:55.93 (47.50)	11:42.77 (46.84)	12:30.10 (47.33)	
	13:17.71 (47.61)	14:04.64 (46.93)	14:52.04 (47.40)	15:39.32 (47.28)	
	16:26.17 (46.85)	17:13.54 (47.37)	18:01.51 (47.97)	18:49.39 (47.88)	
	19:37.10 (47.71)	20:25.46 (48.36)	21:14.04 (48.58)	22:03.24 (49.20)	
	22:51.67 (48.43)	23:39.20 (47.53)			
4	Heins, Barry	57	Rio Grande Swim Club-53	23:44.76	24:06.52
	39.17	1:25.21 (46.04)	24:06.52 (22:41.31)		
5	Feldman, Michael	55	Las Vegas Masters-33	25:00.00	26:56.79
	41.65	1:29.61 (47.96)	2:22.25 (52.64)	3:16.77 (54.52)	
	4:11.26 (54.49)	5:04.78 (53.52)	6:00.28 (55.50)	6:54.98 (54.70)	
	7:48.89 (53.91)	8:43.88 (54.99)	9:39.86 (55.98)	10:34.99 (55.13)	
	11:28.95 (53.96)	12:25.13 (56.18)	13:20.57 (55.44)	14:16.37 (55.80)	
	15:10.35 (53.98)	16:05.24 (54.89)	17:01.66 (56.42)	17:55.54 (53.88)	
	18:51.07 (55.53)	19:45.07 (54.00)	20:40.31 (55.24)	21:35.05 (54.74)	
	22:29.53 (54.48)	23:24.17 (54.64)	24:19.03 (54.86)	25:12.84 (53.81)	
	26:07.05 (54.21)	26:56.79 (49.74)			
---	Wilson, Thomas	59	West Hollywood Aquatics-33	24:30.00	DQ
	41.10	1:27.25 (46.15)	2:14.62 (47.37)	3:03.00 (48.38)	
	3:50.02 (47.02)	4:37.74 (47.72)	5:25.85 (48.11)	6:15.07 (49.22)	
	7:05.01 (49.94)	7:54.58 (49.57)	8:46.00 (51.42)	9:42.66 (56.66)	
	10:30.59 (47.93)				

Men 55-59 50 SC Meter Backstroke

1	Heath, Robert	56	Manatee Aquatic Masters Inc-38	31.30	31.19
2	Cutting, Steve	56	Tri Valley Masters-38	33.47	32.87
3	Uchiyama, Winston	56	Rose Bowl Masters-33	36.00	34.03
4	Purgason, Lee	57	Rose Bowl Masters-33	41.80	41.40
5	Sundius, David	55	South Bay Swim Team-33	42.10	42.51
6	Pinto, Harlan	56	Menlo Masters Aka Team Sheepeer-38	48.00	46.47

Men 55-59 100 SC Meter Backstroke

1	Stephenson, Dan	56	Rose Bowl Masters-33	1:11.25	1:07.66
	34.00	1:07.66 (33.66)			
2	Heath, Robert	56	Manatee Aquatic Masters Inc-38	1:09.50	1:09.43
	33.81	1:09.43 (35.62)			
3	Cutting, Steve	56	Tri Valley Masters-38	1:11.95	1:11.38
	34.44	1:11.38 (36.94)			
4	Throne, William	57	Virginia Masters Swim Team-12	1:18.00	1:15.60
	37.09	1:15.60 (38.51)			
5	Plackemeier, Steven	59	San Diego Swim Masters-44	1:27.00	1:29.69
	44.07	1:29.69 (45.62)			
6	Purgason, Lee	57	Rose Bowl Masters-33	1:32.00	1:30.28
	44.59	1:30.28 (45.69)			
7	Pinto, Harlan	56	Menlo Masters Aka Team Sheepeer-38	1:15.00	1:39.20
	47.20	1:39.20 (52.00)			

Men 55-59 200 SC Meter Backstroke

1	Plackemeier, Steven	59	San Diego Swim Masters-44	3:03.40	3:20.96
	48.79	1:40.33 (51.54)	2:31.10 (50.77)	3:20.96 (49.86)	
2	Purgason, Lee	57	Rose Bowl Masters-33	3:32.00	3:24.31
	50.33	1:42.17 (51.84)	2:34.70 (52.53)	3:24.31 (49.61)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 55-59 200 SC Meter Backstroke)**

3	Feldman, Michael	55	Las Vegas Masters-33	4:00.00	4:24.17
		2:06.82 ()	3:16.84 (1:10.02)	4:24.17 (1:07.33)	

Men 55-59 50 SC Meter Breaststroke

1	Von Hoffmann, Gerard	57	Novaquatics Masters-33	34.40	32.82
2	Uchiyama, Winston	56	Rose Bowl Masters-33	36.00	35.61
3	Heins, Barry	57	Rio Grande Swim Club-53	39.65	39.07
4	Robinson, Keith	55	Unattached Southern Pacific-33	40.72	41.09

Men 55-59 100 SC Meter Breaststroke

1	Leonard, Dan	59	Southern California Aquatic Ma-33	1:23.00	1:20.58
		38.17	1:20.58 (42.41)		
2	Heins, Barry	57	Rio Grande Swim Club-53	1:30.26	1:28.89
		40.11	1:28.89 (48.78)		
3	Robinson, Keith	55	Unattached Southern Pacific-33	1:37.63	1:31.69
		44.12	1:31.69 (47.57)		

Men 55-59 200 SC Meter Breaststroke

1	Von Hoffmann, Gerard	57	Novaquatics Masters-33	2:44.00	2:40.80
		36.56	1:17.03 (40.47)	1:58.40 (41.37)	2:40.80 (42.40)
2	Uchiyama, Winston	56	Rose Bowl Masters-33	2:50.00	2:49.45
		39.54	1:22.92 (43.38)	2:06.67 (43.75)	2:49.45 (42.78)
3	Soderstrom, Tom	55	Rose Bowl Masters-33	3:15.66	3:08.32
		42.79	1:30.89 (48.10)	2:19.77 (48.88)	3:08.32 (48.55)
4	Throne, William	57	Virginia Masters Swim Team-12	3:20.00	3:12.43
		45.88	1:35.05 (49.17)	2:25.39 (50.34)	3:12.43 (47.04)
5	Heins, Barry	57	Rio Grande Swim Club-53	3:20.13	3:16.52
		41.17	1:31.05 (49.88)	2:24.47 (53.42)	3:16.52 (52.05)
6	Robinson, Keith	55	Unattached Southern Pacific-33	3:39.18	3:36.49
		49.93	1:44.67 (54.74)	2:43.95 (59.28)	3:36.49 (52.54)
7	Ferguson, Howard	59	Long Beach Grunions-33	3:35.00	3:41.99
		49.79	1:44.00 (54.21)	2:42.23 (58.23)	3:41.99 (59.76)
8	Baron, Mike	55	Long Beach Grunions-33	3:50.00	3:53.50
		54.86	1:54.53 (59.67)	2:56.28 (1:01.75)	3:53.50 (57.22)
9	Parnes, Bart	57	Long Beach Grunions-33	4:00.00	4:05.78
		53.52	1:55.21 (1:01.69)	3:00.11 (1:04.90)	4:05.78 (1:05.67)

Men 55-59 50 SC Meter Butterfly

1	Heath, Robert	56	Manatee Aquatic Masters Inc-38	28.87	29.23
2	Mc Bride, Duncan	59	Los Angeles Peninsula Swimmers-33	31.00	31.22
3	Robinson, Keith	55	Unattached Southern Pacific-33	39.47	38.29
4	Pinto, Harlan	56	Menlo Masters Aka Team Sheepeer-38	41.23	39.27

Men 55-59 100 SC Meter Butterfly

1	Heath, Robert	56	Manatee Aquatic Masters Inc-38	1:06.20	1:05.53
		30.39	1:05.53 (35.14)		
2	Uchiyama, Winston	56	Rose Bowl Masters-33	1:08.00	1:08.37
		32.30	1:08.37 (36.07)		
3	Cutting, Steve	56	Tri Valley Masters-38	1:13.00	1:11.65
		32.61	1:11.65 (39.04)		
4	Pinto, Harlan	56	Menlo Masters Aka Team Sheepeer-38	1:37.00	1:41.82
		43.71	1:41.82 (58.11)		
5	Baron, Mike	55	Long Beach Grunions-33	2:15.00	1:57.46
		53.85	1:57.46 (1:03.61)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 55-59 100 SC Meter Butterfly)**

6 Parnes, Bart	57 Long Beach Grunions-33	2:00.00	1:57.58
53.69	1:57.58 (1:03.89)		

Men 55-59 200 SC Meter Butterfly

1 Ferguson, Howard	59 Long Beach Grunions-33	3:55.40	3:40.20
49.96	1:46.11 (56.15) 2:43.85 (57.74)	3:40.20 (56.35)	

Men 55-59 100 SC Meter IM

1 Von Hoffmann, Gerard	57 Novaquatics Masters-33	1:10.50	1:06.92
31.79	1:06.92 (35.13)		
2 Uchiyama, Winston	56 Rose Bowl Masters-33	1:11.00	1:09.54
33.39	1:09.54 (36.15)		
3 Carpenter, John	55 Novaquatics Masters-33	1:20.00	1:16.27
35.87	1:16.27 (40.40)		
4 Robinson, Keith	55 Unattached Southern Pacific-33	1:37.15	1:27.89
44.53	1:27.89 (43.36)		

Men 55-59 200 SC Meter IM

1 Cutting, Steve	56 Tri Valley Masters-38	2:37.54	2:34.67
32.38	1:11.54 (39.16) 1:57.92 (46.38)	2:34.67 (36.75)	
2 Soderstrom, Tom	55 Rose Bowl Masters-33	2:51.79	2:49.28
37.36	1:22.86 (45.50) 2:11.31 (48.45)	2:49.28 (37.97)	
3 Baron, Mike	55 Long Beach Grunions-33	4:00.00	3:38.83
51.25	1:50.13 (58.88) 2:54.05 (1:03.92)	3:38.83 (44.78)	
4 Parnes, Bart	57 Long Beach Grunions-33	4:05.00	4:00.39
53.08	1:54.26 (1:01.18) 3:04.47 (1:10.21)	4:00.39 (55.92)	
--- Feldman, Michael	55 Las Vegas Masters-33	4:00.00	DQ
48.56	1:54.42 (1:05.86) 3:17.87 (1:23.45)	DQ (51.41)	

Men 55-59 400 SC Meter IM

1 Throne, William	57 Virginia Masters Swim Team-12	5:55.00	6:01.35
39.71	1:26.46 (46.75) 2:14.35 (47.89)	2:59.96 (45.61)	
3:52.25 (52.29)	4:43.79 (51.54) 5:24.56 (40.77)	6:01.35 (36.79)	
2 Soderstrom, Tom	55 Rose Bowl Masters-33	6:18.88	6:03.73
39.09	1:26.65 (47.56) 2:16.79 (50.14)	3:04.35 (47.56)	
3:53.97 (49.62)	4:44.36 (50.39) 5:25.72 (41.36)	6:03.73 (38.01)	
3 Baron, Mike	55 Long Beach Grunions-33	8:00.00	8:26.44
57.39	2:03.55 (1:06.16) 3:11.74 (1:08.19)	4:20.77 (1:09.03)	
5:28.15 (1:07.38)	6:37.43 (1:09.28) 7:32.60 (55.17)	8:26.44 (53.84)	

Men 60-64 50 SC Meter Freestyle

1 Holt, Tate	62 Tamalpais Aquatic Masters-38	27.50	27.03
2 Gruber, Glenn	64 Ventura County Masters-33	27.82	27.65
3 Rosen, Robert	63 Conejo Valley Multisport Maste-33	28.88	28.97
4 Duffield, Harry	63 San Diego Swim Masters-44	30.00	31.05
5 Brower, Raymond	62 La Mirada Armada-33	31.80	31.62
6 Samardzic, Predrag	62 San Diego Swim Masters-44	37.33	35.96
7 Cook, Kris	63 Triton Swimming and Triathlon-33	36.77	36.62
8 Tortoza, Carlos	63 San Diego Swim Masters-44	36.48	38.97

Men 60-64 100 SC Meter Freestyle

1 Gruber, Glenn	64 Ventura County Masters-33	1:03.14	1:02.05
29.86	1:02.05 (32.19)		
2 Modjeska, Mark	60 Arizona Masters Swim Club Inc-48	1:05.93	1:06.33
31.56	1:06.33 (34.77)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 60-64 100 SC Meter Freestyle)**

3	Sherrill, Mike	64	The Olympic Club-38	1:15.00	1:10.89
	34.35		1:10.89 (36.54)		
4	Fulljames, Rick	62	Las Vegas Masters-33	1:17.10	1:16.27
	36.49		1:16.27 (39.78)		
5	Schmitt, Eric	63	Novaquatics Masters-33	1:23.90	1:17.56
	37.88		1:17.56 (39.68)		
6	Astudillo, Fabio	61	San Diego Swim Masters-44	1:16.00	1:21.55

Men 60-64 200 SC Meter Freestyle

1	Gruber, Glenn	64	Ventura County Masters-33	2:20.30	2:19.21
	32.37		1:08.10 (35.73) 1:43.72 (35.62) 2:19.21 (35.49)		
2	Modjeska, Mark	60	Arizona Masters Swim Club Inc-48	2:25.51	2:24.97
	33.37		1:10.94 (37.57) 1:48.56 (37.62) 2:24.97 (36.41)		
3	Rosen, Robert	63	Conejo Valley Multisport Maste-33	2:25.77	2:31.91
	34.23		1:12.29 (38.06) 1:51.79 (39.50) 2:31.91 (40.12)		
4	Sterne, Erik	61	Rose Bowl Masters-33	2:34.31	2:39.00
	36.24		1:15.84 (39.60) 1:58.11 (42.27) 2:39.00 (40.89)		
5	Fulljames, Rick	62	Las Vegas Masters-33	2:47.20	2:43.59
	37.72		1:19.26 (41.54) 2:02.39 (43.13) 2:43.59 (41.20)		
6	Foote, David	63	Unattached Southern Pacific-33	2:44.00	2:49.24
	40.38		1:24.59 (44.21) 2:08.87 (44.28) 2:49.24 (40.37)		
7	Cook, Kris	63	Triton Swimming and Triathlon-33	3:07.80	3:08.12
	43.31		1:31.32 (48.01) 2:20.08 (48.76) 3:08.12 (48.04)		
8	Samardzic, Predrag	62	San Diego Swim Masters-44	3:30.47	3:25.03
	42.88		1:35.70 (52.82) 2:32.41 (56.71) 3:25.03 (52.62)		

Men 60-64 400 SC Meter Freestyle

1	Gruber, Glenn	64	Ventura County Masters-33	5:02.37	4:56.25
	34.10		1:11.06 (36.96) 1:48.69 (37.63) 2:26.92 (38.23)		
	3:04.68 (37.76)		3:42.74 (38.06) 4:20.24 (37.50) 4:56.25 (36.01)		
2	Modjeska, Mark	60	Arizona Masters Swim Club Inc-48	5:10.67	5:04.01
	34.21		1:11.77 (37.56) 1:50.36 (38.59) 2:29.87 (39.51)		
	3:09.18 (39.31)		3:48.56 (39.38) 4:27.23 (38.67) 5:04.01 (36.78)		
3	Sherrill, Mike	64	The Olympic Club-38	5:45.00	5:18.64
	37.69		1:18.30 (40.61) 1:59.21 (40.91) 2:39.60 (40.39)		
	3:19.99 (40.39)		4:00.25 (40.26) 4:39.90 (39.65) 5:18.64 (38.74)		
4	Rosen, Robert	63	Conejo Valley Multisport Maste-33	5:15.00	5:18.66
	35.07		1:14.38 (39.31) 1:54.86 (40.48) 2:35.94 (41.08)		
	3:16.71 (40.77)		3:57.99 (41.28) 4:38.86 (40.87) 5:18.66 (39.80)		
5	Larson, Charles	61	West Hollywood Aquatics-33	5:40.00	5:36.29
	39.05		1:20.84 (41.79) 2:02.53 (41.69) 2:45.46 (42.93)		
	3:28.92 (43.46)		4:12.13 (43.21) 4:54.76 (42.63) 5:36.29 (41.53)		
6	Fulljames, Rick	62	Las Vegas Masters-33	5:55.00	5:47.67
	39.95		1:23.81 (43.86) 2:08.40 (44.59) 2:53.28 (44.88)		
	3:38.65 (45.37)		4:22.82 (44.17) 5:06.32 (43.50) 5:47.67 (41.35)		
7	Sterne, Erik	61	Rose Bowl Masters-33	5:33.79	5:50.34
	39.47		1:21.53 (42.06) 2:05.52 (43.99) 2:50.27 (44.75)		
	3:35.68 (45.41)		4:20.88 (45.20) 5:06.10 (45.22) 5:50.34 (44.24)		
8	Foote, David	63	Unattached Southern Pacific-33	6:02.00	5:59.06
	39.71		1:24.23 (44.52) 2:11.57 (47.34) 2:58.63 (47.06)		
	3:44.88 (46.25)		4:31.61 (46.73) 5:17.10 (45.49) 5:59.06 (41.96)		
9	Schmitt, Eric	63	Novaquatics Masters-33	5:59.70	6:01.71
	40.65		1:24.78 (44.13) 2:09.31 (44.53) 2:54.71 (45.40)		
	3:41.11 (46.40)		4:28.32 (47.21) 5:16.13 (47.81) 6:01.71 (45.58)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 60-64 400 SC Meter Freestyle)**

10 Olson, Jay	64 West Hollywood Aquatics-33	6:15.00	6:04.64
41.27	1:26.88 (45.61)	2:13.26 (46.38)	3:00.37 (47.11)
3:47.22 (46.85)	4:34.54 (47.32)	5:20.60 (46.06)	6:04.64 (44.04)
11 Cook, Kris	63 Triton Swimming and Triathlon-33	6:54.77	6:34.18
44.84	1:33.93 (49.09)	2:23.34 (49.41)	3:14.15 (50.81)
4:03.83 (49.68)	4:54.47 (50.64)	5:44.86 (50.39)	6:34.18 (49.32)

Men 60-64 800 SC Meter Freestyle

1 Modjeska, Mark	60 Arizona Masters Swim Club Inc-48	10:43.44	10:30.76
34.78	1:13.45 (38.67)	1:53.25 (39.80)	2:33.38 (40.13)
3:13.20 (39.82)	3:53.12 (39.92)	4:34.39 (41.27)	5:14.55 (40.16)
5:54.85 (40.30)	6:34.62 (39.77)	7:14.99 (40.37)	7:55.05 (40.06)
8:34.77 (39.72)	9:14.25 (39.48)	9:53.09 (38.84)	10:30.76 (37.67)
2 Gruber, Glenn	64 Ventura County Masters-33	10:59.00	10:34.70
35.74	1:15.07 (39.33)	1:54.23 (39.16)	2:33.40 (39.17)
3:13.25 (39.85)	3:52.86 (39.61)	4:32.59 (39.73)	5:12.51 (39.92)
5:51.98 (39.47)	6:32.03 (40.05)	7:11.89 (39.86)	7:52.53 (40.64)
8:33.40 (40.87)	9:15.27 (41.87)	9:55.94 (40.67)	10:34.70 (38.76)
3 Rosen, Robert	63 Conejo Valley Multisport Maste-33	11:01.31	10:55.96
36.99	1:18.61 (41.62)	2:00.37 (41.76)	2:41.84 (41.47)
3:23.57 (41.73)	4:04.98 (41.41)	4:46.26 (41.28)	5:27.60 (41.34)
6:08.81 (41.21)	6:50.27 (41.46)	7:31.46 (41.19)	8:13.07 (41.61)
8:54.55 (41.48)	9:35.90 (41.35)	10:16.60 (40.70)	10:55.96 (39.36)
4 Larson, Charles	61 West Hollywood Aquatics-33	12:00.00	11:55.43
42.80	1:28.87 (46.07)	2:14.74 (45.87)	3:01.17 (46.43)
3:47.41 (46.24)	4:32.96 (45.55)	5:18.88 (45.92)	6:04.78 (45.90)
6:50.19 (45.41)	7:35.51 (45.32)	8:20.03 (44.52)	9:04.29 (44.26)
9:48.06 (43.77)	10:31.32 (43.26)	11:14.00 (42.68)	11:55.43 (41.43)
5 Foote, David	63 Unattached Southern Pacific-33	12:28.00	12:14.57
41.94	1:27.15 (45.21)	2:13.44 (46.29)	3:00.25 (46.81)
3:46.95 (46.70)	4:33.65 (46.70)	5:20.70 (47.05)	6:06.09 (45.39)
6:52.56 (46.47)	7:38.84 (46.28)	8:25.45 (46.61)	9:12.76 (47.31)
10:00.10 (47.34)	10:46.91 (46.81)	11:33.22 (46.31)	12:14.57 (41.35)
6 Olson, Jay	64 West Hollywood Aquatics-33	18:30.00	12:43.29
44.07	1:31.40 (47.33)	2:19.29 (47.89)	3:06.72 (47.43)
3:54.18 (47.46)	4:42.32 (48.14)	5:30.67 (48.35)	6:18.68 (48.01)
7:06.72 (48.04)	7:55.61 (48.89)	8:44.56 (48.95)	9:33.00 (48.44)
10:21.38 (48.38)	11:09.82 (48.44)	11:57.44 (47.62)	12:43.29 (45.85)
7 Cook, Kris	63 Triton Swimming and Triathlon-33	13:37.36	13:42.13
44.84	1:35.70 (50.86)	2:26.70 (51.00)	3:18.57 (51.87)
4:09.58 (51.01)	5:01.61 (52.03)	5:54.39 (52.78)	6:46.98 (52.59)
7:38.90 (51.92)	8:31.69 (52.79)	9:23.52 (51.83)	10:15.61 (52.09)
11:07.81 (52.20)	12:00.33 (52.52)	12:52.33 (52.00)	13:42.13 (49.80)

Men 60-64 1500 SC Meter Freestyle

1 Modjeska, Mark	60 Arizona Masters Swim Club Inc-48	20:24.82	20:12.24
34.18	1:11.77 (37.59)	1:51.11 (39.34)	2:31.49 (40.38)
3:11.95 (40.46)	3:52.77 (40.82)	4:33.62 (40.85)	5:14.30 (40.68)
5:55.00 (40.70)	6:35.92 (40.92)	7:17.06 (41.14)	7:57.90 (40.84)
8:38.80 (40.90)	9:19.77 (40.97)	10:00.37 (40.60)	10:40.69 (40.32)
11:21.38 (40.69)	12:01.93 (40.55)	12:42.77 (40.84)	13:23.82 (41.05)
14:04.79 (40.97)	14:45.75 (40.96)	15:27.29 (41.54)	16:09.29 (42.00)
16:50.67 (41.38)	17:31.37 (40.70)	18:12.55 (41.18)	18:53.09 (40.54)
19:33.26 (40.17)	20:12.24 (38.98)		

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 60-64 1500 SC Meter Freestyle)**

2	Sherrill, Mike	64	The Olympic Club-38	26:00.00	20:53.03
	39.92	1:20.67 (40.75)	2:01.72 (41.05)	2:43.37 (41.65)	
	3:24.68 (41.31)	4:06.25 (41.57)	4:47.73 (41.48)	5:29.28 (41.55)	
	6:11.07 (41.79)	6:52.54 (41.47)	7:34.34 (41.80)	8:15.90 (41.56)	
	8:57.57 (41.67)	9:39.30 (41.73)	10:22.09 (42.79)	11:03.49 (41.40)	
	11:46.53 (43.04)	12:29.13 (42.60)	13:11.61 (42.48)	13:54.10 (42.49)	
	14:36.54 (42.44)	15:18.81 (42.27)	16:01.35 (42.54)	16:43.57 (42.22)	
	17:25.75 (42.18)	18:07.67 (41.92)	18:49.42 (41.75)	19:31.33 (41.91)	
	20:13.00 (41.67)	20:53.03 (40.03)			
3	Larson, Charles	61	West Hollywood Aquatics-33	40:00.00	22:36.03
	41.95	1:27.37 (45.42)	2:12.82 (45.45)	2:58.82 (46.00)	
	3:44.78 (45.96)	4:31.41 (46.63)	5:17.10 (45.69)	6:02.80 (45.70)	
	6:48.61 (45.81)	7:34.25 (45.64)	8:19.68 (45.43)	9:04.90 (45.22)	
	9:49.98 (45.08)	10:35.05 (45.07)	11:20.16 (45.11)	12:04.75 (44.59)	
	12:49.56 (44.81)	13:34.68 (45.12)	14:19.96 (45.28)	15:04.83 (44.87)	
	15:50.43 (45.60)	16:35.43 (45.00)	17:20.89 (45.46)	18:06.27 (45.38)	
	18:51.88 (45.61)	19:37.30 (45.42)	20:22.80 (45.50)	21:08.29 (45.49)	
	21:52.93 (44.64)	22:36.03 (43.10)			
4	Foote, David	63	Unattached Southern Pacific-33	23:43.80	23:20.11
	40.81	1:26.26 (45.45)	23:20.11 (21:53.85)		
5	Olson, Jay	64	West Hollywood Aquatics-33	24:30.00	23:49.49
	44.26	1:30.48 (46.22)	2:18.01 (47.53)	3:05.62 (47.61)	
	3:53.99 (48.37)	4:42.13 (48.14)	5:30.04 (47.91)	6:17.94 (47.90)	
	7:05.95 (48.01)	7:53.71 (47.76)	8:41.83 (48.12)	9:29.91 (48.08)	
	10:17.81 (47.90)	11:05.85 (48.04)	11:53.53 (47.68)	12:41.55 (48.02)	
	13:29.38 (47.83)	14:17.53 (48.15)	15:06.00 (48.47)	15:53.75 (47.75)	
	16:41.58 (47.83)	17:29.37 (47.79)	18:17.05 (47.68)	19:05.33 (48.28)	
	19:53.47 (48.14)	20:41.58 (48.11)	21:29.73 (48.15)	22:17.51 (47.78)	
	23:04.63 (47.12)	23:49.49 (44.86)			
6	Cook, Kris	63	Triton Swimming and Triathlon-33	26:30.93	25:59.65
	46.46	1:36.56 (50.10)	2:27.93 (51.37)	3:18.95 (51.02)	
	4:09.32 (50.37)	5:00.59 (51.27)	5:51.87 (51.28)	6:42.88 (51.01)	
	7:34.82 (51.94)	8:27.30 (52.48)	9:19.29 (51.99)	10:13.16 (53.87)	
	11:04.33 (51.17)	11:56.45 (52.12)	12:48.61 (52.16)	13:40.63 (52.02)	
	14:32.68 (52.05)	15:26.12 (53.44)	16:19.80 (53.68)	17:12.30 (52.50)	
	18:04.20 (51.90)	18:58.18 (53.98)	19:49.63 (51.45)	20:43.87 (54.24)	
	21:35.33 (51.46)	22:27.61 (52.28)	23:20.99 (53.38)	24:14.14 (53.15)	
	25:07.69 (53.55)	25:59.65 (51.96)			

Men 60-64 50 SC Meter Backstroke

1	Astudillo, Fabio	61	San Diego Swim Masters-44	44.00	45.69
2	Samardzic, Predrag	62	San Diego Swim Masters-44	51.20	50.43

Men 60-64 100 SC Meter Backstroke

1	Ferroggiaro, Fred	60	The Olympic Club-38	1:08.75	1:08.49
	33.30	1:08.49 (35.19)			
2	Lucas, James	63	Southern California Aquatic Ma-33	1:20.50	1:22.35
	40.37	1:22.35 (41.98)			

Men 60-64 200 SC Meter Backstroke

1	Ferroggiaro, Fred	60	The Olympic Club-38	2:30.60	2:32.37
	35.99	1:14.98 (38.99)	1:54.53 (39.55)	2:32.37 (37.84)	
2	Clemmons, Jim	63	Manatee Aquatic Masters Inc-38	2:54.50	2:45.77
	40.68	1:22.47 (41.79)	2:04.63 (42.16)	2:45.77 (41.14)	
3	Kerns, Hubie	64	Ventura County Masters-33	2:58.00	2:47.46
	39.93	1:22.07 (42.14)	2:05.11 (43.04)	2:47.46 (42.35)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 60-64 200 SC Meter Backstroke)**

4 Sterne, Erik	61 Rose Bowl Masters-33	3:10.60	3:13.95
46.68	1:37.65 (50.97) 2:26.85 (49.20)	3:13.95 (47.10)	

Men 60-64 50 SC Meter Breaststroke 50 Breast Split

1 Stark, Allen	64 Oregon Masters-37	NT	36.42
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Men 60-64 50 SC Meter Breaststroke

1 Stark, Allen	64 Oregon Masters-37	35.30	35.22
2 Edwards, Clive	60 South West Aquatic Masters-33	36.80	35.85
3 Clemmons, Jim	63 Manatee Aquatic Masters Inc-38	38.50	36.83
4 Sterne, Erik	61 Rose Bowl Masters-33	38.20	39.28
5 Brower, Raymond	62 La Mirada Armada-33	41.47	42.24
6 Fulljames, Rick	62 Las Vegas Masters-33	44.00	43.61
7 Samardzic, Predrag	62 San Diego Swim Masters-44	57.15	53.38

Men 60-64 100 SC Meter Breaststroke

1 Stark, Allen	64 Oregon Masters-37	1:17.00	1:18.07
36.42	1:18.07 (41.65)		
2 Edwards, Clive	60 South West Aquatic Masters-33	1:25.70	1:22.30
38.23	1:22.30 (44.07)		
3 Fulljames, Rick	62 Las Vegas Masters-33	1:36.10	1:33.91
45.01	1:33.91 (48.90)		
4 Lucas, James	63 Southern California Aquatic Ma-33	1:30.62	1:38.75
46.58	1:38.75 (52.17)		
5 Schmitt, Eric	63 Novaquatics Masters-33	1:49.80	1:40.91
48.30	1:40.91 (52.61)		
6 Olson, Jay	64 West Hollywood Aquatics-33	1:48.00	1:46.57
50.81	1:46.57 (55.76)		
7 Samardzic, Predrag	62 San Diego Swim Masters-44	2:13.00	2:05.27
58.22	2:05.27 (1:07.05)		
8 Tortoza, Carlos	63 San Diego Swim Masters-44	1:54.85	2:06.58
1:00.82	2:06.58 (1:05.76)		

Men 60-64 100 SC Meter Breaststroke 100 Breast Split

1 Stark, Allen	64 Oregon Masters-37	NT	1:25.85
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Men 60-64 200 SC Meter Breaststroke

1 Stark, Allen	64 Oregon Masters-37	2:49.00	2:55.12
41.40	1:25.85 (44.45) 2:11.20 (45.35)	2:55.12 (43.92)	
2 Clemmons, Jim	63 Manatee Aquatic Masters Inc-38	2:59.50	2:56.50
41.28	1:26.70 (45.42) 2:12.05 (45.35)	2:56.50 (44.45)	
3 Edwards, Clive	60 South West Aquatic Masters-33	3:10.80	3:09.39
41.68	1:29.09 (47.41) 2:19.81 (50.72)	3:09.39 (49.58)	
4 Fulljames, Rick	62 Las Vegas Masters-33	3:35.00	3:31.36
49.77	1:44.58 (54.81) 2:38.66 (54.08)	3:31.36 (52.70)	

Men 60-64 50 SC Meter Butterfly

1 Holt, Tate	62 Tamalpais Aquatic Masters-38	31.13	30.89
2 Gruber, Glenn	64 Ventura County Masters-33	31.62	30.98
3 Buckley, Mark	60 Unattached Southern Pacific-33	32.68	32.28
4 Edwards, Clive	60 South West Aquatic Masters-33	36.70	36.00
5 Sherrill, Mike	64 The Olympic Club-38	45.10	37.56
6 Astudillo, Fabio	61 San Diego Swim Masters-44	38.00	38.27
7 Brower, Raymond	62 La Mirada Armada-33	36.47	39.53
8 Cook, Kris	63 Triton Swimming and Triathlon-33	42.57	43.46

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 60-64 100 SC Meter Butterfly**

1	Clemmons, Jim	63	Manatee Aquatic Masters Inc-38	1:17.50	1:13.67
	35.07		1:13.67 (38.60)		
2	Larson, Charles	61	West Hollywood Aquatics-33	1:29.00	1:28.89
	42.44		1:28.89 (46.45)		
3	Astudillo, Fabio	61	San Diego Swim Masters-44	1:50.00	1:48.62
	48.92		1:48.62 (59.70)		

Men 60-64 200 SC Meter Butterfly

1	Ferroggiaro, Fred	60	The Olympic Club-38	2:55.00	2:47.57
	38.96		1:22.39 (43.43) 2:05.42 (43.03) 2:47.57 (42.15)		
2	Clemmons, Jim	63	Manatee Aquatic Masters Inc-38	2:49.50	2:51.06
	36.70		1:18.89 (42.19) 2:03.38 (44.49) 2:51.06 (47.68)		
3	Larson, Charles	61	West Hollywood Aquatics-33	3:20.00	3:16.88
	43.38		1:33.06 (49.68) 2:24.43 (51.37) 3:16.88 (52.45)		
4	Foote, David	63	Unattached Southern Pacific-33	3:50.00	4:02.67
	51.36		1:52.12 (1:00.76) 2:55.33 (1:03.21) 4:02.67 (1:07.34)		

Men 60-64 100 SC Meter IM

1	Rosen, Robert	63	Conejo Valley Multisport Maste-33	1:19.98	1:18.91
	37.55		1:18.91 (41.36)		
2	Edwards, Clive	60	South West Aquatic Masters-33	1:20.80	1:19.67
	37.75		1:19.67 (41.92)		
---	Brower, Raymond	62	La Mirada Armada-33	1:22.86	DQ
	40.54		DQ (43.35)		

Men 60-64 200 SC Meter IM

1	Clemmons, Jim	63	Manatee Aquatic Masters Inc-38	2:41.50	2:37.99
	34.19		1:16.79 (42.60) 2:01.90 (45.11) 2:37.99 (36.09)		
2	Kerns, Hubie	64	Ventura County Masters-33	2:45.00	2:42.26
	35.36		1:16.16 (40.80) 2:02.85 (46.69) 2:42.26 (39.41)		
3	Sterne, Erik	61	Rose Bowl Masters-33	2:55.55	3:14.55
	36.96		1:30.13 (53.17) 2:28.56 (58.43) 3:14.55 (45.99)		
4	Schmitt, Eric	63	Novaquatics Masters-33	3:19.70	3:15.71
	39.69		1:33.34 (53.65) 2:30.43 (57.09) 3:15.71 (45.28)		

Men 60-64 400 SC Meter IM

1	Rosen, Robert	63	Conejo Valley Multisport Maste-33	6:37.86	6:16.48
	39.47		1:27.41 (47.94) 2:19.05 (51.64) 3:09.21 (50.16)		
	4:02.64 (53.43)		4:56.67 (54.03) 5:38.39 (41.72) 6:16.48 (38.09)		
2	Lucas, James	63	Southern California Aquatic Ma-33	6:55.82	7:08.45
	47.14		1:42.57 (55.43) 2:40.23 (57.66) 3:34.35 (54.12)		
	4:31.81 (57.46)		5:29.98 (58.17) 6:22.70 (52.72) 7:08.45 (45.75)		

Men 65-69 50 SC Meter Freestyle

1	Cargill, Rod	67	Long Beach Masters Swim-33	29.50	30.72
2	Batten, Hugh	67	Masters of San Clemente Aquati-33	33.39	32.91
3	Freeman, Frank	68	Conejo Valley Multisport Maste-33	36.32	33.98
4	O'Mara, Jerry	66	San Diego Swim Masters-44	38.70	36.91
5	Bush, Richard	65	Novaquatics Masters-33	38.00	37.25

Men 65-69 100 SC Meter Freestyle

1	Owens, Robert	67	Ventura County Masters-33	1:13.15	1:15.92
	35.39		1:15.92 (40.53)		
2	Batten, Hugh	67	Masters of San Clemente Aquati-33	1:19.41	1:19.28
	37.42		1:19.28 (41.86)		
3	O'Mara, Jerry	66	San Diego Swim Masters-44	1:20.30	1:21.23

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 65-69 100 SC Meter Freestyle)**

4	Freeman, Frank	68	Conejo Valley Multisport Maste-33	1:20.61	1:24.40
	38.31				1:24.40 (46.09)
5	Farmer, Michael	66	Rose Bowl Masters-33	1:37.10	1:27.53
	40.54				1:27.53 (46.99)
6	Smith, Stan	66	Long Beach Grunions-33	1:30.00	1:31.78
	43.90				1:31.78 (47.88)

Men 65-69 200 SC Meter Freestyle

1	Anderson, Eric	69	Los Angeles Peninsula Swimmers-33	2:45.00	2:40.89
	36.34				1:16.84 (40.50) 1:59.57 (42.73) 2:40.89 (41.32)
2	Willis, Gregory	65	Los Angeles Peninsula Swimmers-33	2:52.27	2:45.52
	37.69				1:19.51 (41.82) 2:02.37 (42.86) 2:45.52 (43.15)
3	Freeman, Frank	68	Conejo Valley Multisport Maste-33	3:07.17	3:02.05
	41.51				1:26.03 (44.52) 2:13.34 (47.31) 3:02.05 (48.71)
4	Smith, Stan	66	Long Beach Grunions-33	3:30.00	3:28.19
	47.80				1:41.26 (53.46) 2:36.63 (55.37) 3:28.19 (51.56)
5	Bush, Richard	65	Novaquatics Masters-33	3:26.99	3:28.34
	46.54				1:40.14 (53.60) 2:35.99 (55.85) 3:28.34 (52.35)

Men 65-69 400 SC Meter Freestyle

1	Anderson, Eric	69	Los Angeles Peninsula Swimmers-33	6:15.00	5:48.56
	38.56				1:22.90 (44.34) 2:07.82 (44.92) 2:53.00 (45.18)
	3:38.50 (45.50)				4:23.59 (45.09) 5:08.66 (45.07) 5:48.56 (39.90)
2	Willis, Gregory	65	Los Angeles Peninsula Swimmers-33	5:59.66	5:52.05
	39.35				1:22.27 (42.92) 2:06.12 (43.85) 2:50.64 (44.52)
	3:35.92 (45.28)				4:21.49 (45.57) 5:07.65 (46.16) 5:52.05 (44.40)
3	Freeman, Frank	68	Conejo Valley Multisport Maste-33	6:38.00	6:01.80
	41.38				1:27.16 (45.78) 2:14.15 (46.99) 3:00.47 (46.32)
	3:47.03 (46.56)				4:33.57 (46.54) 5:19.32 (45.75) 6:01.80 (42.48)
4	Owens, Robert	67	Ventura County Masters-33	6:40.20	6:18.71
	41.47				1:26.63 (45.16) 2:14.35 (47.72) 3:03.76 (49.41)
	3:53.81 (50.05)				4:44.11 (50.30) 5:33.99 (49.88) 6:18.71 (44.72)
5	O'Mara, Jerry	66	San Diego Swim Masters-44	7:45.30	6:43.33
	44.81				1:35.38 (50.57) 2:27.65 (52.27) 3:20.67 (53.02)
	4:12.73 (52.06)				5:04.65 (51.92) 5:56.32 (51.67) 6:43.33 (47.01)
6	Smith, Stan	66	Long Beach Grunions-33	7:22.24	7:23.48
	46.72				1:37.28 (50.56) 2:32.48 (55.20) 3:30.13 (57.65)
	4:29.81 (59.68)				5:29.49 (59.68) 6:28.77 (59.28) 7:23.48 (54.71)
---	Farmer, Michael	66	Rose Bowl Masters-33	7:40.20	DQ
	46.42				1:40.71 (54.29) 2:39.73 (59.02) 3:43.54 (1:03.81)

Men 65-69 800 SC Meter Freestyle

1	Willis, Gregory	65	Los Angeles Peninsula Swimmers-33	12:12.93	11:59.34
	39.56				1:23.28 (43.72) 2:07.77 (44.49) 2:52.60 (44.83)
	3:37.43 (44.83)				4:22.42 (44.99) 5:08.22 (45.80) 5:54.19 (45.97)
	6:39.56 (45.37)				7:25.36 (45.80) 8:11.44 (46.08) 8:57.08 (45.64)
	9:43.16 (46.08)				10:28.95 (45.79) 11:14.64 (45.69) 11:59.34 (44.70)
2	Anderson, Eric	69	Los Angeles Peninsula Swimmers-33	13:20.00	12:15.07
	39.88				1:25.36 (45.48) 2:12.17 (46.81) 2:59.12 (46.95)
	3:46.15 (47.03)				4:33.36 (47.21) 5:20.45 (47.09) 6:07.19 (46.74)
	6:53.84 (46.65)				7:40.42 (46.58) 8:27.04 (46.62) 9:13.66 (46.62)
	10:00.85 (47.19)				10:47.37 (46.52) 11:32.64 (45.27) 12:15.07 (42.43)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 65-69 800 SC Meter Freestyle)**

3	Freeman, Frank	68	Conejo Valley Multisport Maste-33	13:38.20	12:36.20
	41.46	1:28.91 (47.45)	2:16.62 (47.71)	3:05.51 (48.89)	
	3:54.17 (48.66)	4:42.14 (47.97)	5:30.16 (48.02)	6:18.18 (48.02)	
	7:04.94 (46.76)	7:51.52 (46.58)	8:38.21 (46.69)	9:25.05 (46.84)	
	10:12.45 (47.40)	10:59.34 (46.89)	11:44.71 (45.37)	12:36.20 (51.49)	
4	Bovee, Dennis	68	San Diego Swim Masters-44	14:30.00	14:51.08
	46.31	1:39.31 (53.00)	2:35.91 (56.60)	3:31.94 (56.03)	
	4:28.18 (56.24)	5:24.95 (56.77)	6:22.11 (57.16)	7:19.23 (57.12)	
	8:15.74 (56.51)	9:12.67 (56.93)	10:09.81 (57.14)	11:07.42 (57.61)	
	12:03.86 (56.44)	13:01.48 (57.62)	13:58.99 (57.51)	14:51.08 (52.09)	

Men 65-69 1500 SC Meter Freestyle

1	Willis, Gregory	65	Los Angeles Peninsula Swimmers-33	23:59.98	23:13.89
		4:24.32 ()	5:10.46 (46.14)	5:56.40 (45.94)	
			3:38.90 ()	23:13.89 (19:34.99)	
2	Freeman, Frank	68	Conejo Valley Multisport Maste-33	25:32.30	24:24.27
3	Martinez, Jorge	66	San Diego Swim Masters-44	27:00.00	24:47.50
	43.52	1:31.40 (47.88)	2:20.77 (49.37)	3:10.33 (49.56)	
	3:59.67 (49.34)	4:48.38 (48.71)	5:36.74 (48.36)	6:25.05 (48.31)	
	7:13.57 (48.52)	8:01.89 (48.32)	8:50.50 (48.61)	9:39.59 (49.09)	
	10:29.31 (49.72)	11:19.17 (49.86)	12:09.59 (50.42)	13:01.05 (51.46)	
	13:51.93 (50.88)	14:42.46 (50.53)	15:33.22 (50.76)	16:24.50 (51.28)	
	17:15.31 (50.81)	18:05.62 (50.31)	18:57.18 (51.56)	19:48.73 (51.55)	
	20:39.36 (50.63)	21:29.74 (50.38)	22:19.33 (49.59)	23:09.73 (50.40)	
	24:00.67 (50.94)	24:47.50 (46.83)			
4	Owens, Robert	67	Ventura County Masters-33	28:28.30	26:51.38
	47.80	1:40.94 (53.14)	2:34.81 (53.87)	3:30.25 (55.44)	
	4:26.08 (55.83)	5:22.09 (56.01)	6:15.94 (53.85)	7:10.26 (54.32)	
	8:04.17 (53.91)	8:56.49 (52.32)	9:50.66 (54.17)	10:44.97 (54.31)	
	11:37.75 (52.78)	12:31.66 (53.91)	13:26.24 (54.58)	14:20.96 (54.72)	
	15:15.46 (54.50)	16:09.80 (54.34)	17:03.92 (54.12)	17:58.69 (54.77)	
	18:53.43 (54.74)	19:48.18 (54.75)	20:42.83 (54.65)	21:37.05 (54.22)	
	22:29.12 (52.07)	23:23.30 (54.18)	24:16.81 (53.51)	25:08.97 (52.16)	
	26:00.45 (51.48)	26:51.38 (50.93)			

Men 65-69 50 SC Meter Backstroke

1	Selna, Mike	65	Novaquatics Masters-33	35.00	35.00
2	Figueiredo, Paulo	67	West Hollywood Aquatics-33	42.22	39.97
3	Farmer, Michael	66	Rose Bowl Masters-33	55.60	46.34
4	Bovee, Dennis	68	San Diego Swim Masters-44	50.00	53.43

Men 65-69 100 SC Meter Backstroke

1	Selna, Mike	65	Novaquatics Masters-33	1:15.00	1:15.00
	36.38	1:15.00 (38.62)			
2	Figueiredo, Paulo	67	West Hollywood Aquatics-33	1:30.54	1:28.64
	43.77	1:28.64 (44.87)			
3	Farmer, Michael	66	Rose Bowl Masters-33	1:58.30	1:51.54

Men 65-69 200 SC Meter Backstroke

1	Selna, Mike	65	Novaquatics Masters-33	2:47.00	2:45.88
	38.55	1:19.88 (41.33)	2:03.44 (43.56)	2:45.88 (42.44)	
2	Figueiredo, Paulo	67	West Hollywood Aquatics-33	3:30.78	3:16.10
	48.14	1:39.78 (51.64)	2:29.57 (49.79)	3:16.10 (46.53)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 65-69 200 SC Meter Backstroke)**

3	Martinez, Jorge	66	San Diego Swim Masters-44	3:12.51	3:21.67
	49.17	1:39.83 (50.66)	2:28.70 (48.87)	3:21.67 (52.97)	
4	Farmer, Michael	66	Rose Bowl Masters-33	4:25.50	4:18.60
	57.28	1:58.23 (1:00.95)	3:07.96 (1:09.73)	4:18.60 (1:10.64)	

Men 65-69 50 SC Meter Breaststroke

1	Cargill, Rod	67	Long Beach Masters Swim-33	36.50	36.97
2	Bush, Richard	65	Novaquatics Masters-33	53.80	51.91
3	Bovee, Dennis	68	San Diego Swim Masters-44	50.00	52.29

Men 65-69 100 SC Meter Breaststroke

1	Cargill, Rod	67	Long Beach Masters Swim-33	1:27.50	1:23.21
	40.09	1:23.21 (43.12)			
2	Selna, Mike	65	Novaquatics Masters-33	1:28.00	1:25.49
	41.57	1:25.49 (43.92)			
3	O'Mara, Jerry	66	San Diego Swim Masters-44	2:10.10	1:53.32
	53.57	1:53.32 (59.75)			
4	Bush, Richard	65	Novaquatics Masters-33	4:00.00	1:59.73
	55.46	1:59.73 (1:04.27)			

Men 65-69 200 SC Meter Breaststroke

1	Selna, Mike	65	Novaquatics Masters-33	3:10.00	3:05.18
	42.15	1:28.66 (46.51)	2:17.25 (48.59)	3:05.18 (47.93)	
2	Farmer, Michael	66	Rose Bowl Masters-33	4:45.00	4:53.87
	1:03.97	2:19.59 (1:15.62)	3:37.65 (1:18.06)	4:53.87 (1:16.22)	

Men 65-69 50 SC Meter Butterfly

1	Batten, Hugh	67	Masters of San Clemente Aquati-33	35.51	35.50
2	Martinez, Jorge	66	San Diego Swim Masters-44	34.82	37.75

Men 65-69 100 SC Meter Butterfly

1	Martinez, Jorge	66	San Diego Swim Masters-44	1:20.82	1:30.23
	41.85	1:30.23 (48.38)			
2	Batten, Hugh	67	Masters of San Clemente Aquati-33	1:30.00	1:30.89
	39.14	1:30.89 (51.75)			
3	Figueiredo, Paulo	67	West Hollywood Aquatics-33	1:30.20	1:47.72
	48.78	1:47.72 (58.94)			
4	Bush, Richard	65	Novaquatics Masters-33	10:00.00	2:08.48
	55.06	2:08.48 (1:13.42)			

Men 65-69 200 SC Meter Butterfly

1	Martinez, Jorge	66	San Diego Swim Masters-44	3:15.71	3:41.21
	48.53	1:46.20 (57.67)	2:45.48 (59.28)	3:41.21 (55.73)	
2	Bush, Richard	65	Novaquatics Masters-33	15:00.00	5:14.42
	54.78	2:06.51 (1:11.73)	3:33.21 (1:26.70)	5:14.42 (1:41.21)	

Men 65-69 100 SC Meter IM

1	Selna, Mike	65	Novaquatics Masters-33	1:17.00	1:17.39
	35.56	1:17.39 (41.83)			
2	Batten, Hugh	67	Masters of San Clemente Aquati-33	1:35.00	1:28.89
	41.46	1:28.89 (47.43)			

Men 65-69 200 SC Meter IM

1	Figueiredo, Paulo	67	West Hollywood Aquatics-33	3:30.23	3:28.14
	48.67	1:41.80 (53.13)	2:44.53 (1:02.73)	3:28.14 (43.61)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 65-69 400 SC Meter IM**

1	Anderson, Eric	69	Los Angeles Peninsula Swimmers-33	7:15.00	6:53.60
	44.12	1:38.72 (54.60)	2:35.36 (56.64)	3:28.68 (53.32)	
	4:28.14 (59.46)	5:26.45 (58.31)	6:12.00 (45.55)	6:53.60 (41.60)	
2	Figueiredo, Paulo	67	West Hollywood Aquatics-33	7:00.30	7:27.03
	53.69	1:55.03 (1:01.34)	2:52.81 (57.78)	3:48.81 (56.00)	
	4:54.10 (1:05.29)	5:57.79 (1:03.69)	6:43.66 (45.87)	7:27.03 (43.37)	
3	Martinez, Jorge	66	San Diego Swim Masters-44	7:15.00	7:39.49
	50.63	1:49.97 (59.34)	2:46.37 (56.40)	3:40.62 (54.25)	
	4:50.63 (1:10.01)	6:00.65 (1:10.02)	6:52.05 (51.40)	7:39.49 (47.44)	

Men 70-74 50 SC Meter Freestyle 50 Free Splits

1	Andersen, Peter	70	San Diego Swim Masters-44	NT	30.48
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Men 70-74 50 SC Meter Freestyle

1	Pilger, Robert	70	Puget Sound Masters-36	30.00	30.71
2	Tadir, Yona	70	Mission Viejo Masters-33	31.40	30.91
3	Andersen, Peter	70	San Diego Swim Masters-44	31.49	31.04
4	Ralphs, Tony	70	San Diego Swim Masters-44	32.60	31.83
5	Bell, John	71	Unattached Indiana-16	33.82	34.11
6	Johnson, Lloyd	73	Conejo Valley Multisport Maste-33	37.57	37.30
7	Stewart, Jim	72	Mission Viejo Masters-33	40.00	47.83

Men 70-74 100 SC Meter Freestyle

1	Pilger, Robert	70	Puget Sound Masters-36	1:12.00	1:10.77
	34.23	1:10.77 (36.54)			
2	Andersen, Peter	70	San Diego Swim Masters-44	1:11.49	1:12.01
	33.27	1:12.01 (38.74)			
3	Brown, Jim	70	Unattached Southern Pacific-33	1:10.10	1:13.15
	34.70	1:13.15 (38.45)			
4	Ralphs, Tony	70	San Diego Swim Masters-44	1:24.00	1:13.95
	34.82	1:13.95 (39.13)			
5	Tadir, Yona	70	Mission Viejo Masters-33	1:14.00	1:14.22
	33.55	1:14.22 (40.67)			
6	Carey, George	71	Unattached Southern Pacific-33	1:18.79	1:19.27
	38.73	1:19.27 (40.54)			
7	Bell, John	71	Unattached Indiana-16	1:16.99	1:19.47
	35.62	1:19.47 (43.85)			
8	Ronay, Peter	71	Rose Bowl Masters-33	1:23.00	1:24.28
	40.80	1:24.28 (43.48)			
9	Stewart, Jim	72	Mission Viejo Masters-33	1:30.00	1:33.11
	43.67	1:33.11 (49.44)			

Men 70-74 200 SC Meter Freestyle

1	Burns, Richard	70	Tamalpais Aquatic Masters-38	2:26.00	2:25.92
	33.62	1:10.87 (37.25)	1:49.00 (38.13)	2:25.92 (36.92)	
2	Ralphs, Tony	70	San Diego Swim Masters-44	2:40.00	2:42.13
	37.02	1:18.48 (41.46)	2:01.28 (42.80)	2:42.13 (40.85)	
3	Pilger, Robert	70	Puget Sound Masters-36	2:58.00	2:42.37
	36.74	1:17.22 (40.48)	1:59.83 (42.61)	2:42.37 (42.54)	
4	Carey, George	71	Unattached Southern Pacific-33	2:54.50	2:53.53
	38.54	1:21.82 (43.28)	2:08.40 (46.58)	2:53.53 (45.13)	
5	Bell, John	71	Unattached Indiana-16	2:54.40	3:07.21
	37.61	1:23.23 (45.62)	2:14.28 (51.05)	3:07.21 (52.93)	
6	Goode, Douglas	74	Rose Bowl Masters-33	4:14.30	4:14.52
	54.22	2:00.35 (1:06.13)	3:08.65 (1:08.30)	4:14.52 (1:05.87)	

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 70-74 400 SC Meter Freestyle**

1	Ralphs, Tony	70	San Diego Swim Masters-44	5:38.00	5:45.76
	37.08	1:18.98 (41.90)	2:02.59 (43.61)	2:47.10 (44.51)	
	3:31.33 (44.23)	4:15.95 (44.62)	5:00.98 (45.03)	5:45.76 (44.78)	
2	Carey, George	71	Unattached Southern Pacific-33	6:30.27	6:18.69
	40.64	1:25.72 (45.08)	2:14.09 (48.37)	3:03.46 (49.37)	
	3:53.63 (50.17)	4:43.96 (50.33)	5:33.24 (49.28)	6:18.69 (45.45)	
3	Johnson, Lloyd	73	Conejo Valley Multisport Maste-33	8:00.00	7:54.01
	43.58	1:39.02 (55.44)	2:40.30 (1:01.28)	3:44.13 (1:03.83)	
	4:50.89 (1:06.76)	5:55.10 (1:04.21)	6:58.86 (1:03.76)	7:54.01 (55.15)	

Men 70-74 800 SC Meter Freestyle

1	Ralphs, Tony	70	San Diego Swim Masters-44	11:38.00	11:38.86
	38.05	1:20.29 (42.24)	2:04.41 (44.12)	2:48.12 (43.71)	
	3:32.23 (44.11)	4:16.41 (44.18)	5:00.27 (43.86)	5:44.70 (44.43)	
	6:29.15 (44.45)	7:13.62 (44.47)	7:58.03 (44.41)	8:42.01 (43.98)	
	9:26.24 (44.23)	10:11.09 (44.85)	10:55.79 (44.70)	11:38.86 (43.07)	
2	Johnson, Lloyd	73	Conejo Valley Multisport Maste-33	16:35.11	16:42.29
	48.53	1:47.83 (59.30)	2:50.49 (1:02.66)	3:53.20 (1:02.71)	
	4:57.61 (1:04.41)	6:02.85 (1:05.24)	7:05.27 (1:02.42)	8:08.19 (1:02.92)	
	9:15.06 (1:06.87)	10:21.06 (1:06.00)	11:26.73 (1:05.67)	12:32.03 (1:05.30)	
	13:36.63 (1:04.60)	14:42.67 (1:06.04)	15:46.80 (1:04.13)	16:42.29 (55.49)	

Men 70-74 1500 SC Meter Freestyle

1	Ralphs, Tony	70	San Diego Swim Masters-44	22:08.00	22:08.31
	37.61	1:19.50 (41.89)	2:02.60 (43.10)	2:46.22 (43.62)	
	3:29.85 (43.63)	4:13.82 (43.97)	4:57.77 (43.95)	5:41.97 (44.20)	
	6:26.69 (44.72)	7:10.61 (43.92)	7:55.42 (44.81)	8:40.30 (44.88)	
	9:25.12 (44.82)	10:09.50 (44.38)	10:54.20 (44.70)	11:38.55 (44.35)	
	12:22.59 (44.04)	13:07.43 (44.84)	13:52.50 (45.07)	14:37.19 (44.69)	
	15:22.00 (44.81)	16:07.24 (45.24)	16:52.91 (45.67)	17:38.10 (45.19)	
	18:23.41 (45.31)	19:08.58 (45.17)	19:53.37 (44.79)	20:38.92 (45.55)	
	21:24.45 (45.53)	22:08.31 (43.86)			
2	Kovary, Steve	72	Long Beach Grunions-33	28:00.00	29:38.47
	52.22	1:49.92 (57.70)	2:46.34 (56.42)	3:44.87 (58.53)	
	4:43.48 (58.61)	5:43.60 (1:00.12)	6:43.64 (1:00.04)	7:43.57 (59.93)	
	8:43.01 (59.44)	9:42.64 (59.63)	10:41.06 (58.42)	11:40.45 (59.39)	
	12:40.93 (1:00.48)	13:40.82 (59.89)	14:40.33 (59.51)	15:40.20 (59.87)	
	16:39.96 (59.76)	17:39.96 (1:00.00)	18:39.92 (59.96)	19:40.64 (1:00.72)	
	20:40.90 (1:00.26)	21:40.68 (59.78)	22:40.77 (1:00.09)	23:41.00 (1:00.23)	
	24:41.70 (1:00.70)	25:41.45 (59.75)	26:41.88 (1:00.43)	27:41.81 (59.93)	
	28:41.27 (59.46)	29:38.47 (57.20)			

Men 70-74 50 SC Meter Backstroke

1	Burns, Richard	70	Tamalpais Aquatic Masters-38	33.90	33.51
2	Tadir, Yona	70	Mission Viejo Masters-33	39.85	42.21
3	Bell, John	71	Unattached Indiana-16	45.67	43.89
4	Goode, Douglas	74	Rose Bowl Masters-33	1:12.81	1:07.94

Men 70-74 100 SC Meter Backstroke

1	Burns, Richard	70	Tamalpais Aquatic Masters-38	1:15.10	1:12.09
	35.25	1:12.09 (36.84)			
2	Carey, George	71	Unattached Southern Pacific-33	1:41.80	1:36.75
	46.90	1:36.75 (49.85)			
3	Ronay, Peter	71	Rose Bowl Masters-33	1:50.00	1:45.52
	51.26	1:45.52 (54.26)			

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 70-74 100 SC Meter Backstroke)**

4	Stewart, Jim	72	Mission Viejo Masters-33	1:47.00	1:48.01
	49.37	1:48.01	(58.64)		
5	Jones, Brian	72	San Diego Swim Masters-44	2:22.76	2:26.30
	1:04.57	2:26.30	(1:21.73)		

Men 70-74 200 SC Meter Backstroke

1	Burns, Richard	70	Tamalpais Aquatic Masters-38	2:42.00	2:38.01
	37.18	1:16.85	(39.67)	1:57.88	(41.03)
				2:38.01	(40.13)
2	Stewart, Jim	72	Mission Viejo Masters-33	4:00.00	3:57.69
	54.08	1:52.74	(58.66)	2:55.73	(1:02.99)
				3:57.69	(1:01.96)
3	Kovary, Steve	72	Long Beach Grunions-33	4:00.00	4:19.33
	1:03.52	2:09.35	(1:05.83)	3:14.89	(1:05.54)
				4:19.33	(1:04.44)
---	Ronay, Peter	71	Rose Bowl Masters-33	3:55.00	DQ
	54.82	1:51.71	(56.89)	2:55.59	(1:03.88)
				DQ	(58.20)

Men 70-74 50 SC Meter Breaststroke

1	Andersen, Peter	70	San Diego Swim Masters-44	38.35	38.01
2	Tadir, Yona	70	Mission Viejo Masters-33	42.80	42.26
3	Johnson, Lloyd	73	Conejo Valley Multisport Maste-33	44.20	44.86
4	Jones, Brian	72	San Diego Swim Masters-44	53.79	52.51
5	Goode, Douglas	74	Rose Bowl Masters-33	1:02.68	1:00.71

Men 70-74 100 SC Meter Breaststroke

1	Andersen, Peter	70	San Diego Swim Masters-44	1:31.75	1:29.44
	41.21	1:29.44	(48.23)		
2	Freshley, Mike	72	San Diego Swim Masters-44	1:28.00	1:31.54
	42.98	1:31.54	(48.56)		
3	Johnson, Lloyd	73	Conejo Valley Multisport Maste-33	1:42.80	1:41.30
	47.94	1:41.30	(53.36)		
4	Jones, Brian	72	San Diego Swim Masters-44	2:10.89	2:16.14
	1:03.86	2:16.14	(1:12.28)		

Men 70-74 200 SC Meter Breaststroke

1	Freshley, Mike	72	San Diego Swim Masters-44	3:10.00	3:15.66
	42.73	1:32.50	(49.77)	2:24.26	(51.76)
				3:15.66	(51.40)
2	Johnson, Lloyd	73	Conejo Valley Multisport Maste-33	4:00.58	4:03.15
	54.82	2:00.39	(1:05.57)	3:05.07	(1:04.68)
				4:03.15	(58.08)
3	Goode, Douglas	74	Rose Bowl Masters-33	5:33.82	5:26.48
	1:08.61	2:35.14	(1:26.53)	4:02.86	(1:27.72)
				5:26.48	(1:23.62)

Men 70-74 50 SC Meter Butterfly

1	Burns, Richard	70	Tamalpais Aquatic Masters-38	33.00	31.91
2	Pilger, Robert	70	Puget Sound Masters-36	34.00	34.81
3	Tadir, Yona	70	Mission Viejo Masters-33	34.45	35.02
4	Freshley, Mike	72	San Diego Swim Masters-44	31.82	35.73
5	Bell, John	71	Unattached Indiana-16	37.96	39.31
6	Andersen, Peter	70	San Diego Swim Masters-44	38.49	39.52

Men 70-74 100 SC Meter Butterfly

1	Freshley, Mike	72	San Diego Swim Masters-44	1:20.00	1:35.72
	42.69	1:35.72	(53.03)		

Men 70-74 200 SC Meter Butterfly

1	Ronay, Peter	71	Rose Bowl Masters-33	4:45.00	4:32.54
	56.10	2:05.21	(1:09.11)	3:17.58	(1:12.37)
				4:32.54	(1:14.96)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 70-74 100 SC Meter IM**

1	Freshley, Mike	72	San Diego Swim Masters-44	1:20.00	1:23.18
	38.93	1:23.18 (44.25)			
2	Tadir, Yona	70	Mission Viejo Masters-33	1:26.20	1:27.29
	41.58	1:27.29 (45.71)			
3	Pilger, Robert	70	Puget Sound Masters-36	1:35.00	1:29.35
	41.47	1:29.35 (47.88)			
4	Carey, George	71	Unattached Southern Pacific-33	1:29.62	1:29.63
	41.51	1:29.63 (48.12)			
5	Bell, John	71	Unattached Indiana-16	1:30.77	1:34.52
	43.67	1:34.52 (50.85)			
6	Goode, Douglas	74	Rose Bowl Masters-33	2:20.41	2:16.95
	1:07.24	2:16.95 (1:09.71)			
7	Jones, Brian	72	San Diego Swim Masters-44	2:24.52	2:26.38
	1:06.82	2:26.38 (1:19.56)			

Men 70-74 200 SC Meter IM

1	Burns, Richard	70	Tamalpais Aquatic Masters-38	2:42.00	2:44.81
	33.83	1:14.87 (41.04)	2:05.48 (50.61)	2:44.81 (39.33)	
2	Freshley, Mike	72	San Diego Swim Masters-44	3:01.00	3:05.40
	38.92	1:29.90 (50.98)	2:22.57 (52.67)	3:05.40 (42.83)	
3	Carey, George	71	Unattached Southern Pacific-33	3:25.15	3:28.74
	41.67	1:36.03 (54.36)	2:39.51 (1:03.48)	3:28.74 (49.23)	
4	Ronay, Peter	71	Rose Bowl Masters-33	3:50.00	3:43.52
	52.01	1:49.89 (57.88)	2:56.46 (1:06.57)	3:43.52 (47.06)	

Men 70-74 400 SC Meter IM

1	Ronay, Peter	71	Rose Bowl Masters-33	8:10.00	8:04.75
	52.76	1:59.35 (1:06.59)	3:02.23 (1:02.88)	4:03.47 (1:01.24)	
	5:12.43 (1:08.96)	6:22.17 (1:09.74)	7:13.78 (51.61)	8:04.75 (50.97)	

Men 75-79 50 SC Meter Freestyle

1	Krueger, James	75	The Olympic Club-38	37.00	37.43
2	Coles, Bill	78	San Diego Swim Masters-44	40.22	45.34
3	McMeekin, Robert	79	Santa Clarita Masters Club-33	49.44	52.61

Men 75-79 50 SC Meter Backstroke

1	Smethurst, Everett	78	Novaquatics Masters-33	48.00	48.50
2	Coles, Bill	78	San Diego Swim Masters-44	49.26	53.71

Men 75-79 100 SC Meter Backstroke

1	Smethurst, Everett	78	Novaquatics Masters-33	1:40.00	1:50.77
	51.95	1:50.77 (58.82)			
2	Coles, Bill	78	San Diego Swim Masters-44	1:48.29	1:56.47
	56.07	1:56.47 (1:00.40)			

Men 75-79 200 SC Meter Backstroke

1	Coles, Bill	78	San Diego Swim Masters-44	3:49.38	4:25.18
	1:01.87	2:09.67 (1:07.80)	3:18.13 (1:08.46)	4:25.18 (1:07.05)	

Men 75-79 50 SC Meter Breaststroke

1	Downs, George	75	Colorado Masters Swimming-32	43.00	42.21
2	Krueger, James	75	The Olympic Club-38	47.00	53.08
3	Smethurst, Everett	78	Novaquatics Masters-33	54.00	54.41
4	Coles, Bill	78	San Diego Swim Masters-44	53.56	59.49

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 75-79 100 SC Meter Breaststroke**

1	Downs, George	75	Colorado Masters Swimming-32	1:41.00	1:45.99
	49.23				1:45.99 (56.76)

Men 75-79 200 SC Meter Breaststroke

1	Downs, George	75	Colorado Masters Swimming-32	3:45.00	4:00.98
	53.94				1:55.61 (1:01.67) 2:59.26 (1:03.65) 4:00.98 (1:01.72)
2	Coles, Bill	78	San Diego Swim Masters-44	5:24.51	5:39.19
	1:12.61				2:39.83 (1:27.22) 4:10.21 (1:30.38) 5:39.19 (1:28.98)

Men 75-79 50 SC Meter Butterfly

1	Smethurst, Everett	78	Novaquatics Masters-33	43.00	49.05
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Men 80-84 50 SC Meter Freestyle

1	Best, Bob	81	San Diego Swim Masters-44	35.00	34.82
2	Baker, Donald	82	San Diego Swim Masters-44	44.90	45.57
3	Kimball, Ken	83	San Diego Swim Masters-44	48.78	47.40

Men 80-84 100 SC Meter Freestyle

1	Mitchell, Tom	80	San Diego Swim Masters-44	1:35.17	1:36.46
	45.33				1:36.46 (51.13)
2	Kimball, Ken	83	San Diego Swim Masters-44	1:48.70	1:49.38
	51.24				1:49.38 (58.14)

Men 80-84 200 SC Meter Freestyle

1	Baker, Donald	82	San Diego Swim Masters-44	3:55.90	4:07.00
	53.19				1:55.07 (1:01.88) 3:01.42 (1:06.35) 4:07.00 (1:05.58)
2	Grohe, William	80	University of San Francisco Ma-38	4:14.53	4:11.99
	52.97				1:56.47 (1:03.50) 3:05.06 (1:08.59) 4:11.99 (1:06.93)

Men 80-84 50 SC Meter Backstroke

1	Kimball, Ken	83	San Diego Swim Masters-44	54.43	56.08
2	Baker, Donald	82	San Diego Swim Masters-44	59.90	57.44

Men 80-84 100 SC Meter Backstroke

1	Kimball, Ken	83	San Diego Swim Masters-44	2:00.53	2:06.19
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Men 80-84 200 SC Meter Backstroke

1	Kimball, Ken	83	San Diego Swim Masters-44	4:40.22	4:32.19
					2:13.88 () 3:24.81 (1:10.93) 4:32.19 (1:07.38)

Men 80-84 50 SC Meter Breaststroke

1	Best, Bob	81	San Diego Swim Masters-44	45.00	44.06
2	Grohe, William	80	University of San Francisco Ma-38	1:24.10	1:13.12

Men 80-84 100 SC Meter Breaststroke

1	Best, Bob	81	San Diego Swim Masters-44	1:42.00	1:43.36
	48.87				1:43.36 (54.49)
2	Mitchell, Tom	80	San Diego Swim Masters-44	2:13.17	2:08.79
	1:01.13				2:08.79 (1:07.66)
3	Baker, Donald	82	San Diego Swim Masters-44	2:10.90	2:17.94
	1:02.26				2:17.94 (1:15.68)

Men 80-84 200 SC Meter Breaststroke

1	Best, Bob	81	San Diego Swim Masters-44	4:00.00	3:56.33
	52.70				1:53.66 (1:00.96) 2:57.43 (1:03.77) 3:56.33 (58.90)
2	Mitchell, Tom	80	San Diego Swim Masters-44	4:44.62	4:39.15
	1:02.64				2:16.53 (1:13.89) 3:27.92 (1:11.39) 4:39.15 (1:11.23)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 80-84 50 SC Meter Butterfly**

1	Best, Bob	81	San Diego Swim Masters-44	45.00	42.66
2	Mitchell, Tom	80	San Diego Swim Masters-44	59.22	56.10
3	Grohe, William	80	University of San Francisco Ma-38	1:17.72	1:24.77

Men 80-84 100 SC Meter Butterfly

1	Mitchell, Tom	80	San Diego Swim Masters-44	2:20.36	2:21.18
	1:02.95		2:21.18 (1:18.23)		

Men 80-84 200 SC Meter Butterfly

1	Grohe, William	80	University of San Francisco Ma-38	7:17.96	7:32.53
	5:39.85 ()		7:32.53 (1:52.68)		

Men 80-84 100 SC Meter IM

1	Best, Bob	81	San Diego Swim Masters-44	1:32.00	1:32.44
	43.77		1:32.44 (48.67)		
2	Grohe, William	80	University of San Francisco Ma-38	2:35.70	2:28.31
	1:12.23		2:28.31 (1:16.08)		

Men 80-84 200 SC Meter IM

1	Mitchell, Tom	80	San Diego Swim Masters-44	4:19.83	4:21.78
	1:01.65		2:12.51 (1:10.86)	3:26.64 (1:14.13)	4:21.78 (55.14)

Men 80-84 400 SC Meter IM

1	Grohe, William	80	University of San Francisco Ma-38	12:49.46	12:04.59
	1:34.43		3:34.07 (1:59.64)	4:58.53 (1:24.46)	6:27.85 (1:29.32)
	8:12.61 (1:44.76)		9:57.82 (1:45.21)	11:02.11 (1:04.29)	12:04.59 (1:02.48)

Men 85-89 200 SC Meter Freestyle

1	Piemme, Frank	88	Mission Viejo Masters-33	3:43.10	3:51.98
	47.66		1:43.66 (56.00)	2:47.48 (1:03.82)	3:51.98 (1:04.50)

Men 85-89 100 SC Meter Backstroke

1	Piemme, Frank	88	Mission Viejo Masters-33	1:57.79	1:52.55
	52.95		1:52.55 (59.60)		
2	Boyd, Bradford	86	Rose Bowl Masters-33	5:59.10	5:24.79
	2:42.39		5:24.79 (2:42.40)		

Men 85-89 100 SC Meter Breaststroke

1	Piemme, Frank	88	Mission Viejo Masters-33	2:05.97	2:04.64
	59.62		2:04.64 (1:05.02)		
---	Boyd, Bradford	86	Rose Bowl Masters-33	7:01.10	DQ
	4:35.63		DQ (4:48.71)		

Men 85-89 50 SC Meter Butterfly

1	Piemme, Frank	88	Mission Viejo Masters-33	51.34	53.09
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Men 90-94 100 SC Meter Freestyle

1	Schmidt, Jurgen	90	Mission Viejo Masters-33	1:50.00	1:48.31
	50.01		1:48.31 (58.30)		

Men 90-94 200 SC Meter Freestyle

1	Schmidt, Jurgen	90	Mission Viejo Masters-33	4:16.00	4:01.58
	54.08		1:57.31 (1:03.23)	3:00.84 (1:03.53)	4:01.58 (1:00.74)

Men 90-94 200 SC Meter Freestyle 200 Free Split

1	Schmidt, Jurgen	90	Mission Viejo Masters-33	NT	4:15.99
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2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 90-94 400 SC Meter Freestyle**

1 Schmidt, Jurgen	90 Mission Viejo Masters-33	8:40.00	8:44.61
58.47	2:02.59 (1:04.12)	3:09.60 (1:07.01)	4:15.99 (1:06.39)
5:24.29 (1:08.30)	6:33.61 (1:09.32)	7:42.27 (1:08.66)	8:44.61 (1:02.34)

Men 90-94 50 SC Meter Breaststroke

1 Schmidt, Jurgen	90 Mission Viejo Masters-33	1:10.00	1:09.67
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Men 90-94 100 SC Meter IM

1 Schmidt, Jurgen	90 Mission Viejo Masters-33	2:30.00	2:15.51
1:05.89	2:15.51 (1:09.62)		

Women 72-99 400 SC Meter Freestyle Relay

1 Rose Bowl Masters-33	A	4:59.00	4:56.50
1) Adams, Laura W22	2) Coulson, Matiana W24	3) Pulliam, Kandis W28	4) Lee, Sandra W24
33.20	1:10.17 (1:10.17)	1:45.95 (35.78)	2:22.91 (1:12.74)
3:01.85 (38.94)	3:48.39 (1:25.48)	4:21.15 (32.76)	4:56.50 (1:08.11)

Women 72-99 200 SC Meter Medley Relay

1 Rose Bowl Masters-33	A	2:24.00	2:33.51
1) Pulliam, Kandis W28	2) Adams, Laura W22	3) Lee, Sandra W24	4) Coulson, Matiana W24
45.36	1:26.16 (40.80)	2:01.80 (35.64)	2:33.51 (31.71)

Women 100-119 400 SC Meter Freestyle Relay

1 Las Vegas Masters-33	B	5:30.00	5:00.50
1) Harper, Hilary W32	2) Colavito, Violet W30	3) Colavito, Shannon W26	4) Grolle, Jamie W30
39.03	1:34.73 (1:34.73)	1:56.61 (21.88)	2:13.28 (38.55)
2:46.49 (33.21)	3:17.62 (1:04.34)	3:52.55 (34.93)	5:00.50 (1:42.88)
2 Triton Swimming and Triathlon-3	A	8:00.00	5:52.10
1) Hickey, Andrea W21	2) Cramer, Melanie W22	3) Macmillan, Brittany W25	4) Toumayan, Colleen W47
36.20	1:15.92 (1:15.92)	1:54.69 (38.77)	2:37.66 (1:21.74)
3:19.20 (41.54)	4:03.54 (1:25.88)	4:55.07 (51.53)	5:52.10 (1:48.56)

Women 100-119 800 SC Meter Freestyle Relay

1 Rose Bowl Masters-33	A	12:15.00	11:06.16
1) Adams, Laura W22	2) Lee, Sandra W24	3) Pulliam, Kandis W28	4) Chung, Kathy W32
35.98	1:17.87 (1:17.87)	2:01.25 (2:01.25)	2:42.54 (2:42.54)
3:17.78 (35.24)	3:56.79 (1:14.25)	4:37.24 (1:54.70)	5:17.87 (2:35.33)
6:01.78 (43.91)	6:52.69 (1:34.82)	7:44.36 (2:26.49)	8:33.46 (3:15.59)
9:06.90 (33.44)	9:45.08 (1:11.62)	10:25.61 (1:52.15)	11:06.16 (2:32.70)

Women 100-119 200 SC Meter Medley Relay

1 Las Vegas Masters-33	D	2:59.00	2:33.45
1) Harper, Hilary W32	2) Colavito, Violet W30	3) Colavito, Shannon W26	4) Grolle, Jamie W30
44.35	1:27.31 (42.96)	2:02.56 (35.25)	2:33.45 (30.89)
2 Triton Swimming and Triathlon-3	A	3:03.00	3:02.32
1) Toumayan, Colleen W47	2) Ovellet-Tucker, Caitlin W22	3) Hickey, Andrea W21	4) Macmillan, Brittany W25
1:02.91	2:23.94 ()	3:02.32 (38.38)	

Women 120-159 200 SC Meter Freestyle Relay

1 Long Beach Grunions-33	A	2:43.00	2:42.69
1) Oakleaf, The Leaf W58	2) Rivera, Alisha W31	3) Pugh, Dana W32	4) Cole, Jacqueline W33
48.91	1:23.67 (34.76)	2:11.13 (47.46)	2:42.69 (31.56)

Women 120-159 400 SC Meter Freestyle Relay

1 Conejo Valley Multisport Maste-3	A	4:40.00	4:49.68
1) Cleverly, Addy W24	2) Koehler, Deanna W44	3) Konopka, Beata W44	4) Carter, Katlynn W20
34.28	1:12.40 (1:12.40)	1:47.24 (34.84)	2:26.62 (1:14.22)
3:00.92 (34.30)	3:39.60 (1:12.98)	4:12.90 (33.30)	4:49.68 (1:10.08)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 120-159 400 SC Meter Freestyle Relay)**

2 Las Vegas Masters-33	A	6:30.00	5:34.38
1) Fasulo, Jessica W32	2) Ishii, Stefanie W46	3) Rapp, Julie W26	4) Ziemba, Amy W40
40.90	1:21.33 (1:21.33)	2:03.99 (42.66)	2:46.02 (1:24.69)
3:28.23 (42.21)	4:12.33 (1:26.31)	4:52.44 (40.11)	5:34.38 (1:22.05)

Women 120-159 800 SC Meter Freestyle Relay

1 Las Vegas Masters-33	C	16:00.00	11:28.52
1) Ziemba, Amy W40	2) Rapp, Julie W26	3) Fasulo, Jessica W32	4) Colavito, Shannon W26
41.65	1:28.91 (1:28.91)	2:16.86 (2:16.86)	3:02.51 (3:02.51)
3:46.14 (43.63)	4:34.27 (1:31.76)	5:24.85 (2:22.34)	6:12.13 (3:09.62)
6:54.11 (41.98)	7:39.85 (1:27.72)	8:24.93 (2:12.80)	9:09.03 (2:56.90)
9:40.27 (31.24)	10:15.68 (1:06.65)	10:51.92 (1:42.89)	11:28.52 (2:19.49)

Women 120-159 200 SC Meter Medley Relay

1 Conejo Valley Multisport Maste-3	A	2:20.00	2:22.69
1) Cleverly, Addy W24	2) Weiderman, Jennifer W47	3) Schoenneman, Lisa W51	4) Carter, Katlynn W20
38.10	1:18.26 (40.16)	1:50.51 (32.25)	2:22.69 (32.18)
2 Las Vegas Masters-33	A	4:00.00	2:55.66
1) Ishii, Stefanie W46	2) Fasulo, Jessica W32	3) Rapp, Julie W26	4) Ziemba, Amy W40
46.06	1:38.03 (51.97)	2:19.48 (41.45)	2:55.66 (36.18)
3 Rose Bowl Masters-33	I	4:00.00	3:00.04
1) Doudikian-Scaff, Nayiri W43	2) Lu, Nancy W27	3) Ho, Judy W28	4) Royal, Abby W37
55.15	1:37.74 (42.59)	2:15.91 (38.17)	3:00.04 (44.13)

Women 120-159 400 SC Meter Medley Relay

1 San Diego Swim Masters-44	A	5:03.70	5:06.19
1) Amundson, Heidi W29	2) Corbett, Mary W36	3) Parker, Emily W28	4) Ganze, Cathy W56
35.94	1:15.00 (1:15.00)	1:55.32 (40.32)	2:40.28 (1:25.28)
3:14.29 (34.01)	3:52.65 (1:12.37)	4:27.00 (34.35)	5:06.19 (1:13.54)

Women 160-199 200 SC Meter Freestyle Relay

1 Rose Bowl Masters-33	A	2:08.00	2:21.92
1) Huang, Chi-Ying W41	2) Simmons, Cheryl W46	3) Khalil, Heidi W42	4) Seubert, Erica W32
41.46	1:14.76 (33.30)	1:49.21 (34.45)	2:21.92 (32.71)
2 Rose Bowl Masters-33	B	2:35.00	2:34.05
1) Morgan, Kimberly W46	2) Cook, Sally W52	3) Saling, Elle W46	4) Gold, Susan W53
39.32	1:24.55 (45.23)	2:00.66 (36.11)	2:34.05 (33.39)

Women 160-199 400 SC Meter Freestyle Relay

1 Las Vegas Masters-33	C	5:30.00	4:30.45
1) Adams, Kari W47	2) Giovanni, Melissa W34	3) Wegner, Karin W41	4) Phifer, Katy W40
32.44	1:06.98 (1:06.98)	1:38.82 (31.84)	2:13.60 (1:06.62)
2:47.16 (33.56)	3:24.73 (1:11.13)	3:56.26 (31.53)	4:30.45 (1:05.72)
2 Rose Bowl Masters-33	B	5:12.00	5:11.19
1) Angell, Ursula W41	2) Khalil, Heidi W42	3) Gold, Susan W53	4) Simmons, Cheryl W46
39.73	1:26.15 (1:26.15)	2:03.56 (37.41)	2:46.05 (1:19.90)
3:21.55 (35.50)	4:00.77 (1:14.72)	4:34.81 (34.04)	5:11.19 (1:10.42)
3 Rose Bowl Masters-33	H	6:15.00	6:00.11
1) Giffin, Meghan W34	2) Royal, Abby W37	3) Brown, Laura W51	4) Doudikian-Scaff, Nayiri W43
38.52	1:21.97 (1:21.97)	2:07.05 (45.08)	2:54.56 (1:32.59)
3:37.34 (42.78)	4:25.31 (1:30.75)	5:09.50 (44.19)	6:00.11 (1:34.80)
4 Long Beach Grunions-33	A	7:33.80	7:39.30
1) Gilliland, Sara W37	2) Oakleaf, The Leaf W58	3) Cole, Anita W66	4) Pugh, Dana W32
39.90	1:20.61 (1:20.61)	2:10.31 (49.70)	3:08.89 (1:48.28)
4:21.38 (1:12.49)	5:41.48 (2:32.59)	6:36.04 (54.56)	7:39.30 (1:57.82)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Women 160-199 800 SC Meter Freestyle Relay**

1 Las Vegas Masters-33	A	11:30.00	10:02.95
1) Adams, Kari W47	2) Giovanni, Melissa W34	3) Wegner, Karin W41	4) Phifer, Katy W40
34.24	1:12.69 (1:12.69)	1:51.11 (1:51.11)	2:27.60 (2:27.60)
3:01.04 (33.44)	3:38.34 (1:10.74)	4:16.63 (1:49.03)	4:53.10 (2:25.50)
5:29.04 (35.94)	6:10.52 (1:17.42)	6:53.53 (2:00.43)	7:35.57 (2:42.47)
8:09.94 (34.37)	8:47.38 (1:11.81)	9:25.33 (1:49.76)	10:02.95 (2:27.38)
2 Rose Bowl Masters-33	B	13:00.00	12:32.24
1) Angell, Ursula W41	2) Cook, Sally W52	3) Khalil, Heidi W42	4) Simmons, Cheryl W46
41.79	1:29.76 (1:29.76)	2:22.84 (2:22.84)	3:15.39 (3:15.39)
4:05.35 (49.96)	5:03.50 (1:48.11)	7:01.69 (3:46.30)	7:01.69 (3:46.30)
7:40.08 (38.39)	8:25.45 (1:23.76)	9:12.14 (2:10.45)	9:56.90 (2:55.21)
10:32.50 (35.60)	11:11.65 (1:14.75)	11:52.16 (1:55.26)	12:32.24 (2:35.34)

Women 160-199 200 SC Meter Medley Relay

1 Las Vegas Masters-33	E	3:00.00	2:18.61
1) Phifer, Katy W40	2) Wegner, Karin W41	3) Adams, Kari W47	4) Giovanni, Melissa W34
33.91	1:17.18 (43.27)	1:49.01 (31.83)	2:18.61 (29.60)
2 San Diego Swim Masters-44	A	2:23.90	2:26.44
1) Amundson, Heidi W29	2) Simpson, Lisa W49	3) Corbett, Mary W36	4) Rakotz, Tara W46
35.00	1:17.26 (42.26)	1:53.62 (36.36)	2:26.44 (32.82)

Women 160-199 400 SC Meter Medley Relay

1 Conejo Valley Multisport Maste-3	A	5:20.00	5:27.35
1) Cleverly, Addy W24	2) Schoenneman, Lisa W51	3) Koehler, Deanna W44	4) Cleavenger, Becky W50
39.85	1:23.32 (1:23.32)	2:05.31 (41.99)	2:54.03 (1:30.71)
3:34.83 (40.80)	4:20.70 (1:26.67)	4:52.75 (32.05)	5:27.35 (1:06.65)
2 Rose Bowl Masters-33	D	6:15.00	6:54.54
1) Cook, Sally W52	2) Huang, Chi-Ying W41	3) Khalil, Heidi W42	4) Royal, Abby W37
56.13	1:58.28 (1:58.28)	2:47.36 (49.08)	3:44.30 (1:46.02)
4:27.85 (43.55)	5:20.22 (1:35.92)	6:04.95 (44.73)	6:54.54 (1:34.32)

Women 200-239 200 SC Meter Freestyle Relay

1 San Diego Swim Masters-44	A	2:19.50	2:13.20
1) Neville, Cathy W56	2) Ganze, Cathy W56	3) Dolan LaMar, Diana W56	4) Siegel, Christine W56
34.06	1:06.81 (32.75)	1:41.17 (34.36)	2:13.20 (32.03)

Women 200-239 400 SC Meter Freestyle Relay

1 San Diego Swim Masters-44	A	5:11.00	5:01.49
1) Neville, Cathy W56	2) Ganze, Cathy W56	3) Dolan LaMar, Diana W56	4) Siegel, Christine W56
36.00	1:15.87 (1:15.87)	1:51.09 (35.22)	2:30.06 (1:14.19)
3:05.61 (35.55)	3:46.32 (1:16.26)	4:20.23 (33.91)	5:01.49 (1:15.17)
2 Las Vegas Masters-33	D	6:00.00	5:05.99
1) Ashworth, Michelle W50	2) Saul-Zachau, Joanne W55	3) Goldsmith, Dara W47	4) Meteyer, Beverly W60
36.03	1:14.25 (1:14.25)	1:50.73 (36.48)	2:30.64 (1:16.39)
3:07.10 (36.46)	3:49.81 (1:19.17)	4:26.86 (37.05)	5:05.99 (1:16.18)
3 Las Vegas Masters-33	E	8:00.00	6:29.90
1) Fieno, Gail W70	2) Harmon, Joanna W52	3) Cushman, Susan W51	4) Belsky, Marjorie W42
1:00.38	2:04.51 (2:04.51)	2:49.02 (44.51)	3:38.96 (1:34.45)
4:18.72 (39.76)	5:02.27 (1:23.31)	5:42.05 (39.78)	6:29.90 (1:27.63)

Women 200-239 800 SC Meter Freestyle Relay

1 UCLA Bruin Masters-33	A	14:59.00	9:29.43
1) Hibben, Roni W57	2) Ciraulo, Christie W60	3) Dodd, Laurie W41	4) Stebbins, Erika W43
34.02	1:11.86 (1:11.86)	1:49.81 (1:49.81)	2:27.04 (2:27.04)
3:01.66 (34.62)	3:40.07 (1:13.03)	4:20.45 (1:53.41)	5:01.58 (2:34.54)
	6:07.93 (1:06.35)	6:42.61 (1:41.03)	7:17.19 (2:15.61)
7:47.53 (30.34)	8:20.85 (1:03.66)	8:55.06 (1:37.87)	9:29.43 (2:12.24)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Women 200-239 800 SC Meter Freestyle Relay)**

2 San Diego Swim Masters-44	A	11:37.00	11:01.45
1) Neville, Cathy W56	2) Ganze, Cathy W56	3) Simpson, Lisa W49	4) Thayer, Marieke W52
35.50	1:15.70 (1:15.70)	1:59.01 (1:59.01)	2:40.99 (2:40.99)
3:18.26 (37.27)	4:00.11 (1:19.12)	4:44.10 (2:03.11)	5:26.14 (2:45.15)
6:04.83 (38.69)	6:47.50 (1:21.36)	7:31.50 (2:05.36)	8:14.66 (2:48.52)
8:52.15 (37.49)	9:33.91 (1:19.25)	10:17.65 (2:02.99)	11:01.45 (2:46.79)
3 Las Vegas Masters-33	B	14:00.00	11:45.06
1) Ashworth, Michelle W50	2) Cushman, Susan W51	3) Meteyer, Beverly W60	4) Goldsmith, Dara W47
37.36	1:18.68 (1:18.68)	2:01.47 (2:01.47)	2:41.71 (2:41.71)
3:23.43 (41.72)	4:09.12 (1:27.41)	4:54.52 (2:12.81)	5:46.86 (3:05.15)
6:28.18 (41.32)	7:15.65 (1:28.79)	8:04.79 (2:17.93)	8:49.19 (3:02.33)
9:15.19 (26.00)	10:13.94 (1:24.75)	10:59.61 (2:10.42)	11:45.06 (2:55.87)

Women 200-239 200 SC Meter Medley Relay

1 San Diego Swim Masters-44	B	2:36.10	2:36.81
1) Siegel, Christine W56	2) Dolan LaMar, Diana W56	3) Neville, Cathy W56	4) Ganze, Cathy W56
39.63	1:24.77 (45.14)	2:03.68 (38.91)	2:36.81 (33.13)
2 Las Vegas Masters-33	B	3:50.00	2:44.56
1) Goldsmith, Dara W47	2) Saul-Zachau, Joanne W55	3) Meteyer, Beverly W60	4) Ashworth, Michelle W50
39.44	1:28.74 (49.30)	2:13.89 (45.15)	2:44.56 (30.67)
3 Rose Bowl Masters-33	H	3:17.00	3:19.01
1) Cook, Sally W52	2) Brown, Laura W51	3) Khalil, Heidi W42	4) Jiobu, Laurie W62
53.49	1:46.15 (52.66)	2:27.48 (41.33)	3:19.01 (51.53)
4 Las Vegas Masters-33	C	5:50.00	3:39.01
1) Fieno, Gail W70	2) Belsky, Marjorie W42	3) Harmon, Joanna W52	4) Cushman, Susan W51
1:18.94	2:08.63 (49.69)	3:01.13 (52.50)	3:39.01 (37.88)

Women 200-239 400 SC Meter Medley Relay

1 West Hollywood Aquatics-33	A	6:01.00	6:01.23
1) Levinrad, Jan W66	2) Jaunzeme, Andra W60	3) Karlin, Olivia W49	4) Seaton, Jessica W60
46.37	1:36.02 (1:36.02)	2:19.49 (43.47)	3:08.68 (1:32.66)
3:49.00 (40.32)	4:34.06 (1:25.38)	5:14.00 (39.94)	6:01.23 (1:27.17)
2 Las Vegas Masters-33	A	8:00.00	6:16.94
1) Goldsmith, Dara W47	2) Saul-Zachau, Joanne W55	3) Meteyer, Beverly W60	4) Ashworth, Michelle W50
39.54	1:24.09 (1:24.09)	2:12.86 (48.77)	3:11.22 (1:47.13)
4:01.11 (49.89)	5:02.00 (1:50.78)	5:37.36 (35.36)	6:16.94 (1:14.94)
3 Triton Swimming and Triathlon-3	A	6:52.00	6:30.98
1) Woods, Devon W37	2) Hirsch, Helene W56	3) Cook, Cindy W56	4) Beattie, Romy W51
43.75	1:27.86 (1:27.86)	2:14.25 (46.39)	3:07.95 (1:40.09)
4:00.88 (52.93)	5:01.67 (1:53.72)	5:43.11 (41.44)	6:30.98 (1:29.31)
4 Rose Bowl Masters-33	C	6:05.00	6:43.21
1) Simmons, Cheryl W46	2) Saling, Elle W46	3) Gold, Susan W53	4) Jiobu, Laurie W62
40.51	1:22.32 (1:22.32)	2:13.68 (51.36)	3:09.72 (1:47.40)
3:52.50 (42.78)	4:41.26 (1:31.54)	5:35.58 (54.32)	6:43.21 (2:01.95)

Women 240-279 200 SC Meter Medley Relay

1 San Diego Swim Masters-44	C	3:01.90	3:08.03
1) Stengel, Alta W63	2) Ellis, Cathie W62	3) Thayer, Marieke W52	4) Baker, Gini W63
51.55	1:39.98 (48.43)	2:24.14 (44.16)	3:08.03 (43.89)

Men 100-119 200 SC Meter Medley Relay

1 The Olympic Club-38	A	1:50.00	1:52.60
1) Dorr, John M30	2) Marshall, Gary M31	3) Malasky, Martin M25	4) Bower, Kenny M25
28.88	59.48 (30.60)	1:26.42 (26.94)	1:52.60 (26.18)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 120-159 400 SC Meter Freestyle Relay**

1 Las Vegas Masters-33	F	4:30.00	3:31.30
1) Counts, Chris M37	2) Wegner, Dan M42	3) Gaines, Billy M32	4) Counts, Glenn M36
25.98	53.05 (53.05)	1:19.05 (26.00)	1:47.67 (54.62)
2:12.55 (24.88)	2:40.06 (52.39)	3:04.69 (24.63)	3:31.30 (51.24)
2 Rose Bowl Masters-33	C	4:00.00	4:11.52
1) Ko, Scott M30	2) Durieux, Chad M34	3) Keim, John M38	4) Passos, Andre Passos M40
30.53	1:03.15 (1:03.15)	1:33.57 (30.42)	2:06.79 (1:03.64)
2:37.49 (30.70)	3:10.17 (1:03.38)	3:39.92 (29.75)	4:11.52 (1:01.35)

Men 120-159 800 SC Meter Freestyle Relay

1 Las Vegas Masters-33	D	10:00.00	8:20.52
1) Counts, Glenn M36	2) Wegner, Dan M42	3) Counts, Chris M37	4) Gaines, Billy M32
29.44	1:02.21 (1:02.21)	1:33.73 (1:33.73)	2:04.93 (2:04.93)
2:33.57 (28.64)	3:05.52 (1:00.59)	3:38.36 (1:33.43)	4:10.67 (2:05.74)
4:39.72 (29.05)	5:13.30 (1:02.63)	5:46.85 (1:36.18)	6:19.86 (2:09.19)
6:46.77 (26.91)	7:17.19 (57.33)	7:49.08 (1:29.22)	8:20.52 (2:00.66)
2 Rose Bowl Masters-33	C	9:29.00	10:11.95
1) Sanchez, Ralph M23	2) Durieux, Chad M34	3) Frost, Ray M49	4) Whitehead, Michael M48
33.65	1:10.96 (1:10.96)	1:49.95 (1:49.95)	2:28.31 (2:28.31)
2:59.45 (31.14)	3:34.48 (1:06.17)	4:10.15 (1:41.84)	4:46.08 (2:17.77)
5:18.62 (32.54)	5:55.50 (1:09.42)	6:36.10 (1:50.02)	7:16.67 (2:30.59)
7:58.13 (41.46)	8:42.34 (1:25.67)	9:26.98 (2:10.31)	10:11.95 (2:55.28)

Men 120-159 200 SC Meter Medley Relay

1 Las Vegas Masters-33	F	2:30.00	1:49.16
1) Counts, Chris M37	2) Counts, Glenn M36	3) Gaines, Billy M32	4) Wegner, Dan M42
27.46	1:24.28 (56.82)	1:49.05 (24.77)	1:49.16 (0.11)
2 Rose Bowl Masters-33	B	1:54.00	2:02.10
1) Fusedale, Nick M38	2) Durieux, Chad M34	3) Keim, John M38	4) Ko, Scott M30
29.36	1:01.84 (32.48)	1:33.41 (31.57)	2:02.10 (28.69)

Men 120-159 400 SC Meter Medley Relay

1 Triton Swimming and Triathlon-3	B	5:15.00	4:59.42
1) Rogers, James M24	2) Catton, Michael M47	3) Blanc, Nick M25	4) Mulcahy, John M47
1:04.38	1:20.78 (1:20.78)	1:45.44 (24.66)	2:32.48 (1:11.70)
3:06.44 (33.96)	3:47.31 (1:14.83)	4:21.03 (33.72)	4:59.42 (1:12.11)
2 San Diego Swim Masters-44	B	4:51.90	5:14.33
1) Frogley, Terry M43	2) Cuellar, Silvio M45	3) Pandya, Yatindra M33	4) Arrasmith, Frank M36
40.37	1:25.11 (1:25.11)	2:07.72 (42.61)	2:57.51 (1:32.40)
3:28.16 (30.65)	4:05.94 (1:08.43)	4:37.89 (31.95)	5:14.33 (1:08.39)
3 Rose Bowl Masters-33	H	6:00.00	5:46.50
1) Kim, Steve M37	2) Ono, Satoshi M39	3) Abounassar, Michael M38	4) Heydorff, Josh M40
37.14	1:15.46 (1:15.46)	1:59.07 (43.61)	2:47.78 (1:32.32)
3:27.17 (39.39)	4:30.01 (1:42.23)	5:06.22 (36.21)	5:46.50 (1:16.49)

Men 160-199 200 SC Meter Freestyle Relay

1 Long Beach Grunions-33	C	1:56.50	1:56.82
1) Williamson, Colin M34	2) Liu, Jeff M39	3) Baron, Mike M55	4) Blaney, Ryan M36
27.12	57.59 (30.47)	1:29.88 (32.29)	1:56.82 (26.94)
2 Rose Bowl Masters-33	C	1:59.00	1:58.34
1) Parker, Greg M44	2) Castleton, Tom M42	3) Heydorff, Josh M40	4) Paxton, Sean M44
27.90	56.61 (28.71)	1:30.04 (33.43)	1:58.34 (28.30)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Men 160-199 400 SC Meter Freestyle Relay**

1	Conejo Valley Multisport Maste-3	B	3:48.00	3:41.91
	1) Biondi, Matthew M48	2) Ramos, Christopher M24	3) Boshoff, Nick M45	4) Ball, Steve M43
	25.55	52.80 (52.80)	1:18.55 (25.75)	1:47.13 (54.33)
	2:13.66 (26.53)	2:44.70 (57.57)	3:11.36 (26.66)	3:41.91 (57.21)
2	Rose Bowl Masters-33	G	4:14.00	4:19.96
	1) Hixson, Peter M47	2) Parker, Greg M44	3) Van Why, Richard M47	4) Mc Ginley, Patrick M50
	30.92	1:04.63 (1:04.63)	1:34.71 (30.08)	2:06.45 (1:01.82)
	2:37.98 (31.53)	3:14.12 (1:07.67)	3:45.95 (31.83)	4:19.96 (1:05.84)
3	Las Vegas Masters-33	G	6:00.00	4:35.15
	1) Jaffee, Lolo M53	2) Jaffee, Alec M19	3) Fulljames, Rick M62	4) Ozun, Sabri M50
	29.60	1:01.01 (1:01.01)	1:31.90 (30.89)	2:04.84 (1:03.83)
	2:41.83 (36.99)	3:21.25 (1:16.41)	3:55.88 (34.63)	4:35.15 (1:13.90)
4	La Mirada Armada-33	A	4:45.00	4:38.82
	1) Moxley, Jonathan M29	2) Green, Michael M43	3) Brower, Raymond M62	4) Piner, Glenn M44
	31.96	1:06.63 (1:06.63)	1:40.47 (33.84)	2:16.49 (1:09.86)
	2:53.77 (37.28)	3:32.87 (1:16.38)	4:04.08 (31.21)	4:38.82 (1:05.95)
5	Rose Bowl Masters-33	D	4:30.00	4:39.28
	1) Paxton, Sean M44	2) Borton, Dan M45	3) Castleton, Tom M42	4) Whitehead, Michael M48
	30.82	1:06.10 (1:06.10)	1:37.55 (31.45)	2:12.11 (1:06.01)
	2:44.51 (32.40)	3:20.11 (1:08.00)	3:59.94 (39.83)	4:39.28 (1:19.17)

Men 160-199 800 SC Meter Freestyle Relay

1	Rose Bowl Masters-33	D	8:44.00	9:15.27
	1) Scannell, Michael M50	2) Passos, Andre Passos M40	3) Borton, Dan M45	4) Cienega, Julio M47
	30.91	1:04.51 (1:04.51)	1:38.32 (1:38.32)	2:10.98 (2:10.98)
	2:42.79 (31.81)	3:17.76 (1:06.78)	3:55.29 (1:44.31)	4:32.18 (2:21.20)
	5:04.76 (32.58)	5:41.29 (1:09.11)	6:19.20 (1:47.02)	6:55.88 (2:23.70)
	7:28.82 (32.94)	8:04.61 (1:08.73)	8:40.63 (1:44.75)	9:15.27 (2:19.39)
2	San Diego Swim Masters-44	B	10:01.70	10:13.10
	1) Astudillo, Fabio M61	2) Frogley, Terry M43	3) Pandya, Yatindra M33	4) Webster, Dale M44
	40.35	1:27.11 (1:27.11)	2:18.27 (2:18.27)	3:11.71 (3:11.71)
	3:44.28 (32.57)	4:20.62 (1:08.91)	4:58.13 (1:46.42)	5:34.84 (2:23.13)
	6:06.09 (31.25)	6:42.80 (1:07.96)	7:21.38 (1:46.54)	7:58.44 (2:23.60)
	8:28.69 (30.25)	9:03.00 (1:04.56)	9:38.15 (1:39.71)	10:13.10 (2:14.66)
3	Las Vegas Masters-33	E	13:00.00	10:23.74
	1) Jaffee, Lolo M53	2) Jaffee, Alec M19	3) Fulljames, Rick M62	4) Feldman, Michael M55
	31.37	1:05.33 (1:05.33)	1:39.52 (1:39.52)	2:13.34 (2:13.34)
	2:44.59 (31.25)	3:19.50 (1:06.16)	3:56.96 (1:43.62)	4:34.42 (2:21.08)
	5:11.64 (37.22)	5:53.65 (1:19.23)	6:36.33 (2:01.91)	7:18.40 (2:43.98)
	7:56.76 (38.36)	8:43.06 (1:24.66)	9:33.65 (2:15.25)	10:23.74 (3:05.34)

Men 160-199 200 SC Meter Medley Relay

1	Conejo Valley Multisport Maste-3	B	1:50.00	1:54.90
	1) Ramos, Christopher M24	2) Boshoff, Nick M45	3) Biondi, Matthew M48	4) Ball, Steve M43
	29.81	1:03.37 (33.56)	1:29.50 (26.13)	1:54.90 (25.40)
2	Rose Bowl Masters-33	C	2:07.00	2:12.87
	1) Parker, Greg M44	2) Paxton, Sean M44	3) Passos, Andre Passos M40	4) Castleton, Tom M42
	33.76	1:11.11 (37.35)	1:42.42 (31.31)	2:12.87 (30.45)
3	San Diego Swim Masters-44	D	2:15.10	2:17.60
	1) Coloma, James M34	2) Gatchalian, Paolo M29	3) Given, Michael M49	4) Plackemeier, Steven M59
	33.87	1:12.29 (38.42)	1:45.56 (33.27)	2:17.60 (32.04)
4	San Diego Swim Masters-44	E	2:24.70	2:19.28
	1) Ricks, Jeffrey M41	2) Cuellar, Silvio M45	3) Arrasmith, Frank M36	4) Wilson, Tom M45
	35.69	1:15.95 (40.26)	1:50.39 (34.44)	2:19.28 (28.89)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 160-199 200 SC Meter Medley Relay)**

5	Las Vegas Masters-33	G	3:50.00	2:20.71
	1) Ozun, Sabri M50	2) Fulljames, Rick M62	3) Jaffee, Alec M19	4) Jaffee, Lolo M53
	38.22	1:21.99 (43.77)	1:53.93 (31.94)	2:20.71 (26.78)
6	Rose Bowl Masters-33	J	2:30.00	2:29.62
	1) Van Why, Richard M47	2) Heydorff, Josh M40	3) Frost, Ray M49	4) Bostrom, Michael M39
	37.78	1:20.94 (43.16)	1:55.61 (34.67)	2:29.62 (34.01)
7	Rose Bowl Masters-33	D	2:13.00	2:34.66
	1) Borton, Dan M45	2) Abounassar, Michael M38	3) Whitehead, Michael M48	4) Cienega, Julio M47
	34.93	1:16.10 (41.17)	2:17.34 (1:01.24)	2:34.66 (17.32)

Men 160-199 400 SC Meter Medley Relay

1	Rose Bowl Masters-33	E	4:53.00	5:34.23
	1) Parker, Greg M44	2) Keim, John M38	3) Castleton, Tom M42	4) Whitehead, Michael M48
	37.56	1:14.81 (1:14.81)	1:56.26 (41.45)	2:41.16 (1:26.35)
	3:18.27 (37.11)	4:02.96 (1:21.80)	4:47.56 (44.60)	5:34.23 (1:31.27)

Men 200-239 200 SC Meter Freestyle Relay

1	Wildcat Alumni Masters-38	A	1:48.19	1:44.19
	1) Jaegers, Al M51	2) Trimble, Sandy M50	3) Volzing, Mace M49	4) Harvill, Tom M52
	27.13	53.40 (26.27)	1:19.56 (26.16)	1:44.19 (24.63)
2	Rose Bowl Masters-33	D	1:54.00	1:56.01
	1) Frost, Ray M49	2) Soderstrom, Tom M55	3) Uchiyama, Winston M56	4) Cienega, Julio M47
	29.63	59.65 (30.02)	1:28.24 (28.59)	1:56.01 (27.77)

Men 200-239 400 SC Meter Freestyle Relay

1	Wildcat Alumni Masters-38	A	4:00.54	3:55.72
	1) Jaegers, Al M51	2) Trimble, Sandy M50	3) Volzing, Mace M49	4) Harvill, Tom M52
	28.80	1:00.17 (1:00.17)	1:19.95 (19.78)	1:59.69 (59.52)
	2:27.66 (27.97)	2:59.85 (1:00.16)	3:26.52 (26.67)	3:55.72 (55.87)
2	Rose Bowl Masters-33	F	4:01.00	4:04.15
	1) Stephenson, Dan M56	2) Scannell, Michael M50	3) Frost, Ray M49	4) Skelly, Drew M47
	27.53	58.22 (58.22)	1:26.61 (28.39)	1:57.60 (59.38)
	2:27.92 (30.32)	3:01.70 (1:04.10)	3:31.79 (30.09)	4:04.15 (1:02.45)
3	San Diego Swim Masters-44	C	4:24.50	4:28.75
	1) Duffield, Harry M63	2) Frogley, Terry M43	3) Plackemeier, Steven M59	4) Webster, Dale M44
	33.75	1:10.58 (1:10.58)	1:42.10 (31.52)	2:17.19 (1:06.61)
	2:52.12 (34.93)	3:29.23 (1:12.04)	3:56.88 (27.65)	4:28.75 (59.52)
4	Long Beach Grunions-33	C	5:38.00	5:43.06
	1) Baron, Mike M55	2) Parnes, Bart M57	3) Smith, Stan M66	4) Ferguson, Howard M59
	35.90	1:15.03 (1:15.03)	1:58.73 (43.70)	2:48.15 (1:33.12)
	3:33.78 (45.63)	4:23.75 (1:35.60)	5:01.40 (37.65)	5:43.06 (1:19.31)

Men 200-239 800 SC Meter Freestyle Relay

1	Rose Bowl Masters-33	E	10:26.00	10:24.89
	1) Mc Ginley, Patrick M50	2) Castleton, Tom M42	3) Soderstrom, Tom M55	4) Ronay, Peter M71
	34.85	1:12.48 (1:12.48)	1:50.49 (1:50.49)	2:26.04 (2:26.04)
	2:59.77 (33.73)	3:36.73 (1:10.69)	4:15.09 (1:49.05)	4:52.53 (2:26.49)
	5:08.14 (15.61)	5:25.97 (33.44)	6:03.03 (1:10.50)	7:18.08 (2:25.55)
	7:33.83 (15.75)	8:00.93 (42.85)	8:47.23 (1:29.15)	10:24.89 (3:06.81)

Men 200-239 200 SC Meter Medley Relay

1	Wildcat Alumni Masters-38	A	1:59.56	1:58.75
	1) Trimble, Sandy M50	2) Jaegers, Al M51	3) Harvill, Tom M52	4) Volzing, Mace M49
	31.55	1:05.08 (33.53)	1:32.18 (27.10)	1:58.75 (26.57)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 200-239 200 SC Meter Medley Relay)**

2 San Diego Swim Masters-44	F	2:06.90	2:10.80
1) Ines, Gil M46	2) Andersen, Peter M70	3) Webster, Dale M44	4) Jones, Kenton M46
35.33	1:13.74 (38.41)	1:43.47 (29.73)	2:10.80 (27.33)
3 Rose Bowl Masters-33	E	2:09.00	2:14.96
1) Mc Ginley, Patrick M50	2) Hixson, Peter M47	3) Sterne, Erik M61	4) Beach, Paul M46
34.62	1:11.58 (36.96)	1:44.62 (33.04)	2:14.96 (30.34)

Men 200-239 400 SC Meter Medley Relay

1 Wildcat Alumni Masters-38	A	4:45.92	4:24.83
1) Trimble, Sandy M50	2) Jaegers, Al M51	3) Harvill, Tom M52	4) Volzing, Mace M49
33.06	1:08.71 (1:08.71)	1:43.85 (35.14)	2:23.32 (1:14.61)
2:51.98 (28.66)	3:25.14 (1:01.82)	3:52.87 (27.73)	4:24.83 (59.69)
2 Rose Bowl Masters-33	F	4:45.00	5:02.73
1) Mc Ginley, Patrick M50	2) Uchiyama, Winston M56	3) Soderstrom, Tom M55	4) Paxton, Sean M44
37.43	1:16.10 (1:16.10)	1:53.40 (37.30)	2:34.19 (1:18.09)
3:11.06 (36.87)	3:55.88 (1:21.69)	4:27.03 (31.15)	5:02.73 (1:06.85)

Men 240-279 200 SC Meter Freestyle Relay

1 Rose Bowl Masters-33	E	2:22.00	2:27.91
1) Purgason, Lee M57	2) Sterne, Erik M61	3) Farmer, Michael M66	4) Goode, Douglas M74
33.95	1:04.31 (30.36)	1:38.80 (34.49)	2:27.91 (49.11)
2 Long Beach Grunions-33	B	2:35.00	2:37.92
1) Ferguson, Howard M59	2) Parnes, Bart M57	3) Smith, Stan M66	4) Zion, Michael M58
35.86	1:16.73 (40.87)	1:59.03 (42.30)	2:37.92 (38.89)

Men 240-279 400 SC Meter Freestyle Relay

1 Los Angeles Peninsula Swimmers	A	4:30.00	4:39.66
1) Willis, Gregory M65	2) Anderson, Eric M69	3) Mc Bride, Duncan M59	4) Ponthier, Chuck M50
31.03	1:06.10 (1:06.10)	1:42.00 (35.90)	2:22.57 (1:16.47)
2:53.49 (30.92)	3:30.32 (1:07.75)	3:47.56 (17.24)	4:39.66 (1:09.34)
2 West Hollywood Aquatics-33	A	5:02.16	5:00.25
1) Figueiredo, Paulo M67	2) Olson, Jay M64	3) Larson, Charles M61	4) Kirvan, David M49
35.38	1:14.68 (1:14.68)	1:54.38 (39.70)	2:35.96 (1:21.28)
3:12.21 (36.25)	3:52.04 (1:16.08)	4:24.73 (32.69)	5:00.25 (1:08.21)
3 Rose Bowl Masters-33	E	5:09.00	5:07.41
1) Soderstrom, Tom M55	2) Sterne, Erik M61	3) Farmer, Michael M66	4) Ronay, Peter M71
32.24	1:07.46 (1:07.46)	1:41.50 (34.04)	2:19.82 (1:12.36)
2:59.24 (39.42)	3:45.92 (1:26.10)	4:24.65 (38.73)	5:07.41 (1:21.49)

Men 240-279 800 SC Meter Freestyle Relay

1 San Diego Swim Masters-44	C	10:18.20	10:33.67
1) Freshley, Mike M72	2) Jones, Kenton M46	3) Plackemeier, Steven M59	4) Ralphy, Tony M70
36.15	1:18.58 (1:18.58)	2:02.88 (2:02.88)	2:47.08 (2:47.08)
3:17.51 (30.43)	3:53.31 (1:06.23)	4:29.49 (1:42.41)	5:05.02 (2:17.94)
5:44.23 (39.21)	6:26.02 (1:21.00)	7:08.65 (2:03.63)	7:49.66 (2:44.64)
8:25.91 (36.25)	9:07.30 (1:17.64)	9:50.83 (2:01.17)	10:33.67 (2:44.01)

Men 240-279 200 SC Meter Medley Relay

1 West Hollywood Aquatics-33	A	2:30.07	2:36.43
1) Figueiredo, Paulo M67	2) Olson, Jay M64	3) Larson, Charles M61	4) Kirvan, David M49
39.90	1:27.90 (48.00)	2:07.73 (39.83)	2:36.43 (28.70)
2 San Diego Swim Masters-44	G	2:30.80	2:38.71
1) Frogley, Terry M43	2) O'Mara, Jerry M66	3) Astudillo, Fabio M61	4) Ralphy, Tony M70
36.60	1:27.60 (51.00)	2:07.44 (39.84)	2:38.71 (31.27)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Men 240-279 200 SC Meter Medley Relay)**

3	Rose Bowl Masters-33	F	2:48.00	2:45.76
	1) Purgason, Lee M57	2) Farmer, Michael M66	3) Soderstrom, Tom M55	4) Ronay, Peter M71
	40.91	1:34.32 (53.41)	2:08.61 (34.29)	2:45.76 (37.15)

Men 240-279 400 SC Meter Medley Relay

1	Conejo Valley Multisport Maste-3	B	5:30.00	5:43.22
	1) Boshoff, Nick M45	2) Johnson, Lloyd M73	3) Rosen, Robert M63	4) Freeman, Frank M68
	38.66	1:18.20 (1:18.20)	2:07.36 (49.16)	3:02.76 (1:44.56)
	3:40.10 (37.34)	4:23.32 (1:20.56)	4:59.79 (36.47)	5:43.22 (1:19.90)

2	San Diego Swim Masters-44	C	5:42.80	6:32.23
	1) Plackemeier, Steven M59	2) Astudillo, Fabio M61	3) Given, Michael M49	4) Baker, Donald M82
	43.23	1:28.72 (1:28.72)	2:19.55 (50.83)	3:23.65 (1:54.93)
	3:59.70 (36.05)	4:40.67 (1:17.02)	5:32.26 (51.59)	6:32.23 (1:51.56)

3	Rose Bowl Masters-33	G	6:30.00	6:55.06
	1) Purgason, Lee M57	2) Farmer, Michael M66	3) Sterne, Erik M61	4) Goode, Douglas M74
	44.24	1:29.88 (1:29.88)	1:45.56 (15.68)	3:38.99 (2:09.11)
	4:18.82 (39.83)	4:59.85 (1:20.86)	5:51.96 (52.11)	6:55.06 (1:55.21)

Men 280-319 200 SC Meter Freestyle Relay

1	San Diego Swim Masters-44	B	2:25.90	2:39.18
	1) Coles, Bill M78	2) Martinez, Jorge M66	3) Mitchell, Tom M80	4) Plackemeier, Steven M59
	45.78	1:22.87 (37.09)	2:05.62 (42.75)	2:39.18 (33.56)

2	San Diego Swim Masters-44	C	3:01.10	3:00.65
	1) Baker, Donald M82	2) Frogley, Terry M43	3) Jones, Brian M72	4) Kimball, Ken M83
	44.83	1:14.72 (29.89)	2:11.81 (57.09)	3:00.65 (48.84)

Men 280-319 400 SC Meter Freestyle Relay

1	San Diego Swim Masters-44	D	5:48.60	6:14.10
	1) Bovee, Dennis M68	2) Kimball, Ken M83	3) Martinez, Jorge M66	4) O'Mara, Jerry M66
	40.99	1:29.34 (1:29.34)	2:23.97 (54.63)	3:23.49 (1:54.15)
	4:03.53 (40.04)	4:47.18 (1:23.69)	5:27.78 (40.60)	6:14.10 (1:26.92)

Men 280-319 800 SC Meter Freestyle Relay

---	San Diego Swim Masters-44	D	12:48.70	DQ
	1) Bovee, Dennis M68	2) Martinez, Jorge M66	3) Mitchell, Tom M80	4) O'Mara, Jerry M66
	41.10	1:31.77 (1:31.77)	2:29.01 (2:29.01)	3:27.63 (3:27.63)
	3:43.16 (15.53)	4:12.93 (45.30)	5:00.31 (1:32.68)	5:47.17 (2:19.54)
	6:34.01 (46.84)	6:49.07 (1:01.90)	7:27.67 (1:40.50)	10:39.47 (4:52.30)
	11:24.10 (44.63)	12:14.09 (1:34.62)	13:05.71 (2:26.24)	DQ (3:17.23)

Men 280-319 200 SC Meter Medley Relay

1	San Diego Swim Masters-44	H	2:31.30	2:37.11
	1) Freshley, Mike M72	2) Best, Bob M81	3) Martinez, Jorge M66	4) Duffield, Harry M63
	39.64	1:26.81 (47.17)	2:06.48 (39.67)	2:37.11 (30.63)

Men 320-359 400 SC Meter Freestyle Relay

1	San Diego Swim Masters-44	E	6:16.80	6:38.85
	1) Baker, Donald M82	2) Best, Bob M81	3) Coles, Bill M78	4) Mitchell, Tom M80
	49.66	1:52.16 (1:52.16)	2:27.39 (35.23)	2:56.15 (1:03.99)
	3:11.93 (15.78)	3:35.21 (39.06)	5:48.82 (2:13.61)	6:38.85 (3:03.64)

Men 320-359 200 SC Meter Medley Relay

1	San Diego Swim Masters-44	I	3:32.50	3:43.16
	1) Kimball, Ken M83	2) Baker, Donald M82	3) Mitchell, Tom M80	4) Coles, Bill M78
	56.62	1:55.88 (59.26)	2:56.06 (1:00.18)	3:43.16 (47.10)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Mixed 72-99 200 SC Meter Freestyle Relay**

1	Rose Bowl Masters-33	F	1:55.00	1:57.25
	1) Alders, Alec M24	2) Sanchez, Ralph M23	3) Adams, Laura W22	4) Lee, Sandra W24
	26.60	55.19 (28.59)	1:26.30 (31.11)	1:57.25 (30.95)

Mixed 72-99 400 SC Meter Medley Relay

1	Rose Bowl Masters-33	B	4:53.00	5:01.63
	1) Alders, Alec M24	2) Lee, Sandra W24	3) Sanchez, Ralph M23	4) Adams, Laura W22
	32.60	1:08.97 (1:08.97)	1:49.24 (40.27)	2:34.90 (1:25.93)
	3:09.06 (34.16)	3:50.78 (1:15.88)	4:23.85 (33.07)	5:01.63 (1:10.85)

Mixed 100-119 200 SC Meter Medley Relay

---	Southern California Aquatic Ma-2	A	2:21.00	DQ
	1) Shin, James M20	2) Kim, Gene M27	3) Skinner, Lauren W29	4) Leong, Jarret M25
	42.79	1:15.54 (32.75)	1:51.32 (35.78)	DQ (29.60)

Mixed 120-159 200 SC Meter Freestyle Relay

1	Las Vegas Masters-33	A	2:00.00	1:50.58
	1) Wegner, Dan M42	2) Wegner, Karin W41	3) Giovanni, Melissa W34	4) Counts, Chris M37
	25.00	56.50 (31.50)	1:26.11 (29.61)	1:50.58 (24.47)
2	San Diego Swim Masters-44	D	1:54.90	1:56.97
	1) Amundson, Heidi W29	2) Arrasmith, Frank M36	3) Pandya, Yatindra M33	4) Parker, Emily W28
	29.63	1:00.23 (30.60)	1:27.50 (27.27)	1:56.97 (29.47)
3	Rose Bowl Masters-33	G	2:03.00	2:05.95
	1) Culver, Ian M37	2) Lu, Nancy W27	3) Pulliam, Kandis W28	4) Ko, Scott M30
	27.71	1:00.32 (32.61)	1:37.79 (37.47)	2:05.95 (28.16)
4	Triton Swimming and Triathlon-3	A	2:07.00	2:06.16
	1) Woods, Devon W37	2) Beattie, Romy W51	3) Catton, Michael M47	4) Rogers, James M24
	35.70	1:14.30 (38.60)	1:41.59 (27.29)	2:06.16 (24.57)
5	Rose Bowl Masters-33	H	2:33.00	2:28.47
	1) Whitehead, Michael M48	2) Keim, John M38	3) Lassonde, Kristin W31	4) Royal, Abby W37
	41.16	1:08.18 (27.02)	1:45.02 (36.84)	2:28.47 (43.45)

Mixed 120-159 400 SC Meter Freestyle Relay

1	Long Beach Grunions-33	B	4:18.00	4:20.41
	1) Corcoran, Jackie W31	2) Williamson, Colin M34	3) Liu, Jeff M39	4) Cole, Jacqueline W33
	30.87	1:03.68 (1:03.68)	1:32.22 (28.54)	2:03.27 (59.59)
	2:35.66 (32.39)	3:11.92 (1:08.65)	3:44.26 (32.34)	4:20.41 (1:08.49)
2	San Diego Swim Masters-44	F	4:17.20	4:23.14
	1) Amundson, Heidi W29	2) Ricks, Jeffrey M41	3) Jones, Kenton M46	4) Maroudis, Kristina W38
	31.55	1:07.39 (1:07.39)	1:37.75 (30.36)	2:13.57 (1:06.18)
	2:43.15 (29.58)	3:16.37 (1:02.80)	3:48.24 (31.87)	4:23.14 (1:06.77)
3	San Diego Swim Masters-44	G	4:42.70	4:38.60
	1) Coloma, James M34	2) Moyer, Catherine W33	3) Sweeney, Amy W28	4) Wilson, Tom M45
	31.03	1:05.16 (1:05.16)	1:41.22 (36.06)	2:21.31 (1:16.15)
	2:54.38 (33.07)	3:31.62 (1:10.31)	4:02.04 (30.42)	4:38.60 (1:06.98)
4	West Hollywood Aquatics-33	B	5:39.00	5:11.05
	1) Karlin, Olivia W49	2) Bahamon, Luis M52	3) Menaster, Kim W27	4) Walther, Gregory M29
	35.42	1:13.41 (1:13.41)	1:52.20 (38.79)	2:38.61 (1:25.20)
	3:21.83 (43.22)	4:08.18 (1:29.57)	4:38.27 (30.09)	5:11.05 (1:02.87)
---	The Olympic Club-38	A	3:53.40	DQ
	1) Holsman, Trent M33	2) Davidoff, Cara W27	3) Watanabe, Naoko W31	4) Marshall, Gary M31
	25.74	53.53 (53.53)	1:23.71 (30.18)	1:56.52 (1:02.99)
	2:12.44 (15.92)	2:58.92 (1:02.40)	3:25.71 (26.79)	DQ (55.90)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Mixed 120-159 200 SC Meter Medley Relay**

1 Long Beach Grunions-33	A	2:14.10	2:15.12
1) Corcoran, Jackie W31	2) Liu, Jeff M39	3) Cole, Jacqueline W33	4) Williamson, Colin M34
36.13	1:12.42 (36.29)	1:48.66 (36.24)	2:15.12 (26.46)
2 West Hollywood Aquatics-33	B	2:46.10	2:45.79
1) Menaster, Kim W27	2) Bahamon, Luis M52	3) Karlin, Olivia W49	4) Walther, Gregory M29
50.73	1:39.49 (48.76)	2:17.18 (37.69)	2:45.79 (28.61)

Mixed 120-159 400 SC Meter Medley Relay

1 Long Beach Grunions-33	A	5:20.10	5:13.20
1) Rivera, Alisha W31	2) Liu, Jeff M39	3) Cole, Jacqueline W33	4) Williamson, Colin M34
42.54	1:29.01 (1:29.01)	2:06.86 (37.85)	2:50.26 (1:21.25)
3:27.33 (37.07)	4:14.03 (1:23.77)	4:42.10 (28.07)	5:13.20 (59.17)
--- Rose Bowl Masters-33	A	5:10.00	DQ
1) Pulliam, Kandis W28	2) Seubert, Erica W32	3) Ko, Scott M30	4) Culver, Ian M37
46.49	1:37.31 (1:37.31)	2:26.07 (48.76)	3:20.46 (1:43.15)
3:57.92 (37.46)	4:38.04 (1:17.58)	5:07.93 (29.89)	DQ (1:02.81)

Mixed 160-199 200 SC Meter Freestyle Relay

1 West Hollywood Aquatics-33	A	2:08.00	2:06.10
1) Karlin, Olivia W49	2) Levinrad, Jan W66	3) Kirvan, David M49	4) Walther, Gregory M29
33.89	49.87 (15.98)	1:07.85 (17.98)	2:06.10 (58.25)
2 Conejo Valley Multisport Maste-3	A	2:10.00	2:17.21
1) Cleverly, Addy W24	2) Baird, Bill M54	3) Weideman, Jennifer W47	4) Freeman, Frank M68
34.30	1:10.23 (35.93)	1:42.98 (32.75)	2:17.21 (34.23)
3 San Diego Swim Masters-44	E	2:13.30	2:36.56
1) Amundson, Pam W63	2) Cuellar, Silvio M45	3) Wilson, Tom M45	4) Wood, Dawn W41
57.68	1:31.45 (33.77)	2:01.03 (29.58)	2:36.56 (35.53)
4 Triton Swimming and Triathlon-3	B	2:45.00	2:40.04
1) Mulcahy, John M47	2) Duarte, Marlon M38	3) Toumayan, Colleen W47	4) Catton, Patty W42
32.77	1:07.90 (35.13)	1:58.59 (50.69)	2:40.04 (41.45)

Mixed 160-199 400 SC Meter Freestyle Relay

1 Conejo Valley Multisport Maste-3	C	4:15.00	4:11.24
1) Koehler, Doug M47	2) Cleavenger, Becky W50	3) Schoenneman, Lisa W51	4) Marnoch, Eric M47
30.20	1:01.73 (1:01.73)	1:33.61 (31.88)	2:07.50 (1:05.77)
2:38.08 (30.58)	3:11.34 (1:03.84)	3:39.87 (28.53)	4:11.24 (59.90)
2 South Bay Swim Team-33	A	5:30.00	4:48.22
1) Snyder, Cynthia W48	2) Snyder, Betsy W44	3) Brookwell, David M52	4) Neilan, David M47
36.20	1:14.42 (1:14.42)	1:51.66 (37.24)	2:33.44 (1:19.02)
3:03.75 (30.31)	3:39.08 (1:05.64)	4:11.80 (32.72)	4:48.22 (1:09.14)
3 Triton Swimming and Triathlon-3	B	5:30.00	5:06.27
1) Rogers, James M24	2) Catton, Patty W42	3) Beattie, Romy W51	4) Catton, Michael M47
27.34	56.87 (56.87)	1:45.17 (48.30)	2:36.98 (1:40.11)
3:18.13 (41.15)	4:04.88 (1:27.90)	4:33.79 (28.91)	5:06.27 (1:01.39)
4 San Diego Swim Masters-44	K	6:50.00	5:51.23
1) Hasty, Mary Lynne W36	2) Hirakawa, Diane W64	3) Gatchalian, Paolo M29	4) Given, Michael M49
41.56	1:29.59 (1:29.59)	2:23.81 (54.22)	3:25.08 (1:55.49)
3:56.47 (31.39)	4:32.16 (1:07.08)	5:10.42 (38.26)	5:51.23 (1:19.07)

Mixed 160-199 800 SC Meter Freestyle Relay

1 Long Beach Grunions-33	A	12:39.00	13:37.63
1) Ferguson, Howard M59	2) Baron, Mike M55	3) Pugh, Dana W32	4) Cole, Jacqueline W33
39.13	1:22.38 (1:22.38)	2:08.32 (2:08.32)	2:56.23 (2:56.23)
3:13.45 (17.22)	3:39.98 (43.75)	4:30.84 (1:34.61)	6:16.79 (3:20.56)
7:16.96 (1:00.17)	8:27.44 (2:10.65)	9:40.88 (3:24.09)	10:54.78 (4:37.99)
11:12.70 (17.92)	11:31.54 (36.76)	12:12.63 (1:17.85)	13:37.63 (2:42.85)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****Mixed 160-199 200 SC Meter Medley Relay**

1	Conejo Valley Multisport Maste-3	C	2:15.00	2:12.57
	1) Konopka, Beata W44	2) Koehler, Doug M47	3) Marnoch, Eric M47	4) Cleavenger, Becky W50
	36.97	1:11.64 (34.67)	1:43.58 (31.94)	2:12.57 (28.99)
2	Triton Swimming and Triathlon-3	B	2:30.00	2:30.55
	1) Rogers, James M24	2) Beattie, Romy W51	3) Catton, Michael M47	4) Catton, Patty W42
	28.34	1:14.73 (46.39)	1:47.44 (32.71)	2:30.55 (43.11)

Mixed 160-199 400 SC Meter Medley Relay

1	South Bay Swim Team-33	A	5:30.00	5:37.01
	1) Peterson, Gretchen W39	2) Stalker, Nathan M39	3) Brookwell, David M52	4) Snyder, Cynthia W48
	49.03	2:24.60 ()	3:07.83 ()	
	3:43.48 (35.65)	4:25.05 (1:17.22)	4:59.03 (33.98)	5:37.01 (1:11.96)
2	Rose Bowl Masters-33	I	6:30.00	5:58.81
	1) Doudikian-Scaff, Nayiri W43	2) Beach, Paul M46	3) Ho, Judy W28	4) Frost, Ray M49
	58.01	2:04.04 (2:04.04)	2:44.58 (40.54)	3:29.86 (1:25.82)
	4:11.90 (42.04)	4:55.79 (1:25.93)	5:25.18 (29.39)	5:58.81 (1:03.02)
3	Triton Swimming and Triathlon-3	C	8:20.00	7:32.39
	1) Duarte, Marlon M38	2) Toumayan, Colleen W47	3) Cook, Kris M63	4) Catton, Patty W42
	55.12	1:59.49 (1:59.49)	2:54.33 (54.84)	3:55.45 (1:55.96)
	4:47.45 (52.00)	5:52.14 (1:56.69)	6:38.68 (46.54)	7:32.39 (1:40.25)
4	Long Beach Grunions-33	C	8:24.10	7:49.48
	1) Parnes, Bart M57	2) Baron, Mike M55	3) Pugh, Dana W32	4) Wingert, Kathy W55
	53.44	1:58.64 (1:58.64)	2:51.96 (53.32)	3:49.97 (1:51.33)
	4:53.93 (1:03.96)	6:10.19 (2:20.22)	6:55.41 (45.22)	7:49.48 (1:39.29)

Mixed 200-239 200 SC Meter Freestyle Relay

1	Conejo Valley Multisport Maste-3	B	1:56.00	1:54.17
	1) Boshoff, Nick M45	2) Rosen, Robert M63	3) Cleavenger, Becky W50	4) Schoenneman, Lisa W51
	26.03	54.77 (28.74)	1:24.79 (30.02)	1:54.17 (29.38)
2	San Diego Swim Masters-44	F	2:06.00	2:01.50
	1) Jones, Kenton M46	2) Komissarov, Andrey M53	3) Simpson, Lisa W49	4) Thayer, Marieke W52
	27.06	53.59 (26.53)	1:27.01 (33.42)	2:01.50 (34.49)
3	Triton Swimming and Triathlon-3	C	2:22.00	2:27.34
	1) Blanc, Nick M25	2) Hirsch, Helene W56	3) Cook, Kris M63	4) Cook, Cindy W56
	30.91	1:09.98 (39.07)	1:47.15 (37.17)	2:27.34 (40.19)
4	Conejo Valley Multisport Maste-3	C	2:30.00	2:28.12
	1) Smith, Diane W68	2) Johnson, Lloyd M73	3) Hassan, Mazen M46	4) Koehler, Deanna W44
	40.80	1:17.99 (37.19)	1:53.91 (35.92)	2:28.12 (34.21)

Mixed 200-239 400 SC Meter Freestyle Relay

1	San Diego Swim Masters-44	H	5:20.10	5:25.42
	1) Simpson, Lisa W49	2) Astudillo, Fabio M61	3) Baker, Gini W63	4) Arrasmith, Frank M36
	37.09	1:16.17 (1:16.17)	1:54.69 (38.52)	2:39.22 (1:23.05)
	3:24.95 (45.73)	4:17.34 (1:38.12)	4:49.90 (32.56)	5:25.42 (1:08.08)
2	Triton Swimming and Triathlon-3	C	6:21.00	5:36.14
	1) Blanc, Nick M25	2) Cook, Kris M63	3) Hirsch, Helene W56	4) Cook, Cindy W56
	32.45	1:07.63 (1:07.63)	1:46.44 (38.81)	2:30.35 (1:22.72)
	3:12.14 (41.79)	4:02.39 (1:32.04)	4:47.26 (44.87)	5:36.14 (1:33.75)

Mixed 200-239 200 SC Meter Medley Relay

1	Rose Bowl Masters-33	G	2:13.00	2:16.74
	1) Stephenson, Dan M56	2) Simmons, Cheryl W46	3) Skelly, Drew M47	4) Gold, Susan W53
	31.70	1:12.16 (40.46)	1:43.69 (31.53)	2:16.74 (33.05)
2	Triton Swimming and Triathlon-3	C	2:50.00	2:44.18
	1) Blanc, Nick M25	2) Hirsch, Helene W56	3) Cook, Cindy W56	4) Cook, Kris M63
	36.32	1:21.69 (45.37)	2:07.28 (45.59)	2:44.18 (36.90)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Mixed 200-239 200 SC Meter Medley Relay)**

3 Long Beach Grunions-33	B	2:55.00	3:06.75
1) Oakleaf, The Leaf W58	2) Baron, Mike M55	3) Ferguson, Howard M59	4) Gilliland, Sara W37
58.97	1:48.11 (49.14)	2:31.61 (43.50)	3:06.75 (35.14)
4 San Diego Swim Masters-44	J	3:15.60	3:15.47
1) Hasty, Mary Lynne W36	2) McSparran, Mara W54	3) Samardzic, Predrag M62	4) Tortoza, Carlos M63
45.82	1:06.22 (20.40)	2:35.97 (1:29.75)	3:15.47 (39.50)

Mixed 200-239 400 SC Meter Medley Relay

1 San Diego Swim Masters-44	D	5:03.40	5:05.39
1) Jones, Kenton M46	2) Dolan LaMar, Diana W56	3) Komissarov, Andrey M53	4) Stiles, Jasmine W47
35.34	1:12.38 (1:12.38)	2:00.27 (47.89)	2:51.21 (1:38.83)
3:21.56 (30.35)	3:56.71 (1:05.50)	4:28.54 (31.83)	5:05.39 (1:08.68)
2 San Diego Swim Masters-44	E	6:05.10	6:26.65
1) Thayer, Marieke W52	2) Samardzic, Predrag M62	3) Martinez, Jorge M66	4) Wood, Dawn W41
45.27	1:31.88 (1:31.88)	2:29.39 (57.51)	3:35.23 (2:03.35)
4:19.81 (44.58)	5:09.62 (1:34.39)	5:45.67 (36.05)	6:26.65 (1:17.03)

Mixed 240-279 200 SC Meter Freestyle Relay

1 San Diego Swim Masters-44	A	2:10.00	2:12.43
1) Best, Bob M81	2) Ralphps, Tony M70	3) Rakotz, Tara W46	4) Stiles, Jasmine W47
36.50	52.64 (16.14)	1:08.85 (16.21)	2:12.43 (1:03.58)
2 San Diego Swim Masters-44	H	2:42.30	2:34.96
1) Astudillo, Fabio M61	2) Ellis, Cathie W62	3) Samardzic, Predrag M62	4) Stengel, Alta W63
36.20	1:18.04 (41.84)	1:54.18 (36.14)	2:34.96 (40.78)

Mixed 240-279 400 SC Meter Freestyle Relay

1 San Diego Swim Masters-44	I	4:57.90	4:57.42
1) Freshley, Mike M72	2) Ralphps, Tony M70	3) Rakotz, Tara W46	4) Thayer, Marieke W52
34.10	1:12.13 (1:12.13)	1:46.71 (34.58)	2:25.18 (1:13.05)
3:00.59 (35.41)	3:39.09 (1:13.91)	4:16.01 (36.92)	4:57.42 (1:18.33)
2 Conejo Valley Multisport Maste-3	D	5:15.00	5:14.05
1) Weideman, Jennifer W47	2) Salazar, Gabriel M57	3) Freeman, Frank M68	4) Smith, Diane W68
33.44	1:11.19 (1:11.19)	1:44.56 (33.37)	2:22.69 (1:11.50)
2:59.07 (36.38)	3:39.17 (1:16.48)	4:23.33 (44.16)	5:14.05 (1:34.88)
3 San Diego Swim Masters-44	J	6:57.30	6:34.12
1) Ellis, Cathie W62	2) McSparran, Mara W54	3) Samardzic, Predrag M62	4) Tortoza, Carlos M63
45.38	1:36.72 (1:36.72)	2:33.93 (57.21)	3:42.22 (2:05.50)
4:20.83 (38.61)	5:06.49 (1:24.27)	5:47.42 (40.93)	6:34.12 (1:27.63)

Mixed 240-279 800 SC Meter Freestyle Relay

1 Long Beach Grunions-33	B	17:09.00	16:10.04
1) Wingert, Kathy W55	2) Parnes, Bart M57	3) Smith, Stan M66	4) Cole, Anita W66
50.31	1:49.68 (1:49.68)	2:51.42 (2:51.42)	3:49.55 (3:49.55)
4:31.15 (41.60)	5:22.99 (1:33.44)	6:19.44 (2:29.89)	7:15.88 (3:26.33)
8:06.47 (50.59)	9:01.64 (1:45.76)	9:56.57 (2:40.69)	10:48.65 (3:32.77)
12:01.28 (1:12.63)	13:24.65 (2:36.00)	14:50.34 (4:01.69)	16:10.04 (5:21.39)

Mixed 240-279 200 SC Meter Medley Relay

1 San Diego Swim Masters-44	K	3:11.20	3:09.01
1) Maroudis, Kristina W38	2) Jones, Brian M72	3) Hirakawa, Diane W64	4) Bovee, Dennis M68
37.98	1:33.53 (55.55)	2:50.42 (1:16.89)	3:09.01 (18.59)
2 Long Beach Grunions-33	C	4:31.00	4:10.33
1) Cole, Anita W66	2) Zion, Michael M58	3) Smith, Stan M66	4) Wingert, Kathy W55
1:39.81	2:28.84 (49.03)	3:27.63 (58.79)	4:10.33 (42.70)

2013 SPMS Short Course Meters Championships - 12/6/2013 to 12/8/2013**Results****(Mixed 240-279 200 SC Meter Medley Relay)**

--- Conejo Valley Multisport Maste-2		D	2:39.00	DQ
1) Smith, Diane W68	2) Johnson, Lloyd M73	3) Koehler, Deanna W44	4) Salazar, Gabriel M57	
49.43	1:32.12 (42.69)	2:09.71 (37.59)	DQ (31.70)	

Mixed 240-279 400 SC Meter Medley Relay

1 San Diego Swim Masters-44		F	6:05.70	6:12.63
1) Coles, Bill M78	2) Simpson, Lisa W49	3) Rakotz, Tara W46	4) Ralphps, Tony M70	
55.88	1:55.94 (1:55.94)	2:40.49 (44.55)	3:29.05 (1:33.11)	
4:10.06 (41.01)	4:57.84 (1:28.79)	5:32.61 (34.77)	6:12.63 (1:14.79)	
2 Long Beach Grunions-33		B	8:01.70	8:05.57
1) Oakleaf, The Leaf W58	2) Smith, Stan M66	3) Ferguson, Howard M59	4) Cole, Anita W66	
1:01.03	2:07.76 (2:07.76)	3:00.66 (52.90)	4:04.15 (1:56.39)	
4:48.70 (44.55)	5:39.78 (1:35.63)	6:50.34 (1:10.56)	8:05.57 (2:25.79)	

Mixed 280-319 200 SC Meter Freestyle Relay

1 San Diego Swim Masters-44		I	2:22.20	2:27.41
1) Andersen, Peter M70	2) Baker, Gini W63	3) Freshley, Mike M72	4) Williams, Anne W75	
30.48	1:12.49 (42.01)	1:44.59 (32.10)	2:27.41 (42.82)	

Mixed 280-319 400 SC Meter Medley Relay

1 San Diego Swim Masters-44		G	6:12.60	6:14.66
1) Best, Bob M81	2) Freshley, Mike M72	3) Neville, Cathy W56	4) Williams, Anne W75	
47.90	1:39.29 (1:39.29)	2:22.01 (42.72)	3:10.80 (1:31.51)	
3:51.75 (40.95)	4:42.30 (1:31.50)	5:28.01 (45.71)	6:14.66 (1:32.36)	
2 San Diego Swim Masters-44		H	7:40.20	8:05.91
1) Kimball, Ken M83	2) Ellis, Cathie W62	3) Mitchell, Tom M80	4) Baker, Gini W63	
1:02.11	2:11.67 (2:11.67)	3:04.43 (52.76)	4:06.62 (1:54.95)	
5:10.00 (1:03.38)	6:30.31 (2:23.69)	7:15.34 (45.03)	8:05.91 (1:35.60)	