

**2023 USMS Colonies Zones SC Championship - 4-14-2023 to 4-16-2023****www.besmartinc.com for meet results and more****Follow us on FACEBOOK and Twitter****Results - Friday Distance****Event 1 Women 18-24 1000 Yard Freestyle****NATL: 10:12.42 * 3-31-2012 Luane Rowe**

Name	Age	Team	Seed Time	Finals Time
1 Coolidge, Emily	21	New England Masters Swim Club	29:00.00	18:16.16
41.85	1:30.34 (48.49)	2:22.60 (52.26)	3:16.26 (53.66)	
4:11.50 (55.24)	5:06.95 (55.45)	6:03.66 (56.71)	6:59.46 (55.80)	
7:56.44 (56.98)	8:55.11 (58.67)	9:52.85 (57.74)	10:49.84 (56.99)	
11:47.79 (57.95)	12:46.19 (58.40)	13:45.61 (59.42)	14:42.26 (56.65)	
15:38.43 (56.17)	16:34.78 (56.35)	17:29.84 (55.06)	18:16.16 (46.32)	

Event 1 Women 25-29 1000 Yard Freestyle**NATL: 10:07.39 * 4-01-2023 Becca Mann**

1 Cubbler, Rebecca	25	Spring Valley YMCA Masters-8	11:17.67	10:44.91
		3:41.01 ()	4:13.25 (32.24)	
4:45.94 (32.69)	5:18.40 (32.46)	5:50.95 (32.55)	6:23.70 (32.75)	
6:56.63 (32.93)	7:29.43 (32.80)	8:02.34 (32.91)	8:35.12 (32.78)	
9:08.00 (32.88)	9:41.02 (33.02)	10:13.53 (32.51)	10:44.91 (31.38)	
2 Robertson, Stephanie	29	Spring Valley YMCA Masters-8	13:00.00	12:52.94
31.94	1:07.52 (35.58)	1:45.15 (37.63)	2:23.58 (38.43)	
3:02.71 (39.13)	3:42.14 (39.43)	4:22.02 (39.88)	5:01.50 (39.48)	
5:41.45 (39.95)	6:20.98 (39.53)	7:00.28 (39.30)	7:40.04 (39.76)	
8:20.36 (40.32)	8:59.32 (38.96)	9:38.15 (38.83)	10:17.33 (39.18)	
10:57.40 (40.07)	11:36.76 (39.36)	12:15.26 (38.50)	12:52.94 (37.68)	

Event 1 Women 35-39 1000 Yard Freestyle**NATL: 10:11.23 * 11-15-2014 Heidi George**

1 Rose, Laura	36	Terrapin Masters-10	11:59.00	11:47.18
		4:03.58 ()	4:39.47 (35.89)	
5:15.32 (35.85)	5:51.22 (35.90)	6:27.27 (36.05)	7:03.11 (35.84)	
7:38.89 (35.78)	8:14.35 (35.46)	8:50.43 (36.08)	9:26.19 (35.76)	
10:01.59 (35.40)	10:37.33 (35.74)	11:12.69 (35.36)	11:47.18 (34.49)	

Event 1 Women 45-49 1000 Yard Freestyle**NATL: 10:13.82 * 12-15-2022 Heidi George**

1 Wassner, Laurel	47	Agua Masters-6	11:40.00	11:36.53
2:48.86 ()	3:24.10 (35.24)	3:59.33 (35.23)	4:34.67 (35.34)	
5:10.00 (35.33)	5:45.46 (35.46)	6:20.51 (35.05)	6:55.97 (35.46)	
7:31.37 (35.40)	8:06.59 (35.22)	8:41.76 (35.17)	9:17.09 (35.33)	
9:52.42 (35.33)	10:28.12 (35.70)	11:03.11 (34.99)	11:36.53 (33.42)	
2 Maidenberg, Eve	46	Agua Masters-6	12:00.94	12:03.31
2:50.54 ()	3:25.89 (35.35)	4:02.00 (36.11)	4:38.40 (36.40)	
5:15.23 (36.83)	5:52.18 (36.95)	6:29.45 (37.27)	7:06.83 (37.38)	
7:44.21 (37.38)	8:21.92 (37.71)	8:59.66 (37.74)	9:36.84 (37.18)	
10:14.03 (37.19)	10:51.13 (37.10)	11:27.86 (36.73)	12:03.31 (35.45)	





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Results - Friday Distance

Event 1 Women 50-54 1000 Yard Freestyle

NATL: 10:40.47 * 4-03-2022 Alison Zamanian

Table with 6 columns: Rank, Name, Age, Club, Time, and Split. Row 1: 1 Libano, Miren, 53, Uc07, 14:41.22, 14:26.53. Includes split times for 36.84, 1:17.42, etc.

Event 1 Women 55-59 1000 Yard Freestyle

NATL: 11:19.85 * 2-05-2017 K Parker Palace

Table with 6 columns: Rank, Name, Age, Club, Time, and Split. Row 1: --- Lipstreuer, Marilyn, 57, Freedom Aquatic Club-12, 13:30.77, SCR.

Event 1 Women 60-64 1000 Yard Freestyle

NATL: 11:40.89 * 5-19-2019 Bonnie Spivey

Table with 6 columns: Rank, Name, Age, Club, Time, and Split. Row 1: 1 Tompkins, Megan, 60, Uc07, 13:30.00, 12:41.48. Row 2: 2 Swanson, Vibeke, 61, Colonials 1776-8, 13:31.12, 13:06.54. Row 3: 3 Burke, Barbara, 61, Colonials 1776-8, 14:12.81, 13:34.54.

Event 1 Women 75-79 1000 Yard Freestyle

NATL: 14:48.40 * 3-31-2023 Christie Hayes

Table with 6 columns: Rank, Name, Age, Club, Time, and Split. Row 1: 1 Onton, Ann Louise, 79, Connecticut Masters-5, 26:51.00, 26:11.93. Includes split times for 1:14.00, 2:29.43, etc.

Event 1 Women 80-84 1000 Yard Freestyle

NATL: 17:13.42 * 1-12-2020 Anne Williams

Table with 6 columns: Rank, Name, Age, Club, Time, and Split. Row 1: --- Manheim, Lucy, 80, Reston Masters Swim Team-10, 25:00.00, SCR.

Event 1 Men 25-29 1000 Yard Freestyle

NATL: 9:19.61 * 3-15-2014 Tobias Work

Table with 6 columns: Rank, Name, Age, Club, Time, and Split. Row 1: 1 Maxian, Ondrej, 27, YMCA Of Bucks County-8, 10:30.00, 10:17.23. Includes split times for 3:31.50, 4:02.45, etc.





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Results - Friday Distance

Event 1 Men 30-34 1000 Yard Freestyle

NATL: 9:26.93 * 3-23-2003 Joshua Woodruff

Table with 5 columns: Rank, Name, Age, Team, Time, and Split Times. Row 1: 1 Koons, Andrew, 30, Reston Masters Swim Team-10, 11:35.00, 12:31.64. Split times: 4:14.14, 4:52.34, 5:30.83, 6:09.44, 6:48.15, 7:26.66, 8:05.44, 8:43.91, 9:22.53, 10:01.23, 10:39.26, 11:17.35, 11:55.44, 12:31.64.

Event 1 Men 35-39 1000 Yard Freestyle

NATL: 9:27.97 * 5-20-2010 Eric Christensen

Table with 5 columns: Rank, Name, Age, Team, Time, and Split Times. Row 1: 1 Griffin, Brendan, 39, Club Tribe-12, 12:11.13, 11:42.08. Split times: 29.98, 1:02.48, 1:35.71, 2:09.96, 2:45.25, 3:20.11, 3:55.76, 4:31.38, 5:06.97, 5:43.09, 6:19.18, 6:55.59, 7:31.68, 8:07.91, 8:44.10, 9:19.92, 9:55.82, 10:31.69, 11:07.49, 11:42.08.

Event 1 Men 40-44 1000 Yard Freestyle

NATL: 9:32.66 * 5-07-2010 Alex Kostich

Table with 5 columns: Rank, Name, Age, Team, Time, and Split Times. Row 1: 1 Boris, Joseph, 43, Spring Valley YMCA Masters-8, 12:05.00, 12:11.40. Split times: 4:11.98, 4:49.54, 5:26.46, 6:03.52, 6:40.51, 7:17.89, 7:54.89, 8:32.16, 9:09.38, 9:46.54, 10:23.31, 11:00.27, 11:36.63, 12:11.40.

Event 1 Men 50-54 1000 Yard Freestyle

NATL: 9:55.84 * 4-06-2013 Keith Switzer

Table with 5 columns: Rank, Name, Age, Team, Time, and Split Times. Row 1: 1 Jotz, Jeffrey, 53, Jersey Aquatic Center Masters-7, 11:20.00, 11:30.09. Split times: 3:21.49, 3:55.79, 4:30.07, 5:05.05, 5:40.06, 6:14.27, 6:48.93, 7:23.41, 7:58.52, 8:33.71, 9:08.90, 9:44.14, 10:19.88, 10:55.32, 11:30.09. Row 2: 2 Reynolds, Sean, 54, YMCA Of Bucks County-8, 12:07.59, 12:57.63. Split times: 30.65, 1:05.17, 1:42.29, 2:19.97, 2:58.08, 3:36.45, 4:14.90, 4:55.40, 5:36.94, 6:17.04, 7:06.61, 7:45.26, 8:24.39, 9:04.06, 9:43.52, 10:23.49, 11:03.91, 11:43.47, 12:22.56, 12:57.63.

Event 1 Men 55-59 1000 Yard Freestyle

NATL: 10:07.36 * 5-14-2006 Jim MC Conica

Table with 5 columns: Rank, Name, Age, Team, Time, and Split Times. Row 1: 1 Faria, Jose, 56, Garden State Masters-7, 12:19.01, 11:56.99. Split times: 32.40, 1:07.92, 1:44.17, 2:20.55, 2:56.70, 3:33.72, 4:10.88, 4:47.63, 5:24.60, 6:01.18, 6:38.12, 7:14.95, 7:51.73, 8:27.38, 9:03.54, 9:38.96, 10:14.31, 10:49.48, 11:23.95, 11:56.99.





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Event 1 Men 65-69 1000 Yard Freestyle

NATL: 11:08.83 * 4-07-2022 Doug Kajiwara

Table with 5 columns: Rank, Name, Age, Club, Time. Includes swimmers Norek, Francis and Rittenhouse, John.

Event 1 Men 70-74 1000 Yard Freestyle

NATL: 11:46.94 * 4-13-2019 Dan Kirkland

Table with 5 columns: Rank, Name, Age, Club, Time. Includes swimmers Levine, Steven and Dougherty, Kevin.

Event 1 Men 75-79 1000 Yard Freestyle

NATL: 12:20.59 * 5-10-2009 David Radcliff

Table with 5 columns: Rank, Name, Age, Club, Time. Includes swimmer Wallace, Richard.

Event 3 Women 18-24 1650 Yard Freestyle

NATL: 16:53.46 * 5-04-2017 Genevieve Miller

Table with 5 columns: Rank, Name, Age, Club, Time. Includes swimmer Menninger, Annie.





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Event 3 Women 25-29 1650 Yard Freestyle

NATL: 16:50.17 * 5-19-1991 Karen Burton

Table with 5 columns: Rank, Name, Lane, Time, and Split Times. Row 1: 1 Wei, Laurie, 28 Lane 4 Swimming-10, 20:41.70, 20:56.86. Includes split times from 31.41 to 20:21.27.

Event 3 Women 35-39 1650 Yard Freestyle

NATL: 16:46.85 * 11-15-2014 Heidi George

Table with 5 columns: Rank, Name, Lane, Time, and Split Times. Row 1: 1 Sciacca, Krysten, 35 Chelsea Piers Fitness Ny/Bk-6, 18:51.10, 19:03.22. Includes split times from 32.09 to 18:29.29.

Event 3 Women 40-44 1650 Yard Freestyle

NATL: 17:06.37 * 11-04-2018 Heidi George

Table with 5 columns: Rank, Name, Lane, Time, and Split Times. Row 1: 1 Killiri, Melissa, 44 Phoenix Aquatic Club-6, 25:35.07, 22:16.92. Row 2: 2 Powers, Julie, 41 Uc07, 24:11.72, 24:40.97. Includes split times for both swimmers.





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Results - Friday Distance

Event 3 Women 45-49 1650 Yard Freestyle

NATL: 17:05.13 * 7-21-2021 Heidi George

Table with 5 columns: Rank, Name, Age, Club, Time, and Split. Row 1: 1 Wassner, Rebecca, 47, Agua Masters-6, 19:15.50, 19:03.36. Includes split times for 32.02, 1:06.22, etc.

Event 3 Women 50-54 1650 Yard Freestyle

NATL: 17:44.64 * 4-01-2022 Alison Zamanian

Table with 5 columns: Rank, Name, Age, Club, Time, and Split. Row 1: 1 Gianniny, Dana, 53, Rochester Area Masters Swimmi, 19:46.63, 19:06.46. Includes split times for 32.58, 1:06.39, etc.

Event 3 Women 55-59 1650 Yard Freestyle

NATL: 18:56.04 * 4-16-2010 Laura Val

Table with 5 columns: Rank, Name, Age, Club, Time, and Split. Row 1: 1 Hug, Laurie, 57, Colonials 1776-8, 19:22.91, 19:47.79. Includes split times for 32.48, 1:07.77, etc.

Event 3 Women 65-69 1650 Yard Freestyle

NATL: 20:33.09 * 7-21-2021 N Steadman Martin

Table with 5 columns: Rank, Name, Age, Club, Time, and Split. Row 1: 1 Steadman Martin, Nancy, 68, Garden State Masters-7, 20:57.50, 21:03.52. Includes split times for 34.07, 1:10.72, etc.





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Results - Friday Distance

(Event 3 Women 65-69 1650 Yard Freestyle)

Table with 5 columns: Rank, Name, Club, Time, and Split. Row 1: 2 Lampe, Betty, 67 Colonials 1776-8, 27:30.00, 26:25.85. Row 2: --- Dean, Penny, 68 Uc08, 28:35.01, SCR.

Event 3 Women 75-79 1650 Yard Freestyle

NATL: 26:31.78 * 1-29-2023 Beverly Montrella

Table with 5 columns: Rank, Name, Club, Time, and Split. Row 1: 1 Hayes, Christie, 75 New England Masters Swim Club, 26:48.55, 24:36.58*.

Event 3 Men 18-24 1650 Yard Freestyle

NATL: 15:48.70 * 3-27-2010 Andrew Mueller

Table with 5 columns: Rank, Name, Club, Time, and Split. Row 1: 1 Daly, Patrick, 24 Phoenix Aquatic Club-6, 17:54.00, 17:53.88.

Event 3 Men 30-34 1650 Yard Freestyle

NATL: 15:51.57 * 5-12-1996 Jeff Erwin

Table with 5 columns: Rank, Name, Club, Time, and Split. Row 1: 1 Callanan, Ryan, 30 Colonials 1776-8, 21:00.12, 18:57.25.





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Results - Friday Distance

(Event 3 Men 30-34 1650 Yard Freestyle)

Table with 5 columns: Rank, Name, Age Group, Time, and Split Time. Row 1: 2 Gospodarsky, Arty 30 Colonials 1776-8 30:00.00 25:56.50. Subsequent rows show split times for 30-second intervals.

Event 3 Men 35-39 1650 Yard Freestyle

NATL: 15:53.88 * 5-18-2003 Jeff Erwin

Table with 5 columns: Rank, Name, Age Group, Time, and Split Time. Row 1: 1 Thomas, Sean 39 Uc09 19:00.00 18:31.38. Row 2: 2 Duguay, Rob 37 Connecticut Masters-5 21:00.37 20:37.98. Row 3: --- Sydlik, David 35 Philadelphia Fins-8 21:00.00 SCR.

Event 3 Men 40-44 1650 Yard Freestyle

NATL: 15:51.52 * 5-09-2010 Alex Kostich

Table with 5 columns: Rank, Name, Age Group, Time, and Split Time. Row 1: 1 Hildebrand, David 42 Club Tribe-12 18:10.02 18:00.48. Row 2: 2 Dion, Thomas 44 Reston Masters Swim Team-10 18:29.87 18:26.01.





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Results - Friday Distance

(Event 3 Men 40-44 1650 Yard Freestyle)

Table with 5 columns: Rank, Name, Age, Club, Time. Row 1: 3 Kane, Eric, 44 Uc07, 23:00.00, 21:41.70. Includes split times for Kane, Eric and Sabala, Michael.

Event 3 Men 45-49 1650 Yard Freestyle

NATL: 16:08.05 * 5-20-2010 Jeff Erwin

Table with 5 columns: Rank, Name, Age, Club, Time. Row 1: 1 Ahlgren, Kyle, 47 Club Tribe-12, 23:03.81, 22:46.90. Includes split times for Ahlgren, Kyle.

Event 3 Men 55-59 1650 Yard Freestyle

NATL: 17:11.12 * 5-20-2007 Jim MC Conica

Table with 5 columns: Rank, Name, Age, Club, Time. Row 1: 1 Creech, Thomas, 56 Philadelphia Fins-8, 20:30.00, 20:29.48. Includes split times for Creech, Thomas and Leary, Patrick.



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1	Archibald, John	63	Uc07		21:30.00	21:41.84
	37.70	1:16.77 (39.07)	1:56.20 (39.43)	2:36.21 (40.01)		
	3:16.60 (40.39)	3:56.83 (40.23)	4:37.48 (40.65)	5:18.19 (40.71)		
	5:58.97 (40.78)	6:39.61 (40.64)	7:20.05 (40.44)	8:00.51 (40.46)		
	8:40.65 (40.14)	9:20.88 (40.23)	10:00.88 (40.00)	10:41.08 (40.20)		
	11:21.16 (40.08)	12:01.21 (40.05)	12:41.41 (40.20)	13:21.22 (39.81)		
	14:01.02 (39.80)	14:41.03 (40.01)	15:20.60 (39.57)	16:00.27 (39.67)		
	16:39.77 (39.50)	17:19.35 (39.58)	17:58.53 (39.18)	18:37.63 (39.10)		
	19:16.74 (39.11)	19:55.39 (38.65)	20:33.66 (38.27)	21:10.20 (36.54)	21:41.84 (31.64)	

Event 3 Men 65-69 1650 Yard Freestyle**NATL: 18:48.76 * 5-15-2022 Doug Kajiwarra**

1	Chambers, John	67	Agua Masters-6		20:00.00	20:00.99
	32.57	1:07.93 (35.36)	1:44.01 (36.08)	2:20.66 (36.65)		
	2:57.63 (36.97)	3:34.53 (36.90)	4:11.27 (36.74)	4:48.13 (36.86)		
	5:25.03 (36.90)	6:01.67 (36.64)	6:38.53 (36.86)	7:15.51 (36.98)		
	7:52.29 (36.78)	8:29.08 (36.79)	9:05.88 (36.80)	9:42.85 (36.97)		
	10:19.76 (36.91)	10:56.49 (36.73)	11:33.17 (36.68)	12:10.04 (36.87)		
	12:46.57 (36.53)	13:23.13 (36.56)	13:59.67 (36.54)	14:36.52 (36.85)		
	15:13.13 (36.61)	15:49.95 (36.82)	16:26.56 (36.61)	17:02.87 (36.31)		
	17:38.78 (35.91)	18:15.00 (36.22)	18:50.88 (35.88)	19:26.64 (35.76)	20:00.99 (34.35)	
2	Gibson, Christopher	67	Peddie Aquatic Association-7	20:27.95		20:40.99
	34.18	1:11.32 (37.14)	1:49.72 (38.40)	2:28.14 (38.42)		
	3:06.37 (38.23)	3:44.65 (38.28)	4:22.99 (38.34)	5:01.65 (38.66)		
	5:39.88 (38.23)	6:17.44 (37.56)	6:55.34 (37.90)	7:32.89 (37.55)		
	8:10.75 (37.86)	8:48.42 (37.67)	9:25.74 (37.32)	10:03.15 (37.41)		
	10:40.52 (37.37)	11:18.68 (38.16)	11:56.43 (37.75)	12:34.23 (37.80)		
	13:11.92 (37.69)	13:49.55 (37.63)	14:27.15 (37.60)	15:04.81 (37.66)		
	15:42.58 (37.77)	16:19.76 (37.18)	16:57.28 (37.52)	17:35.10 (37.82)		
	18:12.69 (37.59)	18:50.11 (37.42)	19:26.91 (36.80)	20:04.19 (37.28)	20:40.99 (36.80)	

Event 3 Men 70-74 1650 Yard Freestyle**NATL: 19:46.98 * 5-17-2019 Dan Kirkland**

1	Ryan, James	70	Somerset County YMCA Masters	22:50.96		22:38.25
	37.74	1:17.79 (40.05)	1:58.86 (41.07)	2:40.03 (41.17)		
	3:21.11 (41.08)	4:02.43 (41.32)	4:43.25 (40.82)	5:23.71 (40.46)		
	6:04.07 (40.36)	6:44.54 (40.47)	7:25.21 (40.67)	8:06.45 (41.24)		
	8:48.11 (41.66)	9:29.26 (41.15)	10:10.97 (41.71)	10:52.63 (41.66)		
	11:34.21 (41.58)	12:16.13 (41.92)	12:57.09 (40.96)	13:38.34 (41.25)		
	14:19.43 (41.09)	15:00.40 (40.97)	15:41.79 (41.39)	16:23.61 (41.82)		
	17:05.13 (41.52)	17:46.53 (41.40)	18:28.12 (41.59)	19:09.41 (41.29)		
	19:51.23 (41.82)	20:32.73 (41.50)	21:15.19 (42.46)	21:57.11 (41.92)	22:38.25 (41.14)	
2	Carlson, Richard	70	Garden State Masters-7	26:39.00		24:09.75
	40.36	1:23.50 (43.14)	2:06.01 (42.51)	2:49.68 (43.67)		
	3:33.37 (43.69)	4:17.08 (43.71)	5:00.91 (43.83)	5:44.63 (43.72)		
	6:28.50 (43.87)	7:13.41 (44.91)	7:56.68 (43.27)	8:41.39 (44.71)		
	9:24.56 (43.17)	10:09.03 (44.47)	10:53.24 (44.21)	11:37.77 (44.53)		
	12:22.73 (44.96)	13:07.66 (44.93)	13:53.20 (45.54)	14:37.16 (43.96)		
	15:23.17 (46.01)	16:06.67 (43.50)	16:51.11 (44.44)	17:35.95 (44.84)		
	18:20.47 (44.52)	19:05.31 (44.84)	19:50.32 (45.01)	20:36.33 (46.01)		
	21:20.10 (43.77)	22:04.62 (44.52)	22:47.97 (43.35)	23:30.65 (42.68)	24:09.75 (39.10)	
---	Allen, Fred	72	Uc07	30:00.48		SCR





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Event 3 Men 75-79 1650 Yard Freestyle

NATL: 20:25.49 * 5-10-2009 David Radcliff

1	Bernstein, Rich	77	Agua Masters-6	24:50.00	24:20.76
	42.60	1:27.30 (44.70)	2:12.39 (45.09)	2:57.16 (44.77)	
	3:42.01 (44.85)	4:26.65 (44.64)	5:11.71 (45.06)	5:56.30 (44.59)	
	6:41.34 (45.04)	7:25.86 (44.52)	8:09.74 (43.88)	8:54.14 (44.40)	
	9:38.87 (44.73)	10:23.35 (44.48)	11:07.89 (44.54)	11:52.13 (44.24)	
	12:36.70 (44.57)	13:20.92 (44.22)	14:04.99 (44.07)	14:48.95 (43.96)	
	15:33.19 (44.24)	16:17.39 (44.20)	17:01.69 (44.30)	17:46.01 (44.32)	
	18:30.18 (44.17)	19:14.48 (44.30)	19:58.78 (44.30)	20:42.50 (43.72)	
	21:26.91 (44.41)	22:11.67 (44.76)	22:55.76 (44.09)	23:39.17 (43.41)	24:20.76 (41.59)

