

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

## Event 1 Women 35-39 1650 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Fuller, Lindsay	35	Golden Road Aquatics-33	21:58.11	21:51.60
34.46	36.85	37.39	37.90	38.32
39.86	38.87	44.24	40.89	41.45
41.51	39.32	40.28	40.12	39.38
40.59	40.44	39.58	39.93	40.87
			40.88	40.68
			40.15	36.11

## Event 1 Women 40-44 1650 Yard Freestyle

1 Schwartz, Robin	43	San Luis Obispo Masters-33	20:19.83	20:59.00
36.39	38.93	38.97	38.67	39.14
38.75	38.42	37.67	38.13	38.68
38.19	38.03	37.88	38.13	37.92
37.89	38.48	37.74	37.82	38.62
			37.99	37.88
			37.78	36.97
2 Halford, Jennifer	41	South Bay Swim Team-33	28:34.85	26:18.54
43.28	46.17	47.20	47.29	46.62
46.81	48.75	47.51	48.53	47.79
47.30	48.69	47.66	48.33	49.29
47.98	50.48	47.69	48.36	48.67
			47.48	47.47
			47.10	43.83

## Event 1 Women 45-49 1650 Yard Freestyle

1 Sheaks, Heidi	49	Golden Road Aquatics-33	23:52.81	24:45.46
41.12	44.92	44.87	45.26	44.46
45.09	45.27	45.60	45.60	44.49
46.48	45.63	45.30	44.73	44.92
46.95	45.75	46.32	44.31	46.31
			44.74	46.42
			44.90	42.43
2 Espinosa, Rebecca	48	Marcia's Enthusiastic Masters-38	34:26.42	32:02.52
53.02	58.74	59.11	57.10	59.37
58.20	58.57	57.67	58.27	58.60
59.61	59.45	58.01	58.94	59.04
58.30	57.03	58.54	57.74	1:00.39
			57.98	56.09
			56.49	55.07

## Event 1 Women 50-54 1650 Yard Freestyle

--- Malley, Julie	51	Mission Viejo Masters-33	28:22.21	SCR
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## Event 1 Women 55-59 1650 Yard Freestyle

1 O'Grady, Kim	57	Rose Bowl Masters-33	19:38.89	19:43.79
31.56	33.96	35.46	35.66	35.36
36.10	36.43	36.55	36.84	37.02
36.88	36.10	36.21	36.22	35.98
36.38	36.04	36.10	35.96	36.13
			36.11	35.44
			34.83	34.69
2 Moore Barnett, Barbara	58	Mission Viejo Masters-33	31:18.10	31:28.98
46.53	53.33	55.93	58.53	58.58
59.06	59.09	58.21	58.43	58.35
57.88	57.71	57.59	57.73	58.01
57.11	57.26	56.81	57.04	57.41
			56.70	56.64
			56.68	52.14
3 Fricaud, Christine	55	Golden Road Aquatics-33	33:00.00	31:35.97
49.51	56.53	56.64	57.55	58.43
56.17	58.34	57.91	59.18	1:00.01
58.09	58.43	57.20	58.75	57.65
58.05	57.22	57.10	58.32	59.05
			55.81	57.88
			58.86	58.86
			58.86	52.82

## Event 1 Women 60-64 1650 Yard Freestyle

1 Spivey, Bonnie	60	Los Angeles Peninsula Swimmers-33	19:55.05	19:37.27
32.14	34.84	36.19	36.61	36.73
35.72	35.96	35.71	36.03	35.78
35.87	35.88	35.89	36.14	36.52
35.92	35.76	35.52	36.19	36.06
			35.41	35.63
			35.37	33.03



## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 1 Men 70-74 1650 Yard Freestyle**

1	Freeman, Frank			73	Conejo Valley Masters-33			27:00.00	26:27.70
	42.08	47.50	48.79	48.36	48.83	49.35	50.03	48.82	
	49.54	50.42	49.70	49.72	49.55	48.77	48.51	48.41	
	48.26	47.93	48.37	48.36	47.99	47.44	47.23	47.61	
	47.89	47.39	47.33	47.78	49.46	46.85	47.57	48.10	43.76

**Event 1 Men 75-79 1650 Yard Freestyle**

1	Raffaelli, Larry			76	Ventura County Masters-33			27:00.00	26:53.00
	45.08	48.78	51.26	49.71	49.16	48.66	47.87	49.64	
	49.50	49.01	48.55	48.20	48.84	48.69	49.50	48.87	
	48.44	49.15	47.93	48.33	49.19	49.36	50.21	49.27	
	49.00	49.10	48.29	50.79	49.65	49.15	49.39	48.24	46.19

**Event 2 Women 25-29 200 Yard IM**

1	Kim, Eileen			27	San Luis Obispo Masters-33			2:33.74	2:39.17
	36.22	39.33	45.78	37.84					

**Event 2 Women 40-44 200 Yard IM**

1	Halford, Jennifer			41	South Bay Swim Team-33			3:35.45	3:22.13
	46.05	58.15	54.91	43.02					

**Event 2 Women 50-54 200 Yard IM**

1	Weiderman, Jennifer			52	Conejo Valley Masters-33			2:32.00	2:32.96
	33.87	40.41	42.65	36.03					
2	Simmons, Cheryl			52	Rose Bowl Masters-33			2:33.38	2:33.82
	34.51	39.48	43.18	36.65					
3	Malley, Julie			51	Mission Viejo Masters-33			3:20.00	3:41.47
	46.21	1:01.47	1:04.93	48.86					

**Event 2 Women 55-59 200 Yard IM**

1	Dooley, Paula			55	San Luis Obispo Masters-33			2:47.05	2:44.95
	35.16	42.05	48.89	38.85					
2	Robinson, Ming			55	Novaquatics Masters-33			2:48.81	2:47.31
	36.57	43.64	51.43	35.67					

**Event 2 Women 60-64 200 Yard IM**

1	Granger, Traci			61	Los Angeles Peninsula Swimmers-33			2:40.00	2:33.48
	30.35	40.82	46.42	35.89					
2	Neville, Cathy			61	San Diego Swim Masters-44			3:30.00	2:56.15
	37.83	46.46	55.42	36.44					

**Event 2 Women 65-69 200 Yard IM**

1	Val, Laura			67	Tamalpais Aquatic Masters-38			2:45.00	2:31.48
	31.64	38.25	48.10	33.49					

**Event 2 Women 70-74 200 Yard IM**

---	Dunbar, Barbara			70	San Diego Swim Masters-44			3:22.33	SCR
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**Event 3 Men 18-24 200 Yard IM**

1	Moore, Morgan			23	San Luis Obispo Masters-33			2:02.22	2:05.89
	25.33	31.11	38.20	31.25					

**Event 3 Men 25-29 200 Yard IM**

1	Lin, Curtis			28	Santa Barbara Masters-33			2:01.99	2:00.70
	24.80	32.47	34.54	28.89					
2	Daltorio, Robert			26	Golden Road Aquatics-33			2:40.00	2:25.67
	30.69	38.42	43.79	32.77					

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 3 Men 30-34 200 Yard IM**

1	Gibbons, Daniel	34	San Luis Obispo Masters-33	2:20.00	2:22.37
	30.28 36.98 41.93	33.18			

**Event 3 Men 35-39 200 Yard IM**

1	Palmer, Ben	38	San Luis Obispo Masters-33	2:06.65	2:09.89
	27.00 33.69 37.29	31.91			
2	Durieux, Chad	39	Rose Bowl Masters-33	2:15.08	2:20.71
	28.06 37.97 40.97	33.71			

**Event 3 Men 45-49 200 Yard IM**

1	Sawyer, Douglas	49	San Luis Obispo Masters-33	2:05.00	2:34.25
	32.68 40.79 45.17	35.61			
---	Reason, Matt	45	Golden Road Aquatics-33	2:30.00	SCR

**Event 3 Men 50-54 200 Yard IM**

1	Koehler, Doug	53	Conejo Valley Masters-33	2:15.87	2:17.60
	30.05 37.76 38.86	30.93			

**Event 3 Men 60-64 200 Yard IM**

1	Johannsen, David	64	Santa Barbara Masters-33	2:51.00	2:52.06
	37.78 43.64 50.22	40.42			
2	Tulin, Michael	64	Rose Bowl Masters-33	3:51.43	3:58.33
	52.72 1:03.32 1:11.92	50.37			

**Event 3 Men 65-69 200 Yard IM**

1	Case, Bruce	66	UC33-33	3:28.81	3:26.32
	42.70 54.34 59.69	49.59			

**Event 3 Men 75-79 200 Yard IM**

1	Burns, Richard	75	Tamalpais Aquatic Masters-38	2:37.00	2:35.33
	31.36 38.40 49.47	36.10			

**Event 4 Women 40-44 100 Yard Freestyle**

1	Maidenberg, Eve	42	Conejo Valley Masters-33	1:00.80	59.46
	28.49 30.97				
2	Halford, Jennifer	41	South Bay Swim Team-33	1:24.25	1:22.82
	39.75 43.07				

**Event 4 Women 45-49 100 Yard Freestyle**

1	Leichter, Nancy	48	Rose Bowl Masters-33	58.89	58.96
	28.59 30.37				
2	La Voie, Caroline	48	Orinda Country Club Masters-38	1:10.00	1:07.69
	32.07 35.62				
3	Espinosa, Rebecca	48	Marcia's Enthusiastic Masters-38	1:30.97	1:31.64
	42.68 48.96				
---	Dolan, Tara	46	Atascadero Swim Masters-33	1:05.31	DQ
	30.70 33.16				
---	Koehler, Deanna	49	Conejo Valley Masters-33	1:02.79	SCR

**Event 4 Women 50-54 100 Yard Freestyle**

1	Shu, Vicki	50	Marcia's Enthusiastic Masters-38	1:07.46	1:04.65
	31.76 32.89				
2	Malley, Julie	51	Mission Viejo Masters-33	1:35.00	1:23.74
	40.36 43.38				
3	Kopp, Natasha	50	Silver Peak Performance-33	1:25.24	1:27.92
	42.24 45.68				

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 4 Women 55-59 100 Yard Freestyle**

1	Cleavenger, Becky	55	Conejo Valley Masters-33	57.80	58.29
	28.01 30.28				
2	Dooley, Paula	55	San Luis Obispo Masters-33	1:05.30	1:04.32
	31.31 33.01				
3	Robinson, Ming	55	Novaquatics Masters-33	1:08.10	1:07.42
	32.88 34.54				
4	Moore Barnett, Barbara	58	Mission Viejo Masters-33	1:38.15	1:32.53
	44.25 48.28				
---	O'Grady, Kim	57	Rose Bowl Masters-33	1:02.40	NS
---	Godges, Arlette	55	Conejo Valley Masters-33	59.00	SCR

**Event 4 Women 60-64 100 Yard Freestyle**

1	Granger, Traci	61	Los Angeles Peninsula Swimmers-33	1:08.00	1:03.08
	29.83 33.25				
2	Neville, Cathy	61	San Diego Swim Masters-44	1:11.50	1:08.56
	33.01 35.55				
3	McClure, Linda	60	San Luis Obispo Masters-33	1:20.00	1:12.07
	34.89 37.18				
4	Twomey, Mary	64	UC33-33	1:44.35	1:41.55
	48.12 53.43				

**Event 4 Women 65-69 100 Yard Freestyle**

1	Val, Laura	67	Tamalpais Aquatic Masters-38	1:02.00	59.90
	28.88 31.02				

**Event 4 Women 70-74 100 Yard Freestyle**

---	Smith, Diane	74	Conejo Valley Masters-33	1:27.73	SCR
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**Event 5 Men 18-24 100 Yard Freestyle**

1	Allen, Zachary	21	San Luis Obispo Masters-33	50.00	47.26
	23.16 24.10				
2	Williams, Boston	19	UC33-33	49.50	47.36
	22.21 25.15				
3	Armes, Ryan	20	UC33-33	45.99	47.56
	22.51 25.05				
4	Ta, Nathan	19	UC38-38	58.57	58.84
	27.95 30.89				

**Event 5 Men 25-29 100 Yard Freestyle**

1	Bochner, William	29	UC38-38	50.77	49.97
	24.06 25.91				
2	Lin, Curtis	28	Santa Barbara Masters-33	50.09	51.21
	24.22 26.99				

**Event 5 Men 30-34 100 Yard Freestyle**

1	Jacobs, RJ	30	San Luis Obispo Masters-33	52.49	50.39
	24.23 26.16				
2	Gibbons, Daniel	34	San Luis Obispo Masters-33	57.00	56.83
	27.70 29.13				

**Event 5 Men 35-39 100 Yard Freestyle**

1	Marshall, Mario	37	Golden Road Aquatics-33	45.24	45.91
	21.68 24.23				
2	Halford, Tom	39	Silver Peak Performance-33	49.99	49.94
	24.25 25.69				

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 5 Men 45-49 100 Yard Freestyle**

1	McPeak, Charles	48	Silver Peak Performance-33	55.60	57.20
	26.71 30.49				
2	Sawyer, Douglas	49	San Luis Obispo Masters-33	1:03.00	59.39
	29.20 30.19				
---	Reason, Matt	45	Golden Road Aquatics-33	56.00	SCR

**Event 5 Men 50-54 100 Yard Freestyle**

1	Boshoff, Nick	50	Golden Road Aquatics-33	50.85	52.25
	24.62 27.63				

**Event 5 Men 55-59 100 Yard Freestyle**

---	Pombo, Diego	57	Orange County Riptide Aquatics-33	59.31	SCR
---	Barker, Douglas	56	Mission Viejo Masters-33	54.00	SCR

**Event 5 Men 60-64 100 Yard Freestyle**

1	Campbell, Frank	60	Rose Bowl Masters-33	1:06.00	1:05.15
	30.29 34.86				
2	Robinson, Keith	61	Conejo Valley Masters-33	1:08.57	1:06.64
	32.20 34.44				
3	Tulin, Michael	64	Rose Bowl Masters-33	1:23.07	1:25.90
	39.42 46.48				

**Event 5 Men 65-69 100 Yard Freestyle**

1	Snyder, Steve	67	San Luis Obispo Masters-33	1:40.00	1:23.19
	37.15 46.04				
2	Beguhl, Philip	67	Santa Barbara Masters-33	1:21.43	1:24.83
	38.64 46.19				

**Event 5 Men 70-74 100 Yard Freestyle**

1	Freeman, Frank	73	Conejo Valley Masters-33	1:12.50	1:14.53
	34.85 39.68				
2	Ladinsky, Gary	72	Conejo Valley Masters-33	1:35.00	1:16.63
	35.63 41.00				

**Event 5 Men 75-79 100 Yard Freestyle**

1	Burns, Richard	75	Tamalpais Aquatic Masters-38	1:00.00	1:00.74
	29.21 31.53				
2	Freshley, Mike	78	San Diego Swim Masters-44	1:55.00	1:07.72
	32.43 35.29				
---	Andersen, Peter	75	San Diego Swim Masters-44	1:04.69	SCR

**Event 6 Women 25-29 200 Yard Breaststroke**

1	Kim, Eileen	27	San Luis Obispo Masters-33	2:45.90	2:48.33
	39.21 42.28 43.51 43.33				

**Event 6 Women 40-44 200 Yard Breaststroke**

1	Halford, Jennifer	41	South Bay Swim Team-33	3:28.06	3:33.94
	50.07 53.84 56.84 53.19				

**Event 6 Women 45-49 200 Yard Breaststroke**

1	Sheaks, Heidi	49	Golden Road Aquatics-33	3:22.09	3:27.92
	47.50 53.93 53.59 52.90				
---	Koehler, Deanna	49	Conejo Valley Masters-33	2:50.99	SCR

**Event 6 Women 50-54 200 Yard Breaststroke**

1	Simmons, Cheryl	52	Rose Bowl Masters-33	2:44.83	2:43.78
	37.52 41.74 42.74 41.78				

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****(Event 6 Women 50-54 200 Yard Breaststroke)**

2	Weiderman, Jennifer	52	Conejo Valley Masters-33	2:42.80	2:45.76
	37.06 41.43 42.65 44.62				
3	Esparza, Deena	54	South Coast Aquatics-33	2:47.89	2:47.51
	38.35 41.69 43.76 43.71				
4	Shu, Vicki	50	Marcia's Enthusiastic Masters-38	3:20.23	3:18.44
	47.17 50.17 50.76 50.34				
5	Malley, Julie	51	Mission Viejo Masters-33	3:45.00	3:50.58
	52.29 58.49 1:01.47 58.33				
6	McPeak, Kris	51	Silver Peak Performance-33	4:11.49	4:04.63
	55.98 1:02.69 1:03.18 1:02.78				

**Event 7 Men 25-29 200 Yard Breaststroke**

1	Daltorio, Robert	26	Golden Road Aquatics-33	3:00.00	2:47.50
	38.22 43.04 43.74 42.50				

**Event 7 Men 35-39 200 Yard Breaststroke**

1	Palmer, Ben	38	San Luis Obispo Masters-33	2:19.15	2:20.26
	31.37 35.43 36.81 36.65				
2	Durieux, Chad	39	Rose Bowl Masters-33	2:18.76	2:23.47
	31.68 36.64 38.09 37.06				
3	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	2:32.44	2:36.45
	36.63 40.05 39.96 39.81				

**Event 7 Men 40-44 200 Yard Breaststroke**

---	Kim, Steve	42	Golden Road Aquatics-33	2:44.66	SCR
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**Event 7 Men 45-49 200 Yard Breaststroke**

1	Sumner, David	48	Mission Viejo Masters-33	2:32.00	2:24.72
	31.94 36.88 38.43 37.47				
2	Winslow, Scott	47	Golden Road Aquatics-33	3:18.68	3:21.46
	45.59 50.49 52.60 52.78				
---	McPeak, Charles	48	Silver Peak Performance-33	3:07.08	DNF

**Event 7 Men 50-54 200 Yard Breaststroke**

1	Koehler, Doug	53	Conejo Valley Masters-33	2:26.35	2:28.53
	33.83 37.98 38.51 38.21				

**Event 7 Men 60-64 200 Yard Breaststroke**

---	Ramos, John	60	Yucaipa masters-33	2:56.73	SCR
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**Event 7 Men 65-69 200 Yard Breaststroke**

1	Edwards, Clive	65	Conejo Valley Masters-33	3:05.17	2:56.17
	38.80 45.26 46.51 45.60				
2	Myers, Charles	66	West Hollywood Aquatics-33	3:20.00	3:17.62
	42.88 50.55 53.97 50.22				
3	Case, Bruce	66	UC33-33	2:22.00	4:05.98
	47.90 3:18.08				

**Event 7 Men 70-74 200 Yard Breaststroke**

1	Selna, Mike	70	Orange County Riptide Aquatics-33	2:57.00	3:00.69
	40.03 45.05 47.88 47.73				

**Event 7 Men 75-79 200 Yard Breaststroke**

1	Freshley, Mike	78	San Diego Swim Masters-44	3:00.00	2:58.42
	39.02 44.76 47.33 47.31				
---	Andersen, Peter	75	San Diego Swim Masters-44	3:05.00	SCR

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 8 Women 25+ 800 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	9:56.77
	1) Kim, Eileen W27		2) Dooley, Paula W55		3) McClure, Linda W60		4) Schwartz, Robin W43		
	33.67	1:10.91	1:48.42	2:26.37	33.57	1:12.05	1:50.28	2:27.63	
	35.79	1:16.43	1:58.23	2:38.46	33.43	1:09.63	1:47.21	2:24.31	

**Event 9 Men 18+ 800 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	7:35.63
	1) Gibbons, Daniel M34		2) Moore, Morgan M23		3) Jacobs, RJ M30		4) Allen, Zachary M21		
	28.58	1:00.19	1:33.14	2:05.88	24.93	53.39	1:23.16	1:53.69	
	24.65	52.56	1:21.06	1:51.15	24.16	51.11	1:17.80	1:44.91	

**Event 9 Men 25+ 800 Yard Freestyle Relay**

1	Golden Road Aquatics-33	A						8:00.00	7:39.92
	1) Powers, Casey M29		2) Boshoff, Nick M50		3) Lucero, Michael M48		4) Marshall, Mario M37		
	25.79	54.43	1:23.67	1:53.20	26.92	56.13	1:27.05	1:58.38	
	27.24	58.89	1:31.88	2:03.46		50.02	1:16.92	1:44.88	

**Event 9 Men 65+ 800 Yard Freestyle Relay**

1	Conejo Valley Masters-33	A						11:30.00	11:17.45
	1) Lamb, Brent M67		2) Freeman, Frank M73		3) Ladinsky, Gary M72		4) Edwards, Clive M65		
		1:15.38	1:58.80	2:43.74	37.56	1:22.77	2:09.36	2:50.88	
	40.81	1:27.53	2:17.49	3:04.48		1:14.55	1:57.20	2:38.35	

**Event 10 Mixed 18+ 800 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	8:42.17
	1) Moore, Morgan M23		2) Peterson, Alan M25		3) Dooley, Paula W55		4) Kim, Eileen W27		
	27.23	57.42	1:27.99	1:58.85	53.58	1:22.38	1:51.10		
	33.40	1:10.42	1:47.82	2:24.10	34.47	1:12.44	1:50.69	2:28.12	

**Event 10 Mixed 25+ 800 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	10:02.83
	1) Jacobs, RJ M30		2) McClure, Linda W60		3) Bowers, Deborah W62		4) Gibbons, Daniel M34		
		58.73	1:32.10	2:05.34	36.90		1:17.98	1:59.75	
2	Golden Road Aquatics-33	A						8:01.21	10:15.48
	1) Daltorio, Robert M26		2) Winslow, Scott M47		3) Fuller, Lindsay W35		4) Sheaks, Heidi W49		
		1:03.19	1:37.99	2:11.17	36.17	1:17.40	2:01.07		
				37.42	1:19.95	2:46.89			

**Event 10 Mixed 45+ 800 Yard Freestyle Relay**

1	Rose Bowl Masters-33	A						NT	10:17.10
	1) Campbell, Frank M60		2) O'Grady, Kim W57		3) Simmons, Cheryl W52		4) Tulin, Michael M64		
	32.91	1:10.57	1:49.69	2:29.36	1:01.58	1:35.76	2:09.51		
	32.83	1:08.95	1:45.87	2:22.30	41.65	3:15.93			

**Event 11 Women 18-24 500 Yard Freestyle**

1	Carlson, Maria		23	Rose Bowl Masters-33				5:20.00	5:17.33
	28.50	30.57	31.96	32.08	31.92	32.31	32.63	32.94	
	32.67	31.75							
2	Knell, Melissa		24	Santa Barbara Masters-33				6:00.00	5:57.17
	32.60	35.13	35.92	35.97	36.15	35.51	36.28	37.12	
	37.05	35.44							

**Event 11 Women 35-39 500 Yard Freestyle**

1	Fuller, Lindsay		35	Golden Road Aquatics-33				6:20.51	6:26.87
	32.70	36.07	38.38	38.92	39.81	39.91	40.06	41.16	
	41.03	38.83							



**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 11 Women 40-44 500 Yard Freestyle**

1	Maidenberg, Eve			42	Conejo Valley Masters-33			5:43.70	5:44.58
	31.18	34.36	34.27	34.51	34.64	34.84	35.11	35.05	
	36.12	34.50							
2	Schwartz, Robin			43	San Luis Obispo Masters-33			5:54.33	6:07.96
	33.78	36.77	37.21	37.27	36.90	37.08	37.34	37.59	
	37.31	36.71							
3	Halford, Jennifer			41	South Bay Swim Team-33			8:07.75	7:40.80
	41.64	44.41	46.99	47.13	47.80	47.39	47.41	47.52	
	46.79	43.72							

**Event 11 Women 45-49 500 Yard Freestyle**

1	Sheaks, Heidi			49	Golden Road Aquatics-33			7:02.06	7:15.23
	38.50	43.19	44.03	44.73	44.42	44.65	44.79	42.75	
	44.69	43.48							
2	Espinosa, Rebecca			48	Marcia's Enthusiastic Masters-38			9:29.97	9:27.09
	51.47	57.74	58.64	58.21	58.10	58.55	58.17	56.60	
	57.64	51.97							

**Event 11 Women 50-54 500 Yard Freestyle**

1	Dunn, Sara			52	Mesa Aquatics Club-Masters-48			6:20.00	5:54.56
	32.32	34.32	35.62	35.86	36.28	36.19	35.87	36.20	
	36.34	35.56							
2	Simmons, Cheryl			52	Rose Bowl Masters-33			6:14.32	6:16.41
	33.93	37.30	38.60	38.48	38.59	38.42	37.92	38.24	
	38.12	36.81							
3	Kopp, Natasha			50	Silver Peak Performance-33			8:58.52	9:09.19
	43.10	52.82	56.91	58.27	56.20	57.49			
	1:49.11								
4	McPeak, Kris			51	Silver Peak Performance-33			10:36.76	10:23.98
	59.89	1:04.35	1:04.89	1:03.41	1:03.13	1:01.67	1:01.37	1:04.98	
	1:00.99	59.30							

**Event 11 Women 55-59 500 Yard Freestyle**

1	O'Grady, Kim			57	Rose Bowl Masters-33			5:47.53	5:55.48
	31.81	35.57	36.47	36.29	36.46	35.81	36.71	35.89	
	36.23	34.24							
2	Moore Barnett, Barbara			58	Mission Viejo Masters-33			9:56.50	9:03.68
	48.67	53.55	55.96	55.28	55.64	56.94	56.67	56.05	
	56.13	48.79							
3	Fricaud, Christine			55	Golden Road Aquatics-33			9:20.91	9:22.97
	45.24	54.46	57.74	57.56	58.02	57.51	59.91	57.89	
	59.39	55.25							

**Event 11 Women 60-64 500 Yard Freestyle**

1	McClure, Linda			60	San Luis Obispo Masters-33			7:30.00	6:58.47
	37.89	40.54	42.47	43.19	42.91	42.67	43.14	43.01	
	42.49	40.16							

**Event 11 Men 25-29 500 Yard Freestyle**

1	Peterson, Alan			25	San Luis Obispo Masters-33			4:43.01	4:52.92
	27.24	29.51	29.84	30.03	29.98	30.12	30.01	29.26	
	28.40	28.53							
2	Powers, Casey			29	Golden Road Aquatics-33			4:58.55	4:54.93
	27.97	29.91	30.28	30.34	30.56	30.44	29.32	29.09	
	28.76	28.26							

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**(Event 11 Men 25-29 500 Yard Freestyle)**

3	Lin, Curtis			28	Santa Barbara Masters-33			5:00.00	5:15.18
	27.44	30.32	31.49	31.50	31.93	30.85	31.28	32.28	
	34.13	33.96							
4	Voegele, Cameron			28	San Luis Obispo Masters-33			6:00.00	5:46.01
	32.15	34.06	34.06	35.21	35.35	35.45	35.25	35.41	
	35.27	33.80							

**Event 11 Men 30-34 500 Yard Freestyle**

1	Jacobs, RJ			30	San Luis Obispo Masters-33			6:12.58	5:15.80
	27.04	30.49	31.47	32.01	32.07	32.11	32.43	32.62	
	33.45	32.11							
2	Gibbons, Daniel			34	San Luis Obispo Masters-33			5:40.00	5:40.89
	30.69	33.48	34.30	35.17	34.61	34.08	34.36	34.11	
	35.21	34.88							

**Event 11 Men 35-39 500 Yard Freestyle**

1	Halford, Tom			39	Silver Peak Performance-33			5:04.99	5:01.81
	28.28	30.05	30.35	30.53	30.53	30.55	30.24	30.83	
	30.61	29.84							

**Event 11 Men 40-44 500 Yard Freestyle**

1	Kim, Steve			42	Golden Road Aquatics-33			5:48.58	5:40.65
	30.98	33.48	34.36	34.80	34.79	34.88	34.15	35.31	
	34.40	33.50							
2	Zahony, Gabriel			44	Santa Barbara Masters-33			5:45.00	5:43.27
	30.56	32.78	34.20	35.21	35.74	34.87	34.94	35.09	
	35.53	34.35							

**Event 11 Men 45-49 500 Yard Freestyle**

1	Lucero, Michael			48	Golden Road Aquatics-33			5:34.18	5:26.74
	29.25	32.02	33.74	34.30	33.98	33.80	33.10	32.69	
	32.33	31.53							
2	Dolan, Dale			48	Atascadero Swim Masters-33			6:20.95	6:33.08
	34.36	37.96	39.27	40.48	40.36	41.41	40.53	40.21	
	39.85	38.65							

**Event 11 Men 50-54 500 Yard Freestyle**

1	Gardner, Nick			53	San Luis Obispo Masters-33			6:30.00	6:20.22
	34.31	38.32	39.26	39.30	39.49	39.09	38.75	38.54	
	37.75	35.41							

**Event 11 Men 55-59 500 Yard Freestyle**

---	Pombo, Diego			57	Orange County Riptide Aquatics-33			6:05.79	SCR
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**Event 11 Men 60-64 500 Yard Freestyle**

1	Campbell, Frank			60	Rose Bowl Masters-33			6:23.73	6:23.00
	33.97	37.71	38.34	38.87	39.38	39.80	39.57	38.93	
	38.83	37.60							
2	Tulin, Michael			64	Rose Bowl Masters-33			9:00.00	8:59.63
	45.82	54.02	55.00	57.00	56.63	57.30	55.14	57.02	
	52.42	49.28							
---	Ramos, John			60	Yucaipa masters-33			6:48.42	SCR

**Event 11 Men 65-69 500 Yard Freestyle**

1	Modjeska, Mark			66	Arizona Masters Swim Club Inc-48			6:00.00	6:54.73
	34.20	42.09	38.50	45.10	38.89	45.76	38.56	48.19	
	42.96	40.48							

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 11 Men 70-74 500 Yard Freestyle**

1	Freeman, Frank	73	Conejo Valley Masters-33	7:30.00	7:45.49
	39.96	46.09	47.49	48.80	48.18
	47.70	44.43	47.93	47.86	47.05

**Event 11 Men 75-79 500 Yard Freestyle**

---	Raffaelli, Larry	76	Ventura County Masters-33	8:00.00	SCR
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**Event 12 Women 18-24 50 Yard Butterfly**

1	Krafcik, Sophia	19	UC38-38	26.50	26.57
2	Carlson, Maria	23	Rose Bowl Masters-33	29.00	27.25
3	Knell, Melissa	24	Santa Barbara Masters-33	32.00	30.94
4	Macabugao, Jam	24	UC38-38	31.53	31.50

**Event 12 Women 25-29 50 Yard Butterfly**

1	Jones, Jill	27	Santa Barbara Masters-33	31.20	27.87
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**Event 12 Women 35-39 50 Yard Butterfly**

1	Green, Brooke	39	Santa Barbara Masters-33	30.03	30.26
2	Ross, Shannon	37	UC33-33	45.00	34.95
3	Fuller, Lindsay	35	Golden Road Aquatics-33	37.81	38.25

**Event 12 Women 40-44 50 Yard Butterfly**

---	Halford, Jennifer	41	South Bay Swim Team-33	43.40	SCR
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**Event 12 Women 45-49 50 Yard Butterfly**

1	Dolan, Tara	46	Atascadero Swim Masters-33	35.00	33.40
2	La Voie, Caroline	48	Orinda Country Club Masters-38	36.00	35.81
3	Espinosa, Rebecca	48	Marcia's Enthusiastic Masters-38	50.07	54.28
---	Moore, Vicky	48	UC33-33	NT	SCR
---	Koehler, Deanna	49	Conejo Valley Masters-33	32.62	SCR

**Event 12 Women 50-54 50 Yard Butterfly**

1	Esparza, Deena	54	South Coast Aquatics-33	31.53	31.49
2	Dunn, Sara	52	Mesa Aquatics Club-Masters-48	32.00	32.42
3	Perissinotto, Karin	54	Santa Barbara Masters-33	44.85	46.50

**Event 12 Women 55-59 50 Yard Butterfly**

1	Godges, Arlette	55	Conejo Valley Masters-33	29.50	29.74
2	Cleavenger, Becky	55	Conejo Valley Masters-33	30.43	30.36
3	Robinson, Ming	55	Novaquatics Masters-33	32.84	32.58

**Event 12 Women 60-64 50 Yard Butterfly**

1	Granger, Traci	61	Los Angeles Peninsula Swimmers-33	28.00	28.91
2	Kirkpatrick-Reno, Nancy	63	Conejo Valley Masters-33	32.97	32.39
3	Neville, Cathy	61	San Diego Swim Masters-44	35.50	34.50
4	McClure, Linda	60	San Luis Obispo Masters-33	42.00	40.45

**Event 12 Women 65-69 50 Yard Butterfly**

1	Val, Laura	67	Tamalpais Aquatic Masters-38	32.00	30.27
2	McCall, Margret	66	Atascadero Swim Masters-33	NT	47.65

**Event 13 Men 18-24 50 Yard Butterfly**

1	Allen, Zachary	21	San Luis Obispo Masters-33	23.00	23.11
2	Williams, Boston	19	UC33-33	24.00	23.25
3	Costigan, Matthew	24	Golden Road Aquatics-33	24.16	23.65
4	Tschopp, Alex	21	UC28-28	NT	23.66

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**(Event 13 Men 18-24 50 Yard Butterfly)**

5	Moore, Collin	23	San Luis Obispo Masters-33	23.74	24.36
6	Moore, Morgan	23	San Luis Obispo Masters-33	25.99	24.43
7	Linker, Thomas	22	San Luis Obispo Masters-33	25.00	24.46
8	Huang, William	19	Claremont Club-33	24.00	24.50
9	Ta, Nathan	19	UC38-38	28.50	28.81

**Event 13 Men 25-29 50 Yard Butterfly**

1	Bochner, William	29	UC38-38	25.00	25.15
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**Event 13 Men 30-34 50 Yard Butterfly**

1	Jacobs, RJ	30	San Luis Obispo Masters-33	29.00	25.31
2	Torres, Emmanuel	32	Marcia's Enthusiastic Masters-38	28.27	28.71

**Event 13 Men 35-39 50 Yard Butterfly**

1	Marshall, Mario	37	Golden Road Aquatics-33	21.65	22.53
2	Durieux, Chad	39	Rose Bowl Masters-33	26.81	27.03

**Event 13 Men 40-44 50 Yard Butterfly**

1	Zahony, Gabriel	44	Santa Barbara Masters-33	30.00	29.64
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**Event 13 Men 45-49 50 Yard Butterfly**

1	Sumner, David	48	Mission Viejo Masters-33	24.50	24.60
2	White, Nathan	46	San Luis Obispo Masters-33	27.90	27.78
3	White, Tobin	47	Santa Barbara Masters-33	29.50	29.51
4	McPeak, Charles	48	Silver Peak Performance-33	28.62	29.82
5	Sawyer, Douglas	49	San Luis Obispo Masters-33	35.00	30.09
---	Reason, Matt	45	Golden Road Aquatics-33	30.00	NS

**Event 13 Men 50-54 50 Yard Butterfly**

1	Boshoff, Nick	50	Golden Road Aquatics-33	26.10	26.48
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**Event 13 Men 55-59 50 Yard Butterfly**

1	Aamoth, James	57	Conejo Valley Masters-33	36.94	34.64
---	Collins, Barry	55	UC33-33	35.00	SCR

**Event 13 Men 60-64 50 Yard Butterfly**

1	Meaney, Pat	60	Golden Road Aquatics-33	29.00	27.64
2	Scoggins, Richard	63	UC33-33	32.30	31.33
3	Johannsen, David	64	Santa Barbara Masters-33	32.58	33.13
4	Robinson, Keith	61	Conejo Valley Masters-33	34.43	33.29
5	Fasth, Michael	63	Santa Barbara Masters-33	42.00	37.19

**Event 13 Men 65-69 50 Yard Butterfly**

1	Edwards, Clive	65	Conejo Valley Masters-33	35.18	33.34
2	Modjeska, Mark	66	Arizona Masters Swim Club Inc-48	29.35	33.41
3	Umholtz, Ken	67	Ojai Masters-33	34.02	33.66
4	Case, Bruce	66	UC33-33	41.90	41.93

**Event 13 Men 75-79 50 Yard Butterfly**

1	Burns, Richard	75	Tamalpais Aquatic Masters-38	30.50	29.88
2	Freshley, Mike	78	San Diego Swim Masters-44	31.00	32.44

**Event 14 Women 35+ 400 Yard Freestyle Relay**

1	Conejo Valley Masters-33	A	3:55.00	4:00.54									
1)	Godges, Arlette W55	2)	Maidenberg, Eve W42	3)	Weiderman, Jennifer W52	4)	Cleavenger, Becky W55						
	28.72		59.56		28.63		1:00.42		1:02.24		27.83		58.32

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****(Event 14 Women 35+ 400 Yard Freestyle Relay)**

2	San Luis Obispo Masters-33	A						NT	4:51.44
	1) Bowers, Deborah W62		2) Dooley, Paula W55		3) McClure, Linda W60		4) Schwartz, Robin W43		
	41.30		34.86	1:13.64	31.62	1:06.68			

**Event 15 Men 18+ 400 Yard Freestyle Relay**

1	Golden Road Aquatics-33	A						3:20.21	3:21.25
	1) Marshall, Mario M37		2) Powers, Casey M29		3) Boshoff, Nick M50		4) Costigan, Matthew M24		
	21.61	45.69	24.05	50.94	25.15	51.80	26.08	52.82	
2	San Luis Obispo Masters-33	A						NT	3:24.72
	1) Moore, Collin M23		2) Linker, Thomas M22		3) Dooley, Liam M20		4) Peterson, Alan M25		
	25.16	51.51	23.32	48.76	25.66	52.89	24.60	51.56	

**Event 15 Men 25+ 400 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	3:37.91
	1) Voegelé, Cameron M28		2) Gibbons, Daniel M34		3) Palmer, Ben M38		4) Jacobs, RJ M30		
	27.28	57.16	27.36	56.88	24.76	53.44	23.64	50.43	
2	Golden Road Aquatics-33	A						3:51.82	3:48.85
	1) Daltorio, Robert M26		2) Meaney, Pat M60		3) Kim, Steve M42		4) Lucero, Michael M48		
	27.19	56.38	25.99	54.59	29.76	1:00.92	27.24	56.96	

**Event 15 Men 45+ 400 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	4:08.44
	1) Papert, Sammy M64		2) Sawyer, Douglas M49		3) Gardner, Nick M53		4) White, Nathan M46		
	32.12	1:06.69	29.32	59.62	30.42	1:03.74	28.00	58.39	

**Event 15 Men 55+ 400 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	5:57.88
	1) Fowler, Thomas M58		2) Voegelé, Patrick M62		3) Dooley, Stephen M64		4) Snyder, Steve M67		
	47.63	2:00.41	31.39	1:07.19	40.49	1:26.76	38.01	1:23.52	

**Event 15 Men 65+ 400 Yard Freestyle Relay**

1	Conejo Valley Masters-33	A						NT	4:47.18
	1) Lamb, Brent M67		2) Ladinsky, Gary M72		3) Freeman, Frank M73		4) Edwards, Clive M65		
	34.61	1:10.10	35.67	1:14.91	34.11	1:13.97	32.42	1:08.20	

**Event 16 Mixed 18+ 400 Yard Freestyle Relay**

1	Santa Barbara Masters-33	A						NT	3:43.89
	1) Knell, Melissa W24		2) Lin, Curtis M28		3) Zahony, Gabriel M44		4) Jones, Jill W27		
	29.53	1:02.20	23.79	50.07	26.77	56.74	26.50	54.88	
2	San Luis Obispo Masters-33	A						NT	3:44.10
	1) Kim, Eileen W27		2) Dooley, Clare W18		3) Moore, Morgan M23		4) Allen, Zachary M21		
	32.16	1:06.18		1:00.60	23.84	50.67	22.16	46.65	
3	Rose Bowl Masters-33	A						3:58.00	3:49.62
	1) Popko, David M41		2) Carlson, Maria W23		3) Durieux, Chad M39		4) Simmons, Cheryl W52		
	25.63	52.37	26.62	55.13	27.14	56.45	31.55	1:05.67	

**Event 16 Mixed 25+ 400 Yard Freestyle Relay**

1	Marcia's Enthusiastic Masters-38	A						4:20.00	4:23.54
	1) Song, Jimmy M36		2) Shu, Vicki W50		3) Benjamin, Marcia W62		4) Torres, Emmanuel M32		
	29.68	1:00.97	32.05	1:06.40	36.90	1:16.46	28.06	59.71	

**Event 16 Mixed 35+ 400 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	4:18.04
	1) Schwartz, Robin W43		2) Gardner, Nick M53		3) Sawyer, Douglas M49		4) Dooley, Paula W55		
	31.29	1:04.83	31.48	1:05.80	29.35	1:01.16	31.82	1:06.25	

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**(Event 16 Mixed 35+ 400 Yard Freestyle Relay)**

2	Golden Road Aquatics-33	A						4:32.98	4:32.21
	1) Lucero, Michael M48	2) Fuller, Lindsay W35	3) Winslow, Scott M47	4) Sheaks, Heidi W49					
	27.04	56.55	32.65	1:09.68	33.90	1:13.11	34.87	1:12.87	

**Event 16 Mixed 45+ 400 Yard Freestyle Relay**

1	Atascadero Swim Masters-33	A						5:40.00	5:00.09
	1) Dolan, Tara W46	2) Strybel, David M64	3) McCall, Margret W66	4) Dolan, Dale M48					
	31.03	1:04.64	33.65	1:11.79	43.85	1:38.63	29.84	1:05.03	

**Event 16 Mixed 55+ 400 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A						NT	4:57.39
	1) Papert, Sammy M64	2) McClure, Linda W60	3) Voegelé, Patrick M62	4) Bowers, Deborah W62					
	33.82	1:08.99	35.57	1:14.10	31.38	1:06.94	42.46	1:27.36	

**Event 17 Women 18-24 100 Yard Backstroke**

1	Peterson, Adelynn	19	UC33-33	1:01.60	1:02.50
	30.22	32.28			
2	Krafcik, Sophia	19	UC38-38	1:02.00	1:04.91
	30.61	34.30			
---	Macabugao, Jam	24	UC38-38	1:22.93	NS

**Event 17 Women 25-29 100 Yard Backstroke**

1	Kim, Eileen	27	San Luis Obispo Masters-33	1:16.03	1:14.93
	36.59	38.34			

**Event 17 Women 35-39 100 Yard Backstroke**

1	Green, Brooke	39	Santa Barbara Masters-33	1:06.58	1:06.25
	30.82	35.43			

**Event 17 Women 40-44 100 Yard Backstroke**

1	Case, Emily	43	Santa Barbara Masters-33	1:35.07	1:29.24
	43.63	45.61			

**Event 17 Women 45-49 100 Yard Backstroke**

1	Dolan, Tara	46	Atascadero Swim Masters-33	1:15.92	1:17.02
	37.58	39.44			
---	Moore, Vicky	48	UC33-33	1:15.00	SCR
---	Koehler, Deanna	49	Conejo Valley Masters-33	1:50.00	SCR

**Event 17 Women 50-54 100 Yard Backstroke**

1	Shu, Vicki	50	Marcia's Enthusiastic Masters-38	1:21.63	1:20.05
	39.93	40.12			

**Event 17 Women 60-64 100 Yard Backstroke**

1	Spivey, Bonnie	60	Los Angeles Peninsula Swimmers-33	1:08.81	1:11.98
	35.45	36.53			
2	Kirkpatrick-Reno, Nancy	63	Conejo Valley Masters-33	1:15.51	1:18.18
	37.92	40.26			
3	McClure, Linda	60	San Luis Obispo Masters-33	1:30.00	1:31.94
	44.30	47.64			
4	Twomey, Mary	64	UC33-33	2:15.00	2:12.37
	1:06.23	1:06.14			

**Event 17 Women 70-74 100 Yard Backstroke**

1	Leopold, Lynda	71	UC33-33	2:44.54	2:41.80
	1:18.11	1:23.69			
---	Smith, Diane	74	Conejo Valley Masters-33	1:47.93	SCR

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 17 Women 80-84 100 Yard Backstroke**

1	Anderson, Jacquie	83	Atascadero Swim Masters-33	2:40.00	2:03.59
	1:01.13 1:02.46				

**Event 18 Men 18-24 100 Yard Backstroke**

1	Linker, Thomas	22	San Luis Obispo Masters-33	58.32	54.66
	26.66 28.00				
2	Moore, Morgan	23	San Luis Obispo Masters-33	58.45	56.74
	27.70 29.04				

**Event 18 Men 25-29 100 Yard Backstroke**

1	Peterson, Alan	25	San Luis Obispo Masters-33	1:03.00	1:01.23
	29.61 31.62				

**Event 18 Men 40-44 100 Yard Backstroke**

1	Saldena, Javier	43	Santa Barbara Masters-33	59.39	59.84
	28.57 31.27				
2	Popko, David	41	Rose Bowl Masters-33	1:01.00	1:02.50
	30.49 32.01				
3	Kim, Steve	42	Golden Road Aquatics-33	1:06.46	1:13.62
	36.58 37.04				

**Event 18 Men 45-49 100 Yard Backstroke**

1	Sumner, David	48	Mission Viejo Masters-33	59.00	59.02
	27.92 31.10				
2	White, Nathan	46	San Luis Obispo Masters-33	1:03.30	1:04.19
	30.93 33.26				
3	White, Tobin	47	Santa Barbara Masters-33	1:07.00	1:09.97
	33.60 36.37				
4	Dolan, Dale	48	Atascadero Swim Masters-33	1:20.06	1:20.54
	40.26 40.28				

**Event 18 Men 50-54 100 Yard Backstroke**

---	Kreger, Jeffrey	54	Golden Road Aquatics-33	1:29.00	SCR
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**Event 18 Men 55-59 100 Yard Backstroke**

1	Aamoth, James	57	Conejo Valley Masters-33	1:22.63	1:22.80
	40.71 42.09				
---	Collins, Barry	55	UC33-33	1:12.66	SCR
---	Pombo, Diego	57	Orange County Riptide Aquatics-33	1:09.14	SCR

**Event 18 Men 60-64 100 Yard Backstroke**

1	Voegele, Patrick	62	San Luis Obispo Masters-33	1:20.00	1:13.14
	36.35 36.79				
2	Campbell, Frank	60	Rose Bowl Masters-33	1:16.00	1:14.29
	36.91 37.38				
3	Johannsen, David	64	Santa Barbara Masters-33	1:14.52	1:19.81
	39.45 40.36				

**Event 18 Men 65-69 100 Yard Backstroke**

1	Umholtz, Ken	67	Ojai Masters-33	1:27.92	1:31.64
	45.17 46.47				
---	Lucas, James	68	Ventura County Masters-33	1:15.81	SCR

**Event 18 Men 70-74 100 Yard Backstroke**

1	Selna, Mike	70	Orange County Riptide Aquatics-33	1:14.00	1:11.55
	35.20 36.35				

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 18 Men 75-79 100 Yard Backstroke**

---	Raffaelli, Larry	76	Ventura County Masters-33	1:40.00	SCR
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**Event 19 Women 18-24 100 Yard Breaststroke**

1	Greenberg, Nicole	19	UC38-38	1:12.07	1:12.55
	34.17 38.38				
2	Dooley, Clare	18	San Luis Obispo Masters-33	1:17.25	1:14.31
	35.75 38.56				
3	Knell, Melissa	24	Santa Barbara Masters-33	1:14.50	1:15.78
	36.29 39.49				
---	Macabugao, Jam	24	UC38-38	1:32.12	SCR

**Event 19 Women 25-29 100 Yard Breaststroke**

---	Jones, Jill	27	Santa Barbara Masters-33	1:15.00	SCR
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**Event 19 Women 40-44 100 Yard Breaststroke**

1	Sipe, Sandra	44	Ventura County Masters-33	1:17.23	1:16.39
	35.80 40.59				
2	Maidenberg, Eve	42	Conejo Valley Masters-33	1:27.11	1:21.32
	38.65 42.67				
3	Case, Emily	43	Santa Barbara Masters-33	1:43.34	1:33.10
	46.00 47.10				

**Event 19 Women 45-49 100 Yard Breaststroke**

1	Leichter, Nancy	48	Rose Bowl Masters-33	1:16.95	1:19.49
	38.35 41.14				
---	Koehler, Deanna	49	Conejo Valley Masters-33	1:19.62	SCR

**Event 19 Women 50-54 100 Yard Breaststroke**

1	Weiderman, Jennifer	52	Conejo Valley Masters-33	1:14.00	1:16.26
	35.77 40.49				
2	Simmons, Cheryl	52	Rose Bowl Masters-33	1:16.49	1:17.24
	36.74 40.50				
3	Esparza, Deena	54	South Coast Aquatics-33	1:17.50	1:18.27
	37.84 40.43				
4	McPeak, Kris	51	Silver Peak Performance-33	1:52.73	1:56.50
	55.83 1:00.67				

**Event 19 Women 55-59 100 Yard Breaststroke**

1	Dooley, Paula	55	San Luis Obispo Masters-33	1:25.61	1:25.63
	41.20 44.43				
2	Robinson, Ming	55	Novaquatics Masters-33	1:29.53	1:28.71
	43.14 45.57				

**Event 19 Women 60-64 100 Yard Breaststroke**

1	Granger, Traci	61	Los Angeles Peninsula Swimmers-33	1:30.00	1:25.37
	40.00 45.37				
2	Twomey, Mary	64	UC33-33	2:15.00	2:23.08
	1:08.35 1:14.73				

**Event 20 Men 18-24 100 Yard Breaststroke**

1	Huang, William	19	Claremont Club-33	1:04.00	1:04.09
	30.18 33.91				
2	Silva Valles, Elijah	22	UC33-33	1:06.33	1:05.64
	30.93 34.71				
---	Costigan, Matthew	24	Golden Road Aquatics-33	1:03.10	NS



## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 20 Men 35-39 100 Yard Breaststroke**

1	Palmer, Ben	38	San Luis Obispo Masters-33	1:04.17	1:02.13
	29.49 32.64				
2	Durieux, Chad	39	Rose Bowl Masters-33	1:02.55	1:02.30
	29.10 33.20				
3	Ignatov, Alex	37	Temescal Aquatic Masters-38	1:05.50	1:03.95
	29.49 34.46				
4	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	1:10.53	1:12.77
	34.33 38.44				

**Event 20 Men 40-44 100 Yard Breaststroke**

1	Kim, Steve	42	Golden Road Aquatics-33	1:29.76	1:20.41
	39.26 41.15				

**Event 20 Men 45-49 100 Yard Breaststroke**

1	Sawyer, Douglas	49	San Luis Obispo Masters-33	1:15.00	1:19.73
	37.63 42.10				
2	Winslow, Scott	47	Golden Road Aquatics-33	1:25.74	1:28.30
	44.08 44.22				

**Event 20 Men 50-54 100 Yard Breaststroke**

1	Boshoff, Nick	50	Golden Road Aquatics-33	1:04.55	1:05.53
	30.51 35.02				
2	Koehler, Doug	53	Conejo Valley Masters-33	1:06.98	1:06.83
	31.44 35.39				
3	Gardner, Nick	53	San Luis Obispo Masters-33	1:21.00	1:19.65
	37.61 42.04				
---	Kreger, Jeffrey	54	Golden Road Aquatics-33	1:25.00	SCR

**Event 20 Men 55-59 100 Yard Breaststroke**

---	Barker, Douglas	56	Mission Viejo Masters-33	1:09.00	SCR
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**Event 20 Men 60-64 100 Yard Breaststroke**

1	Meaney, Pat	60	Golden Road Aquatics-33	1:11.00	1:09.42
	32.28 37.14				
2	Robinson, Keith	61	Conejo Valley Masters-33	1:17.64	1:18.14
	37.41 40.73				
3	Scoggins, Richard	63	UC33-33	1:18.33	1:19.91
	37.55 42.36				
4	Fasth, Michael	63	Santa Barbara Masters-33	1:45.00	1:31.79
	44.33 47.46				
---	Ramos, John	60	Yucaipa masters-33	1:18.11	SCR

**Event 20 Men 65-69 100 Yard Breaststroke**

1	Edwards, Clive	65	Conejo Valley Masters-33	1:18.18	1:16.23
	34.52 41.71				
2	Myers, Charles	66	West Hollywood Aquatics-33	1:30.00	1:27.57
	41.00 46.57				
3	Snyder, Steve	67	San Luis Obispo Masters-33	1:55.00	1:33.76
	45.24 48.52				
4	Case, Bruce	66	UC33-33	1:38.86	1:41.90
	46.67 55.23				

**Event 20 Men 70-74 100 Yard Breaststroke**

1	Selna, Mike	70	Orange County Riptide Aquatics-33	1:24.00	1:22.03
	38.80 43.23				

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**(Event 20 Men 70-74 100 Yard Breaststroke)**

2	Ladinsky, Gary	72	Conejo Valley Masters-33	1:46.00	1:34.38
	43.94 50.44				

**Event 20 Men 75-79 100 Yard Breaststroke**

1	Freshley, Mike	78	San Diego Swim Masters-44	1:22.00	1:21.38
	38.25 43.13				
---	Andersen, Peter	75	San Diego Swim Masters-44	1:20.69	NS

**Event 21 Women 18-24 200 Yard Butterfly**

1	Peterson, Adelynn	19	UC33-33	2:06.34	2:08.82
	29.28 32.68 33.73 33.13				

**Event 21 Women 35-39 200 Yard Butterfly**

1	Fuller, Lindsay	35	Golden Road Aquatics-33	3:20.66	3:19.99
	40.45 52.32 55.81 51.41				

**Event 21 Women 40-44 200 Yard Butterfly**

1	Schwartz, Robin	43	San Luis Obispo Masters-33	2:50.00	2:54.23
	37.62 41.42 46.21 48.98				

**Event 21 Women 50-54 200 Yard Butterfly**

1	Shu, Vicki	50	Marcia's Enthusiastic Masters-38	2:44.41	2:43.50
	36.32 41.50 42.57 43.11				
2	Weiderman, Jennifer	52	Conejo Valley Masters-33	2:44.00	2:43.72
	35.99 40.89 42.98 43.86				

**Event 21 Women 60-64 200 Yard Butterfly**

1	Neville, Cathy	61	San Diego Swim Masters-44	3:10.50	3:04.28
	38.94 48.64 48.28 48.42				

**Event 22 Men 18-24 200 Yard Butterfly**

1	Huang, William	19	Claremont Club-33	2:04.00	2:02.61
	26.39 30.57 32.16 33.49				
2	Moore, Collin	23	San Luis Obispo Masters-33	1:49.73	2:06.07
	26.66 30.68 31.20 37.53				

**Event 22 Men 25-29 200 Yard Butterfly**

1	Lin, Curtis	28	Santa Barbara Masters-33	1:58.07	1:57.88
	26.65 29.80 30.05 31.38				
2	Powers, Casey	29	Golden Road Aquatics-33	2:00.93	2:01.29
	27.53 30.48 30.93 32.35				
3	Daltorio, Robert	26	Golden Road Aquatics-33	2:40.00	2:29.41
	33.79 38.05 40.74 36.83				

**Event 22 Men 30-34 200 Yard Butterfly**

1	Torres, Emmanuel	32	Marcia's Enthusiastic Masters-38	2:31.57	2:32.72
	32.29 38.03 40.76 41.64				

**Event 22 Men 35-39 200 Yard Butterfly**

1	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	2:50.00	2:49.27
	39.04 43.27 45.54 41.42				

**Event 22 Men 40-44 200 Yard Butterfly**

1	Kim, Steve	42	Golden Road Aquatics-33	2:44.75	2:47.52
	39.67 42.66 42.39 42.80				

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 22 Men 45-49 200 Yard Butterfly**

1	Lucero, Michael	48	Golden Road Aquatics-33	2:19.68	2:29.71
	34.46	39.83	39.85	35.57	
---	Reason, Matt	45	Golden Road Aquatics-33	2:45.00	SCR

**Event 22 Men 65-69 200 Yard Butterfly**

1	Modjeska, Mark	66	Arizona Masters Swim Club Inc-48	2:24.99	2:34.95
	32.90	38.01	40.68	43.36	

**Event 22 Men 75-79 200 Yard Butterfly**

---	Raffaelli, Larry	76	Ventura County Masters-33	4:40.00	SCR
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**Event 23 Women 18+ 200 Yard Medley Relay**

1	Santa Barbara Masters-33	A	2:08.00	2:05.12
	1) Green, Brooke W39	2) Knell, Melissa W24	3) Jones, Jill W27	4) Case, Emily W43
	29.84	34.91	27.58	32.79

**Event 23 Women 25+ 200 Yard Medley Relay**

1	San Luis Obispo Masters-33	A	NT	2:31.08
	1) McClure, Linda W60	2) Kim, Eileen W27	3) Schwartz, Robin W43	4) Bowers, Deborah W62
	41.71	36.74	34.01	38.62

**Event 23 Women 45+ 200 Yard Medley Relay**

1	Conejo Valley Masters-33	A	2:02.00	2:13.72
	1) Kirkpatrick-Reno, Nancy W63	2) Weiderman, Jennifer W52	3) Godges, Arlette W55	4) Cleavenger, Becky W55
	36.90	36.04	30.79	29.99

**Event 24 Men 18+ 200 Yard Medley Relay**

1	San Luis Obispo Masters-33	A	NT	1:41.93
	1) Moore, Morgan M23	2) Linker, Thomas M22	3) Allen, Zachary M21	4) Moore, Collin M23
	26.42	28.58	23.34	23.59
2	Golden Road Aquatics-33	A	1:46.81	1:48.53
	1) Powers, Casey M29	2) Boshoff, Nick M50	3) Marshall, Mario M37	4) Costigan, Matthew M24
	28.39	29.63	26.41	24.10
3	San Luis Obispo Masters-33	B	NT	1:50.41
	1) Peterson, Alan M25	2) Dooley, Liam M20	3) Jacobs, RJ M30	4) Gibbons, Daniel M34
	28.11	31.84	24.79	25.67

**Event 24 Men 25+ 200 Yard Medley Relay**

1	Santa Barbara Masters-33	A	NT	1:50.23
	1) Saldena, Javier M43	2) Lin, Curtis M28	3) White, Tobin M47	4) Zahony, Gabriel M44
	27.54	28.38	29.50	24.81
2	Golden Road Aquatics-33	A	2:03.57	1:59.16
	1) Kim, Steve M42	2) Meaney, Pat M60	3) Daltorio, Robert M26	4) Reason, Matt M45
	32.13	30.59	28.33	28.11

**Event 24 Men 35+ 200 Yard Medley Relay**

1	Rose Bowl Masters-33	A	NT	1:58.55
	1) Campbell, Frank M60	2) Durieux, Chad M39	3) Popko, David M41	4) McBride, William M45
	35.00	30.28	27.51	25.76

**Event 24 Men 45+ 200 Yard Medley Relay**

1	San Luis Obispo Masters-33	A	NT	2:13.74
	1) White, Nathan M46	2) Gardner, Nick M53	3) Sawyer, Douglas M49	4) Dooley, Stephen M64
	29.04	35.50	31.39	37.81

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 25 Mixed 18+ 200 Yard Medley Relay**

1	San Luis Obispo Masters-33	A	NT	2:21.04
	1) Dooley, Paula W55	2) Dooley, Clare W18	3) Dooley, Liam M20	4) Dooley, Stephen M64
	38.88	35.15	27.27	39.74

**Event 25 Mixed 25+ 200 Yard Medley Relay**

1	San Luis Obispo Masters-33	A	NT	2:00.51
	1) Kim, Eileen W27	2) Palmer, Ben M38	3) Peterson, Alan M25	4) Schwartz, Robin W43
	35.77	29.12	26.91	28.71
2	Marcia's Enthusiastic Masters-38	A	2:16.00	2:23.10
	1) Shu, Vicki W50	2) Song, Jimmy M36	3) Torres, Emmanuel M32	4) Espinosa, Rebecca W48
	38.06	33.82	29.10	42.12

**Event 25 Mixed 35+ 200 Yard Medley Relay**

1	Golden Road Aquatics-33	A	2:18.92	2:20.11
	1) Fuller, Lindsay W35	2) Winslow, Scott M47	3) Lucero, Michael M48	4) Sheaks, Heidi W49
	41.08	36.65	28.95	33.43

**Event 25 Mixed 55+ 200 Yard Medley Relay**

1	San Luis Obispo Masters-33	A	NT	2:31.37
	1) Voegelé, Patrick M62	2) Bowers, Deborah W62	3) McClure, Linda W60	4) Papert, Sammy M64
	32.50	50.53	43.56	24.78

**Event 26 Women 18-24 50 Yard Freestyle**

1	Krafcik, Sophia	19	UC38-38	25.50	25.50
2	Greenberg, Nicole	19	UC38-38	26.40	26.09
3	Dooley, Clare	18	San Luis Obispo Masters-33	29.48	28.41
---	Macabugao, Jam	24	UC38-38	30.23	SCR
---	Knell, Melissa	24	Santa Barbara Masters-33	28.67	SCR

**Event 26 Women 35-39 50 Yard Freestyle**

1	Green, Brooke	39	Santa Barbara Masters-33	26.76	26.89
2	Ross, Shannon	37	UC33-33	32.00	30.88

**Event 26 Women 40-44 50 Yard Freestyle**

1	Maidenberg, Eve	42	Conejo Valley Masters-33	28.10	27.92
2	Schwartz, Robin	43	San Luis Obispo Masters-33	29.50	29.20
3	Case, Emily	43	Santa Barbara Masters-33	35.95	33.05

**Event 26 Women 45-49 50 Yard Freestyle**

1	Leichter, Nancy	48	Rose Bowl Masters-33	27.23	27.58
2	Dolan, Tara	46	Atascadero Swim Masters-33	29.44	29.53
3	La Voie, Caroline	48	Orinda Country Club Masters-38	32.00	30.78
4	Espinosa, Rebecca	48	Marcia's Enthusiastic Masters-38	41.68	41.97
---	Koehler, Deanna	49	Conejo Valley Masters-33	29.06	SCR

**Event 26 Women 50-54 50 Yard Freestyle**

1	Perissinotto, Karin	54	Santa Barbara Masters-33	NT	35.81
2	Kopp, Natasha	50	Silver Peak Performance-33	35.89	36.73

**Event 26 Women 55-59 50 Yard Freestyle**

1	Cleavenger, Becky	55	Conejo Valley Masters-33	26.21	26.56
2	Godges, Arlette	55	Conejo Valley Masters-33	27.50	27.28
3	Dooley, Paula	55	San Luis Obispo Masters-33	29.70	29.09
4	Moore Barnett, Barbara	58	Mission Viejo Masters-33	43.12	40.46

**Event 26 Women 60-64 50 Yard Freestyle**

1	Kirkpatrick-Reno, Nancy	63	Conejo Valley Masters-33	30.10	30.79
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## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**(Event 26 Women 60-64 50 Yard Freestyle)**

---	Granger, Traci	61	Los Angeles Peninsula Swimmers-33	28.00	SCR
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**Event 26 Women 70-74 50 Yard Freestyle**

1	Leopold, Lynda	71	UC33-33	57.79	1:02.92
---	Smith, Diane	74	Conejo Valley Masters-33	37.35	SCR

**Event 27 Men 18-24 50 Yard Freestyle**

1	Allen, Zachary	21	San Luis Obispo Masters-33	20.50	21.36
2	Williams, Boston	19	UC33-33	21.00	21.47
3	Armes, Ryan	20	UC33-33	20.91	21.83
4	Tschopp, Alex	21	UC28-28	NT	22.52
5	Moore, Morgan	23	San Luis Obispo Masters-33	23.00	23.26
6	Moore, Collin	23	San Luis Obispo Masters-33	23.00	24.06
7	Silva Valles, Elijah	22	UC33-33	27.00	25.19
8	Ta, Nathan	19	UC38-38	25.03	25.53

**Event 27 Men 25-29 50 Yard Freestyle**

1	Bochner, William	29	UC38-38	22.82	23.22
2	Peterson, Alan	25	San Luis Obispo Masters-33	22.69	23.48
3	Voegele, Cameron	28	San Luis Obispo Masters-33	25.50	26.42

**Event 27 Men 30-34 50 Yard Freestyle**

1	Jacobs, RJ	30	San Luis Obispo Masters-33	22.48	22.93
2	Torres, Emmanuel	32	Marcia's Enthusiastic Masters-38	25.84	26.39

**Event 27 Men 35-39 50 Yard Freestyle**

1	Marshall, Mario	37	Golden Road Aquatics-33	20.55	20.87
2	Palmer, Ben	38	San Luis Obispo Masters-33	22.99	22.99

**Event 27 Men 40-44 50 Yard Freestyle**

1	Zahony, Gabriel	44	Santa Barbara Masters-33	26.00	25.77
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**Event 27 Men 45-49 50 Yard Freestyle**

1	White, Nathan	46	San Luis Obispo Masters-33	26.50	25.87
2	McBride, William	45	Rose Bowl Masters-33	26.86	26.47
3	Sawyer, Douglas	49	San Luis Obispo Masters-33	28.00	26.69
4	Winslow, Scott	47	Golden Road Aquatics-33	33.63	33.15
---	McPeak, Charles	48	Silver Peak Performance-33	24.77	NS
---	Reason, Matt	45	Golden Road Aquatics-33	26.00	SCR
---	White, Tobin	47	Santa Barbara Masters-33	26.00	SCR

**Event 27 Men 50-54 50 Yard Freestyle**

1	Boshoff, Nick	50	Golden Road Aquatics-33	23.00	23.78
2	Williams, Harbor	54	Masters of San Clemente Aquati-33	25.50	24.00
3	Gardner, Nick	53	San Luis Obispo Masters-33	29.00	28.21
---	Kreger, Jeffrey	54	Golden Road Aquatics-33	30.00	SCR

**Event 27 Men 55-59 50 Yard Freestyle**

1	Aamoth, James	57	Conejo Valley Masters-33	29.91	29.70
---	Collins, Barry	55	UC33-33	29.57	SCR
---	Barker, Douglas	56	Mission Viejo Masters-33	23.74	SCR

**Event 27 Men 60-64 50 Yard Freestyle**

1	Stevens, Jeffrey	60	Novaquatics Masters-33	24.00	23.51
2	Meaney, Pat	60	Golden Road Aquatics-33	24.85	24.51
3	Scoggins, Richard	63	UC33-33	28.67	27.70

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**(Event 27 Men 60-64 50 Yard Freestyle)**

4	Campbell, Frank	60	Rose Bowl Masters-33	29.09	28.44
5	Voegele, Patrick	62	San Luis Obispo Masters-33	28.00	29.11
6	Robinson, Keith	61	Conejo Valley Masters-33	30.86	29.85
7	Fasth, Michael	63	Santa Barbara Masters-33	30.20	30.04
8	Dooley, Stephen	64	San Luis Obispo Masters-33	40.81	38.83
---	Ramos, John	60	Yucaipa masters-33	28.07	SCR
---	Tulin, Michael	64	Rose Bowl Masters-33	36.28	SCR

**Event 27 Men 65-69 50 Yard Freestyle**

1	Lucas, James	68	Ventura County Masters-33	28.79	29.12
2	Umholtz, Ken	67	Ojai Masters-33	30.86	31.00
3	Snyder, Steve	67	San Luis Obispo Masters-33	42.00	34.23
4	Beguhl, Philip	67	Santa Barbara Masters-33	34.78	36.08

**Event 27 Men 70-74 50 Yard Freestyle**

1	Freeman, Frank	73	Conejo Valley Masters-33	33.00	32.76
2	Ladinsky, Gary	72	Conejo Valley Masters-33	33.28	32.86

**Event 27 Men 75-79 50 Yard Freestyle**

1	Freshley, Mike	78	San Diego Swim Masters-44	29.00	28.92
---	Andersen, Peter	75	San Diego Swim Masters-44	28.59	SCR

**Event 28 Women 18-24 400 Yard IM**

1	Peterson, Adelynn	19	UC33-33	4:38.92	4:45.64
	29.29 33.24 36.37	35.48 42.84 43.70 32.61	32.11		

**Event 28 Women 25-29 400 Yard IM**

1	Kim, Eileen	27	San Luis Obispo Masters-33	5:30.89	5:40.22
	37.76 44.99 43.44	43.47 45.02 46.00 40.43	39.11		

**Event 28 Women 45-49 400 Yard IM**

1	Sheaks, Heidi	49	Golden Road Aquatics-33	6:44.24	6:53.65
	45.51 56.37 58.63	56.38 54.13 56.36 44.83	41.44		

**Event 28 Women 60-64 400 Yard IM**

1	Spivey, Bonnie	60	Los Angeles Peninsula Swimmers-33	5:17.06	5:20.94
	34.83 40.94 42.08	39.45 46.58 46.94 36.83	33.29		

**Event 28 Women 65-69 400 Yard IM**

1	Val, Laura	67	Tamalpais Aquatic Masters-38	5:35.00	5:24.23
	32.56 37.95 41.12	40.69 50.11 50.52 36.35	34.93		

**Event 28 Men 25-29 400 Yard IM**

1	Powers, Casey	29	Golden Road Aquatics-33	4:25.00	4:24.43
	29.28 31.79 36.02	34.74 37.55 37.15 29.12	28.78		
2	Daltorio, Robert	26	Golden Road Aquatics-33	5:30.00	5:05.28
	33.01 36.50 40.68	39.32 45.72 43.03 34.09	32.93		

**Event 28 Men 30-34 400 Yard IM**

1	Gibbons, Daniel	34	San Luis Obispo Masters-33	5:00.00	5:14.04
	32.55 38.86 41.65	41.30 44.78 44.70 35.04	35.16		
2	Torres, Emmanuel	32	Marcia's Enthusiastic Masters-38	6:10.00	5:35.09
	34.34 39.77 43.98	44.89 47.60 48.28 38.96	37.27		

**Event 28 Men 35-39 400 Yard IM**

1	Ignatov, Alex	37	Temescal Aquatic Masters-38	4:40.00	4:28.18
	29.42 32.24 35.10	34.14 37.54 36.92 31.77	31.05		

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 28 Men 40-44 400 Yard IM**

1	Popko, David			41	Rose Bowl Masters-33			4:59.99	4:40.88
		29.68	34.80	36.31	35.32	41.93	41.06	32.12	29.66
2	Kim, Steve			42	Golden Road Aquatics-33			5:13.92	5:27.05
		38.81	43.86	41.22	39.01	46.04	44.94	37.70	35.47

**Event 28 Men 45-49 400 Yard IM**

1	Lucero, Michael			48	Golden Road Aquatics-33			4:56.15	4:58.59
		32.45	36.59	40.03	38.71	43.23	42.34	33.26	31.98
2	Dolan, Dale			48	Atascadero Swim Masters-33			6:09.36	6:11.61
		42.01	50.95	47.13	46.78	52.67	55.40	39.82	36.85
---	Reason, Matt			45	Golden Road Aquatics-33			5:30.00	SCR

**Event 28 Men 50-54 400 Yard IM**

1	Koehler, Doug			53	Conejo Valley Masters-33			4:55.87	4:54.21
		30.18	35.70	40.45	40.25	41.35	41.61	32.84	31.83
---	Kreger, Jeffrey			54	Golden Road Aquatics-33			6:29.00	SCR

**Event 28 Men 60-64 400 Yard IM**

---	Ramos, John			60	Yucaipa masters-33			7:05.09	SCR
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**Event 28 Men 65-69 400 Yard IM**

---	Lucas, James			68	Ventura County Masters-33			6:10.00	NS
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**Event 28 Men 75-79 400 Yard IM**

1	Burns, Richard			75	Tamalpais Aquatic Masters-38			5:41.50	5:47.05
		34.45	40.71	44.75	43.34	52.69	53.23	39.63	38.25
2	Freshley, Mike			78	San Diego Swim Masters-44			6:20.00	6:33.56
		41.56	51.63	55.19	54.18	50.57	50.22	45.27	44.94

**Event 29 Women 18-24 1000 Yard Freestyle**

1	Carlson, Maria			23	Rose Bowl Masters-33			10:40.00	11:00.40
		29.76	32.09	33.01	33.62	33.66	33.55	33.50	33.23
		33.21	32.89	33.09	33.13	33.52	33.42	33.26	33.92
		33.41	33.44	32.82	31.87				
2	Dooley, Clare			18	San Luis Obispo Masters-33			11:48.00	11:53.19
		32.71	34.63	35.28	35.81	35.47	35.45	35.37	35.43
		36.48	36.49	36.23	36.87	36.66	36.64	34.81	36.58
		37.11	36.00	34.95	34.22				

**Event 29 Women 35-39 1000 Yard Freestyle**

1	Fuller, Lindsay			35	Golden Road Aquatics-33			14:00.00	13:13.47
		34.96	37.80	40.24	39.88	40.33	40.67	40.40	40.26
		40.01	41.91	40.21	39.90	40.05	40.26	40.67	40.19
		39.10	40.46	40.05	36.12				

**Event 29 Women 40-44 1000 Yard Freestyle**

1	Maidenberg, Eve			42	Conejo Valley Masters-33			11:40.22	11:56.90
		32.45	34.43	35.41	36.05	36.08	36.13	36.31	36.15
		36.34	36.40	36.40	37.05	36.03	36.59	36.56	36.21
		36.15	35.95	35.57	34.64				

**Event 29 Women 45-49 1000 Yard Freestyle**

1	Sheaks, Heidi			49	Golden Road Aquatics-33			14:32.77	14:59.63
		41.83	44.10	45.44	45.16	45.94	45.61	45.19	45.54
		45.06	43.54	44.77	46.87	46.22	45.50	45.12	46.17
		45.21	45.75	44.80	41.81				

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 29 Women 55-59 1000 Yard Freestyle**

1	Dooley, Paula			55	San Luis Obispo Masters-33	13:00.00	13:03.01
	35.55	39.51	40.08	40.25	39.98	39.80	39.88
	39.73	39.61	39.40	39.52	39.53	39.31	39.37
	38.45	38.41	38.95	36.75			
2	Fricaud, Christine			55	Golden Road Aquatics-33	19:34.37	19:32.62
	47.83	56.26	58.32	57.46	57.90	57.30	57.91
	57.24	58.21	1:09.97	1:00.10	1:00.80	59.17	1:00.51
	1:01.46	59.38	59.50	54.33			
---	Moore Barnett, Barbara			58	Mission Viejo Masters-33	18:16.22	SCR

**Event 29 Women 60-64 1000 Yard Freestyle**

1	Spivey, Bonnie			60	Los Angeles Peninsula Swimmers-33	12:07.93	11:40.89
	31.97	34.29	35.31	35.66	35.44	35.46	35.33
	35.36	35.76	35.89	35.32	35.39	35.86	35.17
	35.34	35.08	34.79	33.19			

**Event 29 Men 25-29 1000 Yard Freestyle**

1	Peterson, Alan			25	San Luis Obispo Masters-33	9:55.67	10:07.99
	28.11	30.45	30.88	30.82	31.15	30.85	31.01
	31.22	31.05	31.24	30.88	31.30	30.87	30.80
	30.67	29.88	27.38	27.59			
2	Powers, Casey			29	Golden Road Aquatics-33	10:10.90	10:12.76
	28.43	30.69	31.09	31.05	31.31	31.24	31.37
	31.21	30.98	31.12	31.02	30.92	30.88	30.76
	31.03	30.12	28.82	28.71			
---	Voegele, Cameron			28	San Luis Obispo Masters-33	13:00.00	NS

**Event 29 Men 30-34 1000 Yard Freestyle**

1	Gibbons, Daniel			34	San Luis Obispo Masters-33	11:40.00	11:51.72
	32.18	35.00	35.20	35.65	36.19	36.24	35.77
	36.15	35.84	36.02	35.42	35.77	35.77	35.82
	35.97	36.15	36.04	34.99			

**Event 29 Men 35-39 1000 Yard Freestyle**

1	Halford, Tom			39	Silver Peak Performance-33	10:39.99	10:37.87
	29.19	31.73	31.82	32.11	31.76	32.40	32.28
	32.37	32.29	32.04	32.51	32.78	32.42	32.24
	31.75	32.16	31.89	30.14			

**Event 29 Men 40-44 1000 Yard Freestyle**

1	Popko, David			41	Rose Bowl Masters-33	10:59.00	10:41.11
	28.45	31.91	32.46	32.35	32.22	32.37	32.56
	32.38	32.90	32.54	32.48	32.64	32.46	32.66
	32.29	31.84	32.00	29.32			
---	Zahony, Gabriel			44	Santa Barbara Masters-33	11:50.00	SCR

**Event 29 Men 45-49 1000 Yard Freestyle**

1	Lucero, Michael			48	Golden Road Aquatics-33	11:10.85	11:05.59
	29.88	32.51	33.38	33.96	33.97	34.23	34.07
	34.36	34.31	34.13	34.00	34.01	33.55	33.62
	32.65	32.33	32.25	30.90			
2	Dolan, Dale			48	Atascadero Swim Masters-33	14:20.00	13:21.68
	35.64	39.61	39.78	40.61	39.81	40.22	40.39
	41.07	41.00	39.71	42.00	39.54	41.82	40.92
	42.04	39.28	39.77	36.75			



## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 29 Men 55-59 1000 Yard Freestyle**

1	Aamoth, James		57	Conejo Valley Masters-33		14:00.00		13:39.95
	36.49	39.73	39.99	41.31	41.48	41.99	42.12	42.34
	41.49	42.74	42.41	41.22	41.55	42.54	42.34	41.82
	41.10	40.67	40.63	35.99				

**Event 29 Men 60-64 1000 Yard Freestyle**

1	Scoggins, Richard		63	UC33-33		15:00.00		14:36.54
	34.15	37.32	40.34	41.93	43.10	43.87	44.98	46.36
	46.90	46.97	47.79	46.04	45.47	44.91	45.28	45.03
	44.45	43.60	43.80	44.25				

**Event 29 Men 65-69 1000 Yard Freestyle**

1	Modjeska, Mark		66	Arizona Masters Swim Club Inc-48		11:47.00		12:14.35
	31.72	34.48	35.66	36.09	36.67	36.61	36.61	37.24
	37.26	37.14	37.05	38.00	37.86	38.02	38.47	37.87
	37.74	37.97	36.66	35.23				

**Event 29 Men 70-74 1000 Yard Freestyle**

1	Freeman, Frank		73	Conejo Valley Masters-33		16:05.00		16:06.93
	41.02	46.71	48.74	48.69	49.06	49.05	49.48	48.79
	49.26	49.30	48.93	49.16	50.03	50.02	50.06	49.63
	48.03	48.93	48.15	43.89				

**Event 29 Men 75-79 1000 Yard Freestyle**

---	Raffaelli, Larry		76	Ventura County Masters-33		17:40.00		SCR
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**Event 30 Women 18-24 100 Yard Butterfly**

1	Peterson, Adelynn		19	UC33-33		58.64		1:00.54
	28.93	31.61						
2	Krafcik, Sophia		19	UC38-38		59.00		1:01.30
	28.38	32.92						

**Event 30 Women 35-39 100 Yard Butterfly**

1	Fuller, Lindsay		35	Golden Road Aquatics-33		1:23.15		1:27.83
	39.21	48.62						

**Event 30 Women 40-44 100 Yard Butterfly**

1	Schwartz, Robin		43	San Luis Obispo Masters-33		1:15.26		1:14.60
	34.50	40.10						

**Event 30 Women 50-54 100 Yard Butterfly**

1	Weiderman, Jennifer		52	Conejo Valley Masters-33		1:12.00		1:10.69
	31.88	38.81						
2	Esparza, Deena		54	South Coast Aquatics-33		1:14.50		1:11.40
	33.02	38.38						

**Event 30 Women 55-59 100 Yard Butterfly**

1	Godges, Arlette		55	Conejo Valley Masters-33		1:08.00		1:09.26
	31.63	37.63						
2	Robinson, Ming		55	Novaquatics Masters-33		1:16.97		1:17.11
	35.75	41.36						

**Event 30 Women 60-64 100 Yard Butterfly**

1	Spivey, Bonnie		60	Los Angeles Peninsula Swimmers-33		1:12.00		1:14.82
	34.88	39.94						
2	Neville, Cathy		61	San Diego Swim Masters-44		1:19.90		1:21.95
	39.23	42.72						
---	Granger, Traci		61	Los Angeles Peninsula Swimmers-33		1:06.00		SCR

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 31 Men 18-24 100 Yard Butterfly**

1	Allen, Zachary	21	San Luis Obispo Masters-33	52.00	51.05
	23.57 27.48				
2	Costigan, Matthew	24	Golden Road Aquatics-33	55.00	52.82
	24.71 28.11				
3	Tschopp, Alex	21	UC28-28	NT	53.66
	25.06 28.60				
4	Williams, Boston	19	UC33-33	54.50	53.71
	24.71 29.00				
5	Moore, Collin	23	San Luis Obispo Masters-33	50.79	53.72
	25.28 28.44				
6	Huang, William	19	Claremont Club-33	55.00	54.05
	25.34 28.71				
7	Moore, Morgan	23	San Luis Obispo Masters-33	56.55	56.31
	25.87 30.44				
---	Ta, Nathan	19	UC38-38	1:14.90	SCR

**Event 31 Men 25-29 100 Yard Butterfly**

1	Lin, Curtis	28	Santa Barbara Masters-33	52.70	51.77
	24.12 27.65				
---	Bochner, William	29	UC38-38	59.52	SCR

**Event 31 Men 30-34 100 Yard Butterfly**

1	Jacobs, RJ	30	San Luis Obispo Masters-33	59.46	55.75
	25.69 30.06				
2	Torres, Emmanuel	32	Marcia's Enthusiastic Masters-38	1:04.77	1:06.92
	28.94 37.98				

**Event 31 Men 35-39 100 Yard Butterfly**

1	Marshall, Mario	37	Golden Road Aquatics-33	48.45	48.67
	22.60 26.07				
2	Ignatov, Alex	37	Temescal Aquatic Masters-38	58.50	57.49
	26.41 31.08				

**Event 31 Men 45-49 100 Yard Butterfly**

---	White, Tobin	47	Santa Barbara Masters-33	1:08.00	SCR
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**Event 31 Men 65-69 100 Yard Butterfly**

1	Modjeska, Mark	66	Arizona Masters Swim Club Inc-48	1:14.00	1:13.93
	34.20 39.73				
2	Myers, Charles	66	West Hollywood Aquatics-33	1:30.00	1:23.80
	39.76 44.04				

**Event 32 Women 18-24 50 Yard Backstroke**

1	Krafcik, Sophia	19	UC38-38	32.00	29.54
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**Event 32 Women 35-39 50 Yard Backstroke**

1	Ross, Shannon	37	UC33-33	40.00	38.04
---	Green, Brooke	39	Santa Barbara Masters-33	29.79	SCR

**Event 32 Women 45-49 50 Yard Backstroke**

1	Dolan, Tara	46	Atascadero Swim Masters-33	35.52	35.31
---	Moore, Vicky	48	UC33-33	33.96	SCR

**Event 32 Women 50-54 50 Yard Backstroke**

1	Perissinotto, Karin	54	Santa Barbara Masters-33	NT	43.84
2	Kopp, Natasha	50	Silver Peak Performance-33	46.56	45.28

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 32 Women 55-59 50 Yard Backstroke**

1	Cleavenger, Becky	55	Conejo Valley Masters-33	34.36	33.95
---	Moore Barnett, Barbara	58	Mission Viejo Masters-33	1:05.15	NS

**Event 32 Women 60-64 50 Yard Backstroke**

1	Kirkpatrick-Reno, Nancy	63	Conejo Valley Masters-33	33.47	34.39
2	McClure, Linda	60	San Luis Obispo Masters-33	45.00	40.98
3	Twomey, Mary	64	UC33-33	1:03.30	1:03.48

**Event 32 Women 65-69 50 Yard Backstroke**

1	Val, Laura	67	Tamalpais Aquatic Masters-38	32.00	31.01
2	McCall, Margret	66	Atascadero Swim Masters-33	NT	48.78

**Event 32 Women 70-74 50 Yard Backstroke**

1	Leopold, Lynda	71	UC33-33	1:13.58	1:16.61
---	Chinn, Ellen	70	Atascadero Swim Masters-33	42.95	NS
---	Smith, Diane	74	Conejo Valley Masters-33	46.47	SCR

**Event 32 Women 80-84 50 Yard Backstroke**

---	Anderson, Jacquie	83	Atascadero Swim Masters-33	1:12.00	DQ
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**Event 33 Men 18-24 50 Yard Backstroke**

---	Allen, Zachary	21	San Luis Obispo Masters-33	25.00	NS
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**Event 33 Men 40-44 50 Yard Backstroke**

1	Popko, David	41	Rose Bowl Masters-33	29.00	29.60
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**Event 33 Men 45-49 50 Yard Backstroke**

1	White, Nathan	46	San Luis Obispo Masters-33	29.04	28.67
2	McBride, William	45	Rose Bowl Masters-33	33.41	32.00
3	Winslow, Scott	47	Golden Road Aquatics-33	43.58	52.35

**Event 33 Men 55-59 50 Yard Backstroke**

1	Aamoth, James	57	Conejo Valley Masters-33	36.63	38.74
---	Pombo, Diego	57	Orange County Riptide Aquatics-33	32.70	SCR
---	Collins, Barry	55	UC33-33	33.81	SCR
---	Barker, Douglas	56	Mission Viejo Masters-33	31.00	SCR

**Event 33 Men 60-64 50 Yard Backstroke**

1	Meaney, Pat	60	Golden Road Aquatics-33	32.00	32.04
2	Johannsen, David	64	Santa Barbara Masters-33	33.30	35.47
---	Voegele, Patrick	62	San Luis Obispo Masters-33	36.00	SCR

**Event 33 Men 65-69 50 Yard Backstroke**

1	Lucas, James	68	Ventura County Masters-33	32.66	34.24
2	Umholtz, Ken	67	Ojai Masters-33	40.90	40.51
3	Case, Bruce	66	UC33-33	42.00	45.50

**Event 33 Men 70-74 50 Yard Backstroke**

1	Selna, Mike	70	Orange County Riptide Aquatics-33	34.00	33.63
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**Event 33 Men 75-79 50 Yard Backstroke**

1	Burns, Richard	75	Tamalpais Aquatic Masters-38	31.00	30.91
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**Event 34 Women 18+ 400 Yard Medley Relay**

1	San Luis Obispo Masters-33	A	NT	4:59.07											
1)	Kim, Eileen W27	2)	Dooley, Clare W18	3)	Schwartz, Robin W43	4)	Dooley, Paula W55								
	38.35		1:17.94		37.26		1:17.39		35.71		1:17.65		31.76		1:06.09

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 34 Women 35+ 400 Yard Medley Relay**

---	Conejo Valley Masters-33	A					4:47.00		SCR
	1) Cleavenger, Becky W55		2) Weideman, Jennifer W52		3) Maidenberg, Eve W42				4) Godges, Arlette W55

**Event 35 Men 18+ 400 Yard Medley Relay**

1	Golden Road Aquatics-33	A					3:55.54		3:56.00
	1) Marshall, Mario M37		2) Boshoff, Nick M50		3) Powers, Casey M29				4) Costigan, Matthew M24
	29.26 1:01.51 30.82		1:06.27 26.34 57.49		24.69 50.73				
2	San Luis Obispo Masters-33	A					NT		3:57.53
	1) Peterson, Alan M25		2) Moore, Morgan M23		3) Moore, Collin M23				4) Dooley, Liam M20
	29.95 1:01.86 32.04		1:08.67 25.21 54.84		24.39 52.16				

**Event 35 Men 25+ 400 Yard Medley Relay**

1	San Luis Obispo Masters-33	A					NT		4:30.41
	1) White, Nathan M46		2) Gardner, Nick M53		3) Jacobs, RJ M30				4) Papert, Sammy M64
	31.63 1:05.02 37.96		1:21.54 25.96 56.74		32.46 1:07.11				
2	Golden Road Aquatics-33	A					4:45.00		4:38.13
	1) Daltorio, Robert M26		2) Winslow, Scott M47		3) Lucero, Michael M48				4) Meaney, Pat M60
	34.40 1:10.08 40.66		1:24.98 31.17 1:07.50		26.26 55.57				

**Event 35 Men 55+ 400 Yard Medley Relay**

1	Conejo Valley Masters-33	A					5:03.00		5:09.62
	1) Aamoath, James M57		2) Edwards, Clive M65		3) Rosen, Robert M69				4) Robinson, Keith M61
	40.92 1:22.85 36.21		1:18.44 43.71 1:22.98		31.56 1:05.35				

**Event 36 Mixed 18+ 400 Yard Medley Relay**

1	San Luis Obispo Masters-33	A					NT		4:09.00
	1) Linker, Thomas M22		2) Dooley, Clare W18		3) Allen, Zachary M21				4) Kim, Eileen W27
	26.86 55.37 35.37		1:13.95 24.81 53.27		15.58 1:06.41				
---	Atascadero Swim Masters-33	A					8:30.00		DQ
	1) Anderson, Jacquie W83		2) Strybel, David M64		3) McCall, Margret W66				4) Zappas, Mike M68

**Event 36 Mixed 25+ 400 Yard Medley Relay**

1	Marcia's Enthusiastic Masters-38	A					4:58.00		4:56.71
	1) Shu, Vicki W50		2) Torres, Emmanuel M32		3) Song, Jimmy M36				4) Benjamin, Marcia W62
	39.06 1:20.37 34.24		1:12.51 30.77 1:08.38		35.97 1:15.45				
2	Golden Road Aquatics-33	A					5:18.46		5:04.79
	1) Daltorio, Robert M26		2) Sheaks, Heidi W49		3) Lucero, Michael M48				4) Fuller, Lindsay W35
	35.28 1:10.47 45.54		1:35.86 31.49 1:07.59		34.30 1:10.87				
3	San Luis Obispo Masters-33	A					NT		5:22.16
	1) McClure, Linda W60		2) Yoshida, Philip M40		3) Gibbons, Daniel M34				4) Bowers, Deborah W62
	44.09 1:30.68 35.62		1:18.12 31.83 1:07.02		41.82 1:26.34				

**Event 37 Women 18-24 200 Yard Freestyle**

1	Carlson, Maria		23	Rose Bowl Masters-33		2:00.00		1:59.29
	27.88 29.92 30.97		30.52					
2	Greenberg, Nicole		19	UC38-38		2:01.18		2:04.18
	28.23 30.84 32.21		32.90					
3	Dooley, Clare		18	San Luis Obispo Masters-33		2:12.02		2:10.19
	30.68 33.15 34.01		32.35					

**Event 37 Women 40-44 200 Yard Freestyle**

1	Maidenberg, Eve		42	Conejo Valley Masters-33		2:07.71		2:11.62
	29.55 33.34 34.38		34.35					

**Event 37 Women 45-49 200 Yard Freestyle**

1	Espinosa, Rebecca		48	Marcia's Enthusiastic Masters-38		3:32.11		3:37.65
	48.81 54.87 57.47		56.50					

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 37 Women 50-54 200 Yard Freestyle**

1	Kopp, Natasha			50	Silver Peak Performance-33	3:24.76	3:30.38
		43.56	53.44	58.82	54.56		
2	McPeak, Kris			51	Silver Peak Performance-33	3:49.30	3:54.57
		56.32	59.13	1:01.20	57.92		

**Event 37 Women 55-59 200 Yard Freestyle**

1	Cleavenger, Becky			55	Conejo Valley Masters-33	2:07.26	2:08.64
		29.19	32.63	33.45	33.37		
---	Godges, Arlette			55	Conejo Valley Masters-33	2:17.00	SCR

**Event 37 Women 60-64 200 Yard Freestyle**

1	Neville, Cathy			61	San Diego Swim Masters-44	2:30.50	2:34.07
		36.09	39.67	39.41	38.90		
2	Twomey, Mary			64	UC33-33	3:38.73	3:42.84
		52.14	57.93	58.48	54.29		

**Event 37 Women 70-74 200 Yard Freestyle**

---	Smith, Diane			74	Conejo Valley Masters-33	3:23.99	SCR
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**Event 38 Men 18-24 200 Yard Freestyle**

1	Williams, Boston			19	UC33-33	1:51.00	1:49.32
		24.50	27.56	28.68	28.58		
2	Allen, Zachary			21	San Luis Obispo Masters-33	1:53.00	1:50.39
		25.84	28.11	28.44	28.00		
3	Moore, Collin			23	San Luis Obispo Masters-33	1:42.99	1:52.36
		26.86	28.71	28.90	27.89		
---	Ta, Nathan			19	UC38-38	2:14.89	SCR

**Event 38 Men 25-29 200 Yard Freestyle**

1	Peterson, Alan			25	San Luis Obispo Masters-33	1:43.54	1:50.12
		25.95	28.28	28.09	27.80		
2	Powers, Casey			29	Golden Road Aquatics-33	1:51.64	1:51.40
		26.45	28.32	28.54	28.09		
---	Bochner, William			29	UC38-38	1:56.83	SCR
---	Voegele, Cameron			28	San Luis Obispo Masters-33	2:18.00	SCR

**Event 38 Men 30-34 200 Yard Freestyle**

1	Jacobs, RJ			30	San Luis Obispo Masters-33	2:00.00	1:53.45
		25.50	28.27	29.65	30.03		

**Event 38 Men 35-39 200 Yard Freestyle**

1	Marshall, Mario			37	Golden Road Aquatics-33	1:43.29	1:43.29
		23.24	25.65	27.01	27.39		

**Event 38 Men 40-44 200 Yard Freestyle**

1	Popko, David			41	Rose Bowl Masters-33	1:54.00	1:54.13
		26.26	28.98	29.62	29.27		
---	Zahony, Gabriel			44	Santa Barbara Masters-33	2:10.00	SCR

**Event 38 Men 45-49 200 Yard Freestyle**

1	Lucero, Michael			48	Golden Road Aquatics-33	2:07.89	2:05.01
		28.46	31.94	32.89	31.72		
2	McPeak, Charles			48	Silver Peak Performance-33	2:09.20	2:13.19
		30.70	33.76	35.01	33.72		
3	Dolan, Dale			48	Atascadero Swim Masters-33	2:21.16	2:25.08
		33.01	36.36	38.24	37.47		
---	White, Tobin			47	Santa Barbara Masters-33	2:10.00	SCR

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 38 Men 50-54 200 Yard Freestyle**

1	Boshoff, Nick	50	Golden Road Aquatics-33	1:53.61	1:57.41
	27.07 29.36 30.10 30.88				
2	Gardner, Nick	53	San Luis Obispo Masters-33	2:19.07	2:21.16
	33.14 36.63 36.29 35.10				

**Event 38 Men 55-59 200 Yard Freestyle**

1	Aamoth, James	57	Conejo Valley Masters-33	2:24.46	2:34.58
	35.38 40.07 41.40 37.73				
---	Pombo, Diego	57	Orange County Riptide Aquatics-33	2:10.13	SCR

**Event 38 Men 60-64 200 Yard Freestyle**

1	Dooley, Stephen	64	San Luis Obispo Masters-33	3:30.00	3:19.29
	43.83 51.24 53.63 50.59				

**Event 38 Men 65-69 200 Yard Freestyle**

1	Zappas, Mike	68	Atascadero Swim Masters-33	3:10.00	3:10.64
	41.78 47.76 50.92 50.18				
---	Beguhl, Philip	67	Santa Barbara Masters-33	3:25.79	SCR

**Event 38 Men 70-74 200 Yard Freestyle**

1	Freeman, Frank	73	Conejo Valley Masters-33	2:45.50	2:48.53
	37.98 44.06 44.29 42.20				

**Event 39 Women 18-24 100 Yard IM**

1	Carlson, Maria	23	Rose Bowl Masters-33	1:02.00	1:01.46
	29.56 31.90				
2	Peterson, Adelynn	19	UC33-33	1:03.68	1:04.31
	29.35 34.96				
3	Krafcik, Sophia	19	UC38-38	1:05.50	1:04.58
	29.04 35.54				
4	Greenberg, Nicole	19	UC38-38	1:05.00	1:08.14
	33.85 34.29				
5	Dooley, Clare	18	San Luis Obispo Masters-33	1:14.50	1:10.96
	35.46 35.50				

**Event 39 Women 25-29 100 Yard IM**

1	Kim, Eileen	27	San Luis Obispo Masters-33	1:12.01	1:13.33
	35.10 38.23				

**Event 39 Women 35-39 100 Yard IM**

1	Ross, Shannon	37	UC33-33	1:00.00	1:20.91
	35.87 45.04				

**Event 39 Women 40-44 100 Yard IM**

1	Schwartz, Robin	43	San Luis Obispo Masters-33	1:17.00	1:16.39
	35.22 41.17				

**Event 39 Women 45-49 100 Yard IM**

1	Dolan, Tara	46	Atascadero Swim Masters-33	1:33.00	1:16.78
	35.43 41.35				

**Event 39 Women 50-54 100 Yard IM**

1	Esparza, Deena	54	South Coast Aquatics-33	1:10.39	1:12.24
	34.44 37.80				
2	Shu, Vicki	50	Marcia's Enthusiastic Masters-38	1:17.11	1:17.31
	35.57 41.74				

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 39 Women 55-59 100 Yard IM**

1	Cleavenger, Becky	55	Conejo Valley Masters-33	1:09.89	1:09.42
	32.57 36.85				
2	Robinson, Ming	55	Novaquatics Masters-33	1:14.89	1:14.85
	35.17 39.68				
3	Dooley, Paula	55	San Luis Obispo Masters-33	1:15.64	1:14.95
	36.08 38.87				

**Event 39 Women 60-64 100 Yard IM**

1	Spivey, Bonnie	60	Los Angeles Peninsula Swimmers-33	1:13.00	1:13.46
	35.19 38.27				
2	McClure, Linda	60	San Luis Obispo Masters-33	1:45.00	1:31.40
	43.17 48.23				
---	Kirkpatrick-Reno, Nancy	63	Conejo Valley Masters-33	1:18.78	SCR

**Event 39 Women 65-69 100 Yard IM**

1	Val, Laura	67	Tamalpais Aquatic Masters-38	1:15.00	1:11.48
	32.32 39.16				
---	McCall, Margret	66	Atascadero Swim Masters-33	NT	SCR

**Event 39 Women 70-74 100 Yard IM**

---	Chinn, Ellen	70	Atascadero Swim Masters-33	1:31.16	SCR
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**Event 40 Men 18-24 100 Yard IM**

1	Huang, William	19	Claremont Club-33	1:00.00	59.39
	27.60 31.79				
2	Moore, Morgan	23	San Luis Obispo Masters-33	55.55	59.45
	26.91 32.54				
3	Williams, Boston	19	UC33-33	59.00	1:00.33

**Event 40 Men 25-29 100 Yard IM**

1	Daltorio, Robert	26	Golden Road Aquatics-33	1:15.00	1:05.82
	31.21 34.61				
---	Lin, Curtis	28	Santa Barbara Masters-33	55.99	SCR

**Event 40 Men 30-34 100 Yard IM**

1	Gibbons, Daniel	34	San Luis Obispo Masters-33	1:06.00	1:07.56
	31.20 36.36				
2	Torres, Emmanuel	32	Marcia's Enthusiastic Masters-38	1:07.64	1:12.16
	32.03 40.13				

**Event 40 Men 35-39 100 Yard IM**

1	Palmer, Ben	38	San Luis Obispo Masters-33	57.38	55.90
	26.55 29.35				
2	Ignatov, Alex	37	Temescal Aquatic Masters-38	59.20	57.92
	26.99 30.93				
3	Durieux, Chad	39	Rose Bowl Masters-33	1:00.74	1:01.40
	29.11 32.29				
4	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	1:11.09	1:11.59
	35.88 35.71				

**Event 40 Men 45-49 100 Yard IM**

1	White, Nathan	46	San Luis Obispo Masters-33	1:04.47	1:04.15
	29.75 34.40				
2	McBride, William	45	Rose Bowl Masters-33	1:13.32	1:10.74
	31.43 39.31				

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**(Event 40 Men 45-49 100 Yard IM)**

3	Winslow, Scott	47	Golden Road Aquatics-33	1:38.81	1:32.85
	45.47 47.38				
---	McPeak, Charles	48	Silver Peak Performance-33	1:07.79	NS

**Event 40 Men 50-54 100 Yard IM**

1	Koehler, Doug	53	Conejo Valley Masters-33	1:03.67	1:02.35
	30.10 32.25				

**Event 40 Men 55-59 100 Yard IM**

---	Collins, Barry	55	UC33-33	1:15.00	SCR
---	Barker, Douglas	56	Mission Viejo Masters-33	1:02.50	SCR

**Event 40 Men 60-64 100 Yard IM**

1	Meaney, Pat	60	Golden Road Aquatics-33	1:04.00	1:02.71
	30.44 32.27				
2	Scoggins, Richard	63	UC33-33	1:25.00	1:14.51
	35.14 39.37				
3	Johannsen, David	64	Santa Barbara Masters-33	1:12.56	1:16.85
	36.22 40.63				
---	Robinson, Keith	61	Conejo Valley Masters-33	1:17.41	SCR

**Event 40 Men 65-69 100 Yard IM**

1	Edwards, Clive	65	Conejo Valley Masters-33	1:13.19	1:12.02
	34.31 37.71				
2	Umholtz, Ken	67	Ojai Masters-33	1:24.35	1:26.52
	39.27 47.25				
---	Case, Bruce	66	UC33-33	1:39.75	DQ
	48.26 52.40				

**Event 40 Men 70-74 100 Yard IM**

1	Selna, Mike	70	Orange County Riptide Aquatics-33	1:14.00	1:12.03
	33.27 38.76				

**Event 40 Men 75-79 100 Yard IM**

1	Burns, Richard	75	Tamalpais Aquatic Masters-38	1:09.00	1:11.07
	31.96 39.11				
---	Andersen, Peter	75	San Diego Swim Masters-44	1:15.60	SCR

**Event 41 Women 18-24 50 Yard Breaststroke**

1	Greenberg, Nicole	19	UC38-38	33.68	33.97
2	Dooley, Clare	18	San Luis Obispo Masters-33	36.78	35.70

**Event 41 Women 35-39 50 Yard Breaststroke**

1	Ross, Shannon	37	UC33-33	42.00	43.03
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**Event 41 Women 50-54 50 Yard Breaststroke**

1	Weiderman, Jennifer	52	Conejo Valley Masters-33	34.60	34.86
2	Esparza, Deena	54	South Coast Aquatics-33	36.44	36.81
3	Perissinotto, Karin	54	Santa Barbara Masters-33	46.35	45.86
---	McPeak, Kris	51	Silver Peak Performance-33	52.21	SCR

**Event 41 Women 55-59 50 Yard Breaststroke**

1	Godges, Arlette	55	Conejo Valley Masters-33	37.00	37.06
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**Event 41 Women 60-64 50 Yard Breaststroke**

1	Twomey, Mary	64	UC33-33	1:04.97	1:08.38
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## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 41 Women 70-74 50 Yard Breaststroke**

---	Smith, Diane	74	Conejo Valley Masters-33	47.04	SCR
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**Event 42 Men 18-24 50 Yard Breaststroke**

1	Costigan, Matthew	24	Golden Road Aquatics-33	26.62	27.14
2	Huang, William	19	Claremont Club-33	30.00	31.28

**Event 42 Men 25-29 50 Yard Breaststroke**

1	Daltorio, Robert	26	Golden Road Aquatics-33	40.00	34.89
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**Event 42 Men 35-39 50 Yard Breaststroke**

1	Palmer, Ben	38	San Luis Obispo Masters-33	29.68	28.17
2	Durieux, Chad	39	Rose Bowl Masters-33	28.33	29.21
3	Ignatov, Alex	37	Temescal Aquatic Masters-38	29.60	29.45
4	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	32.51	33.43

**Event 42 Men 40-44 50 Yard Breaststroke**

1	Popko, David	41	Rose Bowl Masters-33	32.00	32.71
---	Zahony, Gabriel	44	Santa Barbara Masters-33	36.00	SCR

**Event 42 Men 45-49 50 Yard Breaststroke**

1	Sumner, David	48	Mission Viejo Masters-33	29.82	29.29
2	White, Nathan	46	San Luis Obispo Masters-33	35.00	33.80
3	Winslow, Scott	47	Golden Road Aquatics-33	35.01	37.51

**Event 42 Men 50-54 50 Yard Breaststroke**

1	Boshoff, Nick	50	Golden Road Aquatics-33	29.63	30.24
2	Koehler, Doug	53	Conejo Valley Masters-33	30.87	30.77
3	Gardner, Nick	53	San Luis Obispo Masters-33	35.18	35.89

**Event 42 Men 55-59 50 Yard Breaststroke**

---	Barker, Douglas	56	Mission Viejo Masters-33	32.50	SCR
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**Event 42 Men 60-64 50 Yard Breaststroke**

1	Meaney, Pat	60	Golden Road Aquatics-33	31.00	30.83
2	Scoggins, Richard	63	UC33-33	34.10	34.92
3	Robinson, Keith	61	Conejo Valley Masters-33	34.78	35.67
---	Ramos, John	60	Yucaipa masters-33	35.82	SCR

**Event 42 Men 65-69 50 Yard Breaststroke**

1	Edwards, Clive	65	Conejo Valley Masters-33	33.19	33.66
2	Myers, Charles	66	West Hollywood Aquatics-33	39.00	37.80
3	Snyder, Steve	67	San Luis Obispo Masters-33	55.00	41.08
---	Lucas, James	68	Ventura County Masters-33	38.43	NS

**Event 42 Men 70-74 50 Yard Breaststroke**

1	Ladinsky, Gary	72	Conejo Valley Masters-33	44.00	40.51
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**Event 42 Men 75-79 50 Yard Breaststroke**

---	Andersen, Peter	75	San Diego Swim Masters-44	35.49	SCR
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**Event 43 Women 18-24 200 Yard Backstroke**

1	Carlson, Maria	23	Rose Bowl Masters-33	2:20.00	2:15.11
	33.60	34.58	34.48	32.45	
2	Peterson, Adelynn	19	UC33-33	2:11.32	2:15.30
	32.99	34.85	34.09	33.37	

## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 43 Women 25-29 200 Yard Backstroke**

1	Kim, Eileen		27	San Luis Obispo Masters-33	2:34.61	2:39.10
	38.57	40.32	40.71	39.50		

**Event 43 Women 35-39 200 Yard Backstroke**

---	Green, Brooke		39	Santa Barbara Masters-33	2:26.35	SCR
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**Event 43 Women 45-49 200 Yard Backstroke**

1	Sheaks, Heidi		49	Golden Road Aquatics-33	3:15.08	3:30.92
	50.21	54.36	55.36	50.99		

**Event 43 Women 50-54 200 Yard Backstroke**

1	Shu, Vicki		50	Marcia's Enthusiastic Masters-38	3:00.00	2:52.11
	41.76	43.22	43.90	43.23		

**Event 43 Women 60-64 200 Yard Backstroke**

1	Kirkpatrick-Reno, Nancy		63	Conejo Valley Masters-33	3:00.63	2:55.14
	40.58	44.70	46.03	43.83		

**Event 43 Women 70-74 200 Yard Backstroke**

---	Leopold, Lynda		71	UC33-33	5:40.80	NS
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**Event 44 Men 35-39 200 Yard Backstroke**

1	Song, Jimmy		36	Marcia's Enthusiastic Masters-38	2:55.00	2:54.55
	42.02	44.73	44.87	42.93		

**Event 44 Men 55-59 200 Yard Backstroke**

---	Collins, Barry		55	UC33-33	2:45.00	SCR
---	Pombo, Diego		57	Orange County Riptide Aquatics-33	2:39.18	SCR

**Event 44 Men 60-64 200 Yard Backstroke**

1	Johannsen, David		64	Santa Barbara Masters-33	2:52.70	3:10.30
	44.89	46.67	49.55	49.19		

**Event 44 Men 65-69 200 Yard Backstroke**

1	Umholtz, Ken		67	Ojai Masters-33	3:15.69	3:17.28
	46.96	50.00	51.17	49.15		
---	Lucas, James		68	Ventura County Masters-33	2:49.68	NS

**Event 44 Men 70-74 200 Yard Backstroke**

1	Selna, Mike		70	Orange County Riptide Aquatics-33	2:40.00	2:38.83
	37.18	40.40	40.90	40.35		

**Event 44 Men 75-79 200 Yard Backstroke**

---	Raffaelli, Larry		76	Ventura County Masters-33	3:45.00	SCR
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**Event 45 Women 18+ 200 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A	NT	2:05.45
	1) Dooley, Clare W18	2) Kim, Eileen W27	3) Dooley, Paula W55	4) McClure, Linda W60
	30.32	30.76	30.53	33.84

**Event 45 Women 45+ 200 Yard Freestyle Relay**

---	Conejo Valley Masters-33	A	1:52.00	SCR
	1) Cleavenger, Becky W55	2) Weiderman, Jennifer W52	3) Kirkpatrick-Reno, Nancy W63	4) Godges, Arlette W55

**Event 46 Men 18+ 200 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A	NT	1:33.93
	1) Allen, Zachary M21	2) Dooley, Liam M20	3) Moore, Collin M23	4) Moore, Morgan M23
	22.52	23.66	24.13	23.62

**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****(Event 46 Men 18+ 200 Yard Freestyle Relay)**

2	Golden Road Aquatics-33	A		1:37.56	1:37.37
	1) Costigan, Matthew M24	2) Boshoff, Nick M50	3) Powers, Casey M29	4) Daltorio, Robert M26	
	23.01	23.72	24.43	26.21	

**Event 46 Men 25+ 200 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A		NT	1:37.95
	1) Peterson, Alan M25	2) Palmer, Ben M38	3) Jacobs, RJ M30	4) Gibbons, Daniel M34	
	24.01	23.18	24.16	26.60	

**Event 46 Men 45+ 200 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A		NT	2:15.52
	1) Dooley, Stephen M64	2) Snyder, Steve M67	3) Gardner, Nick M53	4) Papert, Sammy M64	
	30.28	37.85	16.51	50.88	

**Event 46 Men 65+ 200 Yard Freestyle Relay**

1	Conejo Valley Masters-33	A		2:03.50	2:07.84
	1) Rosen, Robert M69	2) Lamb, Brent M67	3) Ladinsky, Gary M72	4) Freeman, Frank M73	
	28.45	32.31	33.19	33.89	

**Event 47 Mixed 18+ 200 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A		NT	2:02.26
	1) Dooley, Liam M20	2) Dooley, Paula W55	3) Dooley, Stephen M64	4) Dooley, Clare W18	
	24.86	30.25	37.46	29.69	

**Event 47 Mixed 25+ 200 Yard Freestyle Relay**

1	San Luis Obispo Masters-33	A		NT	1:47.40
	1) Schwartz, Robin W43	2) Kim, Eileen W27	3) Peterson, Alan M25	4) Jacobs, RJ M30	
	28.77	31.17	23.72	23.74	
2	Marcia's Enthusiastic Masters-38	A		2:08.00	2:07.50
	1) Song, Jimmy M36	2) Shu, Vicki W50	3) Espinosa, Rebecca W48	4) Torres, Emmanuel M32	
	28.87	31.53	41.33	25.77	

**Event 47 Mixed 35+ 200 Yard Freestyle Relay**

1	Golden Road Aquatics-33	A		2:02.54	2:07.55
	1) Winslow, Scott M47	2) Lucero, Michael M48	3) Fuller, Lindsay W35	4) Sheaks, Heidi W49	
	36.14	26.58	31.53	33.30	

**Event 47 Mixed 45+ 200 Yard Freestyle Relay**

1	Atascadero Swim Masters-33	A		NT	2:17.00
	1) McCall, Margret W66	2) Dolan, Tara W46	3) Dolan, Dale M48	4) Strybel, David M64	
	42.97	29.50	30.23	34.30	

**Event 47 Mixed 55+ 200 Yard Freestyle Relay**

---	San Luis Obispo Masters-33	A		NT	NS
	1) Papert, Sammy M64	2) Bowers, Deborah W62	3) Snyder, Steve M67	4) McClure, Linda W60	

**Event 201 Women 55-59 50 Yard Freestyle**

---	Cleavenger, Becky	55	Conejo Valley Masters-33	NT	SCR
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**Event 201 Women 60-64 50 Yard Freestyle**

1	Bowers, Deborah	62	San Luis Obispo Masters-33	NT	41.30
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**Event 201 Men 65-69 50 Yard Freestyle**

1	Rosen, Robert	69	Conejo Valley Masters-33	NT	28.45
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**Event 202 Women 25-29 100 Yard Freestyle**

1	Kim, Eileen	27	San Luis Obispo Masters-33	NT	1:06.18
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## 2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019

## Results

**Event 202 Women 40-44 100 Yard Freestyle**

1	Schwartz, Robin	43	San Luis Obispo Masters-33	NT	1:04.83
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**Event 202 Women 55-59 100 Yard Freestyle**

1	Godges, Arlette	55	Conejo Valley Masters-33	NT	59.56
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**Event 202 Women 60-64 100 Yard Freestyle**

---	Bowers, Deborah	62	San Luis Obispo Masters-33	NT	SCR
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**Event 202 Men 18-24 100 Yard Freestyle**

1	Moore, Collin	23	San Luis Obispo Masters-33	NT	51.51
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**Event 202 Men 25-29 100 Yard Freestyle**

1	Voegele, Cameron	28	San Luis Obispo Masters-33	NT	57.16
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**Event 202 Men 30-34 100 Yard Freestyle**

1	Jacobs, RJ	30	San Luis Obispo Masters-33	NT	58.73
---	Gibbons, Daniel	34	San Luis Obispo Masters-33	NT	SCR

**Event 202 Men 35-39 100 Yard Freestyle**

1	Marshall, Mario	37	Golden Road Aquatics-33	NT	45.69
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**Event 202 Men 45-49 100 Yard Freestyle**

---	White, Tobin	47	Santa Barbara Masters-33	NT	SCR
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**Event 202 Men 55-59 100 Yard Freestyle**

---	Fowler, Thomas	58	San Luis Obispo Masters-33	NT	SCR
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**Event 202 Men 60-64 100 Yard Freestyle**

1	Papert, Sammy	64	San Luis Obispo Masters-33	NT	1:06.69
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**Event 202 Men 65-69 100 Yard Freestyle**

1	Lamb, Brent	67	Conejo Valley Masters-33	NT	1:10.10
---	Snyder, Steve	67	San Luis Obispo Masters-33	NT	SCR

**Event 203 Women 40-44 200 Yard Freestyle**

---	Halford, Jennifer	41	South Bay Swim Team-33	NT	SCR
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**Event 203 Women 70-74 200 Yard Freestyle**

1	Dunbar, Barbara	70	San Diego Swim Masters-44	NT	2:48.46
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**Event 203 Men 65-69 200 Yard Freestyle**

1	Lamb, Brent	67	Conejo Valley Masters-33	NT	2:43.74
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**Event 203 Men 70-74 200 Yard Freestyle**

---	Freeman, Frank	73	Conejo Valley Masters-33	NT	SCR
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**Event 204 Women 70-74 500 Yard Freestyle**

1	Dunbar, Barbara	70	San Diego Swim Masters-44	NT	7:18.55
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**Event 204 Men 65-69 500 Yard Freestyle**

1	Modjeska, Mark	66	Arizona Masters Swim Club Inc-48	NT	5:59.48
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**Event 205 Women 70-74 1000 Yard Freestyle**

1	Dunbar, Barbara	70	San Diego Swim Masters-44	NT	14:53.16
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**Event 206 Women 35-39 50 Yard Backstroke**

1	Green, Brooke	39	Santa Barbara Masters-33	NT	29.84
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**Event 206 Women 60-64 50 Yard Backstroke**

1	Kirkpatrick-Reno, Nancy	63	Conejo Valley Masters-33	NT	36.90
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**2019 SPMS Short Course Regional Championships - 5/17/2019 to 5/19/2019****Results****Event 206 Men 40-44 50 Yard Backstroke**

1	Saldena, Javier	43	Santa Barbara Masters-33	NT	27.54
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**Event 207 Women 55-59 100 Yard Backstroke**

---	Cleavenger, Becky	55	Conejo Valley Masters-33	NT	SCR
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**Event 207 Men 55-59 100 Yard Backstroke**

1	Aamoth, James	57	Conejo Valley Masters-33	NT	1:22.85
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**Event 208 Women 45-49 50 Yard Breaststroke**

1	Leichter, Nancy	48	Rose Bowl Masters-33	NT	38.35
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