

**2020 Women's U.S. Masters Swimming Long Distance All Americans**

Age Group	Gender	Event	First Name	M.I.	Last Name	APP	Birthdate	Age	Club Abbr.	LDAA	LDAS	USMS Number	Time or Distance	National Record
18-24	Female	1-Hour ePostal	Olivia		Heeb-Wade			23	ETM			1204-7GV8B	5,005	
25-29	Female	1-Hour ePostal	Jessica		Burkett			25	UHM			3909-6EUM7	5,175	
30-34	Female	1-Hour ePostal	Jing		Li			32	SMM			380C-J1NG6	4,925	
35-39	Female	1-Hour ePostal	Kelly		Harrigan			36	MMAC			480D-06YT8	4,960	
40-44	Female	1-Hour ePostal	Irish		Holland			40	NCMS			1302-0B0MF	4,885	
45-49	Female	1-Hour ePostal	Stacey		Bruce			46	PALM			550E-01HAD	5,180	
50-54	Female	1-Hour ePostal	Dana		Gianniny			51	ROCH			040W-01X7C	4,960	
55-59	Female	1-Hour ePostal	Laurie		Hug			55	1776			0802-0226X	4,995	
60-64	Female	1-Hour ePostal	Stacey		Warmuth			64	VCM			3300-03ERT	4,765	
65-69	Female	1-Hour ePostal	Nancy		Steadman Martin			66	GSM			0705-01Y2C	4,660	Y
70-74	Female	1-Hour ePostal	Christie		Hayes			72	NEM			0208-01S5E	4,000	
75-79	Female	1-Hour ePostal	Daniela		Barnea			76	STAN			3802-03JTU	3,335	
80-84	Female	1-Hour ePostal	Patricia		Bond			82	SHARK			140U-02RDM	3,140	
85-89	Female	1-Hour ePostal	Mary		Alexandre			85	TAM			380D-03HEB	2,800	
18-24	Female	5K ePostal	Emilie		MacDonald			21	ETM			120A-0B5NP	1:19:54.00	
25-29	Female	5K ePostal	Victoria		Kirkman			28	SPM			140R-09CC9	1:29:28.99	
30-34	Female	5K ePostal	Chelsea		Nauta			32	SPM			1408-09U7X	1:03:20.00	
35-39	Female	5K ePostal	Meredith		Stakem			39	DCAC			100R-037K1	1:16:06.16	
45-49	Female	5K ePostal	Alison		Hayden			49	SPM			1401-045GD	1:10:20.99	
50-54	Female	5K ePostal	Julie		May			53	SKY			4102-06T3A	1:21:01.16	
55-59	Female	5K ePostal	Janet		Goodridge			58	IM			2107-0A114	1:10:51.99	
60-64	Female	5K ePostal	Karen		Einsidler			64	SHARK			1404-01S73	1:14:45.72	
65-69	Female	5K ePostal	Shirley		Loftus-Charley			69	VMST			1201-WATER	1:17:38.27	
70-74	Female	5K ePostal	Tracy		Clarkson			71	1776			080M-09NEX	1:27:31.60	Y
50-54	Female	10K ePostal	Flavia		Medlin			53	O*H*			1800-02RHK	3:53:07.99	
55-59	Female	10K ePostal	Janet		Goodridge			58	IM			2107-0A114	2:28:21.99	
60-64	Female	10K ePostal	Karen		Einsidler			64	SHARK			1404-01S73	2:30:44.49	
65-69	Female	10K ePostal	Shirley		Loftus-Charley			69	VMST			1201-WATER	2:41:45.09	

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18-24	Female	3000 ePostal	Cara		Cannilla			24	SCYM			071X-0B8GU	43:29.13	
25-29	Female	3000 ePostal	Rachel		Flinn			29	NEM			020E-09NDS	37:01.10	
30-34	Female	3000 ePostal	Lenore		Phillips			34	WSC			5006-0A1F4	41:41.00	
35-39	Female	3000 ePostal	Alexis		Higlett			37	OREG			3704-0B4SC	34:50.40	
40-44	Female	3000 ePostal	Irish		Holland			40	NCMS			131Z-0B0MF	35:56.63	
45-49	Female	3000 ePostal	Alison		Hayden			49	SPM			1401-045GD	36:43.72	
50-54	Female	3000 ePostal	Paula		Texel			50	SPM			141D-0625D	37:57.26	
55-59	Female	3000 ePostal	Laurie		Hug			55	1776			0802-0226X	36:41.00	
60-64	Female	3000 ePostal	Karen		Einsidler			64	SHARK			1404-01S73	38:54.83	
65-69	Female	3000 ePostal	Shirley		Loftus-Charley			69	VMST			1201-WATER	40:21.14	
70-74	Female	3000 ePostal	Fran		Hare			70	PBM			5004-02XHG	43:49.99	Y
75-79	Female	3000 ePostal	Linda		Webb			75	SFTL			5003-02FR0	54:18.25	
80-84	Female	3000 ePostal	Jill		Fritz			80	ARIZ			480Y-02NCX	1:06:38.01	
30-34	Female	6000 ePostal	Caitlin		Dundey			32	PBM			500R-0B9NW	1:22:38.99	
35-39	Female	6000 ePostal	Melissa		Jacobsen			39	MINN			3005-05PKB	1:26:41.59	
40-44	Female	6000 ePostal	Helene		Nehrebecki			40	DAM			380A-06JFA	1:24:11.23	
45-49	Female	6000 ePostal	Wendy		Peterson			46	MINN			3005-0256V	1:23:53.51	
50-54	Female	6000 ePostal	Charlotte		Brynn			54	NEM			020Z-034BA	1:21:02.32	
55-59	Female	6000 ePostal	Laurie		Hug			55	1776			0802-0226X	1:12:54.99	Y
60-64	Female	6000 ePostal	Karen		Einsidler			64	SHARK			1404-01S73	1:19:55.71	
65-69	Female	6000 ePostal	Shirley		Loftus-Charley			69	VMST			1201-WATER	1:22:20.07	
70-74	Female	6000 ePostal	Fran		Hare			70	PBM			5004-02XHG	1:33:55.99	Y