

# United States Masters Swimming 2004 3K Postal National Championship Results Women

Oregon Masters Swimming Sanction #374-PO2

NR Denotes New US Record

## Women: 19-24

<b>Record:</b>	<b>A Beard</b>	<b>0:32:26.99</b>	<b>2001</b>
1	Rebecca Darling	24 INWM	0:34:29.18
2	Hillary Madson	21 OREG	0:42:26.43
3	Tunisia Frederick	21 VACA	0:44:59.01
4	Elizabeth A Fandell	23 VACA	0:46:20.14
5	Rachel Cilley	21 GBM	0:46:54.13
6	Laura Gunnels	22 GBM	0:54:26.35
7	Brandi Ware	23 VACA	1:35:01.06

## Women: 25-29

<b>Record:</b>	<b>S Quan</b>	<b>0:34:42.37</b>	<b>2001</b>
1	Melanie Williams	26 ISF	0:34:39.39 NR
2	Miriam E Nowak	27 MICH	0:35:16.61
3	Kristi Lee	28 SAWS	0:35:39.73
4	Karen DePolo	28 1776	0:36:42.55
5	Jennifer Tweedie	26 GBM	0:37:39.35
6	Julie Porro	26 BERK	0:37:56.60
7	Diana Adlowitz	28 NIAG	0:40:54.54
8	Erika Gabbard	29 OREG	0:51:47.06
9	Allison Snow	26 FACT	0:52:51.00
10	Rachel P Zenzinger	29 RMM	0:58:45.63
11	Yomaira Rodriguez	28 UNAT	0:59:50.39
12	Claudia C Lee	29 BAC	1:01:04.22

## Women: 30-34

<b>Record:</b>	<b>L Welting</b>	<b>0:33:42.51</b>	<b>2000</b>
1	Sara Quan	31 OREG	0:34:51.96
2	Nadine K Day	34 IM	0:34:53.62
3	Dana Woody	34 NIAG	0:35:45.81
4	Lee Anne Ghimenti	34 VCM	0:36:04.65
5	Anne O'Brien	34 AKMS	0:39:36.84
6	Traci Miller	34 IAMA	0:43:20.42
7	Brandy Brown	31 GBM	0:44:07.57
8	Melanie Brede	30 GSC	0:44:21.21
9	Stephanie Ashenfelder	30 NIAG	0:44:30.21
10	Rebecca DeVillier	34 RGSC	0:44:41.16
11	Cynthia Smidt	34 OREG	0:47:58.60
12	Amber Fitzsimmons	34 OREG	0:48:47.81
13	Tamara Watts	32 AKMS	0:49:13.87
14	Sara Sousa	33 NCMS	0:49:29.99

## Women: 35-39

<b>Record:</b>	<b>K Pipes-Neilson</b>	<b>0:32:54.57</b>	<b>1999</b>
1	Laurie Hug	39 1776	0:33:28.93
2	Victoria L Rian	38 ISF	0:36:41.12
3	Amy Krauss	36 ISF	0:38:36.45
4	Carol Prescott	35 GBM	0:40:52.82
5	Vicki Hedrick	39 VCM	0:42:24.19
6	Lisa Welke Zawistoski	35 MVN	0:42:42.62
7	Bridget Bailie	35 ISF	0:43:50.40

## Women: 35-39

<b>Record:</b>	<b>K Pipes-Neilson</b>	<b>0:32:54.57</b>	<b>1999</b>
8	Teresa M Schotzko	35 INWM	0:45:12.99
9	Connie Austin	36 OREG	0:45:32.01
10	Katherine Kardok	39 NEM	0:45:54.58
11	Karen Daniels	39 OREG	0:46:09.96
12	Sandra L Carosi	38 GSM	0:46:49.37
13	Sarah Downey	35 GBM	0:47:24.73
14	Jana Slezak	39 GBM	0:48:13.94
15	LeAnn Carr	37 RGSC	0:49:07.02
16	Sharon Heidersdorf	38 AKMS	0:52:49.56
17	Flavia Zappa	37 SPM	0:54:54.13
18	Jennette Grossman	36 AKMS	0:55:10.49
19	Beth Wonicker-Cook	38 FACT	0:56:24.50

## Women: 40-44

<b>Record:</b>	<b>K Pipes-Neilson</b>	<b>0:33:18.69</b>	<b>2003</b>
1	Vibeke Swanson	43 1776	0:35:09.09
2	Susanne Simpson	44 INWM	0:35:24.17
3	Ann Peters	41 UNAT	0:37:20.48
4	Karen Sadler	41 OREG	0:37:38.29
5	Marcia Cleveland	40 IM	0:38:35.10
6	Joni Young	43 OREG	0:40:25.94
7	Nancy Tunstall	42 GBM	0:42:01.23
8	Katherine McAteer	41 ISF	0:42:10.20
9	Karen Allen	40 OREG	0:43:23.12
10	Joanie Krehbiel	42 OREG	0:43:25.28
11	Celia Applegate	44 NIAG	0:45:28.50
12	Louise Valois	41 GBM	0:46:01.98
13	Gail Pentheny	42 GBM	0:46:20.66
14	Stacy Karwacki	42 BATC	0:46:27.21
15	Elisabeth Jones	44 AKMS	0:46:41.78
16	Kathy Fahnlne	41 CFYM	0:48:17.59
17	Ann Thorpe Stotler	40 GBM	0:49:44.22
18	Sharon Ortiz	43 UNAT	0:50:45.01
19	Elizabeth Medgyesy	43 AKMS	0:55:22.34
20	Roberta Varela Hein	40 MOST	0:59:48.31

## Women: 45-49

<b>Record:</b>	<b>K Einsidler</b>	<b>0:35:41.51</b>	<b>2002</b>
1	Karen L Einsidler	48 CONN	0:36:28.68
2	Mary Sweat	47 OREG	0:37:53.50
3	Sharon Salzman	46 SPM	0:38:16.41
4	Robin Batchelor	46 NCMS	0:40:01.25
5	Kathy Morlan	45 VACA	0:40:39.00
6	Ronda Nisman	49 MOST	0:43:33.37
7	Cheryl Gettelfinger	46 ISF	0:43:43.12
8	Kathy Hull	47 RMM	0:44:01.64
9	Marie F Reed	49 FACT	0:46:04.46
10	Ellen Lippolis	46 VACA	0:47:00.53

**Women: 45-49**

<b>Record:</b>	<b>K Einsidler</b>	<b>0:35:41.51</b>	<b>2002</b>
11	Teresa Copeland	47 OREG	0:47:01.99
12	Melanie L White	48 AKMS	0:47:22.50
13	Dianne Edger	48 NIAG	0:49:26.60
14	Ellen Clay	45 GAJA	0:49:46.10
15	Laura Leventhal	47 BGSU	0:51:16.95
16	Ann Richard	45 GBM	0:53:30.51
17	E Deborah George	48 VACA	0:56:10.98
18	Kitty C Magness	47 DST	1:00:55.30
19	Sue Moucha	46 BLUE	1:12:43.44

**Women: 50-54**

<b>Record:</b>	<b>D Ogier</b>	<b>0:36:33.58</b>	<b>2003</b>
1	Shirley Loftus-Charley	52 VMST	0:39:46.50
2	Joan K Byrne	50 ISF	0:40:22.90
3	Debbie R Wilson	50 NCMS	0:40:46.31
4	Cathy Imwalle	54 OREG	0:41:53.62
5	Kathy Umbdenstock	52 VMST	0:43:45.42
6	Elizabeth P Deschenes	51 NOVA	0:45:26.90
7	Madeleine Holmberg	51 OREG	0:45:34.37
8	Jan Johnson	50 ISF	0:47:14.77
9	Jill Wright	53 SAWS	0:50:53.70
10	Susan Barbary	54 GBM	0:54:07.53
11	Linda L West	52 SSR	0:55:35.07
12	Jane Masters	51 RGSC	0:55:54.78
13	Calli Roberts	50 OREG	0:56:42.34
14	Patricia Campbell	51 GBM	0:58:05.18
15	Suzanne Shea	51 AKMS	1:00:26.24
16	Stephanie Harris	54 OREG	1:17:11.95

**Women: 55-59**

<b>Record:</b>	<b>A Haines</b>	<b>0:43:10.47</b>	<b>2003</b>
1	Barbara Dunbar	55 SDSM	0:36:25.69 NR
2	Suzanne Dills	59 INWM	0:42:52.01
3	Andrea M Haines	56 DCM	0:43:36.60
4	Barbara Bos	55 MICH	0:43:53.91
5	Katherine Watson	56 OJAI	0:46:40.52
6	Meegan Wilson	56 FACT	0:47:27.66
7	Jani Sutherland	55 OREG	0:50:26.50
8	Ginger Pierson	58 MACO	0:50:50.49
9	Ann Fredette	59 GBM	0:52:14.40
10	Jan Plesner	58 OREG	0:53:01.58
11	Susan Paris	58 SKY	1:03:00.27
12	Mary Hult	59 GBM	1:04:48.63

**Women: 60-64**

<b>Record:</b>	<b>B Jordan</b>	<b>0:45:11.56</b>	<b>1997</b>
1	Barbara Frid	62 OREG	0:45:00.11 NR
2	Jennifer Parks	61 MICH	0:52:07.51
3	Lynda Christiansen	60 OREG	0:55:50.32
4	Aagie Caron	63 GBM	0:56:10.19
5	Alice Seidel	63 GBM	0:59:35.78
6	Gail Newton	60 OREG	1:10:30.19
7	Lynn Francis	60 MOST	1:10:37.36
8	Helen Holmes	62 INWM	1:12:29.44
9	Kathleen Lawrence	60 ARIZ	1:16:27.99

**Women: 65-69**

<b>Record:</b>	<b>S Munn</b>	<b>0:45:42.24</b>	<b>2003</b>
1	Susan L Munn	65 DAM	0:46:24.13
2	Betsy Jordan	67 SDSM	0:48:30.50
3	Patricia M Bond	66 FMM	0:50:20.73
4	Kate A Knight-Perry	69 SPM	0:59:04.31
5	Tanako Hagiwara	66 USF	1:01:29.76
6	Sandy Steer	65 SPM	1:03:21.17
7	Nana Whalen	66 HHAC	1:05:50.57

**Women: 70-74**

<b>Record:</b>	<b>G Roper</b>	<b>0:52:15.53</b>	<b>2002</b>
1	Lavelle Stoinoff	71 MACO	0:45:35.99 NR
2	Adrienne S Pipes	70 SDSM	0:49:22.96
3	Joan K Campbell	74 FACT	0:55:20.44
4	Mary Lou Mitchell	73 SPM	1:03:29.12

**Women: 75-79**

<b>Record:</b>	<b>L Kivi Nochman</b>	<b>1:00:10.66</b>	<b>2001</b>
1	Lois Nochman	79 MICH	1:03:26.56
2	Margaret S Voorhees	76 USF	1:10:30.08

# United States Masters Swimming 2004 3K Postal National Championship Results Men

Oregon Masters Swimming Sanction # 374-PO2

NR Denotes New US Record

## Men: 19-24

<b>Record: C Charley</b>		<b>0:33:20.70</b>	<b>2003</b>
1	Craig R Charley	21 VMST	0:34:19.13
2	Corey Sullivan	23 GBM	0:45:06.26
3	Cesar Sierra	22 UNAT	0:46:14.48
4	Ryan Hite	20 INWM	0:53:48.98
5	Jose Garcia	24 UNAT	1:00:53.19

## Men: 25-29

<b>Record: C Hobson</b>		<b>0:31:57.00</b>	<b>1996</b>
1	Jimmy Murphy	29 NCMS	0:37:07.45
2	Louis De Leon	28 BERK	0:37:28.55
3	Ben Hammond	29 AKMS	0:39:28.94
4	Gustavo Viveros	26 UNAT	0:47:35.91
5	Sergei Chaburkin	25 MOST	0:48:58.72

## Men: 30-34

<b>Record: J Erwin</b>		<b>0:31:15.24</b>	<b>1996</b>
1	Dan Schmitt	30 OREG	0:36:19.46
2	Anthony E Metzger	34 NIAG	0:38:59.63
3	Kevin Joubert	32 BATC	0:39:43.02
4	John Wooten	31 RGSC	0:41:31.12
5	Liam Murphy	32 UNAT	0:41:58.07
6	Brett Walhood	30 VACA	0:42:35.12
7	Chris Villa	31 UNAT	0:47:24.17
8	Nick Paquette	34 GBM	0:54:39.36
9	James Mitchell	32 GBM	0:59:22.41
10	Arnaldo Cenicerros	30 UNAT	1:03:26.66
11	Matt Eaton	34 OREG	1:06:16.21

## Men: 35-39

<b>Record: M Shaffer</b>		<b>0:30:16.43</b>	<b>2002</b>
1	Mike Shaffer	39 VCM	0:30:34.42
2	Tim Nelson	38 OREG	0:35:03.46
3	Jim Robertson	35 GBM	0:36:58.03
4	Jonathan Weiss	37 1776	0:37:10.82
5	Robert S LeVine	39 NCMS	0:37:36.15
6	Greg Sousa	35 NCMS	0:42:08.50
7	Albert Loper	35 HOTS	0:43:11.59
8	Alex Osterneck	39 UNAT	0:47:30.05
9	Steve Sloop	39 OREG	0:47:56.59
10	Max Veltman	37 RGSC	0:50:03.10
11	Jim Daniel	38 SPM	0:52:10.97

## Men: 40-44

<b>Record: J Barber</b>		<b>0:31:39.98</b>	<b>2003</b>
1	Jeff Erwin	40 SAWS	0:30:31.55 NR
2	Tim Hedrick	41 VCM	0:32:33.92
3	Kurt Baron	40 VCM	0:34:09.31
4	Ed Gendreau	42 GBM	0:34:23.84
5	Bob Pugh	41 1776	0:35:02.54

## Men: 40-44

<b>Record: J Barber</b>		<b>0:31:39.98</b>	<b>2003</b>
6	Kym Berman	44 GBM	0:39:23.60
7	Ken Gray	42 VCM	0:39:45.91
8	David Hellenenthal	43 INWM	0:40:42.22
9	Brian Fukutomi	44 VCM	0:41:32.36
10	Roland Giller	41 OREG	0:42:51.15
11	Karl Unrath	43 NIAG	0:44:21.10
12	Kenneth A Iczkowski	40 FACT	0:45:12.47
13	Kirk Schaake	42 VACA	0:48:33.92
14	Doug Garcia	42 INWM	0:48:35.57
15	Jeff Caplan	40 GAJA	0:54:18.40
16	James Zuba	42 INWM	1:14:57.97

## Men: 45-49

<b>Record: J McConica</b>		<b>0:31:10.18</b>	<b>2000</b>
1	Jim A Stewart	47 MINN	0:34:08.52
2	Ed Ramsey	48 OREG	0:37:49.01
3	John Flack	49 NCMS	0:39:10.45
4	Mike Berney	48 INWM	0:39:48.81
5	Dan Mullett	47 FACT	0:41:39.11
6	Bruce Morey	46 MICH	0:42:38.96
7	Ron Thompson	45 OREG	0:42:50.25
8	Bill Miller	47 UNAT	0:43:09.85
9	William Heinemann	46 NIAG	0:43:32.14
10	Bill Beyerbach	49 NIAG	0:44:46.71
11	Jeff Stevens	46 SAWS	0:48:41.65
12	Benjamin W Van Alen	48 AKMS	0:51:22.03
13	Kevin Molloy	47 GBM	0:58:02.45
14	Jairo Viafara	49 FACT	1:19:07.02

## Men: 50-54

<b>Record: J McConica</b>		<b>0:31:37.55</b>	<b>2001</b>
1	Jim McConica	53 VCM	0:32:14.06
2	Larry Wood	50 HOTS	0:33:08.16
3	Craig Taylor	51 NOVA	0:34:39.03
4	Larry Krauser	51 INWM	0:34:55.67
5	John C Needham	51 WEST	0:34:59.19
6	Jack Fritts	54 IAMA	0:37:33.63
7	Bruce Gianniny	53 NIAG	0:38:50.09
8	Mike Tennant	51 OREG	0:38:57.71
9	Paul Hoffman	52 UNAT	0:39:54.47
10	Kermit Yensen	51 OREG	0:41:20.45
11	David Foote	54 VCM	0:41:26.40
12	Steve Smith	54 GBM	0:42:00.09
13	Kent C McDonald	51 MOVY	0:42:09.75
14	David Leonard	50 AKMS	0:42:51.99
15	Steve Postich	51 BGSU	0:43:19.48
16	Steve Langendorfer	54 BGSU	0:43:24.98

**Men: 50-54**

<b>Record: J McConica</b>				<b>0:31:37.55</b>	<b>2001</b>
17	Steve Mann	52	OREG	0:43:50.53	
18	Victor Buehler	50	FACT	0:45:43.89	
19	Howard B Craddock	51	VMST	0:45:46.74	
20	Barry Fussell	51	GBM	0:48:19.01	
21	Mike McConnell	51	BATC	0:51:27.56	
22	Thomas C. Bidwell	51	NIAG	0:55:39.51	

**Men: 55-59**

<b>Record: K Bell</b>				<b>0:35:22.60</b>	<b>2003</b>
1	Steve Johnson	56	OREG	0:36:01.26	
2	John Derr	55	VCM	0:40:05.28	
3	Bob Bruce	56	OREG	0:40:22.25	
4	John Shrum	55	VMST	0:40:46.10	
5	Neil Salkind	57	MOVY	0:43:21.80	
6	Henry Greenberg	56	NOVA	0:44:19.09	
7	Robert Aldrich	55	SPM	0:44:40.55	
8	Chuck Croal	55	OREG	0:50:24.90	
9	Daniel Novak	55	MINN	0:54:52.19	
10	Barry McEwen	56	FACT	0:56:28.23	
11	James A Herbert	59	NIAG	0:58:51.30	
12	John Straetmans	55	GAJA	1:07:01.70	
13	Stephen E Westling	57	FMM	1:15:38.95	

**Men: 60-64**

<b>Record: L Raffaelli</b>				<b>0:37:50.10</b>	<b>2003</b>
1	Larry Raffaelli	61	VCM	0:38:15.37	
2	Don M Davis	60	RHMS	0:38:35.20	
3	Tom Landis	62	OREG	0:39:44.78	
4	Ralph Mohr	63	OREG	0:45:10.27	
5	Brian Buzby	61	UNAT	0:45:12.48	
6	James D Turner	60	SAWS	0:47:06.15	
7	Henry Halff	61	MOST	0:48:57.16	
8	Roger Rudolph	61	OREG	0:53:36.01	
9	Steve Rudacille	64	BLUE	0:54:09.47	

**Men: 65-69**

<b>Record: G Johnston</b>				<b>0:37:16.16</b>	<b>1996</b>
1	Brent Lake	66	OREG	0:45:33.34	
2	Earl Ellis	68	INWM	0:45:49.04	
3	Alan T Johnson	67	GBM	0:51:27.43	
4	John R Cox	69	SPM	0:53:57.95	
5	George Thayer	68	OREG	0:54:33.28	
6	Norman S Macartney	65	NCMS	0:57:57.48	
7	Richard Criche	65	FMM	1:23:54.59	

**Men: 70-74**

<b>Record: G Johnston</b>				<b>0:38:17.10</b>	<b>2001</b>
1	Dave Radcliff	70	OREG	0:41:35.47	
2	Robert E Beach	74	SPM	0:46:04.99	
3	Fred Lehman	73	IM	0:47:00.54	
4	Nick Norton	70	OREG	0:56:48.46	
5	Peter T Lansbury	71	NIAG	1:07:02.45	
6	Thomas W Weber	74	NIAG	1:08:52.99	
7	Ned P Allen	74	SPM	1:28:05.14	

**Men: 75-79**

<b>Record: F Piemme</b>				<b>0:45:00.28</b>	<b>2001</b>
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**Men: 75-79**

<b>Record: F Piemme</b>				<b>0:45:00.28</b>	<b>2001</b>
1	Robert Blake	79	FMM	0:48:39.21	
2	Mo Mathews	77	HIMA	0:54:34.06	
3	Ray Allen	78	OREG	1:13:31.06	
4	Doug Strong	79	DOC	1:14:43.99	
5	Keith Burbridge	75	BLUE	1:25:28.40	

**Men: 80-84**

<b>Record: J Schmidt</b>				<b>0:50:34.86</b>	<b>2003</b>
1	T R Johnson	82	TTSC	1:52:00.54	

# United States Masters Swimming 2004 3K Postal National Championship Relay Team Results

## Female

### 3x3

<b>Age Group:</b>		<b>19+</b>					
1	OREG	Cyndi Smidt	Hillary Madson	Sara Quan		02:05:16.99	
2	INWM	Rebecca Darling	Helen Holmes	Teresa Schotzko		02:32:11.59	
3	VACA	Elizabeth Fandell	Brandi Ware	Ellen M. Lippolis		03:08:21.73	
<b>Age Group:</b>		<b>25+</b>					
1	1776	Karen DePolo	Laurie Hug	Vibeke Swanson		01:45:20.57	NR
2	FACT	Allison Snow	Maria Reed	Meegan J Wilson		02:26:23.78	
<b>Age Group:</b>		<b>35+</b>					
1	ISF	Amy Krauss	Victoria Rian	Joan Byrne		01:55:40.47	NR
2	OREG	Karen Allen	Joni Young	Karen Sadler		02:01:27.35	
<b>Age Group:</b>		<b>45+</b>					
1	OREG	Madeleine Holmberg	Cathy Imwalle	Mary Sweat		02:05:21.49	
<b>Age Group:</b>		<b>55+</b>					
1	SDSM	Barbara G Dunbar	Betsy T Jordan	Adrienne S Pipes		02:14:19.15	NR
2	OREG	Jan Plesner	Jani Sutherland	Barbara Frid		02:28:28.19	
<b>Age Group:</b>		<b>65+</b>					
1	SPM	Kate A Knight-Perry	Sandy Steer	Mary Lou Mitchell		03:05:54.60	

## Male

### 3x3

<b>Age Group:</b>		<b>19+</b>					
1	INWM	Doug Garcia	Mike Berney	Ryan Hite		02:21:33.36	
<b>Age Group:</b>		<b>25+</b>					
1	OREG	Ron Thompson	Dan Schmitt	Tim Nelson		01:54:13.17	
<b>Age Group:</b>		<b>35+</b>					
1	VCM	Mike Shaffer	Tim Hedrick	Jim McConica		01:35:22.40	
2	VCM	Kurt Baron	John Derr	Ken Gray		01:54:00.56	
3	FACT	Kenneth Iczkowsdi	Victor B Buehler	Dan Mullett		02:12:35.47	
<b>Age Group:</b>		<b>45+</b>					
1	OREG	Kermit Yensen	Mike Tennant	Ed Ramsey		01:58:06.97	
<b>Age Group:</b>		<b>55+</b>					
1	OREG	Bob Bruce	Tom Landis	Steve Johnson		01:56:08.29	
2	SPM	Robert Aldrich	Robert E Beach	John R Cox		02:24:42.50	
3	FMM	Stephen Westling	Richard Criche	Robert S Blake		03:28:12.75	
<b>Age Group:</b>		<b>65+</b>					
1	OREG	George Thayer	Brent Lake	Dave Radcliff		02:21:42.09	

## Mixed

### 4x3

<b>Age Group:</b>		<b>19+</b>					
1	OREG	Hillary Madson	Kermit Yensen	Dan Schmitt	Sara Quan	02:34:58.10	
2	VMST	Craig Charley	John Shrum	Shirley Loftus-Charley	Kathy Umbdenstock	02:38:37.15	
3	INWM	Mike Berney	Ryan Hite	Rebecca Darling	Teresa Schotzko	02:52:39.96	
4	VACA	Kathy Borlan	Tunisia Federick	Brett Walhood	Kirk Schaake	02:56:47.05	
<b>Age Group:</b>		<b>25+</b>					
1	VCM	Mike Shaffer	Jim McConica	Vicki Hedrick	Lee Anne Ghimenti	02:21:17.32	
2	FACT	Allison Snow	Beth Wonicker-Cook	Kenneth A Iczkowski	Barry K McEwen	03:30:56.86	

<b>Age Group:</b>	<b>35+</b>						
1	1776	Jon Weiss	Laurie Hug	Bob Pugh	Vibeke Swanson	02:20:51.38	NR
2	OREG	Bob Bruce	Joni Young	Karen Sadler	Tim Nelson	02:33:29.94	
3	SPM	Sharon Salzman	Flavia Zappa	Jim Daniel	Robert Aldrich	03:10:02.03	
<b>Age Group:</b>	<b>45+</b>						
1	OREG	Cathy Imwalle	Mike Tennant	Mary Sweat	Ed Ramsey	02:36:33.84	
2	FACT	Dan Mullett	Victor B Buehler	Maria Reed	Meegan J Wilson	03:00:55.12	
<b>Age Group:</b>	<b>55+</b>						
1	OREG	Jani Sutherland	Barbara Frid	Tom Landis	Steve Johnson	02:51:12.65	
<b>Age Group:</b>	<b>65+</b>						
1	SPM	Sandy Steer	Kate A Knight-Perry	John R Cox	Robert E Beach	03:42:28.42	

# United States Masters Swimming 2004 3K Postal National Championship Women's Team Results

Score	Club Abbreviation	Club
89	OREG	Oregon Masters
51	ISF	YMCA Indy SwimFit
48	GBM	Great Bay Masters
36	MICH	Michigan Masters
35	INWM	Inland Northwest Mst
29	SDSM	San Diego Swim Masters
29	1776	Colonials 1776
27	SPM	St Pete Masters Inc
26	VACA	Vacaville Swim Club
17	VMST	Virginia Masters
17	FACT	Florida Aquatic Combined Team
15	USF	Univ San Francisco
15	IM	Illinois Masters
15	NCMS	North Carolina Masters
14	NIAG	Niagara Masters
14	MACO	Multnomah Athletic Club
13	VCM	Ventura County Masters
12	MOST	Masters of South Texas
11	CONN	Connecticut Masters
11	DAM	Davis Aquatic Masters
10	SAWS	Sawtooth Masters
8	FMM	Florida Maverick Masters
8	DCM	DC Masters
6	AKMS	Alaska Masters Swmg
6	OJAI	Ojai-Santa Barbara
5	NOVA	Irvine Novaquatics
5	IAMA	Iowa Masters Swimming
5	BERK	Berkeley AQM
5	MVN	Mission Viejo Masters na
4	RMM	Rocky Mountain Masters
4	HHAC	Hilton Head Aquatic Club
3	GSC	Gator Swim Club
2	ARIZ	Arizona Masters
1	RGSC	Rio Grande Swim Club
1	NEM	New England Masters

# United States Masters Swimming 2004 3K Postal National Championship Men's Team Results

Score	Club Abbreviation	Club
123	OREG	Oregon Masters
65	VCM	Ventura County Masters
42	GBM	Great Bay Masters
35	NCMS	North Carolina Masters
33	INWM	Inland Northwest Mst
27	NIAG	Niagara Masters
24	SPM	St Pete Masters Inc
18	VMST	Virginia Masters
16	SAWS	Sawtooth Masters
15	FMM	Florida Maverick Masters
13	NOVA	Irvine Novaquatics
13	1776	Colonials 1776
13	HOTS	Heart of Texas SwimMasters
13	MINN	Minnesota Masters Swim Club
11	TTSC	Typical Tropical Swim Club
10	MOST	Masters of South Texas
9	RHMS	Rolling Hills Mud Sharks
9	BERK	Berkeley AQM
9	HIMA	Hawaii Masters
8	BATC	Baltimore Area Triathlon Club
8	BLUE	Blue Wave Masters
8	RGSC	Rio Grande Swim Club
8	IM	Illinois Masters
8	AKMS	Alaska Masters Swmg
7	DOC	Doc IU Masters Swimming
7	FACT	Florida Aquatic Combined Team
6	MOVY	Missouri Valley
6	WEST	Westchester Masters
5	MICH	Michigan Masters
5	VACA	Vacaville Swim Club
5	IAMA	Iowa Masters Swimming



# United States Masters Swimming 2004 3K Postal National Championship Combined Team Results

<b>Score</b>	<b>Club Abbreviation</b>	<b>Club</b>
212	OREG	Oregon Masters
90	GBM	Great Bay Masters
78	VCM	Ventura County Masters
68	INWM	Inland Northwest Mst
51	SPM	St Pete Masters Inc
51	ISF	YMCA Indy SwimFit
50	NCMS	North Carolina Masters
42	1776	Colonials 1776
41	NIAG	Niagara Masters
41	MICH	Michigan Masters
35	VMST	Virginia Masters
31	VACA	Vacaville Swim Club
29	SDSM	San Diego Swim Masters
26	SAWS	Sawtooth Masters
24	FACT	Florida Aquatic Combined Team
23	IM	Illinois Masters
23	FMM	Florida Maverick Masters
22	MOST	Masters of South Texas
18	NOVA	Irvine Novaquatics
15	USF	Univ San Francisco
14	BERK	Berkeley AQM
14	AKMS	Alaska Masters Swmg
14	MACO	Multnomah Athletic Club
13	MINN	Minnesota Masters Swim Club
13	HOTS	Heart of Texas SwimMasters
11	CONN	Connecticut Masters
11	DAM	Davis Aquatic Masters
11	TTSC	Typical Tropical Swim Club
10	IAMA	Iowa Masters Swimming
9	HIMA	Hawaii Masters
9	RHMS	Rolling Hills Mud Sharks
9	RGSC	Rio Grande Swim Club
8	DCM	DC Masters
8	BLUE	Blue Wave Masters
8	BATC	Baltimore Area Triathlon Club
7	DOC	Doc IU Masters Swimming
6	OJAI	Ojai-Santa Barbara
6	WEST	Westchester Masters
6	MOVY	Missouri Valley
5	MVN	Mission Viejo Masters na
4	HHAC	Hilton Head Aquatic Club
4	RMM	Rocky Mountain Masters
3	GSC	Gator Swim Club
2	ARIZ	Arizona Masters
1	NEM	New England Masters

# United States Masters Swimming 2004 6K Postal National Championship Results Women

Oregon Masters Swimming Sanction #374-PO2

NR Denotes New US Record

## Women: 19-24

**Record: S Taylor 1:00:00.61 2003**

1 Elizabeth A Fandell 23 VACA 1:34:31.68

## Women: 25-29

**Record: S Quan 1:10:44.87 2000**

1 Diana Adlowitz 28 NIAG 1:26:02.29

## Women: 30-34

**Record: N Day 1:08:51.32 2003**

1 Sara Quan 31 OREG 1:10:15.56

2 Nadine K Day 34 IM 1:12:43.38

3 Dana Woody 34 NIAG 1:13:20.63

4 Lee Anne Ghimenti 34 VCM 1:16:32.33

5 Alison Meadow 31 AKMS 1:24:58.20

6 Melanie Brede 30 GSC 1:35:55.62

7 Mette Ivie Harrison 34 UTAH 1:36:40.36

## Women: 35-39

**Record: K Pipes-Neilsen 1:09:11.14 1998**

1 Victoria L Rian 38 ISF 1:15:27.61

2 Amy Krauss 36 ISF 1:20:18.13

3 Livia Zien 38 SPM 1:24:35.72

4 Vicki Hedrick 39 VCM 1:27:44.79

5 Sandra L Carosi 38 GSM 1:31:57.17

6 Katherine Kardok 39 NEM 1:35:46.65

7 Jane Woo 35 RMSC 1:42:05.31

8 Flavia Zappa 37 SPM 1:53:58.51

## Women: 40-44

**Record: K Pipes-Neilsen 1:08:48.67 2002**

1 Marcia Cleveland 40 IM 1:18:05.14

2 Joni Young 43 OREG 1:24:55.71

3 Roberta Varela Hein 40 MOST 2:10:38.14

## Women: 45-49

**Record: K Einsidler 1:13:22.05 2002**

1 Mary Sweat 47 OREG 1:17:27.00

2 Jo Ann Harrelson 48 SPM 1:23:20.17

3 Ronda Nisman 49 MOST 1:30:33.69

4 Teresa Copeland 47 OREG 1:41:16.14

5 Kitty C Magness 47 DST 2:02:59.81

6 Sue Moucha 46 BLUE 2:30:10.14

## Women: 50-54

**Record: B Dunbar 1:15:44.35 2002**

1 Joan K Byrne 50 ISF 1:21:11.28

2 Shirley Loftus-Charley 52 VMST 1:21:55.44

3 Pam Geiger 51 SPM 1:30:06.06

4 Jan Johnson 50 ISF 1:36:46.04

5 Jill Wright 53 SAWS 1:46:02.59

6 Linda Bamford 51 VCM 1:48:37.97

7 Linda L West 52 SSR 1:55:41.42

## Women: 55-59

**Record: S Munn 1:34:26.99 1994**

1 Barbara Dunbar 55 SDSM 1:14:10.46 NR

2 Andrea M Haines 56 DCM 1:27:59.46

3 Katherine Watson 56 OJAI 1:39:28.37

4 Ginger Pierson 58 MACO 1:43:26.43

5 Susan Paris 58 SKY 2:08:46.99

## Women: 65-69

**Record: B Jordan 1:37:48.80 2002**

1 Betsy Jordan 67 SDSM 1:38:04.31

## Women: 70-74

**Record: L Nochman 1:55:03.23 1994**

1 Adrienne S Pipes 70 SDSM 1:41:12.20 NR

# United States Masters Swimming 2004 6K Postal National Championship Results Men

Oregon Masters Swimming Sanction # 374-PO2

NR Denotes New US Record

## Men: 19-24

**Record: C Charley 1:08:27.18 2003**  
1 Craig R Charley 21 VMST 1:10:35.19

## Men: 25-29

**Record: M Collins 1:09:01.99 1995**  
1 Pieter deHart 26 AKMS 1:12:34.03

## Men: 35-39

**Record: M Shaffer 1:02:06.74 2003**  
1 Mike Shaffer 39 VCM 1:02:20.68

## Men: 40-44

**Record: T Hedrick 1:05:25.48 2003**  
1 Jeff Erwin 40 SAWS 1:03:04.21 NR  
2 Tim Hedrick 41 VCM 1:07:05.05  
3 Kurt Baron 40 VCM 1:11:27.97  
4 David Hellenthal 43 INWM 1:25:36.25  
5 Christopher Wood 43 INWM 1:27:51.88

## Men: 45-49

**Record: S MacDonald 1:05:06.32 2001**  
1 Jim A Stewart 47 MINN 1:11:02.93  
2 Tom Emison 46 MINN 1:16:47.50  
3 Dave Burleson 47 MACO 1:17:48.13  
4 Bruce Morey 46 MICH 1:30:15.94  
5 Mike Dowd 45 MACO 1:43:41.07

## Men: 50-54

**Record: J McConica 1:05:05.26 2003**  
1 Jim McConica 53 VCM 1:06:43.17  
2 Larry Wood 50 HOTS 1:08:35.67  
3 Larry Krauser 51 INWM 1:09:35.11  
4 Bruce Gianniny 53 NIAG 1:20:48.07  
5 David Leonard 50 AKMS 1:27:25.17  
6 David Foote 54 VCM 1:29:19.83  
7 Phil Gaona 52 NMMS 1:36:22.99

## Men: 55-59

**Record: K Bell 1:10:50.04 2003**  
1 Steve Johnson 56 OREG 1:17:11.72  
2 John Derr 55 VCM 1:22:32.83  
3 Roger Jorgensen 56 IM 1:28:55.99  
4 Robert Aldrich 55 SPM 1:30:51.92  
5 Henry Greenberg 56 NOVA 1:31:28.34  
6 Eric Fruin 59 IAMA 1:33:32.41  
7 Daniel Novak 55 MINN 2:00:13.64  
8 Jim Stevens 56 IAMA 2:02:02.99

## Men: 60-64

**Record: L Raffaelli 1:16:23.50 2003**  
1 Larry Raffaelli 61 VCM 1:17:38.20  
2 Don M Davis 60 RHMS 1:17:52.11

## Men: 60-64

**Record: L Raffaelli 1:16:23.50 2003**  
3 Bill Dawson 62 MELO 1:22:14.11  
4 Henry Half 61 MOST 1:43:18.83

## Men: 65-69

**Record: G Johnston 1:18:14.25 1997**  
1 Brent Lake 66 OREG 1:35:24.56  
2 Richard Criche 65 FMM 2:43:19.17  
3 Forest R McDaniel 68 SPM 2:47:11.28

## Men: 70-74

**Record: G Johnston 1:19:56.14 2001**  
1 Dave Radcliff 70 OREG 1:24:19.41  
2 Robert E Beach 74 SPM 1:31:50.99  
3 Fred Lehman 73 IM 1:34:47.98  
4 Ned P Allen 74 SPM 3:03:46.99

## Men: 75-79

**Record: M Matthews 1:51:16.09 2003**  
1 Ray Allen 78 OREG 2:28:48.01  
2 Keith Burbridge 75 BLUE 3:07:52.40

## Men: 80-84

**Record: D Schofield 2:31:33.09 1994**  
1 T R Johnson 82 TTSC 3:45:27.72

# United States Masters Swimming 2004 6K Postal National Championship Relay Team Results

NR Denotes New US Record

## Female

### 3x6

<b>Age Group:</b>	<b>25+</b>				
1	OREG	Joni Young	Mary Sweat	Sara Quan	03:52:38.27 NR
<b>Age Group:</b>	<b>35+</b>				
1	ISF	Amy Krauss	Victoria Rian	Joan Byrne	03:56:57.02 NR
2	SPM	Pam Geiger	Jo Ann Harrelson	Livia Zien	04:18:01.95
<b>Age Group:</b>	<b>55+</b>				
1	SDSM	Barbara G Dunbar	Betsy T Jordan	Adrienne S Pipes	04:33:26.97 NR

## Male

### 3x6

<b>Age Group:</b>	<b>35+</b>				
1	VCM	Mike Shaffer	Tim Hedrick	Kurt Baron	03:20:53.70
<b>Age Group:</b>	<b>45+</b>				
1	VCM	Jim McConica	John Derr	Larry Raffaelli	03:46:54.20
<b>Age Group:</b>	<b>55+</b>				
1	IAMA	Roger Jorgensen	Eric Fruin	Jim Stevens	05:04:31.39
2	SPM	Robert Aldrich	Robert E Beach	Ned P Allen	06:06:30.90
<b>Age Group:</b>	<b>65+</b>				
1	OREG	Ray Allen	Brent Lake	Dave Radcliff	05:28:31.98 NR

## Mixed

### 4x6

<b>Age Group:</b>	<b>25+</b>					
1	VCM	Mike Shaffer	Jim McConica	Vicki Hedrick	Lee Anne Ghimenti	04:53:20.97
<b>Age Group:</b>	<b>35+</b>					
1	OREG	Joni Young	Dave Radcliff	Mary Sweat	Steve Johnson	05:23:53.84
<b>Age Group:</b>	<b>45+</b>					
1	SPM	Pam Geiger	Jo Ann Harrelson	Robert Aldrich	Robert E Beach	05:56:10.14

# United States Masters Swimming 2004 6K Postal National Championship Women's Team Results

Score	Club Abbreviation	Club
38	OREG	Oregon Masters
38	ISF	YMCA Indy SwimFit
33	SDSM	San Diego Swim Masters
28	SPM	St Pete Masters Inc
20	IM	Illinois Masters
19	NIAG	Niagara Masters
19	VCM	Ventura County Masters
16	MOST	Masters of South Texas
11	VACA	Vacaville Swim Club
9	DCM	DC Masters
9	VMST	Virginia Masters
8	OJAI	Ojai-Santa Barbara
7	MACO	Multnomah Athletic Club
6	AKMS	Alaska Masters Swmg
6	SKY	Swim Kentucky
6	SAWS	Sawtooth Masters
6	GSM	Garden State Masters
6	DST	Dianetics Swim Team
5	GSC	Gator Swim Club
5	BLUE	Blue Wave Masters
5	NEM	New England Masters
4	RMSC	Rockville Masters
4	UTAH	Utah Masters
4	SSR	Spartacus/S.R.

# United States Masters Swimming 2004 6K Postal National Championship Men's Team Results

Score	Club Abbreviation	Club
64	VCM	Ventura County Masters
44	OREG	Oregon Masters
31	SPM	St Pete Masters Inc
24	MINN	Minnesota Masters Swim Club
21	INWM	Inland Northwest Mst
17	AKMS	Alaska Masters Swmg
14	MACO	Multnomah Athletic Club
11	TTSC	Typical Tropical Swim Club
11	SAWS	Sawtooth Masters
11	VMST	Virginia Masters
9	HOTS	Heart of Texas SwimMasters
9	BLUE	Blue Wave Masters
9	RHMS	Rolling Hills Mud Sharks
9	FMM	Florida Maverick Masters
8	IAMA	Iowa Masters Swimming
8	IM	Illinois Masters
8	IM	Iowa Masters Swimming
8	MELO	Menlo Park Masters
7	MOST	Masters of South Texas
7	NIAG	Niagara Masters
7	MICH	Michigan Masters
6	NOVA	Irvine Novaquatics
4	NMMS	New Mexico Masters

# United States Masters Swimming 2004 6K Postal National Championship Combined Team Results

Score	Club Abbreviation	Club
83	VCM	Ventura County Masters
82	OREG	Oregon Masters
59	SPM	St Pete Masters Inc
38	ISF	YMCA Indy SwimFit
33	SDSM	San Diego Swim Masters
28	IM	Illinois Masters
26	NIAG	Niagara Masters
24	MINN	Minnesota Masters Swim Club
23	MOST	Masters of South Texas
23	AKMS	Alaska Masters Swmg
21	INWM	Inland Northwest Mst
21	MACO	Multnomah Athletic Club
20	VMST	Virginia Masters
17	SAWS	Sawtooth Masters
14	BLUE	Blue Wave Masters
11	TTSC	Typical Tropical Swim Club
11	VACA	Vacaville Swim Club
9	RHMS	Rolling Hills Mud Sharks
9	DCM	DC Masters
9	FMM	Florida Maverick Masters
9	HOTS	Heart of Texas SwimMasters
8	IM	Iowa Masters Swimming
8	IAMA	Iowa Masters Swimming
8	MELO	Menlo Park Masters
8	OJAI	Ojai-Santa Barbara
7	MICH	Michigan Masters
6	SKY	Swim Kentucky
6	GSM	Garden State Masters
6	DST	Dianetics Swim Team
6	NOVA	Irvine Novaquatics
5	NEM	New England Masters
5	GSC	Gator Swim Club
4	RMSC	Rockville Masters
4	UTAH	Utah Masters
4	SSR	Spartacus/S.R.
4	NMMS	New Mexico Masters