

**United States Masters Swimming  
Long Distance National Championship**

# RESULTS

CHAMPIONSHIP EVENT: 2012 USMS 6000 yard Postal National Championship

EVENT DATE(S): November 28, 2012 - December 5, 2012

SANCTION NUMBER: 332-S010

SANCTIONING LMSC: SPMS

SPONSORING ORG: Long Beach Grunions

EVENT DIRECTOR: Jacqueline Cole

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## RELAYS

### WOMEN'S (3 Swimmers)

Age group	Place	Club Name	Total Time	Names of Swimmers			MI	Age	Club Abbr	USMS #	Individual	if a
				First Name	Last Name						Time	National Record
35+	1	Oregon Masters	4:09:18.28	Evelyn	Pryor	G	35	OREG	372U-026P2	1:25:39.86		
				Jennifer	Feola		42	OREG	3732-07N65	1:24:41.14		
				Jayna	Tomac	M	40	OREG	372G-05EJN	1:18:57.28		
35+	2	Illinois Masters	4:13:51.49	Ines	Lein		44	IM	213A-0720J	1:29:03.72		
				Marcia	Cleveland	E	48	IM	212K-01S4Y	1:23:37.20		
				Heidi	Kafka		50	IM	212M-02X7X	1:21:10.57		
45+	1	Oregon Masters	4:02:36.59	Mary	Sweat		55	OREG	372C-025UM	1:18:54.06		
				Terri	Tynnismaa	L	50	OREG	3721-05W95	1:23:32.09		
				Karen	Matson	A	49	OREG	372M-0266T	1:20:10.44		
45+	2	Michigan Masters	4:19:16.64	Kerry	Frame	L	46	MICH	192S-02A3T	1:21:24.86		
				Maddie	Diedo		54	MICH	192Z-028U9	1:39:30.09		
				Denise	Brown	H	53	MICH	192Z-01U86	1:18:21.69		
45+	3	St Pete Masters Inc	5:10:57.00	Dawn	Clark		48	SPM	142K-05VRX	1:23:10.00		
				Melissa	Harasz		52	SPM	1420-05H1D	1:25:32.00		
				Sandy	Steer	L	73	SPM	1429-02RFC	2:22:15.00		

### MEN'S (3 Swimmers)

Age group	Place	Club Name	Total Time	Names of Swimmers			MI	Age	Club Abbr	USMS #	Individual	if a
				First Name	Last Name						Time	National Record
35+	1	Oregon Masters	4:03:27.12	Matt	Miller		35	OREG	3724-07EEF	1:12:57.12		
				Shaun	Orchard		48	OREG	373E-07BSB	1:32:25.84		
				Patrick	Allender	D	54	OREG	3728-025Y4	1:18:04.16		
35+	2	Illinois Masters	4:04:40.98	David	Sebastian		51	IM	212T-02WHJ	1:20:13.16		
				Chad	Manbeck	A	40	IM	212F-02UM5	1:27:37.05		
				Seth	Hoff		50	IM	212K-003C9	1:16:50.77		
45+	1	Oregon Masters	3:40:05.18	Mark	Frost		45	OREG	3722-07KU4	1:16:32.20		
				Timothy	Nelson	D	46	OREG	372U-025ZB	1:15:51.99		
				Hardy	Lussier	C	47	OREG	3723-025VX	1:07:40.99		
55+	1	Longhorn Aquatics	3:37:16.52	Jim	Sauer		55	TXLA	432R-06N4M	1:09:38.60		
				Dick	Worrel		59	TXLA	432A-02NHM	1:12:59.00		✓
				Jeff	Wetzel		56	TXLA	4325-02NM3	1:14:38.92		
55+	2	Michigan Masters	3:58:22.11	Joe	Aumiller		55	MICH	192R-029JT	1:21:28.22		
				Frank	Thompson	L	60	MICH	192Z-028XC	1:16:22.77		
				Douglas	Templeton	W	58	MICH	193H-028Y3	1:20:31.12		
55+	3	Oregon Masters	4:19:41.26	Robert	Richardson	B	59	OREG	373G-049YA	1:26:57.00		
				Bob	Bruce	A	64	OREG	3720-025YX	1:26:55.14		
				Allen	Larson	J	59	OREG	3727-05VZ3	1:25:49.12		
65+	1	Oregon Masters	4:27:57.21	David	Radcliff		78	OREG	373G-025V8	1:25:06.94		
				Tom	Landis		70	OREG	3725-025X1	1:28:23.49		✓
				Ralph	Mohr	A	71	OREG	372D-0261C	1:34:26.78		

**MIXED (2 Men, 2 Women)**

<u>Age group</u>	<u>Place</u>	<u>Club Name</u>	<u>Total Time</u>	<u>Names of Swimmers</u>			<u>Age</u>	<u>Club Abbr</u>	<u>USMS #</u>	<u>Individual</u>	<u>if a</u>
				<u>First Name</u>	<u>Last Name</u>	<u>MI</u>				<u>Time</u>	<u>National Record</u>
35+	1	Oregon Masters	5:11:58.69	Terri	Tyynismaa	L	50	OREG	3721-05W95	1:23:32.09	
				Mark	Frost		45	OREG	3722-07KU4	1:16:32.20	
				Jayna	Tomac	M	40	OREG	372G-05EJN	1:18:57.28	
				Matt	Miller	D	35	OREG	3724-07EEF	1:12:57.12	
45+	1	Oregon Masters	5:02:37.48	Mary	Sweat		55	OREG	372C-025UM	1:18:54.06	
				Timothy	Nelson	D	46	OREG	372U-025ZB	1:15:51.99	
				Hardy	Lussier	C	47	OREG	3723-025VX	1:07:40.99	
				Karen	Matson	A	49	OREG	372M-0266T	1:20:10.44	
45+	2	Michigan Masters	5:16:40.44	Frank	Thompson	L	60	MICH	192Z-028XC	1:16:22.77	
				Douglas	Templeton	W	58	MICH	193H-028Y3	1:20:31.12	
				Kerry	Frame	L	46	MICH	192S-02A3T	1:21:24.86	
				Denise	Brown	H	53	MICH	192Z-01U86	1:18:21.69	
45+	3	Illinois Masters	5:21:51.70	Heidi	Kafka		50	IM	212M-02X7X	1:21:10.57	
				Seth	Hoff		50	IM	212K-003C9	1:16:50.77	
				David	Sebastian		51	IM	212T-02WHJ	1:20:13.16	
				Marcia	Cleveland	E	48	IM	212K-01S4Y	1:23:37.20	
45+	4	St Pete Masters Inc	6:02:52.00	Dawn	Clark		48	SPM	142K-05VRX	1:23:10.00	
				Melissa	Harasz		52	SPM	1420-05H1D	1:25:32.00	
				Timothy	Kennedy	C	56	SPM	142E-02RF0	1:17:20.00	
				Robert	Beach	E	82	SPM	142N-02REM	1:56:50.00	