

## 2023 OMS Assn and NW Zone LCM Championship - 8/5/2023

## Results - Saturday, August 5th, 2023

**Women 25-29 50 LC Meter Freestyle**

1	Balsbough, Briana M	27	SHC	30.03
2	Davidson, Anna	28	THB	33.72

**Women 25-29 100 LC Meter Freestyle**

1	Davidson, Anna	28	THB	1:16.43
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**Women 25-29 200 LC Meter Freestyle**

1	Davidson, Anna	28	THB	2:47.57
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**Women 25-29 50 LC Meter Backstroke**

1	Balsbough, Briana M	27	SHC	36.31
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**Women 25-29 50 LC Meter Breaststroke**

1	Balsbough, Briana M	27	SHC	37.77
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**Women 25-29 50 LC Meter Butterfly**

1	Balsbough, Briana M	27	SHC	32.28
2	Davidson, Anna	28	THB	38.31

**Women 25-29 200 LC Meter IM**

1	Smith, Sophia	25	CGM	3:04.38
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**Women 25-29 400 LC Meter IM**

1	Smith, Sophia	25	CGM	6:30.03
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**Women 30-34 50 LC Meter Breaststroke**

1	Isa, April	34	CCYM	45.89
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**Women 30-34 200 LC Meter IM**

1	Isa, April	34	CCYM	3:43.16
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**Women 35-39 50 LC Meter Freestyle**

1	Dunn, Kellie	38	CGM	34.38
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**Women 35-39 100 LC Meter Freestyle**

1	Dunn, Kellie	38	CGM	1:16.61
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**Women 35-39 200 LC Meter Freestyle**

1	Dunn, Kellie	38	CGM	2:49.18
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**Women 35-39 50 LC Meter Backstroke**

1	Dunn, Kellie	38	CGM	41.63
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**Women 35-39 100 LC Meter Backstroke**

1	Dunn, Kellie	38	CGM	1:37.28
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**Women 35-39 50 LC Meter Breaststroke**

1	Dunn, Kellie	38	CGM	49.56
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**Women 40-44 50 LC Meter Freestyle**

1	Barber-Taylor, Alexandra	40	CATOR	38.51
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**Women 40-44 100 LC Meter Freestyle**

1	Barber-Taylor, Alexandra	40	CATOR	1:27.68
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**Women 40-44 800 LC Meter Freestyle**

1	Cary, Michelle J	42	CCYM	13:23.62
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**Women 40-44 50 LC Meter Breaststroke**

1	Barber-Taylor, Alexandra	40	CATOR	51.52
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**Women 40-44 100 LC Meter Breaststroke**

1	Barber-Taylor, Alexandra	40	CATOR	1:53.65
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**Women 40-44 50 LC Meter Butterfly**

1	Cary, Michelle J	42	CCYM	38.85
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**Women 40-44 200 LC Meter IM**

1	Cary, Michelle J	42	CCYM	3:30.13
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**Women 45-49 50 LC Meter Freestyle**

1	Wily, Marcie	49	CGM	32.77
2	Smith, Amy M	46	CGM	36.26

**Women 45-49 50 LC Meter Backstroke**

1	Wily, Marcie	49	CGM	40.62
2	Henderson, Alison W	46	CGM	46.34

**Women 45-49 50 LC Meter Butterfly**

1	Wily, Marcie	49	CGM	35.98
2	Smith, Amy M	46	CGM	44.63

**Women 45-49 100 LC Meter Butterfly**

1	Lickwala, Holly A	47	PSM-36	1:18.93
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**Women 45-49 200 LC Meter Butterfly**

1	Lickwala, Holly A	47	PSM-36	3:04.44
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**Women 50-54 50 LC Meter Freestyle**

1	Mears, Julianna	54	CGM	57.42
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**Women 50-54 100 LC Meter Freestyle**

1	Mcclafferty, Christine	50	THB	1:07.17
2	Martell, Beth	51	COMA	1:07.34

**Women 50-54 200 LC Meter Freestyle**

1	Martell, Beth	51	COMA	2:27.09
2	Mears, Julianna	54	CGM	4:40.41

**Women 50-54 800 LC Meter Freestyle**

1	Mcclafferty, Christine	50	THB	10:43.44
2	Morgen, Cheryl	54	COMA	12:58.55

**Women 50-54 50 LC Meter Backstroke**

1	Sandoval, Lisa	51	CGM	43.05
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**Women 50-54 200 LC Meter Backstroke**

1	Martell, Beth	51	COMA	2:46.25
2	Mcclafferty, Christine	50	THB	2:54.66

**Women 50-54 50 LC Meter Breaststroke**

1	Mears, Julianna	54	CGM	1:16.94
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**Women 50-54 200 LC Meter Breaststroke**

1	Mears, Julianna	54	CGM	5:15.20
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**Women 50-54 50 LC Meter Butterfly**

1	Morgen, Cheryl	54	COMA	34.70
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**Women 50-54 200 LC Meter Butterfly**

1	Morgen, Cheryl	54	COMA	3:34.90
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**Women 55-59 50 LC Meter Freestyle**

1	Glaeser, Sharon	59	ORM	37.63
2	Bass, Tanja	56	OCT	1:00.43

**Women 55-59 100 LC Meter Freestyle**

1	Haffner, Francie	56	SHC	1:10.93
2	Bass, Tanja	56	OCT	2:31.72

**Women 55-59 800 LC Meter Freestyle**

1	Healey, Sandi	56	ORM	12:12.03
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## Results - Saturday, August 5th, 2023

<b>Women 55-59 50 LC Meter Backstroke</b>				2 Hair, Margaret	68 LCNM-35	49.35
1 Haffner, Francie	56 SHC	36.82		3 White, Susan	68 COMA	1:07.91
2 Glaeser, Sharon	59 ORM	47.38		<b>Women 65-69 200 LC Meter Breaststroke</b>		
<b>Women 55-59 200 LC Meter Backstroke</b>				1 White, Susan	68 COMA	5:31.44
1 Haffner, Francie	56 SHC	2:54.25		<b>Women 65-69 50 LC Meter Butterfly</b>		
<b>Women 55-59 50 LC Meter Breaststroke</b>				1 Andrus-Hughes, Karen	66 SHC	39.56
1 Pettit, Jayette	56 COMA	49.44		<b>Women 65-69 100 LC Meter Butterfly</b>		
2 Bass, Tanja	56 OCT	1:09.51		1 Hair, Margaret	68 LCNM-35	2:01.63
<b>Women 55-59 100 LC Meter Breaststroke</b>				<b>Women 65-69 200 LC Meter IM</b>		
1 Healey, Sandi	56 ORM	1:40.97		1 Hair, Margaret	68 LCNM-35	3:55.53
2 Pettit, Jayette	56 COMA	1:46.05		<b>Women 75-79 50 LC Meter Freestyle</b>		
3 Bass, Tanja	56 OCT	2:29.81		1 Vallandigham, Jett	77 MCM-35	1:11.19
<b>Women 55-59 200 LC Meter Breaststroke</b>				<b>Women 75-79 200 LC Meter Freestyle</b>		
1 Pettit, Jayette	56 COMA	3:42.57		1 Gettling, Janet	75 COMA	3:27.41
2 Glaeser, Sharon	59 ORM	4:01.89		<b>Women 75-79 800 LC Meter Freestyle</b>		
3 Bass, Tanja	56 OCT	5:20.10		1 Gettling, Janet	75 COMA	15:07.22
<b>Women 55-59 50 LC Meter Butterfly</b>				2 Vallandigham, Jett	77 MCM-35	23:54.46
1 Haffner, Francie	56 SHC	35.94		<b>Women 75-79 100 LC Meter Backstroke</b>		
2 Healey, Sandi	56 ORM	40.61		1 Stark, Carol R	75 OCT	2:42.86
<b>Women 60-64 50 LC Meter Freestyle</b>				<b>Women 75-79 200 LC Meter Backstroke</b>		
1 Vincent, Nancy C	64 GACC	36.78		1 Stark, Carol R	75 OCT	5:53.52
2 Caswell, MJ	62 CGM	42.62		<b>Women 75-79 50 LC Meter Breaststroke</b>		
3 Keller, Cheryl	60 CGM	43.41		1 Vallandigham, Jett	77 MCM-35	1:30.97
4 Dahl, Deana E	60 CGM	48.14		<b>Women 75-79 100 LC Meter Breaststroke</b>		
<b>Women 60-64 100 LC Meter Freestyle</b>				1 Vallandigham, Jett	77 MCM-35	3:19.41
1 Walwyn, Wendy	64 CGM	1:27.93		<b>Women 75-79 200 LC Meter Breaststroke</b>		
2 Keller, Cheryl	60 CGM	1:41.29		1 Gettling, Janet	75 COMA	4:13.12
3 Dahl, Deana E	60 CGM	2:02.56		2 Vallandigham, Jett	77 MCM-35	7:06.73
<b>Women 60-64 50 LC Meter Backstroke</b>				<b>Women 75-79 100 LC Meter Butterfly</b>		
1 Rawding, Shelly	61 CGM	44.03		1 Gettling, Janet	75 COMA	1:54.10
2 Keller, Cheryl	60 CGM	53.72		<b>Women 80-84 100 LC Meter Freestyle</b>		
<b>Women 60-64 50 LC Meter Breaststroke</b>				1 Nichols, A Jane	82 CGM	1:56.80
1 Vincent, Nancy C	64 GACC	46.85		<b>Women 80-84 200 LC Meter Freestyle</b>		
<b>Women 60-64 100 LC Meter Breaststroke</b>				1 Ward, Joy	81 OCT	4:04.19
1 Vincent, Nancy C	64 GACC	1:43.23		<b>Women 80-84 50 LC Meter Breaststroke</b>		
<b>Women 60-64 200 LC Meter Breaststroke</b>				1 Ward, Joy	81 OCT	1:03.81
1 Vincent, Nancy C	64 GACC	3:45.87		<b>Women 80-84 200 LC Meter Butterfly</b>		
<b>Women 60-64 50 LC Meter Butterfly</b>				--- Ward, Joy	81 OCT	DQ
1 Vincent, Nancy C	64 GACC	40.66		<b>Men 18-24 50 LC Meter Freestyle</b>		
<b>Women 65-69 50 LC Meter Freestyle</b>				1 McComish, Matthew	24 SHC	26.06
1 Andrus-Hughes, Karen	66 SHC	32.84		2 Pinger, Sebastian	20 SHC	26.32
2 Hair, Margaret	68 LCNM-35	39.08		3 Su, Rosabel	24 PDX	29.68
<b>Women 65-69 100 LC Meter Freestyle</b>				<b>Men 18-24 100 LC Meter Freestyle</b>		
1 Andrus-Hughes, Karen	66 SHC	1:14.94		1 Pinger, Sebastian	20 SHC	59.14
2 Hair, Margaret	68 LCNM-35	1:25.66		<b>Men 18-24 50 LC Meter Backstroke</b>		
<b>Women 65-69 800 LC Meter Freestyle</b>				1 McComish, Matthew	24 SHC	29.36
1 White, Susan	68 COMA	16:28.51				
<b>Women 65-69 50 LC Meter Backstroke</b>						
1 Andrus-Hughes, Karen	66 SHC	38.02				

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## Results - Saturday, August 5th, 2023

<b>Men 18-24 50 LC Meter Breaststroke</b>	3 Habberstad, Luke	43 TEAMM-37	1:09.46
1 Pinger, Sebastian	20 SHC		34.95
2 McComish, Matthew	24 SHC		39.13
<b>Men 18-24 50 LC Meter Butterfly</b>	<b>Men 40-44 50 LC Meter Backstroke</b>		
1 McComish, Matthew	1 Habberstad, Luke	43 TEAMM-37	37.22
2 Pinger, Sebastian	20 SHC		27.23
3 Su, Rosabel	24 PDX		32.88
<b>Men 18-24 100 LC Meter Butterfly</b>	<b>Men 40-44 100 LC Meter Backstroke</b>		
1 Pinger, Sebastian	1 Habberstad, Luke	43 TEAMM-37	1:23.75
20 SHC			
1:05.60	<b>Men 40-44 50 LC Meter Butterfly</b>		
<b>Men 25-29 100 LC Meter Freestyle</b>	1 Anghilante, Blake	42 UC37	31.75
1 Edwards, Evan	2 Cramblett, Jered	40 NCMS1	31.82
25 CATOR	3 Habberstad, Luke	43 TEAMM-37	34.78
1:02.62	<b>Men 40-44 200 LC Meter IM</b>		
<b>Men 25-29 200 LC Meter Freestyle</b>	1 Cramblett, Jered	40 NCMS1	3:00.56
1 Edwards, Evan			
25 CATOR	<b>Men 45-49 50 LC Meter Freestyle</b>		
2:13.53	1 Farrell, Andrew	45 TMLPG	27.25
<b>Men 25-29 800 LC Meter Freestyle</b>	<b>Men 45-49 100 LC Meter Freestyle</b>		
1 Edwards, Evan	1 Adams, James	46 OCT	1:09.39
25 CATOR	2 Cota, Brad	48 PDX	1:09.95
9:52.22	<b>Men 45-49 200 LC Meter Freestyle</b>		
<b>Men 25-29 400 LC Meter IM</b>	1 Farrell, Andrew	45 TMLPG	2:15.93
1 Edwards, Evan	2 Adams, James	46 OCT	2:32.04
25 CATOR	<b>Men 45-49 800 LC Meter Freestyle</b>		
5:37.30	1 de Acosta, Diego	48 PSM-36	9:47.06
<b>Men 30-34 50 LC Meter Freestyle</b>	<b>Men 45-49 100 LC Meter Backstroke</b>		
1 Davidson, Daniel	1 Cota, Brad	48 PDX	1:29.07
31 THB			
28.22	<b>Men 45-49 200 LC Meter Backstroke</b>		
2 Fisher, Koa	1 de Acosta, Diego	48 PSM-36	2:28.02
31 UC37			
33.16	<b>Men 45-49 50 LC Meter Breaststroke</b>		
<b>Men 30-34 100 LC Meter Freestyle</b>	1 Cota, Brad	48 PDX	38.05
1 Davidson, Daniel	2 Adams, James	46 OCT	41.22
31 THB	<b>Men 45-49 100 LC Meter Breaststroke</b>		
1:02.67	1 Cota, Brad	48 PDX	1:24.75
2 Fisher, Koa			
31 UC37	<b>Men 45-49 50 LC Meter Butterfly</b>		
1:16.24	1 Adams, James	46 OCT	32.24
<b>Men 30-34 50 LC Meter Backstroke</b>	2 Clark, Will	46 CGM	32.47
1 Davidson, Daniel	<b>Men 45-49 100 LC Meter Butterfly</b>		
31 THB	1 Clark, Will	46 CGM	1:12.23
29.86	2 Adams, James	46 OCT	1:15.78
2 Flathers, Zachary	<b>Men 45-49 200 LC Meter IM</b>		
32 CGM	1 Adams, James	46 OCT	2:48.80
37.43	2 Clark, Will	46 CGM	2:50.06
3 Fisher, Koa	<b>Men 45-49 400 LC Meter IM</b>		
31 UC37	1 Clark, Will	46 CGM	6:01.75
42.81	2 Cota, Brad	48 PDX	6:35.37
<b>Men 30-34 100 LC Meter Backstroke</b>	<b>Men 50-54 100 LC Meter Freestyle</b>		
1 Davidson, Daniel	1 Duus, Gabe	53 COMA	1:07.35
31 THB			
1:16.72	<b>Men 50-54 200 LC Meter Freestyle</b>		
2 Fisher, Koa	1 Duus, Gabe	53 COMA	2:37.16
31 UC37			
1:33.97	<b>Men 50-54 50 LC Meter Butterfly</b>		
<b>Men 30-34 50 LC Meter Butterfly</b>	1 Duus, Gabe	53 COMA	29.24
1 Davidson, Daniel			
31 THB			
29.86			
2 Flathers, Zachary			
32 CGM			
33.07			
3 Fisher, Koa			
31 UC37			
40.83			
<b>Men 30-34 100 LC Meter Butterfly</b>			
1 Davidson, Daniel			
31 THB			
1:06.82			
2 Aldred, Grant			
30 SHC			
1:13.57			
<b>Men 30-34 200 LC Meter Butterfly</b>			
1 Aldred, Grant			
30 SHC			
2:49.63			
<b>Men 30-34 200 LC Meter IM</b>			
1 Aldred, Grant			
30 SHC			
2:55.97			
<b>Men 30-34 400 LC Meter IM</b>			
1 Aldred, Grant			
30 SHC			
6:04.10			
<b>Men 40-44 50 LC Meter Freestyle</b>			
1 Anghilante, Blake			
42 UC37			
29.28			
2 Habberstad, Luke			
43 TEAMM-37			
29.79			
<b>Men 40-44 100 LC Meter Freestyle</b>			
1 Cramblett, Jered			
40 NCMS1			
1:07.37			
2 Anghilante, Blake			
42 UC37			
1:08.02			

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## Results - Saturday, August 5th, 2023

<b>Men 50-54 100 LC Meter Butterfly</b>	---	Hathaway, David	63	THB	DQ
1 Duus, Gabe	53	COMA			1:13.50
<b>Men 55-59 50 LC Meter Freestyle</b>					
1 Clydesdale, Bill	56	SHC			29.15
2 Sellers, Christian L	59	OCT			29.26
3 Thesing, Mark	58	SHC			30.79
4 Barnes, Brent	55	PSM-36			37.03
<b>Men 55-59 100 LC Meter Freestyle</b>					
1 Sullivan, Scot	57	MACOR			1:02.32
2 McComish, John	57	SHC			1:02.54
3 Sellers, Christian L	59	OCT			1:07.80
4 Barnes, Brent	55	PSM-36			1:21.39
<b>Men 55-59 200 LC Meter Freestyle</b>					
1 Sullivan, Scot	57	MACOR			2:18.15
2 Wardian, Ed	57	PSM-36			2:18.93
3 Barnes, Brent	55	PSM-36			3:08.29
<b>Men 55-59 50 LC Meter Backstroke</b>					
1 Wardian, Ed	57	PSM-36			32.58
2 Sellers, Christian L	59	OCT			38.72
3 Thesing, Mark	58	SHC			51.86
<b>Men 55-59 50 LC Meter Breaststroke</b>					
1 Clydesdale, Bill	56	SHC			35.97
2 Thompson, Anthony G	59	MOVY-28			38.39
3 Sellers, Christian L	59	OCT			38.92
<b>Men 55-59 100 LC Meter Breaststroke</b>					
1 Clydesdale, Bill	56	SHC			1:20.98
2 Thompson, Anthony G	59	MOVY-28			1:29.51
3 Barnes, Brent	55	PSM-36			1:31.45
<b>Men 55-59 200 LC Meter Breaststroke</b>					
1 Thompson, Anthony G	59	MOVY-28			3:20.83
<b>Men 55-59 50 LC Meter Butterfly</b>					
1 McComish, John	57	SHC			29.57
2 Sellers, Christian L	59	OCT			32.03
3 Thesing, Mark	58	SHC			38.29
<b>Men 55-59 100 LC Meter Butterfly</b>					
1 McComish, John	57	SHC			1:07.74
<b>Men 55-59 400 LC Meter IM</b>					
1 Thompson, Anthony G	59	MOVY-28			7:03.14
<b>Men 60-64 50 LC Meter Freestyle</b>					
1 Bollens, Stephen	64	UC37			29.82
2 Sumerfield, Bill	63	CGM			33.26
<b>Men 60-64 100 LC Meter Freestyle</b>					
1 Wilson, Craig J	61	SHC			1:17.36
<b>Men 60-64 100 LC Meter Backstroke</b>					
1 Christensen, Douglas	60	OREG-37			1:19.71
<b>Men 60-64 200 LC Meter Backstroke</b>					
1 Howell, Richard K	64	COMA			3:31.05
<b>Men 60-64 50 LC Meter Breaststroke</b>					
1 Christensen, Douglas	60	OREG-37			38.10
2 Sumerfield, Bill	63	CGM			42.18
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<b>Men 60-64 100 LC Meter Breaststroke</b>					
1 Christensen, Douglas	60	OREG-37			1:23.51
2 Howell, Richard K	64	COMA			1:28.29
3 Sumerfield, Bill	63	CGM			1:37.12
4 Wilson, Craig J	61	SHC			1:46.69
<b>Men 60-64 200 LC Meter Breaststroke</b>					
1 Howell, Richard K	64	COMA			3:10.63
<b>Men 60-64 50 LC Meter Butterfly</b>					
1 Christensen, Douglas	60	OREG-37			29.51
2 Wilson, Craig J	61	SHC			37.03
<b>Men 60-64 100 LC Meter Butterfly</b>					
1 Christensen, Douglas	60	OREG-37			1:10.34
<b>Men 60-64 200 LC Meter IM</b>					
1 Hathaway, David	63	THB			2:48.56
<b>Men 60-64 400 LC Meter IM</b>					
1 Hathaway, David	63	THB			6:12.91
<b>Men 65-69 50 LC Meter Freestyle</b>					
1 Piette, Jeffrey	68	COMA			34.99
2 Helm, Charlie	67	OCT			53.19
<b>Men 65-69 100 LC Meter Freestyle</b>					
1 Piette, Jeffrey	68	COMA			1:17.15
<b>Men 65-69 200 LC Meter Freestyle</b>					
1 Piette, Jeffrey	68	COMA			2:50.79
2 Helm, Charlie	67	OCT			4:35.83
<b>Men 65-69 800 LC Meter Freestyle</b>					
1 Helm, Charlie	67	OCT			20:49.50
<b>Men 65-69 50 LC Meter Backstroke</b>					
1 Piette, Jeffrey	68	COMA			43.06
2 Carter, Walter R	68	COMA			1:05.48
<b>Men 65-69 100 LC Meter Backstroke</b>					
1 Carter, Walter R	68	COMA			2:22.97
<b>Men 65-69 50 LC Meter Breaststroke</b>					
1 Carter, Walter R	68	COMA			1:21.75
<b>Men 65-69 100 LC Meter Breaststroke</b>					
1 Carter, Walter R	68	COMA			2:51.72
2 Helm, Charlie	67	OCT			3:01.03
<b>Men 65-69 200 LC Meter Breaststroke</b>					
1 Helm, Charlie	67	OCT			6:14.37
<b>Men 65-69 50 LC Meter Butterfly</b>					
1 Carter, Walter R	68	COMA			1:13.32
<b>Men 70-74 50 LC Meter Freestyle</b>					
1 Edwards, Wes	70	CCYM			31.92
2 Pendleton, Mike	71	CGM			35.62
3 Larson, Allen J	70	ORM			39.68
<b>Men 70-74 100 LC Meter Freestyle</b>					
1 Pendleton, Mike	71	CGM			1:22.57
2 Larson, Allen J	70	ORM			1:28.32
3 Toole, Chris	72	THB			1:35.56

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## Results - Saturday, August 5th, 2023

**Men 70-74 200 LC Meter Freestyle**

1	Phipps, Tom	70	OCT	2:55.16
2	Toole, Chris	72	THB	3:28.97
3	Larson, Allen J	70	ORM	3:32.58

**Men 70-74 800 LC Meter Freestyle**

1	Yensen, Kermit D	70	COMA	13:46.28
2	Larson, Allen J	70	ORM	14:40.86

**Men 70-74 50 LC Meter Backstroke**

1	Edwards, Wes	70	CCYM	39.21
2	Yensen, Kermit D	70	COMA	43.43

**Men 70-74 100 LC Meter Backstroke**

1	Edwards, Wes	70	CCYM	1:24.87
2	Yensen, Kermit D	70	COMA	1:36.59

**Men 70-74 200 LC Meter Backstroke**

1	Edwards, Wes	70	CCYM	3:21.81
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**Men 70-74 50 LC Meter Breaststroke**

1	Stark, Allen L	74	OCT	39.26
2	Edwards, Wes	70	CCYM	53.83

**Men 70-74 100 LC Meter Breaststroke**

1	Stark, Allen L	74	OCT	1:29.18
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**Men 70-74 200 LC Meter Breaststroke**

1	Stark, Allen L	74	OCT	3:22.16
2	Edwards, Wes	70	CCYM	4:00.67

**Men 70-74 50 LC Meter Butterfly**

1	Phipps, Tom	70	OCT	40.09
2	Yensen, Kermit D	70	COMA	43.50

**Men 70-74 200 LC Meter Butterfly**

1	Phipps, Tom	70	OCT	3:55.13
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**Men 70-74 200 LC Meter IM**

1	Yensen, Kermit D	70	COMA	3:31.59
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**Men 75-79 50 LC Meter Freestyle**

1	Kirkland, Dan	75	COMA	33.61
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**Men 75-79 100 LC Meter Freestyle**

1	Kirkland, Dan	75	COMA	1:13.05
2	Bruce, Bob A	75	COMA	1:15.34

**Men 75-79 800 LC Meter Freestyle**

1	Kirkland, Dan	75	COMA	11:12.38
2	Bruce, Bob A	75	COMA	12:00.40

**Men 75-79 50 LC Meter Backstroke**

1	Kirkland, Dan	75	COMA	40.22
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**Men 75-79 100 LC Meter Backstroke**

1	Bruce, Bob A	75	COMA	1:36.02
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**Men 75-79 100 LC Meter Breaststroke**

1	Bruce, Bob A	75	COMA	1:43.15
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**Men 75-79 200 LC Meter IM**

---	Bruce, Bob A	75	COMA	DQ
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**Men 75-79 400 LC Meter IM**

1	Bruce, Bob A	75	COMA	7:20.24
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**Men 80-84 50 LC Meter Backstroke**

1	Berghaus, Peter	82	THB	1:01.21
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**Men 80-84 100 LC Meter Backstroke**

1	Berghaus, Peter	82	THB	2:18.42
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**Men 80-84 200 LC Meter Backstroke**

1	Berghaus, Peter	82	THB	5:25.54
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**Men 80-84 50 LC Meter Breaststroke**

1	Berghaus, Peter	82	THB	1:01.16
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**Men 80-84 100 LC Meter Breaststroke**

1	Berghaus, Peter	82	THB	2:22.59
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**Men 80-84 200 LC Meter Breaststroke**

1	Berghaus, Peter	82	THB	5:18.80
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**Men 85-89 50 LC Meter Backstroke**

1	Peterson, Dick	86	PSM-36	1:00.51
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**Men 85-89 100 LC Meter Backstroke**

1	Peterson, Dick	86	PSM-36	2:17.66
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**Men 85-89 200 LC Meter Backstroke**

1	Peterson, Dick	86	PSM-36	5:18.98
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**Men 85-89 50 LC Meter Breaststroke**

1	Peterson, Dick	86	PSM-36	1:03.25
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**Men 85-89 100 LC Meter Breaststroke**

1	Peterson, Dick	86	PSM-36	2:19.54
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**Men 85-89 200 LC Meter Breaststroke**

1	Peterson, Dick	86	PSM-36	4:53.77
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**Women 120-159 400 LC Meter Freestyle Relay**

1	CGM	A	5:06.58
	1) Wily, Marcie W49	2) Smith, Amy M W46	
	3) Dunn, Kellie W38	4) Smith, Sophia W25	

**Women 160-199 400 LC Meter Medley Relay**

1	CGM	A	6:10.28
	1) Dunn, Kellie W38	2) Wily, Marcie W49	
	3) Smith, Sophia W25	4) Walwyn, Wendy W64	

**Women 200-239 400 LC Meter Freestyle Relay**

1	CGM	A	6:36.57
	1) Caswell, MJ W62	2) Henderson, Alison W W46	
	3) Mears, Julianna W54	4) Sandoval, Lisa W51	

**Women 200-239 400 LC Meter Medley Relay**

1	CGM	A	6:46.54
	1) Rawding, Shelly W61	2) Caswell, MJ W62	
	3) Smith, Amy M W46	4) Henderson, Alison W W46	

**Women 240-279 400 LC Meter Freestyle Relay**

1	CGM	A	6:33.72
	1) Walwyn, Wendy W64	2) Dahl, Deana E W60	
	3) Keller, Cheryl W60	4) Rawding, Shelly W61	

**Women 240-279 400 LC Meter Medley Relay**

1	CGM	A	8:10.50
	1) Keller, Cheryl W60	2) Mears, Julianna W54	
	3) Sandoval, Lisa W51	4) Nichols, A Jane W82	

## 2023 OMS Assn and NW Zone LCM Championship - 8/5/2023

Results - Saturday, August 5th, 2023

**Women 280-319 400 LC Meter Freestyle Relay**

1 CGM	A	9:17.45
1) Nichols, A Jane W82	2) Richards, Kirby M W69	
3) Callow, Jan W65	4) Cummings, Catherine W68	

**Men 200-239 400 LC Meter Freestyle Relay**

1 CGM	A	5:06.18
1) Clark, Will M46	2) Pendleton, Mike M71	
3) Sumerfield, Bill M63	4) Flathers, Zachary M32	

**Men 200-239 400 LC Meter Medley Relay**

1 CGM	A	5:52.49
1) Flathers, Zachary M32	2) Sumerfield, Bill M63	
3) Clark, Will M46	4) Pendleton, Mike M71	

**Mixed 160-199 400 LC Meter Freestyle Relay**

1 CGM	A	5:07.94
1) Flathers, Zachary M32	2) Dunn, Kellie W38	
3) Wily, Marcie W49	4) Clark, Will M46	

**Mixed 160-199 400 LC Meter Medley Relay**

1 CGM	A	6:12.37
1) Flathers, Zachary M32	2) Caswell, MJ W62	
3) Smith, Sophia W25	4) Pendleton, Mike M71	

**Mixed 200-239 400 LC Meter Medley Relay**

1 CGM	A	6:46.59
1) Dahl, Deana E W60	2) Sumerfield, Bill M63	
3) Clark, Will M46	4) Smith, Amy M W46	

**Mixed 240-279 400 LC Meter Freestyle Relay**

1 CGM	A	5:45.93
1) Pendleton, Mike M71	2) Sandoval, Lisa W51	
3) Sumerfield, Bill M63	4) Walwyn, Wendy W64	