

Jamming January Distance and Relay Meet - 1/22/2023**Results****Event 1 Men 65+ 400 Yard Medley Relay**

Team	Relay			Finals Time
1 Relaykers-30	A			6:12.55
1) Magee, Pete M85	2) Arlander, David M81	3) Fine, Gary M72	4) Anderson, Marc M73	
52.52	1:47.56 (1:47.56)	2:39.60 (52.04)	3:36.89 (1:49.33)	
4:17.90 (41.01)	5:37.26 ()	6:12.55 ()		

Event 2 Women 55+ 400 Yard Medley Relay

1 Relaykers-30	A			6:21.50
1) Langman, Loralie W55	2) Pendergast, Paula W68	3) Larsen, Babs W75	4) Slakey, Karen W59	
43.64	1:28.78 (1:28.78)	2:15.01 (46.23)	3:06.98 (1:38.20)	
3:57.79 (50.81)	5:06.33 (1:59.35)	6:21.50 (1:15.17)		

Event 3 Women 18-24 1000 Yard Freestyle

1 Erwin, Abbey	23 Hopkins Masters-30	11:05.11	
29.71	1:02.69 (32.98)	1:35.28 (32.59)	2:08.81 (33.53)
2:42.29 (33.48)	3:15.69 (33.40)	3:49.38 (33.69)	4:23.10 (33.72)
4:57.01 (33.91)	5:30.62 (33.61)	6:03.95 (33.33)	6:37.57 (33.62)
7:10.73 (33.16)	7:45.01 (34.28)	8:18.81 (33.80)	8:52.53 (33.72)
9:25.82 (33.29)	9:58.88 (33.06)	10:32.79 (33.91)	11:05.11 (32.32)

Event 3 Women 35-39 1000 Yard Freestyle

12 Flessert, Amy	38 Nort'landers Swim Club-30	13:27.74	
35.88	1:15.39 (39.51)	1:55.76 (40.37)	2:36.66 (40.90)
3:17.13 (40.47)	3:58.62 (41.49)	4:39.44 (40.82)	5:20.94 (41.50)
6:02.47 (41.53)	6:44.02 (41.55)	7:24.95 (40.93)	8:05.84 (40.89)
8:47.87 (42.03)	9:28.73 (40.86)	10:09.53 (40.80)	10:49.66 (40.13)
11:30.26 (40.60)	12:10.01 (39.75)	12:49.86 (39.85)	13:27.74 (37.88)

Event 3 Women 40-44 1000 Yard Freestyle

19 Scott, Jessica	41 Nort'landers Swim Club-30	15:27.83	
41.01	1:26.71 (45.70)	2:13.47 (46.76)	3:00.68 (47.21)
3:48.16 (47.48)	4:35.14 (46.98)	5:22.53 (47.39)	6:10.11 (47.58)
6:56.47 (46.36)	7:43.56 (47.09)	8:31.01 (47.45)	9:17.90 (46.89)
10:04.95 (47.05)	10:52.34 (47.39)	11:38.72 (46.38)	12:24.90 (46.18)
13:11.30 (46.40)	13:57.11 (45.81)	14:42.87 (45.76)	15:27.83 (44.96)

Event 3 Women 50-54 1000 Yard Freestyle

18 Bowen-Bailey, Holly	54 Nort'landers Swim Club-30	15:24.03	
41.27	1:26.35 (45.08)	2:12.81 (46.46)	2:59.54 (46.73)
3:46.73 (47.19)	4:33.36 (46.63)	5:20.76 (47.40)	6:07.18 (46.42)
6:54.15 (46.97)	7:40.65 (46.50)	8:27.15 (46.50)	9:13.70 (46.55)
10:00.82 (47.12)	10:47.46 (46.64)	11:34.68 (47.22)	12:21.95 (47.27)
13:07.62 (45.67)	13:53.75 (46.13)	14:39.33 (45.58)	15:24.03 (44.70)

Event 3 Women 55-59 1000 Yard Freestyle

5 Zemlin, Karen	55 Hopkins Masters-30	11:39.85	
33.20	1:08.31 (35.11)	1:43.75 (35.44)	2:19.30 (35.55)
2:54.60 (35.30)	3:29.77 (35.17)	4:05.47 (35.70)	4:40.80 (35.33)
5:15.96 (35.16)	5:51.10 (35.14)	6:26.28 (35.18)	7:01.34 (35.06)
7:36.40 (35.06)	8:11.44 (35.04)	8:46.57 (35.13)	9:21.53 (34.96)
9:56.44 (34.91)	10:31.17 (34.73)	11:06.00 (34.83)	11:39.85 (33.85)
7 Stolar, Carrie	56 Minnetonka Masters-30	12:34.56	
34.28	1:11.16 (36.88)	1:48.92 (37.76)	2:27.07 (38.15)
3:05.45 (38.38)	3:43.89 (38.44)	4:22.33 (38.44)	5:00.43 (38.10)
5:38.68 (38.25)	6:17.10 (38.42)	6:55.27 (38.17)	7:33.29 (38.02)
8:11.42 (38.13)	8:49.14 (37.72)	9:26.95 (37.81)	10:04.75 (37.80)
10:42.49 (37.74)	11:20.04 (37.55)	12:34.56 (1:14.52)	

Jamming January Distance and Relay Meet - 1/22/2023**Results****(Event 3 Women 55-59 1000 Yard Freestyle)**

14 Whitworth, Anne	58 Nort'landers Swim Club-30			14:32.08
38.20	1:21.18 (42.98)	2:05.63 (44.45)	2:50.10 (44.47)	
3:34.65 (44.55)	4:19.51 (44.86)	5:03.16 (43.65)	5:47.86 (44.70)	
6:31.74 (43.88)	7:15.78 (44.04)	7:59.47 (43.69)	8:43.58 (44.11)	
9:27.91 (44.33)	10:12.14 (44.23)	10:56.43 (44.29)	11:40.47 (44.04)	
12:24.56 (44.09)	13:08.71 (44.15)	13:51.82 (43.11)	14:32.08 (40.26)	

Event 3 Women 65-69 1000 Yard Freestyle

16 Nelson, Sarah Eicher	66 EP Foxjets Masters-30			15:18.16
41.72	1:26.94 (45.22)	2:12.67 (45.73)	2:58.92 (46.25)	
3:45.58 (46.66)	4:32.28 (46.70)	5:19.10 (46.82)	6:06.03 (46.93)	
6:52.99 (46.96)	7:39.38 (46.39)	8:26.08 (46.70)	9:12.85 (46.77)	
9:59.45 (46.60)	10:45.99 (46.54)	11:32.40 (46.41)	12:18.36 (45.96)	
13:04.56 (46.20)	13:50.02 (45.46)	14:35.40 (45.38)	15:18.16 (42.76)	

Event 3 Men 18-24 1000 Yard Freestyle

3 Sato, Tsubasa	20 Uc30			11:25.72
25.56	54.88 (29.32)	1:27.19 (32.31)	2:00.68 (33.49)	
2:35.38 (34.70)	3:09.90 (34.52)	3:44.35 (34.45)	4:20.32 (35.97)	
4:55.90 (35.58)	5:30.40 (34.50)	6:03.89 (33.49)	6:38.17 (34.28)	
7:12.32 (34.15)	7:48.94 (36.62)	8:25.96 (37.02)	9:01.91 (35.95)	
9:38.13 (36.22)	10:15.99 (37.86)	10:52.77 (36.78)	11:25.72 (32.95)	

Event 3 Men 25-29 1000 Yard Freestyle

2 Baetzold, Seth	28 Minnesota Masters Swim Club-30			11:23.41
30.85	1:04.30 (33.45)	1:37.82 (33.52)	2:12.14 (34.32)	
2:47.29 (35.15)	3:22.09 (34.80)	3:57.19 (35.10)	4:31.92 (34.73)	
5:06.42 (34.50)	5:41.53 (35.11)	6:16.33 (34.80)	6:50.42 (34.09)	
7:24.77 (34.35)	7:59.72 (34.95)	8:33.33 (33.61)	9:08.20 (34.87)	
9:41.77 (33.57)	10:16.74 (34.97)	10:51.11 (34.37)	11:23.41 (32.30)	

Event 3 Men 30-34 1000 Yard Freestyle

9 Krumel, Thomas	34 Dakota Masters-52			13:12.22
34.23	1:13.68 (39.45)	1:53.85 (40.17)	2:34.37 (40.52)	
3:15.25 (40.88)	3:56.11 (40.86)	4:36.64 (40.53)	5:17.28 (40.64)	
5:58.02 (40.74)	6:38.55 (40.53)	7:18.98 (40.43)	7:59.65 (40.67)	
8:39.27 (39.62)	9:19.84 (40.57)	9:58.78 (38.94)	10:39.02 (40.24)	
11:18.52 (39.50)	11:57.21 (38.69)	12:35.15 (37.94)	13:12.22 (37.07)	
10 Welshons, Kevin	30 Minnesota Ice Swim Club-30			13:12.23
33.75	1:10.94 (37.19)	1:49.73 (38.79)	2:29.80 (40.07)	
3:09.62 (39.82)	3:49.84 (40.22)	4:31.11 (41.27)	5:12.68 (41.57)	
5:53.91 (41.23)	6:34.33 (40.42)	7:14.98 (40.65)	7:54.78 (39.80)	
8:35.42 (40.64)	9:16.07 (40.65)	9:56.86 (40.79)	10:36.88 (40.02)	
11:17.55 (40.67)	11:57.35 (39.80)	12:36.35 (39.00)	13:12.23 (35.88)	

Event 3 Men 35-39 1000 Yard Freestyle

4 Wilson, Andrew	36 Minnesota Masters Swim Club-30			11:27.42
30.27	1:03.71 (33.44)	1:37.50 (33.79)	2:12.17 (34.67)	
2:46.52 (34.35)	3:20.96 (34.44)	3:55.32 (34.36)	4:30.66 (35.34)	
5:05.40 (34.74)	5:39.81 (34.41)	6:15.24 (35.43)	6:50.19 (34.95)	
7:25.18 (34.99)	8:00.47 (35.29)	8:35.38 (34.91)	9:10.36 (34.98)	
9:45.28 (34.92)	10:19.78 (34.50)	10:54.43 (34.65)	11:27.42 (32.99)	

Jamming January Distance and Relay Meet - 1/22/2023**Results****(Event 3 Men 35-39 1000 Yard Freestyle)**

8	Hoke, Jimmy	36	Minnesota Ice Swim Club-30	12:56.30
	34.13	1:11.69 (37.56)	1:50.29 (38.60)	2:28.53 (38.24)
	3:08.25 (39.72)	3:47.18 (38.93)	4:26.64 (39.46)	5:06.35 (39.71)
	5:45.40 (39.05)	6:24.47 (39.07)	7:04.03 (39.56)	7:43.77 (39.74)
	8:23.08 (39.31)	9:02.19 (39.11)	9:42.13 (39.94)	10:20.79 (38.66)
	11:00.10 (39.31)	11:39.67 (39.57)	12:17.74 (38.07)	12:56.30 (38.56)

Event 3 Men 50-54 1000 Yard Freestyle

6	Thompson, Robert	53	Hopkins Masters-30	12:06.74
	32.67	1:07.01 (34.34)	1:42.73 (35.72)	2:19.13 (36.40)
	2:56.03 (36.90)	3:32.88 (36.85)	4:09.79 (36.91)	4:46.67 (36.88)
	5:24.03 (37.36)	6:00.86 (36.83)	6:37.54 (36.68)	7:14.21 (36.67)
	7:51.31 (37.10)	8:28.07 (36.76)	9:04.90 (36.83)	9:41.64 (36.74)
	10:17.95 (36.31)	10:54.48 (36.53)	11:31.45 (36.97)	12:06.74 (35.29)
20	Timmerman, Tim	51	Nortlanders Swim Club-30	15:44.34
	41.99	1:27.26 (45.27)	2:13.83 (46.57)	3:01.93 (48.10)
	3:49.65 (47.72)	4:37.24 (47.59)	5:24.79 (47.55)	6:12.53 (47.74)
	7:00.21 (47.68)	7:47.31 (47.10)	8:35.02 (47.71)	9:22.69 (47.67)
	10:10.35 (47.66)	10:57.90 (47.55)	11:45.45 (47.55)	12:33.75 (48.30)
	13:22.45 (48.70)	14:11.09 (48.64)	14:58.64 (47.55)	15:44.34 (45.70)

Event 3 Men 55-59 1000 Yard Freestyle

13	Miller, Michael	56	Minnesota Ice Swim Club-30	14:31.71
	35.07	1:14.47 (39.40)	1:57.21 (42.74)	2:40.47 (43.26)
	3:24.05 (43.58)	4:07.17 (43.12)	4:50.11 (42.94)	5:34.16 (44.05)
	6:18.47 (44.31)	7:02.79 (44.32)	7:48.87 (46.08)	8:35.51 (46.64)
	9:21.55 (46.04)	10:07.68 (46.13)	10:52.16 (44.48)	11:37.81 (45.65)
	12:21.13 (43.32)	13:06.59 (45.46)	13:50.48 (43.89)	14:31.71 (41.23)

Event 3 Men 60-64 1000 Yard Freestyle

11	Collins, Craig	63	Hopkins Masters-30	13:27.16
	37.02	1:17.04 (40.02)	1:57.33 (40.29)	2:37.90 (40.57)
	3:18.19 (40.29)	3:58.24 (40.05)	4:38.64 (40.40)	5:19.18 (40.54)
	5:59.73 (40.55)	6:41.96 (42.23)	7:22.59 (40.63)	8:03.18 (40.59)
	8:44.21 (41.03)	9:25.22 (41.01)	10:05.74 (40.52)	10:47.31 (41.57)
	11:27.81 (40.50)	12:07.92 (40.11)	12:48.00 (40.08)	13:27.16 (39.16)
17	Countryman, Mark	60	Hopkins Masters-30	15:22.57
	37.75	1:19.68 (41.93)	2:03.97 (44.29)	2:49.67 (45.70)
	3:34.84 (45.17)	4:19.99 (45.15)	5:05.29 (45.30)	5:52.49 (47.20)
	6:39.40 (46.91)	7:26.13 (46.73)	8:14.99 (48.86)	9:02.81 (47.82)
	9:52.63 (49.82)	10:41.28 (48.65)	11:30.12 (48.84)	12:16.28 (46.16)
	13:04.59 (48.31)	13:51.31 (46.72)	14:38.50 (47.19)	15:22.57 (44.07)
21	McLaughlin, Steve	64	Minneapolis Ywca Masters-30	19:48.39
	50.75	1:46.05 (55.30)	2:46.87 (1:00.82)	3:46.41 (59.54)
	4:47.62 (1:01.21)	5:46.65 (59.03)	6:47.69 (1:01.04)	7:46.11 (58.42)
	8:46.57 (1:00.46)	9:49.37 (1:02.80)	10:49.76 (1:00.39)	11:49.29 (59.53)
	12:51.37 (1:02.08)	13:51.65 (1:00.28)	14:51.66 (1:00.01)	15:52.96 (1:01.30)
	16:52.86 (59.90)	17:52.73 (59.87)	18:54.52 (1:01.79)	19:48.39 (53.87)

Event 3 Men 70-74 1000 Yard Freestyle

15	Nelson, Steven	70	EP Foxjets Masters-30	15:13.27
	41.37	1:25.75 (44.38)	2:11.40 (45.65)	2:57.52 (46.12)
	3:43.38 (45.86)	4:28.94 (45.56)	5:14.61 (45.67)	6:00.54 (45.93)
	6:47.40 (46.86)	7:34.07 (46.67)	8:20.73 (46.66)	9:07.34 (46.61)
	9:53.20 (45.86)	10:39.98 (46.78)	11:26.16 (46.18)	12:12.06 (45.90)
	12:58.48 (46.42)	13:44.12 (45.64)	14:30.33 (46.21)	15:13.27 (42.94)

Jamming January Distance and Relay Meet - 1/22/2023**Results****Event 4 Mixed 18+ 200 Yard Freestyle Relay**

2 Minnesota Ice Swim Club-30	A	1:59.95
1) Miller, Michael M56	2) Lengvenis, Lilith W24	3) Truesdell, Kaila W32
30.13	58.21 (28.08)	1:36.36 (38.15)
		1:59.95 (23.59)
		4) Challeen, Anthony M31

Event 4 Mixed 25+ 200 Yard Freestyle Relay

1 Nort'landers Swim Club-30	A	1:56.90
1) Benziger, Catherine W39	2) Punyko, Kelly W25	3) Commer, William M34
29.54	56.88 (27.34)	1:25.76 (28.88)
		1:56.90 (31.14)
		4) Punyko, Bill M64
4 Nort'landers Swim Club-30	B	2:22.02
1) Bowen-Bailey, Holly W54	2) Seliga-Punyko, Judy W65	3) Bongers, Austin M28
41.79	1:18.90 (37.11)	1:56.66 (37.76)
		2:22.02 (25.36)
		4) Hafdahl, Jim M67

Event 4 Mixed 35+ 200 Yard Freestyle Relay

3 Nort'landers Swim Club-30	C	2:16.47
1) Flessert, Amy W38	2) Myers, Steph W52	3) Stewart, Charles M71
32.69	1:08.53 (35.84)	1:42.42 (33.89)
		2:16.47 (34.05)
		4) Brown, Perry M70

Event 4 Mixed 65+ 200 Yard Freestyle Relay

5 Relaykers-30	A	2:24.42
1) Anderson, Marc M73	2) Conway, Mary W72	3) Fine, Gary M72
29.32	1:10.66 (41.34)	1:45.03 (34.37)
		2:24.42 (39.39)
		4) Larsen, Babs W75

Event 4 Mixed 75+ 200 Yard Freestyle Relay

6 Relaykers-30	B	3:25.71
1) Magee, Pete M85	2) Arlander, David M81	3) Bacon, Annliv W80
36.97	1:21.59 (44.62)	3:25.71 (2:04.12)
		4) Arradondo, Martha W75

Event 5 Mixed 18+ 200 Yard Medley Relay

1 Minnesota Ice Swim Club-30	A	2:09.22
1) Welshons, Kevin M30	2) Westendorp, Madeline W24	3) Kraft, Samantha W26
32.34	1:04.96 (32.62)	1:38.07 (33.11)
		2:09.22 (31.15)
		4) Hoke, Jimmy M36

Event 5 Mixed 25+ 200 Yard Medley Relay

2 Nort'landers Swim Club-30	A	2:29.92
1) Whitworth, Anne W58	2) Punyko, Kelly W25	3) Bongers, Austin M28
30.36	1:07.55 (37.19)	1:51.97 (44.42)
		2:29.92 (37.95)
		4) Timmerman, Tim M51

Event 5 Mixed 35+ 200 Yard Medley Relay

5 Nort'landers Swim Club-30	B	2:51.92
1) Bowen-Bailey, Holly W54	2) Caine, Meghan W40	3) Punyko, Bill M64
36.45	1:25.33 (48.88)	2:10.44 (45.11)
		2:51.92 (41.48)
		4) Hafdahl, Jim M67

Event 5 Mixed 45+ 200 Yard Medley Relay

3 Nort'landers Swim Club-30	C	2:39.51
1) Myers, Steph W52	2) Seliga-Punyko, Judy W65	3) Stewart, Charles M71
41.40	1:26.15 (44.75)	2:08.87 (42.72)
		2:39.51 (30.64)
		4) Brown, Perry M70

Event 5 Mixed 55+ 200 Yard Medley Relay

4 Relaykers-30	A	2:43.16
1) Anderson, Marc M73	2) Brady, Margo W57	3) Slakey, Karen W59
38.72	1:32.13 (53.41)	2:11.36 (39.23)
		2:43.16 (31.80)
		4) Fine, Gary M72

Event 5 Mixed 75+ 200 Yard Medley Relay

6 Relaykers-30	B	4:30.24
1) Kansas, Bill M86	2) Arlander, David M81	3) Bacon, Annliv W80
1:27.49	2:17.57 (50.08)	4:30.24 (2:12.67)
		4) Smollen, Carol W78

Jamming January Distance and Relay Meet - 1/22/2023**Results****Event 6 Women 18-24 400 Yard IM**

1 Erwin, Abbey	23 Hopkins Masters-30				4:44.43
30.17	1:04.15 (33.98)	1:41.19 (37.04)	2:16.92 (35.73)		
2:57.34 (40.42)	3:38.06 (40.72)	4:11.91 (33.85)	4:44.43 (32.52)		
4 Lengvenis, Lilith	24 Minnesota Ice Swim Club-30				5:56.77
36.35	1:21.18 (44.83)	2:06.73 (45.55)	2:52.94 (46.21)		
3:40.95 (48.01)	4:31.21 (50.26)	5:15.02 (43.81)	5:56.77 (41.75)		

Event 6 Women 25-29 400 Yard IM

3 Fittipaldi, Carolyn	29 Minnetonka Masters-30				5:23.89
33.40	1:11.85 (38.45)	1:53.96 (42.11)	2:34.87 (40.91)		
3:21.40 (46.53)	4:09.09 (47.69)	4:47.06 (37.97)	5:23.89 (36.83)		

Event 6 Women 35-39 400 Yard IM

2 Vandam, Kathryn	37 Macalester Masters-30				5:01.83
31.03	1:06.74 (35.71)	1:45.56 (38.82)	2:23.54 (37.98)		
3:07.20 (43.66)	3:51.28 (44.08)	4:27.57 (36.29)	5:01.83 (34.26)		

Event 6 Women 50-54 400 Yard IM

6 Kuehl, Jennifer	50 Uc20				7:23.35
42.85	1:40.91 (58.06)	2:37.45 (56.54)	3:36.73 (59.28)		
4:44.42 (1:07.69)	5:52.77 (1:08.35)	6:38.84 (46.07)	7:23.35 (44.51)		

Event 6 Women 65-69 400 Yard IM

5 Pendergast, Paula	68 Relaykers-30				7:19.00
48.69	1:47.28 (58.59)	2:43.48 (56.20)	3:41.51 (58.03)		
4:40.52 (59.01)	5:39.72 (59.20)	6:29.91 (50.19)	7:19.00 (49.09)		

Event 6 Men 60-64 400 Yard IM

7 McLaughlin, Steve	64 Minneapolis Ywca Masters-30				8:16.44
58.43	2:00.05 (1:01.62)	3:16.12 (1:16.07)	4:26.40 (1:10.28)		
5:25.01 (58.61)	6:25.72 (1:00.71)	7:23.04 (57.32)	8:16.44 (53.40)		

Event 7 Men 25+ 400 Yard Freestyle Relay

1 Nort'landers Swim Club-30	A				5:30.60
1) Bongers, Austin M28	2) Timmerman, Tim M51	3) Nelson, Josiah M41	4) Hafdahl, Jim M67		
29.27	1:03.53 (1:03.53)	1:43.74 (40.21)	2:27.66 (1:24.13)		
3:09.24 (41.58)	3:54.40 (1:26.74)	4:41.25 (46.85)	5:30.60 (1:36.20)		

Event 7 Men 65+ 400 Yard Freestyle Relay

2 Relaykers-30	A				6:40.69
1) Anderson, Marc M73	2) Fine, Gary M72	3) Arlander, David M81	4) Kansas, Bill M86		
34.75	1:11.32 (1:11.32)	1:47.11 (35.79)	2:27.27 (1:15.95)		
3:14.36 (47.09)	4:06.43 (1:39.16)	5:19.14 (1:12.71)	6:40.69 (2:34.26)		

Event 8 Women 35+ 400 Yard Freestyle Relay

1 Nort'landers Swim Club-30	A				5:03.67
1) Benziger, Catherine W39	2) Caine, Meghan W40	3) Bowen-Bailey, Holly W54	4) Flessert, Amy W38		
32.64	1:09.52 (1:09.52)	1:46.60 (37.08)	2:28.00 (1:18.48)		
3:07.19 (39.19)	3:50.32 (1:22.32)	4:25.41 (35.09)	5:03.67 (1:13.35)		

Event 8 Women 55+ 400 Yard Freestyle Relay

3 Relaykers-30	A				6:33.49
1) Brady, Margo W57	2) Langman, Loralie W55	3) Slakey, Karen W59	4) Bacon, Annliv W80		
45.45	2:15.54 (2:15.54)	2:59.91 (44.37)	3:40.52 (1:24.98)		
4:25.79 (45.27)	6:33.49 (2:52.97)				

Jamming January Distance and Relay Meet - 1/22/2023**Results****Event 8 Women 65+ 400 Yard Freestyle Relay**

2 Relaykers-30	B			6:05.52
1) Larsen, Babs W75	2) Smollen, Carol W78	3) Conway, Mary W72	4) Pendergast, Paula W68	
41.86	1:25.39 (1:25.39)	2:14.44 (49.05)		
3:52.50 ()	4:40.62 ()	5:21.40 (40.78)	6:05.52 (1:24.90)	

Event 9 Men 25+ 200 Yard Medley Relay

1 Minnesota Ice Swim Club-30	A			2:08.62
1) Miller, Michael M56	2) Hoke, Jimmy M36	3) Challeen, Anthony M31	4) Welshons, Kevin M30	
34.30	1:13.73 (39.43)	1:43.30 (29.57)	2:08.62 (25.32)	
2 Nort'landers Swim Club-30	A			2:40.01
1) Bongers, Austin M28	2) Punyko, Bill M64	3) Nelson, Josiah M41	4) Hafdahl, Jim M67	
30.51	1:25.69 (55.18)	2:03.25 (37.56)	2:40.01 (36.76)	

Event 9 Men 65+ 200 Yard Medley Relay

3 Relaykers-30	A			2:46.92
1) Magee, Pete M85	2) Arlander, David M81	3) Fine, Gary M72	4) Anderson, Marc M73	
	1:38.20 ()	2:27.42 (49.22)	2:46.92 (19.50)	

Event 10 Women 18+ 200 Yard Medley Relay

1 Minnesota Ice Swim Club-30	A			2:20.47
1) Lengvenis, Lilith W24	2) Westendorp, Madeline W24	3) Truesdell, Kaila W32	4) Kraft, Samantha W26	
32.63	1:05.26 (32.63)	1:51.47 (46.21)	2:20.47 (29.00)	

Event 10 Women 25+ 200 Yard Medley Relay

2 Nort'landers Swim Club-30	A			2:31.89
1) Seliga-Punyko, Judy W65	2) Punyko, Kelly W25	3) Myers, Steph W52	4) Flessert, Amy W38	
31.11	1:15.31 (44.20)	2:05.06 (49.75)	2:31.89 (26.83)	

Event 10 Women 55+ 200 Yard Medley Relay

3 Relaykers-30	A			3:07.75
1) Langman, Loralie W55	2) Brady, Margo W57	3) Pendergast, Paula W68	4) Conway, Mary W72	
42.49	1:38.33 (55.84)	2:25.27 (46.94)	3:07.75 (42.48)	

Event 10 Women 75+ 200 Yard Medley Relay

4 Relaykers-30	B			4:09.41
1) Arradondo, Martha W75	2) Smollen, Carol W78	3) Larsen, Babs W75	4) Bacon, Annliv W80	
1:24.00	2:23.49 (59.49)	3:12.55 (49.06)	4:09.41 (56.86)	

Event 11 Women 25-29 500 Yard Freestyle

4 Kraft, Samantha	26 Minnesota Ice Swim Club-30			6:02.55
32.47	1:08.01 (35.54)	1:44.78 (36.77)	2:21.81 (37.03)	
2:59.16 (37.35)	3:36.48 (37.32)	4:13.48 (37.00)	4:50.93 (37.45)	
5:28.24 (37.31)	6:02.55 (34.31)			

Event 11 Women 35-39 500 Yard Freestyle

12 Benziger, Catherine	39 Nort'landers Swim Club-30			7:13.35
35.62	1:15.03 (39.41)	1:57.39 (42.36)	2:40.99 (43.60)	
3:24.86 (43.87)	4:09.83 (44.97)	4:56.23 (46.40)	5:42.72 (46.49)	
6:29.25 (46.53)	7:13.35 (44.10)			
18 Mitchler, Jenna	39 Minnesota Masters Swim Club-30			7:49.99
38.68	1:21.63 (42.95)	2:07.66 (46.03)	2:55.57 (47.91)	
3:44.07 (48.50)	4:33.89 (49.82)	5:23.74 (49.85)	6:14.04 (50.30)	
7:04.28 (50.24)	7:49.99 (45.71)			

Jamming January Distance and Relay Meet - 1/22/2023**Results****Event 11 Women 40-44 500 Yard Freestyle**

20	Caine, Meghan	40	Nort'landers Swim Club-30	8:10.38
	39.95	1:25.21 (45.26)	2:14.65 (49.44)	3:05.05 (50.40)
	3:55.42 (50.37)	4:47.31 (51.89)	5:39.81 (52.50)	6:32.01 (52.20)
	7:22.44 (50.43)	8:10.38 (47.94)		

Event 11 Women 50-54 500 Yard Freestyle

13	Myers, Steph	52	Nort'landers Swim Club-30	7:18.79
	38.39	1:20.76 (42.37)	2:05.43 (44.67)	2:50.18 (44.75)
	3:34.91 (44.73)	4:19.72 (44.81)	5:04.84 (45.12)	5:50.14 (45.30)
	6:35.32 (45.18)	7:18.79 (43.47)		
14	Kuehl, Jennifer	50	Uc20	7:24.14
	38.04	1:20.41 (42.37)	2:04.29 (43.88)	2:49.31 (45.02)
	3:34.60 (45.29)	4:20.17 (45.57)	5:06.77 (46.60)	5:52.75 (45.98)
	6:38.42 (45.67)	7:24.14 (45.72)		

Event 11 Women 55-59 500 Yard Freestyle

1	Zemlin, Karen	55	Hopkins Masters-30	5:39.76
	32.60	1:06.99 (34.39)	1:41.50 (34.51)	2:15.98 (34.48)
	2:50.53 (34.55)	3:24.81 (34.28)	3:58.94 (34.13)	4:33.04 (34.10)
	5:06.87 (33.83)	5:39.76 (32.89)		
5	Stolar, Carrie	56	Minnetonka Masters-30	6:10.46
	34.00	1:10.17 (36.17)	1:47.38 (37.21)	2:24.96 (37.58)
	3:02.54 (37.58)	3:40.18 (37.64)	4:17.92 (37.74)	4:55.70 (37.78)
	5:33.28 (37.58)	6:10.46 (37.18)		
11	Whitworth, Anne	58	Nort'landers Swim Club-30	7:12.60
	38.47	1:20.98 (42.51)	2:05.05 (44.07)	2:48.46 (43.41)
	3:32.31 (43.85)	4:16.50 (44.19)	5:00.63 (44.13)	5:45.76 (45.13)
	6:30.50 (44.74)	7:12.60 (42.10)		
21	Slakey, Karen	59	Relaykers-30	8:28.26
	42.52	1:31.47 (48.95)	2:23.77 (52.30)	3:16.05 (52.28)
	4:09.18 (53.13)	5:02.04 (52.86)	5:54.61 (52.57)	6:47.02 (52.41)
	7:39.87 (52.85)	8:28.26 (48.39)		

Event 11 Women 65-69 500 Yard Freestyle

17	Nelson, Sarah Eicher	66	EP Foxjets Masters-30	7:28.94
	41.42	1:26.89 (45.47)	2:12.75 (45.86)	2:58.63 (45.88)
	3:44.73 (46.10)	4:30.97 (46.24)	5:17.25 (46.28)	6:02.70 (45.45)
	6:47.81 (45.11)	7:28.94 (41.13)		
19	Seliga-Punyko, Judy	65	Nort'landers Swim Club-30	8:06.58
	44.07	1:33.11 (49.04)	2:22.49 (49.38)	3:12.39 (49.90)
	4:02.02 (49.63)	4:51.64 (49.62)	5:41.03 (49.39)	6:30.02 (48.99)
	7:19.50 (49.48)	8:06.58 (47.08)		

Event 11 Men 18-24 500 Yard Freestyle

2	Sato, Tsubasa	20	Uc30	5:40.63
	23.92	51.67 (27.75)	1:28.33 (36.66)	2:05.74 (37.41)
	2:43.44 (37.70)	3:21.02 (37.58)	3:57.91 (36.89)	4:33.31 (35.40)
	5:11.22 (37.91)	5:40.63 (29.41)		

Event 11 Men 30-34 500 Yard Freestyle

7	Krumel, Thomas	34	Dakota Masters-52	6:30.29
	33.49	1:11.27 (37.78)	1:49.82 (38.55)	2:30.20 (40.38)
	3:10.88 (40.68)	3:51.55 (40.67)	4:32.33 (40.78)	5:13.79 (41.46)
	5:53.54 (39.75)	6:30.29 (36.75)		

Jamming January Distance and Relay Meet - 1/22/2023**Results****(Event 11 Men 30-34 500 Yard Freestyle)**

9 Commer, William	34 Nort'landers Swim Club-30				7:02.11
36.39	1:17.10 (40.71)	1:58.91 (41.81)	2:41.71 (42.80)		
3:24.75 (43.04)	4:08.21 (43.46)	4:51.98 (43.77)	5:36.13 (44.15)		
6:19.57 (43.44)	7:02.11 (42.54)				

Event 11 Men 45-49 500 Yard Freestyle

6 Breza, Vince	49 Uc30				6:11.99
33.02	1:09.78 (36.76)	1:46.02 (36.24)	2:23.46 (37.44)		
3:01.33 (37.87)	3:39.31 (37.98)	4:16.79 (37.48)	4:55.30 (38.51)		
5:34.05 (38.75)	6:11.99 (37.94)				

Event 11 Men 50-54 500 Yard Freestyle

3 Thompson, Robert	53 Hopkins Masters-30				5:57.43
31.66	1:05.82 (34.16)	1:41.57 (35.75)	2:18.40 (36.83)		
2:55.06 (36.66)	3:32.04 (36.98)	4:08.86 (36.82)	4:45.67 (36.81)		
5:22.50 (36.83)	5:57.43 (34.93)				

Event 11 Men 55-59 500 Yard Freestyle

10 Miller, Michael	56 Minnesota Ice Swim Club-30				7:02.33
34.87	1:14.62 (39.75)	1:56.96 (42.34)	2:40.41 (43.45)		
3:23.88 (43.47)	4:08.13 (44.25)	4:52.64 (44.51)	5:36.56 (43.92)		
6:20.80 (44.24)	7:02.33 (41.53)				

Event 11 Men 60-64 500 Yard Freestyle

8 Collins, Craig	63 Hopkins Masters-30				6:40.64
35.57	1:14.84 (39.27)	1:55.20 (40.36)	2:34.81 (39.61)		
3:15.24 (40.43)	3:55.19 (39.95)	4:35.88 (40.69)	5:17.02 (41.14)		
5:57.80 (40.78)	6:40.64 (42.84)				
15 Countryman, Mark	60 Hopkins Masters-30				7:25.97
37.41	1:19.63 (42.22)	2:04.17 (44.54)	2:49.81 (45.64)		
3:36.25 (46.44)	4:22.74 (46.49)	5:08.93 (46.19)	5:56.36 (47.43)		
6:44.00 (47.64)	7:25.97 (41.97)				
23 McLaughlin, Steve	64 Minneapolis Ywca Masters-30				9:54.31
52.66	1:50.78 (58.12)	2:51.33 (1:00.55)	3:53.21 (1:01.88)		
4:53.29 (1:00.08)	5:54.96 (1:01.67)	6:56.38 (1:01.42)	7:56.37 (59.99)		
8:57.60 (1:01.23)	9:54.31 (56.71)				

Event 11 Men 65-69 500 Yard Freestyle

22 Wilson, Timothy	68 Minnesota Masters Swim Club-30				9:23.90
1:37.89	3:33.66 (1:55.77)				
4:32.38 ()		6:30.73 ()	9:23.90 (2:53.17)		

Event 11 Men 70-74 500 Yard Freestyle

16 Nelson, Steven	70 EP Foxjets Masters-30				7:28.91
39.31	1:22.65 (43.34)	2:07.43 (44.78)	2:53.77 (46.34)		
3:40.01 (46.24)	4:26.39 (46.38)	5:14.23 (47.84)	6:01.03 (46.80)		
6:47.18 (46.15)	7:28.91 (41.73)				

Event 12 Mixed 25+ 400 Yard Medley Relay

1 Nort'landers Swim Club-30	A				5:51.47
1) Bongers, Austin M28	2) Seliga-Punyko, Judy W65	3) Punyko, Bill M64	4) Scott, Jessica W41		
45.03	1:32.69 (1:32.69)	2:21.03 (48.34)	3:13.24 (1:40.55)		
3:54.56 (41.32)	4:46.72 (1:33.48)	5:16.31 (29.59)	5:51.47 (1:04.75)		

Jamming January Distance and Relay Meet - 1/22/2023**Results****Event 12 Mixed 65+ 400 Yard Medley Relay**

2 Relaykers-30	A			6:45.76
1) Smollen, Carol W78	2) Arlander, David M81	3) Anderson, Marc M73	4) Pendergast, Paula W68	
59.00	1:58.25 (1:58.25)	2:50.66 (52.41)	3:46.24 (1:47.99)	
4:29.97 (43.73)	5:21.86 (1:35.62)	6:03.03 (41.17)	6:45.76 (1:23.90)	

Event 13 Men 25+ 200 Yard Freestyle Relay

1 Nort'landers Swim Club-30	A			2:11.78
1) Punyko, Bill M64	2) M Bongers, Austin M28	3) Timmerman, Tim M51	4) Stewart, Charles M71	
32.15	1:08.41 (36.26)	1:46.57 (38.16)	2:11.78 (25.21)	

Event 13 Men 65+ 200 Yard Freestyle Relay

2 Relaykers-30	A			2:56.09
1) Fine, Gary M72	2) Kansas, Bill M86	3) Arlander, David M81	4) Anderson, Marc M73	
32.33	1:41.68 (1:09.35)	2:25.79 (44.11)	2:56.09 (30.30)	

Event 14 Women 18+ 200 Yard Freestyle Relay

1 Minnesota Ice Swim Club-30	A			2:04.76
1) Truesdell, Kaila W32	2) Kraft, Samantha W26	3) Lengvenis, Lilith W24	4) Westendorp, Madeline W24	
39.81	1:09.51 (29.70)	1:38.23 (28.72)	2:04.76 (26.53)	

Event 14 Women 25+ 200 Yard Freestyle Relay

3 Nort'landers Swim Club-30	A			2:16.07
1) Whitworth, Anne W58	2) Punyko, Kelly W25	3) Seliga-Punyko, Judy W65	4) Caine, Meghan W40	
37.27	1:03.80 (26.53)	1:40.59 (36.79)	2:16.07 (35.48)	

Event 14 Women 35+ 200 Yard Freestyle Relay

2 Nort'landers Swim Club-30	B			2:14.95
1) Benziger, Catherine W39	2) Bowen-Bailey, Holly W54	3) Flessert, Amy W38	4) Myers, Steph W52	
30.57	1:07.41 (36.84)	1:41.28 (33.87)	2:14.95 (33.67)	

Event 14 Women 55+ 200 Yard Freestyle Relay

4 Relaykers-30	A			2:38.83
1) Conway, Mary W72	2) Brady, Margo W57	3) Langman, Loralie W55	4) Slakey, Karen W59	
44.50	1:25.14 (40.64)	2:04.13 (38.99)	2:38.83 (34.70)	

Event 14 Women 75+ 200 Yard Freestyle Relay

5 Relaykers-30	B			3:32.80
1) Larsen, Babs W75	2) Smollen, Carol W78	3) Arradondo, Martha W75	4) Bacon, Annliv W80	
39.09	2:36.10 (1:57.01)	3:32.80 (56.70)	3:32.80 ()	

Event 15 Women 25-29 1650 Yard Freestyle

3 Fittipaldi, Carolyn	29 Minnetonka Masters-30			20:21.19
33.90	1:10.33 (36.43)	1:47.25 (36.92)	2:23.92 (36.67)	
3:01.17 (37.25)	3:38.41 (37.24)	4:15.43 (37.02)	4:52.36 (36.93)	
5:29.22 (36.86)	6:06.09 (36.87)	6:42.87 (36.78)	7:19.71 (36.84)	
7:56.49 (36.78)	8:33.26 (36.77)	9:10.41 (37.15)	9:47.40 (36.99)	
10:24.28 (36.88)	11:01.36 (37.08)	11:38.61 (37.25)	12:15.85 (37.24)	
12:53.32 (37.47)	13:30.63 (37.31)	14:07.51 (36.88)	14:44.83 (37.32)	
15:22.25 (37.42)	15:59.74 (37.49)	16:36.89 (37.15)	17:14.76 (37.87)	
17:52.39 (37.63)	18:29.56 (37.17)	19:07.14 (37.58)	19:44.34 (37.20)	20:21.19 (36.85)

Jamming January Distance and Relay Meet - 1/22/2023**Results****Event 15 Women 50-54 1650 Yard Freestyle**

9 Kuehl, Jennifer	50 Uc20				25:04.14
39.73	1:22.81 (43.08)	2:07.61 (44.80)	2:53.08 (45.47)		
3:38.62 (45.54)	4:24.62 (46.00)	5:10.32 (45.70)	5:56.71 (46.39)		
6:43.19 (46.48)	7:29.24 (46.05)	8:14.82 (45.58)	9:00.19 (45.37)		
9:45.45 (45.26)	10:30.74 (45.29)	11:16.12 (45.38)	12:01.46 (45.34)		
12:47.28 (45.82)	13:32.71 (45.43)	14:18.40 (45.69)	15:03.82 (45.42)		
15:49.14 (45.32)	16:35.02 (45.88)	17:20.15 (45.13)	18:06.98 (46.83)		
18:53.38 (46.40)	19:39.95 (46.57)	20:26.41 (46.46)	21:12.98 (46.57)		
21:59.65 (46.67)	22:46.38 (46.73)	23:33.22 (46.84)	24:19.29 (46.07)	25:04.14 (44.85)	

Event 15 Women 55-59 1650 Yard Freestyle

2 Zemlin, Karen	55 Hopkins Masters-30				19:23.01
34.33	1:10.45 (36.12)	1:46.82 (36.37)	2:22.81 (35.99)		
2:58.75 (35.94)	3:34.52 (35.77)	4:10.61 (36.09)	4:46.63 (36.02)		
5:22.43 (35.80)	5:58.08 (35.65)	6:33.70 (35.62)	7:08.95 (35.25)		
7:44.26 (35.31)	8:19.68 (35.42)	8:55.09 (35.41)	9:30.31 (35.22)		
10:05.59 (35.28)	10:40.61 (35.02)	11:15.49 (34.88)	11:50.46 (34.97)		
12:25.49 (35.03)	13:00.52 (35.03)	13:35.34 (34.82)	14:10.22 (34.88)		
14:44.98 (34.76)	15:19.83 (34.85)	15:54.69 (34.86)	16:29.50 (34.81)		
17:04.29 (34.79)	17:39.25 (34.96)	18:14.03 (34.78)	18:48.97 (34.94)	19:23.01 (34.04)	
4 Stolar, Carrie	56 Minnetonka Masters-30				21:11.18
35.60	1:13.78 (38.18)	1:52.37 (38.59)	2:31.31 (38.94)		
3:10.40 (39.09)	3:49.62 (39.22)	4:28.50 (38.88)	5:07.45 (38.95)		
5:46.73 (39.28)	6:25.83 (39.10)	7:04.57 (38.74)	7:43.13 (38.56)		
8:21.91 (38.78)	9:00.61 (38.70)	9:39.39 (38.78)	10:18.47 (39.08)		
10:57.26 (38.79)	11:36.21 (38.95)	12:14.89 (38.68)	12:53.63 (38.74)		
13:32.64 (39.01)	14:11.39 (38.75)	14:50.48 (39.09)	15:29.22 (38.74)		
16:07.74 (38.52)	16:46.19 (38.45)	17:24.77 (38.58)	18:02.95 (38.18)		
18:40.91 (37.96)	19:18.70 (37.79)	19:56.59 (37.89)	20:34.33 (37.74)	21:11.18 (36.85)	
8 Whitworth, Anne	58 Nortlanders Swim Club-30				24:57.44
39.32	1:22.71 (43.39)	2:08.39 (45.68)	2:53.66 (45.27)		
3:38.24 (44.58)	4:22.47 (44.23)	5:07.42 (44.95)	5:52.49 (45.07)		
6:38.78 (46.29)	7:24.54 (45.76)	8:10.71 (46.17)	8:56.77 (46.06)		
9:42.46 (45.69)	10:28.86 (46.40)	11:13.94 (45.08)	12:01.31 (47.37)		
12:46.21 (44.90)	13:31.81 (45.60)	14:17.79 (45.98)	15:03.09 (45.30)		
15:48.41 (45.32)	16:34.46 (46.05)	17:21.22 (46.76)	18:07.03 (45.81)		
18:53.62 (46.59)	19:40.27 (46.65)	20:26.62 (46.35)	21:13.15 (46.53)		
21:58.70 (45.55)	22:44.75 (46.05)	23:30.12 (45.37)	24:15.57 (45.45)	24:57.44 (41.87)	

Event 15 Men 25-29 1650 Yard Freestyle

1 Baetzold, Seth	28 Minnesota Masters Swim Club-30				19:05.40
29.41	1:03.17 (33.76)	1:37.16 (33.99)	2:11.71 (34.55)		
2:46.76 (35.05)	3:21.85 (35.09)	3:57.58 (35.73)	4:33.55 (35.97)		
5:08.80 (35.25)	5:42.86 (34.06)	6:17.88 (35.02)	6:53.15 (35.27)		
7:28.71 (35.56)	8:02.99 (34.28)	8:38.58 (35.59)	9:13.73 (35.15)		
9:48.54 (34.81)	10:23.76 (35.22)	10:58.86 (35.10)	11:34.29 (35.43)		
12:09.18 (34.89)	12:44.17 (34.99)	13:18.85 (34.68)	13:52.86 (34.01)		
14:27.62 (34.76)	15:02.11 (34.49)	15:36.92 (34.81)	16:12.49 (35.57)		
16:47.31 (34.82)	17:22.21 (34.90)	17:57.76 (35.55)	18:31.86 (34.10)	19:05.40 (33.54)	

Jamming January Distance and Relay Meet - 1/22/2023**Results****Event 15 Men 30-34 1650 Yard Freestyle**

6	Krumel, Thomas	34	Dakota Masters-52		22:34.50
	36.71	1:17.13 (40.42)	1:58.92 (41.79)	2:40.79 (41.87)	
	3:22.74 (41.95)	4:04.80 (42.06)	4:47.11 (42.31)	5:29.29 (42.18)	
	6:10.67 (41.38)	6:51.79 (41.12)	7:33.97 (42.18)	8:15.84 (41.87)	
	8:57.82 (41.98)	9:40.03 (42.21)	10:22.19 (42.16)	11:04.54 (42.35)	
	11:46.58 (42.04)	12:28.65 (42.07)	13:10.64 (41.99)	13:52.31 (41.67)	
	14:34.48 (42.17)	15:17.33 (42.85)	15:59.08 (41.75)	16:39.35 (40.27)	
	17:19.70 (40.35)	18:00.21 (40.51)	18:40.76 (40.55)	19:21.03 (40.27)	
	20:01.14 (40.11)	20:40.63 (39.49)	21:19.98 (39.35)	21:58.51 (38.53)	22:34.50 (35.99)

Event 15 Men 35-39 1650 Yard Freestyle

5	Hoke, Jimmy	36	Minnesota Ice Swim Club-30		21:15.73
	34.26	1:12.27 (38.01)	1:51.69 (39.42)	2:30.91 (39.22)	
	3:10.09 (39.18)	3:48.85 (38.76)	4:27.96 (39.11)	5:06.87 (38.91)	
	5:46.31 (39.44)	6:25.42 (39.11)	7:03.88 (38.46)	7:42.27 (38.39)	
	8:22.51 (40.24)	9:01.19 (38.68)	9:39.48 (38.29)	10:17.83 (38.35)	
	10:57.43 (39.60)	11:35.97 (38.54)	12:14.68 (38.71)	12:53.65 (38.97)	
	13:32.92 (39.27)	14:11.97 (39.05)	14:50.43 (38.46)	15:28.64 (38.21)	
	16:07.68 (39.04)	16:46.73 (39.05)	17:25.71 (38.98)	18:05.02 (39.31)	
	18:44.49 (39.47)	19:23.22 (38.73)	20:01.29 (38.07)	20:39.06 (37.77)	21:15.73 (36.67)

Event 15 Men 60-64 1650 Yard Freestyle

7	Collins, Craig	63	Hopkins Masters-30		23:02.92
	38.03	1:19.60 (41.57)	2:01.65 (42.05)	2:43.41 (41.76)	
	3:25.14 (41.73)	4:07.01 (41.87)	4:48.23 (41.22)	5:29.92 (41.69)	
	6:11.38 (41.46)	6:53.92 (42.54)	7:35.72 (41.80)	8:17.86 (42.14)	
	9:00.82 (42.96)	9:42.40 (41.58)	10:23.94 (41.54)	11:07.10 (43.16)	
	11:48.83 (41.73)	12:30.74 (41.91)	13:14.17 (43.43)	13:56.74 (42.57)	
	14:39.53 (42.79)	15:21.73 (42.20)	16:04.37 (42.64)	16:45.97 (41.60)	
	17:27.42 (41.45)	18:09.34 (41.92)	18:51.41 (42.07)	19:33.04 (41.63)	
	20:15.38 (42.34)	20:57.52 (42.14)	21:39.24 (41.72)	22:22.13 (42.89)	23:02.92 (40.79)
10	McLaughlin, Steve	64	Minneapolis Ywca Masters-30		34:50.13
	55.05	1:55.34 (1:00.29)	2:56.37 (1:01.03)	3:59.29 (1:02.92)	
	5:00.69 (1:01.40)	6:04.51 (1:03.82)	7:08.20 (1:03.69)	8:09.91 (1:01.71)	
	9:11.55 (1:01.64)	10:14.82 (1:03.27)	11:16.75 (1:01.93)	12:20.08 (1:03.33)	
	13:24.38 (1:04.30)	14:29.36 (1:04.98)	15:32.48 (1:03.12)	16:37.01 (1:04.53)	
	17:40.77 (1:03.76)	18:44.00 (1:03.23)	19:48.42 (1:04.42)	20:53.77 (1:05.35)	
	21:59.61 (1:05.84)	23:05.67 (1:06.06)	24:11.01 (1:05.34)	25:15.50 (1:04.49)	
	26:20.85 (1:05.35)	27:25.17 (1:04.32)	28:30.26 (1:05.09)	29:34.88 (1:04.62)	
	30:39.59 (1:04.71)	31:45.06 (1:05.47)	32:49.29 (1:04.23)	33:51.91 (1:02.62)	34:50.13 (58.22)

Event 16 Mixed 25+ 400 Yard Freestyle Relay

1	Nort'landers Swim Club-30	B		5:02.09
	1) Seliga-Punyko, Judy W65	2) Bowen-Bailey, Holly W54	3) Commer, William M34	4) Brown, Perry M70
	40.32	1:23.19 (1:23.19)	2:00.76 (37.57)	2:43.55 (1:20.36)
	3:12.54 (28.99)	3:47.50 (1:03.95)	4:22.24 (34.74)	5:02.09 (1:14.59)
2	Nort'landers Swim Club-30	A		5:13.05
	1) Caine, Meghan W40	2) Flessert, Amy W38	3) Bongers, Austin M28	4) Hafdahl, Jim M67
	39.48	1:22.54 (1:22.54)	1:58.09 (35.55)	2:37.90 (1:15.36)
	3:06.06 (28.16)	3:40.15 (1:02.25)	4:23.50 (43.35)	5:13.05 (1:32.90)

Event 16 Mixed 75+ 400 Yard Freestyle Relay

3	Relaykers-30	A		8:01.88
	1) Magee, Pete M85	2) Bacon, Annliv W80	3) Smollen, Carol W78	4) Kansas, Bill M86
	42.07	1:25.79 (1:25.79)	2:25.69 (59.90)	4:30.44 (3:04.65)
			6:39.39 ()	8:01.88 ()