

# United States Masters Swimming 2008 10K Postal National Championship Results Women

Oregon Masters Swimming Saction #378-P01

NR Denotes New US Record

## Women: 18-24

*Record: Miriam E Carlson 2:19:19.80 2001*

1	Chmielewski, Katie J	24 CMS	2:32:21.99	914
2	Swoch, Sarah R	23 SPM	2:40:15.99	869
3	Litoff, Dana	23 IM	3:38:05.52	639

## Women: 25-29

*Record: Sara Quan 2:14:58.59 2001*

1	Peterson, Kristina M	26 IAMP	2:38:29.99	852
2	Orshein, Nell B	29 DCAC	2:54:11.99	775

## Women: 30-34

*Record: Patricia A Mattson 2:17:19.08 1985*

1	Lee, Kristi D	32 SAWS	2:21:49.88	968
2	Walters, Michele L	33 DCAC	3:02:20.99	753
3	Melrose, Heather M	34 CMS	3:26:14.72	666
4	Rawsky, Melissa L	33 CMS	3:31:56.65	648

## Women: 35-39

*Record: Suzanne Heim 2:14:08.75 1996*

1	Ohm, Carrie A	35 IM	2:42:28.22	826
2	Bailie, Bridget A	39 ISF	2:44:10.71	817
3	Kooy, Elizabeth A	37 IM	2:48:58.75	794
4	Elsener, Lisa	39 MOVY	2:56:25.02	760

## Women: 40-44

*Record: Susan H Preston 2:12:19.31 2005*

1	Rian, Victoria L	41 ISF	2:23:49.49	920
2	Reynolds, Ellen M	43 SAWS	2:24:46.81	914
3	Cleveland, Marcia E	44 IM	2:31:53.23	871
4	Vanderpoel, Nicole L	44 CMS	2:34:21.99	857
5	Ascione, Lynn	41 BERK	3:04:02.99	719
6	Zappa, Flavia L	41 SPM	3:45:40.95	586
7	Varela-Hein, Roberta K	44 MOST	4:10:02.99	529

## Women: 45-49

*Record: Karen L Einsidler 2:19:42.34 2003*

1	Brown, Denise H	48 NOVA	2:21:45.02	986
2	Kafka, Heidi	45 IM	2:40:02.49	873
3	Young, Joni D	47 OREG	2:45:40.99	843
4	Pedersen, Christine E	49 ISF	2:56:21.99	792
5	McAteer, Katherine M	45 ISF	3:02:56.04	764
6	Kirk, Susan	48 BERK	3:05:00.46	755
7	Diedo, Maddie	49 MICH	3:07:27.54	745
8	Guilfoyle, Mary C	45 BERK	3:11:58.46	728
9	Rogers, Pat	48 OREG	3:12:49.49	725
10	Lasser, Lynn	45 IM	3:20:42.17	696
11	Lemongello, Rosanne	46 BERK	3:50:28.99	606

## Women: 50-54

*Record: Barbara Dunbar 2:26:41.84 2002*

1	Heim-Bowen, Suzanne	50 WCM	2:16:14.51	1077 NR
2	Sweat, Mary	50 OREG	2:35:00.81	946
3	Boyer, Kathy M	53 MOST	2:54:15.79	842
4	Moore, Paula J	50 SAWS	3:21:03.35	730
5	Probbler, Shelley R	51 MOST	3:53:28.54	628

## Women: 55-59

*Record: Barbara Dunbar 2:29:21.48 2004*

1	Loftus-Charley, Shirley A	56 SMAM	2:37:17.99	950
2	Wright, Jill M	57 SAWS	3:20:05.59	746
3	Callaway, Linda S	55 MOST	3:33:46.34	699

## Women: 60-64

*Record: Betsy T Jordan 3:08:05.15 1999*

1	Paukert, Judy L	60 MOST	3:47:59.28	825
2	Jenkins, Tam K	60 OREG	3:49:09.99	821
3	Francis, Lynn A	64 MOST	5:18:44.28	590
4	Johnston, Jennifer G	60 CUBU	5:46:31.03	543

## Women: 65-69

*Record: Betsy T Jordan 3:13:22.48 2002*

1	Gregg, Claire M	67 MOST	5:00:56.61	643
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## Women: 70-74

*Record: Adrienne S Pipes 3:18:11.35 2005*

1	Prokopi, Doris C	72 FMM	4:16:41.51	772
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# United States Masters Swimming 2008 10K Postal National Championship Results Men

Oregon Masters Swimming Sanction # 378-PO1

NR Denotes New US Record

## Men: 18-24

*Record: Steve Cohen 2:11:58.09 1993*

1	Seibert, Chris S	24 IAMP	2:21:27.99	933
2	Alne, Thomas J	20 GSM	2:30:38.93	876

## Men: 30-34

*Record: Bobby Patten 2:03:08.74 1993*

1	Methric, Tim	30 IM	2:26:18.99	842
2	Parker, Adam B	32 IM	2:35:31.10	792

## Men: 35-39

*Record: Mike Shaffer 2:00:39.67 2003*

1	Scheiner, Andrew D	39 STAN	2:16:02.83	887
2	Hepburn, Peter D	37 IM	2:33:14.31	787
3	Horsford, Jonathan	36 DCAC	2:46:45.99	724
4	Nims, Mike D	39 UNAT	3:22:41.13	595

## Men: 40-44

*Record: Jim Barber 2:03:06.33 2003*

1	Erwin, Jeff T	44 SAWS	2:14:05.83	918
2	Baron, Kurtis C	44 VCM	2:18:28.13	889
3	Breitell, Robert E	40 ROSE	2:31:30.00	813
4	Evans, Thomas M	42 CMS	2:33:24.06	803
5	Carver, Randall R	42 MOST	3:01:28.71	678
6	Osterneck, Alex	43 UNAT	3:11:08.99	644
7	Garcia, Glenn M	42 MOST	3:53:22.87	527

## Men: 45-49

*Record: Jim Stewart 2:13:47.24 2004*

1	Sebastian, David	46 IM	2:22:06.59	941
2	Magouirk, Jeffrey K	46 CMS	2:35:45.50	859
3	Layton, Chris	49 IM	2:37:52.30	847

## Men: 50-54

*Record: Jim McConica 2:05:55.37 2004*

1	Kennedy, Timothy C	51 SPM	2:21:36.99	889
2	Stewart, James A	51 MINN	2:23:51.65	875
3	Davis, Kern M	53 SPM	2:25:50.21	863
4	Wasserman, Neil R	53 OHIO	2:28:17.00	849
5	Erb, John R	51 DCM	2:29:26.29	843
6	Aumiller, Joe F	51 MICH	2:35:18.87	811
7	Fanelli, Michael	54 BERK	2:56:28.06	714
8	Morey, Bruce E	50 MICH	3:01:54.57	692
9	Bernstein, Michael S	52 ISF	3:56:29.99	532

## Men: 55-59

*Record: Jim McConica 2:10:48.23 2006*

1	McConica, Jim	57 VCM	2:13:32.53	979
2	Owen, David H	56 GOLD	2:24:44.99	904
3	Thompson, Frank L	56 MICH	2:31:24.51	864

## Men: 60-64

*Record: Larry Raffaelli 2:29:06.76 2004*

1	Johnson, Steve M	60 OREG	2:29:24.75	998
2	Bruce, Bob A	60 OREG	2:38:20.21	942

## Men: 65-69

*Record: Graham M Johnston 2:35:50.99 1996*

1	Raffaelli, Larry L	65 VCM	2:34:18.50	1010 NR
2	Lea, Frank G	67 NCMS	3:35:48.57	722

## Men: 75-79

*Record: Graham M Johnston 3:00:54.67 2006*

1	Beach, Robert E	78 SPM	3:29:37.38	863
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# United States Masters Swimming

## 2008 10k National Postal Championships

### Relay Results

Oregon Masters Swimming Sanction # 378-PO1

NR Denotes New US Record

#### Female 3x10

##### Age Group: 18+

Record: None

1	Team Illinois Masters	09:48:46.44	NR
	Elizabeth Kooy A	37 IM	2:48:58.75
	Dana Litoff	23 IM	3:38:05.52
	Lynn Lasser	45 IM	3:20:42.17

##### Age Group: 35+

Record: Oregon

		07:39:39.36	2002
1	Team Illinois Masters	07:54:23.94	
	Marcia Cleveland E	44 IM	2:31:53.23
	Carrie Ohm A	35 IM	2:42:28.22
	Heidi Kafka	45 IM	2:40:02.49
2	YMCA Indy SwimFit	08:04:22.39	
	Victoria Rian L	41 ISF	2:23:49.49
	Bridget Bailie A	39 ISF	2:44:10.71
	Christine Pedersen E	49 ISF	2:56:21.99
3	Berkeley AQM	09:21:01.91	
	Mary Guilfoyle C	45 BERK	3:11:58.46
	Susan Kirk	48 BERK	3:05:00.46
	Lynn Ascione	41 BERK	3:04:02.99

##### Age Group: 45+

Record: Masters of South Texas

		08:06:34.57	2007
1	Oregon Masters	08:32:31.79	
	Joni Young D	47 OREG	2:45:40.99
	Mary Sweat	50 OREG	2:35:00.81
	Pat Rogers	48 OREG	3:12:49.49

##### Age Group: 55+

Record: None

1	Masters of South Texas	12:22:42.23	NR
	Claire Gregg M	67 MOST	5:00:56.61
	Judy Paukert L	60 MOST	3:47:59.28
	Linda Callaway S	55 MOST	3:33:46.34

#### Male 3x10

##### Age Group: 25+

Record: Oregon

		07:10:14.14	2000
1	Team Illinois Masters	07:21:39.89	
	Tim Methric	30 IM	2:26:18.99
	Peter Hepburn D	37 IM	2:33:14.31
	David Sebastian	46 IM	2:22:06.59

##### Age Group: 35+

Record: VCM

		06:20:50.42	2003
1	Ventura County Masters	07:06:19.16	
	Larry Raffaelli L	65 VCM	2:34:18.50
	Jim McConica	57 VCM	2:13:32.53
	Kurtis Baron C	44 VCM	2:18:28.13

##### Age Group: 45+

Record: VCM

		07:23:26.26	2003
1	Michigan Masters	08:08:37.88	
	Frank Thompson L	56 MICH	2:31:24.51
	Joe Aumiller F	51 MICH	2:35:18.87
	Bruce Morey E	50 MICH	3:01:54.57

2	St Pete Masters Inc	08:17:04.58	
	Timothy Kennedy C	51 SPM	2:21:36.99
	Kern Davis M	53 SPM	2:25:50.21
	Robert Beach E	78 SPM	3:29:37.38

#### Mixed 4x10

##### Age Group: 18+

Record: Masters of South Texas

		10:19:33.61	2007
1	St Pete Masters Inc	11:13:24.14	
	Kern Davis M	53 SPM	2:25:50.21
	Flavia Zappa L	41 SPM	3:45:40.95
	Sarah Swoch R	23 SPM	2:40:15.99
	Timothy Kennedy C	51 SPM	2:21:36.99

##### Age Group: 25+

Record: Team Illinois

		09:50:18.52	2007
1	Team Illinois Masters	10:00:21.30	
	Marcia Cleveland E	44 IM	2:31:53.23
	Tim Methric	30 IM	2:26:18.99
	Heidi Kafka	45 IM	2:40:02.49
	David Sebastian	46 IM	2:22:06.59

##### Age Group: 35+

Record: St. Pete Masters

		09:53:56.98	2007
1	Team Illinois Masters	10:42:33.58	
	Chris Layton	49 IM	2:37:52.30
	Carrie Ohm A	35 IM	2:42:28.22
	Elizabeth Kooy A	37 IM	2:48:58.75
	Peter Hepburn D	37 IM	2:33:14.31

##### Age Group: 45+

Record: St Petersburg

		10:17:22.63	2003
1	Oregon Masters	10:28:32.54	
	Bob Bruce A	60 OREG	2:38:20.21
	Steve Johnson M	60 OREG	2:29:24.75
	Joni Young D	47 OREG	2:45:40.99
	Mary Sweat	50 OREG	2:35:00.81

## United States Masters Swimming 2008 10K Postal Championships Club Results

<u>Women's</u>		<u>Men's</u>		<u>Combined</u>				
1	<b>MOST</b>	4756	1	<b>IM</b>	4209	1	<b>IM</b>	8908
2	<b>IM</b>	4699	2	<b>VCM</b>	2878	2	<b>MOST</b>	5961
3	<b>SAWS</b>	3358	3	<b>SPM</b>	2615	3	<b>OREG</b>	5275
4	OREG	3335	4	MICH	2367	4	CMS	4747
5	ISF	3293	5	OREG	1940	5	SAWS	4276
6	CMS	3085	6	CMS	1662	6	SPM	4070
7	BERK	2808	7	MOST	1205	7	ISF	3825
8	DCAC	1528	8	IAMP	933	8	BERK	3522
9	SPM	1455	9	SAWS	918	9	MICH	3112
10	WCM	1077	10	GOLD	904	10	VCM	2878
11	NOVA	986	11	STAN	887	11	DCAC	2252
12	SMAM	950	12	GSM	876	12	IAMP	1785
13	IAMP	852	13	MINN	875	13	WCM	1077
14	FMM	772	14	OHIO	849	14	NOVA	986
15	MOVY	760	15	DCM	843	15	SMAM	950
16	MICH	745	16	ROSE	813	16	GOLD	904
17	CUBU	543	17	DCAC	724	17	STAN	887
			18	NCMS	722	18	GSM	876
			19	BERK	714	19	MINN	875
			20	ISF	532	20	OHIO	849
						21	DCM	843
						22	ROSE	813
						23	FMM	772
						24	MOVY	760
						25	NCMS	722
						26	CUBU	543

Each Club is entered automatically in the Club event. Club point scoring is calculated based on Quality Points, which are ratios of each individual's time to the corresponding USMS Record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. Club totals are the sum of the Quality Points of its swimmers. Since every swimmer received Quality Points, every swimmer counts!