

# Women

## 50 FREE

Emily Newton 18_24	26.46 23	2016
Sallie Doty 25_29	26.15 26	2016
Megan Sampson 30_34	27.34 31	2017
Mandi Meridith-Dunlop 35_39	25.64 37	2018
Mandi L Meredith-Dunlop 40_44	26.57 41	2022
Stephanie D Schutte 45_49	28.53 47	2022
Jennifer N Kirby 50_54	30.57 52	2022
Elyce Kastigar 55_59	29.93 57	2021
Kathy Garnier 60_64	27.48 60	2021
Judith Laney 65_69	39.14 68	2021
Lynn Johnson 70_74	59.73 73	2022

# Men

## 50 FREE

Zachary Johnson 18_24	21.86 23	2015
Adam Kastigar 25_29	21.78 27	2021
Ben Smith 30_34	23.00 34	2021
Troy TenNapel 35_39	24.21 39	2017
Barry Hein 40_44	24.01 41	2015
Randall Turner 45_49	24.25 48	2013
Randall Turner 50_54	25.10 50	2015
Tony Trussell 55_59	25.65 57	2012
Jim Smoragiewicz 60_64	26.88 61	2018
Tony E Trussell 65_69	28.17 67	2022
Ken Rausch 70_74	02:13.33 72	2021
Frank Farrar 85_89	01:22.90 89	2018

# 100 FREE

Hannah Stein	01:00.99	2018
18_24	20	

Anita Isch	59.98	2012
25_29	25	

Megan Peterson	59.54	2016
30_34	32	

Mandi Meridith-Dunlop	57.60	2018
35_39	37	

Paula Pardy	01:04.21	2013
40_44	44	

Stephanie D Schutte	01:03.78	2022
45_49	47	

Elyce Kastigar	01:05.99	2017
50_54	53	

Sherry Barkley	01:11.95	2014
55_59	56	

Kathy Garnier	01:01.84	2021
60_64	60	

Laney Judith	01:23.50	2021
65_69	68	

# 100 FREE

Zachary Johnson	47.79	2016
18_24	24	

Adam Kastigar	47.73	2022
25_29	28	

Ben Smith	50.85	2021
30_34	34	

David Lind	55.52	2021
35_39	35	

Barry Hein	53.86	2017
40_44	43	

Randall Turner	56.38	2013
45_49	48	

Jess Dillavou	58.39	2018
50_54	51	

Scott Gerkin	01:02.26	2019
55_59	59	

Jim Smoragiewizc	59.26	2018
60_64	61	

Tom Kealy	01:03.48	2022
65_69	65	

Kenneth Rausch	04:28.33	2019
70_74	70	

Frank Farrar	03:38.23	2016
85_89	87	

# 200 FREE

Anne Voigt	02:13.20	2018
18_24	21	

Katie Tiedeman	02:13.04	2012
25_29	28	

Megan Peterson	02:06.98	2016
30_34	32	

Megan Peterson	02:20.13	2022
35_39	38	

Melanie Mahowald	02:20.96	2022
40_44	40	

Stephanie D Schutte	02:20.39	2022
45_49	47	

Jennifer N Kirby	02:28.83	2022
50_54	52	

Sherry Barkley	02:47.85	2015
55_59	57	

Kathy Garnier	02:14.92	2021
60_64	60	

Judith Laney	02:57.66	2021
65_69	68	

# 200 FREE

Zachary Johnson	01:50.34	2016
18_24	24	

Alex McLain	01:59.18	2021
25_29	28	

Peter Sonestegard	01:56.51	2012
30_34	31	

David Lind	02:03.79	2021
35_39	35	

Barry Hein	01:59.53	2017
40_44	43	

Jess Dillavou	02:21.53	2016
45_49	49	

Jess Dillavou	02:11.38	2018
50_54	51	

Scott Gerkin	02:18.39	2019
55_59	59	

Jim Smoragiewicz	02:11.79	2021
60_64	64	

Thomas Kealy	02:19.68	2022
65_69	65	

# 500 FREE

Hailey J Garlich	05:55.89	2022
18_24	24	

Megan Peterson	05:35.62	2013
25_29	29	

Megan Peterson	05:35.11	2015
30_34	31	

Melanie Mahowald	06:15.23	2021
35_39	39	

Melanie Mahowald	06:07.54	2022
40_44	40	

Paula Pardy	06:31.30	2017
45_49	48	

Kathy Grady	07:14.59	2017
50_54	51	

Elyce J Kastigar	06:59.44	2022
55_59	58	

Sherry Barkley	08:00.53	2022
60_64	64	

Judith Laney	07:43.62	2021
65_69	68	

# 500 FREE

Christopher Yaw	05:34.43	2018
18_24	19	

Brandon Zelfer	06:21.59	2018
25_29	28	

Peter Sonestegard	05:33.68	2012
30_34	31	

David Lind	05:35.49	2021
35_39	35	

Barry Hein	05:32.86	2017
40_44	43	

Joel Kincart	06:57.31	2018
45_49	45	

Jess Dillavou	06:19.85	2019
50_54	52	

Scott Gerkin	06:15.17	2019
55_59	59	

Scott Gerkin	06:03.12	2021
60_64	61	

Steve Johnson	06:59.77	2022
65_69	67	

Ken Rausch	21:05.22	2021
70_74	72	

Frank Farrar	15:54.20	2015
85_89	86	

# 1000 FREE

Allison Johnston	16:09.51	2018
18_24	22	

Megan Peterson	11:19.08	2013
25_29	29	

Megan Peterson	11:18.43	2016
30_34	32	

Megan Peterson	12:40.65	2022
35_39	38	

Paula Pardy	13:27.60	2013
40_44	44	

Paula Pardy	13:09.75	2018
45_49	49	

Kathy Grady	14:45.91	2017
50_54	51	

Elyce Kastigar	14:08.52	2022
55_59	58	

Sherry Barkley	16:06.43	2022
60_64	64	

# 1000 FREE

Mitchell Weideman	13:52.25	2018
18_24	23	

Brandon Zelfer	13:10.59	2018
25_29	28	

Brandon Zelfer	12:44.76	2022
30_34	32	

David Lind	11:55.89	2022
35_39	36	

Barry Hein	11:16.78	2017
40_44	43	

Jess Dillavou	13:43.16	2016
45_49	49	

Jess Dillavou	12:58.42	2019
50_54	52	

Scott Gerkin	12:49.96	2019
55_59	59	

Scott Gerkin	12:38.14	2022
60_64	62	

Tom Kealy	13:02.89	2022
65_69	65	

# 50 BACK

Haley J Kastigar	30.52	2022
18_24	21	

Amanda Taylor	30.17	2016
25_29	25	

Sara Jean-Baptiste	33.56	2014
30_34	34	

Sara Pokela	32.83	2017
35_39	37	

Katherine Olson	32.81	2018
40_44	40	

Paula Pardy	36.72	2018
45_49	49	

Elyce Kastigar	34.29	2017
50_54	53	

Elyce Kastigar	34.33	2021
55_59	57	

Sherry Barkley	44.59	2019
60_64	61	

Rosemarie Gors	01:12.50	2012
65_69	65	

Lynn Johnson	01:03.81	2022
70_74	73	

# 50 BACK

Alex McLain	25.79	2017
18_24	24	

Alex McLain	26.72	2018
25_29	25	

Josh Mueller	29.73	2018
30_34	30	

Chad Gohman	32.59	2018
35_39	38	

Jason Mahowald	32.06	2021
40_44	40	

Mike Isaacs	32.81	2012
45_49	45	

Jess Dillavou	30.45	2018
50_54	51	

Jon Mesmer	38.69	2016
55_59	58	

Jim Smoragiewicz	32.28	2021
60_64	64	

Didler Lamour	34.52	2022
65_69	65	

Ken Rausch	01:49.30	2021
70_74	72	

Frank Farrar	01:13.36	2015
85_89	86	

# 100 BACK

Haley J Kastigar	01:08.00	2022
18_24	21	

Amanda Taylor	01:05.51	2016
25_29	25	

Sara Jean-Baptiste	01:09.65	2014
30_34	34	

Sara Pokela	01:10.32	2018
35_39	38	

Paula Pardy	01:14.31	2012
40_44	43	

Paula Pardy	01:15.34	2016
45_49	47	

Elyce Kastigar	01:14.08	2016
50_54	52	

Sherry Barkley	01:35.56	2017
55_59	59	

Sherry Barkley	01:40.86	2018
60_64	60	

# 100 BACK

Alex McLain	57.05	2017
18_24	24	

Alex McLain	59.04	2018
25_29	25	

Peter Sonestegard	01:03.88	2012
30_34	31	

Chad Gohman	01:12.31	2016
35_39	36	

Jason Mahowald	01:12.31	2022
40_44	41	

Eric Hoak	01:07.61	2022
45_49	47	

Jess Dillavou	01:13.34	2019
50_54	52	

Jim Smoragiewicz	01:08.34	2021
60_64	64	

Roger Baron	01:37.36	2019
65_69	67	

Ken Rausch	04:16.60	2021
70_74	72	

Frank Farrar	03:01.21	2015
85_89	86	

# 200 BACK

Erica Sommer	02:48.79	2012
18_24	22	

Amanda Taylor	02:25.98	2016
25_29	25	

Megan Peterson	02:30.41	2018
30_34	34	

Katherine Olson	02:36.90	2015
35_39	35	

Jenny Hodges	03:46.07	2017
40_44	42	

Paula Pardy	02:46.29	2016
45_49	47	

Elyce Kastigar	02:49.90	2016
50_54	52	

Eddie Mueller	04:02.02	2016
55_59	55	

Sherry Barkley	03:37.53	2022
60_64	64	

# 200 BACK

Christian Fossum	02:10.41	2022
18_24	24	

Alex McLain	02:14.61	2021
25_29	28	

John McHale	03:15.43	2022
30_34	31	

Michael Jauron	02:38.81	2022
35_39	39	

Jason Mahowald	02:39.89	2022
40_44	41	

Eric Hoak	02:30.46	2022
45_49	47	

Jess Dillavou	02:44.40	2019
50_54	52	

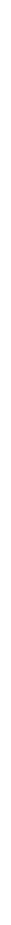
Jim Smoragiewicz	02:27.76	2021
60_64	64	

Tom Kealy	02:50.20	2022
65_69	65	

Kenneth Rausch	07:18.96	2019
70_74	70	

Frank Farrar	06:45.18	2015
85_89	86	





# Women

## 50 BREAST

Emily Newton	32.07	2016
18_24	23	

Sadie Collins	31.87	2015
25_29	25	

Lisa Reuland	52.05	2013
30_34	30	

Katherine Olson	37.74	2014
35_39	36	

Paula Pardy	38.30	2012
40_44	43	

Tia Tolk	37.62	2019
45_49	47	

Tia Tolk	38.36	2022
50_54	50	

Elyce Kastigar	38.85	2021
55_59	57	

Sherry Barkley	47.67	2019
60_64	61	

Cathy Paulson	47.44	2022
65_69	67	

Lynn Johnson	56.74	2022
70_74	73	

# Men

## 50 BREAST

Adam Kastigar	26.90	2017
18_24	23	

Adam Kastigar	26.60	2021
25_29	27	

Matland Peterson	37.80	2018
30_34	33	

Troy TenNapel	32.30	2017
35_39	39	

Michael Moran	29.87	2021
40_44	40	

Charles Longo	33.35	2017
45_49	45	

Kent Huckins	34.67	2018
50_54	53	

Tony Russell	33.86	2012
55_59	57	

Richard Howell	32.36	2021
60_64	61	

Bob Lyon	33.09	2021
65_69	66	

Frank Farrar	01:55.43	2018
85_89	89	

# 100 BREAST

Emily Newton	01:10.30	2016
18_24	23	

Sallie Doty	01:13.08	2016
25_29	26	

Lisa Reuland	01:59.35	2013
30_34	30	

Kristina Hein	01:30.33	2015
35_39	39	

Paula Pardy	01:22.42	2013
40_44	44	

Tia Tolk	01:22.98	2019
45_49	47	

Tia M Tolk	01:23.69	2022
50_54	50	

Dianne Timmer	01:43.23	2022
55_59	57	

Ann Sandberg	01:54.70	2018
60_64	64	

Cathy Paulson	01:44.52	2022
65_69	67	

Lynn Johnson	02:06.89	2022
70_74	73	

# 100 BREAST

Adam Kastigar	57.86	2017
18_24	23	

Adam Kastigar	57.59	2022
25_29	28	

Matland Peterson	01:22.98	2018
30_34	33	

Michael Moran	01:04.20	2021
40_44	40	

Randall Turner	01:14.77	2013
45_49	48	

Randall Turner	01:14.98	2015
50_54	50	

Jon Mesmer	01:20.40	2016
55_59	58	

Richard Howell	01:13.72	2021
60_64	61	

Bob Lyon	01:14.26	2021
65_69	66	

# 200 BREAST

Emily Newton 18_24	02:34.54 23	2016
-----------------------	----------------	------

Megan Peterson 25_29	02:57.05 29	2013
-------------------------	----------------	------

Megan Peterson 30_34	02:52.94 30	2014
-------------------------	----------------	------

Kristina Hein 35_39	03:15.02 39	2015
------------------------	----------------	------

Jami Baedke 40_44	03:19.88 40	2022
----------------------	----------------	------

Paula Pardy 45_49	03:01.22 46	2015
----------------------	----------------	------

Tia M. Tolk 50_54	03:01.82 50	2022
----------------------	----------------	------

Dianne Timmer 55_59	03:37.45 57	2022
------------------------	----------------	------

Cathy Paulson 65_69	03:51.27 67	2022
------------------------	----------------	------

# 200 BREAST

Alex McLain 18_24	02:12.72 24	2017
----------------------	----------------	------

Jesse Parker 25_29	02:56.14 26	2017
-----------------------	----------------	------

Mike Moran 40_44	02:31.38 41	2022
---------------------	----------------	------

John Sundberg 45_49	03:22.66 46	2016
------------------------	----------------	------

John Barkley 50_54	03:30.54 52	2015
-----------------------	----------------	------

John Barkley 55_59	03:44.71 59	2022
-----------------------	----------------	------

Steve Johnson 60_64	03:09.67 62	2017
------------------------	----------------	------

Bob Lyon 65_69	02:58.29 66	2021
-------------------	----------------	------

# 50 FLY

Sallie Collins	28.59	2014
18_24	24	

Sallie Collins	29.01	2015
25_29	25	

Megan Sampson	32.58	2017
30_34	31	

Mandi Meredith-Dunlop	28.31	2018
35_39	37	

Mandi L Meredith-Dunlop	28.99	2022
40_44	41	

Stephanie D Schutte	32.61	2022
45_49	47	

Elyce Kastigar	32.30	2017
50_54	53	

Elyce Kastigar	32.85	2021
55_59	57	

Sherry Barkley	39.96	2019
60_64	61	

# 50 FLY

Zachary Johnson	23.87	2016
18_24	24	

Adam Kastigar	24.08	2021
25_29	27	

Ben Smith	25.48	2021
30_34	34	

David Lind	27.47	2021
35_39	35	

Michael Moran	26.46	2021
40_44	40	

Randall Turner	27.97	2013
45_49	48	

Jess Dillavou	28.69	2018
50_54	51	

Jon Mesmer	31.35	2016
55_59	58	

Gregory Lantgen	31.24	2021
60_64	63	

# 100 FLY

Molly Knowles	01:06.57	2016
18_24	23	

Morgan Sonestegard	01:11.15	2012
25_29	27	

Mandi Meredith-Dunlop	01:03.01	2018
35_39	37	

Mandi L Meredith-Dunlop	01:04.34	2022
40_44	41	

Paula Pardy	01:25.60	2017
45_49	48	

Sherry Barkley	01:31.52	2017
55_59	59	

Sherry Barkley	01:42.59	2022
60_64	64	

# 100 FLY

Christian Fossum	55.03	2021
18_24	23	

Mike Isaacs	01:10.83	2012
45_49	45	

Gregory Lantgen	01:10.91	2022
60_64	64	

Thomas Kealy	01:24.40	2022
65_69	65	

# 200 FLY

Anne Voigt	02:33.23	2018
18_24	21	

Anita Troyer	03:02.16	2014
25_29	27	

Megan Peterson	02:30.02	2015
30_34	31	

Jenny Hodges	03:35.47	2014
35_39	39	

Jenny Hodges	03:47.64	2017
40_44	42	

Paula Pardy	03:13.24	2017
45_49	48	

# 200 FLY

Christian Fossum	02:05.85	2022
18_24	24	

Jeff Hodges	03:27.11	2013
35_39	37	

Steve Johnson	03:33.80	2022
65_69	67	

# 100 I.M.

Emily Newton 18_24	01:04.22 23	2016
-----------------------	----------------	------

Sallie Doty 25_29	01:04.65 26	2016
----------------------	----------------	------

Megan Peterson 30_34	01:06.17 30	2014
-------------------------	----------------	------

Mandi Meridith-Dunlop 35_39	01:07.15 37	2018
--------------------------------	----------------	------

Mandi Meredith-Dunlop 40_44	01:09.27 40	2021
--------------------------------	----------------	------

Stephanie D Schutte 45_49	01:14.16 47	2022
------------------------------	----------------	------

Elyce Kastigar 50_54	01:11.43 52	2016
-------------------------	----------------	------

Elyce Kastigar 55_59	01:15.92 57	2021
-------------------------	----------------	------

Sherry Barkley 60_64	01:30.09 60	2018
-------------------------	----------------	------

Cathy Paulson 65_69	01:42.27 67	2022
------------------------	----------------	------

Lynn Johnson 70_74	02:14.73 73	2022
-----------------------	----------------	------

# 100 I.M.

Adam Kastigar 18_24	53.43 23	2017
------------------------	-------------	------

Adam Kastigar 25_29	52.14 27	2021
------------------------	-------------	------

Ben Smith 30_34	58.72 34	2021
--------------------	-------------	------

Troy TenNapel 35_39	01:01.27 39	2017
------------------------	----------------	------

Barry Hein 40_44	01:01.43 41	2015
---------------------	----------------	------

Randall Turner 45_49	01:02.66 48	2013
-------------------------	----------------	------

Randall Turner 50_54	01:04.68 50	2015
-------------------------	----------------	------

Jon Mesmer 55_59	01:15.11 58	2016
---------------------	----------------	------

Richard Howell 60_64	01:10.64 61	2021
-------------------------	----------------	------

Tony E Trussell 65_69	01:13.41 67	2022
--------------------------	----------------	------



# 200 I.M.

Hailey Garlich	02:25.15	2022
18_24	24	

Sallie Doty	02:26.39	2017
25_29	27	

Megan Peterson	02:26.31	2016
30_34	32	

Jessica Kroon	02:51.67	2022
35_39	38	

Paula Pardy	02:38.03	2012
40_44	43	

Paula Pardy	02:48.59	2018
45_49	49	

Elyce Kastigar	02:45.13	2016
50_54	52	

Sherry Barkley	03:13.33	2013
55_59	55	

Sherry Barkley	03:15.71	2019
60_64	61	

# 200 I.M.

Thomas Ott	02:21.33	2018
18_24	20	

Adam Kastigar	01:57.96	2022
25_29	28	

Peter Sonestegard	02:26.45	2012
30_34	31	

Denny Schatzle	02:45.45	2021
40_44	40	

Michael Palm	03:11.17	2017
50_54	51	

Steve Johnson	02:54.69	2015
60_64	60	

Darrell J Smith	02:42.44	2022
65_69	65	

# 400 I.M.

Sarah Haberman	05:33.93	2018
18_24	20	

Megan Peterson	05:10.55	2013
25_29	29	

Megan Peterson	04:59.46	2016
30_34	32	

Megan Peterson	05:38.30	2022
35_39	38	

Mandi L Meredith-Dunlop	05:22.71	2022
40_44	41	

Paula Pardy	06:01.23	2016
45_49	47	

Mary Turner	06:56.52	2014
50_54	50	

Sherry Barkley	07:00.44	2016
55_59	58	

Sherry Barkley	07:04.81	2018
----------------	----------	------

# 400 I.M.

Jeff Hodges	06:39.00	2013
35_39	38	

Michael Palm	06:46.07	2017
50_54	51	

Richard Howell	05:43.82	2021
60_64	61	