

## Lake Washington Masters All Time Top Swims

Men			Women		
Chris Chapman, 26	21.01	50 Free	24.60	44, Amy Moorhead	
Chris Chapman, 26	46.15	100 Free	53.60	24, Paloma Dinkel	
Chris Conroy, 27	1:47.49	200 Free	1:53.41	24, Paloma Dinkel	
Cejih Yung, 25	5:03.12	500 Free	5:44.17	44, Amy Moorhead	
Bruce Deakyne, 23	9:58.85	1000 Free	13:00.24	31, Shelby Wiegand	
Bruce Deakyne, 23	16:43.38	1650 Free	22:40.53	54, Sheila Moore	
Chris Chapman, 26	22.20	50 Fly	27.24	25, Paloma Dinkel	
Chris Chapman, 26	49.62	100 Fly	57.51	25, Paloma Dinkel	
Chris Chapman, 25	1:57.97	200 Fly			
Chris Chapman, 25	23.84	50 Back	30.81	27, Lindsey Oram	
Chris Chapman, 25	52.19	100 Back	1:06.62	27, Lindsey Oram	
Chris Chapman, 26	1:55.19	200 Back	2:29.43	37, Tina Hall	
Cejih Yung, 27	26.91	50 Breast	30.19	24, Paloma Dinkel	
Cejih Yung, 27	57.89	100 Breast	1:04.48	24, Paloma Dinkel	
Cejih Yung, 26	2:10.67	200 Breast	2:49.53	31, Jane Cardoso	
Chris Chapman, 24	54.72	100 IM	57.95	24, Paloma Dinkel	
Cejih Yung, 26	2:30.71	200 IM	2:04.30	24, Paloma Dinkel	
Cejih Yung, 26	4:14.72	400 IM	5:28.88	55, Camille Thompson	
Chris Chapman (1)	1:41.07	Mixed 200 Medly Relay	1:41.07	Paloma Dinkel (3)	
Cejih Yung (2)				Amy Moorhead (4)	
Rick Cardoso (3)	1:33.04	Mixed 200 Free Relay	1:33.04	Amy Moorhead (1)	
Chris Chapman (4)				Paloma Dinkel (2)	
Chapman, Chris	Cejih Yung	200 Free Relay	1:42.72	Paloma Dinkel	Tina Hall
Conroy, Chris	Rick Cardoso			Lindsey Oram	Shannon Matlock
Chapman, Chris	Cejih Yung	200 Medly Relay	2:01.51	Chericka Ashmann	Paloma Dinkel
Ian Mosher	Conroy, Chris			Shannon Matlock	Tina Hall