

## Lake Washington Masters Team Records

Men 18-24

Women 18-24

Chris Chapman, 24	21.56	50 Free	34.50	22, Sarah Shafer
Chris Chapman, 24	47.84	100 Free	53.60	24, Paloma Dinkel
Chris Chapman, 24	1:47.11	200 Free	1:53.41	24, Paloma Dinkel
Bruce Deakyne, 23	5:03.97	500 Free	7:13.18	22, Sarah Shafer
Bruce Deakyne, 23	9:58.85	1000 Free		
Bruce Deakyne, 23	16:43.38	1650 Free		
Chris Chapman, 24	22.66	50Fly	27.24	24, Paloma Dinkel
Chris Chapman, 24	50.62	100 Fly	58.83	24, Paloma Dinkel
		200 Fly		
Chris Chapman, 23	24.54	50 Back		
Taylor Brugh, 24	52.56	100 Back		
		200 Back		
Taylor Brugh, 24	29.32	50 Breast	30.19	24, Paloma Dinkel
		100 Breast	1:04.48	24, Paloma Dinkel
		200 Breast		
Chris Chapman, 24	53.72	100 IM	57.95	24, Paloma Dinkel
		200 IM	2:04.30	24, Paloma Dinkel
Bruce Deakyne, 23	4:25.65	400 IM		

## Lake Washington Masters Team Records

Men 25-29

Women 25-29

Chris Chapman, 26	21.01	50 Free	25.93	27, Lindsey Oram
Chris Chapman, 26	46.15	100 Free	52.66	25, Paloma Dinkel
Chris Conroy, 27	1:47.49	200 Free		
Cejih Yung, 25	5:03.12	500 Free		
		1000 Free		
Aaron Miller, 29	20:36.71	1650 Free		
Chris Chapman, 26	22.20	50 Fly	27.55	27, Lindsey Oram
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		
Cejih Yung, 27	26.91	50 Breast	33.41	27, Lindsey Oram
Cejih Yung, 27	57.89	100 Breast	1:06.70	25, Paloma Dinkel
Cejih Yung, 26	2:10.67	200 Breast		
Cejih Yung, 27	54.99	100 IM	58.08	25, Paloma Dinkel
Cejih Yung, 26	2:03.71	200 IM	2:12.46	25, Paloma Dinkel
Cejih Yung, 26	4:14.72	400 IM		

## Lake Washington Masters Team Records

Men 30-34

Women 30-34

Ian Mosher, 33	22.66	50 Free	25.65	34, Shannon Matlock
Ian Mosher, 33	49.77	100 Free	57.07	34, Shannon Matlock
Steve Polucha, 30	1:54.66	200 Free	2:09.16	34, Shannon Matlock
		500 Free	6:23.96	32, Shelby Wiegand
		1000 Free	13.01.24	31, Shelby Wiegand
		1650 Free	23:15.58	31, Michelle Ohlson
Ian Mosher, 33	24.23	50Fly	30.08	34, Shannon Matlock
Ian Mosher, 33	53.19	100 Fly		
		200 Fly		
Steve Polucha, 30	28.49	50 Back		
		100 Back	1:12.80	33, Valerie McHenry
Steve Polucha, 30	2:05.95	200 Back		
Rick Cardoso, 34	29.57	50 Breast	38.69	33, Valerie McHenry
		100 Breast		
		200 Breast	2:49.53	31, Jane Cardoso
Ian Mosher, 33	57.29	100 IM	1:08.32	34, Shannon Matlock
Ian Mosher, 33	2:05.70	200 IM	2:29.67	34, Shannon Matlock
		400 IM	5:30.95	31, Jane Cardoso

## Lake Washington Masters Team Records

Men 35-39

Women 35-39

Johnny van Velthuyzen, 33	22.91	50 Free	25.77	35, Shannon Matlock
Johnny van Velthuyzen, 33	52.04	100 Free	57.19	35, Shannon Matlock
Johnny van Velthuyzen, 33	1:55.49	200 Free	2:11.03	35, Shannon Matlock
Johnny van Velthuyzen, 33	5:22.38	500 Free	7:53.60	39, Heather Clarke
Johnny van Velthuyzen, 33	11:09.85	1000 Free		
Johnny van Velthuyzen, 33	19:06.39	1650 Free		
		50Fly	30.23	35, Shannon Matlock
		100 Fly		
		200 Fly		
		50 Back		
		100 Back		
		200 Back	2:29.43	37, Tina Hall
		50 Breast	42.77	38, Karen Gagne
Ryan Shimabukuro, 38	1:12.57	100 Breast		
Ryan Shimabukuro, 39	2:43.17	200 Breast		
Ryan Shimabukuro, 29	1:05.13	100 IM	1:08.39	35, Shannon Matlock
		200 IM	2:31.30	35, Shannon Matlock
		400 IM		

## Lake Washington Masters Team Records

Men 40-44

Women 40-44

Mats Nygren, 44	24.23	50 Free	24.60	44, Amy Moorhead
Mats Nygren, 44	51.57	100 Free	55.54	44, Amy Moorhead
Mats Nygren, 44	1:51.13	200 Free	2:04.81	44, Amy Moorhead
Mats Nygren, 44	5:05.15	500 Free	5:44.17	44, Amy Moorhead
		1000 Free		
		1650 Free		
Rob Martin, 44	28.38	50Fly	28.83	44, Amy Moorhead
Mats Nygren, 44	1:02.43	100 Fly	1:21.07	44, Suna Sullivan
		200 Fly		
		50 Back	33.39	44, Amy Moorhead
Mats Nygren, 44	1:01.56	100 Back	1:18.15	43, Suna Sullivan
Mats Nygren, 44	2:06.83	200 Back	2:42.12	43, Suna Sullivan
Darren Van Pelt, 43	35.76	50 Breast	37.37	43, Lisa Keith
Mats Nygren, 44	1:14.09	100 Breast	1:21.75	43, Suna Sullivan
Darren Van Pelt, 43	2:50.31	200 Breast		
Rob Martin, 44	1:09.74	100 IM	1:18.08	43, Lisa Keith
Mats Nygren, 44	2:13.60	200 IM	2:47.55	44, Suna Sullivan
		400 IM		

## Lake Washington Masters Team Records

Men 45-49

Women 45-49

Mats Nygren, 46	24.33	50 Free	29.72	49, Susan Dennison
Mats Nygren, 45	50.87	100 Free		
Mats Nygren, 45	1:50.84	200 Free		
Mats Nygren, 45	5:03.27	500 Free	7:22.53	49, Jill Jordan
Mats Nygren, 45	10:34.07	1000 Free	15:11.70	49, Jill Jordan
Wade Praeger, 49	16:34.59	1650 Free	25.28.18	49, Jill Jordan
Mike Porter, 46	27.51	50Fly	32.36	47, Julie Voss
Mike Porter, 45	1:01.22	100 Fly	1:18.53	49, Julie Voss
		200 Fly		
Mats Nygren, 46	27.79	50 Back		
Mats Nygren, 45	57.89	100 Back		
Mats Nygren, 45	2:04.91	200 Back		
Rich Fabian, 46	30.52	50 Breast	36.22	47, Julie Voss
Rich Fabian, 46	1:09.63	100 Breast	1:19.10	48, Julie Voss
		200 Breast	3:07.49	45, Suna Sullivan
Mike Porter, 45	1:02.25	100 IM	1:14.32	47, Julie Voss
Mike Porter, 45	2:23.80	200 IM	2:40.63	45, Suna Sullivan
Rob Martin, 47	5:30.37	400 IM		

## Lake Washington Masters Team Records

Men 50-54

Women 50-54

Ned Stack, 51	22.10	50 Free	32.32	54, Sheila Moore
Ned Stack, 52	49.32	100 Free	1:11.08	54, Sheila Moore
Ned Stack, 52	1:54.27	200 Free	2:32.57	54, Sheila Moore
Doug Portelance, 52	5:28.45	500 Free	6:47.98	54, Sheila Moore
Wade Praeger, 50	11:47.96	1000 Free	13:42.18	54, Sheila Moore
Wade Praeger, 50	19:39.22	1650 Free	22:40.53	54, Sheila Moore
Ned Stack, 51	24.47	50Fly		
Ned Stack, 51	55.64	100 Fly		
Dan Phillips, 50	2:22.48	200 Fly		
Doug Portelance, 52	27.97	50 Back	48.50	53, Mary Underbrink
Doug Portelance, 52	1:00.09	100 Back		
Doug Portelance, 53	2:11.81	200 Back		
Jay Pearson, 50	35.37	50 Breast		
Dan Phillips, 50	1:07.75	100 Breast		
Dan Phillips, 50	2:32.16	200 Breast		
Doug Portelance, 52	1:04.54	100 IM	1:39.48	53, Mary Underbrink
Doug Portelance, 52	2:18.11	200 IM	3:36.40	53, Mary Underbrink
Dan Phillips, 50	4:56.58	400 IM		

## Lake Washington Masters Team Records

Men 55-59

Women 55-59

Mike McIntyre, 59	24.28	50 Free		
Ralph Busch, 56	56.54	100 Free		
Rick Colella, 59	1:59.27	200 Free		
Alan Cardwell, 57	5:29.73	500 Free		
		1000 Free		
		1650 Free		
Rick Colella, 59	27.27	50Fly	34.30	56, Dawn Jaeger
Rick Colella, 59	58.68	100 Fly	1:10.15	55, Camille Thompson
Alan Cardwell, 57	2:26.60	200 Fly		
Mike McIntyre, 59	27.67	50 Back	33.51	57, Camille Thompson
Mike McIntyre, 59	1:00.63	100 Back	1:20.87	56, Dawn Jaeger
Mike McIntyre, 59	2:11.60	200 Back		
Rick Colella, 59	29.34	50 Breast	40.65	56, Dawn Jaeger
Rick Colella, 59	1:04.06	100 Breast		
Rick Colella, 59	2:19.65	200 Breast		
Rick Colella, 59	58.97	100 IM	1:10.91	55, Camille Thompson
Rick Colella, 59	2:08.72	200 IM	2:34.35	55, Camille Thompson
Rick Colella, 59	4:35.84	400 IM	5:28.88	55, Camille Thompson



## Lake Washington Masters Team Records

Men 60-64

Women 60-64

		50 Free	28.14	62, Charlotte Davis
		100 Free		
Rick Colella, 60	1:54.45	200 Free	2:29.27	64, Stella Preissler
Rick Colella, 60	5:11.70	500 Free		
Rick Colella, 60	10:52.24	1000 Free		
Rick Colella, 60	18:28.51	1650 Free		
Alan Cardwell, 60	28.14	50Fly	30.87	62, Charlotte Davis
Alan Cardwell, 60	1:02.44	100 Fly		
		200 Fly		
		50 Back	33.52	62, Charlotte Davis
		100 Back	1:20.78	64, Stella Preissler
		200 Back		
Rick Colella, 60	29.37	50 Breast		
Rick Colella, 60	1:04.70	100 Breast		
Rick Colella, 60	2:21.01	200 Breast		
Rick Colella, 60	58.69	100 IM	1:13.44	62, Charlotte Davis
Rick Colella, 60	2:08.77	200 IM	2:36.89	62, Charlotte Davis
Rick Colella, 61	4:33.96	400 IM	5:38.64	62, Charlotte Davis

## Lake Washington Masters Team Records

Men 65-69

Women 65-69

		50 Free	
		100 Free	
Mike McColly, 67	2:19.25	200 Free	
Mike McColly, 67	6:08.43	500 Free	
Mike McColly, 67	12:41.75	1000 Free	
		1650 Free	
		50 Fly	
		100 Fly	
		200 Fly	
		50 Back	
Mike McColly, 67	1:13.33	100 Back	
Mike McColly, 67	2:45.98	200 Back	
		50 Breast	
		100 Breast	
		200 Breast	
		100 IM	
Mike McColly, 67	2:41.96	200 IM	
		400 IM	