

All 2023 USMS #1 Individual Swims*(Short Course Yards • Short Course Meters • Long Course Meters)*

Course	Place	Event	Name	Age	Club	Time
SCY	1	W75–79 200 IM	Beverly J. Montrella	76	MVN	3:16.73
SCY	1	M25–29 200 Free	Grant M. Shoults	25	MVN	1:36.96
SCY	1	M25–29 500 Free	Grant M. Shoults	25	MVN	4:21.19
SCY	1	M25–29 1000 Free	Grant M. Shoults	25	MVN	9:03.99
SCY	1	M60–64 50 Breast	Carlo A. Travaini	60	MVN	27.76
SCY	1	M60–64 100 Breast	Carlo A. Travaini	60	MVN	58.98
SCY	1	M60–64 200 Breast	Carlo A. Travaini	60	MVN	2:10.08
SCY	1	M60–64 100 IM	Carlo A. Travaini	60	MVN	56.69
SCY	1	M60–64 200 IM	Carlo A. Travaini	60	MVN	2:05.24
SCM	1	W30–34 200 Free	Stephanie N. Peacock	31	MVN	2:07.03
SCM	1	W30–34 400 Free	Stephanie N. Peacock	31	MVN	4:26.61
SCM	1	M25–29 50 Fly	Loren Gillilan	25	MVN	25.33
SCM	1	M25–29 100 Fly	Loren Gillilan	25	MVN	54.60
LCM	1	M25–29 400 Free	David Heron	28	MVN	4:19.89
LCM	1	M25–29 1500 Free	David Heron	28	MVN	17:16.37
LCM	1	M50–54 1500 Free	Ryan E. Cox	50	MVN	18:44.44