

1 Nov 2010

## 2010 Dixie Zone LCM Top 10 Women

World record
USMS record
Dixie Zone record

**Women**

**18-24**

**50 Free**

|                     |    |      |       |
|---------------------|----|------|-------|
| Harris-Coble, Lacey | 19 | FLAQ | 28.45 |
| Ball, Caroline      | 21 | FLAQ | 28.94 |
| Wilson, Nicole      | 19 | FLAQ | 29.16 |
| Ratana, Anna        | 18 | NCMS | 30.51 |
| Roka, Heather       | 24 | GCST | 30.81 |
| Garland, Megan      | 24 | CSTM | 31.01 |
| Murphy, Siobhan     | 24 | FLAQ | 31.59 |
| Williamson, Erin    | 24 | GAJA | 31.77 |
| Michota, Stase      | 21 | SPM  | 33.65 |
| Black, Lauren       | 21 | GCST | 35.51 |

**100 Free**

|                     |    |      |         |
|---------------------|----|------|---------|
| Wilson, Nicole      | 19 | FLAQ | 1:01.26 |
| Harris-Coble, Lacey | 19 | FLAQ | 1:01.89 |
| Ratana, Anna        | 18 | NCMS | 1:02.22 |
| Hudak, Courtney     | 24 | SYSM | 1:03.89 |
| Holman, Sara        | 24 | GSC  | 1:04.99 |
| Holman, Mary        | 24 | GSC  | 1:05.09 |
| Roka, Heather       | 24 | GCST | 1:05.53 |
| Holasova, Kristyna  | 18 | FLAQ | 1:06.38 |
| Garland, Megan      | 24 | CSTM | 1:08.06 |
| Williamson, Erin    | 24 | GAJA | 1:10.65 |

**200 Free**

|                    |    |      |         |
|--------------------|----|------|---------|
| Wilson, Nicole     | 19 | FLAQ | 2:11.63 |
| Hudak, Courtney    | 24 | SYSM | 2:16.04 |
| Holman, Sara       | 24 | GSC  | 2:18.76 |
| Holman, Mary       | 24 | GSC  | 2:19.20 |
| Roka, Heather      | 24 | GCST | 2:22.81 |
| Ribar, Morgan      | 21 | FLAQ | 2:25.13 |
| Holasova, Kristyna | 18 | FLAQ | 2:25.39 |
| Garland, Megan     | 24 | CSTM | 2:28.37 |
| Capizzi, Stefanie  | 23 | ORLM | 2:31.42 |
| Carlson, Mary Beth | 23 | TGM  | 2:37.95 |

**400 Free**

|                    |    |      |         |
|--------------------|----|------|---------|
| Hudak, Courtney    | 24 | SYSM | 4:45.64 |
| Holman, Sara       | 24 | GSC  | 4:48.42 |
| Holman, Mary       | 24 | GSC  | 4:48.60 |
| Roka, Heather      | 24 | GCST | 4:58.24 |
| Garland, Megan     | 24 | CSTM | 5:04.59 |
| Capizzi, Stefanie  | 23 | ORLM | 5:14.32 |
| Ribar, Morgan      | 21 | FLAQ | 5:26.20 |
| Carlson, Mary Beth | 23 | TGM  | 5:37.68 |
| Murphy, Siobhan    | 24 | FLAQ | 5:48.04 |

**800 Free**

|                    |    |      |          |
|--------------------|----|------|----------|
| Marks, Jamie       | 22 | FLAQ | 9:31.91  |
| Wilson, Nicole     | 19 | FLAQ | 9:38.99  |
| Holman, Sara       | 24 | GSC  | 9:46.06  |
| Hudak, Courtney    | 24 | SYSM | 9:55.79  |
| Holman, Mary       | 24 | GSC  | 10:03.97 |
| Holasova, Kristyna | 18 | FLAQ | 10:39.75 |
| Ribar, Morgan      | 21 | FLAQ | 10:51.89 |
| Capizzi, Stefanie  | 23 | ORLM | 11:05.75 |
| Murphy, Siobhan    | 24 | FLAQ | 11:34.75 |
| Carlson, Mary Beth | 23 | TGM  | 11:47.17 |

**1500 Free**

|                   |    |      |          |
|-------------------|----|------|----------|
| Marks, Jamie      | 22 | FLAQ | 17:58.61 |
| Ball, Caroline    | 21 | FLAQ | 18:40.20 |
| Holman, Mary      | 24 | GSC  | 18:58.21 |
| Holman, Sara      | 24 | GSC  | 19:17.52 |
| Garland, Megan    | 24 | CSTM | 19:44.92 |
| Capizzi, Stefanie | 23 | ORLM | 21:08.09 |

**50 Back**

|                     |    |      |       |
|---------------------|----|------|-------|
| Harris-Coble, Lacey | 19 | FLAQ | 31.99 |
| Ball, Caroline      | 21 | FLAQ | 32.39 |
| Ratana, Anna        | 18 | NCMS | 32.81 |
| Ribar, Morgan       | 21 | FLAQ | 35.05 |
| Alyabyeva, Kate     | 21 | FLAQ | 35.10 |
| Pike, Carly         | 20 | FLAQ | 35.86 |
| Michota, Stase      | 21 | SPM  | 36.57 |
| Gifford, Heather    | 24 | FLAQ | 39.95 |
| Carlson, Mary Beth  | 23 | TGM  | 40.05 |
| Kerr, Sarah         | 21 | CRAQ | 42.50 |

**100 Back**

|                     |    |      |         |
|---------------------|----|------|---------|
| Harris-Coble, Lacey | 19 | FLAQ | 1:09.20 |
| Ratana, Anna        | 18 | NCMS | 1:09.96 |
| Ribar, Morgan       | 21 | FLAQ | 1:12.35 |
| Hudak, Courtney     | 24 | SYSM | 1:12.84 |
| Michota, Stase      | 21 | SPM  | 1:18.18 |
| Garland, Megan      | 24 | CSTM | 1:19.34 |
| Smith, Alyssa       | 19 | AWJ  | 1:20.02 |
| Holman, Sara        | 24 | GSC  | 1:20.47 |
| Holman, Mary        | 24 | GSC  | 1:25.04 |
| Carlson, Mary Beth  | 23 | TGM  | 1:27.75 |

**200 Back**

|                  |    |      |         |
|------------------|----|------|---------|
| Ratana, Anna     | 18 | NCMS | 2:32.54 |
| Marks, Jamie     | 22 | FLAQ | 2:35.57 |
| Hudak, Courtney  | 24 | SYSM | 2:36.28 |
| Ribar, Morgan    | 21 | FLAQ | 2:44.55 |
| Holman, Sara     | 24 | GSC  | 2:45.92 |
| Garland, Megan   | 24 | CSTM | 2:49.58 |
| Holman, Mary     | 24 | GSC  | 2:57.78 |
| Gifford, Heather | 24 | FLAQ | 3:03.90 |
| Kerr, Sarah      | 21 | CRAQ | 3:30.41 |

**50 Breast**

|                   |    |      |       |
|-------------------|----|------|-------|
| Pike, Carly       | 20 | FLAQ | 36.13 |
| Alyabyeva, Kate   | 21 | FLAQ | 37.62 |
| Ratana, Anna      | 18 | NCMS | 38.51 |
| Ball, Caroline    | 21 | FLAQ | 39.26 |
| Capizzi, Stefanie | 23 | ORLM | 39.35 |
| Garland, Megan    | 24 | CSTM | 40.57 |
| Williamson, Erin  | 24 | GAJA | 40.74 |
| Roka, Heather     | 24 | GCST | 40.91 |
| Murphy, Siobhan   | 24 | FLAQ | 41.21 |
| Mooren, Samantha  | 23 | SPM  | 44.50 |

**100 Breast**

|                    |    |      |         |
|--------------------|----|------|---------|
| Pike, Carly        | 20 | FLAQ | 1:19.83 |
| Roka, Heather      | 24 | GCST | 1:24.72 |
| Ratana, Anna       | 18 | NCMS | 1:26.44 |
| Capizzi, Stefanie  | 23 | ORLM | 1:26.77 |
| Garland, Megan     | 24 | CSTM | 1:27.40 |
| Williamson, Erin   | 24 | GAJA | 1:28.94 |
| Mooren, Samantha   | 23 | SPM  | 1:33.36 |
| Carlson, Mary Beth | 23 | TGM  | 1:36.19 |
| Siegel, Marina     | 19 | UNAT | 1:49.68 |

**200 Breast**

|                   |    |      |         |
|-------------------|----|------|---------|
| Marks, Jamie      | 22 | FLAQ | 2:50.23 |
| Ball, Caroline    | 21 | FLAQ | 2:54.85 |
| Pike, Carly       | 20 | FLAQ | 2:56.16 |
| Capizzi, Stefanie | 23 | ORLM | 3:05.71 |
| Garland, Megan    | 24 | CSTM | 3:10.47 |
| Ratana, Anna      | 18 | NCMS | 3:14.04 |
| Mooren, Samantha  | 23 | SPM  | 3:35.75 |

**50 Fly**

|                     |    |      |       |
|---------------------|----|------|-------|
| Ratana, Anna        | 18 | NCMS | 30.35 |
| Harris-Coble, Lacey | 19 | FLAQ | 30.88 |
| Pike, Carly         | 20 | FLAQ | 31.68 |
| Ball, Caroline      | 21 | FLAQ | 31.70 |
| Williamson, Erin    | 24 | GAJA | 32.39 |
| Holasova, Kristyna  | 18 | FLAQ | 33.46 |
| Roka, Heather       | 24 | GCST | 34.60 |
| Carlson, Mary Beth  | 23 | TGM  | 35.07 |
| Gifford, Heather    | 24 | FLAQ | 38.16 |

**100 Fly**

|                     |    |      |         |
|---------------------|----|------|---------|
| Ratana, Anna        | 18 | NCMS | 1:07.93 |
| Harris-Coble, Lacey | 19 | FLAQ | 1:07.98 |
| Wilson, Nicole      | 19 | FLAQ | 1:08.73 |
| Holasova, Kristyna  | 18 | FLAQ | 1:10.91 |
| Roka, Heather       | 24 | GCST | 1:14.84 |
| Carlson, Mary Beth  | 23 | TGM  | 1:20.90 |

**200 Fly**

|                    |    |      |         |
|--------------------|----|------|---------|
| Marks, Jamie       | 22 | FLAQ | 2:24.28 |
| Wilson, Nicole     | 19 | FLAQ | 2:28.47 |
| Holasova, Kristyna | 18 | FLAQ | 2:34.69 |
| Lopez, Juana       | 20 | SYSM | 3:05.57 |

**200 IM**

|                    |    |      |         |
|--------------------|----|------|---------|
| Wilson, Nicole     | 19 | FLAQ | 2:27.94 |
| Marks, Jamie       | 22 | FLAQ | 2:30.34 |
| Pike, Carly        | 20 | FLAQ | 2:39.80 |
| Ratana, Anna       | 18 | NCMS | 2:42.49 |
| Garland, Megan     | 24 | CSTM | 2:44.26 |
| Roka, Heather      | 24 | GCST | 2:46.13 |
| Capizzi, Stefanie  | 23 | ORLM | 2:48.50 |
| Smith, Alyssa      | 19 | AWJ  | 2:54.82 |
| Williamson, Erin   | 24 | GAJA | 2:55.92 |
| Carlson, Mary Beth | 23 | TGM  | 3:00.47 |

**400 IM**

|                   |    |      |         |
|-------------------|----|------|---------|
| Marks, Jamie      | 22 | FLAQ | 5:08.00 |
| Ratana, Anna      | 18 | NCMS | 5:48.26 |
| Capizzi, Stefanie | 23 | ORLM | 5:57.54 |

1 Nov 2010

# 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

## 25-29

### 50 Free

|                     |    |      |       |
|---------------------|----|------|-------|
| Pike, Natalie       | 25 | FLAQ | 28.16 |
| Woodruff, Christine | 27 | FLAQ | 28.94 |
| Chance, Danielle    | 28 | DBMS | 29.11 |
| Lastfogel, Laura    | 28 | FLAQ | 30.10 |
| Wilson, Kendra      | 29 | ES   | 30.55 |
| Helmerts, Nicole    | 25 | GSC  | 31.56 |
| Felton, Tiffany     | 25 | SPM  | 31.75 |
| Reeners, Emma       | 25 | GCST | 32.30 |
| Le, Vi-An           | 27 | PLAN | 32.60 |
| Faith, Jennifer     | 29 | TMM  | 32.61 |

### 100 Free

|                     |    |      |         |
|---------------------|----|------|---------|
| Pike, Natalie       | 25 | FLAQ | 1:00.66 |
| Chance, Danielle    | 28 | DBMS | 1:05.00 |
| Szakos, Teresa      | 27 | MOO  | 1:06.89 |
| Wilson, Kendra      | 29 | ES   | 1:06.89 |
| Woodruff, Christine | 27 | FLAQ | 1:07.28 |
| Bahr, Mariel        | 26 | MOO  | 1:07.32 |
| Wenzel, Katharine   | 27 | FLAQ | 1:11.36 |
| Massey, Melissa     | 29 | RAYS | 1:12.36 |
| Le, Vi-An           | 27 | PLAN | 1:13.22 |
| Faith, Jennifer     | 29 | TMM  | 1:13.46 |

### 200 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Wenzel, Katharine | 27 | FLAQ | 2:28.31 |
| Helmerts, Nicole  | 25 | GSC  | 2:29.95 |
| Swoch, Sarah      | 25 | SPM  | 2:35.90 |
| Felton, Tiffany   | 25 | SPM  | 2:38.64 |
| Menzel, Jessie    | 25 | SPM  | 2:43.76 |
| Wilson, Marly     | 25 | FACT | 2:45.22 |
| Cullen, Jennifer  | 25 | TMM  | 3:00.12 |

### 400 Free

|                       |    |      |         |
|-----------------------|----|------|---------|
| Helmerts, Nicole      | 25 | GSC  | 5:13.67 |
| Wenzel, Katharine     | 27 | FLAQ | 5:15.64 |
| Swoch, Sarah          | 25 | SPM  | 5:22.78 |
| Conley-Guido, Melissa | 26 | SYSM | 7:10.14 |

### 800 Free

|                   |    |      |          |
|-------------------|----|------|----------|
| Wenzel, Katharine | 27 | FLAQ | 10:55.81 |
| Swoch, Sarah      | 25 | SPM  | 11:37.09 |
| Brenner, Rebekah  | 26 | SYSM | 14:19.14 |

### 25-29 1500 Free

|                  |    |      |          |
|------------------|----|------|----------|
| Lastfogel, Laura | 28 | FLAQ | 21:03.78 |
|------------------|----|------|----------|

### 50 Back

|                       |    |      |       |
|-----------------------|----|------|-------|
| Pike, Natalie         | 25 | FLAQ | 32.76 |
| Wilson, Kendra        | 29 | ES   | 35.77 |
| Szakos, Teresa        | 27 | MOO  | 36.51 |
| Lastfogel, Laura      | 28 | FLAQ | 36.67 |
| Weber, Wendy          | 25 | GAS  | 37.94 |
| Reeners, Emma         | 25 | GCST | 39.09 |
| Lightcap, Kerry       | 28 | FLAQ | 39.51 |
| Conley-Guido, Melissa | 26 | SYSM | 52.76 |

### 100 Back

|                 |    |      |         |
|-----------------|----|------|---------|
| Pike, Natalie   | 25 | FLAQ | 1:10.25 |
| Szakos, Teresa  | 27 | MOO  | 1:17.95 |
| Weber, Wendy    | 25 | GAS  | 1:24.95 |
| Felton, Tiffany | 25 | SPM  | 1:26.56 |
| Lightcap, Kerry | 28 | FLAQ | 1:28.72 |

### 200 Back

|                 |    |     |         |
|-----------------|----|-----|---------|
| Szakos, Teresa  | 27 | MOO | 2:49.48 |
| Weber, Wendy    | 25 | GAS | 2:57.89 |
| Swoch, Sarah    | 25 | SPM | 2:58.43 |
| Felton, Tiffany | 25 | SPM | 2:58.71 |

### 50 Breast

|                     |    |      |       |
|---------------------|----|------|-------|
| Woodruff, Christine | 27 | FLAQ | 37.38 |
| Lastfogel, Laura    | 28 | FLAQ | 38.74 |
| Chance, Danielle    | 28 | DBMS | 38.92 |
| Wilson, Kendra      | 29 | ES   | 39.26 |
| Weber, Wendy        | 25 | GAS  | 40.81 |
| Menzel, Jessie      | 25 | SPM  | 41.02 |
| Massey, Melissa     | 29 | RAYS | 41.53 |
| Wenzel, Katharine   | 27 | FLAQ | 43.52 |
| Le, Vi-An           | 27 | PLAN | 44.21 |
| McCormack, Shannon  | 28 | MOO  | 44.54 |

### 100 Breast

|                  |    |      |         |
|------------------|----|------|---------|
| Wilson, Kendra   | 29 | ES   | 1:23.86 |
| Lastfogel, Laura | 28 | FLAQ | 1:27.59 |
| Weber, Wendy     | 25 | GAS  | 1:30.92 |
| Menzel, Jessie   | 25 | SPM  | 1:32.96 |
| Massey, Melissa  | 29 | RAYS | 1:33.80 |
| Bahr, Mariel     | 26 | MOO  | 1:36.63 |
| Cullen, Jennifer | 25 | TMM  | 1:38.53 |
| Karr, Holly      | 26 | CRAQ | 1:39.00 |
| Swoch, Sarah     | 25 | SPM  | 1:39.33 |

### 200 Breast

|                   |    |      |         |
|-------------------|----|------|---------|
| Lastfogel, Laura  | 28 | FLAQ | 3:08.44 |
| Faith, Jennifer   | 29 | TMM  | 3:14.00 |
| Weber, Wendy      | 25 | GAS  | 3:16.71 |
| Wenzel, Katharine | 27 | FLAQ | 3:23.26 |
| Swoch, Sarah      | 25 | SPM  | 3:30.00 |
| Felton, Tiffany   | 25 | SPM  | 3:32.27 |
| Cullen, Jennifer  | 25 | TMM  | 3:43.53 |

### 50 Fly

|                       |    |      |       |
|-----------------------|----|------|-------|
| Pike, Natalie         | 25 | FLAQ | 31.22 |
| Szakos, Teresa        | 27 | MOO  | 33.28 |
| Felton, Tiffany       | 25 | SPM  | 35.58 |
| Bahr, Mariel          | 26 | MOO  | 36.23 |
| Wilson, Marly         | 25 | FACT | 36.31 |
| Karr, Holly           | 26 | CRAQ | 36.75 |
| Menzel, Jessie        | 25 | SPM  | 37.79 |
| Reeners, Emma         | 25 | GCST | 39.86 |
| Chan, Laura           | 27 | PLAN | 40.78 |
| Conley-Guido, Melissa | 26 | SYSM | 57.29 |

### 100 Fly

|                       |    |      |         |
|-----------------------|----|------|---------|
| Pike, Natalie         | 25 | FLAQ | 1:07.96 |
| Wenzel, Katharine     | 27 | FLAQ | 1:21.44 |
| Lightcap, Kerry       | 28 | FLAQ | 1:31.77 |
| Chan, Laura           | 27 | PLAN | 1:32.19 |
| Cullen, Jennifer      | 25 | TMM  | 1:40.24 |
| Conley-Guido, Melissa | 26 | SYSM | 2:07.60 |

### 200 Fly

|                  |    |     |         |
|------------------|----|-----|---------|
| Swoch, Sarah     | 25 | SPM | 3:23.13 |
| Cullen, Jennifer | 25 | TMM | 3:42.02 |

### 200 IM

|                  |    |      |         |
|------------------|----|------|---------|
| Pike, Natalie    | 25 | FLAQ | 2:31.74 |
| Wilson, Kendra   | 29 | ES   | 2:39.04 |
| Chance, Danielle | 28 | DBMS | 2:42.45 |
| Swoch, Sarah     | 25 | SPM  | 2:59.91 |
| Menzel, Jessie   | 25 | SPM  | 3:01.82 |
| Felton, Tiffany  | 25 | SPM  | 3:04.08 |
| Lightcap, Kerry  | 28 | FLAQ | 3:12.44 |
| Karr, Holly      | 26 | CRAQ | 3:14.75 |
| Mendez, Katie    | 27 | TGM  | 3:19.14 |
| Cullen, Jennifer | 25 | TMM  | 3:19.14 |

### 400 IM

|                   |    |      |         |
|-------------------|----|------|---------|
| Wenzel, Katharine | 27 | FLAQ | 6:16.02 |
| Swoch, Sarah      | 25 | SPM  | 6:20.78 |
| Wilson, Marly     | 25 | FACT | 6:27.33 |
| Cullen, Jennifer  | 25 | TMM  | 7:10.78 |
| Chan, Laura       | 27 | PLAN | 7:17.24 |

1 Nov 2010

## 2010 Dixie Zone LCM Top 10 Women

**World record**

**USMS record**

**Dixie Zone record**

### 30-34

#### 50 Free

|                    |    |      |       |
|--------------------|----|------|-------|
| Caldas, Hannah     | 33 | NCMS | 27.80 |
| Martin, Jennifer   | 30 | FLAQ | 28.57 |
| McLuckie, Lisa     | 31 | FLAQ | 28.73 |
| Haecker, Irina     | 31 | GSC  | 29.68 |
| Hester, Heidi      | 30 | PLAN | 30.03 |
| Dreaver, Karen     | 31 | CFM  | 31.55 |
| Moormann, Courtney | 33 | GMKW | 32.78 |
| Cascio, Alison     | 32 | CRAQ | 33.21 |
| Aron, Vanessa      | 30 | FLAQ | 33.64 |
| Schaufele, Karri   | 30 | FMM  | 34.38 |

#### 100 Free

|                  |    |      |         |
|------------------|----|------|---------|
| Caldas, Hannah   | 33 | NCMS | 59.83   |
| McLuckie, Lisa   | 31 | FLAQ | 1:03.56 |
| Murrow, Loredana | 31 | TMM  | 1:03.65 |
| Dwors, Liz       | 30 | FLAQ | 1:04.37 |
| Haecker, Irina   | 31 | GSC  | 1:04.48 |
| Hester, Heidi    | 30 | PLAN | 1:04.80 |
| Dreaver, Karen   | 31 | CFM  | 1:08.78 |
| Cascio, Alison   | 32 | CRAQ | 1:12.56 |
| Aron, Vanessa    | 30 | FLAQ | 1:13.08 |
| Navas, Nicole    | 32 | GOLD | 1:13.68 |

#### 200 Free

|                      |    |      |         |
|----------------------|----|------|---------|
| Caldas, Hannah       | 33 | NCMS | 2:14.79 |
| Hester, Heidi        | 30 | PLAN | 2:16.76 |
| Haecker, Irina       | 31 | GSC  | 2:23.29 |
| Koppenwallner, Sonja | 34 | CSTM | 2:33.61 |
| Cascio, Alison       | 32 | CRAQ | 2:36.48 |
| Aron, Vanessa        | 30 | FLAQ | 2:39.17 |
| Deering, Tara        | 33 | TMM  | 2:47.65 |
| Navas, Nicole        | 32 | GOLD | 2:49.47 |
| King, Rebecca        | 30 | UNAT | 2:51.04 |
| Maschal, Sarah       | 33 | BIMC | 2:51.41 |

#### 400 Free

|                      |    |      |         |
|----------------------|----|------|---------|
| Hester, Heidi        | 30 | PLAN | 4:54.84 |
| Murrow, Loredana     | 31 | TMM  | 5:00.84 |
| Koppenwallner, Sonja | 34 | CSTM | 5:18.10 |
| Aron, Vanessa        | 30 | FLAQ | 5:30.59 |
| Cascio, Alison       | 32 | CRAQ | 5:37.51 |
| Hall, Ryan           | 31 | MOO  | 5:38.50 |
| Navas, Nicole        | 32 | GOLD | 5:46.33 |
| Shute, Jessica       | 30 | CFMM | 5:54.41 |
| Deering, Tara        | 33 | TMM  | 5:58.49 |
| Forkois, Adrienne    | 31 | SPM  | 6:08.17 |

#### 800 Free

|                      |    |      |          |
|----------------------|----|------|----------|
| Koppenwallner, Sonja | 34 | CSTM | 10:49.83 |
| McLuckie, Lisa       | 31 | FLAQ | 11:07.44 |
| Aron, Vanessa        | 30 | FLAQ | 11:46.05 |
| Cousin, Silka        | 31 | SYSM | 13:34.70 |

#### 1500 Free

|                      |    |      |          |
|----------------------|----|------|----------|
| Koppenwallner, Sonja | 34 | CSTM | 21:40.73 |
| Aron, Vanessa        | 30 | FLAQ | 22:20.28 |

#### 50 Back

|                      |    |      |       |
|----------------------|----|------|-------|
| Martin, Jennifer     | 30 | FLAQ | 34.55 |
| Caldas, Hannah       | 33 | NCMS | 34.97 |
| Hester, Heidi        | 30 | PLAN | 38.23 |
| King, Rebecca        | 30 | UNAT | 38.99 |
| Navas, Nicole        | 32 | GOLD | 39.03 |
| Koppenwallner, Sonja | 34 | CSTM | 39.47 |
| Maschal, Sarah       | 33 | BIMC | 40.00 |
| Schaufele, Karri     | 30 | FMM  | 40.65 |

#### 100 Back

|                  |    |      |         |
|------------------|----|------|---------|
| Murrow, Loredana | 31 | TMM  | 1:11.97 |
| Caldas, Hannah   | 33 | NCMS | 1:15.26 |
| Hester, Heidi    | 30 | PLAN | 1:18.16 |
| King, Rebecca    | 30 | UNAT | 1:25.05 |
| Navas, Nicole    | 32 | GOLD | 1:26.66 |
| Schaufele, Karri | 30 | FMM  | 1:28.90 |
| Crabtree, Erin   | 30 | MOO  | 1:34.17 |

#### 200 Back

|                |    |      |         |
|----------------|----|------|---------|
| Caldas, Hannah | 33 | NCMS | 2:41.78 |
| Hester, Heidi  | 30 | PLAN | 2:46.66 |
| Navas, Nicole  | 32 | GOLD | 3:00.40 |
| King, Rebecca  | 30 | UNAT | 3:04.60 |
| Crabtree, Erin | 30 | MOO  | 3:23.85 |

#### 50 Breast

|                    |    |      |       |
|--------------------|----|------|-------|
| Caldas, Hannah     | 33 | NCMS | 35.81 |
| Luzano, Elaine     | 34 | GOLD | 35.95 |
| McLuckie, Lisa     | 31 | FLAQ | 37.74 |
| Martin, Jennifer   | 30 | FLAQ | 38.12 |
| Moormann, Courtney | 33 | GMKW | 39.62 |
| Navas, Nicole      | 32 | GOLD | 42.95 |
| Hester, Heidi      | 30 | PLAN | 44.84 |
| Aron, Vanessa      | 30 | FLAQ | 45.24 |
| Forkois, Adrienne  | 31 | SPM  | 45.73 |
| Maschal, Sarah     | 33 | BIMC | 46.46 |

#### 100 Breast

|                    |    |      |         |
|--------------------|----|------|---------|
| Caldas, Hannah     | 33 | NCMS | 1:20.15 |
| McLuckie, Lisa     | 31 | FLAQ | 1:23.27 |
| Moormann, Courtney | 33 | GMKW | 1:28.63 |
| Hester, Heidi      | 30 | PLAN | 1:34.05 |
| Luzano, Elaine     | 34 | GOLD | 1:34.11 |
| Forkois, Adrienne  | 31 | SPM  | 1:40.08 |
| Crabtree, Erin     | 30 | MOO  | 1:46.59 |

#### 200 Breast

|                |    |      |         |
|----------------|----|------|---------|
| Caldas, Hannah | 33 | NCMS | 2:59.22 |
| McLuckie, Lisa | 31 | FLAQ | 2:59.53 |

#### 50 Fly

|                      |    |      |       |
|----------------------|----|------|-------|
| Caldas, Hannah       | 33 | NCMS | 30.84 |
| Martin, Jennifer     | 30 | FLAQ | 31.21 |
| Koppenwallner, Sonja | 34 | CSTM | 33.68 |
| Navas, Nicole        | 32 | GOLD | 35.74 |
| King, Rebecca        | 30 | UNAT | 36.26 |
| Maschal, Sarah       | 33 | BIMC | 36.29 |
| Shute, Jessica       | 30 | CFMM | 37.12 |
| Aron, Vanessa        | 30 | FLAQ | 38.02 |
| Hester, Heidi        | 30 | PLAN | 38.30 |
| Forkois, Adrienne    | 31 | SPM  | 38.63 |

#### 100 Fly

|                      |    |      |         |
|----------------------|----|------|---------|
| Caldas, Hannah       | 33 | NCMS | 1:13.06 |
| Koppenwallner, Sonja | 34 | CSTM | 1:21.04 |
| King, Rebecca        | 30 | UNAT | 1:30.19 |
| Maschal, Sarah       | 33 | BIMC | 1:30.22 |
| Crabtree, Erin       | 30 | MOO  | 1:41.07 |
| Matthews, Valerie    | 31 | FACT | 1:44.04 |

#### 200 Fly

|                      |    |      |         |
|----------------------|----|------|---------|
| Koppenwallner, Sonja | 34 | CSTM | 3:06.60 |
| King, Rebecca        | 30 | UNAT | 3:20.97 |

#### 200 IM

|                      |    |      |         |
|----------------------|----|------|---------|
| Caldas, Hannah       | 33 | NCMS | 2:35.41 |
| Hester, Heidi        | 30 | PLAN | 2:48.01 |
| Navas, Nicole        | 32 | GOLD | 2:55.83 |
| Koppenwallner, Sonja | 34 | CSTM | 3:00.62 |
| King, Rebecca        | 30 | UNAT | 3:05.30 |
| Maschal, Sarah       | 33 | BIMC | 3:05.42 |
| Hall, Ryan           | 31 | MOO  | 3:07.82 |
| Forkois, Adrienne    | 31 | SPM  | 3:17.02 |
| Crabtree, Erin       | 30 | MOO  | 3:18.44 |
| Matthews, Valerie    | 31 | FACT | 3:36.31 |

#### 400 IM

|                      |    |      |         |
|----------------------|----|------|---------|
| Caldas, Hannah       | 33 | NCMS | 5:49.11 |
| Koppenwallner, Sonja | 34 | CSTM | 6:06.46 |
| Martin, Jennifer     | 30 | FLAQ | 6:24.10 |
| Aron, Vanessa        | 30 | FLAQ | 6:40.83 |
| King, Rebecca        | 30 | UNAT | 6:44.89 |
| Maschal, Sarah       | 33 | BIMC | 6:47.38 |

1 Nov 2010

## 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

### 35-39

#### 50 Free

|                      |    |      |       |
|----------------------|----|------|-------|
| Manna, Christine     | 36 | PLAN | 30.82 |
| McCrary, Christine   | 37 | FLAQ | 31.91 |
| Hankins, Maria Elena | 37 | GMKW | 32.24 |
| Tolpa, Allison       | 35 | SYSM | 33.64 |
| Salama, Evelyn       | 37 | CSTM | 33.50 |
| Legaspi, Kelly       | 39 | FLAQ | 33.65 |
| Cartier, Noelle      | 35 | SYSM | 35.43 |
| Hartley, Chris       | 35 | RAY  | 36.35 |
| Baroek, Alexandra    | 39 | CRAQ | 36.35 |
| Melancon, Sherry     | 39 | CRAQ | 38.90 |

#### 100 Free

|                       |    |      |         |
|-----------------------|----|------|---------|
| Mayville-Armas, Janey | 36 | FLAQ | 1:02.57 |
| Christopher, Deven    | 36 | GOLD | 1:09.81 |
| Hankins, Maria Elena  | 37 | GMKW | 1:10.36 |
| Hartley, Chris        | 35 | RAY  | 1:13.75 |
| Salama, Evelyn        | 37 | CSTM | 1:15.69 |
| Tolpa, Allison        | 35 | SYSM | 1:19.29 |
| Cartier, Noelle       | 35 | SYSM | 1:24.11 |
| Orrell, Shannon       | 37 | TMM  | 1:33.37 |
| Martin, Janeice       | 39 | NAMA | 1:35.89 |
| Volz, Kristin         | 37 | FLAQ | 1:41.51 |

#### 200 Free

|                       |    |      |         |
|-----------------------|----|------|---------|
| Mayville-Armas, Janey | 36 | FLAQ | 2:19.47 |
| Hankins, Maria Elena  | 37 | GMKW | 2:31.55 |
| Christopher, Deven    | 36 | GOLD | 2:33.10 |
| Salama, Evelyn        | 37 | CSTM | 2:55.30 |
| Orrell, Shannon       | 37 | TMM  | 3:28.28 |
| Volz, Kristin         | 37 | FLAQ | 3:38.97 |
| Martin, Janeice       | 39 | NAMA | 4:08.12 |
| Vaganova, Natalia     | 35 | FLAQ | 4:27.19 |

#### 400 Free

|                      |    |      |         |
|----------------------|----|------|---------|
| Hankins, Maria Elena | 37 | GMKW | 5:12.64 |
| Hartley, Chris       | 35 | WAYS | 5:27.74 |
| Legaspi, Kelly       | 39 | FLAQ | 5:30.18 |
| Salama, Evelyn       | 37 | CSTM | 5:56.76 |
| Volz, Kristin        | 37 | FLAQ | 7:04.95 |
| Orrell, Shannon      | 37 | TMM  | 7:27.55 |

#### 800 Free

|                      |    |      |          |
|----------------------|----|------|----------|
| Hankins, Maria Elena | 37 | GMKW | 10:48.91 |
| Legaspi, Kelly       | 39 | FLAQ | 10:50.89 |
| Volz, Kristin        | 37 | FLAQ | 15:18.90 |
| Orrell, Shannon      | 37 | TMM  | 15:54.20 |

#### 1500 Free

|                    |    |      |          |
|--------------------|----|------|----------|
| Christopher, Deven | 36 | GOLD | 21:50.16 |
| Volz, Kristin      | 37 | FLAQ | 27:31.54 |
| Orrell, Shannon    | 37 | TMM  | 30:06.88 |

#### 50 Back

|                       |    |      |         |
|-----------------------|----|------|---------|
| Mayville-Armas, Janey | 36 | FLAQ | 33.54   |
| Legaspi, Kelly        | 39 | FLAQ | 36.20   |
| Christopher, Deven    | 36 | GOLD | 36.94   |
| Baroek, Alexandra     | 39 | CRAQ | 40.86   |
| Melancon, Sherry      | 39 | CRAQ | 47.83   |
| Orrell, Shannon       | 37 | TMM  | 51.99   |
| Harries, Dana         | 35 | CFM  | 57.31   |
| Volz, Kristin         | 37 | FLAQ | 57.64   |
| Frank, Stefanie       | 39 | FLAQ | 1:00.78 |
| Egozcue, Lorianna     | 37 | FLAQ | 1:04.25 |

#### 100 Back

|                       |    |      |         |
|-----------------------|----|------|---------|
| Mayville-Armas, Janey | 36 | FLAQ | 1:11.94 |
| Christopher, Deven    | 36 | GOLD | 1:20.85 |
| Legaspi, Kelly        | 39 | FLAQ | 1:27.89 |
| Baroek, Alexandra     | 39 | CRAQ | 1:33.24 |
| Volz, Kristin         | 37 | FLAQ | 1:59.42 |

#### 200 Back

|                       |    |      |         |
|-----------------------|----|------|---------|
| Mayville-Armas, Janey | 36 | FLAQ | 2:39.43 |
| Christopher, Deven    | 36 | GOLD | 2:54.61 |
| Volz, Kristin         | 37 | FLAQ | 4:22.07 |
| Rosenblat, Daniela    | 35 | FLAQ | 4:29.98 |

#### 50 Breast

|                    |    |      |         |
|--------------------|----|------|---------|
| Legaspi, Kelly     | 39 | FLAQ | 34.75   |
| Salama, Evelyn     | 37 | CSTM | 41.67   |
| Melancon, Sherry   | 39 | CRAQ | 47.68   |
| Baroek, Alexandra  | 39 | CRAQ | 50.18   |
| Rosenblat, Daniela | 35 | FLAQ | 50.71   |
| Volz, Kristin      | 37 | FLAQ | 54.62   |
| Orrell, Shannon    | 37 | TMM  | 57.71   |
| Frank, Stefanie    | 39 | FLAQ | 1:01.50 |
| Harries, Dana      | 35 | CFM  | 1:11.93 |
| Vaganova, Natalia  | 35 | FLAQ | 1:18.56 |

#### 100 Breast

|                    |    |      |         |
|--------------------|----|------|---------|
| Legaspi, Kelly     | 39 | FLAQ | 1:17.87 |
| Salama, Evelyn     | 37 | CSTM | 1:33.57 |
| Rosenblat, Daniela | 35 | FLAQ | 1:47.84 |
| Martin, Janeice    | 39 | NAMA | 1:56.08 |
| Orrell, Shannon    | 37 | TMM  | 2:09.58 |

#### 200 Breast

|                    |    |      |         |
|--------------------|----|------|---------|
| Legaspi, Kelly     | 39 | FLAQ | 2:51.53 |
| Salama, Evelyn     | 37 | CSTM | 3:25.13 |
| Rosenblat, Daniela | 35 | FLAQ | 3:53.32 |

#### 50 Fly

|                    |    |      |       |
|--------------------|----|------|-------|
| Legaspi, Kelly     | 39 | FLAQ | 33.55 |
| McCrary, Christine | 37 | FLAQ | 33.79 |
| Manna, Christine   | 36 | PLAN | 34.16 |
| Christopher, Deven | 36 | GOLD | 37.56 |
| Salama, Evelyn     | 37 | CSTM | 37.92 |
| Melancon, Sherry   | 39 | CRAQ | 48.53 |
| Volz, Kristin      | 37 | FLAQ | 55.25 |

#### 100 Fly

|                |    |      |         |
|----------------|----|------|---------|
| Hartley, Chris | 35 | WAYS | 1:22.00 |
|----------------|----|------|---------|

#### 35-39 200 Fly

|                       |    |      |         |
|-----------------------|----|------|---------|
| Mayville-Armas, Janey | 36 | FLAQ | 2:39.85 |
|-----------------------|----|------|---------|

#### 200 IM

|                       |    |      |         |
|-----------------------|----|------|---------|
| Mayville-Armas, Janey | 36 | FLAQ | 2:36.38 |
| Legaspi, Kelly        | 39 | FLAQ | 2:54.77 |
| Christopher, Deven    | 36 | GOLD | 2:57.85 |
| Salama, Evelyn        | 37 | CSTM | 3:13.91 |
| Volz, Kristin         | 37 | FLAQ | 3:57.77 |

#### 400 IM

|                    |    |      |         |
|--------------------|----|------|---------|
| Christopher, Deven | 36 | GOLD | 6:24.46 |
| Volz, Kristin      | 37 | FLAQ | 8:20.56 |

1 Nov 2010

# 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

## 40-44

### 50 Free

|                     |    |      |       |
|---------------------|----|------|-------|
| Carmichael, Larissa | 43 | SYSM | 30.77 |
| Becker, Karen       | 43 | TMM  | 31.31 |
| Hulett, Jennifer    | 41 | FLAQ | 31.70 |
| LeClair, Dale       | 41 | GOLD | 32.40 |
| Texel, Paula        | 40 | SPM  | 33.09 |
| Tucker, Mary        | 40 | SYSM | 33.48 |
| Stewart, Ann        | 40 | GOLD | 33.80 |
| Roberts, Deborah    | 44 | DBMS | 34.59 |
| Hyde, Lisa          | 41 | CFMM | 35.58 |
| Squartino, Gloria   | 41 | GOLD | 36.08 |

### 100 Free

|                     |    |      |         |
|---------------------|----|------|---------|
| LeClair, Dale       | 41 | GOLD | 1:05.92 |
| Visser, Linda       | 40 | ORLM | 1:07.22 |
| Carmichael, Larissa | 43 | SYSM | 1:08.48 |
| Becker, Karen       | 43 | TMM  | 1:11.35 |
| Hulett, Jennifer    | 41 | FLAQ | 1:11.72 |
| Texel, Paula        | 40 | SPM  | 1:12.46 |
| Tucker, Mary        | 40 | SYSM | 1:13.47 |
| Stewart, Ann        | 40 | GOLD | 1:14.79 |
| Butcher, Beverly    | 40 | SYSM | 1:21.37 |
| Squartino, Gloria   | 41 | GOLD | 1:24.91 |

### 200 Free

|                     |    |      |         |
|---------------------|----|------|---------|
| Day, Nadine         | 40 | CSTM | 2:14.58 |
| Visser, Linda       | 40 | ORLM | 2:24.09 |
| LeClair, Dale       | 41 | GOLD | 2:24.74 |
| Carmichael, Larissa | 43 | SYSM | 2:30.98 |
| Texel, Paula        | 40 | SPM  | 2:41.12 |
| Repassy, Lisa       | 44 | SYSM | 2:42.71 |
| Stewart, Ann        | 40 | GOLD | 2:45.89 |
| Tucker, Mary        | 40 | SYSM | 2:49.21 |
| Butcher, Beverly    | 40 | SYSM | 2:57.63 |
| Squartino, Gloria   | 41 | GOLD | 3:12.76 |

### 400 Free

|                     |    |      |         |
|---------------------|----|------|---------|
| LeClair, Dale       | 41 | GOLD | 5:08.76 |
| Carmichael, Larissa | 43 | SYSM | 5:25.29 |
| Texel, Paula        | 40 | SPM  | 5:39.20 |
| Stewart, Ann        | 40 | GOLD | 5:57.41 |
| Butcher, Beverly    | 40 | SYSM | 6:13.33 |
| Squartino, Gloria   | 41 | GOLD | 6:44.10 |
| Atkinson, Caroline  | 40 | NCMS | 7:09.70 |
| Ness, Karen         | 42 | TMM  | 7:31.92 |
| Crayton, Lisa       | 42 | SWIM | 7:59.91 |

### 800 Free

|                     |    |      |          |
|---------------------|----|------|----------|
| Visser, Linda       | 40 | ORLM | 10:18.29 |
| LeClair, Dale       | 41 | GOLD | 10:40.54 |
| Carmichael, Larissa | 43 | SYSM | 11:03.06 |
| Stewart, Ann        | 40 | GOLD | 12:09.69 |
| Tucker, Mary        | 40 | SYSM | 12:28.69 |
| Mackin, Donna       | 42 | CMSA | 12:42.69 |
| Butcher, Beverly    | 40 | SYSM | 12:52.89 |
| Zappa, Flavia       | 43 | SPM  | 15:04.79 |

### 1500 Free

|               |    |      |          |
|---------------|----|------|----------|
| LeClair, Dale | 41 | GOLD | 21:13.28 |
| Mackin, Donna | 42 | CMSA | 23:55.01 |
| Zappa, Flavia | 43 | SPM  | 28:13.66 |

### 50 Back

|                  |    |      |       |
|------------------|----|------|-------|
| Visser, Linda    | 40 | ORLM | 35.70 |
| Stewart, Ann     | 40 | GOLD | 36.46 |
| Texel, Paula     | 40 | SPM  | 36.50 |
| Becker, Karen    | 43 | TMM  | 36.60 |
| Hulett, Jennifer | 41 | FLAQ | 36.99 |
| Repassy, Lisa    | 44 | SYSM | 37.42 |
| Hyde, Lisa       | 41 | CFMM | 39.08 |
| Roberts, Deborah | 44 | DBMS | 45.01 |
| Butcher, Beverly | 40 | SYSM | 45.42 |
| Crayton, Lisa    | 42 | SWIM | 46.43 |

### 100 Back

|                  |    |      |         |
|------------------|----|------|---------|
| Visser, Linda    | 40 | ORLM | 1:17.49 |
| Texel, Paula     | 40 | SPM  | 1:20.03 |
| Stewart, Ann     | 40 | GOLD | 1:19.54 |
| Hulett, Jennifer | 41 | FLAQ | 1:21.19 |
| Repassy, Lisa    | 44 | SYSM | 1:21.89 |
| Becker, Karen    | 43 | TMM  | 1:22.08 |
| LeClair, Dale    | 41 | GOLD | 1:25.97 |
| Butcher, Beverly | 40 | SYSM | 1:37.78 |
| Ness, Karen      | 42 | TMM  | 1:55.55 |

### 200 Back

|                    |    |      |         |
|--------------------|----|------|---------|
| Visser, Linda      | 40 | ORLM | 2:45.17 |
| Texel, Paula       | 40 | SPM  | 2:52.94 |
| Stewart, Ann       | 40 | GOLD | 3:01.37 |
| Hulett, Jennifer   | 41 | FLAQ | 3:04.90 |
| LeClair, Dale      | 41 | GOLD | 3:13.63 |
| Butcher, Beverly   | 40 | SYSM | 3:28.68 |
| Ness, Karen        | 42 | TMM  | 3:54.72 |
| Goldfinger, Marcia | 41 | FLAQ | 4:29.97 |
| Zappa, Flavia      | 43 | SPM  | 4:42.34 |

### 50 Breast

|                    |    |      |       |
|--------------------|----|------|-------|
| Visser, Linda      | 40 | ORLM | 38.32 |
| Texel, Paula       | 40 | SPM  | 43.13 |
| Becker, Karen      | 43 | TMM  | 46.21 |
| Hyde, Lisa         | 41 | CFMM | 46.40 |
| Atkinson, Caroline | 40 | NCMS | 48.89 |
| Crayton, Lisa      | 42 | SWIM | 49.24 |
| Moreland, Jill     | 40 | GCST | 50.35 |
| Butcher, Beverly   | 40 | SYSM | 50.61 |
| Squartino, Gloria  | 41 | GOLD | 51.76 |

### 100 Breast

|                    |    |      |         |
|--------------------|----|------|---------|
| Visser, Linda      | 40 | ORLM | 1:21.44 |
| Texel, Paula       | 40 | SPM  | 1:34.35 |
| Atkinson, Caroline | 40 | NCMS | 1:46.76 |
| Moreland, Jill     | 40 | GCST | 1:52.33 |
| Brewer, Vanessa    | 40 | GCST | 2:02.36 |
| Zappa, Flavia      | 43 | SPM  | 2:15.26 |

### 200 Breast

|               |    |      |         |
|---------------|----|------|---------|
| Day, Nadine   | 40 | CSTM | 2:51.88 |
| Visser, Linda | 40 | ORLM | 2:56.13 |
| Zappa, Flavia | 43 | SPM  | 4:47.00 |

### 50 Fly

|                    |    |      |       |
|--------------------|----|------|-------|
| Visser, Linda      | 40 | ORLM | 32.07 |
| LeClair, Dale      | 41 | GOLD | 32.95 |
| Becker, Karen      | 43 | TMM  | 33.21 |
| Rietz, Heather     | 42 | EXCL | 34.24 |
| Hulett, Jennifer   | 41 | FLAQ | 35.05 |
| Repassy, Lisa      | 44 | SYSM | 36.17 |
| Stewart, Ann       | 40 | GOLD | 36.31 |
| Crayton, Lisa      | 42 | SWIM | 36.66 |
| Atkinson, Caroline | 40 | NCMS | 39.43 |
| Hyde, Lisa         | 41 | CFMM | 39.86 |

### 100 Fly

|               |    |      |         |
|---------------|----|------|---------|
| Day, Nadine   | 40 | CSTM | 1:08.55 |
| Visser, Linda | 40 | ORLM | 1:10.29 |
| Becker, Karen | 43 | TMM  | 1:16.42 |
| Repassy, Lisa | 44 | SYSM | 1:23.60 |
| Stewart, Ann  | 40 | GOLD | 1:28.43 |

### 200 Fly

|                    |    |      |         |
|--------------------|----|------|---------|
| Day, Nadine        | 40 | CSTM | 2:40.03 |
| Visser, Linda      | 40 | ORLM | 2:42.73 |
| Becker, Karen      | 43 | TMM  | 3:04.55 |
| Goldfinger, Marcia | 41 | FLAQ | 4:18.73 |
| Zappa, Flavia      | 43 | SPM  | 5:00.92 |

### 200 IM

|                    |    |      |         |
|--------------------|----|------|---------|
| Day, Nadine        | 40 | CSTM | 2:32.32 |
| Visser, Linda      | 40 | ORLM | 2:36.63 |
| Repassy, Lisa      | 44 | SYSM | 3:05.76 |
| Stewart, Ann       | 40 | GOLD | 3:13.38 |
| Atkinson, Caroline | 40 | NCMS | 3:29.21 |

### 400 IM

|                    |    |      |         |
|--------------------|----|------|---------|
| Day, Nadine        | 40 | CSTM | 5:24.89 |
| Visser, Linda      | 40 | ORLM | 5:37.10 |
| Becker, Karen      | 43 | TMM  | 6:26.17 |
| LeClair, Dale      | 41 | GOLD | 6:09.31 |
| Goldfinger, Marcia | 41 | FLAQ | 9:04.28 |
| Zappa, Flavia      | 43 | SPM  | 9:27.43 |

## 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

## 45-49

## 50 Free

|                         |           |           |              |
|-------------------------|-----------|-----------|--------------|
| Battle, Ruth            | 48        | NCMS      | 30.10        |
| Nowak, Elizabeth        | 47        | NCMS      | 30.12        |
| Palace, Kelly           | 49        | UNAT      | 30.17        |
| Deal, Elisabeth Elliott | 46        | NCMS      | 30.57        |
| Hanson, Tanya           | 49        | GOLD      | 31.36        |
| Fedako, Cathy           | 49        | SYSM      | 32.00        |
| Qualls-Kalafut, Mary    | 45        | RAYS      | 32.44        |
| Hooe, Donna             | 47        | GAJA      | 32.45        |
| Aziz, Kristin           | 45        | GAJA      | 32.67        |
| <b>Kannatt, Nina</b>    | <b>46</b> | <b>LM</b> | <b>33.10</b> |
| Poolman, Jeanne         | 48        | NAMA      | 33.72        |

## 100 Free

|                      |    |      |         |
|----------------------|----|------|---------|
| Nowak, Elizabeth     | 47 | NCMS | 1:06.26 |
| Palace, Kelly        | 49 | UNAT | 1:06.59 |
| Aziz, Kristin        | 45 | GAJA | 1:10.10 |
| Fedako, Cathy        | 49 | SYSM | 1:10.92 |
| Qualls-Kalafut, Mary | 45 | RAYS | 1:11.62 |
| Hanson, Tanya        | 49 | GOLD | 1:12.07 |
| Hooe, Donna          | 47 | GAJA | 1:13.74 |
| Frederic, Christine  | 46 | CRAQ | 1:13.95 |
| Lachney, Fay         | 49 | ES   | 1:13.99 |
| Clark, Dawn          | 46 | SPM  | 1:14.20 |

## 200 Free

|                      |           |           |                |
|----------------------|-----------|-----------|----------------|
| Palace, Kelly        | 49        | UNAT      | 2:20.53        |
| Nowak, Elizabeth     | 47        | NCMS      | 2:25.17        |
| Bennett, Ellen       | 47        | SYSM      | 2:26.26        |
| Hamel, Laura         | 46        | SYSM      | 2:31.34        |
| Aziz, Kristin        | 45        | GAJA      | 2:32.75        |
| Qualls-Kalafut, Mary | 45        | RAYS      | 2:38.75        |
| Clark, Dawn          | 46        | SPM       | 2:42.59        |
| <b>Kannatt, Nina</b> | <b>46</b> | <b>LM</b> | <b>2:43.85</b> |
| Hooe, Donna          | 47        | GAJA      | 2:45.40        |
| Herbst, Liz          | 47        | FLAQ      | 2:51.83        |
| Paiva, Teca          | 45        | FLAQ      | 2:51.88        |

## 400 Free

|                      |           |           |                |
|----------------------|-----------|-----------|----------------|
| Palace, Kelly        | 49        | UNAT      | 4:59.30        |
| Bennett, Ellen       | 47        | SYSM      | 5:04.99        |
| Ramnath, Fernette    | 45        | SYSM      | 5:07.82        |
| Aziz, Kristin        | 45        | GAJA      | 5:20.82        |
| Hamel, Laura         | 46        | SYSM      | 5:22.32        |
| Qualls-Kalafut, Mary | 45        | RAYS      | 5:26.66        |
| Vazquez, Maria       | 45        | DYNA      | 5:32.25        |
| Bianchi, Felicia     | 48        | AWJ       | 5:42.26        |
| Hooe, Donna          | 47        | GAJA      | 5:51.64        |
| <b>Kannatt, Nina</b> | <b>46</b> | <b>LM</b> | <b>5:55.26</b> |
| Spivey, Kelly        | 47        | TTM       | 6:29.85        |

## 800 Free

|                   |    |      |          |
|-------------------|----|------|----------|
| Bennett, Ellen    | 47 | SYSM | 10:27.32 |
| Ramnath, Fernette | 45 | SYSM | 10:34.02 |
| Milanese, Barbara | 48 | GOLD | 10:42.63 |
| Aziz, Kristin     | 45 | GAJA | 10:57.90 |
| Hamel, Laura      | 46 | SYSM | 11:13.46 |
| Hooe, Donna       | 47 | GAJA | 11:59.84 |
| Paiva, Teca       | 45 | FLAQ | 12:19.63 |
| Clark, Dawn       | 46 | SPM  | 12:19.93 |
| Bennett, Sarah    | 47 | FLAQ | 13:15.08 |
| Spivey, Kelly     | 47 | TTM  | 13:27.54 |

## 1500 Free

|                   |    |      |          |
|-------------------|----|------|----------|
| Palace, Kelly     | 49 | UNAT | 19:43.28 |
| Bennett, Ellen    | 47 | SYSM | 20:04.54 |
| Ramnath, Fernette | 45 | SYSM | 20:23.32 |
| Hooe, Donna       | 48 | GAJA | 22:55.85 |
| Clark, Dawn       | 46 | SPM  | 23:20.73 |
| Herbst, Liz       | 47 | FLAQ | 23:49.84 |
| Spivey, Kelly     | 47 | TTM  | 25:26.39 |

## 50 Back

|                      |    |      |       |
|----------------------|----|------|-------|
| Palace, Kelly        | 49 | UNAT | 38.16 |
| Kupferberg, Jody Lee | 49 | SPM  | 38.88 |
| Dean, Paige          | 46 | SYSM | 39.25 |
| Fedako, Cathy        | 49 | SYSM | 40.06 |
| Winters, Julie       | 48 | NCMS | 40.22 |
| Frederic, Christine  | 46 | CRAQ | 41.61 |
| Sanchez, Suzanne     | 48 | SPM  | 43.33 |
| Lachney, Fay         | 49 | ES   | 43.70 |
| Yarbrough, Myrna     | 49 | CCM  | 44.19 |
| Paiva, Teca          | 45 | FLAQ | 45.14 |

## 100 Back

|                      |    |      |         |
|----------------------|----|------|---------|
| Kupferberg, Jody Lee | 49 | SPM  | 1:23.51 |
| Vazquez, Maria       | 45 | DYNA | 1:24.74 |
| Dean, Paige          | 46 | SYSM | 1:27.79 |
| Winters, Julie       | 48 | NCMS | 1:27.93 |
| Fedako, Cathy        | 49 | SYSM | 1:29.31 |
| Sanchez, Suzanne     | 48 | SPM  | 1:30.86 |
| Hooe, Donna          | 47 | GAJA | 1:31.06 |
| Paiva, Teca          | 45 | FLAQ | 1:33.03 |
| Bianchi, Felicia     | 48 | AWJ  | 1:38.53 |
| Yarbrough, Myrna     | 49 | CCM  | 1:42.13 |

## 200 Back

|                      |    |      |         |
|----------------------|----|------|---------|
| Ramnath, Fernette    | 45 | SYSM | 2:47.74 |
| Bennett, Ellen       | 47 | SYSM | 2:55.55 |
| Vazquez, Maria       | 45 | DYNA | 2:55.75 |
| Aziz, Kristin        | 45 | GAJA | 2:56.85 |
| Milanese, Barbara    | 48 | GOLD | 2:57.23 |
| Kupferberg, Jody Lee | 49 | SPM  | 3:00.79 |
| Winters, Julie       | 48 | NCMS | 3:05.09 |
| Hooe, Donna          | 48 | GAJA | 3:12.72 |
| Paiva, Teca          | 45 | FLAQ | 3:17.30 |
| Dean, Paige          | 46 | SYSM | 3:18.11 |

## 50 Breast

|                     |    |      |       |
|---------------------|----|------|-------|
| Nowak, Elizabeth    | 47 | NCMS | 38.21 |
| Hamel, Laura        | 46 | SYSM | 42.71 |
| Frederic, Christine | 46 | CRAQ | 43.20 |
| Paiva, Teca         | 45 | FLAQ | 43.92 |
| Sanchez, Suzanne    | 48 | SPM  | 46.37 |
| Bennett, Sarah      | 47 | FLAQ | 49.08 |
| Yarbrough, Myrna    | 49 | CCM  | 52.93 |
| Spivey, Kelly       | 47 | TTM  | 52.97 |
| McClure, Pam        | 47 | RAYS | 53.41 |
| Colmes, Eliza       | 49 | GOLD | 53.47 |

## 100 Breast

|                     |    |      |         |
|---------------------|----|------|---------|
| Nowak, Elizabeth    | 47 | NCMS | 1:25.11 |
| Battle, Ruth        | 48 | NCMS | 1:32.66 |
| Hamel, Laura        | 46 | SYSM | 1:33.29 |
| Frederic, Christine | 46 | CRAQ | 1:35.43 |
| Paiva, Teca         | 45 | FLAQ | 1:37.65 |
| Bennett, Sarah      | 47 | FLAQ | 1:50.03 |
| Bianchi, Felicia    | 48 | AWJ  | 1:52.00 |
| Spivey, Kelly       | 47 | TTM  | 1:54.94 |
| Aragon, Leah        | 47 | TGM  | 1:58.08 |
| Colmes, Eliza       | 49 | GOLD | 2:00.58 |

## 200 Breast

|                   |    |      |         |
|-------------------|----|------|---------|
| Bennett, Ellen    | 47 | SYSM | 3:10.70 |
| Hamel, Laura      | 46 | SYSM | 3:27.67 |
| Bennett, Sarah    | 47 | FLAQ | 3:55.35 |
| Paiva, Teca       | 45 | FLAQ | 3:28.87 |
| Bianchi, Felicia  | 48 | AWJ  | 3:53.98 |
| Spivey, Kelly     | 47 | TTM  | 4:11.30 |
| Colmes, Eliza     | 49 | GOLD | 4:14.59 |
| Aragon, Leah      | 47 | TGM  | 4:19.78 |
| Matysek, Anna Lea | 49 | SYSM | 4:42.50 |

## 50 Fly

|                         |    |      |       |
|-------------------------|----|------|-------|
| Battle, Ruth            | 48 | NCMS | 32.13 |
| Deal, Elisabeth Elliott | 46 | NCMS | 33.79 |
| Clark, Dawn             | 46 | SPM  | 35.76 |
| Frederic, Christine     | 46 | CRAQ | 36.11 |
| Winters, Julie          | 48 | NCMS | 36.78 |
| Hooe, Donna             | 48 | GAJA | 37.30 |
| Fedako, Cathy           | 49 | SYSM | 38.18 |
| Paiva, Teca             | 45 | FLAQ | 38.93 |
| Spivey, Kelly           | 47 | TTM  | 39.50 |
| Herbst, Liz             | 47 | FLAQ | 40.21 |

## 100 Fly

|                      |           |           |                |
|----------------------|-----------|-----------|----------------|
| Lohberg, Birgit      | 45        | GOLD      | 1:06.65        |
| Frederic, Christine  | 46        | CRAQ      | 1:18.56        |
| Bennett, Ellen       | 47        | SYSM      | 1:20.89        |
| Qualls-Kalafut, Mary | 45        | RAYS      | 1:22.37        |
| Ramnath, Fernette    | 45        | SYSM      | 1:23.45        |
| Paiva, Teca          | 45        | FLAQ      | 1:30.43        |
| <b>Kannatt, Nina</b> | <b>46</b> | <b>LM</b> | <b>1:31.12</b> |
| Hooe, Donna          | 48        | GAJA      | 1:35.69        |

## 200 Fly

|                     |    |      |         |
|---------------------|----|------|---------|
| Ramnath, Fernette   | 45 | SYSM | 3:01.04 |
| Frederic, Christine | 46 | CRAQ | 3:05.73 |
| Paiva, Teca         | 45 | FLAQ | 3:32.37 |
| Hooe, Donna         | 48 | GAJA | 3:45.10 |

## 200 IM

|                     |    |      |         |
|---------------------|----|------|---------|
| Ramnath, Fernette   | 45 | SYSM | 2:48.62 |
| Bennett, Ellen      | 47 | SYSM | 2:50.83 |
| Frederic, Christine | 46 | CRAQ | 3:06.44 |
| Paiva, Teca         | 45 | FLAQ | 3:11.11 |
| Clark, Dawn         | 46 | SPM  | 3:19.38 |
| Bennett, Sarah      | 47 | FLAQ | 3:40.46 |
| Keeney, Cheryl      | 47 | FLAQ | 4:31.32 |

## 400 IM

|                       |           |             |                |
|-----------------------|-----------|-------------|----------------|
| Ramnath, Fernette     | 45        | SYSM        | 5:58.13        |
| <b>Bennett, Ellen</b> | <b>47</b> | <b>SYSM</b> | <b>5:58.32</b> |
| Paiva, Teca           | 45        | FLAQ        | 6:44.69        |
| Bennett, Sarah        | 47        | FLAQ        | 7:55.06        |

## 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

## 50-54

## 50 Free

|                   |    |      |       |
|-------------------|----|------|-------|
| Jones, Eney       | 50 | SYSM | 30.09 |
| Wenzel, Chris     | 51 | ECS  | 31.58 |
| Thomas, Ann       | 50 | FLAQ | 31.70 |
| Malan, Marina     | 50 | GMKW | 31.88 |
| Doyle, Deanna     | 52 | SYSM | 32.46 |
| Carpenter, Kelley | 53 | SYSM | 33.15 |
| Devanney, Celia   | 53 | GOLD | 33.43 |
| Seier, Lydia      | 54 | GOLD | 34.00 |
| Lasher, Cyn       | 53 | FACT | 34.02 |
| McNulty, Barbara  | 53 | SPM  | 34.65 |

## 100 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Jones, Eney       | 50 | SYSM | 1:03.78 |
| Castro, Leticia   | 50 | GOLD | 1:11.64 |
| Thomas, Ann       | 50 | FLAQ | 1:11.72 |
| Devanney, Celia   | 53 | GOLD | 1:12.47 |
| Malan, Marina     | 50 | GMKW | 1:14.97 |
| Seier, Lydia      | 54 | GOLD | 1:15.51 |
| Savage, Mary Anne | 50 | SWYS | 1:16.26 |
| McNulty, Barbara  | 53 | SPM  | 1:18.60 |
| Goodman, Terri    | 51 | SYSM | 1:18.84 |
| Lasher, Cyn       | 53 | FACT | 1:19.13 |

## 200 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Jones, Eney       | 50 | SYSM | 2:17.53 |
| Devanney, Celia   | 53 | GOLD | 2:38.68 |
| Steinmann, Sharon | 52 | SPM  | 2:44.93 |
| Thiel, Janet      | 53 | SWYS | 2:45.98 |
| Savage, Mary Anne | 50 | SWYS | 2:46.20 |
| McNulty, Barbara  | 53 | SPM  | 2:47.94 |
| Goodman, Terri    | 51 | SYSM | 2:48.06 |
| Seier, Lydia      | 54 | GOLD | 2:48.42 |
| Weger, Tammy      | 50 | SYSM | 3:13.80 |
| Casey, Katleen    | 52 | GOLD | 3:14.36 |

## 400 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Jones, Eney       | 50 | SYSM | 4:48.68 |
| Devanney, Celia   | 53 | GOLD | 5:33.28 |
| Steinmann, Sharon | 52 | SPM  | 5:40.01 |
| Thiel, Janet      | 53 | SWYS | 5:54.54 |
| McNulty, Barbara  | 53 | SPM  | 5:59.47 |
| Seier, Lydia      | 54 | GOLD | 5:59.62 |
| Savage, Mary Anne | 50 | SWYS | 6:09.46 |
| Harrelson, JoAnn  | 54 | SPM  | 6:11.18 |
| Weger, Tammy      | 50 | SYSM | 6:43.58 |
| Stoots, Ruth      | 53 | NAMA | 7:09.68 |

## 800 Free

|                        |    |      |          |
|------------------------|----|------|----------|
| Devanney, Celia        | 53 | GOLD | 11:16.78 |
| Steinmann, Sharon      | 52 | SPM  | 11:38.93 |
| Thiel, Janet           | 53 | SWYS | 12:01.06 |
| Savage, Mary Anne      | 50 | SWYS | 12:39.78 |
| Harrelson, JoAnn       | 54 | SPM  | 12:59.38 |
| Weger, Tammy           | 50 | SYSM | 13:36.14 |
| Chin-Ogilvie, Adrienne | 50 | FLAQ | 15:19.10 |
| Grady, Marci           | 52 | FLAQ | 16:29.18 |
| Showalter, Linda       | 54 | SYSM | 16:40.34 |
| Moucha, Sue            | 52 | FMM  | 22:03.85 |

## 1500 Free

|                        |    |      |          |
|------------------------|----|------|----------|
| Castro, Leticia        | 50 | GOLD | 20:43.39 |
| Devanney, Celia        | 53 | GOLD | 21:46.65 |
| Steinmann, Sharon      | 52 | SPM  | 21:59.75 |
| Harrelson, JoAnn       | 54 | SPM  | 24:42.11 |
| Itzler, Ellen          | 52 | FLAQ | 26:04.58 |
| Chin-Ogilvie, Adrienne | 50 | FLAQ | 30:03.94 |

## 50 Back

|                   |    |      |       |
|-------------------|----|------|-------|
| Cavanaugh, Debbie | 52 | GOLD | 37.28 |
| Doyle, Deanna     | 52 | SYSM | 37.35 |
| Lasher, Cyn       | 53 | FACT | 40.95 |
| Thomas, Ann       | 50 | FLAQ | 41.00 |
| Goodman, Terri    | 51 | SYSM | 42.85 |
| Griffiths, Yvonne | 50 | SYSM | 45.55 |
| Seier, Lydia      | 54 | GOLD | 45.62 |
| Savage, Mary Anne | 50 | SWYS | 46.01 |
| Thiel, Janet      | 53 | SWYS | 46.25 |
| Gambon, Deb       | 53 | TGM  | 47.93 |

## 100 Back

|                   |    |      |         |
|-------------------|----|------|---------|
| Cavanaugh, Debbie | 52 | GOLD | 1:21.03 |
| Doyle, Deanna     | 52 | SYSM | 1:24.46 |
| Steinmann, Sharon | 52 | SPM  | 1:31.66 |
| Thomas, Ann       | 50 | FLAQ | 1:31.91 |
| Savage, Katleen   | 52 | GOLD | 1:38.91 |
| McNulty, Barbara  | 53 | SPM  | 1:41.06 |
| Savage, Mary Anne | 50 | SWYS | 1:42.95 |
| Kunzle, Nancy     | 52 | FACT | 1:53.75 |
| Rosso, Denise     | 50 | UNAT | 2:04.83 |
| Russo, Marianne   | 51 | FLAQ | 2:07.23 |

## 200 Back

|                        |    |      |         |
|------------------------|----|------|---------|
| Cavanaugh, Debbie      | 52 | GOLD | 2:55.82 |
| Steinmann, Sharon      | 52 | SPM  | 3:11.03 |
| Gambon, Deb            | 53 | TGM  | 3:53.17 |
| Hefty, Robin           | 51 | UNAT | 4:44.00 |
| Nicolay, Anne          | 50 | ES   | 5:07.98 |
| Chin-Ogilvie, Adrienne | 50 | FLAQ | 5:16.01 |
| Moucha, Sue            | 52 | FMM  | 5:30.85 |

## 50 Breast

|                     |    |      |       |
|---------------------|----|------|-------|
| Cavanaugh, Debbie   | 52 | GOLD | 40.48 |
| Wenzel, Chris       | 51 | ECS  | 41.46 |
| Savage, Mary Anne   | 50 | SWYS | 45.66 |
| Miller-Moss, Traudi | 53 | GSC  | 45.73 |
| Carpenter, Kelley   | 53 | SYSM | 46.31 |
| Thiel, Janet        | 53 | SWYS | 46.87 |
| Itzler, Ellen       | 52 | FLAQ | 48.12 |
| Griffiths, Yvonne   | 50 | SYSM | 48.25 |
| Gatto, Caroline     | 50 | SAMS | 49.98 |
| Spahr, Sharda       | 53 | NAMA | 52.81 |

## 100 Breast

|                        |    |      |         |
|------------------------|----|------|---------|
| Wenzel, Chris          | 51 | ECS  | 1:31.63 |
| Cavanaugh, Debbie      | 52 | GOLD | 1:33.28 |
| Harrelson, JoAnn       | 54 | SPM  | 1:40.78 |
| Miller-Moss, Traudi    | 53 | GSC  | 1:41.46 |
| Savage, Mary Anne      | 50 | SWYS | 1:41.88 |
| Thiel, Janet           | 53 | SWYS | 1:42.43 |
| Griffiths, Yvonne      | 50 | SYSM | 1:44.28 |
| Itzler, Ellen          | 52 | FLAQ | 1:45.44 |
| Chin-Ogilvie, Adrienne | 50 | FLAQ | 1:46.82 |
| Gambon, Deb            | 53 | TGM  | 1:47.94 |

## 200 Breast

|                        |    |      |         |
|------------------------|----|------|---------|
| Cavanaugh, Debbie      | 52 | GOLD | 3:22.32 |
| Thiel, Janet           | 53 | SWYS | 3:47.95 |
| Chin-Ogilvie, Adrienne | 50 | FLAQ | 3:53.17 |
| Itzler, Ellen          | 52 | FLAQ | 3:56.70 |
| Grady, Marci           | 52 | FLAQ | 4:25.77 |
| Hefty, Robin           | 51 | UNAT | 4:48.81 |
| Nicolay, Anne          | 50 | ES   | 5:07.98 |
| Moucha, Sue            | 51 | FMM  | 5:45.00 |

## 50 Fly

|                        |    |      |       |
|------------------------|----|------|-------|
| Jones, Eney            | 50 | SYSM | 33.54 |
| Malan, Marina          | 50 | GMKW | 36.99 |
| Thomas, Ann            | 50 | FLAQ | 37.55 |
| McNulty, Barbara       | 53 | SPM  | 37.70 |
| Goodman, Terri         | 51 | SYSM | 37.85 |
| Chin-Ogilvie, Adrienne | 50 | FLAQ | 37.93 |
| Savage, Mary Anne      | 50 | SWYS | 38.59 |
| Carpenter, Kelley      | 53 | SYSM | 38.69 |
| Seier, Lydia           | 54 | GOLD | 38.72 |
| Devanney, Celia        | 53 | GOLD | 39.53 |

## 100 Fly

|                  |    |      |         |
|------------------|----|------|---------|
| Castro, Leticia  | 50 | GOLD | 1:20.30 |
| McNulty, Barbara | 53 | SPM  | 1:26.56 |
| Devanney, Celia  | 53 | GOLD | 1:27.34 |
| Goodman, Terri   | 51 | SYSM | 1:31.00 |
| Thomas, Ann      | 50 | FLAQ | 1:34.87 |
| Singleton, Kathy | 53 | SYSM | 2:21.23 |

## 200 Fly

|                        |    |      |         |
|------------------------|----|------|---------|
| Castro, Leticia        | 50 | GOLD | 2:57.69 |
| McNulty, Barbara       | 53 | SPM  | 3:15.33 |
| Devanney, Celia        | 53 | GOLD | 3:18.03 |
| Chin-Ogilvie, Adrienne | 50 | FLAQ | 4:50.23 |
| Singleton, Kathy       | 53 | SYSM | 5:19.06 |

## 200 IM

|                     |    |      |         |
|---------------------|----|------|---------|
| Castro, Leticia     | 50 | GOLD | 2:58.20 |
| Steinmann, Sharon   | 52 | SPM  | 3:07.13 |
| Thiel, Janet        | 53 | SWYS | 3:17.68 |
| Savage, Mary Anne   | 50 | SWYS | 3:20.12 |
| Thomas, Ann         | 50 | FLAQ | 3:25.27 |
| Miller-Moss, Traudi | 53 | GSC  | 3:26.94 |
| Gambon, Deb         | 53 | TGM  | 3:41.88 |
| Grady, Marci        | 52 | FLAQ | 4:12.22 |

## 400 IM

|                        |    |      |          |
|------------------------|----|------|----------|
| Castro, Leticia        | 50 | GOLD | 6:15.63  |
| Steinmann, Sharon      | 52 | SPM  | 6:42.82  |
| Harrelson, JoAnn       | 54 | SPM  | 7:08.87  |
| Thiel, Janet           | 53 | SWYS | 7:32.42  |
| Chin-Ogilvie, Adrienne | 50 | FLAQ | 9:01.91  |
| Grady, Marci           | 52 | FLAQ | 9:22.66  |
| Moucha, Sue            | 52 | FMM  | 10:14.32 |

1 Nov 2010

## 2010 Dixie Zone LCM Top 10 Women

World record   
 USMS record   
 Dixie Zone record

**55-59**

**50 Free**

|                      |    |      |       |
|----------------------|----|------|-------|
| Sargeant, Pat        | 57 | GOLD | 30.73 |
| McDonnell, Peggy     | 55 | GOLD | 32.47 |
| Fitzgerald, Kathleen | 57 | MOO  | 33.77 |
| Hughes, Maureen      | 57 | GOLD | 34.05 |
| LaFountain, Darcy    | 55 | FLAQ | 34.15 |
| Protzman, Barbara    | 56 | GOLD | 34.91 |
| Willman, Becky       | 58 | GOLD | 35.60 |
| Stewart, Robin       | 56 | GOLD | 36.51 |
| Greb, Connie         | 59 | FACT | 37.14 |
| Many, Cecile         | 56 | ES   | 38.63 |

**100 Free**

|                      |    |      |         |
|----------------------|----|------|---------|
| Sargeant, Pat        | 57 | GOLD | 1:08.70 |
| Fitzgerald, Kathleen | 57 | MOO  | 1:14.04 |
| Walker, Deb          | 59 | FACT | 1:14.29 |
| Protzman, Barbara    | 56 | GOLD | 1:16.73 |
| LaFountain, Darcy    | 55 | FLAQ | 1:16.73 |
| Hughes, Maureen      | 57 | GOLD | 1:20.27 |
| Stewart, Robin       | 56 | GOLD | 1:21.26 |
| Willman, Becky       | 58 | GOLD | 1:22.78 |
| Many, Cecile         | 56 | ES   | 1:29.91 |
| Lipe, Tina           | 56 | FACT | 1:31.69 |

**200 Free**

|                      |    |      |         |
|----------------------|----|------|---------|
| Sargeant, Pat        | 57 | GOLD | 2:36.30 |
| Walker, Deb          | 58 | FACT | 2:37.04 |
| McDonnell, Peggy     | 55 | GOLD | 2:42.65 |
| LaFountain, Darcy    | 55 | FLAQ | 2:40.58 |
| Protzman, Barbara    | 56 | GOLD | 2:44.96 |
| Fitzgerald, Kathleen | 57 | MOO  | 2:45.90 |
| Hughes, Maureen      | 57 | GOLD | 2:53.90 |
| Many, Cecile         | 56 | ES   | 3:08.64 |
| Willman, Becky       | 58 | GOLD | 3:14.97 |
| Saef, Karen          | 56 | SYSM | 3:21.96 |

**400 Free**

|                   |    |      |         |
|-------------------|----|------|---------|
| Sargeant, Pat     | 57 | GOLD | 5:34.31 |
| LaFountain, Darcy | 55 | FLAQ | 5:35.89 |
| Protzman, Barbara | 56 | GOLD | 5:53.28 |
| Willman, Becky    | 58 | GOLD | 6:25.30 |
| Many, Cecile      | 56 | ES   | 6:41.72 |
| Saef, Karen       | 56 | SYSM | 6:56.53 |
| Watson, Lisa      | 56 | GMKW | 7:02.26 |
| Evans, Merry      | 58 | FACT | 7:40.65 |
| Berk, Sherie      | 57 | FLAQ | 7:50.09 |
| Smith, Allison    | 55 | NCMS | 7:55.70 |

**800 Free**

|                   |    |      |          |
|-------------------|----|------|----------|
| Sargeant, Pat     | 57 | GOLD | 11:44.27 |
| LaFountain, Darcy | 55 | FLAQ | 11:45.39 |
| Protzman, Barbara | 56 | GOLD | 12:10.54 |
| Larson, Linda     | 55 | FLAQ | 13:16.28 |
| Willman, Becky    | 58 | GOLD | 13:39.90 |
| Burkhead, Linda   | 57 | GAJA | 16:14.96 |

**1500 Free**

|                   |    |      |          |
|-------------------|----|------|----------|
| LaFountain, Darcy | 55 | FLAQ | 21:37.84 |
| Larson, Linda     | 55 | FLAQ | 24:23.02 |
| Willman, Becky    | 58 | GOLD | 25:39.71 |

**50 Back**

|                      |    |      |         |
|----------------------|----|------|---------|
| Hughes, Maureen      | 57 | GOLD | 37.11   |
| Sargeant, Pat        | 57 | GOLD | 39.01   |
| McDonnell, Peggy     | 55 | GOLD | 40.18   |
| Walker, Deb          | 59 | FACT | 41.34   |
| Larson, Linda        | 55 | FLAQ | 42.30   |
| Many, Cecile         | 56 | ES   | 48.06   |
| Elliott, Rebekah     | 55 | NCMS | 49.26   |
| Barber, Barbara      | 58 | TGM  | 51.32   |
| Saef, Karen          | 56 | SYSM | 52.95   |
| von Dohlen, Kathleen | 57 | MOO  | 55.16   |
| Navaroli, Davenia    | 58 | SPM  | 1:32.38 |

**100 Back**

|                      |    |      |         |
|----------------------|----|------|---------|
| Sargeant, Pat        | 57 | GOLD | 1:21.56 |
| Hughes, Maureen      | 57 | GOLD | 1:24.93 |
| Walker, Deb          | 58 | FACT | 1:27.72 |
| Larson, Linda        | 55 | FLAQ | 1:30.34 |
| Mattson, Skippy      | 57 | GAJA | 1:32.74 |
| Protzman, Barbara    | 56 | GOLD | 1:36.54 |
| Fitzgerald, Kathleen | 57 | MOO  | 1:37.16 |
| Many, Cecile         | 56 | ES   | 1:43.96 |
| Saef, Karen          | 56 | SYSM | 1:52.62 |

**200 Back**

|                  |    |      |         |
|------------------|----|------|---------|
| Sargeant, Pat    | 57 | GOLD | 2:57.31 |
| Walker, Deb      | 59 | FACT | 3:05.38 |
| McDonnell, Peggy | 55 | GOLD | 3:12.32 |
| Larson, Linda    | 55 | FLAQ | 3:13.64 |
| Mattson, Skippy  | 57 | GAJA | 3:14.83 |
| Many, Cecile     | 56 | ES   | 3:47.79 |
| Lipe, Tina       | 56 | FACT | 3:54.18 |
| Saef, Karen      | 56 | SYSM | 4:02.79 |

**50 Breast**

|                   |    |      |         |
|-------------------|----|------|---------|
| Walker, Deb       | 59 | FACT | 40.84   |
| Dash, Melon       | 55 | SYSM | 40.89   |
| Mattson, Skippy   | 57 | DYNA | 42.28   |
| McDonnell, Peggy  | 55 | GOLD | 41.94   |
| Sargeant, Pat     | 57 | GOLD | 47.08   |
| Evans, Merry      | 58 | FACT | 56.94   |
| Smith, Allison    | 55 | NCMS | 59.67   |
| Many, Cecile      | 56 | ES   | 59.86   |
| Williamson, Cile  | 55 | TGM  | 1:01.85 |
| Fazzano, Catalina | 57 | GOLD | 1:08.21 |

**100 Breast**

|                      |    |      |         |
|----------------------|----|------|---------|
| Walker, Deb          | 58 | FACT | 1:31.04 |
| Dash, Melon          | 55 | SYSM | 1:31.16 |
| McDonnell, Peggy     | 55 | GOLD | 1:33.73 |
| Mattson, Skippy      | 57 | GAJA | 1:37.67 |
| Barber, Barbara      | 58 | TGM  | 2:02.96 |
| Smith, Allison       | 55 | NCMS | 2:04.23 |
| Evans, Merry         | 58 | FACT | 2:04.82 |
| von Dohlen, Kathleen | 57 | MOO  | 2:32.42 |
| Fazzano, Catalina    | 57 | GOLD | 2:37.38 |

**200 Breast**

|                  |    |      |         |
|------------------|----|------|---------|
| McDonnell, Peggy | 55 | GOLD | 3:26.28 |
| Mattson, Skippy  | 57 | GAJA | 3:36.06 |
| Larson, Linda    | 55 | FLAQ | 4:00.22 |
| Smith, Allison   | 55 | NCMS | 4:14.22 |
| Evans, Merry     | 58 | FACT | 4:26.53 |

**50 Fly**

|                   |    |      |       |
|-------------------|----|------|-------|
| Sargeant, Pat     | 57 | GOLD | 33.75 |
| McDonnell, Peggy  | 55 | GOLD | 35.06 |
| Dash, Melon       | 55 | SYSM | 35.67 |
| Protzman, Barbara | 56 | GOLD | 38.34 |
| Willman, Becky    | 58 | GOLD | 44.20 |
| Kaminstein, Beth  | 56 | GOLD | 44.65 |
| Many, Cecile      | 56 | ES   | 47.74 |
| Lipe, Tina        | 56 | FACT | 54.64 |
| Hall, Ellen       | 59 | ES   | 58.19 |

**100 Fly**

|                   |    |      |         |
|-------------------|----|------|---------|
| McDonnell, Peggy  | 55 | GOLD | 1:21.81 |
| Dash, Melon       | 55 | SYSM | 1:24.54 |
| Protzman, Barbara | 56 | GOLD | 1:34.17 |
| Larson, Linda     | 55 | FLAQ | 1:55.61 |
| Hall, Ellen       | 59 | ES   | 2:13.31 |

**200 Fly**

|               |    |      |         |
|---------------|----|------|---------|
| Larson, Linda | 55 | FLAQ | 4:00.45 |
| Hall, Ellen   | 59 | ES   | 5:07.75 |

**200 IM**

|                      |    |      |         |
|----------------------|----|------|---------|
| Sargeant, Pat        | 57 | GOLD | 2:57.41 |
| McDonnell, Peggy     | 55 | GOLD | 2:59.01 |
| Dash, Melon          | 55 | SYSM | 3:03.30 |
| Protzman, Barbara    | 56 | GOLD | 3:12.18 |
| Fitzgerald, Kathleen | 57 | MOO  | 3:28.60 |
| Larson, Linda        | 55 | FLAQ | 3:30.46 |
| Kaminstein, Beth     | 56 | GOLD | 3:59.77 |
| Many, Cecile         | 56 | ES   | 4:00.14 |
| Saef, Karen          | 56 | SYSM | 4:01.10 |
| Smith, Allison       | 55 | NCMS | 4:10.01 |
| Hall, Ellen          | 59 | ES   | 4:30.20 |

**400 IM**

|                   |    |      |         |
|-------------------|----|------|---------|
| McDonnell, Peggy  | 55 | GOLD | 6:42.11 |
| Protzman, Barbara | 56 | GOLD | 6:56.70 |
| Larson, Linda     | 55 | FLAQ | 7:24.62 |
| Hall, Ellen       | 59 | ES   | 9:21.66 |



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## 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

### 60-64

#### 50 Free

|                      |    |      |       |
|----------------------|----|------|-------|
| Williamson, Francine | 62 | GAJA | 32.59 |
| Moore, Meredith      | 61 | SWIM | 35.77 |
| Wilson, Meegan       | 61 | FACT | 36.98 |
| Pingley, Gretchen    | 63 | UNAT | 38.19 |
| Moore, Carolyn       | 60 | GOLD | 39.98 |
| Mitchell, Jeannie    | 64 | GOLD | 40.16 |
| Kelly, Alice         | 62 | FACT | 43.74 |
| Prall, Winifred      | 63 | CMS  | 43.95 |
| Buccino, Vicki       | 64 | ES   | 45.85 |
| Eddens, Ann          | 60 | TMM  | 46.24 |

#### 100 Free

|                      |    |      |         |
|----------------------|----|------|---------|
| Williamson, Francine | 62 | GAJA | 1:13.16 |
| Moore, Meredith      | 61 | SWIM | 1:22.02 |
| Mitchell, Jeannie    | 64 | GOLD | 1:27.71 |
| Wilson, Meegan       | 62 | FACT | 1:28.24 |
| Pingley, Gretchen    | 63 | UNAT | 1:30.43 |
| Moore, Carolyn       | 60 | GOLD | 1:33.31 |
| Prall, Winifred      | 63 | CMS  | 1:36.90 |
| Buccino, Vicki       | 64 | ES   | 1:39.36 |
| Kelly, Alice         | 62 | FACT | 1:42.53 |
| Hubbard, Gigi        | 63 | FACT | 1:50.17 |

#### 200 Free

|                      |    |      |         |
|----------------------|----|------|---------|
| Williamson, Francine | 62 | GAJA | 2:42.83 |
| Mancino, Cathy       | 61 | GOLD | 3:01.59 |
| Wilson, Meegan       | 62 | FACT | 3:10.96 |
| Prall, Winifred      | 63 | CMS  | 3:31.39 |
| Buccino, Vicki       | 64 | ES   | 3:31.64 |
| Kelly, Alice         | 62 | FACT | 3:59.36 |
| Eddens, Ann          | 60 | TMM  | 4:13.25 |
| Riley, Linda         | 63 | SYSM | 4:19.83 |

#### 400 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Moore, Meredith   | 61 | SWIM | 6:10.09 |
| Mancino, Cathy    | 61 | GOLD | 6:10.35 |
| Wilson, Meegan    | 61 | FACT | 6:42.95 |
| Mitchell, Jeannie | 64 | GOLD | 6:45.80 |
| Prall, Winifred   | 63 | CMS  | 7:05.42 |
| Buccino, Vicki    | 64 | ES   | 7:36.24 |
| Pingley, Gretchen | 63 | UNAT | 7:52.38 |
| Eddens, Ann       | 60 | TMM  | 8:48.73 |
| Riley, Linda      | 63 | SYSM | 8:56.22 |

#### 800 Free

|                 |    |      |          |
|-----------------|----|------|----------|
| Mancino, Cathy  | 61 | GOLD | 12:53.52 |
| Buccino, Vicki  | 64 | ES   | 15:22.05 |
| Riley, Linda    | 63 | SYSM | 17:48.41 |
| Mitchell, Anita | 60 | FLAQ | 20:15.82 |

#### 1500 Free

|                 |    |      |          |
|-----------------|----|------|----------|
| Buccino, Vicki  | 64 | ES   | 29:12.53 |
| Mitchell, Anita | 60 | FLAQ | 35:48.79 |

#### 50 Back

|                    |    |      |       |
|--------------------|----|------|-------|
| Mitchell, Jeannie  | 64 | GOLD | 43.69 |
| Patricia Patterson | 63 | CATM | 53.26 |
| Wilson, Meegan     | 62 | FACT | 53.80 |
| Hubbard, Gigi      | 63 | FACT | 54.79 |
| Kelly, Alice       | 62 | FACT | 55.34 |
| Martin, Michelle   | 61 | ART  | 57.71 |

#### 100 Back

|                   |    |      |         |
|-------------------|----|------|---------|
| Moore, Meredith   | 61 | SWIM | 1:35.43 |
| Mitchell, Jeannie | 64 | GOLD | 1:36.97 |
| Hubbard, Gigi     | 63 | FACT | 2:04.89 |

#### 200 Back

|                   |    |      |         |
|-------------------|----|------|---------|
| Mitchell, Jeannie | 64 | GOLD | 3:33.32 |
| Buccino, Vicki    | 64 | ES   | 4:19.11 |
| Martin, Michelle  | 61 | ART  | 4:24.95 |
| Hubbard, Gigi     | 63 | FACT | 4:26.06 |

#### 50 Breast

|                      |    |      |         |
|----------------------|----|------|---------|
| Williamson, Francine | 62 | GAJA | 44.60   |
| Wilson, Meegan       | 62 | FACT | 46.10   |
| Moore, Meredith      | 61 | SWIM | 51.35   |
| Mitchell, Jeannie    | 64 | GOLD | 51.72   |
| Hirr, Trice          | 61 | UNAT | 51.77   |
| Pingley, Gretchen    | 63 | UNAT | 52.13   |
| Roark, Frances       | 64 | AMS  | 55.56   |
| Ley, Tamara          | 61 | SYSM | 1:02.09 |
| Kelly, Alice         | 62 | FACT | 1:05.67 |
| Mitchell, Anita      | 60 | FLAQ | 1:10.34 |

#### 100 Breast

|                      |    |      |         |
|----------------------|----|------|---------|
| Williamson, Francine | 62 | GAJA | 1:40.41 |
| Wilson, Meegan       | 62 | FACT | 1:41.56 |
| Hirr, Trice          | 61 | UNAT | 1:48.76 |
| Pingley, Gretchen    | 63 | UNAT | 1:59.19 |
| Roark, Frances       | 64 | AMS  | 2:01.53 |
| Ley, Tamara          | 61 | SYSM | 2:15.48 |
| Prall, Winifred      | 63 | CMS  | 2:17.98 |
| Kaye, Elsa           | 64 | FACT | 2:23.01 |

#### 200 Breast

|                      |    |      |         |
|----------------------|----|------|---------|
| Wilson, Meegan       | 62 | FACT | 3:41.51 |
| Williamson, Francine | 62 | GAJA | 3:44.20 |
| Roark, Frances       | 64 | AMS  | 4:28.57 |
| Buccino, Vicki       | 64 | ES   | 4:39.11 |
| Ley, Tamara          | 61 | SYSM | 4:51.32 |
| Kaye, Elsa           | 64 | FACT | 5:05.70 |
| Mitchell, Anita      | 60 | FLAQ | 5:18.34 |

#### 50 Fly

|                    |    |      |         |
|--------------------|----|------|---------|
| Hirr, Trice        | 61 | UNAT | 41.54   |
| Wilson, Meegan     | 62 | FACT | 44.09   |
| Moore, Carolyn     | 60 | GOLD | 46.28   |
| Patricia Patterson | 63 | CATM | 48.19   |
| Mitchell, Jeannie  | 64 | GOLD | 53.64   |
| Martin, Michelle   | 61 | ART  | 55.65   |
| Kelly, Alice       | 62 | FACT | 1:02.17 |
| Roark, Frances     | 64 | AMS  | 1:03.68 |
| Hubbard, Gigi      | 63 | FACT | 1:04.07 |

#### 100 Fly

|                |    |      |         |
|----------------|----|------|---------|
| Mancino, Cathy | 61 | GOLD | 1:32.55 |
| Hirr, Trice    | 61 | UNAT | 1:42.83 |

#### 200 Fly

|                  |    |      |         |
|------------------|----|------|---------|
| Mancino, Cathy   | 61 | GOLD | 3:29.60 |
| Martin, Michelle | 61 | ART  | 4:22.21 |

#### 200 IM

|                |    |      |         |
|----------------|----|------|---------|
| Wilson, Meegan | 62 | FACT | 3:38.60 |
| Hubbard, Gigi  | 63 | FACT | 4:43.51 |
| Kaye, Elsa     | 64 | FACT | 4:56.16 |

#### 400 IM

|                |    |      |         |
|----------------|----|------|---------|
| Mancino, Cathy | 61 | GOLD | 7:21.98 |
|----------------|----|------|---------|

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## 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

### 65-69

#### 50 Free

|                   |    |      |       |
|-------------------|----|------|-------|
| Webb, Linda       | 65 | FLAQ | 36.74 |
| Wingerter, Pamela | 66 | TGM  | 39.46 |
| Suttie, Rae       | 66 | FACT | 42.23 |
| Newland, Susan    | 69 | FACT | 43.53 |
| Bradley, Marianne | 67 | FACT | 45.54 |
| Castle, Dianne    | 66 | FACT | 47.51 |
| Delaney, Florence | 66 | FACT | 48.77 |
| Odato, Jane       | 65 | GOLD | 49.21 |
| Trevison, Ellie   | 67 | FACT | 52.71 |
| Hutchinson, Joyce | 69 | FACT | 56.10 |

#### 100 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Webb, Linda       | 65 | FLAQ | 1:26.17 |
| Wingerter, Pamela | 66 | TGM  | 1:30.57 |
| Stephens, Mary    | 68 | GAJA | 1:40.02 |
| Newland, Susan    | 69 | FACT | 1:41.84 |
| Bradley, Marianne | 67 | FACT | 1:45.75 |
| Suttie, Rae       | 66 | FACT | 1:47.36 |
| Odato, Jane       | 65 | GOLD | 1:53.35 |
| Delaney, Florence | 66 | FACT | 1:53.40 |
| Castle, Dianne    | 66 | FACT | 1:57.76 |
| Trevison, Ellie   | 67 | FACT | 2:02.74 |

#### 200 Free

|                 |    |      |         |
|-----------------|----|------|---------|
| Webb, Linda     | 65 | FLAQ | 3:23.21 |
| Newland, Susan  | 69 | FACT | 3:46.10 |
| Odato, Jane     | 65 | GOLD | 4:10.81 |
| Trevison, Ellie | 67 | FACT | 4:40.11 |
| Allen, Roma     | 65 | SPM  | 5:29.90 |
| Isaacs, Rayma   | 67 | GOLD | 6:29.04 |

#### 400 Free

|                   |    |      |          |
|-------------------|----|------|----------|
| Wingerter, Pamela | 66 | TGM  | 7:16.19  |
| Webb, Linda       | 65 | FLAQ | 7:17.62  |
| Stephens, Mary    | 68 | GAJA | 7:24.04  |
| Newland, Susan    | 69 | FACT | 8:11.25  |
| Bradley, Marianne | 66 | FACT | 8:22.07  |
| Suttie, Rae       | 65 | FACT | 8:22.65  |
| Odato, Jane       | 65 | GOLD | 8:53.53  |
| Hutchinson, Joyce | 69 | FACT | 8:56.16  |
| Trevison, Ellie   | 67 | FACT | 10:02.89 |
| Isaacs, Rayma     | 67 | GOLD | 13:43.82 |

#### 800 Free

|                   |    |      |          |
|-------------------|----|------|----------|
| Webb, Linda       | 65 | FLAQ | 14:22.35 |
| Hutchinson, Joyce | 69 | FACT | 17:58.76 |

#### 1500 Free

|             |    |      |          |
|-------------|----|------|----------|
| Webb, Linda | 65 | FLAQ | 28:24.28 |
| Allen, Roma | 65 | SPM  | 41:47.70 |

#### 50 Back

|                      |    |      |         |
|----------------------|----|------|---------|
| Wingerter, Pamela    | 66 | TGM  | 49.10   |
| Webb, Linda          | 65 | FLAQ | 51.13   |
| Newland, Susan       | 69 | FACT | 56.74   |
| Bradley, Marianne    | 67 | FACT | 57.07   |
| Castle, Dianne       | 66 | FACT | 1:02.42 |
| Ludick, Jane         | 65 | LCM  | 1:05.19 |
| Suttie, Rae          | 66 | FACT | 1:05.23 |
| Fitzgerald, Kathleen | 67 | MOO  | 1:06.34 |

#### 100 Back

|              |    |      |         |
|--------------|----|------|---------|
| Webb, Linda  | 65 | FLAQ | 1:58.81 |
| Ludick, Jane | 65 | LCM  | 2:21.80 |

#### 200 Back

|                   |    |      |         |
|-------------------|----|------|---------|
| Bradley, Marianne | 66 | FACT | 5:04.61 |
| Ludick, Jane      | 65 | LCM  | 5:07.62 |

#### 50 Breast

|                   |    |      |         |
|-------------------|----|------|---------|
| Webb, Linda       | 65 | FLAQ | 47.74   |
| Wingerter, Pamela | 66 | TGM  | 51.00   |
| Hutchinson, Joyce | 69 | FACT | 1:02.19 |
| Bradley, Marianne | 67 | FACT | 1:02.91 |
| Mellberg, Janice  | 68 | FACT | 1:05.08 |
| Newland, Susan    | 69 | FACT | 1:05.27 |
| Odato, Jane       | 65 | GOLD | 1:10.25 |
| Suttie, Rae       | 66 | FACT | 1:10.45 |
| Isaacs, Rayma     | 67 | GOLD | 1:11.07 |
| Ludick, Jane      | 65 | LCM  | 1:15.66 |

#### 100 Breast

|                   |    |      |         |
|-------------------|----|------|---------|
| Webb, Linda       | 65 | FLAQ | 1:45.86 |
| Wingerter, Pamela | 66 | TGM  | 1:56.98 |
| Hutchinson, Joyce | 69 | FACT | 2:13.98 |
| Mellberg, Janice  | 68 | FACT | 2:26.31 |
| Isaacs, Rayma     | 67 | GOLD | 2:34.55 |

#### 200 Breast

|                   |    |      |         |
|-------------------|----|------|---------|
| Webb, Linda       | 65 | FLAQ | 3:56.09 |
| Hutchinson, Joyce | 69 | FACT | 4:45.69 |

#### 50 Fly

|                   |    |      |         |
|-------------------|----|------|---------|
| Webb, Linda       | 65 | FLAQ | 45.01   |
| Wingerter, Pamela | 66 | TGM  | 48.84   |
| Suttie, Rae       | 66 | FACT | 57.48   |
| Delaney, Florence | 66 | FACT | 57.57   |
| Castle, Dianne    | 66 | FACT | 58.59   |
| Hutchinson, Joyce | 69 | FACT | 1:09.77 |
| Mellberg, Janice  | 68 | FACT | 1:11.56 |
| Ludick, Jane      | 65 | LCM  | 1:15.89 |

#### 100 Fly

|                  |    |      |         |
|------------------|----|------|---------|
| Castle, Dianne   | 66 | FACT | 2:20.16 |
| Suttie, Rae      | 66 | FACT | 2:24.78 |
| Mellberg, Janice | 68 | FACT | 3:05.89 |

#### 200 IM

|                   |    |      |         |
|-------------------|----|------|---------|
| Wingerter, Pamela | 66 | TGM  | 3:50.00 |
| Webb, Linda       | 65 | FLAQ | 3:52.70 |
| Bradley, Marianne | 66 | FACT | 5:01.08 |

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## 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

### 70-74

#### 50 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Tullman, Patricia | 73 | FMM  | 41.24   |
| Whalen, Nana      | 73 | LCM  | 48.89   |
| Henderson, Martha | 74 | FACT | 49.32   |
| Allen, Jean       | 70 | FMM  | 56.43   |
| Hutinger, Margie  | 70 | FMM  | 1:00.01 |
| Carlson, Marian   | 71 | FLAQ | 1:29.92 |

#### 100 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Tullman, Patricia | 73 | FMM  | 1:33.85 |
| Bond, Patricia    | 72 | FMM  | 1:36.87 |
| Henderson, Martha | 74 | FACT | 1:49.41 |
| Vetter, Helen     | 70 | FACT | 2:12.35 |
| Hutinger, Margie  | 70 | FMM  | 2:28.55 |
| Carlson, Marian   | 71 | FLAQ | 3:18.95 |

#### 200 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Tullman, Patricia | 73 | FMM  | 3:27.84 |
| Bond, Patricia    | 72 | FMM  | 3:29.89 |
| Henderson, Martha | 74 | FACT | 4:00.65 |
| Whalen, Nana      | 73 | LCM  | 4:26.08 |
| Hutinger, Margie  | 70 | FMM  | 5:13.48 |

#### 400 Free

|                   |    |      |          |
|-------------------|----|------|----------|
| Bond, Patricia    | 72 | FMM  | 7:19.24  |
| Tullman, Patricia | 73 | FMM  | 7:55.88  |
| Henderson, Martha | 74 | FACT | 8:15.89  |
| Whalen, Nana      | 73 | LCM  | 9:07.52  |
| Hutinger, Margie  | 70 | FMM  | 11:11.18 |

#### 800 Free

|                   |    |     |          |
|-------------------|----|-----|----------|
| Tullman, Patricia | 73 | FMM | 15:52.88 |
| Whalen, Nana      | 73 | LCM | 19:15.36 |
| Hutinger, Margie  | 70 | FMM | 24:00.11 |

#### 1500 Free

|                   |    |     |          |
|-------------------|----|-----|----------|
| Tullman, Patricia | 73 | FMM | 30:28.36 |
| Arnold, Patricia  | 71 | SMS | 32:04.55 |
| Hutinger, Margie  | 70 | FMM | 45:31.11 |

#### 50 Back

|                   |    |      |         |
|-------------------|----|------|---------|
| Tullman, Patricia | 73 | FMM  | 51.59   |
| Bond, Patricia    | 72 | FMM  | 52.32   |
| Henderson, Martha | 74 | FACT | 58.13   |
| Whalen, Nana      | 73 | LCM  | 58.91   |
| Allen, Jean       | 70 | FMM  | 1:05.89 |
| Hutinger, Margie  | 70 | FMM  | 1:12.16 |

#### 100 Back

|                   |    |      |         |
|-------------------|----|------|---------|
| Bond, Patricia    | 72 | FMM  | 1:50.38 |
| Tullman, Patricia | 73 | FMM  | 1:59.36 |
| Henderson, Martha | 74 | FACT | 2:07.84 |
| Whalen, Nana      | 73 | LCM  | 2:20.49 |
| Allen, Jean       | 70 | FMM  | 2:27.15 |
| Hutinger, Margie  | 70 | FMM  | 2:35.36 |

#### 200 Back

|                   |    |      |         |
|-------------------|----|------|---------|
| Bond, Patricia    | 72 | FMM  | 3:49.98 |
| Tullman, Patricia | 73 | FMM  | 4:17.77 |
| Arnold, Patricia  | 71 | SMS  | 4:40.13 |
| Henderson, Martha | 74 | FACT | 4:40.44 |
| Whalen, Nana      | 73 | LCM  | 4:57.87 |

#### 50 Breast

|                  |    |      |         |
|------------------|----|------|---------|
| Allen, Jean      | 70 | FMM  | 1:03.17 |
| Arnold, Patricia | 71 | SMS  | 1:04.27 |
| Carlson, Marian  | 71 | FLAQ | 1:39.27 |

#### 100 Breast

|                 |    |      |         |
|-----------------|----|------|---------|
| Jebe, Margit    | 72 | SWIM | 1:54.18 |
| Allen, Jean     | 70 | FMM  | 2:17.50 |
| Carlson, Marian | 71 | FLAQ | 3:39.69 |

#### 200 Breast

|                  |    |     |         |
|------------------|----|-----|---------|
| Arnold, Patricia | 71 | SMS | 4:45.89 |
| Allen, Jean      | 70 | FMM | 4:49.02 |

### 50 Fly

|                   |    |      |         |
|-------------------|----|------|---------|
| Tullman, Patricia | 73 | FMM  | 51.45   |
| Bond, Patricia    | 72 | FMM  | 54.95   |
| Henderson, Martha | 74 | FACT | 57.55   |
| Arnold, Patricia  | 71 | SMS  | 59.76   |
| Scott, Louise     | 70 | GOLD | 1:06.36 |
| Vetter, Helen     | 70 | FACT | 1:07.55 |
| Whalen, Nana      | 73 | LCM  | 1:13.10 |

### 100 Fly

|                   |    |     |         |
|-------------------|----|-----|---------|
| Tullman, Patricia | 73 | FMM | 2:08.47 |
| Whalen, Nana      | 73 | LCM | 2:38.01 |

### 200 Fly

|                   |    |     |         |
|-------------------|----|-----|---------|
| Tullman, Patricia | 73 | FMM | 5:16.87 |
|-------------------|----|-----|---------|

### 200 IM

|                   |    |      |         |
|-------------------|----|------|---------|
| Bond, Patricia    | 72 | FMM  | 4:06.81 |
| Arnold, Patricia  | 71 | SMS  | 4:44.79 |
| Henderson, Martha | 74 | FACT | 4:59.24 |

### 400 IM

|              |    |     |          |
|--------------|----|-----|----------|
| Whalen, Nana | 73 | LCM | 11:55.61 |
|--------------|----|-----|----------|

### 75-79

#### 50 Free

|                |    |      |         |
|----------------|----|------|---------|
| Tusa, Mary     | 79 | FACT | 49.62   |
| Vijil, Rosie   | 76 | FMM  | 1:11.31 |
| Callaway, June | 76 | DYNA | 1:11.33 |

#### 100 Free

|                   |    |      |         |
|-------------------|----|------|---------|
| Prokopi, Doris    | 75 | FMM  | 2:09.60 |
| Petmecky, Dolores | 75 | GMKW | 2:10.01 |
| Callaway, June    | 76 | DYNA | 2:32.82 |
| Vijil, Rosie      | 76 | FMM  | 2:44.48 |

#### 200 Free

|                |    |      |         |
|----------------|----|------|---------|
| Tusa, Mary     | 79 | FACT | 4:01.44 |
| Callaway, June | 76 | DYNA | 5:30.47 |
| Vijil, Rosie   | 76 | FMM  | 5:55.64 |

#### 400 Free

|                   |    |      |          |
|-------------------|----|------|----------|
| Prokopi, Doris    | 75 | FMM  | 9:18.79  |
| Petmecky, Dolores | 75 | GMKW | 9:21.61  |
| Callaway, June    | 76 | DYNA | 10:34.41 |

#### 50 Back

|                    |    |      |         |
|--------------------|----|------|---------|
| Mullins, Mary Jane | 79 | FLAQ | 1:00.55 |
| Tusa, Mary         | 79 | FACT | 1:00.83 |
| Prokopi, Doris     | 75 | FMM  | 1:05.67 |
| Callaway, June     | 76 | DYNA | 1:17.60 |

#### 100 Back

|                    |    |      |         |
|--------------------|----|------|---------|
| Mullins, Mary Jane | 79 | FLAQ | 2:16.34 |
| Prokopi, Doris     | 75 | FMM  | 2:27.67 |

#### 200 Back

|                    |    |      |         |
|--------------------|----|------|---------|
| Mullins, Mary Jane | 79 | FLAQ | 4:51.99 |
| Tusa, Mary         | 79 | FACT | 4:56.81 |
| Prokopi, Doris     | 75 | FMM  | 5:09.61 |

#### 50 Breast

|                |    |     |         |
|----------------|----|-----|---------|
| Prokopi, Doris | 75 | FMM | 1:05.50 |
| Vijil, Rosie   | 76 | FMM | 1:19.29 |

#### 100 Breast

|                |    |     |         |
|----------------|----|-----|---------|
| Prokopi, Doris | 75 | FMM | 2:22.92 |
| Vijil, Rosie   | 76 | FMM | 2:52.81 |

#### 200 Breast

|                |    |     |         |
|----------------|----|-----|---------|
| Prokopi, Doris | 75 | FMM | 5:07.54 |
| Vijil, Rosie   | 76 | FMM | 5:52.92 |

#### 50 Fly

|                    |    |      |         |
|--------------------|----|------|---------|
| Mullins, Mary Jane | 79 | FLAQ | 1:20.99 |
|--------------------|----|------|---------|

#### 100 Fly

|                    |    |      |         |
|--------------------|----|------|---------|
| Mullins, Mary Jane | 79 | FLAQ | 3:16.72 |
|--------------------|----|------|---------|

#### 200 IM

|                    |    |      |         |
|--------------------|----|------|---------|
| Prokopi, Doris     | 75 | FMM  | 5:22.28 |
| Mullins, Mary Jane | 79 | FLAQ | 5:32.10 |

1 Nov 2010

## 2010 Dixie Zone LCM Top 10 Women

World record

USMS record

Dixie Zone record

### 80-84

#### 50 Free

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 45.48   |
| Durstein, Nancy | 81 | FACT | 54.55   |
| Campbell, Joan  | 80 | FACT | 55.81   |
| Gordon, Edna    | 83 | FACT | 1:00.52 |
| Grant, Nancy    | 81 | GMKW | 1:16.24 |
| Larson, Kay     | 80 | FLAQ | 2:22.49 |

#### 100 Free

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 1:44.26 |
| Durstein, Nancy | 81 | FACT | 2:00.06 |
| Gordon, Edna    | 84 | FACT | 2:10.28 |
| Eisele, Barbara | 80 | LCM  | 2:24.13 |

#### 200 Free

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 3:48.31 |
| Durstein, Nancy | 81 | FACT | 4:29.79 |
| Gordon, Edna    | 84 | FACT | 4:41.56 |
| Eisele, Barbara | 80 | LCM  | 5:26.04 |

#### 400 Free

|                 |    |      |          |
|-----------------|----|------|----------|
| Lorenzi, Betty  | 83 | FACT | 7:38.61  |
| Troy, Jean      | 83 | FMM  | 8:07.98  |
| Durstein, Nancy | 81 | FACT | 9:09.12  |
| Campbell, Joan  | 80 | FACT | 9:18.29  |
| Gordon, Edna    | 83 | FACT | 9:52.49  |
| Hoskinson, Ruth | 81 | FMM  | 10:14.87 |
| Eisele, Barbara | 80 | LCM  | 11:27.78 |

#### 800 Free

|                 |    |      |          |
|-----------------|----|------|----------|
| Durstein, Nancy | 81 | FACT | 18:36.72 |
| Campbell, Joan  | 80 | FACT | 19:12.58 |

#### 1500 Free

|                 |    |      |          |
|-----------------|----|------|----------|
| Durstein, Nancy | 81 | FACT | 35:01.07 |
| Campbell, Joan  | 80 | FACT | 36:03.49 |

#### 50 Back

|                 |    |      |         |
|-----------------|----|------|---------|
| Lorenzi, Betty  | 83 | FACT | 48.04   |
| Durstein, Nancy | 81 | FACT | 1:07.01 |
| Campbell, Joan  | 80 | FACT | 1:07.73 |
| Hoskinson, Ruth | 81 | FMM  | 1:16.59 |
| Gordon, Edna    | 83 | FACT | 1:16.67 |
| Grant, Nancy    | 81 | GMKW | 1:25.57 |

#### 100 Back

|                 |    |      |         |
|-----------------|----|------|---------|
| Durstein, Nancy | 81 | FACT | 2:19.72 |
| Gordon, Edna    | 84 | FACT | 2:43.65 |
| Eisele, Barbara | 80 | LCM  | 2:44.92 |

#### 200 Back

|                 |    |      |         |
|-----------------|----|------|---------|
| Lorenzi, Betty  | 83 | FACT | 3:53.12 |
| Durstein, Nancy | 81 | FACT | 4:58.53 |
| Gordon, Edna    | 84 | FACT | 5:32.65 |
| Hoskinson, Ruth | 81 | FMM  | 5:35.45 |

### 50 Breast

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 1:09.25 |
| Durstein, Nancy | 81 | FACT | 1:13.66 |
| Campbell, Joan  | 80 | FACT | 1:16.90 |
| Hoskinson, Ruth | 81 | FMM  | 1:33.38 |

#### 100 Breast

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 2:30.33 |
| Durstein, Nancy | 81 | FACT | 2:47.07 |
| Campbell, Joan  | 80 | FACT | 2:52.35 |

#### 200 Breast

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 5:24.04 |
| Durstein, Nancy | 81 | FACT | 5:59.48 |
| Campbell, Joan  | 80 | FACT | 6:07.53 |

#### 50 Fly

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 1:06.90 |
| Durstein, Nancy | 81 | FACT | 1:08.47 |
| Eisele, Barbara | 80 | LCM  | 1:27.31 |

#### 100 Fly

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 2:37.28 |
| Durstein, Nancy | 81 | FACT | 2:49.96 |
| Hoskinson, Ruth | 81 | FACT | 3:11.80 |
| Eisele, Barbara | 80 | LCM  | 3:15.86 |

#### 200 Fly

|                 |    |      |         |
|-----------------|----|------|---------|
| Durstein, Nancy | 81 | FACT | 6:47.35 |
|-----------------|----|------|---------|

#### 200 IM

|                 |    |      |         |
|-----------------|----|------|---------|
| Troy, Jean      | 83 | FMM  | 4:35.29 |
| Durstein, Nancy | 81 | FACT | 5:09.68 |
| Hoskinson, Ruth | 81 | FMM  | 5:59.33 |
| Eisele, Barbara | 80 | LCM  | 6:17.49 |

#### 400 IM

|                 |    |      |          |
|-----------------|----|------|----------|
| Troy, Jean      | 83 | FMM  | 9:59.18  |
| Durstein, Nancy | 81 | FACT | 11:25.01 |
| Eisele, Barbara | 80 | LCM  | 13:05.23 |

### 85-89

#### 50 Free

|                |    |     |         |
|----------------|----|-----|---------|
| Reynolds, June | 88 | FMM | 1:09.57 |
|----------------|----|-----|---------|

#### 100 Free

|                |    |     |         |
|----------------|----|-----|---------|
| Reynolds, June | 88 | FMM | 2:54.05 |
|----------------|----|-----|---------|

#### 200 Free

|                |    |     |         |
|----------------|----|-----|---------|
| Reynolds, June | 88 | FMM | 6:06.11 |
|----------------|----|-----|---------|

#### 50 Back

|                |    |     |         |
|----------------|----|-----|---------|
| Reynolds, June | 88 | FMM | 1:19.98 |
|----------------|----|-----|---------|

#### 100 Back

|                |    |     |         |
|----------------|----|-----|---------|
| Reynolds, June | 88 | FMM | 3:18.63 |
|----------------|----|-----|---------|

#### 200 Back

|                |    |     |         |
|----------------|----|-----|---------|
| Reynolds, June | 88 | FMM | 7:22.85 |
|----------------|----|-----|---------|

### 90-94 50 Free

|               |    |      |         |
|---------------|----|------|---------|
| Dunivin, Anne | 94 | GAJA | 1:53.82 |
|---------------|----|------|---------|

### 90-94 50 Back

|               |    |      |         |
|---------------|----|------|---------|
| Dunivin, Anne | 94 | GAJA | 2:13.85 |
|---------------|----|------|---------|