



**Hammerhead Spring Swim Fest - 4/6/2012 to 4/7/2012**  
**Hammerhead Spring Swim Fest 2012, Sanction #: 502-S003**

**Results**

**Women 50-54 100 Yard IM**

1 Casey, Kathleen	52	GOLD-FG	1:32.81
44.16	1:32.81		

**Women 55-59 50 Yard Free**

--- Ogier, Danielle	59	GOLD-FG	NS
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**Women 55-59 100 Yard Free**

--- Ogier, Danielle	59	GOLD-FG	NS
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**Women 55-59 1000 Yard Free**

--- Ogier, Danielle	59	GOLD-FG	SCR
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**Women 55-59 50 Yard Breast**

1 Ogier, Danielle	59	GOLD-FG	39.92
2 Soucie, Helen C	56	GOLD-FG	48.78

**Women 55-59 100 Yard Breast**

1 Soucie, Helen C	56	GOLD-FG	1:49.57
51.45	1:49.57		

**Women 55-59 200 Yard Breast**

1 Soucie, Helen C	56	GOLD-FG	3:57.54
51.93	1:52.10	2:54.07	3:57.54

**Women 55-59 100 Yard IM**

1 Ogier, Danielle	59	GOLD-FG	1:17.05
36.51	1:17.05		

**Women 55-59 200 Yard IM**

1 Ogier, Danielle	59	GOLD-FG	2:51.30
38.29	1:22.39	2:12.28	2:51.30

**Women 60-64 50 Yard Free**

1 Almada, Debbie	60	GOLD-FG	47.41
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**Women 60-64 100 Yard Free**

1 Almada, Debbie	60	GOLD-FG	1:56.56
51.13	1:56.56		

**Women 60-64 50 Yard Breast**

1 Almada, Debbie	60	GOLD-FG	1:08.12
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**Women 80-84 50 Yard Free**

--- Gladis, Helene O	82	GOLD-FG	NS
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**Women 80-84 50 Yard Back**

1 Mullins, Mary Jane	80	GOLD-FG	1:01.04
---	82	GOLD-FG	NS

**Women 80-84 100 Yard Back**

1 Mullins, Mary Jane	80	GOLD-FG	2:08.96
1:03.94	2:08.96		

**Women 80-84 200 Yard Back**

1 Mullins, Mary Jane	80	GOLD-FG	4:30.57
1:06.72	2:15.30	3:23.41	4:30.57

**Women 80-84 50 Yard Breast**

--- Gladis, Helene O	82	GOLD-FG	NS
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**Women 80-84 100 Yard IM**

1 Mullins, Mary Jane	80	GOLD-FG	2:21.86
1:10.70	2:21.86		

**Men 18-24 50 Yard Free**

1 Garza, Richard J	23	FLAQ-FG	23.49
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**Men 18-24 100 Yard Free**

1 Sanguinetti, Diego	21	GOLD-FG	1:36.19
43.05	1:36.19		

**Men 18-24 200 Yard Free**

1 Jackwin, Eric L	22	GOLD-FG	1:55.02
25.97	55.17	1:25.45	1:55.02
2 Sanguinetti, Diego	21	GOLD-FG	3:45.85
1:38.15	3:45.85		

**Men 18-24 500 Yard Free**

1 Jackwin, Eric L	22	GOLD-FG	5:14.63
27.26	57.53	1:28.77	2:00.61
2:33.25	3:05.30	3:37.61	4:10.42
4:43.29	5:14.63		

--- Garza, Richard J	23	FLAQ-FG	NS
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**Men 18-24 1000 Yard Free**

1 Garza, Richard J	23	FLAQ-FG	11:46.65
28.37	1:00.23	1:33.97	2:08.40
2:43.20	3:19.37	3:55.99	4:32.71
5:09.62	5:46.82	7:00.81	
7:37.21	8:13.73	8:49.12	9:26.43
10:01.73	10:38.33	11:13.27	11:46.65

**Men 18-24 200 Yard Back**

1 Jackwin, Eric L	22	GOLD-FG	2:07.70
30.63	1:02.87	1:35.31	2:07.70

**Men 18-24 100 Yard Breast**

1 Acosta, Joel A	23	SFTL-FG	1:02.38
29.35	1:02.38		

**Men 18-24 200 Yard Breast**

1 Acosta, Joel A	23	SFTL-FG	2:14.41
30.87	1:04.39	1:38.91	2:14.41

**Men 18-24 50 Yard Fly**

1 Sanguinetti, Diego	21	GOLD-FG	55.03
---	23	FLAQ-FG	SCR

**Men 18-24 100 Yard Fly**

--- Garza, Richard J	23	FLAQ-FG	NS
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**Men 18-24 100 Yard IM**

1 Acosta, Joel A	23	SFTL-FG	57.32
26.95	57.32		
---	23	FLAQ-FG	NS

**Men 18-24 200 Yard IM**

1 Acosta, Joel A	23	SFTL-FG	2:03.56
26.55	58.85	1:34.63	2:03.56
2 Jackwin, Eric L	22	GOLD-FG	2:07.70
27.81	1:01.40	1:37.38	2:07.70

**Men 18-24 400 Yard IM**

1 Acosta, Joel A	23	SFTL-FG	4:16.39
25.85	56.34	1:30.69	2:04.25
2:41.09	3:17.55	3:47.30	4:16.39
2 Garza, Richard J	23	FLAQ-FG	5:11.90
29.82	1:07.73	1:49.88	2:31.99
3:16.63	4:00.93	4:38.27	5:11.90

**Men 25-29 50 Yard Free**

1 Vaucher, James	28	GOLD-FG	24.46
2 Cavalcanto, Todd D	28	GOLD-FG	33.62
---	28	GOLD-FG	NS

**Men 25-29 100 Yard Free**

1 Vaucher, James	28	GOLD-FG	53.59
26.27	53.59		
2 Suarez, Diego	28	GOLD-FG	54.70
26.85	54.70		
3 Cavalcanto, Todd D	28	GOLD-FG	1:17.30
36.09	1:17.30		

**Men 25-29 200 Yard Free**

1 Suarez, Diego	28	GOLD-FG	2:03.96
28.86	59.98	1:32.31	2:03.96

**Men 25-29 500 Yard Free**

1 Cavalcanto, Todd D	28	GOLD-FG	7:07.37
37.01	1:18.33	2:01.70	2:44.81
3:28.28	4:12.19	4:55.83	5:40.39
6:25.40	7:07.37		

**Men 25-29 1000 Yard Free**

--- Cavalcanto, Todd D	28	GOLD-FG	SCR
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**Men 25-29 50 Yard Back**

1 Vaucher, James	28	GOLD-FG	29.53
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**Men 25-29 100 Yard Back**

1 Vaucher, James	28	GOLD-FG	1:06.00
32.11	1:06.00		
2 Suarez, Diego	28	GOLD-FG	1:10.62
34.80	1:10.62		

**Men 25-29 50 Yard Breast**

1 Welch, Corey	28	GOLD-FG	27.29
2 Cavalcanto, Todd D	28	GOLD-FG	51.43

**Men 25-29 100 Yard Breast**

1 Welch, Corey	28	GOLD-FG	58.97
27.53	58.97		
2 Cavalcanto, Todd D	28	GOLD-FG	1:50.13
52.12	1:50.13		

**Men 25-29 200 Yard Breast**

1 Welch, Corey	28	GOLD-FG	2:11.99
30.00	1:03.16	1:37.17	2:11.99

**Men 25-29 100 Yard IM**

1 Suarez, Diego	28	GOLD-FG	1:06.35
31.31	1:06.35		



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**Results**

**Men 45-49 100 Yard Back**

--- Cowley, Gordon 46 GOLD-FG NS

**Men 45-49 200 Yard Back**

1 Curtis, Daniel S 46 GOLD-FG 3:03.86  
 1:31.15 3:03.86

**Men 45-49 50 Yard Breast**

1 Frampton, Sean 45 GOLD-FG 28.42  
 2 Litter, Albert 49 GOLD-FG 43.30  
 --- Nash, Charles W 46 GOLD-FG NS

**Men 45-49 100 Yard Breast**

1 Frampton, Sean 45 GOLD-FG 1:02.32  
 29.58 1:02.32  
 2 Litter, Albert 49 GOLD-FG 1:37.69  
 45.97 1:37.69

**Men 45-49 200 Yard Breast**

1 Frampton, Sean 45 GOLD-FG 2:19.96  
 31.29 1:06.60 1:43.42 2:19.96  
 2 Curtis, Daniel S 46 GOLD-FG 3:34.03  
 45.61 1:35.12 2:34.09 3:34.03

**Men 45-49 50 Yard Fly**

1 Buchanan, Christopher D 47 GOLD-FG 27.59  
 2 Suzuki, Kozo 48 TNYA-MR 29.91  
 3 Cowley, Gordon 46 GOLD-FG 30.68  
 4 Yordan-Frau, Jaime T 47 GOLD-FG 32.91  
 5 Reis, Raul 47 UNAT 35.71  
 --- Nash, Charles W 46 GOLD-FG NS

**Men 45-49 100 Yard Fly**

1 Suzuki, Kozo 48 TNYA-MR 1:10.30  
 33.68 1:10.30  
 2 Cowley, Gordon 46 GOLD-FG 1:11.54  
 33.02 1:11.54  
 3 Digilio, Christopher R 48 GOLD-FG 1:14.50  
 35.27 1:14.50  
 --- Reis, Raul 47 UNAT NS

**Men 45-49 100 Yard IM**

1 Buchanan, Christopher D 47 GOLD-FG 1:06.43  
 30.04 1:06.43  
 2 Digilio, Christopher R 48 GOLD-FG 1:13.41  
 35.85 1:13.41  
 3 Reis, Raul 47 UNAT 1:22.31  
 38.14 1:22.31  
 --- Curtis, Daniel S 46 GOLD-FG NS  
 --- Nash, Charles W 46 GOLD-FG NS

**Men 45-49 200 Yard IM**

--- Curtis, Daniel S 46 GOLD-FG DQ  
 39.64 1:29.68 2:29.45 DQ

**Men 45-49 400 Yard IM**

--- Buchanan, Christopher D 47 GOLD-FG DQ  
 33.33 1:11.47 1:53.21 2:37.35  
 3:21.47 4:06.30 4:42.78 DQ

**Men 50-54 100 Yard Free**

1 Webster, Randall 50 FACT-FL 57.64  
 28.41 57.64

**Men 50-54 200 Yard Free**

--- O'Neill, Blaise E 54 GOLD-FG NS

**Men 50-54 500 Yard Free**

--- O'Neill, Blaise E 54 GOLD-FG NS

**Men 50-54 1000 Yard Free**

--- O'Neill, Blaise E 54 GOLD-FG SCR  
 --- Grzeszczak, John 53 GOLD-FG SCR

**Men 50-54 50 Yard Back**

1 Webster, Randall 50 FACT-FL 32.50

**Men 50-54 100 Yard Back**

1 Webster, Randall 50 FACT-FL 1:10.67  
 34.88 1:10.67

**Men 50-54 50 Yard Breast**

--- Grzeszczak, John 53 GOLD-FG NS

**Men 50-54 100 Yard IM**

1 Webster, Randall 50 FACT-FL 1:07.46  
 32.11 1:07.46

**Men 55-59 50 Yard Free**

1 Burns, Craig J 59 GOLD-FG 25.52  
 2 Burt, Chris 56 GOLD-FG 27.78  
 3 Myer, Mike 55 GOLD-FG 28.39  
 4 Gollop, Barry 56 GOLD-FG 29.34  
 5 Dzamba, Bob 58 GOLD-FG 37.49

**Men 55-59 100 Yard Free**

1 Service, Jeffrey P 55 GOLD-FG 57.77  
 28.27 57.77  
 2 Myer, Mike 55 GOLD-FG 1:04.30  
 31.81 1:04.30

**Men 55-59 200 Yard Free**

1 Gollop, Barry 56 GOLD-FG 2:24.45  
 33.15 1:09.25 1:47.32 2:24.45

**Men 55-59 500 Yard Free**

1 Gollop, Barry 56 GOLD-FG 6:26.83  
 35.28 1:14.89 1:55.09 2:35.01  
 3:15.04 3:53.72 4:31.55 5:11.17  
 5:50.33 6:26.83

**Men 55-59 1000 Yard Free**

1 Gollop, Barry 56 GOLD-FG 13:09.48  
 34.57 1:13.32 1:53.20 2:34.02  
 3:14.28 3:54.59 4:34.63 5:14.84  
 6:34.99 8:35.01  
 9:15.37 9:55.09 10:35.76  
 11:55.51 12:33.98 13:09.48

2 Burt, Chris 56 GOLD-FG 13:39.26  
 32.32 1:09.59 1:47.30 2:26.58  
 3:07.30 3:49.24 4:31.62 5:13.94  
 5:56.77 6:40.16 7:22.87 8:05.72  
 8:48.20 9:30.87 10:13.20 10:55.56  
 11:37.56 12:19.71 13:00.70 13:39.26

**Men 55-59 50 Yard Back**

1 Burt, Chris 56 GOLD-FG 34.06  
 2 Dzamba, Bob 58 GOLD-FG 53.62

**Men 55-59 100 Yard Back**

1 Burt, Chris 56 GOLD-FG 1:21.46  
 39.00 1:21.46

**Men 55-59 200 Yard Back**

1 Burt, Chris 56 GOLD-FG 2:54.35  
 40.76 1:24.68 2:09.78 2:54.35

**Men 55-59 50 Yard Breast**

1 Burt, Chris 56 GOLD-FG 38.52  
 2 Dzamba, Bob 58 GOLD-FG 41.22

**Men 55-59 50 Yard Fly**

1 Burns, Craig J 59 GOLD-FG 27.99  
 2 Service, Jeffrey P 55 GOLD-FG 29.11  
 3 Gollop, Barry 56 GOLD-FG 32.29  
 4 Myer, Mike 55 GOLD-FG 34.71  
 5 Dzamba, Bob 58 GOLD-FG 46.47

**Men 55-59 200 Yard Fly**

1 Gollop, Barry 56 GOLD-FG 3:11.83  
 41.71 1:32.25 2:23.17 3:11.83

**Men 55-59 100 Yard IM**

1 Burns, Craig J 59 GOLD-FG 1:09.61  
 31.15 1:09.61  
 2 Myer, Mike 55 GOLD-FG 1:18.21  
 3 Dzamba, Bob 58 GOLD-FG 1:35.96  
 49.18 1:35.96

**Men 60-64 50 Yard Free**

1 Cullen, III, Philip M 64 GOLD-FG 39.31  
 --- Beier, Ken R 62 GOLD-FG NS

**Men 60-64 100 Yard Free**

1 Cullen, III, Philip M 64 GOLD-FG 1:23.67  
 41.00 1:23.67  
 --- De Weese, Allen J 63 GOLD-FG NS

**Men 60-64 200 Yard Free**

--- De Weese, Allen J 63 GOLD-FG SCR

**Men 60-64 1000 Yard Free**

1 Beier, Ken R 62 GOLD-FG 15:18.37  
 38.69 1:23.52 2:09.31 2:55.20  
 3:41.65 4:28.83 5:14.54 6:01.66  
 6:48.74 7:36.46 8:22.90 9:09.53  
 9:57.25 10:44.10 11:30.57 12:16.97  
 13:03.34 13:48.92 14:34.30 15:18.37

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**Results**

**Men 60-64 100 Yard Back**

1 Beier, Ken R 62 GOLD-FG 1:37.27  
 48.47 1:37.27

**Men 60-64 200 Yard Back**

--- De Weese, Allen J 63 GOLD-FG NS

**Men 60-64 50 Yard Breast**

1 Mange, Paulo E 63 GRSC-FG 36.51  
 2 Cullen, III, Philip M 64 GOLD-FG 48.56

**Men 60-64 100 Yard Breast**

1 Mange, Paulo E 63 GRSC-FG 1:21.95  
 38.81 1:21.95  
 2 Beier, Ken R 62 GOLD-FG 1:43.08  
 49.05 1:43.08  
 3 Cullen, III, Philip M 64 GOLD-FG 1:47.07  
 51.77 1:47.07  
 --- De Weese, Allen J 63 GOLD-FG NS

**Men 60-64 200 Yard Breast**

1 Mange, Paulo E 63 GRSC-FG 3:01.29  
 43.31 1:28.18 2:14.74 3:01.29

**Men 60-64 50 Yard Fly**

1 Beier, Ken R 62 GOLD-FG 41.89

**Men 60-64 200 Yard IM**

1 Beier, Ken R 62 GOLD-FG 3:23.66  
 44.63 1:38.57 2:37.48 3:23.66

**Men 65-69 50 Yard Free**

1 Quiggin, David 67 GOLD-FG 26.14

**Men 65-69 100 Yard Free**

1 Quiggin, David 67 GOLD-FG 57.64  
 28.21 57.64

**Men 65-69 100 Yard Back split**

1 Quiggin, David 67 GOLD-FG 1:13.90

**Men 65-69 100 Yard IM**

--- Quiggin, David 67 GOLD-FG NS

**Men 85-89 50 Yard Free**

--- Silverio, Joaquin 85 GOLD-FG NS

**Men 85-89 100 Yard Free**

--- Silverio, Joaquin 85 GOLD-FG NS

**Men 85-89 200 Yard Free**

--- Silverio, Joaquin 85 GOLD-FG NS

**Men 85-89 500 Yard Free**

1 Silverio, Joaquin 85 GOLD-FG 11:59.80  
 1:02.74 2:12.40 3:25.94 4:39.34  
 5:53.67 7:10.33 9:37.84  
 11:59.80

**Men 85-89 1000 Yard Free**

--- Silverio, Joaquin 85 GOLD-FG SCR

**Men 85-89 50 Yard Back**

--- Silverio, Joaquin 85 GOLD-FG NS

**Women 25+ 400 Yard Free Relay**

1 GOLD-FG A 4:10.16  
 Haramis, Janice W25 Stewart, Ann K W41  
 Segovia, Vanessa W28 LeClair, Dale W42  
 29.80 1:02.58 1:32.93 2:08.97  
 2:38.62 3:10.95 3:39.54 4:10.16

**Women 25+ 400 Yard Medley Relay**

1 GOLD-FG X 5:00.76  
 Beatty, Yukako W41 LeClair, Dale W42  
 Segovia, Vanessa W28 Woodburn, Andrea W48  
 39.55 1:23.50 2:02.55 2:45.55  
 3:18.19 3:55.26 4:27.04 5:00.76

**Women 35+ 800 Yard Free Relay**

1 GOLD-FG A 10:32.29  
 Beatty, Yukako W41 Stewart, Ann K W41  
 Casey, Kathleen W52 Woodburn, Andrea W48  
 36.68 1:19.46 2:03.99 2:47.01  
 3:18.64 3:55.09 4:34.51 5:16.39  
 5:51.64 6:34.42 7:19.65 8:03.40  
 8:38.17 9:15.58 9:54.10 10:32.29

**Men 18+ 400 Yard Free Relay**

1 GOLD-FG Z 3:58.02  
 Jackwin, Eric L M22 Vaucher, James M28  
 Welch, Corey M28 Cavalcanto, Todd D M28  
 25.49 52.14 1:19.34 1:49.45  
 2:14.66 2:41.20 3:17.23 3:58.02

**Men 18+ 400 Yard Medley Relay**

1 GOLD-FG A 3:57.36  
 Vaucher, James M28 Welch, Corey M28  
 Jackwin, Eric L M22 Suarez, Diego M28  
 30.91 1:03.77 1:31.22 2:02.79  
 2:30.20 3:01.70 3:28.48 3:57.36

**Men 25+ 400 Yard Free Relay**

1 GOLD-FG Y 4:56.44  
 Peters, Shawn L M36 Nunez, José E M44  
 Scharf, Lee M M34 Litter, Albert M49  
 29.28 1:01.64 1:37.44 2:16.04  
 2:56.06 3:45.95 4:17.52 4:56.44

**Men 25+ 800 Yard Free Relay**

1 GOLD-FG A 11:04.22  
 Vaucher, James M28 Cavalcanto, Todd D M28  
 Krajewski, Tim L M30 Scharf, Lee M M34  
 28.03 58.60 1:31.24 2:05.35  
 2:41.31 3:22.72 4:06.59 4:49.15  
 6:00.32 6:39.59  
 8:00.44 9:13.22 10:17.27 11:04.22

**Men 35+ 800 Yard Free Relay**

1 GOLD-FG B 11:07.08  
 Yordan-Frau, Jaime T M47 Nunez, José E M44  
 Curtis, Daniel S M46 Cullen, III, Philip M M64  
 32.20 1:07.69 1:48.35 2:31.68  
 3:08.42 3:49.02 4:32.02 5:22.81  
 5:51.85 6:33.73 7:19.75 8:00.82  
 9:31.44 10:20.40 11:07.08

**Men 35+ 400 Yard Medley Relay**

--- GOLD-FG C DQ  
 Morais, Marcelo M40 Harper, Jim M44  
 Digilio, Christopher R M48 Yordan-Frau, Jaime T M47  
 39.42 1:23.61 1:56.78 2:33.39  
 3:09.48 3:48.02 4:18.93 DQ

**Men 45+ 400 Yard Free Relay**

1 GOLD-FG X 4:03.01  
 Cowley, Gordon M46 Yordan-Frau, Jaime T M47  
 Olsen, Jonathan M49 Frampton, Sean M45  
 31.46 1:05.27 2:10.37  
 2:38.50 3:09.01 3:34.61 4:03.01  
 2 GOLD-FG W 4:16.86  
 Service, Jeffrey P M55 Burt, Chris M56  
 Gollop, Barry M56 Digilio, Christopher R M48  
 31.79 1:05.29 1:35.28 2:07.38  
 2:38.92 3:14.88 3:44.74 4:16.86

--- GOLD-FG U DQ  
 Curtis, Daniel S M46 Buchanan, Christopher D M  
 Grzeszczak, John M53 Burns, Craig J M59  
 32.46 1:08.01 1:34.19 2:02.07  
 2:28.53 2:58.25 3:27.12 DQ

**Men 45+ 800 Yard Free Relay**

1 GOLD-FG C 8:36.56  
 Olsen, Jonathan M49 Frampton, Sean M45  
 Buchanan, Christopher D M Cowley, Gordon M46  
 28.97 1:00.32 1:31.78 2:03.05  
 2:30.08 2:59.99 3:30.89 4:01.66  
 4:30.63 5:02.40 5:36.47 6:08.94  
 6:40.80 7:18.48 8:00.32 8:36.56

**Men 45+ 400 Yard Medley Relay**

1 GOLD-FG B 4:23.85  
 Olsen, Jonathan M49 Frampton, Sean M45  
 Grzeszczak, John M53 Burns, Craig J M59  
 32.96 1:09.10 1:39.53 2:15.79  
 2:47.04 3:23.71 3:51.85 4:23.85

**Men 55+ 400 Yard Free Relay**

1 GOLD-FG V 5:23.14  
 Dzamba, Bob M58 Cullen, III, Philip M M64  
 Myer, Mike M55 Beier, Ken R M62  
 42.35 1:28.32 2:09.88 2:53.87  
 3:26.99 4:02.30 4:39.74 5:23.14

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**Results**

**Men 55+ 800 Yard Free Relay**

1	GOLD-FG	D		9:25.10
	Myer, Mike M55	Burt, Chris M56		
	Gollop, Barry M56	Burns, Craig J M59		
	33.86	1:10.45	1:48.86	2:26.48
	2:57.41	3:32.42	4:09.18	4:45.82
	5:19.28	5:57.44	6:35.87	7:12.45
		8:16.58	8:50.82	9:25.10

**Mixed 55+ 400 Yard Medley Relay**

1	GOLD-FG	D		4:56.30
	Quiggin, David M67	Iiman, Christine W62		
	Burns, Craig J M59	Ogier, Danielle W59		
	35.84	1:13.90	1:54.02	2:40.61
	3:11.85	3:48.31	4:20.76	4:56.30

**Men 55+ 400 Yard Medley Relay**

1	GOLD-FG	D		5:04.08
	Burt, Chris M56	Myer, Mike M55		
	Gollop, Barry M56	Service, Jeffrey P M55		
	35.55	1:12.70	1:54.38	2:39.44
	3:18.91	4:05.19	4:33.87	5:04.08
2	GOLD-FG	E		5:55.84
	Quiggin, David M67	Dzamba, Bob M58		
	Beier, Ken R M62	Cullen, III, Philip M M64		
	39.32	1:19.82	2:05.98	
	3:38.56		5:11.80	5:55.84

**Mixed 18+ 400 Yard Medley Relay**

1	GOLD-FG	A		4:21.31
	Vaucher, James M28	Welch, Corey M28		
	Segovia, Vanessa W28	Haramis, Janice W25		
	31.23	1:05.28	1:33.64	2:06.19
	2:40.09	3:18.20	3:48.58	4:21.31

**Mixed 25+ 400 Yard Free Relay**

1	GOLD-FG	L		4:13.46
	Woodburn, Andrea W48	Beatty, Yukako W41		
	Suarez, Diego M28	Harper, Jim M44		
	31.63	1:05.15	1:40.16	
	2:47.17	3:16.81	3:43.61	4:13.46

**Mixed 35+ 400 Yard Medley Relay**

1	GOLD-FG	B		4:23.45
	Stewart, Ann K W41	Harper, Jim M44		
	Frampton, Sean M45	LeClair, Dale W42		
	36.00	1:14.68	1:47.19	2:23.61
	2:50.94	3:22.53	3:52.10	4:23.45

**Mixed 45+ 400 Yard Medley Relay**

1	GOLD-FG	C		5:14.00
	Woodburn, Andrea W48	Cowley, Gordon M46		
	Digilio, Christopher R M48	Casey, Kathleen W52		
	36.53	1:15.73	1:57.22	2:42.32
	3:17.65	3:57.45	4:32.93	5:14.00

**Mixed 55+ 400 Yard Free Relay**

1	GOLD-FG	M		5:36.19
	Soucie, Helen C W56	Almada, Debbie W60		
	Myer, Mike M55	Gollop, Barry M56		
	54.00	1:54.20	2:34.55	
	3:54.60	4:30.58	5:01.76	5:36.19
---	GOLD-FG	N		NS
	Ogier, Danielle W59	Iiman, Christine W62		
	Burt, Chris M56	Quiggin, David M67		