

## Potomac Valley Top 10 Submission Preview for 2014 LCM- Men

Men 18-24 50 M Freestyle  
1 29.65 Benjamin O Avery M22

Men 18-24 100 M Freestyle  
1 1:09.95 Benjamin O Avery M22

Men 18-24 200 M Freestyle  
1 2:36.12 Benjamin O Avery M22

Men 18-24 100 M Breaststroke  
1 1:23.03 Aaron D Frederick M21

Men 18-24 50 M Butterfly  
1 31.60 Benjamin O Avery M22

Men 18-24 100 M Butterfly  
1 1:22.95 Benjamin O Avery M22

Men 18-24 200 M Individual Medley  
1 2:43.49 Aaron D Frederick M21

Men 25-29 50 M Freestyle  
1 28.14 Justin A Anderson M27

Men 25-29 100 M Freestyle  
1 1:09.03 Andrew Colson M25

Men 25-29 200 M Freestyle  
1 2:07.33 Peter A Galan M25  
2 2:44.60 Andrew Colson M25

Men 25-29 400 M Freestyle  
1 4:29.02 Peter A Galan M25  
2 5:11.71 Justin A Anderson M27  
3 5:44.36 Andrew Colson M25

Men 25-29 200 M Backstroke  
1 2:24.99 Peter A Galan M25

Men 25-29 200 M Breaststroke  
1 3:10.51 Justin A Anderson M27

Men 25-29 50 M Butterfly  
1 30.95 Justin A Anderson M27  
2 31.58 Andrew Colson M25

Men 25-29 200 M Individual Medley

1 2:22.55 Peter A Galan M25

Men 25-29 400 M Individual Medley

1 5:04.79 Peter A Galan M25

2 6:02.06 Justin A Anderson M27

Men 30-34 50 M Freestyle

1 28.62 Jeb M Ory M34

2 29.15 Brett R Keyes M31

3 29.45 Jackson San miguel M31

4 29.64 Jeffrey R Strahota M34

5 29.78 Steven Ma M33

6 29.83 Chris Shaw M32

7 30.83 Michael Houston M30

8 37.38 Scott A Schmidt M34

Men 30-34 100 M Freestyle

1 1:03.03 Jeb M Ory M34

2 1:05.21 Jackson San miguel M31

3 1:07.92 Chris Shaw M32

4 1:08.15 Michael Houston M30

Men 30-34 200 M Freestyle

1 2:30.95 Jeb M Ory M34

2 2:31.32 Jackson San miguel M31

3 2:49.82 Chris Shaw M32

Men 30-34 400 M Freestyle

1 5:31.75 Jackson San miguel M31

Men 30-34 100 M Backstroke

1 1:17.16 Jeffrey R Strahota M34

2 1:24.19 Steven Ma M33

3 1:24.30 Michael Houston M30

Men 30-34 50 M Breaststroke

1 34.38 Brett R Keyes M31

2 44.83 Chris Shaw M32

Men 30-34 100 M Breaststroke

1 1:25.27 Jeffrey R Strahota M34

2 1:30.96 Steven Ma M33

Men 30-34 200 M Breaststroke

1 3:19.34 Steven Ma M33

Men 30-34 50 M Butterfly

1	33.00	Michael Houston	M30
2	34.41	Jeb M Ory	M34
3	35.80	Steven Ma	M33

Men 30-34 100 M Butterfly

1	1:12.11	Jeffrey R Strahota	M34
2	1:14.64	Jeb M Ory	M34

Men 30-34 200 M Individual Medley

1	2:40.17	Jeffrey R Strahota	M34
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Men 35-39 50 M Backstroke

1	38.70	Jean-Philippe Richard	M38
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Men 35-39 200 M Breaststroke

1	2:53.80	Jean-Philippe Richard	M38
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Men 35-39 50 M Butterfly

1	31.70	Jean-Philippe Richard	M38
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Men 40-44 50 M Freestyle

1	26.23	Michael P Doane	M44
2	27.87	Edward D Wang	M40
3	29.90	Alexander N Chororos	M41
4	36.71	Yang J Chun	M40

Men 40-44 100 M Freestyle

1	1:03.56	Edward D Wang	M40
2	1:08.95	Alexander N Chororos	M41
3	1:19.86	Yang J Chun	M40
4	1:20.91	Peter S Lee	M44

Men 40-44 200 M Freestyle

1	2:14.56	Patrick Donahue	M41
2	2:36.26	Farol L Tomson	M43
3	3:06.25	Yang J Chun	M40

Men 40-44 400 M Freestyle

1	4:41.03	Patrick Donahue	M41
2	5:17.38	Alexander N Chororos	M41

Men 40-44 100 M Backstroke

1	1:34.76	Farol L Tomson	M43
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Men 40-44 200 M Backstroke

1	2:27.28	Patrick Donahue	M41
2	3:12.66	Farol L Tomson	M43

Men 40-44 50 M Breaststroke  
1 33.23 Michael P Doane M44

Men 40-44 200 M Breaststroke  
1 3:30.22 Farol L Tomson M43

Men 40-44 50 M Butterfly  
1 28.74 Michael P Doane M44

Men 40-44 100 M Butterfly  
1 1:17.19 Farol L Tomson M43

Men 40-44 200 M Individual Medley  
1 2:28.42 Patrick Donahue M41  
2 2:48.55 Alexander N Chororos M41  
3 3:09.80 Peter S Lee M44

Men 40-44 400 M Individual Medley  
1 5:12.73 Patrick Donahue M41  
2 7:14.87 Peter S Lee M44

Men 45-49 50 M Freestyle  
1 28.25 Daniel Prince M48  
2 28.32 Geoffrey M Irwin M49  
3 28.32 Kirk W Clear M47

Men 45-49 100 M Freestyle  
1 1:03.65 Geoffrey M Irwin M49  
2 1:03.98 Daniel Prince M48  
3 1:03.99 Alan Greenwood M48  
4 1:05.17 Kirk W Clear M47

Men 45-49 200 M Freestyle  
1 2:24.81 Alan Greenwood M48  
2 2:31.55 Geoffrey M Irwin M49

Men 45-49 400 M Freestyle  
1 5:09.22 Alan Greenwood M48  
2 5:09.89 Frederick E Dever M49  
3 5:18.56 Geoffrey M Irwin M49

Men 45-49 50 M Backstroke  
1 32.40 Kirk W Clear M47  
2 36.56 Geoffrey M Irwin M49  
3 38.58 Eric W Czander M49  
4 38.93 Daniel Prince M48

Men 45-49 100 M Backstroke  
1 1:16.02 Kirk W Clear M47

Men 45-49 200 M Backstroke  
1 2:49.68 Alan Greenwood M48

Men 45-49 50 M Butterfly  
1 27.47 Jeffrey H Roddin M45  
2 31.28 Kirk W Clear M47  
3 31.64 Frederick E Dever M49

Men 45-49 100 M Butterfly  
1 1:02.22 Jeffrey H Roddin M45  
2 1:05.99 Neill Williams M46  
3 1:15.14 Daniel Prince M48  
4 1:17.08 Frederick E Dever M49

Men 45-49 200 M Individual Medley  
1 2:28.89 Jeffrey H Roddin M45  
2 2:47.65 Eric W Czander M49

Men 45-49 400 M Individual Medley  
1 5:27.76 Jeffrey H Roddin M45

Men 50-54 50 M Freestyle  
1 28.84 Mark E Harris M52  
2 29.49 Jay T Kress M51  
3 32.50 Zoran Stojanovic M50

Men 50-54 100 M Freestyle  
1 1:05.47 Mark E Harris M52  
2 1:13.71 Zoran Stojanovic M50

Men 50-54 200 M Freestyle  
1 2:57.17 Zoran Stojanovic M50

Men 50-54 50 M Backstroke  
1 35.50 Jerry Magner M52

Men 50-54 50 M Breaststroke  
1 36.15 Mark E Harris M52  
2 37.90 Curt A Reynolds M54  
3 40.16 Jay T Kress M51

Men 50-54 100 M Breaststroke  
1 1:25.06 Curt A Reynolds M54  
2 1:26.15 Mark E Harris M52

Men 50-54 200 M Breaststroke  
1 3:10.68 Curt A Reynolds M54

Men 50-54 50 M Butterfly  
1 31.46 Jay T Kress M51

Men 50-54 100 M Butterfly  
1 1:15.47 Scott Schutzmeister M50

Men 50-54 200 M Butterfly  
1 2:48.13 Scott Schutzmeister M50

Men 50-54 200 M Individual Medley  
1 2:49.63 Jay T Kress M51

Men 55-59 50 M Freestyle  
1 28.00 Geoffrey Heuchling M55  
2 33.11 Thomas A Denes M57  
3 33.17 Iurii Timonin M57

Men 55-59 100 M Freestyle  
1 1:17.72 Thomas A Denes M57

Men 55-59 400 M Freestyle  
1 5:28.69 Jorge A Cortina M55  
2 6:15.56 Thomas A Denes M57

Men 55-59 50 M Backstroke  
1 34.60 Geoffrey Heuchling M55  
2 42.73 Thomas A Denes M57  
3 46.90 Muraji Nakazawa M58

Men 55-59 200 M Backstroke  
1 3:25.66 Thomas A Denes M57

Men 55-59 50 M Breaststroke  
1 39.64 Iurii Timonin M57

Men 55-59 100 M Breaststroke  
1 1:43.39 Muraji Nakazawa M58

Men 55-59 50 M Butterfly  
1 30.52 Geoffrey Heuchling M55

Men 60-64 50 M Freestyle  
1 28.21 Edwin W McCleskey M61  
2 33.89 Don Edgell M62

Men 60-64 100 M Freestyle  
1 1:16.85 Don Edgell M62

Men 60-64 200 M Freestyle  
1 2:51.49 Don Edgell M62

Men 60-64 400 M Freestyle  
1 6:06.30 Don Edgell M62  
2 6:34.46 Dawson Nash M61

Men 60-64 100 M Breaststroke  
1 1:34.45 Charles L Hoffman M64  
2 2:10.68 Michael F Boyle M63

Men 60-64 200 M Breaststroke  
1 3:27.82 Charles L Hoffman M64  
2 4:35.17 Michael F Boyle M63

Men 60-64 100 M Butterfly  
1 1:25.33 Chuck W Berke M63

Men 60-64 200 M Butterfly  
1 3:20.99 Chuck W Berke M63

Men 60-64 200 M Individual Medley  
1 3:01.68 Edwin W McCleskey M61

Men 60-64 400 M Individual Medley  
1 7:46.63 Dawson Nash M61

Men 65-69 50 M Freestyle  
1 36.32 James W Davis M68

Men 65-69 50 M Backstroke  
1 45.25 James W Davis M68

Men 65-69 200 M Backstroke  
1 3:50.61 Laurence W Paulson M65

Men 65-69 50 M Breaststroke  
1 45.19 James W Davis M68

Men 65-69 50 M Butterfly  
1 41.49 James W Davis M68

Men 65-69 100 M Butterfly  
1 1:49.80 Laurence W Paulson M65

Men 65-69 200 M Butterfly		
1	4:00.48 Laurence W Paulson	M65
Men 65-69 200 M Individual Medley		
1	3:54.66 Laurence W Paulson	M65
Men 65-69 400 M Individual Medley		
1	8:16.45 Laurence W Paulson	M65
Men 70-74 100 M Freestyle		
1	1:41.83 Barry P Shay	M74
Men 70-74 200 M Freestyle		
Men 70-74 400 M Freestyle		
1	8:28.92 Barry P Shay	M74
Men 70-74 50 M Backstroke		
1	47.00 David L Robinson	M71
Men 70-74 200 M Backstroke		
1	3:52.73 David L Robinson	M71
Men 70-74 50 M Breaststroke		
1	53.67 David L Robinson	M71
Men 70-74 100 M Breaststroke		
1	1:40.54 Henry E Cole	M70
Men 70-74 50 M Butterfly		
1	46.56 David L Robinson	M71
Men 70-74 200 M Individual Medley		
1	3:47.05 David L Robinson	M71