

Potomac Valley Top 10 Submission Preview for 2014 LCM- Women

Women 18-24 100 M Freestyle

1 1:04.73 Jace C Howanitz F24

Women 18-24 200 M Backstroke

1 2:41.90 Jace C Howanitz F24

Women 18-24 50 M Butterfly

1 31.53 Jace C Howanitz F24

Women 18-24 100 M Butterfly

1 1:11.90 Jace C Howanitz F24

Women 25-29 50 M Freestyle

1 30.06 Margaret L Bentley F27

2 33.09 Kristen M Mann F28

3 35.06 Lindsey Warren-Shriner F26

Women 25-29 100 M Freestyle

1 1:17.12 Erin Talkington F26

2 1:20.23 Katherine C Thornton F29

Women 25-29 200 M Freestyle

1 2:50.56 Erin Talkington F26

2 3:04.52 Katherine C Thornton F29

Women 25-29 400 M Freestyle

1 5:21.60 Lindsey Warren-Shriner F26

2 6:19.44 Katherine C Thornton F29

Women 25-29 50 M Breaststroke

1 41.22 Margaret L Bentley F27

2 45.23 Brittany A Van Arkel F27

Women 25-29 100 M Breaststroke

1 1:41.34 Brittany A Van Arkel F27

2 1:43.36 Katherine C Thornton F29

Women 25-29 200 M Breaststroke

1 3:13.17 Kristen M Mann F28

2 3:43.92 Brittany A Van Arkel F27

Women 25-29 50 M Butterfly

1 31.79 Margaret L Bentley F27

2 31.85 Kristen M Mann F28

3 38.40 Erin Talkington F26

4 39.50 Lindsey Warren-Shriner F26

Women 25-29 100 M Butterfly
1 1:13.21 Margaret L Bentley F27

Women 25-29 200 M Individual Medley
1 3:10.31 Erin Talkington F26

Women 30-34 50 M Freestyle
1 31.06 Kelli L Austin F34
2 31.70 Kristina L Peterson F31
3 32.30 Michelle Lee F30
4 37.05 Michele L Macary F30
5 37.29 Kathryn Ladewski F31
6 38.39 Rebecca J Simon F34
7 40.97 Ellen U Hufford F32

Women 30-34 100 M Freestyle
1 1:06.78 Kelli L Austin F34
2 1:10.35 Juliana M Galan F31
3 1:13.94 Michelle Lee F30
4 1:19.89 Kathryn Ladewski F31

Women 30-34 200 M Freestyle
1 2:39.08 Juliana M Galan F31
2 3:16.63 Ellen U Hufford F32
3 3:30.87 Marisa B Guevara F32

Women 30-34 400 M Freestyle
1 5:59.17 Victoria K Anderson F34
2 6:36.94 Michele L Macary F30
3 6:57.30 Ellen U Hufford F32

Women 30-34 50 M Backstroke
1 36.75 Mollie K Grover F33
2 40.49 Kathryn Ladewski F31
3 44.89 Rebecca J Simon F34

Women 30-34 100 M Backstroke
1 1:17.95 Mollie K Grover F33
2 1:31.24 Kathryn Ladewski F31

Women 30-34 200 M Backstroke
1 2:47.56 Mollie K Grover F33
2 2:53.94 Juliana M Galan F31

Women 30-34 50 M Butterfly
1 34.62 Kristina L Peterson F31
2 35.41 Kelli L Austin F34
3 44.38 Rebecca J Simon F34

Women 30-34 100 M Butterfly
1 1:19.40 Kristina L Peterson F31

Women 30-34 200 M Individual Medley
1 2:49.72 Mollie K Grover F33
2 2:59.74 Michelle Lee F30
3 3:07.74 Kristina L Peterson F31
4 4:02.66 Marisa B Guevara F32

Women 35-39 50 M Freestyle
1 31.40 Laura L Thornton F35

Women 35-39 100 M Freestyle
1 1:12.55 Laura L Thornton F35
2 1:16.42 Amy C Warfield F35

Women 35-39 200 M Freestyle
1 2:56.47 Amy C Warfield F35
2 2:57.68 Laura L Thornton F35

Women 35-39 50 M Breaststroke
1 47.03 Laura L Thornton F35

Women 35-39 100 M Breaststroke
1 1:32.81 Beverly Li F35
2 1:41.02 Laura L Thornton F35

Women 35-39 200 M Breaststroke
1 3:26.23 Beverly Li F35

Women 35-39 50 M Butterfly
1 38.63 Beverly Li F35

Women 35-39 100 M Butterfly
1 1:33.50 Beverly Li F35

Women 40-44 50 M Freestyle
1 33.81 Alison Jenkins F41
2 36.61 Suzanne J Walters F44

Women 40-44 50 M Breaststroke
1 43.19 Sheila A Walsh F44

Women 40-44 100 M Breaststroke
1 1:34.61 Sheila A Walsh F44

Women 40-44 50 M Butterfly
1 38.59 Alison Jenkins F41
2 42.91 Suzanne J Walters F44

Women 40-44 200 M Individual Medley
1 3:09.25 Alison Jenkins F41
2 3:09.32 Sheila A Walsh F44

Women 45-49 100 M Freestyle
1 1:21.34 Cathy C Gainor F47

Women 45-49 400 M Freestyle
1 6:06.16 Cathy C Gainor F47

Women 45-49 200 M Backstroke
1 3:37.34 Cathy C Gainor F47

Women 45-49 50 M Breaststroke
1 40.34 Lisa J Groves F49

Women 45-49 100 M Breaststroke
1 1:30.87 Lisa J Groves F49

Women 45-49 200 M Breaststroke
1 3:22.66 Lisa J Groves F49

Women 50-54 50 M Freestyle
1 45.33 Carla D Mazyck F54

Women 50-54 100 M Freestyle
1 1:21.91 Barbara Shycoff F54
2 1:37.12 Carla D Mazyck F54

Women 50-54 50 M Backstroke
1 54.62 Carla D Mazyck F54

Women 50-54 50 M Butterfly
1 39.70 Barbara Shycoff F54

Women 55-59 100 M Freestyle
1 1:25.76 Tina N Woods F57
2 1:26.08 Julie A DiBlasi F55

Women 55-59 200 M Freestyle
1 2:52.17 Sara Levine F56
2 3:05.58 Julie A DiBlasi F55
3 3:06.37 Tina N Woods F57

Women 55-59 50 M Backstroke
1 44.03 Sara Levine F56

Women 55-59 100 M Breaststroke
1 1:42.66 Sara Levine F56

Women 55-59 50 M Butterfly
1 35.52 Jeanne L Lappin F59

Women 55-59 100 M Butterfly
1 1:19.78 Jeanne L Lappin F59

Women 55-59 200 M Butterfly
1 3:09.74 Jeanne L Lappin F59

Women 55-59 200 M Individual Medley
1 3:02.34 Jeanne L Lappin F59

Women 55-59 400 M Individual Medley
1 6:27.71 Jeanne L Lappin F59

Women 60-64 50 M Freestyle
1 36.78 Denise Kirwan F62
2 38.46 Judy Lim-Sharpe F63

Women 60-64 100 M Freestyle
1 1:23.98 Denise Kirwan F62
2 1:26.60 Judy Lim-Sharpe F63

Women 60-64 400 M Freestyle
1 7:05.83 Judy Lim-Sharpe F63

Women 60-64 50 M Backstroke
1 37.67 Joan L Pfinsgraff F60
2 42.98 Denise Kirwan F62
3 52.67 Judy Lim-Sharpe F63

Women 60-64 100 M Backstroke
1 1:20.91 Joan L Pfinsgraff F60

Women 60-64 200 M Backstroke
1 2:55.37 Joan L Pfinsgraff F60

Women 60-64 200 M Individual Medley
1 3:02.36 Joan L Pfinsgraff F60

Women 65-69 100 M Freestyle
1 1:35.43 Ruth R Bennett F68

Women 65-69 200 M Freestyle
1 3:20.84 Ruth R Bennett F68

Women 65-69 400 M Freestyle
1 6:38.95 Margot K Pettijohn F68
2 7:03.78 Ruth R Bennett F68

Women 65-69 100 M Backstroke
1 1:45.98 Margot K Pettijohn F68

Women 65-69 200 M Backstroke
1 3:45.77 Margot K Pettijohn F68

Women 65-69 50 M Butterfly
1 43.70 Margot K Pettijohn F68

Women 65-69 200 M Individual Medley
1 3:29.99 Margot K Pettijohn F68

Women 70-74 50 M Freestyle
1 39.51 Beth Schreiner F73

Women 70-74 100 M Freestyle
1 1:32.61 Beth Schreiner F73

Women 70-74 50 M Backstroke
1 47.39 Beth Schreiner F73

Women 70-74 100 M Backstroke
1 1:50.08 Beth Schreiner F73