

Potomac Valley Top 10 Relay Submission Preview for 2013 SCM

Women 120-159 200 M Freestyle Relay

1	2:09.99 GERM	F120-159
	Rachel A Ludema	F23
	Angela Niemiec	F29
	Cheryl Amick	F44
	Lauren Friedlander	F26

Women 120-159 200 M Medley Relay

1	2:51.58 GERM	F120-159
	Andrea Carbonell	F43
	Caitlyn K Walters	F30
	Robin Snider	F28
	Jennifer J McVeigh	F41

Women 160-199 200 M Freestyle Relay

1	2:45.23 GERM	F160-199
	Eleanor O Landon-D'Shen	F43
	Denise J Banjavic	F63
	Jennifer J McVeigh	F41
	Emily Bosco	F34

Women 160-199 200 M Medley Relay

1	2:51.12 ANCM	F160-199
	Cathy C Gainor	F46
	Margot K Pettijohn	F67
	Holly A Donnelly	F41
	Jennifer Gall	F27
2	3:05.47 YWMA	F160-199
	Judy T Goffi	F53
	Carol L Miller	F53
	Kristina L Rebert	F50
	Brooke S Hess	F41

Women 200-239 200 M Freestyle Relay

1	2:15.71 GERM	F200-239
	Carole B Valis	F48
	Karen R Cosgrove	F55
	Amy B Cooley	F57
	Denise L Noznesky	F47
2	2:58.91 ANCM	F200-239
	Stephanie A Sugg	F50
	Margot K Pettijohn	F67
	Lynda E Honberg	F61
	Mary S Pastel	F60

Women 200-239 400 M Freestyle Relay

1	6:48.89 ANCM	F200-239
	Stephanie A Sugg	F50
	Margot K Pettijohn	F67
	Lynda E Honberg	F61
	Mary S Pastel	F60

Women 200-239 200 M Medley Relay

1	2:24.57 GERM	F200-239
	Lisa Van Pelt-Diller	F55
	Amy B Cooley	F57
	Jeanne L Lappin	F58
	Denise L Noznesky	F47
2	2:38.74 GERM	F200-239
	Carole B Valis	F48
	Karen R Cosgrove	F55
	Jeanne L Lappin	F58
	Amy B Cooley	F57
3	3:27.69 ANCM	F200-239
	Margot K Pettijohn	F67
	Lynda E Honberg	F61
	Pamela M Blumenthal	F46
	Stephanie A Sugg	F50

Women 200-239 400 M Medley Relay

1	5:26.12 GERM	F200-239
	Lisa Van Pelt-Diller	F55
	Amy B Cooley	F57
	Jeanne L Lappin	F58
	Carole B Valis	F48

Men 72-99 200 M Freestyle Relay

1	1:56.54 GERM	M72-99
	Kempsey Clark	M23
	Dean P Baudler	M23
	Jason J George	M26
	Charles P Miller	M19
2	2:00.57 GERM	M72-99
	Michael P Stefanick	M19
	Dean P Baudler	M23
	Jason J George	M26
	Kempsey Clark	M23

Men 72-99 400 M Freestyle Relay

1	4:26.92 GERM	M72-99
	Michael P Stefanick	M19
	Dean P Baudler	M23
	Jason J George	M26
	Kempsey Clark	M23

Men 72-99 800 M Freestyle Relay

1	10:05.26 GERM	M72-99
	Charles P Miller	M19
	Jason J George	M26
	Kempsey Clark	M23
	Dean P Baudler	M23

Men 72-99 200 M Medley Relay

1	2:16.51 GERM	M72-99
	Michael P Stefanick	M19
	Jason J George	M26
	Dean P Baudler	M23
	Kempsey Clark	M23
2	2:19.79 GERM	M72-99
	Dean P Baudler	M23
	Kempsey Clark	M23
	Jason J George	M26
	Charles P Miller	M19

Men 72-99 400 M Medley Relay

1	4:49.75 GERM	M72-99
	Michael P Stefanick	M19
	Jason J George	M26
	Dean P Baudler	M23
	Kempsey Clark	M23

Men 120-159 200 M Freestyle Relay

1	1:48.04 DCAC	M120-159
	Nicholas Davidson	M32
	Dustin Sigward	M26
	Jose E V Cunningham	M57
	WonKee Moon	M39
2	1:48.63 GERM	M120-159
	Dominik N Van Der Veen	M36
	Andrew Barnes	M36
	Jonathan S Smink	M34
	Frederik C Hviid	M39

Men 120-159 400 M Freestyle Relay

1	4:04.80 DCAC	M120-159
	WonKee Moon	M39
	Nicholas Davidson	M32
	Eric M Grasha	M37
	Andrew Frampton	M27

Men 120-159 200 M Medley Relay

1	2:04.23 GERM	M120-159
	Michael Cakouros	M37
	Gustavo Sandi	M41
	Frederik C Hviid	M39
	Dominik N Van Der Veen	M36
2	2:10.03 DCAC	M120-159
	Evan Schlank	M29
	Eric W Czander	M48
	Brendan P Roddy	M33
	Dana E Connors	M33

Men 120-159 400 M Medley Relay

1	4:27.90 DCAC	M120-159
	Justin M Burkhardt	M33
	Jean-Philippe Richard	M37
	Todd Harvey	M33
	Andrew Frampton	M27
2	5:09.45 GERM	M120-159
	Daniel A Bellin	M41
	Bryan A Main	M40
	Farol L Tomson	M42
	Daniel Roetert	M30

Men 160-199 200 M Freestyle Relay

1	1:54.20 GERM	M160-199
	Anthony S Higgins	M44
	Nicholas T Irons	M41
	Farol L Tomson	M42
	Karl E Wunderlich	M48
2	1:55.65 ANCM	M160-199
	Matthew F Reeves	M43
	Brent J Peacock	M51
	David W Cheney	M55
	David L Filbeck	M40
3	2:17.41 GERM	M160-199
	Bryan A Main	M40
	Jeffery S Williams	M45
	Mark C Walters	M61
	Edgar R Andrus	M32
4	2:17.43 ANCM	M160-199
	Lowell Howard	M49
	Daniel J Blumenthal	M50
	Peter C Johnson	M52
	George Humbert	M45

Men 160-199 400 M Freestyle Relay

1	4:55.30 CMYM	M160-199
	Brian P Hinz	M39
	Jerry R Meyer	M64
	Raymond Toy	M46
	Andrew DiBari	M31

Men 160-199 800 M Freestyle Relay

1	9:42.36 GERM	M160-199
	Bryan A Main	M40
	Chip Lagdon	M53
	Anthony S Higgins	M44
	Frederik C Hviid	M39

Men 160-199 200 M Medley Relay

1	2:03.01 GERM	M160-199
	Anthony S Higgins	M44
	Nicholas T Irons	M41
	Karl E Wunderlich	M48
	Farol L Tomson	M42
2	2:22.81 GERM	M160-199
	Daniel Roetert	M30
	Farol L Tomson	M42
	Scott M Golden	M50
	Bryan A Main	M40
3	2:28.89 CMYM	M160-199
	Jerry R Meyer	M64
	Brian P Hinz	M39
	Raymond Toy	M46
	Andrew DiBari	M31
4	2:43.76 GERM	M160-199
	Harold P Katz	M45
	Keir R Knight	M46
	Bryan A Main	M40
	Jeffery S Williams	M45

Men 160-199 400 M Medley Relay

1	5:15.55 GERM	M160-199
	Gregory Strouse	M51
	Gustavo Sandi	M41
	Scott M Golden	M50
	Karl E Wunderlich	M48
2	5:35.97 DCAC	M160-199
	John Tustin	M37
	Dana E Connors	M33
	Dawson Nash	M60
	Mario Riojas	M33

Men 200-239 200 M Freestyle Relay

1	2:02.45 VMST	M200-239
	Kirk W Clear	M46
	Dan Sheahan	M56
	Jim W Miller	M63
	John W Mccorkle	M62
2	2:04.93 GERM	M200-239
	Scott M Golden	M50
	Dan Thomas	M56
	Chip Lagdon	M53
	Gregory Strouse	M51
3	2:07.44 GERM	M200-239
	Chip Lagdon	M53
	Karl E Wunderlich	M48
	Scott M Golden	M50
	Scott W Mooney	M57
4	2:18.45 GERM	M200-239
	Farol L Tomson	M42
	Kenneth J Wall	M72
	David L Robinson	M70
	Gregory Strouse	M51

Men 200-239 400 M Freestyle Relay

1	4:38.58 GERM	M200-239
	Scott M Golden	M50
	Gregory Strouse	M51
	Karl E Wunderlich	M48
	Chip Lagdon	M53
2	5:13.66 GERM	M200-239
	Farol L Tomson	M42
	Dominik N Van Der Veen	M36
	Kenneth J Wall	M72
	David L Robinson	M70

Men 200-239 200 M Medley Relay

1	2:27.21 GERM	M200-239
	Dan Thomas	M56
	Chip Lagdon	M53
	Gregory Strouse	M51
	Scott M Golden	M50

Men 240-279 200 M Medley Relay

1	2:41.07 ANCM	M240-279
	Brian Oliver	M54
	Dan Morrow	M64
	David C Harmon	M64
	Thomas J deBettencourt	M60
2	3:23.55 GERM	M240-279
	John A Abbott	M63
	Timothy C Miller	M68
	Roger M Golden	M71
	John C Norvell	M73

Men 240-279 400 M Medley Relay

1	6:18.94 GERM	M240-279
	John A Abbott	M63
	Ronald E Greger	M69
	David L Robinson	M70
	Dan Thomas	M56

Men 280-319 200 M Freestyle Relay

1	2:57.28 GERM	M280-319
	Kenneth J Wall	M72
	John C Norvell	M73
	David L Robinson	M70
	James R Hillman	M69

Men 280-319 200 M Medley Relay

1	2:53.14 GERM	M280-319
	Kenneth J Wall	M72
	Ronald E Greger	M69
	David L Robinson	M70
	James R Hillman	M69
2	3:11.80 GERM	M280-319
	Kenneth J Wall	M72
	Richard S Durham	M72
	David L Robinson	M70
	James R Hillman	M69

Men 280-319 400 M Medley Relay

1	6:51.05 GERM	M280-319
	James R Hillman	M69
	Timothy C Miller	M68
	Roger M Golden	M71
	Kenneth J Wall	M72

Mixed 100-119 400 M Freestyle Relay

1	4:31.79 GERM	X100-119
	Dominik N Van Der Veen	M36
	Rachel A Ludema	F23
	Angela Niemiec	F29
	Daniel Roetert	M30

Mixed 120-159 200 M Freestyle Relay

1	1:59.13 GERM	X120-159
	Michael Cakouros	M37
	Daniel Roetert	M30
	Jennifer L Gularson	F40
	Lauren Friedlander	F26
2	2:10.54 NCYM	X120-159
	Kyle R Ahlgren	M38
	Tiernan Madorno	F29
	Shannon D Sullivan	F37
	Charles McCarren	M28

3	2:13.59	GERM	X120-159
		Emily Bosco	F34
		Ivy Huang	F33
		Edgar R Andrus	M32
		Andrew Barnes	M36

Mixed 120-159 800 M Freestyle Relay

1	10:24.97	NCYM	X120-159
		Sidney Nakahodo	M38
		Shannon D Sullivan	F37
		Tiernan Madorno	F29
		Charles McCarren	M28

Mixed 120-159 200 M Medley Relay

1	2:05.81	RMST	X120-159
		Kim M Brightwell	F53
		Craig M Baldwin	M39
		Adam D Orton	M32
		Jennifer M Carlson	F34
2	2:09.96	TERR	X120-159
		Kathryn A Bayer	F50
		Blake A Holden	M37
		Jeffrey R Strahota	M33
		Juliana M Galan	F30
3	2:16.78	NCYM	X120-159
		Sidney Nakahodo	M38
		Shannon D Sullivan	F37
		Charles McCarren	M28
		Tiernan Madorno	F29

Mixed 120-159 400 M Medley Relay

1	5:12.10 GERM	X120-159
	Angela Niemiec	F29
	Rachel A Ludema	F23
	Bryan A Main	M40
	Farol L Tomson	M42

Mixed 160-199 200 M Freestyle Relay

1	1:54.60 GERM	X160-199
	Frederik C Hviid	M39
	Melissa Bellin	F40
	Denise L Noznesky	F47
	Daniel A Bellin	M41
2	2:05.76 RMST	X160-199
	Mindy Johnson	F50
	John Carlson	M42
	Cynthia M Hajost	F53
	Brian R Evans	M49
3	2:17.83 GERM	X160-199
	Farol L Tomson	M42
	Jeff Goldman	M50
	Alison H Melley	F41
	Robin Snider	F28
4	2:21.28 GERM	X160-199
	Andrea Carbonell	F43
	Jennifer J McVeigh	F41
	Michael P Osinski	M56
	Bryan A Main	M40
5	2:28.27 GERM	X160-199
	Keir R Knight	M46
	Jennifer J McVeigh	F41
	Eleanor O Landon-D'Shen	F43
	Harold P Katz	M45

Mixed 160-199 400 M Freestyle Relay

1	5:00.07 GERM	X160-199
	Andrea Carbonell	F43
	Farol L Tomson	M42
	Bryan A Main	M40
	Cheryl Amick	F44
2	5:31.36 GERM	X160-199
	Robin Snider	F28
	Caitlyn K Walters	F30
	Scott W Mooney	M57
	Mark C Walters	M61

Mixed 160-199 800 M Freestyle Relay

1	9:52.74 RMST	X160-199
	Mindy Johnson	F50
	Cynthia M Hajost	F53
	Adam D Orton	M32
	Craig M Baldwin	M39

Mixed 160-199 200 M Medley Relay

1	1:57.75 ANCM	X160-199
	Susan O Williams	F47
	Wally C Dicks	M50
	Clay Britt	M52
	Margaret G Conze	F42
2	2:08.48 GERM	X160-199
	Frederik C Hviid	M39
	Dominik N Van Der Veen	M36
	Jeanne L Lappin	F58
	Denise L Noznesky	F47
3	2:25.42 GERM	X160-199
	Farol L Tomson	M42
	Dan Thomas	M56
	Jennifer L Gularson	F40
	Carole B Valis	F48

4	2:43.15 ANCM	X160-199
	Duncan C Ferguson	M56
	Jody C Gan	F48
	Philip J Saltzman	M45
	Donna Minha	F39
5	2:49.87 ANCM	X160-199
	Carol Clark	F46
	Daniel J Blumenthal	M50
	Pamela M Blumenthal	F46
	Lowell Howard	M49

Mixed 160-199 400 M Medley Relay

1	4:37.54 GERM	X160-199
	Frederik C Hviid	M39
	Melissa Bellin	F40
	Daniel A Bellin	M41
	Denise L Noznesky	F47
2	5:08.21 DCAC	X160-199
	Eric W Czander	M48
	Christina D West	F37
	Frederick E Dever	M48
	Erin S Cochran	F31

Mixed 200-239 200 M Freestyle Relay

1	2:19.95 ANCM	X200-239
	Don Amann	M60
	Holly A Donnelly	F41
	Deborah A Gilgore	F53
	Doug Sanford	M54
2	2:22.34 ANCM	X200-239
	Deborah A Gilgore	F53
	Colleen Reed	F43
	Greg A Nelson	M53
	Doug Sanford	M54

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| 3 | 2:50.83 RMST | X200-239 |
| | Muraji Nakazawa | M57 |
| | Michael F Boyle | M62 |
| | Lucy M Manheim | F71 |
| | Kathy Ohlhaber | F28 |
| 4 | 3:06.91 GERM | X200-239 |
| | Jennifer L Hephner | F50 |
| | Caitlyn K Walters | F30 |
| | John C Norvell | M73 |
| | Richard S Durham | M72 |

Mixed 200-239 400 M Freestyle Relay

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| 1 | 5:19.59 ANCM | X200-239 |
| | Deborah A Gilgore | F53 |
| | Holly A Donnelly | F41 |
| | Don Amann | M60 |
| | Doug Sanford | M54 |
| 2 | 6:31.55 GERM | X200-239 |
| | Jennifer L Hephner | F50 |
| | Alison H Melley | F41 |
| | Jeff Goldman | M50 |
| | Richard S Durham | M72 |

Mixed 200-239 200 M Medley Relay

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| 1 | 1:59.43 NCMS | X200-239 |
| | Frances T McEachran | F52 |
| | Jon W Blank | M53 |
| | Erika L Braun | F41 |
| | Jonathan E Klein | M56 |
| 2 | 2:54.44 ANCM | X200-239 |
| | Margot K Pettijohn | F67 |
| | Daniel J Blumenthal | M50 |
| | Pamela M Blumenthal | F46 |
| | Lowell Howard | M49 |

Mixed 200-239 400 M Medley Relay

1	4:27.64 NCMS	X200-239
	Frances T McEachran	F52
	Jon W Blank	M53
	Erika L Braun	F41
	Jonathan E Klein	M56

Mixed 240-279 200 M Freestyle Relay

1	2:30.13 ANCM	X240-279
	Dan Morrow	M64
	Margot K Pettijohn	F67
	Peter C Johnson	M52
	Mary S Pastel	F60

Mixed 240-279 400 M Freestyle Relay

1	5:53.12 ANCM	X240-279
	Brian Oliver	M54
	Margot K Pettijohn	F67
	Mary S Pastel	F60
	David C Harmon	M64

Mixed 240-279 200 M Medley Relay

1	2:48.92 VMST	X240-279
	John W Mccorkle	M62
	Johnnie Detrick	F78
	Shirley A Loftus-Charley	F62
	Edward H Gaulrapp	M71
2	3:00.49 ANCM	X240-279
	Mary S Pastel	F60
	Dan Morrow	M64
	Margot K Pettijohn	F67
	David C Harmon	M64