

2013 SCM Women

Potomac Valley Top 10 Submission for 2013 SCM (Women)

Women 18-24 100 M Backstroke

1 1:30.93 Lia Sacks F24

Women 18-24 50 M Breaststroke

1 35.69 Alison Queen F19

2 38.45 Rachel A Ludema F23

Women 18-24 100 M Breaststroke

1 1:19.00 Alison Queen F19

2 1:25.58 Rachel A Ludema F23

Women 18-24 100 M Butterfly

1 1:12.58 Alison Queen F19

2 1:30.63 Lia Sacks F24

Women 18-24 100 M Individual Medley

1 1:20.50 Rachel A Ludema F23

Women 25-29 50 M Freestyle

1 29.69 Lauren Friedlander F26

2 31.42 Robin Snider F28

3 33.33 Tiernan Madorno F29

4 35.69 Kathy Ohlhaber F28

5 36.30 Jennifer Gall F27

Women 25-29 100 M Freestyle

1 1:04.02 Lauren Friedlander F26

2 1:07.97 Angela Niemiec F29

3 1:09.68 Robin Snider F28

4 1:15.61 Rachel Dolan F27

Women 25-29 200 M Freestyle

1 2:21.45 Lauren Friedlander F26

2 2:27.16 Lindsey Warren-Shriner F25

3 2:47.63 Anna Paulsen F27

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Women 25-29 400 M Freestyle

1	5:46.92	Rachel Dolan	F27
2	6:10.71	Faye Barthold	F29
3	6:22.67	Kathy Ohlhaber	F28
4	6:39.98	Marci Goldberg	F29

Women 25-29 50 M Backstroke

1	36.63	Anna Paulsen	F27
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Women 25-29 100 M Backstroke

1	1:14.72	Angela Niemiec	F29
2	1:18.14	Anna Paulsen	F27

Women 25-29 100 M Breaststroke

1	1:26.20	Lauren Friedlander	F26
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Women 25-29 200 M Breaststroke

1	4:00.44	Marci Goldberg	F29
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Women 25-29 50 M Butterfly

1	36.07	Robin Snider	F28
2	38.39	Jennifer Gall	F27
3	40.29	Tiernan Madorno	F29

Women 25-29 200 M Butterfly

1	2:26.43	Kate Chialastri	F26
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Women 25-29 100 M Individual Medley

1	1:18.78	Angela Niemiec	F29
2	1:25.39	Lindsey Warren-Shriner	F25
3	1:29.40	Faye Barthold	F29
4	1:30.28	Jennifer Gall	F27
5	1:31.34	Tiernan Madorno	F29

Women 25-29 200 M Individual Medley

1	3:03.13	Anna Paulsen	F27
2	3:31.54	Marci Goldberg	F29

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Women 30-34 50 M Freestyle

1	26.41	Ruth N Jones	F30
2	28.89	Mollie K Grover	F32
3	32.34	Ivy Huang	F33
4	40.50	Ellen U Hufford	F31

Women 30-34 100 M Freestyle

1	58.56	Ruth N Jones	F30
2	1:07.10	Erin S Cochran	F31
3	1:09.01	Juliana M Galan	F30
4	1:10.24	Amy Corlis	F33
5	1:10.84	Ivy Huang	F33
6	1:13.50	Gladys Arrisueno	F34
7	1:25.47	Ellen U Hufford	F31

Women 30-34 200 M Freestyle

1	2:39.98	Amy Corlis	F33
2	2:45.52	Ivy Huang	F33
3	3:01.64	Katherine G Hawley	F33
4	3:04.86	Ellen U Hufford	F31

Women 30-34 400 M Freestyle

1	5:38.83	Victoria K Anderson	F33
2	6:48.50	Ellen U Hufford	F31

Women 30-34 50 M Backstroke

1	32.64	Mollie K Grover	F32
2	34.40	Jennifer M Carlson	F34
3	40.12	Victoria K Anderson	F33

Women 30-34 100 M Backstroke

1	1:08.73	Mollie K Grover	F32
2	1:16.51	Juliana M Galan	F30
3	1:26.79	Victoria K Anderson	F33

Women 30-34 200 M Backstroke

1	2:28.05	Mollie K Grover	F32
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2 3:01.34 Alaina Felder F31

Women 30-34 50 M Breaststroke

1 40.07 Emily Bosco F34
2 46.59 Caitlyn K Walters F30
3 48.15 Kathleen J Stutz F31
4 58.13 Ellen U Hufford F31

Women 30-34 100 M Breaststroke

1 1:28.33 Emily Bosco F34
2 1:41.66 Caitlyn K Walters F30
3 1:43.57 Kathleen J Stutz F31

Women 30-34 50 M Butterfly

1 28.53 Ruth N Jones F30
2 32.76 Jennifer M Carlson F34
3 38.15 Gladys Arrisueno F34

Women 30-34 100 M Butterfly

1 1:14.82 Jennifer M Carlson F34

Women 30-34 100 M Individual Medley

1 1:28.02 Gladys Arrisueno F34
2 1:36.93 Kathleen J Stutz F31

Women 30-34 200 M Individual Medley

1 2:40.09 Mollie K Grover F32
2 2:46.61 Erin S Cochran F31
3 3:10.08 Alaina Felder F31
4 3:11.57 Emily Bosco F34

Women 35-39 50 M Freestyle

1 38.83 Donna Minha F39

Women 35-39 100 M Freestyle

1 1:09.71 Jenny E de Hart F36
2 1:20.23 Christina D West F37

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3	2:03.66	Cristina Miller	F37
Women 35-39 200 M Freestyle			
1	2:32.50	Jenny E de Hart	F36
Women 35-39 400 M Freestyle			
1	5:43.87	Shannon D Sullivan	F37
Women 35-39 50 M Backstroke			
1	39.33	Jenny E de Hart	F36
Women 35-39 200 M Backstroke			
1	2:30.42	Tobi L Limke	F38
2	2:52.22	Shannon D Sullivan	F37
Women 35-39 50 M Breaststroke			
1	39.55	Jenny E de Hart	F36
2	41.92	Tara J Bingley	F37
3	43.71	Christina D West	F37
4	45.65	Donna Minha	F39
5	1:13.10	Cristina Miller	F37
Women 35-39 100 M Breaststroke			
1	1:21.09	Tobi L Limke	F38
2	1:31.88	Tara J Bingley	F37
3	1:35.02	Christina D West	F37
4	2:38.19	Cristina Miller	F37
Women 35-39 200 M Breaststroke			
1	3:17.85	Shannon D Sullivan	F37
Women 35-39 100 M Individual Medley			
1	1:23.63	Shannon D Sullivan	F37
2	1:29.10	Christina D West	F37
Women 35-39 200 M Individual Medley			
1	2:32.75	Tobi L Limke	F38
2	2:56.92	Shannon D Sullivan	F37

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Women 40-44 50 M Freestyle

1	26.22	Erika L Braun	F41
2	27.69	Margaret G Conze	F42
3	31.50	Jennifer L Gularson	F40
4	36.23	Brooke S Hess	F41
5	37.15	Alison H Melley	F41
6	37.62	Kathleen Wiley	F42
7	41.86	Jennifer J McVeigh	F41
8	45.72	Kendall R Beels	F41

Women 40-44 100 M Freestyle

1	57.58	Erika L Braun	F41
2	1:01.46	Margaret G Conze	F42
3	1:12.70	Jennifer L Gularson	F40
4	1:17.48	Suzanne Stack	F43
5	1:20.69	Eleanor O Landon-D'Shen	F43
6	1:23.30	Brooke S Hess	F41
7	1:25.30	Elissa M Golan	F41
8	1:25.66	Kathleen Wiley	F42
9	1:27.27	Colleen Reed	F43
10	1:47.00	Kendall R Beels	F41

Women 40-44 200 M Freestyle

1	2:42.35	Cheryl Amick	F44
2	2:49.14	Suzanne Stack	F43
3	2:53.12	Eleanor O Landon-D'Shen	F43
4	2:58.96	Andrea Carbonell	F43
5	3:06.10	Colleen Reed	F43
6	3:15.10	Brooke S Hess	F41

Women 40-44 400 M Freestyle

1	6:00.78	Holly A Donnelly	F41
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Women 40-44 50 M Backstroke

1	41.01	Suzanne Stack	F43
2	43.05	Eleanor O Landon-D'Shen	F43
3	44.41	Terri Postma	F44

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4 46.73 Kathleen Wiley F42

Women 40-44 50 M Breaststroke

1 39.24 Melissa Bellin F40
2 42.42 Terri Postma F44
3 45.63 Elissa M Golan F41
4 52.78 Erica Rome F42

Women 40-44 100 M Breaststroke

1 1:31.95 Terri Postma F44
2 1:36.69 Alison S Meehan F42
3 1:43.06 Kathleen Wiley F42

Women 40-44 200 M Breaststroke

1 3:55.93 Erica Rome F42

Women 40-44 50 M Butterfly

1 28.19 Erika L Braun F41
2 29.97 Margaret G Conze F42
3 37.22 Holly A Donnelly F41

Women 40-44 100 M Butterfly

1 1:24.37 Holly A Donnelly F41
2 1:30.94 Cheryl Amick F44

Women 40-44 100 M Individual Medley

1 1:21.28 Jennifer L Gularson F40
2 1:29.53 Alison S Meehan F42
3 1:31.55 Eleanor O Landon-D'Shen F43
4 1:39.76 Alison H Melley F41
5 1:54.17 Erica Rome F42

Women 40-44 200 M Individual Medley

1 2:57.44 Jennifer L Gularson F40

Women 40-44 400 M Individual Medley

1 6:11.48 Alison Moore F43

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Women 45-49 50 M Freestyle

1	32.15	Carole B Valis	F48
2	37.83	Lizette Romo	F49
3	38.84	Jody C Gan	F48
4	44.33	Shira Ravin	F47

Women 45-49 100 M Freestyle

1	1:07.96	Denise L Noznesky	F47
2	1:18.18	Cathy C Gainor	F46
3	1:20.32	Marie A Pohida	F49
4	1:24.44	Carol H Shuford	F47
5	1:24.66	Caitlyn A Ramsey	F45
6	1:32.09	Kim M Inverso	F48

Women 45-49 200 M Freestyle

1	2:28.26	Denise L Noznesky	F47
2	2:48.70	Cathy C Gainor	F46
3	3:00.04	Marie A Pohida	F49
4	3:02.45	Carol H Shuford	F47
5	3:16.30	Jody C Gan	F48

Women 45-49 400 M Freestyle

1	6:29.14	Carol H Shuford	F47
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Women 45-49 50 M Backstroke

1	30.70	Susan O Williams	F47
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Women 45-49 100 M Backstroke

1	1:08.88	Susan O Williams	F47
2	1:43.42	Caitlyn A Ramsey	F45

Women 45-49 200 M Backstroke

1	2:50.87	Denise L Noznesky	F47
2	3:27.78	Cathy C Gainor	F46
3	3:28.08	Marie A Pohida	F49

Women 45-49 50 M Breaststroke

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1	37.65	Lisa J Groves	F48
2	45.91	Lizette Romo	F49
3	49.94	Caitlyn A Ramsey	F45

Women 45-49 100 M Breaststroke

1	1:24.69	Lisa J Groves	F48
2	1:38.85	Lizette Romo	F49
3	1:43.89	Carol Clark	F46

Women 45-49 200 M Breaststroke

1	3:04.12	Lisa J Groves	F48
2	3:44.03	Caitlyn A Ramsey	F45

Women 45-49 50 M Butterfly

1	29.43	Susan O Williams	F47
2	37.62	Carole B Valis	F48
3	46.21	Gina M Welc	F49
4	50.46	Kim M Inverso	F48

Women 45-49 100 M Butterfly

1	1:48.68	Pamela M Blumenthal	F46
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Women 45-49 200 M Butterfly

1	4:09.33	Pamela M Blumenthal	F46
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Women 45-49 100 M Individual Medley

1	1:16.61	Lisa J Groves	F48
2	1:18.66	Denise L Noznesky	F47
3	1:32.49	Cathy C Gainor	F46
4	1:35.04	Pamela M Blumenthal	F46
5	1:39.45	Carol Clark	F46
6	1:42.19	Gina M Welc	F49
7	1:55.79	Kim M Inverso	F48

Women 45-49 200 M Individual Medley

1	2:49.84	Denise L Noznesky	F47
2	3:25.48	Pamela M Blumenthal	F46
3	3:45.41	Carol Clark	F46

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Women 50-54 50 M Freestyle

1	32.28	Mindy Johnson	F50
2	32.57	Kim M Brightwell	F53
3	39.47	Carol L Miller	F53
4	39.76	Deborah A Gilgore	F53
5	46.97	Chris Noonan Sturm	F54
6	50.15	Stephanie A Sugg	F50

Women 50-54 100 M Freestyle

1	1:09.86	Mindy Johnson	F50
2	1:14.90	Cynthia M Hajost	F53
3	1:15.75	Mandy Dawson	F51
4	1:24.96	Deborah A Gilgore	F53
5	1:47.66	Chris Noonan Sturm	F54
6	1:53.85	Stephanie A Sugg	F50

Women 50-54 200 M Freestyle

1	2:52.11	Kristina L Rebert	F50
2	3:06.41	Deborah A Gilgore	F53
3	3:16.46	Carol L Miller	F53

Women 50-54 400 M Freestyle

1	5:31.37	Cynthia M Hajost	F53
2	6:01.39	Kristina L Rebert	F50

Women 50-54 50 M Backstroke

1	30.65	Leslie C Livingston	F52
2	33.57	Frances T McEachran	F52
3	35.79	Kim M Brightwell	F53
4	37.63	Kathryn A Bayer	F50
5	39.83	Heidi Henning	F53
6	49.09	Judy T Goffi	F53
7	56.01	Deborah J Morrin-Nordlund	F51
8	1:01.79	Chris Noonan Sturm	F54
9	1:08.49	Stephanie A Sugg	F50

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Women 50-54 100 M Backstroke

1	1:19.90	Kim M Brightwell	F53
2	1:20.30	Kathryn A Bayer	F50
3	1:26.28	Claire de Boer	F53
4	1:26.74	Heidi Henning	F53
5	1:47.55	Judy T Goffi	F53

Women 50-54 200 M Backstroke

1	2:55.53	Kim M Brightwell	F53
2	3:40.20	Judy T Goffi	F53

Women 50-54 50 M Breaststroke

1	41.33	Patricia M Miller	F52
2	45.53	Mandy Dawson	F51
3	47.19	Jennifer L Hephner	F50
4	59.35	Maureen V McElhattan	F51

Women 50-54 100 M Breaststroke

1	1:29.84	Patricia M Miller	F52
2	1:41.87	Mandy Dawson	F51
3	1:44.78	Jennifer L Hephner	F50
4	2:01.87	Deborah J Morrin-Nordlund	F51

Women 50-54 200 M Breaststroke

1	3:47.59	Jennifer L Hephner	F50
2	4:35.18	Maureen V McElhattan	F51

Women 50-54 50 M Butterfly

1	29.25	Leslie C Livingston	F52
2	47.83	Carol L Miller	F53
3	59.42	Kathleen J Etxegoien	F54

Women 50-54 100 M Butterfly

1	1:23.41	Claire de Boer	F53
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Women 50-54 200 M Butterfly

1	3:07.12	Claire de Boer	F53
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Women 50-54 100 M Individual Medley

1	1:22.43	Kim M Brightwell	F53
2	1:26.24	Patricia M Miller	F52
3	1:27.71	Heidi Henning	F53
4	1:42.62	Jennifer L Hephner	F50
5	2:17.21	Stephanie A Sugg	F50

Women 55-59 200 M Freestyle

1	2:52.54	Karen R Cosgrove	F55
2	3:46.43	Camille Weithers	F55

Women 55-59 400 M Freestyle

1	5:27.72	Jeanne L Lappin	F58
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Women 55-59 50 M Backstroke

1	45.82	Margie Auer	F55
2	53.29	Camille Weithers	F55

Women 55-59 100 M Backstroke

1	1:38.51	Margie Auer	F55
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Women 55-59 50 M Breaststroke

1	42.60	Amy B Cooley	F57
2	46.18	Karen R Cosgrove	F55

Women 55-59 100 M Breaststroke

1	1:34.19	Amy B Cooley	F57
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Women 55-59 200 M Breaststroke

1	3:35.69	Karen R Cosgrove	F55
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Women 55-59 50 M Butterfly

1	35.21	Jeanne L Lappin	F58
2	45.05	Margie Auer	F55

Women 55-59 100 M Butterfly

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1	1:17.39	Jeanne L Lappin	F58
Women 55-59 200 M Butterfly			
1	2:54.99	Jeanne L Lappin	F58
Women 55-59 100 M Individual Medley			
1	1:40.93	Margie Auer	F55
Women 55-59 200 M Individual Medley			
1	2:54.91	Jeanne L Lappin	F58
Women 55-59 400 M Individual Medley			
1	6:10.31	Jeanne L Lappin	F58
Women 60-64 50 M Freestyle			
1	44.04	Lynda E Honberg	F61
Women 60-64 100 M Freestyle			
1	1:13.52	Shirley A Loftus-Charley	F62
2	1:24.16	Cheryl A Wagner	F61
3	1:31.05	Barbara Scheffter	F61
4	1:40.47	Lynda E Honberg	F61
Women 60-64 200 M Freestyle			
1	2:34.05	Shirley A Loftus-Charley	F62
2	3:00.28	Cheryl A Wagner	F61
Women 60-64 50 M Backstroke			
1	50.71	Barbara Scheffter	F61
2	1:02.89	Denise J Banjavic	F63
Women 60-64 100 M Backstroke			
1	1:28.72	Shirley A Loftus-Charley	F62
2	1:46.74	Barbara Scheffter	F61
3	2:15.69	Denise J Banjavic	F63
Women 60-64 200 M Backstroke			

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1 3:04.30 Shirley A Loftus-Charley F62

Women 60-64 50 M Breaststroke

1 45.56 Shirley A Loftus-Charley F62

2 53.41 Mary S Pastel F60

Women 60-64 50 M Butterfly

1 39.62 Shirley A Loftus-Charley F62

2 41.38 Mary S Pastel F60

3 56.82 Barbara Scheffter F61

Women 60-64 100 M Butterfly

1 1:28.03 Shirley A Loftus-Charley F62

Women 60-64 200 M Butterfly

1 3:08.31 Shirley A Loftus-Charley F62

Women 60-64 100 M Individual Medley

1 1:25.10 Shirley A Loftus-Charley F62

2 2:11.17 Denise J Banjavic F63

Women 60-64 200 M Individual Medley

1 3:00.75 Shirley A Loftus-Charley F62

Women 60-64 400 M Individual Medley

1 6:09.68 Shirley A Loftus-Charley F62

Women 65-69 50 M Freestyle

1 33.13 Diann B Uustal F67

Women 65-69 100 M Freestyle

1 1:30.92 Ruth R Bennett F67

Women 65-69 200 M Freestyle

1 3:13.43 Ruth R Bennett F67

Women 65-69 400 M Freestyle

1 6:42.89 Ruth R Bennett F67

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Women 65-69 50 M Backstroke		
1	36.95 Diann B Uustal	F67
Women 65-69 100 M Backstroke		
1	1:20.24 Diann B Uustal	F67
2	1:40.35 Margot K Pettijohn	F67
Women 65-69 100 M Breaststroke		
1	1:37.61 Margot K Pettijohn	F67
Women 65-69 200 M Breaststroke		
1	3:36.19 Margot K Pettijohn	F67
Women 65-69 50 M Butterfly		
1	35.52 Diann B Uustal	F67
Women 65-69 100 M Butterfly		
1	1:37.29 Margot K Pettijohn	F67
Women 65-69 100 M Individual Medley		
1	1:33.81 Margot K Pettijohn	F67
Women 65-69 200 M Individual Medley		
1	3:26.23 Margot K Pettijohn	F67
Women 65-69 400 M Individual Medley		
1	7:14.67 Margot K Pettijohn	F67
Women 70-74 50 M Freestyle		
1	58.94 Linda S Carter	F71
Women 70-74 100 M Freestyle		
1	2:06.89 Lucy M Manheim	F71
2	2:10.82 Linda S Carter	F71
Women 70-74 50 M Backstroke		

2013 SCM Women

1 1:00.77 Lucy M Manheim F71
2 1:02.68 Linda S Carter F71

Women 70-74 100 M Backstroke

1 2:14.99 Lucy M Manheim F71
2 2:20.79 Linda S Carter F71

Women 75-79 50 M Freestyle

1 39.21 Johnnie Detrick F78

Women 75-79 100 M Freestyle

1 1:30.21 Johnnie Detrick F78

Women 75-79 100 M Butterfly

1 2:41.45 Janet H Moeller F79

Women 75-79 200 M Butterfly

1 6:47.88 Janet H Moeller F79

Women 75-79 100 M Individual Medley

1 1:50.40 Johnnie Detrick F78

Women 75-79 200 M Individual Medley

1 4:08.06 Johnnie Detrick F78

Women 75-79 400 M Individual Medley

1 11:09.70 Janet H Moeller F79

Women 80-84 50 M Breaststroke

1 1:11.20 Joan B Waldbaum F82

Women 80-84 50 M Butterfly

1 1:10.89 Joan B Waldbaum F82

Women 80-84 100 M Individual Medley

1 2:33.30 Joan B Waldbaum F82