

## Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24

## Results - Saturday Timed Finals

**Event 1 Women 25-29 400 SC Meter Freestyle**

	Name	Age	Team	Button 1	Button 2	Button 3	Finals Time	Points
1	Dagg, Michelle	27	Nanaimo Ebbtides			5:55.94	5:55.94	20
				38.65	1:21.50	2:06.66	2:52.24	3:37.78
				4:23.72	5:09.98	5:55.94		
2	Arruda-Holder, Brittany	28	Nanaimo Ebbtides		6:55.33	6:55.29	6:55.33	17
				46.72	1:38.17	2:31.84	3:25.03	4:18.25
				5:11.63	6:04.37	6:55.33		

**Event 1 Women 30-34 400 SC Meter Freestyle**

1	Surtees, Victoria	33	White Rock Wave		6:20.80	6:20.84	6:20.86	20
				42.14	1:29.79	2:17.54	3:06.57	3:55.56
				4:44.32	5:33.43	6:20.86		

**Event 1 Women 40-44 400 SC Meter Freestyle**

1	Kalas, Pam	40	Canadian Dolphin Masters		5:03.64	5:03.81	5:03.85	20
				36.53	1:15.33	1:54.25	2:32.74	3:10.54
				3:48.42	4:26.42	5:03.85		

**Event 1 Women 45-49 400 SC Meter Freestyle**

1	Mabee, Cindy	47	Victoria Masters Swim Club		4:50.42	4:50.42	4:50.50	20
				32.80	1:08.02	1:44.09	2:20.81	2:57.71
				3:35.26	4:13.00	4:50.50		
2	Fry, Tamiko	48	White Rock Wave		6:48.49	6:48.56	6:48.56	17
				42.87	1:31.88	2:23.34	3:15.00	4:07.95
				5:01.57	5:55.45	6:48.56		
3	Pilon, Carol	46	Victoria Masters Swim Club		7:08.65	7:09.53	7:09.20	16
				48.80	1:41.62	2:36.32	3:31.56	4:27.32
				5:22.20	6:16.88	7:09.20		

**Event 1 Women 50-54 400 SC Meter Freestyle**

1	Christopherson, Joanne	54	White Rock Wave		7:12.93	7:13.11	7:13.06	20
							4:24.93	7:13.06

**Event 1 Women 55-59 400 SC Meter Freestyle**

1	McCreath, Karen	57	White Rock Wave		7:02.61	7:02.65	7:02.72	20
				46.79	1:38.68	2:32.00	3:26.42	4:20.61
				5:15.47	6:10.36	7:02.72		

**Event 1 Women 60-64 400 SC Meter Freestyle**

1	Manley, Theo	61	White Rock Wave		6:18.41	6:18.54	6:18.49	20
				40.85	1:26.09	2:14.54	3:03.33	3:52.01
				4:40.99	5:30.42	6:18.49		

**Event 1 Women 65-69 400 SC Meter Freestyle**

1	Smith, Elizabeth	68	Winskill Otters		6:36.80	6:36.84	6:36.98	20
				44.01	1:33.75	2:24.44	3:15.06	4:05.70
				4:56.29	5:47.03	6:36.98		

**Event 1 Men 25-29 400 SC Meter Freestyle**

1	Kehler, Sam P	27	Navy Masters Swim Team		5:30.33		5:30.42	20
							3:20.57	4:03.45
				5:30.42				

**Event 1 Men 35-39 400 SC Meter Freestyle**

1	Dallin, David	35	Navy Masters Swim Team		5:21.60	5:21.63	5:21.77	20
				35.29	1:14.04	1:54.20	2:35.98	3:17.04
				3:58.95	4:41.35	5:21.77		

**Event 1 Men 40-44 400 SC Meter Freestyle**

1	Robinson, Dale	42	Victoria Masters Swim Club		4:50.22	4:50.24	4:50.22	20
				33.52	1:10.03	1:47.23	2:24.28	3:00.91
				3:37.84	4:14.52	4:50.22		

**Event 1 Men 45-49 400 SC Meter Freestyle**

1	Christensen, Glen	47	Comox Valley Masters		4:59.16	4:59.14	4:59.12	20
				34.19	1:11.23	1:48.88	2:26.88	3:04.68
				3:42.94	4:21.51	4:59.12		
2	Cosper, Scott	47	Victoria Masters Swim Club		5:06.19	5:06.28	5:06.31	17
				34.88	1:12.16	1:50.39	2:29.64	3:09.12
				3:48.77	4:27.80	5:06.31		
3	Denefle, Regis	49	English Bay Swim Club		5:14.60	5:14.77	5:14.77	16
				35.21	1:13.94	1:54.66	2:35.16	3:16.11
				3:56.83	4:36.77	5:14.77		

## Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24

## Results - Saturday Timed Finals

**Event 1 Men 50-54 400 SC Meter Freestyle**

1	Alonso, Luis	51	English Bay Swim Club	5:38.10	5:38.04	5:38.19	20	
	36.43	1:16.35	1:58.56	2:41.82	3:25.69	4:10.15	4:54.33	5:38.19

**Event 1 Men 55-59 400 SC Meter Freestyle**

1	Hodson, John	57	Navy Masters Swim Team	5:28.96	5:28.61	5:28.57	20
	37.22	1:18.16	2:00.11	3:24.63	4:47.54	5:28.57	
2	Downey, James	56	LifeSport Masters	5:42.19	5:42.14	5:42.38	17
3	MacDonald, Galvin J	59	Navy Masters Swim Team	7:25.25	7:25.20	7:25.29	16
			3:32.49	7:25.29			

**Event 1 Men 60-64 400 SC Meter Freestyle**

1	McManus, John	62	Navy Masters Swim Team	5:52.05	5:52.07	5:52.13	20	
	39.85	1:23.21	2:08.37	2:53.97	3:39.44	4:25.02	5:09.75	5:52.13

**Event 1 Men 65-69 400 SC Meter Freestyle**

1	Armstrong, Ron	66	Etobicoke Olympium Masters A	5:10.81	5:10.75	5:10.82	20	
	34.51	1:13.10	1:52.58	2:32.87	3:12.38	3:52.59	4:32.81	5:10.82
2	Carmichael, Rod	65	Victoria Masters Swim Club	5:11.11	5:11.23	5:11.19	17	
	35.08	1:13.54	1:53.29	2:33.38	3:13.54	3:54.02	4:33.89	5:11.19
3	Dowling, Mike	69	North Shore Masters	6:34.31	6:34.49	6:34.45	16	
	49.53	1:38.09	2:28.14	3:17.21	4:07.37	4:56.98	5:45.63	6:34.45
4	Cownden, Shaun	66	Victoria Masters Swim Club	7:33.66	7:33.62	7:33.70	15	
	47.08	1:42.54	2:41.14	3:39.91	4:39.31	5:37.91	6:37.08	7:33.70

**Event 2 Women 35-39 400 SC Meter IM**

1	Westmacott, Lauren	37	Victoria Masters Swim Club	6:15.26	6:15.23	6:15.31	20	
	39.73	1:26.93	2:17.00	3:05.80	3:58.15	4:49.83	5:32.86	6:15.31

**Event 2 Women 50-54 400 SC Meter IM**

1	Lanning, Lo	50	Comox Valley Masters	8:09.15	8:09.25	8:09.33	20	
	53.27	2:06.13	3:07.88	4:07.95	5:12.38	6:17.85	7:14.38	8:09.33

**Event 2 Men 40-44 400 SC Meter IM**

1	Hallamore, Christopher	44	English Bay Swim Club	5:51.68	5:51.67	5:51.67	20	
	36.47	1:19.07	2:06.44	2:53.40	3:42.34	4:32.01	5:12.36	5:51.67

**Event 2 Men 55-59 400 SC Meter IM**

1	Carlsen, Glenn	59	Kisu Masters	5:35.29	5:35.28	5:35.41	20
	36.36	2:01.18	2:45.89	3:33.24	4:20.18	4:58.29	5:35.41

**Event 2 Men 75-79 400 SC Meter IM**

1	Dykstra, Aldert	76	Hyde Creek Masters	8:53.62	8:53.78	8:53.68	20
	1:00.88		4:37.07	7:00.53	7:58.50	8:53.68	

**Event 3 Women 100-119 200 SC Meter Freestyle WOMEN'S & MEN'S Relay**

1	English Bay Swim Club	A	2:08.21	2:08.45	2:08.26	40
	1) Adamczyk, Emily W25	2) Pak, Melissa W32	3) Johnson, Rebecca W33	4) Boduel, Nicole W28		
	29.61	1:06.92	1:37.38	2:08.26		

**Event 3 Women 120-159 200 SC Meter Freestyle WOMEN'S & MEN'S Relay**

1	Victoria Masters Swim C	B	2:13.58	2:13.33	40
	1) Westmacott, Lauren W37	2) Cooke, Amanda S W30	3) Melvin, Lindsey A W38	4) Sylvester, Eryn W23	
	34.02	1:08.19	1:42.86	2:13.33	

**Event 3 Women 160-199 200 SC Meter Freestyle WOMEN'S & MEN'S Relay**

1	White Rock Wave	A	2:19.46	2:19.54	2:19.57	40
	1) Clapham, Karlene W47	2) Fry, Tamiko W48	3) Surtees, Victoria W33	4) Lam, Joanna W54		
	33.82	1:15.45	1:48.01	2:19.57		

**Nanaimo Ebbtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 3 Women 160-199 200 SC Meter Freestyle WOMEN'S & MEN'S Relay)**

2	Nanaimo Ebbtides	A	2:35.93	2:35.89	2:36.18	34
	1) Arruda-Holder, Brittany G W28	2) Dagg, Michelle W27	3) Hornby, Inge W57	4) Younk, Karina W56		
	42.77	1:14.76	1:54.59	2:36.18		
3	Winskill Otters	A	2:40.83	2:41.06	2:40.98	32
	1) Davies, Kim W35	2) Evans, Marlee L W33	3) Jomkasiti, Tyne W46	4) Finlan, Michelle W36		
	42.39	1:23.10	2:05.57	2:40.98		

**Event 3 Women 200-239 200 SC Meter Freestyle WOMEN'S & MEN'S Relay**

1	Hyde Creek Masters	A		2:43.69	2:43.77	37
	1) Lamon, Stephanie W38	2) Korbely, Erika W75	3) Gomez, Yvonne W39	4) Kinnear, Renee W62		
	31.47	1:16.74	2:43.77			
1	White Rock Wave	B	2:44.19	2:44.24	2:43.77	37
	1) Hassani-Zadeh, Nastaran W57	2) Raven, Helen W50	3) Wright, Tracy W51	4) Manley, Theo W61		
	40.76	1:25.87	2:04.70	2:43.77		
3	Nanaimo Ebbtides	B	2:46.40	2:46.50	2:46.51	32
	1) Cooper, Kristeen W34	2) Huxter, Elizabeth W66	3) Huxter, Emily W36	4) Ryan, Nancy W68		
	47.35	1:32.69	2:06.91	2:46.51		

**Event 3 Men 120-159 200 SC Meter Freestyle WOMEN'S & MEN'S Relay**

1	Navy Masters Swim Tea	A	1:55.55	1:55.65	1:55.55	40
	1) Meredith, Iain M37	2) Kehler, Sam P M27	3) Dallin, David M35	4) McLaren, Trevor M38		
	27.72	57.36	1:27.27	1:55.55		

**Event 3 Men 160-199 200 SC Meter Freestyle WOMEN'S & MEN'S Relay**

1	English Bay Swim Club	A		2:01.50	2:01.70	40
	1) Heusel, Peter M48	2) Hallamore, Christopher M44	3) Briggs, Sandy M50	4) DiPietro, Michael M24		
	29.07	1:00.22	1:32.18	2:01.70		

**Event 3 Men 200-239 200 SC Meter Freestyle WOMEN'S & MEN'S Relay**

1	Victoria Masters Swim C	C	1:47.34	1:47.31	1:47.50	40
	1) Poirier-Leroy, Olivier M36	2) Cosper, Scott M47	3) Carmichael, Rod M65	4) Hartford, Doug M53		
	24.53	51.37	1:20.57	1:47.50		
2	English Bay Swim Club	B	2:13.06	2:13.04	2:13.04	34
	1) Cooper, Don A M66	2) Alonso, Luis M51	3) Beaudin, Gilles M62	4) McGowan, Patrick M59		
	32.47	1:05.21	1:38.76	2:13.04		

**Event 4 Women 25-29 50 SC Meter Backstroke**

1	MacDonald, Sarah	27	Navy Masters Swim Team	44.38	44.44	44.35	20
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**Event 4 Women 30-34 50 SC Meter Backstroke**

1	Reid, Jen A	33	Victoria Masters Swim Club	33.96	34.04	34.04	20
2	Johnson, Rebecca	33	English Bay Swim Club	38.34	38.28	38.44	17
3	Surtees, Victoria	33	White Rock Wave	43.46	43.47	43.72	16
4	Evans, Marlee L	33	Winskill Otters	52.77	52.41	52.64	15

**Event 4 Women 35-39 50 SC Meter Backstroke**

1	Lamon, Stephanie	38	Hyde Creek Masters	38.45	38.45	38.47	20
2	Davies, Kim	35	Winskill Otters	58.25	58.29	58.41	17

**Event 4 Women 50-54 50 SC Meter Backstroke**

1	Lam, Joanna	54	White Rock Wave	40.92	40.92	41.01	20
2	Wright, Tracy	51	White Rock Wave	48.94	48.92	48.89	17

**Event 4 Women 55-59 50 SC Meter Backstroke**

1	Hassani-Zadeh, Nastarar	57	White Rock Wave	50.18		50.25	20
2	Wild, Tara	57	Victoria Masters Swim Club	58.23	58.11	58.19	17
3	Rutter, Pat	59	Hyde Creek Masters	1:05.20	1:05.23	1:05.23	16

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****Event 4 Women 60-64 50 SC Meter Backstroke**

1	Brault, Danielle	60	Victoria Masters Swim Club	41.20	41.12	41.11	20
2	Gunn Allard, Joan	61	Salt Spring Island Masters	44.41	44.35	44.45	17
3	Ho, Fernanda	64	Winskill Otters		49.11	49.13	16

**Event 4 Women 65-69 50 SC Meter Backstroke**

1	Ryan, Nancy	68	Nanaimo Ebbtides	46.44	46.47	46.54	20
2	Fabre, Anne	68	Victoria Masters Swim Club	47.93	48.03	48.00	17

**Event 4 Men 25-29 50 SC Meter Backstroke**

1	Smythe, Andrew	25	Nanaimo Ebbtides	30.76	30.81	30.79	20
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**Event 4 Men 45-49 50 SC Meter Backstroke**

1	Heusel, Peter	48	English Bay Swim Club	33.08	33.10	33.04	20
2	Chiu, Cary	46	Victoria Masters Swim Club	37.16	37.20	37.21	17

**Event 4 Men 50-54 50 SC Meter Backstroke**

1	Suk, Jon	51	Salt Spring Island Masters	40.39	40.45	40.51	20
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**Event 4 Men 55-59 50 SC Meter Backstroke**

1	Slater, Craig	56	White Rock Wave	36.08	35.96	35.92	20
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**Event 5 Women 25-29 100 SC Meter Breaststroke**

1	Adamczyk, Emily	25	English Bay Swim Club	1:18.17	1:18.30	1:18.37	20
				37.12	1:18.37		

**Event 5 Women 30-34 100 SC Meter Breaststroke**

1	Flynn, Stephanie	30	Ubc Masters Swim Club	1:27.17	1:27.02	1:27.11	20
				40.90	1:27.11		
2	Cooper, Kristeen	34	Nanaimo Ebbtides	2:01.21	2:01.31	2:01.30	17
				58.10	2:01.30		

**Event 5 Women 35-39 100 SC Meter Breaststroke**

1	Pendergast, Christina	39	Nanaimo Ebbtides	1:25.28	1:25.29	1:25.34	20
				41.05	1:25.34		
2	Huxter, Emily	36	Nanaimo Ebbtides	1:35.21	1:35.19	1:35.27	17
				45.54	1:35.27		
3	Gomez, Yvonne	39	Hyde Creek Masters	2:06.76	2:06.76	2:06.83	16

**Event 5 Women 40-44 100 SC Meter Breaststroke**

1	Lauzon, Chantal	43	North Shore Masters	1:32.94	1:32.86	1:32.94	20
				42.28	1:32.94		
2	Mariano, Ellen	41	Navy Masters Swim Team	1:36.67	1:36.83	1:36.99	17
				46.06	1:36.99		
3	Sadownik, Stephanie A	42	Victoria Masters Swim Club	1:39.14	1:39.03	1:39.11	16
				45.69	1:39.11		
4	Gunning, Jennifer	40	Victoria Masters Swim Club	1:44.41	1:44.40	1:44.61	15
				48.32	1:44.61		

**Event 5 Women 45-49 100 SC Meter Breaststroke**

1	Mabee, Cindy	47	Victoria Masters Swim Club	1:23.16	1:23.17	1:23.07	20
				39.91	1:23.07		
2	Clapham, Karlene	47	White Rock Wave	1:34.86	1:34.76	1:34.87	17
				44.74	1:34.87		

**Event 5 Women 50-54 100 SC Meter Breaststroke**

1	Lanning, Lo	50	Comox Valley Masters	1:50.05	1:49.89	1:50.14	20
				55.21	1:50.14		

## Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24

## Results - Saturday Timed Finals

**(Event 5 Women 50-54 100 SC Meter Breaststroke)**

2	Raven, Helen	50	White Rock Wave	1:50.22	1:50.30	1:50.34	17
	52.49	1:50.34					

**Event 5 Women 55-59 100 SC Meter Breaststroke**

1	MacKenzie, Heather E	57	Comox Valley Masters	2:04.72	2:08.47	2:06.66	20
	58.59	2:06.66					

**Event 5 Women 60-64 100 SC Meter Breaststroke**

1	Rhodes, Avila	60	Victoria Masters Swim Club	1:26.28	1:26.28	1:26.35	20
	41.63	1:26.35					
2	Kinnear, Renee	62	Hyde Creek Masters	1:48.42	1:48.56	1:48.57	17
	51.20	1:48.57					

**Event 5 Women 70-74 100 SC Meter Breaststroke**

1	Lightfoot, Barbara	71	Comox Valley Masters	2:27.84	2:27.66	2:27.82	20
	1:13.05	2:27.82					

**Event 5 Women 75-79 100 SC Meter Breaststroke**

1	Warren, Susan	75	Victoria Crystal Silver Streak		2:13.11	2:13.22	20
	1:01.82	2:13.22					

**Event 5 Men 30-34 100 SC Meter Breaststroke**

1	Ji, Andy	33	White Rock Wave	1:17.58	1:17.48	1:17.55	20
	35.65	1:17.55					

**Event 5 Men 35-39 100 SC Meter Breaststroke**

1	McLaren, Trevor	38	Navy Masters Swim Team	1:24.10	1:24.12	1:24.21	20
	39.87	1:24.21					

**Event 5 Men 40-44 100 SC Meter Breaststroke**

---	Hallamore, Christopher	44	English Bay Swim Club				DQ
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**Event 5 Men 45-49 100 SC Meter Breaststroke**

1	Hooper, James	45	Ubc Masters Swim Club	1:11.20	1:11.26	1:11.28	20
	33.89	1:11.28					
2	Lightfoot, Dennis	49	Comox Valley Masters	1:36.62	1:36.72	1:36.78	17
	45.18	1:36.78					

**Event 5 Men 55-59 100 SC Meter Breaststroke**

1	McGowan, Patrick	59	English Bay Swim Club	1:31.03	1:31.06	1:31.05	20
	42.27	1:31.05					

**Event 5 Men 60-64 100 SC Meter Breaststroke**

1	Beaudin, Gilles	62	English Bay Swim Club	1:26.22	1:26.33	1:26.27	20
	40.60	1:26.27					

**Event 5 Men 65-69 100 SC Meter Breaststroke**

1	Dowling, Mike	69	North Shore Masters	2:04.68	2:04.67	2:04.80	20
	1:00.09	2:04.80					

**Event 5 Men 70-74 100 SC Meter Breaststroke**

1	Burvill, Ian	70	Nanaimo Ebtides	1:38.43	1:38.43	1:38.44	20
	45.79	1:38.44					

**Event 6 Women 25-29 25 SC Meter Butterfly**

1	Boduel, Nicole	28	English Bay Swim Club	16.28	16.28	16.32	20
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**Event 6 Women 30-34 25 SC Meter Butterfly**

1	Johnson, Rebecca	33	English Bay Swim Club	15.21	15.25	15.28	20
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**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 6 Women 30-34 25 SC Meter Butterfly)**

2	Cooke, Amanda S	30	Victoria Masters Swim Club	18.39	18.06	18.27	17
3	Surtees, Victoria	33	White Rock Wave	19.13	19.35	19.40	16

**Event 6 Women 35-39 25 SC Meter Butterfly**

1	Finlan, Michelle	36	Winskill Otters	16.92	16.73	16.98	20
2	Melvin, Lindsey A	38	Victoria Masters Swim Club	17.20	17.16	17.12	17
3	Lamon, Stephanie	38	Hyde Creek Masters	17.25	17.21	17.20	16

**Event 6 Women 50-54 25 SC Meter Butterfly**

1	Nielsen, Brenda	51	Victoria Masters Swim Club	17.72	17.71	17.78	20
2	Christopherson, Joanne	54	White Rock Wave	23.42	23.12	23.44	17

**Event 6 Women 55-59 25 SC Meter Butterfly**

1	Hassani-Zadeh, Nastarar	57	White Rock Wave	20.30	20.38	20.40	20
2	Scott, Julie	57	Victoria Crystal Silver Streak	21.12	20.99	20.94	17
3	Hooper, Arlene L	57	Comox Valley Masters	23.81	23.68	23.75	16
4	McCreath, Karen	57	White Rock Wave	24.33	24.76	24.59	15
5	Rutter, Pat	59	Hyde Creek Masters	31.39	31.66	31.53	14

**Event 6 Women 60-64 25 SC Meter Butterfly**

1	Gunn Allard, Joan	61	Salt Spring Island Masters	19.37	19.22	19.41	20
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**Event 6 Women 65-69 25 SC Meter Butterfly**

---	Huber, Susi r	68	Victoria Masters Swim Club	25.07	24.67	DQ	
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**Event 6 Women 75-79 25 SC Meter Butterfly**

1	Korbely, Erika	75	Hyde Creek Masters	24.74	24.89	24.96	20
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**Event 6 Men 18-24 25 SC Meter Butterfly**

1	DiPietro, Michael	24	English Bay Swim Club	14.31	13.94	14.30	20
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**Event 6 Men 30-34 25 SC Meter Butterfly**

1	Reed, Matt	32	Victoria Masters Swim Club	16.13	16.10	16.11	20
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**Event 6 Men 50-54 25 SC Meter Butterfly**

1	Cairns, Glen	50	Hyack Masters Coquitlam		14.71	14.68	20
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**Event 6 Men 55-59 25 SC Meter Butterfly**

1	Christensen, John	55	English Bay Swim Club	15.75	15.66	16.00	20
2	Schroeder, Mike L	56	Dogwood Masters Swim Club		16.98	17.10	17

**Event 7 Women 45-49 200 SC Meter Backstroke**

1	Fry, Tamiko	48	White Rock Wave	3:35.36	3:35.37	3:35.37	20
				49.14	1:44.44	2:41.08	3:35.37

**Event 7 Women 55-59 200 SC Meter Backstroke**

1	Younk, Karina	56	Nanaimo Ebbtides			4:12.08	20
				59.29	4:12.08		

**Event 7 Women 65-69 200 SC Meter Backstroke**

1	Smith, Elizabeth	68	Winskill Otters	3:34.94	3:35.14	3:35.02	20
				50.94	1:45.55	2:41.28	3:35.02

**Event 7 Men 40-44 200 SC Meter Backstroke**

1	Robinson, Dale	42	Victoria Masters Swim Club	2:40.62	2:40.63	2:40.75	20
				39.10	1:19.77	2:00.55	2:40.75

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****Event 7 Men 50-54 200 SC Meter Backstroke**

1	Alonso, Luis	51	English Bay Swim Club	3:06.51	3:06.53	3:06.74	20
	44.72	1:32.09	2:20.47	3:06.74			

**Event 7 Men 55-59 200 SC Meter Backstroke**

1	Slater, Craig	56	White Rock Wave	2:46.72	2:46.55	2:46.61	20
	38.87	1:20.39	2:03.50	2:46.61			
2	Carlsen, Glenn	59	Kisu Masters	2:56.26	2:56.27	2:56.17	17
	43.07	1:26.97	2:11.13	2:56.17			
3	Hodson, John	57	Navy Masters Swim Team	2:58.91	2:58.85	2:58.74	16
	41.61	2:14.08	2:58.74				

**Event 8 Women 25-29 50 SC Meter Butterfly**

1	MacDonald, Sarah	27	Navy Masters Swim Team	43.11	42.81	43.21	20
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**Event 8 Women 30-34 50 SC Meter Butterfly**

1	Reid, Jen A	33	Victoria Masters Swim Club	33.94	33.82	33.81	20
2	Pak, Melissa	32	English Bay Swim Club	41.02	41.00	41.16	17
3	Cooper, Kristeen	34	Nanaimo Ebbtides	53.69	53.60	53.71	16

**Event 8 Women 35-39 50 SC Meter Butterfly**

1	Plante, Marjolaine	37	Navy Masters Swim Team	33.71	33.50	33.73	20
2	Pendergast, Christina	39	Nanaimo Ebbtides	37.03	37.05	37.00	17
3	Westmacott, Lauren	37	Victoria Masters Swim Club	37.02	37.03	37.16	16

**Event 8 Women 40-44 50 SC Meter Butterfly**

1	Gunning, Jennifer	40	Victoria Masters Swim Club	46.56	46.43	46.56	20
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**Event 8 Women 50-54 50 SC Meter Butterfly**

1	Krzic, Maja	53	Ubc Masters Swim Club	35.74	35.63	35.68	20
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**Event 8 Women 55-59 50 SC Meter Butterfly**

1	Scott, Julie	57	Victoria Crystal Silver Streak		49.71	49.87	20
2	Hooper, Arlene L	57	Comox Valley Masters	50.89	50.65	50.92	17
3	MacKenzie, Heather E	57	Comox Valley Masters	1:05.16	1:04.97	1:05.14	16

**Event 8 Women 60-64 50 SC Meter Butterfly**

1	Rhodes, Avila	60	Victoria Masters Swim Club	37.70	37.76	37.84	20
2	Ho, Fernanda	64	Winskill Otters	1:06.03	1:06.05	1:06.06	17

**Event 8 Women 65-69 50 SC Meter Butterfly**

1	Fabre, Anne	68	Victoria Masters Swim Club	45.31	45.27	45.12	20
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**Event 8 Women 75-79 50 SC Meter Butterfly**

1	Korbely, Erika	75	Hyde Creek Masters	54.54	54.54	54.67	20
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**Event 8 Men 25-29 50 SC Meter Butterfly**

1	Kehler, Sam P	27	Navy Masters Swim Team	34.10	33.99	34.26	20
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**Event 8 Men 30-34 50 SC Meter Butterfly**

1	Ji, Andy	33	White Rock Wave	32.04	32.05	32.20	20
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**Event 8 Men 40-44 50 SC Meter Butterfly**

1	Hallamore, Christopher	44	English Bay Swim Club	33.63	33.56	33.59	20
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**Event 8 Men 45-49 50 SC Meter Butterfly**

1	Cosper, Scott	47	Victoria Masters Swim Club	28.92	28.87	28.93	20
2	Chiu, Cary	46	Victoria Masters Swim Club	34.60	34.52	34.69	17
3	Lightfoot, Dennis	49	Comox Valley Masters	40.36	40.43	40.47	16

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****Event 8 Men 50-54 50 SC Meter Butterfly**

1	Hartford, Doug	53	Victoria Masters Swim Club	31.08	31.11	31.21	20
2	Suk, Jon	51	Salt Spring Island Masters	35.61	35.62	35.80	17

**Event 8 Men 55-59 50 SC Meter Butterfly**

1	Christensen, John	55	English Bay Swim Club	36.63	36.50	36.63	20
2	Schroeder, Mike L	56	Dogwood Masters Swim Club	40.20	38.28	39.34	17

**Event 8 Men 60-64 50 SC Meter Butterfly**

1	Beaudin, Gilles	62	English Bay Swim Club	36.43	36.50	36.45	20
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**Event 8 Men 65-69 50 SC Meter Butterfly**

1	Carmichael, Rod	65	Victoria Masters Swim Club	33.94	33.89	34.04	20
2	Cooper, Don A	66	English Bay Swim Club	36.14	36.18	36.21	17

**Event 8 Men 70-74 50 SC Meter Butterfly**

1	Burvill, Ian	70	Nanaimo Ebbtides	35.42	35.33	35.42	20
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**Event 9 Women 30-34 25 SC Meter Breaststroke**

1	Flynn, Stephanie	30	Ubc Masters Swim Club	19.00	18.98	19.12	20
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**Event 9 Women 40-44 25 SC Meter Breaststroke**

1	Sadownik, Stephanie A	42	Victoria Masters Swim Club	20.92	21.00	21.12	20
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**Event 9 Women 45-49 25 SC Meter Breaststroke**

1	Jomkasiti, Tyne	46	Winskill Otters	27.82	27.77	27.83	20
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**Event 9 Women 50-54 25 SC Meter Breaststroke**

1	Nielsen, Brenda	51	Victoria Masters Swim Club	18.56	18.68	18.73	20
2	Raven, Helen	50	White Rock Wave	23.72	23.91	23.91	17

**Event 9 Women 60-64 25 SC Meter Breaststroke**

1	Kinnear, Renee	62	Hyde Creek Masters	23.51	23.38	23.46	20
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**Event 9 Women 65-69 25 SC Meter Breaststroke**

1	Huxter, Elizabeth	66	Nanaimo Ebbtides	23.89	23.89	24.00	20
2	Huber, Susi r	68	Victoria Masters Swim Club	26.80	26.94	26.84	17

**Event 9 Women 75-79 25 SC Meter Breaststroke**

1	Papadopoulos, Kenna	75	Winskill Otters	26.12	26.10	26.20	20
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**Event 9 Men 30-34 25 SC Meter Breaststroke**

1	Reed, Matt	32	Victoria Masters Swim Club	18.37	18.28	18.47	20
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**Event 9 Men 45-49 25 SC Meter Breaststroke**

1	Hooper, James	45	Ubc Masters Swim Club	14.68	14.76	14.85	20
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**Event 9 Men 50-54 25 SC Meter Breaststroke**

1	Cairns, Glen	50	Hyack Masters Coquitlam	15.99	16.01	16.05	20
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**Event 9 Men 65-69 25 SC Meter Breaststroke**

1	Nelson, Forrest L	69	Victoria Crystal Silver Streak	24.47	24.47	24.52	20
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**Event 10 Women 25-29 200 SC Meter IM**

1	Adamezyk, Emily	25	English Bay Swim Club	2:34.86	2:34.81	2:34.79	20
	33.34	1:11.76	1:56.37	2:34.79			

**Event 10 Women 35-39 200 SC Meter IM**

1	Finlan, Michelle	36	Winskill Otters	3:24.24	3:24.32	3:24.32	20
	42.80	1:40.36	2:38.78	3:24.32			



**Nanaimo Ebbtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****Event 10 Women 40-44 200 SC Meter IM**

1	Kalas, Pam	40	Canadian Dolphin Masters	2:57.41	2:57.29	2:57.45	20
	42.24	1:29.88	2:21.89	2:57.45			
2	Lauzon, Chantal	43	North Shore Masters	3:02.01	3:02.10	3:02.08	17
	40.03	1:27.63	2:19.83	3:02.08			

**Event 10 Women 50-54 200 SC Meter IM**

1	Christopherson, Joanne	54	White Rock Wave	3:57.51	3:57.27	3:57.39	20
	52.55	1:55.03	3:04.56	3:57.39			

**Event 10 Women 55-59 200 SC Meter IM**

1	Younk, Karina	56	Nanaimo Ebbtides	4:01.50	4:01.45	4:01.48	20
	54.87	1:58.97	3:11.22	4:01.48			

**Event 10 Women 60-64 200 SC Meter IM**

1	Manley, Theo	61	White Rock Wave	3:32.29	3:32.33	3:32.39	20
	45.67	1:45.05	2:46.87	3:32.39			

**Event 10 Men 30-34 200 SC Meter IM**

1	Ji, Andy	33	White Rock Wave	2:48.61	2:48.65	2:48.66	20
	35.02	1:20.42	2:06.83	2:48.66			

**Event 10 Men 45-49 200 SC Meter IM**

1	Christensen, Glen	47	Comox Valley Masters	2:45.69	2:45.75	2:45.74	20
	36.31	1:22.34	2:08.85	2:45.74			

**Event 10 Men 55-59 200 SC Meter IM**

1	Downey, James	56	LifeSport Masters	3:13.98	3:13.97	3:14.04	20
	41.78	1:31.23	2:29.27	3:14.04			

**Event 10 Men 65-69 200 SC Meter IM**

1	Armstrong, Ron	66	Etobicoke Olympium Masters A	2:48.62	2:48.76	2:48.62	20
	35.09	1:19.81	2:10.70	2:48.62			

**Event 10 Men 75-79 200 SC Meter IM**

1	Dykstra, Aldert	76	Hyde Creek Masters	4:02.66	4:02.76	4:02.61	20
	1:00.42	2:07.55	3:12.77	4:02.61			

**Event 11 Women 100-119 200 SC Meter Medley WOMEN'S & MEN'S Relay**

1	English Bay Swim Club	A		2:24.57	2:24.74	2:24.60	40
	1) Boduel, Nicole W28	2) Adamczyk, Emily W25	3) Pak, Melissa W32	4) Johnson, Rebecca W33			
	36.31	1:12.99	1:54.32	2:24.60			

**Event 11 Women 160-199 200 SC Meter Medley WOMEN'S & MEN'S Relay**

1	Victoria Masters Swim C	B		2:17.16	2:17.19	2:17.19	40
	1) Mabee, Cindy W47	2) Nielsen, Brenda W51	3) Reid, Jen A W33	4) Westmacott, Lauren W37			
	31.40	1:11.43	1:35.65	2:17.19			
2	White Rock Wave	A		2:43.03	2:43.23	2:43.29	34
	1) Surtees, Victoria W33	2) Clapham, Karlene W47	3) Fry, Tamiko W48	4) Lam, Joanna W54			
	43.08	1:27.59	2:11.60	2:43.29			
3	Nanaimo Ebbtides	A		3:06.97	3:07.10	3:07.10	32
	1) Arruda-Holder, Brittany G W28	2) Huxter, Elizabeth W66	3) Huxter, Emily W36	4) Cooper, Kristeen W34			
	1:37.34	2:19.37	3:07.10				

**Event 11 Women 200-239 200 SC Meter Medley WOMEN'S & MEN'S Relay**

1	Victoria Masters Swim C	A		3:01.87	3:01.88	3:01.83	40
	1) Melvin, Lindsey A W38	2) Fabre, Anne W68	3) Cooke, Amanda S W30	4) Huber, Susi r W68			
	44.89	1:34.08	2:19.03	3:01.83			

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 11 Women 200-239 200 SC Meter Medley WOMEN'S & MEN'S Relay)**

2	White Rock Wave	B		3:05.21	3:05.18	3:05.23	34
	1) Wright, Tracy W51	2) Raven, Helen W50	3) Hassani-Zadeh, Nastaran W57	4) McCreath, Karen W57			
	47.22	1:38.65	2:23.60	3:05.23			
3	Hyde Creek Masters	A		3:10.07	3:09.87	3:10.06	32
	1) Lamon, Stephanie W38	2) Kinnear, Renee W62	3) Korbely, Erika W75	4) Rutter, Pat W59			
	1:28.13	2:21.55	3:10.06				

**Event 11 Women 240-279 200 SC Meter Medley WOMEN'S & MEN'S Relay**

1	Winskill Otters	A		3:12.49	3:12.72	3:12.64	40
	1) Smith, Elizabeth W68	2) Ho, Fernanda W64	3) Finlan, Michelle W36	4) Papadopoulos, Kenna W75			
	45.17	1:38.72	2:22.80	3:12.64			

**Event 11 Men 160-199 200 SC Meter Medley WOMEN'S & MEN'S Relay**

1	Victoria Masters Swim C	C		2:16.65	2:16.50	2:16.49	40
	1) Chiu, Cary M46	2) Reed, Matt M32	3) Robinson, Dale M42	4) Carmichael, Rod M65			
	38.10	1:16.35	1:47.39	2:16.49			
2	English Bay Swim Club	A		2:20.11	2:20.15	2:20.29	34
	1) Alonso, Luis M51	2) DiPietro, Michael M24	3) Hallamore, Christopher M44	4) Deneffe, Regis M49			
	39.40	1:14.67	1:48.52	2:20.29			

**Event 11 Men 200-239 200 SC Meter Medley WOMEN'S & MEN'S Relay**

1	Navy Masters Swim Tea	A		2:40.84	2:40.68	2:40.92	40
	1) McManus, John M62	2) Hodson, John M57	3) Kehler, Sam P M27	4) MacDonald, Galvin J M59			
	43.25	1:25.67	1:59.97	2:40.92			

**Event 11 Men 240-279 200 SC Meter Medley WOMEN'S & MEN'S Relay**

1	English Bay Swim Club	B		2:34.23	2:34.26	2:34.38	40
	1) Cooper, Don A M66	2) McGowan, Patrick M59	3) Beaudin, Gilles M62	4) Christensen, John M55			
	42.87	1:25.11	2:02.00	2:34.38			

**Event 12 Women 18-24 100 SC Meter Freestyle**

1	Sylvester, Eryn	23	Victoria Masters Swim Club	1:07.55	1:07.56	1:07.55	20
	32.39	1:07.55					

**Event 12 Women 25-29 100 SC Meter Freestyle**

1	Boduel, Nicole	28	English Bay Swim Club	1:09.82	1:10.02	1:09.99	20
	32.83	1:09.99					
2	MacDonald, Sarah	27	Navy Masters Swim Team	1:27.20	1:27.28	1:27.22	17
	41.86	1:27.22					
3	Arruda-Holder, Brittany	28	Nanaimo Ebbtides	1:30.99	1:30.89	1:30.92	16
	43.36	1:30.92					

**Event 12 Women 30-34 100 SC Meter Freestyle**

1	Flynn, Stephanie	30	Ubc Masters Swim Club	1:13.31	1:13.36	1:13.34	20
	35.43	1:13.34					
2	Pak, Melissa	32	English Bay Swim Club	1:17.34	1:17.47	1:17.35	17
	37.67	1:17.35					

**Event 12 Women 35-39 100 SC Meter Freestyle**

1	Plante, Marjolaine	37	Navy Masters Swim Team	1:07.01	1:07.05	1:07.16	20
	32.18	1:07.16					
2	Huxter, Emily	36	Nanaimo Ebbtides	1:15.52	1:15.48	1:15.48	17
	35.74	1:15.48					
3	Melvin, Lindsey A	38	Victoria Masters Swim Club	1:20.84	1:20.79	1:20.85	16
	39.73	1:20.85					
4	Davies, Kim	35	Winskill Otters	1:35.76	1:35.96	1:35.98	15
	41.56	1:35.98					

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 12 Women 35-39 100 SC Meter Freestyle)**

5	Gomez, Yvonne	39	Hyde Creek Masters	1:39.79		1:39.92	14
	46.59					1:39.92	

**Event 12 Women 40-44 100 SC Meter Freestyle**

1	Mariano, Ellen	41	Navy Masters Swim Team	1:25.95	1:25.92	1:25.94	20
	40.95					1:25.94	
2	Gunning, Jennifer	40	Victoria Masters Swim Club	1:26.10	1:25.90	1:26.22	17
	40.81					1:26.22	

**Event 12 Women 45-49 100 SC Meter Freestyle**

1	Clapham, Karlene	47	White Rock Wave	1:16.39	1:16.32	1:16.32	20
	35.54					1:16.32	
2	Pilon, Carol	46	Victoria Masters Swim Club	1:33.59	1:33.73	1:33.78	17
	45.61					1:33.78	
3	Jomkasiti, Tyne	46	Winskill Otters	1:39.00	1:38.80	1:39.02	16
	47.35					1:39.02	

**Event 12 Women 50-54 100 SC Meter Freestyle**

1	Krzic, Maja	53	Ubc Masters Swim Club	1:13.69	1:13.64	1:13.82	20
	35.06					1:13.82	

**Event 12 Women 55-59 100 SC Meter Freestyle**

1	Rutter, Pat	59	Hyde Creek Masters	1:53.50	1:53.40	1:53.72	20
	55.20					1:53.72	
2	MacKenzie, Heather E	57	Comox Valley Masters	2:00.78	2:00.81	2:00.91	17
3	Wild, Tara	57	Victoria Masters Swim Club	2:01.62	2:01.66	2:01.61	16
	55.33					2:01.61	

**Event 12 Women 60-64 100 SC Meter Freestyle**

1	Rhodes, Avila	60	Victoria Masters Swim Club	1:11.88	1:12.10	1:11.92	20
	34.36					1:11.92	

**Event 12 Women 65-69 100 SC Meter Freestyle**

1	Smith, Elizabeth	68	Winskill Otters	1:29.20	1:29.11	1:29.21	20
	41.83					1:29.21	

**Event 12 Men 25-29 100 SC Meter Freestyle**

1	Kehler, Sam P	27	Navy Masters Swim Team	1:08.40	1:08.46	1:08.47	20
	31.93					1:08.47	

**Event 12 Men 30-34 100 SC Meter Freestyle**

1	Ji, Andy	33	White Rock Wave	1:02.62	1:02.53	1:02.48	20
	29.61					1:02.48	

**Event 12 Men 35-39 100 SC Meter Freestyle**

1	Meredith, Iain	37	Navy Masters Swim Team	1:03.13	1:03.15	1:03.16	20
	29.04					1:03.16	
2	McLaren, Trevor	38	Navy Masters Swim Team	1:04.09	1:04.04	1:04.10	17
	30.59					1:04.10	
3	Dallin, David	35	Navy Masters Swim Team	1:07.20	1:07.14	1:07.20	16
	31.49					1:07.20	

**Event 12 Men 45-49 100 SC Meter Freestyle**

1	Cosper, Scott	47	Victoria Masters Swim Club	58.95	59.04	59.09	20
	28.29					59.09	
2	Heusel, Peter	48	English Bay Swim Club	1:00.89	1:00.83	1:00.80	17
	29.38					1:00.80	

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 12 Men 45-49 100 SC Meter Freestyle)**

3	Denefle, Regis	49	English Bay Swim Club	1:10.51	1:10.47	1:10.58	16
	33.91	1:10.58					

**Event 12 Men 50-54 100 SC Meter Freestyle**

1	Briggs, Sandy	50	English Bay Swim Club	1:12.56	1:12.59	1:12.60	20
	35.17	1:12.60					

2	Suk, Jon	51	Salt Spring Island Masters	1:15.09	1:15.09	1:15.10	17
	34.06	1:15.10					

**Event 12 Men 55-59 100 SC Meter Freestyle**

1	Downey, James	56	LifeSport Masters	1:09.56	1:09.53	1:09.56	20
	34.23	1:09.56					

2	Christensen, John	55	English Bay Swim Club	1:10.94	1:11.02	1:10.92	17
	33.19	1:10.92					

3	MacDonald, Galvin J	59	Navy Masters Swim Team	1:39.83	1:39.56	1:39.62	16
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**Event 12 Men 60-64 100 SC Meter Freestyle**

1	McManus, John	62	Navy Masters Swim Team	1:15.70	1:15.77	1:15.72	20
	35.62	1:15.72					

**Event 12 Men 65-69 100 SC Meter Freestyle**

1	Cooper, Don A	66	English Bay Swim Club	1:09.53	1:09.61	1:09.61	20
	33.40	1:09.61					

2	Cownden, Shaun	66	Victoria Masters Swim Club	1:34.55	1:34.71	1:34.75	17
	46.49	1:34.75					

**Event 13 Women 50-54 25 SC Meter Backstroke**

1	Lam, Joanna	54	White Rock Wave	18.58	18.76	18.73	20
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2	Wright, Tracy	51	White Rock Wave	22.24	22.29	22.30	17
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3	Raven, Helen	50	White Rock Wave	24.31	24.60	24.47	16
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**Event 13 Women 55-59 25 SC Meter Backstroke**

1	Hooper, Arlene L	57	Comox Valley Masters	22.28	22.37	22.34	20
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2	Scott, Julie	57	Victoria Crystal Silver Streak	24.57	24.64	24.62	17
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3	Wild, Tara	57	Victoria Masters Swim Club	27.62	27.58	27.66	16
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**Event 13 Women 60-64 25 SC Meter Backstroke**

1	Gunn Allard, Joan	61	Salt Spring Island Masters	20.67	20.51	20.56	20
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**Event 13 Women 65-69 25 SC Meter Backstroke**

1	Huber, Susi r	68	Victoria Masters Swim Club	24.47	24.47	24.48	20
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2	Huxter, Elizabeth	66	Nanaimo Ebbtides	25.85	25.93	25.95	17
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**Event 13 Women 75-79 25 SC Meter Backstroke**

1	Warren, Susan	75	Victoria Crystal Silver Streak	30.09	30.32	30.26	20
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**Event 14 Women 65-69 200 SC Meter Butterfly**

1	Fabre, Anne	68	Victoria Masters Swim Club	3:57.12	3:56.92	3:57.00	20
	50.33	1:49.67	2:54.34	3:57.00			

**Event 14 Men 55-59 200 SC Meter Butterfly**

1	Carlsen, Glenn	59	Kisu Masters	2:47.36	2:47.48	2:47.40	20
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	39.00	1:22.55	2:04.86	2:47.40			
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**Event 15 Women 25-29 200 SC Meter Breaststroke**

1	Adamczyk, Emily	25	English Bay Swim Club	2:49.51	2:49.53	2:49.58	20
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	39.81	1:23.39	2:05.60	2:49.58			
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## Nanaimo Ebbtides 35th Annual Masters Swim - 2016-01-24

## Results - Saturday Timed Finals

**(Event 15 Women 25-29 200 SC Meter Breaststroke)**

2	Dagg, Michelle	27	Nanaimo Ebbtides	3:28.59	3:28.75	3:28.86	17
	48.20	1:41.25	2:34.98	3:28.86			

**Event 15 Women 40-44 200 SC Meter Breaststroke**

1	Sadownik, Stephanie A	42	Victoria Masters Swim Club	3:36.27	3:36.28	3:36.38	20
	49.86	1:43.95	2:39.34	3:36.38			

**Event 15 Women 50-54 200 SC Meter Breaststroke**

1	Lanning, Lo	50	Comox Valley Masters	3:54.43	3:54.50	3:54.55	20
	54.25	1:53.04	2:53.04	3:54.55			

**Event 15 Women 60-64 200 SC Meter Breaststroke**

1	Ho, Fernanda	64	Winkskill Otters	4:28.12	4:28.06	4:28.10	20
	59.06	2:07.18	3:20.68	4:28.10			

**Event 15 Women 70-74 200 SC Meter Breaststroke**

1	Lightfoot, Barbara	71	Comox Valley Masters	5:08.35	5:08.42	5:08.36	20
	1:12.33	2:29.55	3:49.64	5:08.36			

**Event 15 Women 75-79 200 SC Meter Breaststroke**

1	Warren, Susan	75	Victoria Crystal Silver Streak	4:40.92	4:41.07	4:41.07	20
	1:05.31	2:15.34	3:29.08	4:41.07			

**Event 15 Men 40-44 200 SC Meter Breaststroke**

1	Robinson, Dale	42	Victoria Masters Swim Club	2:58.00	2:57.86	2:57.92	20
	41.63	1:27.40	2:12.93	2:57.92			

**Event 15 Men 45-49 200 SC Meter Breaststroke**

1	Lightfoot, Dennis	49	Comox Valley Masters		3:35.55	3:35.69	20
	48.90	1:43.55	2:40.44	3:35.69			

**Event 15 Men 50-54 200 SC Meter Breaststroke**

1	Hartford, Doug	53	Victoria Masters Swim Club	2:58.43	2:58.39	2:58.36	20
	40.71	1:26.85	2:12.52	2:58.36			

**Event 15 Men 55-59 200 SC Meter Breaststroke**

1	McGowan, Patrick	59	English Bay Swim Club	3:17.33	3:17.42	3:17.40	20
	43.13	1:33.11	2:25.56	3:17.40			

**Event 16 Women 18-24 50 SC Meter Freestyle**

1	Sylvester, Eryn	23	Victoria Masters Swim Club	30.57	30.70	30.62	20
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**Event 16 Women 25-29 50 SC Meter Freestyle**

1	Boduel, Nicole	28	English Bay Swim Club	31.79		31.81	20
2	Dagg, Michelle	27	Nanaimo Ebbtides	34.07	33.95	34.07	17
3	Arruda-Holder, Brittany	28	Nanaimo Ebbtides	39.23	39.11	39.33	16

**Event 16 Women 30-34 50 SC Meter Freestyle**

1	Reid, Jen A	33	Victoria Masters Swim Club	29.17	29.22	29.24	20
2	Johnson, Rebecca	33	English Bay Swim Club	30.21	30.30	30.38	17
3	MacColl, Kristin	31	Nanaimo Ebbtides	30.81	30.89	30.87	16
4	Cooke, Amanda S	30	Victoria Masters Swim Club	34.75	34.76	34.81	15
5	Surtees, Victoria	33	White Rock Wave	36.30	36.34	36.39	14
6	Evans, Marlee L	33	Winkskill Otters	40.26	40.09	40.25	13
7	Cooper, Kristeen	34	Nanaimo Ebbtides	47.78	47.91	47.69	12

**Event 16 Women 35-39 50 SC Meter Freestyle**

1	Plante, Marjolaine	37	Navy Masters Swim Team	30.01	29.57	29.82	20
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**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 16 Women 35-39 50 SC Meter Freestyle)**

2	Lamon, Stephanie	38	Hyde Creek Masters	32.19	32.21	32.09	17
3	Huxter, Emily	36	Nanaimo Ebbtides	34.09	34.09	34.13	16
4	Davies, Kim	35	Winskill Otters	41.32	41.36	41.36	15
5	Gomez, Yvonne	39	Hyde Creek Masters	42.25	42.26	42.28	14

**Event 16 Women 40-44 50 SC Meter Freestyle**

1	Kalas, Pam	40	Canadian Dolphin Masters	32.42	32.46	32.48	20
2	Gunning, Jennifer	40	Victoria Masters Swim Club	37.32	37.38	37.43	17

**Event 16 Women 50-54 50 SC Meter Freestyle**

1	Lam, Joanna	54	White Rock Wave	31.76	31.57	31.84	20
2	Wright, Tracy	51	White Rock Wave	39.42	39.38	39.38	17

**Event 16 Women 55-59 50 SC Meter Freestyle**

1	Hornby, Inge	57	Nanaimo Ebbtides	39.54	39.50	39.53	20
2	Hassani-Zadeh, Nastarar	57	White Rock Wave	39.96	39.90	39.92	17
3	Hooper, Arlene L	57	Comox Valley Masters	42.87	43.26	43.09	16
4	Wild, Tara	57	Victoria Masters Swim Club	50.69	50.58	50.80	15
5	MacKenzie, Heather E	57	Comox Valley Masters	53.68	53.82	53.78	14

**Event 16 Women 60-64 50 SC Meter Freestyle**

1	Brault, Danielle	60	Victoria Masters Swim Club	33.65	33.58	33.55	20
2	Manley, Theo	61	White Rock Wave	36.94	36.89	36.89	17

**Event 16 Women 65-69 50 SC Meter Freestyle**

1	Ryan, Nancy	68	Nanaimo Ebbtides	39.02	39.13	39.19	20
2	Smith, Elizabeth	68	Winskill Otters	40.32	40.47	40.48	17

**Event 16 Women 75-79 50 SC Meter Freestyle**

1	Korbely, Erika	75	Hyde Creek Masters	45.55	45.77	45.81	20
2	Papadopoulos, Kenna	75	Winskill Otters	51.10	51.15	51.20	17

**Event 16 Men 18-24 50 SC Meter Freestyle**

1	DiPietro, Michael	24	English Bay Swim Club	28.57	28.54	28.58	20
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**Event 16 Men 25-29 50 SC Meter Freestyle**

1	Smythe, Andrew	25	Nanaimo Ebbtides	27.36	27.68	27.58	20
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**Event 16 Men 30-34 50 SC Meter Freestyle**

1	Reed, Matt	32	Victoria Masters Swim Club	30.49	30.46	30.59	20
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**Event 16 Men 35-39 50 SC Meter Freestyle**

1	Poirier-Leroy, Olivier	36	Victoria Masters Swim Club	24.41	24.47	24.48	20
2	Meredith, Iain	37	Navy Masters Swim Team	28.13	28.19	28.19	17
3	Dallin, David	35	Navy Masters Swim Team	29.96	29.92	29.97	16

**Event 16 Men 45-49 50 SC Meter Freestyle**

1	Hooper, James	45	Ubc Masters Swim Club	27.36	27.33	27.32	20
2	Heusel, Peter	48	English Bay Swim Club	28.56	27.37	27.98	17
3	Chiu, Cary	46	Victoria Masters Swim Club		29.09	29.16	16

**Event 16 Men 50-54 50 SC Meter Freestyle**

1	Briggs, Sandy	50	English Bay Swim Club	31.37	31.43	31.39	20
2	Suk, Jon	51	Salt Spring Island Masters	31.62	31.54	31.64	17

**Event 16 Men 55-59 50 SC Meter Freestyle**

1	Slater, Craig	56	White Rock Wave	30.46	30.36	30.34	20
2	Christensen, John	55	English Bay Swim Club	31.53	31.53	31.55	17

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 16 Men 55-59 50 SC Meter Freestyle)**

3	Schroeder, Mike L	56	Dogwood Masters Swim Club	32.68	32.71	32.73	16
4	MacDonald, Galvin J	59	Navy Masters Swim Team	43.48	43.43	43.45	15

**Event 16 Men 60-64 50 SC Meter Freestyle**

1	McManus, John	62	Navy Masters Swim Team	33.07	33.00	33.10	20
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**Event 16 Men 65-69 50 SC Meter Freestyle**

1	Cooper, Don A	66	English Bay Swim Club	30.32	30.28	30.20	20
2	Nelson, Forrest L	69	Victoria Crystal Silver Streak	35.47	35.44	35.46	17
3	Dowling, Mike	69	North Shore Masters	37.91	38.02	38.13	16
4	Cownden, Shaun	66	Victoria Masters Swim Club	44.69	44.75	44.77	15

**Event 17 Mixed 120-159 200 SC Meter Medley MIXED TEAMS ONLY Relay**

1	English Bay Swim Club	A		2:20.58	2:20.61	2:20.65	40
	1) Heusel, Peter M48	2) DiPietro, Michael M24	3) Adamczyk, Emily W25	4) Boduel, Nicole W28			
	35.92	1:48.53	2:20.65				
2	Navy Masters Swim Tea	A		2:27.60	2:27.62	2:27.70	34
	1) Plante, Marjolaine W37	2) Mariano, Ellen W41	3) Meredith, Iain M37	4) Dallin, David M35			
	36.95	1:21.19	1:56.93	2:27.70			
3	English Bay Swim Club	B		2:38.24	2:38.29	2:38.30	32
	1) Hallamore, Christopher M44	2) Pak, Melissa W32	3) Deneffe, Regis M49	4) Johnson, Rebecca W33			
	39.04	1:27.31	2:07.28	2:38.30			

**Event 17 Mixed 160-199 200 SC Meter Medley MIXED TEAMS ONLY Relay**

1	Victoria Masters Swim C	A		2:29.09	2:29.21	2:29.18	40
	1) Rhodes, Avila W60	2) Cosper, Scott M47	3) Gunning, Jennifer W40	4) Poirier-Leroy, Olivier M36			
	41.09	1:17.44	2:29.18				
2	Victoria Masters Swim C	B		3:18.49	3:18.39	3:18.58	34
	1) Wild, Tara W57	2) Pilon, Carol W46	3) Reed, Matt M32	4) Cownden, Shaun M66			
	1:05.99	2:00.30	2:34.08	3:18.58			

**Event 17 Mixed 200-239 200 SC Meter Medley MIXED TEAMS ONLY Relay**

1	White Rock Wave	A		2:27.05	2:27.18	2:27.20	40
	1) Lam, Joanna W54	2) Ji, Andy M33	3) Slater, Craig M56	4) Manley, Theo W61			
	42.60	1:17.89	1:51.08	2:27.20			
2	Nanaimo Ebbtides	A		2:37.26	2:37.35	2:37.28	34
	1) Ryan, Nancy W68	2) Pendergast, Christina W39	3) Smythe, Andrew M25	4) Burvill, Ian M70			
	48.38	1:27.82	2:02.73	2:37.28			
3	Comox Valley Masters	A		3:24.33	3:24.42	3:24.36	32
	1) Lightfoot, Barbara W71	2) Lightfoot, Dennis M49	3) Hooper, Arlene L W57	4) Christensen, Glen M47			
	1:17.73	2:01.51	2:53.82	3:24.36			

**Event 18 Women 35-39 100 SC Meter Butterfly**

1	Westmacott, Lauren	37	Victoria Masters Swim Club	1:21.94	1:21.89	1:21.94	20
	37.18	1:21.94					
2	Finlan, Michelle	36	Winskill Otters	1:41.00	1:41.02	1:41.09	17
	44.39	1:41.09					

**Event 18 Women 40-44 100 SC Meter Butterfly**

1	Lauzon, Chantal	43	North Shore Masters	1:27.17	1:27.31	1:27.25	20
	39.99	1:27.25					

**Event 18 Women 45-49 100 SC Meter Butterfly**

1	Mabee, Cindy	47	Victoria Masters Swim Club	1:10.39	1:10.23	1:10.38	20
	32.79	1:10.38					
2	Clapham, Karlene	47	White Rock Wave	1:28.29	1:28.12	1:28.21	17
	41.35	1:28.21					

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 18 Women 45-49 100 SC Meter Butterfly)**

3	Fry, Tamiko	48	White Rock Wave	1:44.01	1:44.35	1:44.02	16
	47.22	1:44.02					

**Event 18 Men 40-44 100 SC Meter Butterfly**

1	Robinson, Dale	42	Victoria Masters Swim Club	1:10.43	1:10.29	1:10.28	20
	33.91	1:10.28					

**Event 18 Men 55-59 100 SC Meter Butterfly**

1	Hodson, John	57	Navy Masters Swim Team	1:28.06	1:27.69	1:27.66	20
	40.84	1:27.66					

**Event 19 Women 25-29 200 SC Meter Freestyle**

1	Dagg, Michelle	27	Nanaimo Ebbtides	2:48.12	2:48.05	2:48.15	20
	38.86	1:21.07	2:05.10	2:48.15			
2	Arruda-Holder, Brittany	28	Nanaimo Ebbtides	3:19.15	3:19.14	3:19.18	17
	42.83	1:33.01	2:25.74	3:19.18			

**Event 19 Women 30-34 200 SC Meter Freestyle**

1	Pak, Melissa	32	English Bay Swim Club	2:55.81	2:55.61	2:55.98	20
	41.09	1:25.61	2:11.35	2:55.98			

**Event 19 Women 40-44 200 SC Meter Freestyle**

1	Kalas, Pam	40	Canadian Dolphin Masters	2:24.98	2:25.18	2:25.04	20
	35.11	1:12.26	1:49.37	2:25.04			

**Event 19 Women 55-59 200 SC Meter Freestyle**

1	McCreath, Karen	57	White Rock Wave	3:24.99	3:24.92	3:24.97	20
	45.80	1:37.82	2:32.70	3:24.97			

**Event 19 Women 60-64 200 SC Meter Freestyle**

1	Manley, Theo	61	White Rock Wave	3:00.97	3:00.78	3:00.87	20
	40.30	1:25.62	2:13.49	3:00.87			

**Event 19 Women 75-79 200 SC Meter Freestyle**

1	Papadopoulos, Kenna	75	Winskill Otters	4:05.50	4:05.55	4:05.54	20
	1:59.07	3:02.50	4:05.54				

**Event 19 Men 35-39 200 SC Meter Freestyle**

1	McLaren, Trevor	38	Navy Masters Swim Team	2:27.88	2:28.05	2:28.03	20
	32.42	1:08.12	1:46.86	2:28.03			
2	Dallin, David	35	Navy Masters Swim Team	2:28.97	2:28.69	2:28.97	17
	33.51	1:10.66	1:50.02	2:28.97			

**Event 19 Men 45-49 200 SC Meter Freestyle**

1	Christensen, Glen	47	Comox Valley Masters	2:23.69	2:23.60	2:23.56	20
	33.74	1:10.61	1:47.63	2:23.56			
2	Denefle, Regis	49	English Bay Swim Club	2:30.24	2:30.44	2:30.38	17
	34.45	1:12.39	1:51.75	2:30.38			

**Event 19 Men 50-54 200 SC Meter Freestyle**

1	Hartford, Doug	53	Victoria Masters Swim Club	2:23.98	2:23.84	2:24.09	20
	33.63	1:10.70	1:48.85	2:24.09			
2	Alonso, Luis	51	English Bay Swim Club	2:36.44	2:36.50	2:36.52	17
	35.22	1:14.33	1:56.06	2:36.52			

**Event 19 Men 55-59 200 SC Meter Freestyle**

1	Downey, James	56	LifeSport Masters	2:37.29	2:37.33	2:37.43	20
	13.56	2:37.43					



## Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24

## Results - Saturday Timed Finals

**(Event 19 Men 55-59 200 SC Meter Freestyle)**

2	McGowan, Patrick	59	English Bay Swim Club	2:43.15	2:43.19	2:43.09	17
	36.80	1:17.93	2:01.17	2:43.09			
3	MacDonald, Galvin J	59	Navy Masters Swim Team	3:30.58	3:30.58	3:30.56	16

**Event 19 Men 65-69 200 SC Meter Freestyle**

1	Armstrong, Ron	66	Etobicoke Olympium Masters A	2:24.43	2:24.58	2:24.52	20
	32.67	1:09.47	1:47.13	2:24.52			
2	Carmichael, Rod	65	Victoria Masters Swim Club	2:29.31	2:29.25	2:29.19	17
	33.37	1:11.23	1:50.64	2:29.19			
3	Dowling, Mike	69	North Shore Masters	2:57.68	2:57.80	2:57.77	16
	40.79	1:26.50	2:13.09	2:57.77			
4	Cownden, Shaun	66	Victoria Masters Swim Club	3:38.13	3:38.20	3:38.18	15
	49.72	1:45.50	2:42.92	3:38.18			

**Event 19 Men 75-79 200 SC Meter Freestyle**

1	Dykstra, Aldert	76	Hyde Creek Masters	3:34.01	3:34.24	3:34.09	20
	1:44.68	3:34.09					

**Event 20 Women 30-34 50 SC Meter Breaststroke**

1	Flynn, Stephanie	30	Ubc Masters Swim Club	40.95	40.99	41.10	20
2	Johnson, Rebecca	33	English Bay Swim Club	42.99	43.18	43.10	17
3	Pak, Melissa	32	English Bay Swim Club	48.17	48.21	48.31	16
4	Cooper, Kristeen	34	Nanaimo Ebtides	59.28	59.27	59.30	15

**Event 20 Women 35-39 50 SC Meter Breaststroke**

1	Pendergast, Christina	39	Nanaimo Ebtides	39.29	39.16	39.26	20
2	Finlan, Michelle	36	Winkskill Otters	43.89	43.80	43.83	17
3	Lamon, Stephanie	38	Hyde Creek Masters	43.93	43.92	43.94	16
4	Gomez, Yvonne	39	Hyde Creek Masters	57.87	57.95	58.06	15

**Event 20 Women 45-49 50 SC Meter Breaststroke**

1	Pilon, Carol	46	Victoria Masters Swim Club	58.04	57.99	58.11	20
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**Event 20 Women 50-54 50 SC Meter Breaststroke**

1	Krzic, Maja	53	Ubc Masters Swim Club	45.35	45.27	45.44	20
2	Raven, Helen	50	White Rock Wave	51.71	51.65	51.73	17

**Event 20 Women 55-59 50 SC Meter Breaststroke**

1	Younk, Karina	56	Nanaimo Ebtides	59.46	59.37	59.38	20
2	Rutter, Pat	59	Hyde Creek Masters	1:13.43	1:13.44	1:13.40	17

**Event 20 Women 60-64 50 SC Meter Breaststroke**

1	Rhodes, Avila	60	Victoria Masters Swim Club	39.38	39.34	39.39	20
2	Kinnear, Renee	62	Hyde Creek Masters	49.00	49.02	49.02	17

**Event 20 Women 70-74 50 SC Meter Breaststroke**

1	Lightfoot, Barbara	71	Comox Valley Masters	1:09.66	1:09.65	1:09.71	20
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**Event 20 Women 75-79 50 SC Meter Breaststroke**

1	Warren, Susan	75	Victoria Crystal Silver Streak	1:01.80	1:01.96	1:01.88	20
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**Event 20 Men 18-24 50 SC Meter Breaststroke**

1	DiPietro, Michael	24	English Bay Swim Club	37.45	37.44	37.43	20
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**Event 20 Men 30-34 50 SC Meter Breaststroke**

1	Reed, Matt	32	Victoria Masters Swim Club	38.89	38.95	38.89	20
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**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****Event 20 Men 45-49 50 SC Meter Breaststroke**

1	Hooper, James	45	Ubc Masters Swim Club	31.65	31.69	31.77	20
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**Event 20 Men 50-54 50 SC Meter Breaststroke**

1	Cairns, Glen	50	Hyack Masters Coquitlam	35.61	35.46	35.44	20
2	Briggs, Sandy	50	English Bay Swim Club	41.09	41.12	41.17	17

**Event 20 Men 60-64 50 SC Meter Breaststroke**

1	Beaudin, Gilles	62	English Bay Swim Club	40.39	40.36	40.47	20
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**Event 20 Men 65-69 50 SC Meter Breaststroke**

1	Nelson, Forrest L	69	Victoria Crystal Silver Streak	49.58	49.65	49.66	20
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**Event 20 Men 70-74 50 SC Meter Breaststroke**

1	Burvill, Ian	70	Nanaimo Ebtides	42.90	42.90	42.88	20
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**Event 21 Women 18-24 100 SC Meter Backstroke**

1	Sylvester, Eryn	23	Victoria Masters Swim Club	1:17.57	1:17.66	1:17.60	20
	37.81	1:17.60					

**Event 21 Women 30-34 100 SC Meter Backstroke**

1	Evans, Marlee L	33	Winskill Otters	1:54.58	1:54.47	1:54.67	20
	52.88	1:54.67					

**Event 21 Women 35-39 100 SC Meter Backstroke**

1	Pendergast, Christina	39	Nanaimo Ebtides	1:23.61	1:23.63	1:23.65	20
	41.24	1:23.65					
2	Melvin, Lindsey A	38	Victoria Masters Swim Club	1:36.04	1:35.99	1:36.07	17
	47.72	1:36.07					
3	Davies, Kim	35	Winskill Otters	2:07.09	2:06.91	2:07.10	16

**Event 21 Women 40-44 100 SC Meter Backstroke**

1	Mariano, Ellen	41	Navy Masters Swim Team	1:42.79	1:42.74	1:42.78	20
	50.65	1:42.78					

**Event 21 Women 45-49 100 SC Meter Backstroke**

1	Clapham, Karlene	47	White Rock Wave	1:30.58	1:30.63	1:30.62	20
	44.33	1:30.62					

**Event 21 Women 50-54 100 SC Meter Backstroke**

1	Lanning, Lo	50	Comox Valley Masters	1:49.02	1:48.67	1:48.69	20
	54.60	1:48.69					

**Event 21 Women 55-59 100 SC Meter Backstroke**

1	Younk, Karina	56	Nanaimo Ebtides	2:00.11	2:00.13	2:00.20	20
	58.63	2:00.20					

**Event 21 Women 60-64 100 SC Meter Backstroke**

1	Brault, Danielle	60	Victoria Masters Swim Club	1:34.02	1:33.97	1:33.92	20
2	Ho, Fernanda	64	Winskill Otters	2:00.94	2:00.84	2:00.91	17
	54.77	2:00.91					

**Event 21 Women 65-69 100 SC Meter Backstroke**

1	Fabre, Anne	68	Victoria Masters Swim Club	1:49.69	1:49.73	1:49.77	20
	54.90	1:49.77					

**Event 21 Men 25-29 100 SC Meter Backstroke**

1	Kehler, Sam P	27	Navy Masters Swim Team	1:18.89	1:18.83	1:18.84	20
	38.46	1:18.84					

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****Event 21 Men 35-39 100 SC Meter Backstroke**

1	McLaren, Trevor	38	Navy Masters Swim Team			1:16.39	20
2	Meredith, Iain	37	Navy Masters Swim Team			1:40.92	17
	1:15.81	1:40.92					

**Event 21 Men 50-54 100 SC Meter Backstroke**

1	Alonso, Luis	51	English Bay Swim Club	1:25.66	1:25.66	1:25.79	20
	42.47	1:25.79					

**Event 21 Men 55-59 100 SC Meter Backstroke**

1	Carlsen, Glenn	59	Kisu Masters	1:27.88	1:27.97	1:27.90	20
	43.35	1:27.90					

**Event 21 Men 60-64 100 SC Meter Backstroke**

1	McManus, John	62	Navy Masters Swim Team	1:35.72	1:35.95	1:35.77	20
	46.68	1:35.77					

**Event 22 Women 30-34 25 SC Meter Freestyle**

1	Evans, Marlee L	33	Winskill Otters	18.31	18.35	18.51	20
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**Event 22 Women 45-49 25 SC Meter Freestyle**

1	Fry, Tamiko	48	White Rock Wave	17.85	17.76	17.79	20
2	Jomkasiti, Tyne	46	Winskill Otters	18.60	18.66	18.69	17

**Event 22 Women 50-54 25 SC Meter Freestyle**

1	Lam, Joanna	54	White Rock Wave	15.32	15.22	15.26	20
2	Nielsen, Brenda	51	Victoria Masters Swim Club	16.33	16.33	16.36	17
3	Christopherson, Joanne	54	White Rock Wave	18.78	18.71	18.92	16

**Event 22 Women 55-59 25 SC Meter Freestyle**

1	Scott, Julie	57	Victoria Crystal Silver Streak	19.60	19.69	19.68	20
2	McCreath, Karen	57	White Rock Wave	20.05	19.97	19.98	17

**Event 22 Women 65-69 25 SC Meter Freestyle**

1	Huber, Susi r	68	Victoria Masters Swim Club	19.35	19.39	19.36	20
2	Huxter, Elizabeth	66	Nanaimo Ebbtides	20.52	20.56	20.69	17

**Event 22 Women 70-74 25 SC Meter Freestyle**

1	Lightfoot, Barbara	71	Comox Valley Masters	25.01	24.92	24.97	20
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**Event 22 Women 75-79 25 SC Meter Freestyle**

1	Korbely, Erika	75	Hyde Creek Masters	20.51	20.52	20.57	20
2	Papadopoulos, Kenna	75	Winskill Otters	22.75	22.74	22.75	17

**Event 22 Men 50-54 25 SC Meter Freestyle**

1	Briggs, Sandy	50	English Bay Swim Club	15.22	15.18	15.09	20
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**Event 22 Men 55-59 25 SC Meter Freestyle**

1	Schroeder, Mike L	56	Dogwood Masters Swim Club	14.91	14.94	15.01	20
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**Event 22 Men 65-69 25 SC Meter Freestyle**

1	Cooper, Don A	66	English Bay Swim Club	14.46	14.37	14.52	20
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**Event 23 Women 25-29 100 SC Meter IM**

1	Adamczyk, Emily	25	English Bay Swim Club	1:12.01	1:12.10	1:12.03	20
	32.56	1:12.03					
2	Boduel, Nicole	28	English Bay Swim Club	1:23.32	1:23.23	1:23.27	17
	36.80	1:23.27					
3	MacDonald, Sarah	27	Navy Masters Swim Team	1:41.29	1:41.21	1:41.23	16
	44.87	1:41.23					

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****Event 23 Women 30-34 100 SC Meter IM**

1	Reid, Jen A	33	Victoria Masters Swim Club	1:16.10	1:16.19	1:16.14	20
	34.98	1:16.14					
2	Cooke, Amanda S	30	Victoria Masters Swim Club	1:33.37	1:33.24	1:33.33	17
	43.43	1:33.33					

**Event 23 Women 35-39 100 SC Meter IM**

1	Plante, Marjolaine	37	Navy Masters Swim Team	1:18.79	1:18.62	1:18.67	20
	36.60	1:18.67					
2	Westmacott, Lauren	37	Victoria Masters Swim Club	1:22.86	1:22.91	1:22.92	17
	39.01	1:22.92					
3	Huxter, Emily	36	Nanaimo Ebtides	1:27.72	1:27.77	1:27.70	16
	42.34	1:27.70					
4	Melvin, Lindsey A	38	Victoria Masters Swim Club	1:33.63	1:33.64	1:33.58	15
	45.06	1:33.58					

**Event 23 Women 40-44 100 SC Meter IM**

1	Lauzon, Chantal	43	North Shore Masters	1:23.67	1:23.79	1:23.73	20
	39.06	1:23.73					
2	Mariano, Ellen	41	Navy Masters Swim Team	1:36.10	1:36.09	1:36.11	17
	47.73	1:36.11					

**Event 23 Women 45-49 100 SC Meter IM**

1	Mabee, Cindy	47	Victoria Masters Swim Club	1:10.97	1:11.13	1:10.95	20
	32.22	1:10.95					

**Event 23 Women 50-54 100 SC Meter IM**

1	Wright, Tracy	51	White Rock Wave	1:43.60	1:43.71	1:43.61	20
	47.70	1:43.61					

**Event 23 Women 55-59 100 SC Meter IM**

1	Hornby, Inge	57	Nanaimo Ebtides	1:42.31	1:42.21	1:42.17	20
	12.43	1:42.17					
2	Hassani-Zadeh, Nastarar	57	White Rock Wave	1:42.62	1:42.65	1:42.64	17
	47.57	1:42.64					

**Event 23 Women 60-64 100 SC Meter IM**

1	Gunn Allard, Joan	61	Salt Spring Island Masters	1:40.84	1:40.78	1:40.88	20
	45.61	1:40.88					
2	Kinnear, Renee	62	Hyde Creek Masters	1:52.76	1:52.80	1:52.78	17
	59.45	1:52.78					

**Event 23 Men 18-24 100 SC Meter IM**

1	DiPietro, Michael	24	English Bay Swim Club	1:17.03	1:16.92	1:17.01	20
	35.72	1:17.01					

**Event 23 Men 25-29 100 SC Meter IM**

1	Smythe, Andrew	25	Nanaimo Ebtides	1:15.53	1:15.33	1:15.24	20
	32.47	1:15.24					

**Event 23 Men 35-39 100 SC Meter IM**

1	Meredith, Iain	37	Navy Masters Swim Team	1:17.76	1:17.67	1:17.84	20
	35.69	1:17.84					

**Event 23 Men 45-49 100 SC Meter IM**

1	Heusel, Peter	48	English Bay Swim Club	1:08.90	1:08.64	1:08.58	20
	32.21	1:08.58					
2	Cosper, Scott	47	Victoria Masters Swim Club	1:08.67	1:08.73	1:08.75	17
	32.24	1:08.75					

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 23 Men 45-49 100 SC Meter IM)**

3	Christensen, Glen	47	Comox Valley Masters	1:17.41	1:17.36	1:17.43	16
	36.86	1:17.43					
4	Denefle, Regis	49	English Bay Swim Club	1:27.37	1:27.22	1:27.40	15
	12.66	1:27.40					
5	Lightfoot, Dennis	49	Comox Valley Masters	1:33.03	1:33.26	1:33.10	14
	43.03	1:33.10					

**Event 23 Men 50-54 100 SC Meter IM**

1	Hartford, Doug	53	Victoria Masters Swim Club	1:13.10	1:12.95	1:13.06	20
	35.68	1:13.06					
2	Cairns, Glen	50	Hyack Masters Coquitlam	1:13.18	1:13.25	1:13.25	17
	34.71	1:13.25					

**Event 23 Men 55-59 100 SC Meter IM**

1	Slater, Craig	56	White Rock Wave	1:17.11	1:16.97	1:16.95	20
	34.75	1:16.95					
2	Hodson, John	57	Navy Masters Swim Team	1:22.95	1:22.60	1:22.89	17
	40.62	1:22.89					
3	McGowan, Patrick	59	English Bay Swim Club	1:26.39	1:26.28	1:26.58	16
	41.39	1:26.58					

**Event 23 Men 60-64 100 SC Meter IM**

1	Beaudin, Gilles	62	English Bay Swim Club	1:21.66	1:21.63	1:21.61	20
	39.72	1:21.61					

**Event 23 Men 65-69 100 SC Meter IM**

1	Carmichael, Rod	65	Victoria Masters Swim Club	1:18.21	1:18.27	1:18.27	20
	36.63	1:18.27					
2	Nelson, Forrest L	69	Victoria Crystal Silver Streak	1:33.36	1:33.32	1:33.29	17
	42.09	1:33.29					

**Event 23 Men 70-74 100 SC Meter IM**

1	Burvill, Ian	70	Nanaimo Ebbtides	1:31.40	1:31.35	1:31.49	20
	42.70	1:31.49					

**Event 23 Men 75-79 100 SC Meter IM**

1	Dykstra, Aldert	76	Hyde Creek Masters	1:59.02	1:59.08	1:59.07	20
	59.97	1:59.07					

**Event 24 Mixed 120-159 200 SC Meter Freestyle MIXED TEAMS ONLY Relay**

1	English Bay Swim Club	A		2:01.30	2:01.25	40
	1) Adamczyk, Emily W25	2) Hallamore, Christopher M44	3) Boduel, Nicole W28	4) Heusel, Peter M48		
	29.96	58.95	1:31.10	2:01.25		
2	Victoria Masters Swim C	D		2:07.74	2:07.82	34
	1) Chiu, Cary M46	2) Reed, Matt M32	3) Gunning, Jennifer W40	4) Sylvester, Eryn W23		
	29.24	59.10	1:37.49	2:07.67		

**Event 24 Mixed 160-199 200 SC Meter Freestyle MIXED TEAMS ONLY Relay**

1	Victoria Masters Swim C	C		1:56.00	1:55.88	1:55.93	40
	1) Poirier-Leroy, Olivier M36	2) Cosper, Scott M47	3) Reid, Jen A W33	4) Mabee, Cindy W47			
	29.32	58.59	1:27.05	1:55.93			
2	Nanaimo Ebbtides	A		2:09.86	2:09.84	34	
	1) MacColl, Kristin W31	2) Smythe, Andrew M25	3) Burvill, Ian M70	4) Pendergast, Christina W39			
	31.11	1:02.41	1:37.70	2:09.82			
3	English Bay Swim Club	B		2:13.92	2:13.97	2:13.98	32
	1) Beaudin, Gilles M62	2) Briggs, Sandy M50	3) Pak, Melissa W32	4) Johnson, Rebecca W33			
	32.41	1:05.73	1:42.67	2:13.98			

**Nanaimo Ebtides 35th Annual Masters Swim - 2016-01-24****Results - Saturday Timed Finals****(Event 24 Mixed 160-199 200 SC Meter Freestyle MIXED TEAMS ONLY Relay)**

4	Navy Masters Swim Tea	A		2:17.80	2:17.55	2:17.77	30
	1) Plante, Marjolaine W37	2) McManus, John M62	3) Hodson, John M57	4) MacDonald, Sarah W27			
	31.62	1:05.12	1:39.20	2:17.77			

**Event 24 Mixed 200-239 200 SC Meter Freestyle MIXED TEAMS ONLY Relay**

1	White Rock Wave	A		2:07.12	2:07.21	2:07.15	40
	1) Ji, Andy M33	2) Lam, Joanna W54	3) Manley, Theo W61	4) Slater, Craig M56			
	28.71	1:00.77	1:37.22	2:07.15			
2	Comox Valley Masters	A		2:46.89	2:46.95	2:46.97	34
	1) Christensen, Glen M47	2) Lanning, Lo W50	3) Lightfoot, Barbara W71	4) Lightfoot, Dennis M49			
	31.32	1:14.37	2:46.97				

**Event 24 Mixed 240-279 200 SC Meter Freestyle MIXED TEAMS ONLY Relay**

1	Victoria Masters Swim C	A		2:07.09	2:07.17	2:07.15	40
	1) Rhodes, Avila W60	2) Carmichael, Rod M65	3) Fabre, Anne W68	4) Hartford, Doug M53			
	31.84	1:01.64	1:38.59	2:07.15			