

Good Life Games (Swimming) - 3/9/2024

Sanction #: 144-R002

Results

Event 1 Women 50-54 400 LC Meter IM

Goodlife: 6:08.35 % 7/31/2021 Alison Hayden

NATL: 5:20.68 \$ 8/5/2014 ELLEN REYNOLDS

1 Hayden, Alison 53 SAIN 6:05.56%

Event 1 Women 55-59 400 LC Meter IM

Goodlife: 6:21.47 % 2/29/2020 Jane Esahak-Gage

NATL: 5:21.35 \$ 5/17/2019 ELLEN REYNOLDS

1 Westerman, Karen 56 LAND 6:26.93

2 Januszewski, Cindy 58 INVE 8:34.14

Event 1 Women 60-64 400 LC Meter IM

Goodlife: 6:16.95 % 3/5/2022 Jane Esahak-Gage

NATL: 5:49.08 \$ 8/12/2022 KARLYN PIPES

1 Kupan, Cheryl 60 SAIN 7:22.35

2 Compton, Ivette A 64 CLEA 9:26.86

--- Palace, Kelly 63 ROCK NS

Event 1 Women 65-69 400 LC Meter IM

Goodlife: 7:22.25 % 3/18/2023 Nancy Kryka

NATL: 6:14.58 \$ 7/19/2019 PENNY NOYES

1 Lohrbach, Claire 65 TAMP 10:35.11

Event 1 Women 70-74 400 LC Meter IM

Goodlife: 9:46.79 % 3/18/2023 Martha Dennis

NATL: 6:57.34 \$ 8/7/2022 S LOFTUS-CHARLEY

--- Dennis, Martha 72 KISS NS

Event 1 Men 70-74 400 LC Meter IM

Goodlife: 6:50.72 % 3/9/2019 Nathan Leech

NATL: 5:55.97 \$ 6/6/2021 LAWRENCE DAY

1 Davis, Kern 70 ST P 6:45.19%

Event 2 Women 55-59 50 LC Meter Breaststroke

Goodlife: 41.16 % 3/18/2023 Delyth Cunnah

NATL: 37.13 \$ 7/16/2017 CAROLINE KRATTLI

1 Westerman, Karen 56 LAND 45.63

--- Brandt, Tabitha 56 TREA NS

Event 2 Women 70-74 50 LC Meter Breaststroke

Goodlife: 51.49 % 2002 Sylvia Eisele

NATL: 43.19 \$ 8/3/2018 DANA BROWN

1 He, Kaixin 74 LACE 1:03.28

2 Jacobson, Geraldine 74 ST P 1:09.68

3 Ketchum, Donna 73 HOLI 1:20.32

Event 2 Women 75-79 50 LC Meter Breaststroke

Goodlife: 48.69 % 2005 Sylvia Eisele

NATL: 47.10 \$ 7/19/2014 JOANN LEILICH

1 Jenkins, Elizabeth 75 TAMP 1:04.04

2 Owen, Mary Catherine 75 BEVE 1:35.97

3 Assini, Claudia 76 PALM 1:59.64

Event 2 Women 85-89 50 LC Meter Breaststroke

Goodlife: 1:02.44 % 3/8/2014 Sylvia Eisele

NATL: 1:01.45 \$ 7/19/2014 NAN BOHL

--- Coakley, Marian 87 TV NS

Event 2 Men 45-49 50 LC Meter Breaststroke

NATL: 29.29 \$ 8/13/2022 JEFF COMMINGS

1 Zweibelson, Samuel 49 CASS 42.62

Event 2 Men 60-64 50 LC Meter Breaststroke

Goodlife: 37.69 % 2/29/2020 Michael Smith

NATL: 31.95 \$ 8/7/2022 DAVID GUTHRIE

1 Clagherty, Jim 63 WESL 47.76

Event 2 Men 65-69 50 LC Meter Breaststroke

Goodlife: 38.61 % 3/18/2023 Michael Smith

NATL: 33.30 \$ 8/19/2016 RICK COLELLA

1 Matysek, Jim 65 SARA 39.03

2 Slockett, Robert 68 PINE 49.55

Event 2 Men 70-74 50 LC Meter Breaststroke

Goodlife: 42.34 % 3/13/2010 Donald Puchalski

NATL: 36.21 \$ 10/10/2021 ROBERT WRIGHT

1 Groselle, Jack 70 HIRA 39.86%

2 Davis, Kern 70 ST P 40.25%

Event 2 Men 75-79 50 LC Meter Breaststroke

Goodlife: 46.66 % 2000 Paul Hutinger

NATL: 38.89 \$ 6/5/2016 MIKE FRESHLEY

1 Gustafson, Peter 79 SUN 48.38

2 Sjoberg, Darryl 78 NOKO 1:01.54

Event 2 Men 80-84 50 LC Meter Breaststroke

Goodlife: 46.31 % 3/5/2022 Mike Freshley

NATL: 42.84 \$ 6/6/2021 MIKE FRESHLEY

1 Freshley, Robert 83 ORLA 49.52

2 Laux, Michael 83 OSPR 58.02

Event 3 Women 55-59 200 LC Meter Freestyle

Goodlife: 2:35.41 % 3/18/2023 Karen Westerman

NATL: 2:16.28 \$ 8/11/2019 VAL\REYNOLDS

1 Januszewski, Cindy 58 INVE 3:30.26

48.94 2:37.43 3:30.26

--- Marsicano, Stacie 57 SEFF NS

Event 3 Women 60-64 200 LC Meter Freestyle

Goodlife: 2:51.79 % 3/9/2013 Karlene Denby

NATL: 2:21.48 \$ 6/12/2012 LAURA VAL

1 Palace, Kelly 63 ROCK 2:30.62%

34.92 2:30.62

2 Kupan, Cheryl 60 SAIN 2:51.93

40.36 2:08.47 2:51.93

3 Bogue, Sherri 60 CLEA 4:08.85

54.21 4:08.83 4:08.85

Event 3 Women 65-69 200 LC Meter Freestyle

Goodlife: 2:41.60 % 3/5/2022 Tracil Grilli

NATL: 2:25.29 \$ 8/18/2016 LAURA VAL

1 Moucha, Sue 66 VALR 5:59.41

1:20.56 2:54.29 5:59.41

--- Courtney, Zena 65 COCOB NS

Event 3 Women 70-74 200 LC Meter Freestyle

Goodlife: 3:07.14 % 3/10/2015 June Carson

NATL: 2:29.72 \$ 8/14/2022 LAURA VAL

1 Jacobson, Geraldine 74 ST P 3:58.26

57.20 1:55.81 3:58.26

2 He, Kaixin 74 LACE 4:46.87

3:34.47 4:46.87

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Results

Event 3 Women 75-79 200 LC Meter Freestyle

Goodlife: 3:24.08 % 3/18/2023 June Carson

NATL: 2:56.07 \$ 8/6/2022 DIANN UUSTAL

1	Owen, Mary Catherine	75	BEVE	5:08.62
		1:12.12	5:13.65	5:08.62
---	Uustal, Diann	78	SARA	NS

Event 3 Women 85-89 200 LC Meter Freestyle

Goodlife: 3:50.25 % 3/10/2012 Jean Troy

NATL: 3:49.67 \$ 7/14/2012 JEAN TROY

1	Tullman, Patricia	87	TAMP	4:51.47
		1:09.01	4:51.47	
---	Henderson, Martha	88	COCO	NS

Event 3 Women 90-94 200 LC Meter Freestyle

Goodlife: 5:20.72 % 2/29/2020 Joan Campbell

NATL: 4:18.85 \$ 6/11/2017 JEAN TROY

---	Campbell, Joan K	94	PALM	NS
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Event 3 Men 60-64 200 LC Meter Freestyle

Goodlife: 2:26.80 % 3/8/2014 Kern Davis

NATL: 2:07.68 \$ 8/6/2017 DAN STEPHENSON

1	Clagherty, Jim	63	WESL	3:02.01
		38.01	2:12.68	3:02.01

Event 3 Men 65-69 200 LC Meter Freestyle

Goodlife: 2:33.25 % 2/29/2020 Kern Davis

NATL: 2:09.39 \$ 8/6/2017 RICK COLELLA

1	Bernardino, Paul	69	TARP	2:40.25
		36.85	1:58.80	2:40.25

Event 3 Men 75-79 200 LC Meter Freestyle

Goodlife: 3:15.07 % 3/18/2023 Randy Simons

NATL: 2:25.66 \$ 6/6/2009 DAVID RADCLIFF

---	Lefler, Vern	79	CRYS	NS
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Event 3 Men 80-84 200 LC Meter Freestyle

Goodlife: 3:58.34 % 3/18/2023 Martin Schenk

NATL: 2:40.22 \$ 8/24/2014 DAVID RADCLIFF

1	Laux, Michael	83	OSPR	3:56.54%
		57.05	2:59.57	3:56.54

Event 4 Women 50-54 50 LC Meter Butterfly

Goodlife: 33.86 % 2/29/2020 Karen Westerman

NATL: 29.47 \$ 8/4/2022 ERIKA BRAUN

1	Hayden, Alison	53	SAIN	34.58
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Event 4 Women 55-59 50 LC Meter Butterfly

Goodlife: 34.33 % 3/5/2022 Karen Westerman

NATL: 30.52 \$ 7/10/2016 LESLIE LIVINGSTON

---	Brandt, Tabitha	56	TREA	NS
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Event 4 Women 60-64 50 LC Meter Butterfly

Goodlife: 35.01 % 2/29/2020 Susan Tokayer

NATL: 31.11 \$ 8/11/2019 TRACI GRANGER

1	Compton, Ivette A	64	CLEA	56.60
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Event 4 Women 65-69 50 LC Meter Butterfly

Goodlife: 45.36 % 2008 Susan Meyers

NATL: 32.93 \$ 8/4/2019 PENNY NOYES

---	Lohrbach, Claire	65	TAMP	NS
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Event 4 Women 70-74 50 LC Meter Butterfly

Goodlife: 49.62 % 3/5/2022 Linda Fulton

NATL: 34.93 \$ 7/31/2022 LAURA VAL

1	Ketchum, Donna	73	HOLI	1:17.61
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Event 4 Women 85-89 50 LC Meter Butterfly

Goodlife: 1:15.37 % 2007 June Reynolds

NATL: 1:01.22 \$ 7/10/2022 JANE OBERG

---	Tullman, Patricia	87	TAMP	NS
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Event 4 Men 45-49 50 LC Meter Butterfly

NATL: 25.24 \$ 10/10/2021 CHUCK BARNES

1	Zweibelson, Samuel	49	CASS	35.24
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Event 4 Men 65-69 50 LC Meter Butterfly

Goodlife: 31.87 % 3/5/2022 Jack Groselle

NATL: 28.38 \$ 8/8/2021 TRIP HEDRICK

1	Slockett, Robert	68	PINE	52.69
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Event 4 Men 80-84 50 LC Meter Butterfly

Goodlife: 45.53 % 3/9/2013 Burwell Jones

NATL: 38.75 \$ 6/8/2013 CLARKE MITCHELL

1	Laux, Michael	83	OSPR	52.92
2	Freshley, Robert	83	ORLA	53.41

Event 5 Women 50-54 100 LC Meter Backstroke

Goodlife: 1:15.62 % 3/5/2022 Ann Stewart

NATL: 1:09.28 \$ 8/8/2014 ELLEN REYNOLDS

1	Stewart, Ann	53	LAKE	1:17.49
		37.69	1:17.49	

Event 5 Women 60-64 100 LC Meter Backstroke

Goodlife: 1:33.12 % 3/9/2013 Karlene Denby

NATL: 1:14.28 \$ 8/13/2022 KARLYN PIPES

1	Kupan, Cheryl	60	SAIN	1:35.16
		45.56	1:35.16	
2	Compton, Ivette A	64	CLEA	2:06.95
		1:01.02	2:06.95	

Event 5 Women 65-69 100 LC Meter Backstroke

Goodlife: 1:43.22 % 2/29/2020 Ann Guins

NATL: 1:14.49 \$ 7/31/2018 LAURA VAL

1	Courtney, Zena	65	COCOB	1:25.22%
		40.94	1:25.22	

Event 5 Women 70-74 100 LC Meter Backstroke

Goodlife: 1:29.49 % 2/29/2020 Diann Uustal

NATL: 1:17.26 \$ 7/31/2022 LAURA VAL

---	Dennis, Martha	72	KISS	NS
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Event 5 Women 75-79 100 LC Meter Backstroke

Goodlife: 1:45.64 % 7/31/2021 Chris Gilligan

NATL: 1:28.67 \$ 10/10/2021 DIANN UUSTAL

1	Assini, Claudia	76	PALM	2:57.30
		1:26.00	2:57.30	

Event 5 Women 85-89 100 LC Meter Backstroke

Goodlife: 1:53.28 % 3/10/2012 Betty Lorenzi

NATL: 1:53.28 \$ 3/10/2012 BETTY LORENZI

1	Tullman, Patricia	87	TAMP	2:21.35
		1:10.34	2:21.35	

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Results

(Event 5 Women 85-89 100 LC Meter Backstroke)

2 Henderson, Martha 88 COCO 2:56.91
1:22.86 2:56.91

Event 5 Men 65-69 100 LC Meter Backstroke

Goodlife: 1:20.88 % 2/29/2020 John Nixon

NATL: 1:09.79 \$ 7/8/2012 HUGH WILDER

1 Securo, Joseph 68 SARA 1:34.88
47.53 1:34.88

Event 5 Men 75-79 100 LC Meter Backstroke

Goodlife: 1:30.07 % 2000 Paul Hutinger

NATL: 1:17.17 \$ 7/31/2018 RICHARD BURNS

1 Cothren, Jack 75 SAVA 1:40.74
47.36 1:40.74

2 Gerber, Harvey 76 HERN 1:51.66
52.83 1:51.66

Event 5 Men 80-84 100 LC Meter Backstroke

Goodlife: 1:36.79 % 2004 Paul Hutinger

NATL: 1:29.06 \$ 8/6/2017 DAVID COSTILL

1 Oakes, David 84 SARA 2:10.43
1:02.91 2:10.43

Event 6 Women 50-54 200 LC Meter IM

Goodlife: 2:55.26 % 3/18/2023 Alison Hayden

NATL: 2:31.02 \$ 8/7/2016 ELLEN REYNOLDS

1 Hayden, Alison 53 SAIN 2:50.07%
35.47 1:21.41 2:12.84 2:50.07

Event 6 Women 55-59 200 LC Meter IM

Goodlife: 3:03.48 % 2/29/2020 Jane Esahak-Gage

NATL: 2:31.51 \$ 7/6/2019 ELLEN REYNOLDS

1 Westerman, Karen 56 LAND 2:58.71%
37.59 1:23.24 2:19.79 2:58.71

2 Januszewski, Cindy 58 INVE 3:59.92
54.69 1:57.35 3:07.80 3:59.92

Event 6 Women 60-64 200 LC Meter IM

Goodlife: 2:59.21 % 3/5/2022 Jane Esahak-Gage

NATL: 2:47.99 \$ 7/14/2013 LAURA VAL

1 Kupan, Cheryl 60 SAIN 3:25.64
47.59 1:38.77 2:41.49 3:25.64

2 Compton, Ivette A 64 CLEA 4:35.98
1:03.03 2:15.30 3:37.27 4:35.98

--- Palace, Kelly 63 ROCK NS

Event 6 Women 65-69 200 LC Meter IM

Goodlife: 3:19.56 % 2/29/2020 Peggy McDonnell

NATL: 2:51.52 \$ 8/4/2019 PENNY NOYES

--- Lohrbach, Claire 65 TAMP NS

Event 6 Women 70-74 200 LC Meter IM

Goodlife: 4:02.03 % 3/10/2012 Patricia Bond

NATL: 3:00.96 \$ 8/1/2021 LAURA VAL

--- Dennis, Martha 72 KISS NS

Event 6 Women 85-89 200 LC Meter IM

Goodlife: 5:33.79 % 3/12/2016 Jean Troy

NATL: 5:00.53 \$ 8/6/2016 ANN HIRSCH

--- Henderson, Martha 88 COCO NS

Event 6 Men 65-69 200 LC Meter IM

Goodlife: 2:58.49 % 2/29/2020 Kern Davis

NATL: 2:25.22 \$ 8/19/2016 RICK COLELLA

--- Slockett, Robert 68 PINE NS

Event 6 Men 75-79 200 LC Meter IM

Goodlife: 3:32.72 % 2002 Paul Hutinger

NATL: 2:57.66 \$ 8/10/2019 RICHARD BURNS

--- Gustafson, Peter 79 SUN DQ 4:00.36

Shoulders past vertical toward breast - back

51.34 1:57.89 3:01.97 DQ 4:00.36

Event 6 Men 80-84 200 LC Meter IM

Goodlife: 3:47.20 % 3/18/2023 Mike Freshley

NATL: 3:24.82 \$ 6/17/2017 DAVID COSTILL

1 Freshley, Robert 83 ORLA 4:00.15
52.48 3:06.92 4:00.15

Event 7 Women 55-59 50 LC Meter Freestyle

Goodlife: 31.42 % 3/18/2023 Delyth Cunnah

NATL: 28.46 \$ 8/8/2019 HOLLY GREEN BLAIR

--- Brandt, Tabitha 56 TREA NS

--- Marsicano, Stacie 57 SEFF NS

Event 7 Women 60-64 50 LC Meter Freestyle

Goodlife: 32.38 % 2/29/2020 Susan Tokayer

NATL: 29.21 \$ 8/4/2018 PENNY NOYES

1 Bogue, Sherri 60 CLEA 51.51

Event 7 Women 65-69 50 LC Meter Freestyle

Goodlife: 33.56 % 3/5/2022 Tracil Grilli

NATL: 29.10 \$ 8/3/2019 PENNY NOYES

1 Moucha, Sue 66 VALR 1:22.72

--- Courtney, Zena 65 COCOB NS

Event 7 Women 70-74 50 LC Meter Freestyle

Goodlife: 35.80 % 3/10/2018 June Carson

NATL: 30.73 \$ 10/9/2021 LAURA VAL

1 Jacobson, Geraldine 74 ST P 47.92

2 Ketchum, Donna 73 HOLI 56.21

Event 7 Women 75-79 50 LC Meter Freestyle

Goodlife: 38.94 % 3/18/2023 June Carson

NATL: 34.11 \$ 10/8/2021 DIANN UUSTAL

1 Jenkins, Elizabeth 75 TAMP 52.99

2 Owen, Mary Catherine 75 BEVE 1:07.16

3 Assini, Claudia 76 PALM 1:23.49

Event 7 Women 85-89 50 LC Meter Freestyle

Goodlife: 46.87 % 3/10/2012 Jean Troy

NATL: 44.97 \$ 7/15/2012 JEAN TROY

1 Tullman, Patricia 87 TAMP 52.16

--- Coakley, Marian 87 T V NS

Good Life Games (Swimming) - 3/9/2024

Sanction #: 144-R002

Results

Event 7 Women 90-94 50 LC Meter Freestyle

Goodlife: 55.52 % 3/11/2017 Jean Troy

NATL: 52.09 \$ 6/11/2017 JEAN TROY

1 Campbell, Joan K 94 PALM 1:19.24

Event 7 Men 45-49 50 LC Meter Freestyle

NATL: 24.12 \$ 6/23/2018 BRIAN JACOBSON

1 Zweibelson, Samuel 49 CASS 30.27

Event 7 Men 60-64 50 LC Meter Freestyle

Goodlife: 28.48 % 2/29/2020 Michael Smith

NATL: 25.23 \$ 8/10/2006 RICHARD ABRAHAMS

1 Clagherty, Jim 63 WESL 33.37

Event 7 Men 70-74 50 LC Meter Freestyle

Goodlife: 29.78 % 3/9/2013 Keete Klopwig

NATL: 27.12 \$ 1/20/2023 DOUG MARTIN

1 Groselle, Jack 70 HIRA 30.53

Event 7 Men 75-79 50 LC Meter Freestyle

Goodlife: 31.42 % 3/9/2013 John Smith

NATL: 29.19 \$ 8/25/2019 DAVID QUIGGIN

--- Lefler, Vern 79 CRYL NS

Event 7 Men 80-84 50 LC Meter Freestyle

Goodlife: 34.22 % 3/10/2018 Tom Verth

NATL: 32.18 \$ 7/1/2017 JEFF FARRELL

1 Oakes, David 84 SARA 42.19

2 Laux, Michael 83 OSPR 42.79

3 Boehm, Jack 84 BEAC 50.77

--- Freshley, Robert 83 ORLA NS

Event 8 Women 55-59 100 LC Meter Breaststroke

Goodlife: 1:37.53 % 2007 Deb Walker

NATL: 1:21.21 \$ 7/15/2017 CAROLINE KRATTLI

1 Westerman, Karen 56 LAND 1:43.30

49.30 1:43.30

--- Brandt, Tabitha 56 TREA NS

Event 8 Women 70-74 100 LC Meter Breaststroke

Goodlife: 1:55.96 % 3/14/2015 Jeanne Hackett

NATL: 1:36.91 \$ 7/31/2021 CHARLOTTE DAVIS

1 Jacobson, Geraldine 74 ST P 2:26.78

--- He, Kaixin 74 LACE NS

Event 8 Men 65-69 100 LC Meter Breaststroke

Goodlife: 1:32.27 % 3/8/2014 Nathan Leech

NATL: 1:14.77 \$ 8/5/2017 RICK COLELLA

1 Matysek, Jim 65 SARA 1:24.18%

38.99 1:24.18

2 Slockett, Robert 68 PINE 1:53.73

52.14 1:53.73

Event 8 Men 70-74 100 LC Meter Breaststroke

Goodlife: 1:40.20 % 3/14/2015 Martin Schenk

NATL: 1:21.98 \$ 6/15/2019 PEDER DAHLBERG

1 Davis, Kern 70 ST P 1:32.76%

43.74 1:32.76

Event 8 Men 75-79 100 LC Meter Breaststroke

Goodlife: 1:47.14 % 2/29/2020 Mike Freshley

NATL: 1:27.74 \$ 8/18/2016 MIKE FRESHLEY

--- Sjoberg, Darryl 78 NOKO DQ 2:24.65

Incomplete stroke cycle other than one pull followed by one kick

1:06.89 DQ 2:24.65

Event 8 Men 80-84 100 LC Meter Breaststroke

Goodlife: 1:46.65 % 3/5/2022 Mike Freshley

NATL: 1:38.19 \$ 8/21/2021 MIKE FRESHLEY

1 Freshley, Robert 83 ORLA 1:54.16

52.89 1:54.16

Event 9 Women 50-54 200 LC Meter Butterfly

Goodlife: 2:53.37 % 7/31/2021 Allison Hayden

NATL: 2:31.55 \$ 8/18/2001 LAURA VAL

--- Hayden, Alison 53 SAIN NS

Event 9 Women 70-74 200 LC Meter Butterfly

Goodlife: 5:28.51 % 3/18/2023 Martha Dennis

NATL: 3:37.41 \$ 7/24/2016 MARGOT PETTIJOHN

--- Dennis, Martha 72 KISS NS

Event 10 Women 50-54 200 LC Meter Backstroke

Goodlife: 2:46.71 % 3/5/2022 Paula Texel

NATL: 2:26.64 \$ 8/4/2014 ELLEN REYNOLDS

1 Stewart, Ann 53 LAKE 2:47.27

39.22 1:21.02 2:04.82 2:47.27

Event 10 Women 55-59 200 LC Meter Backstroke

Goodlife: 2:52.77 % 3/5/2022 Karen Westerman

NATL: 2:31.79 \$ 5/19/2019 ELLEN REYNOLDS

1 Januszewski, Cindy 58 INVE 3:54.83

55.96 1:55.48 2:55.80 3:54.83

Event 10 Women 60-64 200 LC Meter Backstroke

Goodlife: 3:13.47 % 3/9/2013 Karlene Denby

NATL: 2:41.38 \$ 5/13/2022 KARLYN PIPES

1 Kupan, Cheryl 60 SAIN 3:18.59

47.12 1:37.66 2:28.50 3:18.59

Event 10 Women 65-69 200 LC Meter Backstroke

Goodlife: 3:39.72 % 3/18/2023 Sharon Steinmann

NATL: 2:47.70 \$ 8/8/2019 LAURA VAL

1 Courtney, Zena 65 COCOB 3:05.39%

42.71 1:28.51 2:17.93 3:05.39

Event 10 Women 70-74 200 LC Meter Backstroke

Goodlife: 3:26.94 % 3/5/2022 Linda Fulton

NATL: 2:49.43 \$ 10/8/2021 LAURA VAL

1 He, Kaixin 74 LACE 4:55.76

1:08.27 3:41.75 4:55.76

--- Dennis, Martha 72 KISS NS

Event 10 Women 75-79 200 LC Meter Backstroke

Goodlife: 3:55.42 % 3/8/2014 Patricia Bond

NATL: 3:17.63 \$ 8/5/2022 DIANN UUSTAL

1 Assini, Claudia 76 PALM 6:00.63

1:24.90 2:57.00 4:26.91 6:00.63

--- Uustal, Diann 78 SARA NS

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Results

Event 10 Women 85-89 200 LC Meter Backstroke

Goodlife: 4:01.09 % 3/9/2013 Betty Lorenzi

NATL: 4:01.09 \$ 3/9/2013 BETTY LORENZI

1	Tullman, Patricia	87	TAMP	5:31.70
				1:14.51 2:41.84 4:06.38 5:31.70
---	Henderson, Martha	88	COCO	NS

Event 10 Women 90-94 200 LC Meter Backstroke

Goodlife: 6:53.11 % 3/5/2022 Joan Campbell

NATL: 4:38.73 \$ 8/5/2017 BETTY LORENZI

1	Campbell, Joan K	94	PALM	7:11.28
				5:25.45 7:11.28

Event 10 Men 65-69 200 LC Meter Backstroke

Goodlife: 3:02.02 % 2/29/2020 John Nixon

NATL: 2:32.79 \$ 8/5/2022 DAN STEPHENSON

1	Securo, Joseph	68	SARA	3:24.04
				51.12 1:42.99 2:34.58 3:24.04

Event 10 Men 75-79 200 LC Meter Backstroke

Goodlife: 3:32.17 % 2001 Paul Huting

NATL: 2:50.25 \$ 7/30/2018 RICHARD BURNS

1	Cothren, Jack	75	SAVA	3:51.59
				56.57 1:57.56 2:59.14 3:51.59
2	Gerber, Harvey	76	HERN	4:22.65
				57.25 2:06.65 3:15.68 4:22.65

Event 10 Men 80-84 200 LC Meter Backstroke

Goodlife: 4:05.58 % 2005 Paul Huting

NATL: 3:15.04 \$ 8/5/2017 DAVID COSTILL

1	Laux, Michael	83	OSPR	4:57.34
				1:11.76 2:28.87 3:45.54 4:57.34

Event 11 Women 50-54 100 LC Meter Freestyle

Goodlife: 1:09.63 % 3/18/2023 Paula Texel

NATL: 1:00.53 \$ 8/20/2022 ERIKA BRAUN

---	Stewart, Ann	53	LAKE	NS
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Event 11 Women 55-59 100 LC Meter Freestyle

Goodlife: 1:11.45 % 3/18/2023 Karen Westerman

NATL: 1:02.02 \$ 8/13/2007 VAL\VAL

---	Marsicano, Stacie	57	SEFF	NS
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Event 11 Women 60-64 100 LC Meter Freestyle

Goodlife: 1:17.09 % 3/10/2018 Nancy Kryka

NATL: 1:03.83 \$ 8/5/2011 LAURA VAL

1	Bogue, Sherri	60	CLEA	1:56.17
				53.58 1:56.17
---	Palace, Kelly	63	ROCK	NS

Event 11 Women 65-69 100 LC Meter Freestyle

Goodlife: 1:13.50 % 3/5/2022 Tracil Grilli

NATL: 1:04.89 \$ 7/30/2018 LAURA VAL

1	Moucha, Sue	66	VALR	3:01.93
				1:27.89 3:01.93

Event 11 Women 70-74 100 LC Meter Freestyle

Goodlife: 1:32.27 % 1996 Florence Carr

NATL: 1:06.90 \$ 10/9/2021 LAURA VAL

1	Jacobson, Geraldine	74	ST P	1:51.28
				54.63 1:51.28

Event 11 Women 75-79 100 LC Meter Freestyle

Goodlife: 1:31.47 % 3/18/2023 June Carson

NATL: 1:17.38 \$ 10/9/2021 DIANN UUSTAL

1	Owen, Mary Catherine	75	BEVE	2:34.62
				1:11.44 2:34.62
2	Assini, Claudia	76	PALM	2:55.47
				1:26.22 2:55.47

Event 11 Women 85-89 100 LC Meter Freestyle

Goodlife: 1:44.50 % 3/10/2012 Jean Troy

NATL: 1:43.68 \$ 6/9/2012 JEAN TROY

1	Tullman, Patricia	87	TAMP	2:09.57
				1:01.98 2:09.57
2	Henderson, Martha	88	COCO	2:43.47

Event 11 Men 45-49 100 LC Meter Freestyle

NATL: 53.77 \$ 8/7/2016 NICOLAS GRANGER

1	Zweibelson, Samuel	49	CASS	1:10.43
				33.86 1:10.43

Event 11 Men 60-64 100 LC Meter Freestyle

Goodlife: 1:07.76 % 3/12/2016 Kern Davis

NATL: 57.79 \$ 6/14/2014 JACK GROSELLE

1	Clagherty, Jim	63	WESL	1:20.77
				37.16 1:20.77

Event 11 Men 65-69 100 LC Meter Freestyle

Goodlife: 1:03.21 % 3/5/2022 Jack Groselle

NATL: 59.49 \$ 8/9/2019 JACK GROSELLE

1	Bernardino, Paul	69	TARP	1:14.49
				35.44 1:14.49

Event 11 Men 75-79 100 LC Meter Freestyle

Goodlife: 1:20.36 % 3/18/2023 Randy Simons

NATL: 1:06.55 \$ 8/9/2019 RICHARD BURNS

---	Lefler, Vern	79	CRYS	NS
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Event 11 Men 80-84 100 LC Meter Freestyle

Goodlife: 1:19.50 % 3/9/2013 Burwell Jones

NATL: 1:11.82 \$ 8/23/2014 DAVID RADCLIFF

1	Laux, Michael	83	OSPR	1:42.50
				48.85 1:42.50
---	Boehm, Jack	84	BEAC	NS

Event 12 Women 55-59 200 LC Meter Breaststroke

Goodlife: 3:46.45 % 3/14/2015 Cynthia Lasher

NATL: 2:59.27 \$ 5/19/2019 ELLEN REYNOLDS

1	Westerman, Karen	56	LAND	3:39.12%
				50.27 1:45.97 2:43.36 3:39.12
2	Januszewski, Cindy	58	INVE	4:37.37
				1:03.52 2:13.56 3:26.24 4:37.37
---	Brandt, Tabitha	56	TREA	NS

Event 12 Women 60-64 200 LC Meter Breaststroke

Goodlife: 3:38.86 % 3/14/2015 Nikki Holbrook

NATL: 3:08.07 \$ 6/29/2014 LO KNAPP

---	Palace, Kelly	63	ROCK	NS
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Good Life Games (Swimming) - 3/9/2024

Sanction #: 144-R002

Results

Event 12 Women 70-74 200 LC Meter Breaststroke

Goodlife: 4:21.62 % 3/9/2019 Martha Samuelson

NATL: 3:29.91 \$ 10/9/2021 CHARLOTTE DAVIS

1	He, Kaixin	74	LACE	4:55.69
				1:09.23 2:23.31 3:44.10 4:55.69
---	Dennis, Martha	72	KISS	NS

Event 12 Women 75-79 200 LC Meter Breaststroke

Goodlife: 4:22.53 % 2006 Sylvia Eisele

NATL: 3:40.84 \$ 7/19/2014 JOANN LEILICH

1	Jenkins, Elizabeth	75	TAMP	5:09.98
				1:11.40 3:53.21 5:09.98

Event 12 Men 65-69 200 LC Meter Breaststroke

Goodlife: 3:22.31 % 3/8/2014 Nathan Leech

NATL: 2:41.54 \$ 8/21/2016 RICK COLELLA

1	Matysek, Jim	65	SARA	3:07.63%
				43.58 1:33.10 2:20.85 3:07.63
2	Slockett, Robert	68	PINE	4:12.74
				54.70 2:01.51 3:07.89 4:12.74

Event 12 Men 70-74 200 LC Meter Breaststroke

Goodlife: 3:31.33 % 3/9/2019 Nathan Leech

NATL: 3:06.10 \$ 8/11/2019 ALLEN STARK

1	Davis, Kern	70	ST P	3:30.14%
				47.50 1:40.92 2:36.16 3:30.14

Event 12 Men 75-79 200 LC Meter Breaststroke

Goodlife: 3:57.54 % 2/29/2020 Mike Freshley

NATL: 3:13.93 \$ 8/21/2016 MIKE FRESHLEY

1	Gustafson, Peter	79	SUN	4:02.95
				55.01 1:55.99 3:02.11 4:02.95
2	Sjoberg, Darryl	78	NOKO	5:18.75
				1:12.30 2:32.28 3:55.64 5:18.75

Event 12 Men 80-84 200 LC Meter Breaststroke

Goodlife: 3:49.43 % 3/5/2022 Mike Freshley

NATL: 3:34.08 \$ 10/9/2021 MIKE FRESHLEY

---	Freshley, Robert	83	ORLA	NS
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Event 13 Women 50-54 100 LC Meter Butterfly

Goodlife: 1:17.89 % 2/29/2020 Karen Westerman

NATL: 1:07.80 \$ 8/13/2011 JILL HERNANDEZ

1	Hayden, Alison	53	SAIN	1:17.34%
				35.82 1:17.34

Event 13 Women 60-64 100 LC Meter Butterfly

Goodlife: 1:24.24 % 3/5/2022 Jane Esahak-Gage

NATL: 1:12.06 \$ 8/4/2011 LAURA VAL

1	Compton, Ivette A	64	CLEA	2:17.11
				1:05.21 2:17.11

Event 13 Women 65-69 100 LC Meter Butterfly

Goodlife: 1:41.01 % 3/5/2022 Nancy Kryka

NATL: 1:13.70 \$ 8/18/2016 LAURA VAL

---	Lohrbach, Claire	65	TAMP	NS
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Event 14 Women 50-54 50 LC Meter Backstroke

Goodlife: 35.07 % 3/18/2023 Paula Texel

NATL: 32.30 \$ 8/6/2022 ERIKA BRAUN

1	Stewart, Ann	53	LAKE	36.10
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Event 14 Women 60-64 50 LC Meter Backstroke

Goodlife: 40.60 % 3/8/2014 Annie Guins

NATL: 33.82 \$ 5/12/2022 KARLYN PIPES

1	Compton, Ivette A	64	CLEA	55.72
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Event 14 Women 65-69 50 LC Meter Backstroke

Goodlife: 39.12 % 3/9/2019 Davenia Navaroli

NATL: 33.59 \$ 8/2/2018 LAURA VAL

1	Courtney, Zena	65	COCOB	39.13
2	Moucha, Sue	66	VALR	1:21.07
---	Lohrbach, Claire	65	TAMP	NS

Event 14 Women 70-74 50 LC Meter Backstroke

Goodlife: 41.68 % 2/29/2020 Diann Uustal

NATL: 34.65 \$ 10/10/2021 LAURA VAL

1	Ketchum, Donna	73	HOLI	1:08.62
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Event 14 Women 75-79 50 LC Meter Backstroke

Goodlife: 52.91 % 3/8/2014 Patricia Bond

NATL: 40.08 \$ 10/9/2021 DIANN UUSTAL

1	Owen, Mary Catherine	75	BEVE	1:13.40
2	Assini, Claudia	76	PALM	1:23.49

Event 14 Women 85-89 50 LC Meter Backstroke

Goodlife: 52.71 % 3/10/2012 Betty Lorenzi

NATL: 51.81 \$ 7/7/2012 BETTY LORENZI

---	Coakley, Marian	87	T V	NS
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Event 14 Women 90-94 50 LC Meter Backstroke

Goodlife: 1:37.14 % 3/18/2023 Joan Campbell

NATL: 56.89 \$ 8/4/2017 BETTY LORENZI

---	Campbell, Joan K	94	PALM	NS
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Event 14 Men 45-49 50 LC Meter Backstroke

NATL: 28.01 \$ 8/6/2022 CHUCK BARNES

1	Zweibelson, Samuel	49	CASS	41.76
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Event 14 Men 60-64 50 LC Meter Backstroke

Goodlife: 37.10 % 3/9/2013 Clifford Patterson

NATL: 30.59 \$ 8/10/2019 JAMIE FOWLER

1	Clagherty, Jim	63	WESL	44.58
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Event 14 Men 65-69 50 LC Meter Backstroke

Goodlife: 36.69 % 1992 Paul Hutinger

NATL: 30.95 \$ 7/12/2012 HUGH WILDER

1	Securo, Joseph	68	SARA	43.90
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Event 14 Men 75-79 50 LC Meter Backstroke

Goodlife: 37.70 % 3/9/2013 John Smith

NATL: 34.45 \$ 8/2/2018 RICHARD BURNS

---	Cothren, Jack	75	SAVA	NS
---	Lefler, Vern	79	CRYS	NS

Event 14 Men 80-84 50 LC Meter Backstroke

Goodlife: 40.00 % 3/9/2013 Burwell Jones

NATL: 39.18 \$ 8/8/2015 YOSHI OYAKAWA

1	Oakes, David	84	SARA	53.32
---	Boehm, Jack	84	BEAC	NS

Good Life Games (Swimming) - 3/9/2024

Sanction #: 144-R002

Results**Event 17 Women 50-54 400 LC Meter Freestyle**

Goodlife: 5:10.78 % 7/31/2021 Alison Hayden

NATL: 4:40.66 \$ 8/11/2013 JILL HERNANDEZ

1	Hayden, Alison	53	SAIN	5:09.43%
				1:13.99
				2:33.49
				3:52.83
		4:32.08		5:09.43
2	Tobin, Barbara	51	CLEA	10:17.58
				2:13.16
				4:49.57
		7:37.96	10:17.58	

Event 17 Women 55-59 400 LC Meter Freestyle

Goodlife: 5:32.61 % 3/5/2022 Karen Westerman

NATL: 4:46.49 \$ 8/10/2019 ELLEN REYNOLDS

1	Januszewski, Cindy	58	INVE	7:11.13
				1:43.48
				3:34.39
		5:24.94	7:11.13	

Event 17 Women 60-64 400 LC Meter Freestyle

Goodlife: 5:22.96 % 3/5/2022 Kelly Parker Palace

NATL: 4:59.82 \$ 8/12/2012 LAURA VAL

1	Bogue, Sherri	60	CLEA	8:41.54
				1:56.55
				4:08.10
		6:24.62	8:41.54	
---	Palace, Kelly	63	ROCK	NS
---	Kupan, Cheryl	60	SAIN	NS

Event 17 Women 65-69 400 LC Meter Freestyle

Goodlife: 5:38.09 % 3/5/2022 Tracil Grilli

NATL: 5:12.80 \$ 8/10/2019 LAURA VAL

---	Courtney, Zena	65	COCOB	NS
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Event 17 Women 70-74 400 LC Meter Freestyle

Goodlife: 6:12.62 % 2/29/2020 Diann Uustal

NATL: 5:21.19 \$ 8/13/2022 LAURA VAL

1	Ketchum, Donna	73	HOLI	9:03.94
				2:10.53
				4:30.70
		6:48.36	9:03.94	
2	He, Kaixin	74	LACE	9:44.15
				2:12.73
				4:42.70
		7:14.35	9:44.15	

Event 17 Women 85-89 400 LC Meter Freestyle

Goodlife: 8:31.34 % 3/10/2012 Betty Lorenzi

NATL: 8:06.04 \$ 7/15/2012 JEAN TROY

---	Henderson, Martha	88	COCO	NS
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Event 17 Women 90-94 400 LC Meter Freestyle

Goodlife: 11:29.55 % 2/29/2020 Joan Campbell

NATL: 9:04.93 \$ 8/3/2008 RITA SIMONTON

---	Campbell, Joan K	94	PALM	NS
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Event 17 Men 45-49 400 LC Meter Freestyle

NATL: 4:09.20 \$ 7/19/2008 DENNIS BAKER

---	Zweibelson, Samuel	49	CASS	NS
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Event 17 Men 65-69 400 LC Meter Freestyle

Goodlife: 5:26.61 % 3/18/2023 Paul Bernardino

NATL: 4:37.70 \$ 8/4/2017 RICK COLELLA

1	Matysek, Jim	65	SARA	5:36.85
				1:19.85
				2:46.60
		3:29.84	4:13.37	4:55.68
				5:36.85
2	Bernardino, Paul	69	TARP	5:38.95
				1:19.21
				2:46.09
		3:29.80	4:14.03	4:57.29
				5:38.95
---	Slockett, Robert	68	PINE	NS

Event 17 Men 70-74 400 LC Meter Freestyle

Goodlife: 5:37.21 % 3/18/2023 Ron Armstrong

NATL: 5:03.56 \$ 8/4/2018 DAN KIRKLAND

1	Davis, Kern	70	ST P	5:31.77%
				1:20.45
				2:45.95
		3:27.71	4:10.06	4:51.68
				5:31.77