

## 2016 SPRING off the Blocks Masters Swim Meet - 4/17/2016

## Results - 2016 SPRING off the Blocks Masters Swim Meet

**Event 1 Women 55-59 200 Yard Butterfly**

|   |                           |       |                    |         |
|---|---------------------------|-------|--------------------|---------|
| 1 | Florio-Jefferys, Joanna M | 57    | New England Mast-2 | 3:36.25 |
|   | 48.92                     | 55.78 | 57.12              | 54.43   |

**Event 1 Men 50-54 200 Yard Butterfly**

|   |                  |       |                    |         |
|---|------------------|-------|--------------------|---------|
| 1 | Atkins, Steven L | 53    | Adirondack Maste-3 | 2:24.81 |
|   | 32.05            | 35.80 | 37.83              | 39.13   |

**Event 1 Men 70-74 200 Yard Butterfly**

|   |                 |         |                    |         |
|---|-----------------|---------|--------------------|---------|
| 1 | Becker, Jim     | 70      | Adirondack Maste-3 | 3:14.75 |
|   | 44.00           | 50.51   | 52.34              | 47.90   |
| 2 | Koop, Douglas A | 74      | Adirondack Maste-3 | 3:47.56 |
|   | 51.43           | 2:56.13 |                    |         |

**Event 2 Women 35-39 50 Yard Breaststroke**

|   |                  |    |                    |       |
|---|------------------|----|--------------------|-------|
| 1 | Flanagan, Jenn M | 37 | Adirondack Maste-3 | 34.76 |
|---|------------------|----|--------------------|-------|

**Event 2 Women 50-54 50 Yard Breaststroke**

|   |                 |    |                    |       |
|---|-----------------|----|--------------------|-------|
| 1 | Hislop, Kristen | 51 | Adirondack Maste-3 | 42.84 |
|---|-----------------|----|--------------------|-------|

**Event 2 Women 70-74 50 Yard Breaststroke**

|   |              |    |                    |       |
|---|--------------|----|--------------------|-------|
| 1 | Adler, Bunny | 71 | Adirondack Maste-3 | 54.24 |
|---|--------------|----|--------------------|-------|

**Event 2 Men 50-54 50 Yard Breaststroke**

|   |               |    |                    |       |
|---|---------------|----|--------------------|-------|
| 1 | Bell, Blake R | 53 | Adirondack Maste-3 | 43.56 |
|---|---------------|----|--------------------|-------|

**Event 2 Men 75-79 50 Yard Breaststroke**

|    |                   |    |                    |         |
|----|-------------------|----|--------------------|---------|
| *1 | Hack, Ingolf      | 75 | Adirondack Maste-3 | 44.83   |
| *1 | Hudson, Charles J | 78 | Adirondack Maste-3 | 1:31.15 |

**Event 3 Women 30-34 100 Yard Backstroke**

|   |               |    |                    |         |
|---|---------------|----|--------------------|---------|
| 1 | King, Sarah C | 32 | Adirondack Maste-3 | 2:17.43 |
|---|---------------|----|--------------------|---------|

**Event 3 Women 40-44 100 Yard Backstroke**

|   |                    |       |                    |         |
|---|--------------------|-------|--------------------|---------|
| 1 | Pendergrast, Julie | 42    | Adirondack Maste-3 | 1:24.68 |
|   | 40.84              | 43.84 |                    |         |

**Event 3 Women 55-59 100 Yard Backstroke**

|   |                           |       |                    |         |
|---|---------------------------|-------|--------------------|---------|
| 1 | Florio-Jefferys, Joanna M | 57    | New England Mast-2 | 1:50.20 |
|   | 53.65                     | 56.55 |                    |         |

**Event 3 Women 70-74 100 Yard Backstroke**

|   |              |    |                    |         |
|---|--------------|----|--------------------|---------|
| 1 | Adler, Bunny | 71 | Adirondack Maste-3 | 2:00.73 |
|---|--------------|----|--------------------|---------|

**Event 3 Men 60-64 100 Yard Backstroke**

|   |              |       |                    |         |
|---|--------------|-------|--------------------|---------|
| 1 | Smith, Dan R | 60    | Adirondack Maste-3 | 1:18.34 |
|   | 37.03        | 41.31 |                    |         |

**Event 3 Men 75-79 100 Yard Backstroke**

|   |                     |       |                    |         |
|---|---------------------|-------|--------------------|---------|
| 1 | Sheppeck, Michael L | 77    | Adirondack Maste-3 | 1:52.49 |
|   | 54.77               | 57.72 |                    |         |

**Event 4 Women 30-34 50 Yard Freestyle**

|   |               |    |        |       |
|---|---------------|----|--------|-------|
| 1 | Ryan, Suzanne | 31 | UC03-3 | 29.12 |
|   | 29.29         |    |        |       |

**Event 4 Women 35-39 50 Yard Freestyle**

|   |                 |    |        |       |
|---|-----------------|----|--------|-------|
| 1 | Bigler, Cilicia | 35 | UC03-3 | 38.43 |
|---|-----------------|----|--------|-------|

**Event 4 Women 55-59 50 Yard Freestyle**

|   |                 |    |                    |       |
|---|-----------------|----|--------------------|-------|
| 1 | Meany, Kathleen | 59 | Adirondack Maste-3 | 38.11 |
|---|-----------------|----|--------------------|-------|

**Event 4 Women 70-74 50 Yard Freestyle**

|   |               |    |                    |       |
|---|---------------|----|--------------------|-------|
| 1 | Adler, Bunny  | 71 | Adirondack Maste-3 | 48.50 |
| 2 | Pribis, Cathy | 70 | Adirondack Maste-3 | 54.88 |

**Event 4 Women 85-89 50 Yard Freestyle**

|   |                   |    |                    |         |
|---|-------------------|----|--------------------|---------|
| 1 | Grimm, Florence H | 85 | Adirondack Maste-3 | 1:32.17 |
|---|-------------------|----|--------------------|---------|

**Event 4 Men 40-44 50 Yard Freestyle**

|   |              |    |                    |       |
|---|--------------|----|--------------------|-------|
| 1 | Yates, Brian | 44 | Adirondack Maste-3 | 29.75 |
|---|--------------|----|--------------------|-------|

**Event 4 Men 50-54 50 Yard Freestyle**

|   |                 |    |                    |       |
|---|-----------------|----|--------------------|-------|
| 1 | Rogan, Robert B | 54 | Adirondack Maste-3 | 25.36 |
|   | 25.49           |    |                    |       |
| 2 | Alpern, Matthew | 52 | Adirondack Maste-3 | 27.36 |
|   | 27.53           |    |                    |       |
| 3 | Grace, Gary     | 51 | Adirondack Maste-3 | 34.28 |
| 4 | Shadlock, Steve | 51 | Adirondack Maste-3 | 35.23 |

**Event 4 Men 65-69 50 Yard Freestyle**

|   |                |    |                    |       |
|---|----------------|----|--------------------|-------|
| 1 | Poole, James E | 65 | Adirondack Maste-3 | 29.16 |
|   | 29.46          |    |                    |       |

**Event 4 Men 70-74 50 Yard Freestyle**

|   |                 |    |                    |       |
|---|-----------------|----|--------------------|-------|
| 1 | Fitzgerald, Tom | 74 | Adirondack Maste-3 | 41.04 |
|---|-----------------|----|--------------------|-------|

**Event 4 Men 75-79 50 Yard Freestyle**

|   |                     |    |                    |       |
|---|---------------------|----|--------------------|-------|
| 1 | Sheppeck, Michael L | 77 | Adirondack Maste-3 | 42.24 |
|---|---------------------|----|--------------------|-------|

**Event 4 Men 85-89 50 Yard Freestyle**

|   |                  |    |                    |       |
|---|------------------|----|--------------------|-------|
| 1 | Quinn, Patrick J | 85 | Adirondack Maste-3 | 55.73 |
|---|------------------|----|--------------------|-------|

**Event 5 Mixed 18+ 200 Yard Medley Relay**

|   |                          |                         |         |
|---|--------------------------|-------------------------|---------|
| 1 | Adirondack Maste-3       | A                       | 2:00.95 |
|   |                          | 2) Kullman, Scott F M52 |         |
|   | 3) Flanagan, Jenn M W37  | 4) Huang, Tom M44       |         |
|   | 29.56                    | 33.82                   | 31.41   |
|   |                          |                         | 26.16   |
| 2 | Adirondack Maste-3       | C                       | 2:41.44 |
|   | 2:41.59                  |                         |         |
| 3 | Adirondack Maste-3       | B                       | 2:45.63 |
|   | 1) D'Amico, Karyn W46    | 2) Hislop, Kristen W51  |         |
|   | 3) Rosenberg, Meisha W45 |                         |         |
|   | 40.56                    | 42.76                   | 1:22.48 |

**Event 6 Women 45-49 500 Yard Freestyle**

|   |                   |       |                    |         |
|---|-------------------|-------|--------------------|---------|
| 1 | Rosenberg, Meisha | 45    | Adirondack Maste-3 | 7:42.10 |
|   | 40.37             |       |                    |         |
|   | 47.45             | 47.82 |                    |         |
|   |                   |       | 1:30.01            |         |

**Event 6 Women 55-59 500 Yard Freestyle**

|   |                 |       |                    |         |
|---|-----------------|-------|--------------------|---------|
| 1 | Meany, Kathleen | 59    | Adirondack Maste-3 | 8:44.72 |
|   | 45.98           | 51.45 | 53.24              | 54.44   |
|   | 53.48           | 53.54 | 53.27              | 53.73   |
|   | 53.79           | 51.80 |                    |         |

**Event 6 Women 70-74 500 Yard Freestyle**

|   |               |         |                    |          |
|---|---------------|---------|--------------------|----------|
| 1 | Pribis, Cathy | 70      | Adirondack Maste-3 | 11:35.88 |
|   | 1:06.45       | 1:08.48 | 1:09.19            | 1:09.09  |
|   | 1:11.55       | 1:10.35 | 1:11.44            | 1:10.70  |
|   | 2:18.73       |         |                    |          |

**Event 6 Men 35-39 500 Yard Freestyle**

|   |               |       |                    |         |
|---|---------------|-------|--------------------|---------|
| 1 | Tripp, Hank H | 37    | Adirondack Maste-3 | 8:07.77 |
|   | 1:24.95       | 49.54 | 2:32.38            | 1:41.56 |
|   | 51.22         | 48.62 |                    |         |

## 2016 SPRING off the Blocks Masters Swim Meet - 4/17/2016

## Results - 2016 SPRING off the Blocks Masters Swim Meet

**Event 6 Men 40-44 500 Yard Freestyle**

|   |              |       |                    |         |
|---|--------------|-------|--------------------|---------|
| 1 | Yates, Brian | 44    | Adirondack Maste-3 | 7:22.97 |
|   | 36.13        | 40.62 | 42.97              | 43.97   |
|   | 44.04        | 47.16 | 47.18              | 47.59   |
|   | 47.07        | 46.24 |                    |         |

**Event 6 Men 50-54 500 Yard Freestyle**

|   |                    |       |                    |         |
|---|--------------------|-------|--------------------|---------|
| 1 | Starace, Richard L | 52    | Adirondack Maste-3 | 6:25.81 |
|   | 35.11              |       |                    |         |
|   | 39.55              |       |                    |         |
|   | 1:16.75            |       |                    |         |
| 2 | Grace, Gary        | 51    | Adirondack Maste-3 | 9:07.66 |
|   | 46.55              | 53.52 | 55.22              | 53.86   |
|   | 55.55              | 54.96 | 57.92              | 57.69   |
|   | 59.16              | 53.23 |                    |         |

**Event 7 Women 30-34 100 Yard IM**

|   |               |         |                    |         |
|---|---------------|---------|--------------------|---------|
| 1 | Ryan, Suzanne | 31      | UC03-3             | 1:15.66 |
|   | 36.32         | 39.34   |                    |         |
| 2 | King, Sarah C | 32      | Adirondack Maste-3 | 2:10.70 |
|   | 1:06.58       | 1:04.12 |                    |         |

**Event 7 Women 35-39 100 Yard IM**

|   |                  |       |                    |         |
|---|------------------|-------|--------------------|---------|
| 1 | Flanagan, Jenn M | 37    | Adirondack Maste-3 | 1:10.81 |
|   | 34.41            | 36.40 |                    |         |

**Event 7 Women 40-44 100 Yard IM**

|   |                 |       |        |         |
|---|-----------------|-------|--------|---------|
| 1 | Michalek, Kathy | 44    | UC03-3 | 1:23.28 |
|   | 40.46           | 42.82 |        |         |

**Event 7 Women 45-49 100 Yard IM**

|   |                |       |                    |         |
|---|----------------|-------|--------------------|---------|
| 1 | D'Amico, Karyn | 46    | Adirondack Maste-3 | 1:24.66 |
|   | 41.04          | 43.62 |                    |         |
| 2 | Grace, Laura   | 46    | Adirondack Maste-3 | 1:28.63 |
|   | 43.76          | 44.87 |                    |         |

**Event 7 Women 55-59 100 Yard IM**

|   |                   |       |                    |         |
|---|-------------------|-------|--------------------|---------|
| 1 | Vlahakis, Carol E | 55    | Adirondack Maste-3 | 1:28.56 |
|   | 41.13             | 47.43 |                    |         |

**Event 7 Women 70-74 100 Yard IM**

|   |              |       |                    |         |
|---|--------------|-------|--------------------|---------|
| 1 | Adler, Bunny | 71    | Adirondack Maste-3 | 1:59.16 |
|   | 1:00.82      | 58.34 |                    |         |

**Event 7 Men 40-44 100 Yard IM**

|   |                  |       |                    |         |
|---|------------------|-------|--------------------|---------|
| 1 | O'Keefe, Patrick | 40    | Adirondack Maste-3 | 57.84   |
|   | 25.97            | 31.87 |                    |         |
| 2 | Huang, Tom       | 44    | Adirondack Maste-3 | 1:12.21 |
|   | 35.09            | 37.12 |                    |         |

**Event 7 Men 50-54 100 Yard IM**

|   |                  |       |                    |         |
|---|------------------|-------|--------------------|---------|
| 1 | Rogan, Robert B  | 54    | Adirondack Maste-3 | 1:05.16 |
|   | 30.26            | 34.90 |                    |         |
| 2 | Kullman, Scott F | 52    | Adirondack Maste-3 | 1:08.97 |
|   | 31.82            | 37.15 |                    |         |
| 3 | Alpern, Matthew  | 52    | Adirondack Maste-3 | 1:11.43 |
|   | 33.74            | 37.69 |                    |         |
| 4 | Bell, Blake R    | 53    | Adirondack Maste-3 | 1:22.68 |
|   | 38.48            | 44.20 |                    |         |

**Event 8 Women 45-49 50 Yard Butterfly**

|   |                   |    |        |       |
|---|-------------------|----|--------|-------|
| 1 | O'Brien, Margaret | 47 | UC03-3 | 38.66 |
|---|-------------------|----|--------|-------|

**Event 8 Women 50-54 50 Yard Butterfly**

|   |                     |    |                    |       |
|---|---------------------|----|--------------------|-------|
| 1 | Hackenberg, Karen M | 50 | Adirondack Maste-3 | 35.70 |
|---|---------------------|----|--------------------|-------|

**Event 8 Women 70-74 50 Yard Butterfly**

|   |              |    |                    |       |
|---|--------------|----|--------------------|-------|
| 1 | Svenson, Ann | 70 | Adirondack Maste-3 | 56.56 |
|---|--------------|----|--------------------|-------|

**Event 8 Men 65-69 50 Yard Butterfly**

|   |                |    |                    |       |
|---|----------------|----|--------------------|-------|
| 1 | Poole, James E | 65 | Adirondack Maste-3 | 32.02 |
|---|----------------|----|--------------------|-------|

**Event 9 Men 70-74 200 Yard Breaststroke**

|   |             |       |                    |         |
|---|-------------|-------|--------------------|---------|
| 1 | Becker, Jim | 70    | Adirondack Maste-3 | 3:19.21 |
|   | 45.97       | 52.02 | 50.99              | 50.23   |

**Event 10 Mixed 18+ 200 Yard Freestyle Kickboard Relay**

|   |                           |                       |       |         |
|---|---------------------------|-----------------------|-------|---------|
| 1 | Adirondack Maste-3        | A                     |       | 3:27.82 |
|   | 1) Pendergrast, Julie W42 |                       |       |         |
|   |                           | 4) D'Amico, Karyn W46 |       |         |
|   | 55.52                     | 42.96                 | 58.24 | 51.10   |

**Event 11 Women 30-34 200 Yard IM**

|   |               |       |        |         |
|---|---------------|-------|--------|---------|
| 1 | Ryan, Suzanne | 31    | UC03-3 | 2:51.20 |
|   | 38.81         | 46.19 | 48.03  | 38.17   |

**Event 11 Women 50-54 200 Yard IM**

|   |                     |       |                    |         |
|---|---------------------|-------|--------------------|---------|
| 1 | Hackenberg, Karen M | 50    | Adirondack Maste-3 | 3:07.08 |
|   | 38.28               | 49.49 | 57.48              | 41.83   |

**Event 11 Men 25-29 200 Yard IM**

|   |                |       |        |         |
|---|----------------|-------|--------|---------|
| 1 | Diaz, Hector A | 26    | UC03-3 | 2:10.78 |
|   | 27.47          | 32.73 | 39.18  | 31.40   |

**Event 11 Men 40-44 200 Yard IM**

|   |                  |       |                    |         |
|---|------------------|-------|--------------------|---------|
| 1 | O'Keefe, Patrick | 40    | Adirondack Maste-3 | 2:07.35 |
|   | 27.86            | 33.45 | 37.15              | 28.89   |

**Event 11 Men 50-54 200 Yard IM**

|   |                    |       |                    |         |
|---|--------------------|-------|--------------------|---------|
| 1 | Atkins, Steven L   | 53    | Adirondack Maste-3 | 2:27.51 |
|   | 31.09              | 39.33 | 44.29              | 32.80   |
| 2 | Rogan, Robert B    | 54    | Adirondack Maste-3 | 2:30.09 |
|   | 31.58              | 41.28 | 44.19              | 33.04   |
| 3 | Starace, Richard L | 52    | Adirondack Maste-3 | 2:56.89 |
|   | 1:25.71            |       | 38.25              |         |

**Event 12 Women 30-34 50 Yard Backstroke**

|   |               |    |                    |         |
|---|---------------|----|--------------------|---------|
| 1 | King, Sarah C | 32 | Adirondack Maste-3 | 1:04.34 |
|---|---------------|----|--------------------|---------|

**Event 12 Women 40-44 50 Yard Backstroke**

|   |                    |    |                    |       |
|---|--------------------|----|--------------------|-------|
| 1 | Pendergrast, Julie | 42 | Adirondack Maste-3 | 40.45 |
| 2 | Frawley, Mary T    | 42 | UC03-3             | 43.97 |

**Event 12 Women 45-49 50 Yard Backstroke**

|   |                   |    |        |       |
|---|-------------------|----|--------|-------|
| 1 | O'Brien, Margaret | 47 | UC03-3 | 41.15 |
|---|-------------------|----|--------|-------|

**Event 12 Women 55-59 50 Yard Backstroke**

|   |                           |    |                    |       |
|---|---------------------------|----|--------------------|-------|
| 1 | Florio-Jefferys, Joanna M | 57 | New England Mast-2 | 51.00 |
|---|---------------------------|----|--------------------|-------|

**Event 12 Women 70-74 50 Yard Backstroke**

|   |               |    |                    |         |
|---|---------------|----|--------------------|---------|
| 1 | Pribis, Cathy | 70 | Adirondack Maste-3 | 1:00.94 |
|---|---------------|----|--------------------|---------|

**Event 12 Women 85-89 50 Yard Backstroke**

|   |                   |    |                    |         |
|---|-------------------|----|--------------------|---------|
| 1 | Grimm, Florence H | 85 | Adirondack Maste-3 | 2:00.01 |
|---|-------------------|----|--------------------|---------|

**Event 12 Men 50-54 50 Yard Backstroke**

|   |               |    |                    |       |
|---|---------------|----|--------------------|-------|
| 1 | Bell, Blake R | 53 | Adirondack Maste-3 | 40.90 |
|---|---------------|----|--------------------|-------|

## 2016 SPRING off the Blocks Masters Swim Meet - 4/17/2016

## Results - 2016 SPRING off the Blocks Masters Swim Meet

|   |                   |       |                    |         |  |                           |         |                       |         |
|---|-------------------|-------|--------------------|---------|--|---------------------------|---------|-----------------------|---------|
| <b>Event 12 Men 60-64 50 Yard Backstroke</b>      |                   |       |                    |         | <b>Event 14 Women 50-54 100 Yard Breaststroke</b>  |                           |         |                       |         |
| 1   | Smith, Dan R      | 60    | Adirondack Maste-3 | 34.62   | 1  | Hislop, Kristen           | 51      | Adirondack Maste-3    | 1:38.18 |
|   |                   |       |                    |         |  | 46.27                     |         | 51.91                 |         |
| <b>Event 12 Men 65-69 50 Yard Backstroke</b>      |                   |       |                    |         | <b>Event 14 Women 70-74 100 Yard Breaststroke</b>  |                           |         |                       |         |
| 1   | Poole, James E    | 65    | Adirondack Maste-3 | 35.34   | 1  | Adler, Bunny              | 71      | Adirondack Maste-3    | 1:58.83 |
|   |                   |       |                    |         |  | 57.37                     |         | 1:01.46               |         |
| <b>Event 12 Men 75-79 50 Yard Backstroke</b>      |                   |       |                    |         | <b>Event 14 Men 50-54 100 Yard Breaststroke</b>    |                           |         |                       |         |
| ---   | Hudson, Charles J | 78    | Adirondack Maste-3 | DQ      | 1  | Atkins, Steven L          | 53      | Adirondack Maste-3    | 1:19.32 |
|   |                   |       |                    |         |  | 38.27                     |         | 41.05                 |         |
| <b>Event 13 Women 35-39 200 Yard Freestyle</b>    |                   |       |                    |         | <b>Event 14 Men 70-74 100 Yard Breaststroke</b>    |                           |         |                       |         |
| 1   | Bigler, Cilicia   | 35    | UC03-3             | 3:11.59 | 1  | Becker, Jim               | 70      | Adirondack Maste-3    | 1:30.44 |
|   | 42.10             |       |                    | 0.18    |  | 44.44                     |         | 46.00                 |         |
| <b>Event 13 Women 40-44 200 Yard Freestyle</b>    |                   |       |                    |         | <b>Event 15 Men 40-44 100 Yard Butterfly</b>       |                           |         |                       |         |
| 1   | Michalek, Kathy   | 44    | UC03-3             | 2:37.06 | 1  | O'Keefe, Patrick          | 40      | Adirondack Maste-3    | 54.77   |
|   | 36.58             | 38.85 | 40.57              | 41.06   |  | 25.63                     |         | 29.14                 |         |
| 2   | Frawley, Mary T   | 42    | UC03-3             | 3:00.97 | <b>Event 15 Men 70-74 100 Yard Butterfly</b>       |                           |         |                       |         |
|   | 41.62             | 45.91 | 47.45              | 45.99   | 1  | Koop, Douglas A           | 74      | Adirondack Maste-3    | 1:36.51 |
| <b>Event 13 Women 45-49 200 Yard Freestyle</b>    |                   |       |                    |         | <b>Event 16 Mixed 18+ 200 Yard Freestyle Relay</b> |                           |         |                       |         |
| 1   | D'Amico, Karyn    | 46    | Adirondack Maste-3 | 2:37.74 | 1  | Adirondack Maste-3        | A       |                       | 2:05.83 |
|   | 35.41             | 39.83 | 41.33              | 41.17   | 1)   | Grace, Gary M51           | 2)      | Grace, Laura W46      |         |
| 2   | Rosenberg, Meisha | 45    | Adirondack Maste-3 | 2:56.57 | 3)   | VanZandt, Eric J M49      | 4)      | Tripp, Hank H M37     |         |
|   | 40.43             | 45.02 | 1:31.12            |         |  | 36.39                     | 30.38   | 29.61                 | 29.45   |
| <b>Event 13 Men 25-29 200 Yard Freestyle</b>      |                   |       |                    |         | 2  | Adirondack Maste-3        | C       |                       | 2:33.57 |
| 1   | Diaz, Hector A    | 26    | UC03-3             | 1:55.88 | 1)   | Meany, Kathleen W59       | 2)      | Vlahakis, Carol E W55 |         |
|   | 26.20             | 28.52 | 30.39              | 30.77   | 3)   | King, Sarah C W32         |         |                       |         |
| <b>Event 13 Men 40-44 200 Yard Freestyle</b>      |                   |       |                    |         |  | 40.46                     | 34.03   | 49.70                 | 29.38   |
| 1   | Huang, Tom        | 44    | Adirondack Maste-3 | 2:18.47 | ---  | Adirondack Maste-3        | B       |                       | DQ      |
|   | 32.91             | 34.85 | 35.86              | 34.85   | 1)   | Pendergrast, Julie W42    | 2)      | Hislop, Kristen W51   |         |
| <b>Event 13 Men 45-49 200 Yard Freestyle</b>      |                   |       |                    |         | 3)   | D'Amico, Karyn W46        |         |                       |         |
| 1   | VanZandt, Eric J  | 49    | Adirondack Maste-3 | 2:32.97 |  | 33.28                     | 32.71   | 1:07.11               |         |
|   | 34.86             | 37.93 | 1:20.18            |         | <b>Event 17 Women 55-59 400 Yard IM</b>            |                           |         |                       |         |
| <b>Event 13 Men 50-54 200 Yard Freestyle</b>      |                   |       |                    |         | 1  | Florio-Jefferys, Joanna M | 57      | New England Mast-2    | 7:34.96 |
| 1   | Kullman, Scott F  | 52    | Adirondack Maste-3 | 2:13.22 |  | 48.37                     | 54.51   | 59.01                 | 1:00.09 |
|   | 28.87             | 32.29 | 34.79              | 37.27   |  | 1:12.15                   | 1:12.09 | 45.24                 | 43.50   |
| 2   | Grace, Gary       | 51    | Adirondack Maste-3 | 3:21.70 | <b>Event 18 Women 30-34 100 Yard Freestyle</b>     |                           |         |                       |         |
|   | 39.91             | 51.93 | 55.72              | 54.14   | 1  | Ryan, Suzanne             | 31      | UC03-3                | 1:05.76 |
| <b>Event 13 Men 70-74 200 Yard Freestyle</b>      |                   |       |                    |         |  | 33.07                     |         | 32.69                 |         |
| 1   | Fitzgerald, Tom   | 74    | Adirondack Maste-3 | 3:27.85 | <b>Event 18 Women 40-44 100 Yard Freestyle</b>     |                           |         |                       |         |
|   | 48.27             | 53.52 | 1:46.06            |         | *1   | Michalek, Kathy           | 44      | UC03-3                | 1:12.40 |
| <b>Event 13 Men 75-79 200 Yard Freestyle</b>      |                   |       |                    |         |  | 35.21                     |         | 37.19                 |         |
| 1   | Hack, Ingolf      | 75    | Adirondack Maste-3 | 3:06.38 | *1   | Pendergrast, Julie        | 42      | Adirondack Maste-3    | 1:12.40 |
|   | 40.44             | 46.33 | 49.14              | 50.47   |  | 34.44                     |         | 37.96                 |         |
| <b>Event 13 Men 85-89 200 Yard Freestyle</b>      |                   |       |                    |         | 3  | Frawley, Mary T           | 42      | UC03-3                | 1:17.22 |
| 1   | Quinn, Patrick J  | 85    | Adirondack Maste-3 | 4:12.26 |  | 37.12                     |         | 40.10                 |         |
|   |                   |       | 1:50.56            |         | <b>Event 18 Women 45-49 100 Yard Freestyle</b>     |                           |         |                       |         |
| <b>Event 14 Women 30-34 100 Yard Breaststroke</b> |                   |       |                    |         | 1  | D'Amico, Karyn            | 46      | Adirondack Maste-3    | 1:10.64 |
| 1   | King, Sarah C     | 32    | Adirondack Maste-3 | 2:24.75 |  | 34.58                     |         | 36.06                 |         |
|   | 1:10.29           |       | 1:14.46            |         | 2  | Grace, Laura              | 46      | Adirondack Maste-3    | 1:11.93 |
| <b>Event 14 Women 35-39 100 Yard Breaststroke</b> |                   |       |                    |         |  | 35.87                     |         | 36.06                 |         |
| 1   | Flanagan, Jenn M  | 37    | Adirondack Maste-3 | 1:14.86 | <b>Event 18 Women 50-54 100 Yard Freestyle</b>     |                           |         |                       |         |
|   | 35.98             |       | 38.88              |         | 1  | Hislop, Kristen           | 51      | Adirondack Maste-3    | 1:14.84 |
|   |                   |       |                    |         |  | 35.60                     |         | 39.24                 |         |

## 2016 SPRING off the Blocks Masters Swim Meet - 4/17/2016

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**Event 18 Women 55-59 100 Yard Freestyle**

|   |                   |       |                    |         |
|---|-------------------|-------|--------------------|---------|
| 1 | Vlahakis, Carol E | 55    | Adirondack Maste-3 | 1:15.70 |
|   | 36.06             | 39.64 |                    |         |
| 2 | Meany, Kathleen   | 59    | Adirondack Maste-3 | 1:28.98 |
|   | 42.34             | 46.64 |                    |         |

**Event 18 Men 25-29 100 Yard Freestyle**

|   |                |       |        |       |
|---|----------------|-------|--------|-------|
| 1 | Diaz, Hector A | 26    | UC03-3 | 52.09 |
|   | 25.03          | 27.06 |        |       |

**Event 18 Men 40-44 100 Yard Freestyle**

|   |            |       |                    |         |
|---|------------|-------|--------------------|---------|
| 1 | Huang, Tom | 44    | Adirondack Maste-3 | 1:02.98 |
|   | 31.65      | 31.33 |                    |         |

**Event 18 Men 50-54 100 Yard Freestyle**

|   |                  |       |                    |         |
|---|------------------|-------|--------------------|---------|
| 1 | Kullman, Scott F | 52    | Adirondack Maste-3 | 59.63   |
|   | 28.12            | 31.51 |                    |         |
| 2 | Alpern, Matthew  | 52    | Adirondack Maste-3 | 1:00.82 |
|   | 29.75            | 31.07 |                    |         |
| 3 | Shadlock, Steve  | 51    | Adirondack Maste-3 | 1:20.43 |
|   | 39.50            | 40.93 |                    |         |
| 4 | Grace, Gary      | 51    | Adirondack Maste-3 | 1:29.15 |
|   | 41.16            | 47.99 |                    |         |

**Event 18 Men 65-69 100 Yard Freestyle**

|   |                |       |                    |         |
|---|----------------|-------|--------------------|---------|
| 1 | Poole, James E | 65    | Adirondack Maste-3 | 1:06.12 |
|   | 31.35          | 34.77 |                    |         |

**Event 18 Men 70-74 100 Yard Freestyle**

|   |                 |       |                    |         |
|---|-----------------|-------|--------------------|---------|
| 1 | Fitzgerald, Tom | 74    | Adirondack Maste-3 | 1:32.34 |
|   | 45.35           | 46.99 |                    |         |

**Event 18 Men 75-79 100 Yard Freestyle**

|   |                   |         |                    |         |
|---|-------------------|---------|--------------------|---------|
| 1 | Hack, Ingolf      | 75      | Adirondack Maste-3 | 1:21.38 |
|   | 39.39             | 41.99   |                    |         |
| 2 | Hudson, Charles J | 78      | Adirondack Maste-3 | 2:39.02 |
|   | 1:09.01           | 1:30.01 |                    |         |

**Event 18 Men 85-89 100 Yard Freestyle**

|   |                  |         |                    |         |
|---|------------------|---------|--------------------|---------|
| 1 | Quinn, Patrick J | 85      | Adirondack Maste-3 | 2:08.44 |
|   | 1:02.33          | 1:06.11 |                    |         |

**Event 19 Women 70-74 200 Yard Backstroke**

|   |               |         |                    |         |
|---|---------------|---------|--------------------|---------|
| 1 | Pribis, Cathy | 70      | Adirondack Maste-3 | 4:49.84 |
|   | 1:10.10       | 3:39.74 |                    |         |

**Event 19 Men 50-54 200 Yard Backstroke**

|   |               |       |                    |         |
|---|---------------|-------|--------------------|---------|
| 1 | Bell, Blake R | 53    | Adirondack Maste-3 | 3:06.91 |
|   | 45.83         | 46.56 | 47.78              | 46.74   |

**Event 19 Men 60-64 200 Yard Backstroke**

|   |              |       |                    |         |
|---|--------------|-------|--------------------|---------|
| 1 | Smith, Dan R | 60    | Adirondack Maste-3 | 3:00.92 |
|   | 44.04        | 45.29 | 45.84              | 45.75   |

**Event 20 Women 45-49 1000 Yard Freestyle**

|   |              |       |                    |          |
|---|--------------|-------|--------------------|----------|
| 1 | Grace, Laura | 46    | Adirondack Maste-3 | 15:24.99 |
|   | 40.98        | 44.50 | 44.55              | 46.13    |
|   |              |       | 46.27              | 45.39    |
|   | 48.52        | 46.21 | 47.10              | 47.52    |
|   | 47.20        | 47.21 | 47.31              | 47.12    |
|   | 47.20        | 47.12 | 48.13              | 44.07    |

**Event 20 Women 50-54 1000 Yard Freestyle**

|   |                     |       |                    |          |
|---|---------------------|-------|--------------------|----------|
| 1 | Hackenberg, Karen M | 50    | Adirondack Maste-3 | 14:46.90 |
|   | 36.98               | 40.45 | 42.43              | 43.88    |
|   | 44.20               | 44.36 | 44.16              | 45.27    |
|   |                     |       | 45.52              | 45.44    |
|   | 45.86               | 45.29 | 45.56              | 45.94    |
|   | 45.46               | 46.54 | 44.66              | 43.42    |

**Event 20 Women 55-59 1000 Yard Freestyle**

|   |                           |       |                    |          |
|---|---------------------------|-------|--------------------|----------|
| 1 | Florio-Jefferys, Joanna M | 57    | New England Mast-2 | 15:36.07 |
|   | 40.85                     | 44.70 | 45.36              | 46.71    |
|   | 47.36                     |       |                    | 47.41    |
|   | 1:35.83                   | 47.51 | 47.90              | 48.39    |
|   | 47.66                     | 48.23 | 47.49              | 47.74    |
|   | 47.24                     | 47.73 | 47.32              | 43.40    |
| 2 | Meany, Kathleen           | 59    | Adirondack Maste-3 | 17:44.10 |
|   | 45.32                     | 52.01 | 54.18              | 54.29    |
|   | 53.96                     | 53.86 | 54.57              | 53.55    |
|   | 53.91                     |       |                    | 53.75    |
|   | 53.89                     | 54.69 | 53.77              | 1:46.70  |
|   |                           |       | 53.14              | 50.87    |

**Event 20 Women 70-74 1000 Yard Freestyle**

|   |              |       |                    |          |
|---|--------------|-------|--------------------|----------|
| 1 | Svenson, Ann | 70    | Adirondack Maste-3 | 18:38.96 |
|   |              |       |                    | 58.26    |
|   | 57.79        | 56.72 | 57.51              | 57.13    |
|   |              | 56.39 |                    |          |
|   | 55.02        | 55.38 | 54.76              | 51.71    |

**Event 20 Men 35-39 1000 Yard Freestyle**

|   |               |       |                    |          |
|---|---------------|-------|--------------------|----------|
| 1 | Tripp, Hank H | 37    | Adirondack Maste-3 | 17:30.82 |
|   | 42.39         | 48.45 |                    |          |
|   | 54.36         | 54.03 | 54.91              | 54.05    |
|   |               | 53.24 | 1:47.90            | 52.98    |
|   |               |       | 1:39.31            |          |

**Event 20 Men 45-49 1000 Yard Freestyle**

|   |                  |       |                    |          |
|---|------------------|-------|--------------------|----------|
| 1 | VanZandt, Eric J | 49    | Adirondack Maste-3 | 15:02.00 |
|   |                  |       |                    | 44.95    |
|   | 44.82            |       |                    |          |
|   | 1:33.12          | 46.02 |                    |          |
|   | 46.14            | 45.59 | 46.01              | 45.71    |
|   | 45.65            | 45.80 | 44.30              | 43.11    |

**Event 20 Men 50-54 1000 Yard Freestyle**

|   |                  |       |                    |          |
|---|------------------|-------|--------------------|----------|
| 1 | Atkins, Steven L | 53    | Adirondack Maste-3 | 11:56.66 |
|   | 32.54            | 36.52 | 36.90              | 36.73    |
|   | 36.92            | 36.85 | 37.42              | 36.17    |
|   | 36.37            | 36.53 | 36.23              | 35.79    |
|   | 35.88            | 35.69 | 35.64              | 35.42    |
|   | 35.23            | 35.40 | 34.64              | 33.79    |

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**Results - 2016 SPRING off the Blocks Masters Swim Meet**

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**Event 20 Men 70-74 1000 Yard Freestyle**

|   |                 |         |                    |          |
|---|-----------------|---------|--------------------|----------|
| 1 | Koop, Douglas A | 74      | Adirondack Maste-3 | 18:03.43 |
|   | 47.00           | 51.37   | 54.56              | 53.61    |
|   | 54.87           | 54.61   | 54.36              |          |
|   |                 | 1:51.22 | 55.62              |          |
|   | 55.17           | 1:43.33 |                    |          |