

2017 Adirondack District Masters Championship - 3/5/2017

Results - Session 1

Event 1 Women 55-59 400 Yard IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Florio-Jefferys, Joanna M	58	New England Masters Swim Club-	7:40.96	7:49.67	20
	48.54	1:44.25 (55.71)	2:44.83 (1:00.58)	3:45.33 (1:00.50)	
	4:58.55 (1:13.22)	6:13.52 (1:14.97)	7:02.43 (48.91)	7:49.67 (47.24)	

Event 1 Men 18-24 400 Yard IM

1 Szmul, Anthony J	24	Adirondack Masters-3	4:45.00	4:59.96	20
	31.06	1:07.45 (36.39)	1:46.69 (39.24)	2:24.71 (38.02)	
	3:09.49 (44.78)	3:54.09 (44.60)	4:27.18 (33.09)	4:59.96 (32.78)	

Event 2 Women 18-24 50 Yard Freestyle

1 Piccoli, Jessica L	23	Adirondack Masters-3	26.34	26.31	20
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Event 2 Women 45-49 50 Yard Freestyle

1 Dolan-VanZandt, Colleen	46	Adirondack Masters-3	44.00	41.66	20
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Event 2 Women 55-59 50 Yard Freestyle

1 Spence, Denise	57	New England Masters Swim Club-	31.00	30.78	20
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Event 2 Women 60-64 50 Yard Freestyle

1 Merena, Elizabeth J	64	Bearcat Masters-6	33.49	33.24	20
2 Rohrey, Susan	62	Uc03-3	45.00	42.16	17

Event 2 Men 18-24 50 Yard Freestyle

1 Distler, Matthew S	24	Adirondack Masters-3	22.70	22.52	20
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Event 2 Men 30-34 50 Yard Freestyle

1 Kollar, Dan	32	Oregon Masters-37	22.86	23.30	20
2 Christiansen, Bryan C	30	Adirondack Masters-3	24.60	25.41	17

Event 2 Men 35-39 50 Yard Freestyle

1 Tripp, Hank H	38	Adirondack Masters-3	28.31	28.61	20
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Event 2 Men 40-44 50 Yard Freestyle

1 Higgins, Erik	41	Connecticut Masters-5	26.25	25.91	20
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Event 2 Men 50-54 50 Yard Freestyle

1 Alpern, Matthew	53	Adirondack Masters-3	27.50	28.69	20
2 VanZandt, Eric J	50	Adirondack Masters-3	30.00	29.94	17
3 Seaton, Dale L	53	Adirondack Masters-3	29.47	30.53	16
4 Bell, Blake R	54	Adirondack Masters-3	31.42	31.91	15
5 Smith, David R	54	Adirondack Masters-3	31.64	32.33	14
6 Shadlock, Steve	52	Adirondack Masters-3	34.36	34.47	13
7 Grace, Gary	51	Adirondack Masters-3	40.00	34.81	12

Event 2 Men 55-59 50 Yard Freestyle

1 Bacon, James B	55	Adirondack Masters-3	26.00	26.18	20
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Event 2 Men 65-69 50 Yard Freestyle

1 Berkery, Jack F	69	Adirondack Masters-3	51.91	51.12	20
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Event 2 Men 75-79 50 Yard Freestyle

1 Koop, Douglas A	75	Adirondack Masters-3	48.00	41.49	20
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Event 3 Women 30-34 100 Yard Backstroke

1 King, Sarah C	33	Adirondack Masters-3	2:35.00	2:22.60	20
	1:07.87	2:22.60 (1:14.73)			

2017 Adirondack District Masters Championship - 3/5/2017**Results - Session 1****Event 3 Men 40-44 100 Yard Backstroke**

1	O'Keeffe, Patrick	41	Adirondack Masters-3	57.00	57.28	20
	27.94	57.28 (29.34)				

Event 4 Women 30-34 200 Yard Breaststroke

1	Zepek, Michelle	33	Connecticut Masters-5	2:59.00	2:47.90	20
	38.49	1:20.87 (42.38)	2:04.35 (43.48)	2:47.90 (43.55)		
2	King, Sarah C	33	Adirondack Masters-3	7:00.00	5:50.54	17
	1:22.11	2:52.98 (1:30.87)	4:23.09 (1:30.11)	5:50.54 (1:27.45)		

Event 4 Women 55-59 200 Yard Breaststroke

1	Florio-Jefferys, Joanna M	58	New England Masters Swim Club-	4:06.32	4:35.64	20
	1:03.87	2:14.99 (1:11.12)	3:26.87 (1:11.88)	4:35.64 (1:08.77)		

Event 4 Men 30-34 200 Yard Breaststroke

1	Duguay, Rob E	31	Connecticut Masters-5	2:56.66	3:01.07	20
	42.16	1:28.01 (45.85)	2:14.52 (46.51)	3:01.07 (46.55)		

Event 4 Men 50-54 200 Yard Breaststroke

1	Seaton, Dale L	53	Adirondack Masters-3	3:17.86	3:19.72	20
	44.03	1:33.43 (49.40)	2:27.58 (54.15)	3:19.72 (52.14)		

Event 4 Men 55-59 200 Yard Breaststroke

1	Lamontagne, Robert J	58	Connecticut Masters-5	2:51.97	2:54.69	20
	39.45	1:24.07 (44.62)	2:08.60 (44.53)	2:54.69 (46.09)		

Event 4 Men 60-64 200 Yard Breaststroke

1	Wall, Dan	61	Adirondack Masters-3	2:56.00	2:57.76	20
	39.12	1:24.58 (45.46)	2:10.52 (45.94)	2:57.76 (47.24)		

Event 4 Men 70-74 200 Yard Breaststroke

1	Becker, Jim	71	Adirondack Masters-3	3:28.00	3:27.50	20
	46.45	1:40.37 (53.92)	2:34.69 (54.32)	3:27.50 (52.81)		

Event 5 Women 18-24 50 Yard Butterfly

1	Piccoli, Jessica L	23	Adirondack Masters-3	28.50	28.59	20
2	Wales, Sheyenne	21	Uc03-3	36.72	31.70	17

Event 5 Women 25-29 50 Yard Butterfly

1	Perreault, Nicole	27	Adirondack Masters-3	33.00	30.85	20
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Event 5 Women 40-44 50 Yard Butterfly

1	Sega, Ally	43	Connecticut Masters-5	38.13	42.04	20
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Event 5 Women 55-59 50 Yard Butterfly

1	Spence, Denise	57	New England Masters Swim Club-	36.00	35.28	20
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Event 5 Men 25-29 50 Yard Butterfly

1	Pellerin, Jared J	27	Adirondack Masters-3	31.30	26.92	20
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Event 5 Men 40-44 50 Yard Butterfly

1	Higgins, Erik	41	Connecticut Masters-5	32.00	31.10	20
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Event 5 Men 45-49 50 Yard Butterfly

1	Huang, Thomas	45	Adirondack Masters-3	38.00	31.36	20
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Event 5 Men 55-59 50 Yard Butterfly

1	Bacon, James B	55	Adirondack Masters-3	29.00	29.39	20
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2017 Adirondack District Masters Championship - 3/5/2017**Results - Session 1****Event 5 Men 75-79 50 Yard Butterfly**

1	Koop, Douglas A	75	Adirondack Masters-3	50.00	44.54	20
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Event 6 Women 18-24 500 Yard Freestyle

1	Houle, Caitlin M	24	Adirondack Masters-3	7:30.00	6:41.90	20
	31.93	1:08.30 (36.37)	1:47.42 (39.12)	2:28.22 (40.80)		
	3:09.35 (41.13)	3:50.67 (41.32)	4:33.45 (42.78)	5:16.95 (43.50)		
	6:00.85 (43.90)	6:41.90 (41.05)				

Event 6 Women 45-49 500 Yard Freestyle

1	Grace, Laura L	47	Adirondack Masters-3	7:50.00	7:30.90	20
	37.84	1:17.65 (39.81)	2:01.01 (43.36)	4:19.34 (2:18.33)		
	5:55.09 (1:35.75)	6:44.05 (48.96)	7:31.03 (46.98)	8:27.65 (56.62)		
	7:30.90 ()					
2	Rosenberg, Meisha	46	Adirondack Masters-3	7:42.10	7:48.45	17
	39.80	1:25.37 (45.57)	3:52.27 (2:26.90)	4:40.27 (48.00)		
	5:28.44 (48.17)	6:16.27 (47.83)	7:03.03 (46.76)	7:48.54 (45.51)		
	7:48.45 ()					
3	Simpson, Bridget	49	Adirondack Masters-3	9:00.00	8:20.49	16
	42.57	1:30.63 (48.06)	2:21.37 (50.74)	3:12.31 (50.94)		
	4:03.78 (51.47)	4:55.91 (52.13)	5:48.43 (52.52)	6:39.40 (50.97)		
	7:30.90 (51.50)	8:20.49 (49.59)				

Event 6 Men 18-24 500 Yard Freestyle

1	Gerard, Will H	24	Connecticut Masters-5	5:30.65	5:31.65	20
	29.47	1:02.61 (33.14)	1:36.39 (33.78)	2:10.30 (33.91)		
	2:44.32 (34.02)	3:18.10 (33.78)	3:52.08 (33.98)	4:26.36 (34.28)		
	4:59.97 (33.61)	5:31.65 (31.68)				

Event 7 Mixed 18+ 200 Yard Medley Relay

1	Adirondack Masters-3	A	NT	1:52.59	40
	1) O'Keeffe, Patrick M41	2) Szmul, Anthony J M24	3) Distler, Matthew S M24	4) Perreault, Nicole W27	
	30.38	1:06.37 (35.99)	1:30.61 (24.24)	1:52.59 (21.98)	
2	Connecticut Masters-5	A	NT	2:17.74	34
	1) Higgins, Erik M41	2) Zelek, Michelle W33	3) Sega, Ally W43	4) Duguay, Rob E M31	
	32.80	1:07.84 (35.04)	1:48.23 (40.39)	2:17.74 (29.51)	

Event 8 Women 55-59 50 Yard Backstroke

1	Spence, Denise	57	New England Masters Swim Club-	38.00	37.58	20
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Event 8 Men 35-39 50 Yard Backstroke

1	Tripp, Hank H	38	Adirondack Masters-3	40.23	38.56	20
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Event 8 Men 50-54 50 Yard Backstroke

1	Bell, Blake R	54	Adirondack Masters-3	40.16	39.04	20
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Event 8 Men 55-59 50 Yard Backstroke

1	Bacon, James B	55	Adirondack Masters-3	34.00	32.49	20
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Event 9 Women 18-24 100 Yard IM

---	Wales, Sheyenne	21	Uc03-3	1:24.76	DQ	
	33.26	DQ (41.27)				

Event 9 Women 25-29 100 Yard IM

1	Perreault, Nicole	27	Adirondack Masters-3	1:24.00	1:14.52	20
	35.45	1:14.52 (39.07)				

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Event 9 Women 30-34 100 Yard IM

1	Zekek, Michelle	33	Connecticut Masters-5	1:21.00	1:14.12	20
	36.53		1:14.12 (37.59)			

Event 9 Women 45-49 100 Yard IM

1	Simpson, Bridget	49	Adirondack Masters-3	2:05.00	1:44.76	20
	50.10		1:44.76 (54.66)			

Event 9 Women 55-59 100 Yard IM

1	Florio-Jefferys, Joanna M	58	New England Masters Swim Club-	1:45.60	1:43.53	20
	49.18		1:43.53 (54.35)			

Event 9 Men 18-24 100 Yard IM

1	Distler, Matthew S	24	Adirondack Masters-3	58.00	57.28	20
	26.97		57.28 (30.31)			

Event 9 Men 30-34 100 Yard IM

1	Christiansen, Bryan C	30	Adirondack Masters-3	1:05.69	1:06.19	20
	30.07		1:06.19 (36.12)			

Event 9 Men 40-44 100 Yard IM

1	Higgins, Erik	41	Connecticut Masters-5	1:18.00	1:15.35	20
	34.50		1:15.35 (40.85)			

Event 9 Men 45-49 100 Yard IM

1	Emeka, Amon S	48	Adirondack Masters-3	59.00	57.86	20
	26.56		57.86 (31.30)			
2	Huang, Thomas	45	Adirondack Masters-3	1:12.00	1:13.53	17
	34.52		1:13.53 (39.01)			

Event 9 Men 50-54 100 Yard IM

1	Alpern, Matthew	53	Adirondack Masters-3	1:12.50	1:12.13	20
	34.34		1:12.13 (37.79)			

Event 10 Men 18-24 200 Yard Butterfly

1	Szmul, Anthony J	24	Adirondack Masters-3	2:50.00	2:27.69	20
	29.89		1:06.95 (37.06) 1:46.75 (39.80)	2:27.69 (40.94)		

Event 10 Men 70-74 200 Yard Butterfly

1	Becker, Jim	71	Adirondack Masters-3	3:24.00	3:22.79	20
	47.92		1:41.71 (53.79) 2:34.51 (52.80)	3:22.79 (48.28)		

Event 10 Men 75-79 200 Yard Butterfly

1	Koop, Douglas A	75	Adirondack Masters-3	3:51.00	3:45.72	20
	48.78		1:44.96 (56.18) 2:44.94 (59.98)	3:45.72 (1:00.78)		

Event 11 Women 45-49 200 Yard Freestyle

1	Rosenberg, Meisha	46	Adirondack Masters-3	2:56.57	2:55.49	20
	39.92		1:24.79 (44.87) 2:11.58 (46.79)	2:55.49 (43.91)		
2	Dolan-VanZandt, Colleen	46	Adirondack Masters-3	4:00.00	3:30.77	17
	45.29		1:39.19 (53.90) 2:37.61 (58.42)	3:30.77 (53.16)		

Event 11 Women 60-64 200 Yard Freestyle

1	Rohrey, Susan	62	Uc03-3	3:40.00	3:31.83	20
	45.32		1:38.48 (53.16) 2:35.01 (56.53)	3:31.83 (56.82)		

Event 11 Men 25-29 200 Yard Freestyle

1	Pellerin, Jared J	27	Adirondack Masters-3	2:10.00	2:02.43	20
	27.95		58.82 (30.87) 1:30.61 (31.79)	2:02.43 (31.82)		

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Event 11 Men 30-34 200 Yard Freestyle

1	Duguay, Rob E	31	Connecticut Masters-5	2:13.38	2:12.58	20
	31.43	1:04.75 (33.32)	1:38.89 (34.14)	2:12.58 (33.69)		

Event 11 Men 45-49 200 Yard Freestyle

1	Huang, Thomas	45	Adirondack Masters-3	2:18.00	2:22.05	20
	32.94	1:09.31 (36.37)	1:46.07 (36.76)	2:22.05 (35.98)		

Event 11 Men 50-54 200 Yard Freestyle

1	VanZandt, Eric J	50	Adirondack Masters-3	2:32.00	2:33.61	20
	33.35	1:10.77 (37.42)	1:51.41 (40.64)	2:33.61 (42.20)		

Event 11 Men 65-69 200 Yard Freestyle

1	Berkery, Jack F	69	Adirondack Masters-3	4:27.00	4:28.13	20
	54.03	2:01.55 (1:07.52)	3:16.06 (1:14.51)	4:28.13 (1:12.07)		

Event 11 Men 75-79 200 Yard Freestyle

1	Hack, Ingolf	76	Adirondack Masters-3	NT	3:14.20	20
	41.96	1:30.55 (48.59)	2:22.55 (52.00)	3:14.20 (51.65)		

Event 12 Women 30-34 100 Yard Breaststroke

1	Zepek, Michelle	33	Connecticut Masters-5	1:21.00	1:16.93	20
	36.92	1:16.93 (40.01)				
2	King, Sarah C	33	Adirondack Masters-3	2:25.00	2:38.67	17
	1:14.50	2:38.67 (1:24.17)				

Event 12 Women 55-59 100 Yard Breaststroke

1	Spence, Denise	57	New England Masters Swim Club-	1:25.00	1:24.53	20
	39.54	1:24.53 (44.99)				

Event 12 Women 60-64 100 Yard Breaststroke

1	Merena, Elizabeth J	64	Bearcat Masters-6	1:33.55	1:35.77	20
	45.35	1:35.77 (50.42)				

Event 12 Men 30-34 100 Yard Breaststroke

1	Christiansen, Bryan C	30	Adirondack Masters-3	1:18.10	1:16.36	20
	36.69	1:16.36 (39.67)				

Event 12 Men 50-54 100 Yard Breaststroke

1	Seaton, Dale L	53	Adirondack Masters-3	1:22.07	1:20.89	20
	37.45	1:20.89 (43.44)				
2	Smith, David R	54	Adirondack Masters-3	1:41.31	1:44.89	17
	48.39	1:44.89 (56.50)				

Event 12 Men 65-69 100 Yard Breaststroke

---	Small, Michael J	69	Adirondack Masters-3	1:57.00	DQ	
	52.59	DQ (1:06.70)				

Event 13 Mixed 18+ 200 Yard Freestyle Relay

1	Adirondack Masters-3	A	NT	1:43.61	40
	1) O'Keeffe, Patrick M41	2) Szmul, Anthony J M24	3) Distler, Matthew S M24	4) Houle, Caitlin M W24	
	28.49	55.80 (27.31)	1:19.97 (24.17)	1:43.61 (23.64)	
2	Connecticut Masters-5	A	NT	1:53.67	34
	1) Lamontagne, Robert J M58	2) Duguay, Rob E M31	3) Higgins, Erik M41	4) Gerard, Will H M24	
	1:00.77	1:27.39 (26.62)	1:53.72 (26.33)	1:53.67 ()	
3	Adirondack Masters-3	B	NT	2:20.49	32
	1) Grace, Gary M51	2) VanZandt, Eric J M50	3) Dolan-VanZandt, Colleen W4)	4) Tripp, Hank H M38	
	42.29	1:15.32 (33.03)	1:49.42 (34.10)	2:20.49 (31.07)	

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Event 14 Women 18-24 100 Yard Butterfly

1	Houle, Caitlin M	24	Adirondack Masters-3	2:00.00	1:20.54	20
	35.68	1:20.54 (44.86)				

Event 14 Women 30-34 100 Yard Butterfly

1	King, Sarah C	33	Adirondack Masters-3	2:40.00	2:54.65	20
	1:15.20	2:54.65 (1:39.45)				

Event 14 Women 55-59 100 Yard Butterfly

1	Florio-Jefferys, Joanna M	58	New England Masters Swim Club-	1:45.24	1:43.98	20
	50.03	1:43.98 (53.95)				

Event 14 Men 40-44 100 Yard Butterfly

1	O'Keeffe, Patrick	41	Adirondack Masters-3	54.70	55.60	20
	26.23	55.60 (29.37)				

Event 14 Men 70-74 100 Yard Butterfly

1	Becker, Jim	71	Adirondack Masters-3	1:32.00	1:26.64	20
	41.45	1:26.64 (45.19)				

Event 15 Women 25-29 50 Yard Breaststroke

1	Perreault, Nicole	27	Adirondack Masters-3	38.50	36.44	20
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Event 15 Women 55-59 50 Yard Breaststroke

1	Spence, Denise	57	New England Masters Swim Club-	39.00	38.74	20
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Event 15 Women 60-64 50 Yard Breaststroke

1	Merena, Elizabeth J	64	Bearcat Masters-6	41.75	43.20	20
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Event 15 Men 35-39 50 Yard Breaststroke

1	Tripp, Hank H	38	Adirondack Masters-3	49.83	48.20	20
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Event 15 Men 50-54 50 Yard Breaststroke

1	Seaton, Dale L	53	Adirondack Masters-3	35.98	35.83	20
2	Smith, David R	54	Adirondack Masters-3	44.44	45.50	17

Event 15 Men 55-59 50 Yard Breaststroke

1	Lamontagne, Robert J	58	Connecticut Masters-5	34.80	35.85	20
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Event 15 Men 60-64 50 Yard Breaststroke

1	Wall, Dan	61	Adirondack Masters-3	34.10	33.17	20
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Event 15 Men 65-69 50 Yard Breaststroke

1	Small, Michael J	69	Adirondack Masters-3	46.00	52.04	20
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Event 15 Men 75-79 50 Yard Breaststroke

1	Hack, Ingolf	76	Adirondack Masters-3	NT	45.62	20
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Event 16 Women 18-24 200 Yard IM

1	Wales, Sheyenne	21	Uc03-3	3:04.47	2:53.23	20
	33.88	1:18.78 (44.90)	2:11.24 (52.46)	2:53.23 (41.99)		
2	Houle, Caitlin M	24	Adirondack Masters-3	3:00.00	3:02.81	17
	36.20	1:21.91 (45.71)	2:20.30 (58.39)	3:02.81 (42.51)		

Event 16 Women 30-34 200 Yard IM

1	Zepek, Michelle	33	Connecticut Masters-5	2:52.00	2:43.54	20
	36.94	1:19.49 (42.55)	2:03.87 (44.38)	2:43.54 (39.67)		

2017 Adirondack District Masters Championship - 3/5/2017**Results - Session 1****Event 16 Women 40-44 200 Yard IM**

1	Sega, Ally	43	Connecticut Masters-5	3:17.25	3:20.83	20
	46.05	1:37.48 (51.43)	2:36.87 (59.39)	3:20.83 (43.96)		

Event 16 Men 25-29 200 Yard IM

1	Pellerin, Jared J	27	Adirondack Masters-3	2:25.00	2:22.93	20
	28.88	1:06.59 (37.71)	1:49.39 (42.80)	2:22.93 (33.54)		

Event 17 Women 18-24 100 Yard Freestyle

1	Houle, Caitlin M	24	Adirondack Masters-3	1:15.00	1:13.03	20
	33.03	1:13.03 (40.00)				

Event 17 Women 45-49 100 Yard Freestyle

1	Rosenberg, Meisha	46	Adirondack Masters-3	1:30.00	1:21.79	20
	39.38	1:21.79 (42.41)				
2	Simpson, Bridget	49	Adirondack Masters-3	1:50.00	1:27.30	17
	42.47	1:27.30 (44.83)				
3	Dolan-VanZandt, Colleen	46	Adirondack Masters-3	1:41.00	1:36.57	16
	43.84	1:36.57 (52.73)				

Event 17 Women 60-64 100 Yard Freestyle

1	Rohrey, Susan	62	Uc03-3	1:39.00	1:40.95	20
	45.18	1:40.95 (55.77)				

Event 17 Men 18-24 100 Yard Freestyle

1	Distler, Matthew S	24	Adirondack Masters-3	50.00	48.41	20
	23.38	48.41 (25.03)				

Event 17 Men 30-34 100 Yard Freestyle

1	Kollar, Dan	32	Oregon Masters-37	50.54	51.99	20
	24.63	51.99 (27.36)				

Event 17 Men 35-39 100 Yard Freestyle

1	Tripp, Hank H	38	Adirondack Masters-3	1:10.50	1:08.62	20
	31.79	1:08.62 (36.83)				

Event 17 Men 40-44 100 Yard Freestyle

1	Higgins, Erik	41	Connecticut Masters-5	1:02.00	59.50	20
	28.64	59.50 (30.86)				

Event 17 Men 45-49 100 Yard Freestyle

1	Emeka, Amon S	48	Adirondack Masters-3	53.00	52.00	20
	25.36	52.00 (26.64)				
2	Huang, Thomas	45	Adirondack Masters-3	1:03.00	1:01.97	17
	30.78	1:01.97 (31.19)				

Event 17 Men 50-54 100 Yard Freestyle

1	Alpern, Matthew	53	Adirondack Masters-3	1:01.00	1:01.71	20
	30.30	1:01.71 (31.41)				
2	Seaton, Dale L	53	Adirondack Masters-3	1:11.01	1:18.57	17
	38.48	1:18.57 (40.09)				
3	Shadlock, Steve	52	Adirondack Masters-3	1:18.47	1:18.77	16
	36.63	1:18.77 (42.14)				
4	Smith, David R	54	Adirondack Masters-3	1:16.57	1:19.99	15
	37.87	1:19.99 (42.12)				
5	Grace, Gary	51	Adirondack Masters-3	1:40.00	1:24.67	14
	39.22	1:24.67 (45.45)				

2017 Adirondack District Masters Championship - 3/5/2017

Results - Session 1

Event 17 Men 75-79 100 Yard Freestyle

1	Hack, Ingolf	76	Adirondack Masters-3	NT	1:25.71	20
	40.77	1:25.71 (44.94)				

Event 18 Women 30-34 200 Yard Backstroke

1	King, Sarah C	33	Adirondack Masters-3	5:30.00	5:10.84	20
	1:09.27	2:28.22 (1:18.95)	3:49.92 (1:21.70)	5:10.84 (1:20.92)		

Event 18 Men 30-34 200 Yard Backstroke

1	Christiansen, Bryan C	30	Adirondack Masters-3	2:15.38	2:32.22	20
	34.34	1:13.25 (38.91)	1:53.62 (40.37)	2:32.22 (38.60)		

Event 18 Men 50-54 200 Yard Backstroke

1	Bell, Blake R	54	Adirondack Masters-3	3:04.70	2:59.02	20
	44.73	1:30.63 (45.90)	2:15.97 (45.34)	2:59.02 (43.05)		

Event 19 Women 45-49 1000 Yard Freestyle

1	Grace, Laura L	47	Adirondack Masters-3	15:25.00	15:39.03	20
	39.70	1:23.17 (43.47)	2:07.96 (44.79)	3:40.29 (1:32.33)		
	4:27.84 (47.55)	5:15.59 (47.75)	6:03.54 (47.95)	6:52.62 (49.08)		
	7:40.56 (47.94)	8:29.64 (49.08)	9:17.91 (48.27)	10:05.91 (48.00)		
	10:54.45 (48.54)	11:42.45 (48.00)	12:31.33 (48.88)	13:19.01 (47.68)		
	14:06.49 (47.48)	14:53.96 (47.47)	15:39.23 (45.27)	15:39.03 ()		

Event 19 Women 55-59 1000 Yard Freestyle

1	Florio-Jefferys, Joanna M	58	New England Masters Swim Club-	18:25.96	17:31.13	20
	44.65	1:35.68 (51.03)	2:27.72 (52.04)	3:19.73 (52.01)		
	4:12.25 (52.52)	5:05.15 (52.90)	5:57.59 (52.44)	6:51.25 (53.66)		
	7:44.10 (52.85)	8:37.06 (52.96)	9:30.22 (53.16)	10:24.06 (53.84)		
	11:16.96 (52.90)	12:10.74 (53.78)	13:04.25 (53.51)	13:58.58 (54.33)		
	14:52.13 (53.55)	15:45.69 (53.56)	16:41.05 (55.36)	17:31.13 (50.08)		

Event 19 Men 18-24 1000 Yard Freestyle

1	Gerard, Will H	24	Connecticut Masters-5	11:30.99	11:27.80	20
	29.97	1:03.83 (33.86)	1:38.24 (34.41)	2:13.19 (34.95)		
	2:48.08 (34.89)	3:23.01 (34.93)	3:57.73 (34.72)	4:32.86 (35.13)		
	5:07.94 (35.08)	5:43.27 (35.33)	6:18.46 (35.19)	6:53.67 (35.21)		
	7:29.01 (35.34)	8:03.75 (34.74)	8:38.87 (35.12)	9:13.60 (34.73)		
	9:48.10 (34.50)	10:22.64 (34.54)	10:56.49 (33.85)	11:27.80 (31.31)		

Event 19 Men 30-34 1000 Yard Freestyle

1	Duguay, Rob E	31	Connecticut Masters-5	12:35.69	12:18.38	20
	32.78	1:08.22 (35.44)	1:44.45 (36.23)	2:21.24 (36.79)		
	2:58.39 (37.15)	3:35.58 (37.19)	4:12.98 (37.40)	4:50.21 (37.23)		
	5:27.55 (37.34)	6:05.86 (38.31)	6:42.81 (36.95)	7:20.00 (37.19)		
	7:57.29 (37.29)	8:35.12 (37.83)	9:12.92 (37.80)	9:50.53 (37.61)		
	10:28.36 (37.83)	11:05.83 (37.47)	11:42.82 (36.99)	12:18.38 (35.56)		

Event 19 Men 55-59 1000 Yard Freestyle

1	Bacon, James B	55	Adirondack Masters-3	13:30.00	13:05.00	20
	35.09	1:13.64 (38.55)	1:53.33 (39.69)	2:33.24 (39.91)		
	3:13.54 (40.30)	3:53.67 (40.13)	4:33.48 (39.81)	5:13.50 (40.02)		
	5:53.19 (39.69)	6:33.13 (39.94)	7:12.42 (39.29)	7:52.06 (39.64)		
	8:31.68 (39.62)	9:11.33 (39.65)	9:51.03 (39.70)	10:30.62 (39.59)		
	11:09.87 (39.25)	11:48.99 (39.12)	12:27.89 (38.90)	13:05.00 (37.11)		

2017 Adirondack District Masters Championship - 3/5/2017**Results - Session 1****Event 20 Women 40-44 1650 Yard Freestyle**

1	Sega, Ally	43	Connecticut Masters-5	27:18.85	27:32.24	20
	47.19	1:36.02 (48.83)	2:24.76 (48.74)	3:14.47 (49.71)		
	4:04.96 (50.49)	4:55.27 (50.31)	5:44.81 (49.54)	6:34.36 (49.55)		
	7:24.00 (49.64)	8:13.15 (49.15)	9:04.20 (51.05)	9:55.65 (51.45)		
	10:47.21 (51.56)	11:37.01 (49.80)	12:27.53 (50.52)	13:18.70 (51.17)		
	14:09.38 (50.68)	14:59.86 (50.48)	15:50.38 (50.52)	16:41.35 (50.97)		
	17:33.20 (51.85)	18:22.98 (49.78)	19:13.51 (50.53)	20:04.82 (51.31)		
	20:55.85 (51.03)	21:46.84 (50.99)	22:38.04 (51.20)	23:27.28 (49.24)		
	24:18.58 (51.30)	25:07.92 (49.34)	25:57.61 (49.69)	26:46.47 (48.86)	27:32.24 (45.77)	

Event 20 Women 45-49 1650 Yard Freestyle

1	Simpson, Bridget	49	Adirondack Masters-3	32:00.00	29:25.48	20
	44.07	1:33.68 (49.61)	2:25.61 (51.93)	3:17.94 (52.33)		
	4:10.33 (52.39)	5:02.98 (52.65)	5:56.61 (53.63)	6:48.99 (52.38)		
	7:41.71 (52.72)	8:35.44 (53.73)	9:28.91 (53.47)	10:21.71 (52.80)		
	11:14.92 (53.21)	12:10.27 (55.35)	13:03.83 (53.56)	13:58.74 (54.91)		
	14:54.62 (55.88)	15:49.57 (54.95)	16:44.47 (54.90)	17:38.46 (53.99)		
	18:33.01 (54.55)	19:27.92 (54.91)	20:22.97 (55.05)	21:17.47 (54.50)		
	22:13.88 (56.41)	23:08.36 (54.48)	24:03.83 (55.47)	24:59.19 (55.36)		
	25:54.23 (55.04)	26:48.89 (54.66)	27:43.62 (54.73)	28:37.46 (53.84)	29:25.48 (48.02)	

Event 20 Men 18-24 1650 Yard Freestyle

1	Szmul, Anthony J	24	Adirondack Masters-3	24:30.00	18:34.41	20
	29.60	1:03.89 (34.29)	1:38.20 (34.31)	2:12.15 (33.95)		
	2:46.11 (33.96)	3:20.42 (34.31)	3:54.93 (34.51)	4:28.80 (33.87)		
	5:02.89 (34.09)	5:37.17 (34.28)	6:11.57 (34.40)	6:45.47 (33.90)		
	7:19.68 (34.21)	7:53.81 (34.13)	8:27.69 (33.88)	9:01.86 (34.17)		
	9:35.73 (33.87)	10:09.54 (33.81)	10:43.41 (33.87)	11:17.44 (34.03)		
	11:51.19 (33.75)	12:25.04 (33.85)	12:58.84 (33.80)	13:32.61 (33.77)		
	14:06.51 (33.90)	14:40.38 (33.87)	15:14.56 (34.18)	15:48.55 (33.99)		
	16:22.11 (33.56)	16:55.80 (33.69)	17:29.17 (33.37)	18:02.55 (33.38)	18:34.41 (31.86)	

Event 20 Men 35-39 1650 Yard Freestyle

1	Tripp, Hank H	38	Adirondack Masters-3	28:39.08	28:03.59	20
	40.59	1:26.32 (45.73)	2:16.13 (49.81)	3:06.88 (50.75)		
	3:58.43 (51.55)	4:49.09 (50.66)	5:42.25 (53.16)	6:35.41 (53.16)		
	7:27.52 (52.11)	8:19.85 (52.33)	9:11.50 (51.65)	10:03.75 (52.25)		
	10:56.45 (52.70)	11:48.89 (52.44)	12:40.95 (52.06)	13:33.91 (52.96)		
	14:26.37 (52.46)	15:18.18 (51.81)	16:10.54 (52.36)	17:02.63 (52.09)		
	17:55.45 (52.82)	18:48.29 (52.84)	19:40.88 (52.59)	20:32.06 (51.18)		
	21:23.74 (51.68)	22:15.80 (52.06)	23:06.25 (50.45)	23:57.63 (51.38)		
	24:48.55 (50.92)	25:38.52 (49.97)	26:28.64 (50.12)	27:17.38 (48.74)	28:03.59 (46.21)	

Event 20 Men 50-54 1650 Yard Freestyle

1	VanZandt, Eric J	50	Adirondack Masters-3	26:52.00	26:14.95	20
	37.13	2:03.06 (1:25.93)	2:48.13 (45.07)	3:34.39 (46.26)		
	4:20.20 (45.81)	5:07.58 (47.38)	5:55.54 (47.96)	6:44.82 (49.28)		
	7:32.79 (47.97)	8:21.46 (48.67)	9:08.57 (47.11)	9:56.20 (47.63)		
	10:44.07 (47.87)	11:32.65 (48.58)	12:20.60 (47.95)	13:09.73 (49.13)		
	13:58.09 (48.36)	14:46.80 (48.71)	15:35.19 (48.39)	16:23.54 (48.35)		
	17:13.14 (49.60)	18:02.17 (49.03)	18:52.56 (50.39)	19:42.95 (50.39)		
	20:33.33 (50.38)	21:23.67 (50.34)	22:13.49 (49.82)	23:03.09 (49.60)		
	23:51.81 (48.72)	24:41.36 (49.55)	25:30.33 (48.97)	26:15.03 (44.70)	26:14.95 ()	

2017 Adirondack District Masters Championship - 3/5/2017**Results - Session 1****Event 20 Men 75-79 1650 Yard Freestyle**

1	Koop, Douglas A	75	Adirondack Masters-3	30:55.27	30:15.82	20
	49.22	1:43.62 (54.40)	2:40.11 (56.49)	3:36.95 (56.84)		
	4:33.83 (56.88)	5:28.33 (54.50)	6:23.82 (55.49)	7:19.03 (55.21)		
	8:13.71 (54.68)	9:09.18 (55.47)	10:04.89 (55.71)	11:00.90 (56.01)		
	11:56.33 (55.43)	12:51.65 (55.32)	13:47.13 (55.48)	14:43.18 (56.05)		
	15:38.79 (55.61)	16:34.40 (55.61)	17:29.56 (55.16)	18:23.67 (54.11)		
	19:20.61 (56.94)	20:15.97 (55.36)	21:11.52 (55.55)	22:06.49 (54.97)		
	23:02.26 (55.77)	23:57.58 (55.32)	24:52.94 (55.36)	25:48.22 (55.28)		
	26:42.65 (54.43)	27:37.76 (55.11)	28:32.47 (54.71)	29:25.89 (53.42)	30:15.82 (49.93)	

Combined Team ScoresCombined Team Scores - Through Event 20

1.	Adirondack Masters	1880	2.	Connecticut Masters	428
3.	New England Masters Swim Club	200	4.	Uc03	94
5.	Bearcat Masters	60	6.	Oregon Masters	40