

CHAMPIONSHIP EVENT: 2017 Women's 3000 ePostal
EVENT DATE(S): September 15-November 15, 2017
SANCTION NUMBER: 327-S007
SANCTIONING LMSC: Colorado LMSC
SPONSORING ORG: Loveland Masters Swimming
EVENT DIRECTOR: Doug Garcia
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Age group	Place	First Name	Last Name	MI	Date of Swim	Age	Club Abbr	USMS #	Time	Quality Points	√ if national record
18-24	1	Madeline	Bruce	J	11/5/2017	23	IM	217S-09DA1	35:53.99	904	
	2	Holly	DeSmitt		10/21/2017	23	ROCH	047W-0B3R9	50:57.71	637	
	3	Sarah	Dietz	Jayne	11/6/2017	23	LOCO	557F-0AHUH	55:59.90	579	
25-29	1	Kelsey	Liu		11/15/2017	25	MOVY	2873-0A4V8	35:52.02	904	
	2	Kate	Stephensen	A	11/15/2017	28	VMST	127Y-06ZS2	36:19.37	893	
	3	Laura	Richards	M	10/30/2017	28	PBM	5089-0AK3M	46:42.20	694	
	4	Molly	Spray	M	11/5/2017	28	SWED	217P-094RT	48:28.29	669	
30-34	1	Heather	Frees	M	10/22/2017	34	NCMS	137C-05P9Y	36:47.39	888	
	2	Kendra	Hogg		11/15/2017	30	VMST	127D-09RSH	37:20.63	875	
	3	Kathleen	Pelczynski		10/27/2017	32	NCMS	137J-06W4X	40:13.25	812	
	4	Julie	Hintermeister	L	11/2/2017	30	SWED	217X-06SSW	40:54.48	799	
	5	Molly	Brown		11/11/2017	31	BUMS	047A-088F6	41:13.60	793	
	6	Meredith	Anderson	A	11/9/2017	31	LOCO	558D-05ZSY	42:54.20	762	
	7	Hannah	Plimpton		11/11/2017	32	1776	0874-05XZT	44:31.40	734	
	8	Kristen	Ellison	L	10/24/2017	32	IM	2179-074H7	46:36.87	701	
	9	Vicki	Bolf	A	10/19/2017	32	IM	217S-06TMW	46:52.99	697	
	10	Stephanie	Rock	L	11/8/2017	30	PBM	5074-098BE	47:09.01	693	
	11	Leah	Harris	S	11/2/2017	32	OREG	378A-0B4PW	48:30.85	674	
	12	Sarah	Mulder		10/21/2017	33	CMS	3274-06T38	48:31.78	673	
	13	Pamela	Staton	J	11/5/2017	31	SWED	2176-0AN4B	49:53.48	655	
	14	Sarah	Glitto		11/12/2017	32	WSTM	217U-0AVT0	50:37.92	645	
	15	Delana	Spaulding	D	11/11/2017	31	BUMS	048C-0AW83	55:36.90	588	
	16	Sara	Spray		11/2/2017	30	SWED	2183-0ABXW	57:47.15	566	
	17	Edith	Hannigan		11/11/2017	30	DAM	3876-07TXP	1:03:38.05	514	

Age group	Place	First Name	Last Name	MI	Date of Swim	Age	Club Abbr	USMS #	Time	Quality Points	√ if national record
35-39	1	Kellie	McCaffery	W	10/21/2017	36	ROCH	0476-0719J	37:40.67	873	
	2	Heather	Raley	A	11/5/2017	36	MERR	097Y-0B3W8	40:59.00	803	
	3	Mina	Whitmer	K	11/6/2017	39	BSMS	2479-D0C13	42:55.00	767	
	4	Trisha	Vigil		11/15/2017	36	CMS	3285-0ACMC	42:59.34	766	
	5	Christina	Hitchcock		11/9/2017	35	SFTL	507X-061JZ	44:22.67	742	
	6	Stacey	Pitcher		11/12/2017	39	CMS	3275-029Z0	46:11.11	713	
	7	Lauren	Van Allen	M	11/11/2017	37	TFAM	268J-02HAZ	47:58.97	686	
	8	Sara	Chapman		10/24/2017	36	IM	217U-08BZK	50:46.40	648	
	9	Micah	Ling	E	11/11/2017	36	CMS	328F-0B4P2	53:19.00	617	
	10	Angela	McQuillan		11/15/2017	36	CMS	328S-09THS	55:33.19	592	
	11	Molly	Jackson		11/13/2017	35	UC16	168Z-08DSG	1:07:42.00	486	
40-44	1	Michelle	McRae		10/20/2017	42	PSM	3677-04FBZ	37:47.74	881	
	2	Melanie	Gentles	H	10/15/2017	40	DAM	387Y-071K6	40:18.43	826	
	3	Julie	Gendler	L	10/22/2017	41	SAWS	5971-0A7WR	40:53.23	815	
	4	Henrietta	Szeredi		11/14/2017	41	SPM	148S-09JDX	42:47.00	779	
	5	Madelyn	Tan-Cohen		11/5/2017	43	SWED	2179-0A7JT	44:10.91	754	
	6	Kaitlyn	Woods		11/6/2017	40	BSMS	248H-082CC	44:54.52	742	
	7	Maria	Arriola Clemenz		10/21/2017	40	TFAM	267X-0B4A7	45:05.00	739	
	8	Kate	Ufford		11/13/2017	42	PBM	5078-09ES7	45:05.00	739	
	9	Emily	Lewis-Pinnell	M	11/15/2017	42	WLOO	438S-0AKW0	45:33.58	731	
	10	Mary	McGovern		11/4/2017	44	BUMS	048W-088GW	46:28.00	717	
	11	Caroline	Lubbers	J	10/26/2017	42	SWED	2171-084R7	48:30.34	687	
	12	Hillary	Morris		10/28/2017	42	PBM	5077-095WK	48:33.41	686	
	13	Alexandra	Lessem		10/21/2017	42	CMS	328T-0743W	48:46.14	683	
	14	Alicia	Easterling-Sorrentino		10/30/2017	41	PBM	507M-0B1E7	48:58.24	680	
	15	Ali	Massoud		11/5/2017	43	SWED	218X-09NW7	49:57.18	667	
	16	Amanda	Law	M	11/13/2017	42	NCMS	137Z-09S14	53:14.19	626	
	17	Jeraine	Ketchem	C	11/14/2017	44	PBM	5089-07P93	53:34.99	622	
	18	Kristin	Volz	R	10/27/2017	44	SFTL	507B-DUCKY	59:01.08	564	
19	Heather	Smith		11/1/2017	43	LOCO	557M-0AZP3	1:03:57.05	521		
20	Jennifer	Hernandez	M	10/31/2017	41	PSM	367J-0B1Z5	1:13:54.14	451		
45-49	1	Anne	Cappola	R	11/11/2017	48	1776	087K-022E0	38:27.00	881	
	2	Tammy	Regan Koppelberger		10/28/2017	45	PSM	367M-09UES	40:36.89	834	
	3	Kelli	Broussard	A	11/14/2017	45	UC15	157D-01T55	41:16.54	821	
	4	Tracy	Wells	J	11/13/2017	45	WLOO	437K-0AHKW	41:16.57	821	
	5	Gillian	Salton	G	11/11/2017	49	OREG	377G-05G96	43:41.00	776	

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	6	Crystal	Garland		10/19/2017	46	CMS	328M-09RHE	44:17.43	765	
	7	Suzanne	Dearworth	R	11/15/2017	45	PBM	507T-027H7	44:36.94	760	
	8	Renee	Parys		11/15/2017	45	WLOO	438E-0AKF1	45:52.20	739	
	9	Anne Marie	Gladding		11/5/2017	49	MICH	197M-0AP03	46:17.67	732	
	10	Tracy	Williams	A	10/28/2017	45	PBM	507W-09DRD	46:22.02	731	
	11	Kathy	Farrell Guizar		10/27/2017	45	WWM	358R-07HUJ	48:11.27	703	
	12	Darcy	Kinnersley	A	10/21/2017	46	CMS	3271-09TJ8	50:10.47	675	
	13	Jennifer	McBride		11/5/2017	48	SWED	217M-06MSU	50:20.05	673	
	14	Sybille	Rex		11/14/2017	49	UC02	0275-0ABEK	50:31.95	671	
	15	Jane	Woo		10/24/2017	48	UC10	1079-036PP	50:47.04	667	
	16	Rosina	Bolen		10/15/2017	45	YWMA	087R-0ADB6	51:53.57	653	
	17	Shaundra	Ray	L	11/8/2017	49	CMS	327F-0APE5	52:23.34	647	
	18	Ruth	Giles-Ott		11/3/2017	49	IM	2171-02VKN	52:40.22	643	
	19	Ingrid	Bon		11/8/2017	47	PBM	5078-07ZM1	53:29.00	634	
	20	Beth	Karnisky		10/21/2017	46	ROCH	0477-01XA4	53:47.36	630	
	21	Kelly	Wire	L	11/11/2017	48	INDY	168V-0APH5	54:19.60	624	
	22	Jennifer	Graham		11/6/2017	46	BSMS	2480-0B4V4	55:17.84	613	
	23	Donel	Hakes	M	11/12/2017	49	INDY	167W-07J7B	58:07.16	583	
	24	Eileen	Kristl		11/5/2017	48	SWED	217X-082GV	1:03:43.58	532	
	25	Janie	Crosmer	L	11/12/2017	48	UC26	267T-072TR	1:04:22.64	526	
	26	Nicole	Vidales	M	10/26/2017	47	SWED	2176-0ATWF	1:05:53.70	514	
	27	Briana	Johnson	M	11/8/2017	48	LOCO	5578-0B19A	1:07:05.77	505	
	28	Susan	Schroeder	W	11/3/2017	49	BSMS	2481-0ASHR	1:07:22.12	503	
	29	Erica	Strater	B	11/5/2017	48	SWED	217E-0B1XE	1:09:52.43	485	
50-54	1	Laurie	Hug		11/11/2017	52	1776	087Y-0226X	35:32.15	963	
	2	Kimberly	Elsbach	D	10/17/2017	54	DAM	387X-D0NUT	37:48.00	905	
	3	Charlotte	Brynn	J	10/28/2017	51	NEM	0270-034BA	38:20.79	892	
	4	Stephanie	Saucy	A	11/11/2017	54	1776	087P-07VRM	38:42.99	884	
	5	Linda	Irish Bostic		10/18/2017	54	PBM	507W-06BTX	39:26.01	868	
	6	Dawn	Clark		11/8/2017	53	SPM	147J-05VRX	40:41.00	841	
	7	Livia	Zien	L	11/15/2017	51	SPM	148C-02RN5	42:37.05	803	
	8	Pamela	Figoras	C	11/13/2017	52	PBM	508Z-06K1C	42:40.47	802	
	9	Marcia	Cleveland	E	10/11/2017	53	IM	217K-MC944	43:35.59	785	
	10	Kris	Rebert	L	10/15/2017	54	YWMA	0875-070MC	45:02.08	760	
	11	Heidi	Polly	A	9/30/2017	50	CMS	327H-00D8R	45:19.56	755	
	12	Debra	Butler	L	10/19/2017	54	CMS	327W-0945B	45:28.60	752	

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	13	Jeanne	Danford	G	11/14/2017	54	PBM	507Y-028BV	45:40.99	749	
	14	Jennifer	Phalen	R	11/5/2017	53	DAM	388A-JENNY	45:41.00	749	
	15	Jayna	Heimark	E	10/17/2017	54	CMS	327Z-0A3ZJ	46:06.00	742	
	16	Anne	Hyre		10/19/2017	50	CMS	327H-0A9P1	48:49.27	701	
	17	Dee	Davis	S	11/11/2017	51	ENSW	1584-021WD	49:24.59	692	
	18	Sarah	Bennett	L	10/22/2017	54	SFTL	507H-G00SE	52:55.06	647	
	19	Gretchen	Wahl		11/2/2017	53	SWED	217T-087N0	54:10.17	632	
	20	Cathy	Goodwin	W	11/7/2017	52	PBM	507J-08CWV	55:09.99	620	
	21	Rebecca	Dodson-Webster		11/6/2017	51	WASC	088F-09P8V	56:08.00	610	
	22	Susan	Smith	M	11/7/2017	53	PBM	508H-0A55G	57:58.99	590	
	23	Flavia	Medlin	Z	11/2/2017	50	O*H*	187G-02RHK	58:38.70	583	
	24	Yumiko	Luke	H	11/3/2017	52	SAWS	5971-09XTD	59:41.00	573	
	25	Andrea	Brands	B	11/2/2017	54	SWED	218D-09MKJ	1:01:50.44	553	
	26	Lana	Lambert		11/10/2017	50	PMST	5471-01HZR	1:04:00.00	535	
	27	Alice	Caroompas		11/11/2017	53	BUMS	048G-0A6HE	1:13:21.40	466	
	28	Heidi	Musser		11/2/2017	51	SWED	218U-05F45	1:28:52.23	385	
55-59	1	Ellie	Najjar	S	10/29/2017	56	CMS	3273-045G5	37:22.07	952	
	2	Vibeke	Swanson	L	11/11/2017	56	1776	0881-02223	38:26.30	926	
	3	Denise	Brown	H	11/11/2017	58	MICH	197Y-01U86	38:27.89	925	
	4	Julia	Leo	E	11/15/2017	56	PBM	5083-0966W	39:54.41	892	
	5	Arlene	Delmage		11/15/2017	55	OREG	3776-01Z4F	40:01.81	889	
	6	Sharon	Steinmann	B	10/29/2017	59	SPM	1472-02RG3	40:32.00	878	
	7	Heidi	Kafka		10/22/2017	55	IM	217K-02X7X	40:32.31	878	
	8	Judy	Nelson	A	10/22/2017	57	CMS	3283-030PJ	41:16.35	862	
	9	Betsy	Hanson	A	11/11/2017	56	OREG	378B-03D7C	41:34.99	856	
	10	Angi	Smith		10/21/2017	55	CMS	327S-0A8NW	42:58.00	828	
	11	Dianne	Powers		11/11/2017	56	INDY	1683-0A7V4	43:13.00	823	
	12	Margaret	Haskins	C	10/28/2017	59	NEM	028S-05UC8	44:37.38	797	
	13	Donna	Altman		11/3/2017	59	LOCO	557M-01GWF	45:51.78	776	
	14	Patricia	Nardozzi	J	10/29/2017	58	SPM	1471-02RG2	47:07.44	755	
	15	Mary Shawn	Kelly		11/1/2017	55	SFTL	507F-0AEU1	47:24.55	751	
	16	Karen	Snow	E	11/9/2017	58	MERR	0977-09SB0	49:52.00	714	
	17	Mary	Gibbs	A	10/28/2017	58	TMAS	127R-02HNZ	50:08.00	710	
	18	Maddie	Diedo		11/1/2017	59	MICH	197Y-028U9	50:09.17	710	
	19	Patricia	Naruse	E	11/14/2017	59	NOVA	337K-03AN9	50:17.00	708	
	20	Cynthia	Henley	P	11/1/2017	59	SFTL	507P-07SFD	50:27.87	705	

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	21	Debra	Attin Neville		11/1/2017	58	SFTL	507B-027HM	50:27.87	705	
	22	Nancy	Wright	E	11/14/2017	57	PBM	508Y-09WDK	50:50.95	700	
	23	Debby	Eisinger	W	10/27/2017	59	SFTL	507Z-095ZS	53:29.62	665	
	24	Terrie	Albano		11/5/2017	55	SWED	217P-081K6	54:00.80	659	
	25	Tamara	Burton		11/6/2017	59	PBM	5077-099CG	54:13.78	656	
	26	Tamara	Nist	E	10/7/2017	56	BUMS	0470-0AFZT	54:20.00	655	
	27	Cathy	Fraser		11/4/2017	58	CMS	3287-0ASDW	55:09.36	645	
	28	Patty	Deters	J	11/11/2017	56	CMS	328B-0AV1K	57:24.81	620	
	29	Beth	Poore		11/8/2017	57	GSM	078D-05ZBV	58:58.03	603	
	30	Donna	Urban	D	11/11/2017	58	CMS	3278-085N4	58:58.17	603	
	31	Debbie	Buehler		11/4/2017	59	CMS	3282-09RS3	1:00:30.77	588	
	32	Adrienne	Chin-Ogilvie		10/23/2017	57	SFTL	507K-028EA	1:04:50.08	549	
	33	Carolyn	Snyder		11/6/2017	56	UC02	028M-0AHWV	1:04:53.62	548	
	34	Laurie	Roberts	A	11/13/2017	57	LOCO	558A-0B2E1	1:06:47.85	533	
	35	Mary Ann	Capria		11/15/2017	59	LOCO	5589-0AW5E	1:07:17.02	529	
	36	Marie	DeGennaro	E	11/15/2017	57	MOST	4377-02PWB	1:08:18.36	521	
	37	Robin	Downing		11/4/2017	59	CMS	327U-03256	1:12:30.00	491	
	38	Aliza	Becker	C	11/2/2017	59	SWED	218C-090J4	1:12:45.80	489	
60-64	1	Colette	Crabbe	M	11/10/2017	61	OREG	377K-02645	39:28.74	950	
	2	Catherine	Rust	M	10/27/2017	64	PBM	5074-06WNH	42:25.99	884	
	3	Darcy	LaFountain	H	11/15/2017	62	PBM	507E-0212Z	42:59.57	873	
	4	Sue	Watts	N	11/10/2017	63	1776	088V-05TSF	45:17.99	828	
	5	Jeanna	Summers		11/15/2017	63	OREG	377N-000PT	45:19.04	828	
	6	Jan	Hildebrandt	D	11/14/2017	60	OREG	3780-09TBG	47:46.38	785	
	7	Paula	Moores	J	10/29/2017	60	SAWS	5979-01J0E	49:40.48	755	
	8	Linda	Bamber	S	11/12/2017	63	LOCO	5583-003ST	50:50.22	738	
	9	Valerie	Romberg	R	11/11/2017	61	INDY	168X-0A1W3	51:57.32	722	
	10	Charlotte	Kramer		10/7/2017	63	BUMS	047D-0926U	52:36.00	713	
	11	Linda	Callaway		9/15/2017	64	MOST	437K-02NEV	52:38.74	713	
	12	Jo-Ann	Berry		10/18/2017	61	PBM	507K-027YV	53:47.00	698	
	13	Kim	McFall	A	11/11/2017	60	UC48	487F-0AP8Y	54:11.04	692	
	14	Blair	Brockman	S	10/26/2017	62	TULS	2772-080YC	54:48.18	685	
	15	Deanna	Johnson	L	11/5/2017	61	DAM	388N-041KE	54:49.00	684	
	16	Kit	Bruce	J	11/3/2017	60	LOCO	5582-01H8V	56:54.90	659	
	17	Laurie	Loose	W	11/15/2017	60	ARIZ	488J-06Y9B	57:07.00	657	
	18	Deborah	Pederson	J	10/29/2017	60	MOST	437T-09U2V	57:07.18	657	

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	19	Karen	Lewin		10/27/2017	61	PBM	507R-06124	57:18.38	655	
	20	Karen	Saef	B	11/15/2017	63	SYSM	1480-KBSPH	57:25.16	653	
	21	Terese	Butler	A	11/15/2017	60	ARIZ	488V-061ZM	57:37.00	651	
	22	Katy	Lantz	C	11/5/2017	64	DAM	387M-040UN	58:06.00	646	
	23	Joyce	Howard		11/15/2017	62	ARIZ	488A-06JJ3	58:45.00	639	
	24	Susan	White	J	11/12/2017	62	OREG	3775-095U4	58:58.99	636	
	25	Cary	Craig	A	10/1/2017	60	DAM	3878-05GST	1:01:15.00	613	
	26	Connie	Shuman		11/10/2017	62	OREG	377Y-026A0	1:02:56.00	596	
	27	Sabina	Cowie	A	11/9/2017	61	PBM	5074-09DVT	1:06:28.67	564	
	28	Joan	Collins	K	11/3/2017	64	BSMS	248J-0APDU	1:08:23.07	549	
	29	Sedley	Josserand	A	11/3/2017	64	BSMS	248Y-01TGN	1:11:40.53	523	
	30	Scarlet	Huber	C	10/31/2017	61	DAM	388P-05SRE	1:14:54.00	501	
	31	Colleen	Brown	M	10/7/2017	60	BUMS	047S-0AM6X	1:16:00.00	494	
	32	Marla	Cohen		10/26/2017	63	SWED	217F-06AY3	1:20:29.21	466	
	33	Jane	Montes	A	10/26/2017	61	SWED	2185-06NXH	1:20:48.88	464	
	34	L. Renee	Solomon		10/28/2017	64	NEM	027F-09P4T	1:21:25.55	461	
65-69	1	Shirley	Loftus-Charley	A	11/15/2017	66	VMST	128H-WATER	39:28.65	980	
	2	Elizabeth	Kassen	K	10/29/2017	65	PSM	367N-04F98	44:41.65	865	
	3	Joanne	Menard		10/14/2017	69	MMAC	487Z-02F1Y	46:07.38	838	
	4	Lynn	Rhue	M	11/4/2017	66	UC48	487X-0306N	49:19.49	784	
	5	Jill	Wright	M	10/22/2017	66	SAWS	597U-01J02	49:23.25	783	
	6	Suzanne	Mitchell		11/14/2017	69	PBM	507H-08CXY	58:47.99	658	
	7	Michelle	Martin	E	10/23/2017	68	SFTL	5071-02D6V	1:01:04.53	633	
	8	Kate	Wilson	C	11/14/2017	69	OREG	378E-0B4NE	1:03:13.02	612	
	9	Lucy	Fleming	J	11/11/2017	68	BUMS	048M-0A4X5	1:04:41.88	598	
	10	Sarah	Ludden	M	11/5/2017	65	SWED	218M-098CX	1:04:47.41	597	
	11	Cynthia	Needham		10/26/2017	69	NEM	027H-071D8	1:08:46.82	562	
	12	Nina	Clarkson	W	11/15/2017	65	MOST	437P-093N8	1:09:52.04	553	
	13	Sue	Cosper		11/15/2017	69	INDY	167V-02AC3	1:13:06.00	529	
	14	Jan Elisa	Mosca		11/14/2017	67	NCMS	137C-07HB6	1:15:40.21	511	
	15	Susan	Sugai		10/12/2017	68	AKMS	567A-09WB6	1:18:30.10	493	
	16	Monica	Brogan	M	10/28/2017	65	TMAS	127E-0A84Y	1:19:07.71	489	
	17	Florence	Estes	S	10/26/2017	65	SWED	2174-0APEH	1:21:27.43	475	
	18	Ronna	Feldman	E	10/24/2017	69	SWED	218W-02UU9	1:25:54.58	450	
	19	Diane	Wagner	J	11/15/2017	69	ARIZ	488R-0729H	1:27:05.00	444	
70-74	1	Ann	Vitt		10/29/2017	71	MOST	437K-02R7K	53:33.10	852	

Age group	Place	First Name	Last Name	MI	Date of Swim	Age	Club Abbr	USMS #	Time	Quality Points	√ if national record
	2	Leslie	Westergaard	M	11/11/2017	74	DAM	388J-03GEZ	59:54.87	761	
	3	Susan	Newman	W	10/26/2017	70	UC12	1275-0A900	1:06:02.89	690	
	4	Susan	Paris	I	9/15/2017	71	O*H*	187Y-01WC8	1:08:16.56	668	
	5	Jan	Miller	H	10/17/2017	74	SYSM	147B-083F4	1:18:11.00	583	
	6	Jeanne	Seidler	E	11/15/2017	71	WMAC	208W-01R6A	1:27:09.99	523	
75-79	1	Patricia	Bond	M	10/16/2017	79	SYSM	1475-02RDM	55:05.16	931	
	2	Louise	Murray		10/21/2017	77	ROCH	0478-01X4Z	55:56.75	917	
	3	Sara	Emmons		10/19/2017	75	UC03	328F-0A6SG	1:09:19.06	740	
80-84	1	June	Baima		11/8/2017	83	GAJA	458C-063X9	1:21:27.53	678	