

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

Sanction #: 144-R002

Results

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

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

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

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

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

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

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

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

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

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%

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

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

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

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

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

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

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

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

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

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

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Results

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		

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

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
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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

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

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	8:41.54	4:08.10
		6:24.62		
---	Palace, Kelly	63	ROCK	NS
---	Kupan, Cheryl	60	SAIN	NS

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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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	

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

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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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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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	

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

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

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

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	

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

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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Results

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

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

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

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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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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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
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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
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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

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

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

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

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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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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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

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

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

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

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

Sanction #: 144-R002

Results

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 T V NS

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

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

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

Sanction #: 144-R002

Results

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

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

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

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

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

Men 45-49 50 LC Meter Freestyle

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

1 Zweibelson, Samuel 49 CASS 30.27

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

Men 45-49 400 LC Meter Freestyle

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

--- Zweibelson, Samuel 49 CASS NS

Men 45-49 50 LC Meter Backstroke

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

1 Zweibelson, Samuel 49 CASS 41.76

Men 45-49 50 LC Meter Breaststroke

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

1 Zweibelson, Samuel 49 CASS 42.62

Men 45-49 50 LC Meter Butterfly

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

1 Zweibelson, Samuel 49 CASS 35.24

Men 60-64 50 LC Meter Freestyle

Goodlife: 28.48 % 2/29/2020 Michael Smith

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

1 Clagherty, Jim 63 WESL 33.37

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

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

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

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

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

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

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

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

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

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

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

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

Sanction #: 144-R002

Results

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

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

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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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
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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
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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

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%

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

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

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%
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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	CRY	NS
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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	CRY	NS
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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	CRY	NS
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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	CRY	NS

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

Men 75-79 200 LC Meter Backstroke

Goodlife: 3:32.17 % 2001 Paul Hutinger

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

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

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

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

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

Sanction #: 144-R002

Results

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

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

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

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

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

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

Men 80-84 200 LC Meter Backstroke

Goodlife: 4:05.58 % 2005 Paul Hutinger
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

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

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

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

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

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