

**2004 MARYLAND LMSC SWIM SERIES MEET #1 – HOWARD COUNTY YMCA – OCTOBER 18, 2003**

WOMENS 19-24			Dianne Bettick	32	1:04.19	Nancy Sterling	48	32.75
50 yd Freestyle			Stacey Moffet	34	1:33.65	Allison Fedarko	46	40.29
Kristen Keohler	23	27.62	50 yd Breaststroke			Caroline Kemerling	49	45.46
Katherine Hennessey	24	27.90	Yolanda Karten	31	38.86	100 yd Freestyle		
Erin O'Brien	23	28.48	25 yd Butterfly			Allison Fedarko	46	1:30.51
Courtney Giuliani	20	29.01	Jill Krause	31	19.44	Caroline Kemerling	49	1:44.97
Carly Horning	23	29.02	Stacey Moffet	34	20.62	200 yd Freestyle		
100 yd Freestyle			100 yd IM			Diane Blubaugh	46	3:07.68
Carly Horning	23	1:03.71	Yolanda Karten	31	1:12.71	50 yd Backstroke		
50 yd Backstroke			Jill Krause	31	1:33.01	Nancy Sterling	48	36.46
Katherine Hennessey	24	31.79	Stacey Moffet	34	1:46.22	Allison Fedarko	46	51.05
Erin O'Brien	23	32.30	200 yd IM			50 yd Breaststroke		
100 yd Backstroke			Rachel Frentsos	32	2:32.78	Caroline Kemerling	49	1:05.42
Juliana Galan	20	1:03.93				100 yd Breaststroke		
50 yd Breaststroke			WOMENS 35-39			Diane Blubaugh	46	1:40.12
Alexis Arellano	21	44.31	100 yd Freestyle			50 yd Butterfly		
100 yd Breaststroke			Suzanne Gedney	35	1:04.61	Diane Blubaugh	46	47.88
Juliana Galan	20	1:15.00	200 yd Freestyle			100 yd IM		
25 yd Butterfly			Suzanne Gedney	35	2:18.49	Nancy Sterling	48	1:19.54
Alexis Arellano	21	17.21	50 yd Breaststroke			WOMENS 50-54		
50 yd Butterfly			Natalie Janiszewski	36	37.41	100 yd Freestyle		
Natalie Janiszewski	36	33.94	Sharon Kneebone	39	39.04	Gail Anderson	52	1:55.97
100 yd IM			Maura Dunnigan	35	39.65	50 yd Backstroke		
Erin O'Brien	23	1:11.27	100 yd Breaststroke			Gail Anderson	52	1:04.83
Kristen Koehler	23	1:11.73	Sandy Swoboda	39	1:31.05	100 yd Backstroke		
Alexis Arellano	21	1:30.52	50 yd Butterfly			Gail Anderson	52	2:29.94
200 yd IM			Maura Dunnigan	35	36.42	WOMENS 55-59		
Juliana Galan	20	2:15.47	Sandy Swoboda	39	42.33	50 yd Backstroke		
100 yd IM			100 yd IM			Nancy Shaffer	56	47.97
WOMENS 25-29			Sharon Kneebone	39	1:18.74	100 yd Breaststroke		
25 yd Freestyle			Maura Dunnigan	35	1:19.36	Nancy Shaffer	56	1:46.35
Kimberly Lenhardt	25	13.46	Sandy Swoboda	39	1:29.29	100 yd IM		
50 yd Freestyle			WOMENS 40-44			Nancy Shaffer	56	1:43.28
Amy Cole	28	26.90	25 yd Freestyle			WOMENS 65-69		
Kimberly Lenhardt	25	29.50	Karen Elliot	40	16.39	25 yd Freestyle		
Teresa Howard	26	31.48	Jane Meyer	43	17.56	Roberta Cook	67	25.64
100 yd Freestyle			50 yd Freestyle			25 yd Backstroke		
Amy Cole	28	1:00.14	Gladney McKay	43	28.61	Roberta Cook	67	31.25
200 yd Freestyle			Denise Frech	42	34.07	25 yd Breaststroke		
Kelly Sparwasser	27	2:47.02	Karen Elliott	40	35.51	Roberta Cook	67	29.43
50 yd Backstroke			Carla Mazyck	43	36.62	200 yd Freestyle		
Cheryl Gallina	26	32.14	200 yd Freestyle			Gladney McKay	43	2:17.45
Teresa Howard	26	38.86	Gladney McKay	43	2:17.45	Linda Rudie	42	2:45.54
50 yd Breaststroke			Linda Rudie	42	2:45.54	25 yd Breaststroke		
Caitlin O'Brien	26	35.10	25 yd Breaststroke			Jane Meyer	43	21.94
Cheryl Gallina	26	38.03	Jane Meyer	43	21.94	50 yd Breaststroke		
Kimberly Lenhardt	25	42.15	50 yd Breaststroke			Denise Frech	42	38.64
Kelly Sparwasser	27	46.28	Denise Frech	42	38.64	25 yd Butterfly		
25 yd Butterfly			25 yd Butterfly			Jane Meyer	43	23.06
Kelly Sparwasser	27	17.18	Jane Meyer	43	23.06	50 yd Butterfly		
50 yd Butterfly			50 yd Butterfly			Carolyn Voorhees	42	28.29
Cheryl Gallina	26	31.76	Carolyn Voorhees	42	28.29	Linda Rudie	42	41.18
Caitlin O'Brien	26	34.09	Linda Rudie	42	41.18	Carla Mazyck	43	47.06
100 yd IM			Carla Mazyck	43	47.06	100 yd Butterfly		
Amy Cole	28	1:09.75	100 yd Butterfly			Carolyn Voorhees	42	1:04.98
Caitlin O'Brien	26	1:11.60	Carolyn Voorhees	42	1:04.98	100 yd IM		
Teresa Howard	26	1:20.66	100 yd IM			Gladney McKay	43	1:15.17
WOMENS 30-34			Gladney McKay	43	1:15.17	Carla Mazyck	43	1:39.67
50 yd Freestyle			Carla Mazyck	43	1:39.67	200 yd IM		
Rachel Frentsos	32	28.99	200 yd IM			Carolyn Voorhees	42	2:29.16
Dianne Bettick	32	29.57	Carolyn Voorhees	42	2:29.16	WOMENS 45-49		
Jill Krause	31	35.41	WOMENS 45-49			50 yd Freestyle		
100 yd Freestyle			50 yd Freestyle					
Rachel Frentsos	32	1:02.36						

**2004 MARYLAND LMSC SWIM SERIES MEET #1 – HOWARD COUNTY YMCA – OCTOBER 18, 2003**

100 yd IM			Tom Walsh	44	48.19	Rand Vaillancourt	57	18.27
Michael Stepanek	27	1:04.97	50 yd Breaststroke			Nigel Dardar	56	20.20
			Dave Ofstead	40	37.51	50 yd Breaststroke		
MENS 30-34			25 yd Butterfly			Rand Vaillancourt	57	40.79
50 yd Freestyle			Paul Morton	41	12.92	Nigel Dardar	56	45.83
Mark Hutton	33	26.69	100 yd IM			100 yd Breaststroke		
100 yd Freestyle			Tom Walsh	44	1:35.11	Rand Vaillancourt	57	1:32.17
Steve Hicks	31	53.77						
50 yd Backstroke			MENS 45-49			MENS 60-64		
Steve Hicks	31	28.68	25 yd Freestyle			50 yd Freestyle		
50 yd Breaststroke			Wayne Burnett	48	16.89	Paul Lovett	62	35.45
Michael Goodison	31	29.94	50 yd Freestyle			Jeffrey Manchester	62	36.93
Mark Hutton	33	32.34	Jeff Viohl	45	26.77	100 yd Freestyle		
100 yd Breaststroke			100 yd Freestyle			Gary Trimble	60	1:05.19
Michael Goodison	31	1:06.18	Richard Hrybyk	45	1:09.30	Paul Lovett	62	1:20.60
Craig Markwardt	33	1:15.69	200 yd Freestyle			200 yd Freestyle		
100 yd IM			Tim McGough	45	2:05.75	Paul Lovett	62	2:57.49
Michael Goodison	31	1:01.10	Richard Hrybyk	45	2:37.92	50 yd Backstroke		
Mark Hutton	33	1:10.38	50 yd Backstroke			George Mooney	60	43.10
Craig Markwardt	33	1:12.60	Tim McGough	45	30.48	100 yd Backstroke		
200 yd IM			Jeff Viohl	45	32.36	George Mooney	60	1:36.95
Steve Hicks	31	2:15.20	Philip Hoge	48	34.79	50 yd Breaststroke		
			100 yd Backstroke			Jeffrey Manchester	62	49.25
MENS 35-39			Tim McGough	45	1:05.35	100 yd Breaststroke		
25 yd Freestyle			50 yd Breaststroke			Gary Trimble	60	1:18.40
Teck Choo	36	10.95	Philip Hoge	48	35.20	100 yd IM		
Sonny Smith	35	13.64	100 yd Breaststroke			Gary Trimble	60	1:12.92
50 yd Freestyle			Richard Hrybyk	45	1:30.22	George Mooney	60	1:38.87
Mike Lahey	36	28.40	Wayne Burnett	48	1:58.33			
Jeffrey Smith	39	29.45	50 yd Butterfly			MENS 65-69		
Ted Rudie	37	30.02	Philip Hoge	48	30.26	50 yd Freestyle		
Sonny Smith	35	31.12	100 yd IM			Philip Kerr	68	34.04
100 yd Freestyle			Jeff Viohl	45	1:08.76	100 yd Freestyle		
Mike Lahey	36	1:04.35				Philip Kerr	68	1:19.37
Ted Rudie	37	1:06.15	MENS 50-54			Vincent Marando	65	1:32.35
Sonny Smith	35	1:15.71	25 yd Freestyle			50 yd Backstroke		
200 yd Freestyle			Stanley Duobinis	53	19.63	Philip Kerr	68	47.23
Michael Jacobson	35	2:06.57	50 yd Freestyle			Frank Ganoczy	66	48.88
Mike Lahey	36	2:32.91	John Dillinger	53	28.22	100 yd Backstroke		
100 yd Backstroke			Dan Beisel	50	28.80	Vincent Marando	65	1:39.06
Scott Moffet	36	1:14.75	Mark Hurley	52	38.57	200 yd Backstroke		
50 yd Breaststroke			Stanley Duobinis	53	42.41	Vincent Marando	65	3:42.40
Jeffrey Smith	39	37.90	100 yd Freestyle			25 yd Breaststroke		
25 yd Butterfly			Mark Wright	50	1:01.86	Frank Ganoczy	66	26.90
Teck Choo	36	12.07	John Dillinger	53	1:05.09	25 yd Butterfly		
Jeffrey Smith	39	14.44	Mark Hurley	52	1:32.36	Yu-Jin Lee	69	15.36
50 yd Butterfly			25 yd Backstroke			100 yd IM		
Emad Elshafei	37	27.28	Stanley Duobinis	53	29.39	Yu-Jin Lee	69	1:30.48
100 yd Butterfly			50 yd Backstroke			Frank Ganoczy	66	1:50.58
Emad Elshafei	37	1:00.41	John Dillinger	53	44.19			
Scott Moffet	36	1:02.88	25 yd Breaststroke			MENS 70-74		
Raymond Toy	36	1:06.13	Bob Gensler	53	21.82	50 yd Freestyle		
100 yd IM			50 yd Breaststroke			Burt Bronk	72	34.26
Emad Elshafei	37	57.97	Dan Beisel	50	39.62	100 yd Freestyle		
Raymond Toy	36	1:11.23	Bob Gensler	53	46.33	Jim Higinbotham	70	1:26.43
Ted Rudie	37	1:17.59	100 yd Breaststroke			200 yd Freestyle		
			Mark Wright	50	1:14.62	Burt Brink	72	2:56.32
MENS 40-44			100 yd IM			50 yd Breaststroke		
50 yd Freestyle			Mark Wright	50	1:09.81	Jim Higinbotham	70	46.48
Tom Walsh	44	34.38	Dan Beisel	50	1:18.05	100 yd Breaststroke		
100 yd Freestyle						Jim Higinbotham	70	1:42.64
Paul Morton	41	1:00.85	MENS 55-59			25 yd Butterfly		
25 yd Backstroke			25 yd Freestyle			Burt Bronk	72	20.30
Paul Morton	41	14.94	Nigel Dardar	56	16.80			
50 yd Backstroke			25 yd Breaststroke					

**2004 MARYLAND LMSC SWIM SERIES MEET #1 – HOWARD COUNTY YMCA – OCTOBER 18, 2003**

**RELAYS**

			Mixed		
<b>200 yd Free Relay</b>			MERR	19+	3:55.72
Mixed			Tim McGough	45	
MARY	25+	1:56.13	Mark Wright	50	
Caitlin O'Brien	26		Amy Cole	28	
Carla Mazyck	43		Juliana Galan	20	
Matthew Chambers	27		HCCYM	25+	4:43.64
Steve Hicks	31		Craig Markwardt	33	
			Jill Krause	31	
			Sharon Kneebone	39	
<b>200 yd Medley Relay</b>			Mark Cronin	29	
Womens			HCCYM	35+	4:05.06
HCCYM	19+	2:13.46	Raymond Toy	36	
Katherine Hennessey	24		Suzanne Gedney	35	
Maura Dunnigan	35		Natalie Janiszewski	36	
Carly Horning	23		Dave Ofstead	40	
Courtney Giulioni	20				
HCCYM	35+	2:29.88	400 yd Medley Relay		
Natalie Janiszewski	36		Womens		
Sharon Kneebone	39		MARY	35+	5:59.03
Suzanne Gedney	35		Linda Rudie	42	
Allison Fedarko	46		Karen Elliott	40	
			Sandy Swoboda	39	
Mens			Nancy Sterling	48	
HCCYM	25+	1:58.80	Mens		
Raymond Toy	36		MARY	55+	6:24.46
Mark Hutton	33		Yu-Jin Lee	69	
Mike Stepanek	27		Nigel Dardar	56	
Mark Cronin	29		Frank Ganoczy	66	
HCCYM	35+	1:57.53	Philip Kerr	68	
Michael Jacobson	35				
David Ofstead	40				
Scott Moffet	36				
Teck Choo	36				
400 yd Free Relay					
Womens					
HCCYM	19+	4:15.62			
Carly Horning	23				
Couortney Giulioni	20				
Jolanda Karten	31				
Katherine Hennessey	24				
MARY	19+	4:16.74			
Kristen Koehler	23				
Teresa Howard	26				
Cheryl Gallina	26				
Rachel Frentsos	32				
Mens					
MARY	35+	4:52.50			
Ted Rudie	37				
Tom Walsh	44				
Sonny Smith	35				
Mike Lahey	36				
HCCYM	45+	5:24.13			
Dan Beisel	50				
Richard Hrybyk	45				
Wayne Burnett	48				
Jeffrey Manchester	62				
MARY	55+	5:11.17			
Jim Higinbotham	70				
Burt Bronk	72				
George Mooney	60				
Gary Trimble	60				