

**COMA Spring Meet
Bend, OR
May 14, 2022**

Central Oregon Masters Aquatics Results
(long course meters)

CR = COMA Record
OR = Oregon Record
ZN = NW Zone Record
US = USMS Record
WR = World Record

Women 35-39

Grace Ogawa
200 Free 3:08.18 1
200 Fly 3:38.04 1

Women 40-44

Stacey Kiefer
50 Back 36.70 1
100 Back 1:26.22 1
50 Fly 34.14 1
200 IM 2:57.64 1
400 IM 6:22.21 1

Women 45-49

Amy Ward
400 Free 6:23.70 1
800 Free 13:09.01 1
50 Fly 42.64 1
100 Fly 1:40.58 1

Women 50-54

Cheryl Morgen
50 Free 33.46 1
100 Free 1:16.39 1
50 Fly 35.08 1
100 Fly 1:24.23 1

Women 55-59

Valerie Jenkins
50 Free 32.88 1
100 Free 1:13.51 1
200 Free 2:41.96 2
400 Free 5:42.42 1
800 Free 11:38.12 1

Susie Rabiah

50 Free 32.90 2
50 Back 36.42 CR 1
50 Breast 47.30 1
50 Fly 35.80 1

Women 60-64

Ann Goodman
400 Free 6:51.62 1
50 Back 45.25 CR 1
100 Back 1:40.72 CR 1

Joanie Krehbiel

100 Fly 1:38.71 CR 1
100 Back 1:45.91 2
100 Breast 1:57.94 2
100 Free 1:23.09 1
200 IM 3:27.00 1
600 Pentathlon 10:12.65 CR

Nancy Vincent

50 Breast 45.35 1
100 Breast 1:41.16 CR 1
200 Breast 3:45.45 CR 1

Women 65-69

Sue White
400 Free 7:59.43 1
100 Breast 2:43.72 3
200 Breast 5:45.29 2

Women 70-74

Janet Gettling
50 Free 38.50 1
400 Free 7:20.26 1
50 Breast 51.23 1
50 Fly 49.54 1
200 Fly 4:14.20 1

Women 75-79

Judy Ziemer 19:57.14 CR 1
(100 split – 2:18.75 CR)
(200 split – 4:52.35 CR)
(400 split – 9:56.11 CR)

Men 30-34

Nic Morrell
50 Back 29.24 OR 1
100 Back 1:05.42 CR 1
200 Back 2:24.66 CR 1

Men 40-44

Jacob Swinn
50 Free 27.32 1
50 Fly 28.47 CR 1
100 Fly 1:03.41 CR 1

Men 50-54

Gary deFrang
100 Free 1:11.55 3
50 Back 35.24 3
100 Back 1:18.91 2

| | | |
|------------|----------|---|
| Mike Power | | |
| 50 Free | 27.64 | 2 |
| 100 Free | 1:05.00 | 2 |
| 200 Free | 2:29.27 | 1 |
| 50 Back | 36.11 | 4 |
| 50 Fly | 29.88 CR | 1 |

Men 60-64

| | | |
|------------|----------|---|
| John Seton | | |
| 100 Free | 1:09.31 | 1 |
| 200 Free | 2:38.05 | 1 |
| 800 Free | 11:40.34 | 1 |

Men 65-69

| | | |
|---------------|---------|---|
| Kermit Yensen | | |
| 400 Free | 6:34.73 | 1 |
| 200 Back | 3:27.53 | 1 |

Men 70-74

| | | |
|------------|----------|---|
| Mike Carew | | |
| 50 Free | 46.25 | 2 |
| 100 Free | 1:42.12 | 2 |
| 200 Free | 3:39.15 | 2 |
| 800 Free | 15:34.72 | 2 |

Dan Kirkland

| | | |
|----------|-------------|---|
| 50 Free | 32.73 | 1 |
| 100 Free | 1:12.07 | 1 |
| 200 Free | 2:35.27 | 1 |
| 400 Free | 5:35.87 | 1 |
| 800 Free | 11:19.74 CR | 1 |
| 200 Back | 2:58.17 CR | 1 |

Men 75-79

| | | |
|---------------|---------|---|
| Roger Rudolph | | |
| 50 Free | 45.64 | 1 |
| 50 Back | 1:02.71 | 1 |
| 50 Fly | 58.76 | 1 |

Men 80-84

| | | |
|------------|-------------|---|
| Ralph Mohr | | |
| 50 Free | 48.28 | 1 |
| 100 Free | 1:46.57 CR | 1 |
| 200 Free | 3:43.23 CR | 1 |
| 400 Free | 7:59.23 CR | 1 |
| 800 Free | 15:56.90 CR | 1 |
| 50 Back | 1:00.35 | 1 |

Men 100-104

| | | |
|-----------------------------------|--------------------|---|
| Willard Lamb | | |
| 50 Free | 58.53 ZR | 1 |
| 800 Free | 22:19.25 WR | 1 |
| (100 split – 2:30.77 US) | | |
| (200 split – 5:20.16 WR) | | |
| (400 split – 11:08.65 WR) | | |
| 200 Back | 5:28.37 WR | 1 |
| (100 split – 2:47.35 WR) | | |

Mx 320-359 4 x 200 Free Relay

| | |
|---------------------|--------------------|
| Willard Lamb (100) | 5:07.40 |
| Joy Ward (80) | 4:59.93 |
| Colette Crabbe (66) | 2:41.55 |
| Dan Kirkland (74) | <u>2:36.06</u> |
| | 14:25.49 WR |

(Old Record: 14:43.93, Sunway Yokohama Club, Japan, 2021)

Summary & Highlights:

- 23 COMA swimmers
- 85 COMA Individual swims
- 29 COMA Individual Records
- 1 COMA Pentathlon Records
- 8 OR Individual Records
- 7 NW Zone Individual Records
- 6 USMS Individual Records
- 5 World Individual Records
- 1 World Record Relay with COMA swimmers