

Michigan LMSC Results from 2009 U.S. Masters Swimming Long Course
National Championships

MICH Michigan Masters WR - World Record # - USMS National Record *
Michigan LMSC State Record

Allen, John N		M46 199N-029W5
200 Breast	2:49.66	4*
200 IM	2:27.07	5
Arneson, Gaard		M61 199F-028Y5
200 Free	2:29.08	6*
200 Fly	3:14.61	2
100 Free	1:09.14	10
400 Free	5:12.72	5*
800 Free	10:45.11	4*
Aumiller, Joe F		M52 199S-029JT
400 Free	5:05.82	22
200 Breast	3:12.50	10
200 IM	2:58.51	11
1500 Free	20:17.72	10
Bailey, Jeff M		M42 199B-0290K
50 Fly	28.14	9*
200 Free	2:07.68	6
100 Free	56.62	6
50 Free	26.33	7
100 Fly	1:04.42	9
Brown, Denise H		F50 199G-01U86
400 IM	6:03.09	2*
200 Free	2:24.57	3*
400 Free	4:57.20	1*
200 Fly	2:51.06	2*
800 Free	10:14.16	1*
Buys, Joe D		M65 1997-029CA
200 Free	2:40.45	5
100 Free	1:12.46	9
400 Free	5:47.13	2
1500 Free	22:35.98	1*
Charlton, Allan		M72 199N-05G5B
100 Back	1:32.86	3
50 Free	34.40	8
50 Back	38.02	1*
Church, Barbara E		F57 199Y-029H2
100 Back	1:20.86	2*
50 Back	37.39	3*
Cody, Frank J		M69 1999-029VA
400 IM	7:22.37	3
100 Breast	1:38.23	6
200 Fly	3:35.95	4
200 Breast	3:29.82	4
100 Fly	1:37.08	3
Creason, Paul K		M51 199A-02901

400 IM	5:51.18	9	
200 Fly	2:30.33	2	
Dacey, Shirley G			F73 199W-029BY
1500 Free	33:21.56	3	
400 IM	11:09.43	2	
200 Back	4:20.06	2	
400 Free	8:33.38	5	
200 IM	4:47.79	3	
Diedo, Maddie			F51 199G-028U9
50 Free	39.46	14	
Doak, Kevin			M28 199Y-029RR
50 Fly	25.40	1*	
100 Back	59.05	1	
100 Free	54.96	3	
50 Free	23.96	1	
50 Back	26.69	1#*	
Doud, Bob R			M86 1991-0291A
50 Fly	1:25.61	4	
200 Free	5:42.57	2*	
200 Fly	7:15.59	1	
100 Fly	3:24.71	2	
200 IM	DQ	0	
Dubois, Ronald D			M60 199D-0296A
100 Breast	1:25.25	3	
50 Breast	38.64	2	
200 Breast	3:11.79	3	
Early, Marilyn E			F52 1999-0292J
200 Free	2:30.93	7	
400 Free	5:23.42	7	
100 Free	1:07.57	3*	
50 Free	30.86	4	
50 Back	38.53	6*	
Gogola, Laura J			F73 199R-028TH
400 IM	10:04.36	1	
200 Free	3:57.60	6	
400 Free	8:21.08	4	
100 Back	2:03.46	4	
200 IM	4:35.49	1	
Guthrie, Sally K			F59 199M-028TM
400 IM	7:07.48	6*	
200 Free	2:48.51	9	
200 Fly	3:34.65	5	
100 Free	1:17.77	8	
200 IM	3:20.84	6	
Henderson, Richard			M77 199W-02A35
100 Free	1:32.47	7*	
50 Free	36.25	6*	
Israel, Daniel M			M42 199Z-02A32
400 Free	4:36.85	4	
Jackson, Dale E			M49 1994-02972

1500 Free	19:04.72	5*	
Jacque, Mitchell A			M80 199E-028X2
400 Free	8:47.37	3*	
50 Free	55.33	5	
800 Free	17:41.50	1*	
Karas, Paul G			M54 199V-02915
400 Free	4:39.60	6	
100 Fly	1:05.12	4	
1500 Free	18:39.31	2*	
Kowalski, Joyce			F67 199A-028TA
50 Breast	1:00.02	7	
100 Free	1:46.15	6	
50 Free	43.10	7	
100 Fly	2:17.77	3	
200 IM	NS	0	
Lokensgard, Erik			M67 199U-02959
400 IM	6:39.37	2	
200 Back	3:02.12	2*	
200 Fly	3:29.86	3	
100 Back	1:24.25	4	
200 IM	3:05.42	4	
Martin, Ray G			M72 1998-028ZZ
100 Back	1:26.43	2*	
100 Free	1:14.38	4*	
50 Free	31.82	5*	
50 Back	38.57	3	
200 IM	3:27.39	3	
Maxbauer, Christine A			F56 199X-029EF
50 Fly	1:03.04	11	
400 Free	8:13.80	12	
50 Back	NS	0	
Morley, Albert A			M72 199C-028Y2
200 Free	3:22.46	6	
400 Free	7:17.33	4	
800 Free	15:12.73	3	
Mull, Alec			M37 199A-0070K
50 Fly	25.71	1*	
200 Free	1:59.74	1	
100 Free	54.34	1*	
50 Free	24.36	1*	
100 Fly	58.80	2	
Mull, Cameron			M33 199A-001C1
100 Fly	:57.21	1*	
400 Free	4:13.78	2	
Nochman, Lois Kivi			F85 199E-028XK
400 IM	10:48.77	1* #	WR
50 Fly	1:05.11	1* #	WR
200 Fly	5:12.69	1* #	WR
100 Fly	2:24.53	1* #	WR
200 IM	5:11.92	1* #	WR

Parker, Randy J		M55 1994-0294G
100 Breast	1:14.21	2* #
50 Breast	32.74	2* #
200 Breast	2:55.58	3*
Parks, Jennifer A		F66 199P-028W4
200 Back	3:45.59	2
200 Free	3:28.06	4
400 Free	7:02.94	3
100 Back	1:45.60	2
800 Free	14:07.58	2*
Pash, Gregory C		M62 199W-0299C
400 IM	7:14.65	10
400 Free	5:52.61	11
100 Fly	1:22.03	5
200 IM	3:07.58	8
Pogue, Jim H		M49 199H-029ZC
50 Fly	27.56	7
100 Back	1:10.22	8*
50 Free	27.60	17
100 Fly	1:04.87	10
50 Back	31.91	7
Popps, Corrin C		F45 199Y-0296R
400 IM	5:51.73	1
100 Breast	1:20.99	1*
100 Free	1:04.86	4*
200 Breast	2:59.47	1*
200 IM	2:39.64	2*
Quin, Kelly A		F34 199U-066FV
50 Breast	45.49	7
100 Free	1:19.44	12
50 Free	33.75	11
Rivard, Cheryl L		F46 199S-05W7E
100 Breast	1:37.36	14
50 Breast	43.66	9
Saucedo, Patrick M		M26 1996-05RSW
50 Fly	25.68	2
100 Breast	1:07.42	2*
100 Free	54.03	1
50 Free	25.03	3
100 Fly	58.88	1*
Thompson, Frank L		M58 199G-028XC
200 Back	2:42.25	6*
200 Free	2:24.81	8*
100 Back	1:15.54	8
400 Free	5:05.91	10
1500 Free	20:24.24	6
Vagnoni, Adrian F		M47 199S-028X4
100 Back	1:13.16	14
50 Free	27.98	20
50 Back	33.50	11
Weaver, Derek J		M22 1999-05EVA

200 Back	2:21.08	5
100 Back	1:08.00	5
400 Free	4:46.45	3
200 IM	2:32.55	9

Women 800 Free Relay	10:14.83	1* #
Popps, Corrin C -	2:24.90	F45
Guthrie, Sally K		F59
Brown, Denise H		F50
Early, Marilyn E		F52

Men 800 Free Relay	12:52.90	2*
Martin, Ray G -	2:57.21*	M72
Lokensgard, Erik		M67
Jacque, Mitchell A		M80
Buys, Joe D		M65

Men 800 Free Relay	10:06.62	2*
Thompson, Frank L -	2:24.20*	M58
Pash, Gregory C		M62
Arneson, Gaard		M61
Olson, Chuck A		M59

Men 800 Free Relay	9:23.89	3*
Karas, Paul G -	2:15.15	M54
Aumiller, Joe F		M52
Creason, Paul K		M51
Pogue, Jim H		M49

Men 800 Free Relay	8:54.26	2*
Israel, Daniel M -	2:07.22	M42
Allen, John N		M46
Coffman, Chuck L		M46
Bailey, Jeff M		M42

Men 800 Free Relay	8:11.67	1* #
Mull, Cameron S -	2:01.06	M33
Doak, Kevin		M28
Saucedo, Patrick M		M26
Mull, Alec		M37

Mixed 800 Free Relay	9:36.10	2*
Karas, Paul G -	2:16.55	M54
Early, Marilyn E		F52
Brown, Denise H		F50
Creason, Paul K		M51

Mixed 800 Free Relay	18:36.51	1*
Doud, Bob R -	5:39.98*	M86
Nochman, Lois Kivi		F85
Jacque, Mitchell A		M80
Gogola, Laura J		F73

Mixed 800 Free Relay	11:15.20	1*
Arneson, Gaard -	2:28.72*	M61
Guthrie, Sally K		F59
Parks, Jennifer A		F66
Olson, Chuck A		M59

Mixed 800 Free Relay	14:38.23	3*
Martin, Ray G -	2:57.81	M72

Kowalski, Joyce		F67
Cody, Frank J		M69
Dacey, Shirley G		F73
Mixed 400 Free Relay	6:30.51	1*
Gogola, Laura J -	1:48.17	F73
Parks, Jennifer A		F66
Morley, Albert A		M72
Charlton, Allan		M72
Mixed 400 Free Relay	4:21.77	5*
Israel, Daniel M -	:58.31	M42
Quin, Kelly A		F34
Popps, Corrin C		F45
Bailey, Jeff M		M42
Mixed 400 Free Relay	5:19.93	1*
Olson, Chuck A -	1:03.61*	M59
Church, Barbara E		F57
Kowalski, Joyce		F67
Mange, Kenneth C		M57
Mixed 400 Free Relay	4:18.36	2*
Brown, Denise H -	1:09.32	F50
Early, Marilyn E		F52
Karas, Paul G		M54
Allen, John N		M46
Mixed 400 Free Relay	8:11.67	1*
Doud, Bob R -	2:37.19*	M86
Nochman, Lois Kivi		F85
Henderson, Richard		M77
Dacey, Shirley G		F73
Mixed 200 Medley Relay	4:08.25	2
Jacque, Mitchell A -	:59.32*	M80
Gogola, Laura J		F73
Nochman, Lois Kivi		F85
Doud, Bob R		M86
Mixed 200 Medley Relay	2:33.92	4*
Church, Barbara E -	:37.31*	F57
Dubois, Ronald D		M60
Mange, Kenneth C		M57
Kowalski, Joyce		F67
Mixed 200 Medley Relay	2:21.75	8
Weaver, Derek J -	:32.83	M22
Rivard, Cheryl L		F46
Coffman, Chuck L		M46
Diedo, Maddie		F51
Men 200 Free Relay	2:22.02	3*
Charlton, Allan -	:35.19	M72
Morley, Albert A		M72
Henderson, Richard		M77
Buys, Joe D		M65
Mixed 400 Medley Relay	6:58.72	3*
Dacey, Shirley G -	2:04.66	F73
Cody, Frank J		M69

Lokensgard, Erik		M67	
Gogola, Laura J		F73	
Mixed 400 Medley Relay	4:52.68		3*
Israel, Daniel M -	1:07.19	M42	
Popps, Corrin C		F45	
Bailey, Jeff M		M42	
Quin, Kelly A		F34	
Mixed 400 Medley Relay	5:00.11		2*
Vagnoni, Adrian F -	1:14.10	M47	
Parker, Randy J		M55	
Brown, Denise H		F50	
Early, Marilyn E		F52	
Mixed 400 Medley Relay	5:35.77		2*
Church, Barbara E -	1:20.85*	F57	
Dubois, Ronald D		M60	
Guthrie, Sally K		F59	
Buys, Joe D		M65	
Men 200 Medley Relay	1:46.23		1* # WR
Doak, Kevin -	:26.64* # WR	M28	
Saucedo, Patrick M		M26	
Mull, Cameron S		M33	
Mull, Alec		M37	
Men 200 Medley Relay	2:04.63		5*
Vagnoni, Adrian F -	:33.71	M47	
Parker, Randy J		M55	
Pogue, Jim H		M49	
Aumiller, Joe F		M52	
Men 200 Medley Relay	2:19.16		2*
Thompson, Frank L -	:35.40	M58	
Dubois, Ronald D		M60	
Pash, Gregory C		M62	
Buys, Joe D		M65	
Men 200 Medley Relay		DQ	0
Lokensgard, Erik		M67	
Cody, Frank J		M69	
Martin, Ray G		M72	
Charlton, Allan		M72	
Women 400 Medley Relay	5:59.07		3*
Church, Barbara E -	1:21.51	F57	
Rivard, Cheryl L		F46	
Guthrie, Sally K		F59	
Diedo, Maddie		F51	
Men 400 Medley Relay	4:38.90		3*
Weaver, Derek J -	1:07.74	M22	
Allen, John N		M46	
Coffman, Chuck L		M46	
Aumiller, Joe F		M52	
Men 400 Medley Relay	4:34.66		2*
Vagnoni, Adrian F -	1:11.81	M47	
Parker, Randy J		M55	
Creason, Paul K		M51	

Pogue, Jim H		M49	
Men 400 Medley Relay	4:00.06	1*	#
Doak, Kevin -	1:00.13	M28	
Saucedo, Patrick M		M26	
Mull, Cameron S		M33	
Mull, Alec		M37	
Men 400 Medley Relay	5:14.86	2*	
Thompson, Frank L -	1:15.64	M58	
Dubois, Ronald D		M60	
Pash, Gregory C		M62	
Arneson, Gaard		M61	
Men 400 Medley Relay	5:59.87	3*	
Martin, Ray G -	1:28.15	M72	
Cody, Frank J		M69	
Lokensgard, Erik		M67	
Charlton, Allan		M72	
Men 400 Free Relay	3:34.83	1*	#
Doak, Kevin -	:54.12	M28	
Mull, Alec		M37	
Mull, Cameron S		M33	
Saucedo, Patrick M		M26	
Men 400 Free Relay	6:23.60	2	
Morley, Albert A -	1:31.72	M72	
Henderson, Richard		M77	
Jacque, Mitchell A		M80	
Mange, Kenneth C		M57	
Men 400 Free Relay	4:33.94	2*	
Thompson, Frank L -	1:09.24	M58	
Pash, Gregory C		M62	
Arneson, Gaard		M61	
Olson, Chuck A		M59	
Men 400 Free Relay	3:55.44	2*	
Israel, Daniel M -	:57.51	M42	
Bailey, Jeff M		M42	
Allen, John N		M46	
Coffman, Chuck L		M46	
Men 400 Free Relay	4:20.75	6*	
Aumiller, Joe F -	1:08.25	M52	
Vagnoni, Adrian F		M47	
Karas, Paul G		M54	
Creason, Paul K		M51	
Women 400 Free Relay	6:48.30	2*	
Maxbauer, Christine A		F56	
Kowalski, Joyce		F67	
Parks, Jennifer A		F66	
Diedo, Maddie		F51	
Mixed 200 Free Relay	3:22.98	1*	
Doud, Bob R -	1:00.93*	M86	
Nochman, Lois Kivi		F85	
Dacey, Shirley G		F73	
Henderson, Richard		M77	

Mixed 200 Free Relay	2:02.55	3*
Popps, Corrin C -	:30.02	F45
Diedo, Maddie		F51
Parker, Randy J		M55
Pogue, Jim H		M49

Mixed 200 Free Relay	2:43.12	7*
Parks, Jennifer A -	1:26.52	F66
Morley, Albert A		M72
Maxbauer, Christine A		F56
Mange, Kenneth C		M57

Michigan Masters Women High Point - Lois Nochman 55 points

Michigan Masters Men High Point - Alec Mull 53 points

Michigan Masters Team Placing Regional Club - 1730 points - 1st
National Champions