



**Meet: Pac LCM Championships (San Mateo)**      **Day: Sat-Sun**      **Date 7-22/23-16**

Swimmer	Event	Final Time	Place	PB = Personal Best Age Group LB = Lifetime best USMS TR = Team Record Age Group NQT = National Qualifying Time
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**Highlights from our Meet**  
 Great job by our squad - small but mighty! The ladies landed second place in their relay and Jack Naylor took high point in his 30-34 age group! Lots of new personal bests as Cassandra and Anice “aged up” and others competed for the first time in their events in long course. Super proud of these 5 swimmers participating in this meet!

7th place in the combined men and women’s Small Team Category (comprised of 53 teams)

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				PB	LB	TR	NQT
Cassandra Coffee, 55 <i>women 55-59</i>	50 Free	35.32	7	PB			
	200 Free	3:07.86	4	PB			
	50 Back	49.22	5	PB			
Anice Flesh, 80 (79*) <i>women 80-84</i>	100 Breast	2:32.71	1	PB	LB	TR	NQT
	200 Free	4:29.29	1	PB	LB	TR	NQT
Diana Peroni, 44 <i>women 40-44</i>	200 Free	3:11.65	3	PB		TR	
	100 Fly	1:33.84	1				
Jack Naylor, 31 <i>men 30-34</i> <b>High Point in his Age Group!!</b>	100 Back	1:21.76	3	PB	LB	TR	
	50 Breast	36.35	3	PB	LB	TR	
	100 Breast	1:22.88	2	PB	LB	TR	
	200 Breast	2:56.43	1	PB	LB	TR	NQT
	50 Fly	31.89	4	PB	LB	TR	
	100 Fly	1:20.34	5	PB	LB	TR	
	50 Back	36.11	3	PB	LB	TR	
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Mimi Willard, 63 <i>women 60-64</i>	200 Back	3:45.91	5				
	100 Breast	1:58.12	4	PB	LB	TR	
	200 Free	3:16.18	6				

### 2016 Pac LCM Champs Relay Results

Relay	Swimmer	Stroke	Split	Final Time	Place	Misc
200 Medley Women <i>Entry time 3:25.00</i> 240-279 age group	Mimi Willard, 63	Back	unkn	3:18.33	2	Team Record!
	Anice Flesh, 80*	Breast	unkn			
	Diana Peroni, 44	Fly	unkn			
	Cassandra Coffee, 55	Free	unkn			

Full meet results here: [http://www.pacificmasters.org/comp/16/2016\\_PM\\_SCY\\_Champs\\_Results.pdf](http://www.pacificmasters.org/comp/16/2016_PM_SCY_Champs_Results.pdf)