



Meet: Pac SCM Champs, Walnut Creek Sat-Sun October 8-9, 2016

Great meet this year! Hot weather + cold pool = fast swims

Out of our 39 races, we had 20 personal best times (in current age group); 14 lifetime bests (in Masters swimming) and 17 new Team Records! And our lady NUTS ranked 5th among 34 teams!!!

Swimmer	Event	Final Time	Place	PB = Personal Best Age Group LB = Lifetime best USMS TR = Team Record Age Group		
				PB	LB	TR

				PB	LB	TR
Hiroe Bell, 37 <i>women 35-39</i> <i>Team Points: 24</i>	50 Breast	46.54	4	PB	LB	TR
	50 Fly	35.37	2	PB	LB	TR
	100 Back	1:37.67	3	PB	LB	TR
	100 Free	1:16.53	3	PB	LB	TR
Chris Carrade, 54 <i>women 50-54</i> <i>Team Points: 5</i>	50 Fly	46.82	7	PB	LB	
	100 Free	1:19.90	6	PB	LB	
Cassandra Coffee, 55 <i>women 55-59</i> <i>Team Points: 14</i>	50 Breast	48.94	5			
	50 Fly	42.01	4			
	100 Free	1:20.92	4	PB		
Margaret De Somma, 48 <i>women 45-49</i> <i>Team Points: 16</i>	50 Fly	36.07	2	PB	LB	TR
	100 Free	1:13.12	1	PB	LB	
Cokie Lepinski, 57 <i>women 55-59</i> <i>Team Points: 49</i>	50 Back	40.94	2			
	100 Back	1:28.47	3			
	200 Back	3:08.84	2			
	50 Breast	43.43	2			
	100 Breast	1:35.12	3			
	200 Breast	3:27.29	1			
	50 Free	33.86	2			

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Crystal Pinkston, 31 <i>women 30-34</i> <i>Team Points: 22</i>	50 Free	42.42	5	PB		TR
	100 Free	1:35.96	4	PB		TR
	400 Free	7:30.01	2	PB		
	800 Free	15:57.44	2	PB		TR
Rachel Rempe, 33 <i>women 30-34</i> <i>Team Points: 17</i>	50 Breast	44.19	3			TR
	100 Back	1:25.24	5	PB	LB	TR
	200 Fly	2:58.15	2	PB	LB	TR
Erica Sutherland, 57 <i>women 55-59</i> <i>Team Points: 11</i>	200 IM	3:20.08	4	PB		
	800 Free	13:43.25	3	PB	LB	TR
Stephen Shoup, 48 <i>men 45-49</i> <i>Team Points: 10</i>	50 Breast	41.06	3			
	100 Free	1:12.33	4	PB	LB	TR
Mimi Willard, 63 <i>women 60-64</i> <i>Team Points: 44</i>	100 Back	1:48.13	4			
	200 Back	3:44.41	2			
	100 Breast	1:53.78	3	PB	LB	TR
	200 Breast	4:02.20	2			
	100 IM	1:41.91	2			
	400 Free	6:27.42	2			
	800 Free	13:05.35	4	PB	LB	TR

Full meet results here: http://www.pacificmasters.org/comp/16/2016 PacMasters SCM Champs_results.pdf



2016 Pac SCM Champs Relay Results

Relay	Swimmer	Stroke	Split	Final Time	Place	Misc
200 Medley Women <i>Entry time 2:33.00</i> 160-199 age group	Erica Sutherland, 57	Back	39.92	2:33.47	2	New TR! <i>(old was 2:37.66)</i>
	Rachel Rempe, 33	Breast	43.89			
	Margaret De Somma, 48	Fly	35.55			
	Hiroe Bell, 37	Free	34.11			
200 Medley Women <i>Entry time 3:10.00</i> 200-239 age group	Mimi Willard, 63	Back	50.17	3:09.25	1	Current TR 2:28.34
	Crystal Pinkston, 31	Breast	1:02.80			
	Cassandra Coffee, 55	Fly	41.06			
	Chris Carrade, 54	Free	34.68			
400 Free Women <i>Entry time 5:25.00</i> 200-239 age group	Chris Carrade, 54	Lead	1:19.33	5:08.13	2	New TR! <i>(old was 5:27.78)</i>
	Cassandra Coffee, 55	#2	1:21.20			
	Cokie Lepinski, 57	#3	1:13.69			
	Margaret De Somma, 48	#4	1:13.91			