

**2019 U.S. Masters Swimming 3000-Yard ePostal National Championship  
Women's Relays (3 Swimmers)**

Age Group	Place	Club Name	Total Time	First Name	Last Name	Age	Club Abbr.	USMS #	Individual Time	National Record
<b>18+</b>										
	1	Illinois Masters	1:54:35.47	Abigail	Bergman	23	IM	219H-09CWT	0:39:00.99	
				Madeline	Bruce	25	IM	219P-09DA1	0:38:22.48	
				Barbara	Zahorik	55	IM	219S-06581	0:37:12.00	
				Liberty	Lyster	22	PBM	509Y-NHGFH	0:43:10.00	
	2	Palm Beach Masters	2:04:56.00	Aly	Paz	26	PBM	509P-B2PP4	0:37:51.00	
				Laura	Richards	30	PBM	509D-0AK3M	0:43:55.00	
<b>25+</b>										
	1	St Pete Masters Inc	1:54:24.13	Marina	Falcone	32	SPM	140H-06Y2F	0:33:25.07	
				Paula	Texel	49	SPM	1490-0625D	0:37:55.06	
				Livia	Zien	53	SPM	1490-02RN5	0:43:04.00	
	2	New England Masters Swim Club	1:55:52.45	Alana	Aubin	29	NEM	0292-07TSR	0:37:03.99	
				Jennifer	Downing	41	NEM	0206-034VS	0:39:19.00	
				Charlotte	Brynn	53	NEM	020Z-034BA	0:39:29.46	
	3	North Carolina Masters Swimming	2:13:04.34	Kathleen	Pelczynski	34	NCMS	139G-06W4X	0:41:36.83	
				Catherine	Old	42	NCMS	139X-07ERH	0:47:25.10	
				Debbie	Wilson	65	NCMS	139P-02318	0:44:02.41	
				Molly	Brown	33	BUMS	049C-088F6	0:39:54.53	
	4	Binghamton Univ Masters	2:14:24.36	Laura	Bishop	47	BUMS	049V-07JYY	0:44:32.33	
				Anne	McGuigan	58	BUMS	0491-07S1F	0:49:57.50	

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				Staci	Schaffling	25	1776	0899-0A2FV	0:41:20.25	
	5	Colonials 1776	2:24:49.16	Hannah	Plimpton	34	1776	0896-05XZT	0:45:26.91	
				Cindy	West-Schaefer	56	1776	089X-9D3MD	0:58:02.00	
<b>35+</b>										
				Sarah	Landrum	41	PSM	3607-099B2	0:41:52.72	
	1	Puget Sound Masters	2:00:09.48	Michelle	McRae	44	PSM	3699-04FBZ	0:39:50.20	
				Tamara	Koppelberger	47	PSM	360C-09UES	0:38:26.56	
				Christine	Haslem	38	FAC	1293-3EF5V	0:37:34.46	
	2	Freedon Aquatic Club	2:04:01.29	Erin	McDonald	39	FAC	129Y-02JR6	0:40:58.33	
				Bonnie	Algera	43	FAC	129U-0ATDJ	0:45:28.50	
				Lisa	Chin	38	GERM	109M-0757M	0:38:22.27	
	3	Germantown Maryland Masters	2:04:42.65	Dorota	Hassett	42	GERM	109S-092S5	0:40:19.61	
				Denise	Dombay	53	GERM	1009-036EM	0:46:00.77	
				Amanda	Castle	44	IM	210K-062JD	0:44:03.43	
	4	Illinois Masters	2:08:09.16	Leslie	Biegler-Ciaccio	52	IM	210P-0A2JC	0:42:12.40	
				Marcia	Cleveland	55	IM	219H-MC944	0:41:53.33	
				Meg	Anderson	42	OREG	379G-026J5	0:45:26.00	
	5	Oregon Masters	2:16:36.34	Cynthia	Smidt	49	OREG	379J-02611	0:47:57.99	
				Anicia	Criscione	46	OREG	379M-EYEEM	0:43:12.35	

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				Jennifer	Macri	44	PBM	509H-0B58G	0:44:22.00	
	6	Palm Beach Masters	2:28:04.99	Kate	Ufford	44	PBM	509A-09ES7	0:44:55.00	
				Heidi	Bettendorf	55	PBM	509R-0B0PC	0:58:47.99	
<b>45+</b>										
				Laurie	Hug	54	1776	089W-0226X	0:36:26.33	
	1	Colonials 1776	1:53:24.46	Stephanie	Saucy	56	1776	089M-07VRM	0:39:02.70	
				Vibeke	Swanson	58	1776	0895-02223	0:37:55.43	
				Jayna	Tomac	47	OREG	379X-05EJN	0:39:45.50	
	2	Oregon Masters	2:04:03.49	Cheryl	Morgen	50	OREG	379F-026FA	0:42:33.99	
				Gillian	Salton	51	OREG	3700-05G96	0:41:44.00	
				Kirsten	Goldhammer	48	MOST	439V-020DN	0:40:32.06	
	3	Masters of South Texas	2:04:07.82	Melinda	Wight	48	MOST	439G-09MYN	0:43:49.69	
				Susan	Ingraham	60	MOST	430F-SUSAN	0:39:46.07	
				Malena	Hankins	46	AWJ	459X-GRACE	0:41:52.00	
	4	Atlanta Water Jocks	2:06:03.93	Leann	Rossi	53	AWJ	459G-064M8	0:46:53.84	
				Marianne	Countryman	55	AWJ	4591-06YDK	0:37:18.09	
				Christine	Hirsch	50	OREG	379W-07MKJ	0:47:24.05	
	5	Oregon Masters	2:07:03.37	Colette	Crabbe	63	OREG	379H-02645	0:39:48.33	
				Stephanie	Martin	60	OREG	379V-01P7F	0:39:50.99	

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				Megyn	Taback	46	PBM	500E-0A04H	0:45:56.00	
	6	Palm Beach Masters	2:34:23.98	Cathy	Goodwin	54	PBM	509G-08CWV	0:50:58.99	
				Susan	Smith	55	PBM	509X-0A55G	0:57:28.99	
				Daphne	Elliott	51	SHARK	1491-096KB	0:51:27.48	
	7	Sarasota Shark Masters	2:47:08.19	Karen	Einsidler	63	SHARK	1404-01S73	0:38:40.71	
				Janice	Miller	76	SHARK	149D-083F4	1:17:00.00	
<b>55+</b>										
				Susan	Gordon-Arnold	59	SAWS	599C-03SVR	0:40:40.53	
	1	Sawtooth Masters	2:00:02.59	Ellen	Reynolds	55	SAWS	5908-01J04	0:35:27.49	
				Lisa	Rankin-Galane	56	SAWS	5995-07RNE	0:43:54.57	
				Charlotte	Petersen	55	SPM	149Z-02RF8	0:36:04.73	
	2	St Pete Masters Inc	2:00:35.74	Cheryl	Kupan	55	SPM	149K-01SAD	0:41:51.00	
				Sharon	Steinmann	61	SPM	1494-02RG3	0:42:40.01	
				Jeanne	Danford	56	PBM	509W-028BV	0:43:52.00	
	3	Palm Beach Masters	2:08:44.99	Darcy	LaFountain	64	PBM	5090-0212Z	0:42:15.99	
				Tamara	Burton	61	PBM	5099-099CG	0:42:37.00	
				Margaret	Haskins	61	NEM	020A-05UC8	0:47:03.70	
	4	New England Masters Swim Club	2:35:28.76	Deborah	Chassler	68	NEM	020S-0337D	0:55:35.00	
				Paula	Yankauskas	65	NEM	0299-W0WSA	0:52:50.06	

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				Tamara	Nist	58	BUMS	0492-0AFZT	0:54:01.00	
	5	Binghamton Univ Masters	2:42:15.51	Donna	West	58	BUMS	040V-07JRG	0:54:25.51	
				Charlotte	Kramer	65	BUMS	049F-0926U	0:53:49.00	
<b>65+</b>										
				Catherine	Rust	66	PBM	5096-06WNH	0:42:46.99	
65+	1	Palm Beach Masters	2:26:00.98	Joan	Craffey	66	PBM	509D-06MBR	0:45:31.00	
				Suzanne	Mitchell	71	PBM	509Z-08CXY	0:57:42.99	
				Janet	Jastremski	71	1776	089E-0226H	0:57:14.40	
65+	2	Colonials 1776	2:38:00.66	Christine	Schroeder	70	1776	089R-0225J	0:55:24.00	
				Tracy	Clarkson	70	1776	089D-09NEX	0:45:22.26	