

**2020 U.S. Masters Swimming 3000-Yard ePostal National Championship
Women**

Age Group	Place	First Name	Last Name	Age	Club Abbr	USMS Number	Time	National Record	Quality Points
18-24	1	Cara	Cannilla	24	SCYM	071X-0B8GU	43:29.13		746
25-29	1	Rachel	Flinn	29	NEM	020E-09NDS	37:01.10		876
	2	Staci	Schaffling	26	1776	080S-0A2FV	41:19.70		784
30-34	1	Lenore	Phillips	34	WSC	5006-0A1F4	41:41.00		784
	2	Meredith	Anderson	34	LOCO	550G-05ZSY	44:02.01		742
	3	Liz	Brodie	32	PBM	500G-0APZE	49:11.03		664
35-39	1	Alexis	Higlett	37	OREG	3704-0B4SC	34:50.40		945
	2	Sarah	Swoch	35	SPM	1408-02TVT	39:01.51		843
	3	Sarah	Harriman	37	PALM	5503-0A663	39:26.45		834
	4	Heather	Frees	37	LSM	260P-05P9Y	39:40.15		830
	5	Sara	Mccarthy	35	PBM	5003-24XR5	45:17.99		726
	6	Kim	Bowler	37	KM	350T-JK4AW	46:12.00		712
	7	Lindsay	Donahue	39	KM	351D-0B04C	49:48.99		661
	8	Megan	Wiglesworth	39	PBM	5008-R06N6	52:28.99		627
	9	Sarah	King	37	CONN	0501-07PBT	1:15:25.84		436
40-44	1	Irish	Holland	40	NCMS	131Z-0B0MF	35:56.63		927
	2	Kysa	Crusco	44	NEM	020Z-07Z08	38:50.55		858
	3	Helene	Nehrebecki	40	DAM	380A-06JFA	41:47.00		797
	4	Sharessa	Gutierrez	40	OMAH	290V-06ADK	43:05.12		773
	5	Stacey	Ogden	42	CMS	320U-029Z0	43:19.97		769
	6	Meredith	Glick	44	SWED	2101-06AXW	43:20.63		769
	7	Kate	Kolb	40	SKY	410Y-01WH8	53:42.00		620
	8	Sara	Banner	44	MOVY	280R-082FK	57:36.00		578
	9	Jessica	Howington	44	SKY	411D-020WX	59:36.00		559
45-49	1	Alison	Hayden	49	SPM	1401-045GD	36:43.72		923
	2	Kristen	Gross	46	SLAM	2201-0020W	37:37.90		901
	3	Kelli	Broussard	48	SRM	380X-01T55	39:36.63		856

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45-49	4	Stephanie	Henry	46	IM	210U-09R25	39:52.01		850	
	5	Anicia	Criscione	47	OREG	370A-EYEEM	42:09.80		804	
	6	Amy	Hearst	49	MOVY	280J-0721T	42:43.00		793	
	7	Suzanne	Dearworth	48	PBM	5007-027H7	43:25.59		780	
	8	Kate	Ufford	45	VCM	330G-09ES7	43:52.00		773	
	9	Megyn	Taback	47	PBM	500E-0A04H	45:14.21		749	
	10	Madelyn	Tan-Cohen	46	SWED	210P-0A7JT	46:22.00		731	
	11	Tracy	Williams	48	PBM	5004-09DRD	46:31.99		728	
	12	Marlis	Sidletsky	45	PALM	550A-05P2K	47:05.31		720	
	13	Hillary	Morris	45	PBM	500S-095WK	47:33.00		713	
	14	Alexandra	Lessem	45	CMS	3209-0743W	49:18.97		687	
	15	Amanda	Castle	45	IM	211B-062JD	50:00.00		678	
	16	Jenny	Hodges	46	SDPM	5407-01HZM	54:23.10		623	
	17	Leslie	Brown	47	SKY	410U-05RSY	54:28.00		622	
	18	Tina	Calub	47	IM	2113-G4AEA	1:00:00.00		565	
	19	Ngozi	Uwah-Jones	48	PBM	500X-0711P	1:00:04.99		564	
	20	Melissa	Setty	46	MICH	190U-6DKSF	1:23:05.03		408	
	50-54	1	Paula	Texel	50	SPM	141D-0625D	37:57.26		901
		2	Anne	Cappola	51	1776	080D-022E0	39:25.58		868
		3	Charlotte	Brynn	54	NEM	020Z-034BA	39:25.63		868
4		Tabitha	Brandt	52	SPM	140J-002H2	39:56.60		857	
5		Christine	Largey	50	PBM	500D-MZE76	40:35.00		843	
6		Sheila	Nelson	52	SRM	3819-024PJ	43:10.32		793	
7		Leanne	Lefebvre Larson	51	MINN	300J-98KYN	46:09.35		741	
8		Nina	Bell	54	UC32	3204-EGVE5	51:24.69		666	
9		Jennifer	Barlow	54	NEM	020G-06F3A	52:12.00		655	
10		Jill	Swavely	54	1776	0806-085DV	53:17.70		642	
11		Ingrid	Bon	50	WSC	500R-07ZM1	53:36.05		638	

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50-54	12	Noel	Ellett	52	MSMA	380K-0B2BN	54:05.47		633
	13	Catherine	Choy	54	PBM	5001-027ZE	54:31.00		628
	14	Flavia	Medlin	53	O*H*	1800-02RHK	57:14.95		598
	15	Heather	Kemp	54	SKY	410J-2TJ9X	1:01:25.98		557
	16	Elaine	Wotton	53	PBM	500K-8EGH2	1:08:06.99		502
	17	Martha	Fowler	53	DIA	500U-0AAM7	1:10:33.99		485
	55-59	1	Laurie	Hug	55	1776	0802-0226X	36:41.00	
2		Stephanie	Saucy	57	1776	080A-07VRM	38:53.76		912
3		Kimberly	Elsbach	57	DAM	3803-D0NUT	39:19.06		902
4		Vibeke	Swanson	59	1776	080W-02223	39:33.94		896
5		Dawn	Clark	56	SPM	140E-05VRX	39:38.35		895
6		Amy	Leib Alexander	56	PBM	500X-H27UP	39:57.99		887
7		Sallie	Bartkowiak	55	MICH	190J-0A1DG	41:52.19		847
8		Cheryl	Kupan	56	SPM	141P-01SAD	42:10.00		841
9		Marcia	Cleveland	56	IM	210D-MC944	42:26.99		835
10		Linda	Irish Bostic	57	PBM	5004-06BTX	42:31.99		834
11		Jeanne	Danford	57	PBM	5002-028BV	44:21.99		799
12		Barbara	Burke	59	1776	0812-0221J	44:55.00		789
13		Diana	Finney	59	PBM	5002-027YF	46:05.99		769
14		Becky	Nelson	56	TBAM	140N-02RXR	47:37.92		744
15		Jennifer	Phalen	56	DAM	381B-JENNY	49:01.81		723
16		Cathy	Goodwin	55	PBM	500E-08CWV	50:00.99		709
17		Mary	Fagan	56	LOCO	550H-07HXG	50:43.01		699
18		Aida	Patterson	59	KM	350R-03GJD	50:45.15		699
19		Yumiko	Luke	55	SAWS	590Y-09XTD	52:48.31		671
20		Norma	DeGuenther	58	TBAM	140T-065VR	56:29.00		628
21		Susan	Smith	56	PBM	501G-0A55G	57:33.99		616
22		Lisa	Jones	56	UC55	5500-09880	57:44.07		614

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55-59	23	Heidi	Bettendorf	56	PBM	5007-0B0PC	1:02:46.99		565
60-64	1	Karen	Einsidler	64	SHARK	1404-01S73	38:54.83		964
	2	Tracy	Grilli	63	NEM	020K-RDS0X	39:50.63		942
	3	Denise	Brown	61	MICH	1902-01U86	40:14.90		932
	4	Susan	Gordon-Arnold	60	SAWS	590N-03SVR	40:50.04		919
	5	Beth	Estel	64	NEM	020R-008J3	41:13.27		910
	6	Tamara	Burton	62	PBM	500S-099CG	42:08.99		890
	7	Susan	Ingraham	61	MOST	431J-SUSAN	42:12.65		889
	8	Sharon	Steinmann	62	SPM	140X-02RG3	42:26.20		884
	9	Maddie	Diedo	62	MICH	1902-028U9	49:22.68		760
	10	Janet	Siniscalchi	64	PBM	500S-079VZ	50:16.99		746
	11	Lisa	Bove	60	CVMM	3317-03BSY	53:22.50		703
	12	Amy	Peterson	63	SKY	4102-01WA9	54:28.00		689
	13	Kathryn	Cronin	62	PBM	500K-033U1	55:44.00		673
	14	Karen	Lewin	64	PBM	5009-06124	55:54.93		671
	15	Pamela	Ogden	63	MINN	300S-024JH	56:03.00		669
	16	Kathleen	Ottensmeyer	63	IM	2115-066BB	56:15.00		667
	17	Linda	Miller	60	WSC	5000-04PG2	56:16.85		667
	18	Sharon	Friedman	61	PBM	500K-06BNV	57:18.99		655
	19	Hilary	Walton	61	LOCO	550G-2NMRN	57:21.50		654
	20	Kim	McFall	63	UC48	480G-0AP8Y	57:56.85		647
	21	Lynn	Cabana	64	NEM	0213-07EDV	1:04:09.00		585
	22	Cynthia	Kepler	63	WSC	501T-09YCN	1:22:17.83		456
	23	Peggy	Dold	63	LPM	150E-0A6PU	1:33:15.00		402
65-69	1	Shirley	Loftus-Charley	69	VMST	1201-WATER	40:21.14		958
	2	Catherine	Rust	67	PBM	5013-06WNH	42:41.99		906
	3	Darcy	LaFountain	65	PBM	500H-0212Z	43:18.99		893

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65-69	4	Sue	Watts	66	1776	081U-05TSF	48:10.44		803	
	5	Nancy	Van Ast	69	PALM	5519-01GW5	51:07.53		756	
	6	Barbara	Boslego	69	VMST	120T-02HV9	51:40.64		748	
	7	Jill	Wright	69	SAWS	591V-01J02	54:06.22		715	
	8	Susan	Ashbaugh	67	TBAM	140X-02RTC	56:24.00		686	
	9	Melinda	Wolff	67	1776	0805-022V5	56:48.65		681	
	10	Linda	Callaway	67	MOST	431M-02NEV	57:01.77		678	
	11	Blair	Brockman	65	SFTL	501Y-080YC	57:31.69		672	
	12	Grace	Moran	65	LPM	150R-0B21C	1:19:42.00		485	
	13	Betty	Kamarad	68	LPM	150R-0AYXX	1:42:03.00		379	
	70-74	1	Fran	Hare	70	PBM	5004-02XHG	43:49.99	Y	1,035
		2	Tracy	Clarkson	71	1776	080M-09NEX	44:25.89	Y	1,021
		3	Marcia	Barry	72	VMST	120F-027G9	46:39.86		972
4		Babs	Larsen	73	MINN	300T-02A9M	57:15.73		792	
5		Jane	Wright	71	SAWS	591X-077FJ	1:04:51.33		700	
75-79	1	Linda	Webb	75	SFTL	5003-02FR0	54:18.25		944	
	2	Leslie	Westergaard	77	DAM	3800-03GEZ	1:03:14.00		811	
80-84	1	Jill	Fritz	80	ARIZ	480Y-02NCX	1:06:38.01		829	