

2021 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
25-29	1	Dani	Gigliotti	28	CMS	321X-AH19Z	54:54.01		591
30-34	1	Rachel	Flinn	30	NEM	021K-09NDS	38:27.15		850
30-34	2	Laura	Richards	32	UC09	091W-0AK3M	40:20.40		810
30-34	3	Brittani	Plaisance	34	TFAM	2612-PFPDG	43:29.59		751
30-34	4	Grace	Nafziger	30	SKY	4110-V909B	44:23.69		736
30-34	5	Kay	Wakeman	34	VMST	1218-074ZM	46:11.21		708
30-34	6	Tricia	Baldwin	31	SKY	411Z-06XAE	57:31.68		568
35-39	1	Alexis	Higlett	38	OREG	371X-0B4SC	35:16.97		933
35-39	2	Sarah	Harriman	38	PALM	551Y-0A663	39:04.78		842
35-39	3	Sarah	Swoch	36	SPM	141T-02TVT	40:01.37		822
35-39	4	Ashley	Braniecki	36	O*H*	1812-06118	42:47.08		769
35-39	5	Rebecca	Latimer	39	VMST	121N-023UP	44:19.52		742
35-39	6	Sarah	Mulder	37	CMS	3213-06T38	52:19.97		629
35-39	7	Sarah	King	38	CONN	051G-07PBT	1:18:58.87		417
40-44	1	Helene	Nehrebecki	41	DAM	381R-06JFA	41:06.00		810
40-44	2	Casey	Hire	42	TEA	371D-FFG9A	42:12.03		789
40-44	3	Katie	Palavecino	43	ALEX	101E-037H5	42:22.00		786
40-44	4	Michelle	Toner	41	HOLY	0213-046NR	42:28.34		784
40-44	5	Mary	Colby	43	NICK	041Z-06CBF	42:36.82		782
40-44	6	Anna	Hern	41	UC48	4814-MCYEG	47:28.42		702
40-44	7	Kimberly	Naftel	43	ENSW	151P-TT6SY	51:54.70		642
40-44	8	Caroline	Pieroni	41	SKY	412S-C304N	1:09:40.00		478
45-49	1	Stephanie	Henry	47	IM	2114-09R25	39:53.59		850
45-49	2	Julie	Dussliere	49	UC50	501F-01X4N	40:45.84		831
45-49	3	Suzanne	Dearworth	49	PBM	501U-027H7	41:17.72		821
45-49	4	Anicia	Criscione	48	OREG	371R-EYEEM	42:13.43		803
45-49	5	Suzy	Jajewski	46	OREG	3711-074MV	43:32.00		778
45-49	6	Marlis	Sidletsky	46	PALM	551R-05P2K	45:50.82		739
45-49	7	Mary	McGovern	48	BUMS	041V-088GW	47:00.00		721
45-49	8	Alexandra	Lessem	46	CMS	321S-0743W	49:05.08		690

45-49	9 Margaret	Hales	49 DSMY	401D-8NAM7	49:14.50	688
45-49	10 Beth	Martell	49 OREG	3717-0A863	49:29.09	685
45-49	11 Diana	Brodeur	46 LSM	2618-05T4R	50:32.00	671
45-49	12 Leslie	Brown	48 SKY	4114-05RSY	52:53.00	641
45-49	13 Jennifer	Strona	45 CMS	321C-Y22XH	1:04:09.43	528
45-49	14 Jessica	Howington	45 SKY	411D-020WX	1:08:53.00	492
50-54	1 Alison	Hayden	50 SPM	141G-045GD	36:01.46	950
50-54	2 Paula	Texel	51 SPM	141D-0625D	37:43.11	907
50-54	3 Anne	Cappola	52	1776 081M-022E0	38:21.71	892
50-54	4 Tabitha	Brandt	53 SPM	141C-002H2	39:53.00	858
50-54	5 Jayette	Pettit	54 OREG	3711-0A8HS	41:03.51	833
50-54	6 Julie	May	54 SKY	411Z-06T3A	41:22.36	827
50-54	7 Gillian	Salton	53 OREG	372F-05G96	41:30.99	824
50-54	8 Cheryl	Morgen	52 OREG	371C-026FA	43:11.00	792
50-54	9 Kathy	Collier	54 CMS	322T-05G88	50:37.44	676
50-54	10 Jennifer	Ackerman	54 SKY	412U-2MS6S	50:44.00	674
50-54	11 MJ	Redman	54 CMS	3217-83SRR	51:53.78	659
50-54	12 Amy	Dellwardt	50 CMS	322X-6WWBX	52:40.97	649
50-54	13 Melisa	Pleconis	52 UC07	071M-0AUVV	56:05.01	610
50-54	14 Noel	Ellett	53 MSMA	381B-0B2BN	57:17.65	597
50-54	15 Charis	Guy	51 TFAM	261P-5HHF9	1:00:57.69	561
50-54	16 Heather	Fitzgerald	50 PBM	501Z-SR5G2	1:01:30.99	556
50-54	17 Flavia	Medlin	54 O*H*	181H-02RHK	1:01:42.06	555
50-54	18 Elaine	Wotton	54 PBM	501B-8EGH2	1:02:06.99	551
50-54	19 Mary	Perrecone	53 PALM	5510-SW3UB	1:17:13.09	443
55-59	1 Charlotte	Brynn	55 NEM	021F-034BA	39:29.24	898
55-59	2 Dawn	Clark	57 SPM	141K-05VRX	41:19.00	858
55-59	3 Sallie	Bartkowiak	56 MICH	191C-0A1DG	42:23.21	837
55-59	4 Marcia	Cleveland	57 IM	211M-MC944	43:30.74	815
55-59	5 Arlene	Delmage	59 OREG	3715-01Z4F	44:47.01	792
55-59	6 Angi	Smith	59 CMS	321T-0A8NW	45:52.78	773
55-59	7 Cathy	Goodwin	56 PBM	501K-08CWV	47:12.99	751
55-59	8 Jayna	Heimark	58 CMS	321G-0A3ZJ	47:30.78	746
55-59	9 Dee	Davis	55 ENSW	1515-021WD	47:34.28	745

55-59	10	Becky Nelson	57	TBAM	1419-02RXR	48:55.32	725
55-59	11	Yumiko Luke	56	SAWS	5910-09XTD	51:12.63	692
55-59	12	Jennifer Phalen	57	DAM	381B-JENNY	51:48.06	685
55-59	13	Frances Jones	59	SKY	4123-01WEE	54:16.00	653
55-59	14	Norma DeGuenther	59	TBAM	1415-065VR	55:15.01	642
55-59	15	Susan Smith	57	PBM	501G-0A55G	56:17.99	630
55-59	16	Heather Kemp	55	SKY	412K-2TJ9X	59:16.02	598
60-64	1	Leslie Craven	62	NEM	021V-004WN	41:42.00	900
60-64	2	Tamara Burton	63	PBM	5016-099CG	42:47.99	877
60-64	3	Maddie Diedo	63	MICH	191Z-028U9	50:21.16	745
60-64	4	Katharine Cleveland	60	UC05	0522-EJD3S	50:56.52	736
60-64	5	Jami Gray	63	UC14	1417-4Z4RW	51:16.88	732
60-64	6	Paula Moores	64	SAWS	5918-01J0E	51:55.11	723
60-64	7	Nancy Ackerson	60	SKY	412E-01WR3	52:53.00	709
60-64	8	Amy Peterson	64	SKY	4121-01WA9	54:16.00	691
60-64	9	Deborah Pederson	64	MOST	431U-09U2V	54:41.50	686
60-64	10	Pamela Ogden	64	MINN	3016-024JH	56:59.99	658
60-64	11	Leah Carroll	60	ALB	381B-09H3C	1:01:10.92	613
60-64	12	Kate Mehler	64	ALB	381E-085A2	1:01:30.07	610
60-64	13	Laura Brown	61	SKY	4124-KUUD9	1:30:11.00	416
60-64	14	Peggy Dold	64	LPM	151K-0A6PU	1:32:11.12	407
65-69	1	Karen Einsidler	65	SHARK	141X-01S73	38:30.46	Y 1,004
65-69	2	Colette Crabbe	65	OREG	371M-02645	39:57.34	968
65-69	3	Elaine Valdez	66	MOST	431H-02P0H	43:01.29	899
65-69	4	Catherine Rust	68	PBM	5013-06WVNH	43:08.99	896
65-69	5	Darcy LaFountain	66	PBM	501D-0212Z	44:27.23	870
65-69	6	Jeanna Summers	67	OREG	371P-000PT	47:16.04	818
65-69	7	Phyllis Quinn	66	TOC	381D-03F7Y	48:18.88	800
65-69	8	Paula Yankauskas	67	NEM	0216-WOWSA	52:32.46	736
65-69	9	Janet Siniscalchi	65	PBM	5016-079VZ	53:06.62	728
65-69	10	Jo-Ann Berry	65	PBM	501M-027YV	56:00.00	691
65-69	11	Karen Lewin	65	PBM	501S-06124	56:02.32	690
65-69	12	Susan Ashbaugh	68	TBAM	1411-02RTC	57:03.02	678
65-69	13	Lynn Cabana	65	NEM	022W-07EDV	1:09:16.00	558

65-69	14 Monica	Brogan	69 VMST	121D-0A84Y	1:23:21.04	464
65-69	15 Susanne	Gartner	65 WISC	2028-KCJKS	1:28:06.00	439
70-74	1 Shirley	Loftus-Charley	70 VMST	121G-WATER	41:44.72 Y	1,050
70-74	2 Tracy	Clarkson	72	1776 081A-09NEX	45:20.12	967
70-74	3 Fran	Hare	71 PBM	501X-02XHG	46:40.99	939
70-74	4 Joanne	Menard	73 MMAC	481G-02F1Y	47:28.13	923
70-74	5 Barbara	Boslego	70 VMST	1215-02HV9	51:07.99	858
70-74	6 Nancy	Van Ast	70 PALM	5519-01GW5	51:15.17	855
70-74	7 Jill	Wright	70 SAWS	591V-01J02	53:32.97	819
70-74	8 Jane	Wright	72 SAWS	5923-077FJ	1:02:30.04	701
75-79	1 Beverly	Montrella	75 MVN	3323-048YV	48:28.47 Y	1,058
75-79	2 Jeanne	Ensign	75 BSMT	311H-02KGK	1:03:43.83	805
75-79	3 Leslie	Westergaard	78 DAM	381H-03GEZ	1:03:47.99	804
75-79	4 Judith	Ziemer	77 OREG	371M-026R8	1:06:06.00	776
75-79	5 Jeanne	Seidler	75 WISC	2025-01R6A	1:29:58.99	570