

**2023 U.S. Masters Swimming Long Distance National Championships
Relay All-Americans**

2023 USMS Women's Relay All-Americans (3 Swimmers)										
Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Registration ID	Individual Time/ Distance	USMS Record
18+	One-Hour Virtual	Tamalpais	12,010	Caitlin	Kawamura	21	TAM	383D-XA2VM	3,890	
				Katherine	Claman	27	TAM	3830-P9BU2	3,820	
				Danielle	Nelson	44	TAM	383M-1C6JU	4,300	
	5K									
	10K									
	3K	The Olympic Club	1:52:42.69	Lauren	Green	24	TOC	383M-6CBHZ	0:37:44.18	
				Allison	Arnold	31	TOC	384E-09827	0:33:57.00	
				Laureen	Welting	58	TOC	3834-03J3S	0:41:01.26	
	6K									
25+	One-Hour Virtual	New England Masters	13,740	Jessie	Feng	26	NEM	023E-H2VG2	4,785	
				Madeline	Snow	26	NEM	023K-2HSA0	4,550	
				Alana	Aubin	33	NEM	023H-07TSR	4,405	
	5K	Oregon Maters	3:53:21.20	Emily	Arcuri	31	OREG	373Y-ZTBJR	1:16:54.27	
				Ilsa	Feierabend	31	OREG	3732-69VC2	1:12:39.94	
				Cheryl	Morgen	54	OREG	373M-026FA	1:23:46.99	
	10K	St. Pete Masters	8:01:57.89	Macarena	Martin Mayor	25	SPM	143G-V99EX	2:39:20.99	
				Sarah	Swoch	38	SPM	1436-02TVT	2:43:11.91	
				Stephanie	Gibson	40	SPM	143N-H37MJ	2:39:24.99	
	3K	Oregon Masters	1:56:14.81	Ilsa	Feierabend	31	OREG	3732-69VC2	0:38:08.89	
				Lex	Higlett	40	OREG	3732-0B4SC	0:37:14.04	
				Colette	Crabbe	67	OREG	373B-02645	0:40:51.88	
	6K									
				Sarah	Swoch	38	SPM	1436-02TVT	4,625	

35+	One-Hour Virtual	St. Pete Masters	14810	Chelsea	Nauta	35	SPM	1436-09U7X	5,370	
				Paula	Texel	53	SPM	143K-0625D	4,815	
	5K	St. Pete Masters	3:45:17.81	Sarah	Swoch	38	SPM	1436-02TVT	1:16:41.82	
				Allison	Retotar	36	SPM	1432-088S8	1:15:25.99	
				Paula	Texel	53	SPM	143K-0625D	1:13:10.00	
	10K	Illinois Masters	8:16:22.87	Jordan	Leahey	42	IM	2136-07F6T	2:50:53.73	
				Stephanie	Henry	49	IM	213W-09R25	2:42:41.08	
				Marcia	Cleveland	59	IM	213B-MC944	2:42:48.06	
	3K	St Pete Masters	1:52:25.08	Allison	Retotar	36	SPM	1432-088S8	0:37:29.10	
				Stephanie	Gibson	40	SPM	143N-H37MJ	0:38:31.40	
				Alison	Hayden	52	SPM	143F-045GD	0:36:24.50	
	6K	St Pete Masters	4:13:33.03	Sarah	Swoch	38	SPM	1436-02TVT	1:20:52.03	
				Stephanie	Gibson	40	SPM	143N-H37MJ	1:21:37.00	
				Dawn	Clark	59	SPM	143C-05VRX	1:31:04.00	
45+	One-Hour Virtual	New England Masters	13,485	Kysa	Crusco	47	NEM	023H-07Z08	4,375	
				Merin	Troutman	50	NEM	0231-01SAF	4,510	
				Tara	Mack	51	NEM	023Z-033P8	4,600	
	5K	Illinois Masters	3:59:48.36	Stephanie	Henry	49	IM	213W-09R25	1:17:24.58	
				Marcia	Cleveland	59	IM	213B-MC944	1:19:16.06	
				Karen	Lundgren	59	IM	213C-09E7N	1:23:07.72	
	10K	Cavalier Masters	8:55:21.17	Tara	Boyd	49	CM-Y	123H-H4MT3	3:25:35.42	
				Lisa	Bond	54	CM-Y	1237-GBCJ9	2:48:52.30	
				Shirley	Loftus-Charley	72	CM-Y	123F-WATER	2:40:53.45	
	3K	New England Masters Swim Club	2:03:45.89	Kysa	Crusco	47	NEM	023H-07Z08	0:41:02.24	
				Charlotte	Brynn	57	NEM	023H-034BA	0:39:35.65	
				Leslie	Craven	64	NEM	0234-004WN	0:43:08.00	
				Stephanie	Henry	49	IM	213W-09R25	1:20:21.27	

	3K	Oregon Masters	3:16:03.30	Ginger Janet Judy	Pierson Gettling Ziemer	77 75 79	OREG OREG OREG	373Z-025WC 374K-026BY 374K-026R8	1:08:30.31 0:55:34.99 1:11:58.00	
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	6K									
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2023 USMS Men's Relay All-Americans (3 Swimmers)										
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Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Registration ID	Individual Time/ Distance	USMS Record
18+	One-Hour Virtual	Swim Kentucky	14,330	Carter	Dilger	21	SKY	413T-B876R	5,480	
				Gregory	Willett	26	SKY	413B-0B0T8	3,790	
				Mark	Lowney	55	SKY	413S-JJAYK	5,060	
	5K									
	10K									
	3K									
	6K									
25+	One-Hour Virtual	St. Pete Masters	14,995	Noah	Manera	25	SPM	143K-CD6J0	4,735	
				Christopher	Stickle	33	SPM	143A-06HTS	5,245	
				Jesse	Morenus	41	SPM	143B-06C7Y	5,015	
	5K	St. Pete Masters	3:34:59.98	Cameron	Chambers	33	SPM	143S-09T9S	1:06:37.99	
				Christopher	Stickle	33	SPM	143A-06HTS	1:05:40.99	
				Jeffrey	Gould	60	SPM	1432-01YC1	1:22:40.00	
	10K									
	3K	The Olympic Club	1:40:09.35	Matthew	Whittle	27	TOC	3835-2B3JW	0:36:00.26	
				Chad	La Tourette	35	TOC	3834-09H5H	0:30:54.86	
				Juan	Valdivieso	42	TOC	383K-0771P	0:33:14.23	
	6K	St Pete Masters	4:08:04.97	Christopher	Stickle	33	SPM	143A-06HTS	1:09:32.03	
				Jeffrey	Gould	60	SPM	1432-01YC1	1:28:24.99	
				Stephan	Freeman	67	SPM	143N-02REX	1:30:07.95	
35+	One-Hour Virtual	New England Masters	14,060	Eric	Nilsson	36	NEM	0236-05YT0	5,475	
				Haroldo	Kawakami	35	NEM	023N-07ZMT	4,810	
				Michael	Urso	41	NEM	0232-TWNS2	3,775	
	5K	St. Pete Masters	4:36:36.99	Andrew	Leone	39	SPM	143D-E26ZA	1:27:44.99	
				Russell	Hawkins	37	SPM	1437-N55AX	1:41:46.00	
				Jim	Esposito	60	SPM	1439-0ARSK	1:27:20.75	
	10K									
	3K	Pete Masters	2:28:31.20	Russell	Hawkins	37	SPM	1437-N55AX	0:50:54.45	
				Stephan	Freeman	67	SPM	143N-02REX	0:43:20.75	
				Pat	Marzulli	75	SPM	143E-02RMV	0:54:16.00	
	6K	Enthusiastic Masters of	4:19:28.88	Jimmy	Song	40	MEMO	383T-09EU2	1:25:31.09	
				Todd	Wehmann	51	MEMO	3832-09V9T	1:21:46.73	
				Ahren	Lehnert	50	MEMO	383B-07TZ7	1:32:11.06	
				Jim	Josberger	52	OREG	373D-0ABND	4,850	

45+	One-Hour Virtual	Oregon Masters	14,445	Steve Eilhard	Wursta Lussier	58 58	OREG OREG	3738-026PM 373X-025VX	4,310 5,285	
	5K	Illinois Masters	4:20:48.11	Ryan Edmund	Huddlestun Baumgartner	51 57	IM IM	213J-0A532 213C-092VJ	1:33:35.65 1:23:51.71	
	10K	Illinois Masters	7:54:04.67	Chris	Layton	64	IM	213Y-02VAE	1:23:20.75	
	10K	Illinois Masters	7:54:04.67	Andrew Edmund Andreas	Walberer Baumgartner Seibt	51 57 65	IM IM IM	213G-005XM 213C-092VJ 2133-02VB9	2:34:27.50 2:48:21.18 2:31:15.99	
	3K	Oregon Masters	1:51:27.63	Kurt Steve Scot	Grote Wursta Sullivan	50 58 57	OREG OREG OREG	373W-082KF 3738-026PM 373P-003C6	0:34:13.87 0:41:32.20 0:35:41.56	
	6K									
55+	One-Hour Virtual	New England Masters	14,270	Matthew Stuart Chris	Gilson Cromarty French	56 59 61	NEM NEM NEM	023E-033F6 023V-03437 023F-034EP	4,570 5,175 4,525	
	5K	Oregon Masters	3:26:14.55	Eilhard Daniel Scot	Lussier Jorgensen Sullivan	58 55 57	OREG OREG OREG	373X-025VX 373A-001GM 373P-003C6	1:06:09.23 1:07:09.18 1:12:56.14	
	10K	Oregon Masters	7:48:01.86	Eilhard Dan Bob	Lussier Kirkland Bruce	58 75 75	OREG OREG OREG	373X-025VX 373T-069B3 373G-025YX	2:14:39.34 2:37:46.08 2:55:36.44	
	3K	Illinois Masters	2:04:29.29	Chris Tom Richard	Layton Holmberg Ruderman	64 65 65	IM IM IM	213Y-02VAE 213Z-02VYJ 213Z-09V8K	0:40:24.78 0:43:00.59 0:41:03.92	
	6K	Illinois Masters	4:11:28.93	Edmund Chris Andreas	Baumgartner Layton Seibt	57 64 65	IM IM IM	213C-092VJ 213Y-02VAE 2133-02VB9	1:31:41.31 1:22:17.62 1:17:30.00	
65+	One-Hour Virtual	Longhorn Aquatics	13,655	Bob Larry Dick	Seagraves Wood Worrel	67 69 70	TXLA TXLA TXLA	433M-02NFN 433B-02NJV 433P-02NHM	4,245 4,715 4,695	
	5K	St. Pete Masters	4:51:35.43	Stephan Carl Pat	Freeman Selles Marzulli	67 76 76	SPM SPM SPM	143N-02REX 143C-030YY 143E-02RMY	1:25:24.45 1:36:46.99 1:49:23.99	
	10K									
	3K	Illinois Masters	1:59:01.24	Kevin Andreas Phil	Scanlan Seibt Dodson	68 65 70	IM IM IM	213E-02VV4 2133-02VB9 2139-02UY2	0:39:50.34 0:38:31.00 0:40:39.90	
	6K									
75+	One-Hour Virtual	Oregon Masters	12,565	Dan Bob Steve	Kirkland Bruce Johnson	75 75 75	OREG OREG OREG	373T-069B3 373G-025YX 543D-06TMZ	4,675 4,260 3,630	Y
	5K	Oregon Masters	4:16:46.59	Steve Dan	Johnson Kirkland	75 75	OREG OREG	543D-06TMZ 373T-069B3	1:40:19.53 1:15:33.07	

				Bob	Bruce	75	OREG	373G-025YX	1:20:53.99	
	10K									
	3K	Oregon Masters	2:10:55.86	Dan Steve Bob	Kirkland Johnson Bruce	75 75 75	OREG OREG OREG	373T-069B3 543D-06TMZ 373G-025YX	0:38:22.14 0:50:57.17 0:41:36.55	Y
	6K									

2023 USMS Mixed Relay All-Americans (2 Women, 2 Men)

Age Group	Event	Club Name	Total Time/ Distance	First Name	Last Name	Age	Club Abbr	USMS Registration ID	Individual Time/ Distance	USMS Record
18+	One-Hour Virtual	Tamalpais	16,355	Caitlin	Kawamura	21	TAM	383D-XA2VM	3,890	
				Alex	Claman	28	TAM	3831-09BZE	4,140	
				Ruairi	Wiepking	35	TAM	383M-06YKZ	4,135	
				Karen Simontacchi	Brisson	55	TAM	383P-03H68	4,190	
	5K	Wellington Swim Club	6:25:07.06	Dea	Sustaita	18	WSC	503T-1AVGU	1:29:11.99	
				Lina	Bot	37	WSC	5035-38JDX	2:17:04.08	
				Erik	Bell	49	WSC	5039-03641	1:25:27.99	
				Jon	Pagalilauan	45	WSC	5049-083F9	1:23:23.00	
	10K									
	3K	The Olympic Club	2:15:50.52	Lauren	Green	24	TOC	383M-6CBHZ	0:37:44.18	
				Allison	Arnold	31	TOC	384E-09827	0:33:57.25	
				Chad	La Tourette	35	TOC	3834-09H5H	0:30:54.86	
				Juan	Valdivieso	42	TOC	383K-0771P	0:33:14.23	
	6K									
25+	One-Hour Virtual	St Pete Masters	20,165	Noah	Manera	25	SPM	143K-CD6J0	4,735	
				Christopher	Stickle	33	SPM	143A-06HTS	5,245	
				Chelsea	Nauta	35	SPM	1436-09U7X	5,370	
				Paula	Texel	53	SPM	143K-0625D	4,815	
	5K	St. Pete Masters	4:40:54.97	Cameron	Chambers	33	SPM	143S-09T9S	1:06:37.99	
				Christopher	Stickle	33	SPM	143A-06HTS	1:05:40.99	
				Allison	Retotar	36	SPM	1432-088S8	1:15:25.99	
				Paula	Texel	53	SPM	143K-0625D	1:13:10.00	
	10K									
	3K	Oregon Masters	2:25:18.36	Ilsa	Feierabend	31	OREG	3732-69VC2	0:38:08.89	
				Lex	Higlett	40	OREG	3732-0B4SC	0:37:14.04	
				Kurt	Grote	50	OREG	373W-082KF	0:34:13.87	
				Scot	Sullivan	57	OREG	373P-003C6	0:35:41.56	
	6K	St Pete Masters	5:20:26.05	Christopher	Stickle	33	SPM	143A-06HTS	1:09:32.03	
				Sarah	Swoch	38	SPM	1436-02TVT	1:20:52.03	
				Stephanie	Gibson	40	SPM	143N-H37MJ	1:21:37.00	
				Jeffrey	Gould	60	SPM	1432-01YC1	1:28:24.99	
				Eric	Nilsson	36	NEM	0236-05YT0	5,475	

35+	One-Hour Virtual	New England Masters	19,970	Claire	Thomas	37	NEM	023X-JWFYZ	4,610	
				Haroldo	Kawakami	35	NEM	023N-07ZMT	4,810	
				Sarah	Sutton	40	NEM	023B-XYEC6	5,075	
5K	St. Pete Masters	5:22:22.27	Sarah	Swoch	38	SPM	1436-02TVT	1:16:41.82		
			Stephanie	Gibson	40	SPM	143N-H37MJ	1:17:36.00		
			Jeffrey	Gould	60	SPM	1432-01YC1	1:22:40.00		
			Stephan	Freeman	67	SPM	143N-02REX	1:25:24.45		
10K	Illinois Masters	11:25:16.14	Jordan	Leahey	42	IM	2136-07F6T	2:50:53.73		
			Edmund	Baumgartner	57	IM	213C-092VJ	2:48:21.18		
			Karen	Lundgren	59	IM	213C-09E7N	2:55:07.50		
			Chris	Layton	64	IM	213Y-02VAE	2:50:53.73		
3K	North Carolina Masters Swim	2:16:19.50	Michael	Dellanoce	39	NCMS	1333-0B2V8	0:31:51.09	Y	
			Michel	Heijnen	36	NCMS	1346-0AA55	0:35:36.73		
			Irish	Holland	43	NCMS	1330-0B0MF	0:34:50.44		
			Jennifer	Mihalik	45	NCMS	133P-07R9X	0:34:01.24		
6K	Oregon Masters	5:46:14.61	Michelle	Cary	42	OREG	373G-9ZMPV	1:33:46.98		
			Gillian	Salton	55	OREG	373E-05G96	1:29:35.00		
			Dan	Kirkland	75	OREG	373T-069B3	1:17:37.75		
			Bob	Bruce	75	OREG	373G-025YX	1:25:14.88		
45+	One-Hour Virtual	Santa Cruz Masters	19,280	Tesla	Profumo	46	CRUZ	3838-068K7	4,905	
				Kevin	Jeffery	52	CRUZ	383D-03NVJ	5,005	
				Cynthia	Hertzer	54	CRUZ	383W-CHSWM	4,595	
				Chris	Tainty	63	CRUZ	383B-03JCS	4,775	
5K	Oregon Masters	5:31:05.54	Cheryl	Morgen	54	OREG	373M-026FA	1:23:46.99		
			Scot	Sullivan	57	OREG	373P-003C6	1:12:56.14		
			Jeanna	Summers	69	OREG	3739-000PT	1:38:49.34		
			Dan	Kirkland	75	OREG	373T-069B3	1:15:33.07		
10K	Illinois Masters	10:31:12.63	Stephanie	Henry	49	IM	213W-09R25	2:42:41.08		
			Andrew	Walberer	51	IM	213G-005XM	2:34:27.50		
			Marcia	Cleveland	59	IM	213B-MC944	2:42:48.06		
			Andreas	Seibt	65	IM	2133-02VB9	2:31:15.99		
3K	Illinois Masters	2:49:30.27	Sandra	Dold	49	IM	213C-622C7	0:42:34.18		
			Lynne	Nagel	52	IM	2139-06USH	0:42:51.58		
			Tom	Holmberg	65	IM	213Z-02VYJ	0:43:00.59		
			Richard	Ruderman	65	IM	213Z-09V8K	0:41:03.92		
6K	Illinois Masters	6:06:10.15	Amanda	Castle	48	IM	213N-062JD	1:38:06.71		
			Stephanie	Henry	49	IM	213W-09R25	1:20:21.27		
			Ryan	Huddlestun	51	IM	213J-0A532	1:36:00.86		
			Edmund	Baumgartner	57	IM	213C-092VJ	1:31:41.31		
55+	One-Hour Virtual	Oregon Masters	18,655	Eilhard	Lussier	58	OREG	373X-025VX	5,285	
				Steve	Wursta	58	OREG	3738-026PM	4,310	
				Valerie	Jenkins	60	OREG	3737-0265K	4,630	
				Arlene	Delmage	61	OREG	373V-01Z4F	4,430	

	5K	Illinois Masters	5:15:33.76	Marcia John Karen Andreas	Cleveland Thomas Lundgren Seibt	59 58 59 65	IM IM IM IM	213B-MC944 213D-436U5 213C-09E7N 2133-02VB9	1:19:16.06 1:19:48.99 1:23:07.72 1:13:20.99	
	10K									
	3K	Illinois Masters	2:44:29.56	Marcia Karen Chris Phil	Cleveland Lundgren Layton Dodson	59 59 64 70	IM IM IM IM	213B-MC944 213C-09E7N 213Y-02VAE 2139-02UY2	0:40:24.13 0:43:00.75 0:40:24.78 0:40:39.90	
	6K	Illinois Masters	5:29:28.45	Marcia Karen Chris Andreas	Cleveland Lundgren Layton Seibt	59 59 64 65	IM IM IM IM	213B-MC944 213C-09E7N 213Y-02VAE 2133-02VB9	1:21:52.28 1:27:48.55 1:22:17.62 1:17:30.00	
65+	One-Hour Virtual	New England Masters	15,700	Jeanne Fred Jim Dorothy	Garr Bartlett Boland Tourtual	69 67 68 72	NEM NEM NEM NEM	023P-033VP 023X-033J5 023B-033BF 023C-01X4Y	3,840 4,185 3,875 3,800	
	5K									
	10K									
	3K									
	6K									
75+	One-Hour Virtual	New England Masters	14,405	Tim Christie Fred Constance	Morse Hayes Schlicher Sasser	75 75 75 77	NEM NEM NEM NEM	0233-0345H 0236-01S5E 0230-033W5 023N-03362	3,080 3,840 4,250 3,235	Y
	5K									
	10K									
	3K	Oregon Masters	3:24:03.99	Ginger Dan Bob Janet	Pierson Kirkland Bruce Gettling	77 75 75 75	OREG OREG OREG OREG	373Z-025WC 373T-069B3 373G-025YX 374K-026BY	1:08:30.31 0:38:22.14 0:41:36.55 0:55:34.99	