

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 18-24 50 Yard Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Hildinger, Shannon	24	Arizona Desert Dolphins-AZ	29.90	28.77
2 Coleman, Alison	19	Ford Aquatics-AZ	NT	29.42

Women 18-24 100 Yard Freestyle

1 Hildinger, Shannon	24	Arizona Desert Dolphins-AZ	1:05.00	1:02.67
29.98 1:02.67				
2 Benson, Michelle	19	Ford Aquatics-AZ	1:03.00	1:03.46
30.89 1:03.46				
3 Anderson, Monica	20	Ford Aquatics-AZ	1:13.00	1:03.61
31.09 1:03.61				
4 Coleman, Alison	19	Ford Aquatics-AZ	NT	1:05.54
30.74 1:05.54				

Women 18-24 200 Yard Freestyle

1 Anderson, Monica	20	Ford Aquatics-AZ	2:20.00	2:19.69
30.92 1:05.71 1:42.01 2:19.69				
2 Coleman, Alison	19	Ford Aquatics-AZ	NT	2:28.85
31.55 1:07.23 1:46.45 2:28.85				

Women 18-24 500 Yard Freestyle

1 Anderson, Monica	20	Ford Aquatics-AZ	6:00.00	6:32.19
35.31 1:13.16 1:51.75 2:32.19 3:12.75 3:52.69 4:32.94 5:13.59 5:54.07 6:32.19				

Women 18-24 1000 Yard Freestyle

1 Pranke, Bridget	24	Ford Aquatics-AZ	11:30.00	11:47.00
32.15 1:06.64 1:41.57 2:16.65 2:51.71 3:26.98 4:02.21 4:37.77 5:13.55 5:49.41 6:25.32 7:01.26 7:37.25 8:13.33 8:49.36 9:25.26 10:01.08 10:36.74 11:12.19 11:47.00				

Women 18-24 200 Yard Backstroke

1 Hennessey, Megan	22	Unattached-AZ	2:55.00	2:48.17
39.42 1:21.19 2:04.23 2:48.17				

Women 18-24 50 Yard Breaststroke

1 Benson, Michelle	19	Ford Aquatics-AZ	37.16	36.00
2 Hildinger, Shannon	24	Arizona Desert Dolphins-AZ	42.00	43.35

Women 18-24 100 Yard Breaststroke

1 Benson, Michelle	19	Ford Aquatics-AZ	1:18.00	1:18.65
37.04 1:18.65				

Women 18-24 200 Yard Breaststroke

1 Hennessey, Megan	22	Unattached-AZ	3:10.00	3:06.85
43.11 1:30.57 2:18.87 3:06.85				

Women 18-24 50 Yard Butterfly

1 Pranke, Bridget	24	Ford Aquatics-AZ	31.45	33.32
2 Hennessey, Megan	22	Unattached-AZ	33.00	35.37

Women 18-24 100 Yard Butterfly

1 Pranke, Bridget	24	Ford Aquatics-AZ	1:11.94	1:11.19
33.35 1:11.19				

Women 18-24 100 Yard IM

1 Pranke, Bridget	24	Ford Aquatics-AZ	1:15.02	1:13.20
34.79 1:13.20				

(Women 18-24 100 Yard IM)

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results**

2	Anderson, Monica	20	Ford Aquatics-AZ	1:15.00	1:14.76
	37.92 1:14.76				
Women 25-29 200 Yard Freestyle					
1	Highstrom, Lindsey	27	Ford Aquatics-AZ	2:06.84	2:03.79
	28.27 59.32 1:30.95		2:03.79		
Women 25-29 500 Yard Freestyle					
1	Kaawaloa, Patricia	25	Prescott Swim Club-AZ	8:00.00	7:10.87
	35.79 1:16.08 1:58.43		2:42.09 3:26.63 4:11.75 4:57.13 5:42.40		
	6:27.85 7:10.87				
Women 25-29 1650 Yard Freestyle					
1	Kaawaloa, Patricia	25	Prescott Swim Club-AZ	30:00.00	24:52.12
	36.02 1:16.33 1:58.17		2:41.33 3:25.85 4:10.90 4:56.42 5:42.50		
	6:28.17 7:14.19 8:00.09		8:46.44 9:32.79 10:19.54 11:06.54 11:52.75		
	12:39.51 13:26.00 14:12.05		14:59.07 15:45.64 16:31.82 17:18.18 18:03.56		
	18:49.35 19:34.51 20:20.52		21:06.33 21:52.16 22:38.14 23:24.08 24:09.58 24:52.12		
Women 25-29 100 Yard Backstroke					
1	Highstrom, Lindsey	27	Ford Aquatics-AZ	1:07.36	1:02.59
	30.50 1:02.59				
Women 25-29 200 Yard Backstroke					
1	Highstrom, Lindsey	27	Ford Aquatics-AZ	2:25.06	2:17.53
	31.95 1:05.86 1:41.50		2:17.53		
Women 25-29 50 Yard Butterfly					
1	Kaawaloa, Patricia	25	Prescott Swim Club-AZ	35.00	35.38
Women 25-29 100 Yard IM					
1	Highstrom, Lindsey	27	Ford Aquatics-AZ	1:06.34	1:02.90
	28.45 1:02.90				
2	Kaawaloa, Patricia	25	Prescott Swim Club-AZ	1:30.00	1:22.55
	38.02 1:22.55				
Women 30-34 50 Yard Freestyle					
1	Worden, Michelle	30	Ford Aquatics-AZ	26.56	26.20
2	Strauch, Jaime	31	Ford Aquatics-AZ	28.50	26.66
3	Gemson, Andrea	32	La Paloma Country Club-AZ	NT	30.52
Women 30-34 100 Yard Freestyle					
1	Strauch, Jaime	31	Ford Aquatics-AZ	59.00	57.30
	27.64 57.30				
2	Gemson, Andrea	32	La Paloma Country Club-AZ	NT	1:07.18
	32.35 1:07.18				
Women 30-34 200 Yard Freestyle					
1	Strauch, Jaime	31	Ford Aquatics-AZ	2:12.00	2:07.20
	28.93 1:01.19 1:33.91		2:07.20		
2	Gemson, Andrea	32	La Paloma Country Club-AZ	NT	2:27.95
	34.14 1:10.96 1:49.62		2:27.95		

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 30-34 500 Yard Freestyle**

1	Strauch, Jaime	31	Ford Aquatics-AZ	6:00.00	5:45.36
	31.20 1:05.61 1:40.70 2:15.68 2:50.77 3:25.71 4:00.73 4:35.86				
	5:11.14 5:45.36				
2	Gemson, Andrea	32	La Paloma Country Club-AZ	NT	6:46.83
	36.90 1:16.80 1:58.10 2:39.72 3:21.28 4:02.91 4:44.63 5:26.24				
	6:07.66 6:46.83				

Women 30-34 1000 Yard Freestyle

1	Dushane, Allison	30	Ford Aquatics-AZ	17:00.00	18:01.87
	41.35 1:27.42 2:14.69 3:06.97 3:57.02 5:39.92 6:30.55 7:21.75				
	8:11.66 9:03.74 9:53.29 10:44.55 11:35.81 12:26.62 13:17.85 14:08.48				
	14:53.08 15:51.88 16:22.58 18:01.87				

Women 30-34 100 Yard Backstroke

1	Dushane, Allison	30	Ford Aquatics-AZ	1:35.00	1:30.25
	42.93 1:30.25				

Women 30-34 100 Yard Breaststroke

1	Worden, Michelle	30	Ford Aquatics-AZ	1:15.00	1:12.23
	34.56 1:12.23				

Women 30-34 50 Yard Butterfly

1	Worden, Michelle	30	Ford Aquatics-AZ	29.01	28.82
2	Dushane, Allison	30	Ford Aquatics-AZ	45.00	37.29

Women 30-34 100 Yard Butterfly

1	Worden, Michelle	30	Ford Aquatics-AZ	1:00.00	1:03.46
	29.77 1:03.46				

Women 30-34 100 Yard IM

1	Dushane, Allison	30	Ford Aquatics-AZ	1:45.00	1:30.56
	41.08 1:30.56				

Women 30-34 200 Yard IM

1	Worden, Michelle	30	Ford Aquatics-AZ	2:18.20	2:20.25
	30.14 1:08.46 1:47.67 2:20.25				
2	Dushane, Allison	30	Ford Aquatics-AZ	3:40.00	3:18.47
	41.70 1:31.19 2:33.26 3:18.47				

Women 35-39 50 Yard Freestyle

1	Stone, Lynn	37	Ford Aquatics-AZ	30.00	28.73
2	Gutierrez, Nancy	36	Arizona Desert Dolphins-AZ	35.00	30.75

Women 35-39 100 Yard Freestyle

1	Stone, Lynn	37	Ford Aquatics-AZ	1:09.00	1:03.32
	29.56 1:03.32				
2	Gutierrez, Nancy	36	Arizona Desert Dolphins-AZ	1:30.00	1:11.33
	32.74 1:11.33				

Women 35-39 200 Yard Freestyle

1	Oggel, Amy	38	Ford Aquatics-AZ	2:30.00	2:19.23
	33.01 1:08.09 1:43.79 2:19.23				
2	Permain, Stephanie	36	Ford Aquatics-AZ	3:20.00	3:01.60
	42.37 1:28.84 2:16.27 3:01.60				

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 35-39 500 Yard Freestyle**

1	Oggel, Amy	38	Ford Aquatics-AZ	6:45.00	6:11.27
	34.07 1:10.44 1:47.59 2:25.20 3:03.17 3:41.21 4:19.09 4:56.91				
	5:34.88 6:11.27				
2	Stone, Lynn	37	Ford Aquatics-AZ	6:30.00	6:30.34
	34.40 1:12.80 1:52.80 2:33.11 3:13.13 3:53.43 4:33.79 5:13.48				
	5:53.54 6:30.34				
3	Johnson, Sarah	39	Ford Aquatics-AZ	6:37.00	6:40.05
	35.86 1:14.27 1:54.06 2:34.75 3:15.57 3:56.39 4:37.61 5:19.75				
	6:00.68 6:40.05				

Women 35-39 1000 Yard Freestyle

1	Stone, Lynn	37	Ford Aquatics-AZ	13:00.00	13:25.78
	35.59 1:14.30 1:53.70 2:33.99 3:14.56 3:55.58 4:36.29 5:16.83				
	5:57.70 6:38.61 7:19.67 8:00.19 8:41.81 9:23.58 10:04.95 10:45.51				
	11:27.28 12:08.90 12:48.83 13:25.78				
2	Permain, Stephanie	36	Ford Aquatics-AZ	17:30.00	16:41.20
	44.33 1:32.92 2:23.46 3:13.22 4:02.68 4:52.98 5:42.89 6:33.90				
	7:24.46 8:15.15 9:06.31 9:56.86 10:47.80 11:38.66 12:28.99 13:19.14				
	14:10.16 14:59.60 15:49.66 16:41.20				

Women 35-39 100 Yard Backstroke

1	Frechette, Betheny	37	Arizona Mountain Masters-AZ	1:34.04	1:35.95
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Women 35-39 50 Yard Breaststroke

1	Johnson, Sarah	39	Ford Aquatics-AZ	37.00	36.79
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Women 35-39 100 Yard Breaststroke

1	Johnson, Sarah	39	Ford Aquatics-AZ	1:22.00	1:19.36
	37.35 1:19.36				

Women 35-39 100 Yard Butterfly

1	Frechette, Betheny	37	Arizona Mountain Masters-AZ	1:37.78	1:38.96
	43.26 1:38.96				

Women 35-39 200 Yard Butterfly

1	Frechette, Betheny	37	Arizona Mountain Masters-AZ	3:59.03	4:14.41
	46.11 1:50.65 3:04.03 4:14.41				

Women 35-39 100 Yard IM

1	Johnson, Sarah	39	Ford Aquatics-AZ	1:18.00	1:15.79
	36.37 1:15.79				

Women 35-39 200 Yard IM

1	Frechette, Betheny	37	Arizona Mountain Masters-AZ	3:31.36	3:12.17
	38.57 1:24.14 2:24.06 3:12.17				

Women 35-39 400 Yard IM

1	Frechette, Betheny	37	Arizona Mountain Masters-AZ	7:41.24	7:43.23
	48.31 1:52.00 2:50.73 3:49.49 4:51.95 5:57.40 6:52.71 7:43.23				

Women 40-44 50 Yard Freestyle

1	Wygol-Springer, Dianne	42	Ford Aquatics-AZ	28.50	28.24
2	Corcoran, Laura	44	Ford Aquatics-AZ	33.08	33.87

Women 40-44 100 Yard Freestyle

1	Corcoran, Laura	44	Ford Aquatics-AZ	1:14.03	1:14.25
	34.65 1:14.25				

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 40-44 200 Yard Freestyle**

1	Wygol-Springer, Dianne	42 Ford Aquatics-AZ	2:15.00	2:13.25
	31.46 1:05.17 1:39.19	2:13.25		
2	Nelson, Kay	42 Ford Aquatics-AZ	2:40.00	2:32.73
	35.51 1:14.96 1:54.54	2:32.73		

Women 40-44 500 Yard Freestyle

1	Lerew, Teri	43 Ford Aquatics-AZ	6:15.00	6:10.30
	34.08 1:10.04 1:46.49	2:23.98 3:01.43 3:39.33	4:16.82 4:54.46	
	5:32.37 6:10.30			
2	Spacone, Anne	41 Ford Aquatics-AZ	6:45.00	6:48.31
	35.98 1:15.96 1:56.82	2:38.17 3:19.98 4:01.81	4:43.88 5:25.73	
	6:07.69 6:48.31			

Women 40-44 1000 Yard Freestyle

1	Nelson, Kay	42 Ford Aquatics-AZ	13:00.40	13:56.54
	37.53 1:17.63 1:58.83	2:40.22 3:21.33 4:03.12	4:45.54 5:27.35	
	6:09.52 6:52.33 7:34.69	8:17.32 9:00.32 9:43.14	10:25.54 11:07.50	
	11:50.00 12:32.57 13:15.14	13:56.54		

Women 40-44 200 Yard Backstroke

1	Lerew, Teri	43 Ford Aquatics-AZ	2:55.00	2:42.84
	37.20 1:17.44 1:59.74	2:42.84		

Women 40-44 100 Yard Breaststroke

1	Nelson, Kay	42 Ford Aquatics-AZ	1:35.00	1:32.29
	43.90 1:32.29			

Women 40-44 50 Yard Butterfly

1	Wygol-Springer, Dianne	42 Ford Aquatics-AZ	29.50	30.45
2	Clements, Rane	44 Ford Aquatics-AZ	32.50	30.96
3	Spacone, Anne	41 Ford Aquatics-AZ	40.00	34.81

Women 40-44 100 Yard Butterfly

1	Wygol-Springer, Dianne	42 Ford Aquatics-AZ	1:07.00	1:06.65
	31.22 1:06.65			
2	Clements, Rane	44 Ford Aquatics-AZ	1:16.00	1:11.25
	33.82 1:11.25			

Women 40-44 100 Yard IM

1	Corcoran, Laura	44 Ford Aquatics-AZ	1:27.02	1:27.10
	39.77 1:27.10			

Women 40-44 200 Yard IM

1	Wygol-Springer, Dianne	42 Ford Aquatics-AZ	2:32.00	2:33.05
	31.51 1:13.23 1:58.05	2:33.05		
2	Lerew, Teri	43 Ford Aquatics-AZ	2:45.00	2:40.20
	35.02 1:17.38 2:03.62	2:40.20		

Women 45-49 50 Yard Freestyle

1	Bailey, Monica	47 Ford Aquatics-AZ	29.00	28.24
2	Mitchel, Sandy	49 La Paloma Country Club-AZ	31.00	31.14

Women 45-49 100 Yard Freestyle

1	Mitchel, Sandy	49 La Paloma Country Club-AZ	1:09.00	1:08.85
	32.60 1:08.85			

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 45-49 200 Yard Freestyle**

1 Major, Becki	45 Ford Aquatics-AZ	2:35.00	2:19.07
32.37 1:07.40 1:43.25 2:19.07			

Women 45-49 500 Yard Freestyle

1 Mitchel, Sandy	49 La Paloma Country Club-AZ	6:49.00	6:54.88
35.66 1:14.36 1:54.66 2:36.86 3:18.19 4:01.28 4:44.53 5:28.49 6:11.87 6:54.88			

Women 45-49 50 Yard Backstroke

1 Bailey, Monica	47 Ford Aquatics-AZ	31.80	31.51
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Women 45-49 100 Yard Backstroke

1 Bunch, Brigid	45 Prescott Swim Club-AZ	1:09.33	1:05.82
32.15 1:05.82			
2 Bailey, Monica	47 Ford Aquatics-AZ	1:08.00	1:10.43
34.18 1:10.43			

Women 45-49 200 Yard Backstroke

1 Bunch, Brigid	45 Prescott Swim Club-AZ	2:25.90	2:17.74
32.16 1:06.22 1:42.01 2:17.74			
2 Bailey, Monica	47 Ford Aquatics-AZ	2:30.00	2:30.05
36.19 1:14.59 1:52.64 2:30.05			

Women 45-49 50 Yard Breaststroke

1 Foster, Susan	46 Sun Devil Masters-AZ	50.00	45.25
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Women 45-49 100 Yard Breaststroke

1 Dawson-Cook, Susan	46 Ford Aquatics-AZ	1:18.00	1:19.32
37.11 1:19.32			
2 Foster, Susan	46 Sun Devil Masters-AZ	1:40.00	1:37.84
47.03 1:37.84			

Women 45-49 200 Yard Breaststroke

1 Bunch, Brigid	45 Prescott Swim Club-AZ	2:50.33	2:44.99
35.67 1:16.81 2:00.45 2:44.99			
2 Dawson-Cook, Susan	46 Ford Aquatics-AZ	2:55.00	2:57.18
40.52 1:25.19 2:11.16 2:57.18			
3 Foster, Susan	46 Sun Devil Masters-AZ	3:40.00	3:35.22
48.14 1:42.13 2:38.73 3:35.22			

Women 45-49 50 Yard Butterfly

1 Dawson-Cook, Susan	46 Ford Aquatics-AZ	33.00	32.32
2 Mitchel, Sandy	49 La Paloma Country Club-AZ	42.50	38.73
3 Foster, Susan	46 Sun Devil Masters-AZ	55.00	46.18

Women 45-49 100 Yard IM

1 Bunch, Brigid	45 Prescott Swim Club-AZ	1:10.09	1:07.01
30.07 1:07.01			
2 Dawson-Cook, Susan	46 Ford Aquatics-AZ	1:13.00	1:13.05
34.88 1:13.05			

Women 45-49 200 Yard IM

1 Bunch, Brigid	45 Prescott Swim Club-AZ	2:30.33	2:25.61
31.69 1:06.75 1:50.27 2:25.61			
2 Dawson-Cook, Susan	46 Ford Aquatics-AZ	2:40.00	2:43.33
34.13 1:18.35 2:05.13 2:43.33			

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 50-54 50 Yard Freestyle**

1 James, Katryn	53 Sun Devil Masters-AZ	34.00	31.08
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Women 50-54 100 Yard Freestyle

1 Montgomery, Susan	51 Ford Aquatics-AZ	1:30.00	1:23.71
		40.01	1:23.71

Women 50-54 200 Yard Freestyle

1 Osborn, Ahelee Sue	50 Nova Irvine Aquatics-CA	2:04.40	2:06.31
		29.26	1:00.55
		1:33.29	2:06.31
2 Montgomery, Susan	51 Ford Aquatics-AZ	3:10.00	2:57.76
		39.40	1:24.91
		2:12.57	2:57.76

Women 50-54 500 Yard Freestyle

1 Osborn, Ahelee Sue	50 Nova Irvine Aquatics-CA	5:40.80	5:44.84
		31.17	1:05.73
		1:40.62	2:15.51
		2:50.30	3:24.98
		4:00.06	4:35.24
		5:10.64	5:44.84
2 Montgomery, Susan	51 Ford Aquatics-AZ	8:30.00	8:01.34
		44.26	1:31.91
		2:21.00	3:10.02
		3:58.86	4:47.65
		5:36.93	6:25.97
		7:15.20	8:01.34
3 Arriola, Susan	50 Prescott Swim Club-AZ	NT	8:14.04
		43.67	1:33.93
		2:25.68	3:16.77
		4:08.11	4:59.36
		5:50.55	6:39.52
		7:28.92	8:14.04

Women 50-54 1000 Yard Freestyle

1 James, Katryn	53 Sun Devil Masters-AZ	15:00.00	13:46.80
		37.02	1:17.32
		1:58.27	2:39.69
		3:20.91	4:01.98
		4:43.08	5:24.55
		6:06.55	6:48.94
		7:30.86	8:12.77
		8:55.08	9:37.25
		10:19.25	11:01.24
		11:42.81	12:25.01
		13:06.72	13:46.80
2 Montgomery, Susan	51 Ford Aquatics-AZ	17:00.00	15:52.51
		41.31	1:26.35
		2:13.49	3:01.86
		3:49.91	4:37.93
		5:25.69	6:14.58
		7:02.35	7:50.39
		8:38.46	9:27.27
		10:15.73	11:04.19
		11:52.67	12:41.76
		13:30.43	14:18.18
		15:06.28	15:52.51

Women 50-54 1650 Yard Freestyle

1 Arriola, Susan	50 Prescott Swim Club-AZ	NT	27:55.19
		45.83	1:34.91
		2:26.15	3:17.63
		4:09.24	5:00.34
		5:51.49	6:42.69
		7:34.04	8:25.62
		9:16.92	10:08.08
		10:59.45	11:50.58
		12:41.82	13:34.14
		14:26.02	15:18.12
		16:10.18	17:02.20
		17:53.98	18:46.02
		19:37.15	20:28.52
		21:19.88	22:11.34
		23:01.57	23:52.15
		24:42.77	25:32.80
		26:22.24	27:11.68
		27:55.19	27:55.19
2 Larsen, Lucia	51 La Paloma Country Club-AZ	NT	29:58.50
		45.34	1:34.92
		2:27.14	3:21.44
		4:16.38	5:11.88
		6:07.73	7:04.14
		7:59.05	8:53.68
		9:48.39	10:43.12
		11:37.53	12:32.29
		13:25.94	14:19.98
		15:15.74	16:10.75
		17:05.42	18:01.95
		18:58.55	19:53.18
		20:48.54	21:44.44
		22:39.09	23:33.03
		24:29.25	25:25.05
		26:20.08	27:14.31
		28:09.90	29:05.62
		29:58.50	29:58.50

Women 50-54 50 Yard Backstroke

1 James, Katryn	53 Sun Devil Masters-AZ	38.00	34.09
2 Arriola, Susan	50 Prescott Swim Club-AZ	NT	45.36

Women 50-54 100 Yard Backstroke

1 James, Katryn	53 Sun Devil Masters-AZ	1:25.00	1:17.35
		37.90	1:17.35

Women 50-54 50 Yard Breaststroke

1 Bidegain, Caren	51 Ford Aquatics-AZ	38.00	39.58
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Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 50-54 100 Yard Breaststroke**

1 Osborn, Ahelee Sue	50 Nova Irvine Aquatics-CA	1:18.13	1:17.02
37.27 1:17.02			

Women 50-54 50 Yard Butterfly

1 Bidegain, Caren	51 Ford Aquatics-AZ	34.00	33.55
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Women 50-54 100 Yard IM

1 Osborn, Ahelee Sue	50 Nova Irvine Aquatics-CA	1:06.29	1:06.05
30.89 1:06.05			
2 Bidegain, Caren	51 Ford Aquatics-AZ	1:20.00	1:16.81
35.61 1:16.81			
3 Arriola, Susan	50 Prescott Swim Club-AZ	NT	1:34.83
45.08 1:34.83			

Women 50-54 200 Yard IM

1 Osborn, Ahelee Sue	50 Nova Irvine Aquatics-CA	2:24.33	2:27.07
31.73 1:09.36 1:53.54 2:27.07			
2 Bidegain, Caren	51 Ford Aquatics-AZ	2:50.00	2:49.93
35.71 1:20.29 2:09.30 2:49.93			

Women 55-59 50 Yard Freestyle

1 Girard, Mikey	55 La Paloma Country Club-AZ	30.00	29.18
2 Altman, Christie	59 Sun Devil Masters-AZ	30.50	29.22
3 Kissman, Darien	58 Green Valley Swim Club-AZ	38.00	38.32
4 Hewes, Nancy	55 Sun City West Swimming-AZ	40.00	40.56

Women 55-59 100 Yard Freestyle

1 Altman, Christie	59 Sun Devil Masters-AZ	1:09.20	1:05.90
31.61 1:05.90			

Women 55-59 200 Yard Freestyle

1 Girard, Mikey	55 La Paloma Country Club-AZ	3:00.00	2:53.34
33.42 1:09.97 2:01.86 2:53.34			
2 Hewes, Nancy	55 Sun City West Swimming-AZ	3:30.00	3:33.96
45.91 1:39.10 2:36.93 3:33.96			

Women 55-59 500 Yard Freestyle

1 Hewes, Nancy	55 Sun City West Swimming-AZ	9:04.00	9:22.06
49.46 1:44.89 2:40.57 3:38.01 4:36.47 5:34.66 6:34.14 7:31.31 8:28.21 9:22.06			

Women 55-59 1650 Yard Freestyle

1 Widdifield, Stacie	55 Ford Aquatics-AZ	NT	27:06.07
45.82 1:33.53 2:22.76 3:12.07 4:01.16 4:50.72 5:40.52 6:29.84 7:19.21 8:08.64 8:58.44 9:48.08 10:37.58 11:27.27 12:16.97 13:06.42 13:56.01 14:45.35 15:34.64 16:24.52 17:13.98 18:03.80 18:53.66 19:43.22 20:32.83 21:22.68 22:12.75 23:02.48 23:51.93 24:41.83 25:31.50 26:20.90 27:06.07			

Women 55-59 50 Yard Breaststroke

1 Girard, Mikey	55 La Paloma Country Club-AZ	40.00	38.85
2 Kissman, Darien	58 Green Valley Swim Club-AZ	47.00	47.70

Women 55-59 100 Yard Breaststroke

1 Girard, Mikey	55 La Paloma Country Club-AZ	1:28.00	1:26.64
39.75 1:26.64			

(Women 55-59 100 Yard Breaststroke)

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results**

2 Kissman, Darien 48.70 1:42.78	58 Green Valley Swim Club-AZ	1:45.00	1:42.78
Women 55-59 50 Yard Butterfly			
1 Altman, Christie	59 Sun Devil Masters-AZ	35.00	33.87
2 Hewes, Nancy	55 Sun City West Swimming-AZ	57.81	1:10.42
Women 55-59 100 Yard IM			
1 Altman, Christie 36.95 1:18.18	59 Sun Devil Masters-AZ	1:20.50	1:18.18
2 Kissman, Darien 52.28 1:41.60	58 Green Valley Swim Club-AZ	1:45.00	1:41.60
Women 60-64 50 Yard Freestyle			
1 Teichman, Karen	60 Sun City West Swimming-AZ	36.72	39.08
Women 60-64 100 Yard Freestyle			
1 Teichman, Karen 42.83 1:28.00	60 Sun City West Swimming-AZ	1:23.09	1:28.00
Women 60-64 200 Yard Freestyle			
1 Gillies, Judy 40.80 1:25.97 2:11.56	61 Ford Aquatics-AZ 2:56.21	2:53.61	2:56.21
Women 60-64 500 Yard Freestyle			
1 Gillies, Judy 43.83 1:30.18 2:17.41 7:01.61 7:46.91	61 Ford Aquatics-AZ 3:04.57 3:51.98 4:39.63 5:27.17 6:14.63	7:40.00	7:46.91
Women 60-64 1000 Yard Freestyle			
1 Ellis, Susan 44.97 1:35.03 2:27.89 8:01.12 8:59.11 9:56.76 15:42.37 16:40.24 17:37.69	61 Alaska Masters Swimming-56 3:21.68 4:16.30 5:11.60 6:07.96 7:04.36 10:53.87 11:50.63 12:48.36 13:46.68 14:43.81 18:33.40	19:30.00	18:33.40
Women 60-64 1650 Yard Freestyle			
1 Mitchell, Lucy 45.36 1:33.88 2:23.46 7:28.91 8:20.23 9:11.23 14:15.09 15:05.53 15:56.05 21:02.38 21:52.48 22:42.24	60 Ford Aquatics-AZ 3:13.93 4:04.31 4:55.73 5:47.16 6:38.39 10:01.66 10:52.81 11:43.90 12:34.61 13:24.43 16:47.43 17:37.96 18:28.19 19:19.80 20:10.41 23:32.21 24:22.09 25:12.04 26:02.11 26:52.31	NT	27:40.14 27:40.14
Women 60-64 50 Yard Backstroke			
1 Teichman, Karen	60 Sun City West Swimming-AZ	49.28	55.75
Women 60-64 100 Yard Backstroke			
1 Mitchell, Lucy 48.54 1:38.46	60 Ford Aquatics-AZ	1:42.00	1:38.46
Women 60-64 50 Yard Breaststroke			
1 Gillies, Judy	61 Ford Aquatics-AZ	53.00	48.32
2 Weinberg, Wendy	63 Brophy Swim Club-AZ	49.70	49.04
3 Ellis, Susan	61 Alaska Masters Swimming-56	52.00	49.10
Women 60-64 100 Yard Breaststroke			
1 Ellis, Susan 51.12 1:44.97	61 Alaska Masters Swimming-56	1:46.00	1:44.97

(Women 60-64 100 Yard Breaststroke)

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results**

2 Weinberg, Wendy 53.23 1:51.26	63 Brophy Swim Club-AZ	1:49.99	1:51.26
3 Mitchell, Lucy 56.29 1:55.23	60 Ford Aquatics-AZ	1:47.00	1:55.23
Women 60-64 50 Yard Butterfly			
1 Teichman, Karen	60 Sun City West Swimming-AZ	47.70	49.77
2 Weinberg, Wendy	63 Brophy Swim Club-AZ	51.56	51.47
3 Ellis, Susan	61 Alaska Masters Swimming-56	58.00	53.97
Women 60-64 100 Yard Butterfly			
1 Mitchell, Lucy 50.83 1:45.10	60 Ford Aquatics-AZ	1:45.00	1:45.10
2 Weinberg, Wendy 59.92 2:05.04	63 Brophy Swim Club-AZ	2:09.06	2:05.04
Women 60-64 100 Yard IM			
1 Ellis, Susan 56.19 1:45.98	61 Alaska Masters Swimming-56	1:55.00	1:45.98
2 Teichman, Karen 52.44 1:48.77	60 Sun City West Swimming-AZ	1:43.79	1:48.77
Women 60-64 200 Yard IM			
1 Mitchell, Lucy 51.95 1:48.17 2:47.61	60 Ford Aquatics-AZ 3:37.18	3:30.00	3:37.18
Women 65-69 50 Yard Freestyle			
1 Apodaca, Joyce	65 Green Valley Swim Club-AZ	45.00	38.69
2 Fritz, Jill	68 Ford Aquatics-AZ	39.55	42.78
Women 65-69 100 Yard Freestyle			
1 Bolar, Sally 39.11 1:20.38	69 Ford Aquatics-AZ	1:25.00	1:20.38
2 Fritz, Jill 45.48 1:48.00	68 Ford Aquatics-AZ	1:33.53	1:48.00
Women 65-69 200 Yard Freestyle			
1 Apodaca, Joyce 44.45 1:34.75 2:27.89	65 Green Valley Swim Club-AZ 3:19.15	4:00.00	3:19.15
2 Fritz, Jill 45.98 1:41.04 2:36.24	68 Ford Aquatics-AZ 3:30.77	3:31.73	3:30.77
Women 65-69 50 Yard Backstroke			
1 Fritz, Jill	68 Ford Aquatics-AZ	49.22	51.26
Women 65-69 100 Yard Backstroke			
1 Fritz, Jill 57.37 1:58.78	68 Ford Aquatics-AZ	1:48.00	1:58.78
Women 65-69 50 Yard Breaststroke			
1 Apodaca, Joyce	65 Green Valley Swim Club-AZ	1:00.00	57.69
Women 65-69 50 Yard Butterfly			
1 Apodaca, Joyce	65 Green Valley Swim Club-AZ	1:00.00	52.12

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 65-69 100 Yard Butterfly**

1 Bolar, Sally	69 Ford Aquatics-AZ	1:45.00	1:36.65
47.29 1:36.65			

Women 65-69 100 Yard IM

1 Apodaca, Joyce	65 Green Valley Swim Club-AZ	2:00.00	1:48.49
52.16 1:48.49			

Women 70-74 50 Yard Freestyle

1 Keller, Kathleen	71 Green Valley Swim Club-AZ	43.00	40.93
2 Ambrose, Petey	70 Green Valley Swim Club-AZ	45.00	45.67
3 Bayly, Helen	71 Ford Aquatics-AZ	48.00	54.70

Women 70-74 100 Yard Freestyle

1 Keller, Kathleen	71 Green Valley Swim Club-AZ	1:35.00	1:32.81
43.31 1:32.81			

Women 70-74 200 Yard Freestyle

1 Ambrose, Petey	70 Green Valley Swim Club-AZ	3:34.00	3:24.94
48.03 1:40.83 2:33.07 3:24.94			

Women 70-74 1650 Yard Freestyle

1 Miller, Jan	70 Green Valley Swim Club-AZ	28:00.00	30:46.24
47.43 1:40.07 2:34.77 3:29.65 4:26.05 5:20.91 6:17.45 7:13.64			
8:09.04 9:05.35 10:01.05 10:57.68 11:54.48 12:52.23 13:49.16 14:45.64			
15:41.90 16:38.49 17:35.34 18:31.66 19:28.24 20:24.72 21:21.24 22:17.60			
23:14.52 24:10.05 25:06.30 26:03.56 27:00.65 27:57.21 28:53.22 29:49.79 30:46.24			

Women 70-74 50 Yard Backstroke

1 Keller, Kathleen	71 Green Valley Swim Club-AZ	53.00	50.65
2 Ambrose, Petey	70 Green Valley Swim Club-AZ	58.00	56.74
3 Bayly, Helen	71 Ford Aquatics-AZ	58.00	1:08.32

Women 70-74 100 Yard Backstroke

1 Ambrose, Petey	70 Green Valley Swim Club-AZ	2:15.00	2:09.29
1:01.80 2:09.29			
2 Bayly, Helen	71 Ford Aquatics-AZ	2:12.00	2:12.77
1:03.17 2:12.77			

Women 70-74 200 Yard Backstroke

1 Bayly, Helen	71 Ford Aquatics-AZ	4:45.00	4:41.83
1:04.90 2:18.96 3:33.94 4:41.83			

Women 70-74 50 Yard Breaststroke

1 Keller, Kathleen	71 Green Valley Swim Club-AZ	58.00	55.74
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Women 70-74 200 Yard Breaststroke

1 Miller, Jan	70 Green Valley Swim Club-AZ	4:00.00	4:03.43
57.14 1:58.93 3:00.73 4:03.43			

Women 70-74 100 Yard IM

1 Ambrose, Petey	70 Green Valley Swim Club-AZ	1:53.00	1:56.54
56.77 1:56.54			

Women 70-74 200 Yard IM

1 Miller, Jan	70 Green Valley Swim Club-AZ	3:50.00	3:44.10
48.63 1:49.76 2:51.27 3:44.10			

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Women 75-79 50 Yard Backstroke**

1 Taylor, Carol	79 Ford Aquatics-AZ	1:09.00	56.57
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Women 75-79 50 Yard Breaststroke

1 Taylor, Carol	79 Ford Aquatics-AZ	1:00.00	52.82
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Women 75-79 100 Yard Breaststroke

1 Taylor, Carol	79 Ford Aquatics-AZ	2:20.00	1:58.28
58.31	1:58.28		

Women 75-79 200 Yard Breaststroke

1 Taylor, Carol	79 Ford Aquatics-AZ	5:00.00	4:17.59
1:02.74	2:08.63	3:14.79	4:17.59

Women 75-79 50 Yard Butterfly

1 Taylor, Carol	79 Ford Aquatics-AZ	1:05.00	54.46
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Women 80-84 200 Yard Butterfly

1 Gruender, Edie	80 Brophy Swim Club-AZ	NT	5:38.20
1:13.89	2:44.67	4:14.61	5:38.20

Men 18-24 50 Yard Freestyle

1 Dash, Eliot	22 Ford Aquatics-AZ	22.62	22.58
2 Hoffman, Kyle	21 Ford Aquatics-AZ	26.00	24.18

Men 18-24 100 Yard Freestyle

1 Dash, Eliot	22 Ford Aquatics-AZ	50.04	49.00
24.03	49.00		
2 Hoffman, Kyle	21 Ford Aquatics-AZ	57.00	53.40
25.34	53.40		
3 Brelsford, Douglas	20 Ford Aquatics-AZ	1:08.00	1:02.50
30.08	1:02.50		

Men 18-24 200 Yard Freestyle

1 Hoffman, Kyle	21 Ford Aquatics-AZ	2:05.00	1:59.01
26.90	56.73	1:28.02	1:59.01
2 Lichtsinn, William	21 Arizona Masters-AZ	NT	2:10.90
30.39	1:03.28	1:37.68	2:10.90
3 Brelsford, Douglas	20 Ford Aquatics-AZ	2:20.00	2:24.36
31.82	1:07.86	1:45.77	2:24.36

Men 18-24 1650 Yard Freestyle

1 Lichtsinn, William	21 Arizona Masters-AZ	19:00.00	20:32.37
33.12	1:07.78	1:42.77	2:17.58
2:53.04	3:29.54	4:06.39	4:42.74
5:19.44	5:56.20	6:32.69	7:09.26
7:46.84	8:24.28	9:01.98	9:40.07
10:18.48	10:56.42	11:34.24	12:12.69
12:50.82	13:28.55	14:06.87	14:44.97
15:23.28	16:02.13	16:40.93	17:19.47
17:58.32	18:37.00	19:15.45	19:54.13
20:32.37			

Men 18-24 50 Yard Backstroke

1 Dash, Eliot	22 Ford Aquatics-AZ	27.57	26.84
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Men 18-24 50 Yard Butterfly

1 Dash, Eliot	22 Ford Aquatics-AZ	25.91	24.64
2 Fah, Kevin	20 Ford Aquatics-AZ	27.00	26.09

Men 18-24 100 Yard Butterfly

1 Fah, Kevin	20 Ford Aquatics-AZ	1:00.00	59.70
27.59	59.70		

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 18-24 100 Yard IM**

1 Fah, Kevin	20 Ford Aquatics-AZ	1:10.00	1:02.52
28.84 1:02.52			
2 Brelsford, Douglas	20 Ford Aquatics-AZ	1:20.00	1:15.20
35.32 1:15.20			

Men 18-24 200 Yard IM

1 Fah, Kevin	20 Ford Aquatics-AZ	2:20.00	2:13.94
27.20 1:03.13 1:43.70 2:13.94			

Men 25-29 50 Yard Freestyle

1 Moreno, Michael	26 Ford Aquatics-AZ	23.75	22.44
2 Ponce, Jose	26 Brophy Swim Club-AZ	25.00	23.95
3 Torino, Stephen	26 Tucson Jewish Community Center	31.00	26.80

Men 25-29 100 Yard Freestyle

1 Moreno, Michael	26 Ford Aquatics-AZ	53.25	49.18
24.16 49.18			
2 Ponce, Jose	26 Brophy Swim Club-AZ	1:00.00	53.62
25.48 53.62			
3 Torino, Stephen	26 Tucson Jewish Community Center	1:10.00	59.46
29.24 59.46			

Men 25-29 200 Yard Freestyle

1 Torino, Stephen	26 Tucson Jewish Community Center	2:30.00	2:08.75
28.05 59.64 1:33.77 2:08.75			

Men 25-29 500 Yard Freestyle

1 Torino, Stephen	26 Tucson Jewish Community Center	7:30.00	6:01.83
31.43 1:06.24 1:42.59 2:19.58 2:57.39 3:35.27 4:13.11 4:50.89 5:27.23 6:01.83			

Men 25-29 50 Yard Butterfly

1 Moreno, Michael	26 Ford Aquatics-AZ	28.25	24.64
2 Torino, Stephen	26 Tucson Jewish Community Center	33.00	30.04

Men 25-29 100 Yard IM

1 Moreno, Michael	26 Ford Aquatics-AZ	1:07.25	58.66
27.09 58.66			

Men 30-34 100 Yard Freestyle

1 Ashbeck, Jeff	34 Ford Aquatics-AZ	55.00	52.93
25.86 52.93			
2 Sixkiller, Jason	31 Sun Devil Masters-AZ	55.50	53.94
26.30 53.94			

Men 30-34 200 Yard Freestyle

1 Ashbeck, Jeff	34 Ford Aquatics-AZ	1:58.90	1:56.77
26.59 55.60 1:25.62 1:56.77			
2 Sixkiller, Jason	31 Sun Devil Masters-AZ	1:58.00	1:58.18
27.67 57.06 1:27.08 1:58.18			

Men 30-34 500 Yard Freestyle

1 Ashbeck, Jeff	34 Ford Aquatics-AZ	5:29.29	5:21.22
29.10 1:00.94 1:33.37 2:05.93 2:38.62 3:11.02 3:43.18 4:15.55 4:48.31 5:21.22			

(Men 30-34 500 Yard Freestyle)

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results**

2	Sixkiller, Jason	31	Sun Devil Masters-AZ	5:25.00	5:34.03
	30.44 1:02.53 1:35.64	2:09.44	2:43.18 3:17.17 3:51.60	4:26.65	
	5:01.13 5:34.03				
Men 30-34 50 Yard Backstroke					
1	Sixkiller, Jason	31	Sun Devil Masters-AZ	31.00	30.39
Men 35-39 50 Yard Freestyle					
1	Delgado, Gil	39	Ford Aquatics-AZ	26.00	25.21
2	Orr, Jeff	39	Ford Aquatics-AZ	30.00	28.83
Men 35-39 100 Yard Freestyle					
1	Delgado, Gil	39	Ford Aquatics-AZ	58.00	55.72
	26.65 55.72				
2	Orr, Jeff	39	Ford Aquatics-AZ	1:10.00	1:05.20
	31.50 1:05.20				
Men 35-39 500 Yard Freestyle					
1	Sheehan, Eric	37	Ford Aquatics-AZ	5:40.00	5:31.90
	29.98 1:02.84 1:36.28	2:10.17	2:44.19 3:17.72 3:51.74	4:25.44	
	4:59.47 5:31.90				
2	Orr, Jeff	39	Ford Aquatics-AZ	7:05.00	6:52.41
	36.60 1:16.43 1:56.87	2:37.45	3:18.76 4:00.37 4:43.58	5:27.94	
	6:11.69 6:52.41				
Men 35-39 1000 Yard Freestyle					
1	Sheehan, Eric	37	Ford Aquatics-AZ	11:40.00	11:29.07
	33.60 1:06.81 1:40.91	2:15.62	2:49.91 3:24.15 3:58.68	4:33.15	
	5:07.61 5:41.96 6:17.36	6:52.14	7:27.32 8:02.29 8:37.16	9:11.82	
	9:46.45 10:21.44 10:56.32	11:29.07			
Men 35-39 50 Yard Breaststroke					
1	Delgado, Gil	39	Ford Aquatics-AZ	33.00	34.79
Men 35-39 50 Yard Butterfly					
1	Delgado, Gil	39	Ford Aquatics-AZ	27.00	28.36
2	Sheehan, Eric	37	Ford Aquatics-AZ	30.00	29.91
3	Orr, Jeff	39	Ford Aquatics-AZ	40.00	37.31
Men 35-39 100 Yard IM					
1	Delgado, Gil	39	Ford Aquatics-AZ	1:05.00	1:04.98
	30.56 1:04.98				
Men 40-44 50 Yard Freestyle					
1	Mencke, Scott	42	Ford Aquatics-AZ	23.89	24.50
2	Hickman, Mark	43	Ford Aquatics-AZ	26.00	25.83
Men 40-44 100 Yard Freestyle					
1	Becker, John Carl	44	Ford Aquatics-AZ	58.22	57.11
	27.46 57.11				
Men 40-44 200 Yard Freestyle					
1	Kratz, Erwin	43	Ford Aquatics-AZ	1:59.00	1:55.30
	26.68 55.13 1:24.53	1:55.30			
2	Duffield, Brian	43	Ford Aquatics-AZ	2:00.00	2:00.53
	27.02 57.09 1:28.36	2:00.53			

(Men 40-44 200 Yard Freestyle)

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results**

3	Becker, John Carl	44	Ford Aquatics-AZ	1:58.00	2:05.33
	28.93 1:00.46 1:32.97 2:05.33				
Men 40-44 500 Yard Freestyle					
1	Kratz, Erwin	43	Ford Aquatics-AZ	5:15.00	5:17.99
	28.58 1:00.40 1:32.35 2:04.96 2:37.01 3:08.81 3:40.72 4:13.19 4:45.56 5:17.99				
Men 40-44 1000 Yard Freestyle					
1	Hickman, Mark	43	Ford Aquatics-AZ	12:08.00	11:59.74
	32.62 1:07.92 1:43.90 2:19.79 2:55.75 3:31.88 4:07.93 4:43.93 5:20.19 5:56.19 6:32.50 7:08.71 7:45.26 8:21.86 8:58.49 9:34.97 10:11.68 10:48.18 11:24.39 11:59.74				
Men 40-44 1650 Yard Freestyle					
1	Brundage, Patrick	41	Sun Devil Masters-AZ	17:18.11	17:04.13
	28.37 59.06 1:30.07 2:01.41 2:32.62 3:04.02 3:35.43 4:06.61 4:37.92 5:09.13 5:40.48 6:11.75 6:42.84 7:14.18 7:45.57 8:17.20 8:48.74 9:20.40 9:51.67 10:23.04 10:53.71 11:24.57 11:55.76 12:27.01 12:58.48 13:29.77 14:01.14 14:32.14 15:03.23 15:34.28 16:05.10 16:35.04 17:04.13				
Men 40-44 50 Yard Backstroke					
1	Brundage, Patrick	41	Sun Devil Masters-AZ	29.50	27.93
2	Hickman, Mark	43	Ford Aquatics-AZ	28.80	28.19
Men 40-44 100 Yard Backstroke					
1	Hickman, Mark	43	Ford Aquatics-AZ	1:02.00	1:00.95
	30.32 1:00.95				
Men 40-44 200 Yard Backstroke					
1	Hickman, Mark	43	Ford Aquatics-AZ	2:15.50	2:15.52
	32.79 1:06.70 1:41.30 2:15.52				
Men 40-44 50 Yard Breaststroke					
1	Mencke, Scott	42	Ford Aquatics-AZ	30.00	30.36
2	Brundage, Patrick	41	Sun Devil Masters-AZ	35.50	30.80
3	Johnson, Bowen	42	Brophy Swim Club-AZ	31.79	32.83
Men 40-44 100 Yard Breaststroke					
1	Brundage, Patrick	41	Sun Devil Masters-AZ	1:13.50	1:07.71
	32.35 1:07.71				
2	Johnson, Bowen	42	Brophy Swim Club-AZ	1:09.00	1:09.41
	32.15 1:09.41				
Men 40-44 200 Yard Breaststroke					
1	Johnson, Bowen	42	Brophy Swim Club-AZ	2:28.42	2:40.90
	34.91 1:14.71 1:56.77 2:40.90				
Men 40-44 50 Yard Butterfly					
1	Brundage, Patrick	41	Sun Devil Masters-AZ	27.50	25.58
Men 40-44 100 Yard Butterfly					
1	Duffield, Brian	43	Ford Aquatics-AZ	1:00.00	59.75
	27.94 59.75				
2	Mencke, Scott	42	Ford Aquatics-AZ	57.99	1:00.16
	28.30 1:00.16				

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 40-44 100 Yard IM**

1	Duffield, Brian	43	Ford Aquatics-AZ	1:00.00	1:00.42
	28.61 1:00.42				

Men 40-44 200 Yard IM

1	Kratz, Erwin	43	Ford Aquatics-AZ	2:20.00	2:09.81
	28.17 1:00.61 1:39.84 2:09.81				
2	Mencke, Scott	42	Ford Aquatics-AZ	2:15.99	2:13.95
	27.81 1:02.64 1:41.50 2:13.95				
3	Johnson, Bowen	42	Brophy Swim Club-AZ	2:25.00	2:34.98
	31.09 1:13.03 1:55.61 2:34.98				

Men 40-44 400 Yard IM

1	Mencke, Scott	42	Ford Aquatics-AZ	4:45.99	4:52.40
	29.65 1:04.64 1:44.57 2:22.91 3:02.72 3:42.83 4:18.17 4:52.40				

Men 45-49 50 Yard Freestyle

1	Poole, Jeff	45	Unattached-AZ	NT	28.71
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Men 45-49 100 Yard Freestyle

1	Poole, Jeff	45	Unattached-AZ	NT	1:06.19
	31.73 1:06.19				

Men 45-49 200 Yard Freestyle

1	Poole, Jeff	45	Unattached-AZ	NT	2:48.73
	38.75 1:22.49 2:06.55 2:48.73				
2	Everett, Douglas	45	Ford Aquatics-AZ	NT	2:55.01
	39.93 1:24.32 2:11.24 2:55.01				

Men 45-49 500 Yard Freestyle

1	Lanning, Robert	48	Ford Aquatics-AZ	5:45.00	5:52.79
	31.92 1:06.46 1:42.14 2:17.99 2:53.91 3:29.65 4:05.58 4:41.43 5:17.46 5:52.79				
2	Poole, Jeff	45	Unattached-AZ	NT	7:45.10
	42.16 1:29.10 2:17.15 3:05.95 3:54.05 4:41.88 5:29.23 6:16.73 7:02.40 7:45.10				

Men 45-49 1000 Yard Freestyle

1	Lanning, Robert	48	Ford Aquatics-AZ	12:00.00	12:03.61
	32.68 1:08.52 1:44.67 2:20.68 2:57.54 3:34.01 4:10.51 4:46.69 5:23.10 5:59.96 6:36.63 7:13.24 7:49.62 8:25.81 9:02.53 9:39.06 10:15.49 10:51.86 11:28.05 12:03.61				
2	Everett, Douglas	45	Ford Aquatics-AZ	15:50.00	17:05.66
	44.33 1:34.66 2:23.81 3:13.33 4:05.00 4:55.85 5:48.67 6:39.34 7:32.64 8:25.33 9:19.34 10:12.93 11:04.30 11:56.79 12:49.71 13:42.14 14:34.78 15:27.60 16:17.30 17:05.66				

Men 45-49 100 Yard Breaststroke

1	Lanning, Robert	48	Ford Aquatics-AZ	1:14.00	1:13.08
	35.24 1:13.08				

Men 45-49 50 Yard Butterfly

1	Everett, Douglas	45	Ford Aquatics-AZ	40.00	41.98
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Men 45-49 100 Yard Butterfly

1	Everett, Douglas	45	Ford Aquatics-AZ	1:40.00	1:40.50
	48.03 1:40.50				

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 45-49 200 Yard Butterfly**

1	Everett, Douglas	45 Ford Aquatics-AZ	3:40.00	3:49.41
	50.11 1:50.32 2:52.06 3:49.41			

Men 45-49 100 Yard IM

1	Lanning, Robert	48 Ford Aquatics-AZ	1:08.00	1:07.43
	32.58 1:07.43			
2	Poole, Jeff	45 Unattached-AZ	NT	1:23.64
	42.42 1:23.64			

Men 50-54 50 Yard Freestyle

1	Roth, Barry	54 Ford Aquatics-AZ	23.50	23.89
2	Curran, Gordon	51 West Side Silver Fish-AZ	26.10	26.10
3	Shake, Scott	50 Ford Aquatics-AZ	28.90	27.95
4	Antonio, Alex	54 Unattached-AZ	31.81	29.83
5	Luedtke, Kurt	50 Ford Aquatics-AZ	29.60	30.62

Men 50-54 100 Yard Freestyle

1	Curran, Gordon	51 West Side Silver Fish-AZ	59.10	57.67
	28.75 57.67			
2	Luedtke, Kurt	50 Ford Aquatics-AZ	1:03.90	1:04.43
	31.24 1:04.43			

Men 50-54 200 Yard Freestyle

1	Antonio, Alex	54 Unattached-AZ	2:29.56	2:28.48
	33.68 1:09.57 1:48.17 2:28.48			

Men 50-54 500 Yard Freestyle

1	DiTolla, Bob	54 Ford Aquatics-AZ	5:40.00	5:48.14
	32.09 1:06.42 1:41.87 2:17.40 2:53.02 3:28.49 4:03.41 4:38.88 5:14.04 5:48.14			
2	Luedtke, Kurt	50 Ford Aquatics-AZ	7:20.00	6:39.09
	36.58 1:16.26 1:56.82 2:37.86 3:18.27 3:58.90 4:39.57 5:20.65 6:00.92 6:39.09			
3	Antonio, Alex	54 Unattached-AZ	6:44.21	6:46.27
	37.13 1:16.82 1:56.90 2:37.70 3:18.93 4:00.54 4:42.14 5:24.22 6:05.17 6:46.27			
4	Mooney, Chris	50 Ford Aquatics-AZ	7:00.00	6:47.40
	35.08 1:14.21 1:54.78 2:35.62 3:16.64 3:58.57 4:40.57 5:22.78 6:05.27 6:47.40			

Men 50-54 1000 Yard Freestyle

1	DiTolla, Bob	54 Ford Aquatics-AZ	11:40.00	11:59.87
	32.39 1:07.73 1:43.17 2:19.20 2:55.11 3:31.32 4:07.84 4:44.47 5:21.40 5:57.93 6:34.59 7:10.83 7:48.09 8:24.66 9:00.96 9:37.53 10:50.11 11:25.36 11:59.87 11:59.87			
2	Mooney, Chris	50 Ford Aquatics-AZ	15:00.00	13:56.77
	37.82 1:17.91 1:59.36 2:41.26 3:23.21 4:04.64 4:46.61 5:28.74 6:11.31 6:53.71 7:35.82 8:18.67 9:00.97 9:43.46 10:26.27 11:08.79 11:51.55 12:34.82 13:17.19 13:56.77			

Men 50-54 1650 Yard Freestyle

1	Mclaughlin, Dennis	51 La Paloma Country Club-AZ	32:00.00	30:28.29
	43.70 1:34.10 2:29.13 3:23.89 4:20.17 5:15.73 6:12.73 7:07.87 8:05.21 9:02.27 9:59.43 10:55.17 11:51.01 12:46.83 13:44.48 14:40.79 15:36.06 16:31.65 17:27.85 18:23.26 19:18.55 20:13.76 21:09.94 22:06.34 23:02.19 23:57.90 24:55.61 25:50.57 26:48.03 27:44.04 28:40.18 29:34.66 30:28.29			

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 50-54 50 Yard Backstroke**

1 Curran, Gordon	51 West Side Silver Fish-AZ	35.20	32.87
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Men 50-54 100 Yard Backstroke

1 Shake, Scott	50 Ford Aquatics-AZ	1:01.50	1:00.22
29.86 1:00.22			

2 Curran, Gordon	51 West Side Silver Fish-AZ	1:10.30	1:12.71
36.86 1:12.71			

Men 50-54 200 Yard Backstroke

1 Shake, Scott	50 Ford Aquatics-AZ	2:12.00	2:10.30
30.78 1:03.58 1:37.16	2:10.30		

Men 50-54 50 Yard Breaststroke

1 Roth, Barry	54 Ford Aquatics-AZ	32.00	32.16
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Men 50-54 100 Yard Breaststroke

1 Roth, Barry	54 Ford Aquatics-AZ	1:10.00	1:10.20
32.57 1:10.20			

Men 50-54 50 Yard Butterfly

1 Curran, Gordon	51 West Side Silver Fish-AZ	28.90	29.16
2 Luedtke, Kurt	50 Ford Aquatics-AZ	45.00	39.35

Men 50-54 200 Yard Butterfly

1 DiTolla, Bob	54 Ford Aquatics-AZ	2:20.00	2:22.61
32.38 1:08.20 1:45.51	2:22.61		

Men 50-54 100 Yard IM

1 Roth, Barry	54 Ford Aquatics-AZ	1:03.50	1:03.58
30.10 1:03.58			

2 Mooney, Chris	50 Ford Aquatics-AZ	2:00.10	1:21.31
41.00 1:21.31			

Men 50-54 200 Yard IM

1 Shake, Scott	50 Ford Aquatics-AZ	2:15.00	2:11.06
29.02 1:02.74 1:41.11	2:11.06		

Men 50-54 400 Yard IM

1 Shake, Scott	50 Ford Aquatics-AZ	4:55.00	4:43.54
30.46 1:05.74 1:42.67	2:17.98 2:58.75 3:39.59 4:12.37	4:43.54	

Men 55-59 50 Yard Freestyle

1 Kissman, Gord	57 Green Valley Swim Club-AZ	33.00	34.70
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Men 55-59 100 Yard Freestyle

1 Kissman, Gord	57 Green Valley Swim Club-AZ	1:15.00	1:18.03
36.73 1:18.03			

Men 55-59 50 Yard Breaststroke

1 Kissman, Gord	57 Green Valley Swim Club-AZ	44.00	43.27
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Men 55-59 100 Yard Butterfly

1 Yost, Hunter	57 Arizona Masters-AZ	1:04.50	1:02.71
29.63 1:02.71			

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 55-59 200 Yard IM**

1 Yost, Hunter	57 Arizona Masters-AZ	2:29.50	2:20.68
29.83 1:06.82 1:48.58 2:20.68			

Men 55-59 400 Yard IM

1 Yost, Hunter	57 Arizona Masters-AZ	5:19.50	5:08.99
32.86 1:10.88 1:51.37 2:30.62 3:16.65 4:01.70 4:35.92 5:08.99			

Men 60-64 50 Yard Freestyle

1 Boyd, Todd	63 Arizona Masters-AZ	30.00	28.59
2 Shaffer, Craig	62 Green Valley Swim Club-AZ	31.50	30.89
3 Teichman, Thomas	60 Sun City West Swimming-AZ	32.62	37.53
4 Coleman, James	62 Arizona Masters-AZ	46.33	47.24

Men 60-64 100 Yard Freestyle

1 Boyd, Todd	63 Arizona Masters-AZ	1:10.00	1:06.63
33.24 1:06.63			
2 Shaffer, Craig	62 Green Valley Swim Club-AZ	1:08.00	1:10.31
33.29 1:10.31			
3 Welton, John	62 Unattached-AZ	1:23.00	1:23.34
39.55 1:23.34			
4 Coleman, James	62 Arizona Masters-AZ	1:41.84	1:45.95
49.87 1:45.95			

Men 60-64 200 Yard Freestyle

1 Welton, John	62 Unattached-AZ	2:58.00	3:05.79
42.06 1:27.12 2:16.25 3:05.79			
2 Coleman, James	62 Arizona Masters-AZ	3:44.84	3:45.58
48.68 1:46.94 2:46.90 3:45.58			

Men 60-64 500 Yard Freestyle

1 Bailey, Hop	61 Ford Aquatics-AZ	6:40.00	6:32.94
37.34 1:17.52 1:57.01 2:37.16 3:17.16 3:57.25 4:36.60 5:16.04 5:54.87 6:32.94			
2 Kynion, Pete	61 Green Valley Swim Club-AZ	8:44.60	8:25.00
45.76 1:34.80 2:25.74 3:17.75 4:10.16 5:02.23 5:54.80 6:46.90 7:36.69 8:25.00			

Men 60-64 50 Yard Backstroke

1 Shaffer, Craig	62 Green Valley Swim Club-AZ	38.50	39.05
2 Kynion, Pete	61 Green Valley Swim Club-AZ	55.00	52.80

Men 60-64 100 Yard Backstroke

1 Shaffer, Craig	62 Green Valley Swim Club-AZ	1:24.50	1:25.61
41.83 1:25.61			

Men 60-64 50 Yard Breaststroke

1 Teichman, Thomas	60 Sun City West Swimming-AZ	39.47	41.30
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Men 60-64 100 Yard Breaststroke

1 Teichman, Thomas	60 Sun City West Swimming-AZ	1:31.96	1:34.34
43.66 1:34.34			
2 Welton, John	62 Unattached-AZ	1:42.00	1:34.62
44.00 1:34.62			
3 Kynion, Pete	61 Green Valley Swim Club-AZ	1:58.10	1:52.22
55.00 1:52.22			

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 60-64 200 Yard Breaststroke**

1 Welton, John	62 Unattached-AZ	3:40.00	3:37.62
46.87 1:40.87 2:39.20	3:37.62		

Men 60-64 50 Yard Butterfly

1 Boyd, Todd	63 Arizona Masters-AZ	35.50	33.16
2 Shaffer, Craig	62 Green Valley Swim Club-AZ	37.00	33.96
3 Kynion, Pete	61 Green Valley Swim Club-AZ	48.50	43.86

Men 60-64 100 Yard IM

1 Boyd, Todd	63 Arizona Masters-AZ	1:30.00	1:22.91
39.71 1:22.91			
2 Welton, John	62 Unattached-AZ	1:34.00	1:33.78
46.55 1:33.78			
3 Kynion, Pete	61 Green Valley Swim Club-AZ	1:46.40	1:39.22
48.45 1:39.22			

Men 65-69 50 Yard Freestyle

1 Madison, Don	65 Sun City Grand Masters-AZ	38.50	30.17
2 Bolze, Joe	69 Metro Masters Swim Club-MR	30.00	30.54
3 Fee, Warren	66 Green Valley Swim Club-AZ	35.80	33.31
4 Eissing, Frank	69 Sun City Grand Masters-AZ	39.00	35.79
5 LaLonde, Ron	69 Sun City West Swimming-AZ	35.99	39.58
6 Monroe Sr., Thomas	68 Sun City West Swimming-AZ	45.23	52.65

Men 65-69 100 Yard Freestyle

1 Madison, Don	65 Sun City Grand Masters-AZ	1:15.00	1:06.33
31.76 1:06.33			
2 LaLonde, Ron	69 Sun City West Swimming-AZ	1:27.26	1:27.13
42.07 1:27.13			
3 Monroe Sr., Thomas	68 Sun City West Swimming-AZ	2:05.06	2:11.15
58.12 2:11.15			

Men 65-69 200 Yard Freestyle

1 Jones, Bob	66 Green Valley Swim Club-AZ	2:52.00	2:46.35
39.68 1:22.24 2:05.06	2:46.35		
2 LeRoy, Richard	68 Sun City Grand Masters-AZ	2:41.00	2:50.08
37.69 1:20.35 2:04.99	2:50.08		
3 LaLonde, Ron	69 Sun City West Swimming-AZ	3:29.25	3:32.15
46.73 1:40.67 2:38.81	3:32.15		

Men 65-69 500 Yard Freestyle

1 Jones, Bob	66 Green Valley Swim Club-AZ	7:40.00	7:22.55
40.51 1:25.43 2:10.60	2:55.82 3:41.14 4:26.21 5:11.43 5:56.04		
6:40.18 7:22.55			

Men 65-69 1000 Yard Freestyle

1 Jones, Bob	66 Green Valley Swim Club-AZ	15:20.00	15:06.19
41.17 1:26.11 2:12.49	2:58.78 3:45.00 4:31.25 5:17.34 6:03.51		
6:49.70 7:35.76 8:21.73	9:07.33 9:52.87 10:38.54 11:23.42 12:08.86		
12:54.15 13:38.74 14:22.95	15:06.19		

Men 65-69 50 Yard Backstroke

1 LeRoy, Richard	68 Sun City Grand Masters-AZ	38.00	43.35
2 Eissing, Frank	69 Sun City Grand Masters-AZ	47.00	46.55
3 Fee, Warren	66 Green Valley Swim Club-AZ	44.60	47.24

(Men 65-69 50 Yard Backstroke)

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results**

4 Jones, Bob	66 Green Valley Swim Club-AZ	46.00	51.69
5 LaLonde, Ron	69 Sun City West Swimming-AZ	48.23	51.82
6 Monroe Sr., Thomas	68 Sun City West Swimming-AZ	58.31	1:12.02
Men 65-69 100 Yard Backstroke			
1 LeRoy, Richard	68 Sun City Grand Masters-AZ	1:28.00	1:32.30
46.20 1:32.30			
2 Jones, Bob	66 Green Valley Swim Club-AZ	1:40.00	1:37.97
48.97 1:37.97			
Men 65-69 200 Yard Backstroke			
1 LeRoy, Richard	68 Sun City Grand Masters-AZ	3:08.00	3:19.56
45.38 1:35.30 2:29.18	3:19.56		
Men 65-69 50 Yard Breaststroke			
1 Fee, Warren	66 Green Valley Swim Club-AZ	47.20	46.68
2 Eissing, Frank	69 Sun City Grand Masters-AZ	48.00	46.86
3 Monroe Sr., Thomas	68 Sun City West Swimming-AZ	54.70	57.30
Men 65-69 100 Yard Breaststroke			
1 Bolze, Joe	69 Metro Masters Swim Club-MR	1:30.00	1:30.89
42.64 1:30.89			
2 Fee, Warren	66 Green Valley Swim Club-AZ	1:44.00	1:40.63
47.74 1:40.63			
3 Eissing, Frank	69 Sun City Grand Masters-AZ	1:35.00	1:40.94
48.32 1:40.94			
4 Monroe Sr., Thomas	68 Sun City West Swimming-AZ	2:05.75	2:08.69
58.52 2:08.69			
Men 65-69 200 Yard Breaststroke			
1 Bolze, Joe	69 Metro Masters Swim Club-MR	3:15.00	3:22.82
45.66 1:37.59 2:29.67	3:22.82		
Men 65-69 50 Yard Butterfly			
1 Madison, Don	65 Sun City Grand Masters-AZ	38.50	31.61
Men 65-69 200 Yard Butterfly			
1 Bolze, Joe	69 Metro Masters Swim Club-MR	3:15.00	3:20.63
44.03 1:33.19 2:26.41	3:20.63		
Men 65-69 100 Yard IM			
1 Madison, Don	65 Sun City Grand Masters-AZ	1:30.00	1:18.02
34.65 1:18.02			
2 Eissing, Frank	69 Sun City Grand Masters-AZ	1:35.00	1:45.05
53.72 1:45.05			
Men 65-69 200 Yard IM			
1 LeRoy, Richard	68 Sun City Grand Masters-AZ	3:15.00	3:28.14
47.61 1:38.69 2:41.62	3:28.14		
Men 65-69 400 Yard IM			
1 Bolze, Joe	69 Metro Masters Swim Club-MR	6:45.00	6:56.57
43.99 1:35.83 2:35.16	3:33.29 4:28.34 5:23.59 6:11.53	6:56.57	
Men 70-74 50 Yard Backstroke			
1 Johnson, Art	70 Sun City Grand Masters-AZ	36.30	38.73

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 70-74 100 Yard Backstroke**

1 Johnson, Art	70 Sun City Grand Masters-AZ	1:22.50	1:25.14
40.22 1:25.14			

Men 70-74 50 Yard Breaststroke

1 Peter, Harold	74 Saddlebrooke Swim Club-AZ	43.31	46.55
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Men 70-74 100 Yard Breaststroke

1 Peter, Harold	74 Saddlebrooke Swim Club-AZ	1:38.74	1:45.87
47.09 1:45.87			

Men 70-74 200 Yard Breaststroke

1 Peter, Harold	74 Saddlebrooke Swim Club-AZ	3:50.11	4:05.33
52.64 1:54.20 3:01.21 4:05.33			

Men 70-74 50 Yard Butterfly

1 Goldstein, Simon	71 Arizona Masters-AZ	42.39	41.81
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Men 70-74 200 Yard Butterfly

1 Goldstein, Simon	71 Arizona Masters-AZ	5:10.00	4:49.10
1:00.62 2:15.90 3:34.96 4:49.10			

Men 70-74 100 Yard IM

1 Goldstein, Simon	71 Arizona Masters-AZ	1:55.00	2:02.87
58.55 2:02.87			

Men 70-74 200 Yard IM

1 Goldstein, Simon	71 Arizona Masters-AZ	4:55.00	3:56.45
55.29 1:58.24 3:04.23 3:56.45			

Men 70-74 400 Yard IM

1 Goldstein, Simon	71 Arizona Masters-AZ	10:36.00	10:00.61
1:08.49 2:32.29 3:45.31 5:00.59 6:19.53 7:43.96 8:53.71 10:00.61			

Men 75-79 50 Yard Freestyle

1 Fritz, Jack	76 Ford Aquatics-AZ	43.78	36.63
2 Howland, Walter	75 Saddlebrooke Swim Club-AZ	37.00	38.21

Men 75-79 100 Yard Freestyle

1 Fritz, Jack	76 Ford Aquatics-AZ	1:22.93	1:29.14
43.88 1:29.14			
2 Howland, Walter	75 Saddlebrooke Swim Club-AZ	1:30.00	1:31.39
41.47 1:31.39			

Men 75-79 50 Yard Breaststroke

1 Gruender, Dan	79 Brophy Swim Club-AZ	51.56	48.41
2 Howland, Walter	75 Saddlebrooke Swim Club-AZ	55.00	58.48

Men 75-79 100 Yard Breaststroke

1 Gruender, Dan	79 Brophy Swim Club-AZ	1:55.85	1:50.70
54.53 1:50.70			
2 Fritz, Jack	76 Ford Aquatics-AZ	1:58.80	2:06.56
59.44 2:06.56			

Men 75-79 200 Yard Breaststroke

1 Gruender, Dan	79 Brophy Swim Club-AZ	4:28.01	4:11.87
58.73 2:04.24 3:09.93 4:11.87			

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 75-79 50 Yard Butterfly**

1 Fritz, Jack	76 Ford Aquatics-AZ	50.41	49.45
2 Gillin, Gordon	78 Ford Aquatics-AZ	57.00	52.21

Men 75-79 100 Yard Butterfly

1 Gillin, Gordon	78 Ford Aquatics-AZ	2:10.00	2:07.65
57.72 2:07.65			

Men 75-79 100 Yard IM

1 Gillin, Gordon	78 Ford Aquatics-AZ	1:58.00	1:50.50
52.96 1:50.50			
2 Fritz, Jack	76 Ford Aquatics-AZ	1:58.24	1:51.08
55.77 1:51.08			

Men 75-79 200 Yard IM

1 Gillin, Gordon	78 Ford Aquatics-AZ	3:59.00	3:54.30
52.22 1:54.22 3:04.39 3:54.30			

Men 75-79 400 Yard IM

1 Gillin, Gordon	78 Ford Aquatics-AZ	9:40.00	8:47.09
57.69 2:08.51 3:19.07 5:41.15 6:55.97 7:52.60 8:47.09 8:47.09			

Men 80-84 50 Yard Freestyle

1 Kelley, Art	83 Arizona Masters-AZ	1:10.00	1:14.60
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Men 80-84 200 Yard Freestyle

1 Silverstein, Lou	82 Prescott Swim Club-AZ	3:59.00	4:10.14
56.20 2:02.26 3:06.58 4:10.14			

Men 80-84 1000 Yard Freestyle

1 Silverstein, Lou	82 Prescott Swim Club-AZ	20:45.00	22:04.25
57.32 2:01.77 3:07.35 4:13.39 5:20.53 6:26.85 7:32.73 8:40.35			
9:47.05 10:53.71 12:00.71 13:07.54 14:14.67 15:21.41 16:28.42 17:35.25			
18:42.16 19:50.30 20:57.57 22:04.25			

Men 80-84 200 Yard Backstroke

1 Silverstein, Lou	82 Prescott Swim Club-AZ	4:08.00	4:23.91
1:02.49 2:09.05 3:17.16 4:23.91			

Men 80-84 50 Yard Breaststroke

1 Kelley, Art	83 Arizona Masters-AZ	1:15.00	1:17.87
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Men 80-84 100 Yard Breaststroke

1 Kelley, Art	83 Arizona Masters-AZ	3:00.00	3:07.69
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Women 65+ 200 Yard Freestyle Relay

1 Green Valley Swim Club-AZ	A	NT	2:52.50
1) Apodaca, Joyce W65	2) Ambrose, Petey W70	3) Keller, Kathleen W71	4) Miller, Jan W70

Women 65+ 200 Yard Medley Relay

--- Green Valley Swim Club-AZ	A	NT	DQ
1) Ambrose, Petey W70	2) Apodaca, Joyce W65	3) Keller, Kathleen W71	4) Miller, Jan W70

Men 55+ 200 Yard Freestyle Relay

1 Green Valley Swim Club-AZ	A	NT	2:18.96
1) Fee, Warren M66	2) Jones, Bob M66	3) Kynion, Pete M61	4) Shaffer, Craig M62

Polar Bear 2009t - 1/25/2009**Polar Bear 2009****Results****Men 55+ 200 Yard Medley Relay**

1 Green Valley Swim Club-AZ	A	NT	2:45.66
1) Fee, Warren M66	2) Jones, Bob M66	3) Shaffer, Craig M62	4) Kynion, Pete M61

Men 65+ 200 Yard Freestyle Relay

1 Sun City Grand Masters-AZ	A	NT	2:15.78
1) Johnson, Art M70	2) Eissing, Frank M69	3) LeRoy, Richard M68	4) Madison, Don M65

Men 65+ 200 Yard Medley Relay

1 Sun City Grand Masters-AZ	A	NT	2:30.44
1) Johnson, Art M70	2) Eissing, Frank M69	3) Madison, Don M65	4) LeRoy, Richard M68

Mixed 18+ 200 Yard Medley Relay

1 Ford Aquatics-AZ	A	NT	2:02.61
1) Fah, Kevin M20	2) Brelsford, Douglas M20	3) Hoffman, Kyle M21	4) Benson, Michelle W19

Mixed 55+ 200 Yard Freestyle Relay

1 Sun City West Swimming	A	NT	2:44.89
1) Hewes, Nancy W55	2) Teichman, Karen W60	3) Teichman, Thomas M60	4) LaLonde, Ron M69

Mixed 55+ 200 Yard Medley Relay

1 Sun City West Swimming	A	NT	3:07.28
1) LaLonde, Ron M69	2) Teichman, Karen W60	3) Teichman, Thomas M60	4) Hewes, Nancy W55