

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 1 Women 18-24 500 Yard Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Larson, Michelle	23	Niagara District Masters-NI	7:02.00	7:00.69
35.79 40.48 42.10 42.27 43.19 43.51 43.66			43.62	
43.76 42.31				

Event 1 Women 25-29 500 Yard Freestyle

1 Lynn, Suzannah	25	Adirondack Masters-AD	7:00.00	6:32.98
33.14 36.59 38.54 40.63 41.53 40.85 41.14			41.41	
41.12 38.03				

Event 1 Women 30-34 500 Yard Freestyle

1 Swan-Scott, Dennie L	34	Adirondack Masters-AD	6:10.00	5:59.34
31.36 34.02 35.63 36.39 36.66 36.64 37.16			37.66	
37.38 36.44				
2 Stoner, Tera	30	Adirondack Masters-AD	6:45.00	6:40.73
34.98 38.29 39.49 40.27 41.04 41.37 41.46			41.49	
41.22 41.12				

Event 1 Women 35-39 500 Yard Freestyle

1 Fletcher, Alicia M	35	Adirondack Masters-AD	6:17.50	6:14.10
32.66 35.27 37.06 37.73 38.08 38.31 38.41			39.01	
39.26 38.31				

Event 1 Women 45-49 500 Yard Freestyle

1 Byer, Karen S	49	Adirondack Masters-AD	6:40.00	6:36.14
35.94 40.06 30.15 37.02 45.86 42.18 41.91			41.48	
41.11 40.43				

Event 1 Women 50-54 500 Yard Freestyle

1 Coonrod, Joan M	54	Adirondack Masters-AD	10:03.96	10:10.65
49.05 57.79 1:00.96 1:04.31 1:04.14 1:02.80 1:04.02			1:04.66	
1:02.27 1:00.65				

Event 1 Men 40-44 500 Yard Freestyle

1 Dammerman, David	40	Adirondack Masters-AD	6:05.00	5:46.05
30.27 33.19 34.45 35.14 34.94 34.96 35.61			36.13	
35.79 35.57				
2 Offord, Stephen	41	Adirondack Masters-AD	13:00.00	5:59.12
31.06 34.76 36.77 37.22 37.38 37.07 36.38			36.76	
36.29 35.43				

Event 1 Men 45-49 500 Yard Freestyle

1 Riordan, Joseph P	49	Adirondack Masters-AD	6:02.00	5:50.44
35.14 33.43 35.67 35.85 36.01 35.53 35.55			35.69	
34.41 33.16				
2 Starace, Richard L	45	Adirondack Masters-AD	6:12.00	6:09.11
33.09 35.59 36.45 37.50 37.33 37.89 38.03			37.71	
38.06 37.46				

Event 1 Men 50-54 500 Yard Freestyle

1 Wall, Dan	53	Adirondack Masters-AD	5:40.00	5:34.68
38.31 20.45 35.29 35.98 34.22 34.02 34.01			33.96	
34.27 34.17				
2 Taber, Mike	51	Adirondack Masters-AD	7:00.00	7:01.50
35.59 41.98 42.80 44.29 43.49 44.05 43.94			42.07	
42.72 40.57				

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 1 Men 60-64 500 Yard Freestyle**

1	Naple, John	61	Adirondack Masters-AD	10:00.00	9:10.55
	45.48	51.45	53.50	55.99	57.23
	57.53	58.20	59.87		
	58.19	53.11			

Event 1 Men 70-74 500 Yard Freestyle

1	Blance, Bill	71	Niagara District Masters-NI	12:30.00	11:54.32
	1:00.02	1:04.23	1:09.87	1:13.02	1:14.26
	1:14.25	1:17.19	1:17.33		
	1:17.52	1:06.63			

Event 2 Men 70-74 200 Yard Butterfly

1	Kurtz, Bruce	72	Adirondack Masters-AD	5:34.00	6:12.89
	1:03.76	1:57.70	1:37.43	1:34.00	

Event 3 Women 25-29 100 Yard Breaststroke

1	Lizardi, Tylene	29	Adirondack Masters-AD	1:23.20	1:22.00
	39.61	42.39			

Event 3 Women 35-39 100 Yard Breaststroke

1	Crye, Ann Marie	37	Niagara District Masters-NI	1:17.57	1:17.98
	36.50	41.48			

Event 3 Women 45-49 100 Yard Breaststroke

1	Williams, Dee	46	Adirondack Masters-AD	1:32.43	1:35.62
	44.07	51.55			
2	Gigliotti, Therese M	45	Adirondack Masters-AD	1:38.65	1:39.74
	48.82	50.92			

Event 3 Men 18-24 100 Yard Breaststroke

1	Asay, Cameron M	24	Adirondack Masters-AD	1:20.00	1:15.66
	36.89	38.77			

Event 3 Men 30-34 100 Yard Breaststroke

1	Nafus, Matthew E	31	Adirondack Masters-AD	1:19.00	1:17.84
	36.21	41.63			
2	Glogowski, Matthew T	32	Adirondack Masters-AD	1:19.01	1:20.59
	37.32	43.27			

Event 3 Men 35-39 100 Yard Breaststroke

---	Snell, Andrew P	35	Adirondack Masters-AD	1:39.96	DQ
	46.30	50.77			

Event 3 Men 40-44 100 Yard Breaststroke

1	Matz, William	42	Adirondack Masters-AD	1:09.00	1:07.21
	31.56	35.65			
2	Miller, William	44	Adirondack Masters-AD	1:24.00	1:20.19
	37.57	42.62			

Event 3 Men 45-49 100 Yard Breaststroke

1	Atkins, Steven L	45	Adirondack Masters-AD	1:18.00	1:16.80
	36.52	40.28			

Event 3 Men 50-54 100 Yard Breaststroke

1	Wall, Dan	53	Adirondack Masters-AD	1:15.00	1:10.52
	33.66	36.86			

Event 3 Men 70-74 100 Yard Breaststroke

1	Hudson, Charles J	71	Adirondack Masters-AD	4:00.00	2:38.06
	1:11.33	1:26.73			

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****(Event 3 Men 70-74 100 Yard Breaststroke)**

---	Simpson, Pickett	73	Adirondack Masters-AD	3:00.00	DQ
	1:27.38	1:26.87			

Event 4 Women 18-24 50 Yard Freestyle

1	Braniecki, Ashley	23	Adirondack Masters-AD	28.50	27.97
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Event 4 Women 25-29 50 Yard Freestyle

1	Lynn, Suzannah	25	Adirondack Masters-AD	32.00	29.55
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Event 4 Women 40-44 50 Yard Freestyle

1	Heaphy, Alison	42	Adirondack Masters-AD	32.50	32.55
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Event 4 Women 45-49 50 Yard Freestyle

1	Washburn, Lynette A	45	Adirondack Masters-AD	29.00	29.15
2	Wallack, Honorine	46	Adirondack Masters-AD	35.00	33.03
3	Williams, Dee	46	Adirondack Masters-AD	36.85	38.05

Event 4 Women 50-54 50 Yard Freestyle

1	Mugno, Cheryl A	50	Adirondack Masters-AD	34.00	31.66
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Event 4 Women 55-59 50 Yard Freestyle

1	Phillips, Margaret L	55	Adirondack Masters-AD	39.00	38.17
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Event 4 Women 75-79 50 Yard Freestyle

1	Engstrom-Heg, Verna	79	Adirondack Masters-AD	1:09.16	1:18.69
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Event 4 Men 25-29 50 Yard Freestyle

1	DeRita, Philip C	25	Adirondack Masters-AD	30.00	25.39
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Event 4 Men 35-39 50 Yard Freestyle

1	Fletcher, Kevin A	38	Adirondack Masters-AD	25.50	28.00
2	Snell, Andrew P	35	Adirondack Masters-AD	35.65	32.32
3	Gardner, Jason M	39	Adirondack Masters-AD	38.00	32.97

Event 4 Men 40-44 50 Yard Freestyle

1	Grimmke, Willy F	43	Adirondack Masters-AD	26.50	25.85
2	Turecky, Martin	43	Adirondack Masters-AD	26.32	26.09

Event 4 Men 45-49 50 Yard Freestyle

1	Alpern, Matthew	45	Adirondack Masters-AD	29.00	27.70
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Event 4 Men 50-54 50 Yard Freestyle

1	Carvotta, Thomas L	54	Adirondack Masters-AD	28.00	27.48
2	McCue, Lawerance	54	Adirondack Masters-AD	29.40	30.24

Event 4 Men 55-59 50 Yard Freestyle

1	Packard, Dennis	55	Adirondack Masters-AD	28.65	27.56
2	Sadowsky, Dave L	55	Adirondack Masters-AD	29.00	28.64

Event 4 Men 70-74 50 Yard Freestyle

1	Simpson, Pickett	73	Adirondack Masters-AD	45.00	53.73
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Event 5 Women 30-34 200 Yard Backstroke

1	Stoner, Tera	30	Adirondack Masters-AD	2:50.00	2:43.59
	39.01	40.89	41.79	41.90	

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 5 Women 45-49 200 Yard Backstroke**

1	Woods, Melissa	48	Adirondack Masters-AD	3:00.00	3:18.11
	46.60 50.01 51.41 50.09				

Event 5 Women 75-79 200 Yard Backstroke

1	Engstrom-Heg, Verna	79	Adirondack Masters-AD	6:48.17	7:58.13
	1:48.31 2:04.04 2:06.16 1:59.62				

Event 5 Men 40-44 200 Yard Backstroke

---	Offord, Stephen	41	Adirondack Masters-AD	7:00.00	DQ
	41.00 34.65 54.35 28.54				

Event 5 Men 70-74 200 Yard Backstroke

1	Kurtz, Bruce	72	Adirondack Masters-AD	4:10.00	4:35.18
	1:05.52 1:09.59 1:11.41 1:08.66				

Event 6 Women 18-24 100 Yard IM

1	Larson, Michelle	23	Niagara District Masters-NI	1:22.00	1:22.63
	38.67 43.96				

Event 6 Women 25-29 100 Yard IM

1	Lizardi, Tylene	29	Adirondack Masters-AD	1:14.43	1:14.35
	31.36 42.99				

Event 6 Women 30-34 100 Yard IM

1	Swan-Scott, Dennie L	34	Adirondack Masters-AD	1:25.00	1:15.37
	34.96 40.41				

Event 6 Women 35-39 100 Yard IM

1	Fletcher, Alicia M	35	Adirondack Masters-AD	1:15.00	1:12.93
	35.11 37.82				

Event 6 Women 40-44 100 Yard IM

1	Rodgers, Julia	44	Adirondack Masters-AD	1:23.00	1:23.97
	40.26 43.71				

Event 6 Women 45-49 100 Yard IM

1	Byer, Karen S	49	Adirondack Masters-AD	1:19.00	1:19.65
	38.96 40.69				

Event 6 Women 50-54 100 Yard IM

1	Mugno, Cheryl A	50	Adirondack Masters-AD	1:30.00	1:35.00
	35.56 59.44				

Event 6 Men 25-29 100 Yard IM

1	Smith, Chris	28	Adirondack Masters-AD	1:00.00	59.95
	26.78 33.17				
2	DeRita, Philip C	25	Adirondack Masters-AD	1:25.00	1:15.58
	34.86 40.72				

Event 6 Men 40-44 100 Yard IM

1	Matz, William	42	Adirondack Masters-AD	1:06.00	1:02.72
	30.45 32.27				
2	Stark, George	43	Adirondack Masters-AD	1:07.10	1:04.45
	29.11 35.34				
3	Dammerman, David	40	Adirondack Masters-AD	1:06.55	1:04.75
	30.71 34.04				
4	Grimmke, Willy F	43	Adirondack Masters-AD	1:09.00	1:07.36
	32.26 35.10				

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****(Event 6 Men 40-44 100 Yard IM)**

5 Turecky, Martin	43 Adirondack Masters-AD	1:08.44	1:08.22
32.85 35.37			

Event 6 Men 45-49 100 Yard IM

1 Riordan, Joseph P	49 Adirondack Masters-AD	1:16.00	1:13.07
36.27 36.80			
2 Starace, Richard L	45 Adirondack Masters-AD	1:18.00	1:16.71
35.69 41.02			

Event 6 Men 50-54 100 Yard IM

1 Taber, Mike	51 Adirondack Masters-AD	1:20.00	1:17.63
49.00 28.63			

Event 6 Men 70-74 100 Yard IM

--- Simpson, Pickett	73 Adirondack Masters-AD	2:30.00	DQ
1:08.93 1:16.05			

Event 7 Mixed 18+ 200 Yard Medley Relay

1 Adirondack Masters-AD	A	NT	1:54.98
1) Glogowski, Matthew T M32	2) Asay, Cameron M M24	3) Mottola, Michael C M23	4) Nafus, Matthew E M31
30.09 1:25.91 5.00			
2 Adirondack Masters-AD	E	NT	2:05.92
1) Offord, Stephen M41	2) Dammerman, David M40	3) Starace, Richard L M45	4) Riordan, Joseph P M49
32.42 35.00 58.50			
3 Adirondack Masters-AD	B	NT	2:16.66
1) Swan-Scott, Dennie L W34	2) Snell, Andrew P M35	3) Stark, George M43	4) Gardner, Jason M M39
34.78 40.39 28.14	33.35		
4 Adirondack Masters-AD	D	NT	2:29.80
1) DeRita, Philip C M25	2) Heaphy, Alison W42	3) Mugno, Cheryl A W50	4) Wall, Dan M53
37.81 40.95 42.11	28.93		
5 Adirondack Masters-AD	C	NT	2:34.49
1) Fletcher, Alicia M W35	2) Phillips, Margaret L W55	3) Sadowsky, Dave L M55	4) Lynn, Suzannah W25
38.74 48.09 38.30	29.36		

Event 8 Women 45-49 100 Yard Butterfly

1 Washburn, Lynette A	45 Adirondack Masters-AD	1:15.00	1:12.83
32.63 40.20			

Event 8 Men 18-24 100 Yard Butterfly

1 Mottola, Michael C	23 Adirondack Masters-AD	58.64	59.10
26.64 32.46			
2 Asay, Cameron M	24 Adirondack Masters-AD	1:01.50	1:06.47
30.48 35.99			

Event 8 Men 25-29 100 Yard Butterfly

1 DeRita, Philip C	25 Adirondack Masters-AD	1:20.00	1:26.38
37.41 48.97			

Event 8 Men 45-49 100 Yard Butterfly

1 Atkins, Steven L	45 Adirondack Masters-AD	1:05.40	1:03.75
30.09 33.66			
2 Larkin, Doug	47 Unattached	1:06.93	1:03.91
30.03 33.88			

Event 8 Men 50-54 100 Yard Butterfly

1 O'Shea, James M	50 Adirondack Masters-AD	1:19.00	1:20.95
45.00 35.95			

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 9 Women 35-39 200 Yard Breaststroke**

1	Crye, Ann Marie	37	Niagara District Masters-NI	2:51.70	2:48.73
	38.43 42.51 43.72 44.07				
2	Fletcher, Alicia M	35	Adirondack Masters-AD	2:50.00	2:52.36
	38.63 42.71 44.59 46.43				

Event 9 Women 50-54 200 Yard Breaststroke

1	Coonrod, Joan M	54	Adirondack Masters-AD	5:29.58	4:50.80
	1:03.33 1:13.97 1:16.85 1:16.65				

Event 9 Men 40-44 200 Yard Breaststroke

1	Matz, William	42	Adirondack Masters-AD	2:28.00	2:30.63
	33.36 37.57 39.48 40.22				

Event 9 Men 70-74 200 Yard Breaststroke

1	Hudson, Charles J	71	Adirondack Masters-AD	6:00.00	5:46.40
	1:15.06 1:30.87 1:31.03 1:29.44				

Event 10 Women 18-24 200 Yard IM

1	Larson, Michelle	23	Niagara District Masters-NI	3:00.00	2:57.24
	39.00 47.69 49.53 41.02				

Event 10 Women 25-29 200 Yard IM

1	Lizardi, Tylene	29	Adirondack Masters-AD	2:45.92	2:41.97
	35.36 43.42 45.24 37.95				

Event 10 Women 30-34 200 Yard IM

1	Swan-Scott, Dennie L	34	Adirondack Masters-AD	3:00.00	2:35.16
	33.21 40.18 47.95 33.82				

Event 10 Women 45-49 200 Yard IM

1	Wallack, Honorine	46	Adirondack Masters-AD	3:15.00	2:56.59
	35.44 48.03 53.03 40.09				

Event 10 Women 50-54 200 Yard IM

1	Mugno, Cheryl A	50	Adirondack Masters-AD	3:17.00	3:25.50
	43.74 50.78 1:02.62 48.36				

Event 10 Men 40-44 200 Yard IM

1	Dammerman, David	40	Adirondack Masters-AD	2:35.30	2:24.61
	29.49 37.57 42.42 35.13				
2	Miller, William	44	Adirondack Masters-AD	2:45.00	2:41.37
	36.39 43.11 45.77 36.10				

Event 10 Men 70-74 200 Yard IM

1	Kurtz, Bruce	72	Adirondack Masters-AD	4:51.00	5:29.49
	1:28.10 1:10.69 1:40.77 1:09.93				

Event 11 Women 18-24 50 Yard Butterfly

1	Braniecki, Ashley	23	Adirondack Masters-AD	29.17	29.01
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Event 11 Women 40-44 50 Yard Butterfly

1	Rodgers, Julia	44	Adirondack Masters-AD	38.00	35.49
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Event 11 Women 45-49 50 Yard Butterfly

1	Wallack, Honorine	46	Adirondack Masters-AD	40.00	35.57
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Event 11 Men 18-24 50 Yard Butterfly

1	Mottola, Michael C	23	Adirondack Masters-AD	26.20	25.35
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2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 11 Men 25-29 50 Yard Butterfly**

1	Smith, Chris	28	Adirondack Masters-AD	26.00	26.13
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Event 11 Men 30-34 50 Yard Butterfly

1	Nafus, Matthew E	31	Adirondack Masters-AD	35.01	33.09
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Event 11 Men 40-44 50 Yard Butterfly

1	Stark, George	43	Adirondack Masters-AD	27.30	27.48
2	Grimmke, Willy F	43	Adirondack Masters-AD	30.50	29.48
3	Turecky, Martin	43	Adirondack Masters-AD	30.00	29.57

Event 11 Men 45-49 50 Yard Butterfly

1	Larkin, Doug	47	Unattached	29.15	28.96
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Event 11 Men 50-54 50 Yard Butterfly

1	Taber, Mike	51	Adirondack Masters-AD	32.00	32.42
---	McCue, Lawerance	54	Adirondack Masters-AD	38.22	DQ

Event 11 Men 55-59 50 Yard Butterfly

1	Sadowsky, Dave L	55	Adirondack Masters-AD	35.00	35.04
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Event 12 Women 25-29 200 Yard Freestyle

1	Lynn, Suzannah	25	Adirondack Masters-AD	2:20.00	2:26.83
				33.94	36.49
				38.50	37.90

Event 12 Women 40-44 200 Yard Freestyle

1	Heaphy, Alison	42	Adirondack Masters-AD	2:35.00	2:39.52
				36.23	39.21
				41.98	42.10

Event 12 Women 45-49 200 Yard Freestyle

1	Byer, Karen S	49	Adirondack Masters-AD	2:24.00	2:21.40
				32.76	35.67
				36.79	36.18
2	Woods, Melissa	48	Adirondack Masters-AD	2:39.00	2:35.37
				35.75	39.29
				40.16	40.17
3	Wallack, Honorine	46	Adirondack Masters-AD	2:50.00	2:37.09
				1:04.00	11.54
				52.46	29.09
4	Gigliotti, Therese M	45	Adirondack Masters-AD	2:41.03	2:47.46
				38.25	42.06
				43.99	43.16

Event 12 Women 55-59 200 Yard Freestyle

1	Phillips, Margaret L	55	Adirondack Masters-AD	3:00.00	3:01.76
				41.09	45.23
				47.18	48.26

Event 12 Women 75-79 200 Yard Freestyle

1	Engstrom-Heg, Verna	79	Adirondack Masters-AD	5:29.36	7:04.71
				1:28.04	1:43.09
				1:46.81	2:06.77

Event 12 Men 35-39 200 Yard Freestyle

1	Fletcher, Kevin A	38	Adirondack Masters-AD	2:05.00	2:03.76
				28.66	30.23
				32.11	32.76

Event 12 Men 40-44 200 Yard Freestyle

1	Matz, William	42	Adirondack Masters-AD	2:03.00	2:03.81
				28.50	30.25
				32.51	32.55

Event 12 Men 45-49 200 Yard Freestyle

1	Atkins, Steven L	45	Adirondack Masters-AD	2:12.30	2:09.64
				30.42	32.61
				33.56	33.05

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****(Event 12 Men 45-49 200 Yard Freestyle)**

2	Riordan, Joseph P	49	Adirondack Masters-AD	2:07.00	2:09.66
	28.47 32.08 34.16 34.95				
3	Alpern, Matthew	45	Adirondack Masters-AD	2:11.00	2:13.47
	31.59 32.87 33.96 35.05				
4	Starace, Richard L	45	Adirondack Masters-AD	2:19.00	2:18.80
	31.30 35.30 36.39 35.81				

Event 12 Men 50-54 200 Yard Freestyle

1	Wall, Dan	53	Adirondack Masters-AD	2:03.10	2:02.43
	27.53 29.99 31.91 33.00				
2	O'Shea, James M	50	Adirondack Masters-AD	2:28.00	2:30.55
	34.97 39.20 37.94 38.44				

Event 12 Men 70-74 200 Yard Freestyle

1	Blance, Bill	71	Niagara District Masters-NI	4:30.00	4:08.86
	57.56 1:02.58 1:05.09 1:03.63				

Event 13 Women 25-29 100 Yard Backstroke

1	Chrispell, Miranda	25	Adirondack Masters-AD	1:12.29	1:14.54
	35.89 38.65				

Event 13 Women 30-34 100 Yard Backstroke

1	Swan-Scott, Dennie L	34	Adirondack Masters-AD	1:13.00	1:14.12
	36.12 38.00				
2	Stoner, Tera	30	Adirondack Masters-AD	1:16.00	1:16.95
	38.20 38.75				

Event 13 Women 40-44 100 Yard Backstroke

1	Rodgers, Julia	44	Adirondack Masters-AD	1:25.00	1:29.15
	44.02 45.13				

Event 13 Women 50-54 100 Yard Backstroke

1	Coonrod, Joan M	54	Adirondack Masters-AD	2:00.39	2:09.10
	1:01.30 1:07.80				

Event 13 Men 18-24 100 Yard Backstroke

1	Asay, Cameron M	24	Adirondack Masters-AD	1:10.00	1:08.76
	33.09 35.67				

Event 13 Men 40-44 100 Yard Backstroke

1	Miller, William	44	Adirondack Masters-AD	1:24.00	1:19.34
	39.07 40.27				

Event 14 Women 35-39 50 Yard Breaststroke

1	Crye, Ann Marie	37	Niagara District Masters-NI	36.73	35.62
---	Fletcher, Alicia M	35	Adirondack Masters-AD	37.50	DQ

Event 14 Women 45-49 50 Yard Breaststroke

1	Williams, Dee	46	Adirondack Masters-AD	40.67	42.12
2	Gigliotti, Therese M	45	Adirondack Masters-AD	44.69	45.92

Event 14 Men 25-29 50 Yard Breaststroke

1	DeRita, Philip C	25	Adirondack Masters-AD	45.00	39.25
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Event 14 Men 30-34 50 Yard Breaststroke

1	Glogowski, Matthew T	32	Adirondack Masters-AD	37.00	36.49
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2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 14 Men 35-39 50 Yard Breaststroke**

1	Snell, Andrew P	35	Adirondack Masters-AD	42.00	41.98
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Event 14 Men 40-44 50 Yard Breaststroke

1	Turecky, Martin	43	Adirondack Masters-AD	34.50	34.08
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Event 14 Men 50-54 50 Yard Breaststroke

1	Carvotta, Thomas L	54	Adirondack Masters-AD	35.50	35.19
2	McCue, Lawerance	54	Adirondack Masters-AD	42.31	43.90

Event 14 Men 70-74 50 Yard Breaststroke

1	Hudson, Charles J	71	Adirondack Masters-AD	1:16.00	1:06.78
2	Simpson, Pickett	73	Adirondack Masters-AD	1:15.00	1:12.85

Event 15 Mixed 18+ 400 Yard Freestyle Relay

1	Adirondack Masters-AD	B	NT	4:24.89
	1) Sadowsky, Dave L M55	2) Alpern, Matthew M45	3) Wall, Dan M53	4) DeRita, Philip C M25
	31.57 1:04.53 30.54	1:05.98 33.02 1:08.67	31.89 1:05.71	
2	Adirondack Masters-AD	D	NT	4:34.56
	1) Rodgers, Julia W44	2) Woods, Melissa W48	3) Byer, Karen S W49	4) Swan-Scott, Dennie L W34
	33.26 1:10.05 35.95	1:15.63 31.13 1:05.56	29.86 1:03.32	
3	Adirondack Masters-AD	C	NT	4:59.64
	1) Heaphy, Alison W42	2) Phillips, Margaret L W55	3) Mugno, Cheryl A W50	4) Lynn, Suzannah W25
	33.80 1:11.30 38.91	1:22.61 37.71 1:18.71	32.06 1:07.02	
---	Adirondack Masters-AD	A	NT	DQ
	1) Glogowski, Matthew T M32	2) Nafus, Matthew E M31	3) Asay, Cameron M M24	4) Mottola, Michael C M23
	27.30 57.70 28.42	1:01.87 28.89 1:01.25	24.81 51.97	

Event 16 Women 18-24 400 Yard IM

---	Larson, Michelle	23	Niagara District Masters-NI	12:00.00	DQ
	40.13 47.10 51.49	49.10 51.03 52.04	42.66 40.88		

Event 16 Women 25-29 400 Yard IM

1	Lizardi, Tylene	29	Adirondack Masters-AD	5:59.26	5:47.86
	36.96 42.95 45.34	45.12 48.57 48.16	41.48 39.28		

Event 16 Men 70-74 400 Yard IM

1	Kurtz, Bruce	72	Adirondack Masters-AD	11:00.00	11:18.27
	1:29.40 1:41.38 1:09.71	1:10.00 1:41.03 1:44.76	1:10.94 1:11.05		

Event 17 Women 40-44 100 Yard Freestyle

1	Rodgers, Julia	44	Adirondack Masters-AD	1:08.00	1:09.20
	33.28 35.92				

Event 17 Women 45-49 100 Yard Freestyle

1	Washburn, Lynette A	45	Adirondack Masters-AD	1:05.00	1:03.33
	30.57 32.76				
2	Byer, Karen S	49	Adirondack Masters-AD	1:06.00	1:07.06
	32.32 34.74				
3	Wallack, Honorine	46	Adirondack Masters-AD	1:20.00	1:10.44
	33.83 36.61				
4	Woods, Melissa	48	Adirondack Masters-AD	1:15.00	1:15.17
	37.13 38.04				
5	Gigliotti, Therese M	45	Adirondack Masters-AD	1:15.68	1:20.42
	37.95 42.47				
6	Williams, Dee	46	Adirondack Masters-AD	1:21.36	1:24.23
	40.08 44.15				

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 17 Women 50-54 100 Yard Freestyle**

1	Coonrod, Joan M	54	Adirondack Masters-AD	1:36.41	1:39.92
	47.39 52.53				

Event 17 Women 55-59 100 Yard Freestyle

1	Phillips, Margaret L	55	Adirondack Masters-AD	1:30.00	1:24.34
	40.40 43.94				

Event 17 Women 75-79 100 Yard Freestyle

1	Engstrom-Heg, Verna	79	Adirondack Masters-AD	2:37.63	3:07.60
	1:32.88 1:34.72				

Event 17 Men 18-24 100 Yard Freestyle

1	Mottola, Michael C	23	Adirondack Masters-AD	53.88	51.08
	39.58 11.50				

Event 17 Men 35-39 100 Yard Freestyle

1	Fletcher, Kevin A	38	Adirondack Masters-AD	56.50	54.86
	41.92 12.94				
2	Gardner, Jason M	39	Adirondack Masters-AD	1:35.00	1:13.11
	35.97 37.14				
3	Snell, Andrew P	35	Adirondack Masters-AD	1:26.40	1:19.55
	36.13 43.42				

Event 17 Men 40-44 100 Yard Freestyle

1	Matz, William	42	Adirondack Masters-AD	57.00	54.99
	41.31 13.68				
2	Turecky, Martin	43	Adirondack Masters-AD	59.73	59.57
	37.00 22.57				

Event 17 Men 45-49 100 Yard Freestyle

1	Riordan, Joseph P	49	Adirondack Masters-AD	59.60	58.44
	43.37 15.07				
2	Larkin, Doug	47	Unattached	1:02.51	1:00.12
	29.03 31.09				
3	Alpern, Matthew	45	Adirondack Masters-AD	1:00.00	1:00.53
	29.57 30.96				
4	Starace, Richard L	45	Adirondack Masters-AD	1:04.00	1:04.08
	31.23 32.85				

Event 17 Men 50-54 100 Yard Freestyle

1	Wall, Dan	53	Adirondack Masters-AD	55.24	54.72
	41.37 13.35				
2	O'Shea, James M	50	Adirondack Masters-AD	1:08.00	1:09.90
	33.18 36.72				

Event 17 Men 55-59 100 Yard Freestyle

1	Sadowsky, Dave L	55	Adirondack Masters-AD	1:01.00	1:02.83
	30.11 32.72				

Event 17 Men 70-74 100 Yard Freestyle

1	Blance, Bill	71	Niagara District Masters-NI	2:00.00	1:42.78
	48.24 54.54				
2	Simpson, Pickett	73	Adirondack Masters-AD	2:15.00	1:57.01
	57.94 59.07				

Event 18 Women 25-29 50 Yard Backstroke

1	Chrispell, Miranda	25	Adirondack Masters-AD	32.19	35.02
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2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 18 Women 30-34 50 Yard Backstroke**

1	Swan-Scott, Dennie L	34	Adirondack Masters-AD	38.00	34.60
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Event 18 Women 35-39 50 Yard Backstroke

1	Crye, Ann Marie	37	Niagara District Masters-NI	31.72	32.14
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Event 18 Women 45-49 50 Yard Backstroke

1	Woods, Melissa	48	Adirondack Masters-AD	45.00	46.64
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Event 18 Women 75-79 50 Yard Backstroke

1	Engstrom-Heg, Verna	79	Adirondack Masters-AD	1:34.50	1:47.27
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Event 18 Men 25-29 50 Yard Backstroke

1	Smith, Chris	28	Adirondack Masters-AD	26.50	27.29
2	DeRita, Philip C	25	Adirondack Masters-AD	35.00	38.37

Event 18 Men 30-34 50 Yard Backstroke

1	Nafus, Matthew E	31	Adirondack Masters-AD	32.01	36.52
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Event 18 Men 40-44 50 Yard Backstroke

1	Stark, George	43	Adirondack Masters-AD	27.50	28.72
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Event 18 Men 45-49 50 Yard Backstroke

1	Larkin, Doug	47	Unattached	33.71	33.06
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Event 18 Men 50-54 50 Yard Backstroke

---	McCue, Lawerance	54	Adirondack Masters-AD	39.51	DQ
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Event 18 Men 55-59 50 Yard Backstroke

1	Packard, Dennis	55	Adirondack Masters-AD	35.65	34.91
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Event 19 Women 18-24 1000 Yard Freestyle

1	Braniecki, Ashley	23	Adirondack Masters-AD	12:15.00	12:26.05			
	32.58	35.67	35.92	36.14	36.59	36.74	37.29	37.49
	38.06	38.03	38.06	38.60	39.33	38.73	38.37	38.40
	38.03	37.77	37.05	37.20				

Event 19 Women 30-34 1000 Yard Freestyle

1	Stoner, Tera	30	Adirondack Masters-AD	13:30.00	13:35.76			
	36.20	39.95	40.71	41.22	41.45	41.96	42.09	42.37
	41.59	41.27	41.24	41.14	40.93	40.83	40.81	40.51
	40.80	40.49	40.71	39.49				

Event 19 Women 40-44 1000 Yard Freestyle

1	Heaphy, Alison	42	Adirondack Masters-AD	15:30.00	14:24.96			
	39.40	42.93	44.61	46.00	45.87	46.68	46.59	46.31
	46.87	46.53	46.14	45.78	46.33	46.41	45.85	46.51
	45.87	45.51	44.77					

Event 19 Men 40-44 1000 Yard Freestyle

1	Grimmke, Willy F	43	Adirondack Masters-AD	14:05.00	12:40.92			
	34.62	37.92	38.26	38.59	38.75	38.39	38.90	38.41
	38.33	37.86	37.99	38.37	38.41	38.08	37.93	37.63
	38.17	38.82	38.53	36.96				

Event 19 Men 45-49 1000 Yard Freestyle

1	Atkins, Steven L	45	Adirondack Masters-AD	12:15.00	11:55.79			
	33.66	35.64	36.04	36.13	36.70	36.63	36.57	36.54
	36.65	36.14	36.06	35.59	35.52	35.56	35.64	35.76
	35.71	35.30	35.29	34.66				

2009 Ballston Spa Cabin Fever - 3/14/2009**Results - Session 1****Event 19 Men 50-54 1000 Yard Freestyle**

1	O'Shea, James M	50	Adirondack Masters-AD						13:57.00	13:47.51
	34.49	40.16	41.09	41.56	41.40	42.12	41.86	41.88		
	41.94	42.34	42.05	41.61	41.65	41.45	42.09	42.38		
	42.16	42.58	41.99	40.71						

Event 19 Men 70-74 1000 Yard Freestyle

1	Kurtz, Bruce	72	Adirondack Masters-AD						NT	24:48.54
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Event 20 Men 40-44 1650 Yard Freestyle

1	Dammerman, David	40	Adirondack Masters-AD						20:57.47	20:23.05
	31.78	35.43	35.94	36.57	36.99	37.27	37.64	37.60		
	37.55	37.83	36.90	37.67	36.62	37.35	37.09	37.34		
	37.46	36.97	38.59	37.45	36.90	37.46	37.17	37.40		
	37.31	37.52	38.43	37.03	37.38	37.32	37.55	37.48	36.06	
2	Miller, William	44	Adirondack Masters-AD						22:00.00	21:23.21
	35.32	39.71	40.23	40.34	39.87	40.11	39.59	39.34		
	39.43	39.07	39.24	39.20	38.66	38.90	38.74	38.67		
	38.52	38.73	38.26	38.91	38.16	38.55	38.53	38.45		
	38.83	38.61	38.79	38.78	39.28	38.91	39.29	38.85	37.34	