

MESC Mid-Maine Winter Warm-Up - 2013 - 1/6/2013**Results****Event 1 Women 18-24 500 Yard Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Meisner, Chloe	23	Unattached	6:26.00	6:16.29
	32.59	1:08.82 (36.23)	1:46.29 (37.47)	2:24.87 (38.58)
	3:03.48 (38.61)	3:42.78 (39.30)	4:22.26 (39.48)	5:00.96 (38.70)
	5:40.24 (39.28)	6:16.29 (36.05)		

Event 1 Women 60-64 500 Yard Freestyle

1 Rardin, Susan	63	Maine Swim Club	7:58.00	7:31.77
	40.49	1:24.47 (43.98)	2:10.80 (46.33)	2:58.18 (47.38)
	3:44.48 (46.30)	4:30.74 (46.26)	5:16.92 (46.18)	6:03.18 (46.26)
	6:49.59 (46.41)	7:31.77 (42.18)		

Event 1 Men 30-34 500 Yard Freestyle

1 Nguyen, Son M	33	Maine Swim Club	6:59.00	6:28.90
	32.79	1:08.36 (35.57)	1:46.92 (38.56)	2:25.91 (38.99)
	3:05.44 (39.53)	3:46.46 (41.02)	4:27.83 (41.37)	5:10.12 (42.29)
	5:51.13 (41.01)	6:28.90 (37.77)		

Event 1 Men 40-44 500 Yard Freestyle

1 Morse, Benjamin M	40	Maine Swim Club	5:30.00	5:37.13
	29.97	1:02.93 (32.96)	1:36.45 (33.52)	2:10.27 (33.82)
	2:44.34 (34.07)	3:18.95 (34.61)	3:53.66 (34.71)	4:28.26 (34.60)
	5:02.79 (34.53)	5:37.13 (34.34)		
2 Gilbert, Bayard	43	Unattached	6:52.00	6:41.01
	33.49	1:10.86 (37.37)	1:49.24 (38.38)	2:28.55 (39.31)
	3:10.19 (41.64)	3:51.86 (41.67)	4:33.57 (41.71)	5:16.48 (42.91)
	5:59.16 (42.68)	6:41.01 (41.85)		

Event 1 Men 45-49 500 Yard Freestyle

1 Pierce, Carl	46	Unattached	7:00.00	6:31.42
	35.23	1:13.33 (38.10)	1:53.77 (40.44)	2:33.94 (40.17)
	3:14.20 (40.26)	3:54.88 (40.68)	4:35.09 (40.21)	5:15.38 (40.29)
	5:54.71 (39.33)	6:31.42 (36.71)		

Event 1 Men 50-54 500 Yard Freestyle

1 Roth, Douglas M	51	Maine Swim Club	5:59.00	6:15.51
	34.76	1:13.06 (38.30)	1:52.14 (39.08)	2:31.06 (38.92)
	3:09.88 (38.82)	3:47.72 (37.84)	4:25.34 (37.62)	5:03.15 (37.81)
	5:39.95 (36.80)	6:15.51 (35.56)		

Event 1 Men 55-59 500 Yard Freestyle

1 Laska, Michael	57	Maine Swim Club	6:21.00	6:50.49
	33.68	1:13.13 (39.45)	1:55.02 (41.89)	2:38.87 (43.85)
	3:21.15 (42.28)	4:04.28 (43.13)	4:46.94 (42.66)	5:28.70 (41.76)
	6:09.65 (40.95)	6:50.49 (40.84)		

Event 1 Men 65-69 500 Yard Freestyle

1 Benn, David	67	Unattached	NT	8:08.90
	41.01	1:26.57 (45.56)	2:16.12 (49.55)	3:08.44 (52.32)
	3:58.85 (50.41)	4:49.80 (50.95)	5:39.84 (50.04)	6:30.17 (50.33)
	7:21.80 (51.63)	8:08.90 (47.10)		

Event 1 Men 75-79 500 Yard Freestyle

1 Grey, Charlie	75	Unattached	10:00.00	10:33.53
	57.49	2:02.95 (1:05.46)	3:09.72 (1:06.77)	4:15.00 (1:05.28)
	5:19.74 (1:04.74)	6:24.06 (1:04.32)	7:29.14 (1:05.08)	8:33.30 (1:04.16)
	9:36.53 (1:03.23)	10:33.53 (57.00)		

MESC Mid-Maine Winter Warm-Up - 2013 - 1/6/2013**Results****Event 2 Men 25-29 25 Yard Backstroke**

1	Gray, Zachery	29	Unattached	14.34	15.95
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Event 2 Men 40-44 25 Yard Backstroke

1	Lecrone, Timothy J	40	Maine Swim Club	16.00	14.60
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Event 2 Men 45-49 25 Yard Backstroke

1	Walton, David	45	Maine Swim Club	17.50	20.59
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Event 2 Men 55-59 25 Yard Backstroke

---	Gale, John A	56	Maine Swim Club	14.34	SCR
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Event 3 Women 50-54 200 Yard Backstroke

1	Uecker, Anne	52	Maine Swim Club	2:45.00	2:46.09
	38.15	1:20.17 (42.02)	2:03.77 (43.60)	2:46.09 (42.32)	

Event 3 Men 65-69 200 Yard Backstroke

1	Rupert, Bill	69	Maine Swim Club	2:50.00	2:54.35
	40.44	1:24.26 (43.82)	2:10.20 (45.94)	2:54.35 (44.15)	
2	Bangs, Glen I	66	Maine Swim Club	4:07.00	4:15.14

Event 4 Men 35-39 200 Yard Breaststroke

1	Trainor, Brendan	36	Maine Swim Club	2:20.00	3:18.97
	42.82	1:32.82 (50.00)	2:24.92 (52.10)	3:18.97 (54.05)	

Event 5 Men 50-54 200 Yard Butterfly

1	Roth, Douglas M	51	Maine Swim Club	3:03.65	3:24.74
	48.75	1:41.33 (52.58)	2:32.93 (51.60)	3:24.74 (51.81)	

Event 6 Men 30-34 50 Yard Butterfly

1	Eastman, Jeffrey	32	Unattached	NT	28.70
2	Nguyen, Son M	33	Maine Swim Club	29.00	29.81

Event 6 Men 35-39 50 Yard Butterfly

1	Gartside, Mark	35	Unattached	32.00	26.87
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Event 7 Women 18-24 100 Yard IM

1	Meisner, Chloe	23	Unattached	1:15.00	1:14.77
	33.93	1:14.77 (40.84)			

Event 7 Women 60-64 100 Yard IM

1	Rardin, Susan	63	Maine Swim Club	1:24.00	1:33.36
	45.30	1:33.36 (48.06)			

Event 7 Men 18-24 100 Yard IM

1	Harwood, Joseph	20	Unattached	1:20.00	1:20.77
	35.12	1:20.77 (45.65)			

Event 7 Men 25-29 100 Yard IM

1	Gray, Zachery	29	Unattached	1:06.13	1:05.02
	30.68	1:05.02 (34.34)			

Event 7 Men 30-34 100 Yard IM

1	Eastman, Jeffrey	32	Unattached	1:10.00	1:13.41
	31.11	1:13.41 (42.30)			

Event 7 Men 35-39 100 Yard IM

1	Trainor, Brendan	36	Maine Swim Club	1:15.00	1:23.51
	41.90	1:23.51 (41.61)			

MESC Mid-Maine Winter Warm-Up - 2013 - 1/6/2013**Results****Event 7 Men 40-44 100 Yard IM**

1	Morse, Benjamin M	40	Maine Swim Club	1:04.00	1:07.95
	31.93				1:07.95 (36.02)

Event 7 Men 45-49 100 Yard IM

1	Harwood, Bill	47	Unattached	NT	1:34.92
	46.19				1:34.92 (48.73)

Event 7 Men 55-59 100 Yard IM

1	Lowden, Reed	58	Unattached	NT	1:17.18
	37.05				1:17.18 (40.13)
---	Gale, John A	56	Maine Swim Club	1:06.13	SCR

Event 7 Men 65-69 100 Yard IM

1	Benn, David	67	Unattached	1:44.00	1:44.00
	48.31				1:44.00 (55.69)

Event 8 Men 18-24 100 Yard Breaststroke

1	Lavin, James	18	Unattached	1:22.00	1:16.60
	36.02				1:16.60 (40.58)

Event 8 Men 45-49 100 Yard Breaststroke

1	Gardella, Randy L	46	Unattached	1:17.00	1:17.48
	36.68				1:17.48 (40.80)
2	Walton, David	45	Maine Swim Club	1:29.25	1:25.53
	39.82				1:25.53 (45.71)

Event 8 Men 75-79 100 Yard Breaststroke

1	Grey, Charlie	75	Unattached	2:17.00	2:10.75
	1:02.35				2:10.75 (1:08.40)

Event 9 Men 45-49 25 Yard Freestyle

1	Pierce, Carl	46	Unattached	NT	13.82
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Event 10 Men 25-29 200 Yard Freestyle

1	Gray, Zachery	29	Unattached	2:08.76	2:14.26
	30.29				1:03.89 (33.60) 1:39.18 (35.29) 2:14.26 (35.08)

Event 10 Men 30-34 200 Yard Freestyle

1	Eastman, Jeffrey	32	Unattached	2:30.00	2:27.45
	31.58				1:08.06 (36.48) 1:48.17 (40.11) 2:27.45 (39.28)

Event 10 Men 40-44 200 Yard Freestyle

1	Gilbert, Bayard	43	Unattached	NT	2:25.11
	32.28				1:08.57 (36.29) 1:47.50 (38.93) 2:25.11 (37.61)

Event 10 Men 45-49 200 Yard Freestyle

1	Pierce, Carl	46	Unattached	2:20.00	2:21.09
	32.99				1:09.31 (36.32) 1:46.08 (36.77) 2:21.09 (35.01)

Event 10 Men 50-54 200 Yard Freestyle

1	Roth, Douglas M	51	Maine Swim Club	2:21.00	2:27.30
	34.24				1:11.84 (37.60) 1:50.34 (38.50) 2:27.30 (36.96)

Event 10 Men 55-59 200 Yard Freestyle

1	Laska, Michael	57	Maine Swim Club	2:23.00	2:31.84
	34.47				1:13.44 (38.97) 1:53.34 (39.90) 2:31.84 (38.50)
---	Gale, John A	56	Maine Swim Club	2:08.76	SCR

MESC Mid-Maine Winter Warm-Up - 2013 - 1/6/2013**Results****Event 10 Men 65-69 200 Yard Freestyle**

1	Benn, David	67	Unattached	2:59.00	3:12.47
		39.77	1:27.70 (47.93)	2:20.87 (53.17)	3:12.47 (51.60)
2	Bangs, Glen I	66	Maine Swim Club	3:20.00	3:30.40
		50.06	1:45.52 (55.46)	2:40.62 (55.10)	3:30.40 (49.78)

Event 11 Women 50-54 100 Yard Butterfly

1	Uecker, Anne	52	Maine Swim Club	1:14.00	1:15.96
		35.85	1:15.96 (40.11)		

Event 11 Men 30-34 100 Yard Butterfly

1	Nguyen, Son M	33	Maine Swim Club	1:15.00	1:13.41
		34.63	1:13.41 (38.78)		

Event 11 Men 40-44 100 Yard Butterfly

1	Lecrone, Timothy J	40	Maine Swim Club	1:02.00	1:01.87
		29.46	1:01.87 (32.41)		
2	Morse, Benjamin M	40	Maine Swim Club	1:00.00	1:03.79
		29.81	1:03.79 (33.98)		

Event 11 Men 55-59 100 Yard Butterfly

1	Lowden, Reed	58	Unattached	NT	1:24.40
		38.45	1:24.40 (45.95)		

Event 12 Women 18-24 50 Yard Backstroke

1	Meisner, Chloe	23	Unattached	33.00	32.79
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Event 12 Men 18-24 50 Yard Backstroke

1	Lavin, James	18	Unattached	29.40	32.66
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Event 12 Men 35-39 50 Yard Backstroke

1	Trainor, Brendan	36	Maine Swim Club	35.00	41.80
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Event 12 Men 65-69 50 Yard Backstroke

1	Rupert, Bill	69	Maine Swim Club	35.00	35.53
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Event 13 Men 18-24 50 Yard Breaststroke

1	Harwood, Joseph	20	Unattached	40.00	48.23
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Event 13 Men 35-39 50 Yard Breaststroke

1	Gartside, Mark	35	Unattached	45.00	32.78
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Event 13 Men 45-49 50 Yard Breaststroke

1	Walton, David	45	Maine Swim Club	39.20	38.37
2	Harwood, Bill	47	Unattached	48.26	47.77

Event 13 Men 55-59 50 Yard Breaststroke

1	Lowden, Reed	58	Unattached	NT	36.40
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Event 14 Men 35-39 25 Yard Butterfly

1	Gartside, Mark	35	Unattached	15.00	13.08
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Event 14 Men 40-44 25 Yard Butterfly

1	Morse, Benjamin M	40	Maine Swim Club	16.00	14.63
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Event 14 Men 65-69 25 Yard Butterfly

1	Bangs, Glen I	66	Maine Swim Club	21.00	21.97
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MESC Mid-Maine Winter Warm-Up - 2013 - 1/6/2013**Results****Event 15 Men 18-24 100 Yard Freestyle**

1	Lavin, James	18	Unattached	54.20	57.90
	28.08	57.90	(29.82)		
2	Harwood, Joseph	20	Unattached	1:08.00	1:07.86
	32.22	1:07.86	(35.64)		

Event 15 Men 25-29 100 Yard Freestyle

1	Gray, Zachery	29	Unattached	58.13	56.96
	27.84	56.96	(29.12)		

Event 15 Men 30-34 100 Yard Freestyle

1	Eastman, Jeffrey	32	Unattached	1:15.00	1:03.28
	29.58	1:03.28	(33.70)		

Event 15 Men 35-39 100 Yard Freestyle

1	Gartside, Mark	35	Unattached	1:04.00	59.03
	28.92	59.03	(30.11)		

Event 15 Men 40-44 100 Yard Freestyle

1	Gilbert, Bayard	43	Unattached	58.00	1:01.08
	28.98	1:01.08	(32.10)		

Event 15 Men 45-49 100 Yard Freestyle

1	Gardella, Randy L	46	Unattached	58.00	57.84
	28.48	57.84	(29.36)		
2	Pierce, Carl	46	Unattached	1:10.00	1:02.37
	30.19	1:02.37	(32.18)		
3	Harwood, Bill	47	Unattached	1:14.03	1:19.43
	37.66	1:19.43	(41.77)		

Event 15 Men 50-54 100 Yard Freestyle

1	Roth, Douglas M	51	Maine Swim Club	1:01.00	1:03.14
	30.62	1:03.14	(32.52)		

Event 15 Men 55-59 100 Yard Freestyle

1	Laska, Michael	57	Maine Swim Club	1:04.00	1:07.35
	33.21	1:07.35	(34.14)		
2	Lowden, Reed	58	Unattached	NT	1:17.19
	36.39	1:17.19	(40.80)		
---	Gale, John A	56	Maine Swim Club	58.13	SCR

Event 15 Men 65-69 100 Yard Freestyle

1	Benn, David	67	Unattached	1:20.00	1:21.49
	38.05	1:21.49	(43.44)		

Event 15 Men 75-79 100 Yard Freestyle

1	Grey, Charlie	75	Unattached	1:37.00	1:51.19
	56.96	1:51.19	(54.23)		

Event 16 Women 60-64 200 Yard IM

1	Rardin, Susan	63	Maine Swim Club	3:33.00	3:24.01
	46.47	1:43.24	(56.77)	2:41.85	(58.61)
				3:24.01	(42.16)

Event 16 Men 30-34 200 Yard IM

1	Nguyen, Son M	33	Maine Swim Club	2:34.00	2:39.26
	33.86	1:18.22	(44.36)	2:03.68	(45.46)
				2:39.26	(35.58)

MESC Mid-Maine Winter Warm-Up - 2013 - 1/6/2013**Results****Event 16 Men 35-39 200 Yard IM**

1	Trainor, Brendan	36	Maine Swim Club	2:30.00	3:03.25
	41.22	1:30.83 (49.61)	2:21.96 (51.13)	3:03.25 (41.29)	

Event 16 Men 65-69 200 Yard IM

1	Rupert, Bill	69	Maine Swim Club	1:50.00	3:22.82
	47.45	1:34.10 (46.65)	2:37.41 (1:03.31)	3:22.82 (45.41)	

Event 18 Women 50-54 100 Yard Backstroke

1	Uecker, Anne	52	Maine Swim Club	NT	1:18.92
	38.57	1:18.92 (40.35)			

Event 18 Men 55-59 100 Yard Backstroke

2	Lowden, Reed	58	Unattached	NT	1:37.94
	47.98	1:37.94 (49.96)			

Event 18 Men 65-69 100 Yard Backstroke

1	Rupert, Bill	69	Maine Swim Club	NT	1:22.83
	40.95	1:22.83 (41.88)			

Event 19 Women 18-24 50 Yard Freestyle

1	Meisner, Chloe	23	Unattached	27.00	27.51
2	Johnston, Catherine	22	Unattached	29.29	30.58

Event 19 Women 60-64 50 Yard Freestyle

1	Rardin, Susan	63	Maine Swim Club	39.96	35.22
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Event 19 Men 18-24 50 Yard Freestyle

1	Lavin, James	18	Unattached	24.10	26.52
2	Harwood, Joseph	20	Unattached	30.00	30.61

Event 19 Men 25-29 50 Yard Freestyle

1	Gray, Zachery	29	Unattached	24.99	25.52
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Event 19 Men 30-34 50 Yard Freestyle

1	Eastman, Jeffrey	32	Unattached	30.00	27.15
2	Nguyen, Son M	33	Maine Swim Club	25.00	27.79

Event 19 Men 35-39 50 Yard Freestyle

1	Gartside, Mark	35	Unattached	30.00	26.01
2	Trainor, Brendan	36	Maine Swim Club	30.00	30.04

Event 19 Men 40-44 50 Yard Freestyle

1	Gilbert, Bayard	43	Unattached	25.21	27.22
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Event 19 Men 45-49 50 Yard Freestyle

1	Gardella, Randy L	46	Unattached	26.50	25.96
2	Pierce, Carl	46	Unattached	30.00	28.04
3	Harwood, Bill	47	Unattached	32.21	33.31
4	Walton, David	45	Maine Swim Club	32.94	33.54

Event 19 Men 55-59 50 Yard Freestyle

1	Laska, Michael	57	Maine Swim Club	28.50	30.76
---	Gale, John A	56	Maine Swim Club	24.99	SCR

Event 19 Men 65-69 50 Yard Freestyle

1	Benn, David	67	Unattached	40.00	35.73
2	Bangs, Glen I	66	Maine Swim Club	34.82	38.36

MESC Mid-Maine Winter Warm-Up - 2013 - 1/6/2013**Results****Event 20 Women 60-64 1000 Yard Freestyle**

1	Rardin, Susan	63	Maine Swim Club	17:00.00	15:45.06
	41.16	1:27.97 (46.81)	2:15.98 (48.01)	3:03.39 (47.41)	
	3:51.37 (47.98)	4:39.86 (48.49)	5:27.28 (47.42)	6:15.46 (48.18)	
	7:03.70 (48.24)	7:52.30 (48.60)	8:39.92 (47.62)	9:28.57 (48.65)	
	10:16.41 (47.84)	11:04.61 (48.20)	11:51.98 (47.37)	12:40.07 (48.09)	
	13:27.00 (46.93)	14:14.30 (47.30)	15:01.05 (46.75)	15:45.06 (44.01)	

Event 20 Men 40-44 1000 Yard Freestyle

1	Lecrone, Timothy J	40	Maine Swim Club	12:00.00	12:40.39
	34.00	1:11.02 (37.02)	1:49.13 (38.11)	2:27.16 (38.03)	
	3:05.27 (38.11)	3:44.01 (38.74)	4:22.68 (38.67)	5:01.29 (38.61)	
	5:40.10 (38.81)	6:18.84 (38.74)	6:57.70 (38.86)	7:36.87 (39.17)	
	8:15.83 (38.96)	8:54.42 (38.59)	9:33.06 (38.64)	10:11.91 (38.85)	
	10:50.53 (38.62)	11:28.73 (38.20)	12:05.87 (37.14)	12:40.39 (34.52)	

Event 21 Women 18-24 1650 Yard Freestyle

1	Johnston, Catherine	22	Unattached	NT	21:45.38
	34.62	1:13.31 (38.69)	1:53.13 (39.82)	2:32.41 (39.28)	
	3:12.04 (39.63)	3:51.75 (39.71)	4:31.58 (39.83)	5:11.65 (40.07)	
	5:51.29 (39.64)	6:30.28 (38.99)	7:09.44 (39.16)	7:48.98 (39.54)	
	8:28.15 (39.17)	9:07.43 (39.28)	9:47.04 (39.61)	10:26.82 (39.78)	
	11:06.38 (39.56)	11:46.07 (39.69)	12:25.94 (39.87)	13:05.51 (39.57)	
	13:45.52 (40.01)	14:25.43 (39.91)	15:05.40 (39.97)	15:45.85 (40.45)	
	16:26.27 (40.42)	17:06.26 (39.99)	17:46.72 (40.46)	18:27.10 (40.38)	
	19:07.27 (40.17)	19:47.52 (40.25)	20:27.31 (39.79)	21:06.98 (39.67)	21:45.38 (38.40)

Event 21 Men 40-44 1650 Yard Freestyle

1	Gilbert, Bayard	43	Unattached	23:00.00	26:56.30
	38.41	1:21.77 (43.36)	2:08.81 (47.04)	2:56.94 (48.13)	
	3:47.13 (50.19)	4:37.27 (50.14)	5:26.61 (49.34)	6:16.53 (49.92)	
	7:05.78 (49.25)	7:54.51 (48.73)	8:43.27 (48.76)	9:32.50 (49.23)	
	10:23.13 (50.63)	11:13.74 (50.61)	12:04.23 (50.49)	12:54.31 (50.08)	
	13:44.37 (50.06)	14:35.14 (50.77)	15:24.71 (49.57)	16:14.85 (50.14)	
	17:05.90 (51.05)	17:56.26 (50.36)	18:46.61 (50.35)	19:35.49 (48.88)	
	20:25.42 (49.93)	21:15.49 (50.07)	22:05.03 (49.54)	22:53.15 (48.12)	
	23:43.16 (50.01)	24:31.09 (47.93)	25:19.03 (47.94)	26:07.63 (48.60)	26:56.30 (48.67)

Event 21 Men 50-54 1650 Yard Freestyle

1	Roth, Douglas M	51	Maine Swim Club	21:00.00	21:32.22
	35.37	1:13.85 (38.48)	1:52.81 (38.96)	2:32.11 (39.30)	
	3:11.91 (39.80)	3:51.53 (39.62)	4:31.40 (39.87)	5:11.28 (39.88)	
	5:50.68 (39.40)	6:29.45 (38.77)	7:08.80 (39.35)	7:48.49 (39.69)	
	8:27.83 (39.34)	9:06.99 (39.16)	9:46.41 (39.42)	10:25.70 (39.29)	
	11:05.34 (39.64)	11:44.24 (38.90)	12:23.49 (39.25)	13:02.76 (39.27)	
	13:42.06 (39.30)	14:21.02 (38.96)	14:59.94 (38.92)	15:39.70 (39.76)	
	16:19.28 (39.58)	16:59.33 (40.05)	17:39.23 (39.90)	18:19.31 (40.08)	
	18:57.86 (38.55)	19:36.82 (38.96)	20:15.63 (38.81)	20:54.54 (38.91)	21:32.22 (37.68)