

Mid-Maine Winter Warmup - 2015 - 1/10/2015

Results

Event 1 Men 18-24 500 Yard Freestyle

Name	Age	Team	Finals Time		
1 Larkins, William	20	Maine Swim Club	6:09.59		
	32.79	1:08.43 (35.64)	1:45.36 (36.93)	2:22.31 (36.95)	
	2:59.21 (36.90)	3:36.92 (37.71)	4:14.94 (38.02)	4:53.57 (38.63)	
	5:32.52 (38.95)	6:09.59 (37.07)			

Event 1 Men 45-49 500 Yard Freestyle

1 Millett, Jon D	49	Unattached	5:51.99		
	32.78	1:08.77 (35.99)	1:45.35 (36.58)	2:21.63 (36.28)	
	2:57.38 (35.75)	3:33.14 (35.76)	4:08.32 (35.18)	4:43.38 (35.06)	
	5:18.22 (34.84)	5:51.99 (33.77)			

Event 1 Men 50-54 500 Yard Freestyle

1 Schmidt, Michael J	52	Maine Swim Club	5:23.70		
	30.04	1:03.24 (33.20)	1:36.92 (33.68)	2:10.77 (33.85)	
	2:44.37 (33.60)	3:17.65 (33.28)	3:50.35 (32.70)	4:22.06 (31.71)	
	4:53.20 (31.14)	5:23.70 (30.50)			
2 Roth, Douglas M	53	Maine Swim Club	6:16.66		
	34.94	1:12.71 (37.77)	1:51.28 (38.57)	2:29.62 (38.34)	
	3:08.14 (38.52)	3:46.46 (38.32)	4:24.93 (38.47)	5:02.89 (37.96)	
	5:40.26 (37.37)	6:16.66 (36.40)			
3 Larkins, Nelson	53	Maine Swim Club	7:36.76		
	35.93	1:18.30 (42.37)	2:03.37 (45.07)	2:49.67 (46.30)	
	3:37.99 (48.32)	4:26.25 (48.26)	5:15.35 (49.10)	6:03.63 (48.28)	
	6:51.91 (48.28)	7:36.76 (44.85)			

Event 1 Men 60-64 500 Yard Freestyle

1 Johnston, Alan M	61	Maine Swim Club	6:52.33		
	37.43	1:18.73 (41.30)	2:01.23 (42.50)	2:43.35 (42.12)	
	3:25.20 (41.85)	4:06.82 (41.62)	4:48.58 (41.76)	5:30.37 (41.79)	
	6:11.74 (41.37)	6:52.33 (40.59)			

Event 1 Men 75-79 500 Yard Freestyle

1 Greg, Charlie	77	Unattached	11:22.92		
	1:01.21	2:10.70 (1:09.49)	3:21.35 (1:10.65)	4:33.17 (1:11.82)	
	5:44.38 (1:11.21)	6:55.36 (1:10.98)	8:04.54 (1:09.18)	9:13.36 (1:08.82)	
	10:20.76 (1:07.40)	11:22.92 (1:02.16)			

Event 2 Women 50-54 25 Yard Backstroke

1 Gilbert, Tobi	51	Maine Swim Club	26.96		
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Event 2 Women 60-64 25 Yard Backstroke

1 O'Donnell, Ellen	61	Maine Swim Club	19.20		
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Event 2 Men 30-34 25 Yard Backstroke

1 Hadam, Geoffrey M	34	Unattached	13.05		
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Event 2 Men 40-44 25 Yard Backstroke

1 Lecrone, Timothy J	42	Maine Swim Club	14.95		
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Event 6 Women 30-34 50 Yard Butterfly

1 Beers, Jessica	34	Maine Swim Club	28.62		
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Event 6 Women 45-49 50 Yard Butterfly

1 Hayes, Margo	45	Unattached	32.98		
2 Crans, Mara	48	Maine Swim Club	38.63		

Event 6 Men 18-24 50 Yard Butterfly

1 Reed, Matthew	23	Unattached	28.84		
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Mid-Maine Winter Warmup - 2015 - 1/10/2015**Results****(Event 6 Men 18-24 50 Yard Butterfly)**

2 Lyons, Samuel	23 Unattached	31.12
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Event 6 Men 55-59 50 Yard Butterfly

1 Zarfos, Donald	55 Maine Swim Club	32.89
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Event 6 Men 75-79 50 Yard Butterfly

1 Jones II, William	77 Maine Swim Club	43.32
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Event 7 Women 18-24 100 Yard IM

1 Johnston, Catherine	24 Unattached	1:14.92
34.21	1:14.92 (40.71)	
2 Ducharme, Heather	20 Unattached	1:27.43
40.30	1:27.43 (47.13)	

Event 7 Men 30-34 100 Yard IM

1 Hadam, Geoffrey M	34 Unattached	1:04.99
30.11	1:04.99 (34.88)	

Event 7 Men 35-39 100 Yard IM

1 Trainor, Brendan	38 Maine Swim Club	1:19.29
37.87	1:19.29 (41.42)	

Event 7 Men 45-49 100 Yard IM

--- Gilbert, Bayard	45 Maine Swim Club	DQ
35.23	DQ (39.03)	

Event 7 Men 50-54 100 Yard IM

1 Roth, Douglas M	53 Maine Swim Club	1:19.24
37.88	1:19.24 (41.36)	
2 Gibson, Alan	50 Unattached	1:20.26
39.12	1:20.26 (41.14)	

Event 7 Men 60-64 100 Yard IM

1 Johnston, Alan M	61 Maine Swim Club	1:20.24
38.83	1:20.24 (41.41)	

Event 7 Men 75-79 100 Yard IM

1 Greg, Charlie	77 Unattached	2:06.80
1:00.24	2:06.80 (1:06.56)	

Event 8 Women 50-54 100 Yard Breaststroke

1 Gilbert, Tobi	51 Maine Swim Club	2:20.34
1:00.90	2:20.34 (1:19.44)	

Event 8 Men 40-44 100 Yard Breaststroke

1 Lecrone, Timothy J	42 Maine Swim Club	1:13.34
34.19	1:13.34 (39.15)	

Event 8 Men 45-49 100 Yard Breaststroke

1 Millett, Jon D	49 Unattached	1:10.67
33.09	1:10.67 (37.58)	
2 Scholz, Michael A	45 Unattached	1:12.34
34.35	1:12.34 (37.99)	

Event 9 Women 30-34 25 Yard Freestyle

1 Beers, Jessica	34 Maine Swim Club	12.21
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Mid-Maine Winter Warmup - 2015 - 1/10/2015**Results****Event 9 Women 45-49 25 Yard Freestyle**

1	Crans, Mara	48	Maine Swim Club	13.88
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Event 9 Men 18-24 25 Yard Freestyle

1	Reed, Matthew	23	Unattached	11.74
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Event 10 Women 45-49 100 Yard Freestyle

1	Hayes, Margo	45	Unattached	1:07.97
	32.38		1:07.97 (35.59)	

Event 10 Women 55-59 100 Yard Freestyle

1	Schiller, Elizabeth	58	Unattached	1:06.41
	30.97		1:06.41 (35.44)	

Event 10 Men 18-24 100 Yard Freestyle

1	Lyons, Samuel	23	Unattached	1:03.10
	28.49		1:03.10 (34.61)	

Event 10 Men 45-49 100 Yard Freestyle

1	Gardella, Randy L	48	Maine Swim Club	58.00
	28.02		58.00 (29.98)	
2	Gilbert, Bayard	45	Maine Swim Club	58.90
	28.02		58.90 (30.88)	

Event 10 Men 50-54 100 Yard Freestyle

1	Gibson, Alan	50	Unattached	1:07.35
	32.73		1:07.35 (34.62)	
2	Larkins, Nelson	53	Maine Swim Club	1:13.04
	34.98		1:13.04 (38.06)	

Event 10 Men 55-59 100 Yard Freestyle

1	Doering, Chris	55	Unattached	59.51
	28.35		59.51 (31.16)	

Event 10 Men 60-64 100 Yard Freestyle

1	Johnston, Alan M	61	Maine Swim Club	1:07.66
	33.00		1:07.66 (34.66)	

Event 11 Women 60-64 200 Yard Backstroke

1	O'Donnell, Ellen	61	Maine Swim Club	3:16.06
	45.97		1:34.95 (48.98) 3:16.06 (1:41.11)	

Event 12 Men 35-39 200 Yard Breaststroke

1	Trainor, Brendan	38	Maine Swim Club	3:17.02
	41.65		1:29.59 (47.94) 2:21.82 (52.23) 3:17.02 (55.20)	

Event 12 Men 45-49 200 Yard Breaststroke

1	Scholz, Michael A	45	Unattached	2:39.79
	36.53		1:16.80 (40.27) 1:58.22 (41.42) 2:39.79 (41.57)	

Event 13 Men 50-54 200 Yard Butterfly

1	Schmidt, Michael J	52	Maine Swim Club	2:13.90
	29.99		1:04.39 (34.40) 1:39.20 (34.81) 2:13.90 (34.70)	

Event 13 Men 75-79 200 Yard Butterfly

1	Jones II, William	77	Maine Swim Club	4:17.94
	1:02.75		2:11.51 (1:08.76) 3:22.57 (1:11.06) 4:17.94 (55.37)	

Event 14 Women 45-49 25 Yard Breaststroke

1	Crans, Mara	48	Maine Swim Club	19.28
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Mid-Maine Winter Warmup - 2015 - 1/10/2015**Results****Event 14 Men 35-39 25 Yard Breaststroke**

1	Trainor, Brendan	38	Maine Swim Club	17.45
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Event 14 Men 40-44 25 Yard Breaststroke

1	Lecrone, Timothy J	42	Maine Swim Club	14.97
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Event 14 Men 45-49 25 Yard Breaststroke

1	Scholz, Michael A	45	Unattached	15.43
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Event 15 Women 18-24 50 Yard Backstroke

1	Johnston, Catherine	24	Unattached	33.42
2	Ducharme, Heather	20	Unattached	38.47

Event 15 Women 30-34 50 Yard Backstroke

1	Beers, Jessica	34	Maine Swim Club	30.30
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Event 15 Women 60-64 50 Yard Backstroke

1	O'Donnell, Ellen	61	Maine Swim Club	43.11
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Event 15 Men 18-24 50 Yard Backstroke

1	Lyons, Samuel	23	Unattached	36.00
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Event 15 Men 50-54 50 Yard Backstroke

1	Roth, Douglas M	53	Maine Swim Club	38.45
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Event 16 Women 50-54 50 Yard Breaststroke

1	Gilbert, Tobi	51	Maine Swim Club	1:01.48
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Event 16 Women 55-59 50 Yard Breaststroke

1	Schiller, Elizabeth	58	Unattached	41.67
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Event 16 Men 30-34 50 Yard Breaststroke

1	Hadam, Geoffrey M	34	Unattached	32.98
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Event 16 Men 45-49 50 Yard Breaststroke

1	Gilbert, Bayard	45	Maine Swim Club	34.94
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Event 16 Men 50-54 50 Yard Breaststroke

1	Gibson, Alan	50	Unattached	41.81
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Event 18 Men 18-24 200 Yard Freestyle

1	Reed, Matthew	23	Unattached	2:12.11
	29.96	1:03.81 (33.85)	1:39.20 (35.39)	2:12.11 (32.91)

Event 18 Men 45-49 200 Yard Freestyle

1	Gardella, Randy L	48	Maine Swim Club	2:12.39
	29.93	1:04.15 (34.22)	1:39.15 (35.00)	2:12.39 (33.24)

Event 18 Men 50-54 200 Yard Freestyle

1	Larkins, Nelson	53	Maine Swim Club	2:47.47
	36.24	1:18.31 (42.07)	2:04.19 (45.88)	2:47.47 (43.28)

Event 18 Men 55-59 200 Yard Freestyle

1	Doering, Chris	55	Unattached	2:17.89
	32.47	1:06.90 (34.43)	1:41.76 (34.86)	2:17.89 (36.13)

Event 19 Women 45-49 200 Yard IM

1	Hayes, Margo	45	Unattached	2:56.53
	35.74	1:23.08 (47.34)	2:16.15 (53.07)	2:56.53 (40.38)

Mid-Maine Winter Warmup - 2015 - 1/10/2015**Results****Event 19 Men 35-39 200 Yard IM**

1	Trainor, Brendan	38	Maine Swim Club		3:08.81
	42.75	1:33.03 (50.28)	2:26.20 (53.17)	3:08.81 (42.61)	

Event 19 Men 50-54 200 Yard IM

1	Gibson, Alan	50	Unattached		3:05.50
	42.64	1:31.44 (48.80)	2:23.09 (51.65)	3:05.50 (42.41)	

Event 19 Men 55-59 200 Yard IM

1	Zarfos, Donald	55	Maine Swim Club		2:42.68
	35.49	1:19.81 (44.32)	2:03.62 (43.81)	2:42.68 (39.06)	

Event 19 Men 75-79 200 Yard IM

1	Jones II, William	77	Maine Swim Club		3:39.87
	51.84	1:54.04 (1:02.20)	2:55.54 (1:01.50)	3:39.87 (44.33)	
2	Greg, Charlie	77	Unattached		4:38.93
	59.01	2:12.35 (1:13.34)	3:33.67 (1:21.32)	4:38.93 (1:05.26)	

Event 20 Women 30-34 25 Yard Butterfly

1	Beers, Jessica	34	Maine Swim Club		12.96
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Event 20 Men 18-24 25 Yard Butterfly

1	Reed, Matthew	23	Unattached		12.96
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Event 20 Men 45-49 25 Yard Butterfly

1	Gilbert, Bayard	45	Maine Swim Club		12.91
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Event 21 Women 18-24 100 Yard Backstroke

1	Ducharme, Heather	20	Unattached		1:27.04
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Event 21 Women 60-64 100 Yard Backstroke

1	O'Donnell, Ellen	61	Maine Swim Club		1:29.20
	44.10	1:29.20 (45.10)			

Event 21 Men 40-44 100 Yard Backstroke

1	Lecrone, Timothy J	42	Maine Swim Club		1:11.34
	35.42	1:11.34 (35.92)			

Event 22 Women 30-34 50 Yard Freestyle

1	Beers, Jessica	34	Maine Swim Club		26.74
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Event 22 Women 45-49 50 Yard Freestyle

1	Crans, Mara	48	Maine Swim Club		30.28
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Event 22 Women 55-59 50 Yard Freestyle

1	Schiller, Elizabeth	58	Unattached		30.06
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Event 22 Men 18-24 50 Yard Freestyle

1	Reed, Matthew	23	Unattached		27.38
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Event 22 Men 30-34 50 Yard Freestyle

1	Hadam, Geoffrey M	34	Unattached		25.58
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Event 22 Men 35-39 50 Yard Freestyle

1	Trainor, Brendan	38	Maine Swim Club		30.60
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Event 22 Men 45-49 50 Yard Freestyle

1	Gardella, Randy L	48	Maine Swim Club		26.27
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Mid-Maine Winter Warmup - 2015 - 1/10/2015

Results

Event 22 Men 55-59 50 Yard Freestyle

1 Doering, Chris	55	Unattached					27.94
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Event 23 Women 45-49 1000 Yard Freestyle

1 Crans, Mara	48	Maine Swim Club					14:44.67
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36.64	1:20.07 (43.43)	2:04.78 (44.71)	2:49.73 (44.95)
3:35.34 (45.61)	4:20.32 (44.98)	5:05.00 (44.68)	5:49.96 (44.96)
6:35.70 (45.74)	7:21.20 (45.50)	8:06.63 (45.43)	8:51.46 (44.83)
9:36.09 (44.63)	10:20.74 (44.65)	11:05.55 (44.81)	11:50.02 (44.47)
12:34.91 (44.89)	13:19.20 (44.29)	14:02.58 (43.38)	14:44.67 (42.09)

Event 23 Men 50-54 1000 Yard Freestyle

1 Roth, Douglas M	53	Maine Swim Club					12:43.29
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34.74	1:11.97 (37.23)	1:50.09 (38.12)	2:28.45 (38.36)
3:07.18 (38.73)	3:46.12 (38.94)	4:25.20 (39.08)	5:03.99 (38.79)
5:42.80 (38.81)	6:21.61 (38.81)	7:00.14 (38.53)	7:39.04 (38.90)
8:17.57 (38.53)	8:56.29 (38.72)	9:34.56 (38.27)	10:12.90 (38.34)
10:50.84 (37.94)	11:28.56 (37.72)	12:06.56 (38.00)	12:43.29 (36.73)

--- Schmidt, Michael J	52	Maine Swim Club					DQ
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36.46	1:19.72 (43.26)	2:00.59 (40.87)	2:39.31 (38.72)
3:18.74 (39.43)	3:56.30 (37.56)	4:34.17 (37.87)	5:13.44 (39.27)
5:56.11 (42.67)	6:39.64 (43.53)	7:22.86 (43.22)	8:06.14 (43.28)
8:40.21 (34.07)	9:12.89 (32.68)	9:46.16 (33.27)	DQ (32.00)

Event 23 Men 55-59 1000 Yard Freestyle

1 Umbach, Mark	58	Unattached					15:21.47
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38.32	1:21.14 (42.82)	2:05.62 (44.48)	2:50.72 (45.10)
3:36.37 (45.65)	4:22.70 (46.33)	5:09.22 (46.52)	5:55.45 (46.23)
6:42.12 (46.67)	7:28.88 (46.76)	8:15.75 (46.87)	9:02.48 (46.73)
9:49.29 (46.81)	10:35.76 (46.47)	11:23.55 (47.79)	12:11.28 (47.73)
12:59.05 (47.77)	13:46.78 (47.73)	14:34.73 (47.95)	15:21.47 (46.74)

Event 24 Women 18-24 1650 Yard Freestyle

1 Johnston, Catherine	24	Unattached					21:57.82
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34.93	1:13.76 (38.83)	1:53.49 (39.73)	2:32.97 (39.48)
3:12.10 (39.13)	3:51.67 (39.57)	4:31.12 (39.45)	5:10.83 (39.71)
5:50.79 (39.96)	6:30.60 (39.81)	7:10.40 (39.80)	7:50.05 (39.65)
8:29.86 (39.81)	9:10.32 (40.46)	9:50.41 (40.09)	10:30.52 (40.11)
11:10.93 (40.41)	11:51.40 (40.47)	12:31.45 (40.05)	13:11.84 (40.39)
13:52.08 (40.24)	14:32.14 (40.06)	15:12.65 (40.51)	15:53.21 (40.56)
16:33.96 (40.75)	17:14.83 (40.87)	17:55.18 (40.35)	18:35.33 (40.15)
19:15.97 (40.64)	19:56.69 (40.72)	20:37.16 (40.47)	21:18.27 (41.11)

21:57.82 (39.55)

Event 24 Men 18-24 1650 Yard Freestyle

1 Larkins, William	20	Maine Swim Club					21:37.83
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34.35	1:12.88 (38.53)	1:52.59 (39.71)	2:30.90 (38.31)
3:10.17 (39.27)	3:49.06 (38.89)	4:28.74 (39.68)	5:08.26 (39.52)
5:47.93 (39.67)	6:27.26 (39.33)	7:06.66 (39.40)	7:45.42 (38.76)
8:25.12 (39.70)	9:04.90 (39.78)	9:44.36 (39.46)	10:23.47 (39.11)
11:02.58 (39.11)	11:42.04 (39.46)	12:21.34 (39.30)	13:00.46 (39.12)
13:40.07 (39.61)	14:19.98 (39.91)	14:59.58 (39.60)	15:39.55 (39.97)
16:19.74 (40.19)	16:59.17 (39.43)	17:38.99 (39.82)	18:19.38 (40.39)
18:59.57 (40.19)	19:40.06 (40.49)	20:20.06 (40.00)	20:59.93 (39.87)

21:37.83 (37.90)

Mid-Maine Winter Warmup - 2015 - 1/10/2015**Results****Event 24 Men 45-49 1650 Yard Freestyle**

1 Gilbert, Bayard	45	Maine Swim Club			23:43.45
37.57	1:19.98 (42.41)	2:03.09 (43.11)	2:46.17 (43.08)		
3:28.18 (42.01)	4:10.43 (42.25)	4:53.11 (42.68)	5:36.87 (43.76)		
6:19.01 (42.14)	7:02.07 (43.06)	7:45.41 (43.34)	8:27.79 (42.38)		
9:10.64 (42.85)	9:53.60 (42.96)	10:37.32 (43.72)	11:20.28 (42.96)		
12:03.46 (43.18)	12:47.07 (43.61)	13:31.13 (44.06)	14:14.96 (43.83)		
14:57.94 (42.98)	15:40.81 (42.87)	16:24.30 (43.49)	17:08.10 (43.80)		
17:51.52 (43.42)	18:35.70 (44.18)	19:19.66 (43.96)	20:04.22 (44.56)		
20:48.91 (44.69)	21:32.79 (43.88)	22:16.50 (43.71)	23:00.72 (44.22)	23:43.45 (42.73)	

Event 24 Men 75-79 1650 Yard Freestyle

1 Jones II, William	77	Maine Swim Club			34:29.68
56.64	1:58.65 (1:02.01)	3:03.34 (1:04.69)	4:06.85 (1:03.51)		
5:09.83 (1:02.98)	6:16.11 (1:06.28)	7:19.72 (1:03.61)	8:23.90 (1:04.18)		
9:27.15 (1:03.25)	10:34.29 (1:07.14)	11:37.28 (1:02.99)	12:40.07 (1:02.79)		
13:43.69 (1:03.62)	14:48.42 (1:04.73)	15:53.12 (1:04.70)	16:58.32 (1:05.20)		
18:02.24 (1:03.92)	19:06.50 (1:04.26)	20:08.88 (1:02.38)	21:13.45 (1:04.57)		
22:13.26 (59.81)	23:18.03 (1:04.77)	24:22.00 (1:03.97)	25:27.58 (1:05.58)		
26:30.79 (1:03.21)	27:34.81 (1:04.02)	28:35.01 (1:00.20)	29:39.13 (1:04.12)		
30:40.15 (1:01.02)	31:41.22 (1:01.07)	32:40.70 (59.48)	33:38.43 (57.73)	34:29.68 (51.25)	