

**T-30 Swim Results
50 Meter Pool**

| Date | Last | First | Pool | Distance | Elapsed Time | IHR | 100 Meter Pace | Estimated 100 Yard Pace | Estimated Swimming LT Heart Rate | Stroke Rate Est. (sec/strk) | 50 Stroke Count Est. | 50 Swim Golf Est. |
|-----------|-----------|-----------|------|----------|--------------|-----|----------------|-------------------------|----------------------------------|-----------------------------|----------------------|-------------------|
| 9/22/2009 | McNichols | Matt | 50 M | 2100 | 30:30.0 | 16 | 01:27.1 | 01:15.8 | 175 | 1.03 | 37 | 80 |
| 9/22/2009 | Commander | Kristen | 50 M | 1900 | 30:08.0 | 16 | 01:35.2 | 01:22.8 | 180 | 0.97 | 46 | 93 |
| 9/22/2009 | Moore | Christina | 50 M | 1900 | 30:20.0 | 14 | 01:35.8 | 01:23.3 | 160 | 1.12 | 36 | 83 |
| 9/22/2009 | Ryan | Alyssa | 50 M | 1880 | 30:00.0 | DND | 01:35.7 | 01:23.3 | DND | 0.96 | 49 | 97 |
| 9/22/2009 | Miller | Jay | 50 M | 1850 | 30:06.0 | 15 | 01:37.6 | 01:24.9 | 170 | 0.89 | 48 | 97 |
| 8/18/2009 | Lorenz | Kate | 50 M | 2050 | 30:20.0 | 16 | 01:28.8 | 01:17.2 | 180 | | | |
| 8/18/2009 | Tzur | Paul | 50 M | 2000 | 30:00.0 | 19 | 01:30.0 | 01:18.3 | 210 | | | |
| 8/18/2009 | Miller | Jay | 50 M | 1850 | 30:20.0 | 16 | 01:38.4 | 01:25.6 | 180 | | | |
| 7/21/2009 | Iglinski | Rob | 50 M | 2300 | 30:20.0 | 16 | 01:19.1 | 01:08.8 | 180 | | | |
| 7/21/2009 | Carlson | Tim | 50 M | 2150 | 30:16.0 | 18 | 01:24.5 | 01:13.5 | 200 | | | |
| 7/21/2009 | Shin | Duke | 50 M | 1900 | 30:00.0 | 15 | 01:34.7 | 01:22.4 | 170 | | | |
| 7/21/2009 | Tzur | Paul | 50 M | 1900 | 30:03.0 | 15 | 01:34.9 | 01:22.6 | 174 | | | |
| 7/21/2009 | Johnson | Steve | 50 M | 1900 | 30:36.0 | 16 | 01:36.6 | 01:24.1 | 180 | | | |
| 7/21/2009 | Miller | Jay | 50 M | 1850 | 30:12.0 | 15 | 01:37.9 | 01:25.2 | 170 | | | |
| 7/21/2009 | Blaising | Angela | 50 M | 1850 | 30:36.0 | 14 | 01:39.2 | 01:26.3 | 160 | | | |
| 7/21/2009 | Krajnik | Sara | 50 M | 1800 | 30:05.0 | 18 | 01:40.3 | 01:27.2 | 200 | | | |
| 7/21/2009 | Mitchell | Shawn | 50 M | 1750 | 30:10.0 | 18 | 01:43.4 | 01:30.0 | 200 | | | |
| 7/21/2009 | Weininger | Melissa | 50 M | 1500 | 30:00.0 | 14 | 02:00.0 | 01:44.4 | 158 | | | |
| 6/30/2009 | Carlson | Tim | 50 M | 2250 | 30:25.0 | 19 | 01:21.1 | 01:10.6 | 210 | | | |
| 6/30/2009 | Commander | Kristen | 50 M | 1950 | 30:30.0 | 15 | 01:33.8 | 01:21.6 | 170 | | | |
| 6/30/2009 | Miller | Jay | 50 M | 1900 | 30:37.0 | 18 | 01:36.7 | 01:24.1 | 200 | | | |
| 6/30/2009 | Blaising | Angela | 50 M | 1900 | 30:00.0 | 19 | 01:34.7 | 01:22.4 | 210 | | | |
| 6/30/2009 | Johnson | Steve | 50 M | 1850 | 30:25.0 | 17 | 01:38.6 | 01:25.8 | 185 | | | |
| 6/30/2009 | Alden | Justin | 50 M | 1800 | 30:20.0 | 17 | 01:41.1 | 01:28.0 | 190 | | | |
| 6/30/2009 | Mitchell | Sean | 50 M | 1700 | 30:01.0 | 17 | 01:45.9 | 01:32.2 | 190 | | | |
| 6/30/2009 | Weininger | Melissa | 50 M | 1650 | 30:02.0 | 16 | 01:49.2 | 01:35.0 | 180 | | | |

**T-30 Swim Results
25 Yard Pool**

| Date | Last | First | Pool | Distance | Elapsed Time | IHR | 100 Yard Pace | Estimated 100 Meter Pace | Estimated Swimming LT Heart Rate | Stroke Rate Est. (sec/strk) | 50 Stroke Count Est. | 50 Swim Golf Est. |
|-----------|----------|-----------|-------|----------|--------------|------|---------------|--------------------------|----------------------------------|-----------------------------|----------------------|-------------------|
| 9/22/2009 | Carlson | Tim | 25 YD | 2550 | 30:00.0 | 16 | 01:10.6 | 01:21.2 | 180 | 1.11 | 25 | 60 |
| 9/22/2009 | Meeds | Ted | 25 YD | 2500 | 30:00.0 | 14.4 | 01:12.0 | 01:22.8 | 164 | 1.12 | 29 | 65 |
| 9/22/2009 | Wilson | Kevin | 25 YD | 2425 | 30:00.0 | DND | 01:14.2 | 01:25.4 | DND | 1.06 | 29 | 66 |
| 9/22/2009 | Tzur | Paul | 25 YD | 2350 | 30:00.0 | 17 | 01:16.6 | 01:28.1 | 190 | 1.04 | 28 | 66 |
| 9/22/2009 | Cunnick | Marriah | 25 YD | 2350 | 30:00.0 | 16 | 01:16.6 | 01:28.1 | 180 | 1.01 | 32 | 70 |
| 9/22/2009 | Bryan | Chris | 25 YD | 2275 | 30:00.0 | 15 | 01:19.1 | 01:31.0 | 170 | 0.94 | 32 | 72 |
| 9/22/2009 | Jackson | Jaemi | 25 YD | 2275 | 30:00.0 | 16 | 01:19.1 | 01:31.0 | 180 | 0.75 | 47 | 86 |
| 9/22/2009 | Liu | Christina | 25 YD | 1950 | 30:00.0 | DND | 01:32.3 | 01:46.2 | DND | 0.85 | 45 | 91 |
| 08/19/09 | Carlson | Tim | 25 YD | 2575 | 30:17.0 | 17 | 01:10.6 | 01:21.1 | 190 | | | |
| 08/19/09 | Cunnick | Mariah | 25 YD | 2300 | 30:25.0 | 14 | 01:19.3 | 01:31.3 | 160 | | | |
| 08/19/09 | Tzur | Paul | 25 YD | 2300 | 30:15.0 | 16 | 01:18.9 | 01:30.8 | 180 | | | |
| 08/19/09 | Bryan | Chris | 25 YD | 2275 | 30:17.0 | 13 | 01:19.9 | 01:31.8 | 150 | | | |
| 08/19/09 | Hatch | Eric | 25 YD | 2250 | 30:09.0 | 15 | 01:20.4 | 01:32.5 | 170 | | | |
| 08/19/09 | Siebert | Katie | 25 YD | 2250 | 30:25.0 | 12 | 01:21.1 | 01:33.3 | 140 | | | |
| 08/19/09 | Bogart | Jeanine | 25 YD | 2125 | 30:00.0 | 15 | 01:24.7 | 01:37.4 | 170 | | | |
| 08/19/09 | Liu | Christina | 25 YD | 2000 | 30:00.9 | 14 | 01:30.0 | 01:43.6 | 160 | | | |
| 08/19/09 | Whalen | Lindsey | 25 YD | 2000 | 30:00.0 | DND | 01:30.0 | 01:43.5 | DND | | | |
| 08/19/09 | Spevacek | Peter | 25 YD | 1950 | 30:03.0 | DND | 01:32.5 | 01:46.3 | DND | | | |
| 08/19/09 | Clark | Katie | 25 YD | 1825 | 30:02.0 | 15.5 | 01:38.7 | 01:53.6 | 175 | | | |
| 7/24/2009 | Iglinski | Rob | 25 YD | 2675 | 30:00.0 | 17 | 01:07.3 | 01:17.4 | 190 | | | |
| 7/24/2009 | Chiles | Justin | 25 YD | 2625 | 30:00.0 | DND | 01:08.6 | 01:18.9 | DND | | | |
| 7/24/2009 | Braun | Katie | 25 YD | 2500 | 30:00.0 | 18 | 01:12.0 | 01:22.8 | 200 | | | |
| 7/24/2009 | Carlson | Tim | 25 YD | 2350 | 30:00.0 | 16 | 01:16.6 | 01:28.1 | 180 | | | |
| 7/24/2009 | Bryan | Chris | 25 YD | 2325 | 30:00.0 | DND | 01:17.4 | 01:29.0 | DND | | | |
| 7/24/2009 | Sibert | Katie | 25 YD | 2150 | 30:00.0 | DND | 01:23.7 | 01:36.3 | DND | | | |
| 7/24/2009 | Bogart | Jeanine | 25 YD | 2125 | 30:00.0 | 13 | 01:24.7 | 01:37.4 | 150 | | | |
| 7/24/2009 | Dunn | Matt | 25 YD | 2125 | 30:00.0 | DND | 01:24.7 | 01:37.4 | DND | | | |
| 7/24/2009 | Liu | Christina | 25 YD | 2050 | 30:00.0 | DND | 01:27.8 | 01:41.0 | DND | | | |
| 7/24/2009 | Lattyuk | Grace | 25 YD | 2000 | 30:00.0 | 13 | 01:30.0 | 01:43.5 | 150 | | | |
| 7/24/2009 | Krausse | John | 25 YD | 2000 | 30:00.0 | DND | 01:30.0 | 01:43.5 | DND | | | |
| 7/24/2009 | Rose | Laurie | 25 YD | 1900 | 30:00.0 | 12 | 01:34.7 | 01:48.9 | 140 | | | |
| 6/26/2009 | Carlson | Tim | 25 YD | 2650 | 30:00.0 | 17 | 01:07.9 | 01:18.1 | 190 | | | |
| 6/26/2009 | Braun | Katie | 25 YD | 2450 | 30:00.0 | 17.5 | 01:13.5 | 01:24.5 | 195 | | | |
| 6/26/2009 | Shore | Becky | 25 YD | 2325 | 30:05.0 | 16 | 01:17.6 | 01:29.3 | 180 | | | |
| 6/26/2009 | Tzur | Paul | 25 YD | 2250 | 30:00.0 | 19 | 01:20.0 | 01:32.0 | 210 | | | |
| 6/26/2009 | Cunnick | Mariah | 25 YD | 2250 | 30:00.0 | 17 | 01:20.0 | 01:32.0 | 190 | | | |
| 6/26/2009 | Jackson | Jaemi | 25 YD | 2250 | 30:00.0 | 17 | 01:20.0 | 01:32.0 | 190 | | | |
| 6/26/2009 | Whipp | Emily | 25 YD | 2200 | 30:00.0 | 14 | 01:21.8 | 01:34.1 | 160 | | | |
| 6/26/2009 | Bogart | Jeannine | 25 YD | 2150 | 30:23.0 | 13 | 01:24.8 | 01:37.5 | 150 | | | |
| 6/26/2009 | Alden | Justin | 25 YD | 2050 | 30:20.0 | 15 | 01:28.8 | 01:42.1 | 170 | | | |
| 6/26/2009 | Lattyuk | Grace | 25 YD | 2050 | 30:27.0 | 13 | 01:29.1 | 01:42.5 | 150 | | | |
| 6/26/2009 | Chappel | Grace | 25 YD | 2000 | 30:00.0 | 25 | 01:30.0 | 01:43.5 | 270 | | | |
| 6/26/2009 | Clark | Katie | 25 YD | 1850 | 30:10.0 | 14 | 01:37.8 | 01:52.5 | 160 | | | |
| 6/26/2009 | Spevacek | Peter | 25 YD | 1825 | 30:05.0 | DND | 01:38.9 | 01:53.7 | DND | | | |
| 6/26/2009 | Rafacz | Jen | 25 YD | 1800 | 30:00.0 | 13 | 01:40.0 | 01:55.0 | 150 | | | |
| 6/26/2009 | Bell | Stacy | 25 YD | 1725 | 30:00.0 | 10 | 01:44.3 | 02:00.0 | 120 | | | |
| 6/26/2009 | Siddall | Jake | 25 YD | 1725 | 30:00.0 | 13 | 01:44.3 | 02:00.0 | 150 | | | |
| 6/26/2009 | Saver | Siobahn | 25 YD | 1700 | 30:00.0 | 16 | 01:45.9 | 02:01.8 | 180 | | | |

T-20 Swim Results
50 Meter Pool

| Date | Last | First | Pool | Distance | Elapsed Time | IHR | 100 Meter Pace | Estimated 100 Yard Pace | Estimated Swimming LT Heart Rate | Stroke Rate Est. (sec/strk) | 50 Stroke Count Est. | 50 Swim Golf Est. |
|-----------|-------------------|-----------|------|----------|--------------|-----|----------------|-------------------------|----------------------------------|-----------------------------|----------------------|-------------------|
| 9/22/2009 | Yeates | Hans | 50 M | 1200 | 20:00.0 | DND | 01:40.0 | 01:27.0 | DND | 0.98 | 47 | 97 |
| 9/22/2009 | Stricker | Tad | 50 M | 1200 | 20:00.0 | DND | 01:40.0 | 01:27.0 | DND | 0.99 | 54 | 104 |
| 9/22/2009 | Dumire | Stephanie | 50 M | 1150 | 20:00.0 | DND | 01:44.3 | 01:30.8 | DND | 1.00 | 50 | 102 |
| 9/22/2009 | Weininger | Melissa | 50 M | 1100 | 20:00.0 | DND | 01:49.1 | 01:34.9 | DND | 1.13 | 45 | 100 |
| 9/22/2009 | Williams | Shawn | 50 M | 1050 | 20:00.0 | DND | 01:54.3 | 01:39.4 | DND | 1.02 | 56 | 113 |
| 9/22/2009 | Ryan | Pete | 50 M | 1050 | 20:00.0 | DND | 01:54.3 | 01:39.4 | DND | 1.24 | 45 | 102 |
| 9/22/2009 | Webb | Alexis | 50 M | 1000 | 20:00.0 | DND | 02:00.0 | 01:44.4 | DND | 1.06 | 50 | 110 |
| 9/22/2009 | Sullivan | Matt | 50 M | 1000 | 20:00.0 | DND | 02:00.0 | 01:44.4 | DND | 1.08 | 49 | 109 |
| 9/22/2009 | Hagerman | Jennifer | 50 M | 950 | 20:00.0 | DND | 02:06.3 | 01:49.9 | DND | 0.99 | 62 | 125 |
| 9/22/2009 | Hunter | Gina | 50 M | 900 | 20:00.0 | DND | 02:13.3 | 01:56.0 | DND | 1.12 | 63 | 130 |
| 9/22/2009 | Daugavietis | Ruta | 50 M | 850 | 20:00.0 | DND | 02:21.2 | 02:02.8 | DND | 1.39 | 44 | 115 |
| 9/22/2009 | Khairallah | Greg | 50 M | 850 | 20:00.0 | DND | 02:21.2 | 02:02.8 | DND | 1.12 | 60 | 131 |
| 9/22/2009 | Bravi | Lori | 50 M | 750 | 20:00.0 | DND | 02:40.0 | 02:19.2 | DND | 1.09 | #DIV/0! | #DIV/0! |
| 9/8/2009 | Bekiares | Ty | 50 M | 800 | 15:53.0 | 12 | 01:59.1 | 01:43.6 | 140 | | | |
| 9/8/2009 | Strong | Michael | 50 M | 750 | 15:16.0 | 17 | 02:02.1 | 01:46.3 | 190 | | | |
| 9/8/2009 | West | Jamie | 50 M | 700 | 15:10.0 | 12 | 02:10.0 | 01:53.1 | 140 | | | |
| 9/8/2009 | West | Christian | 50 M | 650 | 15:21.0 | 14 | 02:21.7 | 02:03.3 | 160 | | | |
| 8/18/2009 | Weininger | Melissa | 50 M | 1400 | 18:00.0 | DND | 01:17.1 | 01:07.1 | DND | | | |
| 8/18/2009 | Blaising | Angela | 50 M | 1250 | 20:20.0 | 14 | 01:37.6 | 01:24.9 | 160 | | | |
| 8/18/2009 | Jobe | Liz | 50 M | 1200 | 20:27.0 | 16 | 01:42.3 | 01:29.0 | 180 | | | |
| 8/18/2009 | Yeates | Hans | 50 M | 1100 | 20:00.0 | 11 | 01:49.1 | 01:34.9 | 130 | | | |
| 8/18/2009 | Williams | Shawn | 50 M | 1100 | 20:50.0 | DND | 01:53.6 | 01:38.9 | DND | | | |
| 8/18/2009 | Sullivan | Matt | 50 M | 1050 | 20:43.0 | 20 | 01:58.4 | 01:43.0 | 220 | | | |
| 8/18/2009 | Ruo | Bernice | 50 M | 1050 | 19:50.0 | 12 | 01:53.3 | 01:38.6 | 140 | | | |
| 8/18/2009 | Balager | Luis | 50 M | 1050 | 20:24.0 | 16 | 01:56.6 | 01:41.4 | 180 | | | |
| 8/18/2009 | Towler | Robert | 50 M | 1050 | 20:44.0 | DND | 01:58.5 | 01:43.1 | DND | | | |
| 8/18/2009 | David | Dick | 50 M | 1050 | 20:24.0 | 18 | 01:56.6 | 01:41.4 | 200 | | | |
| 8/18/2009 | Marler | Brian | 50 M | 950 | 20:00.0 | 14 | 02:06.3 | 01:49.9 | 160 | | | |
| 8/18/2009 | Hagerman | Jennifer | 50 M | 900 | 20:06.0 | 9 | 02:14.0 | 01:56.6 | 110 | | | |
| 8/18/2009 | Pykina | Maia | 50 M | 850 | 20:40.0 | 12 | 02:25.9 | 02:06.9 | 140 | | | |
| 8/18/2009 | Rivera | Rick | 50 M | 850 | 20:00.0 | 10 | 02:21.2 | 02:02.8 | 120 | | | |
| 8/18/2009 | McGrath | Thomas | 50 M | 800 | 21:00.0 | 16 | 02:37.5 | 02:17.0 | 180 | | | |
| 8/18/2009 | Soibel | Randy | 50 M | 800 | 20:24.0 | 18 | 02:33.0 | 02:13.1 | 200 | | | |
| 8/18/2009 | Judeh | Ezeh | 50 M | 750 | 20:13.0 | 12 | 02:41.7 | 02:20.7 | 140 | | | |
| 7/21/2009 | Gillespee-Conolly | Noreen | 50 M | 1300 | 19:40.0 | 16 | 01:30.8 | 01:19.0 | 180 | | | |
| 7/21/2009 | Jobe | Liz | 50 M | 1150 | 20:48.0 | 18 | 01:48.5 | 01:34.4 | 200 | | | |
| 7/21/2009 | Arbanel | Deanna | 50 M | 1100 | 20:30.0 | DND | 01:51.8 | 01:37.3 | DND | | | |
| 7/21/2009 | Bell | Stacey | 50 M | 1100 | 20:15.0 | 11 | 01:50.5 | 01:36.1 | 130 | | | |
| 7/21/2009 | Boiser | Zeus | 50 M | 1100 | 21:30.0 | 12 | 01:57.3 | 01:42.0 | 140 | | | |
| 7/21/2009 | Balaguer | Luis | 50 M | 1050 | 20:28.0 | 16 | 01:57.0 | 01:41.7 | 180 | | | |
| 7/21/2009 | DeMott | Tobey | 50 M | 1050 | 20:38.0 | 13 | 01:57.9 | 01:42.6 | 148 | | | |
| 7/21/2009 | Williams | Shawn | 50 M | 1050 | 19:40.0 | 14 | 01:52.4 | 01:37.8 | 160 | | | |
| 7/21/2009 | Ruo | Bernice | 50 M | 1000 | 20:10.0 | 15 | 02:01.0 | 01:45.3 | 170 | | | |
| 7/21/2009 | Coyle | Paul | 50 M | 1000 | 20:00.0 | 16 | 02:00.0 | 01:44.4 | 182 | | | |
| 7/21/2009 | Weber | Kathryn | 50 M | 1000 | 20:31.0 | 10 | 02:03.1 | 01:47.1 | 120 | | | |
| 7/21/2009 | Van Arkel | Matt | 50 M | 900 | 20:00.0 | 12 | 02:13.3 | 01:56.0 | 140 | | | |
| 7/21/2009 | Hunter | Gina | 50 M | 900 | 20:30.0 | 15 | 02:16.7 | 01:58.9 | 170 | | | |
| 7/21/2009 | Daugavaitis | Ruta | 50 M | 850 | 20:45.0 | DND | 02:26.5 | 02:07.4 | DND | | | |
| 7/21/2009 | Pykina | Maia | 50 M | 850 | 20:00.0 | 13 | 02:21.2 | 02:02.8 | 150 | | | |
| 7/21/2009 | McGrath | Tom | 50 M | 800 | 21:20.0 | 19 | 02:40.0 | 02:19.2 | 210 | | | |
| 7/21/2009 | Strand | Jinny | 50 M | 750 | 20:40.0 | 12 | 02:45.3 | 02:23.8 | 139 | | | |
| 7/21/2009 | Radhakrishnan | Seema | 50 M | 700 | 21:20.0 | 16 | 03:02.9 | 02:39.1 | 180 | | | |
| 7/21/2009 | Brown | Natalie | 50 M | 700 | 21:20.0 | 12 | 03:02.9 | 02:39.1 | 135 | | | |
| 7/21/2009 | Judeh | Ezeh | 50 M | 700 | 20:59.0 | 12 | 02:59.9 | 02:36.5 | 140 | | | |
| 6/30/2009 | Yeates | Hans | 50 M | 1300 | 20:00.0 | 12 | 01:32.3 | 01:20.3 | 140 | | | |
| 6/30/2009 | Bell | Stacy | 50 M | 1200 | 20:07.0 | 17 | 01:40.6 | 01:27.5 | 190 | | | |
| 6/30/2009 | Sullivan | Matt | 50 M | 1200 | 20:00.0 | 15 | 01:40.0 | 01:27.0 | 170 | | | |
| 6/30/2009 | Dumire | Stephanie | 50 M | 1150 | 20:10.0 | 14 | 01:45.2 | 01:31.5 | 160 | | | |
| 6/30/2009 | Towler | Robert | 50 M | 1100 | 20:30.0 | 17 | 01:51.8 | 01:37.3 | 190 | | | |
| 6/30/2009 | Stricker | Tad | 50 M | 1100 | 19:50.0 | 15 | 01:48.2 | 01:34.1 | 170 | | | |
| 6/30/2009 | Williams | Shawn | 50 M | 1000 | 20:10.0 | 13 | 02:01.0 | 01:45.3 | 150 | | | |
| 6/30/2009 | Seaton | Mark | 50 M | 1000 | 20:30.0 | 13 | 02:03.0 | 01:47.0 | 150 | | | |
| 6/30/2009 | David | Dick | 50 M | 1000 | 20:05.0 | 15 | 02:00.5 | 01:44.8 | 170 | | | |
| 6/30/2009 | Ruo | Bernice | 50 M | 1000 | 20:00.0 | 15 | 02:00.0 | 01:44.4 | 170 | | | |
| 6/30/2009 | Hunter | Gina | 50 M | 950 | 20:00.0 | 15 | 02:06.3 | 01:49.9 | 170 | | | |
| 6/30/2009 | Johnson | Tracy | 50 M | 900 | 20:00.0 | 15 | 02:13.3 | 01:56.0 | 170 | | | |
| 6/30/2009 | Becker | Mary Ann | 50 M | 900 | 20:00.0 | 15 | 02:13.3 | 01:56.0 | 170 | | | |

T-20 Swim Results
25 Yard Pool

| Date | Last | First | Pool | Distance | Elapsed Time | IHR | 100 Yard Pace | Estimated 100 Meter Pace | Estimated Swimming LT Heart Rate | Stroke Rate Est. (sec/strk) | 50 Stroke Count Est. | 50 Swim Golf Est. |
|-----------|------------|----------|-------|----------|--------------|-----|---------------|--------------------------|----------------------------------|-----------------------------|----------------------|-------------------|
| 9/22/2009 | Clawson | Brent | 25 YD | 1350 | 20:00.0 | 15 | 01:28.9 | 01:42.2 | 170 | 1.10 | 30 | 74 |
| 9/22/2009 | Hardin | Amber | 25 YD | 1300 | 20:00.0 | DND | 01:32.3 | 01:46.2 | DND | 0.97 | 42 | 88 |
| 9/22/2009 | Massie | Cliff | 25 YD | 1300 | 20:00.0 | DND | 01:32.3 | 01:46.2 | DND | 0.98 | 42 | 88 |
| 9/22/2009 | Branum | Becky | 25 YD | 1300 | 20:00.0 | DND | 01:32.3 | 01:46.2 | DND | 0.95 | 41 | 87 |
| 9/22/2009 | Meade | Ruth | 25 YD | 1300 | 20:00.0 | 13 | 01:32.3 | 01:46.2 | 150 | 1.11 | 39 | 85 |
| 9/22/2009 | Margolin | David | 25 YD | 1200 | 20:00.0 | 17 | 01:40.0 | 01:55.0 | 190 | 1.22 | 42 | 92 |
| 9/22/2009 | Bartolin | Steph | 25 YD | 1200 | 20:00.0 | 10 | 01:40.0 | 01:55.0 | 120 | 1.00 | 42 | 92 |
| 9/22/2009 | Sauter | Rachel | 25 YD | 1100 | 20:00.0 | DND | 01:49.1 | 02:05.5 | DND | 1.16 | 41 | 96 |
| 9/22/2009 | Vogel | Sarah | 25 YD | 1100 | 20:00.0 | 15 | 01:49.1 | 02:05.5 | 170 | 0.98 | 45 | 100 |
| 9/22/2009 | Franks | Kalin | 25 YD | 1100 | 20:00.0 | 10 | 01:49.1 | 02:05.5 | 123 | 1.17 | 31 | 86 |
| 9/22/2009 | Burke | Pat | 25 YD | 1100 | 20:00.0 | 16 | 01:49.1 | 02:05.5 | 180 | 1.07 | 38 | 93 |
| 9/22/2009 | Evangelist | Mike | 25 YD | 1075 | 20:00.0 | 17 | 01:51.6 | 02:08.4 | 190 | 0.95 | 54 | 110 |
| 9/22/2009 | Vargas | Alex | 25 YD | 1050 | 20:00.0 | 16 | 01:54.3 | 02:11.4 | 180 | 0.87 | 53 | 110 |
| 9/22/2009 | Fair | Vickie | 25 YD | 500 | 20:00.0 | 12 | 04:00.0 | 04:36.0 | 140 | 1.06 | 63 | 183 |
| 9/22/2009 | Gallucci | Lu | 25 YD | 450 | 20:00.0 | 10 | 04:26.7 | 05:06.7 | 120 | 1.33 | 60 | 193 |
| 8/19/2009 | Massie | Cliff | 25 YD | 1250 | 20:00.0 | 12 | 01:36.0 | 01:50.4 | 140 | | | |
| 8/19/2009 | Meade | Ruth | 25 YD | 1250 | 20:28.0 | 15 | 01:38.2 | 01:53.0 | 170 | | | |
| 8/19/2009 | Schneider | Arrika | 25 YD | 1175 | 20:00.0 | 14 | 01:42.1 | 01:57.4 | 160 | | | |
| 8/19/2009 | Love | Andrea | 25 YD | 1175 | 20:00.0 | 10 | 01:42.1 | 01:57.4 | 120 | | | |
| 8/19/2009 | Witbaar | Alice | 25 YD | 1175 | 20:00.0 | 15 | 01:42.1 | 01:57.4 | 170 | | | |
| 8/19/2009 | | Krista | 25 YD | 1150 | 20:00.0 | 15 | 01:44.3 | 02:00.0 | 170 | | | |
| 8/19/2009 | Brodeur | Diane | 25 YD | 1150 | 20:14.0 | 16 | 01:45.6 | 02:01.4 | 180 | | | |
| 8/19/2009 | Vogel | Sarah | 25 YD | 1150 | 20:20.0 | 15 | 01:46.1 | 02:02.0 | 170 | | | |
| 8/19/2009 | Bell | Stacey | 25 YD | 1150 | 20:22.0 | 15 | 01:46.3 | 02:02.2 | 170 | | | |
| 8/19/2009 | Siddall | Jake | 25 YD | 1125 | 20:00.0 | 12 | 01:46.7 | 02:02.7 | 140 | | | |
| 8/19/2009 | Saver | Siobahn | 25 YD | 1075 | 20:30.0 | 16 | 01:54.4 | 02:11.6 | 180 | | | |
| 8/19/2009 | Marty | Bill | 25 YD | 1000 | 20:00.0 | 20 | 02:00.0 | 02:18.0 | 220 | | | |
| 8/19/2009 | Evangelist | Mike | 25 YD | 1000 | 20:00.0 | DND | 02:00.0 | 02:18.0 | DND | | | |
| 8/19/2009 | Zubruzicki | Paula | 25 YD | 950 | 20:00.0 | 18 | 02:06.3 | 02:25.3 | 200 | | | |
| 8/19/2009 | Krause | John | 25 YD | DNF | | DND | | | DND | | | |
| 7/24/2009 | Kalmbach | Sally | 25 YD | 1300 | 20:13.0 | 12 | 01:33.3 | 01:47.3 | 140 | | | |
| 7/24/2009 | Hardin | Amber | 25 YD | 1250 | 20:00.0 | 9 | 01:36.0 | 01:50.4 | 110 | | | |
| 7/24/2009 | O'Connell | Jennifer | 25 YD | 1250 | 20:05.0 | 13 | 01:36.4 | 01:50.9 | 150 | | | |
| 7/24/2009 | Burke | Pat | 25 YD | 1225 | 20:00.0 | 15 | 01:38.0 | 01:52.7 | 170 | | | |
| 7/24/2009 | Coyle | Paul | 25 YD | 1200 | 20:00.0 | 13 | 01:40.0 | 01:55.0 | 150 | | | |
| 7/24/2009 | Massie | Clifford | 25 YD | 1200 | 20:00.0 | 11 | 01:40.0 | 01:55.0 | 130 | | | |
| 7/24/2009 | Siddall | Jake | 25 YD | 1200 | 20:14.0 | 14 | 01:41.2 | 01:56.3 | 160 | | | |
| 7/24/2009 | Schneider | Arrika | 25 YD | 1200 | 20:18.0 | 15 | 01:41.5 | 01:56.7 | 170 | | | |
| 7/24/2009 | Williams | Shawn | 25 YD | 1175 | 20:06.0 | 14 | 01:42.6 | 01:58.0 | 160 | | | |
| 7/24/2009 | Saver | Siobhan | 25 YD | 1175 | 20:14.0 | 19 | 01:43.3 | 01:58.8 | 210 | | | |
| 7/24/2009 | Brodeur | Diane | 25 YD | 1150 | 20:13.0 | 17 | 01:45.5 | 02:01.3 | 190 | | | |
| 7/24/2009 | Kalmbach | John | 25 YD | 1150 | 20:27.0 | 10 | 01:46.7 | 02:02.7 | 120 | | | |
| 7/24/2009 | Witbaar | Alice | 25 YD | 1100 | 20:04.0 | 15 | 01:49.5 | 02:05.9 | 170 | | | |
| 7/24/2009 | Love | Andrea | 25 YD | 1100 | 20:14.0 | 9 | 01:50.4 | 02:06.9 | 110 | | | |
| 7/24/2009 | Evangelist | Michael | 25 YD | 1050 | 20:27.0 | 16 | 01:56.9 | 02:14.4 | 180 | | | |
| 7/24/2009 | Vargas | Alex | 25 YD | 1025 | 20:00.0 | 10 | 01:57.1 | 02:14.6 | 120 | | | |
| 7/24/2009 | Schacklett | Sarai | 25 YD | 975 | 20:05.0 | 15 | 02:03.6 | 02:22.1 | 170 | | | |
| 7/24/2009 | Harrigan | Maria | 25 YD | 900 | 20:27.0 | 14 | 02:16.3 | 02:36.8 | 160 | | | |
| 6/26/2009 | Massie | Clifford | 25 YD | 1300 | 20:12.0 | 13 | 01:33.2 | 01:47.2 | 150 | | | |
| 6/26/2009 | Burke | Pat | 25 YD | 1300 | 20:15.0 | 16 | 01:33.5 | 01:47.5 | 180 | | | |
| 6/26/2009 | Schneider | Arrika | 25 YD | 1150 | 20:15.0 | 13 | 01:45.7 | 02:01.5 | 150 | | | |
| 6/26/2009 | Coyle | Paul | 25 YD | 1150 | 20:52.0 | 16 | 01:48.9 | 02:05.2 | 180 | | | |
| 6/26/2009 | Love | Andrea | 25 YD | 1100 | 20:40.0 | 8 | 01:52.7 | 02:09.6 | 100 | | | |
| 6/26/2009 | Mumford | Chris | 25 YD | 1050 | 20:05.0 | 12 | 01:54.8 | 02:12.0 | 140 | | | |
| 6/26/2009 | Mahoney | Rita | 25 YD | 1050 | 20:08.0 | 8 | 01:55.0 | 02:12.3 | 100 | | | |
| 6/26/2009 | Ryan | John | 25 YD | 1050 | 20:08.0 | 13 | 01:55.0 | 02:12.3 | 150 | | | |
| 6/26/2009 | Vogel | Sarah | 25 YD | 1050 | 20:30.0 | 14 | 01:57.1 | 02:14.7 | 160 | | | |
| 6/26/2009 | Gonzales | Ivan | 25 YD | 1025 | 20:15.0 | 12 | 01:58.5 | 02:16.3 | 140 | | | |
| 6/26/2009 | Evangelist | Michael | 25 YD | 1000 | 20:15.0 | 13 | 02:01.5 | 02:19.7 | 150 | | | |
| 6/26/2009 | Fligel | Vicki | 25 YD | 925 | 20:07.0 | 7 | 02:10.5 | 02:30.1 | 90 | | | |
| 6/26/2009 | Towler | Annette | 25 YD | 850 | 20:20.0 | 10 | 02:23.5 | 02:45.1 | 120 | | | |