

**Jamming January Distance and Relay Meet - 1/21/2024****Results - relay/distance****Event 1 Men 65+ 400 Yard Medley Relay**

	Team				Relay				Finals Time
1	Relaykers-30				A				5:57.05
	1) Durell, Bill M73		2) Fine, Gary M73		3) Anderson, Marc M74		4) Quackenbush, Kent M76		
	44.52	1:33.69	2:15.91	3:03.82	3:48.25	4:37.16	5:15.79	5:57.05	

**Event 2 Women 75+ 400 Yard Medley Relay**

1	Relaykers-30				A				8:59.66
	1) Smollen, Carol W80		2) Lillehei, Patsy W79		3) Larsen, Babs W76		4) Bacon, Annliv W81		
	57.19	1:55.81	3:17.61	4:51.72	5:47.40	6:47.89	7:47.64	8:59.66	

**Event 3 Women 18-24 1000 Yard Freestyle**

1	304X-S5BXP De Leon, Stephanie				21 RIP-30				13:16.68
	32.63	1:09.61	1:49.12	2:29.16	3:09.38	3:50.53	4:31.80	5:13.02	
	5:54.02	6:35.22	7:16.11	7:56.84	8:37.99	9:18.60	9:59.29	10:39.97	
	11:19.90	11:58.90	12:37.37	13:16.68					

**Event 3 Women 30-34 1000 Yard Freestyle**

1	3047-KEBR9 Ancel, Elizabeth				30 MNICE-30				14:30.24
	36.21	1:16.61	1:58.38	2:40.75	3:23.93	4:07.78	4:51.54	5:36.66	
	6:20.97	7:05.40	7:50.16	8:35.58	9:21.25	10:06.49	10:51.71	11:35.82	
	12:19.55	13:03.88	13:47.82	14:30.24					

**Event 3 Women 40-44 1000 Yard Freestyle**

1	304G-084SF Peterson, Catherine				43 UC30				14:56.06
	38.95	1:22.98	2:08.37	2:53.88	3:38.76	4:23.97	5:09.43	5:54.74	
	6:39.85	7:24.60	8:10.03	8:55.13	9:40.61	10:26.31	11:11.30	11:55.65	
	12:41.15	13:26.25	14:11.17	14:56.06					

**Event 3 Women 55-59 1000 Yard Freestyle**

1	304A-KAREN Zemlin, Karen				56 HOPK-30				11:23.12
	32.45	1:06.13	1:40.40	2:14.57	2:48.89	3:23.22	3:57.65	4:31.79	
	5:06.07	5:40.24	6:14.54	6:48.81	7:23.20	7:57.70	8:32.13	9:06.43	
	9:40.76	10:15.06	10:49.47	11:23.12					
2	304F-024U1 Green, Linda				59 UC30				14:10.06
	35.43	1:15.78	1:58.19	2:41.79	3:25.45	4:08.63	4:51.53	5:35.05	
	6:18.62	7:01.72	7:44.70	8:28.02	9:10.42	9:53.72	10:37.23	11:20.14	
	12:02.76	12:45.91	13:29.02	14:10.06					

**Event 3 Women 60-64 1000 Yard Freestyle**

1	3046-024HZ Kratz, Peggy				63 RIP-30				14:32.96
	39.91	1:23.47	2:07.92	2:52.63	3:37.61	4:22.03	5:06.35	5:50.82	
	6:35.04	7:19.35	8:03.39	8:47.03	9:30.60	10:14.17	10:57.43	11:40.89	
	12:24.52	13:07.76	13:50.87	14:32.96					

**Event 3 Women 65-69 1000 Yard Freestyle**

1	3042-073TV Tinglov, Gale				67 MINN-30				19:03.58
	49.42	1:45.18	2:42.46	3:39.14	4:35.14	5:30.64	6:29.15	7:25.11	
	8:22.82	9:19.12	10:14.82	11:09.31	12:07.48	13:18.30	14:13.64	15:20.74	
	16:16.25	17:13.57	19:03.58						

**Event 3 Men 25-29 1000 Yard Freestyle**

1	304S-09V3Y Baetzold, Seth				29 MINN-30				10:57.31
	29.65	1:02.45	1:35.97	2:09.03	2:42.83	3:16.11	3:49.79	4:22.69	
	4:56.00	5:29.33	6:02.25	6:35.72	7:09.16	7:42.67	8:16.05	8:48.86	
	9:21.23	9:54.22	10:26.52	10:57.31					
2	304V-YP9YR Schwartz, Anthony				26 MINN-30				11:27.34
	29.67	1:03.35	1:38.45	2:13.99	2:49.03	3:24.23	3:59.68	4:35.12	
	5:10.46	5:45.80	6:21.11	6:56.02	7:30.59	8:05.48	8:40.36	9:15.18	
	9:49.79	10:22.67	10:54.66	11:27.34					

**Jamming January Distance and Relay Meet - 1/21/2024****Results - relay/distance****Event 3 Men 45-49 1000 Yard Freestyle**

1	304Y-025ST	Kirkvold, Brian	46	HOPK-30	10:57.44
	29.77	1:02.31	1:35.66	2:08.93	2:42.35
	3:15.76	3:49.12	4:22.57	4:55.69	5:29.13
	6:02.11	6:35.19	7:08.43	7:41.79	8:15.00
	8:48.00	9:21.02	9:54.05	10:27.01	10:57.44
2	304X-02V85	Parker, Adam	47	MNICE-30	12:07.32
	32.81	1:08.61	1:44.90	2:21.27	2:57.32
	3:33.57	4:09.96	4:46.47	5:22.86	5:59.27
	6:35.47	7:11.48	7:47.71	8:23.81	9:00.12
	9:37.25	10:14.63	10:52.35	11:30.00	12:07.32

**Event 3 Men 50-54 1000 Yard Freestyle**

1	304D-0A4WV	Timmerman, Tim	52	NORT-30	16:39.63
	41.72	1:27.73	2:15.98	3:23.75	4:12.99
	5:02.47	5:53.24	6:43.96	7:34.75	8:25.77
	9:16.15	10:05.93	10:55.85	11:45.87	12:35.91
	13:25.17	14:15.52	15:04.92	15:53.56	16:39.63

**Event 3 Men 55-59 1000 Yard Freestyle**

1	304U-07DAD	Miller, Michael	57	MNICE-30	14:17.33
	35.17	1:14.32	1:55.87	2:38.73	3:21.46
	4:04.61	4:47.33	5:30.64	6:15.00	6:58.72
	7:42.75	8:26.91	9:10.96	9:54.94	10:38.54
	11:22.70	12:07.33	12:52.47	13:36.07	14:17.33

**Event 3 Men 60-64 1000 Yard Freestyle**

1	304E-RP082	Chinander, Christopher	62	UC30	14:18.44
	37.32	1:16.92	1:58.60	2:41.02	3:23.36
	4:05.43	4:48.00	5:31.19	6:14.21	6:57.69
	7:41.27	8:24.64	9:08.71	9:53.05	10:37.58
	11:21.91	12:06.91	12:52.82	13:37.75	14:18.44
2	3041-0AXPJ	Countryman, Mark	61	HOPK-30	15:58.38
	40.68	1:25.44	2:11.41	2:59.54	3:46.86
	4:34.50	5:23.37	6:10.29	6:59.23	7:46.68
	8:35.19	9:24.63	10:12.53	11:00.60	11:48.90
	12:38.00	13:25.94	14:12.75	14:59.98	15:58.38

**Event 4 Mixed 18+ 200 Yard Freestyle Relay**

1	Minnesota Ice Swim Club-30	B	2:04.42
	1) Lynch, Cedar M21	2) Veith, Andrea W39	3) Leach, Andrea W27
	31.92	1:03.12	1:36.56
	2:04.42	4) Parker, Adam M47	
2	Nort'landers Swim Club-30	A	2:28.14
	1) Hafdahl, Jim M68	2) Punyko, Bill M65	3) Seliga-Punyko, Judy W66
	42.24	1:12.94	2:28.14
	4) Scott, Jessica W42		

**Event 4 Mixed 25+ 200 Yard Freestyle Relay**

1	Minnesota Ice Swim Club-30	A	1:51.67
	1) Ancel, Elizabeth W30	2) Mathson, Alex M29	3) Boldt, Leah W26
	35.73	1:00.33	1:28.94
	1:51.67	4) Jacobson, Brian M49	

**Event 4 Mixed 55+ 200 Yard Freestyle Relay**

1	Relaykers-30	A	3:11.31
	1) Arlander, David M82	2) Langman, Loralie W56	3) Kansas, Bill M86
	44.11	1:24.03	2:33.14
	3:11.31	4) Strebe, Jacqueline W59	

**Event 4 Mixed 65+ 200 Yard Freestyle Relay**

1	Relaykers-30	A	2:19.70
	1) Helm, Wayne M73	2) Anderson, Marc M74	3) Lee-Sheridan, Sharon W71
	32.80	1:02.59	1:39.06
	2:19.70	4) Larsen, Babs W76	

**Event 5 Mixed 18+ 200 Yard Medley Relay**

1	Minnesota Ice Swim Club-30	A	2:20.56
	1) Veith, Andrea W39	2) Parker, Adam M47	3) Leach, Andrea W27
	36.36	1:10.88	1:50.15
	2:20.56	4) Lynch, Cedar M21	

**Jamming January Distance and Relay Meet - 1/21/2024****Results - relay/distance****(Event 5 Mixed 18+ 200 Yard Medley Relay)**

2	Nort'landers Swim Club-30			A	2:52.50
	1) Seliga-Punyko, Judy W66	2) Scott, Jessica W42	3) Hafdahl, Jim M68	4) Punyko, Bill M65	
	37.00	1:23.67	2:52.50		

**Event 5 Mixed 25+ 200 Yard Medley Relay**

1	Minnesota Ice Swim Club-30			A	2:05.10
	1) Mathson, Alex M29	2) Boldt, Leah W26	3) Jacobson, Brian M49	4) Ancel, Elizabeth W30	
	30.02	1:05.73	1:32.65	2:05.10	

**Event 5 Mixed 65+ 200 Yard Medley Relay**

1	Relaykers-30			A	3:17.68
	1) Fine, Gary M73	2) Lillehei, Patsy W79	3) Anderson, Marc M74	4) Lee-Sheridan, Sharon W71	
	39.96	1:09.99	1:58.85	3:17.68	

**Event 5 Mixed 75+ 200 Yard Medley Relay**

1	Relaykers-30			A	3:24.17
	1) Bacon, Annliv W81	2) Arlander, David M82	3) Ziegenhagen, John M77	4) Smollen, Carol W80	
	2:00.32	2:37.01	3:24.17		

**Event 6 Women 25-29 400 Yard IM**

1	304P-FAUDC	Boldt, Leah	26	MNICE-30	5:36.95
	34.57	1:16.48	2:01.25	2:47.19	3:32.72
			4:18.04	4:58.03	5:36.95
2	304U-NCNFB	Miller, Rebecca	29	MINN-30	5:41.63
	36.08	1:19.67	2:01.59	2:43.55	3:32.97
			4:23.88	5:03.43	5:41.63

**Event 6 Women 35-39 400 Yard IM**

1	3049-38EKZ	Veith, Andrea	39	MNICE-30	7:02.06
	42.74	1:35.70	2:28.46	3:25.81	4:26.68
			5:26.45	6:14.55	7:02.06

**Event 6 Women 40-44 400 Yard IM**

1	304G-084SF	Peterson, Catherine	43	UC30	6:38.66
	45.95	1:33.95	2:26.17	3:16.00	4:14.26
			5:09.97	5:53.90	6:38.66

**Event 6 Women 55-59 400 Yard IM**

1	304J-024MK	Mook, Maureen	56	PMR-30	6:49.84
	38.89	1:32.05	2:27.77	3:22.65	4:17.78
			5:15.61	6:49.84	
2	304D-024ZM	Brady, Margo	58	RLK-30	10:18.74
	1:12.54		5:45.32	6:59.08	8:11.39
			8:11.39	10:18.74	

**Event 6 Women 60-64 400 Yard IM**

1	304C-073JY	Hines, Lisa	61	MINN-30	7:19.75
	49.85	1:49.10	2:47.49	3:43.95	4:41.54
			5:38.56	6:31.47	7:19.75

**Event 6 Men 25-29 400 Yard IM**

1	304S-09V3Y	Baetzold, Seth	29	MINN-30	4:54.96
	28.81	1:01.99	1:44.07	2:26.34	3:08.81
			3:50.16	4:23.66	4:54.96
2	3045-PS1SV	Mathson, Alex	29	MNICE-30	5:01.79
	30.03	1:05.20	1:43.37	2:22.18	3:03.98
			3:46.38	4:24.14	5:01.79

**Event 6 Men 40-44 400 Yard IM**

1	3048-M769W	Scott, Jonathan	44	NORT-30	5:17.48
	34.57	1:16.02	1:57.26	2:36.80	3:21.88
			4:06.65	4:42.91	5:17.48

**Event 6 Men 65-69 400 Yard IM**

1	3042-024ES	Smith, Darrell	67	RLK-30	5:58.88
	35.59	1:16.92	2:05.48	2:52.01	3:46.36
			4:39.27	5:19.94	5:58.88
2	304G-024EF	McLaughlin, Steve	65	MINN-30	8:05.30
	1:01.05	2:08.58	3:13.24	4:17.57	5:16.89
			6:16.82	7:11.83	8:05.30

**Jamming January Distance and Relay Meet - 1/21/2024****Results - relay/distance****Event 7 Men 75+ 400 Yard Freestyle Relay**

1	Relaykers-30				A	6:42.56			
	1) Arlander, David M82	2) Kansas, Bill M86	3) Ziegenhagen, John M77	4) Quackenbush, Kent M76					
	48.58	1:39.89	2:46.26	4:01.99	4:40.62	5:27.06	6:00.79	6:42.56	

**Event 8 Women 25+ 400 Yard Freestyle Relay**

1	Minnesota Ice Swim Club-30				A	5:01.91			
	1) Ancel, Elizabeth W30	2) Leach, Andrea W27	3) Veith, Andrea W39	4) Boldt, Leah W26					
	33.63	1:12.10	1:48.01	2:29.95	3:06.52	3:49.35	4:22.82	5:01.91	

**Event 8 Women 75+ 400 Yard Freestyle Relay**

1	Relaykers-30				A	8:06.22			
	1) Smollen, Carol W80	2) Lillehei, Patsy W79	3) Bacon, Annliv W81	4) Larsen, Babs W76					
	51.71	1:48.09	3:02.37	4:23.74	5:25.21	7:19.17	8:06.22		

**Event 9 Men 18+ 200 Yard Medley Relay**

---	Minnesota Ice Swim Club-30				A	DQ			
	1) Lynch, Cedar M21	2) Parker, Adam M47	3) Mathson, Alex M29	4) Jacobson, Brian M49					
	38.83	1:13.52	1:42.54	DQ					

**Event 9 Men 65+ 200 Yard Medley Relay**

1	Relaykers-30				A	2:34.17			
	1) Helm, Wayne M73	2) Anderson, Marc M74	3) Fine, Gary M73	4) Durell, Bill M73					
	38.43	1:17.89	1:56.47	2:34.17					

**Event 10 Women 25+ 200 Yard Medley Relay**

1	Minnesota Ice Swim Club-30				A	2:28.19			
	1) Leach, Andrea W27	2) Boldt, Leah W26	3) Veith, Andrea W39	4) Ancel, Elizabeth W30					
	50.37	1:15.76	1:55.94	2:28.19					

**Event 10 Women 55+ 200 Yard Medley Relay**

1	Relaykers-30				A	3:16.13			
	1) Langman, Loralie W56	2) Lee-Sheridan, Sharon W71	3) Strebe, Jacqueline W59	4) Brady, Margo W58					
	43.24	1:30.33	2:27.35	3:16.13					

**Event 11 Women 25-29 500 Yard Freestyle**

1	304P-WZBJ9	Kraft, Samantha	27	MNICE-30	6:03.92			
	32.61	1:08.43	1:45.17	2:22.09	2:58.99	3:35.75	4:13.34	4:50.96
	5:27.93	6:03.92						
2	304U-NCNFB	Miller, Rebecca	29	MINN-30	6:18.30			
	33.87	1:11.24	1:49.62	2:28.23	3:06.85	3:45.44	4:24.22	5:02.80
	5:41.25	6:18.30						

**Event 11 Women 40-44 500 Yard Freestyle**

1	304G-084SF	Peterson, Catherine	43	UC30	7:29.06			
	38.89	1:22.75	2:07.61	2:53.64	3:40.27	4:26.82	5:13.36	5:59.17
	6:44.25	7:29.06						

**Event 11 Women 55-59 500 Yard Freestyle**

1	304A-KAREN	Zemlin, Karen	56	HOPK-30	6:15.06			
	34.31	1:11.49	1:49.37	2:27.06	3:07.30	3:44.81	4:22.66	5:00.61
	5:38.72	6:15.06						
2	304J-024MK	Mook, Maureen	56	PMR-30	7:08.16			
	36.79	1:17.47	2:00.99	2:44.82	3:28.59	4:12.48	4:56.78	5:41.01
	6:24.44	7:08.16						

**Event 11 Women 60-64 500 Yard Freestyle**

1	3046-024HZ	Kratz, Peggy	63	RIP-30	6:57.31			
	38.88	1:20.24	2:02.84	2:45.40	3:28.23	4:10.72	4:53.29	5:35.44
	6:17.40	6:57.31						

**Jamming January Distance and Relay Meet - 1/21/2024****Results - relay/distance****(Event 11 Women 60-64 500 Yard Freestyle)**

2	304C-073JY	Hines, Lisa	61	MINN-30	8:26.61
	44.32	1:34.78	2:25.67	3:17.60	4:09.66
	5:02.10	5:54.42	6:45.83		
	7:37.88	8:26.61			

**Event 11 Women 65-69 500 Yard Freestyle**

1	3042-073TV	Tinglov, Gale	67	MINN-30	9:13.95
	49.71	1:44.92	2:42.90	3:41.54	4:38.08
	5:35.10	6:31.58	7:28.68		
	8:23.46	9:13.95			

**Event 11 Women 80-84 500 Yard Freestyle**

1	304Y-024J3	Smollen, Carol	80	RLK-30	10:08.53
	55.34	1:55.85	2:58.10	3:59.54	5:01.56
	6:04.93	7:06.73	8:08.58		
	9:09.84	10:08.53			

**Event 11 Men 25-29 500 Yard Freestyle**

1	304V-YP9YR	Schwartz, Anthony	26	MINN-30	5:23.19
	28.39	1:01.23	1:34.91	2:08.52	2:42.08
	3:15.33	3:48.45	4:21.67		
	4:52.71	5:23.19			

2	3045-PS1SV	Mathson, Alex	29	MNICE-30	5:54.32
	29.68	1:02.52	1:36.57	2:12.05	2:48.83
	3:25.58	4:02.14	4:40.11		
	5:17.38	5:54.32			

**Event 11 Men 35-39 500 Yard Freestyle**

1	304R-09TZA	Markota, Matej	39	UC30	5:42.19
	28.96	1:01.11	1:34.59	2:09.04	2:44.18
	3:19.70	3:55.73	4:32.04		
	5:08.29	5:42.19			

**Event 11 Men 45-49 500 Yard Freestyle**

1	304X-02V85	Parker, Adam	47	MNICE-30	5:53.41
	32.09	1:06.91	1:42.36	2:17.99	2:53.49
	3:28.89	4:05.52	4:41.62		
	5:17.95	5:53.41			

**Event 11 Men 55-59 500 Yard Freestyle**

1	304U-07DAD	Miller, Michael	57	MNICE-30	6:56.18
	34.98	1:13.13	1:55.06	2:37.08	3:20.57
	4:03.80	4:46.09	5:29.95		
	6:14.21	6:56.18			

**Event 11 Men 60-64 500 Yard Freestyle**

1	3041-0AXPJ	Countryman, Mark	61	HOPK-30	7:41.06
	40.52	1:24.71	2:10.68	2:56.70	3:43.19
	4:30.19	5:18.22	6:06.87		
	6:55.97	7:41.06			

**Event 11 Men 65-69 500 Yard Freestyle**

1	3042-024ES	Smith, Darrell	67	RLK-30	6:37.37
	34.65	1:12.89	1:52.29	2:32.27	3:13.26
	3:55.16	4:36.48	5:17.74		
	5:58.32	6:37.37			

**Event 12 Mixed 18+ 400 Yard Medley Relay**

1	Nort'landers Swim Club-30			A	5:45.13
	1) Scott, Jonathan M44	2) Scott, Jessica W42	3) Seliga-Punyko, Judy W66	4) Punyko, Bill M65	
	40.22	1:20.44	2:10.77	3:38.91	4:17.86
					4:59.97
					5:45.13

---	Minnesota Masters Swim Clu			A	X5:32.17
	1) Miller, Rebecca W29	2) Tinglov, Gale W67	3) Schwartz, Anthony M26	4) Hines, Lisa W61	
	36.52	1:15.52	2:08.43	3:35.08	4:05.45
					4:46.74
					5:32.17

**Event 12 Mixed 55+ 400 Yard Medley Relay**

1	Relaykers-30			A	6:41.50
	1) Anderson, Marc M74	2) Strebe, Jacqueline W59	3) Fine, Gary M73	4) Langman, Loralie W56	
	45.37	1:31.78	2:30.68	3:40.35	4:27.06
					6:41.50

**Jamming January Distance and Relay Meet - 1/21/2024****Results - relay/distance****Event 13 Men 18+ 200 Yard Freestyle Relay**

---	Nort'landers Swim Club-30				A	DQ			
1) Brown, Perry M71	2) Hafdahl, Jim M68		3) Punyko, Bill M65		4) Scott, Jonathan M44				
34.70	1:15.11	1:46.61	DQ						

**Event 13 Men 75+ 200 Yard Freestyle Relay**

1	Relaykers-30				A	3:10.02			
1) Ziegenhagen, John M77	2) Quackenbush, Kent M76		3) Arlander, David M82		4) Kansas, Bill M86				
33.42	1:09.83	1:54.92	3:10.02						

**Event 14 Women 25+ 200 Yard Freestyle Relay**

1	Minnesota Ice Swim Club-30				A	2:09.50			
1) Ancel, Elizabeth W30	2) Veith, Andrea W39		3) Leach, Andrea W27		4) Boldt, Leah W26				
31.47	1:05.31	1:39.74	2:09.50						

**Event 14 Women 75+ 200 Yard Freestyle Relay**

1	Relaykers-30				A	3:38.34			
1) Smollen, Carol W80	2) Bacon, Annliv W81		3) Lillehei, Patsy W79		4) Larsen, Babs W76				
48.73	2:58.04		3:38.34						

**Event 15 Women 25-29 1650 Yard Freestyle**

1	304P-WZBJ9 Kraft, Samantha				27	MNICE-30				20:48.76
33.84	1:11.55	1:49.73	2:28.05	3:06.29	3:44.70	4:22.91	5:01.14			
5:39.32	6:17.29	6:55.35	7:33.36	8:11.57	8:49.60	9:27.67	10:05.91			
10:43.82	11:21.85	12:00.00	12:38.03	13:15.89	13:53.75	14:31.87	15:10.50			
15:48.81	16:26.96	17:05.10	17:43.23	18:21.36	18:58.62	19:35.79	20:13.01	20:48.76		

**Event 15 Women 40-44 1650 Yard Freestyle**

1	3044-06JK7 Nymeyer, Elizabeth				41	HOPK-30				22:37.57
35.58	1:14.78	1:53.94	2:34.08	3:13.63	3:54.18	4:34.51	5:14.44			
5:55.16	6:36.51	7:17.68	7:58.58	8:39.39	9:21.33	10:02.94	10:43.81			
11:25.42	12:07.73	12:50.03	13:31.53	14:13.08	14:55.46	15:36.70	16:20.09			
17:02.68	17:44.49	18:27.14	19:09.64	19:52.38	20:34.51	21:16.92	21:59.09	22:37.57		
2	304U-04580 Scott, Jessica				42	NORT-30				25:22.21
41.61	1:26.43	2:12.40	2:58.21	3:43.53	4:29.74	5:16.12	6:02.78			
6:49.60	7:35.86	8:22.20	9:08.36	9:54.90	10:41.09	11:27.45	12:13.68			
12:59.44	13:45.43	14:33.53	15:21.06	16:07.74	16:53.42	17:39.79	18:25.98			
19:12.12	19:59.20	20:45.98	21:33.49	22:20.03	23:06.20	23:51.22	24:37.21	25:22.21		

**Event 15 Women 55-59 1650 Yard Freestyle**

1	304A-KAREN Zemlin, Karen				56	HOPK-30				19:22.79
33.37	1:08.97	1:44.72	2:20.83	2:56.65	3:32.11	4:07.97	4:43.60			
5:18.99	5:54.35	6:29.70	7:05.11	7:40.47	8:15.82	8:51.16	9:26.42			
10:01.63	10:36.64	11:11.64	11:46.64	12:21.93	12:57.27	13:32.28	14:07.46			
14:42.75	15:17.89	15:53.03	16:27.98	17:03.08	17:38.20	18:13.16	18:48.24	19:22.79		

**Event 15 Women 60-64 1650 Yard Freestyle**

1	3046-024HZ Kratz, Peggy				63	RIP-30				24:09.08
40.73	1:24.94	2:09.63	2:54.42	3:39.19	4:24.04	5:08.87	5:53.61			
6:38.46	7:23.25	8:07.22	8:51.28	9:35.09	10:19.21	11:03.18	11:47.50			
12:31.61	13:15.99	13:59.87	14:43.68	15:27.25	16:11.28	16:55.16	17:38.78			
18:22.66	19:06.40	19:50.54	20:34.36	21:18.45	22:02.34	22:45.63	23:28.01	24:09.08		

**Event 15 Men 18-24 1650 Yard Freestyle**

1	304U-M9P1B Lynch, Cedar				21	MNICE-30				22:12.27
34.87	1:14.33	1:54.15	2:33.79	3:13.93	3:54.07	4:34.04	5:14.37			
5:54.97	6:35.76	7:15.94	7:57.20	8:38.01	9:18.59	9:59.08	10:40.24			
11:21.55	12:02.09	12:42.60	13:23.45	14:04.35	14:45.27	15:26.30	16:07.43			
16:48.11	17:28.71	18:09.98	18:51.13	19:31.79	20:12.71	20:54.50	21:34.88	22:12.27		

**Jamming January Distance and Relay Meet - 1/21/2024****Results - relay/distance****Event 15 Men 25-29 1650 Yard Freestyle**

1	304S-09V3Y	Baetzold, Seth	29	MINN-30	18:34.09
	28.92	1:01.42	1:35.21	2:08.34	2:42.31
	3:16.44	3:50.26	4:24.07		
	4:58.69	5:32.47	6:05.91	6:39.62	7:14.09
	7:48.59	8:22.70	8:56.31		
	9:29.80	10:03.89	10:37.64	11:12.20	11:45.90
	12:19.97	12:54.95	13:29.06		
	14:03.27	14:37.79	15:12.24	15:46.57	16:21.27
	16:54.57	17:29.63	18:03.29	18:34.09	

**Event 15 Men 55-59 1650 Yard Freestyle**

1	304U-07DAD	Miller, Michael	57	MNICE-30	24:19.15
	35.77	1:16.36	1:58.46	2:42.21	3:25.41
	4:08.74	4:53.44	5:38.99		
	6:22.41	7:07.66	7:52.36	8:37.29	9:23.31
	10:07.58	10:52.70	11:37.29		
	12:22.39	13:07.69	13:53.33	14:38.21	15:23.01
	16:08.02	16:53.11	17:38.62		
	18:23.56	19:08.72	19:54.83	20:39.86	21:25.13
	22:09.02	22:52.26	23:38.01	24:19.15	

**Event 15 Men 65-69 1650 Yard Freestyle**

1	304G-024EF	McLaughlin, Steve	65	MINN-30	33:36.10
	50.18	1:50.15	2:48.41	3:49.82	4:49.66
	5:50.97	6:52.45	7:52.68		
	8:54.30	9:55.96	10:58.43	11:59.76	13:01.76
	14:02.88	15:05.87	16:07.41		
	17:09.02	18:10.98	19:13.22	20:15.74	21:17.83
	22:19.94	23:22.40	24:23.34		
	25:27.32	26:29.49	27:31.02	28:32.73	29:34.74
	30:35.90	31:37.72	33:36.10		

**Event 15 Men 70-74 1650 Yard Freestyle**

1	3040-088X8	Durell, Bill	73	RLK-30	41:26.97
	1:04.57	2:20.01	3:35.76	4:53.13	6:10.12
	7:28.11	8:44.92			
	10:02.00	11:19.21	12:34.13	13:50.23	15:05.38
	16:21.30				
	17:36.54	18:52.08	20:07.46	21:23.54	22:39.68
	23:54.84				
	25:08.78	26:25.48	27:40.18	28:56.53	30:11.73
	31:27.10	41:26.97			

**Event 16 Mixed 18+ 400 Yard Freestyle Relay**

1	Nort'landers Swim Club-30			A	5:40.00
	1) Scott, Jessica W42	2) Punyko, Bill M65	3) Hafdahl, Jim M68	4) Seliga-Punyko, Judy W66	
	47.66	1:37.53	2:19.88	3:05.34	3:39.83
	4:17.88	4:57.76	5:40.00		

**Event 16 Mixed 55+ 400 Yard Freestyle Relay**

1	Relaykers-30			A	5:59.86
	1) Helm, Wayne M73	2) Ziegenhagen, John M77	3) Langman, Loralie W56	4) Brady, Margo W58	
	34.89	1:15.93	1:38.25	3:17.90	4:03.12
	4:56.58	5:59.86			

**Event 16 Mixed 75+ 400 Yard Freestyle Relay**

1	Relaykers-30			A	7:50.94
	1) Kansas, Bill M86	2) Smollen, Carol W80	3) Larsen, Babs W76	4) Arlander, David M82	
	1:14.40	2:41.46	3:37.59	4:36.12	5:19.48
	6:07.26	6:57.82	7:50.94		