

**Women 400 LC Meter Freestyle**

1 Evans, Janet B Golden West Swim Club-CA 5:00.00 4:23.82  
30.75 1:03.53 (32.78) 1:36.94 (33.41) 2:10.32 (33.38)  
2:43.98 (33.66) 3:17.44 (33.46) 3:51.25 (33.81) 4:23.82 (32.57)

**Women 800 LC Meter Freestyle**

1 Evans, Janet B Golden West Swim Club-CA 10:00.00 8:59.06  
30.77 1:03.93 (33.16) 1:37.54 (33.61) 2:11.06 (33.52)  
2:45.14 (34.08) 3:18.99 (33.85) 3:53.17 (34.18) 4:27.20 (34.03)  
5:01.37 (34.17) 5:35.34 (33.97) 6:09.68 (34.34) 6:43.76 (34.08)  
7:18.17 (34.41) 7:52.37 (34.20) 8:26.55 (34.18) 8:59.06 (32.51)