



Georgia Masters Newsletter

Swimming in Georgia

June 2018

Chair's Corner – Do You Listen?



The last few weeks were stressful. I felt like I was running at a 100 miles an hour and being pulled in every direction possible, wrapping up a full-time job, starting a new one, swimming,

kids, swim meets, volunteering. It really got the best of me! I raced at the Georgia LCM Championships in Athens. I am so thankful we have a long course meet within a good hour drive.

I didn't want to miss it for my super stressful life. So I went. And I raced. But after four of my six races, my tired mind joined my extremely tired body and said "no more." That's when I knew I had to just scratch. I don't like scratching. You check your USMS results and it says "NT" behind your name. It'll haunt you forever. In this case though, it was exactly what I needed. Any additional dives into that pool would have gotten me deeper and deeper into a hole that I am trying to get out of as quickly as possible. So I listened. I gave in and listened to my body. And as much as I don't want to admit to myself that I gave in, it was the right thing to do. And as I get older I start to realize that listening to your body is one of the most important things to do.

Do you listen to your body?

Britta O'Leary

Don't Miss These Events

Georgia Games Open Water – July 21

It's Open Water Season! The annual Georgia Games Open Water will be held on Saturday, July 21 at Cauble Park (Lake Acworth). There are actually three open water events, and swimmers may choose to swim one event, or two or three. Entry fee is \$30 for the first event, with a \$10 fee for each additional event. Courses are:

- 5k swim- race start at 8:00am
- 3k swim- race start at 9:30am
- 1k swim- race start at 11:00am

Early entries must be **received** by July 6; late and deck entries are accepted with a \$5 surcharge. For anyone who wants to come watch, spectators are free if you get there by 8:30. After that, the charge is \$10 per car.

To register go to the Georgia Games website at www.georgiagames.org. This event will be included as part of our 2018 Georgia Grand Prix series.

USMS Summer Fitness Challenge 2k Swim

The inaugural USMS Winter Fitness Challenge was a big success with the 30 minute swim, which raised over \$13,000 for the Swimming Saves Lives Foundation.

Next event of the series is coming up: 2k swim to be swum anytime between July 15 and July 31.

This can be done in any course pool, doing any strokes (or kicking or pulling). Coaches are encouraged to allot one or more workouts for the specific purpose of having swimmers complete the 2k. It can also be done as a relay, which could make it a fun team event. Be creative!

Swimmers can register for the swim at www.usms.org. Click on 'Fitness Events.' The registration fee is \$10, which will be donated to the Swimming Saves Lives Foundation. Clubs who wish could also use it as an additional fundraiser for another local charity if they choose.

All three of these Fitness Challenges will be included as part of our Georgia Grand Prix Series (last event is the 1 mile swim in November).

**Pan Am Masters Championships
July 28 -August 4**



Entry deadline is JUNE 30 and fast approaching! You can find info on the Pan Ams (held in Orlando, Florida) on both our Georgia Masters website (www.georgiamasters.org) and

the Dixie Zone website (www.dixiezone.org). Coaches Chair DONNA HOOE will be serving as the coach for all GAJA swimmers.

Be sure to contact Donna if you are available and want to swim relays. She will need to know what days you are available, and what strokes and approximate times for your swims. Contact Donna at rdhooe1@juno.com.

The Pan Ams will be counted as part of the Georgia Grand Prix as well- swimmers will receive points for participating in the meet. Good luck to all our Georgia competitors!

Pan Am Open Water – August 5

There will also be an open water event at Daytona Beach on August 5. Courses are 1.5k and 5k.

Georgia 2018 Grand Prix Events

February 15-18	USMS Winter Fitness Challenge: 30-minute swim
March 17& 18	St Pat SCY @ Dynamo
April 15	ART Spring Splash
June 10	Athens Bulldog LC Invitational
July 21	Georgia Games Open Water-Lake Allatoona
July 15-31	USMS Summer Fitness Challenge 2k
July 28-Aug 4	Pan Am Championships-LCM Orlando
September 8	Southside Seals SCY Pentathlon
November 15-30	USMS Fall Fitness Challenge: 1 mile
December 2	St Nicholas SCM Invitational

Swimmers participating in the Pan Am Championships will receive points for competing, but not for performance. Fitness Challenge events are worth five points. For questions about the Grand Prix, contact **Pat Eddy** at pateddy52@aol.com

Meet Recaps

UGA Recap – June 10

Thanks so much to meet director **Craig Page** and all the Athens Bulldog volunteers for hosting the annual Athens Bulldog LC Invitational which was held at the fabulous UGA Aquatic Center on Sunday, June 10. They went through a number of hurdles in order to have the meet. Due to work being done at the facility in May, they had to change the annual date of the first Saturday in June to the following weekend on a Sunday. They also had to wait until later than usual to send out the meet info, due to some last minute conflicts that had to be corrected.

Meet turnout was 77 swimmers throughout Georgia and the Dixie Zone. This was a decent turnout, considering the late posting of meet info.

Among those swimmers were representatives from the following Georgia teams: meet hosts Athens Bulldogs (ABSC), Atlanta Rainbow Trout (ART), ASL Silverking Tri-Masters (ASLM), Atlanta Water Jocks (AWJ), Dynamo Masters (DYNA), Gwinnett County Masters (GMAC), Georgia Killer Whales (GMKW), Marietta Stingrays (RAYS), Swim Atlanta Masters (SAMS), Windy Hill Aquatic Club (WHA), and Northwest Y Grayfins (YGF).

Results can be accessed on our Georgia Masters website. This meet was part of the 2018 Georgia Grand Prix Series.

Spring Nationals – Indianapolis

Spring Nationals this year were held May 10-13 at the renovated aquatics facility at IUPUI in Indianapolis.



Georgia was represented by the following teams: Atlanta Water Jocks (AWJ), Georgia Masters (GAJA), Atlanta Rainbow Trout (ART) and three unattached swimmers.

Despite a record 2,300 competitors, days at the pool weren't too long, due to an amazing staff of officials and the use of two pools.

The small Georgia group of **Malena Hankins, Britta O'Leary, Andy Dyer, David Hildebrandt, Marianne Countryman, Carrie Hughes, Pam Rogan, Maddie Sibilia, Mindy Sullivan, Todd Weyandt, Leann Rossi, and Clarke Mitchell, Dan Snyder and Jason Weis** left their mark in the pools! All together they brought home an amazing 39 medals! At USMS Nationals, places 1-10 are awarded medals. Standing out from the crowd were **Clarke Snyder** and **Britta O'Leary**. They had five individual wins in their respective races, as well as **Pam Rogans** win in the 1000 free. Congratulations to all swimmers! I hope the airlines didn't stop you because your bags were too heavy from all the bling you won.

All results are available on the USMS website.

Other News

Francine Williamson Is Hall Of Fame Inductee

It's official- **Francine Williamson** has been selected as one of just four inductees for this year's Georgia Aquatic Hall of Fame. Many of you know of Francine and her Masters prowess. For those who have not had the pleasure of seeing her swim, here is a brief recap of her Masters career.

She was an accomplished age group swimmer who left competition to marry and have a family, Francine started Masters swimming after the birth of her third child (her first meet back was in the late 1980s at the Cobb County SCY Developmental meet. From then on, a Masters start was born. She has set and still holds 39 state

records in multiple events from 1994-2014, was a National Top Ten swimmer in 50 individual events and three relay events. Also during that time, she broke 10 National records, earned All American honors (placing first in the country in her age group) in 14 individual events and four relay events. Francine just turned 70, so we expect many more records to come in the years ahead! See the end of this newsletter for a full report of her accomplishments.

The banquet and ceremony honoring the inductees will be held on Saturday, August 25 at 6:00pm at the Atlanta Athletic Club in John's Creek. If you would like to attend, tickets are \$68 (it's worth it-fabulous dinner and wonderful ceremony) and can be ordered by going to the Hall of Fame website at www.georgiaaquatichalloffame.org or www.gahof.org. Most of our Georgia LMSC board will be there, and we'd love to have a big Georgia Masters contingent present to see Francine receive this well-deserved honor.

Swimmer Profile – Dan Beatty

By Elaine Krugman



located on the world map?

Dan's father was a Lutheran pastor and did missionary work for ten years in this small country located east of Venezuela, in South America. Two

The most enjoyable aspect of interviewing swimmers for "Swimmer Profile" features has been learning something interesting and surprising about each one. My interview with Dan Beatty was no different. Did you know he was born in Guyana? Do you even know where Guyana is

years into his work with the Lutheran Church, his wife gave birth to Dan in the city of Georgetown. Eight years later, his parents moved the family back to the U.S.A., in North Carolina.

It was in his new community where Dan became a swimmer. "Guyana is a fairly poor country, so there are no pools or opportunities to swim; so, I didn't know how to swim when I came back to the States." There was a pool and a swim team near his new neighborhood, so this was a great opportunity to learn. The requirement to make the team, though, was to be able to swim one length of the 25-yard pool—a bit of a challenge for a boy with no formal training. "My Mom couldn't remember how long it took me to do one lap, and it didn't look like I was moving forward at all. To her, it seemed like a long time, but I made it all the way over the one lap of the pool, and I could join the swim team," Dan said with a laugh.

A natural at his new sport, Dan swam summer league from age nine through 8th grade, coached expertly by a local college coach who encouraged his swimmers to continue swimming year around, in high school, and in college. Taking his advice, this enthusiastic swimmer joined six of his teammates in a carpool and swam for a YMCA team, and then the Mecklenburg Aquatic Club.

Following high school, Dan swam for Furman University in Greenville, South Carolina, and was voted Team Captain in his senior year. He continued swimming after college, joining a Masters program at the YMCA in Dayton, Ohio where he landed his first computer programming job. This motivated swimmer enjoyed Masters so much that the first thing Dan did when he was relocated to Detroit, and then again to Houston, was look up the nearest Masters swimming program. Then, when the computer programmer moved to Atlanta for work in 1995, his first goal was to find a Masters team once again. He found the Killer Whales and has been swimming with them ever since.

One of the things Dan likes about Masters is the mix of people involved in the sport. "Swimming is something that you get people from a lot of different interests and jobs, but it seems like what everybody has in common is being self-motivated, driven, and successful in whatever field they do... It's always interesting to meet and see the different people. "[At Nationals], it's neat to see that many people that have the same interest in the sport competing together in all different age ranges, different levels, and different interests in the sport, and all coming together for a meet."

What is it about swimming in particular that has kept Dan in the pool since struggling to complete that 25-yard tryout when he was nine years old? As he explained, "I like the feeling of being in shape, and I like the feeling of working out. I had my annual physical this week, and all my blood work was in line with where it should be. I think the exercise itself helps you not only physically, but mentally. I like competing, too. The meets give me a reason to continue going to practice and continue swimming."

In addition to the personal fulfillment Dan enjoys, he is doing it with his family in mind. "I like to keep in shape as I get older, too, but for me right now in this point in my life, I am setting an example for my family-- to keep in shape and how exercise is important, not only when you're younger, but when you are an adult, too. My sons are 12 and 14, so I stress to them the importance of getting a good night's sleep, eating right, and exercising. It's one thing to tell them that, and it's another to show them by example," Dan said.

Living a healthy lifestyle is particularly important for Dan, too, because of a health scare he had several years ago. When you are out for a few months and faced with something potentially serious, and then you are able to get back in and swim and workout, you kind of appreciate it more. I think about that when I'm swimming now and

appreciate that I am able to swim as fast as I am and keep up the pace that I do."

That pace? In a word, FAST. As a new Masters swimmer at the age of 23, Dan was ranked 1st in the country in the 200 IM, 100 Breaststroke, and 200 Breaststroke; and, 2nd in the 100 and 400 IM. To date, he has earned 72 individual and 20 relay USMS Top Ten Achievements, as well as a total of six Georgia state records in the 45-49 and 50-54 age groups.

The amazing thing is that Dan has slowed down much slower than many of his peers. "I've been really surprised as I've been keeping in shape how level my times drop-off has been over that time and how I've been able to maintain a good pace in racing and in practices. For a while there, I was out of college maybe five or six years, I was doing about one second slower for a 200 IM. I was taking off the summers... But, lately, I have been swimming through the summers, too, and that one second drop-off has stopped. I've been able to maintain that pretty close. I'm only four seconds slower than when I was 30 for a 200 IM, twenty years later." Dan explained, adding that he keeps his race times in perspective as he gets older. "I kind of accepted that my college times were the best times I am going to do, but that's ok. I only compare back to the last year or maybe the last two years and compare that as I have been going. When you're almost thirty years in Masters, you kind of have to do that, or you're going to get discouraged. I'm trying to focus on where I am at presently rather than where I was."

Dan's training program includes swimming four sessions per week for an average of 4,000 yards per workout, focusing on the 100 and 200 distances of both IM's and the four strokes. In addition, he lifts weights and does shoulder exercises with stretch cords twice per week, along with core work (planks and sit-ups).

At one of these upcoming meets, Dan hopes to break 1:00 in the 100 IM again—an achievement he last made in Birmingham when he won gold at the 2017 National Senior Games. “I always try to make the Top 10 in my times, but I’m trying to focus on the time that I want to do,” he explained about his goals in general.

Those goals include more Georgia records. “As I’m getting older now, the state records for Georgia are more in reach than ten years ago when they were out of reach for me; so, I look at races where I may be able to set a record. For example, back at St. Nick’s, I pointed to the 800 Meter Freestyle that I wanted to set the state record in; so, I focused on it in training. I had a pace that I wanted to do, and I trained it for three months leading up to the meet. I broke the record, so I was happy about that!” That record also earned him a 5th spot on the USMS Top Ten Achievement list.

For other swimmers who have goals to improve their race times, Dan has this advice, “I’ve always looked at swimming as a learning, evolving sport. For me, it’s just not going in everyday and doing what I did twenty years ago. The strokes and techniques have evolved since I was in college thirty years ago. I try to look at the top people in the sport. Today on the Internet, it’s just amazing the underwater videos of the Olympians. When somebody breaks a World Record, there’s a video of it. Look online and look at what they’re doing underwater, what technique they’re doing or read about somebody analyzing their technique. Try to incorporate that into your stroke, too.”

Studying stroke technique, training, and competing at meets all takes a lot of time, and dedication. Dan is thankful that his family has been with him on his journey. “With a busy life and taking care of your two sons, it really helps that I have an encouraging wife who supports me taking the time to swim four days a week and go to meets and cheers me along the way.”

Elaine’s Tip of the Month

There is nothing more frustrating at the beginning of a race than losing your goggles the moment you hit the water after diving off the blocks. Here’s a solution:

First of all, as I recommended in my first Tip of the Month (in May) spread a thin layer of Vaseline around your eye sockets before putting your goggles on. Next, put your goggles on *before* you put your cap on, fitting the strap around the crown of your head. Make sure the strap is snug, but not too tight to cause pain. (Alternatively, use two caps; one beneath and one on top of your goggles.) Finally, pull the top of your cap over the top edge of your goggles.

When you dive off the blocks, make sure to hold your upper arms against your ears in a tight streamline, and tuck your chin so that you are looking back at your feet.

If you follow all of these steps, you are sure to have success! (In my last 200m Butterfly race, I made the mistake of not repositioning the strap before my race when I noticed I had placed it too low on my head. It caused a loose fit, and the right side of my goggle filled with water immediately after my dive. I learned my lesson!)

Swimming Humor



other sports: "omg we only get 30 seconds rest???"
swimmers: "OMG 30 SECONDS REST?? IS IT MY BIRTHDAY??"

Upcoming Events

July 2018			
*1	LMSC Conference Call; contact Britta if you'd like to participate	7-8	St. Petersburg, FL - LC
15-30	USMS Summer Fitness Challenge – 2k swim	*21	Georgia Games Open Water
28-4	Pan Am Masters Championships – Orlando FL; entry deadline: June 30		
August 2018			
	LMSC Conference Call	1-4	Pan Am Championships, Orlando, FL - LC
5	Pan Am Masters Championships-Open Water	18-19	Clearwater, FL – LCM
September 2018			
*8	Southside Seals SCY Pentathlon	*8	Georgia Masters Annual Meeting
*22	Swim Across American Open Water – Lake Lanier	26-30	USMS Convention – Jacksonville, FL
October 2018			
	LMSC Conference Call	12-14	Rowdy Gaines SCM Masters Classic – Orlando, FL
*28	Collins Hill SCM Developmental Meet – tentative date		
November 2018			
	LMSC Conference Call	3-4	SCM – Sarasota, FL
17	SCM – Nashville, TN		
December 2018			
	LMSC Conference Call	*2	St Nicholas SCM Invitational @ Georgia Tech

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.

*Dates in red are Georgia LMSC events.

Swim Websites	
ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	https://www.atlantarainbowtrout.com
Atlanta Water Jocks	http://www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Columbus Aquatic Club	http://www.swimhurricanes.com
Concourse Athletic Club	wellbridge.com/concourse-athletic-club/sandy-springs
Cumming Waves Swim Team	www.cummingwaves.net
Decatur Family YMCA	ddy.ymcaatlanta.org
DeKalb Aquatics Masters	http://daqswim.com
Douglas County Stingrays	douglascountystingrays.org
Dynamo Swim Club Masters	http://dynamoswimclub.com
Fyns	http://www.fynsmasters.com
Great White Shark Aquatics	www.gwsaswim.com
John P. Thayer YMCA Masters Swim	Columbusymca.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	http://www.stingraysswimming.com
Swim Macon Masters	www.swimmacon.com

Tidal Wave Masters Swimming	tidalwaveswimming.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill
Georgia Masters Swimming	www.georgiamasters.org
USMS Dixie Zone	www.dixiezone.org/links.htm
USMS	www.USMS.org

GEORGIA CLUBS			
NAME	ABBR	CONTACT	EMAIL
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Cumming Aquatic Center	CMMS	Susan Alston	cac2@cityofcumming.net
Concourse Athletic Club	CONC	Nancy Overheim	noverheim@wellbridge.com
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Cumming Waves Swim Team	CWGA	Teresa Coan	swimcummingwaves@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	destry.dispain@gwinnettcounty.com
Great White Shark Aquatics	GWSA	Phil Donihe	coachphil17@yahoo.com
Columbus Aquatic Club	HURM	Kathy Gramling	cachurricanes@gmail.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	kris@kris-fit.com
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
GEORGIA SUPERTeam (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@gmail.com
Douglas County Stingrays	DCS	Jarrod Hunte	douglascountystingrays@gmail.com

Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net
Fyns	FYNS	Raquel Terroba	fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@gsc.edu
Life Time Swim Alpharetta	ALPL	Ryan Moss	COCNAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Katie Payne	GAATAquaticsManager@lt.life
Life Time Swim Johns Creek	JCL	Merrie Copeland	GAJCAquaticsManager@lt.life
Life Time Swim Sugarloaf	SUGL	William Breland	GASLAquaticsManager@lt.life
Life Time Swim Woodstock	WSKL	Jonathan Sims	GAMBAquaticsManager@lt.life
Savannah Masters	SAVM	Donna Hooe	rdhooe1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scot Davis	sdavisswim1980@yahoo.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
Pat Eddy	Member at Large	(614) 670-1108	pateddy52@aol.com
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Elaine Krugman	Contributing Editor	(678) 603-1543	ekrugman@aol.com
Bill Lotz	Member At Large	(404) 261-1906	blotz@mindspring.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O'Leary	LMSC Acting Chair	(636) 295-3222	brittaoleary@gmail.com
Andy Rettig	LMSC Registrar	(678) 417-6411	arettig@gmail.com
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	Vice-Chair	(770) 497-1901 (678)717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net

Status: Current Member
Name: Francine S Williamson
LMSC: Georgia
Most Recent Club: Stingrays Masters Swimming (RAY)

Swimming Achievements for Francine S Williamson:

- [Meet results](#) for Francine S Williamson (134 swims)
- [Top Ten achievements](#) (299 individual, 53 relay)
- [All-American Honors](#) (13 years pool individual, 4 years pool relay, 1 years long distance individual)
- USMS Records
(pool individual: 0 currently held, [10 lifetime](#) ,
pool relay: 0 currently held, [2 lifetime](#) records)

USMS Service & Recognition for Francine S Williamson:

- Francine is a [USMS Recognized Coach](#) for 2015
- [USMS Certified Coach](#):
 - [Level 1](#) – achieved Jun 27, 2014
 - [Level 2](#) – achieved Jun 27, 2014
- *SWIMMER* magazine contributions and references:
 - [November-December 2010](#) Issue: Featured in "[Competition in the Caribbean](#)"

Photo of Francine S Williamson:



USMS National Records - Individual

Age Group	Event	Name	Date	Time
W45-49	1500 Free (SCM)	Francine S Williamson	11-07-93	21:16.14
W55-59	100 Free (LCM)	Francine S Williamson	08-17-03	1:09.55
	200 Free (LCM)	Francine S Williamson	08-07-03	2:33.60
	100 Free (SCM)	Francine S Williamson	12-07-03	1:08.70
<input checked="" type="checkbox"/> W60-64	100 Free (SCY)	Francine S Williamson	05-10-09	1:01.27
	100 Free (SCY)	Francine S Williamson	05-04-08	1:02.74
<input checked="" type="checkbox"/>	200 Free (SCY)	Francine S Williamson	05-10-09	2:15.60
	200 Free (SCY)	Francine S Williamson	05-04-08	2:18.52
	500 Free (SCY)	Francine S Williamson	05-10-09	6:07.77
	100 Free (LCM)	Francine S Williamson	08-16-08	1:09.29

USMS National Records - Relays

Lifetime Relay Records for Francine S Williamson					
Age Group	Event	Team	Swimmers	Date	Time
W55+	200 Medley Relay (SCY)	GEORGIA MASTERS	Patricia S Constantino , Skippy Mattson , Pamela E Sharpe , Francine S Williamson	05-23-10	2:12.46
W160-199	200 Freestyle Relay (LCM)	GEORGIA MASTERS	Penny P Noyes , Beth Gardner , Francine S Williamson , Lauren K Welting	08-20-00	1:56.93

All-American Listings for Francine S Williamson

Individual All-American Listings for Francine S Williamson (14)

Below are all recorded individual All-American achievements for Francine S Williamson.

Year	Course	Age Group	Name	Age	Club	LMSC
2014	Pool (view #1 swims)	65-69	Francine S Williamson	66	GAJA	Georgia
2013	Pool (view #1 swims)	65-69	Francine S Williamson	65	GAJA	Georgia
2009	Pool (view #1 swims)	60-64	Francine S Williamson	61	GAJA	Georgia
2008	Pool (view #1 swims)	60-64	Francine S Williamson	60	GAJA	Georgia
2004	Pool (view #1 swims)	55-59	Francine S Williamson	56	GAJA	Georgia
2003	Pool (view #1 swims)	55-59	Francine S Williamson	55	GAJA	Georgia
2000	Pool (view #1 swims)	50-54	F S Williamson	52	GAJA	Georgia
1999	Pool (view #1 swims)	50-54	F Williamson	51	GAJA	Georgia
1998	Long Distance	50-54	Francine Williamson	51	GAJA	Georgia
1998	Pool (view #1 swims)	50-54	F.Williamson	51	GAJA	Georgia
1998	Pool (view #1 swims)	50-54	F Williamson	51	GAJA	Georgia
1995	Pool (view #1 swims)	45-49	F.Williamson	47	GAJA	Georgia
1994	Pool (view #1 swims)	45-49	Francine WILLIAMSON	46	GAJA	Georgia
1993	Pool (view #1 swims)	45-49	F.Williamson	46	GAJA	Georgia

Relay All-American Listings for Francine S Williamson (4)

Below are all recorded Relay All-American listings for Francine S Williamson.

Year	Course	Name	Age	Club	LMSC
2010	Pool	Francine S Williamson	62	GAJA	Georgia
2003	Pool	F Williamson	55	GAJA	Georgia
2000	Pool	F S Williamson	52	GAJA	Georgia
1999	Pool	Franci Williamson	51	GAJA	Georgia

All American Rankings for Francine Williamson

Below are all recorded individual #1 swims for Francine S Williamson in 2014.

2014 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W65-69 100 Free	Francine S Williamson	66	GAJA	Georgia	1:14.99
1	W65-69 200 Free	Francine S Williamson	66	GAJA	Georgia	2:43.64

2013 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W65-69 100 Free	Francine S Williamson	65	GAJA	Georgia	1:12.99
1	W65-69 200 Free	Francine S Williamson	65	GAJA	Georgia	2:41.90
1	W65-69 400 Free	Francine S Williamson	65	GAJA	Georgia	5:51.17

2013 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W65-69 100 Free	Francine S Williamson	65	GAJA	Georgia	1:13.42
1	W65-69 200 Free	Francine S Williamson	65	GAJA	Georgia	2:43.03
1	W65-69 400 Free	Francine S Williamson	65	GAJA	Georgia	5:50.35

2009 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W60-64 100 Free	Francine S Williamson	61	GAJA	Georgia	1:01.27
1	W60-64 200 Free	Francine S Williamson	61	GAJA	Georgia	2:15.60
1	W60-64 500 Free	Francine S Williamson	61	GAJA	Georgia	6:07.77

2008 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W60-64 50 Free	Francine S Williamson	60	GAJA	Georgia	31.91
1	W60-64 100 Free	Francine S Williamson	60	GAJA	Georgia	1:09.29

2008 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W60-64 100 Free	Francine S Williamson	60	GAJA	Georgia	1:02.74

1	W60-64 200 Free	Francine S Williamson	60	GAJA	Georgia	2:18.52
1	W60-64 500 Free	Francine S Williamson	60	GAJA	Georgia	6:19.43

2004 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W55-59 50 Free	F S Williamson	56	GAJA	Georgia	27.87
1	W55-59 100 Free	F S Williamson	56	GAJA	Georgia	1:00.61
1	W55-59 50 Back	F S Williamson	56	GAJA	Georgia	34.62

2003 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W55-59 50 Free	F Williamson	55	GAJA	Georgia	31.63
1	W55-59 100 Free	F Williamson	55	GAJA	Georgia	1:08.70
1	W55-59 200 Free	F Williamson	55	GAJA	Georgia	2:32.29
1	W55-59 400 Free	F Williamson	55	GAJA	Georgia	5:22.59
1	W55-59 800 Free	F Williamson	55	GAJA	Georgia	11:30.56

2003 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W55-59 50 Free	F Williamson	55	GAJA	Georgia	31.67
1	W55-59 100 Free	F Williamson	55	GAJA	Georgia	1:09.55
1	W55-59 200 Free	F Williamson	55	GAJA	Georgia	2:33.60
1	W55-59 400 Free	F Williamson	55	GAJA	Georgia	5:30.61

2000 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F S Williamson	52	GAJA	Georgia	31.84

1999 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F Williamson	51	GAJA	Georgia	32.01
1	W50-54 100 Free	F Williamson	51	GAJA	Georgia	1:09.71

1999 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F Williamson	51	GAJA	Georgia	32.03
1	W50-54 100 Free	F Williamson	51	GAJA	Georgia	1:10.28

1999 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	Franci Williamson	51	GAJA	Georgia	28.43

1999 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W160-199 200 Medley	Franci Williamson	51	GEORGIA	Georgia	2:18.88

1998 Long Distance All Americans

WOMEN

Age Group Swimmer Age Club Event(s)

F50-54 Francine Williamson 50 GAJA 2Mi

1998 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F Williamson	50	GAJA	Georgia	32.31
1	W50-54 100 Free	F Williamson	50	GAJA	Georgia	1:12.17

1998 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 100 Free	F Williamson	50	GAJA	Georgia	1:10.25
1	W50-54 200 Free	F Williamson	50	GAJA	Georgia	2:34.74
1	W50-54 400 Free	F Williamson	50	GAJA	Georgia	5:32.69
1	W50-54 800 Free	F Williamson	50	GAJA	Georgia	11:22.29

1998 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F Williamson	50	GAJA	Georgia	27.82
1	W50-54 100 Free	F Williamson	50	GAJA	Georgia	1:00.95
1	W50-54 200 Free	F Williamson	50	GAJA	Georgia	2:14.09

1	W50-54 500 Free	F Williamson	50	GAJA	Georgia	6:05.19
1	W50-54 1000 Free	F Williamson	50	GAJA	Georgia	12:32.79

1995 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 50 Free	F Williamson	47	GAJA	Georgia	31.01

1994 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 100 Free	F Williamson	46	GAJA	Georgia	1:09.25
1	W45-49 1500 Free	F Williamson	46	GAJA	Georgia	21:42.20

1994 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 50 Free	F Williamson	46	GAJA	Georgia	30.64
1	W45-49 100 Free	F Williamson	46	GAJA	Georgia	1:07.95

1993 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 100 Free	F Williamson	46	GAJA	Georgia	1:07.92
1	W45-49 1500 Free	F Williamson	46	GAJA	Georgia	21:16.14

1993 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 100 Free	F Williamson	45	GAJA	Georgia	59.13
1	W45-49 500 Free	F Williamson	45	GAJA	Georgia	5:57.07

USMS Top 10 Swims by Francine S Williamson (299)

Below are all recorded individual Top 10 achievements for Francine S Williamson since 1971.

2014 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
3	W65-69 50 Free	Francine S Williamson	66	GAJA	Georgia	34.06
1	W65-69 100 Free	Francine S Williamson	66	GAJA	Georgia	1:14.99
1	W65-69 200 Free	Francine S Williamson	66	GAJA	Georgia	2:43.64
4	W65-69 400 Free	Francine S Williamson	66	GAJA	Georgia	6:03.80
3	W65-69 800 Free	Francine S Williamson	66	GAJA	Georgia	12:13.10
4	W65-69 100 Breast	Francine S Williamson	66	GAJA	Georgia	1:42.99

2013 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
3	W65-69 50 Free	Francine S Williamson	65	GAJA	Georgia	33.37
1	W65-69 100 Free	Francine S Williamson	65	GAJA	Georgia	1:12.99
1	W65-69 200 Free	Francine S Williamson	65	GAJA	Georgia	2:41.90
1	W65-69 400 Free	Francine S Williamson	65	GAJA	Georgia	5:51.17
3	W65-69 50 Breast	Francine S Williamson	65	GAJA	Georgia	45.96
4	W65-69 100 IM	Francine S Williamson	65	GAJA	Georgia	1:31.12

2013 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
3	W65-69 50 Free	Francine S Williamson	65	GAJA	Georgia	33.58
1	W65-69 100 Free	Francine S Williamson	65	GAJA	Georgia	1:13.42
1	W65-69 200 Free	Francine S Williamson	65	GAJA	Georgia	2:43.03
1	W65-69 400 Free	Francine S Williamson	65	GAJA	Georgia	5:50.35
6	W65-69 50 Breast	Francine S Williamson	65	GAJA	Georgia	48.88
3	W65-69 100 Breast	Francine S Williamson	65	GAJA	Georgia	1:42.50

2013 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
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3	W65-69 50 Free	Francine S Williamson	65	GAJA	Georgia	29.88
2	W65-69 100 Free	Francine S Williamson	65	GAJA	Georgia	1:05.85
4	W65-69 200 Free	Francine S Williamson	65	GAJA	Georgia	2:29.56
5	W65-69 50 Breast	Francine S Williamson	65	GAJA	Georgia	41.48
3	W65-69 100 Breast	Francine S Williamson	65	GAJA	Georgia	1:29.34
4	W65-69 100 IM	Francine S Williamson	65	GAJA	Georgia	1:21.45

2011 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	W60-64 50 Free	Francine S Williamson	63	GAJA	Georgia	33.56
4	W60-64 100 Free	Francine S Williamson	63	GAJA	Georgia	1:14.00
5	W60-64 200 Free	Francine S Williamson	63	GAJA	Georgia	2:46.69
5	W60-64 50 Breast	Francine S Williamson	63	GAJA	Georgia	46.14
3	W60-64 100 Breast	Francine S Williamson	63	GAJA	Georgia	1:42.47

2010 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	W60-64 50 Free	Francine S Williamson	62	GAJA	Georgia	32.59
2	W60-64 100 Free	Francine S Williamson	62	GAJA	Georgia	1:13.16
3	W60-64 200 Free	Francine S Williamson	62	GAJA	Georgia	2:42.83
4	W60-64 50 Breast	Francine S Williamson	62	GAJA	Georgia	44.60
3	W60-64 100 Breast	Francine S Williamson	62	GAJA	Georgia	1:40.41
4	W60-64 200 Breast	Francine S Williamson	62	GAJA	Georgia	3:44.20

2010 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	W60-64 50 Free	Francine S Williamson	62	GAJA	Georgia	28.48
2	W60-64 100 Free	Francine S Williamson	62	GAJA	Georgia	1:02.73
2	W60-64 200 Free	Francine S Williamson	62	GAJA	Georgia	2:18.75
3	W60-64 50 Breast	Francine S Williamson	62	GAJA	Georgia	37.79
2	W60-64 100 Breast	Francine S Williamson	62	GAJA	Georgia	1:23.95

2009 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	W60-64 50 Free	Francine S Williamson	61	GAJA	Georgia	28.61
1	W60-64 100 Free	Francine S Williamson	61	GAJA	Georgia	1:01.27
1	W60-64 200 Free	Francine S Williamson	61	GAJA	Georgia	2:15.60
1	W60-64 500 Free	Francine S Williamson	61	GAJA	Georgia	6:07.77
2	W60-64 50 Breast	Francine S Williamson	61	GAJA	Georgia	37.72
10	W60-64 100 IM	Francine Williamson	61	GAJA	Georgia	1:22.09

2008 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W60-64 50 Free	Francine S Williamson	60	GAJA	Georgia	31.91
1	W60-64 100 Free	Francine S Williamson	60	GAJA	Georgia	1:09.29
2	W60-64 200 Free	Francine S Williamson	60	GAJA	Georgia	2:37.91
2	W60-64 400 Free	Francine S Williamson	60	GAJA	Georgia	5:33.08
3	W60-64 50 Back	Francine Williamson	60	GAJA	Georgia	41.58

2008 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	W60-64 50 Free	Francine S Williamson	60	GAJA	Georgia	28.38
1	W60-64 100 Free	Francine S Williamson	60	GAJA	Georgia	1:02.74
1	W60-64 200 Free	Francine S Williamson	60	GAJA	Georgia	2:18.52
1	W60-64 500 Free	Francine S Williamson	60	GAJA	Georgia	6:19.43
4	W60-64 50 Breast	Francine Williamson	60	GAJA	Georgia	39.48
3	W60-64 100 Breast	Francine S Williamson	60	GAJA	Georgia	1:24.33

2005 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	W55-59 50 Free	Francine S Williamson	57	GAJA	Georgia	28.14
2	W55-59 100 Free	Francine S Williamson	57	GAJA	Georgia	1:01.54
3	W55-59 200 Free	Francine S Williamson	57	GAJA	Georgia	2:15.53
3	W55-59 500 Free	Francine S Williamson	57	GAJA	Georgia	6:12.34

2	W55-59 100 Back	Francine S Williamson	57	GAJA	Georgia	1:17.00
4	W55-59 50 Breast	Francine S Williamson	57	GAJA	Georgia	38.02
3	W55-59 100 Breast	Francine S Williamson	57	GAJA	Georgia	1:22.37
6	W55-59 100 IM	Francine S Williamson	57	GAJA	Georgia	1:15.68
4	W55-59 200 IM	Francine S Williamson	57	GAJA	Georgia	2:45.01

2004 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	W55-59 50 Free	F S Williamson	56	GAJA	Georgia	32.00
2	W55-59 100 Free	F S Williamson	56	GAJA	Georgia	1:09.85
2	W55-59 200 Free	F S Williamson	56	GAJA	Georgia	2:33.18
3	W55-59 400 Free	F Williamson	56	GAJA	Georgia	5:37.24
5	W55-59 50 Back	F S Williamson	56	GAJA	Georgia	40.30
9	W55-59 50 Breast	F Williamson	56	GAJA	Georgia	46.26

2004 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W55-59 50 Free	F S Williamson	56	GAJA	Georgia	27.87
1	W55-59 100 Free	F S Williamson	56	GAJA	Georgia	1:00.61
2	W55-59 200 Free	F S Williamson	56	GAJA	Georgia	2:14.03
2	W55-59 500 Free	F S Williamson	56	GAJA	Georgia	6:10.49
1	W55-59 50 Back	F S Williamson	56	GAJA	Georgia	34.62
2	W55-59 100 Back	F Williamson	55	GAJA	Georgia	1:17.85
5	W55-59 50 Breast	F Williamson	55	GAJA	Georgia	38.05
4	W55-59 100 Breast	F Williamson	55	GAJA	Georgia	1:23.03
9	W55-59 100 IM	F Williamson	55	GAJA	Georgia	1:18.50
2	W55-59 200 IM	F S Williamson	56	GAJA	Georgia	2:41.96

2003 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W55-59 50 Free	F Williamson	55	GAJA	Georgia	31.63

1	W55-59 100 Free	F Williamson	55	GAJA	Georgia	1:08.70
1	W55-59 200 Free	F Williamson	55	GAJA	Georgia	2:32.29
1	W55-59 400 Free	F Williamson	55	GAJA	Georgia	5:22.59
1	W55-59 800 Free	F Williamson	55	GAJA	Georgia	11:30.56
2	W55-59 1500 Free	F Williamson	55	GAJA	Georgia	22:07.35
2	W55-59 50 Back	F Williamson	55	GAJA	Georgia	41.12
3	W55-59 100 Back	F Williamson	55	GAJA	Georgia	1:29.11
4	W55-59 200 Breast	F Williamson	55	GAJA	Georgia	3:24.88
3	W55-59 50 Fly	F Williamson	55	GAJA	Georgia	38.73

2003 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W55-59 50 Free	F Williamson	55	GAJA	Georgia	31.67
1	W55-59 100 Free	F Williamson	55	GAJA	Georgia	1:09.55
1	W55-59 200 Free	F Williamson	55	GAJA	Georgia	2:33.60
1	W55-59 400 Free	F Williamson	55	GAJA	Georgia	5:30.61
9	W55-59 50 Back	F Williamson	55	GAJA	Georgia	44.84
4	W55-59 50 Breast	F Williamson	55	GAJA	Georgia	43.03

2003 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
9	W50-54 100 Free	F Williamson	54	GAJA	Georgia	1:02.72
10	W50-54 100 Breast	F Williamson	54	GAJA	Georgia	1:23.82

2002 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
5	W50-54 50 Free	F Williamson	54	GAJA	Georgia	31.23
4	W50-54 100 Free	F Williamson	54	GAJA	Georgia	1:10.98
4	W50-54 200 Free	F Williamson	54	GAJA	Georgia	2:30.29
6	W50-54 50 Breast	F Williamson	54	GAJA	Georgia	42.25
7	W50-54 100 Breast	F Williamson	54	GAJA	Georgia	1:35.36

8	W50-54 100 IM	F Williamson	54	GAJA	Georgia	1:23.67
5	W50-54 200 IM	F Williamson	54	GAJA	Georgia	3:05.42

2002 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
6	W50-54 50 Free	F Williamson	54	GAJA	Georgia	30.99
5	W50-54 100 Free	F Williamson	54	GAJA	Georgia	1:08.95
6	W50-54 200 Free	F Williamson	54	GAJA	Georgia	2:32.79
7	W50-54 400 Free	F Williamson	54	GAJA	Georgia	5:24.38
9	W50-54 50 Breast	F Williamson	54	GAJA	Georgia	44.73
4	W50-54 100 Breast	F Williamson	54	GAJA	Georgia	1:33.80

2001 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
5	W50-54 50 Free	F Williamson	53	GAJA	Georgia	31.93
7	W50-54 100 Free	F Williamson	53	GAJA	Georgia	1:10.38
6	W50-54 200 Free	F Williamson	53	GAJA	Georgia	2:36.69
6	W50-54 400 Free	F Williamson	53	GAJA	Georgia	5:44.48
10	W50-54 100 Back	F Williamson	53	GAJA	Georgia	1:27.85
7	W50-54 50 Breast	F Williamson	53	GAJA	Georgia	43.38
6	W50-54 100 Breast	F Williamson	53	GAJA	Georgia	1:33.87
6	W50-54 200 Breast	F Williamson	53	GAJA	Georgia	3:23.25
9	W50-54 50 Fly	F Williamson	53	GAJA	Georgia	38.88

2001 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
6	W50-54 100 Free	F Williamson	53	GAJA	Georgia	1:13.55
9	W50-54 200 Free	F Williamson	53	GAJA	Georgia	2:39.96

2000 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	W50-54 50 Free	F Williamson	52	GAJA	Georgia	32.31

2	W50-54 100 Free	F Williamson	52	GAJA	Georgia	1:10.60
5	W50-54 200 Free	F Williamson	52	GAJA	Georgia	2:39.32
8	W50-54 50 Back	F Williamson	52	GAJA	Georgia	41.19
3	W50-54 100 Back	F Williamson	52	GAJA	Georgia	1:29.21
9	W50-54 100 Breast	F Williamson	52	GAJA	Georgia	1:36.49
6	W50-54 200 Breast	F Williamson	52	GAJA	Georgia	3:26.78
7	W50-54 100 IM	F Williamson	52	GAJA	Georgia	1:25.87

2000 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F S Williamson	52	GAJA	Georgia	31.84
3	W50-54 100 Free	F S Williamson	52	GAJA	Georgia	1:10.38
3	W50-54 200 Free	F S Williamson	52	GAJA	Georgia	2:36.57
6	W50-54 100 Breast	F S Williamson	52	GAJA	Georgia	1:36.53

2000 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
4	W50-54 50 Free	F Williamson	52	GAJA	Georgia	28.06
2	W50-54 100 Free	F Williamson	52	GAJA	Georgia	1:01.60
5	W50-54 50 Breast	F Williamson	52	GAJA	Georgia	37.97
6	W50-54 200 Breast	F Williamson	52	GAJA	Georgia	3:01.71
4	W50-54 100 IM	F Williamson	52	GAJA	Georgia	1:14.86

1999 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F Williamson	51	GAJA	Georgia	32.01
1	W50-54 100 Free	F Williamson	51	GAJA	Georgia	1:09.71
3	W50-54 400 Free	F Williamson	51	GAJA	Georgia	5:35.86
4	W50-54 50 Back	F Williamson	51	GAJA	Georgia	40.93
3	W50-54 50 Breast	F Williamson	51	GAJA	Georgia	43.13
4	W50-54 100 Breast	F Williamson	51	GAJA	Georgia	1:33.65

5	W50-54 200 Breast	F Williamson	51	GAJA	Georgia	3:24.84
2	W50-54 100 IM	F Williamson	51	GAJA	Georgia	1:26.07

1999 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F Williamson	51	GAJA	Georgia	32.03
1	W50-54 100 Free	F Williamson	51	GAJA	Georgia	1:10.28
2	W50-54 200 Free	F Williamson	51	GAJA	Georgia	2:35.64
3	W50-54 400 Free	F Williamson	51	GAJA	Georgia	5:28.96
3	W50-54 800 Free	F Williamson	51	GAJA	Georgia	11:29.41
9	W50-54 50 Breast	Franci Williamson	51	GAJA	Georgia	45.69
3	W50-54 100 Breast	F Williamson	51	GAJA	Georgia	1:36.75
10	W50-54 50 Fly	Franci Williamson	51	GAJA	Georgia	40.58

1999 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	Franci Williamson	51	GAJA	Georgia	28.43
2	W50-54 100 Free	Franci Williamson	51	GAJA	Georgia	1:01.75
3	W50-54 200 Free	Franci Williamson	51	GAJA	Georgia	2:16.21
3	W50-54 500 Free	Franci Williamson	51	GAJA	Georgia	6:14.01
3	W50-54 1000 Free	Franci Williamson	51	GAJA	Georgia	12:47.84
5	W50-54 100 IM	Franci Williamson	51	GAJA	Georgia	1:14.60

1998 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F Williamson	50	GAJA	Georgia	32.31
1	W50-54 100 Free	F Williamson	50	GAJA	Georgia	1:12.17
2	W50-54 1500 Free	F Williamson	50	GAJA	Georgia	22:11.01
4	W50-54 50 Breast	F Williamson	50	GAJA	Georgia	44.56
4	W50-54 100 Breast	F Williamson	50	GAJA	Georgia	1:37.75

1998 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	W50-54 50 Free	F Williamson	50	GAJA	Georgia	32.60
1	W50-54 100 Free	F Williamson	50	GAJA	Georgia	1:10.25
1	W50-54 200 Free	F Williamson	50	GAJA	Georgia	2:34.74
1	W50-54 400 Free	F Williamson	50	GAJA	Georgia	5:32.69
1	W50-54 800 Free	F Williamson	50	GAJA	Georgia	11:22.29
8	W50-54 100 Breast	F Williamson	50	GAJA	Georgia	1:39.33
3	W50-54 200 IM	F Williamson	50	GAJA	Georgia	3:06.26

1998 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
1	W50-54 50 Free	F Williamson	50	GAJA	Georgia	27.82
1	W50-54 100 Free	F Williamson	50	GAJA	Georgia	1:00.95
1	W50-54 200 Free	F Williamson	50	GAJA	Georgia	2:14.09
1	W50-54 500 Free	F Williamson	50	GAJA	Georgia	6:05.19
1	W50-54 1000 Free	F Williamson	50	GAJA	Georgia	12:32.79
5	W50-54 50 Back	F Williamson	50	GAJA	Georgia	36.13
8	W50-54 50 Fly	F Williamson	50	GAJA	Georgia	33.29
3	W50-54 100 Fly	F Williamson	50	GAJA	Georgia	1:15.33
6	W50-54 100 IM	F Williamson	50	GAJA	Georgia	1:16.02

1997 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
3	W45-49 50 Free	F Williamson	49	GAJA	Georgia	31.41
4	W45-49 100 Free	F Williamson	49	GAJA	Georgia	1:08.42
5	W45-49 200 Free	F Williamson	49	GAJA	Georgia	2:34.26
5	W45-49 400 Free	F Williamson	49	GAJA	Georgia	5:30.23
10	W45-49 800 Free	F Williamson	49	GAJA	Georgia	11:28.64
6	W45-49 1500 Free	F Williamson	49	GAJA	Georgia	21:48.63

1996 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
4	W45-49 50 Free	F Williamson	48	GAJA	Georgia	31.46
5	W45-49 100 Free	F Williamson	48	GAJA	Georgia	1:09.36
3	W45-49 200 Free	F Williamson	48	GAJA	Georgia	2:33.52
5	W45-49 400 Free	F Williamson	48	GAJA	Georgia	5:31.48
6	W45-49 50 Breast	F Williamson	48	GAJA	Georgia	43.28
5	W45-49 100 Breast	F Williamson	48	GAJA	Georgia	1:35.73

1996 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	W45-49 50 Free	F Williamson	48	GAJA	Georgia	28.18
6	W45-49 100 Free	F Williamson	48	GAJA	Georgia	1:02.08
4	W45-49 200 Free	F Williamson	48	GAJA	Georgia	2:15.06
8	W45-49 500 Free	F Williamson	48	GAJA	Georgia	6:15.61

1995 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 50 Free	F Williamson	47	GAJA	Georgia	31.01
3	W45-49 200 Free	F Williamson	47	GAJA	Georgia	2:34.30
5	W45-49 400 IM	F Williamson	47	GAJA	Georgia	6:37.37

1995 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	W45-49 50 Free	F Williamson	47	GAJA	Georgia	31.96
2	W45-49 100 Free	F Williamson	47	GAJA	Georgia	1:08.04
3	W45-49 200 Free	F Williamson	47	GAJA	Georgia	2:32.08
3	W45-49 400 Free	F Williamson	47	GAJA	Georgia	5:30.80
3	W45-49 800 Free	F Williamson	47	GAJA	Georgia	11:24.17
5	W45-49 50 Fly	F Williamson	47	GAJA	Georgia	36.96

1995 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
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4	W45-49 100 Free	F Williamson	47	GAJA	Georgia	1:01.03
4	W45-49 500 Free	F Williamson	47	GAJA	Georgia	6:06.69
10	W45-49 200 IM	F Williamson	47	GAJA	Georgia	2:41.66

1994 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 100 Free	F Williamson	46	GAJA	Georgia	1:09.25
1	W45-49 1500 Free	F Williamson	46	GAJA	Georgia	21:42.20

1994 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 50 Free	F Williamson	46	GAJA	Georgia	30.64
1	W45-49 100 Free	F Williamson	46	GAJA	Georgia	1:07.95
3	W45-49 200 Free	F Williamson	46	GAJA	Georgia	2:31.35
3	W45-49 400 Free	F Williamson	46	GAJA	Georgia	5:24.92
3	W45-49 50 Fly	F Williamson	46	GAJA	Georgia	36.96
4	W45-49 200 IM	F Williamson	46	GAJA	Georgia	3:06.09

1994 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	W45-49 50 Free	F Williamson	46	GAJA	Georgia	27.35
2	W45-49 100 Free	F Williamson	46	GAJA	Georgia	1:00.01
3	W45-49 200 Free	F Williamson	46	GAJA	Georgia	2:13.07
3	W45-49 500 Free	F Williamson	46	GAJA	Georgia	6:03.98
2	W45-49 1000 Free	F Williamson	46	GAJA	Georgia	12:33.95

1993 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W45-49 100 Free	F Williamson	46	GAJA	Georgia	1:07.92
1	W45-49 1500 Free	F Williamson	46	GAJA	Georgia	21:16.14
6	W45-49 100 IM	F Williamson	46	GAJA	Georgia	1:23.72

1993 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
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4	W45-49 50 Free	F Williamson	45	GAJA	Georgia	31.31
3	W45-49 100 Free	F Williamson	45	GAJA	Georgia	1:09.61
5	W45-49 200 Free	F Williamson	45	GAJA	Georgia	2:36.92
3	W45-49 400 Free	F Williamson	45	GAJA	Georgia	5:29.72
5	W45-49 50 Back	F Williamson	45	GAJA	Georgia	41.02
9	W45-49 50 Fly	F Williamson	45	GAJA	Georgia	37.93

1993 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	W45-49 50 Free	F Williamson	45	GAJA	Georgia	27.32
1	W45-49 100 Free	F Williamson	45	GAJA	Georgia	59.13
2	W45-49 200 Free	F Williamson	45	GAJA	Georgia	2:11.77
1	W45-49 500 Free	F Williamson	45	GAJA	Georgia	5:57.07
2	W45-49 1000 Free	F Williamson	45	GAJA	Georgia	12:26.74
2	W45-49 1650 Free	F Williamson	45	GAJA	Georgia	20:51.87
10	W45-49 50 Fly	F Williamson	45	GAJA	Georgia	32.96
2	W45-49 200 Fly	F Williamson	45	GAJA	Georgia	2:42.14
10	W45-49 200 IM	F Williamson	45	GAJA	Georgia	2:48.18

1992 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	W40-44 50 Free	Francine S Williamson	44	GAKW	Georgia	30.47
7	W40-44 100 Free	Francine S Williamson	44	GAKW	Georgia	1:09.27
5	W40-44 200 Free	Francine S Williamson	44	GAKW	Georgia	2:29.49
10	W40-44 800 Free	Francine S Williamson	44	GAKW	Georgia	11:26.26
10	W40-44 100 Fly	Francine S Williamson	44	GAKW	Georgia	1:22.30

1992 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
7	W40-44 50 Free	Francine S Williamson	44	GAKW	Georgia	27.24
6	W40-44 100 Free	Francine S Williamson	44	GAKW	Georgia	1:00.06

6	W40-44 200 Free	Francine S Williamson	44	GAKW	Georgia	2:11.89
7	W40-44 500 Free	Francine S Williamson	44	GAKW	Georgia	6:01.48
4	W40-44 1650 Free	Francine S Williamson	44	GAKW	Georgia	20:53.48
10	W40-44 400 IM	Francine S Williamson	44	GAKW	Georgia	5:51.41

1991 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
4	W40-44 50 Free	Francine S Williamson	43	GAKW	Georgia	30.74
4	W40-44 100 Free	Francine S Williamson	43	GAKW	Georgia	1:08.01
7	W40-44 200 Free	Francine S Williamson	43	GAKW	Georgia	2:34.08
8	W40-44 100 Fly	Francine S Williamson	43	GAKW	Georgia	1:23.96
10	W40-44 200 IM	Francine S Williamson	43	GAKW	Georgia	3:03.47

1991 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
4	W40-44 50 Free	Francine S Williamson	43	GAKW	Georgia	27.14
5	W40-44 100 Free	Francine S Williamson	43	GAKW	Georgia	1:00.11
6	W40-44 200 Free	Francine S Williamson	43	GAKW	Georgia	2:11.05
5	W40-44 500 Free	Francine S Williamson	43	GAKW	Georgia	6:02.23
4	W40-44 1000 Free	Francine S Williamson	43	GAKW	Georgia	12:33.41
6	W40-44 400 IM	Francine S Williamson	43	GAKW	Georgia	5:38.77

1990 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
5	W40-44 50 Free	Francine S Williamson	42	GAKW	Georgia	31.74
3	W40-44 100 Free	Francine S Williamson	42	GAKW	Georgia	1:09.20
3	W40-44 200 Free	Francine S Williamson	42	GAKW	Georgia	2:32.48
7	W40-44 400 Free	Francine S Williamson	42	GAKW	Georgia	5:32.53
9	W40-44 50 Breast	Francine S Williamson	42	GAKW	Georgia	43.17
5	W40-44 100 Fly	Francine S Williamson	42	GAKW	Georgia	1:22.95
6	W40-44 200 IM	Francine S Williamson	42	GAKW	Georgia	3:03.48

7	W40-44 400 IM	Francine S Williamson	42	GAKW	Georgia	6:41.82
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1990 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
7	W40-44 50 Free	Francine S Williamson	42	GAKW	Georgia	27.79
8	W40-44 100 Free	Francine S Williamson	42	GAKW	Georgia	1:01.22
4	W40-44 200 Free	Francine S Williamson	42	GAKW	Georgia	2:12.52
5	W40-44 500 Free	Francine S Williamson	42	GAKW	Georgia	6:00.80
8	W40-44 200 Fly	Francine S Williamson	42	GAKW	Georgia	2:44.34
3	W40-44 400 IM	Francine S Williamson	42	GAKW	Georgia	5:38.74

1989 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
8	W40-44 50 Free	Francine S Williamson	41	GAKW	Georgia	31.58
4	W40-44 100 Free	Francine S Williamson	41	GAKW	Georgia	1:09.20
9	W40-44 50 Breast	Francine S Williamson	41	GAKW	Georgia	42.62
9	W40-44 200 IM	Francine S Williamson	41	GAKW	Georgia	3:02.60

1989 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
5	W40-44 50 Free	Francine S Williamson	41	GAKW	Georgia	30.98
6	W40-44 100 Free	Francine S Williamson	41	GAKW	Georgia	1:11.23
7	W40-44 200 Free	Francine S Williamson	41	GAKW	Georgia	2:39.12
7	W40-44 50 Breast	Francine S Williamson	41	GAKW	Georgia	43.20
9	W40-44 100 Breast	Francine S Williamson	41	GAKW	Georgia	1:36.19
8	W40-44 100 Fly	Francine S Williamson	41	GAKW	Georgia	1:24.30

1989 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
9	W40-44 100 Breast	Francine S Williamson	41	GAKW	Georgia	1:20.35
6	W40-44 200 Breast	Francine S Williamson	41	GAKW	Georgia	2:57.18
6	W40-44 200 Fly	Francine S Williamson	41	GAKW	Georgia	2:43.59

8	W40-44 100 IM	Francine S Williamson	41	GAKW	Georgia	1:11.93
4	W40-44 200 IM	Francine S Williamson	41	GAKW	Georgia	2:37.26
7	W40-44 400 IM	Francine S Williamson	41	GAKW	Georgia	5:42.69

1988 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
6	W40-44 400 Free	Francine S Williamson	40	GAKW	Georgia	5:57.07
8	W40-44 100 Breast	Francine S Williamson	40	GAKW	Georgia	1:37.00
7	W40-44 100 IM	Francine S Williamson	40	GAKW	Georgia	1:25.80
4	W40-44 200 IM	Francine S Williamson	40	GAKW	Georgia	3:10.84

USMS Top 10 Relay Swims by Francine S Williamson (53)

Below are all recorded relay Top 10 achievements for Francine S Williamson since 1971.

2014 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
10	W200-239 200 Free	Francine S Williamson	66	GAJA	Georgia	2:12.69

2013 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	W240-279 200 Free	Francine S Williamson	65	GAJA	Georgia	2:24.56
2	X280-319 200 Free	Francine S Williamson	65	GAJA	Georgia	2:33.73

2013 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
10	W200-239 200 Free	Francine S Williamson	65	GAJA	Georgia	2:12.09

2011 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
3	W200-239 200 Free	Francine S Williamson	63	GAJA	Georgia	2:14.69
5	X240-279 200 Free	Francine S Williamson	63	GAJA	Georgia	2:14.69
3	W240-279 200 Medley	Francine S Williamson	63	GAJA	Georgia	2:57.36

2010 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
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7	W160-199 200 Free	Francine S Williamson	62	GAJA	Georgia	2:10.32
8	X240-279 200 Medley	Francine S Williamson	62	GAJA	Georgia	2:39.43

2010 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	W55+ 200 Free	Francine S Williamson	62	GAJA	Georgia	1:55.49
3	X55+ 200 Free	Francine S Williamson	62	GAJA	Georgia	1:47.30
1	W55+ 200 Medley	Francine S Williamson	62	GAJA	Georgia	2:12.46

2008 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
7	W200-239 200 Medley	Francine S Williamson	60	GAJA	Georgia	2:37.45
6	W240-279 200 Free	Francine S Williamson	60	GAJA	Georgia	2:32.13

2004 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
3	W200-239 200 Free	F S Williamson	56	GAJA	Georgia	2:15.14
2	W200-239 200 Medley	F S Williamson	56	GAJA	Georgia	2:30.73
3	X200-239 200 Medley	F S Williamson	56	GAJA	Georgia	2:15.95

2003 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
5	W200-239 200 Free	F Williamson	55	GAJA	Georgia	2:36.32
1	W200-239 800 Free	F Williamson	55	GAJA	Georgia	12:33.95
3	X200-239 800 Free	F Williamson	55	GAJA	Georgia	11:39.80
5	W200-239 400 Medley	F Williamson	55	GAJA	Georgia	6:38.03

2003 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
10	W120-159 200 Free	F Williamson	55	GAJA	Georgia	2:15.55
2	X200-239 400 Medley	F Williamson	55	GAJA	Georgia	5:56.09
9	X240-279 200 Free	F Williamson	55	GAJA	Georgia	2:39.49

2002 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
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6	X200-239 200 Free	F Williamson	54	GEORGIA MASTERS	Georgia	2:11.17
2	X200-239 200 Medley	F Williamson	54	GEORGIA MASTERS	Georgia	2:19.20

2002 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
10	W120-159 200 Free	F Williamson	54	GAJA	Georgia	2:09.86
4	X160-199 200 Medley	F Williamson	54	GAJA	Georgia	2:11.46
7	X160-199 400 Medley	F Williamson	54	GAJA	Georgia	6:02.65

2000 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
6	W160-199 200 Free	F Williamson	52	GEORGIA MASTERS	Georgia	2:07.27
2	W160-199 200 Medley	F Williamson	52	GEORGIA MASTERS	Georgia	2:22.61
3	X200-239 200 Free	F Williamson	52	GEORGIA MASTERS	Georgia	2:11.27

2000 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
1	W160-199 200 Free	F S Williamson	52	GAJA	Georgia	1:56.93
6	X240-279 200 Medley	F S Williamson	52	GAJA	Georgia	2:44.13

2000 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
2	X45+ 200 Free	F Williamson	52	GAJA	Georgia	1:40.49

1999 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
7	W160-199 200 Free	Franci Williamson	51	GEORGIA	Georgia	2:19.80
1	W160-199 200 Medley	Franci Williamson	51	GEORGIA	Georgia	2:18.88
2	X240-279 200 Free	Franci Williamson	51	GEORGIA	Georgia	2:26.02

1999 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
2	X160-199 200 Free	F Williamson	51	GAJA	Georgia	1:52.32
3	W160-199 200 Medley	F Williamson	51	GAJA	Georgia	2:21.36
4	X160-199 200 Medley	F Williamson	51	GAJA	Georgia	2:08.79

1998 Short Course Meters

Place	Event	Name	Age	Club	LMSC	Time
9	X200-239 200 Free	F Williamson	50	GEORGIA MASTERS	Georgia	2:28.00

1997 Long Course Meters

Place	Event	Name	Age	Club	LMSC	Time
6	X160-199 400 Free	Francine Williamson	49	GAJA		4:38.98
2	X160-199 800 Free	Francine Williamson	49	GAJA		9:39.27
9	W160-199 200 Medley	Francine Williamson	49	GAJA		2:40.43
5	W160-199 400 Medley	Francine Williamson	49	GAJA		5:53.45
3	X240-279 400 Medley	Francine Williamson	49	GAJA		6:42.59

1996 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
9	X25+ 400 Free	Francine Williamson	48	DYNA		3:46.46

1992 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
5	X35+ 200 Free	Francine Williamson	44	GEORGIA MASTERS		1:41.39
10	X35+ 200 Medley	Francine Williamson	44	GEORGIA MASTERS		1:55.58

1991 Short Course Yards

Place	Event	Name	Age	Club	LMSC	Time
6	W35+ 200 Free	Francine Williamson	43	GEORGIA KILLER		1:54.53
7	X35+ 200 Free	Francine Williamson	43	GEORGIA KILLER		1:40.14
7	X35+ 200 Medley	Francine Williamson	43	GEORGIA KILLER		1:54.02