

**PNA LCM RECORDS AS OF 09-30-1978**

| ***** M E N ***** 18-24 ***** W O M E N ***** |          |     |                 |      |    |      |                  |     |          |          |
|---|----------|-----|-----------------|------|----|------|------------------|-----|----------|----------|
| 28.40   | 08-14-76 | PNA | R. SCHIMMEYER   | 50   | M. | FREE | SANDI BAKER      | PNA | -76      | 30.40    |
| 1:03.20                                       | 07-30-77 | PNA | CHUCK KRIEBLE   | 100  | M. | FREE | ALISON GRIFFIN   | PNA | 07-30-77 | 1:27.70  |
| 2:24.80                                       | 07-30-77 | PNA | CHUCK KRIEBLE   | 200  | M. | FREE | MARY HEFFERNAN   | PNA | 07-30-77 | 3:02.20  |
| 4:34.70                                       | 08-14-76 | PNA | RICK COLELLA    | 400  | M. | FREE | BETH BOEHMER     | PNA | -76      | 6:17.80  |
| 17:33.20                                      | 08-14-76 | PNA | RICK COLELLA    | 1500 | M. | FREE | NANCY HOLMES     | PNA | 08-13-76 | 23:22.70 |
| 35.90   | 08-14-76 | PNA | R. SCHIMMEYER   | 50   | M. | BACK | LISA NEWELL      | PNA | -77      | 36.70    |
| 1:16.30                                       | 07-30-77 | PNA | CHUCK KRIEBLE   | 100  | M. | BACK |                  |     |          |          |
|   |          |     |                 | 200  | M. | BACK |                  |     |          |          |
|   |          |     |                 | 50   | M. | BRST | KARYNE MOORE     | PNA | -77      | 44.60    |
| 1:13.30                                       | 08-14-76 | PNA | RICK COLELLA    | 100  | M. | BRST | LOIS MCKENZIE    | PNA | -77      | 1:33.10  |
| 2:37.60                                       | 08-14-76 | PNA | RICK COLELLA    | 200  | M. | BRST | LOIS MCKENZIE    | PNA | -77      | 3:23.50  |
|   |          |     |                 | 50   | M. | FLY  | SANDI BAKER      | PNA | -76      | 33.40    |
| 1:19.30                                       | 07-30-77 | PNA | CHUCK KRIEBLE   | 100  | M. | FLY  | SHARON BROWN     | PNA | 07-30-77 | 2:09.80  |
|   |          |     |                 | 200  | M. | FLY  | SHARON BROWN     | PNA | 07-30-77 | 4:27.90  |
| 2:42.30                                       | 07-30-77 | PNA | CHUCK KRIEBLE   | 200  | M. | I.M. |                  |     |          |          |
| 5:03.70                                       | 08-14-76 | PNA | RICK COLELLA    | 400  | M. | I.M. |                  |     |          |          |
| ***** M E N ***** 25-29 ***** W O M E N ***** |          |     |                 |      |    |      |                  |     |          |          |
| 27.70   | 07-30-77 | PNA | THOMAS COOPER   | 50   | M. | FREE | CAROL CUTLER     | PNA | 08-26-77 | 31.62    |
| 58.36   | 08-28-77 | PNA | ALAN BELL       | 100  | M. | FREE | CAROL CUTLER     | PNA | 08-28-77 | 1:10.72  |
| 2:09.34                                       | 08-28-77 | PNA | RICK COLELLA    | 200  | M. | FREE | LINDA KULCHINSKI | PNA | 08-05-78 | 2:47.60  |
| 4:42.11                                       | 08-28-77 | PNA | RICK COLELLA    | 400  | M. | FREE | BARB LINDSLEY    | PNA | 07-30-77 | 5:18.70  |
| 20:48.00                                      | 08-23-74 | PNA | MIKE SMITHERS   | 1500 | M. | FREE | LYNN BELL        | PNA | 08-25-77 | 20:14.39 |
| 39.30   | 07-30-77 | PNA | MIKE KUBICEK    | 50   | M. | BACK | KATHY BARTOL     | PNA | 07-13-74 | 39.20    |
| 1:12.46                                       | -74      | PNA | MICHAL BRYANT   | 100  | M. | BACK | KATHY BARTOL     | PNA | 07-13-74 | 1:27.50  |
| 2:33.55                                       | 08-28-77 | PNA | ALAN BELL       | 200  | M. | BACK | KATHY BARTOL     | PNA | 07-13-74 | 3:23.30  |
| 34.70   | -74      | PNA | SKIP LARSCH     | 50   | M. | BRST | KATHY BARTOL     | PNA | 07-13-74 | 42.30    |
| 1:13.61                                       | 08-27-77 | PNA | RICK COLELLA    | 100  | M. | BRST | LYNN BELL        | PNA | 08-27-77 | 1:25.08  |
| 2:54.78                                       | 08-26-77 | PNA | TOM PURSLEY     | 200  | M. | BRST | LYNN BELL        | PNA | 08-28-77 | 3:08.45  |
| 30.18   | 08-27-77 | PNA | TOM COOPER      | 50   | M. | FLY  | LINDA KULCHINSKI | PNA | 08-25-78 | 37.48    |
| 1:03.62                                       | 08-28-77 | PNA | ALAN BELL       | 100  | M. | FLY  | LYNN BELL        | PNA | 08-28-77 | 1:09.50  |
| 2:57.10                                       | 08-23-74 | PNA | MIKE SMITHERS   | 200  | M. | FLY  |                  |     |          |          |
| 2:20.57                                       | 08-27-77 | PNA | RICK COLELLA    | 200  | M. | I.M. | LYNN BELL        | PNA | 08-27-77 | 2:42.58  |
| 5:47.50                                       | -74      | PNA | MIKE SMITHERS   | 400  | M. | I.M. | KATHY BARTOL     | PNA | 07-13-74 | 7:09.50  |
| ***** M E N ***** 30-34 ***** W O M E N ***** |          |     |                 |      |    |      |                  |     |          |          |
| 26.50   | 07-30-77 | PNA | PAUL MURPHY     | 50   | M. | FREE | JANET RUSSELL    | PNA | 08-28-77 | 37.40    |
| 1:01.10                                       | 07-30-77 | PNA | PAUL MURPHY     | 100  | M. | FREE | SUE DILLS        | PNA | 08-03-75 | 1:13.20  |
| 2:23.59                                       | 08-28-77 | PNA | PAUL MURPHY     | 200  | M. | FREE | SUE DILLS        | PNA | 08-03-75 | 2:42.20  |
| 4:55.79                                       | 08-27-77 | PNA | STEVE ENGEL     | 400  | M. | FREE | SUE DILLS        | PNA | 08-27-77 | 5:41.90  |
| 19:13.83                                      | 08-25-77 | PNA | STEVE ENGEL     | 1500 | M. | FREE | SUE DILLS        | PNA | 08-25-77 | 23:15.84 |
| 34.10   | -77      | PNA | JIM MILES       | 50   | M. | BACK | ARLENE JUSTESEN  | PNA | 08-06-78 | 44.90    |
| 1:19.70                                       | 07-30-77 | PNA | JIM PUCKETT     | 100  | M. | BACK | ARLENE JUSTESEN  | PNA | 08-06-78 | 1:39.90  |
| 3:06.10                                       | 07-30-77 | PNA | ED EGGERT       | 200  | M. | BACK | ARLENE JUSTESEN  | PNA | 08-06-78 | 3:40.40  |
| 37.00   | 08-23-74 | PNA | MACK HIRAYAMA   | 50   | M. | BRST | PEGGY SMOTHERS   | PNA | -75      | 43.10    |
| 1:11.80                                       | -74      | PNA | TONY CANLIS     | 100  | M. | BRST | CAROLYN BEHSE    | PNA | 08-28-77 | 1:41.25  |
| 2:40.80                                       | -77      | PNA | TONY CANLIS     | 200  | M. | BRST | CAROLYN BEHSE    | PNA | -77      | 3:40.39  |
| 29.40   | -76      | PNA | JIM MILES       | 50   | M. | FLY  | CAROLYN BEHSE    | PNA | 08-28-77 | 46.44    |
| 1:11.20                                       | -74      | PNA | STEVE ENGEL     | 100  | M. | FLY  | SUE DILLS        | PNA | 08-28-77 | 1:28.82  |
| 2:37.50                                       | 08-05-78 | PNA | MIKE SMITHERS   | 200  | M. | FLY  |                  |     |          |          |
| 2:36.70                                       | 08-05-78 | PNA | MIKE SMITHERS   | 200  | M. | I.M. | SUE DILLS        | PNA | 07-30-77 | 3:05.40  |
| 5:35.50                                       | -75      | PNA | STEVE ENGEL     | 400  | M. | I.M. | SUE DILLS        | PNA | 07-30-77 | 6:40.00  |
| ***** M E N ***** 35-39 ***** W O M E N ***** |          |     |                 |      |    |      |                  |     |          |          |
| 27.40   | 07-30-77 | PNA | DAVE EMERY      | 50   | M. | FREE | JUANITA CORREA   | PNA | 08-03-75 | 32.00    |
| 1:02.17                                       | 08-28-77 | PNA | DAVE EMERY      | 100  | M. | FREE | JUANITA CORREA   | PNA | 08-03-75 | 1:11.90  |
| 2:23.50                                       | -75      | PNA | MEL MCELROY     | 200  | M. | FREE | JUANITA CORREA   | PNA | 08-03-75 | 2:46.20  |
| 5:11.50                                       | -75      | PNA | MEL MCELROY     | 400  | M. | FREE | JUANITA CORREA   | PNA | 08-03-75 | 5:53.00  |
| 21:22.70                                      | -75      | PNA | MEL MCELROY     | 1500 | M. | FREE | KAREN KOHLER     | PNA | 08-25-77 | 24:49.97 |
| 33.50   | 07-30-77 | PNA | DENNIS DONOVAN  | 50   | M. | BACK | JOY ROGERS       | PNA | -78      | 44.87    |
| 1:14.80                                       | 08-28-77 | PNA | DENNIS DONOVAN  | 100  | M. | BACK | KAREN KOHLER     | PNA | 08-28-77 | 1:38.85  |
| 2:50.18                                       | 08-26-77 | PNA | DENNIS DONOVAN  | 200  | M. | BACK | KAREN KOHLER     | PNA | 07-30-77 | 3:31.30  |
| 43.60   | 07-30-77 | PNA | JACK VAN LEUVAN | 50   | M. | BRST | MARYLOU HAUGLAND | PNA | 07-30-77 | 41.80    |
| 1:29.10                                       | -72      | PNA | TOM LONG        | 100  | M. | BRST | MARYLOU HAUGLAND | PNA | 08-27-77 | 1:32.50  |
| 3:17.00                                       | -72      | PNA | TOM LONG        | 200  | M. | BRST | MARYLOU HAUGLAND | PNA | 08-26-77 | 3:20.50  |
| 29.00   | 07-30-77 | PNA | DAVE EMERY      | 50   | M. | FLY  | JEAN ABRAMS      | PNA | 07-30-77 | 37.40    |
| 1:04.91                                       | 08-28-77 | PNA | DAVE EMERY      | 100  | M. | FLY  | JEAN ABRAMS      | PNA | 07-30-77 | 1:39.20  |
| 4:32.80                                       | 08-14-76 | PNA | ROBERT CRAWLEY  | 200  | M. | FLY  |                  |     |          |          |
| 2:44.84                                       | 07-22-78 | PNA | STEVE ENGEL     | 200  | M. | I.M. | MARYLOU HAUGLAND | PNA | -77      | 3:15.21  |
| 5:39.85                                       | 07-22-78 | PNA | STEVE ENGEL     | 400  | M. | I.M. | MARYLOU HAUGLAND | PNA | 07-30-77 | 7:06.40  |
| ***** M E N ***** 40-44 ***** W O M E N ***** |          |     |                 |      |    |      |                  |     |          |          |
| 29.90   | -74      | PNA | RON TAYLOR      | 50   | M. | FREE | JUANITA CORREA   | PNA | 07-30-77 | 32.10    |
| 1:09.85                                       | 08-28-77 | PNA | TOM LONG        | 100  | M. | FREE | JUANITA CORREA   | PNA | 08-28-77 | 1:11.60  |
| 2:39.00                                       | -77      | PNA | KIRK ADAMS      | 200  | M. | FREE | JUANITA CORREA   | PNA | -77      | 2:37.96  |
| 5:48.20                                       | -77      | PNA | KIRK ADAMS      | 400  | M. | FREE | MARTY DABROCK    | PNA | -78      | 7:03.15  |

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| 22:26.28 | 08-25-77 | PNA | TOM LONG    | 1500 | M. | FREE | MARTY DABROCK  | PNA | 08-06-78 | 27:14.20 |
| 36.50    | 08-14-76 | PNA | RON TAYLOR  | 50   | M. | BACK | KAREN BRYCE    | PNA | 08-14-76 | 47.10    |
| 1:24.11  | 08-28-77 | PNA | RON TAYLOR  | 100  | M. | BACK | JUANITA CORREA | PNA | 08-28-77 | 1:25.48  |
| 3:31.70  | 07-30-77 | PNA | JOHN ALLEN  | 200  | M. | BACK | JUANITA CORREA | PNA | 08-26-77 | 3:02.68  |
| 37.60    | 07-30-77 | PNA | RON TAYLOR  | 50   | M. | BRST | KAREN BRYCE    | PNA | 08-13-76 | 49.50    |
| 1:22.50  | 08-27-77 | PNA | RON TAYLOR  | 100  | M. | BRST | JOY ROSS       | PNA | 08-13-76 | 1:54.20  |
| 3:02.50  | 07-30-77 | PNA | RON TAYLOR  | 200  | M. | BRST | JOY ROSS       | PNA | 08-13-76 | 4:00.90  |
| 34.50    | 07-30-77 | PNA | JIM DAVIES  | 50   | M. | FLY  | MARTY DABROCK  | PNA | 08-06-78 | 46.90    |
| 1:19.22  | 08-28-77 | PNA | RON TAYLOR  | 100  | M. | FLY  | SHIRLEY LEHMAN | PNA | 08-28-77 | 2:05.95  |
| 4:11.70  | 07-30-77 | PNA | JOHN THOMAS | 200  | M. | FLY  |                |     |          |          |
| 2:53.20  | 07-30-77 | PNA | RON TAYLOR  | 200  | M. | I.M. | MARTY DABROCK  | PNA | 08-28-77 | 3:52.72  |
| 7:49.60  | 07-30-77 | PNA | JOHN THOMAS | 400  | M. | I.M. | MARTY DABROCK  | PNA | 08-05-78 | 7:59.10  |

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| ***** M E N ***** 45-49 ***** W O M E N ***** |          |     |                 |      |    |      |                |     |          |          |
| 29.30   | 07-30-77 | PNA | ROBERT DORSE    | 50   | M. | FREE | PAT DOTSON     | PNA | 08-03-75 | 38.00    |
| 1:06.90                                       | 08-14-76 | PNA | BILL MCANDREWS  | 100  | M. | FREE | PAT DOTSON     | PNA | 08-03-75 | 1:29.90  |
| 2:39.80                                       | 08-14-76 | PNA | BILL MCANDREWS  | 200  | M. | FREE |                |     |          |          |
| 5:45.79                                       | 08-28-77 | PNA | BILL MCANDREWS  | 400  | M. | FREE |                |     |          |          |
| 23:16.20                                      | 08-14-76 | PNA | BOB MILLER      | 1500 | M. | FREE | JANETT RUSSELL | PNA | 08-28-77 | 31:31.40 |
| 37.10   | 08-03-75 | PNA | JOHN PAT HILL   | 50   | M. | BACK | PAT DOTSON     | PNA | -75      | 51.00    |
| 1:34.72                                       | 08-28-77 | PNA | JOHN PAT HILL   | 100  | M. | BACK |                |     |          |          |
| 3:46.99                                       | 08-28-77 | PNA | JOHN PAT HILL   | 200  | M. | BACK |                |     |          |          |
| 40.10   | 07-30-77 | PNA | TOM TAYLOR      | 50   | M. | BRST | PAT DOTSON     | PNA | 08-03-75 | 49.80    |
| 1:35.54                                       | 08-28-77 | PNA | TOM TAYLOR      | 100  | M. | BRST | JANET TWIGHT   | PNA | 08-25-78 | 1:55.47  |
| 3:31.51                                       | 08-28-77 | PNA | TOM TAYLOR      | 200  | M. | BRST |                |     |          |          |
| 32.16   | 08-27-77 | PNA | BILL MC ANDREWS | 50   | M. | FLY  | JANET TWIGHT   | PNA | 08-13-76 | 52.20    |
| 1:20.04                                       | 08-28-77 | PNA | BILL MC ANDREWS | 100  | M. | FLY  | JANET TWIGHT   | PNA | 08-25-78 | 2:15.05  |
|   |          |     |                 | 200  | M. | FLY  |                |     |          |          |
| 3:17.60                                       | 07-30-77 | PNA | TOM TAYLOR      | 200  | M. | I.M. | JANET TWIGHT   | PNA | -78      | 4:10.87  |
|   |          |     |                 | 400  | M. | I.M. | JANET TWIGHT   | PNA | -78      | 8:53.78  |

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| ***** M E N ***** 50-54 ***** W O M E N ***** |          |     |                  |      |    |      |                |     |          |          |
| 33.20   | 07-30-77 | PNA | JOHN STAUB       | 50   | M. | FREE | PAT DOTSON     | PNA | 07-30-77 | 37.70    |
| 1:18.32                                       | 08-28-77 | PNA | JOHN STAUB       | 100  | M. | FREE | PAT DOTSON     | PNA | 07-30-77 | 1:29.40  |
| 3:05.32                                       | 08-28-77 | PNA | JOHN STAUB       | 200  | M. | FREE | PAT DOTSON     | PNA | 08-28-77 | 3:13.24  |
| 6:52.10                                       | 07-30-77 | PNA | JOHN STAUB       | 400  | M. | FREE | PAT DOTSON     | PNA | 08-28-77 | 6:54.80  |
| 27:26.58                                      | 08-25-77 | PNA | JOHN STAUB       | 1500 | M. | FREE | DORIS HILES    | PNA | 08-25-77 | 32:39.28 |
| 43.20   | 08-14-76 | PNA | CHARLES MCINTYRE | 50   | M. | BACK | LOIS KELLER    | PNA | 07-30-77 | 54.50    |
| 1:38.10                                       | 07-30-77 | PNA | CHARLES MCINTYRE | 100  | M. | BACK | MARYANN BURKE  | PNA | 08-06-78 | 2:25.60  |
| 3:49.71                                       | 08-28-77 | PNA | CHARLES MCINTYRE | 200  | M. | BACK | VERA WOODWORTH | PNA | 07-13-74 | 4:59.20  |
| 42.90   | 08-03-75 | PNA | L.DONA           | 50   | M. | BRST | MAXINE CARLSON | PNA | -74      | 55.10    |
| 1:50.40                                       | 08-27-77 | PNA | M.RUBIN          | 100  | M. | BRST | LOIS KELLER    | PNA | 07-30-77 | 2:05.30  |
| 3:35.20                                       | 08-03-75 | PNA | L.DONA           | 200  | M. | BRST | MAXINE CARLSON | PNA | 07-13-74 | 4:38.60  |
| 43.60   | 08-05-78 | PNA | JOHN KORUGA      | 50   | M. | FLY  | PAT DOTSON     | PNA | 08-27-77 | 41.72    |
|   |          |     |                  | 100  | M. | FLY  |                |     |          |          |
|   |          |     |                  | 200  | M. | FLY  |                |     |          |          |
|   |          |     |                  | 200  | M. | I.M. | PAT DOTSON     | PNA | 07-30-77 | 3:38.30  |
|   |          |     |                  | 400  | M. | I.M. |                |     |          |          |

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| ***** M E N ***** 55-59 ***** W O M E N ***** |          |     |                  |      |    |      |                |     |          |         |
| 36.43   | 08-28-77 | PNA | LAURENCE STRAKER | 50   | M. | FREE | MAXINE CARLSON | PNA | 08-28-77 | 50.32   |
| 1:23.40                                       | 07-30-77 | PNA | ISAAC LEVY       | 100  | M. | FREE | MAXINE CARLSON | PNA | 08-28-77 | 1:56.11 |
| 3:26.69                                       | 08-28-77 | PNA | LAURENCE STRAKER | 200  | M. | FREE | LEE HOLM       | PNA | -74      | 4:43.00 |
| 7:17.50                                       | 07-30-77 | PNA | ISAAC LEVY       | 400  | M. | FREE | MAXINE CARLSON | PNA | -77      | 9:15.92 |
|   |          |     |                  | 1500 | M. | FREE |                |     |          |         |
| 42.60   | 08-23-74 | PNA | FRED WIGGIN      | 50   | M. | BACK | MAXINE CARLSON | PNA | -75      | 54.70   |
| 1:46.51                                       | 08-28-77 | PNA | LAURENCE STRAKER | 100  | M. | BACK | MAXINE CARLSON | PNA | 08-03-75 | 2:04.20 |
| 3:28.30                                       | 08-23-74 | PNA | FRED WIGGIN      | 200  | M. | BACK |                |     |          |         |
|   |          |     |                  | 50   | M. | BRST | MAXINE CARLSON | PNA | 07-30-75 | 56.70   |
|   |          |     |                  | 100  | M. | BRST | MAXINE CARLSON | PNA | 08-27-75 | 2:09.20 |
|   |          |     |                  | 200  | M. | BRST | MAXINE CARLSON | PNA | -77      | 4:40.71 |
|   |          |     |                  | 50   | M. | FLY  | MAXINE CARLSON | PNA | 07-30-77 | 1:03.20 |
|   |          |     |                  | 100  | M. | FLY  |                |     |          |         |
|   |          |     |                  | 200  | M. | FLY  |                |     |          |         |
| 3:44.30                                       | 08-23-74 | PNA | FRED WIGGIN      | 200  | M. | I.M. | MAXINE CARLSON | PNA | 08-05-78 | 4:39.00 |
|   |          |     |                  | 400  | M. | I.M. |                |     |          |         |

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| ***** M E N ***** 60-64 ***** W O M E N ***** |          |     |                |      |    |      |                |     |          |          |
| 37.00   | 08-23-74 | PNA | KARL FREDERICK | 50   | M. | FREE | DAWN MUSSELMAN | PNA | 08-27-76 | 36.23    |
| 1:35.00                                       | 08-05-78 | PNA | JOHN DOWNEY    | 100  | M. | FREE | DAWN MUSSELMAN | PNA | 08-27-76 | 1:25.86  |
| 3:19.20                                       | 07-30-77 | PNA | GENE CADDY     | 200  | M. | FREE | DAWN MUSSELMAN | PNA | 08-27-76 | 3:23.47  |
| 6:51.10                                       | 08-23-74 | PNA | GENE CADDY     | 400  | M. | FREE | DAWN MUSSELMAN | PNA | -77      | 7:29.90  |
| 28:23.73                                      | 08-25-77 | PNA | GENE CADDY     | 1500 | M. | FREE | LEE HOLM       | PNA | 08-25-77 | 35:05.73 |
| 43.90   | 07-30-77 | PNA | FRED WIGGIN    | 50   | M. | BACK | DAWN MUSSELMAN | PNA | 07-30-77 | 47.50    |
| 1:34.89                                       | 08-26-77 | PNA | FRED WIGGIN    | 100  | M. | BACK | DAWN MUSSELMAN | PNA | 08-27-76 | 1:44.68  |
| 3:25.97                                       | 08-28-77 | PNA | FRED WIGGIN    | 200  | M. | BACK | DAWN MUSSELMAN | PNA | 08-27-76 | 3:57.74  |
| 43.60   | 08-14-76 | PNA | KARL FREDERICK | 50   | M. | BRST |                |     |          |          |
| 1:41.50                                       | 07-11-76 | PNA | KARL FREDERICK | 100  | M. | BRST |                |     |          |          |
| 3:42.60                                       | 08-14-76 | PNA | KARL FREDERICK | 200  | M. | BRST |                |     |          |          |

|         |          |     |                |     |    |      |
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| 40.40   | 08-14-76 | PNA | KARL FREDERICK | 50  | M. | FLY  |
| 1:45.70 | 08-23-74 | PNA | GENE CADDY     | 100 | M. | FLY  |
| 4:30.90 | 07-30-77 | PNA | GENE CADDY     | 200 | M. | FLY  |
| 3:33.00 | 08-23-74 | PNA | GENE CADDY     | 200 | M. | I.M. |
| 8:03.80 | -74      | PNA | GENE CADDY     | 400 | M. | I.M. |

\*\*\*\*\* M E N \*\*\*\*\* 65-69 \*\*\*\*\* W O M E N \*\*\*\*\*

|          |          |     |                |      |    |      |                |     |          |          |
|----------|----------|-----|----------------|------|----|------|----------------|-----|----------|----------|
| 37.90    | -73      | PNA | TED WHITESELL  | 50   | M. | FREE | DAWN MUSSELMAN | PNA | 08-05-78 | 40.11    |
| 1:29.90  | 07-30-77 | PNA | ART ERICKSON   | 100  | M. | FREE | DAWN MUSSELMAN | PNA | 08-05-78 | 1:32.60  |
| 3:19.90  | 07-30-77 | PNA | ART ERICKSON   | 200  | M. | FREE | DAWN MUSSELMAN | PNA | 08-05-78 | 3:43.90  |
|          |          |     |                | 400  | M. | FREE | MARION MUELLER | PNA | 07-30-77 | 9:29.70  |
| 34:34.50 | 07-23-74 | PNA | ED UNDERHILL   | 1500 | M. | FREE | MARION MUELLER | PNA | 08-28-77 | 39:55.75 |
| 51.60    | 07-30-77 | PNA | FRANCIS JOWETT | 50   | M. | BACK | DAWN MUSSELMAN | PNA | 08-05-78 | 50.70    |
| 2:13.90  | 07-30-77 | PNA | ART ERICKSON   | 100  | M. | BACK | DAWN MUSSELMAN | PNA | 08-05-78 | 1:50.80  |
| 3:49.23  | 08-28-77 | PNA | ART ERICKSON   | 200  | M. | BACK | MARION MUELLER | PNA | 08-28-77 | 5:15.64  |
| 50.40    | -76      | PNA | FRANCIS JOWETT | 50   | M. | BRST |                |     |          |          |
| 1:59.10  | 08-14-76 | PNA | FRANCIS JOWETT | 100  | M. | BRST |                |     |          |          |
|          |          |     |                | 200  | M. | BRST |                |     |          |          |
| 48.60    | 08-14-76 | PNA | FRANCIS JOWETT | 50   | M. | FLY  |                |     |          |          |
|          |          |     |                | 100  | M. | FLY  |                |     |          |          |
|          |          |     |                | 200  | M. | FLY  |                |     |          |          |
| 4:15.81  | 08-28-77 | PNA | FRANCIS JOWETT | 200  | M. | I.M. |                |     |          |          |
|          |          |     |                | 400  | M. | I.M. |                |     |          |          |

\*\*\*\*\* M E N \*\*\*\*\* 85-89 \*\*\*\*\* W O M E N \*\*\*\*\*

|          |          |     |                 |      |    |      |  |  |  |  |
|----------|----------|-----|-----------------|------|----|------|--|--|--|--|
| 52.90    | 08-05-78 | PNA | ROBERT SIMMONDS | 50   | M. | FREE |  |  |  |  |
| 2:08.30  | 08-05-78 | PNA | ROBERT SIMMONDS | 100  | M. | FREE |  |  |  |  |
| 4:39.10  | 08-05-78 | PNA | ROBERT SIMMONDS | 200  | M. | FREE |  |  |  |  |
| 10:11.90 | 08-05-78 | PNA | ROBERT SIMMONDS | 400  | M. | FREE |  |  |  |  |
| 38:36.50 | 08-05-78 | PNA | ROBERT SIMMONDS | 1500 | M. | FREE |  |  |  |  |

\*\*\*\*\*  
 20 + RELAYS  
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200 FREE MEN

200 MEDLEY MEN

200 FREE WOMEN MARY MARTHA MCINTYRE K.CHESELDON 08-14-76 2:27.10  
 S.HEPPERMAN NELSON

200 MEDLEY WOMEN MARY MARTHA MCINTYRE NELSON 07-30-77 2:41.70  
 S.HEPPERMAN CAHILL

200 FREE MIXED

200 MEDLEY MIXED

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 25 + RELAYS  
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200 FREE MEN 08-26-77 1:45.75

200 MEDLEY MEN 08-27-77 1:59.69

200 FREE WOMEN BARB LINDSLEY CAROL BROWN 08-26-77 2:05.75  
 JULIE CORMAN MARGARET BROWN

200 MEDLEY WOMEN JULIE CORMAN MARY BETH PHELAN 08-27-77 2:31.17  
 MARGARET BROWN NORMA HURLOCKER

200 FREE MIXED GARY HAFER MARGARET BROWN 08-28-77 1:54.08  
 BARB LINDSLEY FRANK WARNER

200 MEDLEY MIXED K.CHESELDON W.CHESELDON 08-14-76 2:52.90  
 MARY MARTHA MCINTYRE CHARLES MCINTYRE

\*\*\*\*\*  
 35 + RELAYS  
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|     |        |       |                                 |                                    |          |         |
|-----|--------|-------|---------------------------------|------------------------------------|----------|---------|
| 200 | FREE   | MEN   |                                 |                                    | 08-27-77 | 1:51.49 |
| 200 | MEDLEY | MEN   |                                 |                                    | 08-26-77 | 2:06.16 |
| 200 | FREE   | WOMEN | JEAN ABRAMS<br>MARYLOU HAUGLAND | KAREN KOHLER<br>JUANITA CORREA     | 08-26-77 | 2:18.31 |
| 200 | MEDLEY | WOMEN | JEAN ABRAMS<br>MARYLOU HAUGLAND | KAREN KOHLER<br>JUANITA CORREA     | 08-27-77 | 2:36.59 |
| 200 | FREE   | MIXED | DAVE EMERY<br>JUANITA CORREA    | MARYLOU HAUGLAND<br>DENNIS DONOVAN | 08-28-77 | 2:01.01 |
| 200 | MEDLEY | MIXED | TOM FOLEY<br>KARL FREDERICK     | SHIRLEY LEHMAN<br>DAWN MUSSELMAN   | 08-14-76 | 2:43.20 |

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45 + RELAYS  
\*\*\*\*\*

|     |        |       |  |  |          |         |
|-----|--------|-------|--|--|----------|---------|
| 200 | FREE   | MEN   |  |  | 08-26-77 | 2:22.86 |
| 200 | MEDLEY | MEN   |  |  | 08-26-77 | 2:26.76 |
| 200 | FREE   | WOMEN |  |  | 08-26-77 | 2:54.27 |
| 200 | MEDLEY | WOMEN |  |  | 08-26-77 | 3:24.47 |
| 200 | FREE   | MIXED |  |  | 08-28-77 | 2:33.96 |
| 200 | MEDLEY | MIXED |  |  |          |         |

\*\*\*\*\*  
55 + RELAYS  
\*\*\*\*\*

|     |        |       |                               |                                  |          |         |
|-----|--------|-------|-------------------------------|----------------------------------|----------|---------|
| 200 | FREE   | MEN   |                               |                                  | 08-26-77 | 2:29.58 |
| 200 | MEDLEY | MEN   |                               |                                  | 08-26-77 | 2:49.98 |
| 200 | FREE   | WOMEN |                               |                                  |          |         |
| 200 | MEDLEY | WOMEN |                               |                                  |          |         |
| 200 | FREE   | MIXED | DAWN MUSSELMAN<br>FRED WIGGIN | MAXINE CARLSON<br>KARL FREDERICK | 08-14-76 | 2:50.50 |
| 200 | MEDLEY | MIXED | FRED WIGGIN<br>KARL FREDERICK | MAXINE CARLSON<br>DAWN MUSSELMAN | 08-14-76 | 3:03.90 |