

**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

**Women 19-24 50 Yard Freestyle**

Name	Age	Team	Finals Time
1 Woodworth, Emily	22	Federal Way Masters	26.49

**Women 19-24 100 Yard Freestyle**

1 Postma, Krys	24	Federal Way Masters	1:01.40
	29.41	1:01.40 (31.99)	
2 Chase, Shawna	24	Federal Way Masters	1:06.71
	31.29	1:06.71 (35.42)	

**Women 19-24 200 Yard Freestyle**

1 Coddington, Courtney	20	Bellevue Club	2:18.52
	31.65	1:06.20 (34.55)	1:42.20 (36.00)
			2:18.52 (36.32)

**Women 19-24 500 Yard Freestyle**

1 Postma, Krys	24	Federal Way Masters	6:10.75
	31.82	1:06.61 (34.79)	1:42.81 (36.20)
	2:57.33 (37.83)	3:35.67 (38.34)	4:14.29 (38.62)
	5:32.53 (39.22)	6:10.75 (38.22)	4:53.31 (39.02)
2 Coddington, Courtney	20	Bellevue Club	6:13.86
	32.51	1:07.24 (34.73)	1:43.78 (36.54)
	2:59.75 (38.26)	3:38.48 (38.73)	4:17.50 (39.02)
	5:36.25 (39.22)	6:13.86 (37.61)	4:57.03 (39.53)

**Women 19-24 50 Yard Backstroke**

1 Woodworth, Emily	22	Federal Way Masters	29.60
2 Chase, Shawna	24	Federal Way Masters	39.40

**Women 19-24 50 Yard Breaststroke**

1 Chase, Shawna	24	Federal Way Masters	37.51
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**Women 19-24 100 Yard Breaststroke**

1 Coddington, Courtney	20	Bellevue Club	1:29.63
	41.72	1:29.63 (47.91)	

**Women 19-24 200 Yard Breaststroke**

1 Breed, Carrie	24	Federal Way Masters	2:55.01
	39.70	1:24.05 (44.35)	2:09.80 (45.75)
			2:55.01 (45.21)
2 Chase, Shawna	24	Federal Way Masters	2:58.64
	39.86	1:24.18 (44.32)	2:11.33 (47.15)
			2:58.64 (47.31)

**Women 19-24 50 Yard Butterfly**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Woodworth, Emily	22	Federal Way Masters	28.44
2	Breed, Carrie	24	Federal Way Masters	31.45

**Women 19-24 100 Yard Butterfly**

1	Woodworth, Emily	22	Federal Way Masters	1:02.85
	29.03		1:02.85 (33.82)	

**Women 19-24 100 Yard IM**

1	Woodworth, Emily	22	Federal Way Masters	1:05.85
	29.00		1:05.85 (36.85)	
2	Chase, Shawna	24	Federal Way Masters	1:16.08
	35.79		1:16.08 (40.29)	

**Women 19-24 200 Yard IM**

1	Breed, Carrie	24	Federal Way Masters	2:35.77
	32.53		1:12.39 (39.86) 1:57.57 (45.18) 2:35.77 (38.20)	

**(Women 19-24 200 Yard IM)**

2	Coddington, Courtney	20	Bellevue Club	2:44.54
	33.91		1:18.06 (44.15) 2:06.92 (48.86) 2:44.54 (37.62)	

**Women 25-29 50 Yard Freestyle**

1	Meyer, Mary	29	Bellingham Masters Swim Club	28.24
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**Women 25-29 100 Yard Freestyle**

1	Murphy, Casey	26	Team Luna	54.64
	26.38		54.64 (28.26)	
2	Evans, Jennifer	26	Federal Way Masters	58.66
	28.20		58.66 (30.46)	
3	Meyer, Mary	29	Bellingham Masters Swim Club	1:02.47
	30.77		1:02.47 (31.70)	
4	Bork, Holly	27	Federal Way Masters	1:23.69
	38.60		1:23.69 (45.09)	

**Women 25-29 200 Yard Freestyle**

1	Murphy, Casey	26	Team Luna	1:59.39
	27.77		57.53 (29.76) 1:28.87 (31.34) 1:59.39 (30.52)	
2	Evans, Jennifer	26	Federal Way Masters	2:15.28
	31.14		1:05.70 (34.56) 1:40.85 (35.15) 2:15.28 (34.43)	

**Women 25-29 500 Yard Freestyle**

1	Halter, Dana R	29	Greenlake Aquaducks	5:42.92
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

	31.10	1:04.75 (33.65)	1:39.11 (34.36)	2:13.44 (34.33)
	2:47.78 (34.34)	3:22.57 (34.79)	3:57.32 (34.75)	4:32.51 (35.19)
	5:07.86 (35.35)	5:42.92 (35.06)		
2	Evans, Jennifer	26	Federal Way Masters	5:46.89
	31.48	1:05.28 (33.80)	1:40.21 (34.93)	2:15.30 (35.09)
	2:50.76 (35.46)	3:26.85 (36.09)	4:03.25 (36.40)	4:38.75 (35.50)
	5:13.60 (34.85)	5:46.89 (33.29)		
3	Artino, Nicole	28	Federal Way Masters	6:32.89
	33.63	1:10.53 (36.90)	1:48.84 (38.31)	2:28.73 (39.89)
	3:09.52 (40.79)	3:50.53 (41.01)	4:31.87 (41.34)	5:12.91 (41.04)
	5:53.80 (40.89)	6:32.89 (39.09)		

**Women 25-29 1000 Yard Freestyle**

1	Halter, Dana R	29	Greenlake Aquaducks	11:53.49
	32.40	1:06.90 (34.50)	1:42.29 (35.39)	2:17.80 (35.51)
	2:53.32 (35.52)	3:29.01 (35.69)	4:05.11 (36.10)	4:41.18 (36.07)
	5:17.08 (35.90)	5:53.06 (35.98)	6:28.86 (35.80)	7:04.76 (35.90)
	7:40.89 (36.13)	8:16.70 (35.81)	8:52.51 (35.81)	9:28.68 (36.17)
	10:05.11 (36.43)	10:41.46 (36.35)	11:17.66 (36.20)	11:53.49 (35.83)
2	Wick, Ali	29	Team Luna	13:15.62
	34.11	1:12.21 (38.10)	1:51.17 (38.96)	2:30.95 (39.78)
	3:12.15 (41.20)	3:52.32 (40.17)	4:33.64 (41.32)	5:14.48 (40.84)
	5:55.32 (40.84)	6:36.10 (40.78)	7:16.63 (40.53)	7:57.70 (41.07)
	8:38.29 (40.59)	9:18.69 (40.40)	9:59.30 (40.61)	10:40.03 (40.73)
	11:21.04 (41.01)	11:59.71 (38.67)	12:37.79 (38.08)	13:15.62 (37.83)
---	McAmmond, Jordan	28	Greenlake Aquaducks	DQ
	31.61	1:06.10 (34.49)	1:41.71 (35.61)	2:17.85 (36.14)
	2:53.52 (35.67)	3:29.17 (35.65)	4:05.05 (35.88)	4:41.21 (36.16)
	5:17.46 (36.25)	5:53.60 (36.14)	6:33.86 (40.26)	7:17.48 (43.62)

**Women 25-29 50 Yard Backstroke**

1	Evans, Jennifer	26	Federal Way Masters	31.26
2	Bork, Holly	27	Federal Way Masters	46.81

**Women 25-29 100 Yard Backstroke**

1	McAmmond, Jordan	28	Greenlake Aquaducks	1:04.97
	32.06	1:04.97 (32.91)		
2	Evans, Jennifer	26	Federal Way Masters	1:06.87
	32.60	1:06.87 (34.27)		
3	Wick, Ali	29	Team Luna	1:11.84
	34.46	1:11.84 (37.38)		

**Women 25-29 200 Yard Backstroke**

1	McAmmond, Jordan	28	Greenlake Aquaducks	2:19.84
	33.00	1:08.16 (35.16)	1:43.96 (35.80)	2:19.84 (35.88)

**Women 25-29 50 Yard Breaststroke**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Bork, Holly	27	Federal Way Masters	45.63
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**Women 25-29 100 Yard Breaststroke**

1	Bork, Holly	27	Federal Way Masters	1:39.64
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46.06	1:39.64 (53.58)
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**Women 25-29 50 Yard Butterfly**

1	Murphy, Casey	26	Team Luna	28.02
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**Women 25-29 100 Yard IM**

1	Murphy, Casey	26	Team Luna	1:03.22
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29.26	1:03.22 (33.96)
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2	Halter, Dana R	29	Greenlake Aquaducks	1:09.20
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33.06	1:09.20 (36.14)
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3	Meyer, Mary	29	Bellingham Masters Swim Club	1:14.17
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34.31	1:14.17 (39.86)
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**Women 25-29 200 Yard IM**

1	Halter, Dana R	29	Greenlake Aquaducks	2:26.42
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31.63	1:10.44 (38.81)	1:52.47 (42.03)	2:26.42 (33.95)
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2	Wick, Ali	29	Team Luna	2:41.11
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34.50	1:13.59 (39.09)	2:03.30 (49.71)	2:41.11 (37.81)
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**Women 25-29 400 Yard IM**

1	Neely, Wendy	29	Federal Way Masters	5:47.09
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36.30	1:17.61 (41.31)	2:02.68 (45.07)	2:47.83 (45.15)
3:36.33 (48.50)	4:25.47 (49.14)	5:06.85 (41.38)	5:47.09 (40.24)

**Women 30-34 50 Yard Freestyle**

1	Simsak, Tara	34	Bainbridge Area Masters	26.48
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2	Barashkoff, Julie	32	Bellevue Eastside Masters	27.27
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3	Harris, Annette	32	Bellevue Eastside Masters	27.83
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4	Dulong, Anne	33	West Seattle YMCA Dolphins	31.49
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5	Lear, Mary	33	North End Otters	33.39
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6	Cullom, Ellen	33	Seattle Athletic Club	38.58
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7	Simpson, Shalynn	32	Federal Way Masters	44.72
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**Women 30-34 100 Yard Freestyle**

1	Barashkoff, Julie	32	Bellevue Eastside Masters	1:00.38
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

	29.21	1:00.38 (31.17)		
<b>(Women 30-34 100 Yard Freestyle)</b>				
2 Harris, Annette			32 Bellevue Eastside Masters	1:02.50
	29.65	1:02.50 (32.85)		
3 Mesler, Jennifer			33 Federal Way Masters	1:03.21
	30.50	1:03.21 (32.71)		
4 Dulong, Anne			33 West Seattle YMCA Dolphins	1:09.79
	33.41	1:09.79 (36.38)		
5 Cullom, Ellen			33 Seattle Athletic Club	1:30.73
	42.70	1:30.73 (48.03)		
6 Simpson, Shalynn			32 Federal Way Masters	1:42.30
	46.05	1:42.30 (56.25)		

**Women 30-34 200 Yard Freestyle**

1 Simsak, Tara			34 Bainbridge Area Masters	2:09.49
	30.85	1:03.97 (33.12)	1:37.45 (33.48)	2:09.49 (32.04)
2 Moore, Allison			34 Unattached - Pna	2:11.97
	31.27	1:04.11 (32.84)	1:37.97 (33.86)	2:11.97 (34.00)
3 Barashkoff, Julie			32 Bellevue Eastside Masters	2:14.39
	31.17	1:04.83 (33.66)	1:39.51 (34.68)	2:14.39 (34.88)
4 Mesler, Jennifer			33 Federal Way Masters	2:17.71
	32.35	1:06.89 (34.54)	1:42.72 (35.83)	2:17.71 (34.99)
5 Cullom, Ellen			33 Seattle Athletic Club	3:13.46
	45.31	1:35.69 (50.38)	2:26.14 (50.45)	3:13.46 (47.32)

**Women 30-34 500 Yard Freestyle**

1 Moore, Allison			34 Unattached - Pna	5:46.98
	32.54	1:06.62 (34.08)	1:41.49 (34.87)	2:16.77 (35.28)
	2:52.17 (35.40)	3:27.53 (35.36)	4:03.19 (35.66)	4:38.36 (35.17)
	5:13.64 (35.28)	5:46.98 (33.34)		
2 Cocanour, Amy			33 Federal Way Masters	6:44.42
	36.69	1:16.77 (40.08)	1:58.01 (41.24)	2:40.09 (42.08)
	3:21.68 (41.59)	4:03.26 (41.58)	4:44.77 (41.51)	5:26.03 (41.26)
	6:06.26 (40.23)	6:44.42 (38.16)		
3 Fritzsche, Katja			34 S Whidbey Island Swells	7:36.22
	34.46	1:14.62 (40.16)	1:59.25 (44.63)	2:46.22 (46.97)
	3:33.39 (47.17)	4:22.16 (48.77)	5:11.39 (49.23)	6:00.04 (48.65)
	6:49.87 (49.83)	7:36.22 (46.35)		
4 Fay, Julie			34 Federal Way Masters	7:50.49
	39.71	1:24.80 (45.09)	2:12.12 (47.32)	3:00.11 (47.99)
	3:49.04 (48.93)	4:37.68 (48.64)	5:24.92 (47.24)	6:14.01 (49.09)
	7:04.73 (50.72)	7:50.49 (45.76)		

**Women 30-34 1650 Yard Freestyle**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Fields, Rose	30	Unattached - Pna		19:16.74
	30.25	1:03.30 (33.05)	1:37.56 (34.26)	2:12.15 (34.59)	
	2:47.01 (34.86)	3:21.66 (34.65)	3:56.63 (34.97)	4:31.66 (35.03)	
	5:06.87 (35.21)	5:42.22 (35.35)	6:17.46 (35.24)	6:52.32 (34.86)	
	7:27.89 (35.57)	8:03.23 (35.34)	8:38.49 (35.26)	9:13.62 (35.13)	
	9:50.59 (36.97)	10:26.04 (35.45)	11:01.40 (35.36)	11:36.79 (35.39)	
	12:11.88 (35.09)	12:47.19 (35.31)	13:22.58 (35.39)	13:58.03 (35.45)	
	14:33.57 (35.54)	15:08.89 (35.32)	15:44.35 (35.46)	16:19.67 (35.32)	
	16:55.15 (35.48)	17:30.56 (35.41)	18:06.13 (35.57)	18:41.46 (35.33)	19:16.74 (35.28)
<b>(Women 30-34 1650 Yard Freestyle)</b>					
2	Cocanour, Amy	33	Federal Way Masters		22:36.23
	36.89	1:16.63 (39.74)	1:57.34 (40.71)	2:38.65 (41.31)	
	3:20.18 (41.53)	4:01.91 (41.73)	4:43.50 (41.59)	5:24.87 (41.37)	
	6:06.04 (41.17)	6:47.40 (41.36)	7:28.51 (41.11)	8:09.43 (40.92)	
	8:50.77 (41.34)	9:32.21 (41.44)	10:13.52 (41.31)	10:55.02 (41.50)	
	11:36.70 (41.68)	12:18.54 (41.84)	12:59.97 (41.43)	13:41.18 (41.21)	
	14:22.60 (41.42)	15:03.98 (41.38)	15:45.32 (41.34)	16:26.67 (41.35)	
	17:08.06 (41.39)	17:49.29 (41.23)	18:30.40 (41.11)	19:11.67 (41.27)	
	19:52.73 (41.06)	20:34.29 (41.56)	21:16.05 (41.76)	21:57.27 (41.22)	22:36.23 (38.96)
---	Horde, Dina	32	Oregon (non-scoring)		X22:30.76
	34.04	1:12.33 (38.29)	1:51.94 (39.61)	2:31.49 (39.55)	
	3:11.64 (40.15)	3:52.36 (40.72)	4:33.27 (40.91)	5:14.65 (41.38)	
	5:56.19 (41.54)	6:37.55 (41.36)	7:19.20 (41.65)	8:00.60 (41.40)	
	8:41.79 (41.19)	9:23.61 (41.82)	10:04.85 (41.24)	10:45.87 (41.02)	
	11:27.44 (41.57)	12:09.22 (41.78)	12:50.44 (41.22)	13:31.80 (41.36)	
	14:13.69 (41.89)	14:55.12 (41.43)	15:36.40 (41.28)	16:18.12 (41.72)	
	17:00.29 (42.17)	17:42.36 (42.07)	18:24.51 (42.15)	19:06.64 (42.13)	
	19:48.62 (41.98)	20:29.82 (41.20)	21:11.20 (41.38)	21:51.93 (40.73)	22:30.76 (38.83)

**Women 30-34 50 Yard Backstroke**

1	Simsak, Tara	34	Bainbridge Area Masters		31.31
2	Mesler, Jennifer	33	Federal Way Masters		33.88
3	Simpson, Shalynn	32	Federal Way Masters		1:00.91

**Women 30-34 100 Yard Backstroke**

1	Mesler, Jennifer	33	Federal Way Masters		1:10.31
	34.47	1:10.31 (35.84)			

**Women 30-34 200 Yard Backstroke**

1	Mesler, Jennifer	33	Federal Way Masters		2:36.77
	36.44	1:15.45 (39.01)	1:56.29 (40.84)	2:36.77 (40.48)	

**Women 30-34 50 Yard Breaststroke**

1	Hegeberg, Linda	34	Bellingham Masters Swim Club		34.07
2	Lear, Mary	33	North End Otters		46.07
3	Simpson, Shalynn	32	Federal Way Masters		56.19

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1	Hegeberg, Linda	34	Bellingham Masters Swim Club	1:14.19
	34.94	1:14.19 (39.25)		

**Women 30-34 200 Yard Breaststroke**

1	Hegeberg, Linda	34	Bellingham Masters Swim Club	2:38.65
	36.13	1:16.88 (40.75)	1:58.03 (41.15)	2:38.65 (40.62)
2	Cullom, Ellen	33	Seattle Athletic Club	3:38.71
	51.29	2:43.92 (1:52.63)	3:38.71 (54.79)	

**Women 30-34 50 Yard Butterfly**

1	Simsak, Tara	34	Bainbridge Area Masters	28.95
2	Harris, Annette	32	Bellevue Eastside Masters	30.30
3	Moore, Allison	34	Unattached - Pna	31.79
4	Lear, Mary	33	North End Otters	42.17

**Women 30-34 100 Yard Butterfly**

1	Harris, Annette	32	Bellevue Eastside Masters	1:07.78
	31.08	1:07.78 (36.70)		
2	Moore, Allison	34	Unattached - Pna	1:09.67
	33.13	1:09.67 (36.54)		

**Women 30-34 100 Yard IM**

1	Hegeberg, Linda	34	Bellingham Masters Swim Club	1:08.14
	31.67	1:08.14 (36.47)		
2	Harris, Annette	32	Bellevue Eastside Masters	1:09.50
	31.93	1:09.50 (37.57)		
3	Lear, Mary	33	North End Otters	1:29.06
	42.97	1:29.06 (46.09)		
4	Fay, Julie	34	Federal Way Masters	1:35.86
	46.12	1:35.86 (49.74)		

**Women 30-34 200 Yard IM**

1	Simsak, Tara	34	Bainbridge Area Masters	2:28.10
	31.86	1:10.24 (38.38)	1:54.84 (44.60)	2:28.10 (33.26)

**Women 30-34 400 Yard IM**

1	Fields, Rose	30	Unattached - Pna	5:12.87
	33.36	1:11.99 (38.63)	1:52.46 (40.47)	2:31.41 (38.95)
	3:17.01 (45.60)	4:03.61 (46.60)	4:38.33 (34.72)	5:12.87 (34.54)
2	Simsak, Tara	34	Bainbridge Area Masters	5:22.85

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34.03	1:12.16 (38.13)	1:54.79 (42.63)	2:36.51 (41.72)
3:23.96 (47.45)	4:11.44 (47.48)	4:48.23 (36.79)	5:22.85 (34.62)

**Women 35-39 50 Yard Freestyle**

1	Werner, Haleigh	35	Greenlake Aquaducks	27.48
2	Gardner, Karin	35	Greenlake Aquaducks	28.26
3	Culverwell, Hilary	36	West Seattle YMCA Dolphins	28.27
4	Heusted, Karin	35	Lynnwood Sharks	28.76
5	Day, Monika	38	Federal Way Masters	37.23
6	Sieber, Emma	36	West Seattle YMCA Dolphins	39.71
7	Renz, Geneva	37	Federal Way Masters	41.33

**Women 35-39 100 Yard Freestyle**

1	Gardner, Karin	35	Greenlake Aquaducks	1:02.83
	30.36	1:02.83 (32.47)		
2	Nefczyk, Julia	35	North Whidbey Masters	1:12.20
	33.87	1:12.20 (38.33)		
3	Sieber, Emma	36	West Seattle YMCA Dolphins	1:28.48
	42.04	1:28.48 (46.44)		
4	Burris, Mary	38	Mill Creek Masters	1:29.91
	43.42	1:29.91 (46.49)		
5	Renz, Geneva	37	Federal Way Masters	1:32.95
	44.28	1:32.95 (48.67)		

**Women 35-39 200 Yard Freestyle**

1	Werner, Haleigh	35	Greenlake Aquaducks	2:09.34
	30.13	1:02.65 (32.52)	1:35.95 (33.30)	2:09.34 (33.39)
2	Standaert, Cyndi	39	North End Otters	2:13.92
	30.69	1:04.11 (33.42)	1:39.22 (35.11)	2:13.92 (34.70)
3	Culverwell, Hilary	36	West Seattle YMCA Dolphins	2:20.27
	1:06.13	1:43.01 (36.88)	2:20.26 (37.25)	2:20.27 (0.01)

**(Women 35-39 200 Yard Freestyle)**

4	Del Rio, Laura	38	North End Otters	2:27.26
	34.04	1:10.96 (36.92)	1:49.58 (38.62)	2:27.26 (37.68)
5	Kristal, Orna	38	North End Otters	2:27.80
	33.76	1:10.54 (36.78)	1:49.09 (38.55)	2:27.80 (38.71)
6	Nefczyk, Julia	35	North Whidbey Masters	2:38.26
	34.09	1:13.82 (39.73)	1:56.29 (42.47)	2:38.26 (41.97)



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7 Sieber, Emma 36 West Seattle YMCA Dolphins 3:12.76

42.96 1:32.26 (49.30) 2:23.72 (51.46) 3:12.76 (49.04)

**Women 35-39 500 Yard Freestyle**

1 Werner, Haleigh 35 Greenlake Aquaducks 5:38.34

30.59 1:03.65 (33.06) 1:37.64 (33.99) 2:11.72 (34.08)  
2:46.03 (34.31) 3:20.55 (34.52) 3:54.92 (34.37) 4:29.53 (34.61)  
5:04.33 (34.80) 5:38.34 (34.01)

2 Bullock, Sarah 38 Bainbridge Area Masters 5:51.27

30.29 1:03.64 (33.35) 1:39.14 (35.50) 2:14.83 (35.69)  
2:50.72 (35.89) 3:26.91 (36.19) 4:03.56 (36.65) 4:39.62 (36.06)  
5:15.76 (36.14) 5:51.27 (35.51)

3 Standaert, Cyndi 39 North End Otters 5:56.29

30.97 1:04.95 (33.98) 1:40.26 (35.31) 2:16.12 (35.86)  
2:52.10 (35.98) 3:28.67 (36.57) 4:05.65 (36.98) 4:42.79 (37.14)  
5:20.13 (37.34) 5:56.29 (36.16)

4 Oyama, Karen 36 Federal Way Masters 6:16.29

32.89 1:08.69 (35.80) 1:45.58 (36.89) 2:23.05 (37.47)  
3:01.28 (38.23) 3:40.03 (38.75) 4:18.96 (38.93) 4:57.97 (39.01)  
5:37.39 (39.42) 6:16.29 (38.90)

5 Kristal, Orna 38 North End Otters 6:30.49

35.98 1:14.99 (39.01) 1:55.08 (40.09) 2:34.72 (39.64)  
3:13.96 (39.24) 3:53.38 (39.42) 4:32.80 (39.42) 5:12.19 (39.39)  
5:51.87 (39.68) 6:30.49 (38.62)

6 Del Rio, Laura 38 North End Otters 6:42.59

36.66 1:15.86 (39.20) 1:57.36 (41.50) 3:19.49 (1:22.13)  
3:31.92 (12.43) 4:01.49 (29.57) 4:42.19 (40.70) 6:42.59 (2:00.40)  
6:42.59 ( )

7 Nefczyk, Julia 35 North Whidbey Masters 7:05.95

36.20 1:15.97 (39.77) 1:58.26 (42.29) 2:41.08 (42.82)  
3:25.33 (44.25) 4:09.47 (44.14) 4:54.00 (44.53) 5:38.78 (44.78)  
6:23.61 (44.83) 7:05.95 (42.34)

8 Bybee, Blanche 36 Fins of the San Juans 7:16.63

37.32 1:19.58 (42.26) 2:04.05 (44.47) 2:48.21 (44.16)  
3:33.00 (44.79) 4:18.35 (45.35) 5:04.24 (45.89) 5:48.85 (44.61)  
6:34.24 (45.39) 7:16.63 (42.39)

**Women 35-39 1000 Yard Freestyle**

1 Standaert, Cyndi 39 North End Otters 12:27.12

32.15 1:07.72 (35.57) 1:44.11 (36.39) 2:21.50 (37.39)  
2:58.88 (37.38) 3:36.54 (37.66) 4:14.63 (38.09) 4:52.53 (37.90)  
5:30.33 (37.80) 6:08.87 (38.54) 6:46.66 (37.79) 7:24.78 (38.12)  
8:02.38 (37.60) 8:40.34 (37.96) 9:18.72 (38.38) 9:56.94 (38.22)  
10:35.02 (38.08) 11:12.95 (37.93) 11:50.43 (37.48) 12:27.12 (36.69)

**(Women 35-39 1000 Yard Freestyle)**

2 Culverwell, Hilary 36 West Seattle YMCA Dolphins 12:43.99

34.24 1:10.00 (35.76) 1:47.20 (37.20) 2:25.45 (38.25)

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

	3:03.93 (38.48)	3:42.42 (38.49)	4:20.87 (38.45)	4:59.88 (39.01)	
	5:38.99 (39.11)	6:17.97 (38.98)	6:56.96 (38.99)	7:35.78 (38.82)	
	8:14.90 (39.12)	8:54.06 (39.16)	9:32.59 (38.53)	10:11.36 (38.77)	
	10:50.74 (39.38)	11:28.58 (37.84)	12:07.04 (38.46)	12:43.99 (36.95)	
3 Gardner, Karin		35 Greenlake Aquaducks			12:52.51
	34.03	1:10.11 (36.08)	1:48.12 (38.01)	2:26.95 (38.83)	
	3:05.96 (39.01)	3:45.62 (39.66)	4:25.00 (39.38)	5:04.62 (39.62)	
	5:44.37 (39.75)	6:24.10 (39.73)	7:03.12 (39.02)	7:41.85 (38.73)	
	8:20.44 (38.59)	8:59.66 (39.22)	9:38.70 (39.04)	10:17.91 (39.21)	
	10:57.17 (39.26)	11:36.23 (39.06)	12:15.16 (38.93)	12:52.51 (37.35)	
4 Kristal, Orna		38 North End Otters			13:51.93
	37.00	1:17.13 (40.13)	1:58.68 (41.55)	2:40.25 (41.57)	
	3:22.13 (41.88)	4:03.65 (41.52)	4:45.81 (42.16)	5:27.80 (41.99)	
	6:09.65 (41.85)	6:51.48 (41.83)	7:33.76 (42.28)	8:16.26 (42.50)	
	8:58.30 (42.04)	9:40.61 (42.31)	10:23.39 (42.78)	11:05.17 (41.78)	
	11:47.54 (42.37)	12:30.21 (42.67)	13:12.11 (41.90)	13:51.93 (39.82)	
5 Nefczyk, Julia		35 North Whidbey Masters			15:01.61
	35.27	1:15.79 (40.52)	1:58.84 (43.05)	2:42.56 (43.72)	
	3:27.35 (44.79)	4:12.35 (45.00)	4:58.37 (46.02)	5:44.44 (46.07)	
	6:31.19 (46.75)	7:17.91 (46.72)	8:04.04 (46.13)	8:50.87 (46.83)	
	9:36.96 (46.09)	10:24.11 (47.15)	11:10.53 (46.42)	11:57.19 (46.66)	
	12:43.50 (46.31)	13:30.33 (46.83)	14:16.56 (46.23)	15:01.61 (45.05)	
6 Bybee, Blanche		36 Fins of the San Juans			15:23.51
	40.02	1:24.18 (44.16)	2:09.34 (45.16)	2:55.45 (46.11)	
	3:41.14 (45.69)	4:27.35 (46.21)	5:14.43 (47.08)	6:01.02 (46.59)	
	6:48.21 (47.19)	7:35.06 (46.85)	8:22.09 (47.03)	9:09.55 (47.46)	
	9:56.90 (47.35)	10:44.57 (47.67)	11:32.87 (48.30)	12:20.96 (48.09)	
	13:08.43 (47.47)	13:55.17 (46.74)	14:40.45 (45.28)	15:23.51 (43.06)	

**Women 35-39 1650 Yard Freestyle**

1 Heusted, Karin		35 Lynnwood Sharks			22:12.49
	35.59	1:12.71 (37.12)	1:51.31 (38.60)	2:30.53 (39.22)	
	3:10.56 (40.03)	3:49.94 (39.38)	4:29.95 (40.01)	5:10.57 (40.62)	
	5:51.46 (40.89)	6:32.39 (40.93)	7:13.34 (40.95)	7:54.68 (41.34)	
	8:35.57 (40.89)	9:16.72 (41.15)	9:57.78 (41.06)	10:38.54 (40.76)	
	11:19.31 (40.77)	12:00.23 (40.92)	12:41.39 (41.16)	13:22.39 (41.00)	
	14:03.06 (40.67)	14:43.95 (40.89)	15:25.24 (41.29)	16:05.95 (40.71)	
	16:47.27 (41.32)	17:28.17 (40.90)	18:09.42 (41.25)	18:50.71 (41.29)	
	19:31.88 (41.17)	20:12.12 (40.24)	20:53.03 (40.91)	21:33.63 (40.60)	22:12.49 (38.86)
2 Del Rio, Laura		38 North End Otters			23:47.03
	37.99	1:18.94 (40.95)	2:01.36 (42.42)	2:44.69 (43.33)	
	3:28.19 (43.50)	4:11.77 (43.58)	4:55.08 (43.31)	5:38.77 (43.69)	
	6:22.68 (43.91)	7:06.24 (43.56)	7:49.71 (43.47)	8:33.46 (43.75)	
	9:16.83 (43.37)	9:59.68 (42.85)	10:43.41 (43.73)	11:27.41 (44.00)	
	12:10.81 (43.40)	12:54.16 (43.35)	13:37.91 (43.75)	14:21.76 (43.85)	
	15:06.01 (44.25)	15:50.60 (44.59)	16:34.64 (44.04)	17:18.24 (43.60)	
	18:02.26 (44.02)	18:46.29 (44.03)	19:29.04 (42.75)	20:11.92 (42.88)	
	20:54.24 (42.32)	21:39.11 (44.87)	22:22.33 (43.22)	23:05.72 (43.39)	23:47.03 (41.31)

**(Women 35-39 1650 Yard Freestyle)**

3 Nefczyk, Julia		35 North Whidbey Masters			24:30.99
	35.49	1:14.98 (39.49)	1:56.88 (41.90)	2:39.18 (42.30)	
	3:22.34 (43.16)	4:05.36 (43.02)	4:48.85 (43.49)	5:32.62 (43.77)	
	6:16.49 (43.87)	7:00.16 (43.67)	7:44.18 (44.02)	9:57.56 (2:13.38)	

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

10:42.40 (44.84)	11:27.44 (45.04)	12:12.32 (44.88)	13:42.26 (1:29.94)	
15:12.22 (1:29.96)	15:56.75 (44.53)	17:26.91 (1:30.16)	18:12.40 (45.49)	
18:57.23 (44.83)	19:43.14 (45.91)	20:28.65 (45.51)	21:14.20 (45.55)	
22:00.51 (46.31)	23:34.27 (1:33.76)	24:18.86 (44.59)	24:25.61 (6.75)	
24:27.73 (2.12)	24:28.48 (0.75)	24:29.35 (0.87)	24:30.43 (1.08)	24:30.99 (0.56)
4 Bybee, Blanche	36 Fins of the San Juans			25:55.81
40.80	1:25.23 (44.43)	2:11.19 (45.96)	2:57.67 (46.48)	
3:44.72 (47.05)	4:31.78 (47.06)	5:18.87 (47.09)	6:06.57 (47.70)	
6:53.80 (47.23)	7:41.34 (47.54)	8:28.08 (46.74)	9:15.44 (47.36)	
10:02.27 (46.83)	10:49.97 (47.70)	11:38.29 (48.32)	12:26.44 (48.15)	
13:14.46 (48.02)	14:02.58 (48.12)	14:49.51 (46.93)	15:37.06 (47.55)	
16:25.78 (48.72)	17:14.43 (48.65)	18:03.22 (48.79)	18:51.64 (48.42)	
19:39.68 (48.04)	20:28.37 (48.69)	21:16.78 (48.41)	22:04.62 (47.84)	
22:53.14 (48.52)	23:40.48 (47.34)	24:27.07 (46.59)	25:13.15 (46.08)	25:55.81 (42.66)
5 Barnes, Shannon	36 West Seattle YMCA Dolphins			25:58.50
40.33	1:22.83 (42.50)	2:09.28 (46.45)	2:55.80 (46.52)	
3:43.00 (47.20)	4:30.16 (47.16)	5:17.48 (47.32)	6:06.38 (48.90)	
6:52.19 (45.81)	7:40.81 (48.62)	8:26.87 (46.06)	9:14.18 (47.31)	
10:02.81 (48.63)	10:49.74 (46.93)	11:37.38 (47.64)	12:24.60 (47.22)	
13:12.59 (47.99)	13:59.99 (47.40)	14:48.24 (48.25)	15:35.63 (47.39)	
16:23.36 (47.73)	17:10.57 (47.21)	17:59.19 (48.62)	18:47.07 (47.88)	
19:35.60 (48.53)	20:23.32 (47.72)	21:12.34 (49.02)	22:00.01 (47.67)	
22:48.61 (48.60)	23:36.39 (47.78)	24:24.15 (47.76)	25:13.24 (49.09)	25:58.50 (45.26)

**Women 35-39 50 Yard Backstroke**

1 Heusted, Karin	35 Lynnwood Sharks	34.69
2 Renz, Geneva	37 Federal Way Masters	47.45
3 Day, Monika	38 Federal Way Masters	47.88

**Women 35-39 100 Yard Backstroke**

1 Bernhard, Anne	39 North End Otters	1:12.51
34.73	1:12.51 (37.78)	
2 Culverwell, Hilary	36 West Seattle YMCA Dolphins	1:12.98
36.03	1:12.98 (36.95)	
3 Standaert, Cyndi	39 North End Otters	1:15.17
36.49	1:15.17 (38.68)	
4 Kristal, Orna	38 North End Otters	1:19.04
38.56	1:19.04 (40.48)	
5 Del Rio, Laura	38 North End Otters	1:26.68
42.41	1:26.68 (44.27)	

**Women 35-39 200 Yard Backstroke**

1 Kristal, Orna	38 North End Otters	2:53.04
40.06	1:23.69 (43.63)	2:08.51 (44.82)
		2:53.04 (44.53)

**Women 35-39 50 Yard Breaststroke**

1 Del Rio, Laura	38 North End Otters	37.27
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

2	Heusted, Karin	35	Lynnwood Sharks	37.34
3	Day, Monika	38	Federal Way Masters	47.71
---	Renz, Geneva	37	Federal Way Masters	DQ

**Women 35-39 100 Yard Breaststroke**

1	Heusted, Karin	35	Lynnwood Sharks	1:22.84
		39.24	1:22.84 (43.60)	
2	Burris, Mary	38	Mill Creek Masters	2:00.71
		54.03	2:00.71 (1:06.68)	

**Women 35-39 50 Yard Butterfly**

1	Oyama, Karen	36	Federal Way Masters	30.74
2	Bernhard, Anne	39	North End Otters	31.24
3	Standaert, Cyndi	39	North End Otters	31.40
4	Heusted, Karin	35	Lynnwood Sharks	31.49
5	Nefczyk, Julia	35	North Whidbey Masters	35.43
6	Bybee, Blanche	36	Fins of the San Juans	41.91

**Women 35-39 100 Yard Butterfly**

1	Werner, Haleigh	35	Greenlake Aquaducks	1:10.02
		32.49	1:10.02 (37.53)	
2	Bernhard, Anne	39	North End Otters	1:11.08
		33.05	1:11.08 (38.03)	

**Women 35-39 200 Yard Butterfly**

1	Bernhard, Anne	39	North End Otters	2:48.50
		34.85	1:17.05 (42.20)    2:01.76 (44.71)    2:48.50 (46.74)	

**Women 35-39 100 Yard IM**

1	Werner, Haleigh	35	Greenlake Aquaducks	1:11.29
		33.52	1:11.29 (37.77)	
2	Oyama, Karen	36	Federal Way Masters	1:12.22
		33.56	1:12.22 (38.66)	
3	Gardner, Karin	35	Greenlake Aquaducks	1:13.43
		35.15	1:13.43 (38.28)	
4	Bernhard, Anne	39	North End Otters	1:16.24
		34.14	1:16.24 (42.10)	

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

5	Sieber, Emma	36	West Seattle YMCA Dolphins	1:47.94
	53.83	1:47.94 (54.11)		
---	Bybee, Blanche	36	Fins of the San Juans	DQ
	42.45	DQ (46.95)		

**Women 35-39 200 Yard IM**

1	Oyama, Karen	36	Federal Way Masters	2:36.53
	33.05	1:14.39 (41.34)	2:00.39 (46.00)	2:36.53 (36.14)
2	Culverwell, Hilary	36	West Seattle YMCA Dolphins	2:40.30
	34.96	1:14.71 (39.75)	2:03.29 (48.58)	2:40.30 (37.01)

**Women 35-39 400 Yard IM**

1	Werner, Haleigh	35	Greenlake Aquaducks	5:13.65
	33.07	1:11.07 (38.00)	1:53.15 (42.08)	2:34.00 (40.85)
	3:18.68 (44.68)	4:03.40 (44.72)	4:39.07 (35.67)	5:13.65 (34.58)
2	Bernhard, Anne	39	North End Otters	5:35.22
	32.99	1:12.35 (39.36)	1:55.72 (43.37)	2:36.54 (40.82)
	3:25.58 (49.04)	4:13.22 (47.64)	4:55.22 (42.00)	5:35.22 (40.00)
3	Del Rio, Laura	38	North End Otters	5:56.78
	39.09	1:22.75 (43.66)	2:12.13 (49.38)	3:01.91 (49.78)
	3:49.19 (47.28)	4:37.56 (48.37)	5:18.49 (40.93)	5:56.78 (38.29)

**Women 40-44 50 Yard Freestyle**

1	Dahl, Lisa	42	Unattached - Pna	25.99
2	Courtney, Zena	44	Federal Way Masters	28.67
3	Hoffman, Heather	44	Federal Way Masters	29.40
4	Spence, Debby	42	North Whidbey Masters	29.59
5	Conklin, Megan	40	Team Luna	29.72
6	Mishel, Tatyana	40	Greenlake Aquaducks	30.92
7	Burrows, Tracy	42	West Seattle YMCA Dolphins	32.56
8	Haller, Patty	42	Seattle Athletic Club	43.73

**Women 40-44 100 Yard Freestyle**

1	Way, Suzanne	40	Lynnwood Sharks	1:13.12
	35.09	1:13.12 (38.03)		
2	Haller, Patty	42	Seattle Athletic Club	1:38.61
	46.18	1:38.61 (52.43)		
---	Clutter, Cindy	44	Inland Northwest (non-scoring)	X1:15.66
	36.28	1:15.66 (39.38)		

**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

**Women 40-44 200 Yard Freestyle**

1	Courtney, Zena	44	Federal Way Masters		2:13.37
	31.59	1:05.52 (33.93)	1:39.62 (34.10)	2:13.37 (33.75)	
2	Speir, Kris	40	Tacoma Pierce County YMCA		2:28.24
	33.83	1:11.80 (37.97)	1:50.92 (39.12)	2:28.24 (37.32)	
3	Conklin, Megan	40	Team Luna		2:32.25
	33.56	1:10.56 (37.00)	1:51.02 (40.46)	2:32.25 (41.23)	
4	Way, Suzanne	40	Lynnwood Sharks		2:40.11
	36.47	1:57.82 (1:21.35)	2:40.11 (42.29)		
5	Haller, Patty	42	Seattle Athletic Club		3:44.52
	46.92	1:44.65 (57.73)	2:44.79 (1:00.14)	3:44.52 (59.73)	

**Women 40-44 500 Yard Freestyle**

1	Gross, Lynn	43	Federal Way Masters		6:23.54
	33.36	1:09.99 (36.63)	1:47.81 (37.82)	2:26.24 (38.43)	
	3:05.37 (39.13)	3:45.15 (39.78)	4:25.87 (40.72)	5:05.92 (40.05)	
	5:45.23 (39.31)	6:23.54 (38.31)			
2	Way, Suzanne	40	Lynnwood Sharks		7:08.73
	38.09	1:19.06 (40.97)	2:02.10 (43.04)	2:45.95 (43.85)	
	3:29.68 (43.73)	4:13.53 (43.85)	4:57.70 (44.17)	5:42.20 (44.50)	
	6:26.45 (44.25)	7:08.73 (42.28)			
3	Hutchison, Jane	42	Fins of the San Juans		8:56.33
	47.18	1:39.55 (52.37)	2:34.06 (54.51)	3:29.37 (55.31)	
	4:24.11 (54.74)	5:19.66 (55.55)	6:15.61 (55.95)	7:10.31 (54.70)	
	8:05.76 (55.45)	8:56.33 (50.57)			
---	Clutter, Cindy	44	Inland Northwest (non-scoring)		X7:02.76
	38.20	1:19.84 (41.64)	2:02.28 (42.44)	2:45.10 (42.82)	
	3:27.90 (42.80)	4:11.10 (43.20)	4:54.11 (43.01)	5:37.15 (43.04)	
	6:20.18 (43.03)	7:02.76 (42.58)			

**Women 40-44 1000 Yard Freestyle**

1	Gross, Lynn	43	Federal Way Masters		13:04.42
	32.72	1:09.58 (36.86)	1:47.53 (37.95)	2:25.93 (38.40)	
	3:04.59 (38.66)	3:43.72 (39.13)	4:23.54 (39.82)	5:03.59 (40.05)	
	5:43.25 (39.66)	6:23.16 (39.91)	7:03.04 (39.88)	7:42.42 (39.38)	
	8:22.55 (40.13)	9:02.47 (39.92)	9:42.93 (40.46)	10:23.50 (40.57)	
	11:03.84 (40.34)	11:44.38 (40.54)	12:24.71 (40.33)	13:04.42 (39.71)	

**(Women 40-44 1000 Yard Freestyle)**

2	Hoffman, Heather	44	Federal Way Masters		14:00.32
	37.07	1:17.54 (40.47)	2:00.08 (42.54)	2:42.41 (42.33)	
	3:24.79 (42.38)	4:07.18 (42.39)	4:50.46 (43.28)	5:33.48 (43.02)	
	6:15.88 (42.40)	6:58.60 (42.72)	7:41.53 (42.93)	8:24.63 (43.10)	
	9:07.13 (42.50)	9:49.17 (42.04)	10:31.62 (42.45)	11:14.39 (42.77)	
	11:56.68 (42.29)	12:38.71 (42.03)	13:20.72 (42.01)	14:00.32 (39.60)	
---	Clutter, Cindy	44	Inland Northwest (non-scoring)		X14:22.79

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

38.19	1:20.94 (42.75)	2:04.39 (43.45)	2:48.14 (43.75)
3:32.02 (43.88)	4:15.58 (43.56)	4:59.20 (43.62)	5:42.45 (43.25)
6:25.65 (43.20)	7:08.88 (43.23)	7:51.87 (42.99)	8:35.44 (43.57)
9:18.96 (43.52)	10:02.52 (43.56)	10:45.94 (43.42)	11:29.20 (43.26)
12:12.78 (43.58)	12:56.53 (43.75)	13:40.08 (43.55)	14:22.79 (42.71)

**Women 40-44 1650 Yard Freestyle**

1 Courtney, Zena 44 Federal Way Masters 21:35.84

31.79	1:05.70 (33.91)	1:40.40 (34.70)	2:16.02 (35.62)
2:51.97 (35.95)	3:28.02 (36.05)	4:04.58 (36.56)	4:41.37 (36.79)
5:18.32 (36.95)	5:55.50 (37.18)	6:33.72 (38.22)	7:11.44 (37.72)
7:48.97 (37.53)	8:26.75 (37.78)	9:05.86 (39.11)	9:46.16 (40.30)
10:28.06 (41.90)	11:10.14 (42.08)	11:52.03 (41.89)	12:34.14 (42.11)
13:16.50 (42.36)	13:58.61 (42.11)	14:40.98 (42.37)	15:23.45 (42.47)
16:05.51 (42.06)	16:47.94 (42.43)	17:29.76 (41.82)	18:11.84 (42.08)
18:53.87 (42.03)	19:35.14 (41.27)	20:15.78 (40.64)	20:56.01 (40.23)
			21:35.84 (39.83)

2 Gross, Lynn 43 Federal Way Masters 22:09.34

33.41	1:11.34 (37.93)	1:51.24 (39.90)	2:31.32 (40.08)
3:11.42 (40.10)	3:51.41 (39.99)	4:32.32 (40.91)	5:12.90 (40.58)
5:53.63 (40.73)	6:34.51 (40.88)	7:15.10 (40.59)	7:56.00 (40.90)
8:37.09 (41.09)	9:17.53 (40.44)	9:58.05 (40.52)	10:38.70 (40.65)
11:19.10 (40.40)	11:59.63 (40.53)	12:40.13 (40.50)	13:20.90 (40.77)
14:01.95 (41.05)	14:42.86 (40.91)	15:23.95 (41.09)	16:04.56 (40.61)
16:45.27 (40.71)	17:26.01 (40.74)	18:06.76 (40.75)	18:47.04 (40.28)
19:27.34 (40.30)	20:08.34 (41.00)	20:49.20 (40.86)	21:29.94 (40.74)
			22:09.34 (39.40)

3 Hutchison, Jane 42 Fins of the San Juans 32:24.50

44.47	1:36.23 (51.76)	2:33.89 (57.66)	3:31.70 (57.81)
4:28.11 (56.41)	5:28.27 (1:00.16)	6:27.54 (59.27)	7:27.18 (59.64)
8:27.46 (1:00.28)	9:26.79 (59.33)	10:26.27 (59.48)	11:26.74 (1:00.47)
12:26.05 (59.31)	13:25.50 (59.45)	14:24.12 (58.62)	15:23.68 (59.56)
16:22.87 (59.19)	17:23.19 (1:00.32)	18:25.05 (1:01.86)	19:25.59 (1:00.54)
20:25.11 (59.52)	21:25.80 (1:00.69)	22:26.33 (1:00.53)	23:27.22 (1:00.89)
24:27.92 (1:00.70)	25:26.69 (58.77)	26:26.45 (59.76)	27:25.86 (59.41)
28:25.82 (59.96)	29:26.11 (1:00.29)	30:27.34 (1:01.23)	31:27.14 (59.80)
			32:24.50 (57.36)

**Women 40-44 50 Yard Backstroke**

1 Dahl, Lisa 42 Unattached - Pna 31.28

2 Courtney, Zena 44 Federal Way Masters 31.41

**Women 40-44 100 Yard Backstroke**

1 Courtney, Zena 44 Federal Way Masters 1:07.05

2 Way, Suzanne 40 Lynnwood Sharks 1:32.81

45.89 1:32.81 (46.92)

**Women 40-44 200 Yard Backstroke**

1 Courtney, Zena 44 Federal Way Masters 2:27.04

33.96 1:10.76 (36.80) 1:48.93 (38.17) 2:27.04 (38.11)

**Women 40-44 50 Yard Breaststroke**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Spence, Debby	42	North Whidbey Masters	39.45
2	Burrows, Tracy	42	West Seattle YMCA Dolphins	41.02
3	Devlin, Maureen	41	West Seattle YMCA Dolphins	41.43
4	Hammer, Chelle	43	Federal Way Masters	43.69
5	Haller, Patty	42	Seattle Athletic Club	52.15
---	Clutter, Cindy	44	Inland Northwest (non-scoring)	X43.11

**Women 40-44 100 Yard Breaststroke**

1	Speir, Kris	40	Tacoma Pierce County YMCA	1:22.90
	39.33	1:22.90 (43.57)		
2	Burrows, Tracy	42	West Seattle YMCA Dolphins	1:28.88
	42.09	1:28.88 (46.79)		
3	Devlin, Maureen	41	West Seattle YMCA Dolphins	1:33.07
	44.21	1:33.07 (48.86)		
4	Hammer, Chelle	43	Federal Way Masters	1:38.65
	46.95	1:38.65 (51.70)		
5	Way, Suzanne	40	Lynnwood Sharks	1:51.81
	52.83	1:51.81 (58.98)		
6	Haller, Patty	42	Seattle Athletic Club	1:56.19
	54.91	1:56.19 (1:01.28)		

**Women 40-44 200 Yard Breaststroke**

1	Burrows, Tracy	42	West Seattle YMCA Dolphins	3:12.44
	43.98	3:12.44 (2:28.46)		
2	Devlin, Maureen	41	West Seattle YMCA Dolphins	3:28.93
	43.91	1:35.70 (51.79)	2:32.58 (56.88)	3:28.93 (56.35)

**Women 40-44 50 Yard Butterfly**

1	Dahl, Lisa	42	Unattached - Pna	28.68
2	Spaeth, Janet	40	Team Luna	31.09
3	McDaniel, Kathleen	40	Federal Way Masters	32.54
4	Speir, Kris	40	Tacoma Pierce County YMCA	32.65
5	Hoffman, Heather	44	Federal Way Masters	33.19
6	Spence, Debby	42	North Whidbey Masters	33.62
7	Mishel, Tatyana	40	Greenlake Aquaducks	33.93



**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

8	Devlin, Maureen	41	West Seattle YMCA Dolphins	39.58
9	Hutchison, Jane	42	Fins of the San Juans	47.70

**Women 40-44 100 Yard Butterfly**

1	Spaeth, Janet	40	Team Luna	1:09.66
	32.28		1:09.66 (37.38)	
2	Mishel, Tatyana	40	Greenlake Aquaducks	1:24.69
	39.37		1:24.69 (45.32)	
3	Jordan, Seanna	40	West Seattle YMCA Dolphins	1:57.79
	53.59		1:57.79 (1:04.20)	

**Women 40-44 200 Yard Butterfly**

1	Mishel, Tatyana	40	Greenlake Aquaducks	3:08.62
	42.88		1:31.22 (48.34) 2:22.72 (51.50) 3:08.62 (45.90)	
2	Jordan, Seanna	40	West Seattle YMCA Dolphins	4:21.40
	56.66		2:02.48 (1:05.82) 3:12.36 (1:09.88) 4:21.40 (1:09.04)	
---	Clutter, Cindy	44	Inland Northwest (non-scoring)	X3:21.40
	45.10		1:36.65 (51.55) 2:28.62 (51.97) 3:21.40 (52.78)	

**Women 40-44 100 Yard IM**

1	Dahl, Lisa	42	Unattached - Pna	1:06.54
	30.78		1:06.54 (35.76)	
2	Spaeth, Janet	40	Team Luna	1:13.82
	33.64		1:13.82 (40.18)	
3	Spence, Debby	42	North Whidbey Masters	1:14.83
	35.16		1:14.83 (39.67)	
4	McDaniel, Kathleen	40	Federal Way Masters	1:15.05
	33.58		1:15.05 (41.47)	
5	Mishel, Tatyana	40	Greenlake Aquaducks	1:17.87
	36.74		1:17.87 (41.13)	
6	Conklin, Megan	40	Team Luna	1:19.28
	36.61		1:19.28 (42.67)	
7	Devlin, Maureen	41	West Seattle YMCA Dolphins	1:25.19
	40.15		1:25.19 (45.04)	
8	Hutchison, Jane	42	Fins of the San Juans	1:43.39
	50.24		1:43.39 (53.15)	
---	Jordan, Seanna	40	West Seattle YMCA Dolphins	DQ
	53.53		DQ (1:13.71)	

**Women 40-44 200 Yard IM**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Speir, Kris	40	Tacoma Pierce County YMCA	2:44.96
	34.63	1:17.88 (43.25)	2:04.81 (46.93)	2:44.96 (40.15)
2	Spence, Debby	42	North Whidbey Masters	2:45.21
	36.31	1:19.55 (43.24)	2:07.20 (47.65)	2:45.21 (38.01)
3	McDaniel, Kathleen	40	Federal Way Masters	2:48.40
	34.64	1:17.69 (43.05)	2:06.84 (49.15)	2:48.40 (41.56)
4	Conklin, Megan	40	Team Luna	2:59.75
	39.75	1:25.04 (45.29)	2:20.44 (55.40)	2:59.75 (39.31)
5	Burrows, Tracy	42	West Seattle YMCA Dolphins	3:11.09
	41.13	1:30.38 (49.25)	2:25.18 (54.80)	3:11.09 (45.91)
6	Hutchison, Jane	42	Fins of the San Juans	3:53.60
	47.30	1:53.96 (1:06.66)	3:01.91 (1:07.95)	3:53.60 (51.69)

**Women 40-44 400 Yard IM**

1	Speir, Kris	40	Tacoma Pierce County YMCA	6:01.78
	37.91	1:20.19 (42.28)	2:08.44 (48.25)	2:57.28 (48.84)
	3:47.09 (49.81)	4:38.51 (51.42)	5:21.14 (42.63)	6:01.78 (40.64)
2	Mishel, Tatyana	40	Greenlake Aquaducks	6:07.12
	38.38	1:24.91 (46.53)	2:14.35 (49.44)	3:02.68 (48.33)
	3:55.10 (52.42)	4:45.37 (50.27)	5:26.56 (41.19)	6:07.12 (40.56)
3	McDaniel, Kathleen	40	Federal Way Masters	6:07.16
	35.34	1:19.25 (43.91)	2:06.88 (47.63)	2:53.34 (46.46)
	3:44.94 (51.60)	4:37.70 (52.76)	5:22.65 (44.95)	6:07.16 (44.51)
4	Burrows, Tracy	42	West Seattle YMCA Dolphins	6:38.11
	43.20	1:32.83 (49.63)	2:27.66 (54.83)	3:19.15 (51.49)
	4:11.97 (52.82)	5:06.49 (54.52)	5:53.78 (47.29)	6:38.11 (44.33)
5	Devlin, Maureen	41	West Seattle YMCA Dolphins	7:06.24
	42.83	1:37.82 (54.99)	2:36.03 (58.21)	3:35.43 (59.40)
	4:33.64 (58.21)	5:29.48 (55.84)	6:17.99 (48.51)	7:06.24 (48.25)

**Women 45-49 50 Yard Freestyle**

1	Moore, Jo	49	Bellevue Club	27.02
2	Mattens, Diane	46	S Whidbey Island Swells	30.61
3	White, Mary Ann	45	Federal Way Masters	30.91

**(Women 45-49 50 Yard Freestyle)**

4	Boggs, Kim	45	Federal Way Masters	31.00
5	Johnson, Janet	49	Port Townsend Master Swimmers	32.41
6	O'Neil, Molly	45	Fins of the San Juans	37.29
---	Tomlinson-Macias, Melinda	45	Inland Northwest (non-scoring)	X34.25

**PNA Champs 2004 - 4/9/2004 to 4/10/2004**  
**Results**

**Women 45-49 100 Yard Freestyle**

1	Moore, Jo	49	Bellevue Club		1:01.86
	30.32		1:01.86 (31.54)		
2	Boggs, Kim	45	Federal Way Masters		1:07.47
	32.22		1:07.47 (35.25)		
3	Townsend, Nancy	48	Mill Creek Masters		1:09.02
	32.99		1:09.02 (36.03)		
---	Hair, Margaret	49	Inland Northwest (non-scoring)		X1:06.80
	32.26		1:06.80 (34.54)		
---	Tomlinson-Macias, Melinda	45	Inland Northwest (non-scoring)		X1:18.06
	35.95		1:18.06 (42.11)		

**Women 45-49 200 Yard Freestyle**

1	Moore, Jo	49	Bellevue Club		2:12.90
	31.41		1:05.22 (33.81)	1:39.45 (34.23)	2:12.90 (33.45)
2	Keyser, Donna	46	North End Otters		2:26.42
	34.48		1:11.21 (36.73)	1:49.66 (38.45)	2:26.42 (36.76)
3	Townsend, Nancy	48	Mill Creek Masters		2:31.32
	34.64		1:12.40 (37.76)	1:51.93 (39.53)	2:31.32 (39.39)
4	Brizee, Lori	46	North End Otters		3:40.90
	47.81		1:44.27 (56.46)	2:43.58 (59.31)	3:40.90 (57.32)

**Women 45-49 500 Yard Freestyle**

1	Moore, Jo	49	Bellevue Club		5:51.92
	31.43		1:06.01 (34.58)	1:41.22 (35.21)	2:17.18 (35.96)
	2:53.06 (35.88)		3:28.89 (35.83)	4:04.85 (35.96)	4:40.85 (36.00)
	5:16.85 (36.00)		5:51.92 (35.07)		
2	Keyser, Donna	46	North End Otters		6:44.37
	37.37		1:17.23 (39.86)	1:57.88 (40.65)	2:39.25 (41.37)
	3:20.18 (40.93)		4:00.72 (40.54)	4:41.80 (41.08)	5:23.60 (41.80)
	6:04.62 (41.02)		6:44.37 (39.75)		
3	Townsend, Nancy	48	Mill Creek Masters		6:48.93
	35.15		1:13.90 (38.75)	1:55.21 (41.31)	2:36.60 (41.39)
	3:18.64 (42.04)		4:01.18 (42.54)	4:44.04 (42.86)	5:26.81 (42.77)
	6:09.57 (42.76)		6:48.93 (39.36)		
4	Knutson, Brenda	45	Unattached - Pna		7:15.77
	38.35		1:20.61 (42.26)	2:04.72 (44.11)	2:49.55 (44.83)
	3:34.61 (45.06)		4:19.70 (45.09)	5:04.88 (45.18)	5:49.66 (44.78)
	6:34.25 (44.59)		7:15.77 (41.52)		
5	Brizee, Lori	46	North End Otters		9:26.78
	49.30		1:45.71 (56.41)	2:43.18 (57.47)	3:38.87 (55.69)
	4:36.83 (57.96)		5:35.23 (58.40)	6:35.53 (1:00.30)	7:36.04 (1:00.51)
	8:32.32 (56.28)		9:26.78 (54.46)		

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

---	Hair, Margaret	49	Inland Northwest (non-scoring)	X6:46.79
	37.12	1:18.40 (41.28)	1:59.90 (41.50)	2:41.48 (41.58)
	3:22.79 (41.31)	4:04.03 (41.24)	4:45.45 (41.42)	5:26.37 (40.92)
	6:07.32 (40.95)	6:46.79 (39.47)		

**Women 45-49 1000 Yard Freestyle**

1	White, Mary Ann	45	Federal Way Masters	13:26.22
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	35.32	1:13.48 (38.16)	1:52.78 (39.30)	2:32.95 (40.17)
	3:13.46 (40.51)	3:54.15 (40.69)	4:35.04 (40.89)	5:15.78 (40.74)
	5:56.78 (41.00)	6:37.80 (41.02)	7:18.80 (41.00)	7:59.79 (40.99)
	8:41.20 (41.41)	9:22.39 (41.19)	10:03.61 (41.22)	10:44.66 (41.05)
	11:25.72 (41.06)	12:06.96 (41.24)	12:47.52 (40.56)	13:26.22 (38.70)

2	Johnson, Janet	49	Port Townsend Master Swimmers	16:02.45
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	45.94	1:35.15 (49.21)	2:26.20 (51.05)	3:15.91 (49.71)
	4:06.35 (50.44)	4:54.54 (48.19)	5:43.18 (48.64)	6:32.42 (49.24)
	7:20.70 (48.28)	8:08.89 (48.19)	8:57.15 (48.26)	9:45.57 (48.42)
	10:33.78 (48.21)	11:21.96 (48.18)	12:09.54 (47.58)	12:57.93 (48.39)
	13:45.24 (47.31)	14:32.16 (46.92)	15:18.03 (45.87)	16:02.45 (44.42)

---	Durant, Robin	48	Inland Northwest (non-scoring)	X14:48.99
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	42.06	1:26.48 (44.42)	2:11.45 (44.97)	2:55.98 (44.53)
	3:40.73 (44.75)	4:25.94 (45.21)	5:10.99 (45.05)	5:56.46 (45.47)
	6:41.93 (45.47)	7:26.90 (44.97)	8:11.55 (44.65)	8:56.44 (44.89)
	9:40.95 (44.51)	10:26.23 (45.28)	11:10.71 (44.48)	11:54.79 (44.08)
	12:39.27 (44.48)	13:23.25 (43.98)	14:06.92 (43.67)	14:48.99 (42.07)

**Women 45-49 1650 Yard Freestyle**

1	White, Mary Ann	45	Federal Way Masters	22:19.84
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	35.85	1:14.21 (38.36)	1:53.80 (39.59)	2:33.82 (40.02)
	3:14.22 (40.40)	3:54.65 (40.43)	4:35.19 (40.54)	5:15.92 (40.73)
	5:56.68 (40.76)	6:37.57 (40.89)	7:18.48 (40.91)	7:59.54 (41.06)
	8:40.97 (41.43)	9:22.22 (41.25)	10:03.45 (41.23)	10:44.50 (41.05)
	11:25.74 (41.24)	12:07.10 (41.36)	12:48.14 (41.04)	13:29.55 (41.41)
	14:10.51 (40.96)	14:51.73 (41.22)	15:32.68 (40.95)	16:13.51 (40.83)
	16:54.61 (41.10)	17:35.84 (41.23)	18:17.05 (41.21)	18:58.06 (41.01)
	19:38.98 (40.92)	20:19.97 (40.99)	21:01.22 (41.25)	21:42.44 (41.22)

22:19.84 (37.40)

2	Knutson, Brenda	45	Unattached - Pna	24:37.26
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	37.80	1:20.65 (42.85)	2:04.83 (44.18)	2:49.22 (44.39)
	3:33.48 (44.26)	4:18.50 (45.02)	5:03.20 (44.70)	5:48.11 (44.91)
	6:32.54 (44.43)	7:17.96 (45.42)	8:03.25 (45.29)	8:48.23 (44.98)
	9:33.81 (45.58)	10:19.26 (45.45)	11:05.19 (45.93)	11:50.91 (45.72)
	12:36.54 (45.63)	13:21.61 (45.07)	14:06.82 (45.21)	14:52.35 (45.53)
	15:37.07 (44.72)	16:22.19 (45.12)	17:07.50 (45.31)	17:52.64 (45.14)
	18:37.66 (45.02)	19:22.89 (45.23)	20:08.25 (45.36)	20:53.26 (45.01)
	21:38.45 (45.19)	22:23.95 (45.50)	23:08.95 (45.00)	23:53.76 (44.81)

24:37.26 (43.50)

---	Durant, Robin	48	Inland Northwest (non-scoring)	X24:31.70
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	41.41	1:26.06 (44.65)	2:10.91 (44.85)	2:55.58 (44.67)
	3:40.30 (44.72)	4:24.60 (44.30)	5:08.62 (44.02)	5:53.50 (44.88)
	6:37.95 (44.45)	7:22.46 (44.51)	8:07.83 (45.37)	8:52.61 (44.78)
	9:37.22 (44.61)	10:21.57 (44.35)	11:05.84 (44.27)	11:51.20 (45.36)
	12:35.86 (44.66)	13:19.50 (43.64)	14:03.61 (44.11)	14:48.44 (44.83)
	15:33.51 (45.07)	16:18.67 (45.16)	17:03.83 (45.16)	17:49.75 (45.92)
	18:35.52 (45.77)	19:21.59 (46.07)	20:05.15 (43.56)	20:50.32 (45.17)

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

21:34.68 (44.36) 22:19.55 (44.87) 23:04.38 (44.83) 23:48.81 (44.43) 24:31.70 (42.89)

**Women 45-49 50 Yard Backstroke**

1	Mattens, Diane	46	S Whidbey Island Swells	38.61
2	O'Neil, Molly	45	Fins of the San Juans	47.88
---	Tomlinson-Macias, Melinda	45	Inland Northwest (non-scoring)	X41.57

**Women 45-49 100 Yard Backstroke**

1	Townsend, Nancy	48	Mill Creek Masters	1:22.09
	40.49		1:22.09 (41.60)	
2	Pruneau, Christine	47	West Seattle YMCA Dolphins	1:40.30
	50.27		1:40.30 (50.03)	
3	O'Neil, Molly	45	Fins of the San Juans	1:46.43
	52.39		1:46.43 (54.04)	
---	Durant, Robin	48	Inland Northwest (non-scoring)	X1:31.99
	45.27		1:31.99 (46.72)	

**Women 45-49 200 Yard Backstroke**

1	Keyser, Donna	46	North End Otters	3:03.87
	43.52		1:29.53 (46.01) 2:17.13 (47.60) 3:03.87 (46.74)	
2	Pruneau, Christine	47	West Seattle YMCA Dolphins	3:36.28
	52.86		1:48.29 (55.43) 2:44.00 (55.71) 3:36.28 (52.28)	

**Women 45-49 50 Yard Breaststroke**

1	Berg, Tonya	45	Greenlake Aquaducks	36.64
2	White, Mary Ann	45	Federal Way Masters	38.93
3	Johnson, Janet	49	Port Townsend Master Swimmers	41.06
4	Doely, Lani	48	Greenlake Aquaducks	41.24
---	Hair, Margaret	49	Inland Northwest (non-scoring)	X39.33
---	Tomlinson-Macias, Melinda	45	Inland Northwest (non-scoring)	X47.93

**Women 45-49 100 Yard Breaststroke**

1	Berg, Tonya	45	Greenlake Aquaducks	1:18.93
	37.93		1:18.93 (41.00)	
2	White, Mary Ann	45	Federal Way Masters	1:25.22
	40.05		1:25.22 (45.17)	
3	Doely, Lani	48	Greenlake Aquaducks	1:29.25
	41.66		1:29.25 (47.59)	

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

4	Johnson, Janet	49	Port Townsend Master Swimmers	1:31.53
	45.15	1:31.53 (46.38)		
5	Pruneau, Christine	47	West Seattle YMCA Dolphins	1:41.84
	50.89	1:41.84 (50.95)		
---	Durant, Robin	48	Inland Northwest (non-scoring)	X1:39.88
	48.71	1:39.88 (51.17)		

**Women 45-49 200 Yard Breaststroke**

1	Berg, Tonya	45	Greenlake Aquaducks	2:49.98
	38.93	1:22.13 (43.20)	2:05.94 (43.81)	2:49.98 (44.04)
2	Doely, Lani	48	Greenlake Aquaducks	3:09.82
	43.81	1:31.26 (47.45)	2:20.46 (49.20)	3:09.82 (49.36)
3	Johnson, Janet	49	Port Townsend Master Swimmers	3:19.56
	46.67	1:37.27 (50.60)	2:28.79 (51.52)	3:19.56 (50.77)
---	Durant, Robin	48	Inland Northwest (non-scoring)	X3:41.07
	51.37	2:44.92 (1:53.55)	3:41.07 (56.15)	

**Women 45-49 50 Yard Butterfly**

1	Boggs, Kim	45	Federal Way Masters	32.71
2	White, Mary Ann	45	Federal Way Masters	33.54
---	Hair, Margaret	49	Inland Northwest (non-scoring)	X33.66
---	Durant, Robin	48	Inland Northwest (non-scoring)	X45.64

**(Women 45-49 50 Yard Butterfly)**

---	O'Neil, Molly	45	Fins of the San Juans	DQ
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**Women 45-49 100 Yard Butterfly**

1	Pruneau, Christine	47	West Seattle YMCA Dolphins	1:41.50
	49.62	1:41.50 (51.88)		

**Women 45-49 200 Yard Butterfly**

1	Pruneau, Christine	47	West Seattle YMCA Dolphins	3:41.92
	52.96	1:49.53 (56.57)	2:48.89 (59.36)	3:41.92 (53.03)

**Women 45-49 100 Yard IM**

1	Berg, Tonya	45	Greenlake Aquaducks	1:14.89
	35.75	1:14.89 (39.14)		
2	Townsend, Nancy	48	Mill Creek Masters	1:18.54

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

3	Boggs, Kim	36.33	1:18.54 (42.21)	45 Federal Way Masters	1:18.95
4	Mattens, Diane	35.92	1:18.95 (43.03)	46 S Whidbey Island Swells	1:21.19
5	Doely, Lani	37.75	1:21.19 (43.44)	48 Greenlake Aquaducks	1:23.06
6	O'Neil, Molly	39.23	1:23.06 (43.83)	45 Fins of the San Juans	1:47.68
7	Brizee, Lori	49.71	1:47.68 (57.97)	46 North End Otters	1:55.10
---	Hair, Margaret	57.69	1:55.10 (57.41)	49 Inland Northwest (non-scoring)	X1:15.42
---	Tomlinson-Macias, Melinda	35.01	1:15.42 (40.41)	45 Inland Northwest (non-scoring)	X1:32.45
		41.39	1:32.45 (51.06)		

**Women 45-49 200 Yard IM**

1	Berg, Tonya			45 Greenlake Aquaducks	2:40.78
2	Keyser, Donna	35.30	1:17.67 (42.37)	46 North End Otters	3:00.47
3	Doely, Lani	43.92	1:32.51 (48.59)	48 Greenlake Aquaducks	3:00.86
		40.04	1:30.68 (50.64)	2:20.03 (49.35)	3:00.86 (40.83)

**Women 45-49 400 Yard IM**

1	Pruneau, Christine			47 West Seattle YMCA Dolphins	6:58.64
---	O'Neil, Molly	49.31	1:43.51 (54.20)	45 Fins of the San Juans	DQ
		4:30.89 (56.09)	5:26.63 (55.74)	6:13.84 (47.21)	6:58.64 (44.80)
		52.60	1:56.12 (1:03.52)	2:53.50 (57.38)	3:53.59 (1:00.09)
		5:05.51 (1:11.92)	6:17.00 (1:11.49)	7:13.44 (56.44)	DQ (53.87)

**Women 50-54 50 Yard Freestyle**

1	Davis, Charlotte			53 North End Otters	27.50
2	Williams, Dona			50 Unattached - Pna	32.25
3	Blackburn, Jean			52 Federal Way Masters	35.23
4	Ehrmin, Mary			50 Mill Creek Masters	43.50
5	Logsdon, Rebecca			50 Seattle Athletic Club	49.31
6	Weisman, Janet			52 West Seattle YMCA Dolphins	49.74

**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

**Women 50-54 100 Yard Freestyle**

1	Davis, Charlotte	53	North End Otters	1:00.53
	30.72	1:00.53	(29.81)	
2	Glassman, Debbie	50	North End Otters	1:02.52
	29.71	1:02.52	(32.81)	
3	Williams, Dona	50	Unattached - Pna	1:17.40
	37.05	1:17.40	(40.35)	
4	Belserene, Rita	52	Bainbridge Area Masters	1:18.73
	37.36	1:18.73	(41.37)	

**Women 50-54 200 Yard Freestyle**

1	Glassman, Debbie	50	North End Otters	2:22.90
	33.09	1:09.92	(36.83)	1:46.87 (36.95) 2:22.90 (36.03)
2	Moore, Jane	53	Federal Way Masters	3:04.41
	42.75	1:30.91	(48.16)	2:19.80 (48.89) 3:04.41 (44.61)
3	Elliott, Susan	53	West Seattle YMCA Dolphins	4:13.41
	50.78	1:53.83	(1:03.05)	3:05.79 (1:11.96) 4:13.41 (1:07.62)

**Women 50-54 500 Yard Freestyle**

1	Williams, Dona	50	Unattached - Pna	7:37.68
	40.58	1:24.71	(44.13)	2:10.94 (46.23) 2:58.56 (47.62)
	3:45.55 (46.99)	4:32.82 (47.27)	5:19.92 (47.10)	6:53.12 (1:33.20)
	7:37.68 (44.56)			
2	Moore, Jane	53	Federal Way Masters	7:42.38
	41.13	1:27.30	(46.17)	2:15.52 (48.22) 3:03.70 (48.18)
	3:50.51 (46.81)	4:37.68 (47.17)	5:25.18 (47.50)	6:12.28 (47.10)
	6:59.03 (46.75)	7:42.38 (43.35)		
3	Ehrmin, Mary	50	Mill Creek Masters	9:45.64
	49.11	1:44.14	(55.03)	2:44.04 (59.90) 3:45.14 (1:01.10)
	4:44.83 (59.69)	5:43.63 (58.80)	6:44.69 (1:01.06)	7:47.37 (1:02.68)
	8:47.94 (1:00.57)	9:45.64 (57.70)		
4	Beyerlein, Joan	54	Mill Creek Masters	10:07.49
	51.60	1:50.04	(58.44)	2:51.11 (1:01.07) 3:54.90 (1:03.79)
	4:57.89 (1:02.99)	6:01.73 (1:03.84)	7:05.25 (1:03.52)	8:07.28 (1:02.03)
	9:08.35 (1:01.07)	10:07.49 (59.14)		

**Women 50-54 1000 Yard Freestyle**

1	Moore, Jane	53	Federal Way Masters	16:01.79
	43.93	1:31.26	(47.33)	2:19.20 (47.94) 3:06.93 (47.73)
	3:55.22 (48.29)	4:43.30 (48.08)	5:31.10 (47.80)	6:19.52 (48.42)
	7:08.11 (48.59)	7:56.74 (48.63)	8:44.91 (48.17)	9:33.98 (49.07)
	10:23.76 (49.78)	11:12.75 (48.99)	12:02.09 (49.34)	12:50.61 (48.52)
	13:39.47 (48.86)	14:28.20 (48.73)	15:16.12 (47.92)	16:01.79 (45.67)
2	Pace, Jesse	51	Greenlake Aquaducks	17:02.61



**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

43.82	1:35.76 (51.94)	2:27.44 (51.68)	3:19.37 (51.93)
4:10.95 (51.58)	5:02.47 (51.52)	5:54.60 (52.13)	6:46.84 (52.24)
7:38.61 (51.77)	8:30.48 (51.87)	9:22.75 (52.27)	10:14.45 (51.70)
11:06.22 (51.77)	11:57.76 (51.54)	12:49.98 (52.22)	13:41.13 (51.15)
14:33.52 (52.39)	15:25.08 (51.56)	16:16.15 (51.07)	17:02.61 (46.46)

**Women 50-54 1650 Yard Freestyle**

1 Moore, Jane 53 Federal Way Masters 26:47.66

42.76	1:30.52 (47.76)	2:19.86 (49.34)	3:10.27 (50.41)
3:59.91 (49.64)	4:49.20 (49.29)	5:37.79 (48.59)	6:26.12 (48.33)
7:15.31 (49.19)	8:04.49 (49.18)	8:52.91 (48.42)	9:41.40 (48.49)
10:30.44 (49.04)	11:19.35 (48.91)	12:08.76 (49.41)	12:57.99 (49.23)
13:47.23 (49.24)	14:35.26 (48.03)	15:24.02 (48.76)	16:13.17 (49.15)
17:02.31 (49.14)	17:51.52 (49.21)	18:40.13 (48.61)	19:29.57 (49.44)
20:18.46 (48.89)	21:07.20 (48.74)	21:56.49 (49.29)	22:46.19 (49.70)
23:35.89 (49.70)	24:24.71 (48.82)	25:13.19 (48.48)	26:01.78 (48.59)

26:47.66 (45.88)

2 Pace, Jesse 51 Greenlake Aquaducks 28:50.47

43.34	1:35.61 (52.27)	2:28.20 (52.59)	3:20.46 (52.26)
4:14.47 (54.01)	5:07.98 (53.51)	6:00.65 (52.67)	6:53.61 (52.96)
7:46.52 (52.91)	8:39.24 (52.72)	9:32.25 (53.01)	10:25.37 (53.12)
11:18.85 (53.48)	12:11.67 (52.82)	13:05.29 (53.62)	13:58.71 (53.42)
14:51.86 (53.15)	15:45.25 (53.39)	16:38.62 (53.37)	17:31.60 (52.98)
18:25.01 (53.41)	19:18.11 (53.10)	20:10.26 (52.15)	21:03.43 (53.17)
21:56.25 (52.82)	22:48.93 (52.68)	23:41.17 (52.24)	24:33.55 (52.38)
25:26.65 (53.10)	26:19.74 (53.09)	27:11.92 (52.18)	28:03.34 (51.42)

28:50.47 (47.13)

**Women 50-54 50 Yard Backstroke**

1 Pace, Jesse 51 Greenlake Aquaducks 40.99

2 Belserene, Rita 52 Bainbridge Area Masters 41.23

3 Logsdon, Rebecca 50 Seattle Athletic Club 56.36

4 Weisman, Janet 52 West Seattle YMCA Dolphins 1:02.41

**Women 50-54 100 Yard Backstroke**

1 Pace, Jesse 51 Greenlake Aquaducks 1:30.26

43.96 1:30.26 (46.30)

**Women 50-54 200 Yard Backstroke**

1 Moore, Jane 53 Federal Way Masters 3:42.49

55.45 1:54.14 (58.69) 2:49.60 (55.46) 3:42.49 (52.89)

2 Elliott, Susan 53 West Seattle YMCA Dolphins 4:22.66

1:03.68 2:11.40 (1:07.72) 3:17.54 (1:06.14) 4:22.66 (1:05.12)

**Women 50-54 50 Yard Breaststroke**

1 Saunders, Elinor 51 West Seattle YMCA Dolphins 48.08

2 Ehrmin, Mary 50 Mill Creek Masters 52.98

3 Weisman, Janet 52 West Seattle YMCA Dolphins 53.43

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

4 Logsdon, Rebecca 50 Seattle Athletic Club 55.32

**Women 50-54 100 Yard Breaststroke**

1 Saunders, Elinor 51 West Seattle YMCA Dolphins 1:34.36

44.81 1:34.36 (49.55)

2 Logsdon, Rebecca 50 Seattle Athletic Club 1:58.83

58.30 1:58.83 (1:00.53)

--- Ehrmin, Mary 50 Mill Creek Masters DQ

52.93 DQ (1:02.32)

**Women 50-54 200 Yard Breaststroke**

1 Weisman, Janet 52 West Seattle YMCA Dolphins 4:31.75

1:00.53 2:09.18 (1:08.65) 3:21.37 (1:12.19) 4:31.75 (1:10.38)

**Women 50-54 50 Yard Butterfly**

1 Davis, Charlotte 53 North End Otters 30.23

**(Women 50-54 50 Yard Butterfly)**

2 Saunders, Elinor 51 West Seattle YMCA Dolphins 38.17

3 Belserene, Rita 52 Bainbridge Area Masters 38.82

4 Blackburn, Jean 52 Federal Way Masters 41.83

5 Pace, Jesse 51 Greenlake Aquaducks 42.65

**Women 50-54 100 Yard Butterfly**

1 Davis, Charlotte 53 North End Otters 1:08.89

34.30 1:08.89 (34.59)

2 Glassman, Debbie 50 North End Otters 1:11.83

33.85 1:11.83 (37.98)

3 Saunders, Elinor 51 West Seattle YMCA Dolphins 1:34.02

42.43 1:34.02 (51.59)

**Women 50-54 200 Yard Butterfly**

1 Glassman, Debbie 50 North End Otters 2:41.89

34.97 1:16.14 (41.17) 1:58.53 (42.39) 2:41.89 (43.36)

2 Belserene, Rita 52 Bainbridge Area Masters 3:24.66

42.41 1:34.24 (51.83) 2:30.25 (56.01) 3:24.66 (54.41)

3 Elliott, Susan 53 West Seattle YMCA Dolphins 4:53.88

1:02.95 2:15.58 (1:12.63) 3:34.92 (1:19.34) 4:53.88 (1:18.96)

**Women 50-54 100 Yard IM**

1 Davis, Charlotte 53 North End Otters 1:09.99

**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

2	Saunders, Elinor	32.38	1:09.99 (37.61)	51 West Seattle YMCA Dolphins	1:24.69
3	Williams, Dona	41.27	1:24.69 (43.42)	50 Unattached - Pna	1:25.14
4	Belserene, Rita	41.52	1:25.14 (43.62)	52 Bainbridge Area Masters	1:26.74
5	Blackburn, Jean	41.50	1:26.74 (45.24)	52 Federal Way Masters	1:30.88
6	Logsdon, Rebecca	43.09	1:30.88 (47.79)	50 Seattle Athletic Club	1:59.16
7	Weisman, Janet	58.77	1:59.16 (1:00.39)	52 West Seattle YMCA Dolphins	2:01.58
		57.29	2:01.58 (1:04.29)		

**Women 50-54 200 Yard IM**

1	Williams, Dona			50 Unattached - Pna	3:07.30
2	Moore, Jane	42.95	1:34.22 (51.27)	53 Federal Way Masters	3:50.67
		56.29	1:59.78 (1:03.49)	3:04.44 (1:04.66)	3:50.67 (46.23)

**Women 50-54 400 Yard IM**

1	Davis, Charlotte			53 North End Otters	5:21.56
2	Pace, Jesse	32.44	1:11.11 (38.67)	51 Greenlake Aquaducks	7:31.66
		3:23.69 (47.24)	4:10.29 (46.60)	1:54.03 (42.92)	2:36.45 (42.42)
		47.72	1:47.40 (59.68)	4:47.20 (36.91)	5:21.56 (34.36)
		4:44.65 (1:11.88)	5:42.63 (57.98)	2:38.37 (50.97)	3:32.77 (54.40)
				6:40.10 (57.47)	7:31.66 (51.56)

**Women 55-59 50 Yard Freestyle**

1	Dillon, Sally			57 North Whidbey Masters	31.51
2	Welch, Sarah			57 Swim Seattle	33.50

**Women 55-59 100 Yard Freestyle**

1	Dillon, Sally			57 North Whidbey Masters	1:10.75
2	Hansen, Marsha	35.26	1:10.75 (35.49)	57 Skagit Valley YMCA Chinooks	1:32.02
		41.36	1:32.02 (50.66)		

**Women 55-59 200 Yard Freestyle**

1	Dillon, Sally			57 North Whidbey Masters	2:34.70
		35.72	1:14.51 (38.79)	1:55.15 (40.64)	2:34.70 (39.55)

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2	Welch, Sarah	57	Swim Seattle		2:41.14
	36.62	1:18.17 (41.55)	2:01.07 (42.90)	2:41.14 (40.07)	
3	Johnson, M. Leigh	55	North End Otters		2:48.99
	39.58	1:22.15 (42.57)	2:05.52 (43.37)	2:48.99 (43.47)	

**Women 55-59 500 Yard Freestyle**

1	Welch, Sarah	57	Swim Seattle		7:08.38
	38.05	1:20.60 (42.55)	2:03.61 (43.01)	2:46.98 (43.37)	
	3:30.36 (43.38)	4:14.36 (44.00)	4:58.42 (44.06)	5:42.96 (44.54)	
	6:26.87 (43.91)	7:08.38 (41.51)			
2	Johnson, M. Leigh	55	North End Otters		7:20.29
	39.90	1:23.30 (43.40)	2:07.44 (44.14)	2:52.20 (44.76)	
	3:37.01 (44.81)	4:21.80 (44.79)	5:06.67 (44.87)	5:51.49 (44.82)	
	6:36.52 (45.03)	7:20.29 (43.77)			
3	Sutherland, Kate	56	S Whidbey Island Swells		8:29.74
	45.21	1:36.95 (51.74)	2:29.07 (52.12)	3:21.27 (52.20)	
	4:13.16 (51.89)	5:05.21 (52.05)	5:56.78 (51.57)	6:47.57 (50.79)	
	7:39.07 (51.50)	8:29.74 (50.67)			

**Women 55-59 1000 Yard Freestyle**

1	Casey, Kathrine	55	Ft. Steilacoom - Wako		13:59.09
	38.81	1:21.83 (43.02)	2:05.40 (43.57)	2:49.04 (43.64)	
	3:32.25 (43.21)	4:15.02 (42.77)	4:58.17 (43.15)	5:40.83 (42.66)	
	6:23.44 (42.61)	7:05.30 (41.86)	7:47.09 (41.79)	8:28.53 (41.44)	
	9:10.61 (42.08)	9:52.47 (41.86)	10:35.11 (42.64)	11:16.42 (41.31)	
	11:57.61 (41.19)	12:38.68 (41.07)	13:19.34 (40.66)	13:59.09 (39.75)	

**Women 55-59 1650 Yard Freestyle**

1	Casey, Kathrine	55	Ft. Steilacoom - Wako		22:54.95
	38.45	1:20.53 (42.08)	2:03.59 (43.06)	2:45.98 (42.39)	
	3:27.89 (41.91)	4:09.53 (41.64)	4:51.03 (41.50)	5:32.76 (41.73)	
	6:14.79 (42.03)	6:56.57 (41.78)	7:38.10 (41.53)	8:19.81 (41.71)	
	9:01.49 (41.68)	9:43.80 (42.31)	10:25.45 (41.65)	11:06.70 (41.25)	
	11:47.40 (40.70)	12:27.95 (40.55)	13:08.90 (40.95)	13:50.19 (41.29)	
	14:31.67 (41.48)	15:12.78 (41.11)	15:53.66 (40.88)	16:35.08 (41.42)	
	17:16.82 (41.74)	17:58.95 (42.13)	18:41.12 (42.17)	19:23.72 (42.60)	
	20:05.87 (42.15)	20:48.78 (42.91)	21:31.26 (42.48)	22:13.93 (42.67)	22:54.95 (41.02)

**Women 55-59 100 Yard Backstroke**

1	Casey, Kathrine	55	Ft. Steilacoom - Wako		1:18.99
	39.14	1:18.99 (39.85)			
2	Johnson, M. Leigh	55	North End Otters		1:32.43
	45.61	1:32.43 (46.82)			
3	Sutherland, Kate	56	S Whidbey Island Swells		1:53.21
	53.91	1:53.21 (59.30)			
---	Hansen, Marsha	57	Skagit Valley YMCA Chinooks		DQ
	50.07	DQ (54.37)			

**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

**Women 55-59 50 Yard Breaststroke**

1	Dillon, Sally	57	North Whidbey Masters	40.79
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**Women 55-59 100 Yard Breaststroke**

1	Dillon, Sally	57	North Whidbey Masters	1:31.65
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43.63	1:31.65 (48.02)
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2	Sutherland, Kate	56	S Whidbey Island Swells	1:51.23
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51.44	1:51.23 (59.79)
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3	Hansen, Marsha	57	Skagit Valley YMCA Chinooks	1:51.87
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51.36	1:51.87 (1:00.51)
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**Women 55-59 200 Yard Breaststroke**

1	Johnson, M. Leigh	55	North End Otters	3:33.63
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49.18	2:38.84 (1:49.66)	3:33.63 (54.79)
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**Women 55-59 50 Yard Butterfly**

1	Welch, Sarah	57	Swim Seattle	39.19
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2	Johnson, M. Leigh	55	North End Otters	46.16
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3	Sutherland, Kate	56	S Whidbey Island Swells	48.73
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**Women 55-59 100 Yard Butterfly**

1	Casey, Kathrine	55	Ft. Steilacoom - Wako	1:26.73
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40.88	1:26.73 (45.85)
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**Women 55-59 200 Yard Butterfly**

1	Casey, Kathrine	55	Ft. Steilacoom - Wako	3:06.30
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44.29	1:32.02 (47.73)	2:19.00 (46.98)	3:06.30 (47.30)
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**Women 55-59 100 Yard IM**

1	Casey, Kathrine	55	Ft. Steilacoom - Wako	1:22.37
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38.05	1:22.37 (44.32)
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**Women 55-59 200 Yard IM**

1	Welch, Sarah	57	Swim Seattle	3:11.28
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42.92	1:34.18 (51.26)	2:31.47 (57.29)	3:11.28 (39.81)
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**Women 55-59 400 Yard IM**

1	Welch, Sarah	57	Swim Seattle	6:33.31
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43.97	1:35.25 (51.28)	2:27.50 (52.25)	3:20.78 (53.28)
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4:15.89 (55.11)	5:11.28 (55.39)	5:52.81 (41.53)	6:33.31 (40.50)
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2	Johnson, M. Leigh	55	North End Otters	6:43.43
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

48.05	1:41.99 (53.94)	2:33.52 (51.53)	3:25.57 (52.05)
4:20.06 (54.49)	5:14.72 (54.66)	6:00.21 (45.49)	6:43.43 (43.22)

**Women 60-64 50 Yard Freestyle**

1 Walker, Pinky	61 Thunderbird Aquatic Masters	32.97
2 Hunn, Nancy	61 North End Otters	42.42

**Women 60-64 100 Yard Freestyle**

1 Walker, Pinky	61 Thunderbird Aquatic Masters	1:12.28
35.45	1:12.28 (36.83)	

**Women 60-64 200 Yard Freestyle**

1 Walker, Pinky	61 Thunderbird Aquatic Masters	2:44.29
39.11	1:21.49 (42.38)	2:04.26 (42.77)
		2:44.29 (40.03)

**Women 60-64 50 Yard Backstroke**

1 Walker, Pinky	61 Thunderbird Aquatic Masters	38.70
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**Women 60-64 100 Yard Backstroke**

1 Walker, Pinky	61 Thunderbird Aquatic Masters	1:25.13
40.90	1:25.13 (44.23)	

**Women 60-64 50 Yard Butterfly**

1 Hunn, Nancy	61 North End Otters	52.49
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**Women 60-64 100 Yard IM**

1 Hunn, Nancy	61 North End Otters	1:48.19
51.23	1:48.19 (56.96)	

**Women 65-69 50 Yard Freestyle**

1 Bodourian, Jo	69 West Seattle YMCA Dolphins	46.77
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**Women 65-69 50 Yard Backstroke**

1 Bodourian, Jo	69 West Seattle YMCA Dolphins	54.32
2 Culverwell, Sally	66 Mercer Island Redwoods	57.78

**Women 65-69 100 Yard Backstroke**

1 Culverwell, Sally	66 Mercer Island Redwoods	2:12.08
1:02.77	2:12.08 (1:09.31)	
2 Amiad, Chaya	66 West Seattle YMCA Dolphins	2:17.38
1:06.00	2:17.38 (1:11.38)	

**Women 65-69 200 Yard Backstroke**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Culverwell, Sally	66	Mercer Island Redwoods	4:44.32
	1:02.72	2:16.28 (1:13.56)	3:33.06 (1:16.78)	4:44.32 (1:11.26)
2	Amiad, Chaya	66	West Seattle YMCA Dolphins	4:46.92
	1:07.38	2:22.64 (1:15.26)	3:36.50 (1:13.86)	4:46.92 (1:10.42)

**Women 65-69 100 Yard Breaststroke**

1	Bodourian, Jo	69	West Seattle YMCA Dolphins	2:04.65
	56.13	2:04.65 (1:08.52)		

**Women 65-69 100 Yard Butterfly**

---	Amiad, Chaya	66	West Seattle YMCA Dolphins	DQ
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**Women 65-69 200 Yard Butterfly**

1	Amiad, Chaya	66	West Seattle YMCA Dolphins	5:34.34
	1:14.47	2:42.82 (1:28.35)	4:08.57 (1:25.75)	5:34.34 (1:25.77)

**Women 65-69 100 Yard IM**

1	Culverwell, Sally	66	Mercer Island Redwoods	2:15.69
	1:05.83	2:15.69 (1:09.86)		

**Women 65-69 200 Yard IM**

1	Culverwell, Sally	66	Mercer Island Redwoods	5:05.50
	1:15.79	2:29.61 (1:13.82)	3:53.88 (1:24.27)	5:05.50 (1:11.62)

**Women 65-69 400 Yard IM**

1	Amiad, Chaya	66	West Seattle YMCA Dolphins	11:06.79
	1:18.11	2:46.89 (1:28.78)	4:11.63 (1:24.74)	5:26.75 (1:15.12)
	7:03.51 (1:36.76)	8:39.19 (1:35.68)	9:52.85 (1:13.66)	11:06.79 (1:13.94)

**Women 70-74 50 Yard Freestyle**

1	Pomeroy, Peggy	74	Mercer Island Redwoods	56.58
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**Women 70-74 100 Yard Freestyle**

1	Baldwin, Carolyn	70	West Seattle YMCA Dolphins	2:03.46
	1:01.07	2:03.46 (1:02.39)		

**Women 70-74 500 Yard Freestyle**

1	Kavadas, Janet	73	North End Otters	10:55.82
	59.98	2:06.75 (1:06.77)	3:13.11 (1:06.36)	4:19.66 (1:06.55)
	5:26.27 (1:06.61)	6:32.10 (1:05.83)	7:38.76 (1:06.66)	8:44.99 (1:06.23)
	9:50.93 (1:05.94)	10:55.82 (1:04.89)		

**Women 70-74 100 Yard Backstroke**

1	Kavadas, Janet	73	North End Otters	2:11.76
	1:06.72	2:11.76 (1:05.04)		

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2 Baldwin, Carolyn 70 West Seattle YMCA Dolphins 2:25.01  
 1:10.18 2:25.01 (1:14.83)

**Women 70-74 200 Yard Backstroke**

1 Kavadas, Janet 73 North End Otters 4:26.06  
 1:05.30 2:12.09 (1:06.79) 3:20.65 (1:08.56) 4:26.06 (1:05.41)

**Women 70-74 50 Yard Breaststroke**

1 Pomeroy, Peggy 74 Mercer Island Redwoods 1:22.78

**Women 70-74 100 Yard Breaststroke**

1 Kavadas, Janet 73 North End Otters 2:20.04  
 1:07.78 2:20.04 (1:12.26)  
 2 Pomeroy, Peggy 74 Mercer Island Redwoods 2:51.32  
 1:24.51 2:51.32 (1:26.81)

**Women 70-74 100 Yard IM**

1 Pomeroy, Peggy 74 Mercer Island Redwoods 2:44.55  
 1:24.51 2:44.55 (1:20.04)  
 --- Baldwin, Carolyn 70 West Seattle YMCA Dolphins DQ  
 1:12.14 DQ (1:07.46)

**Women 70-74 200 Yard IM**

1 Kavadas, Janet 73 North End Otters 4:53.22  
 1:21.42 2:33.71 (1:12.29) 3:47.56 (1:13.85) 4:53.22 (1:05.66)

**Women 75-79 50 Yard Freestyle**

1 Kercheval, Betty 79 Mercer Island Redwoods 48.99  
 2 Phillips, Bernice 76 Bainbridge Area Masters 49.91  
 --- Wells, Margaret 78 Oregon (non-scoring) X51.35

**Women 75-79 100 Yard Freestyle**

1 Phillips, Bernice 76 Bainbridge Area Masters 1:59.90  
 59.70 1:59.90 (1:00.20)

**Women 75-79 50 Yard Backstroke**

1 Phillips, Bernice 76 Bainbridge Area Masters 54.48  
 2 Kercheval, Betty 79 Mercer Island Redwoods 1:03.54

**Women 75-79 100 Yard Backstroke**

1 Phillips, Bernice 76 Bainbridge Area Masters 2:00.96



**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

58.77 2:00.96 (1:02.19)

**Women 75-79 50 Yard Breaststroke**

1 Kercheval, Betty 79 Mercer Island Redwoods 1:10.02

**Women 75-79 50 Yard Butterfly**

1 Kercheval, Betty 79 Mercer Island Redwoods 57.93

--- Wells, Margaret 78 Oregon (non-scoring) X1:04.71

**Women 75-79 100 Yard IM**

1 Kercheval, Betty 79 Mercer Island Redwoods 2:11.73

58.80 2:11.73 (1:12.93)

**Women 75-79 200 Yard IM**

--- Wells, Margaret 78 Oregon (non-scoring) X4:46.72

1:05.99 2:17.67 (1:11.68) 3:40.96 (1:23.29) 4:46.72 (1:05.76)

**Women 80-84 50 Yard Freestyle**

1 Flynn, Muriel 81 Tacoma Pierce County YMCA 49.69

**Women 80-84 200 Yard Freestyle**

1 Chadwick, Marion 82 Bellevue Club 5:23.52

1:15.17 2:52.34 ( ) 5:23.52 (2:31.18)

**Women 80-84 500 Yard Freestyle**

1 Chadwick, Marion 82 Bellevue Club 14:49.00

1:16.69 2:42.04 (1:25.35) 4:13.86 (1:31.82) 5:44.42 (1:30.56)  
7:18.52 (1:34.10) 8:49.25 (1:30.73) 10:25.03 (1:35.78) 11:59.22 (1:34.19)  
13:29.88 (1:30.66) 14:49.00 (1:19.12)**Women 80-84 1000 Yard Freestyle**

1 Chadwick, Marion 82 Bellevue Club 31:06.07

1:21.31 2:50.14 (1:28.83) 4:20.96 (1:30.82) 5:50.95 (1:29.99)  
7:24.29 (1:33.34) 8:56.62 (1:32.33) 10:33.65 (1:37.03) 12:08.00 (1:34.35)  
13:44.88 (1:36.88) 15:18.99 (1:34.11) 16:55.34 (1:36.35) 18:29.15 (1:33.81)  
20:08.05 (1:38.90) 21:43.13 (1:35.08) 23:18.26 (1:35.13) 24:54.24 (1:35.98)  
26:29.39 (1:35.15) 28:05.01 (1:35.62) 29:37.76 (1:32.75) 31:06.07 (1:28.31)**Women 80-84 100 Yard Backstroke**

1 Chadwick, Marion 82 Bellevue Club 2:54.57

1:25.80 2:54.57 (1:28.77)

**Women 80-84 200 Yard Backstroke**

1 Chadwick, Marion 82 Bellevue Club 6:13.54

1:29.62 3:03.65 (1:34.03) 4:39.09 (1:35.44) 6:13.54 (1:34.45)

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results****Women 80-84 50 Yard Breaststroke**

1	Flynn, Muriel	81	Tacoma Pierce County YMCA	56.13
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**Women 80-84 100 Yard IM**

1	Flynn, Muriel	81	Tacoma Pierce County YMCA	2:04.39
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1:03.50	2:04.39 (1:00.89)
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**Men 19-24 50 Yard Freestyle**

1	Kroll, Alden	21	Husky Masters	22.79
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2	Jones, Jimmy	20	Issaquah Swim Team Masters	24.04
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3	Davis, Matthew	24	Federal Way Masters	25.14
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4	Andrews, Philip	20	Lynnwood Sharks	27.54
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**Men 19-24 100 Yard Freestyle**

1	Kolbe, Elliott	23	Orca Swim Club	47.77
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22.92	47.77 (24.85)
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**(Men 19-24 100 Yard Freestyle)**

2	Davis, Matthew	24	Federal Way Masters	56.60
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26.71	56.60 (29.89)
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3	Andrews, Philip	20	Lynnwood Sharks	1:04.70
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30.91	1:04.70 (33.79)
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**Men 19-24 200 Yard Freestyle**

1	Kolbe, Elliott	23	Orca Swim Club	1:44.59
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24.17	50.37 (26.20)	1:17.42 (27.05)	1:44.59 (27.17)
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2	Andrews, Philip	20	Lynnwood Sharks	2:29.32
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32.08	1:08.58 (36.50)	1:48.94 (40.36)	2:29.32 (40.38)
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**Men 19-24 50 Yard Backstroke**

1	Davis, Matthew	24	Federal Way Masters	30.34
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**Men 19-24 100 Yard Backstroke**

1	Kroll, Alden	21	Husky Masters	56.84
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27.48	56.84 (29.36)
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**Men 19-24 200 Yard Backstroke**

1	Kroll, Alden	21	Husky Masters	2:04.13
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28.78	1:00.31 (31.53)	1:32.81 (32.50)	2:04.13 (31.32)
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**Men 19-24 50 Yard Breaststroke**

1	Kolbe, Elliott	23	Orca Swim Club	26.69
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2	Jones, Jimmy	20	Issaquah Swim Team Masters	31.62
3	Davis, Matthew	24	Federal Way Masters	33.68

**Men 19-24 100 Yard Breaststroke**

1	Kolbe, Elliott	23	Orca Swim Club	59.63
	28.05		59.63 (31.58)	
2	Kroll, Alden	21	Husky Masters	1:03.93
	29.39		1:03.93 (34.54)	
3	Jones, Jimmy	20	Issaquah Swim Team Masters	1:09.14
	32.18		1:09.14 (36.96)	

**Men 19-24 50 Yard Butterfly**

1	Jones, Jimmy	20	Issaquah Swim Team Masters	27.47
2	Davis, Matthew	24	Federal Way Masters	27.48

**Men 25-29 50 Yard Freestyle**

1	Chung, Michael	25	Team Luna	24.20
2	Grimes, Tim	25	Mill Creek Masters	24.41
3	Rosaria, Steven	29	Pro Sports Club	24.95
---	Lawrence, Kyle	29	Masters of BC (non-scoring)	X24.74

**Men 25-29 100 Yard Freestyle**

1	Rosaria, Steven	29	Pro Sports Club	56.91
	26.74		56.91 (30.17)	

**Men 25-29 200 Yard Freestyle**

1	Nordyke, Brent	28	Federal Way Masters	1:49.45
	24.68		52.68 (28.00) 1:21.39 (28.71) 1:49.45 (28.06)	

**Men 25-29 500 Yard Freestyle**

1	Grimes, Tim	25	Mill Creek Masters	5:35.87
	29.04		1:01.05 (32.01) 1:33.89 (32.84) 2:07.66 (33.77)	
	2:41.80 (34.14)		3:16.36 (34.56) 3:51.21 (34.85) 4:26.64 (35.43)	
	5:02.00 (35.36)		5:35.87 (33.87)	

**Men 25-29 50 Yard Backstroke**

1	Rosaria, Steven	29	Pro Sports Club	31.36
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**Men 25-29 100 Yard Backstroke**

1	Arnold, Mark	29	Husky Masters	57.88
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2	Grimes, Tim	28.13	57.88 (29.75)	25	Mill Creek Masters	1:02.97
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		30.74	1:02.97 (32.23)			
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**Men 25-29 200 Yard Backstroke**

1	Arnold, Mark			29	Husky Masters	2:03.56
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		28.71	59.71 (31.00)	1:31.74 (32.03)		2:03.56 (31.82)
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**Men 25-29 50 Yard Breaststroke**

1	Rosaria, Steven			29	Pro Sports Club	32.53
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---	Chung, Michael			25	Team Luna	DQ
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**Men 25-29 100 Yard Breaststroke**

1	Nordyke, Brent			28	Federal Way Masters	1:00.65
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2	Rosaria, Steven	28.65	1:00.65 (32.00)	29	Pro Sports Club	1:10.94
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3	Chung, Michael	32.76	1:10.94 (38.18)	25	Team Luna	1:12.13
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		32.87	1:12.13 (39.26)			
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**Men 25-29 200 Yard Breaststroke**

1	Nordyke, Brent			28	Federal Way Masters	2:12.85
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		30.13	1:03.79 (33.66)	1:38.13 (34.34)		2:12.85 (34.72)
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**Men 25-29 50 Yard Butterfly**

---	Lawrence, Kyle			29	Masters of BC (non-scoring)	X26.53
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**Men 25-29 100 Yard Butterfly**

1	Grimes, Tim			25	Mill Creek Masters	1:05.14
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		29.44	1:05.14 (35.70)			
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**Men 25-29 100 Yard IM**

1	Nordyke, Brent			28	Federal Way Masters	56.77
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2	Arnold, Mark	27.10	56.77 (29.67)	29	Husky Masters	59.32
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---	Chung, Michael	26.41	59.32 (32.91)	25	Team Luna	DQ
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		27.91	DQ (32.87)			
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**Men 25-29 200 Yard IM**

1	Nordyke, Brent			28	Federal Way Masters	1:59.49
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		25.95	57.73 (31.78)	1:32.00 (34.27)		1:59.49 (27.49)
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2	Grimes, Tim	25	Mill Creek Masters	2:13.60
	27.75	1:01.59 (33.84)	1:42.87 (41.28)	2:13.60 (30.73)

**Men 25-29 400 Yard IM**

1	Nordyke, Brent	28	Federal Way Masters	4:19.01
	26.04	55.79 (29.75)	1:31.12 (35.33)	2:05.70 (34.58)
	2:41.60 (35.90)	3:17.89 (36.29)	3:48.71 (30.82)	4:19.01 (30.30)

**Men 30-34 50 Yard Freestyle**

1	Cann, Will	31	Federal Way Masters	22.76
2	Griffith, Troy	32	Bellevue Club	23.14
3	Cross, John	33	Pro Sports Club	23.27
4	Ness, Kerry	34	Skagit Valley YMCA Chinooks	32.26
5	Gerling, Christian	34	Federal Way Masters	32.76

**Men 30-34 100 Yard Freestyle**

1	Cann, Will	31	Federal Way Masters	50.76
	24.40	50.76 (26.36)		
2	Cross, John	33	Pro Sports Club	51.44
	24.33	51.44 (27.11)		
3	Gerling, Christian	34	Federal Way Masters	1:15.35
	35.85	1:15.35 (39.50)		

**Men 30-34 200 Yard Freestyle**

1	Griffith, Troy	32	Bellevue Club	1:50.12
	25.35	52.89 (27.54)	1:21.35 (28.46)	1:50.12 (28.77)

**Men 30-34 1000 Yard Freestyle**

1	Nelson, Kirk	33	Husky Masters	11:11.40
	30.76	1:03.91 (33.15)	1:37.82 (33.91)	2:12.29 (34.47)
	2:46.69 (34.40)	3:21.32 (34.63)	3:55.93 (34.61)	4:30.35 (34.42)
	5:04.71 (34.36)	5:38.83 (34.12)	6:13.24 (34.41)	6:47.18 (33.94)
	7:21.16 (33.98)	7:54.86 (33.70)	8:28.59 (33.73)	9:01.92 (33.33)
	9:35.20 (33.28)	10:08.27 (33.07)	10:40.79 (32.52)	11:11.40 (30.61)

**Men 30-34 50 Yard Backstroke**

1	Cann, Will	31	Federal Way Masters	26.04
2	Doherty, Todd	33	Bellevue Club	27.34
3	Cross, John	33	Pro Sports Club	28.29

**Men 30-34 100 Yard Backstroke**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Cann, Will	31	Federal Way Masters	57.27
	28.10		57.27 (29.17)	

**Men 30-34 50 Yard Breaststroke**

1	Doherty, Todd	33	Bellevue Club	28.58
2	Gerling, Christian	34	Federal Way Masters	48.22

**Men 30-34 200 Yard Breaststroke**

1	Ness, Kerry	34	Skagit Valley YMCA Chinooks	3:13.68
	41.14		1:28.99 (47.85)    2:21.23 (52.24)    3:13.68 (52.45)	

**Men 30-34 50 Yard Butterfly**

1	Doherty, Todd	33	Bellevue Club	25.52
2	Ness, Kerry	34	Skagit Valley YMCA Chinooks	35.90

**Men 30-34 200 Yard Butterfly**

1	Nelson, Kirk	33	Husky Masters	2:13.65
	29.37		1:02.30 (32.93)    1:37.19 (34.89)    2:13.65 (36.46)	

**Men 30-34 100 Yard IM**

1	Doherty, Todd	33	Bellevue Club	56.63
	26.51		56.63 (30.12)	
2	Griffith, Troy	32	Bellevue Club	57.70
	26.70		57.70 (31.00)	
3	Ness, Kerry	34	Skagit Valley YMCA Chinooks	1:17.12
	35.82		1:17.12 (41.30)	

**Men 35-39 50 Yard Freestyle**

1	Williams, John	35	Federal Way Masters	23.63
2	Pipta, Michael	39	Orca Swim Club	24.80
2	Perry, Billy	35	Team Luna	24.80
4	Prickett, Ian	36	Unattached - Pna	27.80
5	Brooks, Leigh	37	Team Luna	28.36
---	Kessler, John	35	Inland Northwest (non-scoring)	X22.50
---	Margaritis, Greg	37	Masters of BC (non-scoring)	X23.56

**Men 35-39 100 Yard Freestyle**

1	Williams, John	35	Federal Way Masters	51.03
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2	Perry, Billy	24.81	51.03 (26.22)	35 Team Luna	55.00
3	Pipta, Michael	26.81	55.00 (28.19)	39 Orca Swim Club	55.04
4	Reid, David	27.01	55.04 (28.03)	37 Unattached - Pna	57.44
5	Brooks, Leigh	28.35	57.44 (29.09)	37 Team Luna	1:02.57
6	Allen, Carl	29.77	1:02.57 (32.80)	36 Unattached - Pna	1:03.65
---	Kessler, John	29.72	1:03.65 (33.93)	35 Inland Northwest (non-scoring)	X49.70
		23.82	49.70 (25.88)		

**Men 35-39 200 Yard Freestyle**

1	Emeka, Amon			35 Unattached - Pna	1:51.73
2	Williams, John	26.06	54.11 (28.05)	35 Federal Way Masters	1:56.02
		26.02	54.57 (28.55)	1:24.84 (30.27)	1:56.02 (31.18)

**Men 35-39 500 Yard Freestyle**

1	Williams, John			35 Federal Way Masters	5:15.53
		26.11	54.49 (28.38)	1:24.77 (30.28)	1:56.34 (31.57)
		2:28.41 (32.07)	3:01.05 (32.64)	3:33.83 (32.78)	4:07.30 (33.47)
		4:41.41 (34.11)	5:15.53 (34.12)		
2	Ruiter, Steve			39 Greenlake Aquaducks	5:27.11
		29.12	1:01.41 (32.29)	1:34.53 (33.12)	2:08.03 (33.50)
		2:41.43 (33.40)	3:14.60 (33.17)	3:47.84 (33.24)	4:21.46 (33.62)
		4:54.54 (33.08)	5:27.11 (32.57)		
3	Pipta, Michael			39 Orca Swim Club	5:45.52
		31.69	1:05.81 (34.12)	1:40.75 (34.94)	2:15.66 (34.91)
		2:50.91 (35.25)	3:26.55 (35.64)	4:01.52 (34.97)	4:37.21 (35.69)
		5:12.57 (35.36)	5:45.52 (32.95)		

**(Men 35-39 500 Yard Freestyle)**

4	Reid, David			37 Unattached - Pna	6:21.03
		32.26	1:07.93 (35.67)	1:44.21 (36.28)	2:21.93 (37.72)
		3:00.49 (38.56)	3:39.37 (38.88)	4:19.19 (39.82)	4:59.65 (40.46)
		5:40.55 (40.90)	6:21.03 (40.48)		

**Men 35-39 1000 Yard Freestyle**

1	Williams, John			35 Federal Way Masters	11:10.09
		30.98	1:05.04 (34.06)	1:39.27 (34.23)	2:13.45 (34.18)
		2:47.68 (34.23)	3:22.28 (34.60)	3:56.80 (34.52)	4:31.05 (34.25)
		5:05.29 (34.24)	5:39.41 (34.12)	6:13.27 (33.86)	6:46.97 (33.70)
		7:20.76 (33.79)	7:54.29 (33.53)	8:28.01 (33.72)	9:01.19 (33.18)

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

9:34.42 (33.23) 10:07.41 (32.99) 10:39.76 (32.35) 11:10.09 (30.33)

**Men 35-39 1650 Yard Freestyle**

1 Williams, John 35 Federal Way Masters 18:48.22

28.53	1:00.45 (31.92)	1:33.03 (32.58)	2:06.25 (33.22)	
2:39.31 (33.06)	3:12.12 (32.81)	3:45.45 (33.33)	4:18.54 (33.09)	
4:52.14 (33.60)	5:25.50 (33.36)	5:58.91 (33.41)	6:32.92 (34.01)	
7:07.00 (34.08)	7:41.91 (34.91)	8:16.23 (34.32)	8:50.48 (34.25)	
9:24.80 (34.32)	9:59.28 (34.48)	10:34.19 (34.91)	11:09.02 (34.83)	
11:43.96 (34.94)	12:19.34 (35.38)	12:54.19 (34.85)	13:29.64 (35.45)	
14:05.34 (35.70)	14:40.59 (35.25)	15:16.39 (35.80)	15:52.24 (35.85)	
16:27.88 (35.64)	17:03.58 (35.70)	17:39.10 (35.52)	18:14.16 (35.06)	18:48.22 (34.06)

2 Blair, Chris 36 Federal Way Masters 21:31.89

36.22	1:15.01 (38.79)	1:55.86 (40.85)	2:35.64 (39.78)	
3:15.34 (39.70)	3:54.58 (39.24)	4:34.61 (40.03)	5:14.91 (40.30)	
5:54.59 (39.68)	6:33.44 (38.85)	7:13.20 (39.76)	7:52.94 (39.74)	
8:32.84 (39.90)	9:12.66 (39.82)	9:52.33 (39.67)	10:32.19 (39.86)	
11:12.19 (40.00)	11:52.70 (40.51)	12:31.56 (38.86)	13:10.22 (38.66)	
13:48.85 (38.63)	14:27.62 (38.77)	15:06.41 (38.79)	15:44.91 (38.50)	
16:24.65 (39.74)	17:04.38 (39.73)	17:42.48 (38.10)	18:21.42 (38.94)	
18:59.17 (37.75)	19:37.68 (38.51)	20:16.76 (39.08)	20:55.53 (38.77)	21:31.89 (36.36)

**Men 35-39 50 Yard Backstroke**

1 Augustine, Christopher 36 Seattle Athletic Club 26.94

2 Reid, David 37 Unattached - Pna 33.08

3 Allen, Carl 36 Unattached - Pna 36.36

**Men 35-39 100 Yard Backstroke**

1 Augustine, Christopher 36 Seattle Athletic Club 57.39

28.12 57.39 (29.27)

**Men 35-39 200 Yard Backstroke**

1 Ruitter, Steve 39 Greenlake Aquaducks 2:12.63

31.50 1:04.69 (33.19) 1:38.68 (33.99) 2:12.63 (33.95)

**Men 35-39 50 Yard Breaststroke**

1 Burnham, Jay 35 Federal Way Masters 33.32

--- Margaritis, Greg 37 Masters of BC (non-scoring) X32.01

**Men 35-39 100 Yard Breaststroke**

1 Burnham, Jay 35 Federal Way Masters 1:14.61

35.02 1:14.61 (39.59)

**Men 35-39 50 Yard Butterfly**

1 Emeka, Amon 35 Unattached - Pna 24.08

**(Men 35-39 50 Yard Butterfly)**



**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2	Augustine, Christopher	36	Seattle Athletic Club	24.54
3	Prickett, Ian	36	Unattached - Pna	30.21
---	Kessler, John	35	Inland Northwest (non-scoring)	X25.32
---	Margharitis, Greg	37	Masters of BC (non-scoring)	X27.27

**Men 35-39 100 Yard Butterfly**

1	Augustine, Christopher	36	Seattle Athletic Club	54.90
	25.65	54.90 (29.25)		
2	Ruiter, Steve	39	Greenlake Aquaducks	58.45
	27.70	58.45 (30.75)		
3	Pipta, Michael	39	Orca Swim Club	1:01.17
	29.08	1:01.17 (32.09)		

**Men 35-39 200 Yard Butterfly**

1	Ruiter, Steve	39	Greenlake Aquaducks	2:11.29
	28.22	1:00.99 (32.77)	1:35.38 (34.39)	2:11.29 (35.91)

**Men 35-39 100 Yard IM**

1	Perry, Billy	35	Team Luna	1:04.58
	29.87	1:04.58 (34.71)		
2	Burnham, Jay	35	Federal Way Masters	1:05.83
	30.94	1:05.83 (34.89)		
3	Reid, David	37	Unattached - Pna	1:08.18
	33.30	1:08.18 (34.88)		
4	Prickett, Ian	36	Unattached - Pna	1:10.27
	32.12	1:10.27 (38.15)		
5	Allen, Carl	36	Unattached - Pna	1:11.08
	33.31	1:11.08 (37.77)		
6	Brooks, Leigh	37	Team Luna	1:13.25
	33.98	1:13.25 (39.27)		
---	Kessler, John	35	Inland Northwest (non-scoring)	X59.02
	27.07	59.02 (31.95)		
---	Emeka, Amon	35	Unattached - Pna	DQ
	25.67	DQ (29.48)		

**Men 35-39 200 Yard IM**

1	Burnham, Jay	35	Federal Way Masters	2:26.19
	30.16	1:09.12 (38.96)	1:51.41 (42.29)	2:26.19 (34.78)

**Men 35-39 400 Yard IM**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Emeka, Amon	35	Unattached - Pna	4:29.45
	28.35	1:01.01 (32.66)	1:36.62 (35.61)	2:12.06 (35.44)
	2:51.12 (39.06)	3:29.13 (38.01)	3:59.48 (30.35)	4:29.45 (29.97)
2	Ruiter, Steve	39	Greenlake Aquaducks	4:37.91
	27.89	1:00.04 (32.15)	1:35.19 (35.15)	2:09.86 (34.67)
	2:51.11 (41.25)	3:32.34 (41.23)	4:05.69 (33.35)	4:37.91 (32.22)

**Men 40-44 50 Yard Freestyle**

1	Getzendaner, Mark	41	Unattached - Pna	24.48
2	Littlefield, James	43	Seattle Athletic Club	24.68
3	Smith, Daniel	41	Federal Way Masters	25.12
4	Ujano, Ralph	41	Bellevue Eastside Masters	25.44
5	Schlemmer, Bob	44	Seattle Athletic Club	25.72
6	Turcott, Michael	40	Thurston Olympians Swim Club	27.54

**(Men 40-44 50 Yard Freestyle)**

7	Oren, Ron	44	Lynnwood Sharks	29.06
8	Parrish, Douglas	43	Federal Way Masters	29.93
9	Lemr, John	44	Team Luna	31.16

**Men 40-44 100 Yard Freestyle**

1	Getzendaner, Mark	41	Unattached - Pna	53.30
	25.71	53.30 (27.59)		
2	Littlefield, James	43	Seattle Athletic Club	55.74
	26.77	55.74 (28.97)		
3	Smith, Daniel	41	Federal Way Masters	56.05
	26.96	56.05 (29.09)		
4	Ujano, Ralph	41	Bellevue Eastside Masters	56.44
	27.23	56.44 (29.21)		
5	Schlemmer, Bob	44	Seattle Athletic Club	56.96
	26.99	56.96 (29.97)		
6	Turcott, Michael	40	Thurston Olympians Swim Club	1:02.54
	30.16	1:02.54 (32.38)		
7	Oren, Ron	44	Lynnwood Sharks	1:06.62
	32.18	1:06.62 (34.44)		
8	Parrish, Douglas	43	Federal Way Masters	1:06.88
	31.69	1:06.88 (35.19)		

**Men 40-44 200 Yard Freestyle**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Getzendaner, Mark	41	Unattached - Pna		2:00.77
	28.40	58.28 (29.88)	1:29.10 (30.82)	2:00.77 (31.67)	
2	Schlemmer, Bob	44	Seattle Athletic Club		2:04.76
	28.69	59.91 (31.22)	1:32.45 (32.54)	2:04.76 (32.31)	
3	Dybdahl, Eric	44	Federal Way Masters		2:05.94
	29.87	1:02.21 (32.34)	1:33.82 (31.61)	2:05.94 (32.12)	
4	Tacke, John	40	Federal Way Masters		2:09.94
	30.13	1:02.69 (32.56)	1:36.74 (34.05)	2:09.94 (33.20)	
5	Pool, Brad	42	Federal Way Masters		2:31.98
	33.73	1:10.97 (37.24)	1:50.54 (39.57)	2:31.98 (41.44)	

**Men 40-44 500 Yard Freestyle**

1	Knapp, Eric	40	Skagit Valley YMCA Chinooks		5:34.28
	28.06	59.70 (31.64)	1:33.27 (33.57)	2:07.27 (34.00)	
	2:41.69 (34.42)	3:15.48 (33.79)	3:49.50 (34.02)	4:24.87 (35.37)	
	5:00.28 (35.41)	5:34.28 (34.00)			
2	Getzendaner, Mark	41	Unattached - Pna		5:41.84
	30.16	1:02.61 (32.45)	1:35.15 (32.54)	2:08.87 (33.72)	
	2:43.13 (34.26)	3:17.71 (34.58)	3:52.69 (34.98)	4:29.28 (36.59)	
	5:05.88 (36.60)	5:41.84 (35.96)			
3	Dybdahl, Eric	44	Federal Way Masters		5:43.08
	30.97	1:05.35 (34.38)	1:40.23 (34.88)	2:15.51 (35.28)	
	2:50.67 (35.16)	3:25.68 (35.01)	4:00.78 (35.10)	4:35.67 (34.89)	
	5:09.46 (33.79)	5:43.08 (33.62)			
4	Schlemmer, Bob	44	Seattle Athletic Club		5:52.13
	31.36	1:05.85 (34.49)	1:41.82 (35.97)	2:18.16 (36.34)	
	2:54.36 (36.20)	3:30.17 (35.81)	4:06.06 (35.89)	4:41.72 (35.66)	
	5:17.77 (36.05)	5:52.13 (34.36)			
<b>(Men 40-44 500 Yard Freestyle)</b>					
5	Parrish, Douglas	43	Federal Way Masters		6:32.97
	32.74	1:09.75 (37.01)	1:49.42 (39.67)	2:30.49 (41.07)	
	3:12.59 (42.10)	3:53.93 (41.34)	4:34.90 (40.97)	5:15.67 (40.77)	
	5:55.55 (39.88)	6:32.97 (37.42)			

**Men 40-44 1650 Yard Freestyle**

1	Knapp, Eric	40	Skagit Valley YMCA Chinooks		18:52.58
	29.44	1:02.24 (32.80)	1:36.44 (34.20)	2:11.36 (34.92)	
	2:45.95 (34.59)	3:20.60 (34.65)	3:54.90 (34.30)	4:29.05 (34.15)	
	5:03.39 (34.34)	5:38.00 (34.61)	6:12.45 (34.45)	6:46.84 (34.39)	
	7:21.31 (34.47)	7:56.97 (35.66)	8:32.17 (35.20)	9:06.84 (34.67)	
	9:41.62 (34.78)	10:16.63 (35.01)	10:51.70 (35.07)	11:26.68 (34.98)	
	12:01.79 (35.11)	12:36.43 (34.64)	13:11.39 (34.96)	13:46.17 (34.78)	
	14:21.04 (34.87)	14:55.96 (34.92)	15:30.24 (34.28)	16:04.55 (34.31)	
	16:38.65 (34.10)	17:12.65 (34.00)	17:46.46 (33.81)	18:20.07 (33.61)	18:52.58 (32.51)
2	Dybdahl, Eric	44	Federal Way Masters		20:00.77
	31.86	1:07.04 (35.18)	1:43.04 (36.00)	2:19.58 (36.54)	

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2:55.51 (35.93)	3:32.28 (36.77)	4:08.90 (36.62)	4:46.36 (37.46)	
5:23.23 (36.87)	6:00.39 (37.16)	6:37.35 (36.96)	7:14.20 (36.85)	
7:51.18 (36.98)	8:28.93 (37.75)	9:06.32 (37.39)	9:43.21 (36.89)	
10:20.69 (37.48)	10:57.71 (37.02)	11:34.87 (37.16)	12:11.13 (36.26)	
12:47.46 (36.33)	13:24.27 (36.81)	13:59.83 (35.56)	14:36.43 (36.60)	
15:12.86 (36.43)	15:49.26 (36.40)	16:24.84 (35.58)	17:00.97 (36.13)	
17:37.26 (36.29)	18:13.80 (36.54)	18:49.77 (35.97)	19:25.52 (35.75)	20:00.77 (35.25)
<b>3 Getzenderer, Mark</b>	<b>41 Unattached - Pna</b>			<b>20:06.00</b>
32.68	1:06.43 (33.75)	1:40.99 (34.56)	2:16.70 (35.71)	
2:52.18 (35.48)	3:27.96 (35.78)	4:04.03 (36.07)	4:39.93 (35.90)	
5:15.78 (35.85)	5:52.47 (36.69)	6:28.91 (36.44)	7:05.83 (36.92)	
7:43.27 (37.44)	8:20.69 (37.42)	8:57.64 (36.95)	9:34.76 (37.12)	
10:11.91 (37.15)	10:48.77 (36.86)	11:25.48 (36.71)	12:02.11 (36.63)	
12:39.28 (37.17)	13:16.58 (37.30)	13:53.86 (37.28)	14:31.22 (37.36)	
15:08.57 (37.35)	15:47.20 (38.63)	16:24.82 (37.62)	17:03.20 (38.38)	
17:40.50 (37.30)	18:17.01 (36.51)	18:53.95 (36.94)	19:30.85 (36.90)	20:06.00 (35.15)
<b>4 Wilwerding, Geoff</b>	<b>42 Husky Masters</b>			<b>20:10.97</b>
34.86	1:11.32 (36.46)	1:47.89 (36.57)	2:25.07 (37.18)	
3:02.29 (37.22)	3:38.98 (36.69)	4:16.14 (37.16)	4:53.46 (37.32)	
5:30.30 (36.84)	6:07.66 (37.36)	6:45.14 (37.48)	7:22.84 (37.70)	
8:00.45 (37.61)	8:38.25 (37.80)	9:15.55 (37.30)	9:52.79 (37.24)	
10:29.96 (37.17)	11:07.07 (37.11)	11:44.32 (37.25)	12:21.82 (37.50)	
12:57.76 (35.94)	13:33.83 (36.07)	14:10.04 (36.21)	14:46.48 (36.44)	
15:22.99 (36.51)	15:59.32 (36.33)	16:35.52 (36.20)	17:11.59 (36.07)	
17:48.20 (36.61)	18:24.65 (36.45)	19:00.81 (36.16)	19:36.74 (35.93)	20:10.97 (34.23)
<b>5 Parrish, Douglas</b>	<b>43 Federal Way Masters</b>			<b>23:06.42</b>
34.67	1:14.78 (40.11)	1:55.43 (40.65)	2:37.50 (42.07)	
3:19.74 (42.24)	4:02.03 (42.29)	4:43.25 (41.22)	5:26.08 (42.83)	
6:08.71 (42.63)	6:52.08 (43.37)	7:35.46 (43.38)	8:18.98 (43.52)	
9:02.50 (43.52)	9:46.38 (43.88)	10:29.37 (42.99)	11:10.90 (41.53)	
11:52.98 (42.08)	12:36.37 (43.39)	13:18.02 (41.65)	14:00.61 (42.59)	
14:44.81 (44.20)	15:26.41 (41.60)	16:09.01 (42.60)	16:52.05 (43.04)	
17:35.19 (43.14)	18:17.20 (42.01)	18:59.67 (42.47)	19:42.75 (43.08)	
20:25.24 (42.49)	21:07.10 (41.86)	21:48.01 (40.91)	22:29.29 (41.28)	23:06.42 (37.13)

**Men 40-44 50 Yard Backstroke**

1 Littlefield, James	43 Seattle Athletic Club	29.59
2 Pool, Brad	42 Federal Way Masters	37.26

**(Men 40-44 50 Yard Backstroke)**

3 Oren, Ron	44 Lynnwood Sharks	37.45
4 Turcott, Michael	40 Thurston Olympians Swim Club	38.68
5 Lemr, John	44 Team Luna	39.77

**Men 40-44 100 Yard Backstroke**

1 Littlefield, James	43 Seattle Athletic Club	1:04.44
30.76	1:04.44 (33.68)	

**Men 40-44 200 Yard Backstroke**

1 Dybdahl, Eric	44 Federal Way Masters	2:30.23
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

35.44      1:13.69 (38.25)      1:52.46 (38.77)      2:30.23 (37.77)

**Men 40-44 50 Yard Breaststroke**

1	Dunwiddie, Rick	40	Orca Swim Club	29.97
2	Smith, Daniel	41	Federal Way Masters	31.66
3	Tacke, John	40	Federal Way Masters	35.43
4	Turcott, Michael	40	Thurston Olympians Swim Club	37.49
5	Oren, Ron	44	Lynnwood Sharks	41.83

**Men 40-44 100 Yard Breaststroke**

1	Dunwiddie, Rick	40	Orca Swim Club	1:05.55
2	Gasper, Joe	42	Husky Masters	1:07.66
3	Smith, Daniel	41	Federal Way Masters	1:09.59
4	Espinosa, Leo	43	Greenlake Aquaducks	1:11.12
5	Tacke, John	40	Federal Way Masters	1:17.43

30.55      1:05.55 (35.00)

32.18      1:07.66 (35.48)

32.40      1:09.59 (37.19)

33.90      1:11.12 (37.22)

37.17      1:17.43 (40.26)

**Men 40-44 200 Yard Breaststroke**

1	Gasper, Joe	42	Husky Masters	2:32.36
2	Smith, Daniel	41	Federal Way Masters	2:32.47

34.24      1:12.28 (38.04)      1:51.61 (39.33)      2:32.36 (40.75)

34.73      1:14.52 (39.79)      1:53.55 (39.03)      2:32.47 (38.92)

**Men 40-44 50 Yard Butterfly**

1	Green, Cameron	44	Bellevue Club	25.02
2	Stauffer, Matt	40	Federal Way Masters	25.50
3	Littlefield, James	43	Seattle Athletic Club	27.27
4	Schlemmer, Bob	44	Seattle Athletic Club	28.26
5	Parrish, Douglas	43	Federal Way Masters	33.22
6	Turcott, Michael	40	Thurston Olympians Swim Club	34.49

**Men 40-44 100 Yard Butterfly**

1	Stauffer, Matt	40	Federal Way Masters	56.30
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004**  
**Results**

25.88      56.30 (30.42)

**Men 40-44 200 Yard Butterfly**

1 Green, Cameron                      44 Bellevue Club                      2:03.65

28.07      59.01 (30.94)      1:31.18 (32.17)      2:03.65 (32.47)

2 Stauffer, Matt                      40 Federal Way Masters                      2:07.31

26.60      59.09 (32.49)      1:32.35 (33.26)      2:07.31 (34.96)

**(Men 40-44 200 Yard Butterfly)**

3 Glezen, Paul                      43 Husky Masters                      2:14.39

29.25      1:02.14 (32.89)      1:36.14 (34.00)      2:14.39 (38.25)

4 Dybdahl, Eric                      44 Federal Way Masters                      2:26.00

33.29      1:10.67 (37.38)      1:48.84 (38.17)      2:26.00 (37.16)

**Men 40-44 100 Yard IM**

1 Stauffer, Matt                      40 Federal Way Masters                      1:01.10

28.02      1:01.10 (33.08)

2 Glezen, Paul                      43 Husky Masters                      1:01.21

28.45      1:01.21 (32.76)

3 Dunwiddie, Rick                      40 Orca Swim Club                      1:02.89

30.09      1:02.89 (32.80)

4 Espinosa, Leo                      43 Greenlake Aquaducks                      1:03.36

30.47      1:03.36 (32.89)

5 Parrish, Douglas                      43 Federal Way Masters                      1:17.13

35.56      1:17.13 (41.57)

6 Oren, Ron                      44 Lynnwood Sharks                      1:20.80

37.52      1:20.80 (43.28)

**Men 40-44 200 Yard IM**

1 Tacke, John                      40 Federal Way Masters                      2:35.03

32.55      1:14.14 (41.59)      1:59.84 (45.70)      2:35.03 (35.19)

**Men 40-44 400 Yard IM**

1 Smith, Daniel                      41 Federal Way Masters                      5:00.33

29.17      1:03.74 (34.57)      1:45.17 (41.43)      2:26.73 (41.56)

3:07.12 (40.39)      3:49.47 (42.35)      4:26.44 (36.97)      5:00.33 (33.89)

2 Dybdahl, Eric                      44 Federal Way Masters                      5:25.01

31.92      1:06.83 (34.91)      1:47.59 (40.76)      2:26.92 (39.33)

3:19.22 (52.30)      4:10.78 (51.56)      4:48.45 (37.67)      5:25.01 (36.56)

**Men 45-49 50 Yard Freestyle**

1 Crist, Bruce                      47 Redmond Aqua Hotshots                      24.46

2 Novack, Mitch                      45 Bellevue Eastside Masters                      25.22

**PNA Champs 2004 - 4/9/2004 to 4/10/2004**  
**Results**

3	Cary, Dale	46	Lynnwood Sharks	25.48
4	Morin, Perry	45	Greenlake Aquaducks	25.55
5	Anderson, Mike	47	Federal Way Masters	26.60
6	Byfield, James	45	Skagit Valley YMCA Chinooks	26.71
7	Neuhaus, Scott	49	Unattached - Pna	27.14
9	O'Neil, Dave	45	Issaquah Swim Team Masters	27.75
10	DeRego, David	45	Unattached - Pna	28.57
11	Metzler, Gregg	45	Federal Way Masters	28.77
12	Blais, Richard	47	Federal Way Masters	30.13
13	Lewis, Joel	46	Federal Way Masters	30.36
14	Stewart, Dave	48	Federal Way Masters	31.10
15	Huckabee, John	45	North End Otters	31.89
16	Chandless, Art	48	Unattached - Pna	31.93
---	Macias, Jesse	46	Inland Northwest (non-scoring)	X49.85
8	Hixson, John	47	Team Luna	DQ

**Men 45-49 100 Yard Freestyle**

1	Crist, Bruce	47	Redmond Aqua Hotshots	54.33
				26.05      54.33 (28.28)
<b>(Men 45-49 100 Yard Freestyle)</b>				
2	Morin, Perry	45	Greenlake Aquaducks	55.86
				27.53      55.86 (28.33)
3	Cary, Dale	46	Lynnwood Sharks	56.73
				27.60      56.73 (29.13)
4	Novack, Mitch	45	Bellevue Eastside Masters	58.48
				28.44      58.48 (30.04)
5	Byfield, James	45	Skagit Valley YMCA Chinooks	1:00.46
				30.19      1:00.46 (30.27)
6	Berner-Hays, Peter	47	Unattached - Pna	1:00.52
				29.69      1:00.52 (30.83)
7	Smith, Matthew	47	Bellevue Eastside Masters	1:00.60
				29.82      1:00.60 (30.78)
8	Anderson, Mike	47	Federal Way Masters	1:00.61

**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

	29.23	1:00.61 (31.38)		
9	Neuhaus, Scott	49	Unattached - Pna	1:02.95
	29.90	1:02.95 (33.05)		
10	DeRego, David	45	Unattached - Pna	1:06.84
	30.78	1:06.84 (36.06)		
11	Metzler, Gregg	45	Federal Way Masters	1:07.49
	31.75	1:07.49 (35.74)		
12	Blais, Richard	47	Federal Way Masters	1:11.49
	34.82	1:11.49 (36.67)		
---	Macias, Jesse	46	Inland Northwest (non-scoring)	X2:11.63
	58.19	2:11.63 (1:13.44)		

**Men 45-49 200 Yard Freestyle**

1	Crist, Bruce	47	Redmond Aqua Hotshots	2:00.12
	28.34	59.29 (30.95)	1:30.20 (30.91)	2:00.12 (29.92)
2	Morin, Perry	45	Greenlake Aquaducks	2:04.58
	28.56	59.53 (30.97)	1:32.27 (32.74)	2:04.58 (32.31)
3	Reese, Steve	46	West Seattle YMCA Dolphins	2:10.49
	30.03	1:02.34 (32.31)	1:36.38 (34.04)	2:10.49 (34.11)
4	Berner-Hays, Peter	47	Unattached - Pna	2:16.62
	32.60	1:07.25 (34.65)	1:42.01 (34.76)	2:16.62 (34.61)
5	Byfield, James	45	Skagit Valley YMCA Chinooks	2:18.23
	32.29	1:07.47 (35.18)	1:43.64 (36.17)	2:18.23 (34.59)
6	O'Neil, Dave	45	Issaquah Swim Team Masters	2:18.31
	30.82	1:05.17 (34.35)	1:41.60 (36.43)	2:18.31 (36.71)
7	Blais, Richard	47	Federal Way Masters	2:35.00
	34.33	1:11.86 (37.53)	1:52.65 (40.79)	2:35.00 (42.35)
8	Fankhauser, Jean	49	S Whidbey Island Swells	3:11.50
	44.25	1:31.67 (47.42)	2:21.64 (49.97)	3:11.50 (49.86)

**Men 45-49 500 Yard Freestyle**

1	Reese, Steve	46	West Seattle YMCA Dolphins	5:49.92
	31.45	1:04.57 (33.12)	1:39.58 (35.01)	2:15.31 (35.73)
	2:51.16 (35.85)	3:27.27 (36.11)	4:03.73 (36.46)	4:40.20 (36.47)
	5:15.99 (35.79)	5:49.92 (33.93)		
2	Cary, Dale	46	Lynnwood Sharks	5:51.11
	30.71	1:04.41 (33.70)	1:39.36 (34.95)	2:14.77 (35.41)
	2:50.48 (35.71)	3:26.52 (36.04)	4:02.70 (36.18)	4:39.45 (36.75)
	5:16.61 (37.16)	5:51.11 (34.50)		

**(Men 45-49 500 Yard Freestyle)**

3	Smith, Matthew	47	Bellevue Eastside Masters	5:52.76
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

	33.14	1:09.21 (36.07)	1:45.08 (35.87)	2:21.09 (36.01)	
	2:57.15 (36.06)	3:32.69 (35.54)	4:07.69 (35.00)	4:42.70 (35.01)	
	5:17.89 (35.19)	5:52.76 (34.87)			
4	O'Neil, Dave	45	Issaquah Swim Team Masters		6:13.15
	33.97	1:09.72 (35.75)	1:46.65 (36.93)	2:24.95 (38.30)	
	3:03.03 (38.08)	3:41.17 (38.14)	4:19.52 (38.35)	4:57.95 (38.43)	
	5:36.35 (38.40)	6:13.15 (36.80)			
5	Berner-Hays, Peter	47	Unattached - Pna		6:20.91
	36.38	1:14.89 (38.51)	1:53.53 (38.64)	2:33.07 (39.54)	
	3:12.41 (39.34)	3:51.14 (38.73)	4:29.36 (38.22)	5:07.66 (38.30)	
	5:44.95 (37.29)	6:20.91 (35.96)			
6	Byfield, James	45	Skagit Valley YMCA Chinooks		6:23.62
	32.92	1:08.22 (35.30)	1:45.68 (37.46)	2:23.57 (37.89)	
	3:02.57 (39.00)	3:42.73 (40.16)	4:23.16 (40.43)	5:03.60 (40.44)	
	5:44.66 (41.06)	6:23.62 (38.96)			
7	Lewis, Joel	46	Federal Way Masters		7:14.21
	36.80	1:17.26 (40.46)	2:01.28 (44.02)	2:47.23 (45.95)	
	3:33.29 (46.06)	4:18.74 (45.45)	5:04.03 (45.29)	5:48.69 (44.66)	
	6:33.93 (45.24)	7:14.21 (40.28)			
8	Stewart, Dave	48	Federal Way Masters		7:47.92
	37.16	1:21.86 (44.70)	2:08.90 (47.04)	2:57.23 (48.33)	
	3:45.43 (48.20)	4:34.28 (48.85)	5:24.15 (49.87)	6:12.43 (48.28)	
	7:00.61 (48.18)	7:47.92 (47.31)			
9	Fankhauser, Jean	49	S Whidbey Island Swells		8:34.74
	44.85	1:33.06 (48.21)	2:24.25 (51.19)	3:16.25 (52.00)	
	4:09.63 (53.38)	5:02.40 (52.77)	5:56.40 (54.00)	6:50.49 (54.09)	
	7:43.67 (53.18)	8:34.74 (51.07)			

**Men 45-49 1650 Yard Freestyle**

1	Gross, Jim	49	Skagit Valley YMCA Chinooks		21:39.00
	32.67	1:08.77 (36.10)	1:46.75 (37.98)	2:25.08 (38.33)	
	3:03.61 (38.53)	3:42.88 (39.27)	4:21.84 (38.96)	5:01.41 (39.57)	
	5:40.93 (39.52)	6:20.30 (39.37)	7:00.25 (39.95)	7:40.10 (39.85)	
	8:19.55 (39.45)	8:59.92 (40.37)	9:40.37 (40.45)	10:21.02 (40.65)	
	11:00.69 (39.67)	11:41.46 (40.77)	12:22.37 (40.91)	13:02.28 (39.91)	
	13:42.69 (40.41)	14:22.98 (40.29)	15:03.47 (40.49)	15:43.39 (39.92)	
	16:22.85 (39.46)	17:02.79 (39.94)	17:42.68 (39.89)	18:22.48 (39.80)	
	19:02.10 (39.62)	19:41.98 (39.88)	20:21.42 (39.44)	21:00.50 (39.08)	21:39.00 (38.50)
2	Wade, Steven	45	Skagit Valley YMCA Chinooks		24:34.17
	37.45	1:18.72 (41.27)	2:01.91 (43.19)	2:46.07 (44.16)	
	3:30.73 (44.66)	4:15.36 (44.63)	5:00.28 (44.92)	5:45.17 (44.89)	
	6:30.41 (45.24)	7:15.87 (45.46)	8:01.04 (45.17)	8:46.24 (45.20)	
	9:31.68 (45.44)	10:17.16 (45.48)	11:02.27 (45.11)	11:47.42 (45.15)	
	12:33.00 (45.58)	13:18.33 (45.33)	14:03.53 (45.20)	14:48.72 (45.19)	
	15:33.92 (45.20)	16:19.06 (45.14)	17:04.81 (45.75)	17:50.11 (45.30)	
	18:35.49 (45.38)	19:21.47 (45.98)	20:06.93 (45.46)	20:52.36 (45.43)	
	21:37.52 (45.16)	22:22.58 (45.06)	23:07.19 (44.61)	23:51.51 (44.32)	24:34.17 (42.66)
(Men 45-49 1650 Yard Freestyle)					
3	Lewis, Joel	46	Federal Way Masters		24:56.98

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

	40.74	1:24.35 (43.61)	2:09.34 (44.99)	2:53.86 (44.52)	
	3:39.74 (45.88)	4:25.95 (46.21)	5:11.43 (45.48)	5:56.75 (45.32)	
	6:42.26 (45.51)	7:26.82 (44.56)	8:12.22 (45.40)	8:57.26 (45.04)	
	9:43.50 (46.24)	10:28.82 (45.32)	11:15.22 (46.40)	12:00.68 (45.46)	
	12:46.10 (45.42)	13:31.74 (45.64)	14:17.07 (45.33)	15:03.18 (46.11)	
	15:49.00 (45.82)	16:34.62 (45.62)	17:21.31 (46.69)	18:07.88 (46.57)	
	18:54.17 (46.29)	19:41.07 (46.90)	20:27.64 (46.57)	21:14.63 (46.99)	
	22:01.05 (46.42)	22:47.16 (46.11)	23:33.45 (46.29)	24:18.64 (45.19)	24:56.98 (38.34)
4 Fernald, Mark		48 Tacoma Pierce County YMCA			26:27.11

	37.05	1:18.50 (41.45)	2:02.45 (43.95)	2:48.09 (45.64)	
	3:34.61 (46.52)	4:21.68 (47.07)	5:09.45 (47.77)	5:58.21 (48.76)	
	6:45.61 (47.40)	7:34.61 (49.00)	8:23.78 (49.17)	9:12.18 (48.40)	
	10:00.68 (48.50)	10:48.82 (48.14)	11:38.50 (49.68)	12:28.51 (50.01)	
	13:17.98 (49.47)	14:07.16 (49.18)	14:55.34 (48.18)	15:44.08 (48.74)	
	16:34.07 (49.99)	17:24.66 (50.59)	18:14.81 (50.15)	19:04.83 (50.02)	
	19:54.29 (49.46)	20:44.89 (50.60)	21:35.66 (50.77)	22:25.84 (50.18)	
	23:15.22 (49.38)	24:04.82 (49.60)	24:52.74 (47.92)	25:41.64 (48.90)	26:27.11 (45.47)

**Men 45-49 50 Yard Backstroke**

1	Anderson, Mike	47 Federal Way Masters	35.18
2	Lewis, Joel	46 Federal Way Masters	40.86
3	Hixson, John	47 Team Luna	41.22
4	Fankhauser, Jean	49 S Whidbey Island Swells	51.05

**Men 45-49 100 Yard Backstroke**

1	Russell, Brian	46 Bainbridge Area Masters	1:02.73
	30.82	1:02.73 (31.91)	
2	Smith, Matthew	47 Bellevue Eastside Masters	1:11.37
	35.21	1:11.37 (36.16)	
3	Anderson, Mike	47 Federal Way Masters	1:19.34

**Men 45-49 200 Yard Backstroke**

1	Flowers, Ernie	47 West Seattle YMCA Dolphins	3:48.59
	52.94	1:51.71 (58.77)	2:52.30 (1:00.59)
			3:48.59 (56.29)

**Men 45-49 50 Yard Breaststroke**

1	Williams, Jim	47 Bellingham Masters Swim Club	33.64
2	Morin, Perry	45 Greenlake Aquaducks	34.44
3	Neuhaus, Scott	49 Unattached - Pna	35.52
4	Reese, Steve	46 West Seattle YMCA Dolphins	35.92
5	Huckabee, John	45 North End Otters	36.45
6	DeRego, David	45 Unattached - Pna	36.54

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

7	Chandless, Art	48	Unattached - Pna	36.87
8	Metzler, Gregg	45	Federal Way Masters	38.60
9	Hixson, John	47	Team Luna	39.13
---	Macias, Jesse	46	Inland Northwest (non-scoring)	X1:12.48

**Men 45-49 100 Yard Breaststroke**

1	Cary, Dale	46	Lynnwood Sharks	1:11.22
		33.93	1:11.22 (37.29)	
2	Morin, Perry	45	Greenlake Aquaducks	1:14.62
		36.56	1:14.62 (38.06)	

**(Men 45-49 100 Yard Breaststroke)**

3	Williams, Jim	47	Bellingham Masters Swim Club	1:15.53
		36.43	1:15.53 (39.10)	
4	Reese, Steve	46	West Seattle YMCA Dolphins	1:18.15
		36.77	1:18.15 (41.38)	
5	Neuhaus, Scott	49	Unattached - Pna	1:19.80
		38.70	1:19.80 (41.10)	
6	Huckabee, John	45	North End Otters	1:23.55
		38.88	1:23.55 (44.67)	

**Men 45-49 200 Yard Breaststroke**

1	Huckabee, John	45	North End Otters	3:13.57
		40.97	1:29.28 (48.31) 2:22.06 (52.78) 3:13.57 (51.51)	
2	Flowers, Ernie	47	West Seattle YMCA Dolphins	3:54.29
		55.20	1:55.30 (1:00.10) 2:54.58 (59.28) 3:54.29 (59.71)	
---	Reese, Steve	46	West Seattle YMCA Dolphins	DQ
		38.06	1:20.78 (42.72) 2:06.75 (45.97) DQ (47.04)	

**Men 45-49 50 Yard Butterfly**

1	Novack, Mitch	45	Bellevue Eastside Masters	30.76
2	O'Neil, Dave	45	Issaquah Swim Team Masters	31.07
3	Metzler, Gregg	45	Federal Way Masters	36.19
4	Stewart, Dave	48	Federal Way Masters	37.11
5	Huckabee, John	45	North End Otters	41.64
6	Lewis, Joel	46	Federal Way Masters	42.12
7	Fankhauser, Jean	49	S Whidbey Island Swells	51.97

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

--- Macias, Jesse 46 Inland Northwest (non-scoring) X1:17.18

**Men 45-49 100 Yard Butterfly**

1 Cary, Dale 46 Lynnwood Sharks 1:03.08

29.55 1:03.08 (33.53)

--- Macias, Jesse 46 Inland Northwest (non-scoring) X3:12.85

1:25.65 3:12.85 (1:47.20)

**Men 45-49 200 Yard Butterfly**

1 Russell, Brian 46 Bainbridge Area Masters 2:15.87

31.21 1:06.39 (35.18) 1:41.97 (35.58) 2:15.87 (33.90)

2 Flowers, Ernie 47 West Seattle YMCA Dolphins 4:01.10

53.87 1:56.22 (1:02.35) 3:01.41 (1:05.19) 4:01.10 (59.69)

**Men 45-49 100 Yard IM**

1 Novack, Mitch 45 Bellevue Eastside Masters 1:06.75

31.66 1:06.75 (35.09)

2 Anderson, Mike 47 Federal Way Masters 1:12.47

34.52 1:12.47 (37.95)

3 Smith, Matthew 47 Bellevue Eastside Masters 1:12.52

33.19 1:12.52 (39.33)

4 Neuhaus, Scott 49 Unattached - Pna 1:14.34

36.43 1:14.34 (37.91)

5 Chandless, Art 48 Unattached - Pna 1:19.06

39.23 1:19.06 (39.83)

6 Blais, Richard 47 Federal Way Masters 1:23.54

41.66 1:23.54 (41.88)

7 Lewis, Joel 46 Federal Way Masters 1:30.63

42.83 1:30.63 (47.80)

**Men 45-49 200 Yard IM**

1 Russell, Brian 46 Bainbridge Area Masters 2:13.89

28.24 1:02.62 (34.38) 1:43.06 (40.44) 2:13.89 (30.83)

2 Blais, Richard 47 Federal Way Masters 3:10.58

39.89 1:35.21 (55.32) 2:29.66 (54.45) 3:10.58 (40.92)

3 Flowers, Ernie 47 West Seattle YMCA Dolphins 3:31.09

48.89 1:48.71 (59.82) 2:49.37 (1:00.66) 3:31.09 (41.72)

**Men 45-49 400 Yard IM**

1 Russell, Brian 46 Bainbridge Area Masters 4:49.62

29.95 1:03.30 (33.35) 1:40.35 (37.05) 2:17.23 (36.88)

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2:59.72 (42.49)	3:43.18 (43.46)	4:17.01 (33.83)	4:49.62 (32.61)	
--- Flowers, Ernie	47 West Seattle YMCA Dolphins			DQ

49.55	1:49.25 (59.70)	2:50.53 (1:01.28)	3:48.59 (58.06)
4:48.44 (59.85)	5:48.90 (1:00.46)	6:34.76 (45.86)	DQ (43.31)

**Men 50-54 50 Yard Freestyle**

1 Reeder, Bill	51 Greenlake Aquaducks	28.35
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**Men 50-54 100 Yard Freestyle**

1 deWit, john	51 S Whidbey Island Swells	59.76
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29.16	59.76 (30.60)
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**Men 50-54 200 Yard Freestyle**

1 Jacobs, Ronald	52 North End Otters	2:00.30
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27.74	58.12 (30.38)	1:29.52 (31.40)	2:00.30 (30.78)
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2 Penn, Bill	52 Unattached - Pna	2:12.40
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30.61	1:04.61 (34.00)	1:39.07 (34.46)	2:12.40 (33.33)
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3 deWit, john	51 S Whidbey Island Swells	2:14.91
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31.13	1:05.05 (33.92)	1:39.97 (34.92)	2:14.91 (34.94)
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4 Knowlton, Bill	51 West Seattle YMCA Dolphins	2:15.77
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31.03	1:04.90 (33.87)	1:40.19 (35.29)	2:15.77 (35.58)
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**Men 50-54 500 Yard Freestyle**

1 Penn, Bill	52 Unattached - Pna	5:24.88
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29.61	1:02.52 (32.91)	1:36.29 (33.77)	2:09.66 (33.37)
2:43.64 (33.98)	3:17.24 (33.60)	3:50.18 (32.94)	4:22.75 (32.57)
4:53.95 (31.20)	5:24.88 (30.93)		

2 Knowlton, Bill	51 West Seattle YMCA Dolphins	6:12.11
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32.67	1:07.44 (34.77)	1:44.27 (36.83)	2:21.29 (37.02)
2:59.54 (38.25)	3:37.87 (38.33)	4:16.29 (38.42)	4:55.25 (38.96)
5:34.03 (38.78)	6:12.11 (38.08)		

3 deWit, john	51 S Whidbey Island Swells	6:20.77
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32.58	1:08.40 (35.82)	1:45.45 (37.05)	2:23.30 (37.85)
3:02.10 (38.80)	3:41.47 (39.37)	4:21.47 (40.00)	5:00.95 (39.48)
5:41.77 (40.82)	6:20.77 (39.00)		

4 Harrison, Gregory	52 Federal Way Masters	6:39.71
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35.09	1:13.90 (38.81)	1:53.63 (39.73)	2:33.90 (40.27)
3:14.85 (40.95)	3:55.38 (40.53)	4:36.02 (40.64)	5:17.62 (41.60)
5:59.27 (41.65)	6:39.71 (40.44)		

**Men 50-54 1000 Yard Freestyle**

1 Penn, Bill	52 Unattached - Pna	11:08.78
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31.19	1:05.29 (34.10)	1:39.88 (34.59)	2:14.45 (34.57)
2:48.66 (34.21)	3:22.85 (34.19)	3:57.22 (34.37)	4:31.09 (33.87)
5:05.32 (34.23)	5:39.50 (34.18)	6:13.39 (33.89)	6:47.03 (33.64)
7:20.58 (33.55)	7:53.99 (33.41)	8:27.15 (33.16)	9:00.24 (33.09)

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

9:32.60 (32.36)	10:05.34 (32.74)	10:37.68 (32.34)	11:08.78 (31.10)	
2 Harrison, Gregory	52 Federal Way Masters			13:39.18
36.14	1:16.28 (40.14)	1:58.24 (41.96)	2:39.79 (41.55)	
3:21.26 (41.47)	4:02.50 (41.24)	4:43.73 (41.23)	5:25.23 (41.50)	
6:06.53 (41.30)	6:48.13 (41.60)	7:29.38 (41.25)	8:11.02 (41.64)	
8:51.90 (40.88)	9:33.53 (41.63)	10:14.96 (41.43)	10:55.84 (40.88)	
11:36.22 (40.38)	12:17.47 (41.25)	12:58.75 (41.28)	13:39.18 (40.43)	

**Men 50-54 1650 Yard Freestyle**

1 Lautman, Scott	51 Federal Way Masters			18:21.84
31.52	1:05.21 (33.69)	1:38.98 (33.77)	2:13.01 (34.03)	
2:47.14 (34.13)	3:21.10 (33.96)	3:54.82 (33.72)	4:28.52 (33.70)	
5:02.10 (33.58)	5:35.35 (33.25)	6:08.29 (32.94)	6:41.44 (33.15)	
7:14.71 (33.27)	7:47.83 (33.12)	8:20.83 (33.00)	8:54.12 (33.29)	
9:27.03 (32.91)	9:59.66 (32.63)	10:32.63 (32.97)	11:05.42 (32.79)	
11:38.43 (33.01)	12:11.43 (33.00)	12:44.73 (33.30)	13:18.34 (33.61)	
13:51.82 (33.48)	14:25.43 (33.61)	14:59.43 (34.00)	15:32.94 (33.51)	
16:06.29 (33.35)	16:40.18 (33.89)	17:13.98 (33.80)	17:48.21 (34.23)	18:21.84 (33.63)
2 Penn, Bill	52 Unattached - Pna			18:29.50
31.14	1:05.50 (34.36)	1:39.61 (34.11)	2:13.60 (33.99)	
2:47.79 (34.19)	3:21.73 (33.94)	3:55.46 (33.73)	4:29.37 (33.91)	
5:03.27 (33.90)	5:36.66 (33.39)	6:10.49 (33.83)	6:44.19 (33.70)	
7:18.03 (33.84)	7:51.87 (33.84)	8:25.95 (34.08)	9:00.06 (34.11)	
9:33.85 (33.79)	10:08.02 (34.17)	10:42.01 (33.99)	11:15.80 (33.79)	
11:49.72 (33.92)	12:23.38 (33.66)	12:57.20 (33.82)	13:30.52 (33.32)	
14:03.80 (33.28)	14:37.13 (33.33)	15:10.17 (33.04)	15:43.72 (33.55)	
16:17.35 (33.63)	16:51.04 (33.69)	17:24.51 (33.47)	17:57.49 (32.98)	18:29.50 (32.01)
3 Harrison, Gregory	52 Federal Way Masters			21:43.56
34.99	1:13.87 (38.88)	1:53.70 (39.83)	2:33.53 (39.83)	
3:13.12 (39.59)	3:53.14 (40.02)	4:32.61 (39.47)	5:12.48 (39.87)	
5:52.69 (40.21)	6:32.14 (39.45)	7:11.64 (39.50)	7:50.99 (39.35)	
8:30.57 (39.58)	9:10.27 (39.70)	9:49.91 (39.64)	10:29.14 (39.23)	
11:08.81 (39.67)	11:47.91 (39.10)	12:27.37 (39.46)	13:07.34 (39.97)	
13:46.50 (39.16)	14:26.34 (39.84)	15:05.44 (39.10)	15:44.72 (39.28)	
16:24.37 (39.65)	17:03.48 (39.11)	17:42.93 (39.45)	18:21.99 (39.06)	
19:01.32 (39.33)	19:40.70 (39.38)	20:22.00 (41.30)	21:03.34 (41.34)	21:43.56 (40.22)
4 Gregory, Daniel	53 S Whidbey Island Swells			24:32.86
39.07	1:23.57 (44.50)	2:10.03 (46.46)	2:56.36 (46.33)	
3:41.44 (45.08)	4:26.38 (44.94)	5:11.63 (45.25)	5:55.86 (44.23)	
6:40.78 (44.92)	7:26.24 (45.46)	8:11.70 (45.46)	8:57.44 (45.74)	
9:42.25 (44.81)	10:27.27 (45.02)	11:12.09 (44.82)	11:57.43 (45.34)	
12:42.96 (45.53)	13:29.03 (46.07)	14:13.53 (44.50)	14:57.52 (43.99)	
15:40.68 (43.16)	16:26.65 (45.97)	17:12.30 (45.65)	17:57.86 (45.56)	
18:42.86 (45.00)	19:27.68 (44.82)	20:12.62 (44.94)	20:57.64 (45.02)	
21:43.61 (45.97)	22:28.79 (45.18)	23:13.99 (45.20)	23:58.64 (44.65)	24:32.86 (34.22)

**Men 50-54 50 Yard Backstroke**

1 Knowlton, Bill	51 West Seattle YMCA Dolphins			31.36
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**Men 50-54 100 Yard Backstroke**

1 Knowlton, Bill	51 West Seattle YMCA Dolphins			1:08.41
34.02	1:08.41 (34.39)			

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results****Men 50-54 200 Yard Backstroke**

1	Jacobs, Ronald	52	North End Otters	2:18.54
	32.82	1:07.87 (35.05)	1:43.54 (35.67)	2:18.54 (35.00)
2	Knowlton, Bill	51	West Seattle YMCA Dolphins	2:33.12
	36.21	1:14.49 (38.28)	1:54.44 (39.95)	2:33.12 (38.68)

**Men 50-54 50 Yard Breaststroke**

1	Gregory, Daniel	53	S Whidbey Island Swells	32.56
2	Harrison, Gregory	52	Federal Way Masters	33.21
3	Reeder, Bill	51	Greenlake Aquaducks	37.09

**Men 50-54 100 Yard Breaststroke**

1	Harrison, Gregory	52	Federal Way Masters	1:10.17
	33.29	1:10.17 (36.88)		
2	Gregory, Daniel	53	S Whidbey Island Swells	1:15.35
	35.30	1:15.35 (40.05)		

**Men 50-54 200 Yard Breaststroke**

1	Harrison, Gregory	52	Federal Way Masters	2:28.84
	34.24	1:11.85 (37.61)	1:50.29 (38.44)	2:28.84 (38.55)
2	Gregory, Daniel	53	S Whidbey Island Swells	2:58.74
	39.21	1:23.66 (44.45)	2:11.88 (48.22)	2:58.74 (46.86)

**Men 50-54 50 Yard Butterfly**

1	Gregory, Daniel	53	S Whidbey Island Swells	31.00
2	Reeder, Bill	51	Greenlake Aquaducks	31.50
3	Taylor, Watt	51	Unattached - Pna	37.71

**Men 50-54 100 Yard Butterfly**

1	Lautman, Scott	51	Federal Way Masters	58.64
	27.71	58.64 (30.93)		

**Men 50-54 200 Yard Butterfly**

1	Lautman, Scott	51	Federal Way Masters	2:08.16
	29.50	1:01.97 (32.47)	1:34.53 (32.56)	2:08.16 (33.63)

**Men 50-54 100 Yard IM**

1	Reeder, Bill	51	Greenlake Aquaducks	1:14.01
	34.83	1:14.01 (39.18)		
2	Taylor, Watt	51	Unattached - Pna	1:19.64

**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

38.95 1:19.64 (40.69)

**Men 50-54 200 Yard IM**

1 Taylor, Watt 51 Unattached - Pna 2:59.12

40.48 1:29.60 (49.12) 2:18.41 (48.81) 2:59.12 (40.71)

**Men 50-54 400 Yard IM**

1 Lautman, Scott 51 Federal Way Masters 4:41.96

29.85 1:03.23 (33.38) 1:42.38 (39.15) 2:20.64 (38.26)

3:01.11 (40.47) 3:41.97 (40.86) 4:12.38 (30.41) 4:41.96 (29.58)

2 Gregory, Daniel 53 S Whidbey Island Swells 6:23.76

43.33 1:35.27 (51.94) 2:23.62 (48.35) 3:16.39 (52.77)

4:07.99 (51.60) 4:59.85 (51.86) 5:42.55 (42.70) 6:23.76 (41.21)

**Men 55-59 50 Yard Freestyle**

1 Voegtlen, Barney 55 Bainbridge Area Masters 26.99

2 Dupree, Jim 56 Federal Way Masters 27.20

3 Norris, Jim 56 Port Townsend Master Swimmers 28.75

4 Hutchison, Phillip 58 Fins of the San Juans 31.02

5 Davidson, Jim 57 Federal Way Masters 32.49

6 Reese, Gene 55 Lynnwood Sharks 33.62

--- Prentice, Doug 55 Oregon (non-scoring) X25.67

**Men 55-59 100 Yard Freestyle**

1 Voegtlen, Barney 55 Bainbridge Area Masters 1:00.56

28.72 1:00.56 (31.84)

2 Peterson, Steven 57 Old Olympic Peninsula Swimmers 1:01.50

29.92 1:01.50 (31.58)

3 Dupree, Jim 56 Federal Way Masters 1:01.93

29.05 1:01.93 (32.88)

4 Norris, Jim 56 Port Townsend Master Swimmers 1:06.77

31.87 1:06.77 (34.90)

5 Sullivan, Patrick 56 Federal Way Masters 1:15.31

35.04 1:15.31 (40.27)

6 Davidson, Jim 57 Federal Way Masters 1:15.70

36.07 1:15.70 (39.63)

7 Hutchison, Phillip 58 Fins of the San Juans 1:16.93

36.25 1:16.93 (40.68)

8 Walker, Thomas 57 Unattached - Pna 1:24.00



**PNA Champs 2004 - 4/9/2004 to 4/10/2004**  
**Results**

40.18	1:24.00 (43.82)			
--- Prentice, Doug	55 Oregon (non-scoring)			X58.69
27.52	58.69 (31.17)			

**Men 55-59 200 Yard Freestyle**

1 Norris, Jim	56 Port Townsend Master Swimmers			2:19.87
32.66	1:09.05 (36.39)	1:45.18 (36.13)	2:19.87 (34.69)	
2 Dupree, Jim	56 Federal Way Masters			2:27.06
33.23	1:10.04 (36.81)	1:48.35 (38.31)	2:27.06 (38.71)	
3 Kimball, Hugh	57 Greenlake Aquaducks			2:45.31
37.81	1:20.04 (42.23)	2:03.11 (43.07)	2:45.31 (42.20)	
4 Sullivan, Patrick	56 Federal Way Masters			2:53.02
38.56	1:20.84 (42.28)	2:05.96 (45.12)	2:53.02 (47.06)	

**Men 55-59 500 Yard Freestyle**

1 Gair, John	56 Port Townsend Master Swimmers			6:05.55
32.55	1:08.21 (35.66)	1:45.20 (36.99)	2:23.22 (38.02)	
3:01.12 (37.90)	3:38.81 (37.69)	4:16.01 (37.20)	4:52.86 (36.85)	
5:30.38 (37.52)	6:05.55 (35.17)			
2 Norris, Jim	56 Port Townsend Master Swimmers			6:10.72
33.65	1:10.52 (36.87)	1:48.99 (38.47)	2:27.55 (38.56)	
3:05.05 (37.50)	3:42.28 (37.23)	4:19.73 (37.45)	4:57.75 (38.02)	
5:35.32 (37.57)	6:10.72 (35.40)			
3 Kimball, Hugh	57 Greenlake Aquaducks			7:16.35
37.90	1:21.70 (43.80)	2:06.34 (44.64)	2:52.06 (45.72)	
3:36.33 (44.27)	4:22.29 (45.96)	5:06.89 (44.60)	5:50.92 (44.03)	
6:35.28 (44.36)	7:16.35 (41.07)			

**(Men 55-59 500 Yard Freestyle)**

4 Walker, Thomas	57 Unattached - Pna			8:14.77
44.77	1:32.94 (48.17)	2:24.35 (51.41)	3:15.48 (51.13)	
4:07.15 (51.67)	4:58.53 (51.38)	5:49.98 (51.45)	6:41.71 (51.73)	
7:30.53 (48.82)	8:14.77 (44.24)			
5 Hutchison, Phillip	58 Fins of the San Juans			8:33.50
42.17	1:33.06 (50.89)	2:26.39 (53.33)	3:20.65 (54.26)	
4:13.95 (53.30)	5:07.71 (53.76)	6:01.46 (53.75)	6:55.41 (53.95)	
7:48.55 (53.14)	8:33.50 (44.95)			

**Men 55-59 1000 Yard Freestyle**

1 Gair, John	56 Port Townsend Master Swimmers			12:43.37
32.24	1:07.59 (35.35)	1:44.79 (37.20)	2:23.39 (38.60)	
3:01.74 (38.35)	3:40.50 (38.76)	4:19.13 (38.63)	4:57.76 (38.63)	
5:36.46 (38.70)	6:15.76 (39.30)	6:55.05 (39.29)	7:34.60 (39.55)	
8:14.12 (39.52)	8:53.32 (39.20)	9:32.14 (38.82)	10:11.56 (39.42)	
10:50.43 (38.87)	11:29.30 (38.87)	12:07.50 (38.20)	12:43.37 (35.87)	
2 Peterson, Steven	57 Old Olympic Peninsula Swimmers			12:54.41

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

33.75	1:10.46 (36.71)	1:48.68 (38.22)	2:27.56 (38.88)	
3:05.56 (38.00)	3:43.97 (38.41)	4:22.47 (38.50)	5:00.90 (38.43)	
5:39.77 (38.87)	6:18.96 (39.19)	7:00.29 (41.33)	7:39.64 (39.35)	
8:19.15 (39.51)	8:59.08 (39.93)	9:39.17 (40.09)	10:19.46 (40.29)	
10:58.75 (39.29)	11:38.16 (39.41)	12:16.68 (38.52)	12:54.41 (37.73)	
--- Hutchison, Phillip	58 Fins of the San Juans			DQ
45.51	1:37.87 (52.36)	2:34.33 (56.46)	3:34.32 (59.99)	

**Men 55-59 1650 Yard Freestyle**

1 McCleery, James 58 North Whidbey Masters 18:53.14

30.95	1:04.65 (33.70)	1:39.40 (34.75)	2:13.80 (34.40)	
2:47.91 (34.11)	3:22.05 (34.14)	3:56.10 (34.05)	4:30.18 (34.08)	
5:04.33 (34.15)	5:38.20 (33.87)	6:12.47 (34.27)	6:46.92 (34.45)	
7:21.51 (34.59)	7:55.99 (34.48)	8:30.72 (34.73)	9:05.57 (34.85)	
9:39.97 (34.40)	10:14.95 (34.98)	10:49.55 (34.60)	11:24.40 (34.85)	
11:59.42 (35.02)	12:34.50 (35.08)	13:09.53 (35.03)	13:44.25 (34.72)	
14:19.58 (35.33)	14:54.35 (34.77)	15:29.54 (35.19)	16:04.56 (35.02)	
16:39.06 (34.50)	17:13.22 (34.16)	17:47.25 (34.03)	18:20.92 (33.67)	18:53.14 (32.22)

2 Norris, Jim 56 Port Townsend Master Swimmers 20:48.03

34.85	1:11.92 (37.07)	1:49.64 (37.72)	2:27.49 (37.85)	
3:05.83 (38.34)	3:44.17 (38.34)	4:22.34 (38.17)	5:00.75 (38.41)	
5:38.63 (37.88)	6:16.17 (37.54)	6:53.75 (37.58)	7:31.71 (37.96)	
8:09.18 (37.47)	8:46.80 (37.62)	9:24.95 (38.15)	10:02.89 (37.94)	
10:40.71 (37.82)	11:18.64 (37.93)	11:56.76 (38.12)	12:34.86 (38.10)	
13:12.77 (37.91)	13:50.62 (37.85)	14:28.57 (37.95)	15:06.41 (37.84)	
15:44.99 (38.58)	16:23.44 (38.45)	17:01.73 (38.29)	17:40.20 (38.47)	
18:18.50 (38.30)	18:56.94 (38.44)	19:35.48 (38.54)	20:12.39 (36.91)	20:48.03 (35.64)

3 Gair, John 56 Port Townsend Master Swimmers 21:07.22

33.37	1:09.01 (35.64)	1:46.47 (37.46)	2:25.03 (38.56)	
3:03.69 (38.66)	3:42.29 (38.60)	4:20.88 (38.59)	4:59.82 (38.94)	
5:38.71 (38.89)	6:17.27 (38.56)	6:55.33 (38.06)	7:34.19 (38.86)	
8:12.49 (38.30)	8:51.06 (38.57)	9:29.94 (38.88)	10:08.53 (38.59)	
10:47.88 (39.35)	11:27.07 (39.19)	12:06.21 (39.14)	12:44.91 (38.70)	
13:23.73 (38.82)	14:02.42 (38.69)	14:41.05 (38.63)	15:19.76 (38.71)	
15:57.96 (38.20)	16:36.68 (38.72)	17:16.02 (39.34)	17:54.97 (38.95)	
18:33.66 (38.69)	19:12.01 (38.35)	19:50.34 (38.33)	20:29.27 (38.93)	21:07.22 (37.95)

**(Men 55-59 1650 Yard Freestyle)**

4 Kimball, Hugh 57 Greenlake Aquaducks 24:37.59

39.72	1:24.20 (44.48)	2:09.93 (45.73)	2:55.63 (45.70)	
3:41.40 (45.77)	4:27.26 (45.86)	5:14.22 (46.96)	5:59.28 (45.06)	
6:43.49 (44.21)	7:29.23 (45.74)	8:12.00 (42.77)	8:56.96 (44.96)	
9:42.40 (45.44)	10:26.69 (44.29)	11:11.51 (44.82)	11:56.17 (44.66)	
12:40.62 (44.45)	13:27.09 (46.47)	14:11.30 (44.21)	14:57.39 (46.09)	
15:42.14 (44.75)	16:27.15 (45.01)	17:10.84 (43.69)	17:55.35 (44.51)	
18:39.83 (44.48)	19:24.37 (44.54)	20:08.81 (44.44)	20:54.38 (45.57)	
21:39.57 (45.19)	22:24.77 (45.20)	23:08.89 (44.12)	23:53.10 (44.21)	24:37.59 (44.49)

5 Hutchison, Phillip 58 Fins of the San Juans 31:11.90

45.00	1:38.94 (53.94)	2:35.29 (56.35)	3:33.92 (58.63)	
4:32.65 (58.73)	5:33.00 (1:00.35)	6:31.08 (58.08)	7:31.58 (1:00.50)	
8:31.42 (59.84)	9:29.61 (58.19)	10:28.42 (58.81)	11:25.17 (56.75)	
12:24.31 (59.14)	13:21.77 (57.46)	14:19.76 (57.99)	15:17.45 (57.69)	
16:14.69 (57.24)	17:11.90 (57.21)	18:08.04 (56.14)	19:05.92 (57.88)	
20:03.59 (57.67)	21:00.21 (56.62)	21:57.19 (56.98)	22:53.96 (56.77)	
23:51.05 (57.09)	24:48.08 (57.03)	25:42.91 (54.83)	26:39.16 (56.25)	

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

27:35.01 (55.85) 28:31.53 (56.52) 29:26.56 (55.03) 30:22.90 (56.34) 31:11.90 (49.00)

**Men 55-59 50 Yard Backstroke**

1	McColly, Michael	58	North End Otters	33.95
2	Voegtlen, Barney	55	Bainbridge Area Masters	35.94

**Men 55-59 100 Yard Backstroke**

1	McColly, Michael	58	North End Otters	1:12.32
	35.59	1:12.32 (36.73)		
2	Walker, Thomas	57	Unattached - Pna	1:39.22
	48.46	1:39.22 (50.76)		
3	Reese, Gene	55	Lynnwood Sharks	1:40.05
	48.77	1:40.05 (51.28)		

**Men 55-59 50 Yard Breaststroke**

1	Peterson, Steven	57	Old Olympic Peninsula Swimmers	33.27
2	Stamper, Gary	58	Greenlake Aquaducks	36.28
3	Sullivan, Patrick	56	Federal Way Masters	37.62

**Men 55-59 100 Yard Breaststroke**

1	Peterson, Steven	57	Old Olympic Peninsula Swimmers	1:14.61
	35.92	1:14.61 (38.69)		
2	Stamper, Gary	58	Greenlake Aquaducks	1:20.84
	38.13	1:20.84 (42.71)		
3	Sullivan, Patrick	56	Federal Way Masters	1:30.01
	42.77	1:30.01 (47.24)		

**Men 55-59 200 Yard Breaststroke**

1	Peterson, Steven	57	Old Olympic Peninsula Swimmers	2:41.80
	37.59	1:19.02 (41.43)	2:01.52 (42.50)	2:41.80 (40.28)
2	Stafford, Rick	56	Bainbridge Area Masters	2:49.82
	40.74	1:23.59 (42.85)	2:06.84 (43.25)	2:49.82 (42.98)
3	Stamper, Gary	58	Greenlake Aquaducks	3:07.37
	40.92	1:26.38 (45.46)	2:16.27 (49.89)	3:07.37 (51.10)
4	Reese, Gene	55	Lynnwood Sharks	3:16.37
	43.20	1:33.20 (50.00)	2:24.84 (51.64)	3:16.37 (51.53)
5	Walker, Thomas	57	Unattached - Pna	3:44.21
	52.40	1:49.45 (57.05)	2:47.71 (58.26)	3:44.21 (56.50)

**Men 55-59 50 Yard Butterfly**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Wright, Larry	55	Newport Hills Masters	27.42
2	Voegtlen, Barney	55	Bainbridge Area Masters	32.76
3	McColly, Michael	58	North End Otters	33.36
4	Stamper, Gary	58	Greenlake Aquaducks	37.32
5	Sullivan, Patrick	56	Federal Way Masters	37.42

**Men 55-59 100 Yard Butterfly**

---	Kimball, Hugh	57	Greenlake Aquaducks	DQ
	41.28		DQ (54.78)	

**Men 55-59 200 Yard Butterfly**

1	Walker, Thomas	57	Unattached - Pna	3:57.88
	52.90	1:53.52 (1:00.62)	2:58.73 (1:05.21)	3:57.88 (59.15)

**Men 55-59 100 Yard IM**

1	Wright, Larry	55	Newport Hills Masters	1:05.86
	30.16		1:05.86 (35.70)	
2	McColly, Michael	58	North End Otters	1:11.03
	32.79		1:11.03 (38.24)	
3	Stafford, Rick	56	Bainbridge Area Masters	1:11.49
	34.99		1:11.49 (36.50)	
4	Voegtlen, Barney	55	Bainbridge Area Masters	1:12.71
	32.97		1:12.71 (39.74)	
5	Reese, Gene	55	Lynnwood Sharks	1:30.60
	44.88		1:30.60 (45.72)	
6	Hutchison, Phillip	58	Fins of the San Juans	1:36.54
	46.13		1:36.54 (50.41)	

**Men 55-59 200 Yard IM**

1	McColly, Michael	58	North End Otters	2:34.34
	34.21	1:14.20 (39.99)	1:59.96 (45.76)	2:34.34 (34.38)
2	Stafford, Rick	56	Bainbridge Area Masters	2:40.14
	35.16	1:19.36 (44.20)	2:02.86 (43.50)	2:40.14 (37.28)

**Men 55-59 400 Yard IM**

1	Walker, Thomas	57	Unattached - Pna	7:20.73
	51.60	1:51.74 (1:00.14)	2:48.93 (57.19)	3:46.54 (57.61)
	4:48.99 (1:02.45)	5:47.47 (58.48)	6:35.14 (47.67)	7:20.73 (45.59)

**Men 60-64 50 Yard Freestyle**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Pilger, Robert	60	Unattached - Pna	25.81
2	Garrett, Sonny	60	Unattached - Pna	26.98
3	McKinlay, Michael	60	Bellevue Eastside Masters	30.70
4	Sawyer, Dennis	60	Bainbridge Area Masters	31.27
5	Pierce, George	60	Bellingham Masters Swim Club	33.18
6	Barr, Pat	64	Whatcom County YMCA	36.65
7	Parker, Bob	63	North End Otters	37.93
8	Harwell, James	63	S Whidbey Island Swells	52.86

**Men 60-64 100 Yard Freestyle**

1	Pilger, Robert	60	Unattached - Pna	1:00.18
	29.21	1:00.18	(30.97)	
2	Sawyer, Dennis	60	Bainbridge Area Masters	1:10.32
	33.33	1:10.32	(36.99)	

**(Men 60-64 100 Yard Freestyle)**

3	Pierce, George	60	Bellingham Masters Swim Club	1:13.89
	35.53	1:13.89	(38.36)	
4	Parker, Bob	63	North End Otters	1:28.24
	41.85	1:28.24	(46.39)	
5	Harwell, James	63	S Whidbey Island Swells	2:17.93
	1:00.78	2:17.93	(1:17.15)	

**Men 60-64 200 Yard Freestyle**

1	Pilger, Robert	60	Unattached - Pna	2:18.82
	31.40	1:06.50 (35.10)	1:42.82 (36.32)	2:18.82 (36.00)
2	Hutchinson, Eric	61	Bainbridge Area Masters	2:25.19
	34.35	1:11.52 (37.17)	1:48.79 (37.27)	2:25.19 (36.40)
3	Pierce, George	60	Bellingham Masters Swim Club	2:45.43
	37.24	1:18.45 (41.21)	2:02.37 (43.92)	2:45.43 (43.06)
4	Harwell, James	63	S Whidbey Island Swells	5:08.24
	1:00.12	2:17.89 (1:17.77)	3:44.89 (1:27.00)	5:08.24 (1:23.35)

**Men 60-64 500 Yard Freestyle**

1	Hutchinson, Eric	61	Bainbridge Area Masters	6:39.66
	35.07	1:12.94 (37.87)	1:52.74 (39.80)	2:32.57 (39.83)
	3:13.08 (40.51)	3:54.00 (40.92)	4:35.63 (41.63)	5:17.51 (41.88)
	5:59.26 (41.75)	6:39.66 (40.40)		
2	Parker, Bob	63	North End Otters	8:58.18

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

47.76	1:39.01 (51.25)	2:33.52 (54.51)	3:28.48 (54.96)
4:24.45 (55.97)	5:19.52 (55.07)	6:15.14 (55.62)	7:11.50 (56.36)
8:06.23 (54.73)	8:58.18 (51.95)		

**Men 60-64 1000 Yard Freestyle**

1 Pilger, Robert 60 Unattached - Pna 13:58.26

34.14	1:12.99 (38.85)	1:55.65 (42.66)	2:38.96 (43.31)
3:21.77 (42.81)	4:04.90 (43.13)	4:48.44 (43.54)	5:31.73 (43.29)
6:14.68 (42.95)	6:57.92 (43.24)	7:41.00 (43.08)	8:24.14 (43.14)
9:06.97 (42.83)	9:50.07 (43.10)	10:33.10 (43.03)	11:16.26 (43.16)
11:59.02 (42.76)	12:40.40 (41.38)	13:21.99 (41.59)	13:58.26 (36.27)

**Men 60-64 50 Yard Backstroke**

1 McKinlay, Michael 60 Bellevue Eastside Masters 33.69

2 Reid, Walt 63 Ft. Steilacoom - Wako 35.75

3 Barr, Pat 64 Whatcom County YMCA 55.29

**Men 60-64 100 Yard Backstroke**

1 McKinlay, Michael 60 Bellevue Eastside Masters 1:16.38

2 Reid, Walt 63 Ft. Steilacoom - Wako 1:21.07

38.87 1:21.07 (42.20)

**Men 60-64 200 Yard Backstroke**

1 McKinlay, Michael 60 Bellevue Eastside Masters 2:53.05

39.61 1:24.07 (44.46) 2:09.46 (45.39) 2:53.05 (43.59)

**Men 60-64 50 Yard Breaststroke**

1 McDougall, Allan 63 North Whidbey Masters 35.76

2 Reid, Walt 63 Ft. Steilacoom - Wako 37.59

3 Sawyer, Dennis 60 Bainbridge Area Masters 38.38

4 McKinlay, Michael 60 Bellevue Eastside Masters 41.59

**(Men 60-64 50 Yard Breaststroke)**

5 Parker, Bob 63 North End Otters 43.43

6 Hunn, Eugene 60 North End Otters 43.62

7 Ellard, Terry 62 Seattle Athletic Club 43.72

8 Barr, Pat 64 Whatcom County YMCA 56.37

**Men 60-64 100 Yard Breaststroke**

1 McDougall, Allan 63 North Whidbey Masters 1:21.02

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

	39.34	1:21.02 (41.68)		
2 Reid, Walt		63 Ft. Steilacoom - Wako		1:22.92
	39.63	1:22.92 (43.29)		
3 Hutchinson, Eric		61 Bainbridge Area Masters		1:23.70
	40.64	1:23.70 (43.06)		
4 Sawyer, Dennis		60 Bainbridge Area Masters		1:25.81
	40.80	1:25.81 (45.01)		
5 Parker, Bob		63 North End Otters		1:37.03
	47.29	1:37.03 (49.74)		
6 Ellard, Terry		62 Seattle Athletic Club		1:39.28
	47.78	1:39.28 (51.50)		

**Men 60-64 200 Yard Breaststroke**

1 McDougall, Allan		63 North Whidbey Masters		2:57.77
	40.15	1:24.46 (44.31)	2:12.05 (47.59)	2:57.77 (45.72)
2 Hutchinson, Eric		61 Bainbridge Area Masters		3:03.24
	42.12	1:27.62 (45.50)	2:15.95 (48.33)	3:03.24 (47.29)
3 Hunn, Eugene		60 North End Otters		3:33.36
	49.47	2:38.90 (1:49.43)	3:33.36 (54.46)	
4 Ellard, Terry		62 Seattle Athletic Club		3:35.09
	49.10	2:40.40 (1:51.30)	3:35.09 (54.69)	

**Men 60-64 50 Yard Butterfly**

1 Garrett, Sonny		60 Unattached - Pna		28.99
2 Hunn, Eugene		60 North End Otters		55.79

**Men 60-64 100 Yard IM**

1 McDougall, Allan		63 North Whidbey Masters		1:16.42
	36.68	1:16.42 (39.74)		
2 Hunn, Eugene		60 North End Otters		1:39.18
	50.03	1:39.18 (49.15)		

**Men 60-64 200 Yard IM**

1 Hutchinson, Eric		61 Bainbridge Area Masters		2:53.51
	36.78	1:24.18 (47.40)	2:14.11 (49.93)	2:53.51 (39.40)
2 Hunn, Eugene		60 North End Otters		3:41.93
	53.70	1:50.54 (56.84)	2:47.28 (56.74)	3:41.93 (54.65)

**Men 65-69 50 Yard Freestyle**

1 Phillips, Alan		67 Unattached - Pna		36.94
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results****Men 65-69 100 Yard Freestyle**

1	Tauscher, Harold	66	Bellingham Masters Swim Club	1:16.02
	36.16		1:16.02 (39.86)	
2	Phillips, Alan	67	Unattached - Pna	1:29.40
	41.29		1:29.40 (48.11)	

**Men 65-69 200 Yard Backstroke**

1	Foley, Tom	69	Tigers	3:58.83
	54.56		1:55.86 (1:01.30) 2:58.38 (1:02.52) 3:58.83 (1:00.45)	

**Men 65-69 50 Yard Breaststroke**

1	Tauscher, Harold	66	Bellingham Masters Swim Club	39.32
2	Rehfeldt, Don	69	North End Otters	44.75
3	Phillips, Alan	67	Unattached - Pna	49.30

**Men 65-69 100 Yard Breaststroke**

1	Tauscher, Harold	66	Bellingham Masters Swim Club	1:28.66
	42.76		1:28.66 (45.90)	
2	Rehfeldt, Don	69	North End Otters	1:38.89
	47.09		1:38.89 (51.80)	

**Men 65-69 200 Yard Breaststroke**

1	Tauscher, Harold	66	Bellingham Masters Swim Club	3:24.24
	44.50		1:36.31 (51.81) 2:31.05 (54.74) 3:24.24 (53.19)	
2	Rehfeldt, Don	69	North End Otters	3:37.23
	48.35		2:41.32 (1:52.97) 3:37.23 (55.91)	

**Men 65-69 50 Yard Butterfly**

1	Tauscher, Harold	66	Bellingham Masters Swim Club	37.47
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**Men 65-69 200 Yard Butterfly**

1	Foley, Tom	69	Tigers	4:56.81
	1:05.47		2:19.91 (1:14.44) 3:40.44 (1:20.53) 4:56.81 (1:16.37)	

**Men 65-69 200 Yard IM**

1	Foley, Tom	69	Tigers	4:06.49
	59.93		1:59.16 (59.23) 3:07.84 (1:08.68) 4:06.49 (58.65)	

**Men 65-69 400 Yard IM**

1	Tauscher, Harold	66	Bellingham Masters Swim Club	6:39.77
	44.89		1:36.60 (51.71) 2:31.84 (55.24) 3:26.12 (54.28)	
	4:19.42 (53.30)		5:14.60 (55.18) 5:58.48 (43.88) 6:39.77 (41.29)	



**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

2	Foley, Tom	69	Tigers					8:49.24
	1:03.10	2:19.80 (1:16.70)	3:21.99 (1:02.19)	4:25.96 (1:03.97)				
	5:37.67 (1:11.71)	6:48.46 (1:10.79)	7:50.61 (1:02.15)	8:49.24 (58.63)				
<b>Men 70-74 50 Yard Freestyle</b>								
1	Dorse, Bob	72	Tigers					31.55
<b>Men 70-74 100 Yard Freestyle</b>								
1	Dorse, Bob	72	Tigers					1:13.54
	35.44	1:13.54 (38.10)						
<b>Men 70-74 50 Yard Butterfly</b>								
1	Larson, Herb	73	Unattached - Pna					1:01.22
<b>Men 70-74 100 Yard IM</b>								
1	Dorse, Bob	72	Tigers					1:30.45
	41.74	1:30.45 (48.71)						
2	Larson, Herb	73	Unattached - Pna					2:28.75
	1:08.88	2:28.75 (1:19.87)						
<b>Men 70-74 200 Yard IM</b>								
1	Larson, Herb	73	Unattached - Pna					5:53.23
	1:11.33	2:59.71 (1:48.38)	4:40.88 (1:41.17)	5:53.23 (1:12.35)				
<b>Men 75-79 50 Yard Butterfly</b>								
1	Prosser, Harvey	75	North Whidbey Masters					46.53
<b>Men 80-84 50 Yard Freestyle</b>								
---	Young, Gilbert	81	Oregon (non-scoring)					X36.82
<b>Men 80-84 200 Yard Freestyle</b>								
---	Young, Gilbert	81	Oregon (non-scoring)					X3:03.58
	38.49	1:23.67 (45.18)	2:12.30 (48.63)	3:03.58 (51.28)				
<b>Men 80-84 1650 Yard Freestyle</b>								
1	Young, Hal	82	Tacoma Pierce County YMCA					43:51.63
	1:06.32	2:20.48 (1:14.16)	3:38.59 (1:18.11)	4:55.46 (1:16.87)				
	6:14.22 (1:18.76)	7:34.70 (1:20.48)	8:53.74 (1:19.04)	10:16.03 (1:22.29)				
	11:36.67 (1:20.64)	12:58.75 (1:22.08)	14:20.07 (1:21.32)	15:42.99 (1:22.92)				
	17:03.08 (1:20.09)	18:24.95 (1:21.87)	19:44.64 (1:19.69)	21:05.88 (1:21.24)				
	22:27.75 (1:21.87)	23:48.60 (1:20.85)	25:09.86 (1:21.26)	26:32.54 (1:22.68)				
	27:55.10 (1:22.56)	29:16.14 (1:21.04)	30:35.85 (1:19.71)	31:56.62 (1:20.77)				
	33:17.84 (1:21.22)	34:37.41 (1:19.57)	35:57.78 (1:20.37)	37:17.80 (1:20.02)				
	38:37.70 (1:19.90)	39:57.26 (1:19.56)	41:17.17 (1:19.91)	42:36.66 (1:19.49)	43:51.63 (1:14.97)			
---	Young, Gilbert	81	Oregon (non-scoring)					X29:29.16

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

46.80	1:36.78 (49.98)	2:29.44 (52.66)	3:22.60 (53.16)
4:16.02 (53.42)	5:09.59 (53.57)	6:03.32 (53.73)	6:57.60 (54.28)
7:52.66 (55.06)	8:46.84 (54.18)	9:41.84 (55.00)	10:36.39 (54.55)
11:31.33 (54.94)	12:25.84 (54.51)	13:19.26 (53.42)	14:13.50 (54.24)
15:07.99 (54.49)	16:04.80 (56.81)	16:58.38 (53.58)	17:52.86 (54.48)
18:47.93 (55.07)	19:42.21 (54.28)	20:36.99 (54.78)	21:30.95 (53.96)
22:25.53 (54.58)	23:20.12 (54.59)	24:13.97 (53.85)	25:08.10 (54.13)
26:01.39 (53.29)	26:54.18 (52.79)	27:46.70 (52.52)	28:39.84 (53.14)
			29:29.16 (49.32)

**Men 90-94 50 Yard Freestyle**

1 Crossett, Gene 90 North End Otters 51.38

**Men 90-94 100 Yard Freestyle**

1 Crossett, Gene 90 North End Otters 2:01.82

57.42 2:01.82 (1:04.40)

**Men 90-94 200 Yard Freestyle**

1 Crossett, Gene 90 North End Otters 4:26.73

59.65 2:07.98 (1:08.33) 3:18.29 (1:10.31) 4:26.73 (1:08.44)

**Men 90-94 500 Yard Freestyle**

1 Crossett, Gene 90 North End Otters 11:40.02

1:01.42 2:08.43 (1:07.01) 3:16.92 (1:08.49) 4:29.09 (1:12.17)  
 5:40.26 (1:11.17) 6:55.36 (1:15.10) 8:07.38 (1:12.02) 9:18.06 (1:10.68)  
 10:30.16 (1:12.10) 11:40.02 (1:09.86)

**Women 19+ 200 Yard Freestyle Relay**

1 Federal Way Masters A 1:50.13

1) Woodworth, Emily 22 2) Postma, Krys 24 3) Evans, Jennifer 26 4) Mesler, Jennifer 33  
 26.79 54.28 (27.49) 1:20.77 (26.49) 1:50.13 (29.36)

2 Federal Way Masters B 2:14.57

1) Bork, Holly 27 2) Artino, Nicole 28 3) Fay, Julie 34 4) Breed, Carrie 24  
 37.48 1:09.11 (31.63) 1:44.64 (35.53) 2:14.57 (29.93)

**Women 19+ 200 Yard Medley Relay**

1 Federal Way Masters D 2:07.83

1) Evans, Jennifer 26 2) Chase, Shawna 24 3) Woodworth, Emily 22 4) Cocanour, Amy 33  
 31.03 1:08.69 (37.66) 1:36.25 (27.56) 2:07.83 (31.58)

--- Federal Way Masters C DQ

1) Mesler, Jennifer 33 2) Renz, Geneva 37 3) Oyama, Karen 36 4) Postma, Krys 24  
 21.28 1:25.30 (1:04.02) 1:56.62 (31.32) DQ (28.30)

**Women 25+ 200 Yard Freestyle Relay**

1 Greenlake Aquaducks A 1:51.48

1) Werner, Haleigh 35 2) Halter, Dana R 29 3) Gardner, Karin 35 4) McAmmond, Jordan 28  
 27.50 56.43 (28.93) 1:24.71 (28.28) 1:51.48 (26.77)

**Women 25+ 200 Yard Medley Relay**

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1	Greenlake Aquaducks	A	2:04.60
	1) McAmmond, Jordan 28	2) Berg, Tonya 45	3) Werner, Haleigh 35
	30.68	1:07.14 (36.46)	1:37.81 (30.67)
			2:04.60 (26.79)
2	Team Luna	A	2:12.00
	1) Wick, Ali 29	2) Conklin, Megan 40	3) Spaeth, Janet 40
	33.39	1:16.60 (43.21)	1:47.18 (30.58)
			2:12.00 (24.82)
3	West Seattle YMCA Dolphin	B	2:29.22
	1) Culverwell, Hilary 36	2) Burrows, Tracy 42	3) Pruneau, Christine 47
	33.09	1:14.28 (41.19)	1:58.61 (44.33)
			2:29.22 (30.61)
4	Bainbridge Area Masters	A	2:37.18
	1) Phillips, Bernice 76	2) Simsak, Tara 34	3) Belserene, Rita 52
	53.07	1:31.16 (38.09)	2:09.28 (38.12)
			2:37.18 (27.90)
5	Federal Way Masters	E	2:44.79
	1) Day, Monika 38	2) Bork, Holly 27	3) Artino, Nicole 28
	48.69	1:31.40 (42.71)	2:09.68 (38.28)
			2:44.79 (35.11)
6	North End Otters	A	3:20.24
	1) Hunn, Nancy 61	2) Kavadas, Janet 73	3) Lear, Mary 33
	51.96	1:53.50 (1:01.54)	2:36.43 (42.93)
			3:20.24 (43.81)

**Women 35+ 200 Yard Freestyle Relay**

1	Federal Way Masters	C	1:58.59
	1) Oyama, Karen 36	2) Courtney, Zena 44	3) Boggs, Kim 45
	28.52	56.53 (28.01)	1:27.61 (31.08)
			1:58.59 (30.98)
2	Federal Way Masters	D	2:09.80
	1) Moore, Jane 53	2) Hoffman, Heather 44	3) White, Mary Ann 45
	37.61	1:07.74 (30.13)	1:38.98 (31.24)
			2:09.80 (30.82)
3	Greenlake Aquaducks	B	2:15.71
	1) Pace, Jesse 51	2) Doely, Lani 48	3) Mishel, Tatyana 40
	37.40	1:11.73 (34.33)	1:44.10 (32.37)
			2:15.71 (31.61)
4	Mill Creek Masters	A	2:38.00
	1) Ehrmin, Mary 50	2) Beyerlein, Joan 54	3) Burris, Mary 38
	42.51	1:24.89 (42.38)	2:04.62 (39.73)
			2:38.00 (33.38)

**Women 35+ 200 Yard Medley Relay**

1	North End Otters	B	2:13.04
	1) Kristal, Orna 38	2) Del Rio, Laura 38	3) Bernhard, Anne 39
	37.10	1:14.62 (37.52)	1:44.85 (30.23)
			2:13.04 (28.19)
2	Federal Way Masters	B	2:14.20
	1) Courtney, Zena 44	2) McDaniel, Kathleen 40	3) Hoffman, Heather 44
	31.78	1:11.30 (39.52)	1:43.90 (32.60)
			2:14.20 (30.30)

**(Women 35+ 200 Yard Medley Relay)**

3	Greenlake Aquaducks	B	2:23.87
	1) Pace, Jesse 51	2) Doely, Lani 48	3) Mishel, Tatyana 40
	41.30	1:01.43 (20.13)	1:22.74 (21.31)
			2:23.87 (1:01.13)
---	Mill Creek Masters	A	DQ

**PNA Champs 2004 - 4/9/2004 to 4/10/2004**  
**Results**

1) Ehrmin, Mary 50 54.12	2) Burris, Mary 38 1:49.76 (55.64)	3) Townsend, Nancy 48 DQ (40.89)	4) Beyerlein, Joan 54
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**Women 45+ 200 Yard Medley Relay**

1 North End Otters	C	2:20.36	
1) Keyser, Donna 46 40.94	2) Johnson, M. Leigh 55 1:22.10 (41.16)	3) Davis, Charlotte 53 2:20.36 (27.85)	4) Glassman, Debbie 50
2 Federal Way Masters	A	2:34.86	
1) Blackburn, Jean 52 45.82	2) White, Mary Ann 45 1:24.34 (38.52)	3) Boggs, Kim 45 2:34.86 (38.09)	4) Moore, Jane 53

**Men 19+ 200 Yard Freestyle Relay**

1 Federal Way Masters	B	1:50.62	
1) Gerling, Christian 34 25.01	2) Pool, Brad 42 54.70 (29.69)	3) Anderson, Mike 47 1:21.71 (27.01)	4) Metzler, Gregg 45 1:50.62 (28.91)
2 Lynnwood Sharks	A	1:57.33	
1) Andrews, Philip 20 28.05	2) Reese, Gene 55 59.61 (31.56)	3) Oren, Ron 44 1:28.82 (29.21)	4) Cary, Dale 46 1:57.33 (28.51)

**Men 19+ 200 Yard Medley Relay**

1 Lynnwood Sharks	A	2:09.14	
1) Oren, Ron 44 36.92	2) Reese, Gene 55 1:13.73 (36.81)	3) Cary, Dale 46 2:09.14 (27.60)	4) Andrews, Philip 20
--- Federal Way Masters	B	DQ	
1) Davis, Matthew 24 30.49	2) Burnham, Jay 35 1:03.71 (33.22)	3) Smith, Daniel 41 DQ (26.08)	4) Dupree, Jim 56

**Men 25+ 200 Yard Freestyle Relay**

1 Federal Way Masters	A	1:35.35	
1) Stauffer, Matt 40 24.64	2) Lautman, Scott 51 49.30 (24.66)	3) Williams, John 35 1:12.72 (23.42)	4) Nordyke, Brent 28 1:35.35 (22.63)

**Men 25+ 200 Yard Medley Relay**

1 Federal Way Masters	D	1:44.44	
1) Cann, Will 31 26.73	2) Nordyke, Brent 28 54.83 (28.10)	3) Lautman, Scott 51 1:21.52 (26.69)	4) Williams, John 35 1:44.44 (22.92)

**Men 35+ 200 Yard Freestyle Relay**

1 Greenlake Aquaducks	A	1:44.02	
1) Morin, Perry 45 25.46	2) Reeder, Bill 51 51.31 (25.85)	3) Espinosa, Leo 43 1:19.12 (27.81)	4) Ruitter, Steve 39 1:44.02 (24.90)
2 Federal Way Masters	D	1:44.75	
1) Burnham, Jay 35 26.35	2) Tacke, John 40 53.36 (27.01)	3) Dybdahl, Eric 44 1:19.68 (26.32)	4) Smith, Daniel 41 1:44.75 (25.07)
3 Team Luna	A	1:50.48	
1) Brooks, Leigh 37	2) Lemr, John 44	3) Hixson, John 47	4) Perry, Billy 35

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

27.78	58.11 (30.33)	1:26.60 (28.49)	1:50.48 (23.88)	
4 Federal Way Masters		E		2:03.61
1) Davis, Matthew 24	2) Parrish, Douglas 43	3) Lewis, Joel 46	4) Stewart, Dave 48	
33.24	1:02.61 (29.37)	1:36.70 (34.09)	2:03.61 (26.91)	

**Men 35+ 200 Yard Medley Relay**

1 Federal Way Masters		C		1:56.49
1) Dybdahl, Eric 44	2) Harrison, Gregory 52	3) Stauffer, Matt 40	4) Tacke, John 40	
32.10	1:05.30 (33.20)	1:29.88 (24.58)	1:56.49 (26.61)	
2 Greenlake Aquaducks		A		1:58.79
1) Espinosa, Leo 43	2) Morin, Perry 45	3) Ruiter, Steve 39	4) Reeder, Bill 51	
31.35	1:07.07 (35.72)	1:33.51 (26.44)	1:58.79 (25.28)	
3 Bellevue Eastside Masters		A		2:05.26
1) McKinlay, Michael 60	2) Novack, Mitch 45	3) Smith, Matthew 47	4) Ujano, Ralph 41	
33.61	1:06.95 (33.34)	1:39.58 (32.63)	2:05.26 (25.68)	

**Men 45+ 200 Yard Freestyle Relay**

1 Federal Way Masters		C		2:01.58
1) Davidson, Jim 57	2) Sullivan, Patrick 56	3) Harrison, Gregory 52	4) Dupree, Jim 56	
32.21	1:03.90 (31.69)	1:35.58 (31.68)	2:01.58 (26.00)	

**Men 45+ 200 Yard Medley Relay**

1 Federal Way Masters		A		2:18.76
1) Anderson, Mike 47	2) Sullivan, Patrick 56	3) Stewart, Dave 48	4) Metzler, Gregg 45	
35.55	1:11.94 (36.39)	1:50.03 (38.09)	2:18.76 (28.73)	

**Men 55+ 200 Yard Medley Relay**

1 North End Otters		A		3:00.37
1) McColly, Michael 58	2) Parker, Bob 63	3) Hunn, Eugene 60	4) Crossett, Gene 90	
33.68	1:16.79 (43.11)	2:06.85 (50.06)	3:00.37 (53.52)	

**Mixed 19+ 200 Yard Freestyle Relay**

1 Federal Way Masters		K		1:38.33
1) Nordyke, Brent 28	2) Evans, Jennifer 26	3) Woodworth, Emily 22	4) Cann, Will 31	
22.79	49.47 (26.68)	1:15.60 (26.13)	1:38.33 (22.73)	
2 Federal Way Masters		J		1:47.37
1) Davis, Matthew 24	2) Chase, Shawna 24	3) Postma, Krys 24	4) Burnham, Jay 35	
24.76	53.75 (28.99)	1:21.80 (28.05)	1:47.37 (25.57)	

**Mixed 19+ 200 Yard Medley Relay**

1 Federal Way Masters		B		1:52.06
1) Evans, Jennifer 26	2) Nordyke, Brent 28	3) Stauffer, Matt 40	4) Postma, Krys 24	
30.62	59.00 (28.38)	1:24.33 (25.33)	1:52.06 (27.73)	
2 Federal Way Masters		D		1:58.40
1) Mesler, Jennifer 33	2) Burnham, Jay 35	3) Woodworth, Emily 22	4) Williams, John 35	
34.05	1:07.21 (33.16)	1:35.10 (27.89)	1:58.40 (23.30)	
3 Lynnwood Sharks		B		2:16.44

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

1) Way, Suzanne 40 42.62	2) Heusted, Karin 35 1:19.44 (36.82)	3) Cary, Dale 46 2:16.44 (28.39)	4) Andrews, Philip 20 2:19.11
4 Federal Way Masters	G		

1) Davis, Matthew 24 31.38	2) Fay, Julie 34 1:19.49 (48.11)	3) Breed, Carrie 24 2:19.11 (27.25)	4) Tacke, John 40
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**Mixed 25+ 200 Yard Freestyle Relay**

1 Team Luna	A	1:41.51
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1) Wick, Ali 29 24.84	2) Murphy, Casey 26 53.18 (28.34)	3) Perry, Billy 35 1:17.27 (24.09)	4) Chung, Michael 25 1:44.13
2 Greenlake Aquaducks	A		

1) McAmmond, Jordan 28 25.13	2) Espinosa, Leo 43 51.58 (26.45)	3) Werner, Haleigh 35 1:18.71 (27.13)	4) Ruiter, Steve 39 1:44.13 (25.42)
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**(Mixed 25+ 200 Yard Freestyle Relay)**

3 Bainbridge Area Masters	A	1:45.84
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1) Russell, Brian 46 25.90	2) Bullock, Sarah 38 53.59 (27.69)	3) Simsak, Tara 34 1:19.96 (26.37)	4) Voegtlen, Barney 55 1:45.84 (25.88)
4 Bellevue Eastside Masters	A		1:46.88

1) Novack, Mitch 45 25.77	2) Barashkoff, Julie 32 53.07 (27.30)	3) Harris, Annette 32 1:21.00 (27.93)	4) Ujano, Ralph 41 1:46.88 (25.88)
5 Greenlake Aquaducks	B		1:49.90

1) Morin, Perry 45 25.84	2) Halter, Dana R 29 54.00 (28.16)	3) Gardner, Karin 35 1:22.10 (28.10)	4) Reeder, Bill 51 1:49.90 (27.80)
6 S Whidbey Island Swells	A		1:56.12

1) deWit, john 51	2) Mattens, Diane 46	3) Fritzsche, Katja 34	4) Gregory, Daniel 53 1:59.93
7 Federal Way Masters	D		

1) Mesler, Jennifer 33 29.32	2) Fay, Julie 34 1:04.65 (35.33)	3) Tacke, John 40 1:31.61 (26.96)	4) Parrish, Douglas 43 1:59.93 (28.32)
8 West Seattle YMCA Dolphin	A		2:01.16

1) Knowlton, Bill 51 27.27	2) Dulong, Anne 33 59.26 (31.99)	3) Sieber, Emma 36 1:40.18 (40.92)	4) Reese, Steve 46 2:01.16 (20.98)
9 Bellingham Masters Swim Cl	A		2:04.69

1) Tauscher, Harold 66 34.73	2) Meyer, Mary 29 1:02.36 (27.63)	3) Pierce, George 60 1:36.17 (33.81)	4) Hegeberg, Linda 34 2:04.69 (28.52)
10 Federal Way Masters	B		2:12.75

1) Pool, Brad 42 30.10	2) Hammer, Chelle 43 1:08.29 (38.19)	3) Gerling, Christian 34 1:40.51 (32.22)	4) Cocanour, Amy 33 2:12.75 (32.24)
11 Federal Way Masters	C		2:15.49

1) Sullivan, Patrick 56 31.93	2) Bork, Holly 27 1:09.94 (38.01)	3) Artino, Nicole 28 1:43.39 (33.45)	4) Davidson, Jim 57 2:15.49 (32.10)
12 Federal Way Masters	A		2:25.12

1) Stewart, Dave 48 32.05	2) Day, Monika 38 1:11.95 (39.90)	3) Simpson, Shalynn 32 1:54.54 (42.59)	4) Blais, Richard 47 2:25.12 (30.58)
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**PNA Champs 2004 - 4/9/2004 to 4/10/2004  
Results**

**Mixed 25+ 200 Yard Medley Relay**

1	Greenlake Aquaducks	A		1:57.50
	1) McAmmond, Jordan 28	2) Espinosa, Leo 43	3) Werner, Haleigh 35	4) Ruitter, Steve 39
	31.32	1:03.90 (32.58)	1:30.55 (26.65)	1:57.50 (26.95)
2	Federal Way Masters	H		2:40.21
	1) Bork, Holly 27	2) Metzler, Gregg 45	3) Stewart, Dave 48	4) Hammer, Chelle 43
	45.86	1:25.80 (39.94)	2:03.44 (37.64)	2:40.21 (36.77)

**Mixed 35+ 200 Yard Freestyle Relay**

1	Federal Way Masters	I		1:44.04
	1) Williams, John 35	2) Oyama, Karen 36	3) Courtney, Zena 44	4) Lautman, Scott 51
	23.98	51.91 (27.93)	1:19.93 (28.02)	1:44.04 (24.11)
2	Federal Way Masters	H		1:48.25
	1) Smith, Daniel 41	2) Hoffman, Heather 44	3) Gross, Lynn 43	4) Stauffer, Matt 40
	25.52	54.72 (29.20)	1:25.38 (30.66)	1:48.25 (22.87)
3	Federal Way Masters	G		1:53.56
	1) Dybdahl, Eric 44	2) McDaniel, Kathleen 40	3) Boggs, Kim 45	4) Dupree, Jim 56
	26.56	56.94 (30.38)	1:27.77 (30.83)	1:53.56 (25.79)
4	Lynnwood Sharks	B		1:55.17
	1) Oren, Ron 44	2) Way, Suzanne 40	3) Heusted, Karin 35	4) Cary, Dale 46
	28.76	1:01.03 (32.27)	1:29.22 (28.19)	1:55.17 (25.95)
5	Federal Way Masters	F		2:13.99
	1) Harrison, Gregory 52	2) White, Mary Ann 45		
	31.14	1:02.87 (31.73)	1:26.76 (23.89)	2:13.99 (47.23)

**Mixed 35+ 200 Yard Medley Relay**

1	Federal Way Masters	A		1:59.97
	1) Courtney, Zena 44	2) Harrison, Gregory 52	3) Lautman, Scott 51	4) Oyama, Karen 36
	31.89	1:04.90 (33.01)	1:32.15 (27.25)	1:59.97 (27.82)
2	Federal Way Masters	C		2:09.10
	1) Dybdahl, Eric 44	2) Smith, Daniel 41	3) Boggs, Kim 45	4) Gross, Lynn 43
	33.22	1:05.15 (31.93)	1:37.99 (32.84)	2:09.10 (31.11)
3	Federal Way Masters	E		2:20.85
	1) Anderson, Mike 47	2) McDaniel, Kathleen 40	3) Hoffman, Heather 44	4) Davidson, Jim 57
	36.03	1:16.12 (40.09)	1:48.95 (32.83)	2:20.85 (31.90)

**Mixed 45+ 200 Yard Freestyle Relay**

1	Greenlake Aquaducks	C		2:12.16
	1) Kimball, Hugh 57	2) Berg, Tonya 45	3) Pace, Jesse 51	4) Stamper, Gary 58
	33.22	1:08.58 (35.36)	1:40.95 (32.37)	2:12.16 (31.21)
2	Federal Way Masters	E		2:13.91
	1) Metzler, Gregg 45	2) Moore, Jane 53	3) Blackburn, Jean 52	4) Lewis, Joel 46
	28.85	1:07.10 (38.25)	1:42.82 (35.72)	2:13.91 (31.09)
3	North End Otters	B		2:14.80
	1) Huckabee, John 45	2) Parker, Bob 63	3) Johnson, M. Leigh 55	4) Keyser, Donna 46

**PNA Champs 2004 - 4/9/2004 to 4/10/2004****Results**

31.00	1:08.83 (37.83)	1:44.34 (35.51)	2:14.80 (30.46)	
--- North End Otters		A		DQ
1) Jacobs, Ronald 52	2) McColly, Michael 58	3) Glassman, Debbie 50	4) Davis, Charlotte 53	

**Mixed 45+ 200 Yard Medley Relay**

1 Greenlake Aquaducks		C		2:23.28
1) Pace, Jesse 51	2) Stamper, Gary 58	3) Doely, Lani 48	4) Kimball, Hugh 57	
38.15	1:13.15 (35.00)	1:51.71 (38.56)	2:23.28 (31.57)	
2 Federal Way Masters		F		2:28.63
1) Moore, Jane 53	2) Sullivan, Patrick 56	3) White, Mary Ann 45	4) Dupree, Jim 56	
47.63	1:27.06 (39.43)	2:00.89 (33.83)	2:28.63 (27.74)	

**Mixed 55+ 200 Yard Freestyle Relay**

1 North End Otters		C		2:53.15
1) Hunn, Eugene 60	2) Rehfeldt, Don 69	3) Hunn, Nancy 61	4) Kavadas, Janet 73	
40.52	1:18.31 (37.79)	2:00.93 (42.62)	2:53.15 (52.22)	