

NATS-SAVANNAH

08-15-04

LONG COURSE METERS

P = P.N.A. RECORD

Z = NORTHWEST ZONE RECORD

N = NATIONAL RECORD

W = WORLD RECORD

 WOMEN 19-24

200 M. FREE
 KELLY CRANDELL 24 # 6 2:38.75
 400 M. FREE
 KELLY CRANDELL 24 # 4 5:37.45
 200 M. BRST
 KELLY CRANDELL 24 # 3 3:24.13
 200 M. I.M.
 KELLY CRANDELL 24 # 6 2:59.43
 400 M. I.M.
 KELLY CRANDELL 24 # 1 6:41.86

 WOMEN 30-34

100 M. BACK
 RONDAMARIE SMITH 34 # 5 1:19.05
 100 M. BRST
 RONDAMARIE SMITH 34 # 2 1:25.00
 50 M. FLY
 RONDAMARIE SMITH 34 # 5 32.68
 200 M. I.M.
 RONDAMARIE SMITH 34 # 2 2:44.84
 400 M. I.M.
 RONDAMARIE SMITH 34 # 3 5:49.84

 WOMEN 40-44

50 M. FREE
 LISA DAHL 43 SPLT 27.92 Z
 50 M. BACK
 LISA DAHL 43 # 2 33.69 Z
 50 M. FLY
 LISA DAHL 43 # 3 30.93

 WOMEN 50-54

50 M. FREE
 DEBBIE GLASSMAN 51 # 4 30.63
 100 M. FREE
 DEBBIE GLASSMAN 51 # 3 1:08.23 Z
 50 M. FLY
 DEBBIE GLASSMAN 51 # 3 33.96
 100 M. FLY
 DEBBIE GLASSMAN 51 # 1 1:17.33 Z
 200 M. FLY
 DEBBIE GLASSMAN 51 # 1 2:57.02 Z

 WOMEN 55-59

200 M. FREE			
SARAH WELCH	57 # 9	3:03.78	
400 M. FREE			
SARAH WELCH	57 # 8	6:33.70	
1500 M. FREE			
KATHRINE CASEY	56 # 4	24:11.80	
100 M. BACK			
KATHRINE CASEY	56 # 4	1:35.05	
200 M. BACK			
KATHRINE CASEY	56 # 4	3:23.73	
50 M. FLY			
SARAH WELCH	57 # 6	41.36	
200 M. FLY			
KATHRINE CASEY	56 # 3	3:43.00	P
200 M. I.M.			
SARAH WELCH	57 # 8	3:30.94	
400 M. I.M.			
KATHRINE CASEY	56 # 4	7:10.94	P

M E N 40-44

50 M. FREE			
JAMES LITTLEFIELD	44	27.65	
100 M. FREE			
JAMES LITTLEFIELD	44	1:01.98	
50 M. BACK			
JAMES LITTLEFIELD	44 # 9	33.51	
100 M. BACK			
JAMES LITTLEFIELD	44 #10	1:12.49	
50 M. FLY			
JAMES LITTLEFIELD	44	30.38	

M E N 50-54

50 M. BACK			
DONALD GRAHAM	50 # 2	31.37	
100 M. BACK			
DONALD GRAHAM	50 # 5	1:11.00	
200 M. BACK			
DONALD GRAHAM	50 # 8	2:40.35	
50 M. FLY			
DONALD GRAHAM	50 # 4	28.33	
200 M. I.M.			
DONALD GRAHAM	50 # 6	2:35.21	

M E N 60-64

50 M. BACK			
WALT REID	64 # 6	40.04	
100 M. BACK			
WALT REID	64 # 4	1:30.05	
50 M. BRST			
WALT REID	64 # 9	41.99	
100 M. BRST			
WALT REID	64 # 9	1:36.65	

RELAYS-WOMEN 200 M. FREE

200-239

LISA DAHL	41	# 1	2:11.30	Z
SARAH WELCH	57			
KATHRINE CASEY	56			
DEBBIE GLASSMAN	51			

RELAYS-MIXED 200 M. FREE

160-199

DONALD GRAHAM	50	# 5	1:56.51	
LISA DAHL	41			
KATHRINE CASEY	56			
JAMES LITTLEFIELD	44			

RELAYS-MIXED 200 M. MEDLEY

160-199

JAMES LITTLEFIELD	44		2:19.04	
WALT REID	64			
LISA DAHL	41			
KELLY CRANDELL	24			