

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

Women 18-24 100 LC Meter Breaststroke

3	Trevino, Danielle	21	Unattached	1:21.24
	38.85	1:21.24	(42.39)	

Women 18-24 200 LC Meter Breaststroke

2	Trevino, Danielle	21	Unattached	2:53.65
	39.96	1:23.62	(43.66)	2:08.49 (44.87) 2:53.65 (45.16)

Women 18-24 100 LC Meter Fly

2	Trevino, Danielle	21	Unattached	1:10.93
	32.83	1:10.93	(38.10)	

Women 18-24 200 LC Meter I.M.

3	Trevino, Danielle	21	Unattached	2:34.09
	32.87	1:14.41	(41.54)	1:58.60 (44.19) 2:34.09 (35.49)

Women 18-24 400 LC Meter I.M.

1	Trevino, Danielle	21	Unattached	5:38.30
	33.79	1:14.17	(40.38)	1:59.44 (45.27) 2:42.61 (43.17)
	3:29.39 (46.78)	4:17.21 (47.82)	4:58.51 (41.30)	5:38.30 (39.79)

Women 25-29 400 LC Meter Freestyle

8	Boomer, Allison R	25	Pacific Northwest Aquatics	5:37.17
	38.39	1:19.90	(41.51)	2:02.74 (42.84) 2:45.23 (42.49)
	3:28.62 (43.39)	4:11.76 (43.14)	4:54.97 (43.21)	5:37.17 (42.20)

Women 25-29 50 LC Meter Butterfly

11	Boomer, Allison R	25	Pacific Northwest Aquatics	36.49
----	-------------------	----	----------------------------	-------

Women 25-29 200 LC Meter Butterfly

2	Boomer, Allison R	25	Pacific Northwest Aquatics	3:12.62
	43.32	1:31.08	(47.76)	2:22.02 (50.94) 3:12.62 (50.60)

Women 30-34 200 LC Meter Freestyle

1	Philipps, Colleen M	32	Pacific Northwest Aquatics	2:14.96
	32.18	1:07.18	(35.00)	1:41.78 (34.60) 2:14.96 (33.18)
5	Ellis, Emilie C	34	Pacific Northwest Aquatics	2:39.78
	36.16	1:15.93	(39.77)	1:58.26 (42.33) 2:39.78 (41.52)

Women 30-34 200 LC Meter Backstroke

2	Ellis, Emilie C	34	Pacific Northwest Aquatics	3:03.19
	42.24	1:28.22	(45.98)	2:15.83 (47.61) 3:03.19 (47.36)

Women 30-34 100 LC Meter Breaststroke

3	Ellis, Emilie C	34	Pacific Northwest Aquatics	1:32.03
	43.64	1:32.03	(48.39)	

Women 30-34 50 LC Meter Butterfly

---	Philipps, Colleen M	32	Pacific Northwest Aquatics	NS
-----	---------------------	----	----------------------------	----

Women 30-34 100 LC Meter Butterfly

5	Philipps, Colleen M	32	Pacific Northwest Aquatics	1:10.22
	32.75	1:10.22	(37.47)	

Women 30-34 200 LC Meter IM

---	Philipps, Colleen M	32	Pacific Northwest Aquatics	NS
---	Ellis, Emilie C	34	Pacific Northwest Aquatics	NS

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008
Mt Hood Community College, Gresham, OR, Sanction #: 378-08
Results

Women 30-34 400 LC Meter IM

4	Ellis, Emilie C	34	Pacific Northwest Aquatics	6:11.70
	38.82	1:26.93 (48.11)	2:18.16 (51.23)	3:05.99 (47.83)
	3:57.43 (51.44)	4:49.16 (51.73)	5:30.50 (41.34)	6:11.70 (41.20)

Women 35-39 200 LC Meter Freestyle

9	Sondgroth, Tracey A	36	Pacific Northwest Aquatics	2:34.53
	34.83	1:13.20 (38.37)	1:53.50 (40.30)	2:34.53 (41.03)

Women 35-39 400 LC Meter Freestyle

---	Sondgroth, Tracey A	36	Pacific Northwest Aquatics	SCR
-----	---------------------	----	----------------------------	-----

Women 35-39 100 LC Meter Breaststroke

---	Sondgroth, Tracey A	36	Pacific Northwest Aquatics	NS
-----	---------------------	----	----------------------------	----

Women 35-39 200 LC Meter Breaststroke

---	Sondgroth, Tracey A	36	Pacific Northwest Aquatics	SCR
-----	---------------------	----	----------------------------	-----

Women 35-39 400 LC Meter IM

5	Sondgroth, Tracey A	36	Pacific Northwest Aquatics	6:15.64
	38.80	1:25.64 (46.84)	2:13.78 (48.14)	3:02.56 (48.78)
	3:53.05 (50.49)	4:47.19 (54.14)	5:32.09 (44.90)	6:15.64 (43.55)

Women 40-44 50 LC Meter Breaststroke

7	Del Rio, Laura L	43	Pacific Northwest Aquatics	43.69
---	------------------	----	----------------------------	-------

Women 40-44 100 LC Meter Breaststroke

7	Del Rio, Laura L	43	Pacific Northwest Aquatics	1:37.19
	47.38	1:37.19 (49.81)		

Women 40-44 200 LC Meter Breaststroke

2	Del Rio, Laura L	43	Pacific Northwest Aquatics	3:28.77
	48.09	1:42.14 (54.05)	2:36.44 (54.30)	3:28.77 (52.33)

Women 40-44 200 LC Meter IM

10	Del Rio, Laura L	43	Pacific Northwest Aquatics	3:16.82
	42.66	1:36.38 (53.72)	2:31.95 (55.57)	3:16.82 (44.87)

Women 40-44 400 LC Meter IM

5	Del Rio, Laura L	43	Pacific Northwest Aquatics	6:55.56
	44.71	1:37.40 (52.69)	2:33.25 (55.85)	3:28.33 (55.08)
	4:23.71 (55.38)	5:20.29 (56.58)	6:09.25 (48.96)	6:55.56 (46.31)

Women 45-49 50 LC Meter Freestyle

1	Dahl, Lisa A	47	Pacific Northwest Aquatics	28.35
7	Courtney, Zena H	49	Pacific Northwest Aquatics	31.83

Women 45-49 400 LC Meter Freestyle

12	Speir, Kris	45	Pacific Northwest Aquatics	6:15.62
	42.01	1:29.74 (47.73)	2:18.29 (48.55)	3:07.10 (48.81)
	3:55.58 (48.48)	4:43.77 (48.19)	5:30.94 (47.17)	6:15.62 (44.68)

Women 45-49 50 LC Meter Backstroke

2	Dahl, Lisa A	47	Pacific Northwest Aquatics	34.59
3	Courtney, Zena H	49	Pacific Northwest Aquatics	35.85

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008
Mt Hood Community College, Gresham, OR, Sanction #: 378-08
Results

Women 45-49 100 LC Meter Backstroke

3	Courtney, Zena H	49	Pacific Northwest Aquatics	1:16.14
	36.87	1:16.14 (39.27)		

Women 45-49 200 LC Meter Backstroke

4	Courtney, Zena H	49	Pacific Northwest Aquatics	2:46.77
	38.51	1:19.85 (41.34)	2:03.46 (43.61)	2:46.77 (43.31)

Women 45-49 50 LC Meter Breaststroke

1	Dahl, Lisa A	47	Pacific Northwest Aquatics	37.21
---	--------------	----	----------------------------	-------

Women 45-49 100 LC Meter Breaststroke

12	Speir, Kris	45	Pacific Northwest Aquatics	1:40.03
	47.73	1:40.03 (52.30)		

Women 45-49 200 LC Meter Breaststroke

9	Speir, Kris	45	Pacific Northwest Aquatics	3:38.70
	49.28	1:44.50 (55.22)	2:42.78 (58.28)	3:38.70 (55.92)

Women 45-49 50 LC Meter Butterfly

2	Dahl, Lisa A	47	Pacific Northwest Aquatics	30.08
---	--------------	----	----------------------------	-------

Women 45-49 200 LC Meter IM

6	Courtney, Zena H	49	Pacific Northwest Aquatics	2:52.40
	36.49	1:20.26 (43.77)	2:14.17 (53.91)	2:52.40 (38.23)
16	Speir, Kris	45	Pacific Northwest Aquatics	3:19.75
	42.16	1:36.52 (54.36)	2:33.93 (57.41)	3:19.75 (45.82)

Women 50-54 50 LC Meter Freestyle

5	Moore, Jo	53	Pacific Northwest Aquatics	31.71
16	Brown, Caroline J	51	Pacific Northwest Aquatics	36.47

Women 50-54 100 LC Meter Freestyle

4	Moore, Jo	53	Pacific Northwest Aquatics	1:09.01
	33.64	1:09.01 (35.37)		
10	Hickel, Jessie J	50	Pacific Northwest Aquatics	1:12.81
	36.27	1:12.81 (36.54)		
14	Brown, Caroline J	51	Pacific Northwest Aquatics	1:18.49
	38.30	1:18.49 (40.19)		

Women 50-54 200 LC Meter Freestyle

---	Brown, Caroline J	51	Pacific Northwest Aquatics	NS
-----	-------------------	----	----------------------------	----

Women 50-54 400 LC Meter Freestyle

4	Moore, Jo	53	Pacific Northwest Aquatics	5:22.85
	37.21	1:18.07 (40.86)	1:59.79 (41.72)	2:41.31 (41.52)
	3:22.40 (41.09)	4:02.98 (40.58)	4:43.35 (40.37)	5:22.85 (39.50)
9	Hickel, Jessie J	50	Pacific Northwest Aquatics	5:44.09
	39.47	1:22.35 (42.88)	2:04.84 (42.49)	2:48.73 (43.89)
	3:32.51 (43.78)	4:16.70 (44.19)	5:01.61 (44.91)	5:44.09 (42.48)
13	Brown, Caroline J	51	Pacific Northwest Aquatics	6:01.79
	40.62	1:25.90 (45.28)	2:12.28 (46.38)	2:58.72 (46.44)
	3:45.53 (46.81)	4:32.41 (46.88)	5:18.23 (45.82)	6:01.79 (43.56)

Women 50-54 100 LC Meter Backstroke

9	Hickel, Jessie J	50	Pacific Northwest Aquatics	1:33.85
---	------------------	----	----------------------------	---------

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

46.47 1:33.85 (47.38)

Women 50-54 50 LC Meter Breaststroke

5	Utigard-Rathbun, Terry A	50	Pacific Northwest Aquatics	42.07
12	Johnson, Janet S	54	Pacific Northwest Aquatics	45.63
15	Brown, Caroline J	51	Pacific Northwest Aquatics	50.19

Women 50-54 100 LC Meter Breaststroke

5	Utigard-Rathbun, Terry A	50	Pacific Northwest Aquatics	1:33.64
	43.93		1:33.64 (49.71)	
13	Johnson, Janet S	54	Pacific Northwest Aquatics	1:44.65
	49.94		1:44.65 (54.71)	

Women 50-54 200 LC Meter Breaststroke

3	Utigard-Rathbun, Terry A	50	Pacific Northwest Aquatics	3:21.39
	44.98		1:35.53 (50.55) 2:28.76 (53.23) 3:21.39 (52.63)	
9	Johnson, Janet S	54	Pacific Northwest Aquatics	3:47.42
	53.42		1:51.34 (57.92) 2:50.74 (59.40) 3:47.42 (56.68)	

Women 50-54 50 LC Meter Butterfly

8	Moore, Jo	53	Pacific Northwest Aquatics	34.38
---	-----------	----	----------------------------	-------

Women 50-54 200 LC Meter Butterfly

7	Hickel, Jessie J	50	Pacific Northwest Aquatics	3:50.76
	49.79		1:50.47 (1:00.68) 2:53.17 (1:02.70) 3:50.76 (57.59)	

Women 50-54 200 LC Meter IM

---	Hickel, Jessie J	50	Pacific Northwest Aquatics	SCR
-----	------------------	----	----------------------------	-----

Women 55-59 50 LC Meter Freestyle

2	Glassman, Debbie A	55	Pacific Northwest Aquatics	30.94
---	--------------------	----	----------------------------	-------

Women 55-59 100 LC Meter Freestyle

3	Glassman, Debbie A	55	Pacific Northwest Aquatics	1:11.92
	34.87		1:11.92 (37.05)	

Women 55-59 200 LC Meter Freestyle

---	Moore, Jane A	58	Pacific Northwest Aquatics	SCR
-----	---------------	----	----------------------------	-----

Women 55-59 400 LC Meter Freestyle

11	Moore, Jane A	58	Pacific Northwest Aquatics	9:11.76
	1:02.66		2:13.45 (1:10.79) 3:25.18 (1:11.73) 4:36.46 (1:11.28)	
	5:47.13 (1:10.67)		6:57.50 (1:10.37) 8:07.18 (1:09.68) 9:11.76 (1:04.58)	

Women 55-59 1500 LC Meter Freestyle

---	Moore, Jane A	58	Pacific Northwest Aquatics	SCR
-----	---------------	----	----------------------------	-----

Women 55-59 100 LC Meter Backstroke

7	Glassman, Debbie A	55	Pacific Northwest Aquatics	1:32.12
	47.62		1:32.12 (44.50)	

Women 55-59 100 LC Meter Breaststroke

7	Kassen, Elizabeth K	56	Pacific Northwest Aquatics	1:45.47
	49.38		1:45.47 (56.09)	

Women 55-59 50 LC Meter Butterfly

3	Glassman, Debbie A	55	Pacific Northwest Aquatics	35.27
---	--------------------	----	----------------------------	-------

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

5	Kassen, Elizabeth K	56	Pacific Northwest Aquatics	40.42
---	---------------------	----	----------------------------	-------

Women 55-59 100 LC Meter Butterfly

2	Glassman, Debbie A	55	Pacific Northwest Aquatics	1:29.11
	41.04		1:29.11 (48.07)	

Women 55-59 200 LC Meter IM

5	Kassen, Elizabeth K	56	Pacific Northwest Aquatics	3:23.16
	42.16		1:36.92 (54.76) 2:39.86 (1:02.94) 3:23.16 (43.30)	

Women 60-64 50 LC Meter Freestyle

9	Dillon, Sally A	62	Pacific Northwest Aquatics	35.82
---	-----------------	----	----------------------------	-------

Women 60-64 100 LC Meter Freestyle

3	Dillon, Sally A	62	Pacific Northwest Aquatics	1:17.29
	38.60		1:17.29 (38.69)	
---	Delgado, Joan D	63	Pacific Northwest Aquatics	NS

Women 60-64 200 LC Meter Freestyle

5	Dills, Suzanne L	63	Pacific Northwest Aquatics	2:51.57
	40.84		1:25.20 (44.36) 2:09.53 (44.33) 2:51.57 (42.04)	
8	Dillon, Sally A	62	Pacific Northwest Aquatics	2:54.13
	39.87		1:24.01 (44.14) 2:09.09 (45.08) 2:54.13 (45.04)	
14	Delgado, Joan D	63	Pacific Northwest Aquatics	3:23.67
	45.70		1:37.29 (51.59) 2:31.61 (54.32) 3:23.67 (52.06)	
---	Lebsack, Mel	60	Pacific Northwest Aquatics	SCR

Women 60-64 400 LC Meter Freestyle

5	Dills, Suzanne L	63	Pacific Northwest Aquatics	6:01.60
	43.00		1:29.09 (46.09) 2:14.91 (45.82) 3:01.10 (46.19)	
	3:46.75 (45.65)		4:31.64 (44.89) 5:17.06 (45.42) 6:01.60 (44.54)	
10	Lebsack, Mel	60	Pacific Northwest Aquatics	6:42.76
	46.66		1:37.05 (50.39) 2:28.11 (51.06) 3:19.49 (51.38)	
	4:11.22 (51.73)		5:02.66 (51.44) 5:53.65 (50.99) 6:42.76 (49.11)	
15	Litt, Arni H	62	Pacific Northwest Aquatics	7:29.26
	46.37		1:40.12 (53.75) 2:36.03 (55.91) 3:32.24 (56.21)	
	4:30.97 (58.73)		5:29.87 (58.90) 6:28.86 (58.99) 7:29.26 (1:00.40)	

Women 60-64 800 LC Meter Freestyle

3	Dills, Suzanne L	63	Pacific Northwest Aquatics	12:25.86
	42.66		1:29.70 (47.04) 2:17.25 (47.55) 3:05.02 (47.77)	
	3:51.87 (46.85)		4:39.07 (47.20) 5:25.86 (46.79) 6:12.70 (46.84)	
	6:59.08 (46.38)		7:46.19 (47.11) 8:33.06 (46.87) 9:20.27 (47.21)	
	10:06.72 (46.45)		10:53.15 (46.43) 11:39.78 (46.63) 12:25.86 (46.08)	
9	Delgado, Joan D	63	Pacific Northwest Aquatics	14:49.26
	50.39		1:44.68 (54.29) 2:41.68 (57.00) 3:37.98 (56.30)	
	4:33.81 (55.83)		5:30.48 (56.67) 6:27.32 (56.84) 7:24.13 (56.81)	
	8:21.39 (57.26)		9:17.15 (55.76) 10:12.93 (55.78) 11:09.04 (56.11)	
	12:05.16 (56.12)		13:01.66 (56.50) 13:56.61 (54.95) 14:49.26 (52.65)	

Women 60-64 1500 LC Meter Freestyle

5	Casey, Kathrine J	60	Pacific Northwest Aquatics	25:38.95
	45.97		1:36.73 (50.76) 2:29.13 (52.40) 3:21.30 (52.17)	
	4:13.67 (52.37)		5:06.01 (52.34) 5:58.17 (52.16) 6:50.73 (52.56)	
	7:42.78 (52.05)		8:35.24 (52.46) 9:27.37 (52.13) 10:19.12 (51.75)	
	11:11.47 (52.35)		12:03.23 (51.76) 12:55.54 (52.31) 13:47.45 (51.91)	
	14:39.81 (52.36)		15:31.41 (51.60) 16:23.67 (52.26) 17:14.75 (51.08)	
	18:06.46 (51.71)		18:57.94 (51.48) 19:49.85 (51.91) 20:40.95 (51.10)	
	21:32.21 (51.26)		22:22.79 (50.58) 23:14.03 (51.24) 24:03.29 (49.26)	

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008**Mt Hood Community College, Gresham, OR, Sanction #: 378-08****Results**

24:52.58 (49.29)	25:38.95 (46.37)			
7 Lebsack, Mel	60 Pacific Northwest Aquatics			26:10.36
47.42	1:38.72 (51.30)	2:21.61 (42.89)	3:25.15 (1:03.54)	
4:06.21 (41.06)	5:10.91 (1:04.70)	5:47.67 (36.76)	6:56.09 (1:08.42)	
7:31.84 (35.75)	8:41.78 (1:09.94)	9:34.28 (52.50)	10:26.75 (52.47)	
11:17.64 (50.89)	12:11.81 (54.17)	12:57.07 (45.26)	13:56.19 (59.12)	
14:49.30 (53.11)	15:42.07 (52.77)	16:34.52 (52.45)	17:26.63 (52.11)	
18:18.42 (51.79)	19:11.33 (52.91)	19:58.38 (47.05)	20:57.37 (58.99)	
21:49.33 (51.96)	22:42.02 (52.69)	23:35.14 (53.12)	24:27.49 (52.35)	
25:19.41 (51.92)	26:10.36 (50.95)			
--- Dillon, Sally A	62 Pacific Northwest Aquatics			DQ
Did not finish				

Women 60-64 50 LC Meter Backstroke

7 Casey, Kathrine J	60 Pacific Northwest Aquatics	46.52
---------------------	-------------------------------	-------

Women 60-64 100 LC Meter Backstroke

4 Casey, Kathrine J	60 Pacific Northwest Aquatics	1:41.42
49.32	1:41.42 (52.10)	

Women 60-64 200 LC Meter Backstroke

3	Dills, Suzanne L	63	Pacific Northwest Aquatics		3:24.51
	50.04	1:41.22 (51.18)	2:33.60 (52.38)	3:24.51 (50.91)	
5	Casey, Kathrine J	60	Pacific Northwest Aquatics		3:43.09
	51.35	1:47.84 (56.49)	2:45.69 (57.85)	3:43.09 (57.40)	
---	Delgado, Joan D	63	Pacific Northwest Aquatics		SCR

Women 60-64 50 LC Meter Breaststroke

6 Dillon, Sally A	62 Pacific Northwest Aquatics	47.60
7 Litt, Arni H	62 Pacific Northwest Aquatics	49.05
--- Lebsack, Mel	60 Pacific Northwest Aquatics	NS

Women 60-64 100 LC Meter Breaststroke

7 Litt, Arni H	62 Pacific Northwest Aquatics	1:48.87
50.62	1:48.87 (58.25)	

Women 60-64 200 LC Meter Breaststroke

6	Litt, Arni H	62	Pacific Northwest Aquatics	4:15.47
	57.62	2:03.19 (1:05.57)	3:10.90 (1:07.71)	4:15.47 (1:04.57)
7	Lebsack, Mel	60	Pacific Northwest Aquatics	4:32.16
	1:03.51	2:13.69 (1:10.18)	3:23.73 (1:10.04)	4:32.16 (1:08.43)

Women 60-64 50 LC Meter Butterfly

2 Welch, Sarah	61 Pacific Northwest Aquatics	36.84
----------------	-------------------------------	-------

Women 60-64 100 LC Meter Butterfly

1 Welch, Sarah	61 Pacific Northwest Aquatics	1:26.62
40.03	1:26.62 (46.59)	

Women 60-64 200 LC Meter Butterfly

1	Welch, Sarah	61	Pacific Northwest Aquatics	3:29.21
	45.85	1:39.68 (53.83)	2:35.45 (55.77)	3:29.21 (53.76)

Women 60-64 200 LC Meter IM

1	Welch, Sarah	61	Pacific Northwest Aquatics	3:14.93
	39.47	1:34.08 (54.61)	2:32.06 (57.98)	3:14.93 (42.87)
2	Dills, Suzanne L	63	Pacific Northwest Aquatics	3:16.73
	42.98	1:33.79 (50.81)	2:33.05 (59.26)	3:16.73 (43.68)

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008
Mt Hood Community College, Gresham, OR, Sanction #: 378-08
Results

Women 60-64 400 LC Meter IM

1	Welch, Sarah	61	Pacific Northwest Aquatics	7:09.23
	45.48	1:39.00 (53.52)	2:37.44 (58.44)	3:36.03 (58.59)
	4:34.01 (57.98)	5:33.62 (59.61)	6:23.24 (49.62)	7:09.23 (45.99)
3	Casey, Kathrine J	60	Pacific Northwest Aquatics	8:02.92
	57.74	2:03.45 (1:05.71)	3:05.68 (1:02.23)	4:07.04 (1:01.36)
	5:15.07 (1:08.03)	6:24.11 (1:09.04)	7:15.25 (51.14)	8:02.92 (47.67)
8	Litt, Arni H	62	Pacific Northwest Aquatics	8:48.15
	57.46	2:09.65 (1:12.19)	3:26.85 (1:17.20)	4:41.14 (1:14.29)
	5:45.80 (1:04.66)	6:50.84 (1:05.04)	7:49.85 (59.01)	8:48.15 (58.30)

Women 65-69 50 LC Meter Freestyle

12	Behse, Carolyn C	65	Pacific Northwest Aquatics	44.90
----	------------------	----	----------------------------	-------

Women 65-69 400 LC Meter Freestyle

8	Behse, Carolyn C	65	Pacific Northwest Aquatics	7:40.46
	52.84	1:50.71 (57.87)	2:49.78 (59.07)	3:48.97 (59.19)
	4:47.77 (58.80)	5:46.37 (58.60)	6:44.57 (58.20)	7:40.46 (55.89)

Women 65-69 100 LC Meter Backstroke

7	Behse, Carolyn C	65	Pacific Northwest Aquatics	2:11.38
	1:03.05	2:11.38 (1:08.33)		

Women 70-74 100 LC Meter Backstroke

9	Amiad, Chaya	70	Pacific Northwest Aquatics	2:56.86
	1:25.06	2:56.86 (1:31.80)		

Women 70-74 200 LC Meter Backstroke

6	Amiad, Chaya	70	Pacific Northwest Aquatics	6:09.38
	1:27.80	3:04.04 (1:36.24)	4:42.46 (1:38.42)	6:09.38 (1:26.92)

Women 70-74 100 LC Meter Butterfly

---	Amiad, Chaya	70	Pacific Northwest Aquatics	NS
-----	--------------	----	----------------------------	----

Women 70-74 200 LC Meter Butterfly

3	Amiad, Chaya	70	Pacific Northwest Aquatics	9:11.13
	2:03.44	4:29.82 (2:26.38)	6:56.76 (2:26.94)	9:11.13 (2:14.37)

Women 70-74 400 LC Meter IM

4	Amiad, Chaya	70	Pacific Northwest Aquatics	15:01.06
	2:02.77	4:15.93 (2:13.16)	7:30.95 ()	
	9:30.34 (1:59.39)	11:34.54 (2:04.20)	13:17.14 (1:42.60)	15:01.06 (1:43.92)

Women 75-79 50 LC Meter Freestyle

---	Bryce, Karen G	75	Pacific Northwest Aquatics	NS
-----	----------------	----	----------------------------	----

Women 75-79 100 LC Meter Freestyle

4	Bryce, Karen G	75	Pacific Northwest Aquatics	2:13.32
	1:03.58	2:13.32 (1:09.74)		

Women 75-79 400 LC Meter Freestyle

4	Kavadas, Janet D	77	Pacific Northwest Aquatics	10:18.12
	1:13.43	2:30.27 (1:16.84)	3:50.19 (1:19.92)	5:08.65 (1:18.46)
	6:28.19 (1:19.54)	7:45.90 (1:17.71)	9:03.85 (1:17.95)	10:18.12 (1:14.27)

Women 75-79 1500 LC Meter Freestyle

3	Kavadas, Janet D	77	Pacific Northwest Aquatics	39:54.80
---	------------------	----	----------------------------	----------

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

1:04.63	2:29.87 (1:25.24)	3:50.32 (1:20.45)	5:11.66 (1:21.34)
6:23.95 (1:12.29)	7:54.51 (1:30.56)	9:17.81 (1:23.30)	10:39.26 (1:21.45)
11:50.36 (1:11.10)	13:20.63 (1:30.27)	14:40.76 (1:20.13)	16:00.75 (1:19.99)
17:24.48 (1:23.73)	18:44.60 (1:20.12)	20:04.98 (1:20.38)	21:25.35 (1:20.37)
22:44.63 (1:19.28)	24:05.05 (1:20.42)	25:24.12 (1:19.07)	26:42.87 (1:18.75)
27:50.73 (1:07.86)	29:22.22 (1:31.49)	30:42.33 (1:20.11)	32:02.59 (1:20.26)
33:22.16 (1:19.57)	34:42.00 (1:19.84)	35:54.28 (1:12.28)	37:19.30 (1:25.02)
38:37.75 (1:18.45)	39:54.80 (1:17.05)		

Women 75-79 50 LC Meter Backstroke

4	Bryce, Karen G	75	Pacific Northwest Aquatics	1:13.57
---	----------------	----	----------------------------	---------

Women 75-79 100 LC Meter Backstroke

4	Kavadas, Janet D	77	Pacific Northwest Aquatics	2:23.00
	1:10.94		2:23.00 (1:12.06)	

Women 75-79 200 LC Meter Backstroke

4	Kavadas, Janet D	77	Pacific Northwest Aquatics	5:06.62
	1:14.44		2:31.94 (1:17.50)	3:50.83 (1:18.89)
				5:06.62 (1:15.79)

Women 75-79 50 LC Meter Breaststroke

9	Bryce, Karen G	75	Pacific Northwest Aquatics	1:15.27
---	----------------	----	----------------------------	---------

Women 75-79 100 LC Meter Breaststroke

---	Bryce, Karen G	75	Pacific Northwest Aquatics	NS
-----	----------------	----	----------------------------	----

Men 18-24 50 LC Meter Freestyle

2	Goldman, Brian M	22	Pacific Northwest Aquatics	24.72
---	------------------	----	----------------------------	-------

Men 18-24 50 LC Meter Butterfly

4	Goldman, Brian M	22	Pacific Northwest Aquatics	27.17
---	------------------	----	----------------------------	-------

Men 30-34 50 LC Meter Freestyle

9	Rosaria, Steven M	34	Pacific Northwest Aquatics	28.47
---	Linderman, Ross A	31	Pacific Northwest Aquatics	NS

Men 30-34 100 LC Meter Freestyle

9	Rosaria, Steven M	34	Pacific Northwest Aquatics	1:02.76
	29.63		1:02.76 (33.13)	
---	Linderman, Ross A	31	Pacific Northwest Aquatics	NS

Men 30-34 200 LC Meter Freestyle

---	Linderman, Ross A	31	Pacific Northwest Aquatics	SCR
-----	-------------------	----	----------------------------	-----

Men 30-34 50 LC Meter Backstroke

6	Rosaria, Steven M	34	Pacific Northwest Aquatics	36.13
---	-------------------	----	----------------------------	-------

Men 30-34 200 LC Meter Backstroke

---	Linderman, Ross A	31	Pacific Northwest Aquatics	SCR
-----	-------------------	----	----------------------------	-----

Men 30-34 50 LC Meter Breaststroke

5	Rosaria, Steven M	34	Pacific Northwest Aquatics	35.25
---	-------------------	----	----------------------------	-------

Men 30-34 100 LC Meter Breaststroke

4	Rosaria, Steven M	34	Pacific Northwest Aquatics	1:18.77
	36.59		1:18.77 (42.18)	

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

Men 30-34 50 LC Meter Butterfly

1	Goltz, Jason	30	Pacific Northwest Aquatics	26.34
---	Linderman, Ross A	31	Pacific Northwest Aquatics	NS

Men 30-34 100 LC Meter Butterfly

2	Goltz, Jason	30	Pacific Northwest Aquatics	59.24
	27.38		59.24 (31.86)	

Men 30-34 200 LC Meter Butterfly

1	Goltz, Jason	30	Pacific Northwest Aquatics	2:18.52
	30.73		1:05.98 (35.25) 1:43.22 (37.24) 2:18.52 (35.30)	

Men 30-34 200 LC Meter IM

3	Goltz, Jason	30	Pacific Northwest Aquatics	2:18.35
	29.09		1:06.15 (37.06) 1:47.44 (41.29) 2:18.35 (30.91)	

Men 30-34 400 LC Meter IM

2	Goltz, Jason	30	Pacific Northwest Aquatics	5:00.68
	29.27		1:03.40 (34.13) 1:43.99 (40.59) 2:23.87 (39.88)	
	3:06.90 (43.03)		3:50.01 (43.11) 4:26.20 (36.19) 5:00.68 (34.48)	

Men 35-39 50 LC Meter Freestyle

8	Montgomery, Zac L	37	Pacific Northwest Aquatics	26.99
---	-------------------	----	----------------------------	-------

Men 35-39 100 LC Meter Freestyle

7	Montgomery, Zac L	37	Pacific Northwest Aquatics	59.61
	28.44		59.61 (31.17)	
11	Dunn, Erin A	38	Pacific Northwest Aquatics	1:00.90
	29.47		1:00.90 (31.43)	
14	Margrave, David T	37	Pacific Northwest Aquatics	1:04.34
	30.88		1:04.34 (33.46)	
18	Kapfhammer, Eric	35	Pacific Northwest Aquatics	1:05.07
	30.87		1:05.07 (34.20)	

Men 35-39 200 LC Meter Freestyle

6	Nelson, Kirk E	38	Pacific Northwest Aquatics	2:07.41
	30.39		1:02.37 (31.98) 1:35.40 (33.03) 2:07.41 (32.01)	
11	Dunn, Erin A	38	Pacific Northwest Aquatics	2:19.99
	33.90		1:09.80 (35.90) 1:45.47 (35.67) 2:19.99 (34.52)	
12	Margrave, David T	37	Pacific Northwest Aquatics	2:25.88
	35.07		1:12.03 (36.96) 1:49.74 (37.71) 2:25.88 (36.14)	

Men 35-39 400 LC Meter Freestyle

5	Nelson, Kirk E	38	Pacific Northwest Aquatics	4:29.96
	31.50		1:05.28 (33.78) 1:39.58 (34.30) 2:14.17 (34.59)	
	2:48.67 (34.50)		3:23.17 (34.50) 3:57.23 (34.06) 4:29.96 (32.73)	
8	Jelen, Doug	35	Pacific Northwest Aquatics	4:49.81
	33.73		1:10.45 (36.72) 1:47.74 (37.29) 2:25.35 (37.61)	
	3:01.38 (36.03)		3:37.55 (36.17) 4:14.01 (36.46) 4:49.81 (35.80)	
11	Dunn, Erin A	38	Pacific Northwest Aquatics	4:56.78
	34.33		1:11.32 (36.99) 1:48.81 (37.49) 2:26.72 (37.91)	
	3:04.72 (38.00)		3:42.64 (37.92) 4:20.87 (38.23) 4:56.78 (35.91)	
15	Margrave, David T	37	Pacific Northwest Aquatics	5:18.46
	36.67		1:16.40 (39.73) 1:57.38 (40.98) 2:38.24 (40.86)	
	3:18.09 (39.85)		3:58.40 (40.31) 4:39.21 (40.81) 5:18.46 (39.25)	

Men 35-39 1500 LC Meter Freestyle

2	Nelson, Kirk E	38	Pacific Northwest Aquatics	17:51.74
---	----------------	----	----------------------------	----------

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008
Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

	32.54	1:07.42 (34.88)	1:43.40 (35.98)	2:19.36 (35.96)	
	2:54.26 (34.90)	3:32.09 (37.83)	4:07.03 (34.94)	4:44.56 (37.53)	
	5:20.86 (36.30)	5:57.28 (36.42)	6:33.45 (36.17)	7:09.50 (36.05)	
	7:45.72 (36.22)	8:21.48 (35.76)	8:57.38 (35.90)	9:33.17 (35.79)	
	10:09.59 (36.42)	10:45.85 (36.26)	11:21.72 (35.87)	11:57.75 (36.03)	
	12:33.79 (36.04)	13:09.56 (35.77)	13:45.76 (36.20)	14:21.40 (35.64)	
	14:50.99 (29.59)	15:33.11 (42.12)	16:08.70 (35.59)	16:43.83 (35.13)	
	17:18.64 (34.81)	17:51.74 (33.10)			
6	Margrave, David T	37	Pacific Northwest Aquatics		21:20.93
	35.57	1:14.43 (38.86)	1:55.45 (41.02)	2:36.52 (41.07)	
	3:18.47 (41.95)	4:00.53 (42.06)	4:42.75 (42.22)	5:25.05 (42.30)	
	6:08.47 (43.42)	6:51.35 (42.88)	7:34.19 (42.84)	8:16.86 (42.67)	
	9:00.31 (43.45)	9:43.71 (43.40)	10:26.96 (43.25)	11:09.96 (43.00)	
	11:53.49 (43.53)	12:37.33 (43.84)	13:21.04 (43.71)	14:04.90 (43.86)	
	14:48.01 (43.11)	15:31.77 (43.76)	16:15.60 (43.83)	16:59.86 (44.26)	
	17:44.52 (44.66)	18:27.99 (43.47)	19:12.11 (44.12)	19:56.49 (44.38)	
	20:39.70 (43.21)	21:20.93 (41.23)			
Men 35-39 100 LC Meter Backstroke					
3	Schutte, Tom F	39	Pacific Northwest Aquatics		1:11.15
	34.38	1:11.15 (36.77)			
Men 35-39 200 LC Meter Backstroke					
1	Jelen, Doug	35	Pacific Northwest Aquatics		2:28.37
	35.54	1:12.59 (37.05)	1:50.47 (37.88)	2:28.37 (37.90)	
Men 35-39 50 LC Meter Breaststroke					
---	Kickert, Brad J	36	Pacific Northwest Aquatics		NS
Men 35-39 100 LC Meter Breaststroke					
3	Schutte, Tom F	39	Pacific Northwest Aquatics		1:17.21
	35.51	1:17.21 (41.70)			
12	Denton, Joe E	37	Pacific Northwest Aquatics		1:31.97
	42.27	1:31.97 (49.70)			
---	Kickert, Brad J	36	Pacific Northwest Aquatics		NS
Men 35-39 200 LC Meter Breaststroke					
2	Schutte, Tom F	39	Pacific Northwest Aquatics		2:49.90
	38.62	1:22.35 (43.73)	2:07.90 (45.55)	2:49.90 (42.00)	
---	Kickert, Brad J	36	Pacific Northwest Aquatics		NS
---	Denton, Joe E	37	Pacific Northwest Aquatics		SCR
Men 35-39 50 LC Meter Butterfly					
7	Montgomery, Zac L	37	Pacific Northwest Aquatics		30.18
8	Kapfhammer, Eric	35	Pacific Northwest Aquatics		30.73
Men 35-39 100 LC Meter Butterfly					
4	Jelen, Doug	35	Pacific Northwest Aquatics		1:04.65
	30.91	1:04.65 (33.74)			
7	Margrave, David T	37	Pacific Northwest Aquatics		1:13.01
	34.01	1:13.01 (39.00)			
---	Kapfhammer, Eric	35	Pacific Northwest Aquatics		NS
Men 35-39 200 LC Meter Butterfly					
3	Jelen, Doug	35	Pacific Northwest Aquatics		2:28.39
	32.50	1:08.62 (36.12)	1:46.04 (37.42)	2:28.39 (42.35)	
---	Kapfhammer, Eric	35	Pacific Northwest Aquatics		DNF
	Did not finish				

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

33.13 1:13.20 (40.07) 2:10.31 (57.11)

Men 35-39 200 LC Meter IM

2	Nelson, Kirk E	38	Pacific Northwest Aquatics	2:25.77
	30.84	1:09.97 (39.13)	1:53.59 (43.62)	2:25.77 (32.18)
5	Schutte, Tom F	39	Pacific Northwest Aquatics	2:31.43
	30.38	1:11.40 (41.02)	1:54.31 (42.91)	2:31.43 (37.12)
8	Dunn, Erin A	38	Pacific Northwest Aquatics	2:41.40
	33.61	1:19.75 (46.14)	2:06.91 (47.16)	2:41.40 (34.49)
---	Denton, Joe E	37	Pacific Northwest Aquatics	NS

Men 35-39 400 LC Meter IM

2	Nelson, Kirk E	38	Pacific Northwest Aquatics	5:11.28
	32.35	1:08.96 (36.61)	1:51.96 (43.00)	2:32.86 (40.90)
	3:17.74 (44.88)	4:02.16 (44.42)	4:37.87 (35.71)	5:11.28 (33.41)
3	Jelen, Doug	35	Pacific Northwest Aquatics	5:21.87
	31.62	1:08.09 (36.47)	1:50.82 (42.73)	2:32.09 (41.27)
	3:21.12 (49.03)	4:10.37 (49.25)	4:47.23 (36.86)	5:21.87 (34.64)
6	Dunn, Erin A	38	Pacific Northwest Aquatics	5:48.66
	35.04	1:16.57 (41.53)	2:06.78 (50.21)	2:55.10 (48.32)
	3:44.71 (49.61)	4:34.83 (50.12)	5:12.47 (37.64)	5:48.66 (36.19)

Men 40-44 50 LC Meter Freestyle

18	Williams, John M	40	Pacific Northwest Aquatics	27.53
22	Seibert, Richard J	44	Pacific Northwest Aquatics	27.91
25	Preston, Patrick J	42	Pacific Northwest Aquatics	28.95
26	Ferrero, Rick	44	Pacific Northwest Aquatics	29.47
---	Battistelli, Jay D	44	Pacific Northwest Aquatics	NS

Men 40-44 100 LC Meter Freestyle

11	Williams, John M	40	Pacific Northwest Aquatics	58.60
	27.92	58.60 (30.68)		
16	Seibert, Richard J	44	Pacific Northwest Aquatics	1:01.10
	29.18	1:01.10 (31.92)		
23	Preston, Patrick J	42	Pacific Northwest Aquatics	1:05.22
	30.22	1:05.22 (35.00)		
24	Ferrero, Rick	44	Pacific Northwest Aquatics	1:06.04
	31.47	1:06.04 (34.57)		
---	Battistelli, Jay D	44	Pacific Northwest Aquatics	NS
---	Kays, David E	41	Pacific Northwest Aquatics	NS

Men 40-44 200 LC Meter Freestyle

7	Kays, David E	41	Pacific Northwest Aquatics	2:07.78
	30.39	1:03.02 (32.63)	1:36.15 (33.13)	2:07.78 (31.63)
---	Williams, John M	40	Pacific Northwest Aquatics	SCR

Men 40-44 400 LC Meter Freestyle

8	Kays, David E	41	Pacific Northwest Aquatics	4:32.05
	31.47	1:05.57 (34.10)	1:40.12 (34.55)	2:15.08 (34.96)
	2:49.20 (34.12)	3:23.45 (34.25)	3:57.98 (34.53)	4:32.05 (34.07)
13	Williams, John M	40	Pacific Northwest Aquatics	4:51.01
	31.99	1:06.55 (34.56)	1:42.69 (36.14)	2:19.73 (37.04)
	2:57.54 (37.81)	3:34.89 (37.35)	4:13.02 (38.13)	4:51.01 (37.99)

Men 40-44 1500 LC Meter Freestyle

6	Kays, David E	41	Pacific Northwest Aquatics	18:15.66
	31.76	1:05.56 (33.80)	1:40.53 (34.97)	2:15.55 (35.02)
	2:50.80 (35.25)	3:26.08 (35.28)	4:01.75 (35.67)	4:37.46 (35.71)

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

5:13.65 (36.19)	5:49.90 (36.25)	6:26.51 (36.61)	7:02.64 (36.13)
7:39.60 (36.96)	8:16.58 (36.98)	8:54.16 (37.58)	9:30.94 (36.78)
10:08.47 (37.53)	10:45.67 (37.20)	11:23.50 (37.83)	12:01.08 (37.58)
	13:16.15 ()	13:54.15 (38.00)	14:31.80 (37.65)
15:09.56 (37.76)	15:46.97 (37.41)	16:24.59 (37.62)	17:01.95 (37.36)
17:17.21 (15.26)	18:15.66 (58.45)		

Men 40-44 50 LC Meter Backstroke

11	Seibert, Richard J	44	Pacific Northwest Aquatics	35.03
12	Ferrero, Rick	44	Pacific Northwest Aquatics	36.68
---	Lind, Matthew A	44	Pacific Northwest Aquatics	NS

Men 40-44 100 LC Meter Backstroke

8	Lind, Matthew A	44	Pacific Northwest Aquatics	1:14.07
	35.82	1:14.07 (38.25)		
13	Seibert, Richard J	44	Pacific Northwest Aquatics	1:16.80
	37.69	1:16.80 (39.11)		

Men 40-44 200 LC Meter Backstroke

9	Lind, Matthew A	44	Pacific Northwest Aquatics	2:48.62
	38.12	1:20.73 (42.61)	2:04.80 (44.07)	2:48.62 (43.82)
10	Ferrero, Rick	44	Pacific Northwest Aquatics	2:57.69
	41.55	1:25.53 (43.98)	2:11.86 (46.33)	2:57.69 (45.83)

Men 40-44 50 LC Meter Breaststroke

7	Esko, Kevin L	42	Pacific Northwest Aquatics	34.34
---	---------------	----	----------------------------	-------

Men 40-44 100 LC Meter Breaststroke

6	Esko, Kevin L	42	Pacific Northwest Aquatics	1:18.86
	37.13	1:18.86 (41.73)		
12	Radiozamani, Kas R	40	Pacific Northwest Aquatics	1:33.91
	43.49	1:33.91 (50.42)		

Men 40-44 200 LC Meter Breaststroke

---	Esko, Kevin L	42	Pacific Northwest Aquatics	SCR
-----	---------------	----	----------------------------	-----

Men 40-44 50 LC Meter Butterfly

16	Williams, John M	40	Pacific Northwest Aquatics	29.52
20	Esko, Kevin L	42	Pacific Northwest Aquatics	29.71

Men 40-44 200 LC Meter IM

12	Seibert, Richard J	44	Pacific Northwest Aquatics	2:39.69
	34.76	1:17.03 (42.27)	2:05.84 (48.81)	2:39.69 (33.85)
17	Ferrero, Rick	44	Pacific Northwest Aquatics	2:54.37
	35.72	1:22.55 (46.83)	2:15.49 (52.94)	2:54.37 (38.88)

Men 40-44 400 LC Meter IM

4	Kays, David E	41	Pacific Northwest Aquatics	5:16.44
	33.19	1:12.36 (39.17)	1:56.41 (44.05)	2:41.13 (44.72)
	3:24.05 (42.92)	4:08.50 (44.45)	4:43.40 (34.90)	5:16.44 (33.04)

Men 45-49 100 LC Meter Freestyle

9	Valley, Eric S	47	Pacific Northwest Aquatics	59.97
	29.33	59.97 (30.64)		
---	Lang, Joseph J	45	Pacific Northwest Aquatics	NS

Men 45-49 200 LC Meter Freestyle

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008**Mt Hood Community College, Gresham, OR, Sanction #: 378-08****Results**

9	Valley, Eric S	47	Pacific Northwest Aquatics	2:13.34
	32.45	1:06.53 (34.08)	1:40.61 (34.08)	2:13.34 (32.73)
17	Lang, Joseph J	45	Pacific Northwest Aquatics	2:23.48
	32.77	1:08.89 (36.12)	1:46.34 (37.45)	2:23.48 (37.14)

Men 45-49 400 LC Meter Freestyle

5	Valley, Eric S	47	Pacific Northwest Aquatics	4:46.58
	34.44	1:11.58 (37.14)	1:48.28 (36.70)	2:25.38 (37.10)
	3:01.59 (36.21)	3:37.72 (36.13)	4:13.05 (35.33)	4:46.58 (33.53)
10	Lang, Joseph J	45	Pacific Northwest Aquatics	5:00.56
	34.31	1:12.28 (37.97)	1:50.17 (37.89)	2:28.32 (38.15)
	3:06.64 (38.32)	3:44.79 (38.15)	4:23.11 (38.32)	5:00.56 (37.45)

Men 45-49 800 LC Meter Freestyle

6	Valley, Eric S	47	Pacific Northwest Aquatics	10:11.16
	37.81	1:17.76 (39.95)	1:57.91 (40.15)	2:37.74 (39.83)
	3:16.95 (39.21)	3:55.67 (38.72)	4:34.32 (38.65)	5:12.80 (38.48)
	5:50.09 (37.29)	6:27.80 (37.71)	7:05.33 (37.53)	7:43.18 (37.85)
	8:21.03 (37.85)	8:58.38 (37.35)	9:35.53 (37.15)	10:11.16 (35.63)

Men 45-49 1500 LC Meter Freestyle

2	Smith, Daniel C	46	Pacific Northwest Aquatics	19:23.54
	34.38	1:12.51 (38.13)	1:51.08 (38.57)	2:29.50 (38.42)
	3:08.40 (38.90)	3:47.40 (39.00)	4:26.85 (39.45)	5:05.57 (38.72)
	5:44.43 (38.86)	6:23.05 (38.62)	7:01.98 (38.93)	7:41.02 (39.04)
	8:20.01 (38.99)	8:59.08 (39.07)	9:38.10 (39.02)	10:17.65 (39.55)
	10:56.75 (39.10)	11:35.87 (39.12)	12:15.73 (39.86)	12:55.15 (39.42)
	13:34.69 (39.54)	14:14.23 (39.54)	14:53.01 (38.78)	15:31.63 (38.62)
	16:10.64 (39.01)	16:49.34 (38.70)	17:28.94 (39.60)	18:07.78 (38.84)
	18:46.23 (38.45)	19:23.54 (37.31)		
3	Lang, Joseph J	45	Pacific Northwest Aquatics	19:46.69
	34.52	1:12.07 (37.55)	1:50.75 (38.68)	2:29.79 (39.04)
	3:08.81 (39.02)	3:48.08 (39.27)	4:27.49 (39.41)	5:06.90 (39.41)
	5:46.15 (39.25)	6:25.70 (39.55)	7:05.23 (39.53)	7:45.27 (40.04)
	8:25.20 (39.93)	9:05.04 (39.84)	9:44.90 (39.86)	10:24.94 (40.04)
	11:04.95 (40.01)	11:45.10 (40.15)	12:25.18 (40.08)	13:05.46 (40.28)
	13:45.73 (40.27)	14:26.07 (40.34)	15:06.37 (40.30)	15:46.53 (40.16)
	16:26.93 (40.40)	17:07.09 (40.16)	17:47.66 (40.57)	18:27.88 (40.22)
	19:08.18 (40.30)	19:46.69 (38.51)		

Men 45-49 50 LC Meter Backstroke

10	Littlefield, James R	48	Pacific Northwest Aquatics	34.93
----	----------------------	----	----------------------------	-------

Men 45-49 100 LC Meter Backstroke

7	Littlefield, James R	48	Pacific Northwest Aquatics	1:14.72
	36.95	1:14.72 (37.77)		

Men 45-49 200 LC Meter Backstroke

8	Littlefield, James R	48	Pacific Northwest Aquatics	2:52.68
	38.56	1:20.84 (42.28)	2:06.97 (46.13)	2:52.68 (45.71)

Men 45-49 50 LC Meter Breaststroke

10	Smith, Daniel C	46	Pacific Northwest Aquatics	35.42
13	Yalung, Patrick G	49	Pacific Northwest Aquatics	36.54

Men 45-49 100 LC Meter Breaststroke

7	Smith, Daniel C	46	Pacific Northwest Aquatics	1:20.18
	37.16	1:20.18 (43.02)		
11	Yalung, Patrick G	49	Pacific Northwest Aquatics	1:22.74

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

38.80 1:22.74 (43.94)

Men 45-49 200 LC Meter Breaststroke

7	Smith, Daniel C	46	Pacific Northwest Aquatics	2:57.03
	38.97	1:23.58 (44.61)	2:10.07 (46.49)	2:57.03 (46.96)

Men 45-49 50 LC Meter Butterfly

15	Littlefield, James R	48	Pacific Northwest Aquatics	31.53
----	----------------------	----	----------------------------	-------

Men 45-49 200 LC Meter Butterfly

5	Valley, Eric S	47	Pacific Northwest Aquatics	2:53.38
	43.18	1:31.42 (48.24)	2:16.10 (44.68)	2:53.38 (37.28)

Men 45-49 400 LC Meter IM

7	Smith, Daniel C	46	Pacific Northwest Aquatics	5:45.06
	32.60	1:11.57 (38.97)	2:03.64 (52.07)	2:53.15 (49.51)
	3:40.81 (47.66)	4:29.23 (48.42)	5:08.54 (39.31)	5:45.06 (36.52)

Men 50-54 50 LC Meter Freestyle

30	Parnell, Rick D	50	Pacific Northwest Aquatics	29.86
32	Nuttman, John Mark	54	Pacific Northwest Aquatics	30.24
33	Morrison, Jeffrey W	53	Pacific Northwest Aquatics	30.43

Men 50-54 100 LC Meter Freestyle

22	Parnell, Rick D	50	Pacific Northwest Aquatics	1:05.17
	30.19	1:05.17 (34.98)		
30	Morrison, Jeffrey W	53	Pacific Northwest Aquatics	1:10.20
	33.50	1:10.20 (36.70)		
31	Sugg, Stephen P	53	Pacific Northwest Aquatics	1:12.53
	35.31	1:12.53 (37.22)		
33	Adcock, Richard P	53	Pacific Northwest Aquatics	1:14.84
	34.84	1:14.84 (40.00)		
---	Boytler, Bruce J	50	Pacific Northwest Aquatics	NS
---	Spencer, Donald L	51	Pacific Northwest Aquatics	NS

Men 50-54 200 LC Meter Freestyle

16	Parnell, Rick D	50	Pacific Northwest Aquatics	2:26.47
	33.18	1:10.01 (36.83)	1:48.26 (38.25)	2:26.47 (38.21)
24	Sugg, Stephen P	53	Pacific Northwest Aquatics	2:47.83
	37.71	1:19.48 (41.77)	2:02.47 (42.99)	2:47.83 (45.36)

Men 50-54 50 LC Meter Backstroke

8	Freeborn, Stephen L	53	Pacific Northwest Aquatics	38.03
---	---------------------	----	----------------------------	-------

Men 50-54 200 LC Meter Backstroke

6	Freeborn, Stephen L	53	Pacific Northwest Aquatics	2:54.46
	39.91	1:23.40 (43.49)	2:09.48 (46.08)	2:54.46 (44.98)

Men 50-54 50 LC Meter Breaststroke

21	Adcock, Richard P	53	Pacific Northwest Aquatics	40.52
----	-------------------	----	----------------------------	-------

Men 50-54 100 LC Meter Breaststroke

21	Adcock, Richard P	53	Pacific Northwest Aquatics	1:32.80
	44.24	1:32.80 (48.56)		
23	Morrison, Jeffrey W	53	Pacific Northwest Aquatics	1:41.19
	48.07	1:41.19 (53.12)		

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

Men 50-54 200 LC Meter Breaststroke

---	Robinson, Dan L	51	Pacific Northwest Aquatics	SCR
-----	-----------------	----	----------------------------	-----

Men 50-54 50 LC Meter Butterfly

15	Freeborn, Stephen L	53	Pacific Northwest Aquatics	30.92
19	Moore, Hugh C	54	Pacific Northwest Aquatics	32.88
---	Spencer, Donald L	51	Pacific Northwest Aquatics	NS
---	Boytlar, Bruce J	50	Pacific Northwest Aquatics	NS

Men 50-54 100 LC Meter Butterfly

13	Moore, Hugh C	54	Pacific Northwest Aquatics	1:14.51
	34.98	1:14.51 (39.53)		
14	Freeborn, Stephen L	53	Pacific Northwest Aquatics	1:15.48
	33.70	1:15.48 (41.78)		
---	Spencer, Donald L	51	Pacific Northwest Aquatics	NS

Men 50-54 200 LC Meter Butterfly

---	Robinson, Dan L	51	Pacific Northwest Aquatics	DQ
	Non-simultaneous arms			
---	Moore, Hugh C	54	Pacific Northwest Aquatics	SCR

Men 50-54 200 LC Meter IM

16	Robinson, Dan L	51	Pacific Northwest Aquatics	2:44.01
	33.99	1:20.68 (46.69)	2:07.11 (46.43)	2:44.01 (36.90)
18	Freeborn, Stephen L	53	Pacific Northwest Aquatics	2:54.26
	34.07	1:21.26 (47.19)	2:16.01 (54.75)	2:54.26 (38.25)
21	Moore, Hugh C	54	Pacific Northwest Aquatics	3:04.17
	35.27	1:25.12 (49.85)	2:20.62 (55.50)	3:04.17 (43.55)
---	Boytlar, Bruce J	50	Pacific Northwest Aquatics	SCR

Men 50-54 400 LC Meter IM

11	Moore, Hugh C	54	Pacific Northwest Aquatics	6:19.75
	37.40	1:19.33 (41.93)	2:13.77 (54.44)	3:06.63 (52.86)
	4:00.37 (53.74)	4:55.34 (54.97)	5:40.48 (45.14)	6:19.75 (39.27)

Men 55-59 50 LC Meter Freestyle

---	Carlton, Brian L	58	Pacific Northwest Aquatics	NS
---	Clark, Gordon F	57	Pacific Northwest Aquatics	SCR

Men 55-59 100 LC Meter Freestyle

---	Clark, Gordon F	57	Pacific Northwest Aquatics	SCR
-----	-----------------	----	----------------------------	-----

Men 55-59 200 LC Meter Freestyle

15	Knowlton, Bill	56	Pacific Northwest Aquatics	2:36.16
	36.51	1:16.97 (40.46)	1:58.26 (41.29)	2:36.16 (37.90)
20	Carlton, Brian L	58	Pacific Northwest Aquatics	2:52.71
	37.72	1:22.29 (44.57)	2:09.82 (47.53)	2:52.71 (42.89)

Men 55-59 400 LC Meter Freestyle

6	Colella, Rick P	57	Pacific Northwest Aquatics	5:14.01
	31.75	1:10.08 (38.33)	1:54.32 (44.24)	2:38.35 (44.03)
	3:21.66 (43.31)	4:05.43 (43.77)	4:40.05 (34.62)	5:14.01 (33.96)
7	Penn, William (Bill) J	57	Pacific Northwest Aquatics	5:15.60
	34.95	1:15.30 (40.35)	1:55.85 (40.55)	2:37.01 (41.16)
	3:17.35 (40.34)	3:57.96 (40.61)	4:37.71 (39.75)	5:15.60 (37.89)
16	Carlton, Brian L	58	Pacific Northwest Aquatics	6:04.57
	40.77	1:26.89 (46.12)	2:15.55 (48.66)	3:03.77 (48.22)

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

3:50.21 (46.44)	4:36.63 (46.42)	5:22.84 (46.21)	6:04.57 (41.73)	
--- Koenig, Mike	57 Pacific Northwest Aquatics			SCR

Men 55-59 1500 LC Meter Freestyle

4 Penn, William (Bill) J	57 Pacific Northwest Aquatics	20:02.88
1:17.15 ()	1:58.01 (40.86)	2:38.54 (40.53)
3:14.24 (35.70)	3:58.98 (44.74)	4:39.04 (40.06)
5:59.87 (40.16)	6:40.85 (40.98)	7:21.12 (40.27)
8:41.78 (39.85)	9:22.56 (40.78)	10:02.47 (39.91)
11:22.49 (39.72)	12:03.33 (40.84)	12:43.22 (39.89)
13:59.18 (35.54)	14:44.01 (44.83)	15:18.14 (34.13)
16:45.37 (40.72)	17:25.73 (40.36)	18:06.08 (40.35)
19:25.29 (39.12)	20:02.88 (37.59)	
10 Koenig, Mike	57 Pacific Northwest Aquatics	23:43.46
43.54	1:30.35 (46.81)	2:19.15 (48.80)
3:55.93 (48.54)	4:44.15 (48.22)	5:31.29 (47.14)
7:06.05 (47.39)	7:53.29 (47.24)	8:40.46 (47.17)
10:14.45 (47.28)	11:02.06 (47.61)	11:50.39 (48.33)
13:25.93 (47.85)	14:13.17 (47.24)	15:01.37 (48.20)
16:38.28 (48.42)	17:26.00 (47.72)	18:14.01 (48.01)
19:49.70 (47.98)	20:37.20 (47.50)	21:25.21 (48.01)
22:59.62 (47.18)	23:43.46 (43.84)	
11 Carlton, Brian L	58 Pacific Northwest Aquatics	23:44.74
42.04	1:28.05 (46.01)	2:16.92 (48.87)
3:51.90 (47.97)	4:39.00 (47.10)	5:26.31 (47.31)
7:00.92 (48.23)	7:46.58 (45.66)	8:34.13 (47.55)
10:08.32 (47.67)	10:54.94 (46.62)	11:44.16 (49.22)
13:19.36 (47.95)	14:05.98 (46.62)	14:54.18 (48.20)
16:30.28 (49.04)	17:19.21 (48.93)	18:07.64 (48.43)
19:44.98 (49.72)	20:34.35 (49.37)	21:24.76 (50.41)
23:01.10 (48.21)	23:44.74 (43.64)	
--- Lautman, Scott M	56 Pacific Northwest Aquatics	SCR

Men 55-59 50 LC Meter Backstroke

5 Yonych, Buster	57 Unattached	34.45
9 Koenig, Mike	57 Pacific Northwest Aquatics	36.04
--- Clark, Gordon F	57 Pacific Northwest Aquatics	SCR

Men 55-59 100 LC Meter Backstroke

3 Yonych, Buster	57 Unattached	1:14.60
36.93	1:14.60 (37.67)	
9 Koenig, Mike	57 Pacific Northwest Aquatics	1:22.71
41.40	1:22.71 (41.31)	
--- Clark, Gordon F	57 Pacific Northwest Aquatics	SCR

Men 55-59 200 LC Meter Backstroke

5 Yonych, Buster	57 Unattached	2:48.19
40.83	1:23.47 (42.64)	2:07.63 (44.16)
		2:48.19 (40.56)
8 Knowlton, Bill	56 Pacific Northwest Aquatics	2:52.08
40.71	1:23.74 (43.03)	2:08.39 (44.65)
		2:52.08 (43.69)
12 Koenig, Mike	57 Pacific Northwest Aquatics	3:04.97
43.49	1:30.91 (47.42)	2:18.14 (47.23)
		3:04.97 (46.83)

Men 55-59 100 LC Meter Breaststroke

1 Colella, Rick P	57 Pacific Northwest Aquatics	1:14.30
36.15	1:14.30 (38.15)	

Men 55-59 200 LC Meter Breaststroke

1 Colella, Rick P	57 Pacific Northwest Aquatics	2:38.66
-------------------	-------------------------------	---------

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

37.01 1:18.25 (41.24) 1:58.74 (40.49) 2:38.66 (39.92)

Men 55-59 50 LC Meter Butterfly

2	Lautman, Scott M	56	Pacific Northwest Aquatics	29.08
---	Clark, Gordon F	57	Pacific Northwest Aquatics	SCR

Men 55-59 100 LC Meter Butterfly

1	Lautman, Scott M	56	Pacific Northwest Aquatics	1:03.95
	30.60		1:03.95 (33.35)	

Men 55-59 200 LC Meter Butterfly

1	Lautman, Scott M	56	Pacific Northwest Aquatics	2:29.80
	34.52		1:13.11 (38.59) 1:52.51 (39.40) 2:29.80 (37.29)	

Men 55-59 200 LC Meter IM

1	Colella, Rick P	57	Pacific Northwest Aquatics	2:24.12
	30.89		1:10.55 (39.66) 1:51.17 (40.62) 2:24.12 (32.95)	
3	Lautman, Scott M	56	Pacific Northwest Aquatics	2:40.67
	33.68		1:19.84 (46.16) 2:05.83 (45.99) 2:40.67 (34.84)	

Men 55-59 400 LC Meter IM

4	Penn, William (Bill) J	57	Pacific Northwest Aquatics	6:44.61
	51.86		1:50.23 (58.37) 2:44.42 (54.19) 3:35.51 (51.09)	
	4:30.05 (54.54)		5:26.05 (56.00) 6:07.38 (41.33) 6:44.61 (37.23)	

Men 60-64 100 LC Meter Freestyle

12	Peterson, Steven B	62	Pacific Northwest Aquatics	1:13.16
	35.20		1:13.16 (37.96)	

Men 60-64 50 LC Meter Backstroke

7	Walker, Thomas W	61	Pacific Northwest Aquatics	51.39
---	------------------	----	----------------------------	-------

Men 60-64 200 LC Meter Backstroke

10	Walker, Thomas W	61	Pacific Northwest Aquatics	4:01.21
	56.92		2:00.73 (1:03.81) 3:04.87 (1:04.14) 4:01.21 (56.34)	

Men 60-64 50 LC Meter Breaststroke

4	Peterson, Steven B	62	Pacific Northwest Aquatics	37.75
---	--------------------	----	----------------------------	-------

Men 60-64 100 LC Meter Breaststroke

5	Peterson, Steven B	62	Pacific Northwest Aquatics	1:26.04
	40.97		1:26.04 (45.07)	

Men 60-64 200 LC Meter Breaststroke

4	Peterson, Steven B	62	Pacific Northwest Aquatics	3:06.67
	41.95		1:28.89 (46.94) 2:18.71 (49.82) 3:06.67 (47.96)	

Men 60-64 200 LC Meter IM

5	Peterson, Steven B	62	Pacific Northwest Aquatics	3:05.18
	40.33		1:34.31 (53.98) 2:23.30 (48.99) 3:05.18 (41.88)	
7	Walker, Thomas W	61	Pacific Northwest Aquatics	4:17.67
	1:02.55		2:07.58 (1:05.03) 3:24.84 (1:17.26) 4:17.67 (52.83)	

Men 60-64 400 LC Meter IM

7	Walker, Thomas W	61	Pacific Northwest Aquatics	9:05.69
	1:02.28		2:19.15 (1:16.87) 3:29.51 (1:10.36) 4:37.09 (1:07.58)	
	5:52.93 (1:15.84)		7:11.12 (1:18.19) 8:12.34 (1:01.22) 9:05.69 (53.35)	

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008
Mt Hood Community College, Gresham, OR, Sanction #: 378-08
Results

Men 65-69 50 LC Meter Freestyle

6	Pilger, Robert T	65	Pacific Northwest Aquatics	29.48
20	Huber, Steven W	67	Pacific Northwest Aquatics	39.15

Men 65-69 100 LC Meter Freestyle

6	Pilger, Robert T	65	Pacific Northwest Aquatics	1:09.98
	34.11		1:09.98 (35.87)	
20	Huber, Steven W	67	Pacific Northwest Aquatics	1:31.79
	42.45		1:31.79 (49.34)	

Men 65-69 200 LC Meter Freestyle

6	Pilger, Robert T	65	Pacific Northwest Aquatics	2:44.71
	36.97		1:18.53 (41.56) 2:02.53 (44.00) 2:44.71 (42.18)	
17	Huber, Steven W	67	Pacific Northwest Aquatics	3:43.92
	45.36		1:38.76 (53.40) 2:40.83 (1:02.07) 3:43.92 (1:03.09)	

Men 65-69 400 LC Meter Freestyle

11	Cook, Herb S	66	Pacific Northwest Aquatics	7:27.74
	50.44		1:46.18 (55.74) 2:43.75 (57.57) 3:41.32 (57.57)	
	4:37.85 (56.53)		5:35.35 (57.50) 6:32.12 (56.77) 7:27.74 (55.62)	

Men 65-69 800 LC Meter Freestyle

8	Cook, Herb S	66	Pacific Northwest Aquatics	15:45.20
	51.01		1:45.62 (54.61) 2:42.64 (57.02) 3:40.70 (58.06)	
	4:39.70 (59.00)		5:40.05 (1:00.35) 6:40.70 (1:00.65) 7:42.24 (1:01.54)	
	8:43.79 (1:01.55)		9:45.88 (1:02.09) 10:47.29 (1:01.41) 11:48.50 (1:01.21)	
	12:48.80 (1:00.30)		13:48.53 (59.73) 14:47.61 (59.08) 15:45.20 (57.59)	

Men 65-69 50 LC Meter Backstroke

8	Reid, Walt E	68	Pacific Northwest Aquatics	42.41
10	Carlson, Lee A	68	Pacific Northwest Aquatics	48.41

Men 65-69 100 LC Meter Backstroke

6	Reid, Walt E	68	Pacific Northwest Aquatics	1:34.07
	45.26		1:34.07 (48.81)	
7	Carlson, Lee A	68	Pacific Northwest Aquatics	1:42.58
	47.31		1:42.58 (55.27)	

Men 65-69 200 LC Meter Backstroke

7	Carlson, Lee A	68	Pacific Northwest Aquatics	3:45.05
	49.92		1:47.55 (57.63) 2:47.41 (59.86) 3:45.05 (57.64)	

Men 65-69 50 LC Meter Breaststroke

6	Davis, Roy	66	Pacific Northwest Aquatics	40.85
9	Reid, Walt E	68	Pacific Northwest Aquatics	41.79

Men 65-69 100 LC Meter Breaststroke

4	Davis, Roy	66	Pacific Northwest Aquatics	1:31.69
	43.46		1:31.69 (48.23)	
8	Reid, Walt E	68	Pacific Northwest Aquatics	1:39.04
	47.78		1:39.04 (51.26)	

Men 65-69 200 LC Meter Breaststroke

3	Davis, Roy	66	Pacific Northwest Aquatics	3:18.00
	46.47		1:36.92 (50.45) 2:28.60 (51.68) 3:18.00 (49.40)	

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

Men 75-79 50 LC Meter Freestyle

---	Park, George	75	Pacific Northwest Aquatics	NS
-----	--------------	----	----------------------------	----

Men 75-79 100 LC Meter Freestyle

---	Park, George	75	Pacific Northwest Aquatics	NS
-----	--------------	----	----------------------------	----

Men 75-79 50 LC Meter Butterfly

---	Park, George	75	Pacific Northwest Aquatics	NS
-----	--------------	----	----------------------------	----

Men 80-84 50 LC Meter Backstroke

6	Gallaher, Jerry	80	Pacific Northwest Aquatics	1:06.14
---	-----------------	----	----------------------------	---------

Men 80-84 100 LC Meter Backstroke

---	Gallaher, Jerry	80	Pacific Northwest Aquatics	NS
-----	-----------------	----	----------------------------	----

Men 80-84 50 LC Meter Breaststroke

4	Gallaher, Jerry	80	Pacific Northwest Aquatics	57.40
---	-----------------	----	----------------------------	-------

Men 80-84 100 LC Meter Breaststroke

3	Gallaher, Jerry	80	Pacific Northwest Aquatics	2:20.83
	1:06.08	2:20.83 (1:14.75)		

Men 80-84 200 LC Meter Breaststroke

2	Gallaher, Jerry	80	Pacific Northwest Aquatics	5:34.76
	1:14.56	2:45.44 (1:30.88)	4:12.93 (1:27.49)	5:34.76 (1:21.83)

Women 160-199 200 LC Meter Freestyle Relay

---	Pacific Northwest Aquatics	A	NS	
1)	Litt, Arni H W62	2) Hickel, Jessie J W50	3) Casey, Kathrine J W60	4) Boomer, Allison R W25

Women 200-239 200 LC Meter Freestyle Relay

2	Pacific Northwest Aquatics	A	2:06.54	
1)	Dahl, Lisa A W47	2) Brown, Caroline J W51	3) Courtney, Zena H W49	4) Moore, Jo W53
	27.87	1:04.12 (36.25)	1:35.17 (31.05)	2:06.54 (31.37)

Women 200-239 200 LC Meter Medley Relay

2	Pacific Northwest Aquatics	A	2:18.19	
1)	Courtney, Zena H W49	2) Dahl, Lisa A W47	3) Moore, Jo W53	4) Glassman, Debbie A W55
	36.20	1:13.27 (37.07)	1:47.28 (34.01)	2:18.19 (30.91)
8	Pacific Northwest Aquatics	B	2:47.40	
1)	Casey, Kathrine J W60	2) Johnson, Janet S W54	3) Welch, Sarah W61	4) Hickel, Jessie J W50
	46.39	1:31.55 (45.16)	2:14.56 (43.01)	2:47.40 (32.84)

Women 240-279 200 LC Meter Freestyle Relay

1	Pacific Northwest Aquatics	A	2:13.33	
1)	Dillon, Sally A W62	2) Welch, Sarah W61	3) Dills, Suzanne L W63	4) Glassman, Debbie A W55
	35.44	1:08.22 (32.78)	1:42.78 (34.56)	2:13.33 (30.55)

Men 120-159 200 LC Meter Medley Relay

1	Pacific Northwest Aquatics	A	1:59.65	
1)	Schutte, Tom F M39	2) Montgomery, Zac L M37	3) Williams, John M M40	4) Goldman, Brian M M22
	32.93	1:06.70 (33.77)	1:35.69 (28.99)	1:59.65 (23.96)

Men 160-199 200 LC Meter Freestyle Relay

4	Pacific Northwest Aquatics	A	1:49.84	
1)	Nelson, Kirk E M38	2) Montgomery, Zac L M37	3) Freeborn, Stephen L M53	4) Rosaria, Steven M M34
	27.04	53.31 (26.27)	1:21.95 (28.64)	1:49.84 (27.89)

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008**Mt Hood Community College, Gresham, OR, Sanction #: 378-08****Results**

7	Pacific Northwest Aquatics	B		1:56.69
1)	Jelen, Doug M35	2)	Peterson, Steven B M62	4) Williams, John M M40
	29.26		1:01.63 (32.37)	1:29.91 (28.28)
			3) Margrave, David T M37	1:56.69 (26.78)

Men 200-239 200 LC Meter Freestyle Relay

7	Pacific Northwest Aquatics	A		1:52.33
1)	Colella, Rick P M57	2)	Pilger, Robert T M65	4) Lautman, Scott M M56
	28.00		57.43 (29.43)	1:24.69 (27.26)
			3) Seibert, Richard J M44	1:52.33 (27.64)
10	Pacific Northwest Aquatics	B		1:57.71
1)	Ferrero, Rick M44	2)	Morrison, Jeffrey W M53	4) Robinson, Dan L M51
	29.44		58.66 (29.22)	1:27.90 (29.24)
			3) Nuttman, John Mark M54	1:57.71 (29.81)

Men 200-239 200 LC Meter Medley Relay

8	Pacific Northwest Aquatics	A		2:22.14
1)	Parnell, Rick D M50	2)	Nuttman, John Mark M54	4) Pilger, Robert T M65
	39.99		1:21.57 (41.58)	1:52.37 (30.80)
			3) Seibert, Richard J M44	2:22.14 (29.77)

Men 240-279 200 LC Meter Medley Relay

6	Pacific Northwest Aquatics	A		2:53.68
1)	Carlson, Lee A M68	2)	Gallaher, Jerry M80	4) Morrison, Jeffrey W M53
	47.53		1:46.39 (58.86)	2:23.91 (37.52)
			3) Peterson, Steven B M62	2:53.68 (29.77)

Mixed 120-159 200 LC Meter Freestyle Relay

9	Pacific Northwest Aquatics	A		2:02.46
1)	Denton, Joe E M37	2)	Ellis, Emilie C W34	4) Philipps, Colleen M W32
	28.81		1:00.27 (31.46)	1:33.18 (32.91)
			3) Lind, Matthew A M44	2:02.46 (29.28)

Mixed 120-159 200 LC Meter Medley Relay

---	Pacific Northwest Aquatics	A		DQ
	Not enough swimmers			
1)	Ellis, Emilie C W34	2)	Denton, Joe E M37	4) Boomer, Allison R W25
			3) Margrave, David T M37	

Mixed 160-199 200 LC Meter Freestyle Relay

2	Pacific Northwest Aquatics	A		1:51.63
1)	Nelson, Kirk E M38	2)	Williams, John M M40	4) Dahl, Lisa A W47
	26.79		52.75 (25.96)	1:23.59 (30.84)
			3) Glassman, Debbie A W55	1:51.63 (28.04)
15	Pacific Northwest Aquatics	B		2:11.98
1)	Brown, Caroline J W51	2)	Casey, Kathrine J W60	4) Margrave, David T M37
	37.39		1:15.69 (38.30)	1:44.16 (28.47)
			3) Jelen, Doug M35	2:11.98 (27.82)
19	Pacific Northwest Aquatics	C		2:15.99
1)	Ferrero, Rick M44	2)	Rosaria, Steven M M34	4) Litt, Arni H W62
	29.71		57.45 (27.74)	1:35.79 (38.34)
			3) Johnson, Janet S W54	2:15.99 (40.20)

Mixed 160-199 200 LC Meter Medley Relay

8	Pacific Northwest Aquatics	B		2:13.21
1)	Jelen, Doug M35	2)	Sondgroth, Tracey A W36	4) Glassman, Debbie A W55
	32.95		1:13.69 (40.74)	1:42.62 (28.93)
			3) Nelson, Kirk E M38	2:13.21 (30.59)
9	Pacific Northwest Aquatics	A		2:14.03
1)	Schutte, Tom F M39	2)	Montgomery, Zac L M37	4) Philipps, Colleen M W32
	33.59		1:09.21 (35.62)	1:45.07 (35.86)
			3) Moore, Jo W53	2:14.03 (28.96)

Mixed 200-239 200 LC Meter Freestyle Relay

11	Pacific Northwest Aquatics	A		2:06.93
1)	Freeborn, Stephen L M53	2)	Courtney, Zena H W49	4) Moore, Hugh C M54
	29.03		1:00.79 (31.76)	1:35.87 (35.08)
			3) Dills, Suzanne L W63	2:06.93 (31.06)

Mixed 200-239 200 LC Meter Medley Relay

3	Pacific Northwest Aquatics	A		2:13.70
1)	Courtney, Zena H W49	2)	Dahl, Lisa A W47	4) Nuttman, John Mark M54
			3) Freeborn, Stephen L M53	

2008 USMS National Long Course Championships - 8/14/2008 to 8/17/2008

Mt Hood Community College, Gresham, OR, Sanction #: 378-08

Results

35.69 1:13.36 (37.67) 1:44.03 (30.67) 2:13.70 (29.67)

Mixed 240-279 200 LC Meter Freestyle Relay

6	Pacific Northwest Aquatics	A		2:10.87			
1)	Lautman, Scott M M56	2)	Peterson, Steven B M62	3)	Welch, Sarah W61	4)	Dillon, Sally A W62
	28.79		1:01.29 (32.50)		1:35.89 (34.60)		2:10.87 (34.98)

Mixed 240-279 200 LC Meter Medley Relay

3	Pacific Northwest Aquatics	A		2:26.43			
1)	Dills, Suzanne L W63	2)	Peterson, Steven B M62	3)	Lautman, Scott M M56	4)	Welch, Sarah W61
	44.95		1:22.76 (37.81)		1:51.88 (29.12)		2:26.43 (34.55)

SPLITS FROM NATLS				50 M. BACK			MEL LEBSACK	60 PNA	13:56.19
08-17-08				ZENA COURTNEY	49 PNA	35.69	50 M. BACK		
LONG COURSE METERS				50 M. BRST			SUZANNE DILLS	63 PNA	44.95P
P = P.N.A. RECORD				KRIS SPEIR	45 PNA	47.73	KATHRINE CASEY	60 PNA	46.39
Z = NORTHWEST ZONE RECORD				100 M. BRST			50 M. BRST		
N = NATIONAL RECORD				KRIS SPEIR	45 PNA	1:44.50	ARNI LITT	62 PNA	50.62
W = WORLD RECORD				50 M. FLY			MEL LEBSACK	60 PNA	1:03.51
-----				ZENA COURTNEY	49 PNA	36.49	100 M. BRST		
WOMEN 19-24				KRIS SPEIR	45 PNA	42.16	ARNI LITT	62 PNA	2:03.19
-----							MEL LEBSACK	60 PNA	2:13.69
50 M. BRST				WOMEN 50-54				50 M. FLY	
DANIELLE TREVINO	21 PNA	38.85		-----				SARAH WELCH	61 PNA
100 M. BRST				50 M. FREE			SUZANNE DILLS	63 PNA	39.47
DANIELLE TREVINO	21 PNA	1:23.62		JO MOORE	53 PNA	33.64	ARNI LITT	62 PNA	42.98
50 M. FLY				JESSIE HICKEL	50 PNA	36.27	KATHRINE CASEY	60 PNA	57.46
DANIELLE TREVINO	21 PNA	32.83		CAROLINE BROWN	51 PNA	37.39	100 M. FLY		57.74
100 M. FLY				100 M. FREE			SARAH WELCH	61 PNA	1:39.00
DANIELLE TREVINO	21 PNA	1:14.17		JO MOORE	53 PNA	1:18.07	KATHRINE CASEY	60 PNA	2:03.45
-----				JESSIE HICKEL	50 PNA	1:22.35	ARNI LITT	62 PNA	2:09.65
WOMEN 25-29				CAROLINE BROWN	51 PNA	1:25.90	-----		
-----				200 M. FREE			WOMEN 65-69		
50 M. FREE				JO MOORE	53 PNA	2:41.31	-----		
ALLISON BOOMER	25 PNA	38.39		JESSIE HICKEL	50 PNA	2:48.73	50 M. FREE		
100 M. FREE				CAROLINE BROWN	51 PNA	2:58.72	CAROLYN BEHSE	65 PNA	52.84
ALLISON BOOMER	25 PNA	1:19.90		50 M. BRST			100 M. FREE		
200 M. FREE				T.UTIGARD-RATHBUN	50 PNA	43.93	CAROLYN BEHSE	65 PNA	1:50.71
ALLISON BOOMER	25 PNA	2:45.23		JANET JOHNSON	54 PNA	49.94	200 M. FREE		
50 M. FLY				100 M. BRST			CAROLYN BEHSE	65 PNA	3:48.97
ALLISON BOOMER	25 PNA	43.32		T.UTIGARD-RATHBUN	50 PNA	1:35.53	-----		
100 M. FLY				JANET JOHNSON	54 PNA	1:51.34	WOMEN 70-74		
ALLISON BOOMER	25 PNA	1:31.08		50 M. FLY			-----		
-----				JESSIE HICKEL	50 PNA	49.79	50 M. FLY		
WOMEN 30-34				100 M. FLY			CHAYA AMIAD	70 PNA	2:02.77
-----				JESSIE HICKEL	50 PNA	1:50.47	100 M. FLY		
50 M. FREE				WOMEN 55-59				CHAYA AMIAD	70 PNA
COLLEEN PHILIPPS	32 PNA	32.18		-----					4:15.93P
EMILIE ELLIS	34 PNA	36.16		50 M. FREE			WOMEN 75-79		
100 M. FREE				DEBBIE GLASSMAN	55 PNA	34.87	-----		
COLLEEN PHILIPPS	32 PNA	1:07.18		JANE MOORE	58 PNA	1:02.66	50 M. FREE		
EMILIE ELLIS	34 PNA	1:15.93		100 M. FREE			KAREN BRYCE	75 PNA	1:03.58
50 M. BRST				JANE MOORE	58 PNA	2:13.45	JANET KAVADAS	77 PNA	1:04.63
EMILIE ELLIS	34 PNA	43.64		200 M. FREE			100 M. FREE		
50 M. FLY				JANE MOORE	58 PNA	4:36.46	JANET KAVADAS	77 PNA	2:29.87
COLLEEN PHILIPPS	32 PNA	32.75		50 M. BRST			200 M. FREE		
EMILIE ELLIS	34 PNA	38.82		ELIZABETH KASSEN	56 PNA	49.38	JANET KAVADAS	77 PNA	5:08.65
100 M. FLY				50 M. FLY			400 M. FREE		
EMILIE ELLIS	34 PNA	1:26.93		DEBBIE GLASSMAN	55 PNA	41.04	JANET KAVADAS	77 PNA	10:39.26
-----				ELIZABETH KASSEN	56 PNA	42.16	800 M. FREE		
WOMEN 35-39				WOMEN 60-64				JANET KAVADAS	77 PNA
-----				-----					21:25.35
50 M. FREE				50 M. FREE			M E N 30-34		
TRACEY SONDGROTH	36 PNA	34.83		SALLY DILLON	62 PNA	35.44P	-----		
100 M. FREE				SUZANNE DILLS	63 PNA	40.84	50 M. FREE		
TRACEY SONDGROTH	36 PNA	1:13.20		JOAN DELGADO	63 PNA	45.70	STEVEN ROSARIA	34 PNA	29.63
50 M. FLY				KATHRINE CASEY	60 PNA	45.97	50 M. BRST		
TRACEY SONDGROTH	36 PNA	38.80		ARNI LITT	62 PNA	46.37	STEVEN ROSARIA	34 PNA	36.59
100 M. FLY				MEL LEBSACK	60 PNA	46.66	50 M. FLY		
TRACEY SONDGROTH	36 PNA	1:25.64		100 M. FREE			JASON GOLTZ	30 PNA	27.38
-----				SALLY DILLON	62 PNA	1:24.01	100 M. FLY		
WOMEN 40-44				SUZANNE DILLS	63 PNA	1:25.20	JASON GOLTZ	30 PNA	1:03.40
-----				KATHRINE CASEY	60 PNA	1:36.73	-----		
50 M. BRST				MEL LEBSACK	60 PNA	1:37.05	M E N 35-39		
LAURA DEL RIO	43 PNA	47.38		JOAN DELGADO	63 PNA	1:37.29	-----		
100 M. BRST				ARNI LITT	62 PNA	1:40.12	50 M. FREE		
LAURA DEL RIO	43 PNA	1:42.14		200 M. FREE			KIRK NELSON	38 PNA	26.79
50 M. FLY				SUZANNE DILLS	63 PNA	3:01.10	ZAC MONTGOMERY	37 PNA	28.44
LAURA DEL RIO	43 PNA	42.66		MEL LEBSACK	60 PNA	3:19.49	JOE DENTON	37 PNA	28.81
100 M. FLY				KATHRINE CASEY	60 PNA	3:21.30	DOUG JELEN	35 PNA	29.26
LAURA DEL RIO	43 PNA	1:37.40		ARNI LITT	62 PNA	3:32.24	ERIN DUNN	38 PNA	29.47
-----				JOAN DELGADO	63 PNA	3:37.98	ERIC KAPFHAMMER	35 PNA	30.87
WOMEN 45-49				400 M. FREE			DAVID MARGRAVE	37 PNA	30.88
-----				SUZANNE DILLS	63 PNA	6:12.70	100 M. FREE		
50 M. FREE				KATHRINE CASEY	60 PNA	6:50.73	KIRK NELSON	38 PNA	1:02.37
LISA DAHL	47 PNA	27.87		MEL LEBSACK	60 PNA	6:56.09	ERIN DUNN	38 PNA	1:09.80
KRIS SPEIR	45 PNA	42.01		JOAN DELGADO	63 PNA	7:24.13	DOUG JELEN	35 PNA	1:10.45
100 M. FREE				800 M. FREE			DAVID MARGRAVE	37 PNA	1:12.03
KRIS SPEIR	45 PNA	1:29.74		KATHRINE CASEY	60 PNA	13:47.45	200 M. FREE		
200 M. FREE							KIRK NELSON	38 PNA	2:14.17
KRIS SPEIR	45 PNA	3:07.10					DOUG JELEN	35 PNA	2:25.35

ERIN DUNN	38	PNA	2:26.72	100 M. BRST			STEVEN PETERSON	62	PNA	1:28.89	
DAVID MARGRAVE	37	PNA	2:36.52	DANIEL SMITH	46	PNA	1:23.58	50 M. FLY			
400 M. FREE				50 M. FLY				STEVEN PETERSON	62	PNA	40.33
KIRK NELSON	38	PNA	4:44.56	DANIEL SMITH	46	PNA	32.60	THOMAS WALKER	61	PNA	1:02.28
DAVID MARGRAVE	37	PNA	5:25.05	ERIC VALLEY	47	PNA	43.18	100 M. FLY			
800 M. FREE				100 M. FLY				THOMAS WALKER	61	PNA	2:19.15
KIRK NELSON	38	PNA	9:33.17	DANIEL SMITH	46	PNA	1:11.57	-----			
DAVID MARGRAVE	37	PNA	11:09.96	ERIC VALLEY	47	PNA	1:31.42	M E N 65-69			
50 M. BACK				-----				-----			
TOM SCHUTTE	39	PNA	32.93	M E N 50-54				50 M. FREE			
DOUG JELEN	35	PNA	32.95	-----				ROBERT PILGER	65	PNA	34.11
50 M. BRST				50 M. FREE				STEVEN HUBER	67	PNA	42.45
TOM SCHUTTE	39	PNA	35.51	STEPHEN FREEBORN	53	PNA	29.03	HERB COOK	66	PNA	50.44
JOE DENTON	37	PNA	42.27	RICK PARNELL	50	PNA	30.19	100 M. FREE			
100 M. BRST				JEFFREY MORRISON	53	PNA	33.50	ROBERT PILGER	65	PNA	1:18.53
TOM SCHUTTE	39	PNA	1:22.35	RICHARD ADCOCK	53	PNA	34.84	STEVEN HUBER	67	PNA	1:38.76
50 M. FLY				STEPHEN SUGG	53	PNA	35.31	HERB COOK	66	PNA	1:45.62
TOM SCHUTTE	39	PNA	30.38	100 M. FREE				200 M. FREE			
KIRK NELSON	38	PNA	30.84	RICK PARNELL	50	PNA	1:10.01	HERB COOK	66	PNA	3:40.70
DOUG JELEN	35	PNA	30.91	STEPHEN SUGG	53	PNA	1:19.48	400 M. FREE			
ERIN DUNN	38	PNA	33.61	50 M. BACK				HERB COOK	66	PNA	7:42.24
DAVID MARGRAVE	37	PNA	34.01	RICK PARNELL	50	PNA	39.99	50 M. BACK			
100 M. FLY				50 M. BRST				LEE CARLSON	68	PNA	47.53
DOUG JELEN	35	PNA	1:08.09	RICHARD ADCOCK	53	PNA	44.24	50 M. BRST			
KIRK NELSON	38	PNA	1:08.96	JEFFREY MORRISON	53	PNA	48.07	ROY DAVIS	66	PNA	43.46
ERIN DUNN	38	PNA	1:16.57	50 M. FLY				WALT REID	68	PNA	47.78
-----				STEPHEN FREEBORN	53	PNA	33.70	100 M. BRST			
M E N 40-44				DAN ROBINSON	51	PNA	33.99	ROY DAVIS	66	PNA	1:36.92
-----				HUGH MOORE	54	PNA	34.98	-----			
50 M. FREE				100 M. FLY				M E N 80-84			
JOHN WILLIAMS	40	PNA	27.92	HUGH MOORE	54	PNA	1:19.33	-----			
RICHARD SEIBERT	44	PNA	29.18	-----				50 M. BRST			
RICK FERRERO	44	PNA	29.44	M E N 55-59				JERRY GALLAHER	80	PNA	1:06.08
PATRICK PRESTON	42	PNA	30.22	-----				100 M. BRST			
DAVID KAYS	41	PNA	30.39	50 M. FREE				JERRY GALLAHER	80	PNA	2:45.44
100 M. FREE				RICK COLELLA	57	PNA	28.00				
DAVID KAYS	41	PNA	1:03.02	SCOTT LAUTMAN	56	PNA	28.79				
JOHN WILLIAMS	40	PNA	1:06.55	W.PENN	57	PNA	34.95				
200 M. FREE				BILL KNOWLTON	56	PNA	36.51				
DAVID KAYS	41	PNA	2:15.08	BRIAN CARLTON	58	PNA	37.72				
JOHN WILLIAMS	40	PNA	2:19.73	MIKE KOENIG	57	PNA	43.54				
400 M. FREE				100 M. FREE							
DAVID KAYS	41	PNA	4:37.46	RICK COLELLA	57	PNA	1:10.08				
800 M. FREE				W.PENN	57	PNA	1:15.30				
DAVID KAYS	41	PNA	9:30.94	BILL KNOWLTON	56	PNA	1:16.97				
50 M. BRST				BRIAN CARLTON	58	PNA	1:22.29				
KEVIN ESKO	42	PNA	37.13	MIKE KOENIG	57	PNA	1:30.35				
KAS BADIOZAMANI	40	PNA	43.49	200 M. FREE							
50 M. FLY				W.PENN	57	PNA	2:37.01				
DAVID KAYS	41	PNA	33.19	RICK COLELLA	57	PNA	2:38.35				
RICHARD SEIBERT	44	PNA	34.76	BRIAN CARLTON	58	PNA	3:03.77				
RICK FERRERO	44	PNA	35.72	MIKE KOENIG	57	PNA	3:07.39				
100 M. FLY				400 M. FREE							
DAVID KAYS	41	PNA	1:12.36	W.PENN	57	PNA	5:19.71				
-----				BRIAN CARLTON	58	PNA	6:12.69				
M E N 45-49				MIKE KOENIG	57	PNA	6:18.66				
-----				800 M. FREE							
50 M. FREE				W.PENN	57	PNA	10:42.77				
ERIC VALLEY	47	PNA	29.33	BRIAN CARLTON	58	PNA	12:31.41				
JOSEPH LANG	45	PNA	32.77	MIKE KOENIG	57	PNA	12:38.08				
DANIEL SMITH	46	PNA	34.38	50 M. BRST							
100 M. FREE				RICK COLELLA	57	PNA	36.15P				
ERIC VALLEY	47	PNA	1:06.53	100 M. BRST							
JOSEPH LANG	45	PNA	1:08.89	RICK COLELLA	57	PNA	1:18.25				
DANIEL SMITH	46	PNA	1:12.51	50 M. FLY							
200 M. FREE				SCOTT LAUTMAN	56	PNA	30.60				
ERIC VALLEY	47	PNA	2:25.38	RICK COLELLA	57	PNA	30.89				
JOSEPH LANG	45	PNA	2:28.32	W.PENN	57	PNA	51.86				
DANIEL SMITH	46	PNA	2:29.50	100 M. FLY							
400 M. FREE				SCOTT LAUTMAN	56	PNA	1:13.11				
DANIEL SMITH	46	PNA	5:05.57	W.PENN	57	PNA	1:50.23				
JOSEPH LANG	45	PNA	5:06.90	-----							
ERIC VALLEY	47	PNA	5:12.80	M E N 60-64							
800 M. FREE				-----							
DANIEL SMITH	46	PNA	10:17.65	50 M. FREE							
JOSEPH LANG	45	PNA	10:24.94	STEVEN PETERSON	62	PNA	35.20				
50 M. BRST				50 M. BRST							
DANIEL SMITH	46	PNA	37.16	STEVEN PETERSON	62	PNA	40.97				
PATRICK YALUNG	49	PNA	38.80	100 M. BRST							