

REGION XII LONG COURSE CHAMPIONSHIPS

Seattle, WA Aug. 13-15, 1976

* = PNA L/C Record

WOMEN 20-24		WOMEN 35-39 (cont'd)		WOMEN 55-59	
1500 M FREE		1500 M FREE		50 M FREE	
Nancy Holmes	23:22.7*	Jan Miller	29:02.4	Maxine Carlson	52.6*
50 M BACK		Linda Walker	30:59.2	1500 M FREE	
Cindy Ladd	43.2*	100 M BREAST		Maureen Schmahl	44:57.0
50 M BREAST		Jan Miller	1:46.1	50 M BREAST	
Adelyn Frederick	49.2*	200 M BREAST		Maxine Carlson	1:01.8
100 M BREAST		Jan Miller	3:45.5	Maureen Schmahl	1:16.0
Adelyn Frederick	1:52.2*	50 M FLY		100 M BREAST	
200 M BREAST		Jean Abrams	39.2*	Maxine Carlson	2:18.3
Cindy Ladd	3:49.4*	400 M I.M.		Maureen Schmahl	2:42.1
		Jan Miller	8:00.4*	200 M I.M.	
				Maureen Schmahl	6:00.3
WOMEN 25-29		WOMEN 40-44		WOMEN 60-64	
50 M FREE		50 M FREE		50 M FREE	
Wendy Milner	33.8*	Karen Bryce	37.5*	Dawn Musselman	40.2*
100 M FREE		Shirley Lehman	40.1	100 M FREE	
Wendy Milner	1:19.1	Connie Wilson	42.2	Dawn Musselman	1:31.2*
200 M FREE		100 M FREE		200 M FREE	
Wendy Milner	2:57.4	Shirley Lehman	1:35.3	Dawn Musselman	3:24.6*
400 M FREE		200 M FREE		100 M BACK	
MaryMartha McIntyre	6:19.7*	Connie Wilson	3:44.9	Dawn Musselman	1:49.1*
1500 M FREE		400 M FREE		200 M BACK	
MaryMartha McIntyre	25:17.5*	Joy Ross	7:12.7*	Dawn Musselman	4:07.1*
50 M BACK		1500 M FREE			
Sue Snyder	39.7	Joy Ross	27:51.4*		
Wendy Milner	47.1	50 M BACK			
100 M BACK		Connie Wilson	43.2		
Sue Snyder	1:31.3	Karen Bryce	47.1*		
200 M BACK		100 M BACK			
Sue Snyder	3:20.1	Connie Wilson	1:36.6		
50 M BREAST		200 M BACK			
MaryMartha McIntyre	43.1	Connie Wilson	3:39.5		
100 M BREAST		50 M BREAST			
MaryMartha McIntyre	1:36.2	Karen Bryce	49.5*		
200 M BREAST		Shirley Lehman	56.9		
MaryMartha McIntyre	3:28.4	100 M BREAST			
50 M FLY		Joy Ross	1:54.2*		
Wendy Milner	40.7	200 M BREAST			
200 M I.M.		Joy Ross	4:00.9*		
Sue Snyder	3:18.3	50 M FLY			
400 M I.M.		Shirley Lehman	49.4*		
Sue Snyder	7:00.5	400 M I.M.			
		Joy Ross	8:08.4*		
WOMEN 30-34		WOMEN 45-49		MEN 20-24	
100 M FREE		Jan Twight	8:32.2*	50 M FREE	
Sue Dills	1:15.4	50 M BREAST		Roger Schimmeyer	28.4*
200 M FREE		Jan Twight	53.3	200 M FREE	
Sue Dills	2:50.6	100 M BREAST		Kevin Lemley	2:36.9
Cathy Crichton	3:59.9	Jan Twight	1:59.8*	400 M FREE	
400 M FREE		50 M FLY		Rick Colella	4:34.7*
Alice Zabudsky	6:18.5	Jan Twight	52.2*	Eric Beam	5:22.5
Cathy Crichton	8:23.4			Kevin Lemley	5:26.6
1500 M FREE				1500 M FREE	
Sue Dills	24:18.0*			Rick Colella	17:33.2*
Alice Zabudsky	25:29.1			Eric Beam	21:51.8
100 M FLY				50 M BACK	
Alice Zabudsky	1:31.1			Roger Schimmeyer	35.9*
200 M FLY				50 M BREAST	
Alice Zabudsky	3:24.1			Kevin Lemley	36.2
				100 M BREAST	
WOMEN 35-39		WOMEN 50-54		MEN 25-29	
50 M FREE		50 M FREE		50 M FREE	
Jean Abrams	39.5	Mary Ann Wolfe	38.7	Chris Cox	28.7
Linda Walker	45.5	100 M FREE		Tom Coakley	33.5
100 M FREE		Mary Ann Wolfe	1:32.0	100 M FREE	
Jean Abrams	1:24.5	1500 M FREE		Chris Cox	1:05.5
Linda Walker	1:43.5	Mary Ann Wolfe	30:00.9	400 M FREE	
200 M FREE		50 M BACK		Doug Huestis	5:28.3
Jean Abrams	3:15.9	Mary Ann Wolfe	49.0	Doug Crichton	6:28.9
Linda Walker	3:47.6	50 M FLY		100 M BACK	
400 M FREE		Elfie Stevenin	1:30.0	Doug Huestis	1:23.3
Jean Abrams	6:55.7	100 M FLY			
Jan Miller	7:10.3	Elfie Stevenin	3:43.0		
Linda Walker	8:04.3	200 M FLY			
		Elfie Stevenin	DNF		
		200 M I.M.			
		Mary Ann Wolfe	4:03.9		
		Elfie Stevenin	6:25.1		
		400 M I.M.			
		Elfie Stevenin	13:17.4		

MEN 25-29 (cont'd)

<u>50 M BREAST</u>	
Chris Cox	:40.2*
Tom Coakley	:41.4
<u>100 M BREAST</u>	
Doug Crichton	1:28.9
Tom Coakley	1:34.5*
<u>200 M BREAST</u>	
Doug Crichton	3:20.2
<u>50 M FLY</u>	
Chris Cox	:34.0
<u>100 M FLY</u>	
Doug Huestis	1:14.5
<u>200 M I.M.</u>	
Bill Holiday	3:00.1
<u>MEN 30-34</u>	
<u>50 M FREE</u>	
James Miles	:28.1
Cecil Kribs	:31.1
<u>100 M FREE</u>	
Harry Lewis	1:10.3
<u>200 M FREE</u>	
Cecil Kribs	3:02.4
<u>400 M FREE</u>	
Harry Lewis	5:38.2
Jack Miller	7:03.2
<u>1500 M FREE</u>	
William Schubach	22:56.8
<u>50 M BACK</u>	
James Miles	:36.4
Cecil Kribs	:39.9
<u>100 M BACK</u>	
Cecil Kribs	1:29.4
<u>200 M BACK</u>	
Cecil Kribs	3:16.4
<u>50 M BREAST</u>	
Jack Miller	:38.7
James Miles	:39.4
<u>100 M BREAST</u>	
James Miles	1:30.0
Jack Miller	1:30.5
<u>200 M BREAST</u>	
Jack Miller	3:23.9
Harry Lewis	3:28.4
<u>200 M I.M.</u>	
Harry Lewis	2:57.9
<u>MEN 35-39</u>	
<u>50 M FREE</u>	
Ray Jeffries	:39.1
<u>100 M FREE</u>	
Terry Hanna	1:22.3
<u>200 M FREE</u>	
Robert Crawley	3:12.4
Terry Hanna	3:15.3
<u>400 M FREE</u>	
Robert Crawley	6:52.1*
Terry Hanna	7:06.3
<u>1500 M FREE</u>	
Terry Hanna	28:38.0*
<u>100 M BACK</u>	
Terry Hanna	1:43.2
<u>50 M BREAST</u>	
John Killian	:45.5
<u>100 M BREAST</u>	
John Killian	1:49.7
<u>50 M FLY</u>	
Robert Crawley	:46.0
<u>200 M FLY</u>	
Robert Crawley	4:32.8*
<u>MEN 40-44</u>	
<u>50 M FREE</u>	
Robert Dorse	:32.8
David Williams	:34.7

<u>100 M FREE</u>	
Robert Dorse	1:15.8
<u>50 M BACK</u>	
Ron Taylor	:36.5*
<u>100 M BACK</u>	
Robert Dorse	1:36.3
Tom Foley	1:50.8
<u>200 M BACK</u>	
Tom Foley	3:59.2
<u>50 M BREAST</u>	
Ron Taylor	:38.6
<u>100 M BREAST</u>	
Ron Taylor	1:24.1*
<u>200 M BREAST</u>	
Ron Taylor	3:05.8*
<u>100 M FLY</u>	
Tom Foley	2:01.6
<u>200 M I.M.</u>	
Ron Taylor	3:02.0*
Tom Foley	4:03.9
<u>400 M I.M.</u>	
Tom Foley	8:39.1*
<u>MEN 45-49</u>	
<u>50 M FREE</u>	
John Ofstad	:39.5
<u>100 M FREE</u>	
William McAndrew	1:06.9*
John Ofstad	1:31.8
<u>200 M FREE</u>	
Wm. McAndrew	2:39.8*
John Ofstad	3:23.6
<u>400 M FREE</u>	
C. Sheldon	6:21.3
John Ofstad	7:09.4
<u>1500 M FREE</u>	
Bob Miller	23:16.2*
John Ofstad	28:29.7
<u>50 M BACK</u>	
C. Sheldon	:37.0
Don Hannula	:37.4
<u>100 M BACK</u>	
C. Sheldon	1:23.2
<u>200 M BACK</u>	
C. Sheldon	3:08.2
<u>50 M FLY</u>	
Wm. McAndrew	:32.5*
<u>200 M I.M.</u>	
C. Sheldon	3:07.3
<u>MEN 50-54</u>	
<u>50 M FREE</u>	
C. Harrison	:35.9
Mike Rubin	:42.5*
<u>100 M FREE</u>	
C. McIntyre	1:22.0
C. Harrison	1:22.8
Mike Rubin	1:53.0
<u>200 M FREE</u>	
C. McIntyre	3:06.3*
C. Harrison	3:10.7
<u>400 M FREE</u>	
C. McIntyre	6:58.0*
C. Harrison	7:04.4
<u>1500 M FREE</u>	
Fred Eckhardt	30:07.1
<u>50 M BACK</u>	
Chas. McIntyre	:43.2*
<u>100 M BACK</u>	
Chas. McIntyre	1:39.0*
<u>50 M BREAST</u>	
Mike Rubin	:47.2
<u>100 M BREAST</u>	
Fred Eckhardt	1:54.5

<u>200 M BREAST</u>	
Mike Rubin	3:58.4
<u>400 M I.M.</u>	
Fred Eckhardt	8:10.7
<u>MEN 55-59</u>	
<u>50 M BACK</u>	
Earl Walter	:37.3
Geo. Adjemian	1:00.3
<u>100 M BACK</u>	
Earl Walter	1:27.2
Geo. Adjemian	2:22.5
<u>200 M BACK</u>	
Earl Walter	3:11.8
<u>50 M BREAST</u>	
Earl Walter	:43.3
<u>50 M FLY</u>	
Geo. Adjemian	1:00.3
<u>200 M I.M.</u>	
Earl Walter	3:17.6
Geo. Adjemian	5:23.2
<u>MEN 60-64</u>	
<u>50 M FREE</u>	
Don Stevenson	:37.2
John Downey	:44.6
<u>100 M FREE</u>	
Don Stevenson	1:31.1
John Downey	1:40.3*
<u>200 M FREE</u>	
Don Stevenson	3:27.8
John Downey	3:45.0*
<u>400 M FREE</u>	
Don Stevenson	7:34.4
John Downey	7:50.2
<u>1500 M FREE</u>	
Fred Wiggin	29:56.9*
John Downey	31:41.2
<u>50 M BACK</u>	
Fred Wiggin	:44.6
<u>100 M BACK</u>	
Fred Wiggin	1:39.7
<u>200 M BACK</u>	
Fred Wiggin	3:32.5*
<u>50 M BREAST</u>	
Karl Frederick	:43.6*
<u>200 M BREAST</u>	
Karl Frederick	3:42.6*
<u>50 M FLY</u>	
Karl Frederick	:40.4*
<u>200 M I.M.</u>	
Fred Wiggin	3:38.3
<u>MEN 65-69</u>	
<u>1500 M FREE</u>	
Robert Hunter	45:47.4
<u>50 M BACK</u>	
Robert Hunter	1:05.4
<u>100 M BACK</u>	
Robert Hunter	2:32.3
<u>200 M BACK</u>	
Robert Hunter	5:22.6
<u>50 M BREAST</u>	
Francis Jowett	:50.4*
Robert Hunter	1:25.7
<u>100 M BREAST</u>	
Francis Jowett	1:59.1*
<u>50 M FLY</u>	
Francis Jowett	:48.6*
<u>MEN 75-79</u>	
<u>100 M FREE</u>	
Leroy Webster	2:50.2
<u>1500 M FREE</u>	
Leroy Webster	59:58.8
<u>50 M BREAST</u>	
Leroy Webster	1:08.1
<u>100 M BREAST</u>	
Leroy Webster	2:45.4

RELAYS

WOMEN

200 M FREE RELAY

20 & UP

P.N.A. Masters 2:27.1

S. Heffernan, M. McIntyre
K. Cheseldon, M.M. McIntyre

35 & UP

P.N.A. Masters 2:50.2

J. Abrams, M. Carlson,
K. Bryce, D. Musselman

200 M MEDLEY RELAY

20 & UP

P.N.A. Masters 2:42.9

L. Hopper, K. Chesledon
S. Heffernan, M. McIntyre

35 & UP

P.N.A. Masters 3:19.8

D. Musselman, K. Bryce
S. Lehman, M. Carlson

MEN

200 M MEDLEY RELAY

20 & UP

P.N.A. Masters 2:28.1

T. Coakley, C. Cox, (Exhibition)
C. Kribs, E. Beam

MIXED RELAYS

200 M MIXED FREE RELAY

35 & UP

P.N.A. Masters 2:43.2

T. Foley, J. Abrams,
J. Ofstad, S. Lehman

55 & UP

P.N.A. Masters 2:50.5

D. Musselman, M. Carlson,
F. Wiggin, K. Fredericks

200 M MIXED MEDLEY RELAY

25 & UP

P.N.A. Masters 2:52.9

K. Chesledon, W. Cheseldon,
M. McIntyre, C. McIntyre

35 & UP

P.N.A. Masters 3:04.1

T. Foley, S. Lehman,
J. Abrams, D. Anderson

55 & UP

P.N.A. Masters 3:03.9

F. Wiggin, M. Carlson,
K. Fredericks, D. Musselman

REGION XII CHAMPIONSHIP ASSOCIATION SCORES

Pacific Northwest Association - 1033
Oregon Association - 463
Inland Empire Association - 127