

P.N.A. LONG COURSE MEET
COLEMAN POOL SEATTLE
JULY 21-22 1984

P = P.N.A. RECORD
R = REGION RECORD
N = NATIONAL RECORD

WOMEN 20-24			
100 M. FREE			
JANIS THOMPSON	23	1:16.71	
50 M. BACK			
MEG LLOYD	23	36.22R	
100 M. BACK			
MEG LLOYD	23	1:20.61	
200 M. BACK			
MEG LLOYD	23	2:51.04R	
100 M. BREAST			
JANIS THOMPSON	23	1:39.06	
100 M. FLY			
MEG LLOYD	23	1:16.96	
200 M. I. M.			
MEG LLOYD	23	2:49.50P	
WOMEN 25-29			
50 M. FREE			
LAUREN ERICKSON	28	36.04	
CYNTHIA THURSTON	29	48.44	
100 M. FREE			
KIKO KIMURA	28	1:11.78	
LISA FARIN	26	1:14.27	
LAUREN ERICKSON	28	1:25.34	
MARY BELANICH	28	1:31.25	
CYNTHIA THURSTON	29	1:53.11	
MIRIAM RABITZ	28	2:15.28	
200 M. FREE			
KIKO KIMURA	28	2:36.32	
JUDY WESTON	26	2:40.06	
LISA FARIN	26	2:43.50	
MARY BELANICH	28	3:30.64	
400 M. FREE			
KIKO KIMURA	28	5:30.84	
JUDY WESTON	26	5:39.14	
MARY BELANICH	28	7:15.60	
50 M. BACK			
CONNIE WRIGHT	28	41.42	
JEANNIE FORBES	27	51.31	
100 M. BACK			
KIKO KIMURA	28	1:24.81	
CONNIE WRIGHT	28	1:34.52	
200 M. BACK			
KIKO KIMURA	28	2:55.91	
LISA FARIN	26	3:10.12	
50 M. BREAST			
JEANNIE FORBES	27	45.85	
KATHY MONTECALVO	28	48.68	
CONNIE WRIGHT	28	49.71	
100 M. BREAST			

JUDY WESTON	26	1:36.34	
CONNIE WRIGHT	28	1:43.91	
JEANNIE FORBES	27	1:44.64	
MIRIAM RABITZ	28	2:25.90	
200 M. BREAST			
JUDY WESTON	26	3:20.78	
CONNIE WRIGHT	28	3:36.26	
JEANNIE FORBES	27	3:56.13	
100 M. FLY			
LISA FARIN	26	1:29.14	
200 M. I. M.			
JUDY WESTON	26	3:01.21	
LISA FARIN	26	3:05.89	
MIRIAM RABITZ	28	4:58.45	
WOMEN 30-34			
50 M. FREE			
DIANE TIMMONS	34	33.41	
NORMA HURLOCKER	32	33.73	
MARILY JONES	31	42.91	
SUSAN CARTER	30	48.54	
100 M. FREE			
NORMA HURLOCKER	32	1:14.72	
DIANE TIMMONS	34	1:16.27	
CARRIE VANDYCK	31	1:21.12	
DONNA DALY	33	1:27.69	
DEBRA LEWIS	31	1:36.26	
MARILY JONES	31	1:40.52	
SUSAN YOUNG	31	1:45.21	
SUSAN CARTER	30	1:51.56	
200 M. FREE			
NORMA HURLOCKER	32	2:55.13	
DONNA DALY	33	3:16.28	
400 M. FREE			
SUSAN ALLEN	33	6:44.47	
50 M. BACK			
NORMA HURLOCKER	32	42.01	
DONNA DALY	33	46.49	
200 M. BACK			
NORMA HURLOCKER	32	3:22.85	
DONNA DALY	33	3:43.76	
100 M. BREAST			
CARRIE VANDYCK	31	1:37.49	
DEBRA LEWIS	31	1:44.83	
SUSAN ALLEN	33	1:52.14	
SUSAN YOUNG	31	2:06.88	
200 M. BREAST			
DEBRA LEWIS	31	3:42.22	
SUSAN ALLEN	33	3:56.15	
50 M. FLY			
DIANE TIMMONS	34	37.86	
SUSAN ALLEN	33	44.90	
100 M. FLY			
SUSAN ALLEN	33	1:50.50	
200 M. I. M.			
DEBRA LEWIS	31	3:40.53	
WOMEN 35-39			

50 M. FREE			
JULIE CORMAN	35	31.67	
KATHY CRANDELL	35	32.35	
LINDA CAZIN	37	38.39	
MARLENE SEIFORD	37	39.86	
LAURA REHRMAN	36	42.08	
MARTHA MCCLELLAND	36	49.50	
100 M. FREE			
KATHY CRANDELL	35	1:13.28	
MARLENE SEIFORD	37	1:30.26	
LAURA REHRMAN	36	1:38.83	
MARTHA MCCLELLAND	36	2:06.20	
200 M. FREE			
COOKIE JUSTESEN	36	2:39.30	
400 M. FREE			
JULIE CORMAN	35	5:37.01	
COOKIE JUSTESEN	36	5:39.95	
50 M. BACK			
JULIE CORMAN	35	36.55	
GINGER PIERSON	38	40.79*	
100 M. BACK			
JULIE CORMAN	35	1:20.43	
LINDA CAZIN	37	1:59.92	
50 M. BREAST			
GINGER PIERSON	38	39.85*	
LINDA CAZIN	37	50.15	
DONNA HUSS	39	53.40	
100 M. BREAST			
GINGER PIERSON	38	1:28.42*	
KATHY CRANDELL	35	1:35.17	
COOKIE JUSTESEN	36	1:35.36	
LINDA CAZIN	37	1:51.01	
200 M. BREAST			
GINGER PIERSON	38	3:13.56*	
KATHY CRANDELL	35	3:23.65	
COOKIE JUSTESEN	36	3:27.53	
LINDA CAZIN	37	3:57.51	
50 M. FLY			
GINGER PIERSON	38	36.34*	
JULIE CORMAN	35	36.63	
200 M. I. M.			
COOKIE JUSTESEN	36	3:00.20P	
WOMEN 40-44			
50 M. FREE			
BARBARA FRID	42	33.59*	
PATRICIA GIORDANO	41	34.21*	
GRETCHEN ANDERSON	42	36.46	
100 M. FREE			
GRETCHEN ANDERSON	42	1:22.81	
RICKI VADSET	41	1:34.64	
400 M. FREE			
BARBARA FRID	42	5:48.56*	
50 M. BACK			
BARBARA FRID	42	39.02*	
100 M. BACK			
BARBARA FRID	42	1:26.55*	
PATRICIA GIORDANO	41	1:33.92*	
200 M. BACK			

BARBARA FRID	42	3:08.78*
100 M. BREAST		
GRETCHEN ANDERSON	42	1:43.89
200 M. BREAST		
PATRICIA GIORDANO	41	3:30.63*
GRETCHEN ANDERSON	42	3:44.85
50 M. FLY		
PATRICIA GIORDANO	41	38.08*
100 M. FLY		
PATRICIA GIORDANO	41	1:30.53*

WOMEN 45-49

50 M. FREE		
SUSAN DEARBORN	47	38.36
ANN GINDRØZ	46	38.88
100 M. FREE		
ANN GINDRØZ	46	1:29.47
200 M. FREE		
ANN GINDRØZ	46	3:17.20
SUSAN DEARBORN	47	3:17.75
50 M. BACK		
SUSAN RITTENHOUSE	46	43.75*
ANN GINDRØZ	46	49.88
SUSAN DEARBORN	47	52.48
100 M. BACK		
SUSAN RITTENHOUSE	46	1:37.23*
MARIETTA JAMES	45	2:09.76
200 M. BACK		
SUSAN RITTENHOUSE	46	3:28.61*
MARIETTA JAMES	45	4:37.48
100 M. BREAST		
JILL LAKIN	45	1:57.31
50 M. FLY		
JILL LAKIN	45	45.28
200 M. I. M.		
JILL LAKIN	45	3:41.03

WOMEN 50-54

50 M. FREE		
NANCY JONES	51	40.03
CAROLYN BALDWIN	50	46.86
100 M. FREE		
NANCY JONES	51	1:37.09
CYNTHIA ROSIK	51	1:50.37
200 M. FREE		
LAVELLE STØINØFF	51	2:44.17*
CAROLYN BALDWIN	50	3:56.87
400 M. FREE		
LAVELLE STØINØFF	51	5:41.04*N
50 M. BACK		
NANCY JONES	51	46.63R
JANET KAVADAS	53	1:00.58
100 M. BACK		
NANCY JONES	51	1:53.69P
JANET KAVADAS	53	2:09.63
CAROLYN BALDWIN	50	2:21.45
50 M. BREAST		
JANET KAVADAS	53	56.97

100 M. BREAST		
LAVELLE STØINØFF	51	1:44.81*
CYNTHIA ROSIK	51	2:07.11
DOROTHY KLEIST	52	2:51.15
200 M. BREAST		
LAVELLE STØINØFF	51	3:50.33*
CAROLYN BALDWIN	50	4:24.98
50 M. FLY		
NADINE WHITEHALL	50	39.02*
CAROLYN BALDWIN	50	53.45
100 M. FLY		
JANET KAVADAS	53	2:27.45
200 M. I. M.		
LAVELLE STØINØFF	51	3:17.71*
NADINE WHITEHALL	50	3:37.28*

WOMEN 60-64

50 M. FREE		
MAXINE CARLSON	64	55.42
100 M. FREE		
MAXINE CARLSON	64	1:57.20
400 M. FREE		
MURIEL FLYNN	61	7:30.16
50 M. BACK		
MAXINE CARLSON	64	1:02.72
100 M. BACK		
MAXINE CARLSON	64	2:09.48
50 M. BREAST		
MURIEL FLYNN	61	53.42R
100 M. BREAST		
MURIEL FLYNN	61	1:57.25
200 M. BREAST		
MURIEL FLYNN	61	4:09.78
200 M. I. M.		
MURIEL FLYNN	61	3:58.67R

MEN 20-24

100 M. BACK		
SCOTT SEELYE	23	1:05.53R
200 M. BACK		
SCOTT SEELYE	23	2:26.26R
50 M. FLY		
SCOTT SEELYE	23	29.09
100 M. FLY		
SCOTT SEELYE	23	1:01.95R

MEN 25-29

50 M. FREE		
JOHN UNDERBRINK	26	26.93
VERNON ISMEN	26	32.00
SAM EMERY	27	32.90
100 M. FREE		
JOHN UNDERBRINK	26	1:05.48
SAM EMERY	27	1:16.09
200 M. FREE		
JAY PALMER	28	2:34.39
VERNON ISMEN	26	3:05.12

200 M. BACK		
JOHN UNDERBRINK	26	2:54.94
100 M. BREAST		
JAY PALMER	28	1:26.89
200 M. BREAST		
JAY PALMER	28	3:11.19
50 M. FLY		
SAM EMERY	27	35.52
100 M. FLY		
SAM EMERY	27	1:23.91
200 M. FLY		
JAY PALMER	28	3:03.12
200 M. I. M.		
JAY PALMER	28	2:48.06

MEN 30-34

50 M. FREE		
ALAN BELL	34	26.55
LEIF JOHNSON	31	27.77
MICHAEL HØGGSTEDE	31	28.12
BRUCE FILLINGER	34	31.56
GREG HARRISON	32	36.00
100 M. FREE		
ALAN BELL	34	58.29
DAVID FIELDS	31	59.66
LEIF JOHNSON	31	1:03.26
MICHAEL HØGGSTEDE	31	1:06.81
200 M. FREE		
DAVID FIELDS	31	2:12.73
JOEL CURTIS	33	2:17.36
LEIF JOHNSON	31	2:23.79
400 M. FREE		
DAVID FIELDS	31	4:56.95
LEIF JOHNSON	31	5:15.15
100 M. BACK		
JOHN ADDISON	31	1:24.06
200 M. BACK		
DAVID FIELDS	31	2:35.50
PETE RAY	31	2:36.22
DAVID TEMPEST	34	2:37.09
100 M. BREAST		
GREG HARRISON	32	1:17.40
JOHN ADDISON	31	1:31.04
BRUCE FILLINGER	34	1:43.87
200 M. BREAST		
GREG HARRISON	32	2:44.88
50 M. FLY		
ALAN BELL	34	28.34P
100 M. FLY		
ALAN BELL	34	1:03.28P
JOHN ADDISON	31	1:23.55
200 M. FLY		
ALAN BELL	34	2:29.36
200 M. I. M.		
PETE RAY	31	2:37.23
DAVID TEMPEST	34	2:40.03
GREG HARRISON	32	2:41.75
MICHAEL HØGGSTEDE	31	2:46.30
JOHN ADDISON	31	3:03.56

MEN 35-39		
50 M. FREE		
FRANK WARNER	35	27.02*
DAN SEELINGER	35	30.75
GORDON GRAY	39	31.62
MIKE SEIDL	35	33.19
GARY SEIFORD	37	33.62
RICHARD KLEIN	35	36.70
100 M. FREE		
FRANK WARNER	35	59.77*
DAN SEELINGER	35	1:09.81
GORDON GRAY	39	1:13.00
GARY SEIFORD	37	1:15.89
MIKE SEIDL	35	1:15.98
RICHARD KLEIN	35	1:31.14
200 M. FREE		
GARY SEIFORD	37	2:59.29
400 M. FREE		
RICHARD KLEIN	35	9:04.03
50 M. BACK		
FRANK WARNER	35	31.09*
DAN SEELINGER	35	39.19
100 M. BACK		
FRANK WARNER	35	1:08.31*
LARRY WRIGHT	35	1:16.73
200 M. BACK		
FRANK WARNER	35	2:31.05*
LARRY WRIGHT	35	2:49.99P
GORDON GRAY	39	3:35.05
50 M. BREAST		
RON KOCH	35	34.91R
RICHARD KLEIN	35	49.98
100 M. BREAST		
RON KOCH	35	1:21.17P
SCOTT ANDREWS	35	1:31.50
RICHARD KLEIN	35	1:48.60
200 M. BREAST		
ALAN NORDELL	39	3:35.38
50 M. FLY		
RON KOCH	35	28.47R
LARRY WRIGHT	35	30.91
ALAN NORDELL	39	31.52
100 M. FLY		
RON KOCH	35	1:06.36
LARRY WRIGHT	35	1:08.99
200 M. I. M.		
RON KOCH	35	2:47.69
LARRY WRIGHT	35	2:55.28
SCOTT ANDREWS	35	3:12.99

MEN 40-44		
50 M. FREE		
HARRY MEGAW	41	29.60
100 M. FREE		
HARRY MEGAW	41	1:10.70
200 M. FREE		
JOHN STAVHEIM	41	3:07.08

400 M. FREE		
JOHN STAVHEIM	41	7:01.50
50 M. BACK		
WALT REID	43	37.22
LEE CARLSON	43	38.28
JOHN STAVHEIM	41	44.04
100 M. BACK		
WALT REID	43	1:24.25
LEE CARLSON	43	1:27.16
JOHN STAVHEIM	41	1:45.06
50 M. BREAST		
WALT REID	43	36.58
JOHN STAVHEIM	41	44.90
100 M. BREAST		
WALT REID	43	1:23.94
200 M. BREAST		
WALT REID	43	3:06.19
50 M. FLY		
HARRY MEGAW	41	31.81P

MEN 45-49		
50 M. FREE		
DAVID ADDLEMAN	49	29.60
KIRK ADAMS	49	33.18
100 M. FREE		
DAVID ADDLEMAN	49	1:07.04
KIRK ADAMS	49	1:13.86
50 M. BACK		
DAVID ADDLEMAN	49	36.03
100 M. BACK		
DAVID ADDLEMAN	49	1:26.22
200 M. BREAST		
BERT PETERSEN	45	3:27.97*
50 M. FLY		
BERT PETERSEN	45	30.19*
DAVID ADDLEMAN	49	33.58
100 M. FLY		
BERT PETERSEN	45	1:12.20*
200 M. FLY		
BERT PETERSEN	45	3:02.88*

MEN 50-54		
50 M. FREE		
WILLIAM MC ANDREW	53	30.37
DON REHFELDT	50	33.62
100 M. FREE		
WILLIAM MC ANDREW	53	1:11.37
200 M. BACK		
WILLIAM MC ANDREW	53	3:30.91P
TOM FOLEY	50	3:44.56
DON REHFELDT	50	3:50.14
200 M. BREAST		
DON REHFELDT	50	3:49.92
TOM FOLEY	50	3:55.47
50 M. FLY		
WILLIAM MC ANDREW	53	33.86
100 M. FLY		
TOM FOLEY	50	1:52.02

200 M. FLY		
TOM FOLEY	50	4:18.19P
200 M. I. M.		
WILLIAM MC ANDREW	53	3:11.62R
DON REHFELDT	50	3:35.56
TOM FOLEY	50	3:40.22

MEN 55-59		
50 M. FREE		
JOHN KORUGA	57	37.33
JAMES BURTON	55	39.39
100 M. FREE		
JOHN KORUGA	57	1:27.78
JAMES BURTON	55	1:37.50
50 M. BACK		
BILL CASTNER	56	45.25
JOHN KORUGA	57	52.19
100 M. BACK		
BILL CASTNER	56	1:50.65
50 M. FLY		
JOHN KORUGA	57	44.97
JAMES BURTON	55	54.45
100 M. FLY		
JOHN KORUGA	57	1:57.79

MEN 60-64		
50 M. FREE		
WARREN KLEIST	62	33.05
CHET PALMER	61	35.70
JAMES WORRELL	62	38.57
100 M. FREE		
WARREN KLEIST	62	1:15.69
CHET PALMER	61	1:25.42
JAMES WORRELL	62	1:37.40
50 M. BACK		
EARL WALTER	63	39.82*
JAMES WORRELL	62	55.92
100 M. BACK		
EARL WALTER	63	1:31.59*
200 M. BACK		
EARL WALTER	63	3:23.89*
50 M. BREAST		
JAMES WORRELL	62	47.89
100 M. BREAST		
JAMES WORRELL	62	1:50.10
200 M. BREAST		
EARL WALTER	63	3:57.08*

MEN 70-74		
50 M. FREE		
GENE CROSSETT	70	36.25P
ALLAN SACHS	71	38.55
100 M. FREE		
GENE CROSSETT	70	1:25.28R
ALLAN SACHS	71	1:29.83
200 M. FREE		
GENE CROSSETT	70	3:18.33R

ALLAN SACHS 71 3:47.58
 400 M. FREE
 GENE CROSSETT 70 7:04.00R
 50 M. BACK
 ALLAN SACHS 71 50.86P
 100 M. BACK
 ALLAN SACHS 71 2:14.96
 100 M. BREAST
 KARL FREDERICK 70 2:00.12

 MEN 75-79

50 M. FREE
 JIM PENFIELD 76 39.32
 100 M. BREAST
 JIM PENFIELD 76 1:56.80R

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RELAY-WOMEN 200 M. FREE
 =====
 20 YRS.

JULIE CORMAN
 COOKIE JUSTESEN
 KIKO KIMURA
 MEG LLOYD 2:10.72 R

25 YRS.

MARY BELANICH
 MARLENE SEIFORD
 LAURA REHRMAN
 MARILY JONES 2:45.34

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RELAY-WOMEN 200 M. MEDLEY
 =====
 20 YRS.

JULIE CORMAN
 JUDY WESTON
 MEG LLOYD
 KIKO KIMURA 2:28.34 R

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RELAY-MEN 200 M. FREE
 =====
 25 YRS.

MICHAEL HOGGSTEDE
 LEIF JOHNSON
 GORDON GRAY
 JAY PALMER 1:58.16

45 YRS.

GENE CROSSETT
 JAMES BURTON
 JOHN KORUGA
 BILL MCANDREW 2:29.59

55 YRS.

JIM WORRELL
 WARREN KLEIST
 EARL WALTER
 CHET PALMER 2:24.34

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RELAY-MEN 200 M. MEDLEY
 =====
 25 YRS.

MICHAEL HOGGSTEDE
 LEIF JOHNSON
 GORDON GRAY
 JAY PALMER 2:19.95

45 YRS.

BILL MCANDREW
 JAMES BURTON
 JOHN KORUGA
 GENE CROSSETT 3:07.64

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RELAY-MIXED 200 M. FREE
 =====
 20 YRS.

JANIS THOMPSON
 CARRIE VANDYKE
 SCOTT ANDREWS
 GARY SEIFORD 2:11.25

25 YRS.

BILL MCANDREW
 DIANE TIMMONS
 RICKI VADSET
 DAVE TEMPEST 2:16.34

KIRK ADAMS
 JILL LAKIN
 GRETCHEN ANDERSON
 JOHN UNDERBRINK 2:18.94

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RELAY-MIXED 200 M. MEDLEY
 =====
 20 YRS.

JANIS THOMPSON
 CARRIE VANDYKE
 JOHN ADDISON
 DAVE FIELDS 2:24.64 P

25 YRS.

LEIF JOHNSON
 SUSAN ALLEN

KATHY CRANDELL
 SAM EMERY 2:38.05

DAVE TEMPEST
 RICKI VADSET
 BILL MCANDREW
 DIANE TIMMONS 2:38.88

JOHN UNDERBRINK
 GRETCHEN ANDERSON
 JILL LAKIN
 KIRK ADAMS 2:44.78