

FWAY
 06-19-93
 LONG COURSE METERS
 P = P.N.A. RECORD
 Z = NORTHWEST ZONE RECORD
 N = NATIONAL RECORD
 W = WORLD RECORD
 U = UNOFFICAL TIME (1 WATCH)

 WOMEN 19-24

50 M. FREE		
YURIKO SATO	24 PNA	30.94
CHRISTA MOORMEIER	21 PNA	34.91
100 M. FREE		
YURIKO SATO	24 PNA	1:08.05
TAMMI KEELER	24 PNA	1:13.04
CRISTINE CASHATT	22 PNA	1:21.67
200 M. FREE		
CRISTINE CASHATT	22 PNA	2:50.99
ERIKA GISTE	21 PNA	2:57.77
400 M. FREE		
TAMMI KEELER	24 PNA	5:44.43
CRISTINE CASHATT	22 PNA	6:04.15
800 M. FREE		
TAMMI KEELER	24 PNA	11:48.27
CRISTINE CASHATT	22 PNA	12:19.14
50 M. BACK		
CHRISTA MOORMEIER	21 PNA	43.49
100 M. BACK		
CHRISTA MOORMEIER	21 PNA	1:32.53
200 M. BACK		
ERIKA GISTE	21 PNA	3:13.79
100 M. BRST		
CRISTINE CASHATT	22 PNA	1:40.82
50 M. FLY		
YURIKO SATO	24 PNA	33.70
TAMMI KEELER	24 PNA	38.20
CHRISTA MOORMEIER	21 PNA	39.12
200 M. I.M.		
ERIKA GISTE	21 PNA	3:09.43
TAMMI KEELER	24 PNA	3:11.07

 WOMEN 25-29

50 M. FREE		
HEIDI SMITH	28 PNA	30.74
CAROL TROUP	29 PNA	44.96
100 M. FREE		
KIMBERLEY HAY	25 PNA	1:21.88
CAROL TROUP	29 PNA	1:42.62
200 M. FREE		
L SLEVIN-MORIARTY	28 PNA	2:33.46
400 M. FREE		
L SLEVIN-MORIARTY	28 PNA	5:20.72
KATHRYN BORK	27 PNA	5:46.98
100 M. BACK		
KIMBERLEY HAY	25 PNA	1:33.36
200 M. BACK		
KIMBERLEY HAY	25 PNA	3:19.88
50 M. BRST		
KIMBERLEY HAY	25 PNA	45.66
50 M. FLY		
L SLEVIN-MORIARTY	28 PNA	35.31
KIMBERLEY HAY	25 PNA	39.64
200 M. I.M.		
L SLEVIN-MORIARTY	28 PNA	2:55.85
KATHRYN BORK	27 PNA	3:08.05

 WOMEN 30-34

50 M. FREE		
MARIA BUSKE	31 PNA	31.90
J SCARZELLO-WAKEL	34 PNA	35.34
100 M. FREE		
MARIA BUSKE	31 PNA	1:10.59
800 M. FREE		
J SCARZELLO-WAKEL	34 PNA	12:31.12
50 M. BACK		
FRAN KAMIN	31 PNA	51.14

50 M. BRST		
J SCARZELLO-WAKEL	34 PNA	43.80
FRAN KAMIN	31 PNA	49.69
100 M. BRST		
FRAN KAMIN	31 PNA	1:52.58
200 M. BRST		
J SCARZELLO-WAKEL	34 PNA	3:25.58
50 M. FLY		
J SCARZELLO-WAKEL	34 PNA	34.79
200 M. I.M.		
MARIA BUSKE	31 PNA	3:02.18
400 M. I.M.		
MARIA BUSKE	31 PNA	6:25.73

 WOMEN 35-39

50 M. FREE		
DONA WILLIAMS	39 PNA	33.08
DEBORAH BAGG	39 PNA	43.01
100 M. FREE		
DEBORAH BAGG	39 PNA	1:39.69
200 M. FREE		
DONA WILLIAMS	39 PNA	3:05.34
FRANCINE HARMESON	35 PNA	3:38.85
DEBORAH BAGG	39 PNA	3:45.88
400 M. FREE		
CLAIRE GORDON	37 PNA	5:49.15
SUSAN HIGINBOTHAM	37 PNA	7:24.69
FRANCINE HARMESON	35 PNA	7:34.51
100 M. BRST		
SUSAN HIGINBOTHAM	37 PNA	1:55.27
50 M. FLY		
CLAIRE GORDON	37 PNA	38.24
100 M. FLY		
CLAIRE GORDON	37 PNA	1:30.36

 WOMEN 40-44

50 M. FREE		
SANDY MCNEEL	40 PNA	46.18
100 M. FREE		
CAROL BROWN	40 PNA	1:17.46
200 M. FREE		
CAROL BROWN	40 PNA	2:42.79
SANDY MCNEEL	40 PNA	3:43.83
400 M. FREE		
CAROL BROWN	40 PNA	5:41.78
JANE MOORE	42 PNA	6:43.61
SHAWN BAZ	42 PNA	7:46.92
SANDY MCNEEL	40 PNA	8:04.12
800 M. FREE		
JANE MOORE	42 PNA	14:09.38
100 M. BACK		
CATHERINE BROOKS	44 AMSC	1:34.32
200 M. BACK		
CATHERINE BROOKS	44 AMSC	3:20.80
JANE MOORE	42 PNA	3:51.10
50 M. BRST		
JANE MOORE	42 PNA	55.29
200 M. BRST		
SHAWN BAZ	42 PNA	4:17.30
100 M. FLY		
CAROL BROWN	40 PNA	1:24.86
200 M. FLY		
CATHERINE BROOKS	44 AMSC	3:44.95
200 M. I.M.		
JANE MOORE	42 PNA	4:03.88
400 M. I.M.		
CATHERINE BROOKS	44 AMSC	6:58.23

 WOMEN 45-49

50 M. FREE		
J. VALLANDIGHAM	46 PNA	45.13
100 M. FREE		
SANDI ROUSSEAU	45 OREG	1:18.96
J. VALLANDIGHAM	46 PNA	1:45.18
50 M. BACK		
GINGER PIERSON	47 OREG	42.12
50 M. BRST		

GINGER PIERSON	47 OREG	43.13
J. VALLANDIGHAM	46 PNA	51.68
100 M. BRST		
GINGER PIERSON	47 OREG	1:35.18
J. VALLANDIGHAM	46 PNA	1:51.13
200 M. BRST		
GINGER PIERSON	47 OREG	3:25.15
J. VALLANDIGHAM	46 PNA	4:02.47
50 M. FLY		
SANDI ROUSSEAU	45 OREG	36.32
100 M. FLY		
SANDI ROUSSEAU	45 OREG	1:28.55
400 M. I.M.		
GINGER PIERSON	47 OREG	6:47.76

 WOMEN 50-54

50 M. FREE		
FRANCESCA DRUM	51 PNA	41.64
100 M. FREE		
FRANCESCA DRUM	51 PNA	1:34.22
50 M. BRST		
FRANCESCA DRUM	51 PNA	50.72
100 M. BRST		
FRANCESCA DRUM	51 PNA	1:50.65
200 M. BRST		
FRANCESCA DRUM	51 PNA	3:51.20

 WOMEN 55-59

50 M. FREE		
ANN GINDROZ	55 PNA	41.77
CAROL ANNING	55 PNA	48.84
100 M. FREE		
ANN GINDROZ	55 PNA	1:32.27
BARBARA ALLEN	59 SPM	1:43.16
CAROL ANNING	55 PNA	1:56.22
200 M. FREE		
ANN GINDROZ	55 PNA	3:28.43
CAROL ANNING	55 PNA	4:03.23
400 M. FREE		
ANN GINDROZ	55 PNA	7:16.29
CAROL ANNING	55 PNA	8:57.28
800 M. FREE		
ANN GINDROZ	55 PNA	14:43.15
JOY ROSS	59 PNA	15:32.99
100 M. BACK		
BARBARA ALLEN	59 SPM	1:54.60
JOY ROSS	59 PNA	1:57.90
200 M. BACK		
JOY ROSS	59 PNA	4:06.60
BARBARA ALLEN	59 SPM	4:11.89
50 M. BRST		
CAROL ANNING	55 PNA	1:18.64
200 M. BRST		
JOY ROSS	59 PNA	4:20.22
400 M. I.M.		
JOY ROSS	59 PNA	8:24.46

 WOMEN 60-64

100 M. FREE		
JANET KAVADAS	62 PNA	2:01.45
800 M. FREE		
LAVELLE STOINOFF	60 MAC	12:04.16 W
100 M. BACK		
LAVELLE STOINOFF	60 MAC	1:33.24 Z
JANET KAVADAS	62 PNA	2:10.61
200 M. BACK		
LAVELLE STOINOFF	60 MAC	3:14.11 W
50 M. BRST		
LAVELLE STOINOFF	60 MAC	49.55 Z
100 M. BRST		
LAVELLE STOINOFF	60 MAC	1:45.87 Z
200 M. BRST		
JANET KAVADAS	62 PNA	4:43.87
100 M. FLY		
JANET KAVADAS	62 PNA	2:47.66
200 M. I.M.		
JANET KAVADAS	62 PNA	4:51.00

WOMEN 70-74		
50 M. FREE		
JUDY MELCHER	73 OREG	1:10.72
100 M. FREE		
MURIEL FLYNN	70 PNA	1:46.94
JUDY MELCHER	73 OREG	2:41.92
200 M. FREE		
MARION CHADWICK	71 PNA	5:00.35
400 M. FREE		
MARION CHADWICK	71 PNA	10:17.04
800 M. FREE		
MARION CHADWICK	71 PNA	20:53.80
50 M. BRST		
MURIEL FLYNN	70 PNA	59.05 Z
LIVIA WALKER	70 PNA	1:13.94
JUDY MELCHER	73 OREG	1:47.90
100 M. BRST		
MURIEL FLYNN	70 PNA	2:11.88 Z
LIVIA WALKER	70 PNA	2:45.30
JUDY MELCHER	73 OREG	2:50.80
200 M. BRST		
MURIEL FLYNN	70 PNA	4:34.80 Z
LIVIA WALKER	70 PNA	5:52.68
50 M. FLY		
JUDY MELCHER	73 OREG	1:31.86
MARION CHADWICK	71 PNA	2:09.75
400 M. I.M.		
MARION CHADWICK	71 PNA	15:29.39
WOMEN 75-79		
100 M. BRST		
HELENA HOFFMAN	77 OREG	3:25.55
200 M. BRST		
HELENA HOFFMAN	77 OREG	6:59.16
100 M. FLY		
HELENA HOFFMAN	77 OREG	3:50.94
200 M. I.M.		
HELENA HOFFMAN	77 OREG	7:09.86
400 M. I.M.		
HELENA HOFFMAN	77 OREG	14:40.73
WOMEN 80-84		
50 M. FREE		
MARION MUELLER	81 PNA	1:12.92
50 M. BACK		
MARION MUELLER	81 PNA	1:09.98 Z
100 M. BACK		
MARION MUELLER	81 PNA	2:31.83 Z
200 M. BACK		
MARION MUELLER	81 PNA	5:22.94 Z
M E N 19-24		
50 M. FREE		
CHRIS DEGRANDA	24 PNA	30.25
400 M. FREE		
CHRIS DEGRANDA	24 PNA	5:15.28
50 M. BACK		
CHRIS DEGRANDA	24 PNA	37.10
50 M. FLY		
CHRIS DEGRANDA	24 PNA	34.61
M E N 25-29		
50 M. FREE		
RICHARD CLARK	28 PNA	25.97
TYGE PISTORIO	27 PNA	27.03
DAN BALDERSON	26 PNA	27.19
ERIN ERONEMO	29 PNA	27.63
KRIS HISLOP	26 PNA	30.70
SCOT HISLOP	29 PNA	31.13
100 M. FREE		
RICHARD CLARK	28 PNA	58.23
TYGE PISTORIO	27 PNA	1:01.60
KRIS HISLOP	26 PNA	1:10.08
SCOT HISLOP	29 PNA	1:11.63

200 M. FREE		
RICHARD CLARK	28 PNA	2:12.76
KRIS HISLOP	26 PNA	2:28.73
SCOT HISLOP	29 PNA	2:29.26
400 M. FREE		
TYGE PISTORIO	27 PNA	5:03.87
KRIS HISLOP	26 PNA	5:19.66
SCOT HISLOP	29 PNA	5:20.01
800 M. FREE		
SCOT HISLOP	29 PNA	11:26.94
50 M. BRST		
DAN BALDERSON	26 PNA	35.15
200 M. BRST		
KRIS HISLOP	26 PNA	3:22.07
50 M. FLY		
DAN BALDERSON	26 PNA	29.18
TYGE PISTORIO	27 PNA	30.32
100 M. FLY		
ERIN ERONEMO	29 PNA	1:06.68
M E N 30-34		
50 M. FREE		
MALCOLM NEELY	33 PNA	27.32
BRIAN JENNINGS	32 PNA	28.41
BILL HEALEY	34 PNA	31.84
100 M. FREE		
BRIAN JENNINGS	32 PNA	1:05.99
100 M. BACK		
BRIAN JENNINGS	32 PNA	1:14.13
BILL HEALEY	34 PNA	1:29.23
50 M. FLY		
MALCOLM NEELY	33 PNA	29.30
200 M. I.M.		
BRIAN JENNINGS	32 PNA	3:05.15
BILL HEALEY	34 PNA	3:15.95
M E N 35-39		
100 M. FREE		
STEVE FREEBORN	37 PNA	1:01.13
STEPHEN WRIGHT	35 PNA	1:02.36
200 M. FREE		
STEPHEN WRIGHT	35 PNA	2:19.98
JOHN UNDERBRINK	35 PNA	2:25.09
400 M. FREE		
STEPHEN WRIGHT	35 PNA	5:01.68
GEORGE UNRUH	35 PNA	5:35.78
800 M. FREE		
MICHAEL HEATHER	39 BCH	10:20.25
STEPHEN WRIGHT	35 PNA	10:41.89
HUGH MOORE	38 PNA	11:01.66
GEORGE UNRUH	35 PNA	11:32.26
50 M. BACK		
DOUG PORTELANCE	35 PNA	30.39
MICHAEL HEATHER	39 BCH	34.25
100 M. BACK		
DOUG PORTELANCE	35 PNA	1:05.58
MICHAEL HEATHER	39 BCH	1:14.34
200 M. BACK		
DOUG PORTELANCE	35 PNA	2:22.69
JOHN UNDERBRINK	35 PNA	2:52.16
50 M. FLY		
MICHAEL HEATHER	39 BCH	29.02
STEVE FREEBORN	37 PNA	29.19
JOHN UNDERBRINK	35 PNA	32.89
100 M. FLY		
MICHAEL HEATHER	39 BCH	1:04.39
STEVE FREEBORN	37 PNA	1:07.67
STEPHEN WRIGHT	35 PNA	1:14.65
JOHN UNDERBRINK	35 PNA	1:17.36
200 M. FLY		
HUGH MOORE	38 PNA	2:42.19
200 M. I.M.		
STEVE FREEBORN	37 PNA	2:39.27
400 M. I.M.		
STEVE FREEBORN	37 PNA	5:42.83
GEORGE UNRUH	35 PNA	6:00.00
M E N 40-44		

50 M. FREE		
BRIAN PAYNE	41 PNA	32.28
100 M. FREE		
BRIAN PAYNE	41 PNA	1:14.20
200 M. FREE		
ALAN BELL	43 PNA	2:17.04
FRANK WARNER	44 PNA	2:20.68
400 M. FREE		
MARK PEMBROOKE	41 PNA	4:49.89
800 M. FREE		
MARK PEMBROOKE	41 PNA	13:24.35
50 M. BACK		
EDWARD ARTIS	43 PNA	45.60
100 M. BACK		
ALAN BELL	43 PNA	1:12.26
EDWARD ARTIS	43 PNA	1:28.65
200 M. BACK		
FRANK WARNER	44 PNA	2:49.77
50 M. BRST		
GREGORY HARRISON	41 PNA	35.91
BRIAN PAYNE	41 PNA	38.22
100 M. BRST		
GREGORY HARRISON	41 PNA	1:17.66
BRIAN PAYNE	41 PNA	1:24.23
200 M. BRST		
GREGORY HARRISON	41 PNA	2:44.23
BRIAN PAYNE	41 PNA	3:05.33
100 M. FLY		
ALAN BELL	43 PNA	1:04.67
200 M. I.M.		
GREGORY HARRISON	41 PNA	2:45.43
M E N 45-49		
50 M. FREE		
RICK SPENCER	45 PNA	31.04
DAN WINKLER	47 PNA	33.63
100 M. FREE		
STEVEN PETERSON	46 PNA	1:11.70
DAN WINKLER	47 PNA	1:15.84
200 M. FREE		
DAN WINKLER	47 PNA	2:51.33
MICHAEL MCKINLAY	49 PNA	2:54.63
400 M. FREE		
DAN WINKLER	47 PNA	6:12.23
800 M. FREE		
FOREST BROOKS	45 PNA	20:04.47
50 M. BACK		
MICHAEL MCKINLAY	49 PNA	35.08
RICK SPENCER	45 PNA	37.47
100 M. BACK		
MICHAEL MCKINLAY	49 PNA	1:17.43
RICK SPENCER	45 PNA	1:23.26
STEVEN PETERSON	46 PNA	1:30.19
FOREST BROOKS	45 PNA	3:08.13
200 M. BACK		
MICHAEL MCKINLAY	49 PNA	2:47.91
FOREST BROOKS	45 PNA	6:32.75
50 M. BRST		
MICHAEL MCKINLAY	49 PNA	45.05
FOREST BROOKS	45 PNA	1:18.67
100 M. BRST		
STEVEN PETERSON	46 PNA	1:23.32
FOREST BROOKS	45 PNA	2:50.67
100 M. FLY		
STEVEN PETERSON	46 PNA	1:27.86
200 M. I.M.		
STEVEN PETERSON	46 PNA	3:06.91
M E N 50-54		
50 M. FREE		
JOE SANTRY	52 MAC	32.86
ARNOLD KAS	52 PNA	37.28
200 M. FREE		
JOE SANTRY	52 MAC	2:50.99
50 M. BACK		
STEVE THRASHER	51 PNA	33.72 P
JOE SANTRY	52 MAC	40.30

100 M. BACK		
STEVE THRASHER	51 PNA	1:15.03
200 M. BACK		
STEVE THRASHER	51 PNA	2:44.37
50 M. BRST		
WALT REID	52 PNA	39.36
ARNOLD KAS	52 PNA	45.90
100 M. BRST		
WALT REID	52 PNA	1:32.68
200 M. BRST		
WALT REID	52 PNA	3:27.38
200 M. I.M.		
STEVE THRASHER	51 PNA	2:46.48 Z

M E N 55-59

50 M. FREE		
DAVE DRUM	57 PNA	32.07
100 M. FREE		
DAVE DRUM	57 PNA	1:24.86
ROLLIE ROBERTS	57 PNA	1:43.44
200 M. FREE		
DAVE DRUM	57 PNA	2:42.75
ROLLIE ROBERTS	57 PNA	3:49.94
400 M. FREE		
ROLLIE ROBERTS	57 PNA	8:03.04
800 M. FREE		
ROLLIE ROBERTS	57 PNA	16:38.79
200 M. BACK		
TOM FOLEY	58 PNA	4:00.58
200 M. BRST		
TOM FOLEY	58 PNA	4:04.43
50 M. FLY		
ROLLIE ROBERTS	57 PNA	1:02.99
200 M. FLY		
TOM FOLEY	58 PNA	5:10.79
200 M. I.M.		
DAVE DRUM	57 PNA	3:19.67

M E N 60-64

800 M. FREE		
THOMAS TAYLOR	62 PNA	12:40.99
50 M. BRST		
THOMAS TAYLOR	62 PNA	41.03
100 M. BRST		
THOMAS TAYLOR	62 PNA	1:35.74
200 M. BRST		
THOMAS TAYLOR	62 PNA	3:30.35

M E N 65-69

50 M. FREE		
MELVIN DRIVER	67 PNA	1:15.73
100 M. BACK		
MELVIN DRIVER	67 PNA	2:44.09
50 M. BRST		
MELVIN DRIVER	67 PNA	2:10.95

M E N 70-74

100 M. FREE		
HAL YOUNG	71 PNA	1:47.03
400 M. FREE		
HAL YOUNG	71 PNA	8:26.89
800 M. FREE		
GILBERT YOUNG	71 OREG	14:19.17
HAL YOUNG	71 PNA	18:24.13
100 M. BACK		
GILBERT YOUNG	71 OREG	1:45.51
50 M. BRST		
HAL YOUNG	71 PNA	57.35

M E N 75-79

200 M. FREE		
GENE CROSSETT	79 PNA	4:00.58
400 M. FREE		
GENE CROSSETT	79 PNA	8:28.79
800 M. FREE		

GENE CROSSETT 79 PNA 17:20.99

M E N 85-89

100 M. FREE		
JIM PENFIELD	85 PNA	2:03.62 Z
200 M. BACK		
JIM PENFIELD	85 PNA	4:43.49 W

RELAYS-WOMEN 200 M. FREE

120-159		
KAY BORK	27 PNA	2:16.40
HEIDI SMITH	28	
SUSAN HIGINBOTHAM	37	
LAURA SLEVIN	28	

CLAIRE GORDON	37 PNA	2:37.64
C.CASHATT	22	
DEBORAH BAGG	39	
CAROL BROWN	40	

RELAYS-WOMEN 200 M. MEDLEY

120-159		
CLAIRE GORDON	37 PNA	2:44.52
C.CASHATT	22	
DEBORAH BAGG	39	
CAROL BROWN	40	

RELAYS-M E N 200 M. FREE

120-159		
SCOTT HISLOP	29 PNA	2:03.59
MARK PENBROOKE	41	
KRIS HISLOP	26	
TYGE PISTORIO	27	

RELAYS-MIXED 200 M. FREE

120-159		
KIMBERLY HAY	25 PNA	2:22.93
DAN BALDERSON	26	
BRIAN PAYNE	41	
J. VALLANDIGHAM	46	

160-199		
DONNA WILLIAMS	39 PNA	2:17.91
RICK SPENCER	45	
FRANCESCA DRUM	51	
STEVE PETERSON	46	

RELAYS-MIXED 200 M. MEDLEY

100-119		
KAY BORK	28 PNA	2:31.19
KRIS HISLOP	26	
TYGE PISTORIO	27	
LAURA SLEVIN	28	

RELAYS-MIXED 400 M. FREE

120-159		
ARNOLD KAS	52 PNA	5:38.55 Z
HEIDI SMITH	28	
SUSAN HIGINBOTHAM	37	
KRIS HISLOP	26	