

MT.HOOD-NATLS			800 M. FREE				J.VALLANDIGHAM	49 13	4:17.06
08-27-95			LISA DECK	35 10	12:26.25		200 M. I.M.		
LONG COURSE METERS			100 M. BACK				MARGARET HARRIS	49 9	3:36.96
P = P.N.A. RECORD			KAREN OLIVER	35 4	1:18.45		400 M. I.M.		
Z = NORTHWEST ZONE RECORD			LISA DECK	35 9	1:24.62		KATE SUTHERLAND	47 7	9:02.18
N = NATIONAL RECORD			50 M. FLY						
W = WORLD RECORD			LISA DECK	35 9	37.83		WOMEN 50-54		
S = SPLIT TIME			200 M. I.M.						
U = UNOFFICAL TIME (1 WATCH)			KAREN OLIVER	35 14	2:59.80				
-----			-----						
WOMEN 19-24			WOMEN 40-44						
-----			-----						
50 M. FREE			50 M. FREE				200 M. FREE		
MARY CARR	23 3	31.37	DEBBIE GLASSMAN	41 3	30.25	Z	SUZANNE DILLS	50 1	2:42.57
100 M. FREE			100 M. FREE				400 M. FREE		
MARY CARR	23 8	1:12.67	DEBBIE GLASSMAN	41 5	1:08.53	Z	SUZANNE DILLS	50 1	5:38.01 P
50 M. BRST			200 M. FREE				800 M. FREE		
MARY CARR	23 2	38.17	Z	DEBBIE GLASSMAN	41 3	2:37.92	SUZANNE DILLS	50 S	11:34.28 Z
200 M. BRST			400 M. FREE				1500 M. FREE		
MARY CARR	23 5	3:11.19	P	JANE MOORE	44 12	6:59.09	SUZANNE DILLS	50 1	21:51.01 Z
200 M. I.M.			1500 M. FREE				50 M. BRST		
MARY CARR	23 7	2:52.87	JANE MOORE	44 11	27:40.97		FRANCESCA DRUM	53 5	49.28
-----			50 M. FLY				100 M. BRST		
WOMEN 25-29			CAMILLE THOMPSON	40 3	32.15	Z	CAROL DEWELL	51 5	1:46.86
-----			DEBBIE GLASSMAN	41 5	32.80		FRANCESCA DRUM	53 6	1:49.26
50 M. FREE			100 M. FLY				200 M. BRST		
LISA GOMEZ	26 1	28.23	Z	CAMILLE THOMPSON	40 2	1:10.88	FRANCESCA DRUM	53 5	3:49.05
HOLLY CORNER	29 11	31.72	DEBBIE GLASSMAN	41 5	1:17.03	Z	50 M. FLY		
100 M. FREE			200 M. FLY				SUZANNE DILLS	50 3	39.31 P
HOLLY CORNER	29 6	1:09.00	CAMILLE THOMPSON	40 1	2:43.16	Z	CAROL DEWELL	51 5	43.02
400 M. FREE			DEBBIE GLASSMAN	41 4	3:04.40		200 M. I.M.		
HOLLY CORNER	29 12	5:25.74	200 M. I.M.				SUZANNE DILLS	50 2	3:11.56 Z
200 M. BACK			CAMILLE THOMPSON	40 2	2:42.41	Z	400 M. I.M.		
KIMBERLEY HAY	27 9	3:15.20	400 M. I.M.				SUZANNE DILLS	50 1	6:39.68 Z
100 M. BRST			CAMILLE THOMPSON	40 2	5:44.96	Z	-----		
KIMBERLEY HAY	27 8	1:38.34	-----				WOMEN 55-59		
200 M. BRST			-----				-----		
KIMBERLEY HAY	27 6	3:21.13	-----				50 M. FREE		
50 M. FLY			-----				SUSAN DEARBORN	58 5	41.48
LISA GOMEZ	26 2	31.56	-----				100 M. FREE		
KIMBERLEY HAY	27 11	37.82	-----				SUSAN DEARBORN	58 5	1:32.44
100 M. FLY			-----				MARYLOU HAUGLAND	56 6	1:35.38
LISA GOMEZ	26 5	1:13.28	-----				50 M. BACK		
200 M. I.M.			-----				CHAYA AMIAD	57 S	49.88
HOLLY CORNER	29 10	2:52.92	-----				CHAYA AMIAD	57 6	50.07
KIMBERLEY HAY	27 13	3:06.39	-----				100 M. BACK		
400 M. I.M.			-----				CHAYA AMIAD	57 9	1:52.55
KIMBERLEY HAY	27 4	6:35.22	-----				200 M. BACK		
-----			-----				CHAYA AMIAD	57 5	4:06.67
WOMEN 30-34			-----				50 M. BRST		
-----			-----				CHAYA AMIAD	57 4	53.41
50 M. FREE			-----				SUSAN DEARBORN	58 6	55.60
YVONNE DYMERSKI	34 6	32.29	-----				100 M. BRST		
AMY POPP	30 16	37.53	-----				MARYLOU HAUGLAND	56 3	1:43.70
100 M. FREE			-----				SUSAN DEARBORN	58 6	2:01.50
YVONNE DYMERSKI	34 10	1:11.79	-----				CHAYA AMIAD	57 8	2:04.13
50 M. BRST			-----				200 M. BRST		
CATHY WALTERS	34 2	38.74	-----				MARYLOU HAUGLAND	56 2	3:43.73 P
WENDY HOFFMAN	33 12	47.38	-----				CHAYA AMIAD	57 5	4:49.00
100 M. BRST			-----				50 M. FLY		
CATHY WALTERS	34 5	1:27.04	-----				MARYLOU HAUGLAND	56 9	50.44
50 M. FLY			-----				-----		
YVONNE DYMERSKI	34 7	33.32	-----				WOMEN 60-64		
100 M. FLY			-----				-----		
YVONNE DYMERSKI	34 11	1:16.49	-----				50 M. FREE		
WENDY HOFFMAN	33 18	1:38.65	-----				MARGARET WINNIE	62 12	57.24
200 M. I.M.			-----				100 M. FREE		
WENDY HOFFMAN	33 16	3:17.35	-----				MARGARET WINNIE	62 13	2:19.00
-----			-----				1500 M. FREE		
WOMEN 35-39			-----				JANET KAVADAS	64 6	33:43.11
-----			-----				100 M. BACK		
50 M. FREE			-----				JANET KAVADAS	64 8	2:20.66
KAREN OLIVER	35 10	31.91	-----				200 M. BACK		
100 M. FREE			-----				JANET KAVADAS	64 6	4:49.11
KAREN OLIVER	35 12	1:09.80	-----				50 M. BRST		
200 M. FREE			-----				MARGARET WINNIE	62 5	1:01.75
KAREN OLIVER	35 12	2:30.92	-----				JANET KAVADAS	64 6	1:04.59
400 M. FREE			-----				100 M. BRST		
KAREN OLIVER	35 7	5:12.08	-----				JANET KAVADAS	64 10	2:16.38
			-----				MARGARET WINNIE	62 12	2:26.83
			-----				50 M. FLY		
			-----				MARGARET WINNIE	62 6	1:33.30
			-----				-----		

WOMEN 70-74				DOUGLAS FRAZER	39 20	28.34	ALAN CARDWELL	42 3	2:28.09	Z
-----				RICK TUPPER	38 27	29.71	HUGH MOORE	41 8	2:39.16	
400 M. FREE			ION BEZA	36 29	30.27	200 M. I.M.				
MARION CHADWICK	73 6	10:34.40	100 M. FREE			STEPHEN FREEBORN	40 11	2:39.08		
1500 M. FREE			BERNARD KINGSLEY	36 11	59.63	400 M. I.M.				
MARION CHADWICK	73 3	40:10.15	RICK TUPPER	38 24	1:06.12	HUGH MOORE	41 8	5:51.88		
200 M. FLY			ION BEZA	36 25	1:07.12	STEPHEN FREEBORN	40 9	5:53.30		
MARION CHADWICK	73 6	9:50.30	P PASCAL RONCALEZ	36 26	1:07.65	-----				
200 M. I.M.			200 M. FREE			M E N 45-49				
MARION CHADWICK	73 6	7:20.19	DOUGLAS FRAZER	39 17	2:19.81	-----				
400 M. I.M.			ION BEZA	36 22	2:28.27	100 M. FREE				
MARION CHADWICK	73 6	15:32.54	400 M. FREE			ALAN BELL	45 8	1:01.87	P	
-----				JAMES WATERS	39 14	5:03.60	STEVEN PETERSON	48 21	1:09.60	
M E N 19-24				DOUGLAS FRAZER	39 15	5:06.59	200 M. FREE			
-----				BRUCE BOYTLER	37 16	5:08.79	FRANK WARNER	46 8	2:18.60	
100 M. FREE			50 M. BRST			DAVID TEMPEST	45 11	2:21.71		
CHARLES ROOT	23 7	59.97	PASCAL RONCALEZ	36 13	37.22	LARRY WRIGHT	46 14	2:23.45		
200 M. FREE			RICK TUPPER	38 15	38.02	400 M. FREE				
CHARLES ROOT	23 7	2:16.02	P 100 M. BRST			ALAN BELL	45 4	4:48.90	P	
100 M. BACK			JIM WILLIAMS	38 10	1:20.55	FRANK WARNER	46 11	5:03.51		
CHARLES ROOT	23 5	1:10.53	RICK TUPPER	38 16	1:26.78	DAVID TEMPEST	45 12	5:11.44		
100 M. FLY			50 M. FLY			LARRY WRIGHT	46 13	5:12.59		
CHARLES ROOT	23 6	1:10.43	BERNARD KINGSLEY	36 11	29.44	800 M. FREE				
-----				BARRY REISS	35 19	31.85	FRANK WARNER	46 7	10:39.03	
M E N 25-29				DOUGLAS FRAZER	39 20	32.10	FOREST BROOKS	47 10	19:45.26	
-----				RICK TUPPER	38 26	34.77	1500 M. FREE			
100 M. FREE			100 M. FLY			JAMES MC CLEERY	49 7	21:02.09		
ALAN CAPRON	25 12	1:01.02	BERNARD KINGSLEY	36 10	1:06.09	100 M. BACK				
100 M. BACK			JOEL EDWARDS	37 13	1:09.06	DAVID TEMPEST	45 4	1:14.15	P	
ALAN CAPRON	25 5	1:10.79	BRUCE BOYTLER	37 14	1:09.44	FRANK WARNER	46 5	1:14.55		
TOM SCHUTTE	26 7	1:13.82	200 M. FLY			200 M. BACK				
200 M. BACK			BERNARD KINGSLEY	36 7	2:40.69	ALAN BELL	45 3	2:34.68	Z	
ALAN CAPRON	25 7	2:34.11	200 M. I.M.			DAVID TEMPEST	45 4	2:40.34		
TOM SCHUTTE	26 9	2:40.67	JOEL EDWARDS	37 15	2:41.55	FRANK WARNER	46 9	2:46.00		
100 M. BRST			JAMES WATERS	39 18	2:43.14	FOREST BROOKS	47 14	6:22.87		
TOM SCHUTTE	26 5	1:18.96	PASCAL RONCALEZ	36 19	2:46.91	50 M. BRST				
200 M. BRST			-----			STEVEN PETERSON	48 7	36.13	P	
TOM SCHUTTE	26 3	2:50.88	M E N 40-44			100 M. BRST				
-----				-----			STEVEN PETERSON	48 5	1:23.09	
50 M. FLY			50 M. FREE			200 M. BRST				
ALAN CAPRON	25 6	28.92	GARY MAYNARD	41 19	29.92	STEVEN PETERSON	48 6	3:01.69		
100 M. FLY			LARRY MORRISON	44 22	30.67	FOREST BROOKS	47 11	5:46.11		
ALAN CAPRON	25 11	1:05.32	100 M. FREE			50 M. FLY				
200 M. I.M.			ALAN CARDWELL	42 4	58.68	Y LARRY WRIGHT	46 7	29.69	P	
TOM SCHUTTE	26 9	2:33.23	GARY HAFER	44 13	1:02.46	STEVEN PETERSON	48 21	35.33		
-----				200 M. FREE			100 M. FLY			
M E N 30-34				ALAN CARDWELL	42 2	2:05.86	ALAN BELL	45 5	1:06.51	Z
-----				GARY MAYNARD	41 16	2:29.08	LARRY WRIGHT	46 7	1:08.77	
50 M. FREE			LARRY MORRISON	44 18	2:44.13	200 M. FLY				
JEFF OSBORN	33 12	27.76	400 M. FREE			ALAN BELL	45 1	2:29.76	Z	
100 M. FREE			ALAN CARDWELL	42 1	4:30.33	Z 200 M. I.M.				
JEFF OSBORN	33 15	1:03.29	GARY MAYNARD	41 18	5:37.60	STEVEN PETERSON	48 13	2:55.04		
100 M. BACK			800 M. FREE			400 M. I.M.				
LARRY DEGROEN	33 10	1:19.24	ALAN CARDWELL	42 1	9:17.93	W FRANK WARNER	46 10	6:07.87		
200 M. BACK			HUGH MOORE	41 9	11:09.71	-----				
LARRY DEGROEN	33 7	2:48.99	1500 M. FREE			M E N 50-54				
50 M. BRST			GARY HAFER	44 11	22:00.71	-----				
TERRY TONGATE	34 4	32.98	50 M. BACK			100 M. FREE				
JEFF OSBORN	33 6	34.52	GARY HAFER	44 6	32.77	STEPHEN THRASHER	53 7	1:04.80	P	
100 M. BRST			100 M. BACK			1500 M. FREE				
TERRY TONGATE	34 4	1:14.50	GARY HAFER	44 9	1:15.24	STEPHEN THRASHER	53 2	20:41.29		
JEFF OSBORN	33 11	1:21.42	STEPHEN FREEBORN	40 10	1:16.26	GORDON STUBBE	52 8	30:28.26		
LARRY DEGROEN	33 13	1:25.68	GARY MAYNARD	41 11	1:18.75	50 M. BACK				
200 M. BRST			200 M. BACK			STEPHEN THRASHER	53 2	33.28		
JEFF OSBORN	33 5	3:09.64	GARY HAFER	44 12	2:51.25	100 M. BACK				
50 M. FLY			50 M. BRST			STEPHEN THRASHER	53 1	1:11.94		
JEFF OSBORN	33 15	30.14	JAY WALTERS	40 5	34.99	200 M. BACK				
TERRY TONGATE	34 18	31.77	100 M. BRST			STEPHEN THRASHER	53 1	2:35.91	Z	
100 M. FLY			JAY WALTERS	40 8	1:21.80	200 M. I.M.				
LARRY DEGROEN	33 9	1:13.76	50 M. FLY			STEPHEN THRASHER	53 2	2:45.40		
200 M. I.M.			STEPHEN FREEBORN	40 8	30.05	-----				
LARRY DEGROEN	33 12	2:41.53	HUGH MOORE	41 17	31.37	M E N 55-59				
400 M. I.M.			WALT HICKEY	42 23	35.86	-----				
LARRY DEGROEN	33 11	5:58.19	100 M. FLY			50 M. BACK				
-----				ALAN CARDWELL	42 3	1:04.32	Z WALTER REID	55 3	38.85	P
M E N 35-39				HUGH MOORE	41 10	1:10.09	LEE CARLSON	55 5	40.32	
-----				STEPHEN FREEBORN	40 11	1:10.10	100 M. BACK			
50 M. FREE			GARY HAFER	44 14	1:10.78	WALTER REID	55 4	1:27.58	P	
BERNARD KINGSLEY	36 9	27.10	200 M. FLY			LEE CARLSON	55 6	1:30.06		
BRUCE BOYTLER	37 17	28.20								

200 M. BACK			50 M. BRST			KATHRINE CASEY	46 7	2:19.21
LEE CARLSON	55 7	3:19.17	P JIM PENFIELD	87 1	1:02.92	KATE SUTHERLAND	47	
WALTER REID	55 8	3:22.89	50 M. FLY			STEVEN PETERSON	48	
50 M. BRST			JIM PENFIELD	87 1	1:04.63	N DAVID ADDELMAN	60	
WALTER REID	55 4	40.02	P					
LEE CARLSON	55 11	44.31	RELAYS-WOMEN 200 M. FREE			240-279		
100 M. BRST						WALTER REID	55 7	2:58.18
WALTER REID	55 4	1:32.65	120-159			MARGARET WINNIE	62	
200 M. BRST			KAREN OLIVER	35 5	2:08.16	JANET KAVADAS	64	
WALTER REID	55 4	3:25.39	KATHRINE CASEY	46		MARVIN WOOD	60	
			YVONNE DYMERSEKI	34				
			DEBBIE GLASSMAN	41				
M E N 60-64						RELAYS-MIXED 200 M. MEDLEY		
50 M. FREE			200-239			120-159		
DAVID DRUM	60 3	31.57	JANET KAVADAS	64 7	3:21.49	LARRY DEGROEN	33 4	2:13.08
DAVID ADDELMAN	60 6	31.99	MARGARET WINNIE	62		CATHY WALTERS	34	
MARVIN WOOD	60 12	33.99	KATE SUTHERLAND	47		LISA GOMEZ	26	
100 M. FREE			JANE MOORE	44		JOEL EDWARDS	37	
DAVID DRUM	60 4	1:11.83						
DAVID ADDELMAN	60 6	1:14.32	RELAYS-WOMEN 200 M. MEDLEY			KAREN OLIVER	35 8	2:14.88
200 M. FREE						JEFF OSBORN	33	
DAVID DRUM	60 4	2:41.09	P			HUGH MOORE	41	
400 M. FREE			160-199			YVONNE DYMERSEKI	34	
DAVID DRUM	60 3	5:50.82	KAREN OLIVER	35 2	2:29.08			
THOMAS TAYLOR	64 7	6:07.47	KATHRINE CASEY	46		160-199		
1500 M. FREE			DEBBIE GLASSMAN	41		STEPHEN FREEBORN	40 5	2:15.81
THOMAS TAYLOR	64 3	24:09.39	JANE MOORE	44		STEVEN PETERSON	48	
50 M. BACK						DEBBIE GLASSMAN	41	
DAVID ADDELMAN	60 5	40.55	RELAYS-M E N 200 M. FREE			KATHRINE CASEY	46	
100 M. BACK								
DAVID ADDELMAN	60 10	1:36.02	120-159			200-239		
200 M. BACK			JOEL EDWARDS	37 7	1:53.02	CHAYA AMIAD	57 15	2:50.50
THOMAS FOLEY	61 11	4:01.78	RICK TUPPER	38		WALTER REID	55	
50 M. BRST			LARRY DEGROEN	33		DAVID ADDELMAN	60	
NICK TEMPLEMAN	64 1	36.55	Z DOUGLAS FRAZER	39		JANE MOORE	44	
THOMAS TAYLOR	64 8	42.53						
MARVIN WOOD	60 11	44.95	160-199			240-279		
100 M. BRST			GARY MAYNARD	41 11	2:03.16	LEE CARLSON	55 8	3:14.68
NICK TEMPLEMAN	64 2	1:25.85	LARRY MORRISON	44		MARGARET WINNIE	62	
THOMAS TAYLOR	64 7	1:39.21	WALT HICKEY	42		MARVIN WOOD	60	
200 M. BRST			Z JAY WALTERS	40		JANET KAVADAS	64	
NICK TEMPLEMAN	64 2	3:17.29						
THOMAS TAYLOR	64 4	3:41.90	THOMAS TAYLOR	64 12	2:03.32			
MARVIN WOOD	60 5	3:44.16	HUGH MOORE	41				
THOMAS FOLEY	61 9	4:13.03	MARVIN WOOD	60				
50 M. FLY			JEFF OSBORN	33				
DAVID DRUM	60 1	34.48	200-239					
NICK TEMPLEMAN	64 4	36.56	DAVID ADDELMAN	60 5	2:04.75			
DAVID ADDELMAN	60 7	37.34	Z WALTER REID	55				
100 M. FLY			STEPHEN FREEBORN	40				
NICK TEMPLEMAN	64 4	1:29.52	STEVEN PETERSON	48				
MARVIN WOOD	60 7	1:42.94						
THOMAS FOLEY	61 9	2:19.68	RELAYS-M E N 200 M. MEDLEY					
200 M. FLY								
THOMAS FOLEY	61 5	5:11.61	200-239					
400 M. I.M.			STEPHEN THRASHER	53 3	2:14.33			
THOMAS FOLEY	61 8	8:56.22	WALTER REID	55				
			HUGH MOORE	41				
M E N 80-84			DAVID ADDELMAN	60				
50 M. FREE								
EVERETT CASSELL	82 3	52.68	RELAYS-MIXED 200 M. FREE					
200 M. FREE								
EVERETT CASSELL	82 2	4:55.47	120-159					
100 M. BACK			KAREN OLIVER	35 7	2:01.29			
EVERETT CASSELL	82 5	3:18.32	JEFF OSBORN	33				
200 M. BACK			LARRY DEGROEN	33				
EVERETT CASSELL	82 5	6:57.40	YVONNE DYMERSEKI	34				
50 M. BRST			160-199					
EVERETT CASSELL	82 3	1:17.73	DEBBIE GLASSMAN	41 11	2:09.88			
100 M. BRST			SUSAN DEARBORN	58				
EVERETT CASSELL	82 4	3:05.74	HUGH MOORE	41				
			STEPHEN FREEBORN	40				
M E N 85-89			200-239					
50 M. FREE								
JIM PENFIELD	87 1	49.69						
100 M. BACK								
JIM PENFIELD	87 1	2:17.72						