

NAT LCM WOODLANDS  
 08-20-90  
 LONG COURSE METERS  
 P = P.N.A. RECORD  
 R = REGIONAL RECORD  
 N = NATIONAL RECORD  
 W = WORLD RECORD  
 U = UNOFFICAL TIME (1 WATCH)

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 WOMEN 40-44  
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100 M. FREE  
 KATHRINE CASEY 41 # 3 1:10.69 R  
 800 M. FREE  
 KATE SUTHERLAND 42 # 9 14:34.97  
 1500 M. FREE  
 KATHRINE CASEY 41 # 2 21:53.04 R  
 200 M. BACK  
 KATE SUTHERLAND 42 # 6 4:05.12  
 50 M. BRST  
 KATHRINE CASEY 41 # 2 40.69 P  
 100 M. BRST  
 KATHRINE CASEY 41 # 3 1:31.95 P  
 KATE SUTHERLAND 42 1:54.29  
 200 M. BRST  
 KATHRINE CASEY 41 # 2 3:24.53  
 KATE SUTHERLAND 42 # 7 3:57.75  
 100 M. FLY  
 KATE SUTHERLAND 42 # 9 1:58.52  
 400 M. I.M.  
 KATHRINE CASEY 41 # 3 6:39.92 P  
 KATE SUTHERLAND 42 # 7 8:11.32

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 WOMEN 50-54  
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50 M. FREE  
 SUSAN DEARBORN 53 # 5 39.58  
 100 M. FREE  
 SUSAN DEARBORN 53 # 6 1:27.69  
 200 M. FREE  
 SUSAN DEARBORN 53 # 5 3:23.35  
 400 M. FREE  
 SUSAN DEARBORN 53 # 5 7:07.43  
 800 M. FREE  
 SUSAN DEARBORN 53 # 3 15:02.39  
 200 M. BRST  
 SUSAN DEARBORN 53 # 7 4:14.40

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 M E N 35-39  
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50 M. FREE  
 STEVE FREEBORN 35 27.67  
 100 M. FREE  
 STEVE FREEBORN 35 1:00.76  
 50 M. FLY  
 STEVE FREEBORN 35 29.41  
 100 M. FLY  
 STEVE FREEBORN 35 1:06.88  
 200 M. I.M.  
 STEVE FREEBORN 35 2:38.51

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 M E N 40-44  
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100 M. FREE  
 FRANK WARNER 41 # 4 58.85 P  
 200 M. FREE  
 FRANK WARNER 41 # 3 2:10.90 R  
 400 M. FREE  
 FRANK WARNER 41 # 2 4:43.19 R  
 50 M. BACK  
 FRANK WARNER 41 # 3 32.01 P  
 100 M. BACK  
 FRANK WARNER 41 # 4 1:09.96 R  
 200 M. BACK  
 FRANK WARNER 41 # 4 2:33.14 R

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 M E N 50-54  
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200 M. FREE  
 FRANK NEWQUIST 52 # 9 2:54.31  
 400 M. FREE  
 FRANK NEWQUIST 52 # 9 6:03.87  
 800 M. FREE  
 FRANK NEWQUIST 52 # 4 13:13.38  
 50 M. BACK  
 WALT REID 50 # 4 39.52  
 100 M. BACK  
 WALT REID 50 # 3 1:25.84  
 50 M. BRST  
 WALT REID 50 # 3 39.00  
 100 M. BRST  
 WALT REID 50 # 5 1:28.74  
 200 M. BRST  
 WALT REID 50 # 5 3:19.21  
 50 M. FLY  
 FRANK NEWQUIST 52 # 8 38.69  
 200 M. FLY  
 FRANK NEWQUIST 52 # 9 3:30.89  
 200 M. I.M.  
 FRANK NEWQUIST 52 #10 3:27.22

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 M E N 70-74  
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50 M. FREE  
 ANDREW HOLDEN 71 # 1 32.48 R  
 100 M. FREE  
 ANDREW HOLDEN 71 # 1 1:14.44 R  
 50 M. BRST  
 ANDREW HOLDEN 71 # 3 46.45 R  
 50 M. FLY  
 ANDREW HOLDEN 71 # 1 36.84 R  
 100 M. FLY  
 ANDREW HOLDEN 71 # 1 1:32.85 W  
 200 M. FLY  
 ANDREW HOLDEN 71 # 1 3:39.04 N

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 M E N 80-84  
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50 M. FREE  
 JIM PENFIELD 82 # 2 44.89

50 M. BACK  
 JIM PENFIELD 82 # 1 57.09  
 100 M. BACK  
 JIM PENFIELD 82 # 1 2:15.04  
 200 M. BACK  
 JIM PENFIELD 82 # 1 4:53.09  
 50 M. BRST  
 JIM PENFIELD 82 # 1 55.46  
 200 M. BRST  
 JIM PENFIELD 82 # 1 5:33.06