

NATIONALS  
 08-20-00  
 LONG COURSE METERS  
 P = P.N.A. RECORD  
 Z = NORTHWEST ZONE RECORD  
 N = NATIONAL RECORD  
 W = WORLD RECORD  
 S = SPLIT TIME  
 U = UNOFFICIAL TIME (1 WATCH)

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 WOMEN 30-34  
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50 M. FREE  
 KAREN LEAHY 32 # 8 30.60  
 200 M. FREE  
 KAREN LEAHY 32 # 9 2:26.39  
 400 M. FREE  
 KAREN LEAHY 32 # 7 5:05.95  
 1500 M. FREE  
 KAREN LEAHY 32 # 4 20:00.68 P  
 200 M. BACK  
 KAREN LEAHY 32 # 7 2:53.12

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 WOMEN 40-44  
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50 M. BACK  
 ZENA COURTNEY 41 # 4 36.82  
 100 M. BACK  
 ZENA COURTNEY 41 # 4 1:19.81  
 200 M. BACK  
 ZENA COURTNEY 41 # 1 2:48.05

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 WOMEN 45-49  
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50 M. FREE  
 DEBBIE GLASSMAN 47 # 5 30.04  
 100 M. FREE  
 DEBBIE GLASSMAN 47 # 3 1:07.87  
 50 M. FLY  
 DEBBIE GLASSMAN 47 # 4 32.86  
 100 M. FLY  
 DEBBIE GLASSMAN 47 # 4 1:15.42 Z  
 200 M. FLY  
 DEBBIE GLASSMAN 47 # 4 3:00.43

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 WOMEN 50-54  
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100 M. FREE  
 KATHRINE CASEY 52 # 8 1:17.61  
 DEMPSEY DYBDAHL 51 1:35.36  
 1500 M. FREE  
 KATHRINE CASEY 52 # 3 23:09.59  
 50 M. BRST  
 KATHRINE CASEY 52 # 7 45.90  
 DEMPSEY DYBDAHL 51 # 8 47.06  
 100 M. BRST  
 DEMPSEY DYBDAHL 51 # 9 1:49.47  
 200 M. BRST  
 DEMPSEY DYBDAHL 51 # 9 4:03.08  
 50 M. FLY  
 KATHRINE CASEY 52 # 7 38.70  
 DEMPSEY DYBDAHL 51 45.65  
 200 M. FLY  
 KATHRINE CASEY 52 # 2 3:29.63 P

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 WOMEN 60-64  
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50 M. FREE  
 SUSAN DEARBORN 64 # 6 43.13  
 400 M. FREE  
 SUSAN DEARBORN 64 # 8 7:57.22  
 200 M. BRST  
 SUSAN DEARBORN 64 # 3 4:24.08

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 WOMEN 65-69  
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400 M. FREE  
 JANET KAVADAS 69 # 5 10:16.42  
 200 M. BACK  
 JANET KAVADAS 69 # 3 5:11.12

100 M. BRST  
 JANET KAVADAS 69 # 9 2:26.71

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 M E N 40-44  
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200 M. FREE  
 ERIC DYBDAHL 40 2:21.43  
 400 M. FREE  
 ERIC DYBDAHL 40 5:05.86  
 1500 M. FREE  
 ERIC DYBDAHL 40 # 9 20:36.22  
 200 M. BACK  
 ERIC DYBDAHL 40 # 9 2:46.46  
 200 M. I.M.  
 ERIC DYBDAHL 40 2:51.18

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 M E N 50-54  
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200 M. FREE  
 FRANK WARNER 51 # 8 2:21.48  
 800 M. FREE  
 FRANK WARNER 51 # 5 10:42.01  
 50 M. BACK  
 FRANK WARNER 51 # 9 34.74  
 100 M. BACK  
 FRANK WARNER 51 # 6 1:15.83  
 200 M. BACK  
 FRANK WARNER 51 # 5 2:47.05