

NAT CHAMPS - N DAKOTA

08-20-89

LONG COURSE METERS

P = P.N.A. RECORD

R = REGIONAL RECORD

N = NATIONAL RECORD

W = WORLD RECORD

U = UNOFFICIAL TIME (1 WATCH)

WOMEN 35-39

50 M. FREE		
BETH BRENNER	36 # 1	30.15 R
200 M. FREE		
JANE MOORE	38 # 9	3:08.95
400 M. FREE		
JANE MOORE	38	6:33.56
1500 M. FREE		
BARBARA GUNDRED	37 # 2	21:07.54 R
JANE MOORE	38 # 7	25:28.76
50 M. BACK		
BETH BRENNER	36 # 2	35.28 R
200 M. BACK		
BARBARA GUNDRED	37 # 3	2:49.07 R
BETH BRENNER	36 # 4	2:53.49
JANE MOORE	38 # 9	3:42.67
50 M. BRST		
BETH BRENNER	36 # 4	40.89
200 M. BRST		
JANE MOORE	38 #10	4:20.73
50 M. FLY		
BETH BRENNER	36 # 2	32.49 R
100 M. FLY		
BARBARA GUNDRED	37 # 3	1:16.59 R
200 M. FLY		
BARBARA GUNDRED	37 # 2	2:55.36 R
200 M. I.M.		
BARBARA GUNDRED	37 # 3	2:49.30 R
BETH BRENNER	36 # 4	2:49.63

WOMEN 55-59

1500 M. FREE		
JANET KAVADAS	58 # 7	32:50.88
200 M. BRST		
JANET KAVADAS	58 # 4	4:39.62
100 M. FLY		
JANET KAVADAS	58 # 5	2:30.77
400 M. I.M.		
JANET KAVADAS	58 # 5	9:19.30

M E N 35-39

200 M. FREE		
HUGH MOORE	35	2:22.65
400 M. FREE		
HUGH MOORE	35	5:02.06
800 M. FREE		
HUGH MOORE	35 # 8	10:28.72
GREG HARRISON	37	12:02.41

50 M. BRST		
GREG HARRISON	37 # 2	34.09
100 M. BRST		
GREG HARRISON	37 # 1	1:13.09
200 M. BRST		
GREG HARRISON	37 # 1	2:36.85
100 M. FLY		
HUGH MOORE	35 # 9	1:07.78
200 M. FLY		
HUGH MOORE	35 # 5	2:35.56
200 M. I.M.		
HUGH MOORE	35	2:42.47
400 M. I.M.		
GREG HARRISON	37 # 4	5:26.23

M E N 40-44

200 M. FREE		
FOREST BROOKS	41	5:03.83
400 M. FREE		
FOREST BROOKS	41	11:03.52
800 M. FREE		
FOREST BROOKS	41 # 7	23:45.11
1500 M. FREE		
IAN THOMPSON	40 # 3	19:49.45 P
100 M. BACK		
FOREST BROOKS	41 # 9	3:23.83
200 M. BACK		
FOREST BROOKS	41 #10	7:05.66
100 M. BRST		
IAN THOMPSON	40 # 1	1:17.61 P
200 M. BRST		
IAN THOMPSON	40 # 2	2:51.02 R
200 M. I.M.		
IAN THOMPSON	40 # 8	2:40.06
400 M. I.M.		
IAN THOMPSON	40 # 3	5:37.51 P

M E N 50-54

400 M. FREE		
FRANK NEWQUIST	51	5:48.82
1500 M. FREE		
FRANK NEWQUIST	51 # 6	23:54.30
50 M. FLY		
FRANK NEWQUIST	51 # 8	36.56
200 M. FLY		
FRANK NEWQUIST	51 # 6	3:29.63
200 M. I.M.		
FRANK NEWQUIST	51 # 8	3:14.81
400 M. I.M.		
FRANK NEWQUIST	51 # 7	7:04.85

M E N 55-59

400 M. FREE		
TOM TAYLOR	58 # 6	6:05.07 P
1500 M. FREE		
TOM TAYLOR	58 # 3	23:27.06 P
100 M. BRST		

TOM TAYLOR	58 # 4	1:32.19
200 M. BRST		
TOM TAYLOR	58 # 5	3:24.93 P
200 M. I.M.		
TOM TAYLOR	58 # 5	3:19.23
400 M. I.M.		
TOM TAYLOR	58 # 4	7:12.99

M E N 80-84

50 M. FREE		
JIM PENFIELD	81 # 2	40.74 R
50 M. BACK		
JIM PENFIELD	81 # 2	54.66
50 M. BRST		
JIM PENFIELD	81 # 1	54.96
100 M. BRST		
JIM PENFIELD	81 # 1	2:12.62
50 M. FLY		
JIM PENFIELD	81 # 1	56.10
200 M. I.M.		
JIM PENFIELD	81 # 1	4:47.64 P

RELAYS-WOMEN 200 M. FREE

160+		
BETH BRENNER	36 # 4	2:34.21
JANE MOORE	38	
JANET KAVADAS	58	
BARBARA GUNDRED	37	

RELAYS-WOMEN 200 M. MEDLEY

160+		
BETH BRENNER	36 # 5	2:44.87
JANET KAVADAS	58	
BARBARA GUNDRED	37	
JANE MOORE	38	

RELAYS-M E N 200 M. FREE

160+		
GREG HARRISON	37 # 6	1:59.57
IAN THOMPSON	40	
HUGH MOORE	35	
FRANK NEWQUIST	51	

RELAYS-M E N 200 M. MEDLEY

160+		
GREG HARRISON	37 # 8	2:13.13
IAN THOMPSON	40	
HUGH MOORE	35	
FRANK NEWQUIST	51	

RELAYS-MIXED 200 M. FREE

160+

BETH BRENNER	36 # 4	2:09.27
JANE MOORE	38	
FRANK NEWQUIST	51	
HUGH MOORE	35	

RELAYS-MIXED 200 M. MEDLEY

160+

BARBARA GUNDRED	37 # 2	2:13.59
GREG HARRISON	37	
BETH BRENNER	36	
FRANK NEWQUIST	51	

200+

JANE MOORE	38	3:15.94
JANET KAVADAS	58	
THOMAS TAYLOR	58	
JIM PENFIELD	81	