

1980 Long Course Regionals - Records (Cont)

Regional Records :

Men 75-79 : Roy Webster ORE 200 Free 5:39.53
1500 Free 49:29.64

RELAYS :

Women 55 Plus - 200 Medley (PNA) Maryan Burke, Dawn Musselman, Maxine Carlson.
4:07.01 Lee Holm

~~Women~~ 45 Plus - 200 Free (ORE) Mixed : Lavelle Stoinoff, Nadine Whitehall,
2:15.38 Fred Sprenger, Eric Guest

Mixed Medley (25 Plus) (PNA) : Cookie Justesen, Joy Rogers, Gary Hafer, Russ Hall
2:33.90

(35 Plus) (ORE) : Sue Rittenhouse, Chusk Schaumburg, Jim Bigler,
2:35.39 Linda Jones

(45 Plus) (ORE) : Nadine Whitehall, Connie Wilson, Eric Guest
2:45.33 Jim Holland

Women 55 Plus - 200 Free (PNA) Maryan Burke, Lee Holm, Dawn Musselman,
3:34.04 Maxine Carlson

Men 55 Plus - 200 Free (ORE) Earl Walter, Jim Holland, Gil Young, Don Stevenson
2:29.01

REGION XII CHAMPIONSHIPS

MASTERS SWIMMING - L/C

MHCC, PORTLAND, OR

AUG. 15, 16, 17

WOMEN 20-24

100 Free
Donna Brown 20 1:21.41

200 Free
Donna Brown 20 3:10.50

400 Free
Becky Bennet 22 6:19.33

1500 Free
Becky Bennet 22 24:33.10

100 Back
Becky Bennet 22 1:43.22

200 Breast
Becky Bennet 22 3:39.9

50 Fly
Donna Brown 22 :40.17

200 Fly
Becky Bennet 22 3:40.22

200 IM
Becky Bennet 22 3:24.54

WOMEN 25-29

400 Free
Catherine Chay 25 5:15.86
Joel Summers 25 6:14.33
Kelly Bowles 26 6:52.94

1500 Free
Catherine Chay 25 20:05.96
Joel Summers 25 26:18.55
Kelly Bowles 26 27:58.14

50 Back
Kelly Bowles 26 :47.62

100 Back
Joel Summers 25 1:36.2

50 Breast
Barbara Stewart 28 :47.17
Kelly Bowles 26 :50.80

100 Breast

Barbara Stewart 28 1:46:53
Joel Summers 25 1:49.18
Kelly Bowles 26 1:51.31

200 Breast
Kelly Bowles 26 4:00.51

100 Fly
Catherine Chay 25 1:19.59
Joel Summers 25 1:45.7

200 Fly
Catherine Chay 25 2:57.58

200 IM
Catherine Chay 25 2:56.74
Joel Summers 25 3:25.84

400 IM
Catherine Chay 25 6:16.80

WOMEN 30-34

50 Free
Cheryl Shay 32 :35.26
Cookie Justesen 33 :36.14

100 Free
Cheryl Shay 32 1:18.44

200 Free
Roberta Shuford 30 2:53.73

400 Free
Roberta Shuford 30 6:19.94
Cheryl Shay 32 6:38.02

1500 Free
Cookie Justesen 33 24:11.08
Roberta Shuford 30 24:39.3

50 Back
Sue Snyder 31 :39.20
Jayne Chastain 34 :40.04

100 Back
Sue Snyder 31 1:25.10
Jayne Chastain 34 1:28.56
Cookie Justesen 33 1:33.40

200 Back
Sue Snyder 31 3:03.45
Jayne Chastain 34 3:15.16
Roberta Shuford 30 3:52.34

50 Breast

Jayne Chastain 34 :49.48

100 Breast
Sue Snyder 31 1:33.33
Cookie Justesen 33 1:41.57
Cheryl Shay 32 1:45.26

200 Breast
Cookie Justesen 33 3:41.20

100 Fly
Sue Snyder 31 1:28.39

200 Fly
Sue Snyder 31 3:16.29

200 IM
Cookie Justesen 33 3:20.48
Jayne Chastain 34 3:21.54
Cheryl Shay 32 3:24.40

WOMEN 35-39

50 Free
Joy Rogers 38 :35.66
Jean Kinzey-Lee 39 :41.73

100 Free
Joy Rogers 38 1:20.09
Jean Kinzey-Lee 39 1:33.19

200 Free
Barbara Frid 38 2:48.53
Jean Kinzey-Lee 39 3:42.34

400 Free
Barbara Frid 38 5:58.53
Jean Kinzey-Lee 39 7:48.66

1500 Free
Barbara Frid 38 23:07.67
Jean Kinzey-Lee 39 30:56.62

50 Back
Barbara Frid 38 :39.10
Joy Rogers 38 :40.48

100 Back
Barbara Frid 38 1:26.62
Joy Rogers 38 1:30.04

200 Back
Barbara Frid 38 3:12.17

REGION XII CHAMPIONSHIP
 MASTERS SWIMMING - L/C
 MHCC, PORTLAND, OR
 AUG. 15, 16, 17 (Page 2)

50 Fly
 Joy Rogers 38 :42.99
 Linda Jones 38 :44.69

100 Fly
 Linda Jones 38 1:45.56

200 Fly
 Linda Jones 38 4:00.42

400 IM
 Linda Jones 38 7:35.67

WOMEN 40-44

50 Free
 Sue Dearborn 43 :39.02
 Mary Ann Henion 40 :47.02

100 Free
 Sue Dearborn 43 1:29.82
 Mary Ann Henion 40 1:53.99

200 Free
 Sue Dearborn 43 3:13.77

400 Free
 Sue Dearborn 43 6:56.11

50 Back
 Harriet Lynch 41 :52.52

100 Back
 Sue Rittenhouse 42 1:30.54
 Harriet Lynch 41 1:53.00

200 Back
 Harriet Lynch 41 4:02.40

50 Breast
 Sue Dearborn 43 :49.47
 Mary Ann Henion 40 :55.03

100 Breast
 Harriet Lynch 41 1:48.46
 Mary Ann Henion 40 2:00.48

200 Breast
 Harriet Lynch 41 3:46.77
 Mary Ann Henion 40 4:18.98

50 Fly
 Sue Rittenhouse 42 :37.64

100 Fly
 Sue Rittenhouse 42 1:29.08

200 Fly
 Sue Rittenhouse 42 3:29.14

200 IM
 Sue Rittenhouse 42 3:17.14
 Harriet Lynch 41 3:49.05

400 IM
 Sue Rittenhouse 42 6:57.70

WOMEN 45-49

50 Free
 Lavelle Stoinoff 47 :35.09
 Nadine Whitehall 46 :35.49
 Ardis Ross 45 :37.91

100 Free
 Lavelle Stoinoff 47 1:15.82
 Ardis Ross 45 1:29.32
 Marilyn Stauber 49 1:41.56
 Janet Twilight 49 1:41.71

200 Free
 Lavelle Stoinoff 47 2:43.77
 Ardis Ross 45 3:22.23
 Janet Twilight 49 3:46.51

400 Free
 Lavelle Stoinoff 47 5:48.69
 Ardis Ross 45 7:11.60

1500 Free
 Lavelle Stoinoff 47 22:48.31
 Janet Twilight 49 29:53.50

50 Back
 Connie Wilson 45 :45.35

100 Back
 Connie Wilson 45 1:38.37

200 Back
 Connie Wilson 45 3:37.16

50 Breast
 Lavelle Stoinoff 47 :51.97
 Connie Wilson 45 1:02.13

100 Breast
 Janet Twilight 49 2:03.29

50 Fly
 Nadine Whitehall 46 :38.66

100 Fly
 Nadine Whitehall 46 1:38.33

200 Fly
 Nadine Whitehall 46 3:45.40

200 IM
 Nadine Whitehall 46 3:33.61
 Marilyn Stauber 49 4:26.04

400 IM
 Nadine Whitehall 46 7:30.29

WOMEN 50-54

50 Free
 Maggie Wells 54 :43.00

100 Free
 Maggie Wells 54 1:59.06

50 Back
 Maggie Wells 54 :53.92

50 Breast
 Maggie Wells 54 :56.19

200 Breast
 Maggie Wells 54 4:25.61

50 Fly
 Maggie Wells 54 1:04.14

WOMEN 55-59

50 Free
 Maryan Burke 55 :59.37

200 Free
 Maryan Burke 55 4:51.85

1500 Free
 Elfie Stevenin 58 47:01.47

50 Back
 Maryan Burke 55 1:02.2

100 Back
 Maryan Burke 55 2:11.53
 Elfie Stevenin 58 2:45.84

200 Back
 Maryan Burke 55 4:40.49

50 Breast
 Maryan Burke 55 1:14.33

100 Fly
 Elfie Stevenin 58 3:10.36

200 Fly
 Elfie Stevenin 58 7:03.77

200 IM
 Elfie Stevenin 58 6:01.68

400 IM
 Elfie Stevenin 58 12:34.83

WOMEN 60-64

50 Free
 Maxine Carlson 60 :52.46
 Barbara Havercamp 64 1:31.25

100 Free
 Maxine Carlson 60 1:54.86
 Barbara Havercamp 64 3:20.11

50 Back
 Maxine Carlson 60 :57.75
 Barbara Havercamp 64 1:43.46

100 Back
 Maxine Carlson 60 2:11.39
 Barbara Havercamp 64 3:46.98

50 Breast
 Maxine Carlson 60 1:02.03
 Barbara Havercamp 64 1:55.64

100 Breast
 Maxine Carlson 60 2:16.09
 Barbara Havercamp 64 4:08.03

WOMEN 65-69

50 Free
 Dawn Musselman 67 :39.02

100 Free
 Dawn Musselman 67 1:33.15
 Lee Holm 65 2:16.86

200 Free
 Lee Holm 65 4:59.51

400 Free
 Dawn Musselman 67 7:37.44
 Lee Holm 65 10:18.70

1500 Free
 Lee Holm 65 38:33.47

100 Back
 Lee Holm 65 2:32.75

200 Back
 Lee Holm 65 5:31.14

50 Breast
 Dawn Musselman 67 1:03.38

50 Fly
 Dawn Musselman 67 1:01.39

REGION XII CHAMPIONSHIPS
 MASTERS SWIMMING - L/C
 MHCC, PORTLAND, OR
 AUG. 15, 16, 17 (Page 3)

WOMEN 70-74

400 Free		
Hazel Bressie	71	14:23.00
200 Back		
Hazel Bressie	71	7:05.07
50 Fly		
Hazel Bressie	71	2:15.95
100 Fly		
Hazel Bressie	71	5:02.69
200 IM		
Hazel Bressie	71	8:18.08
400 IM		
Hazel Bressie	71	16:18.06

WOMEN 75-79

50 Free		
Martha Keller	79	1:06.97
100 Free		
Martha Keller	79	2:26.01
200 Free		
Martha Keller	79	5:22.07
1500 Free		
Martha Keller	79	42:02.14
50 Back		
Martha Keller	79	1:20.58
50 Fly		
Martha Keller	79	2:03.29

WOMEN 80-UP

50 Free		
Edith McMasters	81	2:11.64
100 Free		
Edith McMasters	81	4:35.07
50 Back		
Edith McMasters	81	2:02.75
100 Back		
Edith McMasters	81	4:00.68
50 Breast		
Edith McMasters	81	2:22.52
100 Breast		
Edith McMasters	81	5:05.75

MEN 20-24

50 Free		
John Mason	21	:28.0
Scott Steingraber	20	:29.29
100 Free		
John Mason	21	1:00.0
Dale Carper	23	1:07.23
200 Free		
John Mason	21	2:13.62
400 Free		
John Mason	21	4:44.23
50 Back		
Scott Steingraber	20	:35.41

100 Back		
Scott Steingraber	20	1:17.00
50 Breast		
Miles Newmark	21	:37.04
100 Breast		
Dale Carper	23	1:31.69
50 Fly		
Miles Newmark	21	:30.79

MEN 25-29

50 Free		
Brett Arvidson	25	:27.60
Howard Ronkin	25	:28.03
100 Free		
Stan Carper	26	:56.31
Mike Evans	26	1:02.34
Richard Clark	29	1:20.77
200 Free		
Stan Carper	26	2:10.30
Bret Arvidson	25	2:20.43
Michael Cheek	25	2:49.44
400 Free		
Dan Johnson	27	5:27.4
Michael Cheek	25	6:26.37
1500 Free		
Stan Carper	26	19:43.26
Ted Gilbert	28	24:24.93
50 Back		
Gary Hafer	29	:30.25
Brett Arvidson	25	:34.31
Micheal Cheek	25	:36.41
Howard Ronkin	25	:38.69
100 Back		
Gary Hafer	29	1:07.50
Brett Arvidson	25	1:15.35
Micheal Cheek	25	1:21.84
200 Back		
Gary Hafer	29	2:30.65
Brett Arvidson	25	2:43.57
Micheal Cheek	25	3:04.16
50 Breast		
Howard Ronkin	25	:35.86
Richard Weil	28	:40.11
100 Breast		
Dan Johnson	27	1:18.19
Howard Ronkin	25	1:21.15
Richard Weil	28	1:34.38
200 Breast		
Dan Johnson	27	2:50.41
Richard Weil	28	3:26.1
50 Fly		
Stan Carper	26	:27.94
Mike Evans	26	:32.80
100 Fly		
Gary Hafer	29	1:16.31
200 IM		
Gary Hafer	29	2:31.29
Brett Arvidson	25	2:39.69
Dan Johnson	27	2:42.29
Mike Evans	26	2:50.10
Richard Clark	29	4:02.68
400 IM		
Stan Carper	26	5:23.90
Gary Hafer	29	5:42.33
Mike Evans	26	5:58.25

MEN 30-34

50 Free		
Vern Dasch	31	:26.24
Bob Maestre	30	:27.03
100 Free		
Vern Dasch	31	:58.29
Bob Maestre	30	1:01.79
Bill Latta	31	1:04.52
200 Free		
Vern Dasch	31	2:12.44
Bob Maestre	30	2:22.86
400 Free		
Vern Dasch	31	4:43.42
Bill Latta	31	5:01.77
1500 Free		
Bill Latta	31	20:02.61
100 Back		
Russ Hall	33	1:20.00
Doug Huestis	32	1:20.58
200 Back		
Russ Hall	33	3:06.66
50 Breast		
Mark Amara	30	:38.82
100 Breast		
Vern Dasch	31	1:20.26
Mark Amara	30	1:26.94
200 Breast		
Vern Dasch	31	2:57.45
Mark Amara	30	3:13.26
50 Fly		
Doug Huestis	32	:30.33
Bill Latta	31	:30.63
Bob Maestre	30	:30.88
Russ Hall	33	:35.66
100 Fly		
Doug Huestis	32	1:08.44
Bob Maestre	30	1:12.04
Russ Hall	33	1:25.29
200 Fly		
Doug Huestis	32	2:39.43
200 IM		
Bill Latta	31	2:43.55
Russ Hall	33	2:59.40
400 IM		
Bill Latta	31	5:53.81
Bob Maestre	30	6:03.28
Russ Hall	33	6:32.02
<u>MEN 35-39</u>		
50 Free		
Dale Vaughan	35	:27.62
John Moreland	35	:27.76
Don McCrea	39	:30.36
Roy Watters	36	:31.27
Don Bolieu	36	:38.26
Richard Hodge	35	:38.31
100 Free		
Karl Von Tagen	36	1:00.79
John Moreland	35	1:02.39
Dale Vaughan	35	1:04.86
Roy Watters	36	1:13.00
Pat Caudill	35	1:15.64
Dick Hodge	35	1:23.22
Don Bolieu	36	1:31.19

REGION XII CHAMPIONSHIPS
 MASTERS SWIMMING - L/C
 MHCC, PORTLAND, OR
 AUG. 15, 16, 17 (Page 4)

MEN 35-39 - (Con't.)

200 Free			
Karl Von Tagen	36	2:21.26	
John Moreland	35	2:22.81	
Pat Caudill	35	2:47.46	
Roy Watters	36	2:49.41	
Don Bolieu	36	3:21.46	

400 Free			
John Moreland	35	5:24.01	
Pat Caudill	38	5:58.47	
Roy Watters	36	6:11.15	
Don Bolieu	36	7:04.50	

1500 Free			
Pat Caudill	35	23:35.88	
Dick Hodge	35	26:54.29	
Don Bolieu	36	30:31.99	

50 Back			
Don McCrea	39	:37.31	
Pat Caudill	35	:41.53	

50 Breast			
Dale Vaughan	35	:35.51	

100 Breast			
Dale Vaughan	35	1:23.86	

200 Breast			
Dale Vaughan	35	3:14.82	

200 IM			
Pat Caudill	35	3:18.45	

MEN 40-44

50 Free			
Chris Hiatt	40	:30.86	
Jim Bigler	44	:32.1	
William Meltzer	41	:32.44	

100 Free			
Chris Hiatt	40	1:11.12	
Jim Bigler	44	1:12.73	
William Meltzer	41	1:17.18	

200 Free			
Jim Bigler	44	2:49.82	
William Meltzer	41	2:58.34	

400 Free			
Jim Bigler	44	6:07.73	
William Meltzer	41	6:34.79	

1500 Free			
Jim Bigler	44	24:31.44	
Don Howard	42	29:13.55	

50 Back			
C. Schaumburg	42	:36.50	
Chris Hiatt	40	:37.57	

100 Back			
C. Schaumburg	42	1:21.22	
Chris Hiatt	40	1:22.19	

200 Back			
C. Schaumburg	42	2:56.40	
John Orbell	44	3:09.53	

50 Breast			
Don Howard	42	:46.32	

100 Breast			
Jim Bigler	44	1:35.28	
Don Howard	42	1:41.12	

50 Fly			
John Orbell	44	:42.29	

200 Fly			
C. Schaumburg	42	3:19.44	

200 IM			
C. Schaumburg	42	2:56.63	
Chriss Hiatt	40	3:28.04	

400 IM			
C. Schaumburg	42	6:24.55	

MEN 45-49

50 Free			
Fred Sprenger	49	:32.74	
Kirk Adams	45	:33.22	
Richard Mealy	48	:34.62	

100 Free			
Kirk Adams	45	1:14.23	
Fred Sprenger	49	1:14.31	

200 Free			
Fred Sprenger	49	2:38.98	
Kirk Adams	45	2:41.59	

400 Free			
Kirk Adams	45	5:42.46	
Fred Sprenger	49	5:43.17	

1500 Free			
Fred Sprenger	49	22:56.98	
Richard Mealy	48	24:34.70	

50 Back			
Richard Mealy	48	:44.02	
Fred Sprenger	49	:44.52	
Tom Foley	46	:48.44	

100 Back			
Tom Foley	46	1:46.48	

200 Back			
Richard Mealy	48	3:27.98	
Tom Foley	46	3:42.96	

50 Breast			
Ron Taylor	47	:39.31	
Tom Foley	46	:48.70	

100 Breast			
Ron Taylor	47	1:27.53	
Tom Foley	46	1:48.28	

200 Breast			
Ron Taylor	47	3:12.83	
Tom Foley	46	3:54.26	

50 Fly			
Ron Taylor	47	:35.75	
Richard Mealy	48	:49.19	

100 Fly			
Ron Taylor	47	1:52.8	

200 IM			
Richard Mealy	48	3:37.98	

MEN 50-54

50 Free			
Eric Guest	50	:31.78	
Sam Ierulli	51	:38.36	

100 Free			
Eric Guest	50	1:12.95	
Sam Ierulli	51	1:23.77	

200 Free			
Sam Ierulli	51	3:07.56	

400 Free			
Chuck Sheldon	51	6:02.78	
Sam Ierulli	51	6:29.83	

1500 Free			
Chuck Sheldon	51	23:41.10	
Sam Ierulli	51	26:45.60	

50 Back			
Chuck Sheldon	51	:37.95	

100 Back			
Chuck Sheldon	51	1:26.35	

200 Back			
Chuck Sheldon	51	3:17.04	

50 Breast			
Lee Miesen	53	:43.66	
Eric Guest	50	:44.22	

100 Breast			
Lee Miesen	53	1:35.66	

200 Breast			
Lee Miesen	53	3:35.92	
Ransom Arthur	54	3:58.40	

50 Fly			
Chuck Sheldon	51	:36.88	

100 Fly			
Lee Miesen	53	1:52.80	

200 IM			
Lee Miesen	53	3:36.84	

400 IM			
Lee Miesen	53	7:52.35	

MEN 55-59

50 Free			
Jim Holland	56	:34.91	
Larry Straker	58	:37.64	
Gil Young	58	:37.9	
Aubrey Dodd	57	:40.15	
Joe Mallon	59	:46.57	

100 Free			
Jim Holland	56	1:20.14	
Gil Young	58	1:24.55	
Aubrey Dodd	57	1:30.31	
Joe Mallon	59	1:51.50	

200 Free			
Gil Young	58	3:08.87	
Joe Mallon	59	4:05.19	

400 Free			
Gil Young	58	6:48.70	
David Bernstein	58	8:50.00	
Joe Mallon	59	8:58.19	

1500 Free			
Gil Young	58	26:20.44	
Joe Mallon	59	36:31.43	
David Bernstein	58	41:51.25	

50 Back			
Earl Walter	59	:38.98	
Larry Straker	58	:46.75	
Aubrey Dodd	57	:53.55	

100 Back			
Earl Walter	59	1:29.00	
Larry Straker	58	1:48.13	
Aubrey Dodd	57	1:57.00	

200 Back			
Earl Walter	59	3:24.05	
Larry Straker	58	4:01.15	
Aubrey Dodd	57	4:16.83	

50 Breast			
Jim Holland	56	:48.02	
Larry Straker	58	:49.15	

REGION XII CHAMPIONSHIPS
 MASTERS SWIMMING L/C
 MHCC, PORTLAND, OR
 AUG. 15, 16, 17 (Page 5)

MEN 55-59 - (Con't.)

100 Breast			
Larry Straker	58	2:04.86	
Aubrey Dodd	57	2:17.30	
50 Fly			
Aubrey Dodd	57	1:03.74	
400 IM			
Earl Walter	59	7:25.99	

MEN 60-64

50 Free			
Bill Odman	61	:32.97	
100 Free			
Bill Odman	61	1:15.37	
200 Free			
Bill Odman	61	2:53.77	
400 Free			
Bill Odman	61	6:13.70	
50 Back			
Fred Wiggin	64	:45.04	
100 Back			
Fred Wiggin	64	1:39.06	
200 Back			
Fred Wiggin	64	3:28.86	
100 Breast			
Fred Wiggin	64	1:49.53	
50 Fly			
Bill Odman	61	:40.27	
200 IM			
Fred Wiggin	64	3:36.94	
400 IM			
Fred Wiggin	64	7:43.26	

MEN 65-69

50 Free			
Roland Portman	67	:35.99	
Syd Hendy	67	:40.78	
100 Free			
Roland Portman	67	1:20.83	
200 Free			
Roland Portman	67	3:06.96	
Syd Hendy	67	3:42.40	
400 Free			
Roland Portman	67	6:52.07	
50 Back			
Syd Hendy	67	:47.10	
100 Back			
Syd Hendy	67	1:46.03	
200 Back			
Syd Hendy	67	3:55.01	
Don Stevenson	68	3:55.62	
100 Breast			
Don Stevenson	68	1:54.12	
200 Breast			
Don Stevenson	68	4:04.05	
100 Fly			
Don Stevenson	68	1:59.89	

200 IM			
Don Stevenson	68	3:54.96	
400 IM			
Don Stevenson	68	8:26.37	

MEN 70-74

50 Free			
John Hoey	70	:42.60	
100 Free			
John Hoey	70	1:39.05	
100 Free			
John Hoey	70	1:39.05	
200 Free			
John Hoey	70	3:55.65	
400 Free			
John Hoey	70	8:47.25	
1500 Free			
John Hoey	70	35:45.94	
50 Back			
John Hoey	70	:56.88	

MEN 75-79

100 Free			
Roy Webster	79	2:26.03	
200 Free			
Roy Webster	79	5:39.53	
1500 Free			
Roy Webster	79	49:29.64	
50 Breast			
Roy Webster	79	1:17.67	
100 Breast			
Roy Webster	79	2:56.76	

WOMENS RELAYS

200 Medley Relay - 20 & Up			
IEA		2:56.82	
Joel Summers			
Kelley Bowles			
Becky Bennet			
Bobbie Shuford			
200 Medley Relay - 25 & Up			
PNA		3:09.17	
Cookie Justesen			
Sue Dearborn			
Joy Rogers			
Jan Twilight			
200 Medley Relay - 55 & Up			
PNA		4:07.01	
Mary Ann Burke			
Dawn Musselman			
Maxine Carlson			
Lee Holm			
ORE		7:19.57	
Hazel Bressie			
Martha Keller			
Edith McMasters			
Barbara Havercamp			

MENS RELAYS

200 Medley Relay - 25 & Up			
PNA		2:18.81	
Gary Hafer			
Ron Taylor			
Mike Evans			
Kirk Adams			

200 Medley Relay - 55 & Up			
ORE		2:52.70	

Syd Hendy
 Earl Walter
 Jim Holland
 Gil Young

MIXED FREE RELAYS

200 Free - 25 & Up			
PNA		2:11.29	
Cookie Justesen			
Sue Dearborn			
Mike Evans			
Gary Hafer			
ORE		2:17.49	
Mark Amara			
Margaret Amara			
Bill Meltzer			
Barbara Frid			
200 Free - 35 & Up			
ORE		2:29.89	
John Orbell			
Chris Hiatt			
Harriet Lynch			
Marilyn Stauber			
200 Free - 45 & Up			
ORE		2:15.38	
Lavelle Stoinoff			
Madine Whitehall			
Fred Sprenger			
Eric Guest			
PNA		2:54.45	
Dawn Musselman			
Maxine Carlson			
Tom Foley			
Fred Wiggins			
PNA		3:07.64	
Ron Taylor			
Kirk Adams			
Mary Ann Burke			
Lee Holm			

MIXED MEDLEY RELAYS

200 Medley - 25 & Up			
PNA		2:33.9	
Cookie Justesen			
Joy Rogers			
Gary Hafer			
Russ Hall			
200 Medley - 35 & Up			
ORE		2:35.39	
Susan Rittenhouse			
Chuck Schaumberg			
Jim Bigler			
Linda Jones			
PNA		2:55.15	
Sue Dearborn			
Dawn Musselman			
Kirk Adams			
Ron Taylor			
200 Medley - 45 & Up			
ORE		2:45.33	
Nadine Whitehall			
Connie Wilson			
Eric Guest			
Jim Holland			
PNA		3:37.73	
Fred Wiggin			
Tom Foley			
Maxine Carlson			
Mary Ann Burke			

REGION XII CHAMPIONSHIPS
 MASTERS SWIMMING L/C
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Multnomah Athletic Club
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WOMENS RELAYS

200 Free - 20 & Up
 IEA 2:30.37
 Joel Summers
 Bobbie Shuford
 Kelley Bowles
 Becky Bennett

200 Free - 35 & Up
 ORE 2:20.55
 Lavelle Stoinoff
 Barbara Frid
 Linda Jones
 Susan Rittenhouse

200 Free - 55 & Up
 PNA 3:34.04
 Mary Ann Burke
 Lee Holm
 Dawn Musselman
 Maxine Carlson

Men 75-79

50 Free
 Roy Webster 79 1:06.71

100 Free
 Roy Webster 79 2:33.80

1500 Free
 Roy Webster 79 49:45.60

50 Breast
 Roy Webster 79 1:16.80

100 Breast
 Roy Webster 79 2:57.56

MENS RELAYS

200 Free - 25 & Up
 PNA 2:15.81
 Gary Hafer
 Russ Hall
 Kirk Adams
 Fred Wiggin

200 Free - 35 & Up
 ORE 2:05.29
 C. Schaumburg
 Jim Bigler
 Chris Hiatt
 Pat Caudill

200 Free 55 & Up
 ORE 2:29.01
 Earl Walter
 Jim Holland
 Gil Young
 Don Stevenson