

P.N.A. LONG COURSE MEET
SOUTH KITSAP, WASH.
JUNE 24 1984

P = P.N.A. RECORD
R = REGION RECORD
N = NATIONAL RECORD

WOMEN 20-24

50 M. FREE			
BECKY CALLIES	22	35.69	
POLLY BEARD	24	47.52	
100 M. FREE			
BECKY CALLIES	22	1:24.67	
POLLY BEARD	24	2:01.87	
200 M. FREE			
BECKY CALLIES	22	3:05.63	
100 M. BACK			
MEG LLOYD	23	1:18.83P	
JANIS THOMPSON	23	1:31.66	
50 M. BREAST			
JANIS THOMPSON	22	44.71	
BECKY CALLIES	22	45.84	
POLLY BEARD	24	1:01.55	
200 M. BREAST			
JANIS THOMPSON	23	3:31.46	
50 M. FLY			
MEG LLOYD	23	33.59	
100 M. FLY			
MEG LLOYD	23	1:17.61	
200 M. I. M.			
MEG LLOYD	23	2:50.37P	

WOMEN 25-29

50 M. FREE			
CATHERINE GREER	29	34.07	
MARLENE HOLMES	28	43.43	
GLORIA MASTERS	27	47.36	
100 M. FREE			
JODY LIDDCOAT	28	1:16.45	
MARLENE HOLMES	28	1:39.77	
GLORIA MASTERS	27	1:47.74	
200 M. FREE			
AMY RUST	25	2:42.43	
JUDY WESTON	26	2:50.25	
DEBRA POHLMAN	28	2:55.28	
JODY LIDDCOAT	28	2:56.84	
SHARLEE TAYLOR	27	3:07.54	
MARY BELANICH	28	3:47.23	
GLORIA MASTERS	27	3:48.19	
400 M. FREE			
KIKO KIMURA	28	5:25.36	
AMY RUST	25	5:37.17	
JUDY WESTON	26	5:52.57	
1500 M. FREE			
KIKO KIMURA	28	21:12.20	
50 M. BACK			
MARY BELANICH	28	55.62	

MARLENE HOLMES	28	1:03.83	
100 M. BACK			
MARLENE HOLMES	28	2:31.50	
200 M. BACK			
KIKO KIMURA	28	2:55.77	
AMY RUST	25	3:04.87	
50 M. BREAST			
JUDY WESTON	26	41.67	
EILEEN CAVANAGH	25	45.60	
CATHERINE GREER	29	48.24	
GLORIA MASTERS	27	56.17	
100 M. BREAST			
JUDY WESTON	26	1:32.92	
EILEEN CAVANAGH	25	1:40.91	
200 M. BREAST			
JUDY WESTON	26	3:22.89	
EILEEN CAVANAGH	25	3:39.04	
50 M. FLY			
LIB RUST	25	36.85	
CATHERINE GREER	29	37.34	
SHARLEE TAYLOR	27	40.27	
EILEEN CAVANAGH	25	50.04	
MARLENE HOLMES	28	1:11.51	
100 M. FLY			
LIB RUST	25	1:25.33	
200 M. FLY			
KIKO KIMURA	28	2:59.98	
LIB RUST	25	3:23.31	
200 M. I. M.			
AMY RUST	25	2:58.88	
CATHERINE GREER	29	3:19.12	
DEBRA POHLMAN	28	3:19.47	
SHARLEE TAYLOR	27	3:22.38	
JODY LIDDCOAT	28	3:26.89	
400 M. I. M.			
KIKO KIMURA	28	6:10.79	

WOMEN 30-34

50 M. FREE			
RUTH MORELAND	31	31.59*	
DIANE TIMMONS	34	33.32	
CARRIE VAN DYCK	31	34.79	
SUSAN ALLEN	33	36.14	
DONNA DALY	32	38.45	
JANINE GRAVES	33	40.21	
JACQUELINE PRUETT	33	41.17	
MARILYN BROWN	33	54.59	
100 M. FREE			
JULIE BACON	34	1:27.84	
DONNA DALY	32	1:28.29	
DEBRA LEWIS	31	1:31.65	
200 M. FREE			
SUSAN ALLEN	33	3:09.20	
DEBRA LEWIS	31	3:22.66	
400 M. FREE			
JANE MOORE	33	6:34.34	
SUSAN ALLEN	33	6:44.57	
DONNA DALY	32	7:22.80	
1500 M. FREE			

JANE MOORE	33	27:18.21	
50 M. BACK			
JACQUELINE PRUETT	33	50.14	
MARILYN BROWN	33	1:03.84	
100 M. BACK			
DIANE TIMMONS	34	1:35.96	
JANE MOORE	33	1:43.07	
JULIE BACON	34	1:43.93	
200 M. BACK			
JANE MOORE	33	3:39.02	
50 M. BREAST			
RUTH MORELAND	31	41.08*	
CARRIE VAN DYCK	31	43.82	
JANINE GRAVES	33	48.27	
SUSAN ALLEN	33	48.47	
DONNA DALY	32	50.39	
JACQUELINE PRUETT	33	54.11	
100 M. BREAST			
CARRIE VAN DYCK	31	1:38.08	
DEBRA LEWIS	31	1:42.72	
SUSAN ALLEN	33	1:49.07	
DIANE TIMMONS	34	1:52.38	
JANE MOORE	33	1:54.30	
JULIE BACON	34	1:55.53	
JANINE GRAVES	33	1:57.04	
200 M. BREAST			
DEBRA LEWIS	31	3:34.25	
50 M. FLY			
DIANE TIMMONS	34	38.67	
DONNA DALY	32	42.33	
200 M. I. M.			
DEBRA LEWIS	31	3:31.41	

WOMEN 35-39

50 M. FREE			
JULIE CORMAN	35	31.32R	
KATHY CRANDELL	35	32.77	
LINDA RISLER	35	33.50	
RONDI WHITE	38	34.83	
JULIE BROOKS	38	37.68	
LINDA CAZIN	37	38.91	
LAURA REHRMANN	36	41.06	
100 M. FREE			
KATHY CRANDELL	35	1:12.29	
LINDA RISLER	35	1:13.48	
CATHY BROOKS	35	1:15.44	
JULIE BROOKS	38	1:32.82	
LAURA REHRMANN	36	1:41.63	
200 M. FREE			
COOKIE JUSTESEN	36	2:40.73	
KIM VERDE	36	3:46.88	
1500 M. FREE			
KIM VERDE	36	32:26.70	
50 M. BACK			
JULIE CORMAN	35	35.81	
RONDI WHITE	38	39.23	
JULIE BROOKS	38	42.10	
100 M. BACK			
JULIE CORMAN	35	1:20.39R	

CATHY BROOKS	35	1:27.60
RONDI WHITE	38	1:30.30
JULIE BROOKS	38	1:34.55
200 M. BACK		
RONDI WHITE	38	3:23.39
50 M. BREAST		
GINGER PIERSON	38	39.00*
KATHY CRANDELL	35	40.56P
LINDA CAZIN	37	48.43
LAURA REHRMANN	36	53.12
100 M. BREAST		
GINGER PIERSON	38	1:27.26*
KATHY CRANDELL	35	1:34.41
LINDA CAZIN	37	1:52.17
200 M. BREAST		
GINGER PIERSON	38	3:08.79*
KATHY CRANDELL	35	3:21.09
LINDA CAZIN	37	3:58.78
KIM VERDE	36	4:05.31
50 M. FLY		
JULIE CORMAN	35	36.25
CATHY BROOKS	35	36.71
LINDA RISLER	35	37.99
KIM VERDE	36	47.40
LINDA CAZIN	37	50.93
200 M. FLY		
COOKIE JUSTESEN	36	3:22.93
200 M. I. M.		
CATHY BROOKS	35	3:00.43P
COOKIE JUSTESEN	36	3:05.06
400 M. I. M.		
CATHY BROOKS	35	6:31.93

 WOMEN 40-44

50 M. FREE		
CAROLYN BEHSE	41	39.46
KATHY OLSON	42	45.34
CAROL THURSTON	42	45.82
SUSAN ROBERTS	43	1:11.02
100 M. FREE		
GRETCHEN ANDERSON	42	1:22.78
CAROL THURSTON	42	1:49.71
SUSAN ROBERTS	43	2:26.45
200 M. FREE		
CAROL THURSTON	42	4:02.68
SUSAN ROBERTS	43	5:18.99
400 M. FREE		
BARBARA FRID	42	5:35.51*
KATHY OLSON	42	9:04.42
50 M. BACK		
BARBARA FRID	42	38.64*
KATHY OLSON	42	1:03.46
CAROL THURSTON	42	1:03.49
100 M. BACK		
BARBARA FRID	42	1:25.50*
50 M. BREAST		
CAROLYN BEHSE	41	44.62
CAROL THURSTON	42	1:14.60
100 M. BREAST		

CAROLYN BEHSE	41	1:38.24
GRETCHEN ANDERSON	42	1:45.00
200 M. BREAST		
CAROLYN BEHSE	41	3:31.40
GRETCHEN ANDERSON	42	3:42.40
50 M. FLY		
BARBARA FRID	42	35.21*
200 M. I. M.		
BARBARA FRID	42	3:13.83*
GRETCHEN ANDERSON	42	3:24.40P

 WOMEN 45-49

50 M. FREE		
ANN GINDROZ	46	36.88
CAROL ANNING	46	46.81
100 M. FREE		
ANN GINDROZ	46	1:25.80
DONNA PHELAN	46	1:35.80
CAROL ANNING	46	1:47.24
200 M. FREE		
ANN GINDROZ	46	3:10.02
DONNA PHELAN	46	3:23.21
CAROL ANNING	46	3:54.09
400 M. FREE		
ANN GINDROZ	46	6:47.49
CAROL ANNING	46	8:18.42
1500 M. FREE		
SUSAN DEARBORN	47	35:19.42
50 M. BREAST		
DONNA PHELAN	46	46.59
CAROL ANNING	46	1:07.20
100 M. BREAST		
DONNA PHELAN	46	1:50.38
200 M. BREAST		
DONNA PHELAN	46	3:58.86
50 M. FLY		
ANN GINDROZ	46	1:02.78
400 M. I. M.		
SUSAN DEARBORN	47	8:17.51

 WOMEN 50-54

50 M. FREE		
NANCY JONES	51	40.25
100 M. FREE		
NANCY JONES	51	1:40.53
50 M. BACK		
NANCY JONES	51	48.95P
CAROLYN BALDWIN	50	1:03.17
100 M. BACK		
CAROLYN BALDWIN	50	2:20.92P
100 M. BREAST		
CAROLYN BALDWIN	50	2:05.87
50 M. FLY		
NADINE WHITEHALL	50	38.31*
200 M. FLY		
NADINE WHITEHALL	50	3:44.55*
200 M. I. M.		
CAROLYN BALDWIN	50	4:17.69

 WOMEN 60-64

50 M. FREE		
MURIEL FLYNN	61	42.14
MAXINE CARLSON	64	55.36
100 M. FREE		
MURIEL FLYNN	61	1:37.42
MAXINE CARLSON	64	2:04.47
200 M. FREE		
MURIEL FLYNN	61	3:30.89
50 M. BACK		
MAXINE CARLSON	64	1:00.74
100 M. BACK		
MAXINE CARLSON	64	2:14.12
200 M. BREAST		
MURIEL FLYNN	61	4:08.16

 WOMEN 70-74

50 M. BACK		
MARION MUELLER	72	1:07.80
100 M. BACK		
MARION MUELLER	72	2:28.43
200 M. BACK		
MARION MUELLER	72	5:18.84R

 WOMEN 75-79

50 M. FREE		
HAZEL BRESSIE	75	1:31.02*
200 M. FREE		
HAZEL BRESSIE	75	7:45.94*
1500 M. FREE		
HAZEL BRESSIE	75	62:59.28*
100 M. BACK		
HAZEL BRESSIE	75	3:25.48*
200 M. BREAST		
HAZEL BRESSIE	75	9:06.28*

 WOMEN 80-84

50 M. FREE		
MARTHA KELLER	83	1:19.37*
200 M. FREE		
MARTHA KELLER	83	5:54.17*
50 M. BREAST		
MARTHA KELLER	83	2:01.47*
50 M. FLY		
MARTHA KELLER	83	2:53.46*
200 M. I. M.		
MARTHA KELLER	83	8:33.39*

 MEN 20-24

50 M. FREE		
CHAD PETERSON	20	30.70
100 M. FREE		
CHAD PETERSON	20	1:12.37
1500 M. FREE		

CHAD PETERSON	20	24:44.51

MEN 25-29		

50 M. FREE		
DAVID SHULDES	25	30.24
SAM EMERY	27	31.84
DAVID KLEECK	26	32.41
100 M. FREE		
DAVID SHULDES	25	1:06.56
DAVID KLEECK	26	1:15.00
200 M. FREE		
DAVID SHULDES	25	2:27.99
DAVID KLEECK	26	2:56.77
400 M. FREE		
HUGH MOORE	29	5:11.13
JAY PALMER	28	5:31.80
50 M. BACK		
JAY PALMER	28	35.50
SAM EMERY	27	40.65
100 M. BACK		
JAY PALMER	28	1:18.48
SAM EMERY	27	1:32.68
200 M. BACK		
DAVID KLEECK	26	3:34.80
50 M. BREAST		
SAM EMERY	27	43.35
100 M. BREAST		
DAVID KLEECK	26	1:39.73
200 M. BREAST		
JAY PALMER	28	3:08.97
50 M. FLY		
HUGH MOORE	29	29.82
100 M. FLY		
HUGH MOORE	29	1:07.61
200 M. FLY		
HUGH MOORE	29	2:26.69P
200 M. I. M.		
JAY PALMER	28	2:45.11
400 M. I. M.		
HUGH MOORE	29	5:32.82P

MEN 30-34		

50 M. FREE		
LEIF JOHNSON	31	27.36
MICHIEL HOOGSTEDÉ	31	27.98
BRUCE LURIE	34	33.17
100 M. FREE		
MICHIEL HOOGSTEDÉ	31	1:04.91
BRUCE LURIE	34	1:20.49
200 M. FREE		
DAVID FIELDS	31	2:12.41
BRUCE LURIE	34	2:58.08
400 M. FREE		
LEIF JOHNSON	31	5:16.74
GREG HARRISON	32	5:51.33
1500 M. FREE		
WILLIAM PENN	32	18:05.27
JÖEL CURTIS	33	21:00.02

ROBERT BALFOUR	32	23:34.01
50 M. BACK		
LEIF JOHNSON	31	35.57
100 M. BACK		
MICHIEL HOOGSTEDÉ	31	1:14.28
200 M. BACK		
DAVID FIELDS	31	2:36.72
50 M. BREAST		
GREG HARRISON	32	34.90
DANIEL ANDERSON	31	35.44
LEIF JOHNSON	31	37.61
100 M. BREAST		
GREG HARRISON	32	1:15.87
DANIEL ANDERSON	31	1:19.76
200 M. BREAST		
GREG HARRISON	32	2:41.88
50 M. FLY		
LEIF JOHNSON	31	31.38

MEN 35-39		

50 M. FREE		
FRANK WARNER	35	27.61*
FRED LEATHERMAN	36	28.67
GORDON GRAY	39	32.18
MIKE SEIDL	35	34.76
B. KOWALEWSKI	37	37.29
100 M. FREE		
CASH O DONNELL	35	1:03.45
FRED LEATHERMAN	36	1:06.11
GORDON GRAY	39	1:12.09
MIKE SEIDL	35	1:22.01
B. KOWALEWSKI	37	1:29.71
200 M. FREE		
B. KOWALEWSKI	37	3:14.68
400 M. FREE		
GORDON GRAY	39	6:09.76
B. KOWALEWSKI	37	7:16.60
1500 M. FREE		
GORDON GRAY	39	24:43.88
SCOTT ANDREWS	35	25:12.70
50 M. BACK		
FRANK WARNER	35	31.10*
CASH O DONNELL	35	35.95
100 M. BACK		
FRANK WARNER	35	1:10.60*
CASH O DONNELL	35	1:13.93P
GORDON GRAY	39	1:33.67
50 M. BREAST		
TOM DAVIS	35	37.62
TOM MOCK	37	40.79
B. KOWALEWSKI	37	42.55
100 M. BREAST		
TOM DAVIS	35	1:25.17
TOM MOCK	37	1:39.25
ALAN NÖRDELL	39	1:39.67
200 M. BREAST		
TOM DAVIS	35	3:17.09
TOM MOCK	37	3:37.71
50 M. FLY		

FRED LEATHERMAN	36	30.48
FRANK WARNER	35	30.91*
ALAN NÖRDELL	39	31.55
100 M. FLY		
FRED LEATHERMAN	36	1:10.98
ALAN NÖRDELL	39	1:15.76
200 M. FLY		
FRANK WARNER	35	2:42.99*

MEN 40-44		

50 M. FREE		
CORBETT PORTER	44	31.17
DEAN BEHSE	41	33.70
GEORGE BRANNEN	41	35.61
100 M. FREE		
CORBETT PORTER	44	1:15.24
DEAN BEHSE	41	1:16.57
GEORGE BRANNEN	41	1:25.51
RALPH MOORE	40	1:28.91
200 M. FREE		
CORBETT PORTER	44	2:50.25
DEAN BEHSE	41	2:53.92
RALPH MOORE	40	3:17.08
400 M. FREE		
CORBETT PORTER	44	6:37.35
50 M. BACK		
GEORGE BRANNEN	41	1:00.96
50 M. BREAST		
WALT REID	43	36.04P
GEORGE BRANNEN	41	42.97
RALPH MOORE	40	46.71
100 M. BREAST		
WALT REID	43	1:22.58
RUEDI RISLER	40	1:27.47
GEORGE BRANNEN	41	1:42.97
200 M. BREAST		
WALT REID	43	3:05.69
RUEDI RISLER	40	3:15.35
50 M. FLY		
DEAN BEHSE	41	36.87
CORBETT PORTER	44	41.58
100 M. FLY		
RUEDI RISLER	40	1:22.75
200 M. I. M.		
DEAN BEHSE	41	3:18.38

MEN 45-49		

50 M. FREE		
LOWELL JOHNSON	46	27.86
BERT PETERSEN	45	29.71*
LARRY BEADLE	45	43.49
ROLLIE ROBERTS	48	44.08
DUANE KIEL	46	46.45
100 M. FREE		
BERT PETERSEN	45	1:08.82*
DUANE KIEL	46	1:47.01
ROLLIE ROBERTS	48	1:48.88
200 M. FREE		

ROLLIE ROBERTS	48	4:16.58
400 M. FREE		
BERT PETERSEN	45	5:54.61*
50 M. BACK		
LOWELL JOHNSON	46	36.47
100 M. BACK		
DAVID ADDLEMAN	49	1:26.56
200 M. BACK		
DAVID ADDLEMAN	49	3:10.60P
50 M. BREAST		
BERT PETERSEN	45	40.46*
DAVID ADDLEMAN	49	42.58
LARRY BEADLE	45	48.53
100 M. BREAST		
DAVID ADDLEMAN	49	1:40.84
LARRY BEADLE	45	1:51.71
50 M. FLY		
BERT PETERSEN	45	30.36*
LOWELL JOHNSON	46	34.07

MEN 50-54

50 M. FREE		
ERIC GUEST	54	31.29*
100 M. FREE		
ERIC GUEST	54	1:18.55*
1500 M. FREE		
WILLIAM MC ANDREW	53	23:32.55
50 M. BREAST		
ERIC GUEST	54	42.41*
100 M. BREAST		
ERIC GUEST	54	1:37.09*
200 M. BREAST		
RON TAYLOR	51	3:18.96
50 M. FLY		
ERIC GUEST	54	36.59*
200 M. FLY		
TOM FOLEY	50	4:26.06P
200 M. I. M.		
TOM FOLEY	50	3:39.92P
400 M. I. M.		
WILLIAM MC ANDREW	53	7:11.69R
TOM FOLEY	50	7:57.07

MEN 55-59

50 M. FREE		
JOHN KORUGA	57	36.44
50 M. BACK		
JOHN KORUGA	57	1:26.88
50 M. BREAST		
MAX WARD	55	42.77P
100 M. BREAST		
MAX WARD	55	1:41.51P
200 M. BREAST		
MAX WARD	55	3:46.82P
50 M. FLY		
JOHN KORUGA	57	43.42

MEN 60-64

50 M. FREE		
RAY FREDERICK	60	31.78R
100 M. FREE		
RAY FREDERICK	60	1:11.03R
200 M. FREE		
RAY FREDERICK	60	2:46.63
400 M. FREE		
GILBERT YOUNG	62	6:50.61*
50 M. BACK		
GILBERT YOUNG	62	44.30*
JOHN MC CABE	63	45.05
100 M. BACK		
JOHN MC CABE	63	1:38.81
GILBERT YOUNG	62	1:40.73*
200 M. BACK		
JOHN MC CABE	63	3:31.52
GILBERT YOUNG	62	3:44.50*

MEN 70-74

50 M. FREE		
GENE CROSSETT	70	37.09
FRANCIS JOWETT	74	39.36
100 M. FREE		
GENE CROSSETT	70	1:26.35R
FRANCIS JOWETT	74	1:34.35
200 M. FREE		
GENE CROSSETT	70	3:21.76
400 M. FREE		
GENE CROSSETT	70	7:13.10
1500 M. FREE		
GENE CROSSETT	70	28:53.11R
50 M. BACK		
KARL FREDERICK	70	51.34P
FRANCIS JOWETT	74	1:00.25
50 M. BREAST		
KARL FREDERICK	70	49.77
FRANCIS JOWETT	74	59.98
100 M. BREAST		
KARL FREDERICK	70	1:56.82
FRANCIS JOWETT	74	2:23.95
200 M. BREAST		
KARL FREDERICK	70	4:08.39P

MEN 75-79

200 M. FREE		
JIM PENFIELD	76	4:07.65P
200 M. BACK		
JIM PENFIELD	76	5:12.83P
50 M. BREAST		
JIM PENFIELD	76	50.90

RELAY-MIXED 200 M. FREE
25 YRS.

JODY LIDDICOT
FRED LEATHERMAN

CARRIE VAN DYKE
DAVE FIELDS 2:03.98

KATHY CRANDELL
SAM EMERY
SUSAN ALLEN
WALT REID 2:16.99

RUEDI RISLER
JANET VORENKAMP
ALAN NORDELL
LINDA RISLER 2:19.13

JULIE BACON
BRUCE LURIE
JULIE BROOKS
MICHAEL SEIDL 2:26.19

35 YRS.

KATHERINE OLSON
SUSAN ROBERTS
ROLLIE ROBERTS
RALPH MOORE 3:17.18

45 YRS.

JUNAITA CORREA
ANN GINDROZ
DAVE ADDLEMAN
LOWELL JOHNSON 2:05.06

RELAY-WOMEN 200 M. FREE

20 YRS.

JUDY WESTON
KIKO KIMURA
COOKIE JUSTESEN
MEG LLOYD 2:15.38P

JANIS THOMPSON
JULIE BACON
JANINE GRAVES
JODY LIDDICOT 2:26.01

MARILYN BROWN
POLLY BEARD
SUSAN ROBERTS
LAURA REHRMANN 3:37.08

RELAY-MEN 200 M. FREE

25 YRS.

BRUCE LURIE
FRED LEATHERMAN
MICHAEL SEIDL

DAVE FIELDS 2:04.49

65 YRS.

JIM PENFIELD
KARL FREDERICK
FRANCIS JOWETT
GENE CROSSETT 2:48.98

MARLENE HOLMES
KATHY CRANDELL
SUSAN ALLEN
NANCY JONES 3:15.12

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RELAY-MIXED 200 M. MEDLEY
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20 YRS.

BECKY CALLIES
BERNIE KOWALEWSKI
DONNY DALY
GEORGE BRANNER 2:45.73

25 YRS.

MARY BELANICH
JANINE GRAVES
LAURA REHRMANN
POLLY BEARD 3:28.62

45 YRS.

LOWELL JOHNSON
DONNA PHELAN
DAVID ADDLEMAN
JUANITA CORREA 2:22.31

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RELAY-MEN 200 M. MEDLEY
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25 YRS.

BRUCE LURIE
RALPH MOORE
FRED LEATHERMAN
MICHAEL SEIDL 2:58.54

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RELAY-WOMEN 200 M. MEDLEY
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20 YRS

JULIE CORMAN
MEG LLOYD
JUDY WESTON
KIKI KIMURA 2:23.30

JULIE BACON
KIM VERDE
JANIS THOMPSON
JODY LIDDICOTT 2:45.67

25 YRS.
