

S KITSAP
06-25-89
LONG COURSE METERS

WOMEN 30-34

50 M. FREE		
DEBORAH ADDLEMAN	33 PNA	40.18
100 M. FREE		
DEBORAH ADDLEMAN	33 PNA	1:31.66
50 M. BACK		
DEBORAH ADDLEMAN	33 PNA	46.17
200 M. BACK		
ROBIN DURANT	33 IEM	3:42.96
200 M. BRST		
ROBIN DURANT	33 IEM	4:01.01
50 M. FLY		
DEBORAH ADDLEMAN	33 PNA	49.58
200 M. I.M.		
ROBIN DURANT	33 IEM	3:24.69
400 M. I.M.		
ROBIN DURANT	33 IEM	7:18.75

WOMEN 35-39

100 M. FREE		
BETH BRENNER	36 PNA	1:09.89
200 M. FREE		
JANE MOORE	38 PNA	3:15.86
200 M. BACK		
JANE MOORE	38 PNA	3:54.22
50 M. BRST		
J. KNAPPFISHER	36 SR	40.16
100 M. BRST		
J. KNAPPFISHER	36 SR	1:29.32
200 M. BRST		
JANE MOORE	38 PNA	4:18.83
50 M. FLY		
BETH BRENNER	36 PNA	34.41 P
200 M. I.M.		
BETH BRENNER	36 PNA	2:55.40 R
JANE MOORE	38 PNA	3:56.19

WOMEN 40-44

50 M. FREE		
KATHRINE CASEY	40 PNA	32.70
400 M. FREE		
CATHERINE BROOKS	40 DAM	7:24.44
50 M. BRST		
GINGER PIERSON	43 OREG	41.44 N
KATHRINE CASEY	40 PNA	42.04 P
100 M. BRST		
GINGER PIERSON	43 OREG	1:29.91
KATHRINE CASEY	40 PNA	1:38.70
200 M. BRST		
KATHRINE CASEY	40 PNA	3:22.17 P
GINGER PIERSON	43 OREG	3:25.02
CATHERINE BROOKS	40 DAM	3:41.56
400 M. I.M.		

KATHRINE CASEY	40 PNA	6:49.42
CATHERINE BROOKS	40 DAM	7:02.62

WOMEN 45-49

100 M. FREE		
PAM HIMSTREET	45 OREG	1:24.13
200 M. FREE		
PAM HIMSTREET	45 OREG	3:10.62
50 M. BACK		
BARBARA FRID	47 OREG	42.11
200 M. BACK		
BARBARA FRID	47 OREG	3:21.70
200 M. BRST		
BARBARA FRID	47 OREG	3:36.49
PAM HIMSTREET	45 OREG	3:47.04
100 M. FLY		
PAM HIMSTREET	45 OREG	1:46.82

WOMEN 50-54

50 M. FREE		
ANN GINDROZ	51 PNA	40.54
SUSAN DEARBORN	52 PNA	42.59
CAROL ANNING	51 PNA	47.30
100 M. FREE		
ANN GINDROZ	51 PNA	1:34.57
SUSAN DEARBORN	52 PNA	1:35.18
CAROL ANNING	51 PNA	1:45.79
200 M. FREE		
SUSAN DEARBORN	52 PNA	3:36.19
CAROL ANNING	51 PNA	3:55.40
400 M. FREE		
CAROL ANNING	51 PNA	8:12.30
EURSULA LANG	51 OREG	9:17.09
50 M. BACK		
CAROL ANNING	51 PNA	1:07.34
50 M. BRST		
EURSULA LANG	51 OREG	56.47
SUSAN DEARBORN	52 PNA	56.91
100 M. BRST		
EURSULA LANG	51 OREG	2:04.88
200 M. BRST		
EURSULA LANG	51 OREG	4:31.04
200 M. I.M.		
EURSULA LANG	51 OREG	5:15.00
400 M. I.M.		
ANN GINDROZ	51 PNA	8:19.88

WOMEN 55-59

100 M. FREE		
LAVELLE STOINOFF	56 MAC	1:18.21
200 M. FREE		
LAVELLE STOINOFF	56 MAC	2:42.95
100 M. BACK		
LAVELLE STOINOFF	56 MAC	1:32.95
50 M. BRST		
CYNTHIA ROSIK	56 PNA	57.79
100 M. BRST		

CYNTHIA ROSIK	56 PNA	2:10.83
200 M. BRST		
CYNTHIA ROSIK	56 PNA	4:40.92

WOMEN 60-64

100 M. BACK		
MARYAN BURKE	64 PNA	2:23.55
100 M. BRST		
MARYAN BURKE	64 PNA	2:28.11
200 M. I.M.		
MARYAN BURKE	64 PNA	5:12.12

WOMEN 65-69

100 M. FREE		
MURIEL FLYNN	66 PNA	1:43.07
MARION CHADWICK	67 PNA	2:16.70
200 M. FREE		
MURIEL FLYNN	66 PNA	3:47.02
MARION CHADWICK	67 PNA	4:47.87
400 M. FREE		
MARION CHADWICK	67 PNA	9:41.86
50 M. BACK		
MARION CHADWICK	67 PNA	1:11.26
100 M. BACK		
MARION CHADWICK	67 PNA	2:42.21
50 M. BRST		
MURIEL FLYNN	66 PNA	56.96
200 M. BRST		
MURIEL FLYNN	66 PNA	4:32.34

WOMEN 70-74

100 M. FREE		
LEE HOLM	74 PNA	2:21.05
HELENA HOFFMAN	73 OREG	2:34.35
200 M. FREE		
LEE HOLM	74 PNA	4:56.02
400 M. FREE		
LEE HOLM	74 PNA	10:01.33
100 M. BACK		
LEE HOLM	74 PNA	2:41.98
200 M. BRST		
HELENA HOFFMAN	73 OREG	6:56.19 R
50 M. FLY		
HELENA HOFFMAN	73 OREG	1:34.80 R
200 M. FLY		
HELENA HOFFMAN	73 OREG	7:31.18 R
400 M. I.M.		
HELENA HOFFMAN	73 OREG	14:12.87 R

WOMEN 75-79

50 M. FREE		
MARION MUELLER	77 PNA	1:06.12
100 M. FREE		
MARION MUELLER	77 PNA	2:23.80 P
50 M. BACK		
MARION MUELLER	77 PNA	1:08.91 R

100 M. BACK
MARION MUELLER 77 PNA 2:35.87
200 M. BACK
MARION MUELLER 77 PNA 5:31.42

M E N 30-34

50 M. FREE
STEPHEN FREEBORN 33 PNA 26.40
ROCKY PHOENIX 34 PNA 38.42
100 M. FREE
STEPHEN FREEBORN 33 PNA 1:01.79
CLIFTON WARD 32 PNA 1:05.11
ROCKY PHOENIX 34 PNA 1:25.64
200 M. FREE
ROCKY PHOENIX 34 PNA 3:20.49
400 M. FREE
CLIFTON WARD 32 PNA 5:15.46
HUGH MOORE 34 PNA 5:29.12
ROCKY PHOENIX 34 PNA 7:05.17
50 M. BACK
JOHN ZELL 32 OREG 33.37
100 M. BACK
JOHN ZELL 32 OREG 1:14.23
200 M. BACK
JOHN ZELL 32 OREG 2:38.36
100 M. BRST
CLIFTON WARD 32 PNA 1:23.81
RAY MILES 32 PNA 1:34.84
200 M. BRST
RAY MILES 32 PNA 3:23.84
50 M. FLY
STEPHEN FREEBORN 33 PNA 28.57
100 M. FLY
STEPHEN FREEBORN 33 PNA 1:07.71
HUGH MOORE 34 PNA 1:11.16
200 M. FLY
HUGH MOORE 34 PNA 2:42.73
200 M. I.M.
CLIFTON WARD 32 PNA 2:38.21
HUGH MOORE 34 PNA 2:50.32
RAY MILES 32 PNA 3:00.60
400 M. I.M.
CLIFTON WARD 32 PNA 5:43.44
STEPHEN FREEBORN 33 PNA 5:54.21
RAY MILES 32 PNA 6:34.41

M E N 35-39

100 M. FREE
CHUCK LARRABEE 36 PNA 1:10.12
400 M. FREE
GREGORY HARRISON 37 PNA 5:56.90
50 M. BACK
GARY HAFER 38 OREG 38.80
100 M. BACK
GARY HAFER 38 OREG 1:07.94
PETER CRUISE 36 SR 1:15.09
CHUCK LARRABEE 36 PNA 1:25.71
GREGORY HARRISON 37 PNA 1:33.70

200 M. BACK
GARY HAFER 38 OREG 3:18.66
50 M. BRST
PETER CRUISE 36 SR 33.62
100 M. BRST
PETER CRUISE 36 SR 1:16.81
GREGORY HARRISON 37 PNA 1:16.86
200 M. BRST
GREGORY HARRISON 37 PNA 2:45.50
400 M. I.M.
GREGORY HARRISON 37 PNA 5:44.19

M E N 40-44

50 M. FREE
DONALD ELMER 40 PNA 30.90
100 M. FREE
STEVEN PETERSON 42 PNA 1:08.37
HOP BAILEY 42 HSKY 1:08.98
DONALD ELMER 40 PNA 1:13.24
BRIAN LANGLAIS 43 PNA 1:13.66
GORDON GRAY 44 PNA 1:16.51
FOREST BROOKS 41 PNA 2:21.35
200 M. FREE
FOREST BROOKS 41 PNA 5:22.88
400 M. FREE
BRUCE JACKSON 41 PNA 5:45.49
FOREST BROOKS 41 PNA 11:52.55
50 M. BACK
FOREST BROOKS 41 PNA 1:26.64
100 M. BACK
BRUCE JACKSON 41 PNA 1:19.07
IAN THOMPSON 40 PNA 1:28.84
BRIAN LANGLAIS 43 PNA 1:29.78
FOREST BROOKS 41 PNA 3:16.84
200 M. BACK
FRANK WARNER 40 OREG 2:37.29
BRIAN LANGLAIS 43 PNA 3:08.82
GORDON GRAY 44 PNA 3:11.01
100 M. BRST
IAN THOMPSON 40 PNA 1:21.38 P
STEVEN PETERSON 42 PNA 1:22.96
200 M. BRST
IAN THOMPSON 40 PNA 2:54.44 P
STEVEN PETERSON 42 PNA 3:03.70
50 M. FLY
BRIAN LANGLAIS 43 PNA 36.73
100 M. FLY
HOP BAILEY 42 HSKY 1:17.95
200 M. I.M.
HOP BAILEY 42 HSKY 2:55.06
STEVEN PETERSON 42 PNA 2:55.85
400 M. I.M.
BRUCE JACKSON 41 PNA 6:11.19
HOP BAILEY 42 HSKY 6:16.00

M E N 45-49

50 M. FREE
JAMES SCOTT 46 PNA 38.24

100 M. FREE
JAMES SCOTT 46 PNA 1:28.04
200 M. FREE
JAMES SCOTT 46 PNA 3:24.88
400 M. FREE
JAMES SCOTT 46 PNA 7:01.36
DONALD KUYPER 46 OREG 9:13.40
50 M. BACK
JAMES SCOTT 46 PNA 59.81
50 M. BRST
WALT REID 48 PNA 39.22
100 M. BRST
WALT REID 48 PNA 1:30.77
200 M. BRST
WALT REID 48 PNA 3:21.43
100 M. FLY
DONALD KUYPER 46 OREG 1:53.25
200 M. FLY
DONALD KUYPER 46 OREG 4:18.28
200 M. I.M.
DONALD KUYPER 46 OREG 3:59.73
400 M. I.M.
DONALD KUYPER 46 OREG 8:14.25

M E N 50-54

50 M. FREE
BERT PETERSEN 50 OREG 30.06
DAVID ADDLEMAN 54 PNA 31.13
100 M. FREE
BERT PETERSEN 50 OREG 1:11.40
DAVID ADDLEMAN 54 PNA 1:13.15
FRANK NEWQUIST 51 PNA 1:17.35
200 M. FREE
BERT PETERSEN 50 OREG 2:41.88
50 M. BACK
DAVID ADDLEMAN 54 PNA 40.60
100 M. BACK
FRANK NEWQUIST 51 PNA 1:46.74
50 M. FLY
DAVID ADDLEMAN 54 PNA 35.85
100 M. FLY
FRANK NEWQUIST 51 PNA 1:38.01
200 M. FLY
FRANK NEWQUIST 51 PNA 3:33.04
200 M. I.M.
FRANK NEWQUIST 51 PNA 3:27.43
400 M. I.M.
BERT PETERSEN 50 OREG 7:05.13

M E N 55-59

200 M. FLY
TOM FOLEY 55 PNA 4:45.16 P
200 M. I.M.
TOM FOLEY 55 PNA 3:51.37
400 M. I.M.
TOM TAYLOR 58 PNA 7:11.61 P
TOM FOLEY 55 PNA 8:31.54

MEN 65-69

200 M. FREE			
GILBERT YOUNG	67 OREG	3:12.25	
50 M. BACK			
GILBERT YOUNG	67 OREG	46.91	
100 M. BACK			
GILBERT YOUNG	67 OREG	1:46.85	
200 M. BACK			
GILBERT YOUNG	67 OREG	3:50.35	
50 M. FLY			
EARL WALTER	68 OREG	41.61	
100 M. FLY			
EARL WALTER	68 OREG	1:41.71	
200 M. FLY			
EARL WALTER	68 OREG	4:02.54	

MEN 85-89

50 M. FREE			
JOHN ROBINSON	85 PNA	56.22 R	
100 M. FREE			
JOHN ROBINSON	85 PNA	2:23.89	

1989-90 INLAND EMPIRE MASTERS SWIM MEET SCHEDULE

DATE	HOSTING TEAM
Sept 30-Oct 1	INLAND EMPIRE YMCA - AT EWU POOL
Oct 28-29	ELLENSBURG (REGIONAL SCM CHAMPS)
Nov 18-19	SANDPOINT WEST ATHLETIC CLUB
Dec 9-10	WENATCHEE VALLEY MASTERS
Jan 13-14	SPOKANE MASTERS - AT SHADLE HIGH SCHOOL
Feb 10-11	FAIRCHILD AFB - SPOKANE
March 10-11	CENTRAL WASHINGTON MASTERS (YAKIMA)
April 6-8	IEM CHAMPS

CONTACT THE FOLLOWING H.O.S.T. WHEN YOU WISH TO STAY IN ANOTHER SWIMMER'S HOME DURING AN OUT OF TOWN MEET

Inland Empire
Oregon Masters

Southern Oregon
Corvallis, Oregon
Snake River

PNA

Mariah Clarke
Andy Schrag

Terry and Judy McCurdy
Mark and Laura Wordon
Janet Wood

Ann Gindroz
Marietta Hunziker

(509) 926-2597
(206) 254-9400 H
(206) 254-9916 W
(503) 673-3673
(503) 753-9352
(208) 345-8843 H
(208) 339-7229 W
(206) 272-1854
(206) 564-9517

NOTE ! ! ! If you would like to host a fellow swimmer in your home, please contact your local representative. This is an excellent way to meet new friends and cement old friendships!

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FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE

Jerry Scheibner
Route 1, Box 204
Spangle, WA 99031
(509) 245-3532

OREGON

Kathleen Buck
31925 NE Canter Ln
Sherwood, OR 97230
(503) 625-5747

IDAHO

Richard Cooke
Sawtooth Masters
1915 State Street
Boise, ID 83702
(208) 939-8289
336-0606

BRITISH COLUMBIA

Denis Crockett
BC Masters
1531 W 4th Ave
Vancouver, BC V6J 1L6
(604) 736-7645