

ZONE CHAMPS

06-24-01

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)

WOMEN 19-24

50 M. FREE		
KELLY CRANDELL	21 PNA	33.27
JESSICA HANNULA	19 UNA	33.90
100 M. FREE		
JESSICA HANNULA	19 UNA	1:20.81
400 M. FREE		
KELLY CRANDELL	21 PNA	5:48.74
800 M. FREE		
KELLY CRANDELL	21 PNA	12:21.57
50 M. BRST		
KELLY CRANDELL	21 PNA	45.55
KATIE RICHTER	24 PNA	51.07
100 M. BRST		
KATIE RICHTER	24 PNA	1:54.93
50 M. FLY		
KATIE RICHTER	24 PNA	30.58 P
200 M. I.M.		
KELLY CRANDELL	21 PNA	3:13.30
KATIE RICHTER	24 PNA	3:56.97

WOMEN 25-29

50 M. FREE		
JENNIFER GREEN	27 PNA	34.76
100 M. FREE		
JEAN DILLON	27 UNA	1:05.58
JENNIFER GIBBS	29 UNA	1:18.94
JENNIFER GREEN	27 PNA	1:22.68
KAREENA KING	27 PNA	1:44.78
200 M. FREE		
LYNN SMALLEY	25 UNA	3:46.34
400 M. FREE		
JENNIFER GIBBS	29 UNA	6:08.26
800 M. FREE		
LYNN SMALLEY	25 UNA	16:16.72
KAREENA KING	27 PNA	16:22.08
100 M. BACK		
ANICIA CRISCIONE	28 OREG	1:31.09
50 M. BRST		
JENNIFER GIBBS	29 UNA	49.68
100 M. BRST		
JEAN DILLON	27 UNA	1:23.62
200 M. BRST		
JEAN DILLON	27 UNA	3:00.07 Z
ANICIA CRISCIONE	28 OREG	3:30.44
JENNIFER GIBBS	29 UNA	3:55.48
50 M. FLY		
LYNN SMALLEY	25 UNA	46.48
100 M. FLY		
JEAN DILLON	27 UNA	1:14.81
200 M. FLY		
ANICIA CRISCIONE	28 OREG	3:28.21
200 M. I.M.		
JEAN DILLON	27 UNA	2:46.96
JENNIFER GIBBS	29 UNA	3:28.85
400 M. I.M.		
JEAN DILLON	27 UNA	6:01.26
ANICIA CRISCIONE	28 OREG	6:39.87

WOMEN 30-34

50 M. FREE		
MICHELLE JACKSON	30 OREG	37.51
100 M. FREE		
MICHELLE JACKSON	30 OREG	1:22.92
50 M. BACK		
MICHELLE JACKSON	30 OREG	41.69
100 M. BACK		

MICHELLE JACKSON 30 OREG 1:37.65

WOMEN 35-39

50 M. FREE		
LAURA DEL RIO	36 PNA	35.42
400 M. FREE		
JAMIE WHITNEY	37 PNA	6:32.73
800 M. FREE		
ALLISON BEADLE	37 PNA	11:59.77
50 M. BACK		
LAURA DEL RIO	36 PNA	40.12
100 M. BACK		
ANNE BERNHARD	36 PNA	1:28.76
LAURA DEL RIO	36 PNA	1:28.86
ALLISON BEADLE	37 PNA	1:33.75
50 M. BRST		
LAURA DEL RIO	36 PNA	46.18
JAMIE WHITNEY	37 PNA	46.21
100 M. BRST		
JAMIE WHITNEY	37 PNA	1:41.85
50 M. FLY		
ALLISON BEADLE	37 PNA	34.15
100 M. FLY		
ALLISON BEADLE	37 PNA	1:19.63
JAMIE WHITNEY	37 PNA	1:41.15
200 M. FLY		
ALLISON BEADLE	37 PNA	3:01.76
200 M. I.M.		
LAURA DEL RIO	36 PNA	3:17.54
400 M. I.M.		
ALLISON BEADLE	37 PNA	6:23.94
ANNE BERNHARD	36 PNA	6:57.21

WOMEN 40-44

50 M. FREE		
LAURA ROOKSTOOL	40 PNA	34.41
TOMLINSON-MACIAS	43 UNA	36.57
100 M. FREE		
LAURA ROOKSTOOL	40 PNA	1:24.57
TOMLINSON-MACIAS	43 UNA	1:27.77
KARI EINSET	42 PNA	1:33.27
200 M. FREE		
TOMLINSON-MACIAS	43 UNA	3:28.63
50 M. BACK		
KARI EINSET	42 PNA	51.37
100 M. BACK		
TOMLINSON-MACIAS	43 UNA	1:44.21
KARI EINSET	42 PNA	1:56.31
200 M. BACK		
ZENA COURTNEY	42 PNA	2:49.03
50 M. BRST		
JANET SANDERS	43 OREG	47.54
TOMLINSON-MACIAS	43 UNA	53.82
100 M. BRST		
ZENA COURTNEY	42 PNA	1:37.56
JANET SANDERS	43 OREG	1:41.92
200 M. BRST		
JANET SANDERS	43 OREG	3:40.82
50 M. FLY		
KARI EINSET	42 PNA	31.79 Z
JANET SANDERS	43 OREG	43.06
TOMLINSON-MACIAS	43 UNA	46.19
100 M. FLY		
JANET SANDERS	43 OREG	1:47.57
200 M. FLY		
JANET SANDERS	43 OREG	3:48.27
200 M. I.M.		
ZENA COURTNEY	42 PNA	2:55.33

WOMEN 45-49

50 M. FREE		
MARY LIPPOLD	45 PNA	30.93
100 M. FREE		
MARY LIPPOLD	45 PNA	1:08.60
BARBY CAHILL	46 PNA	1:13.79
200 M. FREE		
MARY LIPPOLD	45 PNA	2:34.88

DEBBIE GLASSMAN	48 PNA	2:45.24
BARBY CAHILL	46 PNA	2:47.51
400 M. FREE		
MARY LIPPOLD	45 PNA	5:25.03 P
EILEEN COLLOPY	47 PNA	5:55.17
800 M. FREE		
BARBY CAHILL	46 PNA	12:23.27
SANDY MCNEEL	49 PNA	14:59.01
1500 M. FREE		
TERI HENDRYX	48 MACO	24:30.85
50 M. BACK		
BARBY CAHILL	46 PNA	38.09 P
TERI HENDRYX	48 MACO	39.75
100 M. BACK		
BARBY CAHILL	46 PNA	1:21.16 Z
TERI HENDRYX	48 MACO	1:26.30
200 M. BACK		
BARBY CAHILL	46 PNA	2:56.93 P
TERI HENDRYX	48 MACO	3:16.34
100 M. BRST		
TERI HENDRYX	48 MACO	1:37.29
200 M. BRST		
TERI HENDRYX	48 MACO	3:28.57
100 M. FLY		
DEBBIE GLASSMAN	48 PNA	1:20.47
MARY LIPPOLD	45 PNA	1:23.37

WOMEN 50-54

50 M. FREE		
SARAH WELCH	54 PNA	37.73
JULIA BENT	54 PNA	39.70
KATE CARRUTHERS	53 PNA	40.58
SUSAN ELLIOTT	51 PNA	44.90
100 M. FREE		
M. LEIGH JOHNSON	52 PNA	1:23.95
KATE CARRUTHERS	53 PNA	1:32.50
DEMPSEY DYBDAHL	52 PNA	1:38.61
JANE MOORE	51 PNA	1:42.56
SUSAN ELLIOTT	51 PNA	1:54.25
200 M. FREE		
JULIA BENT	54 PNA	3:21.55
400 M. FREE		
M. LEIGH JOHNSON	52 PNA	6:18.87
JANE MOORE	51 PNA	8:06.44
800 M. FREE		
M. LEIGH JOHNSON	52 PNA	13:05.65
JULIA BENT	54 PNA	15:15.73
JANE MOORE	51 PNA	17:02.05
50 M. BACK		
JANE MOORE	51 PNA	48.54
DEMPSEY DYBDAHL	52 PNA	50.78
KATE CARRUTHERS	53 PNA	51.29
SUSAN ELLIOTT	51 PNA	55.98
100 M. BACK		
M. LEIGH JOHNSON	52 PNA	1:47.88
JULIA BENT	54 PNA	1:53.56
SUSAN ELLIOTT	51 PNA	2:08.33
JANE MOORE	51 PNA	2:18.56
50 M. BRST		
DEMPSEY DYBDAHL	52 PNA	49.57
JULIA BENT	54 PNA	51.69
KATE CARRUTHERS	53 PNA	52.43
JANE MOORE	51 PNA	1:00.60
100 M. BRST		
KATE CARRUTHERS	53 PNA	1:54.23
50 M. FLY		
DEMPSEY DYBDAHL	52 PNA	44.66
100 M. FLY		
DEMPSEY DYBDAHL	52 PNA	1:51.09
200 M. FLY		
SARAH WELCH	54 PNA	3:51.56
400 M. I.M.		
SARAH WELCH	54 PNA	7:52.68

WOMEN 55-59

50 M. FREE		
JETT VALLANDIGHAM	55 PNA	46.57
100 M. FREE		

JETT VALLANDIGHAM 55 PNA 1:49.62
 200 M. FREE
 SALLY DILLON 55 PNA 2:53.50
 JETT VALLANDIGHAM 55 PNA 4:10.82
 400 M. FREE
 SALLY DILLON 55 PNA 6:09.46 P
 JEANNE ENSIGN 55 PNA 7:36.17
 1500 M. FREE
 JEANNE ENSIGN 55 PNA 29:08.87
 50 M. BACK
 BONNIE PRONK 59 MSBC 42.09
 50 M. BRST
 GINGER PIERSON 55 MACO 44.42 Z
 SALLY DILLON 55 PNA 47.22 P
 JETT VALLANDIGHAM 55 PNA 57.17
 100 M. BRST
 BONNIE PRONK 59 MSBC 1:30.90
 GINGER PIERSON 55 MACO 1:39.17 Z
 JETT VALLANDIGHAM 55 PNA 2:13.70
 200 M. BRST
 JETT VALLANDIGHAM 55 PNA 4:44.51
 BONNIE PRONK 59 MSBC 3:20.15
 50 M. FLY
 GINGER PIERSON 55 MACO 42.36
 100 M. FLY
 GINGER PIERSON 55 MACO 1:34.83 Z
 200 M. FLY
 GINGER PIERSON 55 MACO 3:26.71 Z
 200 M. I.M.
 BONNIE PRONK 59 MSBC 3:10.46

WOMEN 60-64

50 M. FREE
 SUSANNE SCHUMANN 64 MACO 39.67
 100 M. FREE
 SUSANNE SCHUMANN 64 MACO 1:29.65
 200 M. FREE
 FRANCESCA DRUM 60 PNA 3:30.35
 50 M. BACK
 CHAYA AMIAD 63 PNA 1:09.96
 100 M. BACK
 CHAYA AMIAD 63 PNA 2:35.54
 200 M. BACK
 FRANCESCA DRUM 60 PNA 3:57.70
 CHAYA AMIAD 63 PNA 5:18.88
 50 M. BRST
 FRANCESCA DRUM 60 PNA 49.39 P
 SUSANNE SCHUMANN 64 MACO 50.65
 100 M. BRST
 FRANCESCA DRUM 60 PNA 1:50.14 P
 SUSANNE SCHUMANN 64 MACO 2:06.98

WOMEN 65-69

100 M. FREE
 KAREN BRYCE 68 PNA 1:27.77 P
 B.L'ESPERANCE 69 OREG 2:09.85
 200 M. FREE
 B.L'ESPERANCE 69 OREG 4:47.22
 400 M. FREE
 B.L'ESPERANCE 69 OREG 10:09.72
 50 M. BACK
 B.L'ESPERANCE 69 OREG 1:10.90
 100 M. BACK
 B.L'ESPERANCE 69 OREG 2:34.18
 200 M. BACK
 B.L'ESPERANCE 69 OREG 5:34.33
 50 M. BRST
 KAREN BRYCE 68 PNA 59.47
 100 M. BRST
 KAREN BRYCE 68 PNA 2:26.44

WOMEN 70-74

400 M. FREE
 JANET KAVADAS 71 PNA 9:46.04
 50 M. BACK
 JANET KAVADAS 71 PNA 1:09.06
 100 M. BACK

JANET KAVADAS 71 PNA 2:24.45
 200 M. BRST
 JANET KAVADAS 71 PNA 5:14.00

WOMEN 75-79

50 M. BRST
 MURIEL FLYNN 78 PNA 1:06.25
 100 M. BRST
 MURIEL FLYNN 78 PNA 2:24.84

M E N 19-24

50 M. FREE
 JOSH SKANE 20 UNA 27.42
 100 M. FREE
 JOSH SKANE 20 UNA 59.38
 JASEN SPEER 20 PNA 1:03.95
 50 M. BACK
 JOSH SKANE 20 UNA 32.44
 JASEN SPEER 20 PNA 36.88
 50 M. BRST
 JASEN SPEER 20 PNA 40.43
 50 M. FLY
 JASEN SPEER 20 PNA 31.73
 100 M. FLY
 JASEN SPEER 20 PNA 1:17.42

M E N 25-29

50 M. FREE
 STEVEN ROSARIA 27 PNA 28.44
 100 M. FREE
 STEVEN ROSARIA 27 PNA 1:05.23
 DAVE ALLES 29 PNA 1:05.53
 50 M. BACK
 STEVEN ROSARIA 27 PNA 36.77
 100 M. BACK
 DAVE ALLES 29 PNA 1:21.84
 50 M. BRST
 STEVEN ROSARIA 27 PNA 38.44
 100 M. BRST
 STEVEN ROSARIA 27 PNA 1:24.68

M E N 30-34

50 M. FREE
 MARK MC BRIDE 33 OREG 30.59
 100 M. FREE
 MIKE GRIMM 33 PNA 1:09.78
 MARK MC BRIDE 33 OREG 1:09.83
 50 M. BACK
 MICHAEL EATON 33 PNA 43.90
 100 M. BACK
 MICHAEL EATON 33 PNA 1:39.63
 200 M. BACK
 TOM SCHUTTE 32 PNA 2:39.92
 50 M. BRST
 TOM SCHUTTE 32 PNA 36.30
 MICHAEL EATON 33 PNA 46.72
 100 M. BRST
 TOM SCHUTTE 32 PNA 1:19.68
 200 M. BRST
 TOM SCHUTTE 32 PNA 2:49.99
 MIKE GRIMM 33 PNA 3:23.82
 50 M. FLY
 MICHAEL EATON 33 PNA 42.87
 200 M. I.M.
 TOM SCHUTTE 32 PNA 2:41.38
 400 M. I.M.
 TOM SCHUTTE 32 PNA 5:42.37

M E N 35-39

50 M. FREE
 CHRIS GAARDER 36 OREG 27.61
 DAMON BENINGER 38 PNA 28.15
 PATRICK GIBBS 36 UNA 28.49
 100 M. FREE
 DAMON BENINGER 38 PNA 1:01.28

PATRICK GIBBS 36 UNA 1:02.98
 CHRIS GAARDER 36 OREG 1:05.47

200 M. FREE
 CHRIS GAARDER 36 OREG 2:28.65

1500 M. FREE
 JON HERRON 39 PNA 19:59.60
 KEVIN ESKO 35 PNA 22:06.69

50 M. BACK
 JOHN HUDSON 35 OREG 31.88

50 M. BRST
 JOHN HUDSON 35 OREG 33.10 Z
 KEVIN ESKO 35 PNA 33.32 P
 CHRIS GAARDER 36 OREG 37.27

100 M. BRST
 JOHN HUDSON 35 OREG 1:14.63
 KEVIN ESKO 35 PNA 1:15.29
 JOHN GOESSMAN 36 PNA 1:22.64
 PATRICK GIBBS 36 UNA 1:26.88

200 M. BRST
 JOHN HUDSON 35 OREG 2:45.98
 KEVIN ESKO 35 PNA 2:48.00
 MICHAEL YOUNG 39 PNA 3:02.56

50 M. FLY
 DAMON BENINGER 38 PNA 29.21

100 M. FLY
 KEVIN ESKO 35 PNA 1:08.49
 DAMON BENINGER 38 PNA 1:08.74
 JOHN GOESSMAN 36 PNA 1:11.79

200 M. I.M.
 KEVIN ESKO 35 PNA 2:40.63
 JOHN GOESSMAN 36 PNA 2:42.49

M E N 40-44

50 M. FREE
 BERNARD KINGSLY 43 UNA 28.23

100 M. FREE
 BERNARD KINGSLY 43 UNA 1:02.36
 ERIC DYBDAHL 41 PNA 1:06.16

400 M. FREE
 PAT ALLENDER 43 OREG 4:47.71
 ERIC DYBDAHL 41 PNA 5:17.49

800 M. FREE
 ERIC DYBDAHL 41 PNA 10:52.20

50 M. BACK
 DAVID MCALPINE 41 PNA 32.22
 THOMAS JOWETT 43 PNA 43.94

100 M. BACK
 THOMAS JOWETT 43 PNA 1:38.27

200 M. BACK
 ERIC DYBDAHL 41 PNA 2:53.21
 JOHN SYLVESTER 44 PNA 2:54.56
 THOMAS JOWETT 43 PNA 3:44.24

50 M. BRST
 BERNARD KINGSLY 43 UNA 38.40

100 M. BRST
 PAT ALLENDER 43 OREG 1:16.38
 THOMAS JOWETT 43 PNA 1:39.97

200 M. BRST
 PAT ALLENDER 43 OREG 2:42.22
 THOMAS JOWETT 43 PNA 3:42.86

50 M. FLY
 DAVID MCALPINE 41 PNA 28.30 P
 BERNARD KINGSLY 43 UNA 30.48

JOHN SYLVESTER 44 PNA 32.37
 DAN ROBINSON 44 UNA 32.38

100 M. FLY
 DAVID MCALPINE 41 PNA 1:06.49
 PAT ALLENDER 43 OREG 1:07.59

BERNARD KINGSLY 43 UNA 1:08.97
 DAN ROBINSON 44 UNA 1:14.38

200 M. FLY
 DAVID MCALPINE 41 PNA 2:46.38
 DAN ROBINSON 44 UNA 2:55.30

200 M. I.M.
 LINCOLN DJANG 42 UNA 2:25.87
 BERNARD KINGSLY 43 UNA 2:44.05

DAN ROBINSON 44 UNA 2:47.98
 JOHN SYLVESTER 44 PNA 2:49.31

400 M. I.M.

PAT ALLENDER 43 OREG 5:22.45
ERIC DYBDAHL 41 PNA 6:16.10

M E N 45-49

50 M. FREE
DAVE HANNULA 47 UNA 27.69
PHILIP MOSELEY 48 PNA 35.71
100 M. FREE
BRUCE CRIST 45 PNA 1:04.29
PHILIP MOSELEY 48 PNA 1:19.95
GREGORY HARRISON 49 PNA 1:23.05
800 M. FREE
BRUCE CRIST 45 PNA 11:16.12
50 M. BACK
PETER METZGER 46 OREG 32.32
DAVE HANNULA 47 UNA 32.93
PHILIP MOSELEY 48 PNA 38.07
100 M. BACK
PETER METZGER 46 OREG 1:10.35
PHILIP MOSELEY 48 PNA 1:26.55
200 M. BACK
PETER METZGER 46 OREG 2:38.60
50 M. BRST
DAVID BAER 48 PNA 39.72
100 M. BRST
BRUCE CRIST 45 PNA 1:27.97
DAVID BAER 48 PNA 1:28.20
200 M. BRST
GREGORY HARRISON 49 PNA 2:57.22
50 M. FLY
STEPHEN FREEBORN 46 PNA 30.84
PETER METZGER 46 OREG 30.98
100 M. FLY
STEPHEN FREEBORN 46 PNA 1:15.95
BRUCE CRIST 45 PNA 1:21.43
200 M. I.M.
STEPHEN FREEBORN 46 PNA 2:51.15
DAVID BAER 48 PNA 3:27.19
400 M. I.M.
STEPHEN FREEBORN 46 PNA 6:19.14

M E N 50-54

100 M. FREE
ROBERT MAESTRE 51 MACO 1:06.99
GREG COLLINS 53 PNA 1:11.84
200 M. FREE
ROBERT MAESTRE 51 MACO 2:30.31
GORDON CLARK 50 SQM 2:40.89
400 M. FREE
GORDON CLARK 50 SQM 5:49.42
800 M. FREE
ROBERT MAESTRE 51 MACO 11:39.88
50 M. BACK
THOMAS WALKER 54 UNA 47.59
100 M. BACK
ROBERT MAESTRE 51 MACO 1:22.70
THOMAS WALKER 54 UNA 1:49.18
200 M. BACK
ROBERT MAESTRE 51 MACO 3:02.91
50 M. BRST
GREG COLLINS 53 PNA 39.35
100 M. BRST
GREG COLLINS 53 PNA 1:31.55
200 M. BRST
JEFFREY ANDERSON 51 PNA 3:13.67
GREG COLLINS 53 PNA 3:22.56
THOMAS WALKER 54 UNA 4:11.85
50 M. FLY
GORDON CLARK 50 SQM 32.10
400 M. I.M.
THOMAS WALKER 54 UNA 8:31.91

M E N 55-59

800 M. FREE
STEVEN PETERSON 55 PNA 12:01.75
50 M. BRST
STEVEN PETERSON 55 PNA 39.15 P

JOHN LEET 56 PNA 43.33
100 M. BRST
STEVEN PETERSON 55 PNA 1:25.07 P
JOHN LEET 56 PNA 1:39.15
200 M. BRST
JOHN LEET 56 PNA 3:39.56
200 M. I.M.
STEVEN PETERSON 55 PNA 3:05.12

M E N 60-64

50 M. FREE
RON JONES 61 PNA 34.05
50 M. BACK
GARY CHASE 61 UNA 33.93 Z
RON JONES 61 PNA 41.60
LEE CARLSON 61 PNA 43.13
100 M. BACK
GARY CHASE 61 UNA 1:17.09 Z
LEE CARLSON 61 PNA 1:39.71
200 M. BACK
GARY CHASE 61 UNA 3:06.13 P
LEE CARLSON 61 PNA 3:33.60
50 M. BRST
GARY CHASE 61 UNA 39.63
RON JONES 61 PNA 47.24
100 M. BRST
GARY CHASE 61 UNA 1:29.49
200 M. BRST
GARY CHASE 61 UNA 3:20.67
50 M. FLY
BERT PETERSEN 63 OREG 31.88
RON JONES 61 PNA 42.07
200 M. I.M.
RON JONES 61 PNA 3:42.48

M E N 65-69

50 M. FREE
DAVID RADCLIFF 67 OREG 31.97
DICKSON LEE 69 UNA 39.88
100 M. FREE
DAVID RADCLIFF 67 OREG 1:11.97
200 M. FREE
DAVE DRUM 66 PNA 3:01.03 P
400 M. FREE
DAVID RADCLIFF 67 OREG 5:59.84
DON REHFELDT 67 PNA 7:23.33
800 M. FREE
DAVID RADCLIFF 67 OREG 12:54.26
DON REHFELDT 67 PNA 15:26.01
200 M. BACK
DAVE DRUM 66 PNA 3:50.34
50 M. BRST
DON REHFELDT 67 PNA 49.39
100 M. BRST
DON REHFELDT 67 PNA 1:50.23
50 M. FLY
DAVE DRUM 66 PNA 38.20 P

M E N 70-74

100 M. FREE
THOMAS TAYLOR 70 PNA 1:23.45
400 M. FREE
THOMAS TAYLOR 70 PNA 6:16.06 Z
800 M. FREE
THOMAS TAYLOR 70 PNA 12:52.04 Z
50 M. BRST
THOMAS TAYLOR 70 PNA 43.12 Z
200 M. BRST
THOMAS TAYLOR 70 PNA 3:40.72 Z

RELAYS-MIXED 800 M. FREE

160-199
KAREENA KING 27 PNA 13:47.64 Z
ERIC DYBDAHL 41
DEMPSEY DYBDAHL 52
THOMAS JOWETT 43