

ANACORTES
 01-20-90
 SHORT COURSE METER
 P = P.N.A. RECORD
 R = REGIONAL RECORD
 N = NATIONAL RECORD
 W = WORLD RECORD
 U = UNOFFICAL TIME (1 WATCH)

 WOMEN 19-24

50 M. FREE
 VALERIE ANDERSON 23 PNA 33.48
 100 M. FREE
 VALERIE ANDERSON 23 PNA 1:13.78
 200 M. FREE
 VALERIE ANDERSON 23 PNA 2:49.44
 400 M. FREE
 KELLY DOWNEY 20 PNA 6:51.89
 50 M. BRST
 KELLY DOWNEY 20 PNA 48.83
 50 M. FLY
 KELLY DOWNEY 20 PNA 41.95
 100 M. I.M.
 KELLY DOWNEY 20 PNA 1:35.71

 WOMEN 25-29

50 M. FREE
 STEFANI FERSCH 25 PNA 30.30 P
 100 M. FREE
 STEFANI FERSCH 25 PNA 1:07.95
 200 M. FREE
 SHARON LYDA-RENZ 27 PNA 3:13.13
 400 M. FREE
 KAREN JOST 28 PNA 5:26.73
 CHERYL ELINSKY 27 PNA 6:15.98
 SHARON LYDA-RENZ 27 PNA 7:06.51
 50 M. BACK
 KAREN JOST 28 PNA 38.02
 STEFANI FERSCH 25 PNA 38.61
 JEAN MC KENZIE 26 PNA 41.33
 100 M. BACK
 KAREN JOST 28 PNA 1:22.09
 JEAN MC KENZIE 26 PNA 1:32.68
 100 M. BRST
 SHARON LYDA-RENZ 27 PNA 1:57.96
 50 M. FLY
 STEFANI FERSCH 25 PNA 34.81 P
 KAREN JOST 28 PNA 36.60
 100 M. FLY
 SHARON LYDA-RENZ 27 PNA 1:51.37
 100 M. I.M.
 JEAN MC KENZIE 26 PNA 1:30.42
 CHERYL ELINSKY 27 PNA 1:33.92
 SHARON LYDA-RENZ 27 PNA 1:44.76

 WOMEN 30-34

50 M. FREE

LYNN DEE WATKINS 33 PNA 34.53
 LAURA HAWLEY 32 PNA 39.96
 100 M. FREE
 CLAIRE GORDON 34 PNA 1:17.15
 TERI REXROAT 31 PNA 1:27.19
 LAURA HAWLEY 32 PNA 1:32.24
 200 M. FREE
 CLAIRE GORDON 34 PNA 2:43.96
 LAURA HAWLEY 32 PNA 3:11.68
 TERI REXROAT 31 PNA 3:12.14
 400 M. FREE
 CLAIRE GORDON 34 PNA 5:36.66 P
 M. MC ELHANEY 32 PNA 6:01.24
 LYNN DEE WATKINS 33 PNA 6:08.64
 50 M. BRST
 TERI REXROAT 31 PNA 49.77
 LAURA HAWLEY 32 PNA 50.44
 100 M. BRST
 LAURA HAWLEY 32 PNA 1:46.58
 TERI REXROAT 31 PNA 1:47.27
 50 M. FLY
 CLAIRE GORDON 34 PNA 37.33
 LYNN DEE WATKINS 33 PNA 38.74
 100 M. FLY
 CLAIRE GORDON 34 PNA 1:26.34
 100 M. I.M.
 LYNN DEE WATKINS 33 PNA 1:27.12
 TERI REXROAT 31 PNA 1:40.01

 WOMEN 35-39

50 M. FREE
 CAROL BROWN 36 PNA 32.82
 JENNIE GOLDBERG 35 PNA 46.70
 100 M. FREE
 BETH BRENNER 36 PNA 1:05.02 R
 CAROL BROWN 36 PNA 1:13.26
 SHARON BELK-KREBS 39 PNA 1:28.33
 JENNIE GOLDBERG 35 PNA 1:42.15
 200 M. FREE
 BETH BRENNER 36 PNA 2:26.90
 CAROL BROWN 36 PNA 2:35.74
 JANE MOORE 39 PNA 3:12.29
 SHARON BELK-KREBS 39 PNA 3:21.36
 DENISE DRAGOVICH 36 PNA 3:26.58
 JENNIE GOLDBERG 35 PNA 3:39.23
 400 M. FREE
 BETH BRENNER 36 PNA 5:36.59
 JANE MOORE 39 PNA 6:30.93
 SHARON BELK-KREBS 39 PNA 7:00.95
 50 M. BACK
 DENISE DRAGOVICH 36 PNA 55.09
 100 M. BACK
 BETH BRENNER 36 PNA 1:21.56
 200 M. BACK
 JANE MOORE 39 PNA 3:50.85
 50 M. FLY
 DENISE DRAGOVICH 36 PNA 47.32
 100 M. I.M.
 BETH BRENNER 36 PNA 1:14.87

DENISE DRAGOVICH 36 PNA 1:52.16

 WOMEN 40-44

200 M. FREE
 KATHRINE CASEY 41 PNA 2:37.07 P
 400 M. FREE
 TERRI HIGHLAND 43 PNA 6:19.93
 50 M. BACK
 JULIE CORMAN 41 PNA 37.35 R
 100 M. BACK
 JULIE CORMAN 41 PNA 1:20.84 R
 200 M. BACK
 JULIE CORMAN 41 PNA 2:53.13 R
 GINGER PIERSON 43 OREG 3:06.86
 50 M. BRST
 GINGER PIERSON 43 OREG 39.74
 KATHRINE CASEY 41 PNA 39.97
 100 M. BRST
 GINGER PIERSON 43 OREG 1:27.20
 KATHRINE CASEY 41 PNA 1:30.30
 LINDA MARIZ 41 PNA 1:34.73
 200 M. BRST
 GINGER PIERSON 43 OREG 3:06.96
 KATHRINE CASEY 41 PNA 3:15.11 P
 CATHERINE BROOKS 41 DAM 3:24.08
 50 M. FLY
 TERRI HIGHLAND 43 PNA 40.96
 100 M. FLY
 CATHERINE BROOKS 41 DAM 1:30.85
 LINDA MARIZ 41 PNA 1:40.98
 200 M. FLY
 TERRI HIGHLAND 43 PNA 3:34.84
 100 M. I.M.
 CATHERINE BROOKS 41 DAM 1:27.90
 TERRI HIGHLAND 43 PNA 1:32.88
 200 M. I.M.
 GINGER PIERSON 43 OREG 3:00.35
 KATHRINE CASEY 41 PNA 3:02.01
 CATHERINE BROOKS 41 DAM 3:07.68
 LINDA MARIZ 41 PNA 3:16.95

 WOMEN 45-49

50 M. FREE
 SYDNEY MUNGER 45 PNA 44.98
 100 M. FREE
 SYDNEY MUNGER 45 PNA 1:39.57
 200 M. FREE
 SYDNEY MUNGER 45 PNA 3:33.44
 50 M. BACK
 PINKY WALKER 47 PNA 43.23 P
 100 M. BACK
 PINKY WALKER 47 PNA 1:36.83 P
 200 M. BACK
 PINKY WALKER 47 PNA 3:30.26 P
 100 M. I.M.
 PINKY WALKER 47 PNA 1:35.43 P

 WOMEN 50-54

 50 M. FREE
 JUANITA CORREA 53 PNA 32.92 R
 100 M. FREE
 CAROL GINDROZ 51 PNA 1:35.01
 200 M. FREE
 CAROL GINDROZ 51 PNA 3:24.50
 400 M. FREE
 CAROL GINDROZ 51 PNA 7:14.48
 50 M. FLY
 JUANITA CORREA 53 PNA 38.02 R
 200 M. FLY
 CAROL GINDROZ 51 PNA 4:30.22 P
 100 M. I.M.
 CAROL GINDROZ 51 PNA 1:47.39 P

WOMEN 55-59

 50 M. FREE
 CYNTHIA ROSIK 56 PNA 45.31
 CAROLYN BALDWIN 55 PNA 51.98
 JANET KAVADAS 58 PNA 54.22
 200 M. FREE
 JOY ROSS 56 PNA 3:26.70
 400 M. FREE
 JOY ROSS 56 PNA 7:05.65 P
 200 M. BACK
 JOY ROSS 56 PNA 3:50.51 P
 JANET KAVADAS 58 PNA 4:15.11
 50 M. BRST
 DORA COFFELT 55 PNA 50.70 R
 CYNTHIA ROSIK 56 PNA 54.62
 100 M. BRST
 DORA COFFELT 55 PNA 1:54.58
 CYNTHIA ROSIK 56 PNA 2:03.70
 JANET KAVADAS 58 PNA 2:09.36
 200 M. BRST
 DORA COFFELT 55 PNA 4:05.55 R
 CYNTHIA ROSIK 56 PNA 4:29.41
 JANET KAVADAS 58 PNA 4:35.33
 100 M. FLY
 CAROLYN BALDWIN 55 PNA 2:05.97
 100 M. I.M.
 JOY ROSS 56 PNA 1:53.01 R
 CAROLYN BALDWIN 55 PNA 2:00.65
 200 M. I.M.
 JOY ROSS 56 PNA 3:54.37 R
 CAROLYN BALDWIN 55 PNA 4:18.96
 JANET KAVADAS 58 PNA 4:25.29

WOMEN 60-64

 100 M. FREE
 MARYAN BURKE 64 PNA 2:22.07
 50 M. BACK
 MARYAN BURKE 64 PNA 1:05.82
 50 M. BRST
 ANNE MARSTON 60 PNA 1:02.64
 MARYAN BURKE 64 PNA 1:05.47
 100 M. BRST

ANNE MARSTON 60 PNA 2:29.23
 200 M. I.M.
 MARYAN BURKE 64 PNA 5:20.61

WOMEN 65-69

 50 M. FREE
 MAXINE CARLSON 69 PNA 57.61
 50 M. BACK
 MAXINE CARLSON 69 PNA 1:02.73
 200 M. BACK
 MAXINE CARLSON 69 PNA 4:48.12
 50 M. BRST
 MURIEL FLYNN 66 PNA 55.16
 100 M. BRST
 MURIEL FLYNN 66 PNA 1:59.71
 200 M. BRST
 MURIEL FLYNN 66 PNA 4:16.99

WOMEN 70-74

 50 M. BACK
 PAT MATTHIESEN 73 PNA 1:05.21
 200 M. BACK
 PAT MATTHIESEN 73 PNA 5:08.90 R
 50 M. BRST
 PAT MATTHIESEN 73 PNA 1:06.74 R
 50 M. FLY
 PAT MATTHIESEN 73 PNA 1:11.30 R
 100 M. I.M.
 PAT MATTHIESEN 73 PNA 2:25.65 R

WOMEN 75-79

 100 M. FREE
 LEE HOLM 75 PNA 2:23.40 R
 200 M. FREE
 LEE HOLM 75 PNA 5:00.52 R
 100 M. BACK
 LEE HOLM 75 PNA 2:39.17 R
 200 M. BACK
 LEE HOLM 75 PNA 5:45.82 R

MEN 25-29

 50 M. FREE
 BOB KING 25 PNA 28.01
 MARCIO FAJARDO 28 PNA 30.60
 JIM BROWN 28 PNA 33.74
 100 M. FREE
 STEVE SCHMIDT 27 PNA 56.45
 MARCIO FAJARDO 28 PNA 1:07.98
 ROB CALDWELL 28 PNA 1:38.48
 200 M. FREE
 MARCIO FAJARDO 28 PNA 2:34.57
 400 M. FREE
 STEVE SCHMIDT 27 PNA 4:25.81 R
 50 M. BACK
 MARCIO FAJARDO 28 PNA 40.74
 50 M. BRST

BOB KING 25 PNA 37.10
 JIM BROWN 28 PNA 42.61
 ROB CALDWELL 28 PNA 48.03

50 M. FLY
 BOB KING 25 PNA 33.74
 MARCIO FAJARDO 28 PNA 35.66
 100 M. FLY
 STEVE SCHMIDT 27 PNA 1:02.49
 100 M. I.M.
 BOB KING 25 PNA 1:13.17
 200 M. I.M.
 STEVE SCHMIDT 27 PNA 2:22.12 R

MEN 30-34

 50 M. FREE
 STEPHEN FREEBORN 34 PNA 26.44
 MIKE SIBLE 31 PNA 30.46
 100 M. FREE
 CURT TROUPE 30 PNA 1:00.30
 ROB WALLACE 31 PNA 1:10.00
 MIKE SIBLE 31 PNA 1:10.80
 200 M. FREE
 BRAD WILLIAMS 31 PNA 2:07.29 R
 CURT TROUPE 30 PNA 2:17.82
 400 M. FREE
 BRAD WILLIAMS 31 PNA 4:25.66 R
 CURT TROUPE 30 PNA 5:15.65
 MIKE SIBLE 31 PNA 5:48.46
 200 M. BACK
 BRAD WILLIAMS 31 PNA 2:32.00 P
 GEORGE UNRUH 31 PNA 2:45.77
 100 M. BRST
 GEORGE UNRUH 31 PNA 1:20.40
 200 M. BRST
 BRAD WILLIAMS 31 PNA 2:38.53 R
 50 M. FLY
 STEPHEN FREEBORN 34 PNA 28.70
 100 M. FLY
 STEPHEN FREEBORN 34 PNA 1:05.13 P
 100 M. I.M.
 BRAD WILLIAMS 31 PNA 1:06.72
 STEPHEN FREEBORN 34 PNA 1:09.06
 200 M. I.M.
 STEPHEN FREEBORN 34 PNA 2:37.36

MEN 35-39

 50 M. FREE
 DAVID SCHMALZ 35 PNA 26.76 P
 HUGH MOORE 35 PNA 28.70
 GRANT COOPER 38 PNA 28.83
 JEFF GROSS 38 PNA 29.60
 CHARLES LARRABEE 36 PNA 31.68
 SCOTT LEWIS 39 PNA 32.21
 100 M. FREE
 JEFF GROSS 38 PNA 1:05.76 P
 CHARLES LARRABEE 36 PNA 1:09.18
 MIKE KRATTLI 39 PNA 1:10.01
 200 M. FREE

DAVID SCHMALZ	35 PNA	2:24.53 P
JEFF GROSS	38 PNA	2:24.58
HUGH MOORE	35 PNA	2:25.13
CHARLES LARRABEE	36 PNA	2:36.33
400 M. FREE		
HUGH MOORE	35 PNA	5:05.77
JEFF GROSS	38 PNA	5:06.96
CHRIS REESE	39 PNA	5:21.83
GREG HARRISON	37 PNA	5:29.36
50 M. BACK		
CHRIS REESE	39 PNA	34.67
GRANT COOPER	38 PNA	38.17
100 M. BACK		
CHRIS REESE	39 PNA	1:14.67 P
DAVID SCHMALZ	35 PNA	1:22.41
200 M. BACK		
DAVID SCHMALZ	35 PNA	2:54.19 P
50 M. BRST		
GREG HARRISON	37 PNA	34.80
GRANT COOPER	38 PNA	37.73
E.J. LE MOAL	38 PNA	39.60
100 M. BRST		
GREG HARRISON	37 PNA	1:14.26
E.J. LE MOAL	38 PNA	1:25.15
200 M. BRST		
GREG HARRISON	37 PNA	2:37.92
HUGH MOORE	35 PNA	3:03.81
50 M. FLY		
DAVID SCHMALZ	35 PNA	30.82 P
CHRIS REESE	39 PNA	32.10
SCOTT LEWIS	39 PNA	42.29
100 M. FLY		
TODD WIRTZ	39 PNA	1:19.09
100 M. I.M.		
CHRIS REESE	39 PNA	1:11.08
BOB BUSK	35 PNA	1:14.78
HUGH MOORE	35 PNA	1:15.30
GRANT COOPER	38 PNA	1:15.88
MIKE KRATTLI	39 PNA	1:20.50
CHARLES LARRABEE	36 PNA	1:22.45
SCOTT LEWIS	39 PNA	1:34.42

M E N 40-44

50 M. FREE		
FOREST BROOKS	42 PNA	55.10
100 M. FREE		
STEVEN PETERSON	43 PNA	1:08.09
FOREST BROOKS	42 PNA	2:01.78
200 M. FREE		
FRANK WARNER	41 PNA	2:13.47 P
BRIAN LANGLAIS	44 PNA	2:34.49
400 M. FREE		
FRANK WARNER	41 PNA	4:45.01 P
FOREST BROOKS	42 PNA	9:17.41
50 M. BACK		
FRANK WARNER	41 PNA	33.12 P
BRIAN LANGLAIS	44 PNA	40.17
FOREST BROOKS	42 PNA	1:19.88
100 M. BACK		

FRANK WARNER	41 PNA	1:12.12 P
FOREST BROOKS	42 PNA	3:07.25
200 M. BACK		
FRANK WARNER	41 PNA	2:34.50 R
BRIAN LANGLAIS	44 PNA	3:04.81
50 M. BRST		
STEVEN PETERSON	43 PNA	36.02
100 M. BRST		
IAN THOMPSON	40 PNA	1:18.08 P
STEVEN PETERSON	43 PNA	1:20.28
200 M. BRST		
IAN THOMPSON	40 PNA	2:49.36 R
STEVEN PETERSON	43 PNA	2:58.91
200 M. I.M.		
STEVE PETERSEN	43 PNA	2:48.70 P

M E N 45-49

100 M. FREE		
ROBERT WATKINS	48 PNA	1:12.36
200 M. FREE		
ROBERT WATKINS	48 PNA	2:41.57
400 M. FREE		
ROBERT WATKINS	48 PNA	5:46.09
50 M. BACK		
MIKE MC KINLAY	46 PNA	35.25
100 M. BACK		
MIKE MC KINLAY	46 PNA	1:15.40 P
200 M. BACK		
MIKE MC KINLAY	46 PNA	2:43.51 R
50 M. BRST		
WALT REID	49 PNA	38.69
100 M. BRST		
WALT REID	49 PNA	1:26.61
ROBERT WATKINS	48 PNA	1:37.14
200 M. BRST		
WALT REID	49 PNA	3:17.35
50 M. FLY		
WALT INGRAM	47 PNA	32.92 P
100 M. I.M.		
MIKE MC KINLAY	46 PNA	1:21.69
WALT INGRAM	47 PNA	1:21.70
200 M. I.M.		
MIKE MC KINLAY	46 PNA	2:51.15 P
WALT INGRAM	47 PNA	3:06.98
ROBERT WATKINS	48 PNA	3:14.47

M E N 55-59

50 M. FREE		
JACK AKAMINE	57 PNA	36.34
100 M. FREE		
JACK AKAMINE	57 PNA	1:25.00
200 M. FREE		
GEORGE NELSON	56 PNA	2:59.13
400 M. FREE		
GEORGE NELSON	56 PNA	6:27.42
200 M. BACK		
TOM FOLEY	55 PNA	3:46.69 P
50 M. BRST		

JACK AKAMINE	57 PNA	48.33
100 M. FLY		
TOM FOLEY	55 PNA	1:49.13 P
200 M. FLY		
TOM FOLEY	55 PNA	4:24.34 P
100 M. I.M.		
JACK AKAMINE	57 PNA	1:35.95
200 M. I.M.		
JACK AKAMINE	57 PNA	3:45.95

M E N 60-64

50 M. FREE		
WILLIAM HUMPHRIES	62 PNA	45.29
100 M. FREE		
WILLIAM HUMPHRIES	62 PNA	1:53.95
50 M. BACK		
WILLIAM HUMPHRIES	62 PNA	55.98

M E N 65-69

50 M. FREE		
RAY FREDERICK	66 PNA	34.49
DENNIS CROCKETT	65 CAN	40.73
HAL YOUNG	68 PNA	45.02
100 M. FREE		
RAY FREDERICK	66 PNA	1:19.30
ROY INGHAM	65 PNA	1:29.38
DENNIS CROCKETT	65 CAN	1:37.21
HAL YOUNG	68 PNA	1:41.47
200 M. FREE		
RAY FREDERICK	66 PNA	2:58.71
ROY INGHAM	65 PNA	3:21.14
HAL YOUNG	68 PNA	3:41.45
DENNIS CROCKETT	65 CAN	3:49.95
400 M. FREE		
HAL YOUNG	68 PNA	7:46.21
50 M. BACK		
RAY FREDERICK	66 PNA	45.44 P
100 M. BRST		
ROY INGHAM	65 PNA	1:52.90
200 M. BRST		
ROY INGHAM	65 PNA	4:20.02 P
100 M. I.M.		
HAL YOUNG	68 PNA	2:02.56

M E N 70-74

50 M. FREE		
ANDREW HOLDEN	70 PNA	32.89 R
50 M. BACK		
FRED WIGGIN	74 PNA	51.48
100 M. BACK		
FRED WIGGIN	74 PNA	1:53.28 R
200 M. BACK		
FRED WIGGIN	74 PNA	4:00.44 R
50 M. BRST		
ANDREW HOLDEN	70 PNA	47.77 P
50 M. FLY		
ANDREW HOLDEN	70 PNA	37.48 W

100 M. I.M.
FRED WIGGIN 74 PNA 1:50.60 P

M E N 75-79

50 M. FREE
GENE CROSSETT 76 PNA 39.93
EVERETT CASSELL 76 PNA 49.05
100 M. FREE
GENE CROSSETT 76 PNA 1:33.34
200 M. FREE
GENE CROSSETT 76 PNA 3:23.38 R
EVERETT CASSELL 76 PNA 4:39.35
400 M. FREE
GENE CROSSETT 76 PNA 7:13.95 R
50 M. BRST
EVERETT CASSELL 76 PNA 1:04.41
100 M. BRST
EVERETT CASSELL 76 PNA 2:35.71 P
200 M. BRST
EVERETT CASSELL 76 PNA 5:50.28

M E N 80-84

200 M. FREE
JIM PENFIELD 81 PNA 4:28.24 P
50 M. BACK
JIM PENFIELD 81 PNA 58.03 P
50 M. FLY
JIM PENFIELD 81 PNA 1:01.07 R
100 M. I.M.
JIM PENFIELD 81 PNA 2:09.26 P

RELAYS-WOMEN 200 M. FREE

160+
CLAIRE GORDON 34 PNA 2:10.05 R
JULIE CORMAN 41
CAROL BROWN 36
JUANITA CORREA 53

TERRI HIGHLAND 43 PNA 2:34.40
LAURA HAWLEY 32
JOY ROSS 56
BETH BRENNER 36

PINKY WALKER 47 PNA 2:36.50
DORA COFFELT 55
D.DRAGOVICH 36
V.ANDERSON 23

RELAYS-WOMEN 200 M. MEDLEY

76 +
JULIE CORMAN 41 PNA 2:22.24 N
BETH BRENNER 36
STEFAIN FERSCH 25
CAROL BROWN 36

RELAYS-M E N 200 M. FREE

120+
GEORGE UNRUH 31 PNA 1:56.68 P
ROB WALLACE 31
MIKE KRATTLI 39
BOB BUSK 35

JIM BROWN 28 PNA 2:15.63
E.J.LEMOAL 38
ROB CALDWELL 28
MARCIO FAJARDO 28

160+
JEFF GROSS 38 PNA 2:05.15
CHRIS REESE 39
JACK AKAMINE 57
MIKE MCKINLAY 46

RELAYS-M E N 200 M. MEDLEY

76 +
FRANK WARNER 41 PNA 2:00.40 N
GREG HARRISON 37
STEVE FREEBORN 34
STEVE SCHMIDT 27

120+
MIKE KRATTLI 39 PNA 2:12.73
GEORGE UNRUH 31
BOB BUSK 35
ROB WALLACE 31

160+
MIKE MCKINLAY 46 PNA 2:20.95 P
JACK AKAMINE 57
CHRIS REESE 39
JEFF GROSS 38

DAVE SCHMALZ 35 PNA 2:26.34
GRANT COOPER 38
WALT INGRAM 47
GEORGE NELSON 56

RELAYS-MIXED 200 M. FREE

76 +
KAREN JOST 28 PNA 2:05.82 R
STEVE FREEBORN 34
HUGH MOORE 35
JANE MOORE 39

120+
M.MCELMANEY 32 PNA 2:05.24
JEAN MCKENZIE 26
SCOTT LEWIS 39
STEVE SCHMIDT 27

RELAYS-MIXED 200 M. MEDLEY

76 +
KAREN JOST 28 PNA 2:21.10 P
KATHRINE CASEY 41
HUGH MOORE 35
BRIAN LANGLAIS 44

JEAN MCKENZIE 26 PNA 2:38.20
JIM BROWN 27
SCOTT LEWIS 39
M.MCELHALNEY 32

160+
LINDA MARIZ 41 PNA 2:53.61
TERRI REXCOAT 31
IAN THOMPSON 40
ROY INGHAM 65