

BANGOR			LESLIE HELM	40	PNA	31.34	JUDITH HUTCHISON	57	PNA	53.74	
03-17-96			ABBIE MORRIS	41	PNA	33.18	100 YD. FREE				
SHORT COURSE YARDS			500 YD. FREE				JUDITH HUTCHISON	57	PNA	1:53.05	
P = P.N.A. RECORD			CORAL BERNIER	41	PNA	6:53.24	200 YD. FREE				
Z = NORTHWEST ZONE RECORD			LESLIE HELM	40	PNA	7:12.87	JUDITH HUTCHISON	57	PNA	4:04.45	
N = NATIONAL RECORD			200 YD. BACK				50 YD. BRST				
W = WORLD RECORD			KIKO VAN ZANDT	40	PNA	2:51.42	JUDITH HUTCHISON	57	PNA	1:13.91	
S = SPLIT TIME			CORAL BERNIER	41	PNA	3:08.57	-----				
U = UNOFFICAL TIME (1 WATCH)			ABBIE MORRIS	41	PNA	3:22.42	WOMEN 60-64				
-----			50 YD. BRST				-----				
WOMEN 25-29			LANI DOELY	40	PNA	42.37	500 YD. FREE				
-----			ABBIE MORRIS	41	PNA	48.69	CAROLYN BALDWIN	61	PNA	9:40.87	
50 YD. FREE			100 YD. BRST				100 YD. BRST				
LAURIE CYR	27	PNA	28.96	LANI DOELY	40	PNA	1:33.15	CAROLYN BALDWIN	61	PNA	1:56.88
200 YD. FREE				200 YD. BRST				50 YD. FLY			
ALLISON MOORE	26	PNA	2:15.87	LANI DOELY	40	PNA	3:22.44	CAROLYN BALDWIN	61	PNA	58.10
AMY BARIBEAU	25	PNA	2:34.71	50 YD. FLY				100 YD. I.M.			
500 YD. FREE				CORAL BERNIER	41	PNA	34.63	CAROLYN BALDWIN	61	PNA	1:55.97
ALLISON MOORE	26	PNA	5:49.42	100 YD. FLY				-----			
TAMMI KEELER	27	PNA	6:02.86	KIKO VAN ZANDT	40	PNA	1:20.57	WOMEN 70-74			
50 YD. BACK				CORAL BERNIER	41	PNA	1:22.43	-----			
LAURIE CYR	27	PNA	30.68	LESLIE HELM	40	PNA	1:37.06	50 YD. FREE			
100 YD. BACK				100 YD. I.M.				NANCY LAWRENCE	73	SQM	1:00.03
LAURIE CYR	27	PNA	1:11.99	LANI DOELY	40	PNA	1:30.46	100 YD. FREE			
200 YD. BACK				ABBIE MORRIS	41	PNA	1:33.69	NANCY LAWRENCE	73	SQM	2:08.90
LAURIE CYR	27	PNA	2:26.96	200 YD. I.M.				50 YD. BRST			
100 YD. BRST				CORAL BERNIER	41	PNA	2:58.19	LIVIA WALKER	73	PNA	1:09.98
ALLISON MOORE	26	PNA	1:28.08	LANI DOELY	40	PNA	3:19.19	100 YD. BRST			
AMY BARIBEAU	25	PNA	1:28.56	-----				LIVIA WALKER	73	PNA	2:38.47
50 YD. FLY				WOMEN 45-49				200 YD. BRST			
TAMMI KEELER	27	PNA	35.91	-----				LIVIA WALKER	73	PNA	5:46.97
100 YD. FLY				50 YD. FREE				100 YD. I.M.			
TAMMI KEELER	27	PNA	1:17.83	JETT VALLANDIGHAM	49	PNA	40.08	NANCY LAWRENCE	73	SQM	2:27.94
200 YD. I.M.				100 YD. FREE				-----			
ALLISON MOORE	26	PNA	2:40.09	JANE MOORE	45	PNA	1:21.41	WOMEN 75-79			
AMY BARIBEAU	25	PNA	2:54.88	JENISE DOTY	48	PNA	1:25.66	-----			
-----				JETT VALLANDIGHAM	49	PNA	1:34.79	50 YD. FREE			
WOMEN 30-34				MARY WATERS	49	MACO	3:16.04	PAT MATTHIESEN	79	PNA	55.45
-----				200 YD. FREE				100 YD. FREE			
200 YD. FREE				KATHRINE CASEY	47	PNA	2:23.72	MAXINE CARLSON	76	PNA	2:01.83
WENDY HOFFMAN	33	PNA	2:35.12	JANE MOORE	45	PNA	2:59.13	200 YD. FREE			
100 YD. BRST				500 YD. FREE				PAT MATTHIESEN	79	PNA	4:19.09
WENDY HOFFMAN	33	PNA	1:29.08	BETSY HERRING	49	PNA	7:12.36	50 YD. BACK			
200 YD. BRST				JANE MOORE	45	PNA	7:50.20	MAXINE CARLSON	76	PNA	59.74
WENDY HOFFMAN	33	PNA	3:09.09	JEANNE ENSIGN	49	PNA	8:21.70	100 YD. BACK			
50 YD. FLY				JENISE DOTY	48	PNA	9:10.34	MAXINE CARLSON	76	PNA	2:05.81 Z
LEEANN MC GHIE	30	PNA	34.61	50 YD. BACK				50 YD. BRST			
100 YD. I.M.				JENISE DOTY	48	PNA	51.18	PAT MATTHIESEN	79	PNA	1:07.62
LEEANN MC GHIE	30	PNA	1:20.61	100 YD. BACK				100 YD. BRST			
200 YD. I.M.				JANE MOORE	45	PNA	1:43.31	PAT MATTHIESEN	79	PNA	2:37.94
WENDY HOFFMAN	33	PNA	2:52.27	JENISE DOTY	48	PNA	1:58.09	100 YD. I.M.			
-----				50 YD. BRST				MAXINE CARLSON	76	PNA	2:24.39
WOMEN 35-39				JETT VALLANDIGHAM	49	PNA	45.90	200 YD. I.M.			
-----				JENISE DOTY	48	PNA	53.02	PAT MATTHIESEN	79	PNA	5:21.21
50 YD. FREE				MARY WATERS	49	MACO	2:32.18	-----			
NANCY GAYMAN	37	PNA	32.76	100 YD. BRST				M E N 25-29			
LINDA SULLIVAN	39	PNA	34.95	JETT VALLANDIGHAM	49	PNA	1:43.94	-----			
100 YD. FREE				JANE MOORE	45	PNA	1:45.28	50 YD. FREE			
NANCY GAYMAN	37	PNA	1:12.30	MARY WATERS	49	MACO	5:27.99	MARC BECK	27	PRO	23.92
200 YD. FREE				200 YD. BRST				SACHIN KUKREJA	26	PRO	26.29
DONNA KEYSER	38	PNA	2:34.56	BETSY HERRING	49	PNA	3:35.95	100 YD. FREE			
500 YD. FREE				JETT VALLANDIGHAM	49	PNA	4:01.72	SACHIN KUKREJA	26	PRO	58.15
DONNA KEYSER	38	PNA	6:52.95	100 YD. I.M.				50 YD. BACK			
50 YD. BACK				MARY WATERS	49	MACO	4:01.23	SACHIN KUKREJA	26	PRO	33.78
NANCY GAYMAN	37	PNA	40.80	200 YD. I.M.				100 YD. BACK			
100 YD. BRST				BETSY HERRING	49	PNA	3:24.62	DAVID REECK	26	PRO	1:11.13
LINDA SULLIVAN	39	PNA	1:24.24	-----				50 YD. BRST			
200 YD. BRST				WOMEN 50-54				MARC BECK	27	PRO	29.96
LINDA SULLIVAN	39	PNA	3:02.05	-----				ANDREW LOVAN	29	PRO	30.63
50 YD. FLY				50 YD. BRST				100 YD. BRST			
DONNA KEYSER	38	PNA	38.35	FRANCESCA DRUM	54	PNA	45.47	ANDREW LOVAN	29	PRO	1:05.97
100 YD. I.M.				100 YD. BRST				MARC BECK	27	PRO	1:06.37
DONNA KEYSER	38	PNA	1:22.92	FRANCESCA DRUM	54	PNA	1:39.14	200 YD. BRST			
LINDA SULLIVAN	39	PNA	1:24.40	200 YD. BRST				ANDREW LOVAN	29	PRO	2:24.60
NANCY GAYMAN	37	PNA	1:25.20	FRANCESCA DRUM	54	PNA	3:24.96	100 YD. I.M.			
-----				-----				MARC BECK	27	PRO	1:00.37
WOMEN 40-44				WOMEN 55-59				DAVID REECK	26	PRO	1:08.50
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50 YD. FREE				50 YD. FREE				M E N 30-34			

-----				GREGORY HARRISON	44 PNA	32.03	200 YD. I.M.		
50 YD. FREE				JAMES LOUNSBURY	41 PNA	33.11	MICHAEL MC COLLY	50 PNA	2:33.79
KEN ALDRICH	32 PNA	27.27		BRYAN SPARROWHAWK	40 PNA	33.58	MICHAEL MC KINLAY	52 PNA	2:42.88
DAVID NUNN	33 PNA	30.83		MARK WATLING	43 PNA	38.07	GEORGE GRANT	52 SQM	2:58.27
CHARLES THRASHER	33 PNA	31.17		100 YD. BRST			-----		
100 YD. FREE				GREGORY HARRISON	44 PNA	1:09.01	M E N 55-59		
DAVID NUNN	33 PNA	1:11.57		JAMES LOUNSBURY	41 PNA	1:13.01	-----		
200 YD. FREE				BRYAN SPARROWHAWK	40 PNA	1:15.50	50 YD. FREE		
DAVID WRIGHT	33 PNA	2:10.99		200 YD. BRST			LOWELL JOHNSON	58 PNA	27.67
DAVID NUNN	33 PNA	2:40.98		GREGORY HARRISON	44 PNA	2:24.88	50 YD. FLY		
CHARLES THRASHER	33 PNA	2:45.56		BRYAN SPARROWHAWK	40 PNA	2:52.54	LOWELL JOHNSON	58 PNA	31.64
500 YD. FREE				MARK WATLING	43 PNA	3:05.92	-----		
DAVID WRIGHT	33 PNA	5:48.59		50 YD. FLY			M E N 60-64		
DAVID NUNN	33 PNA	7:43.35		STEVE FREEBORN	40 PNA	27.10	-----		
CHARLES THRASHER	33 PNA	8:00.84		HUGH MOORE	41 PNA	28.62	50 YD. FREE		
50 YD. BRST				100 YD. FLY			DAVID ADDLEMAN	61 PNA	28.50
DAVID WRIGHT	33 PNA	33.06		STEVE FREEBORN	40 PNA	1:00.76	DAVE DRUM	60 PNA	28.88
KEN ALDRICH	32 PNA	34.16		HUGH MOORE	41 PNA	1:01.76	FLOYD GELLER	62 OREG	39.34
CHARLES THRASHER	33 PNA	37.25		200 YD. FLY			100 YD. FREE		
100 YD. BRST				HUGH MOORE	41 PNA	2:19.95	DAVE DRUM	60 PNA	1:08.21
JOHN BRYANT	34 PNA	1:07.78		100 YD. I.M.			50 YD. BACK		
50 YD. FLY				STEVE FREEBORN	40 PNA	1:03.01	TOM FOLEY	61 PNA	47.76
KEN ALDRICH	32 PNA	31.09		JAMES LOUNSBURY	41 PNA	1:07.74	200 YD. BACK		
100 YD. I.M.				BRYAN SPARROWHAWK	40 PNA	1:12.96	TOM FOLEY	61 PNA	3:41.20
KEN ALDRICH	32 PNA	1:13.77		200 YD. I.M.			50 YD. BRST		
-----				STEVE FREEBORN	40 PNA	2:20.37	TOM FOLEY	61 PNA	45.97
M E N 35-39				HUGH MOORE	41 PNA	2:31.71	FLOYD GELLER	62 OREG	46.29
-----				M E N 45-49			100 YD. BRST		
50 YD. FREE				-----			FLOYD GELLER	62 OREG	1:49.38
KIRK ERICKSEN	37 PRO	24.10		100 YD. FREE			50 YD. FLY		
PASCAL RONCALEZ	36 PNA	26.80		STEVE PETERSON	49 PNA	1:00.81	DAVE DRUM	60 PNA	31.63
100 YD. FREE				200 YD. FREE			DAVID ADDLEMAN	61 PNA	33.30
PASCAL RONCALEZ	36 PNA	58.68		FRANK WARNER	47 PNA	2:00.89	TOM FOLEY	61 PNA	46.73
BILL BENKO	36 PNA	1:10.40		500 YD. FREE			100 YD. FLY		
200 YD. FREE				STEVE PETERSON	49 PNA	6:01.51	DAVE DRUM	60 PNA	1:25.54 P
KIRK ERICKSEN	37 PRO	2:00.53		50 YD. BACK			100 YD. I.M.		
ERIC DYBDAHL	35 PNA	2:23.35		STEVE PETERSON	49 PNA	36.47	DAVE DRUM	60 PNA	1:15.26
500 YD. FREE				100 YD. BRST			DAVID ADDLEMAN	61 PNA	1:16.66
KIRK ERICKSEN	37 PRO	5:34.43		STEVE PETERSON	49 PNA	1:10.97	-----		
ERIC DYBDAHL	35 PNA	6:43.31		200 YD. BRST			M E N 65-69		
100 YD. BACK				STEVE PETERSON	49 PNA	2:40.72	-----		
SCOTT MILLER	38 SQM	1:20.19		M E N 50-54			50 YD. FREE		
ERIC DYBDAHL	35 PNA	1:20.81		-----			TOM TAYLOR	65 PNA	30.89
200 YD. BACK				100 YD. FREE			50 YD. FLY		
SCOTT MILLER	38 SQM	2:56.68		STEVE THRASHER	54 PNA	58.94	TOM TAYLOR	65 PNA	39.05
50 YD. BRST				200 YD. FREE			100 YD. I.M.		
SCOTT MILLER	38 SQM	34.55		STEVE THRASHER	54 PNA	2:10.29	TOM TAYLOR	65 PNA	1:19.23
BILL BENKO	36 PNA	41.91		GORDON GRAY	50 PNA	2:32.16	-----		
100 YD. BRST				500 YD. FREE			M E N 70-74		
SCOTT MILLER	38 SQM	1:15.47		STEVE THRASHER	54 PNA	5:55.77	-----		
200 YD. BRST				JIM MC CLEERY	50 PNA	5:55.92	50 YD. FREE		
PASCAL RONCALEZ	36 PNA	2:35.48		MICHAEL MC COLLY	50 PNA	5:57.38	HAL YOUNG	74 PNA	43.30
SCOTT MILLER	38 SQM	2:49.40		GORDON GRAY	50 PNA	6:43.56	RUSSELL KNUDSEN	73 PNA	49.95
50 YD. FLY				GEORGE GRANT	52 SQM	6:45.03	200 YD. FREE		
BERNIE KINGSLEY	37 PNA	26.67		50 YD. BACK			HAL YOUNG	74 PNA	3:32.49
KIRK ERICKSEN	37 PRO	28.37		MICHAEL MC KINLAY	52 PNA	31.17	500 YD. FREE		
ERIC DYBDAHL	35 PNA	33.24		100 YD. BACK			HAL YOUNG	74 PNA	9:30.29
BILL BENKO	36 PNA	37.04		STEVE THRASHER	54 PNA	1:03.72	200 YD. BACK		
100 YD. FLY				MICHAEL MC KINLAY	52 PNA	1:07.02	JIM WORREL	73 PNA	3:47.42
BERNIE KINGSLEY	37 PNA	59.28		200 YD. BACK			50 YD. BRST		
100 YD. I.M.				MICHAEL MC KINLAY	52 PNA	2:28.31	JIM WORREL	73 PNA	46.11
BERNIE KINGSLEY	37 PNA	1:02.36		MICHAEL MC COLLY	50 PNA	2:33.12	HAL YOUNG	74 PNA	50.66
PASCAL RONCALEZ	36 PNA	1:06.40		GORDON GRAY	50 PNA	3:00.42	RUSSELL KNUDSEN	73 PNA	58.20
BILL BENKO	36 PNA	1:19.94		50 YD. BRST			100 YD. BRST		
-----				GORDON STUBBE	52 PNA	42.27	JIM WORREL	73 PNA	1:43.32
M E N 40-44				100 YD. BRST			RUSSELL KNUDSEN	73 PNA	2:23.27
-----				GORDON GRAY	50 PNA	1:32.22	100 YD. I.M.		
50 YD. FREE				GORDON STUBBE	52 PNA	1:37.32	JIM WORREL	73 PNA	1:38.25
BRYAN SPARROWHAWK	40 PNA	27.54		50 YD. FLY			HAL YOUNG	74 PNA	1:58.67
MARK WATLING	43 PNA	31.96		GEORGE GRANT	52 SQM	34.93	RUSSELL KNUDSEN	73 PNA	2:12.94
100 YD. FREE				100 YD. FLY			200 YD. I.M.		
CAM DINKEL	41 PNA	55.73		JIM MC CLEERY	50 PNA	1:05.49	JIM WORREL	73 PNA	3:41.66
MARK WATLING	43 PNA	1:15.73		GEORGE GRANT	52 SQM	1:23.93	-----		
200 YD. FREE				100 YD. I.M.			M E N 85-89		
CAM DINKEL	41 PNA	2:03.13		JIM MC CLEERY	50 PNA	1:07.18	-----		
MARK WATLING	43 PNA	3:01.64		STEVE THRASHER	54 PNA	1:08.36	100 YD. FREE		
500 YD. FREE				GEORGE GRANT	52 SQM	1:20.43	JIM PENFIELD	87 PNA	1:59.66
STEVE FREEBORN	40 PNA	6:30.81					50 YD. BRST		
50 YD. BRST							JIM PENFIELD	87 PNA	57.83

100 YD. I.M.
JIM PENFIELD 87 PNA 2:18.89

RELAYS-WOMEN 200 YD. FREE

25 +
LESLIE HELM 40 PNA 2:06.85
LANI DOELY 40
TAMMI KEELER 27
LAURIE CYR 27

RELAYS-WOMEN 200 YD. MEDLEY

25 +
LAURIE CYR 27 PNA 2:20.22
LANI DOELY 40
TAMMI KEELER 27
DONNA KEYSER 38

RELAYS-M E N 200 YD. MEDLEY

25 +
DAVID REECK 26 PRO 1:58.15
MARC BECK 27
ANDREW LOVAN 29
SACHIN KUKREJA 26

RELAYS-MIXED 200 YD. FREE

25 +
DAVID WRIGHT 33 PNA 2:00.04
ALLISON MOORE 26
AMY BARIBEAU 25
BILL BENKO 36